The Hévíz health treatments
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‘Hotel of the year 2014’ award winner four-star spa and wellness resort Hotel Európa fit***** superior located in the heart of Hévíz. Wide range of exclusive wellness services and traditional health cures of Hévíz guarantee recreation full of experiences.

The ‘traditional Hévíz health therapy’
Thanks to the knowledge, accumulated since centuries, and to the expertise, hundreds of thousands have regained their health, so the Traditional Hévíz Therapy has become a trademark of the town.

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 (father of our medical director) Hotel Európa fit***** superior assures all the basic elements of the ‘traditional Hévíz therapy’.

Health treatments in Hévíz, Európa fit style
Since its opening, our hotel has specialised on the medical and healing properties based on the elements of the classic Hévíz health treatments. This model is based on the combination of the health treatment elements, meaning the content and the packaging, or environment.

The introduction of the medical wellness treatments had the purpose of emphasizing the high quality medical background of the Hévíz health treatments.

Top-Quality
Hotel Európa fit***** superior certified it’s services by the TÜV Rheinland Group at that time first in the country. The quality standard guidelines are worked out by the German Medical Wellness Association and the Cologne-based TÜV Rheinland LTD.

In autumn 2013, the hotel has undergone a comprehensive reaudit for the second time, since the quality certificate expires in every three years, so it needs to be renewed within the framework of an audit (including a mystery shopping).

The Medical Wellness Quality Standard system guarantees that hotel guests are provided with supervised, quality service from the first till the last day of the holiday.

The certificate is a flattering recognition for the hotel, as a qualified medical wellness hotel only our hotel possesses a Medical Wellness Quality Standard certificate in the country.

VITALIUM, the concept
Medical wellness therapy is extended not only in the above described way but also by consultation, which is focused entirely on the individual, should it be medical exercises, a sport trainer or a dietician.

VITALIUM is the perfect combination of many components. Apart from combining the essential elements during the treatments, such as earth, wind, water and fire, it puts such treatments beside one another as they can achieve success only based on each other.

Thus VITALIUM embraced the experience of bathing and vitality embracing a large conceptual sphere, exercises, a healthy diet, the use of natural constituents during the treatments, as well as looking after the mind and soul, as well restoring our energy.
The unique ‘Miracle Lake’ of Hévíz

The unique water is what makes the largest and well-known Hungarian health resort so famous. Hévíz means ‘Source of Healing’. The town is located in the heart of the picturesque Zala mountain range and close to Balaton. Hévíz is the most important spa resort in Hungary and offers its visitors a unique nature and bathing experience with its 4.4 hectare large natural thermal lake. The thermal water and the medicinal mud which thickly covers the lake-bed, constitute the basic of successful Hévíz therapy.

The largest thermal lake in the world, which features flowering water lilies nearly all year long, is surrounded by a protected forest and a beautiful park with lots of walking paths. In summer, the water reaches temperatures of 30-35°C, and in winter it won’t drop below 22°C. The healing properties of the Hévíz water have been known for centuries and were probably already used by the Romans. Precursors to today’s spas were built in 1795 by order of Count Festetics. Today’s bathing house with the bridges across the lake was built in the 1960s and has since been carefully modernised.

The thermal lake was declared a Hungaricum in 2015 and the Hévíz traditional medicine.

Due to its mineral content, our thermal water is ideally suited for guests suffering from diseases of the musculoskeletal system, neurological and gynaecological diseases. The water is also used as drinking water for stomach ailments or digestive problems. The water is equally rich in both dissolved and gaseous substances. The chemical-biological components of the water and the mud are absorbed by the skin.

Especially for muscle, joint and spinal diseases, the body needs hydrogen sulphide. A multitude of complaints resulting from an unhealthy lifestyle can be treated with our excellently mineralised and well-tolerated mineral water. We recommend not to shower with shower gel or soap after bathing, in order to let the active substances remain on the skin for longer and be absorbed more effectively.

From the main active substances, the sulphur builds up in the cartilage, the calcium acts as an anti-inflammatory, the magnesium eases pain and the carbonate makes your skin smooth as silk. During this interaction, the chemically active source water turns into biologically active thermal water – by spreading in the lake.

Composition of the water (mg/l)

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The healing water
Thermal water in Hotel Európa

The most important part of the traditional Hévíz health treatment is regular bathing in the unique warm water. Our hotel guests can bath in Hévíz healing water in the thermal pools in our pool landscape; we have our own source. The hotel’s adventure bath impresses with its large swimming pool (31-33°C) with waterfall showers for neck and shoulder massages, a counter-current system and massage jets. A swimming channel leads from this pool to the outdoor pool (26-28°C), which is open all year round. In the inner swimming pool (ca. 32°C) water programs are regularly organized. After an active day, the bubbling water in our whirlpool (34°C) promises a refreshing body experience and the sauna landscapes (including Finnish saunas, steam bath, herbarium, salt cabin and infrared sauna) will ensure you relax.

For your health...

The bath cure in the thermal water is recommended in the following cases:

- Chronic-degenerative loco-motor disorders (arthrosis, spondylosis, discopathia)
- Treatment of osteoporosis
- Secondary arthritic diseases, arthritic problems related to metabolic disorders (eg.: gout, pseudogout)
- Rheumatism (diseases of the muscles and ligaments)
- Fibromyalgia
- Inflammatory arthritic and spinal complaints in a resting stage (arthritis, spondylarthritics, Bechterew-disease)
- Rehabilitation (after-treatment of injuries and orthopedic surgery)
- Chronic peripheral nervous system disorders (eg.: ischialgia)
- Cartilage disorders
- Treatment before and after arthritic surgery post-treatment after surgery of herniated disc
- Secondary joint disorders
- Certain dermatological disorders (eg.: psoriasis)
- Chronic gynaecological diseases
- Stress
- One directional load

The bath cure is strongly **NOT** recommended in the following cases:

- Malignant tumours
- (Decompensated) heart diseases
- Circulatory insufficiency
- All acute inflammations
- Serious liver and kidney problems
- Any type of acute and chronic infectious diseases
- In the acute phase of thrombosis
- Pernicious anaemia
- Leukaemia
- Serious lung asthma
- Thyroid gland disorder with organic symptoms
- Active ulcer
- Sudden fainting fits
- Pregnancy

**Indications – Contraindications**
Veronika MOLL, M.D.
Vitalium Medical Wellness Centre – Medical Director
rheumatologist – board certified physician of physiotherapy

Both of her parents were rheumatologist physicians. Her father, Dr. Károly Moll, prepared the flow map of Hévíz Lake and discovered the weight bath. After obtaining her degree in the Medical University of Pécs as a general physician, she passed board certified exams in rheumatology and physiotherapy. Since the opening of our hotel (2000) she has been the chief physician of Hotel Európa fit. She speaks German and Russian at an advanced level. It is characteristic of her professional work that the curative team under her supervision has developed a very cooperative work style over several years, the colleagues resonate with each other and always put the client in focus. Her innovative way of thinking is a guarantee to the client that traditional healing methods will be enhanced year by year, by freezing treatment (cryosauna), gynaecology, dermatology treatments, cardiology. As a medical director, she supervises the healing department offering the widest scope of health services in the region.

Ágnes KÁSA, M.D.
Vitalium Medical Wellness Centre – rheumatologist, board certified physician of physiotherapy

She graduated as a general care physician from the Medical University of Pécs, after that she completed a board examination in rheumatology and physiotherapy. As a practicing physician she became interested in alternative medicine, which led her towards alternative cures, that way she also obtained a degree in acupuncture. She completed the Auriculotherapy (ear acupuncture) course of Széchenyi Medical Centre and the course of MagneticSpace.

Dániel ARADI, M.D., PhD
Vitalium Medical Wellness Centre – cardiologist

He graduated at the Medical University of Pécs in 2005, then he obtained PhD degree in 2009. He qualified as a cardiologist in 2013. He works as assistant professor at Heart Center Balatonfüred and Heart and Vascular Center, Semmelweis University, Budapest. Medical Director at CardioMobile. Member of the Working Group on Thrombosis of the European Society of Cardiology (ESC), board member of the Working Group on Interventional Cardiology of the Hungarian Society of Cardiology, secretary of the Working Group on Thrombosis of the Hungarian Society of Cardiology.

Our medical team
Since opening, the medical activities play an important role in our hotel. The Hotel Európa fit provide a complex medical healthcare to the patients, which are completed with additional treatments. All treatments are carried out under medical supervision. The most important thing during our curative work is to provide a customized, optimal care to the patients, matching their conditions. This is the only way to achieve the best possible result.

Acupuncture consultation available in the Vitalium Medical Wellness Centre.

Cardiology consultation available every week in the Vitalium Medical Wellness Centre.
Péter REGÉNYI, M.D.
Vitalium Laser Centre
– managing physician, Obstetrician-Gynecologist

REGÉNYI, M.D. has been working for 27 years at the Obstetrics and Gynecology Department of the Zala county Hospital. The doctor focuses on the endoscopic gynaecologic surgery (laparoscopy, hysteroscopy), on ultrasound diagnostics and the diagnostics and treatment of incontinence disorders. He also performed paediatric-gynaecology outpatient care for 12 years.

Anikó DOBRIBÁNNÉ-FEKETE, M.D.
Vitalium Laser Centre – dermatologist – cosmetologist

FEKETE M.D. earned her medical degree at the Department of Dermatology of Budapest in dermatology and cosmetology in 1988. Previously she worked at the County Hospital of Zalaegerszeg, later at the Outpatient Clinic Specialised in Dermatology of the Hospital of Keszthely. At present she works at the Outpatient Clinic of Szentgotthárd.

Dermatology consultation available every week in the Vitalium Medical Wellness Centre.

As a hotel, we have set off our one and only, new, multifunctional Vitalium Laser Centre, with the purpose to provide high quality gynaecology, snoring terminating and dermatology treatments alongside with our therapeutic and cosmetology treatments. The treatments do not cause superficial epithelial damage, there is no healing period, there is no pain, no bleeding, this way our guests may perfectly match the treatment with their hotel rest.

The Vitalium Laser Centre uniquely introduced in Hungary the dual laser technique, with which we can simultaneously treat the superficial and deeper regions of the skin, without causing cicatrisation, complication or prolonging the healing period. Regardless the season, we can make the treatments all time of the year.

The effectiveness of the Fotona laser treatments is medically proved by precise measurements and with a series of clinical studies.

- Gynaecology treatments (vaginal tightening treatment, treatment and prevention of incontinence disorders, inner labia reduction)
- Dermatology treatments (face tightening and wrinkle preventing treatment, anti-wrinkle face treatment, face lifting treatment)
- Anti-snoring laser treatment
In addition to bath treatment, the mud pack and the weight bath are also the basic elements of the traditional Hévíz therapy. It is also important to emphasise such unique medical treatment as the drinking cure.

Mud packs

The Hévíz healing mud consists of non-organic substances and disintegrated remains of plants. Thanks to its special composition and the special warmth retaining capacity it is particularly suited for treating various diseases. Following preparation (refinement and sterilisation) it is used for treatments in the form of packs. The mud packs are put directly on the skin; they develop a special healing effect for treating rheumatic complaints. Usually, the mud has a temperature of 40°C; the effect is extremely relaxing and stimulates the body’s circulation.

Traditional Hévíz weight bath (stretch bath)

This treatment was invented in Hévíz by Dr. Károly Moll, the father of our spa doctor. Weight bath is an underwater treatment, which aims to remove the vertebrae from one another, thus stretching the spinal column. The stretching process renders the restoration of the original and healthy condition of the discs. Weight bath is a painless treatment as the elevating power of water brings the body in a relaxed state, and the weights stretch the spinal column in a most indulgent way. The stretch bath is ideally suited for treating spinal and hip complaints.

Water drinking treatment

Regular drinking of mineral rich thermal water contributes gently to the regulation of the functions of the internal organs, e.g. stomach, colon, kidney and liver. The Hévíz medicinal water is slightly sulphuric and alkaline, and it is recommended for chronic gastritis problems but is also highly recommended in diabetes or gout. In addition, five different curative waters are available at our hotel (Salvus, Parádi, Ferenc József, Mira, Hunyadi János), which are mainly recommended to treat liver and digestive disorders.

Carbonic acid bath

The bath increases the carbonic acid concentration in the skin, the heart works more balanced, blood pressure and strain on the heart are significantly reduced.

Hot & cold water treatment

To improve circulation, limbs are alternately treated with warm and cold water jets.

Underwater massage with water jets

In this treatment the simultaneous effect of a hot bath and massage is used to loosen muscles and relieve muscle aches.

Hydro or sparkling water massages

The gentle massage effect of the water loosens and treats both muscles and joints.

Mechanotherapy is one of the oldest treatments in the history of medicine. It is part of the Hévíz treatment, but can also be used as an individual treatment method.

Massage

Massage has a stimulating effect on tissue and muscles. The circulation is stimulated, the skin is regenerated, the muscles are loosened and the lymphatic circulation is restored. Depending on indication, there are many type of massages available.

Balneo and hydrotherapy

A wide range of treatments with the element of water offer relief and healing for musculoskeletal system diseases.

Traditional therapy of Hévíz
In electro-therapy, electrical circuits can be generated by means of low, medium or high frequency devices, which relieve pain, stimulate circulation and alleviate muscle cramps. The so-called low frequency treatments by galvanic current have analgesic and vasodilating effects and – especially in case of bone fractures – recovery-enhancing effects. The treatments can also be used for iontophoresis. This way, certain remedies can be transported directly into or under the skin (sonophoresis).

The medium frequency signals (treatments with interferential current) have an analgesic and anti-inflammatory effect. The effect of high-frequency signals is based on the principle of heat generation by electricity: the therapeutic effect is achieved by the warming up of tissue and improvement of the circulation.

Diadynamic stimulus current treatment
In this treatment, a special type of electrical current is used for pain relief and improvement of the circulation.

Galvanic bath
This treatment is based on water and low galvanic current. The galvanic bath is used for inflammations and degenerative diseases of the joints.

Selective galvanic current treatment
These treatments aims more on the strengthening of the muscles. It can be used particularly successfully for rehabilitation following accidents or surgery.

Magneto-therapy
Magneto-therapy is an effective aid for stimulating the metabolism of weakened body cells with a pulsing magnetic field.

Treatment with interferential current
This is a very effective way of relieving pain, especially in the neck and spine area.

Hydro-galvanic current bath with four cells
The forearms and feet are placed in small pools which are filled with water. At a temperature of 34°C the water is charged with a galvanic current. As only a small part of the body is in contact with the water, the effect of the 4-segment galvanic bath can be more intensive than a single galvanic bath. This treatment significantly aids the improvement of the circulation.

Ultrasound
This works on problematic zones with lymph massage by stimulating and warming the effected cells. This is an excellent treatment for pain relief, it promotes the healing process by stimulating circulation and improving oxygenation.

Various packs
Packs for other joint complaints include sulphur, warm and nitex packs and antiphlogistic packs.

Oxygen therapy
This treatment is ideally suited for improving the oxygenation of cells and thus strengthening of the immune system.

Medical massage
This type of massage is performed by specially trained medical masseurs. The tensed muscles are loosened with special massage movements in order to alleviate pain.

Segment and connective tissue massage
A special type of massage which is used for specific diseases of the musculoskeletal system.

Lymphatic massage
The aim of this treatment is to promote the lymphatic fluid by gently stroking and pumping, stimulating the lymphatic circulation and detoxifying the body.

Foot reflexology
This is used for the stimulation of the reflex zones and promotes the healing of organs.
Kinesio Tape treatment
Kinesio Tape is an elastic, cotton, water-resistant, coloured sports tape developed by a Japanese chiropractor. It’s a quick and efficient therapy treatment, which based on the body’s own natural healing process. It doesn’t contain any chemical substance.

By lifting the skin, Kinesio Tape improves the lymphatic and blood flow. Kinesio tape can help take pressure off overused muscles, reduce swelling and alleviate pain from injuries.

It is non-restrictive type of taping which allows for full range of motion, so it can be worn for a minimum of 2-3 days.

Salt cabin
The effectiveness of the salt cabin is based on the impact of inhaled salt. It helps to reduce inflammation and destroys pathogens. As salt enters the lungs and respiratory tract it dissolves bacteria and pollutants and works to expel mucous and opens constricted airways. Salt therapy is recommended for all chronic respiratory diseases, such as: bronchitis, tracheitis, frontal and maxillary sinusitis.

Inhalation in the salt cabin is particularly recommended as a prevention for active and passive smokers and those who live in a dusty or smoggy environment.

Basically, the stay in the salt cabin should last 20-30 minutes, but if you have heart and blood pressure problems, due to the higher temperature, the recommended length of stay is 5-10 minutes.

Cryoszona – a brief body freeze for lasting recovery
Cryoszona is an innovative cold therapy treatment, it helps to strengthen the body’s own immune system and retrieve its balance. The cryogenic gas is supplied into the cabin, the temperature goes down from -60°C to -160°C within 30 second.

The duration of the treatment is 60-180 second, to be increased during the course. The course consist of 10-20 treatment or even more. It is allowed to use the cryoszona even several times a day to increase the effectiveness of sessions.

This treatment is available in our hotel as an individual cure or it can be built in the traditional cure packages, for extra additional cost, depending on the result of the medical examination.

Before using the cryoszona it is compulsory to undergo a medical examination.

Spinal traction bench ‘Batbench’
The spinal traction bench, developed by Hungarians, is a therapeutic device that could aid the recovery and treat various degenerative spinal disorders. It is one of the most effective solution for spinal complaints and pain elimination. Its effectiveness is based on it’s gentle approach: it helps to stretch and elongate the spinal column, allowing the discs to separate and open up the vertebral spaces where nerves enter and exit. By using the effects of gravity, the spinal traction bench relieves back pain, increases circulation and reduces stress and tension in your body.

Furthermore, the bench reduces the load to the spine column, corrects the curvature of the spine, revitalizes the blood circulation and improves the general well-being.

Inhalation (with salt and medicine)
Inhalation is used for chronic and acute respiratory diseases.
Movement is the best medicine. As a medical wellness hotel, our primary goal is to offer you sport and exercise programs at high quality and develop them continuously. Our hotel places a great emphasis on facilitating a health-conscious lifestyle; one of its main elements is regular physical activity.

Our new sport programs are complete the traditional Hévíz health treatments. This exercises are spine and joint friendly.

Movement therapy
Movement therapy is based on the observation that movement improves the physiological performance of the organism. It includes different types of treatment methods and techniques applied in physical therapy. This used to be called physiotherapy.

Remedial and therapeutic exercise
Remedial or therapeutic exercises are performed individually or in a group of patients suffering from the same type of illness. Certain body parts or body functions are treated targeted, e.g. the spine, breathing exercises or pelvic exercises following surgery. The exercises can be performed individually, in groups and also in thermal water.

Sport and movement activities
In addition to the services of our Vitalium Beauty Institute, the medical treatment services are also available to non-residents guests in our Vitalium Medical Wellness Centre!

A small excerpt of our sport activities:
Good morning exercises, various water programs, Soft-Ball, Senior Fit-Ball, Fit-Band training, Pilates, Balance training, Nordic Walking, etc.
Your beautyguard Vitalium Beauty Institute!

Skin diagnostic • Face & body treatment • Radiofrequency treatment • Massage • Mesotherapy
Hand & foot care • Hair styling • Solarium

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