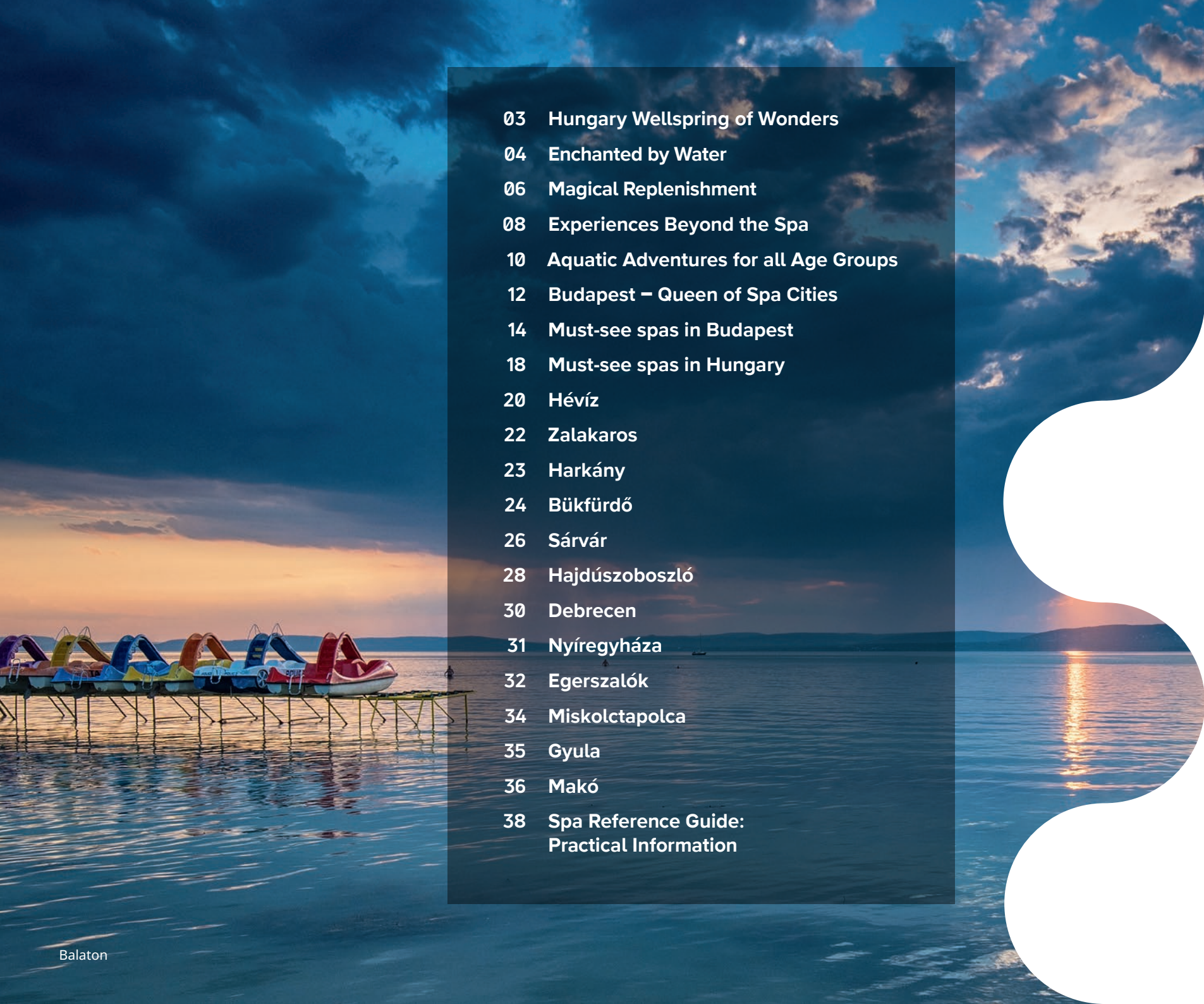


HUNGARY

Magical Replenishment





03	Hungary Wellspring of Wonders
04	Enchanted by Water
06	Magical Replenishment
08	Experiences Beyond the Spa
10	Aquatic Adventures for all Age Groups
12	Budapest – Queen of Spa Cities
14	Must-see spas in Budapest
18	Must-see spas in Hungary
20	Hévíz
22	Zalakaros
23	Harkány
24	Bükfürdő
26	Sárvár
28	Hajdúszoboszló
30	Debrecen
31	Nyíregyháza
32	Egerszalók
34	Miskolctapolca
35	Gyula
36	Makó
38	Spa Reference Guide: Practical Information



Hungary

WELLSPRING OF WONDERS

A visit to Hungary offers wonders seen nowhere else in the world: discover the largest lake in Central Europe, Lake Balaton and its surroundings, sample the superb mineral water sourced from natural springs or pamper yourself at one of the world famous thermal spas. Thanks to the country's geographical features and its thousand-year history, culture, gastronomy, entertainment and recreation go hand in hand to refresh body and soul. This is largely due to the unique and diverse spa water sources in Hungary.



Enchanted BY WATER

Once you have experienced the diversity of wellness services offered by modern spa complexes and the mystical, misty world of spas under the open sky, you won't settle for anything less. Not to mention the thousands of aquatic experiences, all unforgettable experiences: hop on a SUP and take in the spellbinding sunrise on the waters of Lake Balaton or plunge into the thrills of the water slide parks. Discover the magical world of cave baths, visit the famous spas of Budapest or spend an unforgettable day amongst the water lilies, in the picturesque surroundings of Lake Hévíz.



WATER GUIDE

Thermal water:
natural waters over 30 °C are referred to as thermal water.

Mineral water:
waters gained from a natural source with advantageous health properties due to their mineral and trace element content, as well as other ingredients.

Medicinal water:
natural waters with a proven medicinal effect that make them suitable for bathing or drinking.



UNIQUE SPA WATERS

Hungary has the fifth largest supply of thermal water in the world, so it's no wonder that nearly 1,500 natural thermal water springs have been identified in the country. Although the standards are stricter here than elsewhere in the world, the country has over two hundred springs with a proven medicinal effect. Did you know that even back in Roman times, there were 19 hot water baths in Budapest? Visit one of the thermal spas in the capital city where the combination of the latest scientific developments and traditions serve to rejuvenate the guests.

MEDICINAL MUD

Pampering mud treatments offer a pleasantly warm and silky sensation. Ever since the unparalleled benefits of medicinal mud were discovered by beauty and wellness experts, mud baths and facial beauty mud packs have been a favourite treatment among guests. These can be applied for practically all skin types as they cleanse, detoxify and nourish the skin. When applied over the whole body, they stimulate the nerve endings and provide a pain-relieving effect. It's a popular treatment due to its long-term effect – when applied regularly, it can provide relief for months.

CLIMB THAT MOUNTAIN

Step out of the pool and forget about the magical thermal waters for a while – cool mountain breezes await with lower air pressure, which can facilitate the treatment of heart and circulatory conditions and high blood pressure. Kékestető peak in the Mátra Mountains is one of Hungary's best known mountain climate health resorts. Enjoy the crystal clear air and the luxury of high-end wellness hotels at one of the many small towns across the Mátra.

Magical

REPLENISHMENT

Forget about your everyday woes and immerse yourself in a world of magical pampering! Guests can choose from a wide range of world-class wellness and leisure services at hotels and spas all across the country, which means everyone can find the best way to enjoy their visit.

RE-ENERGISE, REGENERATE AND BEAUTIFY,
ALL IN ONE LOCATION

International surveys show that SPA treatments can boost mood, reduce stress, and help alleviate sleeping disorders and burn-out syndrome. What clearer evidence is needed to show that a visit to the spa is good for you?

Although we are increasingly becoming more health conscious in our day-to-day lives, it is worth taking part in intensive therapy with a hotel stay, for four to five days or even a week from time to time, in order to re-energise, rest and benefit from beauty treatments. Let the professionals take care of you and restore your youthfulness with the power of nature.

All of this is possible in Hungary, at the spas and hotels specialising in therapies and wellness, where skilled experts provide for physical and mental well-being of their guests in fabulous surroundings. Wellness sessions can be based on water-related activities or treatments (water aerobics, aquatic fitness, underwater massage, etc.); varied forms of sauna use (from traditional Finnish saunas to special sauna rituals); and various massages (from therapeutic to mud massages).



Experiences

BEYOND THE SPA

WINE & SPA

Let yourself be tempted with the combination of wines and wellness treatments and enjoy the exclusive facial and body treatments and massages at the winery hotels in the Hungarian wine regions: try a red wine bath, vinotherapy, packs and massages that provide the skin with enhanced nourishment and rejuvenation. The surroundings of Lake Balaton, Villány, as well as the Eger and Tokaj wine regions all offer a special range of unique treatments. The individual treatments suited to the particular site are great additions to the traditional pastimes of visiting vineyards and dining alongside wine-tasting.

SAUNA SHOW

The various fanning techniques employed by the sauna master and the essential oils mixed in with the water can turn the sauna program into an truly entertaining wellness activity. The infusions used include beer, wine, chocolate or even rose and peach, as well as anti-inflammatory chamomile, cough suppressing thyme or disinfecting citrus fruits coupled with an intensive detoxifying effect.



MASSAGE FOR COUPLES

Spend quality time with your partner and share the pleasures of these quiet moments with a unique treatment. During the massage, the motions of the masseuses are completely synchronized, allowing you to share the exact same experience with your partner. A romantic ambiance is created with gentle melodies, candles, tea lights, chocolate, a glass of champagne and flower petals.

SPA NIGHTS

Experience a unique SPArty, a night-time bathing party hosted every Saturday at one of the most frequented spas in Budapest, the Széchenyi Thermal Bath. Guests at the event can enjoy the gentle caress of the thermal water, while taking in the special light show and the beats from DJs spinning electronic music.





Aquatic Adventures

FOR ALL AGES

ACTIVE LEISURE

Aqua parks provide a host of options for those looking for more active recreation, besides spa facilities, aqua parks provide. For example, they have the chance of experiencing rafting or taking a plunge in the wave pools, racing down steep slides, experiencing free fall or jumping off artificial crags into the plunge pools.

ENTERTAINMENT FOR CHILDREN

There is a creative approach to entertainment for children at the aqua parks, allowing the little ones to have fun while also developing their skills with thrilling challenges. While the parents are getting some rest, children are entertained by qualified staff, with face painting, competitions, water discos, aqua fitness and sporting activities – even adults can join the fun!

BABY AND FAMILY-FRIENDLY SPAS

There's something for the youngest ones as well, including chlorine-free children's pools, baby and child playgrounds, play rooms with child care professionals, indoor and outdoor play parks and family sun decks for children.

TIME FOR TWO

Those looking for a romantic getaway can enjoy private spa services and experience some truly special moments. Take part in a couples massage, shared sauna ceremony and jacuzzi use and make the experience even more memorable with a glass of quality champagne and a selection of delicious chocolates.

KEY

Therapeutic effect



Locomotor



Gynecological



Dermatological



Neurological

Services



Swimming pool



Outdoor pool



Recreation park



Accessibility



Sauna



Indoor pool



Entertainment



Beauty treatments



Slide



Buffet, restaurant



Night spa



Wellness treatments



Gym / outdoor gym



Thermal water drinking cure



Therapeutic treatments

Spa type:



Thermal spa



Wellness spa



Leisure spa



Family and friends spa

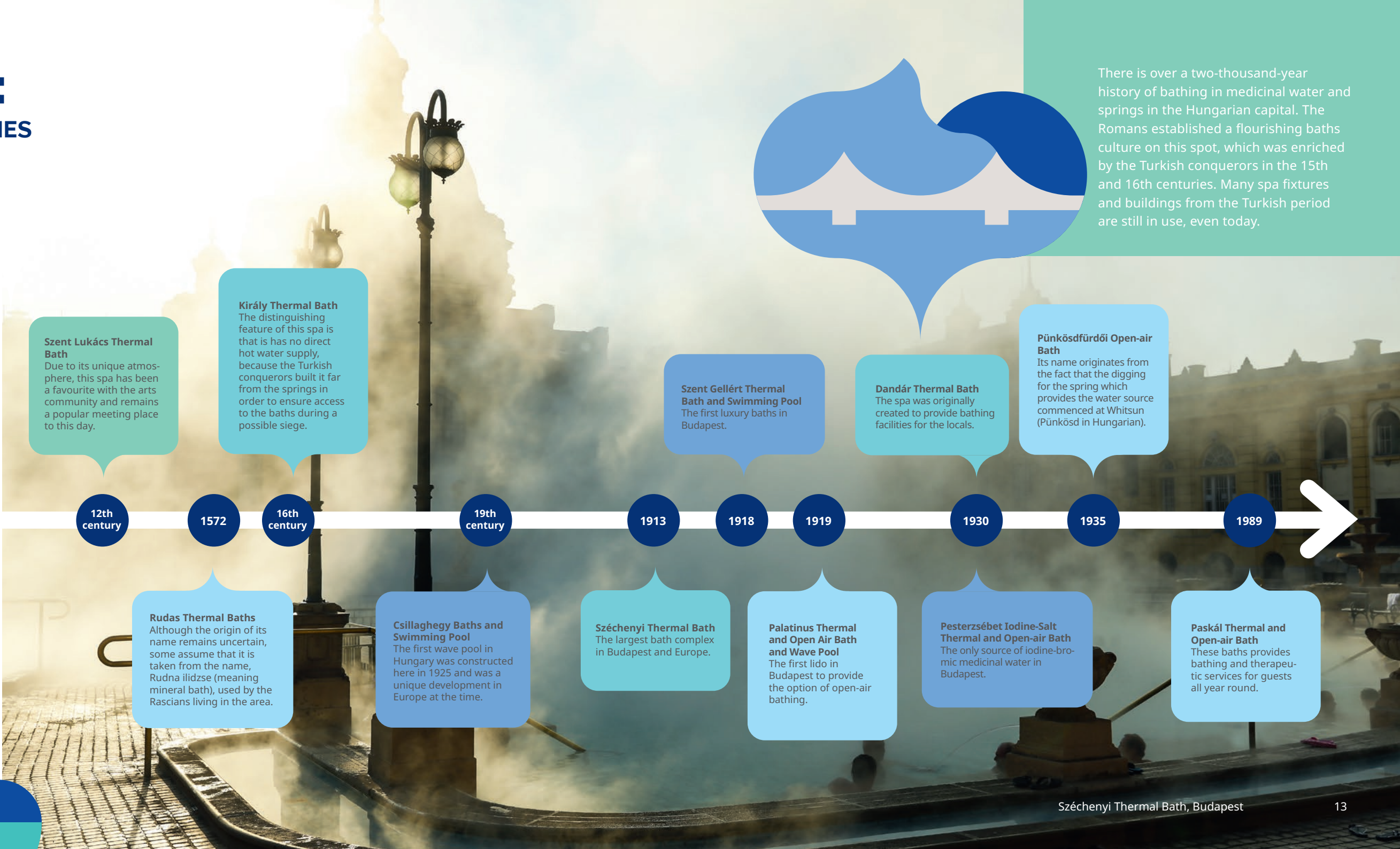
Budapest

- QUEEN OF SPA CITIES

No other capital in the world has more hot-water springs. That is why why no visit to Budapest could be complete without a lengthy visit to its spas; here, it seems as though the history books have come to life.

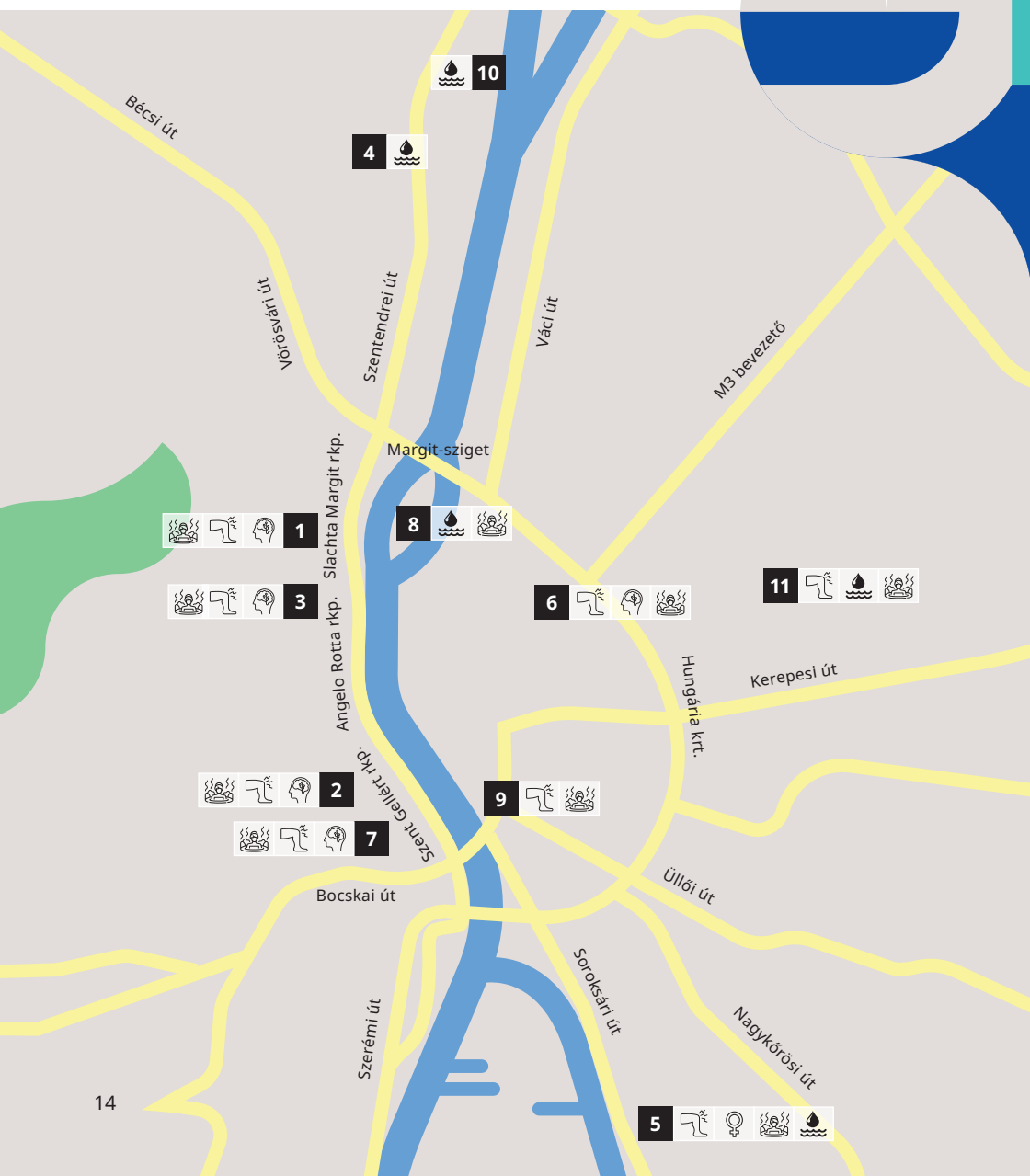
In Budapest, the beneficial effects of the springs can be enjoyed at 15 different spas. Additionally, this capital city with a population of 1.8 million offers the bustle of a real metropolis coupled with a trove of wonderful architectural jewels from various periods of history, the impressive panoramic views of the World Heritage Danube river-banks and a lively cultural scene.

There is over a two-thousand-year history of bathing in medicinal water and springs in the Hungarian capital. The Romans established a flourishing baths culture on this spot, which was enriched by the Turkish conquerors in the 15th and 16th centuries. Many spa fixtures and buildings from the Turkish period are still in use, even today.



Must-see spas

IN BUDAPEST



1. Szent Lukács Thermal Bath
2. Rudas Thermal Baths
3. Király Thermal Bath
4. Csillaghegy Baths and Swimming Pool
5. Pesterzsébet Iodine-Salt Thermo and Open-air Bath
6. Széchenyi Thermal Bath
7. Gellért Thermal Bath and Swimming Pool
8. Palatinus Thermal and Open Air Bath and Wave Pool
9. Dandár Thermal Bath
10. Pünkösdfürdői Open-air Bath
11. Paskál Thermal and Open-air Bath

HISTORICAL TURKISH BATHS

Another unique feature and historical treasure in Budapest are the original Turkish baths found throughout the city. Following its full-scale renovation, the 16th century Veli Bej Bath has been restored to its former glory. Be sure to take a closer look at its incredibly detailed mosaic ornaments, reminders of the art of the former Ottoman Empire. Located at the foot of Gellért Hill, the nearly 450 year-old Rudas Thermal baths have also been restored recently. Apart from experiencing the atmosphere of traditional Turkish baths, visitors can take in the stunning views of the Danube and its many bridges from the panoramic pool on top of the building.



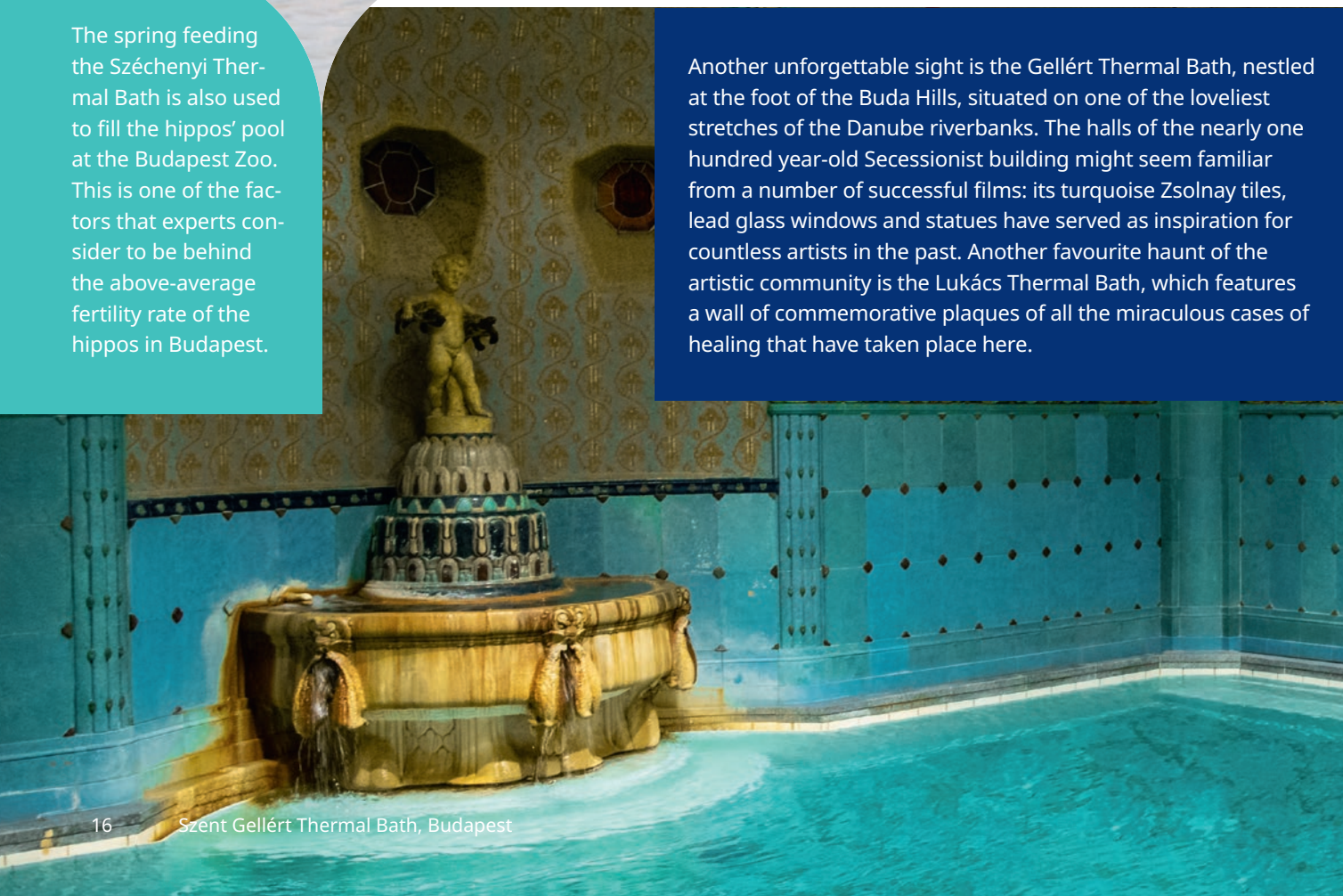
Veli Bej Spa of the Saint John of God Brothers, Budapest



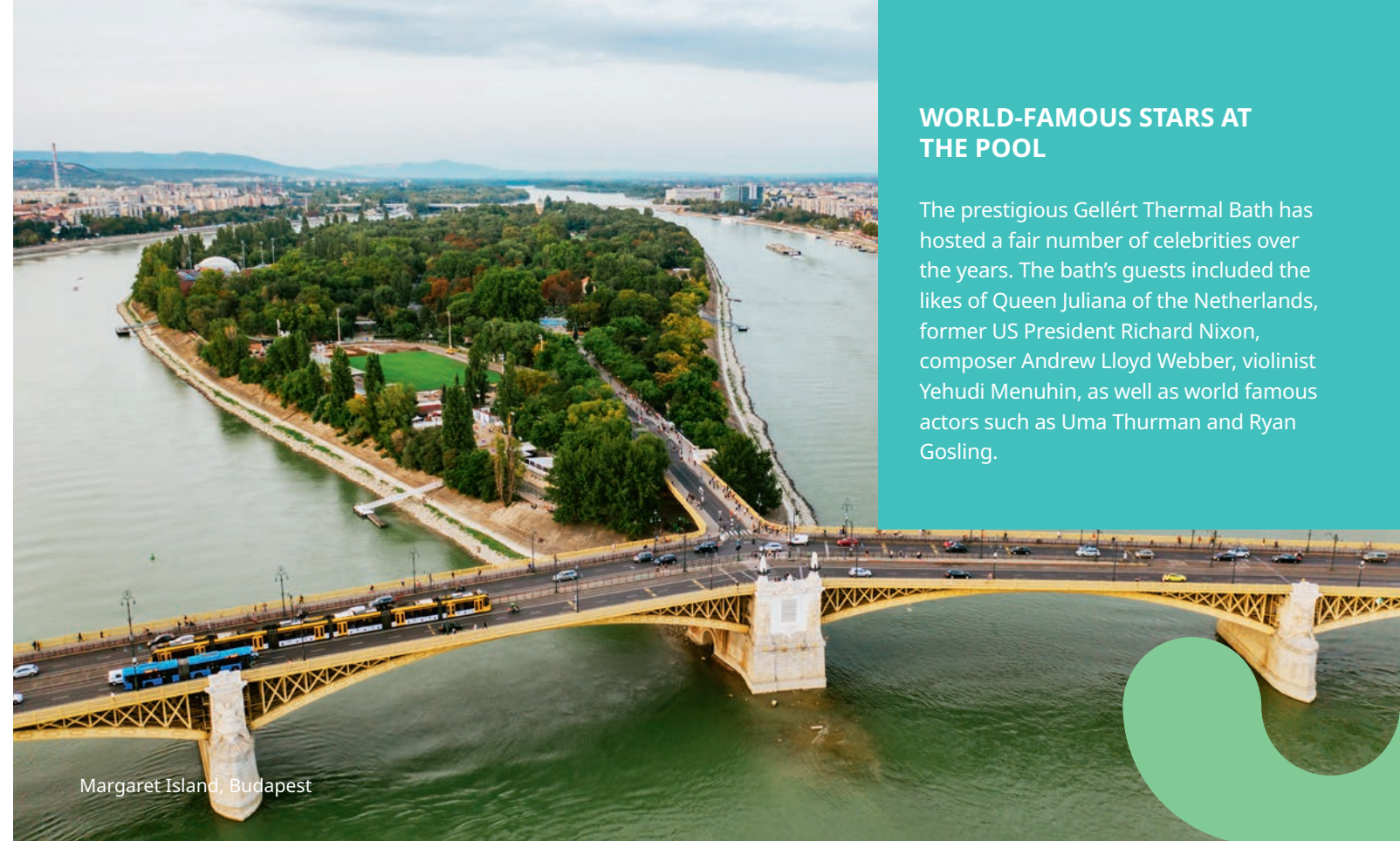
The spring feeding the Széchenyi Thermal Bath is also used to fill the hippos' pool at the Budapest Zoo. This is one of the factors that experts consider to be behind the above-average fertility rate of the hippos in Budapest.

ATMOSPHERE AND ART

Some of Budapest's baths have an atmosphere which leaves you feeling as if you are relaxing in a museum. The breathtaking complex of the Széchenyi Thermal Bath is situated at a stunning location in the City Park. With a flair of the Austro-Hungarian Monarchy, the building is a magnificent sight amongst the park's lush trees – it looks more like a real palace than a spa and lido. Water lovers are treated to a total of 21 pools, three of which are outdoors. The sight of chess players in the pool during the day is just as common as the array of colours offered by the SPArty musical spa nights.



Another unforgettable sight is the Gellért Thermal Bath, nestled at the foot of the Buda Hills, situated on one of the loveliest stretches of the Danube riverbanks. The halls of the nearly one hundred year-old Secessionist building might seem familiar from a number of successful films: its turquoise Zsolnay tiles, lead glass windows and statues have served as inspiration for countless artists in the past. Another favourite haunt of the artistic community is the Lukács Thermal Bath, which features a wall of commemorative plaques of all the miraculous cases of healing that have taken place here.



Margaret Island, Budapest

WORLD-FAMOUS STARS AT THE POOL

The prestigious Gellért Thermal Bath has hosted a fair number of celebrities over the years. The bath's guests included the likes of Queen Juliana of the Netherlands, former US President Richard Nixon, composer Andrew Lloyd Webber, violinist Yehudi Menuhin, as well as world famous actors such as Uma Thurman and Ryan Gosling.

OPEN-AIR BATHING

On Margaret Island in Budapest, you can enjoy the unique experience of bathing in the centre of a global city, on a lush green island surrounded by parks. Since 1919, this has been the site of the capital's longest standing open-air swimming pool: the Palatinus. Today, the facility features giant slides (which measure your sliding time) and 14 pools, amongst other highlights.

The Csillaghegy Baths and Swimming Pool is located at the foot of the sunny Buda hills, where rare treasures of the past meet the present. Buda's largest open-air swimming pool is great for sunbathing and recreation, while those interested in hiking can discover the area on trails which wind through ancient trees.

If you're looking for a real Hungarian retro sensation, don't miss out on the swimming and leisure pools of the Pünkösdfürdői Open-air Bath! There are tree-lined lawns for visitors looking for some peace and quiet, as well as grassy areas for ball games for those seeking active recreation.

Must-see spas

IN HUNGARY



Therapeutic effect



Hévíz

Visitors in Hévíz (meaning: warm water) can go for a swim in the world's largest, biologically active thermal water lake. It's a unique experience to float amidst the red water lilies dotting the lake's surface. Visit modern therapeutic facilities, as well as the wellness and therapy centre; it is the ideal environment in which to recover, rest or recharge your batteries.

Spa type



Therapeutic effect



SERVICES











38 m deep

4,4 hectare water surface

33-38 °C in the summer

22-23 °C in the winter



DISCOVER MORE IN THE REGION

- Roam through the Baroque Festetics Palace in Keszthely and discover its interior, carriage, hunting and historical model train exhibitions
- Sample unique wines at cellars across the Badacsony wine region
- Go for a boat ride in the Tapolca Lake Cave.

Zalakaros

This four-star spa next to Lake Balaton is an ideal resort for all ages with a water slide park and twenty different water features. Party-goers can enjoy night time spa parties.

Spa type



Therapeutic effect





SERVICES



DISCOVER MORE IN THE REGION

- Hop on a bike and cycle over to Balaton Minor
- Meet the animals at the Kápolnapusztá Buffalo Reservation
- Take in the views from one of the popular look out points around Zalakaros, the Erdészkilátó lookout.

Harkány

The Harkány Thermal Spa has been healing visitors for nearly two hundred years. Legend has it that the sulphuric springs of Harkány burst to the surface on the spot where an angry demon vanished, after being tricked by a wily old woman.

Spa type



Therapeutic effect





SERVICES



DISCOVER MORE IN THE REGION

- Discover the early Christian tombs dating back to the 6th century, a UNESCO World Heritage site
- Discover Pécs on foot or enjoy the exhibitions in the Zsolnay Cultural Quarter of Pécs, European Capital of Culture (2010), established on the site of the former porcelain factory
- Visit vineyards and cellars to sample wines and partake in premium culinary experiences in the Villány wine region

Bükfürdő

Hungary's second largest bathing complex features a modern wellness centre, 5,000 square meters of water surface, the 100 °C 'devil's sauna', 34 pools and a Shark Cave.


Spa type






Therapeutic effect




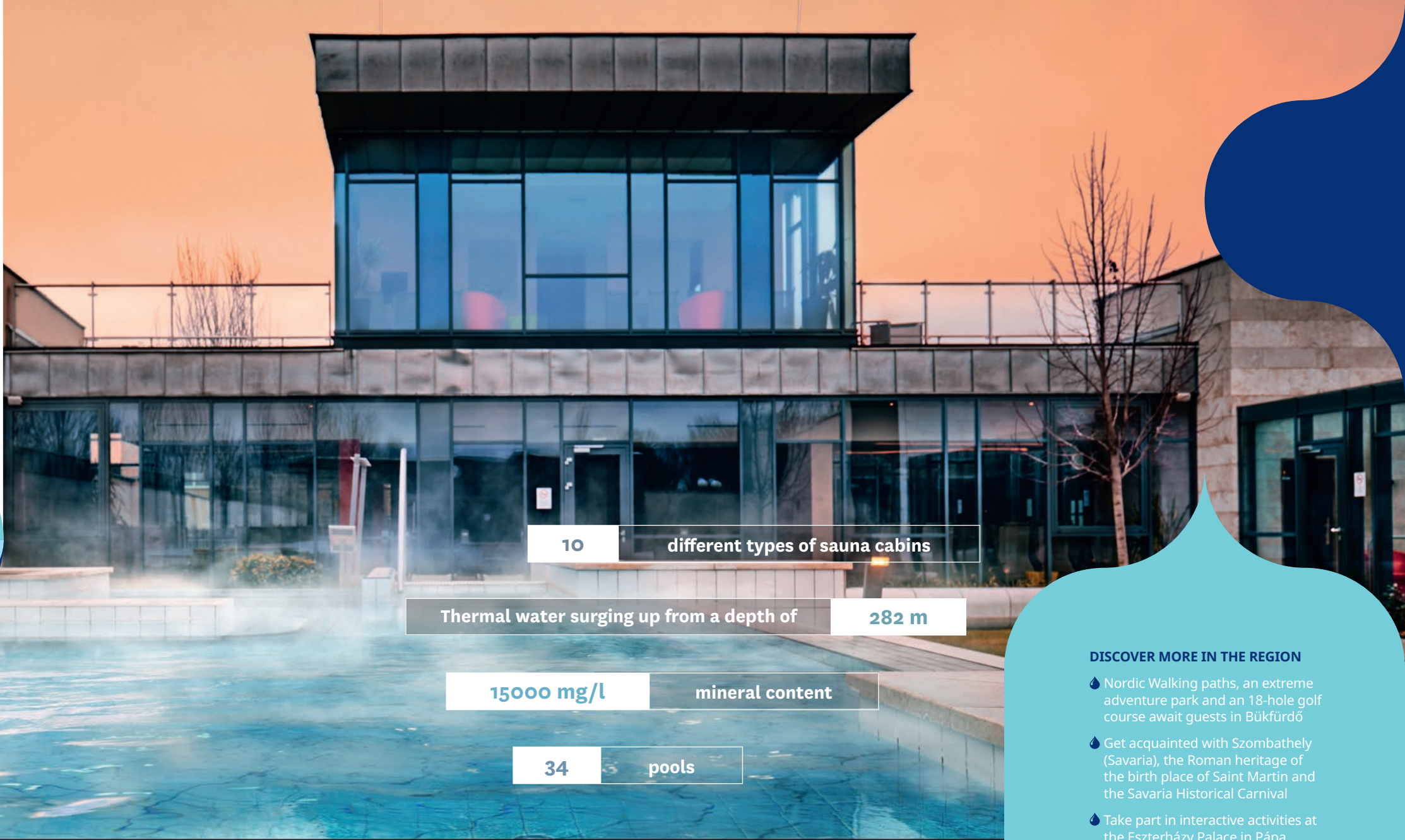
SERVICES











10 different types of sauna cabins

Thermal water surging up from a depth of 282 m

15000 mg/l mineral content

34 pools

DISCOVER MORE IN THE REGION

- 🔹 Nordic Walking paths, an extreme adventure park and an 18-hole golf course await guests in Bükfürdő
- 🔹 Get acquainted with Szombathely (Savaria), the Roman heritage of the birth place of Saint Martin and the Savaria Historical Carnival
- 🔹 Take part in interactive activities at the Eszterházy Palace in Pápa.

Sárvár

The family adventure spa, featuring a wave pool and a baby pool filled with toys and giant slides is connected to the medical wing by a spacious corridor. The bath's two, fully separated sections offers the perfect solution for children having riotous fun and adults looking for some peace and quiet.

Spa type



Therapeutic effect



SERVICES











8

giant slides

18

pools

4

tracks on the racing slides

83 °C

thermal water surging up from the depths

DISCOVER MORE IN THE REGION

- Discover the medieval old town of Kőszeg and Jurisics Castle
- Visit Vas County's Open Air Museum: the open-air folk museum in Szombathely
- Discover the Somló wine region known for its tourist trails and superb wines

Hajdúszoboszló

Visit the largest bathing complex in Europe, with its well-designed aquatic adventure centre: a real treat for any time of year. Hungary's water slide resort features 15 giant slides for extreme sports lovers

Spa type



Therapeutic effect



SERVICES









Thermal water surging up from the depth of

1091 m

15

giant slides

1600 m²

water surface

45

pools

DISCOVER MORE IN THE REGION

- Take part in early morning bird-watching tours on the Hortobágy Great Fishponds and get acquainted with the unparalleled wildlife of the Hortobágy National Park.
- Admire the unique birdlife and vegetation of Lake Tisza, while taking a tour from the Lake Tisza Cycling Centre.
- Once you've had wide range of cycling, get some rest on the beach in Abádszalók, offering a smorgasbord of summer activities and water sports, including jet-ski, tubing and flyboard.

Debrecen

Aquaticum is nestled amongst the hundred year-old trees of the Nagyerdő in Debrecen, where the heat of the summer is conjured up even in the cold winter months and adventurous guests can race down giant water slides surrounded by lush, tropical vegetation. One of the most singular and spectacular open-air baths in Central Europe, it offers exciting and diverse experiences, including spa nights, for all members of the family.

Spa type





Therapeutic effect







SERVICES





- DISCOVER MORE IN THE REGION
- Visit the Tisza Lake Ecocentre and Bird Sanctuary
 - Discover Debrecen's Nagyerdő, a sure winner with visitors thanks to the zoo, amusement park, botanic gardens, boating lake and Mist Theater
 - Discover the MODEM Center for Modern and Contemporary Art, which offers a range of exhibitions, associated arts activities, art history and philosophical lectures as well as literary readings.





Nyíregyháza

The Nyíregyháza resort is situated in the northeastern region of the country, surrounded by the Sóstó forest, named after its salty, alkaline lake. Young explorers can discover the treasure island and Incan ruins at this modern spa complex.

Spa type

Therapeutic effect






- DISCOVER MORE IN THE REGION
- Discover the wildlife of five continents at the Nyíregyháza Zoo and find out more about folk architecture at the Museum Village of Sóstó
 - Take part in vineyard and cellar tours at the Tokaj Wine Region World Heritage Site, where the aszú and dry furmint wine simply must be sampled
 - Visit the Gothic churches and medieval Castle of Nyírbátor



SERVICES



Egerszalók

The 1,200 square meter limestone deposits of Egerszalók are considered an iconic rarity all over the world, with only two other sites in the world with similar natural formations. What truly sets the spa apart is its sauna rituals.














Spa type

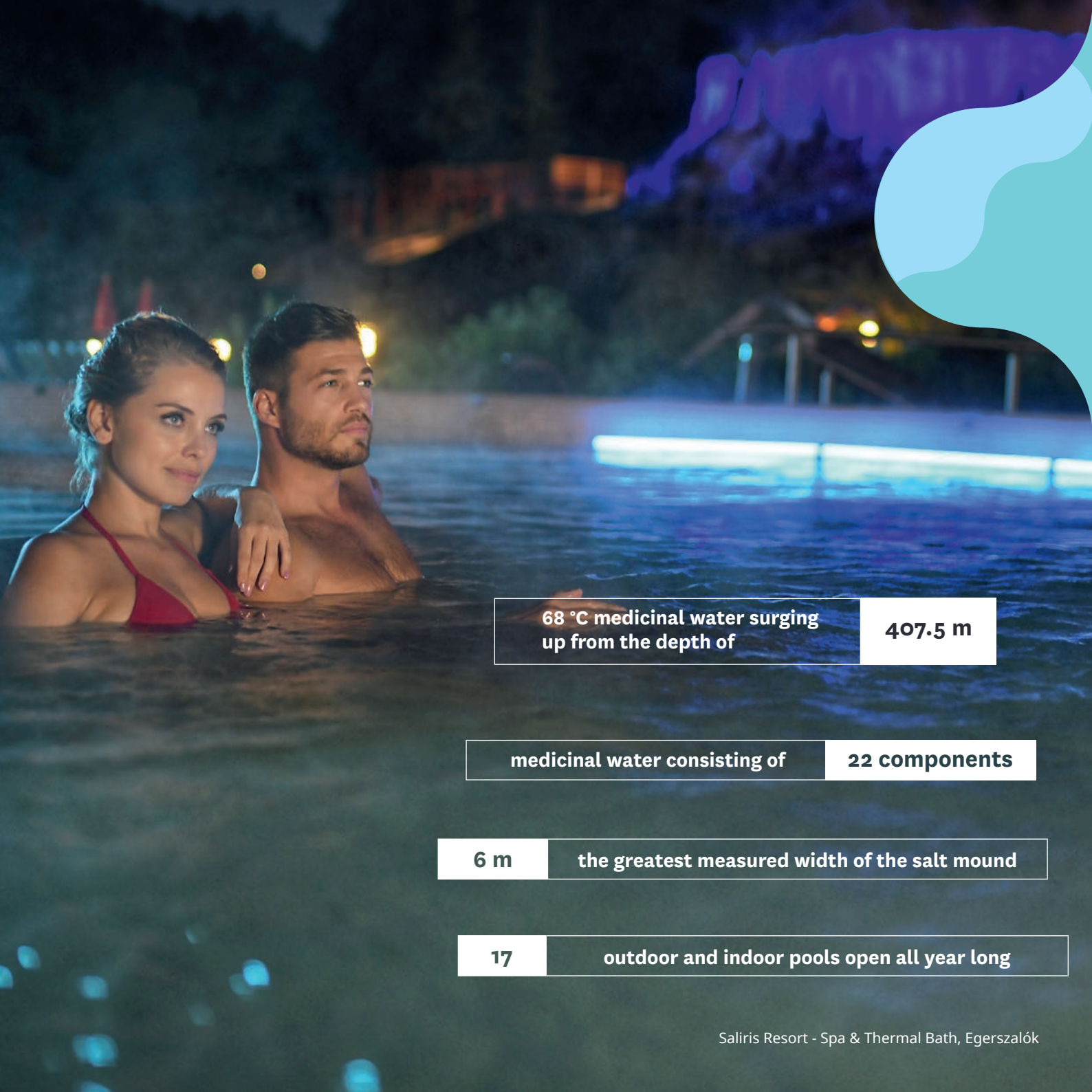


Therapeutic effect



SERVICES





68 °C medicinal water surging
up from the depth of

407.5 m

medicinal water consisting of

22 components

6 m

the greatest measured width of the salt mound

17

outdoor and indoor pools open all year long



DISCOVER MORE IN THE REGION



Get acquainted with the lives of the valiant warriors of medieval fortresses at the Eger Castle



Scale the highest peak in Hungary and discover the picturesque landscape of the Mátra and Bükk Mountains along the Blue Hiking Trail



Put your courage to the test 30 metres above the ground at the adventure park in the Sástó Quarry

Makó

The Hagymatikum is one of the treasures of organic architecture in Hungary. Reminiscent of a Catholic church from outside, upon entering the spa, visitors are captivated by the sight of the tree of life, which appears in Hungarian folktales and pagan mythology. Guests can take part in a three generational bathing experience in mystical surroundings, complete with a cave pool and medicinal mud baths with water from the Maros River.

Spa type



Therapeutic effect



SERVICES







26 000 m² of spa facilities

300-year-old Lapland pinewood used for the kelo sauna

41 °C medicinal water surging up from the depth of 993 metres

30 domes over the pools

DISCOVER MORE IN THE REGION

- Find out more about the Hungarian's ancestors at the National History Park in Ópusztaszer, which was established with the aim of preserving ancient Hungarian customs and traditions
- Sample that unique Hungarian delicacy, fish soup! Made with local ground paprika, four kinds of fish from the Tisza River and onions from Makó, this soup is sure to impress any day of the year.
- Discover the region by boat! If you love being on the water, take a boat trip to discover the wildlife of the Tisza River and savour the beauty of the Maros estuary

Spa Reference Guide:

PRACTICAL INFORMATION

Unforgettable experiences await you at all of Hungary's spas, but it's worth considering a few things before visiting the spa facilities.

WHAT TO TAKE WITH YOU WHEN VISITING A SPA?

SWIMWEAR

Nudity is not allowed at the spas. The only exception to this rule is at specially indicated naturist events, for example, at the Turkish bath at the Rudas Thermal Spa, where the bath is open for men only on weekdays, with the exception of Tuesday. On these occasions, it's sufficient for guests to wear a sauna apron. It is recommended to use saunas without swimwear; simply cover your body with a sheet or towel.

SWIM CAPS

You can only use the pools at the spa if you are wearing a swim cap.

TOWELS

Take at least two towels – one for bathing and one for the shower afterwards.

SOAP, SHAMPOO

There is no opportunity to purchase personal hygiene products at the baths, so remember to bring them with you.

FLIP-FLOPS

Be sure to bring your own flip-flops for the sake of hygiene.

SHEETS

When using clothed or unclothed saunas, remember to cover the bench underneath you as well as under your feet with a sauna sheet when using the upper benches. The goal is to avoid direct contact with the wood. The sauna sheet protects you as well as the wooden surface. When using a Finnish sauna, you can protect your scalp and earlobes from extreme temperatures by using a sauna cap or wrapping an additional towel around your head.

WHAT ELSE SHOULD YOU PAY ATTENTION TO AT THE BATHS?

VOLUME

Talking is not prohibited in baths, but try to keep your voice low, as it is easier to relax in a quiet environment.

SHOWERING

Be sure to take a shower before using the pools!

GRADUAL APPROACH

Gradually progress from cooler to hotter water and take time to cool off between sessions in the pools.

THERMAL WATER

In order to achieve the best physiological effect, spend 20 minutes in the water, followed by a cold water shower.

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INVESTING IN YOUR FUTURE