



HOTEL EURÓPA FIT

★★★★ superior Hévíz

HUNGARY – HÉVÍZ

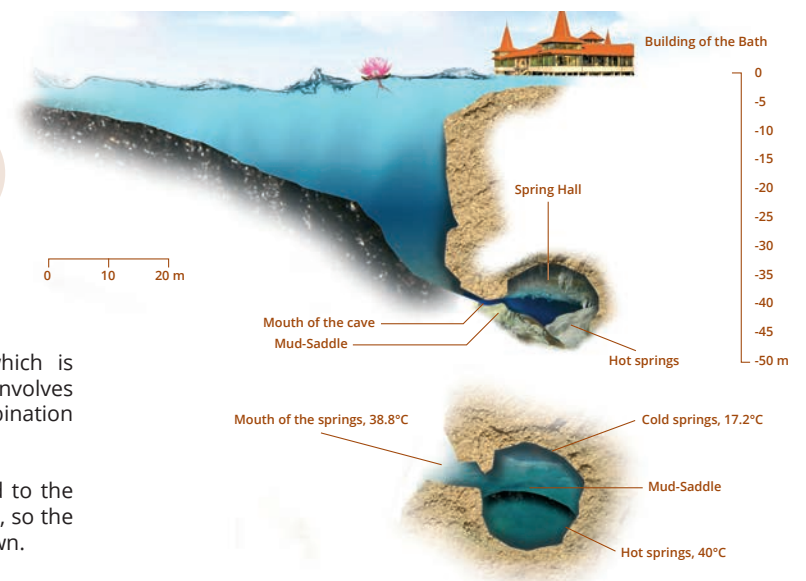


HEALING IN HÉVÍZ

in Europafit way
with the Traditional Hévíz Therapy



The **Wellness and Health Hotel Európa Fit★★★★superior** is located in the heart of Hévíz and is considered a market leader for wellness, medical wellness, and spa treatments. The entire hotel has been renovated and acclaimed as one of the best Hungarian hotels. It offers Traditional Hévíz Therapy, medical wellness, and prevention on the highest level with qualified experts and therapists.



TOP-QUALITY · VITALIUM-KONZEPT

Under the name VITALIUM, the concept took shape, which is complemented by individual-focused counseling, whether it involves physiotherapy or sports training. Vitalium is the perfect combination of several components.

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 thermal lake and the 'Traditional Hévíz Therapy' were declared a Hungaricum in 2015 and our hotel assures all the basic elements for this.

- **Bathing in qualified thermal water** (indoor and outdoor medicinal water pool, filled with healing water obtained from our own well)
- **Mud pack or mud bath**
- **Weight bath - based on the invention of rheumatologist Dr. Károly Moll** (father of our chief physician, Dr. Veronika Moll)
- Additional therapies:
 - Packs:** special medical joint-pack (sulphur, ritex);
 - Physiotherapeutic treatments:** elektrotherapy: interference, diadynamic, tens, iontophoresis, ultrasound, galvanic current, stimulation current, hot & cold water treatment, electric four-cell bath, magnetic field therapy (Bemer), light therapy: infrared light, Repuls;
 - Balneotherapy:** hydroxur, underwater massage with water jets, carbonic acid bath, Stanger bath (electric full bath), mineral bath, baths with herbs, elixir and salt and salt;
 - Movement therapies** (training);
 - Mechanotherapy:** healing and other massages, gymnastics individually and in groups, Kinesio Tape, spinal traction bench 'batbench';
 - Inhalation (with herbs, medication, salt), and oxygen therapy, salt cabin, drinking cure.

The first examination is carried out by a doctor, and the guest's complaints and physical condition are taken into account in a customised treatment plan.

Throughout the entire duration of therapy, we work according to a holistic approach based on an individual treatment plan.

More health - also for external guests!

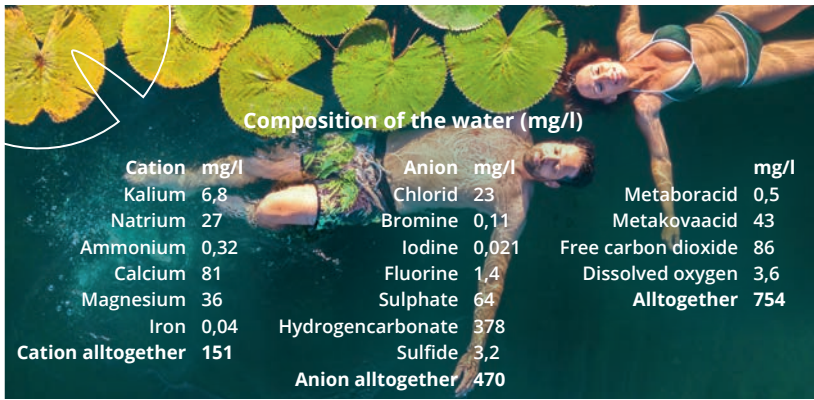
THE UNIQUE 'MIRACLE LAKE' OF HÉVÍZ

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. In summer, the water reaches temperatures of 30-35°C, and in winter it won't drop below 22°C. 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.

The healing properties of the Hévíz water have been known for centuries and were probably already used by the Romans. Precursors to today's spa 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.





Composition of the water (mg/l)

Cation	mg/l	Anion	mg/l	mg/l	
Kalium	6,8	Chlorid	23	Metaboracid	0,5
Natrium	27	Bromine	0,11	Metakovaacid	43
Ammonium	0,32	Iodine	0,021	Free carbon dioxide	86
Calcium	81	Fluorine	1,4	Dissolved oxygen	3,6
Magnesium	36	Sulphate	64	Alltogether	754
Iron	0,04	Hydrogencarbonate	378		
Cation altogether	151	Sulfide	3,2		
		Anion altogether	470		



THE HEALING WATER

Due to its mineral content, our medicinal 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 bath cure in the medicinal water is re-recommended in the following cases: chronic degenerative diseases and rheumatological inflammations joint apparatus and the spine (arthrosis, spondylosis, discopathy, rheumatoid arthritis, ankylopoietic spondyloarthritis or Bechterew); osteoporosis; gout, pseudogout; soft tissue rheumatism; periarthropathy, periarthrit; fibromyalgia; sciatica syndrome; cartilage disorders; after surgery of herniated disc; rehabilitation and follow-up treatment after accidents and orthopedic surgery; stress; one directional load.

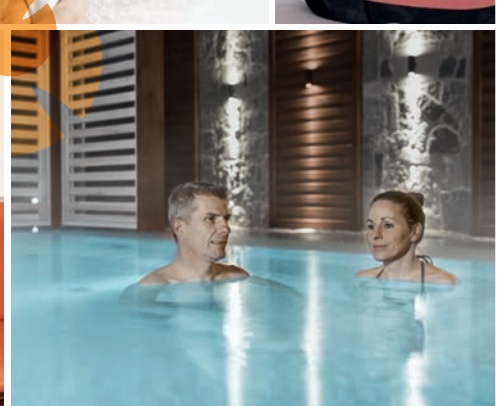
The bath cure is strongly NOT recommended in the following cases: malignant tumours, (decompensated) heart diseases, circulatory insufficiency, all acute inflammations, any type of acute and chronic infectious diseases...

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.

MEDICAL CENTRE

Under the name Vitalium Medical Centre, we offer our guests from 2023 comprehensive service in an exclusive environment, with high-quality, individual services, an excellent team of specialists and an ambulatory surgical operating room. Appointments are available almost immediately, without waiting time!

Our services: blood collection and diagnostics, rheumatology, physiotherapy, internal medicine, cardiology, dermatology, gynaecology, surgery, dentistry, acupuncture, orthopedics, Ayurveda, Fotona face and body aesthetic, and intim laser treatments, day surgery and gynaecological day surgery, HPV screening, ultrasound diagnostics, ambulant treatment, lifestyle advice, PRP treatment, dietetics. Our services are constantly expanding!



REHABILITATION

Our brand new product is the pre- and post-operative rehabilitation, where we strive to shorten the recovery time by preparing for and after the surgery. The basic elements of our rehabilitation programme are: medical examination, personalised rehabilitation program, physiotherapy, conservative treatments.

In the early stage, we actively focus on wound healing and wound dressing, along with regular medical control. In the later stages of the recovery, we use functional devices, and also improve the patient's strength and endurance, speed, joint mobility, balance and coordination.

SPORT AND MOVEMENT ACTIVITIES

Sport 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 sport programs can complete the healing effect of the Traditional Hévíz Therapy. This exercises are spine and joint friendly.

A small excerpt of our sport activities: sport animation, individual and group programs, fitness room, bike hire, water gymnastics, power and Nordic walking, yoga exercises, aqua fitness and much more.

