

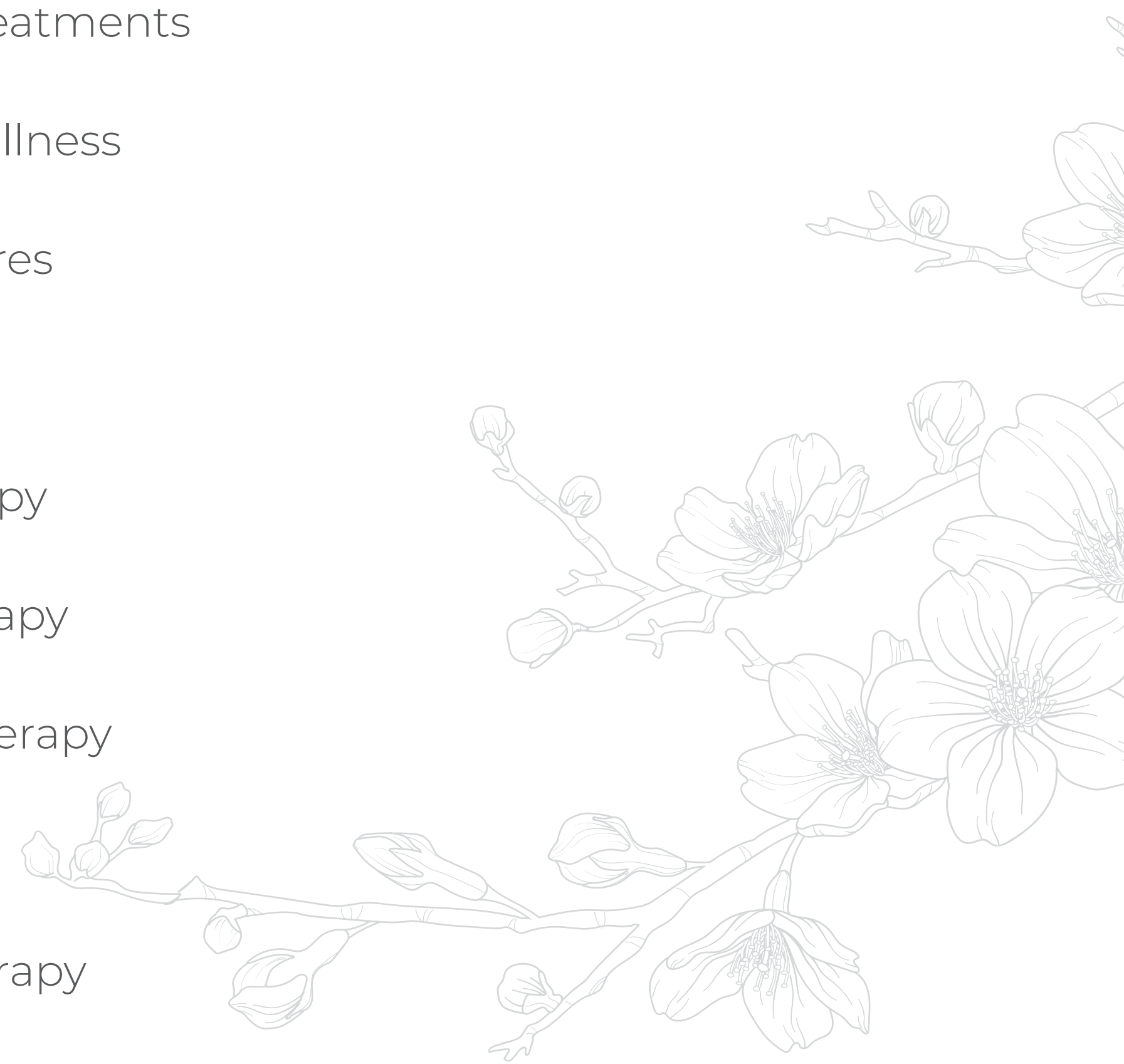
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HANAMI
BEAUTY & SPA





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Skin Diagnosis

Skin diagnostic analysis with personalized suggestions.

 a few minutes |  € 4

Facial Treatments

Facial with Biola’s Organic Buckthorn & Carrot Face Mask

A quick solution, provides a protective shield against environmental damages.

 50 minutes |  € 40

Cleansing · Face peeling · Face, neck and cleavage massage · Mask · Moisturizing

Biola Bio Lemongrass Facial Treatment

Deep pore cleansing and ultrasound application of active substances.

 90 minutes |  € 61

Cleansing · Face peeling · Steaming · Deep cleansing · Face, neck and cleavage massage · Ultrasound · Eye contour care · Mask · Moisturizing

Biola Organic Aronia – Anti-Aging Facial Treatment

The treatment slows down the skin's aging process with a special lifting massage.

 60 minutes |  € 46

Cleansing · Face peeling · Face, neck and lifting massage · Ultrasound · Eye contour care · Cream mask · Firming

Biola Organic Echinacea Facial Treatment

Vasoconstrictive, relaxing facial treatment for rosacea-prone, sensitive skin.

 60 minutes |  € 46

Cleansing · Face peeling · Face, neck and cleavage massage · Ultrasound · Eye contour care · Cream mask · Moisturizing

Biola Organic Orchid Exclusive Facial Treatment

Regenerating and firming facial treatment with herbal “stem cells”.

 75 minutes |  € 49

Cleansing · Face peeling · Face, neck and lifting massage · Ultrasound · Eye contour care · Mask

Vintage Beauty – Luxury Firming Facial Treatment 40+

Firming, skin rejuvenating facial treatment with natural cosmetics.

 60 minutes |  € 53

Cleansing · Face peeling · Face, neck and cleavage massage · Radio frequency · Mask · Firming

Vintage Beauty – Luxury Firming Facial Treatment with Deep Cleansing 40+

Firming, skin rejuvenating facial treatment with natural cosmetics.

 90 minutes |  € 66

Cleansing · Face peeling · Deep cleansing · Face, neck and cleavage massage · Radio frequency · Mask · Firming

Adrienne Feller Harmonenne Facial Treatment

Gloss for the skin, strength for the soul and support for the healthy functioning of the skin. Highly recommended for expecting mothers.

 60 minutes |  € 46

Cleansing · Face peeling · Face, neck and cleavage massage · Cream mask · Moisturizing

Adrienne Feller Cleanenne Facial Treatment

With the anti-inflammatory and regenerating power of sage and yarrow.

 100 minutes |  € 66

Cleansing · Face peeling · Steaming · Deep cleansing · Mask · Nourishing serum · Face, neck and cleavage massage · Moisturizing

Cosmetic Electrotherapy

Face Firming with Radio Frequency

A quick solution for firmer, more supple and fuller skin.

 30 minutes |  € 28

Cleansing · Face peeling · Radio frequency · Firming

Application of Active Substances with Mesotherapy

Super fast, needle-free mesotherapy procedure to restore the weakened functions of the skin.

 30 minutes |  € 36

Cleansing · Face peeling · Mesotherapy · Firming

Supplementary Cosmetic Treatments

Eyebrow Adjustment

 € 4

Eyebrow or Eyelash Dyeing

 € 7

Eyelash and Eyebrow Dyeing

 € 11

Facial Wax

 € 4

Waxing up to the Knees

 € 13

Full Leg Waxing

 € 19

Bikini Line Waxing

 € 11

Armpit Waxing

 € 10

Arm Waxing

 € 13

Back Waxing

 € 18

Men’s Cosmetics

Biola Bio Vetiver Facial Treatment

Nourishing and detoxifying treatment for shaved facial skin.

 50 minutes |  € 46

Cleansing · Face peeling · Face and neck massage · Mask · Moisturizing

Biola Bio Vetiver Facial Treatment with Deep Cleansing

Nourishing and detoxifying treatment for shaved facial skin.

 90 minutes |  € 61

Cleansing · Face peeling · Face and neck massage · Deep cleansing · Mask · Moisturizing

Vintage Beauty Men Facial Treatment

Nourishing and firming anti-aging treatment developed for men’s skin.

 60 minutes |  € 53

Cleansing · Face peeling · Face and neck massage · Radio frequency · Mask · Firming

Vintage Beauty Men Facial Treatment with Deep Cleansing

Nourishing and firming anti-aging treatment developed for men's skin.

 90 minutes |  € 66

Cleansing · Face peeling · Face and neck massage · Deep cleansing · Radio frequency · Mask · Firming

Body Treatments

Thalion Express Slimming

Firming, anti-cellulite treatment with a spectacular slimming effect on the abdomen, thighs and bottom area.

 30 minutes |  € 38

Body peeling · Body contouring massage

Floral Pampering Ritual - 2in1

Harmonizing face and body treatment with floral fragrance that makes the skin velvety and the soul smooth.

 70 minutes |  € 64

Body peeling · Body massage · Body mask · Face massage · Moisturizing

Body Treatment with Grape Seed Oil

Removal of the unnecessary epithelial cells during a whole-body massage.

 70 minutes |  € 52

Body peeling · Body massage

Mineral Therapy – Back Treatment with Sea Magnesium

Anti-stress treatment to relax the muscles of the back.

 50 minutes |  € 47

Back mask · Body massage












Slim&Chill

Natural shaping and skin care treatment offering noticeable weight loss and skin tightening.

 50 minutes |  € 44

Body scrub · Thermal-blanket body wrap · Facial massage


Manicure-Pedicure


Classical Manicure		
Without nail polish		€ 19
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With nail polish		€ 21
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With Shellac* or gel nail polish		€ 39
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Classical Pedicure		
Without nail polish		€ 22
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With nail polish		€ 24
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With Shellac* or gel nail polish		€ 41
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Nail polish for hands or feet		€ 10
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French nail polish for hands or feet		€ 13
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Shellac* or gel nail polish for hands or feet		€ 21
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Shellac*, gel nail polish removal		€ 8
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Japanese Manicure		
Treatment with beeswax for damaged nails.		€ 28

Hand- or Foot Treatment with Paraffin





Mask for dry, cracked skin.		€ 15
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*Shellac is a permanent nail polish that dries under UV light and can be dissolved without damaging the nails.



Spa Manicure		
Combination of the manicure and the paraffin mask.		€ 36





Spa Pedicure		
Combination of the pedicure and the paraffin mask.		€ 36





Hairdressing Service





Ladies’ Blow-Dry		
Short hair		€ 13
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Medium hair		€ 15
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Long hair		€ 16
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Plaits		€ 8



Ladies’ Cut		
Short hair		€ 20
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Medium hair		€ 22
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Long hair		€ 23
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Children’s cut (ages 0 to 6)		€ 9
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Girls’ cut (up to 12 years)		€ 13

Gents		
Men’s cut		€ 11
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Beard trimming with machine		€ 4

Highlights		
Incl. blow-dry, shoulder-length hair		€ 33
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Incl. blow-dry, under shoulder-length hair		€ 36
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Incl. cut, shoulder-length hair		€ 38
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Incl. cut, under shoulder-length hair		€ 41

Colouring		
Incl. blow-dry, shoulder-length hair		€ 36
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Incl. blow-dry, under shoulder-length hair		€ 38
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Incl. cut, shoulder-length hair		€ 41
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Incl. cut, under shoulder-length hair		€ 44

Balayage/Ombre		
Incl. blow-dry, shoulder-length hair		€ 35
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Incl. blow-dry, under shoulder-length hair		€ 38
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Incl. cut, shoulder-length hair		€ 40
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Incl. cut, under shoulder-length hair		€ 43

Dauer		
Incl. cut, shoulder-length hair		€ 31
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Incl. cut, under shoulder-length hair		€ 37

Bobo Wellness

Recommended for children



Facial Treatments

Biola Chocolate Miracleberry Facial Treatment (5- to 12-year-olds)

Chocolate mask with a huuuge amount of chocolate.

⌚ 20 minutes | 💰 € 15

Cleansing · Face massage · Cream mask

Biola Chill Facial Care for Teens (10- to 16-year-olds)

The favourite cosmetic experience of teens with tons of organic miracles.

⌚ 30 minutes | 💰 € 20

Cleansing · Face peeling · Face massage · Moisturizing

Biola Harmonising, Cleansing Facial Treatment for Teens with Tea Tree Oil (12- to 16-year-olds)

Here is the solution if the first pimples have appeared.

⌚ 75 minutes | 💰 € 39

Cleansing · Face peeling · Deep cleansing · Mask

Massages

Relaxing/Calming Child Massage (up to the age of 12)

We relax the muscles tired after school with the Panarom problem-solving essential oil developed especially for children.

⌚ 15 minutes | 💰 € 18

⌚ 30 minutes | 💰 € 33

Immune Boosting Child Massage (up to the age of 12)

We relax the muscles tired after school with the Panarom problem-solving essential oil developed especially for children.

⌚ 15 minutes | 💰 € 18

⌚ 30 minutes | 💰 € 33

Concentration Enhancing Child Massage (up to the age of 12)

We relax the muscles tired after school with the Panarom problem-solving essential oil developed especially for children.

⌚ 15 minutes | 💰 € 18

⌚ 30 minutes | 💰 € 33

Couple's Treatments

Mother-Daughter / Father-Son / Siblings Chocolate Cream Couple Massage

A shared experience with mom, or a real manly massage? Siblings can come together as well.

⌚ 30 minutes | 💰 € 63 / 2 people

Mother & daughter facial massage (recommended for ages 5 to 12)

Only girls together.

⌚ 20 minutes | 💰 € 51 / 2 people

Supplementary Treatments for Children

Manicure for Kids (up to the age of 12)

Nail shaping and polishing (if required).

⌚ 10 minutes | 💰 € 10

Pedicure for Kids (up to the age of 12)

Nail shaping and polishing (if required).

⌚ 10 minutes | 💰 € 10

Glitter tattoo

Bobo, Mimi and Pikko as glitter tattoos.

⌚ 10 minutes | 💰 € 7

Massages

Health-Preserving – Muscle Relaxing Massages

Whole-Body Massage

It heals while relieving pain and stress.

 30 minutes |  € 33

 50 minutes |  € 47

Therapeutic Whole-Body + Head Massage

It heals while relieving pain and stress.

 60 minutes |  € 55

Therapeutic Whole-Body + Foot Massage

It heals while relieving pain and stress.

 60 minutes |  € 55

Back Massage

It heals while relieving the pain of the neck's, back's and lower back's muscles.

 30 minutes |  € 33

Goat Butter Pain-killing Back Massage

It has cooling, blood circulation stimulant and cramp relaxing effects.

 30 minutes |  € 38

Lymphatic Massage – Part of the Body

It boosts the immune system and detoxifies with an oil-free technique.

 30 minutes |  € 38

Lymphatic Massage – Whole-Body

It boosts the immune system and detoxifies with an oil-free technique.

 50 minutes |  € 50

Foot Reflexology Massage

It increases the energy levels and activates the self-healing power of the body.

 30 minutes |  € 38

Relaxing and Revitalizing Massages

Aroma Massage

Stress relief with an essential oil suitable for your mood.

 50 minutes |  € 47

Pampering and Moisturizing Massage with Goat Butter

Skin nourishment with vitamins for sensitive and irritated skin as well.

 50 minutes |  € 49

Honey-Oil Detoxifying Back Massage

Detoxifying, pain relieving and immune boosting effects.

 30 minutes |  € 38

Honey-Oil Detoxifying Whole-Body Massage

Detoxifying, pain relieving and immune boosting effects.

 50 minutes |  € 47

Alternative Massage

Indian head massage

Energy points treatment to fine-tune the functioning of your body.

 30 minutes |  € 38

Wellness Massages

Hot Stone Back Massage

Balance with the power of the energized stones.

 30 minutes |  € 38

Hot Stone Whole-Body Massage

Balance with the power of the energized stones.

 50 minutes |  € 49

Massage for Expecting Women and New Moms – after the 12th week and during the breast-feeding period

Emotional and physical improvement in a special massage chair with oils suitable for the changing skin.

 30 minutes |  € 38

Crème de Luxe chocolate massage with a hint of orange

Luxury treatment to revive your body & soul.

 50 minutes |  € 49

Couple’s Treatments

Couple’s Massage with Grape Seed Oil

Skin nourishing and vitalizing massage. Time spent together is a bonus!

 50 minutes |  € 106 / 2 people

Time Together Couple’s Massage

Massage with an aphrodisiacal oil composition for an unforgettable experience together.

 50 minutes |  € 106 / 2 people

Herbavital Couple’s Massage

Intensive moisturizing with antioxidants of Hungarian herbs. Just the two of you.

 50 minutes |  € 106 / 2 people

Premium Couple’s Massage Ritual

Romantic couple’s bath (20 min), massage with aroma oils (30 min), exclusive private corner with champagne and a sweet surprise.

 90 minutes |  € 125 / 2 people





Medical Wellness

Medicinal Lake of Hévíz

Bathing in the medicinal water of Hévíz is an excellent addition to the cures available in our hotel. Our guests are only a long walk away from the Hévíz Lake Bath, which is the largest medicinal warm-water lake in Europe. In addition to the unique natural spectacle, it is special because of the particular composition of the medicinal water and the peat layer covering the lake bed. The lake welcomes everyone who wishes to recover with an almost constant water temperature all year long (35°C), thus providing the opportunity of outdoor bathing in winter. Thanks to the spring with high water yield, the water of the lake completely exchanges every three days. Some traditional, Hévíz-based medical treatments – such as the mudpacks, the famous weight bath, therapeutic massages and the drinking cure – are available in our hotel, so we provide the beneficial effects of the medicinal lake of Hévíz on the spot.

Indication

- All degenerative joint disease types and calcification types of rheumatic musculoskeletal diseases (arthritis, diseases of the vertebral system, the ligament system, small joints or intervertebral discs – spondylosis, spondyloarthritis, discopathia).
- Inflammatory articular and spinal diseases in resting phase (arthritis, polyarthritis, e.g. PCP, spondyloarthrosis, e.g. Bechterew's disease). Only beneficial for rheumatic diseases if the acute period is over.
- Symptoms of chronic rheumatic articular diseases can be effectively alleviated. Rheumatic diseases of the conjunctive tissue (diseases of the muscles and tendons).
- Secondary joint diseases, articular disorders associated with metabolic diseases (e.g. gout).
- Endocrine disorders.
- Arthritis associated with dermatosis (e.g. articular and spinal disorders associated with psoriasis).
- Condition after bone fracture, having traumatic injuries or undergoing a musculoskeletal surgery (primarily in case of fractured limbs) in a stage suitable for rehabilitation.
- Treatment of metabolic bone diseases (overt, severe, i.e. T-score < 2.5, and osteoporosis with non-traumatic fractures).
- Traumatology – rehabilitation of (post-traumatic) musculoskeletal disorders after injuries.
- Chronic disorders affecting the peripheral nerve system, primarily due to mechanical impact (e.g. ischialgia, polyneuropathia, paresis).
- Pre- and post-treatment of arthroscopic surgeries, post-treatment of intervertebral disc surgery (discus hernia). Postoperative rehabilitation, conditions after small and large joint replacements and other arthroscopic reconstruction surgeries.
- Neurological treatment and neurosurgery, cases of overt neurological symptoms remaining after hernia disci opusa.
- Chronic gynecological diseases.

Contraindication

- Malignant tumors (surgical or medicated treatment stage)
- Decompensated heart failures causing circulatory disorders, cardiovascular diseases, phlebitis.
- High blood pressure (if it cannot be set to the required level or it causes organic diseases).
- Severe arteriosclerosis, coronary sclerosis.
- After infraction (if the physician prohibits it). Severe problems with varicose veins (phlebothrombosis). All acute inflammatory diseases (phlebothrombosis and the active stage of arthritis).
- All acute and chronic infectious diseases (e.g. TBC, hepatitis, etc.).
- White blood cell disorders, other severe haematopoiteic diseases, severe anemia (leukemia, anemia, haemophilia).
- Bronchial asthma, if patient has frequent attacks.
- Active ulcers (peptic, intestinal), renal failure, kidney stones. Sudden fainting spells (epilepsy, Adams-Stokes syndrome).
- Chronic alcoholism, severe hepatic cirrhosis.
- Wet eczema, extensive wounds.
- Hyperthyroidism accompanied by organic diseases.
- Decompensated diabetes, severe weight loss or weight gain.
- First six weeks after therapeutic X-ray treatment.
- Pregnancy.

Traditional Hévíz Therapy

Only after mandatory medical examination

It is possible to purchase Hévíz therapy treatments in the form of complex medical wellness packages for a better recovery that lasts longer. In each case, the type and time of the treatment package is determined by our rheumatologist, depending on the patient's condition. E.g. therapeutic massage, mudpack, weight bath, hydrotherapy, electrotherapy, magnetic therapy.

Bathing Cure

For lasting improvement, the bathing cure is always an addition to the medical treatments. The time that can generally be spent in the medicinal water is 20 minutes per occasion, 2-3 times a day, but this may differ according to medical instructions depending on the individual's condition. In order to achieve the best results, please always follow the physician's instructions. 1-1.5 hours of rest is recommended after bathing. The 34°C medicinal water arrives to the hotel's thermal pool from our own, 320 m deep thermal spring.

Drinking Cure

It is recommended to consume thermal water slowly, in small sips so that its minerals can be absorbed in the intestinal tract as much as possible. It can also be used as part of an alkaline therapy (3x 1 dl per day), or as a supplement to a diet (3x 1 dl per day after meals). As a drinking cure for the treatment of the gastrointestinal, intestinal or digestive disorders, it is enough to have one glass of the medicinal water of the Mihály drinking fountain that is at our therapy department. Because of the components of the water, its consumption is not recommended for individuals having cardiovascular diseases.

Medical Examination

All therapy starts with a medical examination performed by a specialist. A highly qualified rheumatologist awaits those wishing to heal in our hotel. Our specialist compiles a personalized treatment plan depending on the guest's condition. Packages taking several weeks contain a free control examination.

 € 27

Medical Control  € 11

Medical Cures

Only after mandatory medical examination

Foretaste Cure (4 treatments)

1 medical examination, 4 traditional Hévíz therapy treatments (it can be booked in the case of a minimum 3-night-stay).

 € 103

Prevention Cure (6 treatments)

1 medical examination, 6 traditional Hévíz therapy treatments (it can be booked in the case of a minimum 4-night-stay).

 € 144

Traditional Hévíz Medical Cure (9 treatments)

1 medical examination, 9 traditional Hévíz therapy treatments (it can be booked in the case of a minimum 7-night-stay).

 € 203

Traditional Hévíz Medical Cure (18 treatments)

1 medical examination, 1 control examination and 18 traditional Hévíz therapy treatments (it can be booked in the case of a minimum 14-night-stay).

 € 386

Traditional Hévíz Medical Cure (30 treatments)

1 medical examination, 1 control examination and 30 traditional Hévíz therapy treatments (it can be booked in the case of a minimum 14-night-stay).

 € 539

Traditional Hévíz Medical Cure (45 treatments)

1 medical examination, 2 control examination and 45 traditional Hévíz therapy treatments (it can be booked in the case of a minimum 21-night-stay).

 € 761

Packs

Only after mandatory medical examination

Mineral Mudpack

For rheumatic disorders with authentic mud from Hévíz.

 € 25

Fluor Pack, Sulphur Pack

Anti-inflammatory and pain-relieving effects, beneficial for the articular cartilage.

 € 19

Ritex Pack

Special anti-inflammatory cream pack.

 € 19

Antiphlogistic Pack

Medicinal cream for painful joints, knees, hangs and shoulders.

 € 19

Weight Bath

The most significant invention of the Hungarian rheumatology for the treatment of intervertebral disc disorders and smaller discus hernia.

 € 21

Hydrotherapy

Only after mandatory medical examination

Underwater Jet Massage (Tangentor)

Metabolism boosting, detoxifying effect.

 € 21

Electric Bath

Combination of the galvanic current's anti-inflammatory effect and the water's relaxing effect.

 € 21

Four-Chambered Galvanic Bath

For the muscle and nerve pain of the hands and feet.

 € 21

Carbon Dioxide Bath

Vasodilation and circulation improvement in chill water.

 € 21

Electrotherapy

Only after mandatory medical examination

Electrostimulation Treatments

Electric treatment for vasodilation, pain relief and muscle spasm relief.

 € 19

Iontophoresis

Delivering medicine to the body using electricity to relieve arthrosis.

 € 19

Ultrasound

Pain relieving ultrasonic micromassage.

 € 22

Magnetotherapy

Only after mandatory medical examination

Bemer Therapy

Cell renewing treatment with the strength of magnets.

 € 19

Magnetic Therapy

Especially recommended to support the healing of bone fractures and migraine.

 € 19

Inhalation

Only after mandatory medical examination

Oxygen Regeneration Therapy

Preventive treatment to protect capability and well-being.

 € 19

Medicinal Inhalation

Recommended treatment for bronchitis, highmoritis and nasitis.

 € 19

Thermotherapy

Only after mandatory medical examination

Cryotherapy

Most effective in case of fresh articular injuries such as dislocation, strain, chronic arthritis and lumbago.

 € 19

Mechanotherapy

Only after mandatory medical examination

Kinesiology Tape

Quick, painless and effective help in the treatment of dislocations, strains, sports injuries, spine and limb pain.

 € 15

Shockwave Therapy

Start “button” for the body's self-healing mechanisms.

 € 21 | for 3 pieces € 58

Spa Etiquette

Please mute your phone to help you and others relax.
The entire Spa area is a non-smoking zone.

Delays and cancellations: Modification – cancellation – of the treatments is free of charge until 3 pm of the day before the treatment. If the modification is made on the day of the treatment, we charge an administrative fee of HUF 1 000. If you do not show up for the treatment at the agreed appointment, we charge the full amount of the pre-ordered package price (medicinal cure, wellness packages). In case of bonus treatments booked on site, we charge 50% of the total price of the treatment.

Clothing, appearance: Comfortable clothing (for massages and treatments: swimsuit, bathrobe). Please leave your valuables in your room. Please show up at the spa area 5 minutes before your treatment, and have a cup of tea!

Hanami Beauty & Spa

Kolping Hotel Spa & Family Resort

H-8394 Alsópáhok, Fő u. 120.

Hanami Reception: +36 83 344 143 (extension nr. 5226) | +36 70 504 1967

Hotel Reception: +36 83 344 143 (extension nr. 5000)

www.kolping.hotel.hu/en
spa@kolping.hotel.hu

Opening Hours

Monday to Saturday 9 am – 5 pm

Beauty treatments can be booked

at the Hanami Reception desk during opening hours.

Massage treatments can be booked

at the Hanami Reception desk during opening hours. For Sunday appointments please make your reservations on Saturdays after 5 pm or on Sundays at the Hotel Reception.


Hairdressing Salon

For an appointment call +36 83 344 143 extension 5225

Hanami services can be paid with

 Hanami gift vouchers |  Cash |  Credit card

 Hairdressing services are payable with cash, on the spot.

 **Hint!** Certain treatments can also be charged to your health insurance fund balance. Please make arrangements when booking the appointment.

Used creams and oils can be purchased on the spot and are charged to the room bill.

We bear no liability for typographical errors and possible mistakes. We reserve the right to make changes.