

# Spa & Wellness in Hungary

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# The wellness is an important part of prevention

The Carpathian Basin is rich in thermal water, that is why there are so many famous spas in Hungary. You must have heard about some of them, but you might not know which one could make it to the top ten.

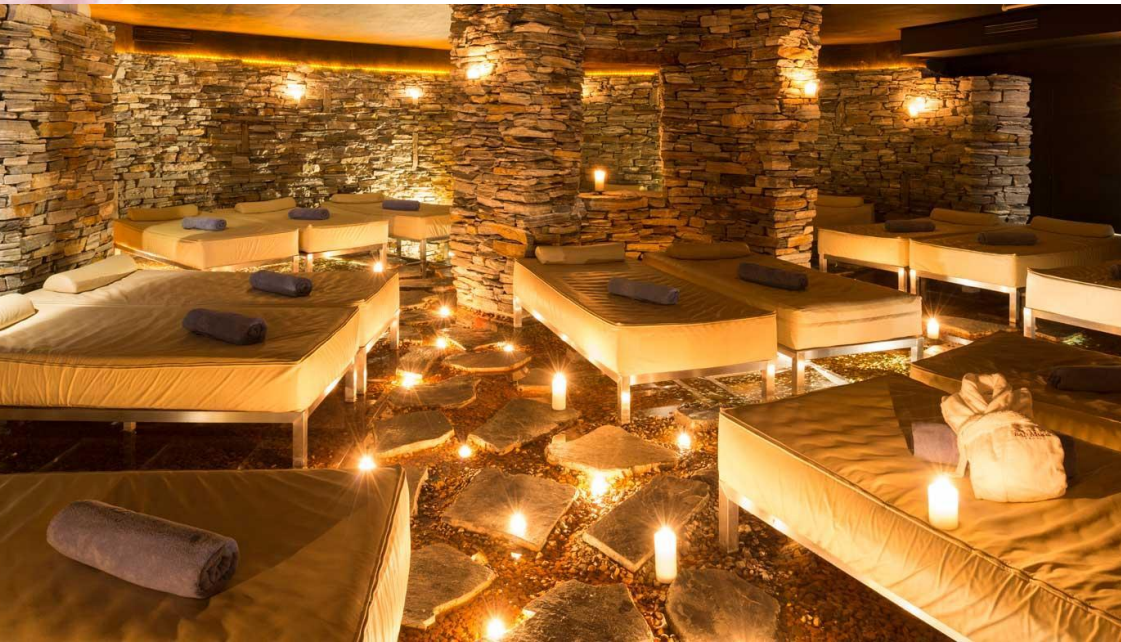







Budapest has loads of this water and it has private SPAs and public SPAs, all available for you to be spoiled, feel good and be healed!

Hippocrates, father of medicine, was the first to proclaim: Nature is the physician of our diseases.



In Hungary there are numerous natural facilities on which medicinal tourism and wellness can be built: 1289 thermal sources, 39 spas, 5 medicinal caves, 48 approved mineral waters and 136 medicinal water sources, 4 silt quarries and 1 mofetta.





In fact, Mother Nature has been especially bountiful towards Hungary: the country sits on one of the richest geothermal and medicinal water resources in the world. The abundance of thermal springs in Hungary has led to suggestions that an underground thermal water sea may be hidden below the country. Out of the 1300 springs that have been discovered so far, 80 are in Budapest.

Thermal baths, spas, swimming pools and spa hotels are built next to these springs in almost 70 towns and villages across the country. Treatment may not only be effective for rehabilitation but also for prevention - or simply for pure enjoyment.



# Oxygen Wellness Naphegy

Oxygen Naphegy (7500 square meters) opened in 2010, situated in Buda side, in Naphegy. The Oxygen Naphegy is one of the exclusive fitness-wellness establishments in Hungary.

It offers the guests a wide range of high quality services, including medical- and medical aesthetic facilities (like Ultherapy), a unique wellness area, a restaurant, a children's playing area, business clubs and meeting rooms.





# Oxygen Wellness Naphegy

Oxygen Naphegy also provide a number of cosmetic treatments, including mesotherapy and laser therapy in the treatment of skin conditions. care.



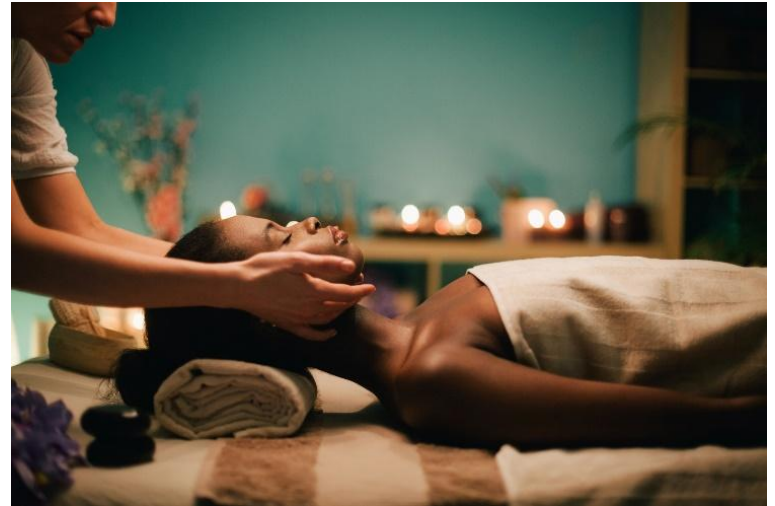
The clinic's Ultherapy is particularly popular as a non-surgical face lift procedure, using ultrasound energy to tone the skin.

The centres have approximately 20 specialists, who are able to provide quality medical



# ISIS Day Spa

This is a private SPA, with a nice location. It is not only new, but the interior is modern and the guests at ISIS can enjoy comfortable beds, jacuzzi and bath robes without extra cost before or after their treatment. They have a romantic package for couple with jacuzzi first followed by a massage for him and her simultaneously afterwards.



Among this peaceful oasis tucked beside one of Budapest's busiest streets, visitors leave every bit of bustle behind while indulging in rubdowns ranging from Swedish deep-tissue massages to shiatsu. A broad selection of beauty treatments is also available here, including hydrating facials, Japanese manicures, and décolletage enhancements.



# Magnolia Day Spa

In the heart of Budapest a real Hungarian SPA experience awaits you. Enter the welcoming world of Magnolia Day Spa and treat yourself to spa treatments: exclusive and therapeutic massages, body bandages, scrubs, facial treatments, Finnish, infra and bio saunas. Turkish bath and jacuzzi.



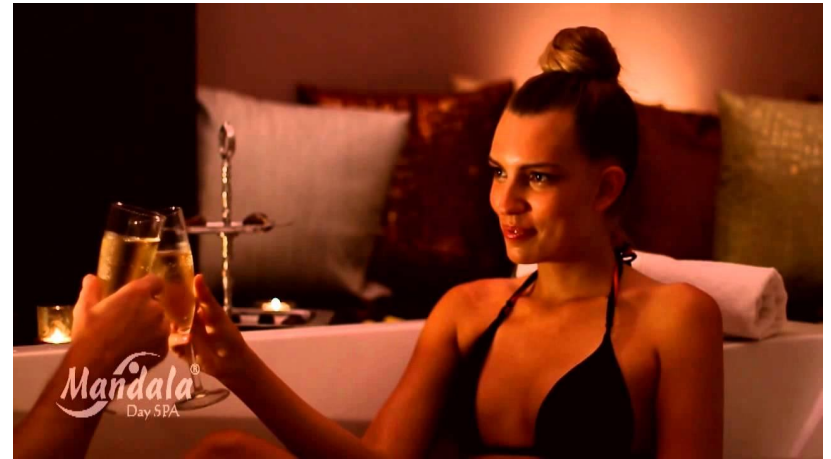
At this lavishly refreshing earth-toned facility equipped with multiple hot tubs and saunas, diversely appealing packages are currently offered for holiday presents - options include the "Touch of the Pine Grove" aromatherapy massage infused with essences of lavender, pine, and mint, or the "Festive Delight" brown-sugar body scrub boosted with anise and vanilla.





# Mandala Day Spa

As the first day spa of Hungary, Mandala Day Spa was opened in 2003 in the heart of Budapest and represents the oasis of tranquility for spa enthusiasts provide more than 50 type of bodytreatments, massages, Turkish hammam, couple rituals and Beauty services in unique and luxury environment.



Decorated with enchanting aesthetic elements of the Orient, this graceful retreat is located just north of central Pest, but soon after entering visitors are transported a world away to discover their happy place while enjoying myriad therapeutic procedures. The beauty services using Dead Sea salt products will detoxify and rejuvenate your face and body.

