RECREATION AND TREATMENT

IN THE THERMAL RESORTS OF HUNGARY

Spa and relaxation in the nicest locations of the country

HARMONY TOURS
Welcome!

Spend a relaxing holiday in Hungary, in one of the sunniest and most hospitable countries in the world! If you know where to look, Hungary is a secret garden of healing and wellness. Healing by water can be originated from the Roman times; they made maximum use of this natural treasure. Typical indication of the thermal medicinal waters is locomotor problems, among others.

We carefully selected some excellent wellness spa resorts, the best ones to cure Arthritis and Rheumatism. All of them are equipped according to the highest medical standards. All packages include accommodation in a high-quality hotel for 7 nights with at least half board, and a medical package with free medical consultation with a doctor and at least 6 special treatments based on the prescription of the doctor. Transfer from the Budapest Airport to your hotel is included as well, by air-conditioned luxury motorcoach. A professional English-speaking local guide is also at your disposal.

Whether you chose one of the famous cities, such as Budapest, the City of Baths, Hévíz, the Lake of Youth, or Hajdúszoboszló, the Mecca for Rheumatism, or Egerszalók, the Home of the Salt Cliffs, there is something for everyone. Sit back and leaf through this brochure to learn more about the centuries of bathing culture that awaits you wherever you go in Hungary.

We are looking forward to welcoming you as our guest!

The Team of Harmony Tours
Hungary – A garden of well-being

With its over 400 hot springs Hungary is a world leader in medicinal spa vacationing. Budapest is often called the “Spa Capital” because it is the only capital city in the world with real hot springs inside the city boundaries. Spa vacationing has a long tradition in Hungary and it is going back to Roman times. In the capital city of Budapest, however, our spas are modern offering all the comfort and in-house facilities other old European spa towns might not have.

All Hungarian spas have chlorine-free mineral pools of varying temperatures of 28-39°C. The hot springs gush into the surface directly from the hot core of the earth at very high temperatures and have to be cooled off to different temperatures suitable for bathing. There is such an abundant supply of hot mineral spring water that the water in the bathing pools is constantly changed.

Specialist treatments only available in Hungary

1. Weight bath or underwater traction therapy

Underwater treatment is currently only offered in Hungarian spas, making it a genuine „Hungaricum“. The idea is simple: the patient is held by the neck and/or underarms, while weights of 2 to 20 kilograms are attached to specific parts of the body to stretch the spine and reduce or eliminate pain. The weight bath introduced by Mr. Károly Moll in Hévíz is among the best known and most effective methods of treatment for degenerative spinal conditions. The purpose of this method is to stretch the spine by means of the buoyancy of the thermal water and to restore the discs to their original position.
2. **The famous Hévíz mud pack**

The thermal water of Hévíz is mixed with peat, found in thick layers at the bottom of the lake, to produce the spa’s famous mud packs. The medicinal water contains high concentrations of all the important chemicals – 80% inorganic and 20% organic – the boy needs, thereby multiplying the effectiveness of the mud. The healing mud is a completely natural treatment used to ease or even cure a wide variety of locomotive disorders, as well as certain gynaecological and skin conditions. The mud can have a marked effect on the body, so it is important for the patient to be in relatively good physical condition before the effected body parts can be „packed“. Most patients emerge from this treatment rejuvenated and with a renewed lust for life.

3. **Physiotherapy**

Physiotherapy plays an unusually important role in Hungarian rehabilitation and other treatments. The goal is to treat damaged joints and improve spinal function through a range of movement in order to strengthen skeletal muscles and adopt a correct posture. Physiotherapy is performed either in the thermal water or on dry land as prescribed by the doctor. It can be applied as a single or combined treatment primarily to strengthen weak muscle groups and ease restrictions on movement. For successful physiotherapy, patients should plan for a longer period of treatment. It is important to add that physiotherapists are highly respected in Hungary – it takes four years of intensive study to acquire the necessary qualifications.
Budapest – The City of Baths

The Hungarian capital is home to millions of people as well as dozens of therapeutic baths. No fewer than 123 thermal springs release over 30,000 cubic metres of mineral-rich water to the surface, filling the pools and the tubs of spas and bathing temples, both ancient and state-of-the-art.

The hot water of the elegant neo-Baroque Széchenyi Baths behind Heroes’ Square on the Pest side, offers scenic open-air bathing even in the winter months. This is one of the largest spa complexes throughout Europe. Many people come here just to gossip and unwind, but elderly men, with just their shoulders out of the water as they play chess at the water’s edge, are also a familiar sight. It just goes to show that baths are temples for the mind as well as the body.

The Gellért Thermal Bath was built in the so-called Art Nouveau style, which gives you a fascinating experience. By the wave pool you can take Massage with tufa stone, Spa pedicure, Chocolate spa, Cleopatra bath, and Herbal bath.

Star Inn Hotel Budapest Centrum***

The newly built, modern hotel is located just a few metro-stops from the Széchenyi Baths, in the very heart of the business, shopping, cultural and entertainment centre of the city. The hotel has 125 individually adjustable air-conditioned and sound-proofed rooms, all with free cable internet connection and 26” LCD TV with satellite channels. The catering services include buffet breakfast with a selection following modern nutrition trends, and half board in a neighbouring restaurant.
Continental Hotel Zara****superior Budapest

The brand new four star superior design hotel is located in Budapest's city center offering 272 rooms, within easy reach of the Széchenyi Baths. The hotel welcomes guests with its Boutique Spa with wellness and fitness center, restaurant with terrace, Gallery café and lounge bar, underground private parking garage, two courtyards and Roof garden. The 272 parquet rooms reflect art deco features, perfect harmony, and fine elegance combining a modern world of colours and forms. The rooms have complimentary WIFI connection, LCD TV, telephone, mini bar, individually adjustable air-conditioning, in-room safe (for laptops), luggage rack, toiletries kit, hair dryer and en-suite tub or shower.

What can be included in the package?

- Accommodation in one of the above hotels for 7 nights, with buffet breakfast
- Transfer between the airport and the hotel (and return) by motorcoach, with English-speaking local guide
- Budapest sightseeing tour by motorcoach, with English-speaking local guide
- Transportation card for the public transportation for 7 days
- Medical package:
  - Medical examination by a Rheumatologist
  - 7 x Entrance fee to the Thermal Baths
  - 6 x Other treatments based on the prescription of the Rheumatologist (e.g. mud treatment, tangentor bath, electrotherapy, salt chamber, ultrasound), 6 x 20 minutes medical massage
- Half board supplement
Margaret Island

One of the most visited spas in Budapest is located on the bucolic traffic free park island named after St Margaret, whose medieval monastery ruins can still be visited on the island. Take daily strolls around the island’s centuries-old trees, rose garden, hidden statues and ruins. The island is in the center of the Danube that divides Budapest into two parts, Buda and Pest. Buda is the ancient, hilly part of the city with its historic district and Royal Castle overlooking the Danube River, while Pest is the commercial, entertainment and shopping area of the metropolis.

Danubius Health Spa Resort Margitsziget****superior

The Danubius Health Spa Resort Margaret Island was the first metropolitan spa hotel in the world. It was recently renovated in harmony with its woodland setting on Budapest's beautiful Margaret Island. All rooms are air-conditioned and have balcony overlooking either the Danube or Margaret Island. The thermal water on the Margaret Island is famous for its healing effects on conditions such as joint and muscle problems, and many other complaints. Facilities of the hotel include Gym, Fitness, Wellness, Massage, Outdoor and indoor swimming pool, Jacuzzi, Adventure bath, Sauna, Solarium, Beauty saloon, Medical services and Rheumatology. Relaxing in the thermal water is also a perfect way to unwind and release the stresses and tensions of modern life.
Full day excursion to the **Danube Bend** – an excursion into Hungary’s history. Visit the largest cathedral of Hungary in the formal capital city Esztergom, enjoy the fascinating view of the „Blue Danube”, learn about a 750 year-old formal Royal Castle in Visegrád, and after lunch wonder around the cobble stone-covered narrow alleys of the Baroque town, Szentendre.

Find out why Budapest is called "Paris of the East.” We would like to invite you to an **evening cruise on the Danube River** to admire the beauty of the city at night.

Visit the "City of Grapes and Wine", just a few minutes ride from Budapest. Join us for a **wine tasting** – we will offer you a glass of fine wine from one of the largest barrels of the world, and delicious Hungarian dinner, accompanied by a colorful folklore show and gypsy music.

All of our excursions are by air-conditioned, luxury motorcoaches, accompanied by a professional, English-speaking guide.

What can be included in the package?

- Accommodation in Danubius Health Spa Resort Margitsziget for 7 nights, with buffet breakfast and buffet dinner. Welcome cocktail, unlimited use of the spa section of the hotel, bathrobe.
- Transfer between the airport and the hotel (and return) by motorcoach, with Chinese-speaking local guide.
- Budapest sightseeing tour by motorcoach, with English-speaking local guide.
- Medical package:
  - Free medical examination by a Rheumatologist
  - 6 x Treatments based on the prescription of the Rheumatologist (e.g. medical massage, mud pack, electrotherapy, balneo therapy, oxygen therapy, hydrotherapy)
Hévíz – The Lake of Youth

The thermal lake of Hévíz is without exaggeration the world’s most beautiful bath tub. Furthermore, it is literally overflowing with healing water. The lake, extending across an area of almost five hectares at the south-western corner of Lake Balaton, is brimming with warm, alkaline and slightly radioactive water rich in potassium salts, sulphur and hydrogen carbonate.

The spring’s powerful curative properties include relief for rheumatism. See for yourself by hiring a rubber ring and drifting dreamlike between the water lilies, floating on the water’s idyllic surface. In summer, the lake reaches temperatures of 35°C, but the water never falls below 25°C, not even in the icy cold of winter. The temperature and water quality are maintained throughout the year, thanks to a gushing thermal spring that refills the lake every 48 hours. The resort of Hévíz is likened to Eldorado by wellness tourists, many of whom return year after year to this miraculous spring. And the claim that “the water of Hévíz can heal anything – even a broken heart” is no empty cliché.

The water of the Hévíz Lake is equally rich in dissolved substances and gases, combining the favourable effects of naturally carbonated medicinal waters and those containing sulphur, calcium, magnesium, hydrogen-carbonate, as well as those with a slightly radioactive content. The medicinal mud, which covers the bed of the lake in a thick layer, deserves special attention. The Hévíz mud, which is unique of its kind, contains both organic and inorganic substances and the radium-salts and reduced sulphuric solutions in it represent special medicinal factors. The medicinal water and mud originating from the several thousand year-old Pannonian Sea, together with the complex physiotherapeutic treatments, are suitable for treating all kinds of rheumatic and locomotory diseases.
**Hotel Aquamarin***

Located in a peaceful area of Hévíz, surrounded by a large park, Hotel Aquamarin offers medical treatments in a spa with 3 thermal pools. Rooms are large and have private balconies. Situated just a 10-minute walk from Lake Hévíz and a 5-minute walk to the town centre, Aquamarin Hotel has spacious rooms that include cable TV and bathrooms with shower. Access to the spa is included in the rates. There are 2 indoor pools and one all-year outdoor pool. All 3 pools utilise water from the hotel’s own thermal spring. Guests can enjoy a wide offer of treatments, including weight baths and medical massages. There is also a sauna and a beauty salon with hairdresser and barber. The restaurant at Hotel Aquamarin serves Hungarian cuisine and diet dishes. Buffet breakfast is also served here daily.

**Hunguest Hotel Helios***superior

The Hunguest Hotel Helios can be found 500 metres from the centre of Heviz and the thermal lake, in the middle of a wonderful 4.5-hectare park. The 150 double rooms and 12 suites in the air-conditioned Anna Building have private bathrooms (with bath tubs), toilets, balconies, televisions, mini bars, telephones, and safes. The Helios hotel has its own medical centre with an indoor thermal pool as well as an outdoor summer swimming pool. Make use of a wide selection of wellness and beauty services and facilities, like an infra-red sauna, a solarium, a salt chamber, steam baths, manicure, pedicure, massages, fun bath, jacuzzi, sauna, infrared sauna, steam bath, Kneipp treading basin, Scottish shower, and much more. The hotel’s newest specialty is fish therapy which is still a rarity even in Hungary. It is very effective against skin diseases such as psoriasis, acne, eczema. It is also an excellent natural skin care method.
Danubius Health Spa Resort Hévíz****superior

The hotel is located in the quiet and peaceful cure district of Hévíz Spa, only 300 m away from the unique Lake of Hévíz. All the 203 rooms have air-conditioning, bath, color satellite TV with remote control, direct dial telephone, minibar, hairdryer and balcony overlooking the garden/lake or the town, and free bathrobe use. Connecting and anti-allergic rooms, as well as rooms for non-smokers and disabled guests are available. The hotel provides unlimited use of the hotel’s own Spa- and Wellness establishment: jin-jang indoor thermal bath with 2 pools (33 and 37°C), swimming pool, whirlpool, steam bath, biosauna, sauna, outdoor thermal pool with sun terrace (from middle of April till middle of October), adventure pool with underwater music and evenings with light effects, wooden cut garden sauna with sauna-show on Friday afternoon and Sunday morning with qualified sauna attendant; full use of the fitness club, and sportanimation: morning- and fitnessgymnastics, aqua-fitness.

What can be included in the package?

- Accommodation in one of the above hotels for 7 nights, with buffet breakfast and buffet dinner.
- Transfer between Budapest airport and the hotel (and return) by motorcoach (about 3 hours).
- English-speaking local guide for the whole stay.
- Budapest sightseeing tour upon arrival, by motorcoach.
- Welcome package upon arrival: sandwich and drinks.
- Medical package:
  - Medical examination by a Rheumatologist
  - 5-10 x Treatments based on the prescription of the Rheumatologist (e.g. medical massage, mud pack, electrotherapy, balneo therapy, oxygen therapy, hydrotherapy).
Optional programs:

Half day excursion to the **Sümeg Castle**, Hungary’s best preserved fortress. Spectacular knight tournaments and medieval feast, including drinks.

Half day excursion to the **18th century Festetics Palace in Keszthely**, one of the most beautifully refurbished and furnished Baroque palaces of Hungary.

Half day excursion to **Szigliget**, a small settlement on the shore of Lake Balaton. The town is ruled by the ruins of the once impregnable fortress, built by monks in the 13th century. From its walls you can enjoy a wonderful view of the largest lake in Central Europe. After a visit in the castle taste the wines that made the small settlement famous. Visit in a wine cellar, then **wine tasting**.

Full day excursion along the beautiful **Lake Balaton**: visit of the Benedictine Abbey from the 11th century on the Tihany Peninsula, then lunch and wine tasting, finally visit of the world famous porcelain manufactory of Herend.

All of our excursions are by air-conditioned, luxury motorcoaches, accompanied by a professional, English-speaking guide.
A popular destination for rheumatism sufferers, this resort of superlatives, is situated in the north-east of the Great Plains (Pusztta), about 200 kilometres from Budapest. The town on the edge of the Hortobágy National Park is blessed with approximately 2,000 hours of sunshine per year and is also home to Hungary’s largest bathing and rehabilitation complex, employing no fewer than eight rheumatologists. A total of 30 giant pools of healing brown water are scattered over 30 hectares of land. The effectiveness of the water in treating rheumatism lies in its high iodine and bromine content. The concentration of salt in the water here is five times more than that found in seawater. This is complemented by oestrogen and a range of trace elements, including titanium, copper and lead; ingredients employed in 40 different treatments with proven results. And it goes without saying that the many departments in the complex meet the latest medical standards. Recent research has shown that the likelihood of a successful cure for a wide range of diseases is considerably higher here than it had been previously thought. The weight bath treatment developed in Hungary has proved particularly beneficial.

**Hungarospa Thermal Hotel***

The hotel is located in quiet, peaceful surroundings, in the area of one of Europe’s biggest bathing complexes and direct access is provided to the splendidly landscaped lido of 30 hectares in area. The hotel guests may take advantage of the bathing complex services: the 13 pools of the lido including the Mediterranean seaside open from 1 May to 30 September. You can make use of the medicinal baths and the indoor swimming pool and the Aqua-Palace covered experience bath all the year round. The hotel contains 105 double bedrooms, all with air-conditioning, telephone, minibar, television and roomsafe. Bathing robes are provided. Internet access is available in every rooms. All of the rooms are provided with a loggia or a French balcony.
Hotel Aurum****

The four-star hotel is located next to the thermal baths, and offers an elegant yet friendly atmosphere, air-conditioned rooms, a restaurant and a 500 m² thermal section. The hotel has 55 air-conditioned rooms and suites, each equipped with a kitchen. Room equipment includes bathtub and hairdryer in the bathroom, a microwave oven in the kitchenette, LCD TV with sport and children’s channels, WiFi Internet access, minibar and safe. The wellness section includes a Finnish sauna, a steam bath, and a hydro-massage pool. The massage centre next to the hotel offers 110 kinds of massages along with various other treatments. The thermal centre welcomes guests with thermal pools and a therapy section.

What can be included in the package?

✓ Accommodation in one of the above hotels for 7 nights, with buffet breakfast and buffet dinner.
✓ Transfer between Budapest airport and the hotel (and return) by motorcoach (about 3.5 hours).
✓ Budapest sightseeing tour upon arrival, by motorcoach
✓ Welcome package upon arrival: sandwich and drinks.
✓ English-speaking local guide for the whole stay.
✓ Medical package:
  - Medical examination by a Rheumatologist
  - 10-15 x Treatments based on the prescription of the Rheumatologist (e.g. Medical massage, Mud pack, Electrotherapy, Balneo Therapy, Oxygen Therapy, Hydrotherapy)
Optional programs:

Half day excursion to **Debrecen**, the largest town of the Great Hungarian Plain, the center of Hungarian Calvinist Church. The colourful, richly decorated houses from the 19th century, the Great Reformed Church with the excellent view from its tower, and the Great Forest with its narrow-gauge train are really worth to see.

Half day excursion to **Hortobágy**, the semi-deserted „pusztá”, which is a listed World Heritage Site. After visiting the 200-year-old Nine-Hole Bridge, a visit in a traditional Hungarian farm, horse carriage ride, and a breathtaking traditional horseshow are included.

Full day excursion to the **River Tisza**. Enjoy a day in Nature! After visiting a ceramic pottery maker and admiring his excellent work, a cruise is included on the romantic river to watch many kind of birds, even rare species! Then a 3-course lunch in a typical „Csárda” restaurant follows, accompanied with Hungarian wine.

*All of our excursions are by air-conditioned, luxury motorcoaches, accompanied by a professional, English-speaking guide.*
Egerszalók – the Home of Salt Cliffs

Egerszalók is a village with a population of almost 2,000 people situated between the Mátra and the Bükk mountains in the valley of the Laskó stream, just 5km from Eger. The appeal of the village lies in the natural beauty of the area, which offers tourists countless points of interest. Egerszalók’s main attraction is the thermal source springing from the depths of the earth in the south of the village by the water flowing salt deposits from water extremely rich continuously build formations, which sight. The calcium-bicarbonate containing sodium been given one of category of waters. The water was classified as medicinal by the health ministry in 1992. Over the years the salt hill thanks to its unique characteristics has become the symbol and trademark of the local area. Similar natural formations can only be found in two other places in the world: in the Asian part of Turkey in Pamukkale, and in the Yosemite Park in the USA. In Europe it is unique.

Saliris Resort Spa & Conference Hotel****

The Saliris Resort is situated in a large park in Egerszalók, 6 km from Eger, among very nice mountains in Northern Hungary. It features indoor and outdoor pools and numerous wellness facilities. All the 203 modern rooms in the Saliris Resort are air-conditioned and have a balcony and a cable TV. There are also bathrobes in every room. Fine Hungarian and international cuisine can be enjoyed in the restaurant. Wellness facilities include saunas, steam bath, Jacuzzis and a wide range of massages and beauty treatments.
What can be included in the package?

- Accommodation in Saliris Resort Spa & Conference Hotel for 7 nights, with buffet breakfast and buffet dinner.
- Transfer between Budapest airport and the hotel (and return) by motorcoach.
- English-speaking local guide for the whole stay.
- Budapest sightseeing tour (3 hours) upon arrival, by motorcoach.
- Welcome package upon arrival: sandwich and drinks.
- Medical package:
  - Medical examination by a Rheumatologist.
  - 10 x Treatments based on the prescription of the Rheumatologist (e.g., medical massage, mud pack, electrotherapy balneo therapy, oxygen therapy, hydrotherapy).

Optional programs:

Half day excursion to **Eger** – a town considered to be a Baroque pearl of Hungary. During the walking to the city we will discover the Baroque downtown, the castle, the Turkish minaret, the catholic cathedral, the ancient Episcopal library, and the former archbishopric wine cellar system under the town.

3 course **folklore dinner** accompanied by Gipsy music and folklore dancers, and with tasting one of Hungary’s finest red wine: the Bull’s Blood of Eger.

Full day excursion to **Szilvásvárad** – the most popular destination of the wonderful Bükk mountains (possibilities: visit the home and museum of the Lipizzaner horses, carriage ride, narrow-gauge train, trout grilling, sights of the valley: Veil-waterfall, open-air forest museum, Rock-spring, trout ponds) and the 11th century Cistercian Abbey of Bélapátfalva.

All of our excursions are by air-conditioned, luxury motorcoaches, accompanied by a professional, English-speaking guide.
Map of Hungary with the above locations:

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