

# HÉVÍZ

*The fountain of Life!*

The secret of depth

Spa, wellness and beauty adventures  
for beginners and advanced

Active movement without limits

Traditional Hévíz Therapy

Tips whether  
you come or go!

Map of walking routes

Hévíz-Balaton  
... full of experience





— anno 1795 —

# HÉVÍZ, *the fountain of Life!*

Imagine a quiet, peaceful place  
amidst lush green forests where  
everything is about relaxation  
and recharging your batteries.  
A place where you can bathe amongst  
colourful water lilies in the gentle  
turquoise thermal water of the world's  
largest peat-bedded lake.  
A place centred to invigorate,  
revitalise and pamper you.

**Your imagination  
is reality in Hévíz!**

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HÉVÍZ-BALATON ... FULL OF EXPERIENCE

*‘Over many centuries, the healing waters of Lake Hévíz has helped  
thousands of people to recover and regain their strength.  
Together with my colleagues, I work to ensure this legacy continues  
and our guests return home refreshed and rejuvenated. Thank you  
for relying on the expertise that Hévíz can provide.’*

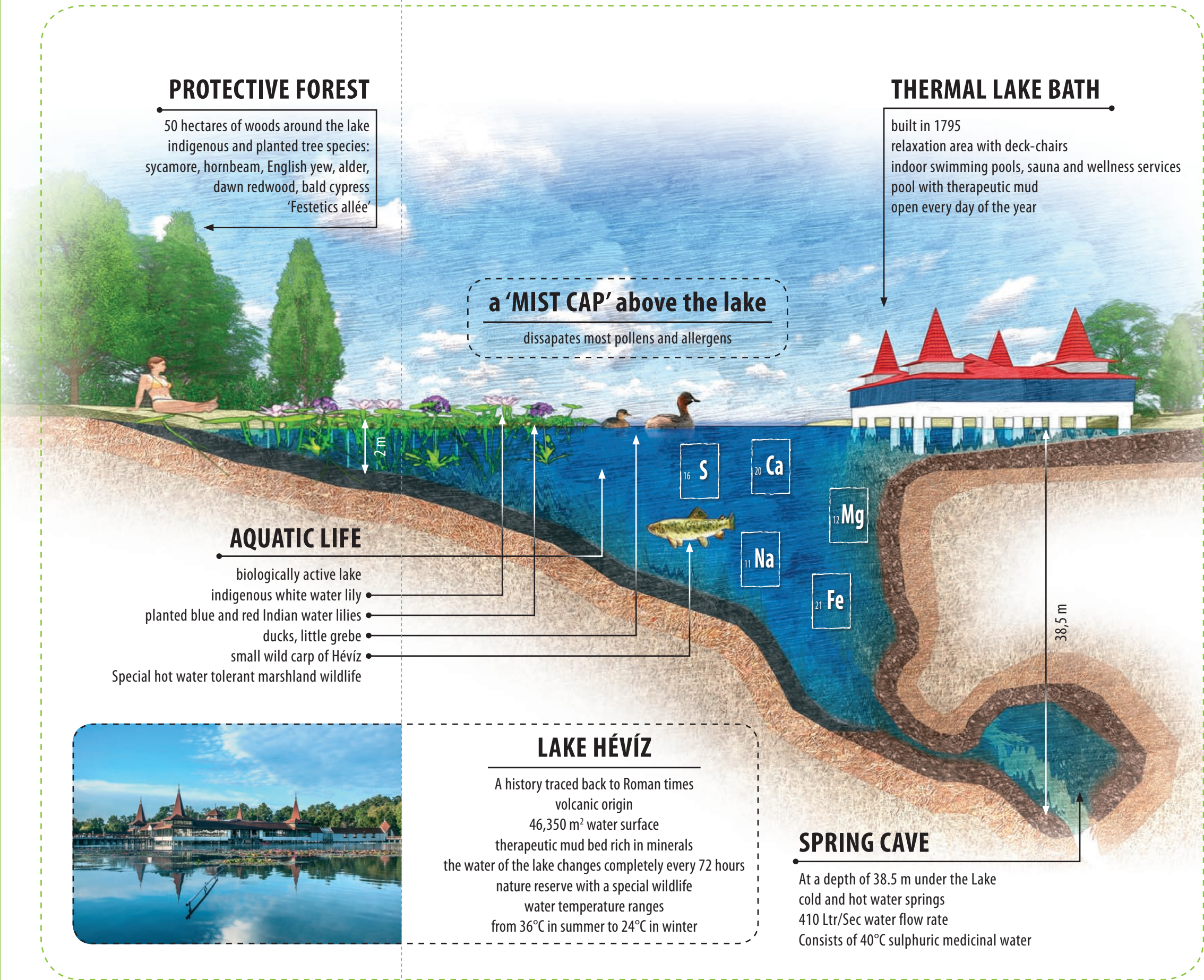
*Gábor Papp, Mayor of Hévíz*



# THE SECRET OF DEPTH

## 10+1 THINGS THAT MAKE YOU FALL IN LOVE WITH HÉVÍZ

1. Bathing amongst an array of white, pink and purple water lilies in the steaming thermal lake.
2. A refreshing massage with thermal mud in the pavilion floating on the lake.
3. Sunbathing in the ever-blossoming Dr. Schulhof Vilmos Promenade.
4. Taking a spring time walk amidst birdsong, in the shade of hundred-year-old sycamore trees and bald cypresses that make up the Protected Forests.
5. Canoeing in the steamy warm water of the Hévíz stream on a frosty day in January.
6. Having a cool refreshing glass of 'Cserszegi fűszeres' wine in Egregy Hill, in close vicinity of the 800-year-old church.
7. Taking a winter swim in the 24°C thermal lake whilst big snow flakes fall around me.
8. Roaming around the area on two wheels.
9. Seeing a nest of the little grebe brooding amongst the water lilies of the thermal lake.
10. Participating in the costume parade of the annual 'Happy Peacetimes' event and wearing the most stylish costume.
- +1 Tasting the local producers' delicacies in the Farmers' Market of Hévíz.





# SPA, WELLNESS AND BEAUTY EXPERIENCES

FOR BEGINNERS  
AND ADVANCED



- 2500 m<sup>2</sup> indoor, 1700 m<sup>2</sup> outdoor and 450 m<sup>2</sup> thermal water pool area.
- 13 rated spa & wellness hotels ranging from 3-star to 5-star.
- In addition to the Lake Bath, there are another six thermal and wellness baths situated around town.
- Hydro-therapies, Thalassotherapy, nourishing tub baths: Cleopatra bath, mud bath, Kneipp bath, light and sound therapy baths, hydroxeur, red-wine bath, ...

SPA



- Massages from all around the world: Thai, Lomi-Lomi, ayurvedic, Swedish, lymph massage, underwater massage, ...
- Professional sauna programmes led by sauna masters: séances with beer, honey and chocolate in addition to complete range of traditional saunas from Finnish to Krio.
- Near a hundred wellness and pampering packages available distilled from Hévíz's 220-year-old spa culture.

WELLNESS

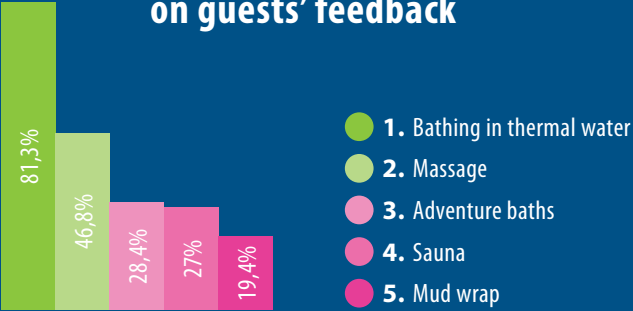


- Personalised facial and body treatments from wraps to plastic surgery.
- More than a hundred beauty service providers: manicure, pedicure, hairstylist's and beauty.
- Natural cosmetics and luxury products.
- Traditional and state-of-the-art beauty and anti-aging technologies.
- External and internal detoxification from peeling to liquid diet.

BEAUTY

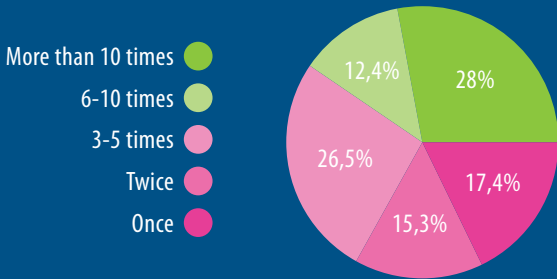
# A MILLION GUESTS A YEAR CANNOT BE MISTAKEN

The TOP 5 wellness programmes based on guests' feedback



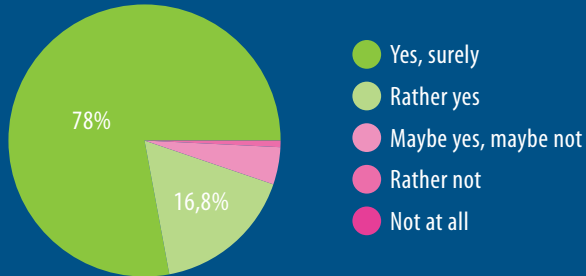
## How many times did you visit Hévíz?

82,6% of the guests return to Hévíz!



## Would you recommend your friends to visit the lake bath of Hévíz?

94,8% of the visitors would recommend their friends to visit Hévíz!



# HÉVÍZ SIDE EFFECTS YOU HAVE ALWAYS LONGED FOR:

- **Silky skin and hair:** the mineral rich water and mud of Lake Hévíz promotes the regeneration of skin and connective tissue cells, thereby reducing the signs of aging and inflammatory processes.
- **Burning desire:** the composition of the water stimulates hormones that are attributed to controlling and increasing desire in both men and women.
- **Long and quiet sleep:** the potent combination of clean, fresh air and the thermal water ensures a great night's sleep – the perfect ingredient to recharging ones batteries.



Source: The representative research carried out by the Tourism Non-profit Ltd. of Hévíz, 2018.



### What problems can Hévíz help?

- Back, neck and spine pain
- Joint degeneration and calcification  
e.g. knee, hip, shoulder, wrist complaints
- Problems with muscles and ligaments
- After-treatment of rheumatologic, orthopaedic,  
musculoskeletal surgeries and accidents
- Prevention and treatment of 'manager diseases'
- Sports injuries



### The basic elements of the Traditional Hévíz Therapy:

- Bathing in certified medicinal water
- Medicinal mud wrap or a Hévíz mud bath
- Weight bath – based on the invention of acclaimed  
rheumatologist and Hévíz resident, Dr. Károly Moll

### Additional elements:

- Therapeutic massage, movement therapy,  
physio- and hydro-therapy, drinking cure

### The steps of the therapy

1. Medical examination
2. Creating an individualised treatment plan
3. Attending treatments: Ideally,  
1-2 treatments a day for 2-3 weeks
4. Medical examination and assessment

The total cost or a part of the cost of the Hévíz therapy can be covered by your domestic health insurance provider. Consult your general practitioner for the details!



### Why are Hévíz therapies special?

- Complex therapy that focuses on the individual
- Continuous medical control
- Individualised therapy based  
on a treatment plan
- Long-term effects
- Natural cure
- Effectiveness proven by recent  
medical researches



**Dr. Veronika Moll**

Head physician,  
rheumatologist, specialist  
in physiotherapy

*'In our family, curing is a multi-generational tradition. I did not even think about choosing another profession. My parents also worked as rheumatologists in Hévíz. My father, **Dr. Károly Moll** created the flow map of Lake Hévíz and invented the **weight bath**. My mother, Dr Ilona Hoffmann was **the first female rheumatologist** of Hévíz bath, therefore this world was not unknown to me even as a child. I like my profession because it is really varied. As a rheumatologist, I have to take into account*

*the results of many fields of expertise and background areas from orthopaedics to internal medicine. Behind a symptom can be a number of causes that need to be thoroughly mapped, so personalised **treatments work extremely well**. Most of our guests returning after a year say they were **totally symptom-free** in the period between the two treatment courses. It is also not uncommon that prosthesis surgeries already appointed can be avoided by using the Traditional Hévíz Therapy.'*

# CHANGE THE COLOUR OF GREY WEEKDAYS INTO WATER-LILY-PURPLE!

RELAX WITH COLOURS, COLOUR YOUR OWN  
WATER LILY OF HÉVÍZ!





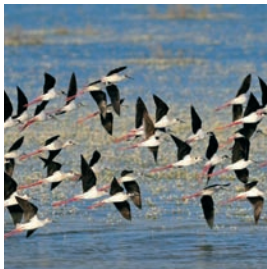
**IT IS YOUR  
PLACE HERE!**





# ACTIVE MOVEMENT WITHOUT LIMITS

## SPORTS, MOVEMENT, TRIPS



### IN THE AIR

- Hot air balloon, gyrocopter, hang-gliding and pleasure flying.
- High rope courses in the foliage of adventure parks.
- 12 lookout towers with splendid panoramic views.
- Bird watching at Kis-Balaton (Small Balaton) National Park.

### IN THE WATER

- Having fun at Lake Balaton is just an arm's length away: boat trips, sailing, motor boat trips.
- Boating, canoe, kayak, SUP, water ski, kite surf, windsurf.
- Winter canoeing on the warm water of Hévíz stream.
- Aqua-fitness, underwater cycling (aqua-spinning), underwater running (aqua-jogging).

### ON THE GROUND

- 65 km of purpose built bicycle paths, 600 km of designated bicycle lanes around Hévíz, bike rental system.
- 95 km of hiking trails, 6 nature trails in the Keszthely Hills.
- Certified 18-hole golf courses.
- Running tracks, indoor and outdoor gyms.
- Yoga, tennis, Segway, bowling, mini golf, ping-pong, billiards, horse riding, ...

# WITH A FULL BELLY AND A HAPPY SMILE

## TASTE HÉVÍZ!



Slowly boiling chicken broth, bean goulash with smoked pork knuckle, beef stew with 'dödölle' (potato dumpling), or 'tócsi' (potato pancake) with sour cream? 'Lecsó' (Hungarian ratatouille), curd cheese dumplings and strudel with marrow and poppy seeds?

Whether it be breakfast, lunch or dinner, **a delicious Hungarian meal is always a good choice** if you're looking for special flavours.



Are you a fan of **fine dining**? Do you like gourmet dishes for dinner washed down with speciality wines? Are you fond of flambé dishes, marinated or sous vide meals? Do you like it if the harmony of flavours combines with amazing presentation and the latest in culinary excellence?

All of these, and more, are available in Hévíz with **most of the ingredients sourced locally**.



Pizza, gnocchi, salads, Bavarian sausages, hamburger, gyros. **You will not be disappointed with the specialties of international cuisine that Hévíz has to offer.**

Fancy not going out after a busy day? Pizza deliveries with your favorite toppings are also available.



Do you have concerns about **food allergies or are looking for specialist menus catering for diabetics**? Do you prefer vegetarian cuisine or place great importance in knowing exactly what goes into your food? Hévíz's broad selection of restaurants and healthy eateries means there will be a place that will suite both your tastebuds and dietary requirements.



Can't let the day pass without something sweet? Everyone needs to be spoiled a bit.

In Hévíz, **homemade cakes, international dessert specialties**, tasty ice-creams and marvellous cakes made with local fruits awaits you all year round.

*'According to the saying: the way to a man's heart is through his stomach, but I think food can be one of the ways to everyone's heart. By offering healthy, delicious and substantial meals to our guests, we take the first step to make them feel good. Personally, I'm happy if guests not only take the unique experience of Lake Hévíz with them, but that they're also captivated by the flavours of the local gastronomy – whether they experience it at a hotel, a wine dinner or at the cosy terrace of a restaurant.'*

*There is a special 'team of 13 chefs' in Hévíz. We have a passion for cooking and day after day we work to create culinary excellence. Be it through using new or long forgotten ingredients, modern gastronomy techniques or serving the traditional flavours of Zala County cooking onto our guests' plates. My mission is to have our guests leave the table with a full belly and a happy smile.'*



**Ferenc Veress**

Culinary Olympic (WACS) and World Cup gold medallist master chef

### DO NOT MISS THE FOLLOWING IF YOU ARE IN HÉVÍZ!

- Artisan cheese products in the Farmers' Market
- Goulash soup and 'lángos' (fried savory dough) at the Large Car Park
- Freshly brewed coffee in Széchenyi Street
- Ice-cream and 'kürtőskalács' (chimney cake) in the town centre
- A real gourmet dinner in the pedestrian street
- Aromatic 'cserszegi fűszeres' wine in Egregy
- A glass of medicinal water at the drinking fountain
- A refreshing cocktail at the Lake Bath whilst swinging your legs over the thermal water.



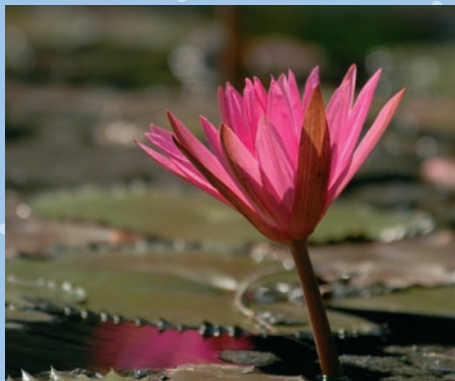
## 800-YEAR-OLD CHURCH

One of the best-preserved Árpád-age churches of Transdanubia. It was built at the meeting point of energy lines in the second half of the 13<sup>th</sup> century. The special octagonal tower is presumably a copy of the galeated form of our larger churches. The fresco fragments made during the renovation in 1731 are still visible on the wall.



## NYMPHAEA RUBRA

Water lilies are blossoming in an array of white, pink and purple colours on Lake Hévíz. The pink variety has become the symbol of the town, however it is indigenous to tropical East India. It is in flower from June to the end of November with the spreading leaves protecting the water from cooling. Lake Hévíz's water lilies are a protected plant.



## CHERUBS

The Festetics Family commissioned these stone guardians of the Lake Bath in the 19<sup>th</sup> century. These half-lion / half-eagle creatures are responsible for expelling evil spirits from the Lake. Also according to legend, they can sing if someone walks between them without love in their heart.



## IN THE FOOTSTEPS OF LEGENDS



Legend has it that the Roman Emperor Flavius Theodosius suffered from poor health as a child. His Christian nanny prayed to the Virgin Mary, which were answered through bringing forth the medicinal water from a spring, miraculously curing Flavius. Lake Hévíz was formed from this medicinal water-spring.

FLAVIUS THEODOSIUS



Count I. György Festetics first built the bath house on the side of the lake in 1795. The wooden building stood on piles and was divided into male and female sections. The bath house became very popular, leading to the first lodging house on the lake shore being opened in 1876.

COUNT I. GYÖRGY FESTETICS



Nelly, a zoo elephant who suffered from rheumatism, arrived to Hévíz from Budapest in the summer of 1914 for a hopeful cure. She soon became popular among the bathers with many articles published about her treatment and recovery in various newspapers. After months of mud and bath therapy, she recovered and returned to the capital of Hungary.

NELLY, THE ELEPHANT

## MAP OF WALKING ROUTES

### THE PAST CAN BE DISCOVERED

#### IN THE EMBRACE OF LAKE HÉVÍZ | 60 min.

- 1 Lake Bath entrance, cherub statues
- 2 Dr Schulhof Vilmos Promenade, 19<sup>th</sup> century historical buildings
- 3 Indoor bath, drinking fountain with medicinal water
- 4 Park Street, steps heated by thermal water
- 5 Town Hall
- 6 Church of the Holy Spirit
- 7 Hévíz Farmers' Market
- 8 Protective forest
- 9 Museum in the Town Centre
- 10 Pedestrian Street, Dr Moll Károly Square
- 11 Festetics Square, 3D model of the Lake Bath

#### HISTORICAL ERAS AND WINES | 120 min.

- 1 Church of the Holy Spirit
- 2 Attila Street
- 3 Roman Ruin Garden, Villa Rustica, Flavius wish ribbons
- 4 Museum of Egregy, the statue of Flavius Theodosius with his nanny
- 5 Grave of the Roman soldier
- 6 Wine cellars of Egregy
- 7 Árpád-age Church
- 8 Heart of Jesus Church
- 9 Zrínyi Street
- 10 Church of the Holy Spirit

#### SELFIE SPOTS | FOR A GOOD PHOTO

- 1 Cherub statues – Entrance of the Lake Bath
- 2 Central terrace of the Lake Bath
- 3 Legionary soldier – Pedestrian Street
- 4 The gate of home – Villa Rustica





## To me, Hévíz...



**Margit Berki**  
retired nurse  
from Hévíz

*'Is my life, where every season is beautiful.  
I am proud that I can call this world  
renowned spa town my home, where the  
traditional Hévíz medicine can always renew.'*



**Zoltán Szabó**  
sauna master

*'Is synonymous with tranquillity. Nobody  
hurries here, everyone has time. This is why  
I have chosen Hévíz, to escape the busy  
big city life. For me, the sauna is also about  
breaking away, about relaxing.'*



**Andrew Tichy**  
apartman owner

*'Although I grew up in Australia, I came to  
Hungary to get to know my roots and fell  
in love with Hévíz whilst visiting the Balaton.  
The enchanting thermal lake, the friendly  
people and the chilled out pace of life made  
it the perfect place to settle.'*



**Laura &  
Anders Bruhn**  
Danish bloggers

*'We really enjoyed Hévíz. The people were  
friendly, the food was great, the thermal lake  
was wonderful and relaxing, and the balloon  
flight was absolutely magical. We would  
definitely return when we get the chance.'*



## A GREAT PROGRAMME

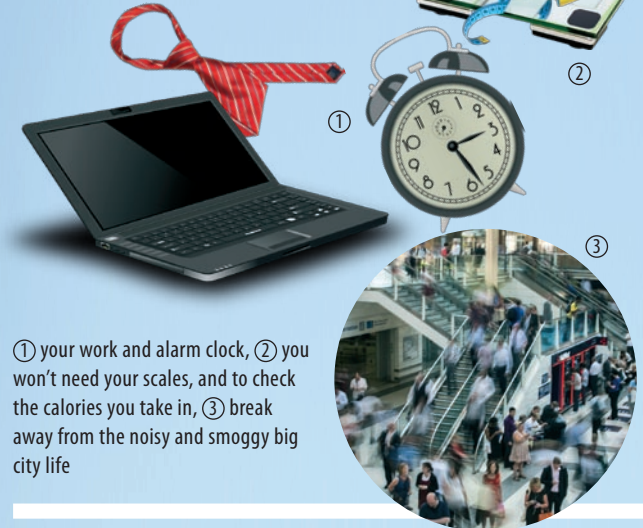
### LIKE BUBBLES IN WINE ... SHAKES ME UP!

The **spring**, characterised with thousands of tulips around town, is the most romantic season. Locals dress in period costumes to evoke an atmosphere reminiscent of the early 20<sup>th</sup> century to celebrate the Happy Peacetimes festival. The **summer** is hallmarked with a variety of events and festivals including the Lotus Retro vintage car beauty contest, the Nostalgia Weekend, the Patronal Festival of Egregy, the Wine Festival of Hévíz. Hévíz really comes alive with folk dance, operetta, organ and jazz concerts on a weekly basis throughout the summer months. In **autumn** we say farewell to the hot days by holding the ever-popular Harvest Festival. In **winter**, the Advent Fair lights up the long nights, with the sweet scent of mulled wine and gingerbread keeping guests' merry. The New Year's Eve concert and the Farewell To Winter Carnival are also great dates in the winter diary.

[www.heviz.hu/search-program](http://www.heviz.hu/search-program)

## CHECK LIST

### WHETHER YOU COME OR GO!



① your work and alarm clock, ② you won't need your scales, and to check the calories you take in, ③ break away from the noisy and smoggy big city life

LEAVE AT HOME...

### LEAVE IN HÉVÍZ...



① your wishes written on the flavius ribbons, ② you won't need painkillers and sleeping pills any more

## BRING WITH YOU...



① your favourite swimming costume, ② the book you have wanted to read for a long time, ③ your camera, ④ your loved ones with whom you want to share the best moments

TAKE WITH YOU...



① the medicinal mud of hévíz, ② the wine of Hévíz town, ③ your best memories of Hévíz, ④ artisan products from the farmers' market

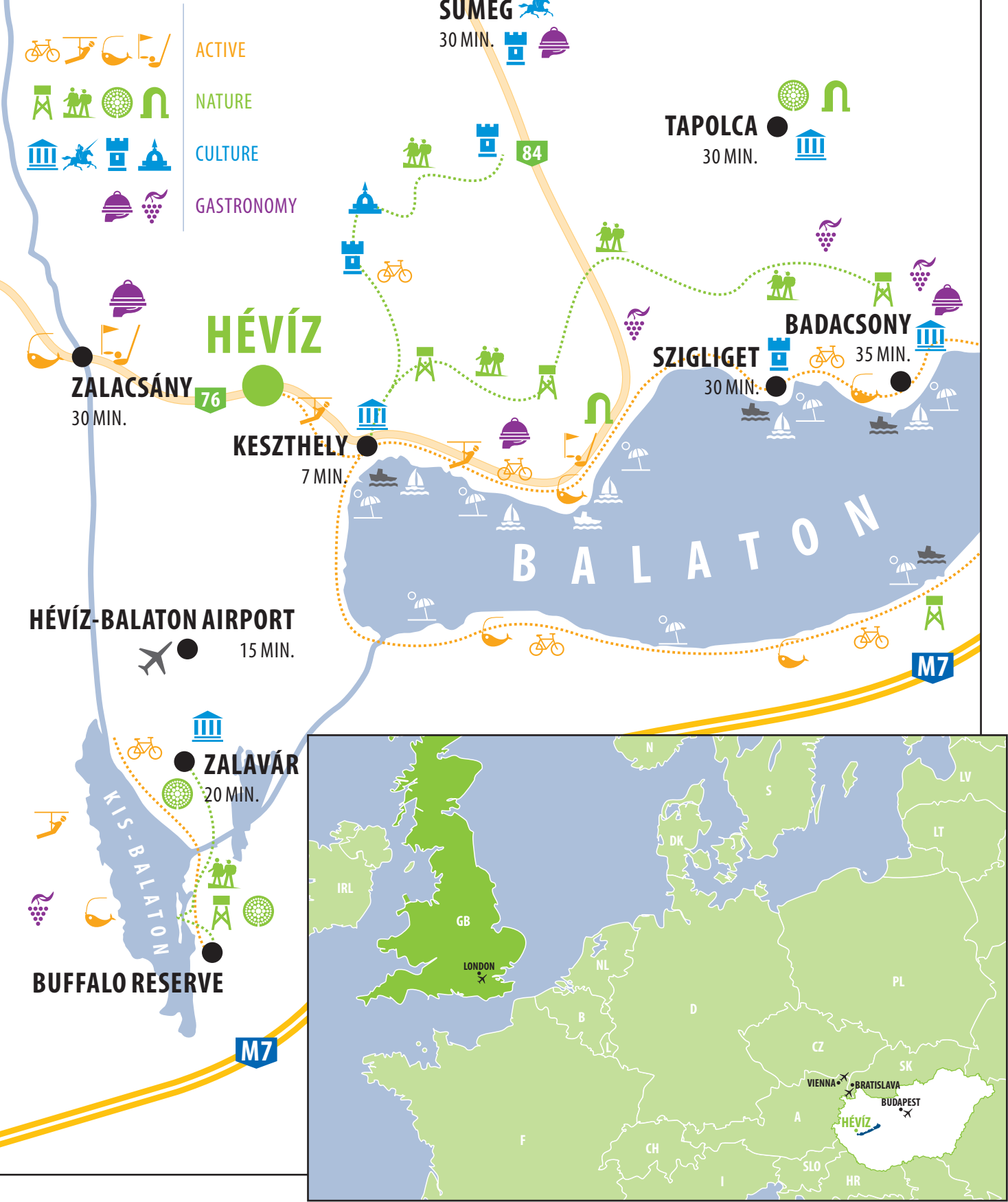


#iloveheviz #sparelax



# HÉVÍZ • BALATON

FULL OF EXPERIENCE!



**Sümeg, Szigliget, Tátika, Rezi, Csobánc.**  
These are some of the volcanic peaks of the Keszthely Hills, but there are also other things that make them special. Today, each of them has a medieval castle ruin on the top. Sümeg and Szigliget stand out among the others as history comes alive almost every day there with knights tournaments, people dressed in period costumes, falcon and hawk shows and medieval dinners. You'll just want to keep coming back to experience this enchanting period in history. Many of these hill top castles also offer stunning panoramic views of Lake Balaton.

WHERE HISTORY COMES ALIVE



The **Balaton Uplands National Park** is rich in both nature reserves and tourist attractions. **Kis-Balaton (Small Balaton)**, is one of Europe's most important wetlands, and is only a 15-minute-drive away from Hévíz. Here you can admire the flight of graceful herons and white-tailed eagles. In Tapolca, you can take a subterranean boat trip on the crystal-clear water of the Lake Cave, while in Balatonederics, the wonders of the limestone chambers of the Csodabogyós Cave await you. The tourist attractions of the national park encompass an area full of unique natural wonders. Whether it be the lakes, hills, caves or visitor centres, **there is something to discover every day.**

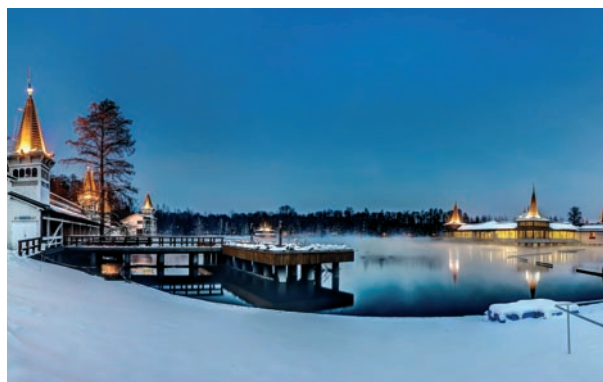
YOU'LL BE TOUCHED BY THE WONDERS OF NATURE



Keszthely is located only 8 km away from Hévíz which visitors can either walk or ride to along to purpose built bike path most of which is through shaded forests. The **town**, which is more than **750 years old**, has many places to discover including the Festetics Palace. It is one of the most beautiful Baroque palaces in Hungary, furnished with period furniture. The park surrounding the **Festetics Palace** features numerous exhibitions including a Carriage Museum, Hunters' Museum, and located in the same building, a model railway exhibition. It is also worth visiting the Amazon House and the Balaton Museum showing the history of Lake Balaton. Whilst walking on the promenade by the lake, enjoy **the wonderful sight of Lake Balaton**, which becomes a paradise for families with children and yachtsmen during the summer. What else could top your holiday off than with as a **pleasure boat trip** on the shimmering blue waters.

KESZTHELY, THE TOWN OF THE FESTETICS FAMILY





Bicycle friendly



Town  
2016



Innovative Spa & Health  
Resort Destination  
[www.europeaspas.eu](http://www.europeaspas.eu)




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