

Health

Wellness



Lake of Hévíz

Medicinal Cure

Prevention

Relax

Active





Do you have a backache? Is it hard to walk? The solution is the Traditional Hévíz Therapy!

Sedentary lifestyle, monotonous diet, poor posture, stress. Only a few of the reasons that can lead to musculoskeletal complaints. Today, osteoporosis and degenerative joint diseases have become endemic and they sour millions of people's lives.

Do not let pain become part of your everyday life! Consult our experts, who are dedicated to believe in the preservation of health and recovery!

In Hévíz, you are put in the centre, since the specialists make up a personalised treatment plan in accordance with your condition and they also give you helpful advice on the development of a harmonious and health-conscious lifestyle.

The world's largest natural thermal lake, the more than **200-years-old medical tradition** and the treatments in compliance with the latest trends are intended to serve your health!

Visit Hévíz and learn about the fountain of life!



The history of Hévíz Thermal Lake



The Thermal Lake of Hévíz, formed tens of thousands of years ago, is not only a **national treasure** but also the unique gift of nature. The water of the abundant spring lake is medicinal water, which gives you its treasure, healing, in a unique green environment.

The medicinal water of Hévíz was already used by the Romans. The legend about the Eastern Roman Emperor Flavius Theodosius's miraculous healing also gives evidence of this.

However, the roots of the today known bathing

cure date back to **1795**, into the times of Count Festetics György. Thanks to the knowledge accumulated since then and the expertise, **hundreds of thousands of people have regained their health**, therefore the Traditional Hévíz Therapy has now become the trademark of the town. In recognition of the uniqueness and specificity, Lake of Hévíz and the traditional medicine of Hévíz received the title "**Hungarikum**" in 2015.

The **Traditional Hévíz Therapy** is based on the medicinal water of Hévíz, which due to its rich mineral content, is particularly **effective in the treatment of musculoskeletal disorders**. Over the centuries medicine has become more and more familiar with its healing effects and has complemented them with treatments that further increase the effectiveness, thereby rising its healing power.

The therapeutic effects given by the natural environment make the healing treasures of water complex. The lush trees around the lake, the evaporating steam, which extends as a dome above the lake, exert their positive effects together.

Due to the evaporation the surrounding area of the lake is free of dust and the air is poor in allergens.



Lake of Hévíz

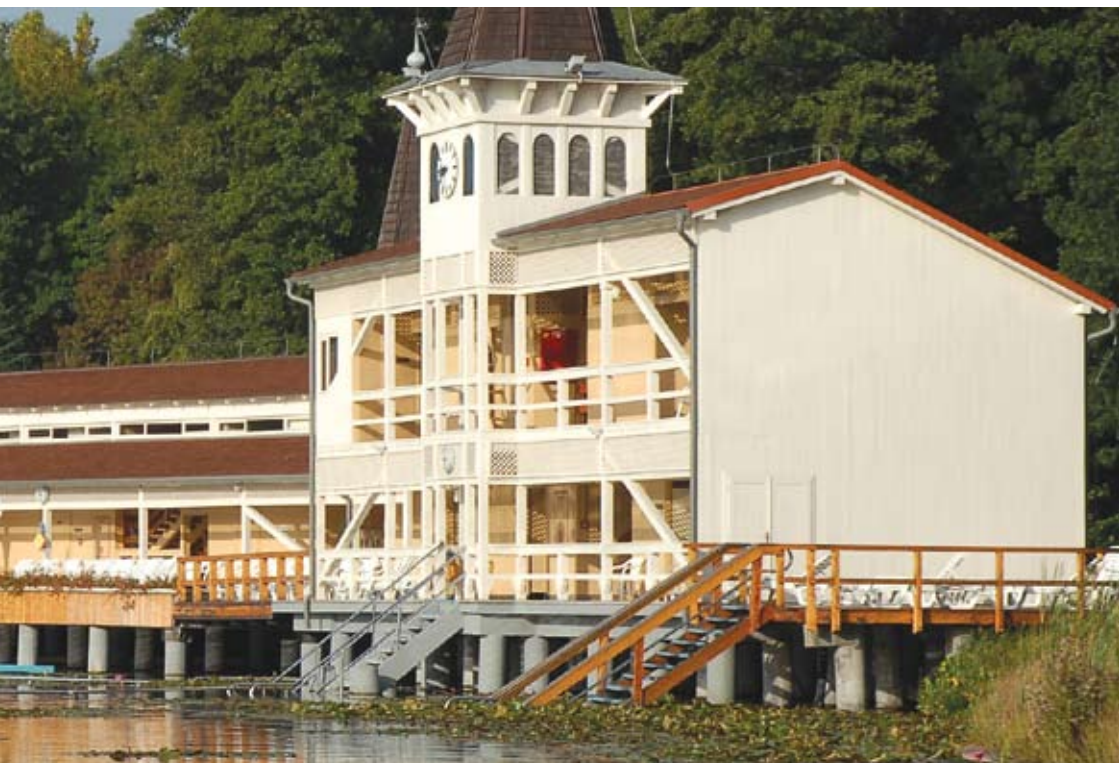
Lake of Hévíz, the largest biologically active thermal water lake in the world, can be found in a geographically unique environment just 6 km away from Lake Balaton and 180 km from Vienna. The spring of the **4.4-hectare lake**, which is rich in minerals, breaks out from a 38-metre-deep cave, where hot and cold water mix with each other for several thousand years. The water output of the lake is 410 l/mp, therefore, the water of the lake is replaced every three and a half days and its temperature does not drop under **22 °C** in winter. It may reach **38 °C** in summer.

The special composition of the Hévíz medicinal water and the components dissolving from the peat layer of the lake bed enable a **wide range of use in medicine**. The application of the Hévíz medicinal water itself provides a **complex therapy**. Bathing in an upright position is ideal for blood circulation and the indifferent temperature gives a pleasant refreshing feeling.

The water of the medicinal spring comes to the surface by breaking through a 7-meter-thick peat layer, so skin will be elastic and velvety by means of the thereby dissolving compounds and trace elements.

Without medical advice a maximum of 30 minutes bathing is recommended in Lake of Hévíz.





Water composition

Kations	mg/l
Potassium	6,8
Natrium	27
Ammonium	0,32
Calcium	81
Magnesium	36
Iron	0,04

Numbers of cations altogether 151

Anions	mg/l
Chloride	23
Bromide	0,11
Iodid	0,021
Fluorid	1,4
Sulphate	64
Hydrogen-carbonate	378
Sulphide	3,2

Numbers of anions altogether 470

Metaboric acid	0,5
Metaflint acid	43
Free carbon acid	86
Dissolved oxygen	3,6

Altogether 754

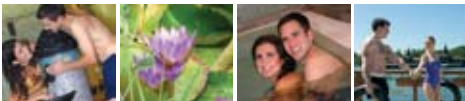


In which cases is the Traditional Hévíz Therapy recommended?

Lake of Hévíz is rich in dissolved and gaseous substances this way combining the beneficial features of carbonated, sulphurous, calcic, magnesian and hydro carbonated waters. The reduced sulphur compounds favourably affect the metabolism of cartilage, the function of cartilage cells and thereby the state of joints, and this way they represent special value of medicinal factors. **The medical indication of the cure cover a wide spectrum of musculoskeletal disorders.**

It can be advantageously used in the following cases:

- wide spectrum of musculoskeletal diseases
- osteoporosis
- degenerative (wearing) and inflammatory diseases of the spine-/joints
- injuries and the after-treatment of the operations of the locomotive system
- rheumatologic and secondary diseases of the joints
- chronic, peripheral complaints, which are connected to the nervous system and have mechanical reasons
- after operations of the joints





- pre- and after-treatments of the operations of the vertebral disc
- chronic gynaecological diseases
- In case of chronic catarrh of the stomach and bowels, or the disorders of the digestive system, medicinal water can be applied as a drinking cure

The cure has contraindications for patients suffering from:

- infectious diseases
- tumours
- cardiac failure
- circulatory disorders
- unattended asthma
- unattended high blood pressure
- pregnancy





What does the Traditional Hévíz Therapy consist of?

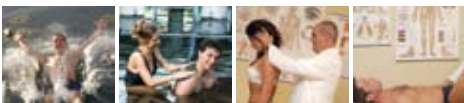
In each case, the setting up of the complex therapy plan is preceded by a medical examination with condition assessment. **Based on your personal condition**, the specialists determine the therapy elements that build on each other, such as the duration of bathing in the medicinal water, the type and frequency of treatments, on the spot. The treatments are carried out according to specified rules by qualified personnel and **under continuous medical control** for the sake of your receiving quality service.

The basic elements of the therapy, according to the individual treatment plan, may include:

- Bathing in qualified thermal water
- Medicinal mud wrap or mud bath of Hévíz
- Weight bath – based on a rheumatologist of Hévíz, Dr Moll Károly's invention

Additional elements of the therapy, according to the individual treatment plan, may include:

- Consuming medicinal water of Hévíz from a drinking-fountain
- Therapeutic massage
- Movement therapy individually and/or in a group
- Physiotherapeutic treatments (electro-magnetic-mechano-light, etc.)
- Hydrotherapy: CO2 bath tub, underwater jet massage, galvanic bath



The elements of the Traditional Hévíz Therapy



The medicinal water of Hévíz is equally rich in dissolved and gaseous materials combining the beneficial properties of carbonated, sulphurous, calcic, magnesian and hydrocarbonated medicinal waters. Bathing is most optimal in 32 to 34°C water, as the water exerts its chemical and biological effects for an extended period, and it has a soothing effect on the nervous system.

Mud pack:

The unique mud of Hévíz contains both organic and inorganic materials, and the radium salts and reduced sulphur compounds represent the special values of medicinal factors. In the course of the special treatment process of Hévíz, the packing then the warm-keeping of the involved body part or body region is carried out.

Weight bath:

It is the invention of **Dr Moll Károly**, who was a doctor from Hévíz, and who introduced this very effective treatment method for degenerative vertebral disc disorders.

Weight bath is an underwater treatment, the aim of which is to abduct the spinal vertebrae from each other, thus to extend the spine. As a result of the extension it is possible to restore the original, healthy state of the intervertebral discs. Weight bath is completely painless, since the buoyancy of the water puts the body into a relaxed state and the weights stretch the spine in a very gentle way. During the treatment, the patients “hang” suspended at the neck and/or under the arms in the pool, while depending on the state of the disease, various weights are placed on their waist and/or ankle.



The additional elements of the Traditional Hévíz Therapy

Drinking cure: The official effects of the drinking therapy using the thermal water of Hévíz can be obviously experienced by those suffering from acute gastro-enteritis and digestive disorders.

Therapeutic massages: During the massage, blood circulation and lymphatic circulation increase, heart rate and blood pressure, metabolism, body temperature and respiration change, excretion and thereby detoxification enhance, and it also has beneficial effects on the nervous system.

Movement therapies: Physiotherapy and spinal exercise are especially important in the

treatment of musculoskeletal disorders. In the course of individual and group sessions, you can learn the movements important to you and you can perform them even later at home. The series of movements carried out in water are less demanding, thus underwater gymnastics provides a gentle way of treatment.

Physiotherapeutic treatments: Physiotherapy uses natural – thermal, electric and other physical – powers. In Hévíz mostly electro-magnetic-mechano- and light therapeutic treatments are used.

Hydrotherapy: Includes water treatments such as effervescent bath, various tub-baths, underwater massage, galvanic bath.



Effects and duration of the Traditional Hévíz Therapy



The well-designed, on each other built execution of the treatments is carried out by qualified personnel to ensure that the therapy can have a complex effect on your body. In an optimal case the duration is **2 to 3 weeks**.

Treatments do not only result in momentary improvement, but they also **prevent attacks of pain for months**. Therefore, "a spring cure gives you the present of a painless Christmas".

Search for service providers with the **Traditional Hévíz Therapy logo**. They guarantee the proper application of knowledge and experience acquired over the centuries!



Proven beneficial effects

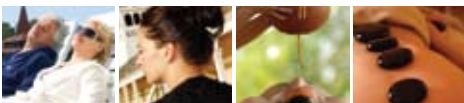
One million visitors a year, regular customer rate of 80%, thousands of cured people at Lake Hévíz, this is not a coincidence!

It has been known for a long time that the water of Lake Hévíz is a remedy for several complaints and many people owe their recovery to the therapies carried out here. **The recent researches** of Hévíz Spa and St Andrew's Hospital for Rheumatic Diseases are now also scientifically **proven beneficial effects**.

A research examining patients with knee joint degenerations clearly proved that the medicinal water of Lake **Hévíz reduced the pain** of

the spa visitors, improved their movement function and positively influenced their quality of life both in **the short and long term**.

Further promising researches are also being carried out for the scientific endorsement of the effectiveness of the weight bath, medicinal mud of Hévíz and complex physiotherapy. Using it – under medical guidance – as a natural medicine, several complaints are mitigated by the help of the Hévíz medicinal water.



How can you take the Traditional Hévíz Therapy?



- The Traditional Hévíz Therapy is available at the St. Andrew's Hospital for Rheumatic Diseases, as well as many spa hotels with the Traditional Hévíz Therapy logo. Visit the website www.hevizlake.com for booking discounted accommodation and therapy package!
- If your insurance company supports the taking of the cure, you have to do the following: contact your insurance company and make sure that your insurance company covers the taking of the cure.
- After that your insurance company will send you to a medical examination, where it will be confirmed that you really need the therapy and you will be given a certificate about it. Make an appointment for a medical examination at the St. Andrew's Hospital for Rheumatic Diseases or at the chosen spa hotel, where the doctor will make up a personalised therapy plan.
- The price of the therapy is needed to be paid on the spot and you will receive an invoice and a certificate about it. Based on these documents, your insurance company will reimburse the total amount of the therapy or a part of it depending on the type of insurance you have.



Prevention, recreation

Previously, in course of the taking of the medicinal therapy of Hévíz, the main motivation was to treat the existing diseases, but nowadays health has come to be more important and **prevention has become a priority.**

Many private insurance companies already support preventive therapies, since it is much better to prevent the development of the problems than to treat them.

In Hévíz, the wellness professionals can also help you develop a balanced and health-conscious lifestyle.

Beauty begins with health, which can be further enhanced in Hévíz! Choose the water of Lake Hévíz as a natural cosmetic product as well as the products containing the special mud!

Furthermore, cosmetic procedures using the latest technologies are available in the beauty centres of the town, whether it be ultrasound treatments, laser treatments or plastic surgery interventions.





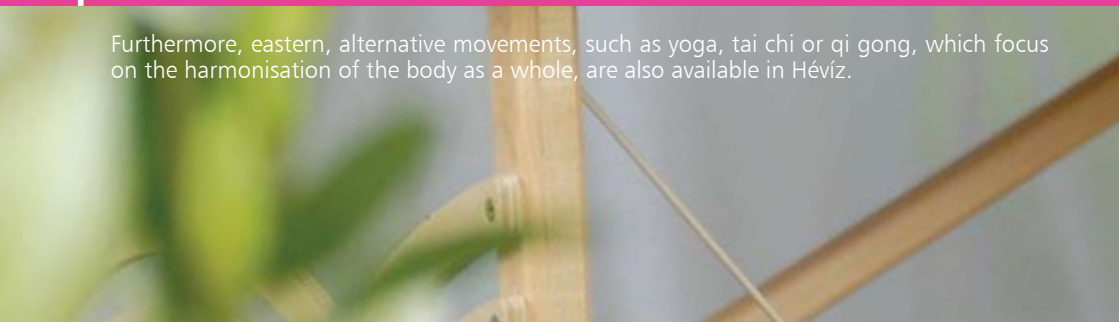
Our body needs to recover because of today's hectic lifestyle and stress. It is worth going on a wellness relaxation several times in a year in order that you can take more easily the difficulties of everyday life.

In Hévíz, various **pampering treatments, special massages**, such as lymph drainage, lava stone massage, cellulite massage, foot massage, shiatsu, Thai or Russian-Tibetan honey massage, await you in the wellness centres of the hotels and the thermal lake.

Sauna increases the power of resistance, it has a refreshing and a condition improving effect, therefore it is worth regularly taking part in sauna séances, out of which the ones with honey, yogurt, beer and aromatherapy oils are the most popular.

An important part of wellness relaxation is **active recreation!** The surrounding area provides a number of opportunities for hiking, cycling, horse riding, practising golf or tennis.

Furthermore, eastern, alternative movements, such as yoga, tai chi or qi gong, which focus on the harmonisation of the body as a whole, are also available in Hévíz.





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