



HOTEL EURÓPA FIT

★★★★ superior Hévíz



VITALIUM  
HEALTH AND BEAUTY

## Massage-wellness pricelist

### Massagen

#### Massage with cupping

(25') 13 100 HUF

Special massage technique, which is very effective in treating stiffness, stretching and improves the blood circulation. This vacuum cupping massage relaxes the body, detoxicates and increases the oxygen supply. First half of the back massage is done with cupping, then treatment ends with a massage.

#### Sport massage

(25') 10 900 HUF

While it is being done, your muscles will get less tense and toxic materials will be removed.

#### Manager massage

(25') 10 900 HUF

The aim of the treatment is the dissolving of office-work caused tension and pain of the muscles around the shoulders, back and neck. Reduces tiredness and the hurtful effects of incorrect postures and sitting. It is recommended to everyone with office, intellectual, physically exhausting work with permanent stress factors.

#### Combinated massage (foot + back)

(50') 18 600 HUF

This massage is done by our most experienced therapists with the combination of Swedish Massage and foot reflex zone massage techniques. It has an excellent effect on the nervous system, muscles.

#### Refreshing foot massage

(25') 10 900 HUF

The foot has a very rich nerve supply, thus it particularly suited to influence 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.

#### Foot reflex zone massage

(45') 18 600 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 of organs.

#### Head and neck massage to ease stress

(25') 10 900 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.

#### Lymphatic massage

(25') 13 100 HUF

(50') 18 600 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, the massage empties tissue oedema, decreases pain and pleasantly relax the body and calms the autonomic nervous system.

#### Relaxing massage

(25') 10 900 HUF

(50') 18 600 HUF

It is made with soothing oils to let you get rid of your tension. This massage includes slow smoothing and deep-smoothing movements with gentle kneading techniques. It increases blood circulation, relieves insomnia and tension of the muscles, improves digestion, promotes relaxation and helps to reduce stress.

#### Refreshing, revitalising massage

(25') 10 900 HUF

(50') 18 600 HUF

This massage applies a technique based on kneading and rubbing movements. 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.

#### Massage for children

(20') 10 900 HUF

The aim is the enjoyable, restful relaxation and as an attendant it stimulates the circulatory system, reduces the level of stress hormones, optimizes the condition of the immune system.

#### Thai bamboo massage

(25') 13 100 HUF

(50') 21 900 HUF

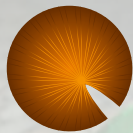
Discover this new relaxing massage that uses a timeless technique from the Far East. Smooth, heated bamboo wands are incorporated into a luxurious massage to provide warmth and a variety of pressures relieving tension and restoring well being. Essential oils are used during the massage to achieve a state 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') 21 900 HUF

Lomi-Lomi is a holistic healing technique from the Hawaiian Islands. The movements done by palms and lower arms are simulating the flow of the sea-waves. On the physical level, through Lomi Lomi stress and tension are relieved, blood and lymph flow assisted and the elimination of waste products and toxins stimulated. We recommend it like a cure, but only one massage has a perfect result too.

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### 'Yumeiho' – alternative oriental massage (50') 24 500 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 acupuncture techniques as well. It takes into consideration and can be individually tailored for your physique 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 joint's proper alignment. It is recommended for those who wish to be pampered and find remedy for their complaints.

### Fascial Distortion Model (40') 19 900 HUF

Connective tissue diagnostics and manual treatment. FDM is an effective method of treating pain. The manual therapy in which clinical signs in conjunction with the patient's body language allow to diagnose one or more of the six specific distortions of the fascial system.

### Health massage (25') 10 900 HUF (50') 18 600 HUF

## A'la carte treatments

### Chocolate massage (25') 13 100 HUF (50') 18 600 HUF

A massage with chocolate massage cream and oil. The chocolate with its antioxidant effect blocks the damage of the body cells, hydrates and tightens the skin, slows the ageing processes down. The treatment applies a gentle, slow technique and has calming, relaxing effects.

### Lymphatic massage for head and face (25') 10 900 HUF

With the lymphatic massage of the face and the pressure of the right points on the scalp, the blood and lymph circulation of the head get better. In this way the cells, scalp and the roots of the hair get more fresh oxygen and nutrients.

### Dead Sea salt peeling with aromatherapy back massage (25') 13 100 HUF

The treatment of the back begins with a peeling – consisting of sea salt and nutritive oils – which softens and gently cleans the skin of dead epithelial cells. We finish the treatment with relaxing back massage.

### Tired feet treatment (25') 10 900 HUF

After a sea salt peeling of the feet we refresh them with a relaxing massage including several techniques. In case of varicose veins the treatment is not recommended.

### Couples Massage (price: 2 people) (20') 21 800 HUF

(50') 37 800 HUF

Two masseurs treat two guests at the same time in the same massage cabine with permanently warm-kept aromatic oil.

## Baths

### Hévíz mud-bath (20') 9 900 HUF

Bath with active ingredients of the Hévíz mud.

### Hévíz mud-roll (25') 11 900 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 mudpack, but its not so warm. First of all it is very good for the skin, antiphlogistic, regenerative and refreshing.

### California bath (20') 7 900 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.

### Magnesium bath (20') 9 900 HUF

Magnesium is one of the most important trace elements in our body as an essential factor of many physiological process. Through a magnesium contained bath the magnesium level rises in the blood.

### Hydroxur-Underwater massage (20') 7 900 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') 7 900 HUF

Relaxing, refreshing circulation enhancer and mood booster effects by added essential oils in the water.

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## Medical pricelist

### Medical treatments

<b>Rheumatological medical examination</b> (condition assessment, discussion of history, information on indications and contraindications, personalized preparation of a treatment plan and schedule)	14 900 HUF
<b>Medical control examination</b>	8 400 HUF
<b>Prescription writing</b>	3 200 HUF
<b>Injection</b> (performed by doctor's assistant)	3 200 HUF
<b>Injection</b> (performed by doctor)	8 400 HUF

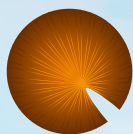
### Therapy treatments

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

<b>Inhalation</b> (herbal, antibiotic, salt inhalants)	6 900 HUF
<b>Cryotherapy</b>	6 900 HUF
<b>Infrared light treatment</b>	6 900 HUF
<b>Special packs</b> (part, 2-3 joints)	8 400 HUF
<b>Special packs*</b> (larger part of the body)	11 900 HUF
<b>Stimulus current</b>	6 900 HUF
<b>Interference</b>	6 900 HUF
<b>Iontophoresis</b>	6 900 HUF

<b>Diadynamics</b>	6 900 HUF
<b>Tens</b>	6 900 HUF
<b>BEMER Magnet therapy</b>	8 400 HUF
<b>Four-cell galvanic bath</b>	8 400 HUF
<b>Oxygen therapy</b>	6 900 HUF
<b>Alternative bath</b>	8 400 HUF
<b>Electric bath (in a tub)</b>	8 400 HUF
<b>Herbal bath</b>	8 400 HUF
<b>Magnesium bath</b>	9 900 HUF
<b>Mud bath</b>	9 900 HUF
<b>Traction (weight) bath</b>	9 900 HUF
<b>Ultrasound therapy</b>	8 400 HUF
<b>Carbon-dioxid bath</b>	9 900 HUF
<b>Mud pack*</b> (part, 2-3 joints)	9 900 HUF
<b>Mud pack</b> (larger part of the body)	11 900 HUF
<b>Underwater jet massage</b>	9 900 HUF
<b>Remedial gymnastics</b> (individual) (20')	9 900 HUF

\*can be booked as part of a treatment package for +2 000HUF/treatment!  
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## Medical pricelist

### Repuls

Repuls® is a pulsating, high-intensity cold red light device that penetrates deep into tissue without the effects of heat. It stimulates the body's own ability to regenerate and accelerates the healing processes throughout the body in case of various diseases.

**Repuls treatment** 9 900 HUF

**Repuls package** (1 medical examination + 5 treatments) 54 900 HUF

**Repuls package** (1 medical examination + 10 treatments) 99 900 HUF

### Kinesio Taping

Kinesio Taping is a chemical-free, fast and effective therapeutic procedure developed in Japan that activates the body's self-healing processes. Kinesio Tape is made of flexible cotton material, various colors and can be glued to the skin. By placing the skin layer on the painful area a little, it promotes blood circulation, increases lymphatic circulation, reduces the pressure in the swollen muscles, and corrects pathological changes in the joints. Prior to using Kinesio Tape, a medical examination and specialist approval is required.

**Before using the Kinesio Taping it is compulsory to undergo a medical examination!**

**Physiotherapy + application of Kinesio Tape**(25') 11 900 HUF

**Application of Kinesio Tape + consultation**(15') 8 400 HUF

### 'Batbench'

The Hungarian-developed medical device makes it possible to cure and treat many degenerative spinal changes. It is one of the most effective solutions for the elimination of spinal complaints, low back pain, stretching of the spine and muscles, and in the case of scoliosis. We use the force of gravity to stretch.

**Prior to using the Bat Bench, medical examination and specialist approval is required!**

**1 treatment** 8 400 HUF

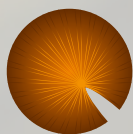
**5 treatments** (1 medical examination + 5 treatments) 47 900 HUF

**10 treatments** (1 medical examination + 10 treatments) 86 900 HUF



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## Beauty pricelist

### The secret of perfect hydrated facial skin

**Classic facial massage** (25') 7 600 HUF

**Active moisturising facial treatment** (40') 14 200 HUF

**Four seasons facial treatment** (50') 16 400 HUF

**Clarite & Confort, a special program for ultra-sensitive skin** (50') 16 400 HUF

Relaxing treatment for facial veins, with its wholesome results makes rosacea and erythematic skin pale.

**Classic facial stretch treatment** (60') 20 800 HUF

**SPA THERMAL facial treatment** (60') 20 800 HUF

Nourishing and moisturising facial skin care enriched with thermal water. Artificial fragrance-, colouring- and paraben-free. It helps the sensitive skin to become more resistant against external influences.

**Hydra 3 Ha Hyaluronic** (70') 29 600 HUF

Highly effective formula to regenerate the skin and lastingly restore its moisture.

### Clean and fresh face skin

**Deep cleaning** (60') 20 800 HUF

**Deep cleaning treatment for problematic skin** (90') 27 400 HUF

**Deep cleaning extra with other treatments** 7 100 HUF

### Long lasting beauty: anti-aging treatments

**High protection eye wrinkle treatment** (40') 13 700 HUF

With active ingredients from plant stem cells for a shining look, against circles around the eyes, oedema and crow's feet. Artificial fragrance-, colouring- and paraben-free.

**YOUTH IT BP3.** (80') 29 600 HUF

Intense wrinkle filling and tightening treatment with ultra-modern ingredients. Fight against wrinkles and sagging skin! For all skin types.

**Secrets de Sothys** (80') 43 900 HUF

Deluxe anti-aging, moisturising cream for all skin types over the age of 25. 11 kinds of unique texture with the duo of Sothys rose stem cells and precious porcelain flower oil.

**Detox ENERGY Treatment** (70') 29 600 HUF

Intensive rejuvenation treatment with high antioxidant content. As a result, the skin is enriched with energy and has more resistance to aging processes.

### Radio frequency

Radio frequency treatment for face and neck. Radio frequency energy penetrates deep into the skin's tissue, heating the treated areas and right after that, cooling down the tissues. With this treatment we can achieve spectacular results regarding the smoothing of wrinkles and improve elasticity of the facial skin. This facial skin-tightening device promises to reduce wrinkles and skin laxity, improving the skin's appearance without pain.

**Facial treatment** 27 400 HUF

**Facial and neck treatment** 32 900 HUF

**Body treatment** (thighs, bottom, belly) 21 900 HUF / body part

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## Beauty pricelist

### Body treatments

With professional French Sothys products!

Whole body peeling	(20')	7 600 HUF
Upper arm firming treatment	(30')	10 400 HUF
Detoxification for the whole body	(60')	18 100 HUF
Regenerating lifting stomach treatment	(60')	15 900 HUF
Firming, rejuvenating body treatment against cellulite	(90')	24 100 HUF
Toning full body massage	(40')	15 900 HUF

### Brilliant look

Eyebrow modelling	1 600 HUF
Eyebrow colouring	2 700 HUF
Eyelashes colouring	2 700 HUF

### For silky skin

#### Waxing

Face	1 600 HUF
Classic bikini zone	2 700 HUF
Armpit	2 700 HUF
Leg (to the knee)	3 700 HUF
Arm	3 700 HUF
Full leg	6 500 HUF

### We also think of gentlemen...

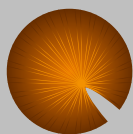
#### Sothys Homme pampering facial treatment for gentlemen

(60') 18 600 HUF  
Revitalizing face treatment with fresh woody notes, especially built up  
for gentlemen's skin.

#### Sothys Homme facial treatment with deep cleaning for gentlemen

(80') 27 400 HUF  
Complete skin renewing treatment with deep cleaning, moisturising  
skin care.

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## Beauty pricelist

### Hand and foot care

<b>Manicure</b> (Without nail polish)	6 800 HUF
<b>Pedicure</b> (Without nail polish)	9 900 HUF
<b>CND Shellac nail polish</b> (hand)	6 000 HUF
<b>CND Shellac nail polish</b> (foot) 14 day flawless wear, resilient mirror shine with zero dry-time.	5 600 HUF
<b>Shellac washing down</b>	1 500 HUF
<b>Nail polish</b> (Without manicure or pedicure)	2 000 HUF
<b>Nail polish washing down</b>	500 HUF
<b>Gel-lacquer removal</b> (mechanical) Please pay directly in the salon!	hand 2 500 HUF foot 1 500 HUF

### Hair care

Ladies	Short (over ear)	Medium (shoulder)	Long (below shoulder)
<b>Shampoo, drying or wave-set</b>	7 000 HUF	8 000 HUF	from 9 000 HUF
<b>Shampoo, haircut, drying</b>	10 000 HUF	11 000 HUF	from 12 000 HUF

### Perm, haircut, drying

21 000 HUF 25 000 HUF from 30 000 HUF

### Dyeing

300 HUF / g + hairstyling

### Highlights

200 HUF / g + hairstyling

### Intensive hair cure with hair pack

2 200 HUF

It cannot be ordered as an independent treatment.

### Intensive hair cure

**with regenerating pack and with head massage** 2 800 HUF

It cannot be ordered as an independent treatment.

**Steam Pod – Hair filling with ceratin** (30') 3 000 HUF (+ Drying)



**Hair filling with hyaluronic acid** (30') 4 000 HUF (+ Drying)

### Hair Trimmer – Hair ends refreshing cut (30')

2 000 HUF (+ Drying)

### Haircut with hot scissors

+ 2 000 HUF

### Gentlemen

### Haircut with hair washing

7 000 HUF

### Haircut without hair washing

5 000 HUF

For extra long or extra thick hair, we charge a +10% surcharge. Please pay directly in the salon!

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