

Health

Wellness

Lake Hévíz

Medicinal Cure

Prevention

Relax

Active





Dear Guests!

Balneotherapy means medical treatment with medicinal water, which has medical rules. The medicinal waters of Hungary are considered and respected as 'natural medicine'. The medicinal water of Hévíz has unique physical, chemical, and biological components, which can be used to treat mainly rheumatologic and locomotor diseases. Experience shows that it is also suitable to treat chronic inflammatory diseases of the lesser pelvis (e.g. gynaecological) and dermatological diseases, (e.g. psoriasis). The medicinal mud of Hévíz has the concentrated effects of the medicinal water. But we also know that all these features

can be used for relaxation, refreshment, and 'recreation' and they can recover lost physical and mental energies. And that is not everything.

All the methods such as movement therapy/ remedial gymnastics, medical massage, electrical medical energy forms, different heat treatments and proper diet support the effects of each other. We look forward to the guests who want to relax and heal with these opportunities and our expertise. On behalf of all the doctors and health workers, I greet you all in Hévíz. Have a good time in our town.



The **Thermal Lake of Hévíz** is not only our **national treasure** but a unique gift of nature as well. The water of the abundant spring is medicinal water, which gives us its treasure of healing. During the centuries representatives of medical science have learned more and more about the medical benefits of this water and support it with treatments which increase its **medical efficiency**. The **medicinal water of Hévíz** was used by the ancient Romans but the roots of therapy that used

the unique benefits go back to 1795. The development of the **bath** became faster after the turn of the century. The present layout of the complex was created between 1904 and 1928. The indoor bath was built in 1968, the most modern therapy centre of Hungary at that time, and made bathing possible in all seasons. The indoor bath and therapy centre is still working, due to continuous modernization. The buildings of the **Thermal Lake of Hévíz** were recently completely renovated.

The effectiveness of Hévíz therapies is also proven by recent scientific findings. The research on patients with knee joint wear has clearly shown that the water of Lake Hévíz reduced their pain, improved their movement functions and thus positively affected the patients' quality of life both in the short and long term. Further promising researches have been carried out for the scientific verification of the effectiveness of the weight bath, the medicinal of Hévíz and the complex physiotherapy.



Some information about Lake Hévíz

Lake Hévíz the largest biologically active thermal water lake in the world, can be found in a geographically unique environment just 6 km from Lake Balaton and 180 km from Vienna. The spring of the **4.4-hectare lake**, which is rich in minerals, gushes from a 38 m-deep cave, where hot and cold cavern water have been mixing for several thousand years. The yield 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 fall under **22 °C**. In summer it is as hot as **38 °C**.

The fundamental element of **balneotherapy** is the medicinal water, which is equally rich in dissolved and volatile matter, combining favourable qualities of medicinal waters which contain carbon dioxide, sulphur, calcium, magnesium, hydrogen carbonate, and a **mild radon emanation**. The **medicinal mud** that forms a thick layer on the lake bed is unique because it contains the concentrated medical values of radium salts and reduced sulphides.



Water composition

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

**Numbers of cations
altogether** 151

Anions	mg/l
Chloride	23
Bromide	0,11
Iodide	0,021
Fluoride	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

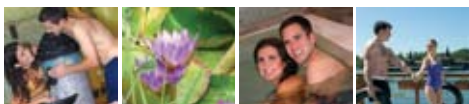
**Radon (Bq/l)
in the water** 3,8–0,8 (1997)



Medicinal cure in Hévíz

The special composition of the **medicinal water of Hévíz** and the materials dissolving from the peat layer that covers the lake bed have a **wide range of use** in medicine. The application of the medicinal water itself makes a complex therapy possible. The hydrostatical pressure and the movements to all directions are ideal for blood circulation and the different temperatures provide pleasant, refreshing bathing. The water of the spring gushes across a 7 - m-thick **peat** layer, leaving the skin flexible and velvety because of the effect of dissolved compounds and trace elements. The **rich content of mineral substances** –

e.g. the potassium content – has a favourable effect on the metabolism of cartilages and the work of the cartilage molecules and, as a result, the quality of the joints. **The natural and mild radon essence** makes the self-healing ability of the organism and the immune system stronger because it stimulates production of the hormone that influences the suprarenal gland, therefore reducing pain and inflammation of the body. Not only **rheumatic patients can be cured** with the medicinal bath because oestrogen has a significant effect on gynaecological problems.





The cure is indicated for a wide spectrum of locomotor diseases: osteoporosis, degenerative (wearing) and inflammatory diseases of the spine-/joints, injuries and the after-treatment of the operations of the locomotor system, rheumatologic and secondary diseases of the joints, chronic, peripheral complaints which are connected to the nervous system and have mechanical reasons, operations of the joints, pre- and after-treatments of the operations of the vertebral disc, and chronic

gynaecological diseases. However, the cure has contraindications for patients suffering from infectious diseases, tumours, cardiac failure, circulatory disorders, asthma, high blood pressure, and pregnancy. Without medical advice, a maximum of 30-minute bathing is recommended. 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. Ask your doctor about the details.

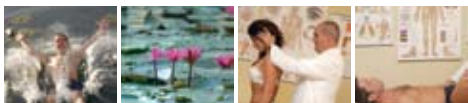




Curative effect, prevention, recreation

Earlier, the main motivation for taking part in a medical cure was the treatment of existing diseases, but in our days health is more appreciated and **prevention** is becoming more important. People would like to remain healthy and mobile in this rushing world. In the background of most complaints about the locomotor system, we can find problems due to modern way of life. As a consequence, an increasing number of people turn to prevention.

When going on a medical cure, people now take advantage of the **related branches as well as the treatments**. The role of autogenous trainings, ergotherapy, and dietetic counseling, massages of the segments and the connective tissues, and the 50-year-old invention of Hévíz, the **weight bath**, is significant, because it can slow the progress of degenerative spine diseases in the first decades.





Modern medical science offers our patients possibilities which can increase the effects of a medical cure if the specialists make an individual therapy program by examining the patient's general condition before the start of medical treatments. A complex cure is the wellplanned implementation of treatments that build on each other. It is very important that the patients receive the proper treatment. Its optimal time is **2-3 weeks. Treatments not only result in momentary im-**

provement, but they prevent attacks of pain for months. Therefore, 'a spring cure gives you the present of a painless Christmas.' To tell the truth, the **environment** is a real attraction of the spa. When light is reflected, the effects of the sun rays increase and evaporation creates dust- free air low in allergenic materials.





Medicinal mud

As thermal water and peat form a several metre – thick layer on the lake bed, they have a mutual influence on each other, and **medicinal mud** is created, which concentrates all the chemical materials of the medicinal water and multiplies its effects.

Mud packing (mud wrapping): a special treatment of Hévíz. We apply peloidtype mud for this purpose (which contains 80 % non-organic and 20 % organic materials) and we wrap the proper part of the body with it.

Physiotherapy: Physiotherapy uses natural-heat, electric, and other physical energies.

Its types: electro-, movement-, physical-, balneo-, and hydro-therapies.

Electro-therapy: We use it to ease pain, help circulation in the case of diseases, and the treatment of muscles in the form of low – and high – frequency treatments.

Weight bath is the invention of **Dr. Károly Moll**, a doctor from Hévíz, who introduced this very effective treatment of the wearing diseases of the vertebral discs of the spine. This treatment takes place in a pool where the patient is hung by the suspension of the neck or the armpits depending on the weight. We can also increase the weight from 2 to 20 kilos if a belt is put on the patient's waist or ankles according to the prescription of the specialist.





Wellness is a popular movement, which spread all over the world in the 80s. The meaning of the word: **'Enjoy yourself'** is completed with the slogan **'Be healthy'**. Wellness means pleasant way of life, which is balanced physically, mentally, spiritually and socially. This is a holistic point of view, where physical fitness is completed with mental and spiritual harmony. The aim of wellness is not only the participation in a regenerating cure once or twice a year. It would like to introduce

a way of life which is chosen voluntarily and it can be characterised by individual responsibility and balance. At the beginning of a 'wellness holiday' the most important task is to assess the physical condition of the body with examination methods, which were developed for this purpose. **Medical wellness** means cures controlled by doctors, which is different from a traditional cure because the individual is always in the centre and prevention has an utmost importance.

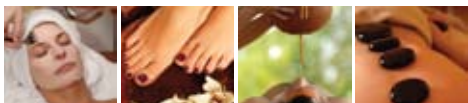
Its central element is easing stress and creating a harmonic, health conscious way of life not only on holiday but in every day life as well. The cure is often financed by health insurance.



Sauna, beauty care

The advantageous effects of **saunas** were well-known by the Aztecs and Mayas and they trained their bodies and cured illnesses in their saunas, which were built of stone. Cultures today also apply this way of health protection. The basic effects of saunas are health protection (refreshing, strengthening, improving condition) and the enhancement of endurance. Different types of saunas are available in Hévíz: Finnish sauna, Bio sauna, Infra sauna, Aroma cabin, Hot air cabin, Steam bath, humidity, Tepidarium, Caldarium, Frigidarium, Laconium, Turkish bath (Kplidzsa and Hamam), Rasul bath.

Beauty care is as old as the human history. The word cosmetics derives from the Greek word kozmein, which means to tidy or to decorate. Beauty requirements have changed with the change of cultures and ages. Nowadays returning to nature, and the spread of bio-cosmetics are popular. Besides traditional treatments, exotic, far-eastern philosophies gain ground, face and body packs and baths using marine materials are also in fashion. Electricity, the invention of the modern world, is also used in the form of ultrasound and laser treatments.





The **massage** is the oldest and simplest medical treatment. The physical effect of the massage can be stimulating or soothing as well. It eases stress, makes you relaxed, vitalizes the muscles, helps the venous blood and lymph flow, stretches the connective tissues of the joints. As a mental effect, it ceases stress and anguish, it releases energies which were suppressed by tension. Besides medicinal massages a lot of other kinds of massages are also available in Hévíz, e.g.: lymph massage,

acupressure, massage with lava stone, aroma massage, vital massage, cellulite massage and gymnastics, thalassic massage, sole massage, and the special eastern types such as ajurveda massage, shiatsu massage, Thai massage and the Russian-Tibetan honey massage.

The aim of **relaxation** is to get rid of stress and to restore the energy flow of the organism. Our energy system is in good condition if it is well-balanced, flows free, and it has the proper amount and quality.





Healthy food, active in Hévíz

Wellness cuisine

Proper nourishment is part of the healthy way of life. In the wellness cuisine we can find vegetarian dishes, and courses made from fresh vegetables and fruit, which are rich in fibres, meat, which has low cholesterol level, whole-meal flour and low-fat dairy products. The active and passive movements are the important parts of wellness.

Let's go on a **virtual trip** around Hévíz! By scanning the QR code below you can watch the spa town's short film.

Active movements mean all kinds of sporting activities that need physical endurance. We can do them outdoors in the fresh air, e.g. hiking, cycling, nordic walking, riding, golf and tennis, or water sports such as aqua jogging or aqua fitness. We can do the trainings in a gym as well using special machines. Wherever we train we need an individual plan, suitable for our physical condition, with the help of an expert. Passive movements include the eastern, alternative movements such as yoga, tai chi or qi gong, which do not concentrate on exertion but on the harmony of the whole body.





The younger city

The prevention of diseases is important in our everyday life because it is easier to preserve our health than to cure illnesses.

The Bath has opened its **Wellness and Therapy Centre** in focus the prevention. The complex ensures also for the younger generation a wide range of recreational and wellness services.

According to a four star hotel standard, in the new three floored building the following services are waiting the guest: **wellness department** (sauna, steam-bath, ice-bath, salt-chamber, pools), modern **catering** place and **therapy section** (hydrotherapy, massage, beauty saloon, mud-packing, movement therapy.)





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