



Lotus Therme
H o t e l & S p a
— H é v í z —

It's all about me...

Time for massage | Beauty and more | Health treatments

Massages



Classical Massages

Foot reflex zone massage

30 minutes

HUF 11.500

Foot reflexology is based on the fact that a single human sole contains more than seventy thousand nerve endings, which are connected to the body organs through different meridian channels and nervous pathways. It is especially beneficial for blood and lymph circulation and for the immune system, it controls the operation of the endocrine system, it is useful for relieving head and backache, what is more, it can efficiently be used for treating intense nervousness, sleeping disorders and gastrointestinal problems as well.

Lymphatic drainage massage ○○○

50 minutes

HUF 16.000

Before a lymphatic massage, it is advisable to consult the physician of the hotel. The special light massage, which detoxifies the body, improves the blood flow of the joints, the muscles and that of the internal body organs through the lymphatic system, can also eliminate edemas and cellulitis in the tissues. The fat cells and toxic materials which have been accumulated in the fat reserves are relieved during the massage, and they get into the lymph circulation. By using the appropriate massage technique and intensifying congestion, these materials leave the body through the kidney and the large intestine.

Shoulder and neck massage ●●○

20 minutes

HUF 8.900

This massage aims to loosen the muscles of the neck and the shoulder girdle and those around the scapula. The gentle massage using effleurage, petrissage, pressing, stretching and cradling techniques can significantly relieve the stress as well as the painful effects of sports injuries.

Head and migraine massage

30 minutes

HUF 11.500

Stress, inappropriate body posture and unhealthy lifestyle may have negative consequences on the human body: the muscles of the neck and that of the shoulder girdle become cramped and stiff, and the blood flow of the brain may also deteriorate. This may cause headache, dizziness, depression or malaise as a result. The general relaxing effect of the head massage may contribute to the reduction of a persistent high blood

pressure, the relief of the pain in the muscles of the face, the head, the neck and that of the shoulders, an increase in the mobility of the joints of the neck and the shoulders, the relief of stress-related headache, the rise of energy levels, the dissolution of stress, nervousness, dejection and slight depression, the creation of calmness and well-being as well as to the attainment of even more restorative sleep. The treatment is painless and what is more it is a very nice feeling! The whole head, the face, the scalp, the neck and the shoulders will be massaged.

Therapeutic massage

– full body massage (back & legs) ●●○

30 minutes

HUF 11.500

50 minutes

HUF 16.000

Healing massage is a Western massage therapy, which forms the basis of European massage. Its basic techniques resemble to those of the Swedish massage, but the main difference is that healing massage specifically treats targeted areas. The secrets of healing massage lie behind the effleurage, petrissage, friction, trembling and vibration techniques. Healing massage improves blood circulation and helps metabolism, boosts the immune system, relieves pains in the muscles, loosens and strengthens the muscles, increases body capacity and concentration, and has painkilling effects.

Back massage ●●○

25 minutes

HUF 9.500

The popular back massage aims to loosen the muscles of the back, the neck and those around the waist, as well as to improve the blood flow of these body parts. The chronic pain in the above mentioned muscles are generally incited by permanently working in a sitting position. Under daily physical strain and stress body muscles become cramped and stiff, which may be relieved by a light back massage. The treatment by nature improves blood circulation, and due to its relaxing effect, proves to be a perfect solution for relieving stress or even for local analgesia.

Manager massage (seated massage) ●○○

15 minutes

HUF 6.000

A brief relaxing massage of the neck, shoulders and head, which pampers and at the same time quickly refreshes the body.

Special Massages

Yumeiho ○○○

50 minutes

HUF 18.000

The Yumeiho massage improves the overall condition of the body, normalizes its function, restores the dislocated vertebra and the elasticity of joints and muscles. It stimulates blood circulation, improves psychological condition and it has a refreshing effect on the whole body. It harmonizes the connection of body and mind. For this dry massage we provide special, comfortable clothes to our guests. The massage is performed on the floor, lying on a mattress.

Lotus massage ●○○

40 minutes

HUF 14.000

Give way to the perfect indulgence and try our new signature massage. Our therapists have developed the special, indulging massage of our house, having considered the feedbacks and needs of our guests. The luxury massage oil is rich in essential volatile oil and herbs. The experience is unforgettable and the massage oil is wonderful. You can enjoy the indulging experience at home also, as the oil can be bought at the SPA reception of our hotel.

Chinese massage ●●●

60 minutes

HUF 17.000

The Chinese medicine focuses on identifying the source of disharmony in your body and tries to restore your physical harmony by remedying the cause, while keeping the balance between Yin and Yang. The Chinese massage, though using the same moves, it differs from the medical massage applied in Hungary in terms of its approach, as a result, in terms of its methods as well. It aims to maintain the harmony and health of your body, facilitates the venous and lymphatic circulation, and activates the tissues. Based on pressing at the acupressure points, passive manipulations and swing technique enhancing the joint mobility, the Chinese massage provides you with a full body massage. It is especially recommended for those of our guests who like holistic medicine.

Holistic Stone - energetics massage ○○○

60 minutes

HUF 18.900

During lava stone massage, smooth volcanic basalt stones are used instead of a usual hand massage. The massage is carried out using stones of different sizes, which have been previously warmed in water then heated to 50-60°C. The bigger stones are placed along the major energy lines and energy centres while the smaller ones are used to massage the whole body. The treatment is based on a particular massage technique, and is

considered to be a real speciality. The lava stone massage provides unforgettable experience for the body and the soul, which loosens the muscle, relaxes the body, improves well-being, perfectly relieves stress, fills up with invigorating energy, and harmonizes the body and the soul alike

Wellness massage ●○○

60 minutes

HUF 17.000

Today increasing stress, inappropriate nutrition, environmental hazards and sedentary lifestyle all lead to an uncomfortable general feeling of the self. The massage is one of the oldest and most enjoyable natural ways – free of malicious side effects – to prevent and cure diseases, preserve and regain beauty, which also leaves a miraculous effect on the nerve system. The aloe-menthol massage cream has beneficial effect on the whole body: improves blood circulation and its fragrance fully imbibes it. What is more, massage boosts the immune system and relaxes the body.

Massage for You and Me

60 minutes / 2 person

HUF 29.600

"Time for Me" massage ●●○

60 minutes

HUF 18.000

We offer you a personalized massage according to the new expectations of our time. The treatment does not follow a specific protocol, but adapted to your needs. During this treatment you can discuss the course and strength of the massage with our therapist. The massage is performed with Adrienne Feller massage oil.

Fish magic

20 minutes

HUF 4.500

In this 20-minute-long fish pedicure tiny Garra Rufa fish pamper your feet underwater with a micro-massage. The fish delicately remove dead skin cells during the treatment, rejuvenating your feet, which become soft and smooth following the treatment. The fish remove calluses and dead epidermal skin on the soles of the feet through pinching and sucking, which is a much gentler compared to mechanical or chemical methods. During cleaning, the fish inject a special enzyme into the cleansed surface that promotes a rapid regeneration of the skin. The water is sterilised and the water and fish are regularly replaced, ensuring the highest level of hygiene. Fish pedicures pleasantly relax the feet, reducing the feeling of fatigue and making the skin softer. The treatment also has a beneficial effect on eczema, psoriasis, and corns alike. It is also recommended for diseases of the joints, muscle damage, and neurological disorders. However, it is strictly prohibited for any type of viral disease on the feet, or feet that have open wounds or cuts.

Appointments are available every day from 8 am until 8 pm at the pool attendant desk.

Thai massage

Traditional thai massage ●●●

60 minutes

HUF 18.000

The main effect of the massage is to balance the energy system. The massage tries to ensure a free energy flow by pressing and stretching the muscles. The masseur press the energy points with his thumb, palm, elbow, knee and foot. The efficiency of the massage is increased through moving and cracking the knuckles. Our masseuses are qualified at the most famous massage schools in Thailand. For this dry massage we provide special, comfortable clothes to our guests. The massage is performed on the floor, lying on a mattress.

Thai herbal massage ●●○

60 minutes

HUF 19.000

This type of massage is a combination of the traditional Thai massage with herbal steam. A massage with the steamed bag full of herbs and with herbal oils can stimulate the circulation and can make stiff muscles and joints work. It is beneficial for refreshing tired muscles and joints as well as for killing pain. The bag full of herbs contains more than 15 herbs.

Thai oil massage ●●●

60 minutes

HUF 19.000

Touch and sensing the fragrances together have a beneficial effect, directly through the skin. The oil massage stimulates circulation, the volatile oils embrace the body and take their effect through inhalation. It helps purification, strengthens the immune system, makes skin more elastic and silky. It revitalizes the tired soul.

Thai foot massage ●●●

60 minutes

HUF 17.000

The foot is the map of the body. Almost all of the sensing nerves originate from the foot. The foot massage stimulates the activity of the internal organs, balances the activity of the blood and lymphatic circulation, improves endurance, boosts immunity, purifies the body, revitalizes and promotes long life. The masseuse uses her fingers and special sticks for the massage, together with special creams and oils.

Ayurvedic massage

Udvarthanam ●●○

(peeling & slimming massage):

60 minutes

HUF 21.900

90 minutes

HUF 33.000

110 minutes

HUF 39.600

This is a herbal oil massage with special powder and oil to enliven and energize the body. It promotes peeling effect on skin's dead tissues and promotes healthier skin, firmer muscle tone, increased circulations and a breakdown of cellulite. It is strongly recommended in obesity. It also stimulates immune system. While peeling, it helps in removing impurities, stimulates both arterial and lymphatic circulation, harmonies, detoxifies, strengthens and revitalizes entire body and relaxes mind and body promoting over all healing.

Abhyanga – full body herbal oil massage ●●○

45 minutes

HUF 14.800

75 minutes

HUF 24.500

During this full body massage herbal oil is applied all over the body and specific pattern of movements are given with firm pressure. Its benefits include improved appetite, alertness throughout the day, better sleep at night, reduced stress levels, glowing skin and reduction in overall mental and physical fatigue.

Indian head massage

35 minutes

HUF 12.500

Ayurveda gives special importance to head massage as head is said to center of the two vitally important "chakras". Special techniques and herbal oils are used for this purpose. Oil is applied to the roots of the hair and scalp and then massaged in with various hand movements and a varying degree of pressure. Head massage is extremely beneficial for calmness of the nerves, removing fatigue, curing hair loss, premature balding, dryness of scalp, and graying of hair. Please comb your hair prior to arrival for massage, this will help us to fulfil the treatment effectively. This treatment can be combined with any other ayurvedic treatment.

Shirodhara

30 minutes

HUF 22.000

Shirodhara is a unique form of Ayurvedic treatment where liquids like herbal oil, milk, buttermilk, etc. are poured in a continuous stream on the forehead. This is usually done after Abhyanga or head massage. Benefits of Shirodhara include calmness of the nerves, relief from headaches, migraines, insomnia, and various causes of mental fatigue. This treatment can be combined with any other ayurvedic treatment.

Marma massage ●●○

75 minutes

HUF 24.500

Marmas or energy points are located at various places on the human body. They are the meeting points between muscles, bones, joints, tendons, veins and nerves. Whenever the human body is put under stressful conditions, stress tends to collect most visibly at these marma points. This leads to stagnation of energy resulting in low vitality, lethargy, feeling sick, etc. The purpose of marma massage is to remove the stagnations, thereby, allowing the energy to flow freely once again. This allows you to be de-stressed, which leaves you feeling happy, healthy, rejuvenated and energized.

Chakra energy massage ●○○

110 minutes

HUF 36.000

There are seven energy centers in the human body known as "chakras". Energy usually flows continuously between the various centers maintaining physical, mental and spiritual health. Blockage or stagnation of this vital energy or "PRANA" results in negative emotions like depression, confusion, anger, agitation, etc. Because of the intricate connection between body and mind, stagnation of Prana can also result in various physical problems. Ayurveda offers a solution to these problems in the form of special CHAKRA energy massage which release the blockages and clears the stagnation. The balancing of the prana or vital energy results in emotional stability, decreasing mood swings, overcoming fear of success, helping overcome depression, frustration, and confusion, effectively communicating ones desires, and showing love and appreciation to loved ones.

Ayurvedic products are available.

Sauna & solarium

Sauna: in our sauna the temperature reaches 80 to 100 °C with low humidity (10%). In order to ensure optimum relaxation sauna users are recommended to take regular breaks between stays in the sauna for 20 to 40 minutes. After sauna treatment it is recommended to drink plenty of herbal tea and beverages containing vitamins in order to balance the loss of fluids. Regular sauna visits have a beneficial impact on the veins and strengthen the protective system of the body. Our sauna world is offering finnish and garden sauna, laconium, steam bath, aroma light sauna, infra cabin and a Kneipp pool.

Sauna rituals: sauna rituals are considered as a special ritual warmintuesg up your body and soul! Usually the third and last phases of sauna rituals involve the event of pouring in water. This process takes 8 to 12 minutes, and during this time the sauna master helps to remove the isolation layer covering the bodies of sauna users by applying gentle towel movements. After this the sauna master pours a ladle of water (usually with added essential oil) two or three times to the sauna stones. The sauna master uses both techniques ensuring an unbelievably pleasant sensation.

Solarium: sunshine and artificial light (solarium) help the production of D3 vitamin, which helps the body to extract calcium from the food ensuring the stability of the bones, furthermore it plays a significant role in cell division, muscle operation, metabolism and information transfer between the nerves, ultraviolet B radiation improves blood quality and helps the extraction of poisonous substances. The acceleration of cell metabolism results in improved oxygen supply of the tissues inhibiting the development of skin disorders and it is also suitable for the treatment of already existing disorders. Ultraviolet B radiation activates white blood cells, which fight against bacteria attacking the body. It has a balancing impact on the nervous system; it has a positive impact on the vegetative nervous system and ensures well-being of the body.

1 coin, 7 minutes

HUF 1.500



The strength of each treatment is indicated by a pictogram.

Beauty



Facial treatments

Facial massage

20 minutes

HUF 8.200

Facial massage can serve various purposes. It can help reduce wrinkles, boost blood supply or maintain skin elasticity. Massage of course influences our psyche, resulting in calmness and freshness.

Roll & Lift special firming facial massage

20 minutes

HUF 9.500

This is a special professional facial massage that combines the physiological, detoxifying and free-radical attaching benefits of the 42 black Germanium crystals in the Roll&Lift massage bar with the acupressure, muscle stimulating and skin tightening effect of the massage rolls. Massage prevents the onset of early skin aging symptoms. In a short period of time, it smooths the scalps, tightens the skin, has a tonic and remodeling effect. This massage is recommended in addition to the classic facial massage and / or for short luxury treatments!

Lymphatic drainage for face

30 minutes

HUF 8.500

Daily Beauty Overture

45 minutes

HUF 14.500

The main purpose of this moisturizing treatment is to replenish the dehydrated skin and increase the water capturing capacity of the cells. Products containing active ingredients are used during the treatment. After cleansing the skin, a moisturizing mask is applied, followed by a nourishing facial massage. The unpleasant symptoms that characterize dehydrated skin vanish and the skin stays hydrated for a long time due to the water capturing effect of the active ingredients.

Daily Beauty nourishing facial treatment

60 minutes

HUF 20.900

With deep cleansing:

90 minutes

HUF 25.900

During the treatment, after the skin diagnosis, we always carry out the basic treatment that corresponds to the guest's skin type. Be it a moisturizing, regulating, vitalizing or regenerating method. The skin becomes more compact, the micro-grooves are filled and the skin is tightened. The treatment can restore the balance processes, ensure hydration of the skin and it can be also recommended for sensitive skin types!

Daily Beauty nourishing facial treatment for acne-prone skin
60 minutes with deep cleansing,

without facial massage

HUF 20.900

Primarily due to hormonal changes, sebum production increases in the skin, inflammation and acne are produced. With cleansing treatment, sebum can be removed from the skin, and the sebaceous glands can be controlled. The pores clear up and the fat layer disappears. It has anti-inflammatory, anti-bacterial, anti-irritant effect.

Cell Vitale skin rejuvenation with stem cell therapy

60 minutes

HUF 21.900

With deep cleansing

90 minutes

HUF 26.900

During the course of the treatment in every case, a skin-appropriate care regime is carried out after an initial skin analysis, supplemented with a mask, whether it is a dehydrated, dry, sun damaged, sensitive or aging skin. Dry skin, lacking vitality shows the first signs of aging. Thanks to the active ingredients, the stem cell derivative from the alpine rose intensively hydrates the skin and accelerates the renewal of skin cells. Ginger is an effective anti-oxidant, vitamin C protects the skin from the harmful effects of free radicals, aloe vera calms, coconut extract softens and smoothes, bisabolol and oat extract soothes sensitive skin.

Aquafresh intensely hydrating facial treatment

60 minutes

HUF 21.900

With deep cleansing

90 minutes

HUF 26.900

For the complex treatment of low-lipid and low-fat skin. The Aquafresh treatment uses products whose active ingredients stimulate the natural hydrating processes of the skin. Thanks to this treatment, the layers of the skin retain their natural moisture, certain ingredients prevent the evaporation and further water loss, so that the healthy structure of the epidermis can be restored.

Ultrasound also allows the active ingredients to reach the deeper layers of the skin. Pre-reservation required.

10 minutes

HUF 4.000

Luxury facial treatments

Retinol intensive anti-wrinkle, skin-correcting facial treatment

60 minutes

HUF 26.500

Advanced Retinol contains vitamin A microcapsules and Revinage® concentrate. These ingredients effectively stimulate the function of fibroblasts, reducing the depth and length of wrinkles, light pigment spots and age-related skin discoloration, which unifies the skin color and improves its tone.

Régénération Absolue – intensive facial treatment with snail proteins

60 minutes

HUF 26.500

The Régénération Absolue snail protein facial treatment is based on the fundamentals that the snail can naturally rebuild skin tissue and shell quickly after damage occurs. Products rich in snail protein extract result the removal of dead epithelial cells, destruction of bacteria, promote excellent and rapid regeneration and renewal. Multidimensional skin renewal takes place. The result is excellent, the synthesis of basic proteins increases, the network of elastic fibers thickens, the skin becomes firm and naturally charged. Skin tone improves, the length and depth of wrinkles decrease.

Pure Vitamin C+ revitalizing facial treatment with antioxidant effect

60 minutes

HUF 26.500

Vitamin C is widely used in cosmetic treatments. The +Pure Vitamin C treatment strengthens its defence mechanism, neutralizes free radicals, protects the skin from sun damage, harmful ultraviolet radiation, stimulates cell renewal processes and the formation of new collagen fibers. As a result of the treatment, the skin becomes tight and regains its natural glow and youthful appearance. Recommended from autumn to spring.

Ultrasound also allows the active ingredients to reach the deeper layers of the skin. Pre-reservation required.

10 minutes

HUF 4.000

Absolute luxury treatments

Peptide Lift Ultra skin firming and contour sculpting treatment

75 minutes

HUF 34.500

The new Peptide Lift facial treatment is based on innovative peptide technology and other highly valuable ingredients such as the EGF (Epidermal Growth Factor). These ingredients effectively restore the structure of the skin, reducing the number of mimic wrinkles. Some of the peptides have micro-tightening effect, which improves and restores cellular cohesion, intensively tightens the skin, remodel the face contour, and protects the skin from premature aging.

Cell Vitale Anti-Age skin rejuvenation treatment with stem cell and EGF therapy

75 minutes

HUF 34.500

The stem cells needed for therapy are the derivative of Uttwiler Spätlauber apple cytosol, which gets into the skin with liposomes, stimulating cell renewal and delaying its aging process. The OVALISS™ (glucine) concentrate helps to increase cellular oxygen uptake and metabolism, therefore the skin becomes tight and filled. It neutralizes free radicals and helps skin regeneration. EGF and peptide concentrate stimulate collagen formation and the skin becomes tight, firm and compact.

Selvart Thermal Corporelle

Corporelle detoxifying and lymphatic system enchancing treatment with full body pack

50 minutes

HUF 24.900

The purpose of the treatment is to increase circulation in order to eliminate the toxins accumulated in the body through lymphatic drainage. The serum used during the treatment helps to dissolve the toxins, while the treatment eliminates the toxin-loaded water reserves from the problematic areas.

Corporelle slimformer anti cellulite treatment

Full body peeling with pack

50 minutes

HUF 24.900

High efficiency slimming and fat reducing treatment with active ingredients like Gym Activator Cosmetic (GAC) developed by Selvert Thermal that dissolves and reduces fat reserves, cellulite forms, locally regenerates and firms the treated areas. The dissolved harmful substances rapidly exit the body due to the cardiovascular effect of treatment.

Only pack

35 minutes

HUF 15.000

Full body peeling

30 minutes

HUF 10.900

Christian Breton

luxury facial treatments

Liftox anti-wrinkle facial treatment with snake venom peptides and precious caviar extract

60 minutes

HUF 39.900

Very efficient anti-wrinkle treatment that contains snake venom peptides (botox effect), plus Russian caviar extract and collagen. Wrinkles are visibly reduced for a younger look.

Diamond & caviar treatment with anti-aging and skin-lifting effects

60 minutes

HUF 39.900

This treatment with extra-fine diamond powder evens skin tone and adds luminosity. The pure diamond particle powder gives the skin an instant radiance and glow leaving it firmer, brighter, rejuvenated. Thanks to the nourishing Russian caviar extract, this treatment provides for an extra nourishment and rejuvenation of your skin.

Gold & caviar luxury facial treatment with caviar and colloidal gold extract

60 minutes

HUF 44.900

Gold is the most expensive, precious metal in the world. Christian Breton has created the most special anti-aging, rejuvenating treatment, that adds a constant radiance and boosts elasticity for a lifted appearance. Luxurious caviar extract with gold illuminates the appearance of the skin with a stunning radiance, leaving the skin looking younger and smoother. It reduces pores and nourishes the skin.

Facial treatments for Men

The SELVERT THERMAL FOR MEN facial treatments have been designed according to the specific features and symptoms of the male facial skin. The treatments will make the gents' skin properly protected against external environmental damage and give a clean, hydrated and youthful look.

Pampering facial treatment

50 minutes

HUF 21.900

This treatment, formulated exclusively for gentlemen, hydrates the skin and makes it visibly smoother and softer. This short 50-minute treatment is also recommended for men who have not tried facial treatments yet but would like to have a taste of the refreshing sensation of a facial cleansing, muscle-vitalizing massage and a mask with plant complexes.

Men's cleaning treatment

60 minutes

HUF 22.900

A combination of deep cleansing and refreshing treatment that gives the sensation of renewal. It reduces minor irritations. Men's skin is often shiny, which is caused by sebaceous gland overactivity. This treatment addresses this problem. Oily skin is difficult to breathe, often becomes dehydrated, that sooner or later leads to premature wrinkling. During the treatment, the skin is first thoroughly cleaned, followed by deep cleansing and finished up with a treatment using active ingredients containing natural plant extracts to regulate the function of the sebaceous glands.

Cell vital men's deep cleansing and firming hydrating treatment

90 minutes

HUF 26.900

Selvert Thermal has developed a vitalizing professional facial treatment in order to give effective help in male skin care. The treatment includes a detoxifying and relaxing facial massage to make the treatment even more enjoyable. The detoxifying active mask delivers extraordinary results and a real experience through its immediate anti-wrinkle and mattifying effect.

Ultratone Futura® Pro

Ultratone Futura® Pro is the newest, unique, face and body forming device, fully comprehensive body treating and face treating system, which is unique in Hévíz and its surroundings.

Facial treatments

Face lifting without plastic surgery, face rejuvenation treatments, gentle face muscle exercises affecting from the surface to the deep holding muscle structures, can restore the face character, reduce the face wrinkles, make the skin tense and flexible.

Treatment opportunities:

- introduction of active ingredients with ultrasound
- face-lift without plastic surgery
- electroporation, mesotherapy
- lymphatic massage

30 minutes HUF 60.000 / 3 occasional package

Body treatments

Individualized treatments, according to the individual aptitudes of our guests. Based on sex, age, weight, build, lifestyle, particularities, considering the problematic zones, and noticing the obtainable aims, we form the treatment plan, signing the amount and frequency of treatments.

Treatment opportunities:

- slimming, forming
- fat splitting, size reduction
- detoxication, lymphatic massage
- cellulite treatment, ultrasonic cavitation
- tone intensifying & muscle development

60 minutes HUF 29.000

Minimum 3-5 occasions are suggested.

Whom we offer it?

The treatment is offered to anyone who would like to improve his or her form, skin status in a short time.

Whom we do not offer it?

- the ones having pacemaker
- in case of epilepsy or suspicion or diagnose of any similar status
- during pregnancy
- in case of heart problems on the upper body
- in case of vascularis disorders, including DVT, phlebitis and artery diseases, unless it is advised medically
- over outstanding birth-marks, knots and varicositas areas
- over open wound, after fresh operations
- in case of cancer, unless it is advised medically
- in case of undiagnosed pain
- if the contact with electrodes evokes allergic reaction
- in case of dermatologic problem, unless it is advised medically
- in case of metal implants, where the implant is placed
- in case of fever
- during strong period
- in case of metabolic disorder
- first two weeks after plastic surgery
- after Botox injection the face-lifting is not suggested

Before and after the treatment plentiful liquid ingestion is suggested. Minimum half an hour should pass after eating, before starting the program.

During the body treating cure strive after low-carbohydrate, protein-full, balanced dieting, moreover insert more moving in your daily routine, we offer to take part in our sport programs and the usage of infra cabin.

Bath & Packs

Hydroxeur whirltub

20 minutes

HUF 8.900

The treatment usually takes place in water with temperature at about 31 to 32°C, where massage is provided by flowing water improving blood circulation and resolving the stiffness of joints and muscles.

Relaxing pampering bath

20 minutes

HUF 9.500

The high vitamin, mineral substance and trace element content of the bath revitalises the body and offers protection against the external impacts. It revitalises the body, eliminates tiredness and stress and makes you feel great.

Herbal bath

20 minutes

HUF 9.500

Herbal essential oil is added to the bath ensuring a calming, loosening or vitalising impact. It cleanses the body, boosts blood circulation and eliminates the symptoms of respiratory disorders.

Sea salt bath

20 minutes

HUF 9.500

Marine mud pack

20 minutes

HUF 10.900

Our wellness mud pack is an excellent way of replacing mineral substances missing from the body and to thoroughly cleanse the pores of the skin. Due to the warm mud and its chemical substances the treatment is ideal for resolving stress, tiredness and nervous problems. As a result of micro-elements the mud treatment is used as a body scrub and removes devitalised skin cells and the skin becomes smoother and younger looking. The difference between a wellness mud pack and a traditional mud pack is, that for a wellness mud pack a marine mud is used in a thinner layer on the body, whereas for a traditional mud pack (which can be only booked after a medical examination) a healing mud of Hévíz is applied on the joints.

Wellness mud treatment

40 minutes

HUF 16.900

Identical to the marine mud pack, the difference is that this treatment also includes a short loosening and pampering massage.

Tingling chocolate body pack

30 minutes

HUF 10.900

The unique, tropical scent of chocolate and the high endorphin content increase the feeling of happiness. The tingling chocolate wrap on the skin, the slimming, figure-shaping effect and the pampering scent ensure a special Spa experience.

Vitalizing body pack with mediterranean mandarin and honey

30 minutes

HUF 10.900

Wrapped in the aromas of a Mediterranean citrus plantation, the skin is deeply nourished and intensively regenerated thanks to the high vitamin C content of the mandarin and the nutrient-rich honey.

Additional beauty treatments

Make up daytime / casual

HUF 5.000 / 9.000

Eyelash tint or Eyebrow tint

HUF 3.000

Depilations from

HUF 1.500

Hand peeling

HUF 2.500

Hand massage

HUF 4.000

Manicure

with nail polish

HUF 7.500

without nail polish

HUF 6.500

Manicure Deluxe approx. 60 minutes

HUF 12.500

hand bath · manicure · peeling · hand massage · paraffin mask

Japanese manicure approx. 45 minutes

HUF 8.500

Gel nail polish without manicure

HUF 6.000

Gel nail polish removal

HUF 2.500

Gel nail polish with manicure

HUF 13.500

Lacquering approx. 15 minutes

HUF 3.000

Nail cut

HUF 2.500

Pedicure

with nail polish

HUF 9.000

without nail polish

HUF 8.000

Pedicure Deluxe approx. 70 minutes

HUF 13.500

aroma foot bath · pedicure · salt rub foot peeling · massage

with foot cream · paraffin foot bath

Paraffin treatment for hands / feets with peeling

HUF 6.000

Suggestion: Free of charge hand- and feet diagnosis (10 mins).

Everybody is different

- everybody is an individual character

Creativity, innovation and partner relations are the key major reasons why the most acknowledged hairdressers of the world choose the L'Oréal Professionnel brand. L'Oréal Professionnel believes that every woman has different needs, every woman is an individual. Therefore their vision is the following: everyone is different, everybody is an individual character. L'Oréal Professionnel hand in hand with the latest fashion offers hairdressers all necessary tools to exploit the opportunities of creativity. Twice a year a new hair colour collection is available, enabling hair design becoming fundamental part of the latest fashion combining the expertise of L'Oréal and innovative approach feeding from the latest catwalk trends. In cooperation with the top hairdressers of the world, L'Oréal Professionnel translates the new fashion trends to the language of hairdressing in order to offer the latest hairstyles to all customers.

Hair dresser

Ladies

Wash, blow dry / set	
40 minutes (short hair)	HUF 6.500
50 minutes (medium length hair)	HUF 7.500
60 minutes (long hair)	HUF 9.900
Wash, cut, blow dry	
50 minutes (short hair)	HUF 8.500
60 minutes (medium length hair)	HUF 9.500
70 minutes (long hair)	HUF 11.500
Colour / tint from	HUF 10.300
Highlights from	HUF 6.500
Updo hairstyle 60 – 90 minutes	HUF 12.500
Wash, set, hairdo	
Perm from	HUF 8.500
Intensive treatment pack 10 minutes	HUF 3.000
Hair structure renew with keratin app. 90 minutes	HUF 16.000
Hair structure renew with keratin, cut	
approx. 100 minutes	HUF 18.000
Hair curling surcharge	HUF 2.000
Gentlemen	
Wash, cut, blow dry	HUF 6.500
Clipper cut	HUF 4.000
Beard trim approx.15 minutes	HUF 3.000
Children (0-8 years)	HUF 4.500

A wide selection of hair products is available at the Spa reception.

Gold Professional Haircare

100% VEGAN

Hair care products and hair dyes of Gold are innovative and functional products, they do not include parabens, ammonia, sulfates, PPD or resorcinol. They are developed and produced in Denmark and Sweden. The products are made with the highest standards for quality and safety. Gold hair care products are 100% vegan.

Hair dresser

Coloring (short hair) approx. 50 min.	HUF 10.800
Coloring (medium length hair) approx. 60 min.	HUF 11.800
Coloring (long hair) approx. 90 min.	HUF 12.800
Wash, blow dry (short hair)	HUF 7.900
Wash, blow dry (medium length hair)	HUF 8.900
Wash, blow dry (long hair)	HUF 9.900
Wash, cut, blow dry (short hair)	HUF 9.300
Wash, cut, blow dry (medium length hair)	HUF 10.300
Wash, cut, blow dry (long hair)	HUF 12.300

Suggestion: free of charge hair and head-skin diagnosis (10 min.)

Ikoo brushes

Hair fresh ups: the innovative Ikoo brushes detangling, wellness and head massage in perfection. They are available at our SPA reception in a great variety of colors. Just choose your favorite one!

Lotus Therme

Beauty & Spa etiquette

Thank you for contributing to our commitment to provide our guests with quality service by reading and adhering to our beauty etiquette.

Appointment booking

Please contact our Spa reception for appointment if you would like to take any Spa treatment.

Arrival

We recommend arriving 5 minutes earlier to get comfortably in tune. Please wear comfortable clothing or even bathrobe. Please appear without jewellery and makeup! We ask our male guests to shave before facial treatment! Please note that in the event of a delay, we cannot provide the entire duration of the treatment.

Health and hygiene

We use quality products for body and facial treatments, therefore you are advised to take a shower before treatment, to achieve the optimal effect. We would kindly ask for your cooperation in case you are aware of any infectious, feverish disease, or if you have herpes. In such special case, we recommend that you book appointment after you have fully recovered in order to ensure your healing and prevent spreading of the infection. Please let us know if you are aware of any existing sensitivity, allergies, if you are pregnant or under any medical treatment! Feel free to tell us if the treatment is uncomfortable for you or if you experience any disturbing factor! After facial and body treatments, we recommend that you stay away from being under the sun, using the spa and thermal pools, solarium and saunas for at least 1 hour resting period, to avoid skin irritation and promote effective absorption of the active ingredients. Silence, mobile devices, audio and video recording:

Let yourself experience the ultimate relaxation and recharge! During treatment, please mute your phone or electronic devices and avoid using them! It is forbidden to record any audio and video content inside or outside the salon without prior permission.

Cancellation

Please let us know at least 24 hours prior to treatment if you are unable to appear at the time you have booked. Failing to do so, 50% of the price of the treatment will be charged to your room account.

Thank you for your understanding and cooperation!

We wish you a good rest and a lovely time:

The Lotus Therme team

Health



Medical Treatments

Medical examination is required before medical treatments

Medical examination	HUF 12.000
Medical prescription / piece	HUF 5.000
Control examination	HUF 5.000
Medical consultation	HUF 6.000

Baths & Packs

Underwater massage

20 minutes HUF 8.500

Underwater massage, also called "tangentor" is an underwater massage technique using water jets. The treatment utilizes the mechanical and heat impact of water. It tones the muscles, loosens up the more rigid epidermic and conjunctive tissues and improves the peripheral blood- and lymph circulation.

Galvanic four-cell bath

20 minutes HUF 6.900

The treatment is very effective in the case of joint-related disorders. Patients required to place their forearms and/or legs in bathtubs filled with 34°C temperature water. As part of the treatment direct current is conducted to the water. As only certain parts of the body are covered in water, the four-section power might give a more intense sensation to the patient than taking a galvanic bath. The treatment also boosts the blood circulation of the body.

Galvanic bath

20 minutes HUF 8.500

It combines the beneficial impacts of electricity and hydrotherapy. Treatments are carried out in water with different temperature. Direct current is conducted to a bathtub filled with medicinal thermal water. The treatment improves the circulation of the body and alleviates pain. It is mainly recommended to patients suffering from complaints involving multiple joints and body parts. It is highly effective for reflected pains cominutesg from the neck or back to the limb areas and also for neuritis.

Healing mud pack

25 minutes HUF 10.900

One of the main traditional treatments using the special peat mud of Hévíz. The mud is warmed up and applied directly on the skin, which is highly effective for chronic rheumatic disorders. This treatment is carried out on a special water bed

Sulphur bath

20 minutes HUF 9.500

Sulphur bath treatment is mainly based on the flow of sulfides leaving the mineral water and penetrating the skin of the patient. This bath type is specially recommended for patients suffering from rheumatic disorders, digestive disorders, allergy and skin diseases, especially psoriasis. Sulphur is also beneficial for asthma and many respiratory diseases.

Sulphur pack

20 minutes HUF 6.900

Sulphur is component part of the joint chondroid tissue. The joints are required to absorb huge amounts of sulphur for their everyday operation, as sulphur has direct inflammation and pain alleviating effect; furthermore it plays a significant role in the development and regeneration of the joint cartilage bone. It is also applied on "worn joints" as a pack treatment.

Anti-inflammatory pack

20 minutes HUF 6.900

As a result of the treatment circulation is improved even in the deeper tissues, furthermore it cools and loosens up the muscles. It is mainly applied in the case of acute lumbar pains and other muscle spasms (convulsive tension).

Carbonic-acid bath

15 minutes HUF 8.900

The gas bubbles in water cause a pleasantly pinching sensation on your skin. These gentle, tiny pinches dilate the superficial veins, invigorate blood circulation and improve your metabolism. It is indicated for cases in which blood supply to some organ is to be enhanced or for mild heartache and post-myocardial infarction patients, as well as got those who complain of stress and fatigue. It is an excellent adjunctive therapy in either the prevention or treatment of osteoporosis.

Whirlpool bath

20 minutes HUF 8.900

It is gentler than manual massage or underwater jet massage. The artificial swirls have analgesic (pain soothing) and relaxing effects. The massaging effect is generated by the delicate oscillating waves and the air bubbles created by the injected air streams. It boosts the blood circulation of the skin, relaxes the connective tissues, and improves the blood circulation of the tissues directly or through reflexes.

Electrotherapy

Interference (current) therapy HUF 6.500
With the help of four electrodes, mid-frequency current is applied to the body through two current circuits. The approx. 100 Hz frequency floating current generated with the crossing of the two circuits exercises certain biological effects on the treated surface. It is successfully applicable to the treatment of joint dislocations, muscle pains, degenerative joint and spine ailments, paralysis.

Diadynamic (current) therapy HUF 6.500
The treatment is recommended to alleviate nerve pains and to cure degenerative spine and joint disorders and peripheral circulation disorders.

Iontophoresis HUF 6.500
Certain medical solution is applied to the painful or inflamed body part using electric current.

TENS HUF 6.500
TENS is suitable for the alleviation of muscle pains and neuralgia as lumbago, gout, rheumatism, back and shoulder pains, headaches, migraine, inflammations of the joints, also used for the treatment of smaller vasoconstrictions, alleviation of pains after accidents or surgeries.

Ultrasound HUF 8.500
It brings about mechanical, thermal and chemical effects in tissues. Due to its muscle-relaxing, pain-relieving and blood-dilatory effects on blood vessels, it is widely applied. Ultrasound treatments are suitable for nearly every locomotive disease.

Electrotherapy, ultrasound treatment indications: pain alleviation in the case of joint, bone and muscle disorders.
Contraindications: pacemaker, metal implants, pregnancy.

Individual therapeutic gymnastics
30 minutes HUF 9.900
Therapeutic gymnastics is integral part of the complex physiotherapeutic treatments, aimed at restoring the original performance of the body and to achieve maximum during postal treatments with the help of professionally targeted series of exercise. It plays an important role in the prevention of various diseases. Numerous pain types can be alleviated by using targeted therapeutic gymnastics.

Bat inversion therapy table
10-15 minutes HUF 8.500
The Bat therapy table is an inversion (tiltable) device, especially developed for the gentle stretching of the spine. In many cases

when the weight bath is not applicable, the inversion therapy can be applied without problems.

Oxygen therapy
20 minutes HUF 6.500
The treatment improves the oxygen supply of the cells. It is aimed at improving the performance of the body; eliminating stress and tendency to various illnesses.

Inhalation treatment with herbs / medication / salt
20 minutes HUF 6.500
It is a very effective treatment for acute bronchitis, throat inflammation and pansinitis.

Infrared light therapy
20 minutes HUF 6.500
It is recommended for the treatment of chronic pansinitis and the inflammation of the middle ear.

Cryosauna

1 unit HUF 8.900
8 units HUF 62.000
The cryosauna boosts the metabolism in 2-3 minutes and stimulates the immune system. Another goal of cryotherapy is to reduce pain, inflammation, swelling, bruises, allergies, and cellulite. It has a good effect on movement, increases our daily performance, has a beneficial effect on muscle regeneration and wound healing, as well as tightens the skin and helps burn calories.

Dead Sea salt grotto

45 minutes HUF 6.000
The walls and floors of the salt cave were exclusively constructed using the Dead Sea salt of Jordan. Air humidity within the cave is 45%, the temperature is 22°C. The air is rich in minerals with a high concentration of saturated ions. Every breath you take will foster the healing in a natural way.

Indications: allergies and skin irritations, respiratory diseases, sleep disorders and migraine, rheumatic diseases

Contraindications: thyroid hyperfunction and allergy to iodine

General Information

Hévíz Thermal Lake

Hévíz Thermal Lake is the largest biologically active, natural thermal lake in the world. The bottom of the several thousand years old thermal lake is covered in peat and the lake is supplied by springs located at a depth of 38 meters providing the lake with hot and cold water rich in minerals. Due to the 410 litre / second water flow the lake is believed to be completely replenished in every three days. The upwelling water temperature is 38.5°C. The temperature of the water during summer is about 37°C, during winter it does not drop below 24°C offering a suitable bathing location even during the very cold months of the year.

Composition of the healing water and medicinal mud

Hévíz Thermal Lake contains dissolved and gaseous ingredients in equal proportion, combining the beneficial characteristics of carbonic, sulphuric waters, medicinal waters rich in calcium, magnesium, hydrogen carbonate and slightly radioactive radon. The medicinal mud layer, which covers the lake bed is of special interest. This unique healing mud contains organic and non-organic materials, furthermore radium salts, reduced sulphides and healing factors built up by organic acids represent a one of a kind value. The more than ten thousand years old, sulphuric thermal water and mud containing slightly radon emanations applied together with complex physiotherapeutic treatment is proven to be very effective for rheumatic and locomotor disorders.

Why is the Hévíz medical treatment unique?

Hévíz medicinal treatment is unique due to the components and effects of the thermal lake. Three eras of geohistory meet here at the lake and they jointly offer everything, which can be utilised by medical science. Dolomite provide the anti-inflammatory calcium and sedative magnesium, limestone provides the vasodilator carbonic acid, carbonate softens the skin, effective inert gases (in a quantity, which is harmless to our health) boost the adrenal gland to produce multiple anti-inflammatory hormones, stimulate the thyroid gland to produce several bone-developing hormones, this way in the case of joint diseases and osteoporosis patients are able to improve their condition by using their own natural hormones. The indifferent temperature of the lake does not trouble the heart and blood circulation. If patients take up a vertical position during bathing, mobility and blood circulation is significantly improved and painful muscles cramps can also be alleviated.

Indications – thermal water, spa therapy

Chronic arthritic and bone diseases (arthritis, osteoporosis), inflammatory arthritic and spinal complaints, rheumatism, Bechterew-disease, injuries of locomotive organs, rehabilitation after fractions and operations, chronic problems of the peripheral nervous system, sciatica, certain

chronic gynaecologic disorders, infertility, hormonal disorders, certain skin diseases (psoriasis, neurodermitis).

Contraindications

Serious heart problems, untreated or inappropriately set high blood pressure, serious lung diseases, acute inflammation, febrile infectious diseases, untreated hyperthyreosis, thrombosis, venous diseases, pregnancy, menstrual cycle, cancer or infectious skin diseases.

Venous problems and spa

In case of existing venous problems do not spend more than 20 minutes in the water. Do not stay before the massage inlets and make sure you sprinkle your legs with cold water before and after using the spa. When in the spa, never forget to move your limbs so that the muscle pump would improve blood flow. In case of predisposition to thrombosis, the use of the spa is not advisable. Important: if you have any questions or if you feel undecided, do not hesitate to consult your physician. Without a prior consultation with your physician, treatments and the spa can only be used on your own responsibility.

Pregnancy and spa

In case of a problem-free pregnancy, do not stay in the thermal water for more than 20 minutes. In case of any problems (bleeding, premature birth, abortion, infections, etc) during this one or the previous pregnancies, or in the case of high risk pregnancy, do not forget to consult your own gynaecologist or the physician of the hotel.

Pregnancy and body wrap

In case of pregnancy, the use of body wraps is not recommended.

Children and spa

Children under the age of 14 are not allowed to stay in the thermal pool.

Pool area

The core of our wellness services includes the followings: thermal pool, jacuzzi, water world with outdoor and indoor heated pools. Enjoy the smooth touch of water in any of our 6 pools. The water attractions are automatically operated. 6 various programs are followed by each other in every 10 minutes, from 9 am to 9 pm.

Good to know

Thank you for leaving your jewellery outside the territory of the spa. If you are not able to attend the previously booked treatment for any reason, we kindly ask you to cancel your appointment at least 24 hours before the start of the treatment, otherwise, you will be charged with 50% of the treatment price.

#lotustherme



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