

Danubius Health Spa

Resort Héviz superior****



Wellness Traditional Balneo

Mineral-rich thermal water, warmed by the heat of the Earth's interior, is one of the most wonderful naturally occurring substances with healing properties known to mankind. The treatments offered in Héviz are also primarily based on this, and the wide range of medical spa stay packages that we offer here is virtually unmatched in the region.

Our 7-day package includes

- **Transfer (airport-hotel-airport)** in any preferred time of arrival and departure.
- **Stay in our world-famous Danubius hotels**
- **Breakfast+dinner**
- **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

<i>sunday</i>	Astana	Budapest
arrival-departure time	22:25	23:55
<i>sunday</i>	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:

info@medicellhungary.eu