

Danubius Health Spa Resort Margitsziget & Danubius Grand Hotel Margitsziget****



Wellness Traditional Balneo

The greatest treasure of the spas at Margaret Island is thermal water which was discovered in 1866 while digging a well. The temperature of the water is 70°C when appearing on the surface, but it is cooling to 34°C, 36°C and 40°C when reaching the hydrotherapy unit of the hotel, however preserving 100% of its active medical substances. The thermal water on Margaret Island, well known of its curing effects for decades, is especially effective in healing musculoskeletal disorders, muscle and certain types of nervous system distresses and circulatory disorder. Furthermore, thermal spas are perfect places for getting away from stress.

Our 7-day package includes

- **Transfer (airport-hotel-airport)** in any preferred time of arrival and departure.
- **Stay in our world-famous Margaret Island hotels, the Danubius Health Spa Resort Margitsziget and the Danubius Grand Hotel Margitsziget Hotels.** This 120-year-old building was renovated in 1987, while its appearance preserved its original glow. However, inside our guests experience a pretty modern atmosphere. Owing to the Thermal bath connecting the two hotels, both provide high level of health care services.
- **Breakfast+dinner** in the Platán restaurant with buffet service, or in one of the oldest and most famous restaurant of Margaret Island, the Széchenyi-restaurant.
- **SPA and Wellness treatments:** Health care services of the Danubius balneo hotels were developed on the basis of the natural and thermal medicinal waters gained from local thermal wells. These services are available for the guests of spa hotels in the hotel's health complex. Here, under constant medical supervision, our guests are provided with a full course physiotherapy, including the balneo-, hydro- and electrotherapy, Physiotherapy exercises and different kind of massages. Based on the consultation, our doctor suggests a personal program from six kinds of treatments:
 1. **Balneotherapy-Effervescent bath (with tap water)**-The effervescent baths are filled with 32-34°C tap water, which are artificially filled with carbon dioxide (similar to soda water). In these baths, during a 10-20 minute bathe, gas bubbles roll through your body, and your skin absorbs the carbon dioxide gas. The increase of its concentration leads to better contraction of heart muscle, and intensifies blood circulation, which decreases the pressure on the heart. The bubble bath due to its calming effect provides perfect entertainment and relaxation.

2. **Hydrotherapy**-This program takes place in 35-37 degree thermal water by using underwater waves and whirlpools to massage the body. Among its beneficial effects are the improvement of blood circulation and the stiff joints in the body.
3. **Physiotherapy** (maximum 3 therapy massages in 20 minute intervals) Based on the medical diagnosis, the massage is conducted only on the parts of the body indicated by the doctor. The aim of this massage is also the improvement of blood circulation, and muscles flexibility.
4. **Electrotherapy** This method is based on the experience that small electric impulses can halt the pain in the body. The electric pulses come continuously or in waves, and with electrodes the electric impulse reaches the nerves though the skin. Applying the technic of traditional electrical stimulation, the electrodes directly exert their full effect on the problematic areas. The TENS-method is especially effective in relieving neck pain and headaches but it is also effective in post-traumatic pains and spinal diseases.
5. **Mud-pack(20 minutes)**-The mud used for mud treatment in Danubius Spa Hotels are gained from the geothermic thermal water lake of Hévíz in Hungary. The mud from the sediment of thermal waters is rich in beneficial bacteria, containing biologically active components with unique biochemical features. Firstly, its thermal effect has to be highlighted: the mud has excellent heat storage, gives off heat four times slower than water. Secondly permeating through the skin, the sulphur and mineral components lithe the muscles. In its general application, 5 cm mud is placed on the skin, except the head, neck, and the areas near the heart. The mud-pack is 40-45 degrees Celsius and it can weight 60kgs overall on the body. After this, the body is wrapped in a dry blanket. After 20 minutes the mud is washed off, followed by 15 minutes of dry packing. The treatment is effective in relieving joints, stiff muscles, cartilage, and provides vertebral disc with better nutrient supply. Furthermore, it also strengthens the body's anti-inflammatory and immune system.
6. **Oxygen therapy (inhalation, 60 minutes)** During aerosol inhalation, we apply similar method to saline inhalation. The difference is, that we add medical materials to the mineral water, thus the inhalation of this spray strengthens the therapy effects even more. The sprayed medical materials reach directly the respiratory system, cleaning of the cells of mucous membrane. The inhalation is perfectly fitted for treating respiratory diseases, asthma, and allergy-related chronic diseases.

W!ZZ Air direct flight between Astana and Budapest

7 nights

Therapy package

sunday	Astana	Budapest
arrival-departure time	22:25	23:55
sunday	Budapest	Astana
arrival-departure time	12:20	21:35

For any inquiries or questions regarding our packages and prices, please contact us via the following email:

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