



What we offer

- swimming pool 26C
- 2 thermal water pools (with thermal water from Margit island 33 and 38 C degrees)
- jacuzzi
- classic finnish saunas separated for males and females, steam bath, aromatherapy steam bath and ifrared cabin
- fitness center
- spa treatments (massages, facial and body treatments, relaxing spa rituals)

The Margit island thermal water is rich in calcium, magnesium, hydrogen-carbonate also containing sodium, and a low concentration of salt. It is effective in the following conditions: joint and muscle disorders; gynecologic problems effective in reducing inflammation in general. Even a short bathing in thermal water significantly reduces stress and vitalises the whole body.

SPA TREATEMENTS

MASSAGES AND BODY TREATMENTS

Energising full body massage '50 12.900,-

A thorough body massage combining the movements of Swedish massage and therapeutic massage, which loosens up tense muscles, thus enhancing the body's energy levels.

Relaxing full body massage '50 12.900,-

A massage carried out with relaxing, gentle strokes using warm and nourishing oils and rich essences that guarantee complete relaxation. It relieves stress and anxiety, helps in case of sleeping problems, and supports the immune system. If you are unfamiliar with the world of massages, we recommend this treatment as a first experience.

Head to Toe massage '70 14.000,- Ft

Our energizing body massage is made complete with a foot massage and a relaxing and stress-relieving head massage.

Hot Stone Massage '50 13.900,-

Hot stone massage is an ancient healing technique, used in several cultures. Warmed, smooth-surfaced stones are positioned on parts of the client's body of to maximize the therapeutic benefit. Hot stone massages are beneficial on both physical and psychological levels. Heat has long been used to ease muscle tension and pain. It helps increase blood flow to the affected area. It may also reduce muscle spasms, increase flexibility, reduces stress and anxiety

Conditioning back massage '25 7.000,-Ft

(For expectant mothers – from the second trimester)

This massage helps the regeneration of back muscles tired from daily strains; it includes muscle soothing and muscle tone enhancing movements alike, making it a pleasant experience that results in the relief of aches and pains.

Regenerating massage '25 incl consultation 7.000,-Ft

This is a treatment for a specific area (limbs, lower limbs, a specific area on the back) which eases muscle and joint pain. Consultation with the massage therapist is recommended beforehand to help our experts provide the most precise movements.

Refreshing foot massage '20 6.500,-Ft

This treatment focuses on tired and sore feet. This is not foot reflexology, yet it has a positive effect on the entire body. Pure bliss after a busy day!

Stress relieving head massage '20 6.500,-Ft

This massage concentrates primarily on the tense and painful muscles of the face, head, shoulders and neck. Gently harmonizing energy points, it relaxes tense muscles and induces a state of deep relaxation. It enhances the oxygen absorbing ability of cells, reduces migraine, and as it improves circulation in the scalp, it enhances the nutrient intake of hair bulbs. It also clears the mind and helps those struggling with sleeping problems and clogged sinuses.

Bach flower essence massage '60 13.500,-Ft

Have you ever wondered what your body and soul deeply need? You can intuitively choose one from five flower essences, for supporting the power of human touch. The unscented flower essences applied to the skin contain only the healing information, so can be beneficial for those with allergies and sensitivities to strong scents. The gentle flower therapy will elevate our full body massage to a whole new level and lead you back to harmony.

Sour Cherry salt glow '20 6.500,-Ft

Sea salt body scrubs can help exfoliate, clean, and revitalise your body, whilst the sweet smelling and antioxidant rich cherry seed oil provides natural, effective hydration, making your skin soft and fragrant.

Sour Cherry salt glow and creamy body massage '70 14.000,-Ft

Sea salt body scrubs can help exfoliate, clean, and revitalise your body, whilst the sweet smelling and antioxidant rich cherry seed oil provides natural, effective hydration, making your skin soft and fragrant. The sea salt scrub is followed by a full body massage with sour cherry body cream.

BATHS

Magnesium bath '20 3.900Ft

Dissolved in warm water, our magnesium chloride flakes provide you with a medicinal bath of cell-restoring highly soluble magnesium chloride. Soaking in magnesium salts has been shown to markedly improve skin hydration, speed wound healing, enhance skin barrier function,,decrease inflammation, effective for stress relief and relaxation.

Aromatherapy salt bath '20 3.900,-

Enjoy a heavenly scented, relaxing warm bath after a long day! Our bath salts are made with Himalaya salt or salt of Parajd (pure salt from the traditional transylvanian salt mine of Parajd) and organic essential oils in highest therapeutic quality.

Aphrodité Bath Blend: exotic ylang-ylang, orange, organic levander will melt the stress away and put you in a romantic mood.

Evergreen for Men Bath Blend: cypress, juniper berry, organic lavandula intermedia and cedrus atlantica will ease muscular aches and pains, also beneficial for the body's detoxification process.

RELAXING FACIAL TREATMENT RITUALS

HELIA-D PROFESSIONAL

TRADITION – QUALITY – INNOVATION

In the early eighties, Hungarian television viewers were introduced to an elderly lady in an interview, who, despite her age, had been able to miraculously preserve the freshness and smoothness of her facial skin thanks to her own creams that she made from herbal ingredients. Mrs. Nedeczky's appearance was so convincing that a large Hungarian pharmacy company decided to submit her cream to extensive investigation in their laboratories. Following the unequivocal clinical results, the product became a huge success. Helia-D has since become a symbol of quality Hungarian cosmetics. Based on their success in the retail market, they felt it was time to create a new, professional product range based on their experience in cosmetics formulation. **Helia-D Professional** opens up a new dimension in cosmetics. To serve the preservation of healthy, beautiful skin full of vitality, their products are **exceptionally rich in active ingredients** and combine **the experience of the past** with the acknowledged achievements of **current day scientific research** (herbal stem cells, hyaluronic acid, marine collagen) while placing **Hungarian herbal agents** in the forefront.

Helia-D Professional products are:

- exceptionally rich in natural, herbal ingredients
- paraben free
- free of allergens
- free of artificial colours
- never tested on animals
- patent protected and their proven physiologically active substances are produced by noted laboratories in Switzerland

ORANGADE SKIN REFRESHMENT '60 10.900,-Ft

This is a refreshing, firming and vitalizing treatment for ages 25-45. Thanks to the valuable hydrating components and vitamins, even the deeper layers of the skin are replenished, while both your body and soul relax during our signature massage.

SOUR CHERRY VITAMIN INFUSION '45 8.900,-Ft

IDEAL FOR MEN AS WELL

To make sure that the first wrinkles aren't followed by new ones...

Sour cherry extract is rich in components that aid skin hydration, while marine collagen is effective in supporting the skin's defense and anti-aging functions. This relaxing treatment provides quick relief for dehydrated and dull skin.

REX VINORUM/KING OF WINES

DEEP HYDRATING TREATMENT RITUAL WITH TOKAJI ASZÚ FOR HER '90 18.500,-Ft

DEEP HYDRATING, STRESS RELIEVING TREATMENT FOR HIM '70 14.900,-Ft

The world famous Tokaj aszú wine and Aszú Essence do not hold unparalleled experiences for wine lovers only. The assortment of bioactive agents in the grape and the seeds facilitate cell regeneration, reduce inflammation, and strengthen collagen fibres as well. Modern research has proven hyaluronic acid and hydromaniol molecules to be effective in boosting hydration in the deepest layers of the skin and also filling up smaller wrinkles.

Our King of Wines treatment takes you on a journey of the senses: a series of pleasant aromas, textures and massages will relax you and help the regeneration of body and soul. After treatment, be our guest for a complimentary glass of Tokaj wine in the bar!

SZATMÁR PLUM AND STEM CELL FIRMING ANTI-AGING TREATMENT RITUAL '70 17.900,-Ft

Szatmár plum contains large amounts of vitamin P as well as carbohydrates, fruit acids, minerals, Na, K, Ca, and vitamin C, making it primarily suitable for **the treatment and nurturing of sensitive skin** prone to inflammation.

PhytoCellTec™nunatak® is a stem cell extracted from Saponaria pumila (soapwort). Thanks to its unique adaptability, this plant is proliferous on icy mountains (nunatak) where it is subject to constant low temperatures and high UV radiation. It has developed a defense mechanism that helps it protect itself from damages in such an environment. These survival traits of the Saponaria pumila can be transferred to human skin via the Nunatak® stem cells extracted with PhytoCellTec™ technology. As an effect of Nunatak® stem cells and Szatmári plum the structure of the skin improves, the activity of cells is heightened, and the depth of wrinkles is reduced.

MAGIC PEELING EXPRESS SKIN REJUVINATING TREATMENT '40 8.900,-Ft

Helia-D Professional's special double enzymatic peeling will visibly refresh and cleanse the skin of dead skin cells. As a result, the skin's absorbency will be boosted which allows it to better accommodate the nurturing agents applied. Magic peeling is followed by application of moisturising serum and a short massage

DEEP CLEANSE with manual extractions '90 15.500,-Ft

This pleasant and effective treatment takes cleansing done according to the classic European cosmetic tradition to a whole new level. Pore cleaning is inevitable for some skin types to ensure a well-groomed look. Cleansing also helps the skin's absorbing capabilities. With Helia-D Professional's extra effective agents in the hands of our experienced professionals, you can forget what you thought about traditional extractions treatments up until now. We guarantee relaxation, recreation, and beautifully clean skin.

THAI MASSAGE

Treatments are provided by our contractual partner employing trained native Thai therapists.

Traditional Thai massage '60 13.500,- '90 17.900,-

The effect of the treatment is mainly in the balancing of the energy system. Its unique quality is that Thai masseuses do not only use their fingers, but their hands, elbows, knees and feet as well when massaging physiological points on the body. The unique effectiveness of the massage is further enhanced by the special movement of various body parts and the controlled cracking of joints. The goal – both physically and psychologically – is to relieve pain and tension and to create a feeling of flexibility and looseness.

Thai massage is a dry (oil free) treatment done through a thin fabric massage dress on the floor and mattress.

Thai massage with oil '60 14.500,-Ft '90 18.900,-

The choreography of the massage is basically identical to traditional Thai massage with the only difference being that some grips are not employed when the body is slippery from oil. The essential oils take effect via touch and smell alike directly through the skin. The oily massage stimulates the circulatory system, while the essential oil aromas envelop the body and take effect when inhaled. This treatment helps with detoxification, strengthens the immune system and makes the skin resilient and silky while the tired body is refreshed.

Thai herbal massage '60 14,500,-Ft '90 18.900,-

This type of massage is a combination of traditional Thai massage and vapour inhalation generated from various herbs.

Massaging with steamed herbal bags, circulation is boosted with the heat of the steam and the oils from the herbs, while the muscles and stiff joints are also activated. The treatment is excellent for the refreshment of strained joints and muscles and the alleviation of derived pain. The herbal bag contains 15 different medicinal plants.

Thai foot massage '60 9.900,-Ft

Foot massage is an ancient Chinese cure used successfully for over 3000 years in Asia. Practically every single sensory nerve stems from the sole of the foot. Foot massages stimulate the activity of our internal organs, balance the functionality of the circulatory and lymphatic systems, boost stamina, develop and improve the immune system, help detoxification, rejuvenate the body and contribute to a long, healthy life. The masseuses use their hands, fingers and a special wooden stick along with creams and oils.

Thai back, neck and shoulder massage '30 8.900,-Ft

More and more people feel accumulated tension in their neck, back or shoulders for many different reasons. This back, neck and shoulder treatment brings relief and may even eliminate pain in these areas.

Thai massage for two '60 26.900,-Ft '90 31.900,-Ft

A special service offered to couples, friends, mother-daughter to experience the magic of two masseurs working in harmony together.

SPA PACKAGES – SPECIAL OFFERS

Pick & Mix 3 treatments 13.900,- 5 treatments 16.900,-

Create your personal spa experience by combining 3 or 5 of the following 20 minute treatments.

- Refreshing foot massage
- Stress relieving head massage
- Regenerating massage
- Sour cherry salt glow
- Magnesium bath
- Aromatherapy bath
- Magic peeling express facial treatment

Hungaricum Beauty Package for Ladies '160 25.900,-Ft

- Sour Cherry salt glow and creamy body massage
- King of Wines deep hydrating facial treatment ritual with Tokaji Aszú for Her
- A complimentary glass of Tokaj wine in the River bar

Melt Away Stress Package '120 19.900,-

- Magnesium bath
- Conditioning back massage
- Orangade Skin Refreshment facial treatment with relaxing massage

Melt Away Stress Exclusive Package '120 21.900,-

- Magnesium bath
- Hot Stone massage
- Stress reliving head massage

• **Exclusive Spa Experience for Ladies** '180 29.900,-

- Aphrodité aromatherapy bath
- Sour cherry salt glow and full body massage with sour cherry cream
- Szatmar Plum and Stem Cells Ant-Aging Treatment

CLASSIC COSMETIC SERVICES

Waxing – upper lip	1 100 Ft
Waxing – bikini	2 200 Ft
Waxing – underarms	1 600 Ft
Waxing – arms	1 600 Ft
Waxing – eyebrows	1 200 Ft
Waxing – lower legs	2 800 Ft
Eyebrow shaping	1 200 Ft
Eyebrow tinting	1 500 Ft
Eyelash tinting	1 500 Ft
Full leg wax	4 800 Ft

MAKE UP

Day Make-Up	6.000,-Ft
Evening Make-Up	10.000,-Ft

MEDICAL TREATMENTS

Therapeutic programs available for the treatment of rheumatism, arthritis, back pain, fibromyalgia, osteoporos after medical consultation and upon individually-prescribed treatments.

- Carbon dioxide bath
- Underwater traction
- Therapeutic massage
- Electrotreatments
- Hévíz mud pack

How to spa?

We kindly ask our guests to arrive at the Spa reception 5-10 minutes prior to their appointment in order to leave enough time to comfortably occupy the treatment room, meet the staff, and learn about the treatment. During massage and beauty therapy, complete silence helps your relaxation and the therapist's concentration. Spa treatments are about tranquility; therefore, we kindly ask you to leave your mobile phone in your room or have it switched off or in silent mode if you bring it with you, so that it does not disturb others, nor your own relaxation.

What should I wear for treatments?

Please arrive in the bathrobe provided by the Hotel. For massage and cosmetic treatments, you are welcome to wear your own swimwear (bikini bottoms for ladies), but we can also provide disposable underwear if that is more convenient for you.

For our cosmetic treatments, we provide special garments and a headband. During our treatments, guests are covered with a blanket, and only the area on which the therapist is working is exposed to ensure total comfort.

We recommend you leave your jewellery, watch and mobile phone in your room for the duration of your treatment.

What happens if I forget about and/or I am late for my appointment?

Out of consideration for customers who arrive on time, in case you are late for your appointment,

- we will have to shorten the duration of the treatment,
- or offer you another appointment upon availability

In case of no-shows, the price of the treatment will be charged regardless of utilization.

Appointments can be modified or cancelled 2 hours prior to the treatment depending on other bookings.

From what age are spa treatments recommended?

The treatments of our Spa & Wellness facility are generally recommended over the age of 16.

Are there any contraindications of utilising the spa and spa treatments?

We kindly ask you to refrain from using the spa & wellness services in case of the following:

- fever
- contagious illnesses
- chronic circulatory problems
- thrombosis
- open wounds
- active-stage tumorous conditions
- incontinence

We are also at your disposal with further information on the contraindications of spa treatments at the wellness reception.

OPENING HOURS

Fitness, pool area and saunas 6am-11pm

Silent Hours (only for guests over 16): 6am-9am and 8pm-11pm

Spa treatments 8am-11pm

Medical Treatments: 8am- 5pm

For further information and appointment please contact the Spa Reception.

Opening hours: every day between 06:00 and 23:00

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