

Vitalium®



PRICELIST



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Alternative massages

Massage with cupping (25')

Special massage technique, which is very effective in treating of stiffness, stretching and improve the blood circulation. This vacuum cupping massage relax the body, detoxicate and increase the oxygen supply. First half of the massage is done with cupping, then treatment ends with a massage.

6 900 HUF

Chinese meridian massage

Meridian massage, designed to promote the flow of qi (vital energy) through the meridians and bring the body into harmony. Chinese massage helps in relieving tension, anxiety, depression, stress, stiffness, and pain. This meridian massage helps in reducing some diseases like allergies, asthma, arthritis, bronchitis, digestive disorders, headache, insomnia, sports injuries and sinusitis.

■ Chinese head and neck massage (25')

6 300 HUF

■ Chinese backmassage (25')

6 300 HUF

■ Chinese full body massage (50')

11 900 HUF

Thai massage (50')

It is a combination of acupressure, Shiatsu and yogic stretches. Thai massage stimulates the acupressure points across your body, healing pain and releasing tension. Thai massage is thought to: increase your sense of calm, increase energy, open up the meridians (energy paths) in the body, relieve pain and muscle tension, increase blood circulation, encourage healthier sleep patterns, treat backache, neck ache, shoulder pain, soothe headaches, stress and mental fatigue. The Thai massage is done in a mat on the floor. You should wear loose, cool, comfortable clothing and socks!

11 900 HUF

Kenbiki (50')

Kenbiki full body massage focuses on rhythmic rocking and stretching movements to facilitate joint mobility while helping to properly align the body, riding it of muscular adhesions and neurological impingements as the body-mind relaxes and feels less tension. You should wear loose, cool, comfortable clothing and socks!

14 000 HUF

Shiatsu (50')

It's a traditional Japanese healing art, it is an oriental-massage technique. In Japanese the word means 'fingerpressure'. Shiatsu is based on acupuncture (fingerpress), where during the treatment natural body weight is applied on special points of the body for relieving pain, tension, exhaustion and symptoms of disease. The treatment is applied along the meridians, reinvigorating the energy flow throughout the whole body and alleviating the energy blockages. You should wear loose, cool, comfortable clothing and socks!

14 000 HUF

NEW! Thai bamboo massage (25') 7 500 HUF (50') 15 000 HUF

Discover this new relaxing massage that uses a timeless technique from the Far East. Smooth, heated bamboo wands are incorporated into a luxurious massage to provide warmth and a variety of pressures relieving tension and restoring well being. Essential oils are used during the massage to achieve a state of deep relaxation and calm. Benefits: relaxes the whole body, helps to alleviate stress, reduces muscle tension, increases circulation, opens energy blocks in the body, improves blood circulation, relieves back pain.

Lomi-Lomi massage (50')

Lomi-Lomi is a holistic healing tradition beyond simple massage. Lomi-Lomi helps release the blockages, whilst at the same time giving the energy new direction. It is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual levels as well. On the physical level, through Lomi Lomi stress and tension are relieved, blood and lymph flow assisted and the elimination of wastes and toxins stimulated. We recommend it like a cure, but only one massage has a perfect result too.

15 500 HUF

NEW! Thalodal massage (50')

Thalodal is a whole body massage with warm ayurvedic oil by one masseur, which calms the nerves while stimulating blood circulation and the lymph. The warm oil relieves stress and has a healing and relaxing effect.

15 900 HUF

'Yumeiho' – alternative oriental massage (50') 18 500 HUF

Yumeiho massage combines three different treatments all based on the Chinese and the Japanese traditions. This method has its own tricks and involves the use of chiropractics and acupressure techniques as well. It takes into consideration and can be individually tailored for your build and the conditions of your muscles and bone structure. It restores the operation of the locomotor system, improves circulation and harmonises the relationship of soul and body. The massage is also suitable for the joints proper alignment. It is recommended for those who wish to be pampered and find remedy for their complaints.

'Abhyanga' – Ayurvedic massage (60')

Giving you perfect harmony of the body and soul is carried out by two masseurs or masseuses in a synchronised activity. The oil used will be specially chosen to suit your needs. Besides its deep relaxing effect it helps the skin, joints and muscles regain their normal flexibility, facilitates the removal of toxic materials and improves the operation of your inner organs. It is a really special treat for your body and soul.

24 900 HUF



Refreshing treatments

Healing massage (25') 6 200 HUF (50') 10 700 HUF

A massage is a classic treatment of superficial parts of the body by rubbing, stroking, kneading, or slapping. Massages are usually performed to relieve muscle stiffness, spasms, or cramps and to relieve anxiety, stress, and tension.

Refreshing foot massage (25') 6 200 HUF

The foot has a very rich nerve supply, thus it particularly suited to influences the entire body by treating this area. It is good for prevention, refreshing and for regeneration. Its purpose is to restore the energy balance of the body and to strengthen the immune system.

NEW! Foot reflex zone massage (45') 10 900 HUF

This acupressure type technique is based on the belief that the feet represent a micro cosmos of the body. Because each zone or part of the body has a corresponding reflex point on the feet, stimulating that reflex point causes a healing effect on the treated area of the body. Pressure on the foot reflex zones improves the blood flow and function of the body organs. It helps to stimulate and support the detoxification organs.

Sport massage (25') 6 200 HUF

While it is being done, your muscles will get less tense and toxic materials will be removed. Those with more athletic build than the average, whose muscles might be tighter, are recommended to use it as a warm-up before they start doing any sport or as a relaxation after taking exercise.

Head and neck massage to ease stress (25') 6 200 HUF

This is a kind of massage that will really make you feel less tense. It is recommended to those who would like to forget once and for all headaches caused by the stressful hours spent at their offices.

Relaxing massage (25') 6 200 HUF (50') 10 700 HUF

It is made with soothing oils to let you get rid of your tension. It increases blood circulation, relieves insomnia and tension of the muscles, improves digestion, promotes relaxation and helps to reduce stress. It is recommended for those who are suffering from mental or/and physical overwork and would like to get away from it all and take things easy for a while and get recharged.

Refreshing, revitalising massage (25') 6 200 HUF (50') 10 700 HUF

The oils used have a highly skin-friendly composition, which will revitalize the tissues and leave the skin with a silky sensation. The massage will let the skin and the muscles regain their tone that is its normal firmness and you will experience a general improvement of mental and physical state. The massage has a relaxing effect and at the same time it stimulates the tissues and muscles, revives blood circulation, restores the functions of the skin and lymph-flow. It is recommended for those who wish to be put in tune and rejuvenated.

Lymphatic massage (25') 6 900 HUF (50') 11 900 HUF

Lymphatic massage uses gentle, rhythmical, light pressing strokes to stimulate the flow of body lymph. It facilitates the elimination of stasis, so metabolic by-products and cell wastes are able to leave the connective tissue. With the help of this massage, the lymph flow can be increased, empties tissue oedema, decrease pain and pleasantly relax the body and calm the autonomic nervous system.

Baths

California bath (20') 5 300 HUF

Relaxation, recreation with underwater music for body and soul! Underwater jet massage treating the whole body. Vitalization massage from 120 nozzle to dissolve stress, tighten the skin, decrease the cellulite, relax the muscles and relieve the pain. It can repair circulation too. Pleasure sound-wave massage with music and inhalation-, aroma- and thalassotherapy with bath-materials for the hydrated skin.

NEW! Mineral bath (20') 5 500 HUF

The bath amalgamates the benefits of hydrotherapy and mud pack treatment. It improves the circulation, and it has a detoxifying and pain-relieving effects. Antiseptic and antifungal effect and inhibits the multiplication of viruses. Cure for female genitalia as well.

Underwater massage (20') 5 500 HUF

Special underwater jet massage treating the whole body. The pleasantly warm water relaxes the muscles while the massaging effect of the water jet enhances circulation. The treatment will make you feel relaxed, your muscles will become less tense and your whole body will get rid of toxic materials.

Herbal baths (20') 5 500 HUF

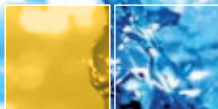
- **Relaxing:** the relaxing effect is the result of the Ylang-ylang or lavender oil added to the water.
- **Refreshing:** the peppermint oil and the oil of citrus fruits will make you feel brisk and energetic.
- **Circulation enhancer – mood booster:** the marjoram oil and the tangerine oil will enhance your circulation and regulate your blood pressure.
- **Detoxifying baths (to remove toxic materials):** rosemary and thyme or cedar and juniper oils are used on request.
- **Skin comforting:** the use of salt and the fruit acids soothes the skin and stops inflammation. For those with dry skin it is recommended to have the bath with oils added.
- **For ladies:** a pampering bath with rose oil for physical and mental recovery.

Hévíz mud-bath (20') 6 200 HUF

Bath with active ingredients of the Hévíz mud.

Hévíz mud-roll (25') 8 900 HUF

We put the mud in ground format into the body. In this way the chemical effects of the mud are stronger than in the normal mud-pack, but its not so warm. First of all its very good for the skin, antiphlogistic, regenerate and refreshing.



NEW! Humino products

Mud of the XXI. century!

Humino is a humin acid-concentrate, which is extracted of processed peat sludge from the Héviz region. Humin acid-concentrate can be found in the Héviz mud, but dissolve with water it can't pass through the pores of the skin into the cells.

NEW! Grape seed extract (200 g)

18 900 HUF

The red grape seed is an important dietary supplement.

Rich in antioxidant, which are substances that neutralize and eliminate harmful free radicals.

The grape extract has a high concentration of active polyphenols with significant antioxidant properties. Polyphenols and related compounds are found in very high concentrations in red wines and grapes also, but the highest source of these antioxidants are found in red grape seeds. Grape seed extract is used to treat a number of diseases.

The red grape seed extract is associated with the following health benefits:

- reduce the risk of cardiovascular disease (heart attack and stroke)
- prevent certain type of cancer
- help to treat hypertension or high blood pressure
- keep your cholesterol levels within healthy limits
- improve visual acuity
- reduce oxidative stress of biological system

NEW! Nutritional supplement

with Humino-wheat germ extract

12 900 HUF

The humic acids and the wheat germs are two special gifts of nature and their combination results this product.

- the product combines the immune-strengthening and detoxifying features of humic acid with the curative effect of the wheat germ for itself
- it helps to wipe out the free radicals, which can lead to very serious and chronic diseases and remove them before they cause any serious damage
- it contains vitamins and enzymes, which protect against free radical damage-increases the blood formation
- detoxify the body and stabilizes the blood-sugar level

NEW! Bio-active humino ointment (100 g) 14 900 HUF (250 g) 15 900 HUF

Moisturizing, detoxifying, immune boosting, anti-bacterial and anti-inflammatory ointment.

Recommended: for face, hands, neck and décolletage, for all skin types, to reduce wrinkles and treat fungal infections. It absorbs quickly, without making the skin oily, it helps to relieve the feeling of dry skin and it fills the skin with energy.

Humino products are available at our Vitalium reception.

NEW! Cryosauna – a brief body freeze for lasting recovery!

Cryosauna 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 cryosauna even several times a day to increase the effectiveness of sessions.

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

Indication:

- it is very favorable for the patients with rheumatic disorders, because it relieves pain and the muscle spasms
- thanks to the cryosauna, some locomotor and neurological disorders are efficiently treated. It is also a quick way of treatment and recovering after sports injuries or surgery
- it helps to reduce skin inflammatory disorders and cellulite
- it is effective in general rejuvenation of the body and prevention of aging. It also improves blood circulation and has an health-promoting effects

Contraindication:

- fever
- malignant growths
- pernicious anaemia
- pregnancy
- age under 10 years
- individual cold intolerance
- eruption caused by the cold



1 treatment
10 treatments
20 treatments

6 900 HUF
59 000 HUF
109 000 HUF

NEW! 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.

Kinesio taping may combine with physiotherapy or available without it. Before using the Kinesio Tape it is compulsory to undergo a medical examination.

Kinesio Taping is indicated for the following:

- reduce pain
- alleviates spine and limb pain
- change muscle tone
- loosen the connective tissue
- useful for rehabilitating injured muscles

Contraindication:

- open wounds
- thyroid problems
- the first trimester of pregnancy
- haemophilia

Physiotherapy

+ application of Kinesio Tape (25')

8 200 HUF

Application of Kinesio Tape

+ consultation (15')

6 000 HUF

Kinesio Tape repeated application,

without consultation (10')

3 000 HUF

NEW! Spinal traction bench 'Batbench' (15'-20')

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 its 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.

Before using the spinal traction bench, it is compulsory to undergo a medical examination!

The bench is recommended for the following:

- the reduction and elimination of lumbar pains
- stretching of the spinal column and muscular system
- treatment of degenerative changes to the spine
- treatment of scoliosis

1 treatment

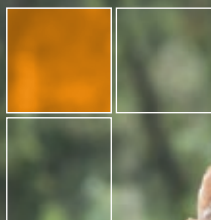
5 500 HUF

10 treatments

40 000 HUF

15 treatments

45 000 HUF



NEW! Drinking cure

Drink for your health!

During the drinking cure you can benefit from the medicinal water's therapeutic effects on the digestive system. Due to their different medicinal properties the healing water is recommended for various diseases. The medicinal water is available throughout the town's drinking fountains, where you can consume and enjoy the water free of charge from each of the fountains. In addition, five different curative waters are available at our hotel (Salvus, Parádi, Ferenc József, Mira, Hunyadi János), which are mainly recommended to help with liver and digestive disorders. In case of medical complaints, it is recommended to consult with your doctor before you begin with the drinking procedures. As long as you have no presenting medical symptoms you can freely consume the medicinal water, available at the hotel, as the following:

Hunyadi János curative water (0,7 l)

890 HUF

As a laxative (occasionally 2-3 dl). On an empty stomach, lukewarm For constipation (daily 1-1,5 dl). To prevent obesity (daily 1 dl)

Ferenc József bitter water (0,7 l)

890 HUF

As a laxative (occasionally 2-3 dl). On an empty stomach, lukewarm For chronic constipation (daily 1-1,5 dl). For inflammatory bowel diseases (daily 1-1,5 dl). Against obesity (daily 1 dl)

Mira glauber salt curative water (0,7 l)

890 HUF

For chronic liver and gallbladder diseases (daily 2-3 dl). For easier bowel movement (daily 1-1,5 dl). For diabetes (daily 1 dl)

Parádi sulphuric curative water (0,33 l) 580 HUF (0,7 l) 1 060 HUF

For acute bowels and gastric disorders with hyperacidity. For frequent bloating (daily 1-1,5 dl). For painful rheumatic diseases and gout (daily 2 dl)

Salvus (1,5 l)

2 000 HUF

In case of heartburn, nausea, swelling, feeling of fullness and dull epigastric pain, hyperacidity, gastric influenza or gastric ulcer. Apply for mosquito and insect bite (for external use only) For respiratory diseases (use as an inhalation)



Therapy treatments

You will need to undergo a doctor's examination to have any of the following treatments:

Inhalation (herbal, antibiotic, salt inhalants)	4 300 HUF
Cryotherapy	3 800 HUF
Infrared light treatment	3 400 HUF
Special packs (part. 2-3 joints)	5 500 HUF
Special packs (larger part of the body)	7 000 HUF
Galvanic current therapy	4 600 HUF
Stimulus current	4 600 HUF
Interference	4 600 HUF
Iontophoresis	4 600 HUF
Diadynamics	4 600 HUF
Tens	4 600 HUF
Magnet therapy	5 000 HUF
Four-cell galvanic bath	5 000 HUF
Oxygen therapy	5 000 HUF
Alternative bath	5 000 HUF
Electric bath (in a tub)	5 200 HUF
Herbal bath	5 500 HUF
Mineral bath	5 500 HUF
Mud bath	6 200 HUF
Traction (weight) bath	6 200 HUF
Ultrasound therapy	6 100 HUF
Carbon-dioxid bath	5 700 HUF
Mud pack (part. 2-3 joints)	6 900 HUF
Mud pack (larger part of the body)	7 700 HUF
Underwater jet massage	6 000 HUF
Remedial gymnastics (individual, 20')	5 500 HUF



Medical treatments

Medical treatment and counselling	5 900 HUF
General medical check-up	4 900 HUF
Further medical check-up (Unless requested by the doctor)	2000 HUF
Prescription writing	1000 HUF
EKG	5 100 HUF
Blood test	3 500 HUF
Level of cholesterol test	3 500 HUF
Injection (intramuscular injection)	2 900 HUF
Injection (special)	4 500 HUF

Other medical treatments with counselling: x-ray, cupping.

Extra wellness-, beauty- and health packages are available for booking!

Vitalium Etiquette – Dear guests!

As we aim to ensure a relaxing and healing stay in our Vitalium Medical Wellness Centre for You and fellow guests, we kindly ask you to:

- Arrive at the waiting area 10 minutes prior before to Your confirmed appointment, then prepare for the treatment!
- Keep an eye on your appointments not to miss a treatment!

We would like to remind You that if you forget to cancel your appointment 1 day ahead, 50 % of the treatments price will be charged to your invoice. The modification of the prescribed appointments is possible once free of charge!

Ordering each treatment is the doctor's competence only. During the consultation the guest may express wishes about the treatment plan, however the final decision is made by the doctor. It is strongly suggested to take a rest after the treatments to increase effectiveness. The first check-up is free of charge, each additional one will be billed to the guest, except if it was requested by the doctor. Upon part body packs we treat 2-3 joints, the full body packs cover a larger part of the body.

A pre-paid treatment can not be reimbursed due to cancellation or delay!

Thank You for Your cooperation!

Vitalium Medical Wellness Centre

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Our laser centre has opened!

A revolutionary novel noninvasive technology of which you have not dared to dream of till now!



Fotona laser treatments

As a unique characteristic of our hotel we have launched our multifunctional Vitalium Laser Centre in order to provide besides our medical and aesthetic treatments **high quality gynaecological, facial aesthetic, and anti-snoring laser treatments** for our guests.

Forget painful surgeries and long recuperation periods!

Benefits of Fotona laser treatments

- painless, without bleeding
- can be performed all year round
- anaesthesia is not required
- safe
- can be employed within the frame of outpatient care
- clinically tested and approved
- patented
- can replace invasive surgical interventions

The treatments are unique not just because the symptoms, but their underlying causes will cease as well.

Gynaecological treatments

Smooth™ technology developed and introduced by Fotona has brought revolutionary changes in aesthetic gynaecology. Treatment of gynaecological problems which could be previously treated only by surgeries or could not be treated at all has become possible.

Intimate rejuvenation® program

- **IntimaLase®** vaginal tightening treatment
- **IncontiLase®** treatment which can be applied for incontinence caused by mild or moderate stress or for mixed urinary incontinence
- **RenovaLase®** treatment to terminate symptoms of painful sexual life caused by vaginal canal atrophy occurring after menopause
- **ProlapLase®** treatment to treat prolaps of the female genitalia caused by anatomic alternations, which was formed by the conjunctive tissue's feebleness

Excellent results

IntimaLase® treatment

- ✓ following the treatment 97% of the patients evaluated the effect of vaginal tightening to be definitely positive
- ✓ following the treatment the vagina became tighter by 17% on average
- ✓ pleasure sensation intensified by 58% on average, and the number of orgasms increased by 14%

IncontiLase® treatment

- ✓ nearly 70% of the patients were completely symptom-free in 120 days from the treatment
- ✓ during a follow-up performed in 120 days after the treatment urine leakage has ceased in 75% of the patients, and 94% experienced significant improvement concerning the severity of urine leakage

Dermatological treatments

Human desire to remain young forever has opened a vast market for the anti-aging treatments. The latest developments in laser technology have created a prolonged and scientifically proven method in the restoration of the natural beauty of the skin.

Gentle rejuvenation® program

Provides face and body treatments with the aid of the latest combined laser treatment:

- **TwinLight®** AgePrevent face tightening and wrinkle preventing treatment
- **Twinlight®** anti-wrinkle face treatment
- **FOTONA 3D™** and **FOTONA 4D™** face lifting treatment

Excellent results

- ✓ in 3-4 months time the number of the collagen fibres multiplies which gives a lasting elasticity to the shortened and tightened elements of the conjunctive tissue.
- ✓ during this treatment the conjunctive tissue is rejuvenated by 10-15 years

FOTONA TwinLight® – anti-wrinkle face treatment



FOTONA 4D™ – face lifting treatment



Anti-snoring treatment

Night-time snoring is a widespread condition affecting more than half of the adult population, yet the problem can be cured.

Silent night program

– Fotona NightLase® treatment

Er:Yag laser treatment developed for the treatment of snoring. The **FOTONA NightLase®** therapy is a noninvasive and quick Er:Yag laser treatment, with which the quality of sleep can be improved. The treatment reduces sleep apnoea (breathing cessation), as well as lessens snoring.

Excellent results

- ✓ the improved condition may persist for even a year and it either terminates snoring or reduces its tone and frequency to the extreme minimal.

In experienced hands...



Péter Regényi, M.D.
medical director
of Vitalium Laser Centre,
obstetrician
and gynaecologist



**Anikó Fekete
Dobribánné, M.D.**
dermatologist
and cosmetologist



László Simán, M.D.
otorhinolaryngologist

About the treatments more details can be found on the www.europafit.hu website, and further professional information is available on the www.intimlaser.eu website!

Vitalium Laser Centre

Appointments:

☎ +36 83/501-140 ✉ vitalium@europafit.hu

Your beautyguard
Vitalium Beauty Institute!

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

Vitalium Beauty Institut • I. floor

beauty@europafit.hu • Tel.: +36 83 501 190

Our prices include VAT. The rights of price changes are reserved. Stand: 01. 12. 2015



Hotel Európa fit★★★★ superior

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