



BUDAPEST SPA

“YOU FOCUS ON THE FUN, WE FOCUS ON THE FOOD”

One Week Budapest Spa Experience Gluten Free, Of course!

Spend a long weekend, a week or two in the place that originated the “healing waters”. Come to Budapest, one of Europe’s most delightful and enjoyable cities. Thanks to its lovely location, warm hospitality and memorable monuments it has been called “Little Paris of Central Europe” and “Pearl of the Danube”. Combine your sightseeing with the unique natural resources of thermal mineral water, natural mud, and mineral drinking water. Come back physically refreshed and culturally stimulated.



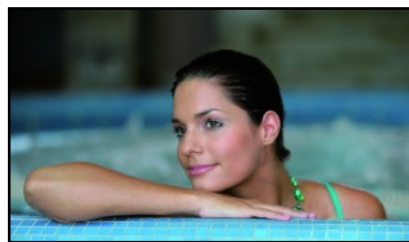
There are two hotels at Margaret Island – the modern Danubius Health Spa Resort Margitsziget Thermal Hotel and the other is the Grand Hotel Margitsziget (more classical European style). They are connected by an underground tunnel within a two minute walk from each other. All of the treatments and spa experiences are given at the Spa Resort. You can stay at either and still take advantage of the spa experiences. Gluten Free Travel-Us has consulted with the hotel in confirming the availability of a gluten free diet during your stay. Please

contact Ellen@glutenfreetravel-us.com or 312-337-9235 for more information as well as pricing.

SUGGESTED ITINERARY BASED ON A WEEKLONG STAY, AT ANY TIME OF THE YEAR:

Day 1 - Budapest, Hungary

Budapest enjoys some of the loveliest sites in Europe, straddling the majestic Danube River. Check into your Spa Hotel at "Margitsziget" located in Budapest, Hungary at Margaret Island in the middle of the Danube. The Danubius Health Spa Resort Margitsziget has its indoor and outdoor pool and a Spa Department with several hot mineral water pools and various Spa services. All treatments are under the supervision of the Spa physicians.



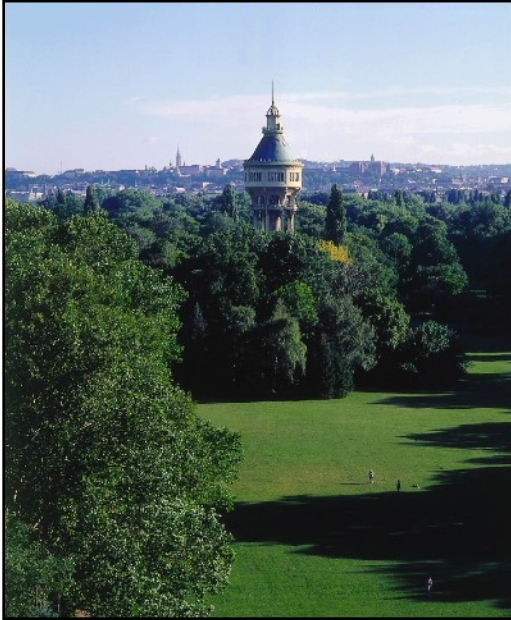
Day 2 - Explore Budapest

This morning’s tour takes you through beautiful Budapest. You’ll see the Opera House, Heroes’ Square, the Danube embankment and the Chain Bridge. You visit the Buda side of the city and see the Citadel atop Gellert Hill, visit Matthias Church and stop at the Fishermen’s Bastion to enjoy great views of the Hungarian Parliament

BUDAPEST SPA

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building. You'll also visit the Central Market Hall, a favorite with culinary aficionados. The rest of the afternoon is free to explore the surprising sights and unexpected delights of Budapest.



Day 3 - Free Day in Budapest

The entire day is free to spend as you please or join an optional excursion. Our staff in Budapest is glad to arrange private or scheduled excursions and visits to out-of-the-way museums or simply spend your day at the Hotel enjoying the various spa services.

Day 4 - Budapest

Today you may spend the morning hours at the Spa Hotel enjoying the Spa services while in the afternoon you may go for a half day countryside excursion exploring the medieval city of Szentendre. Szentendre is a lovely town only 1 hour drive from Budapest with full of painting galleries, charming boutiques and restaurants.

Day 5 - Budapest

You have a choice to go for a full day excursion visiting the beautiful wine region of the Lake Balaton and also visiting the famous Herend

china factory on your way back.

Your other option is to spend most of the day at the spa Hotel enjoying the Spa services.

Day 6 - Budapest

You have a choice of taking another excursion to the countryside along the River Danube visiting Visegrad and Esztergom, or stay at the Hotel enjoying the Spa services.

Day 7 - Budapest

Your program with us finishes after breakfast, or you may extend your stay.



The above is a sample itinerary which can be altered or changed in any way that fits your schedule. The 1 week "Balneo Therapy Package" (see descriptions attached) includes 6 treatments and half board. (Two meals per day). Also includes a medical check up by the Spa physician. The treatments applied are based on the discussion between the client and the spa physician. The recommended stay is two weeks and then there is the option to schedule 15 treatments instead of 6.

BUDAPEST SPA

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Treatment options at the Danubius Margitsziget Health Spa Resort (Thermal & Grand Hotel)

Medical check up

HYDROTHERAPY

Carbon dioxide bath (in normal water)

The carbon dioxide bath is an individual bath of normal water at a temperature of between 32-34 °C into which is pumped small ‘fizzy’ bubbles of carbon dioxide gas.

Hydromassage

This treatment is taken in a hot bath of 35-37 °C and using the currents of whirling water gives a relaxing massage.

Underwater jet massage

The treatment is given in a bath of 35-37 °C. A powerful, pressurized jet of water is released through a hose under the water and directed manually by the therapist to the main muscle groups from a distance of between 10 and 15 cm and at an angle, in strokes.

Individual bubble bath

The individual bubble bath is similar to the individual thermal bubble bath (See Balneotherapy: Individual Thermal Bubble Bath), however, instead of using thermal water, ordinary water is used that has been heated to a temperature of between 32-34 °C.

Underwater traction (in normal water)

Underwater traction in normal water uses exactly the same procedures as in thermal underwater traction. Time: 10-20 minutes; Doctor’s prescription required: Yes; Benefits: Therapeutic, Relaxing

Underwater traction (in thermal water)

Traction therapy is a passive procedure that uses mechanical force to induce stretching of the soft tissues (muscles, ligaments, sinews, joint capsule), the pulling force during the traction being constant and continuous. The sulphur once it is in the body inhibits the degradation of elastine and collagen

BALNEOTHERAPY

Thermal bath

Rich in minerals and warmed by the heat of the earth’s interior, thermal mineral water is probably one of the most remarkable natural remedies known to mankind.



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Individual thermal bubble bath

Similar in procedure to the carbon dioxide bath (See Hydrotherapy: Carbon Dioxide Bath) the individual thermal bubble bath is a bath of thermal water at a temperature of between 32-34 °C into which is pumped small ‘fizzy’ bubbles of normal air (as opposed to CO₂).

MINERAL DRINKING CURES

Mineral thermal cure

Drinking medicinal mineral water is an important part of your spa stay. The rich mineral waters gently regulate the functioning of the stomach, bowels, kidneys and liver.

A drinking treatment normally consists of drinking a prescribed amount of the mineral before meals as this increases the efficiency of the mineral substances and their absorption into the body



Kneipp treatments

Kneipp treatments are named after Sebastian Kneipp, a German priest who lived in the 19th century. Through a program of exposing his body to alternate temperatures of hot and cold water, exercise and a healthy diet of vegetables, herbs and fresh bakery products, he managed to cure himself from a serious illness



Alternating temperature bath

This treatment is similar in principal to the stepping bath (See: Stepping Bath) and is based on the Kneipp principle of hot and cold water on the body.

Alternating temperature pouring

Like ‘Scottish spray’ (See: Scottish Spray) this ‘pouring’ treatment is based on the Kneipp principle of contrasting hot and cold water upon the body. Whilst standing either naked or in a swim suit, a hose of warm water is gently directed over the body, first on the front and then on the back at a temperature of 38-40 °C.

Scottish spray

‘Scottish spray’ is a stimulating and extremely vigorous treatment. Whilst standing in a swimsuit or naked a pressurized jet of water (3 atm) is applied from a 3 to 4 meter distance.

Stepping bath

This treatment involves stepping alternately into footbaths that are filled with water of contrasting temperatures.

BUDAPEST SPA

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PHYSIOTHERAPY

- Group therapeutic exercise
- Individual therapeutic exercise
- Full body/partial medical massage
- Segment and connective tissue massage
- Foot reflex massage
- Manual lymph drainage
- Water rehabilitation
- Rehabilitation path
- Ergo-therapy:
- Manipulation and mobilization therapy
- Traction:
- Ultrasound therapy,
- Antispastic kinezitherapy



ELECTROTHERAPY

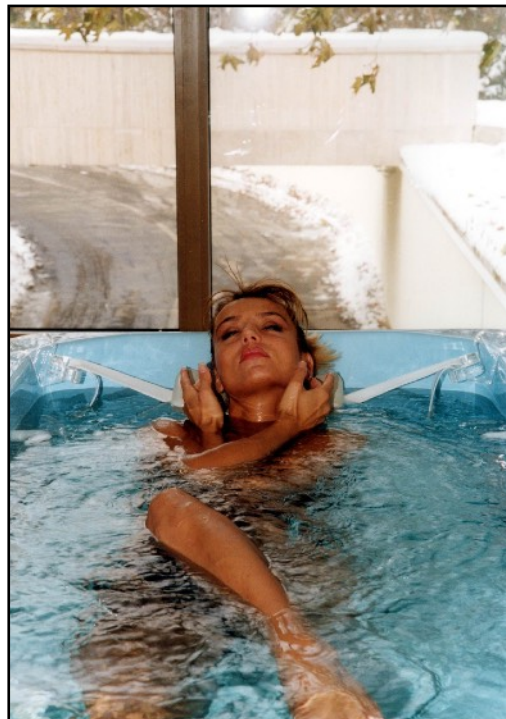
- TENS – Transcutaneous Electric Neuro Stimulation
- Interference
- Galvanic bath
- Four cell galvanic bath
- Iontophoresis
- Diadynamic stimulus current therapy
- Selective stimulus galvanic current
- Magnetic therapy

PACKS

- Mud packs
- Paraffin pack
- Priessnitz's packs
- Special cream packs

INHALATION

- Salt inhalation
- Inhalation
- Oxygen inhalation



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PHOTOTHERAPY

- Laser therapy Bioptron lamp
- U.V. therapy

CRYOTHERAPY

- Cold packing
- Cold air stream

OTHER TREATMENTS

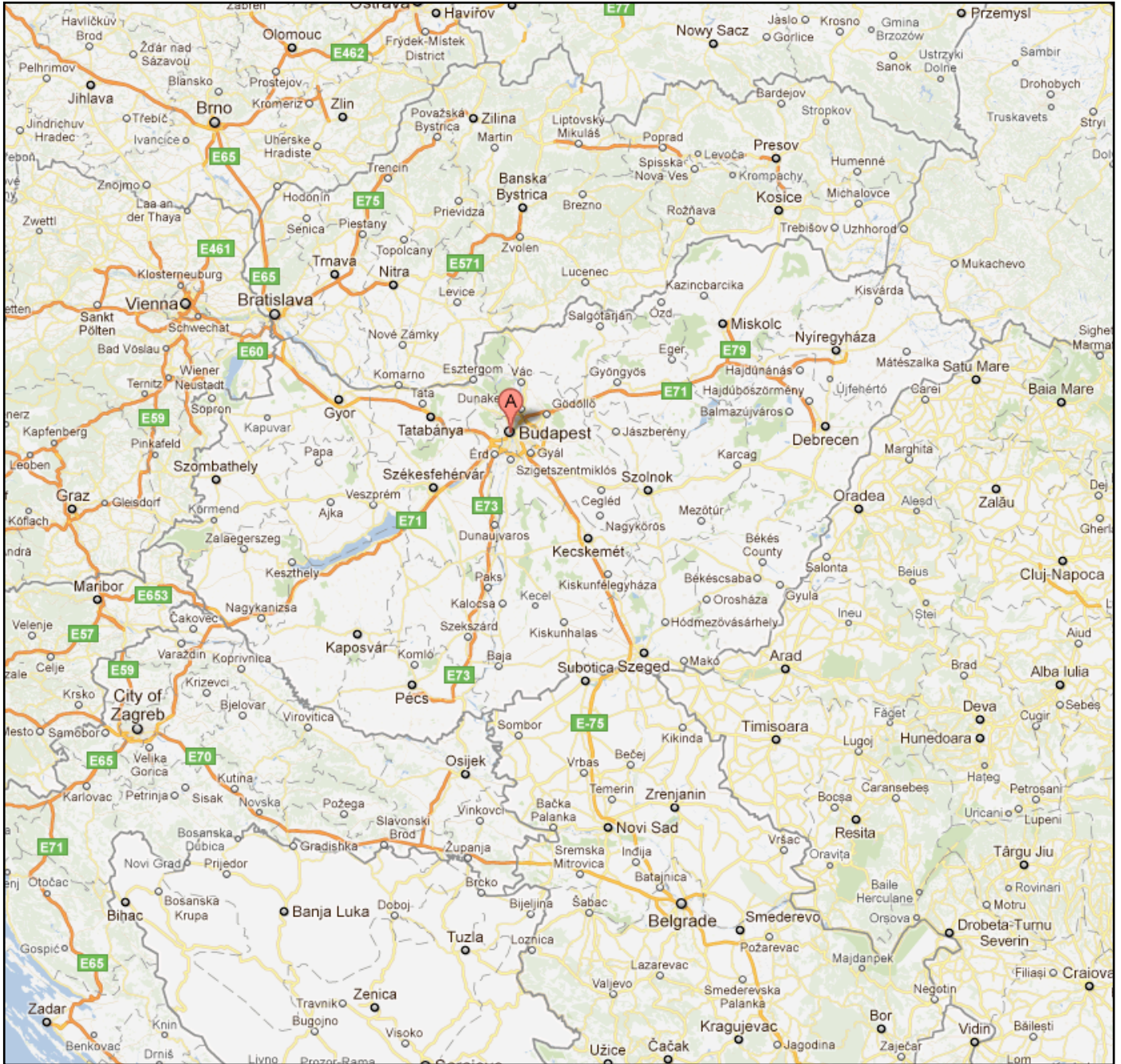
- Dry wrap
- Dry carbon gas bath
- Acupuncture



Map is on the next page.

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