

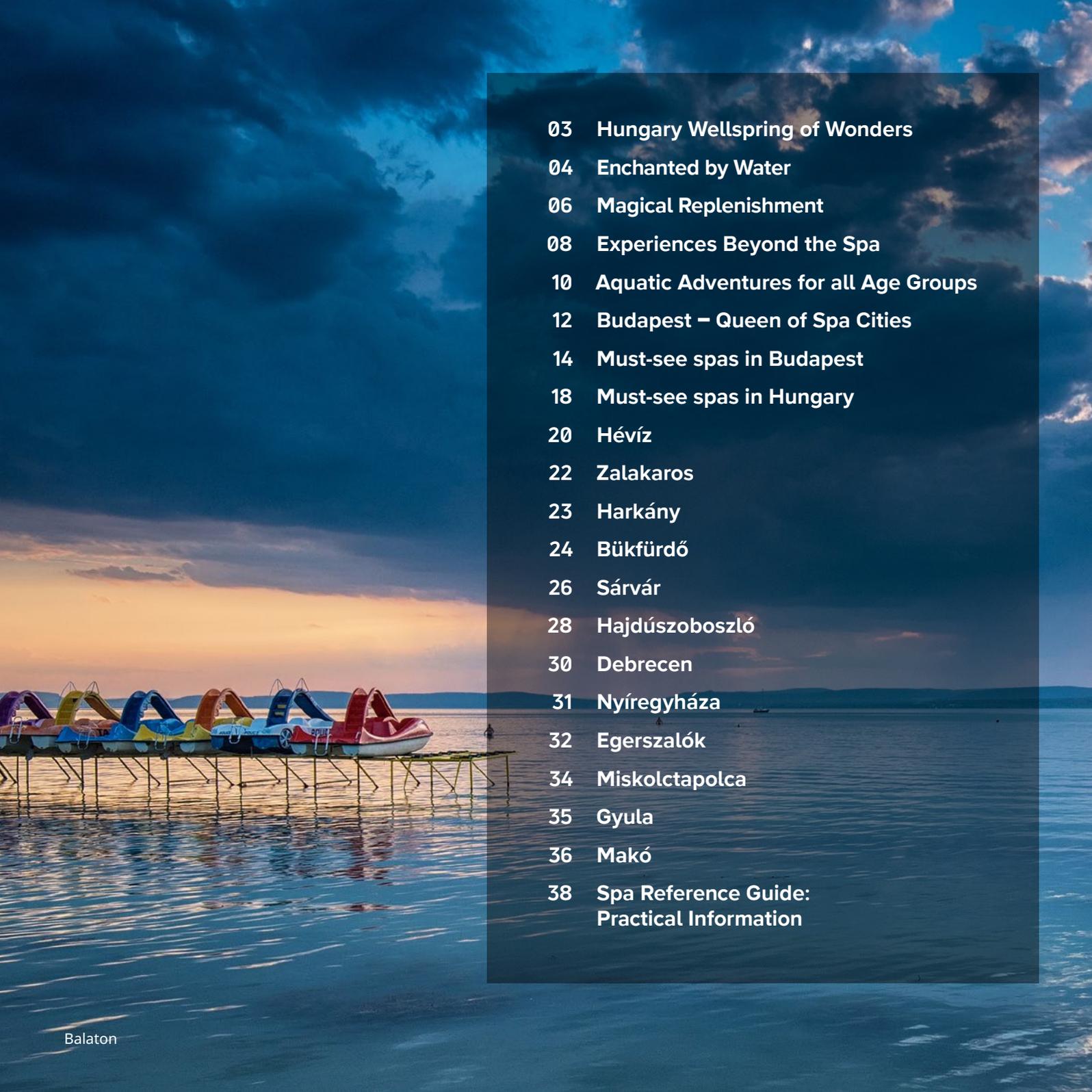


HUNGARY

English

HUNGARY

Magical Replenishment

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Hungary

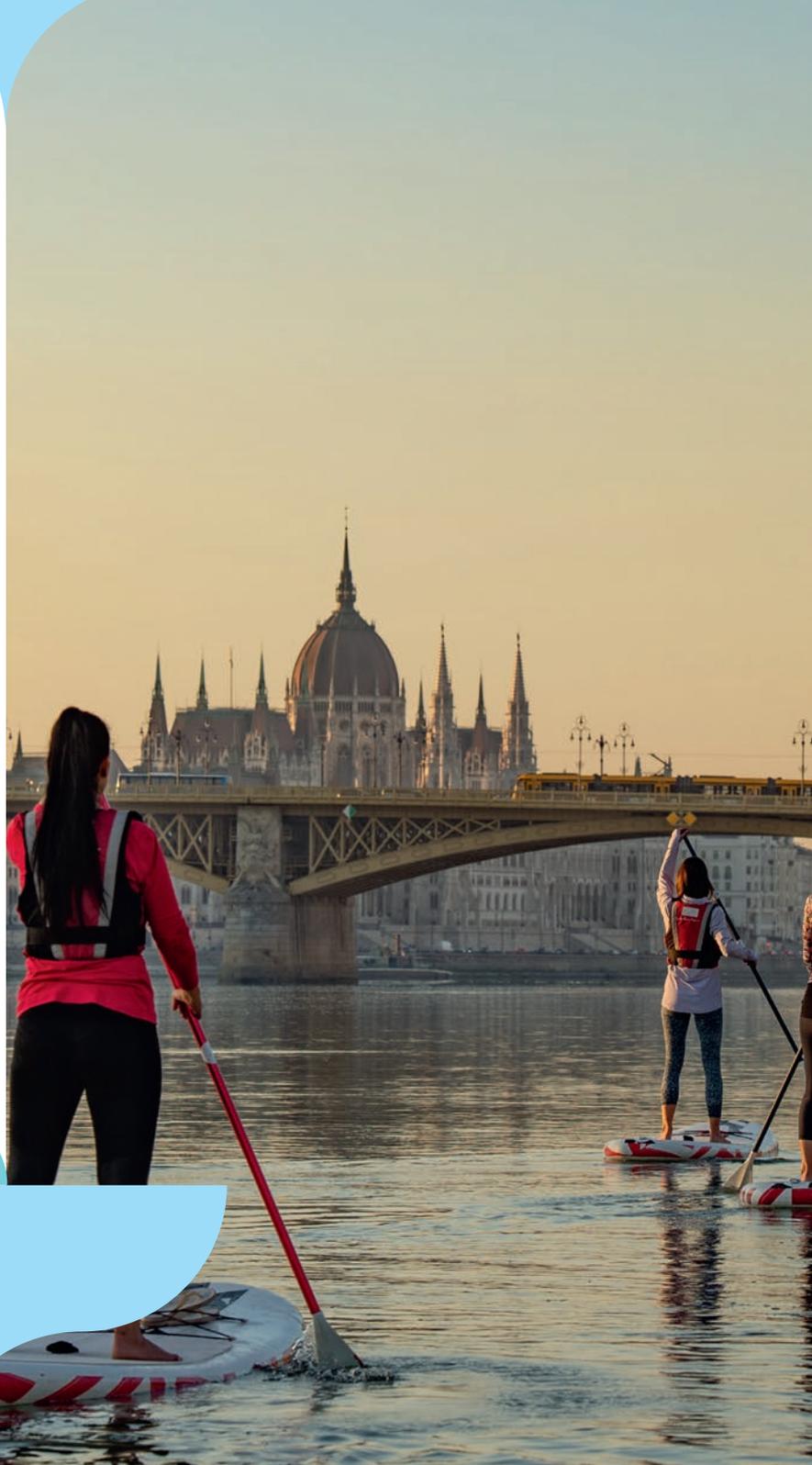
WELLSPRING OF WONDERS

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 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 sundecks 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



Thermal spa



Wellness spa



Leisure spa



Family and friends spa

Spa type:

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 many 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 riverbanks and a lively cultural scene.

Szent Lukács Thermal Bath

Due to its unique atmosphere, this spa has been a favourite with the arts community and remains a popular meeting place to this day.

12th century

Veli Bej

This modern bath, which dates back to the Turkish era, is managed by the Order of Mercy and operates on the grounds of the Buda Mercy Hospital.

1572

1574

Csillaghegyi Árpád Bath

The first wave pool in Hungary was constructed here in 1925 and was a unique development in Europe at the time.

19th century

Rudas Thermal Baths

Although the origin of its name remains uncertain, some assume that it is taken from the name, Rudna ilidze (meaning mineral bath), used by the Rascians living in the area.



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.

Széchenyi Thermal Bath
The largest bath complex in Budapest and Europe.

1913

Dandár Thermal Bath
The spa was originally created to provide bathing facilities for the locals.

1919

Pünkösdfürdői Open-air Bath

Its name originates from the fact that the digging for the spring which provides the water source commenced at Whitsun (Pünkösöd in Hungarian).

1930

Paskál Thermal and Open-air Bath

These baths provides bathing and therapeutic services for guests all year round.

1935

1948

1989

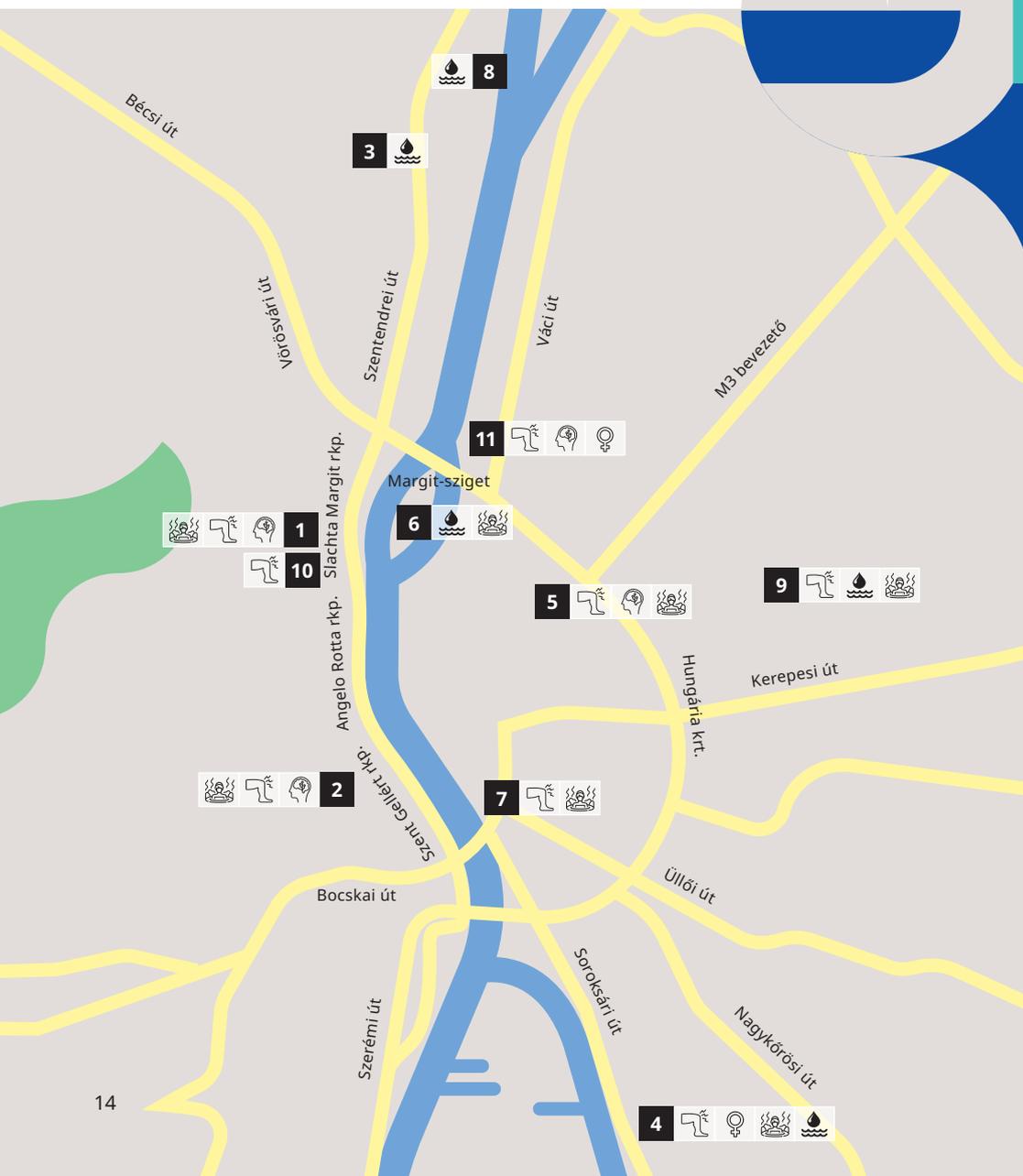
Palatinus Thermal and Open Air Bath and Wave Pool
The first lido in Budapest to provide the option of open-air bathing.

Pesterzsébet Iodine-Salt Thermal and Open-air Bath
The only source of iodine-bromic medicinal water in Budapest.

Dagály Bath
Its water supply was provided by a drilled well, which finally made use of the thermal waters flowing into the Danube.

Must-see spas

IN BUDAPEST

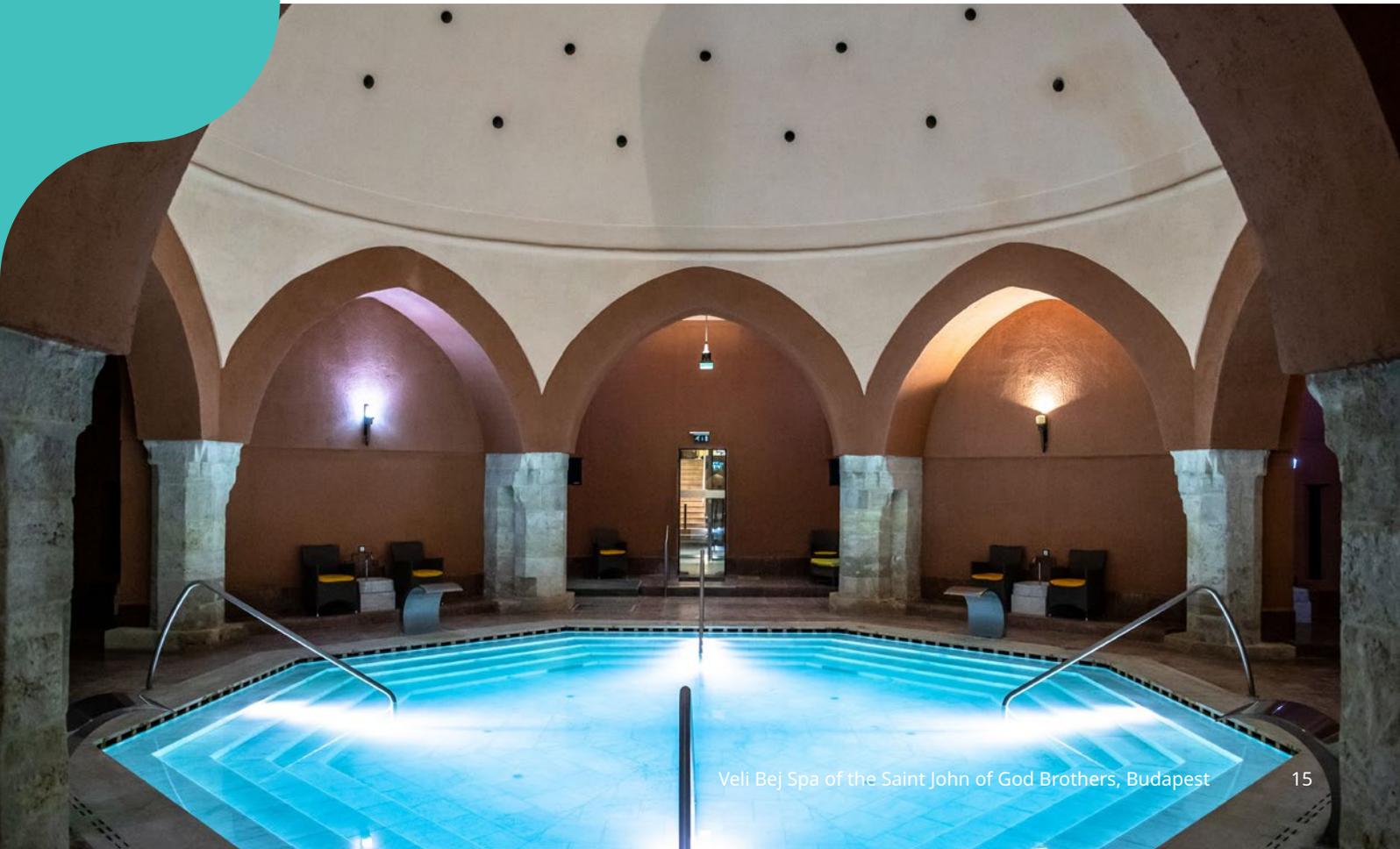


1. Szent Lukács Thermal Bath
2. Rudas Thermal Baths
3. Csillaghegyi Árpád Bath
4. Pesterzsébet Iodine-Salt Thermo and Open-air Bath
5. Széchenyi Thermal Bath
6. Palatinus Thermal and Open Air Bath and Wave Pool
7. Dandár Thermal Bath
8. Pünkösdfürdői Open-air Bath
9. Paskál Thermal and Open-air Bath
10. Veli Bej Turkish Bath
11. Dagály 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.



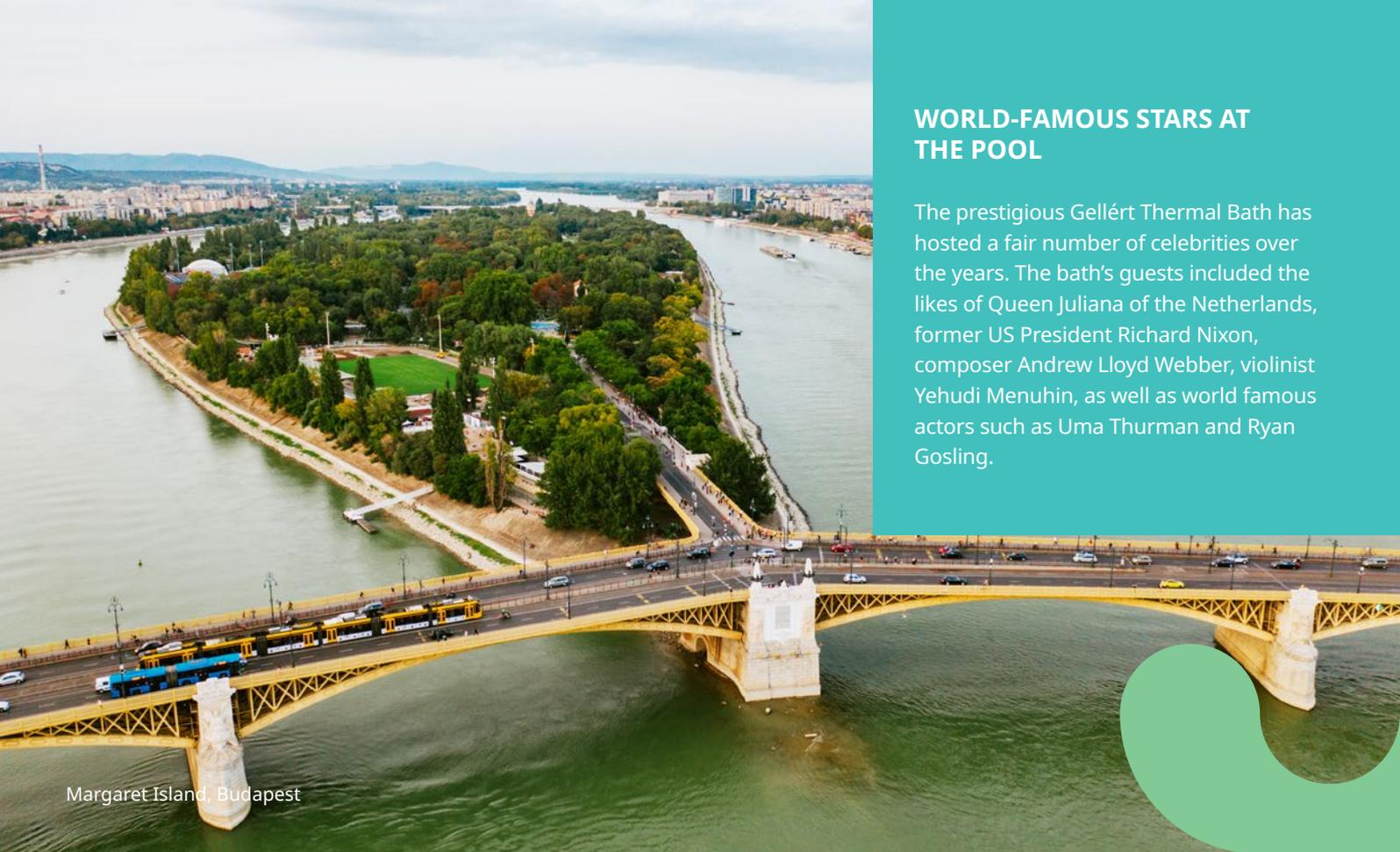
Veli Bej Spa of the Saint John of God Brothers, Budapest

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. The Bath is closed for renovation, with reopening planned for 2028. 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.

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.



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 Csillaghegyi Árpád Bath 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.





Therapeutic effect



Gynecological



Locomotor



Dermatological



Neurological

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.

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 Kápolnapuszta Buffalo Reservation
- 🔹 Take in the views from one of the popular look out points around Zalakaros, the Erdészilátó lookout.

Harkány

The Harkány Thermal Spa has been healing visitors for more than 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.

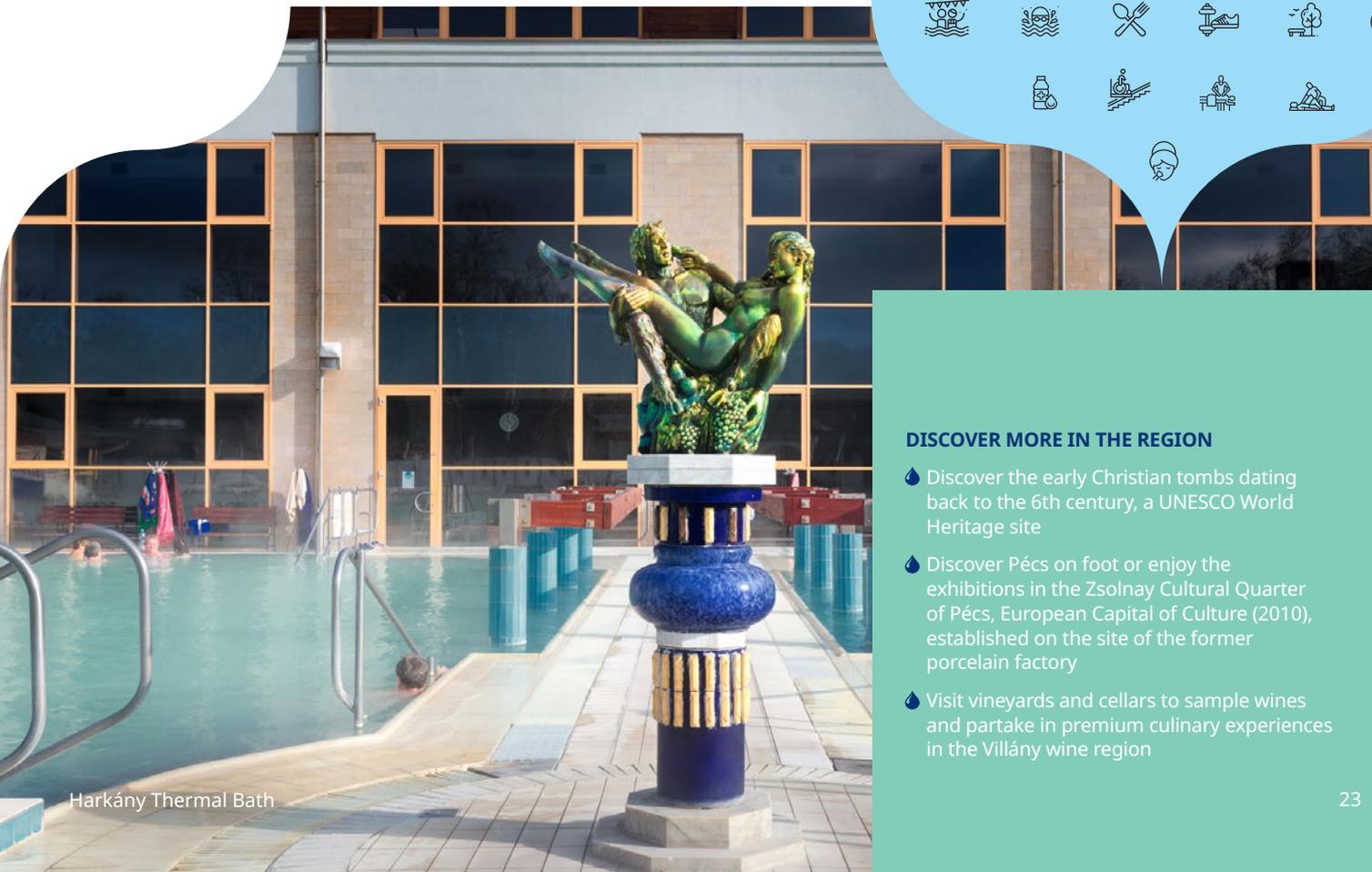
Spa type



Therapeutic effect



SERVICES



Harkány Thermal Bath

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

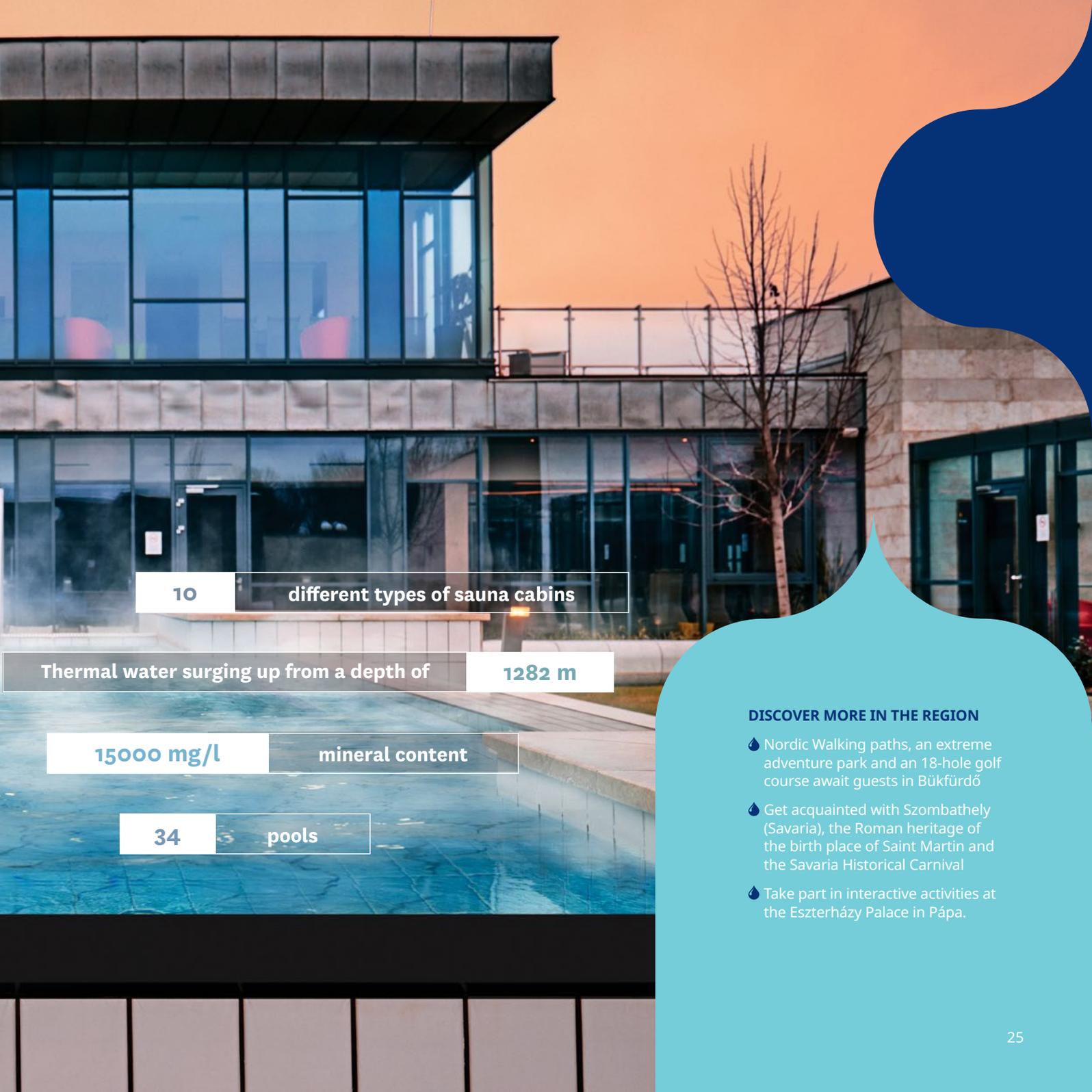


Therapeutic effect



SERVICES





10

different types of sauna cabins

Thermal water surging up from a depth of

1282 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

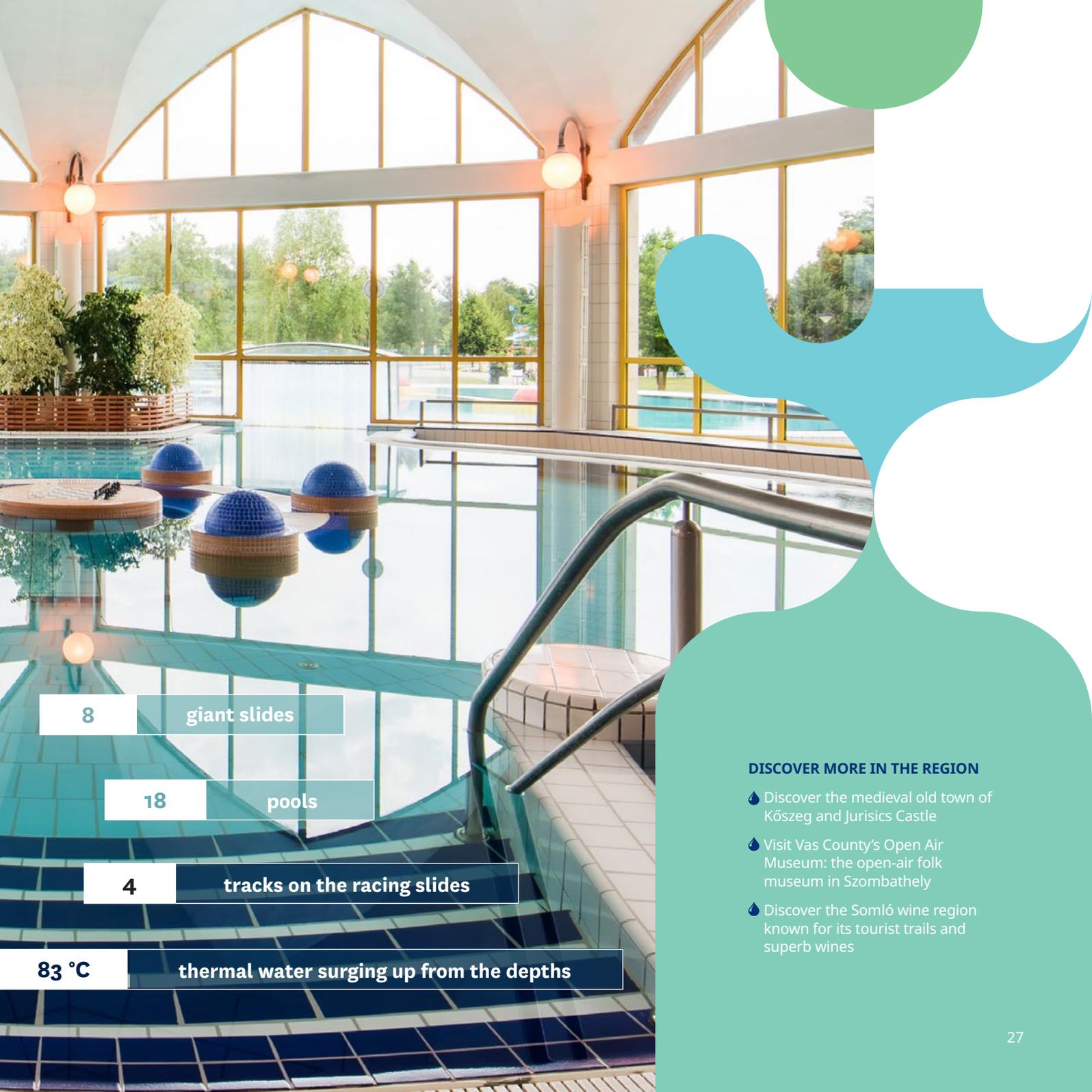


Therapeutic effect



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. Those seeking a premium experience can relax in a separate area.

Spa type

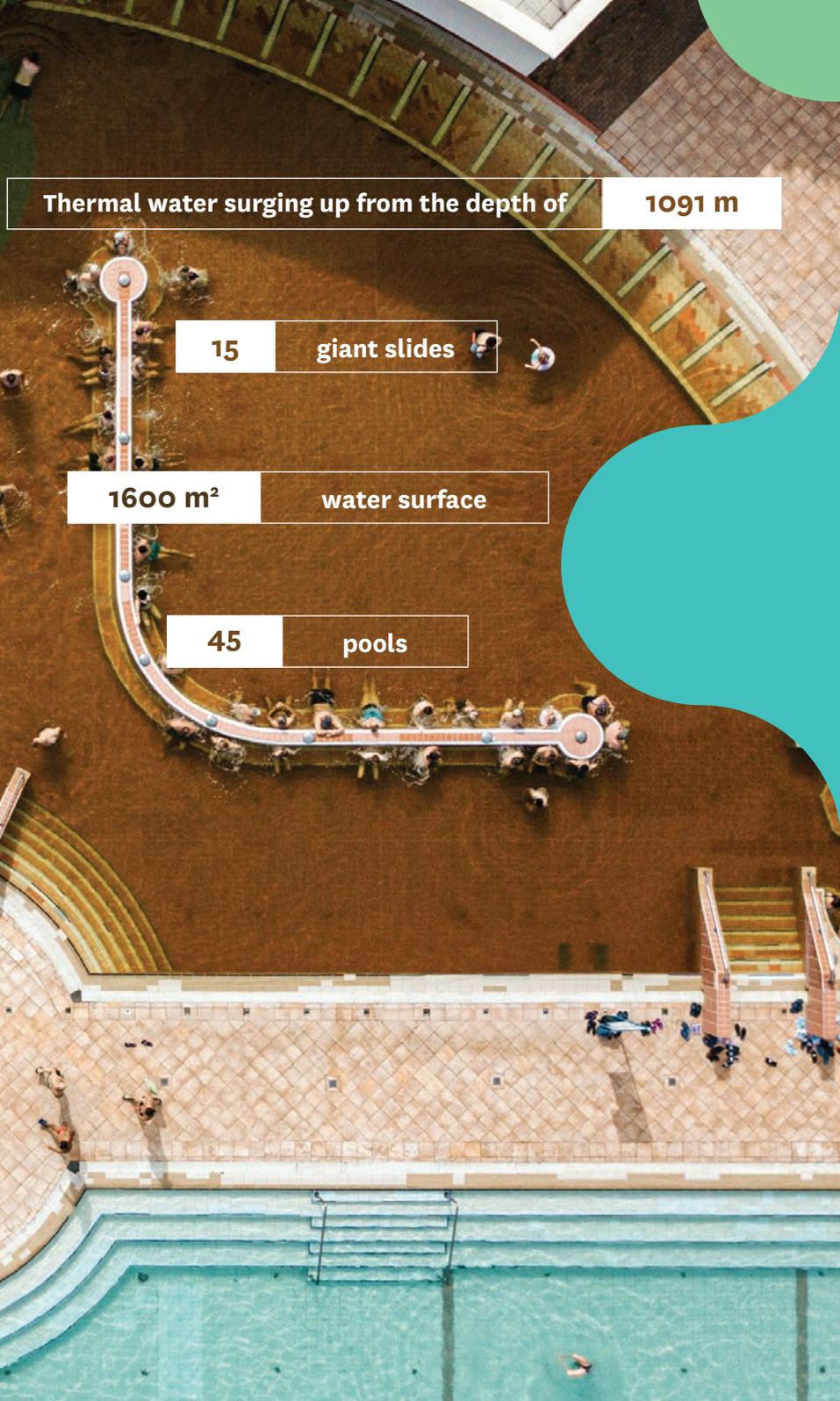


Therapeutic effect



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.
- For active recreation, take part in one of the tours starting from the Lake Tisza Cycling Centre.
- After the adventures, explore the beach in Abádszalók, offering a smorgasbord of summer activities and water sports, including jet-ski, tubing and flyboard. Those seeking a premium experience can relax in a separate area.

Debrecen

The Aquaticum Debrecen SPA is nestled among the hundred-year-old trees of the Debrecen Great Forest. The complex's indoor adventure pool brings summer to the cold of winter, where adventure-seeking guests can race down giant slides covered with tropical vegetation or even take part in night-time bathing. In the thermal bath, you can relax in indoor and outdoor pools of various temperatures, while the wellness and medical departments offer a wide range of services for those seeking regeneration, healing, and relaxation. One of the most unique and spectacular beach baths in Central Europe guarantees an exciting and diverse experience for every member 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, stadium, water tower bar, terrace and observation deck, as well as an outdoor stage, 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



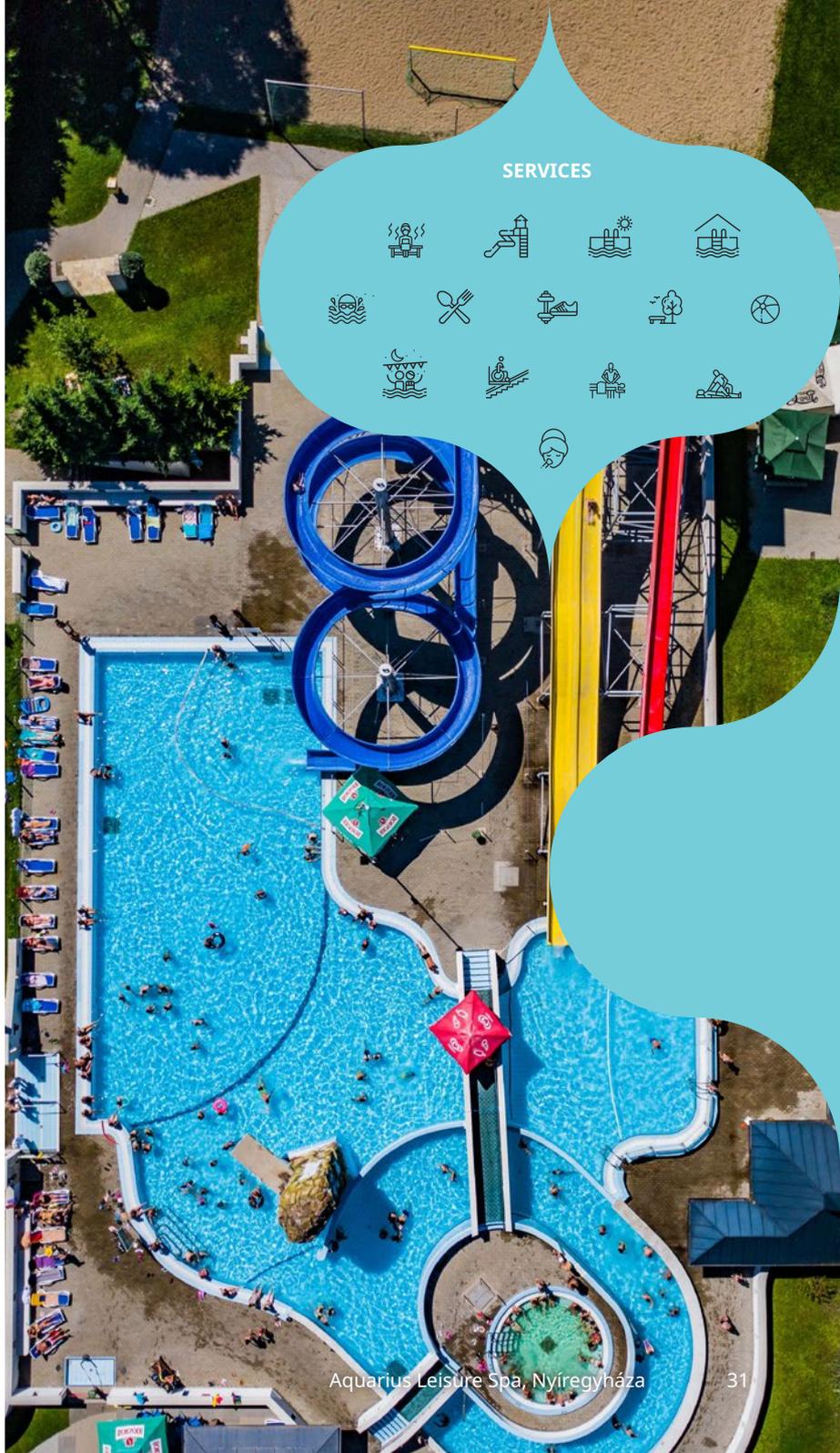
Therapeutic effect



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

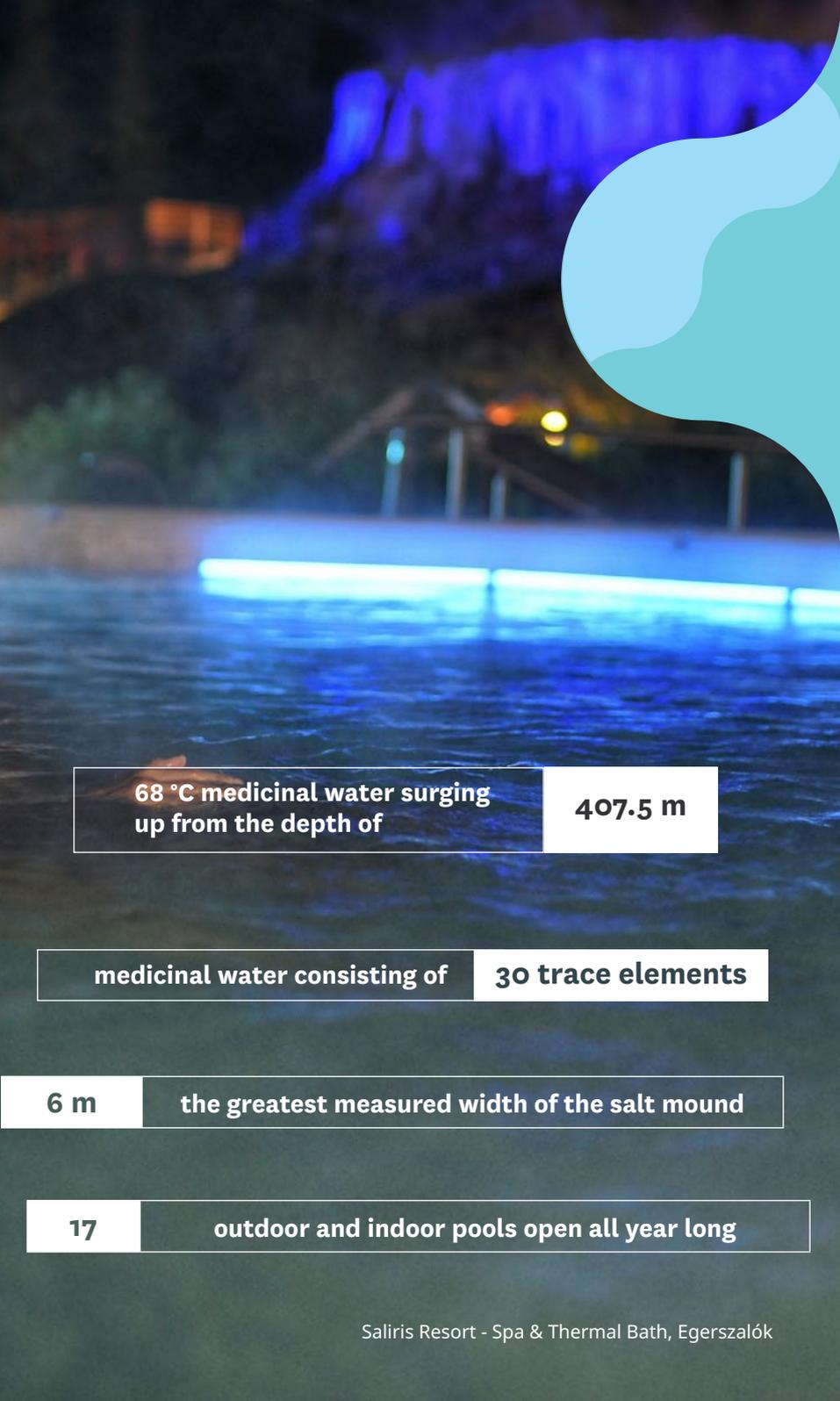


Therapeutic effect



SERVICES





**68 °C medicinal water surging
up from the depth of**

407.5 m

medicinal water consisting of 30 trace elements

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 National Blue Trail
- 💧 Put your courage to the test 30 metres above the ground at the adventure park in the Sástó Quarry

Miskolctapolca

The Cave Bath of Miskolctapolca is a unique feature of Europe, where guests can bathe in natural halls and passageways shaped over thousands of years, while admiring the unique formations of these exceptional natural features.

Spa type



Therapeutic effect



DISCOVER MORE IN THE REGION

- Have some fun in Lillafüred: take a chair-lift ride or a stress-relieving stroll, enjoy a round on the woodland kick scooter course, visit the hanging garden or take a boat
- Admire one of the most beautiful natural features in the country: the 17 metre-high Fátyol (Veil) waterfall located in the Szalajka Valley.
- Discover the World Heritage Baradla Dripstone Cave in Aggtelek

SERVICES



Gyula

What truly sets the Gyula Castle Bath apart from other sites is that it is located in captivating historical surroundings. Gyula is one of the quaintest bathing cities in Hungary, offering entertainment for the whole family.

Spa type



Therapeutic effect



SERVICES



DISCOVER MORE IN THE REGION

- Marvel at the 600 year-old, Gothic lowland brick Gyula Castle
- Visit the exciting interactive exhibition at the Almásy Palace in Gyula
- Sample the famous Gyulai and Csabai sausages
- Taste the traditional pastries at the Hundred-Year-Old Confectioner's Shop in Gyula, the second oldest confectionery in the country, which opened its doors in 1840

Makó

The Hagymatikum is one of the treasures of organic architecture in Hungary. The building - designed by Imre Makovecz - 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



300-year-old

30

SERVICES



26 000 m²

of spa facilities

Lapland pinewood used for the kelo sauna

41 °C medicinal water surging
up from the depth of

993 metres

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
- Discover the city of Szeged, home to elegant cafés and restaurants, and one of the strongholds of Art Nouveau. This is a city where you can relax on the banks of the Tisza River or explore the thousands of wonders of the surrounding area.

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 swimming 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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SZÉCHENYI  2020



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INVESTING IN YOUR FUTURE