



## Danubius Health Spa Resort Margitsziget ★★★★★

Budapest, Hungary

**Danubius Health Spa Resort Margitsziget** boasts one of Europe's top Health Spas, the therapies of which are based on the utilization of the water from three of the island's natural thermal springs.

### Margaret Island Thermal Water

The natural, thermal water was originally brought to the surface in 1886. It enters the spa at a temperature of 70°C but it is then cooled to 34 °C, 36 °C and 40 °C while retaining its unique, curative ingredients. The thermal water on the Margaret Island is famous for its healing effects on conditions such as joint and muscle problems, certain degenerative nerve conditions, some circulation disorders, and many other complaints. Relaxing in the thermal water is also a perfect way to unwind and release the stresses and tensions of modern life.

### Indications

The indications for the thermal water are rheumatic diseases of the locomotive system, rheumatoid arthritis (except in the acute phase), osteoarthritis of the spine and joints, gout, polyarthritis, ankylosing spondylarthritis, discopathia, soft tissue rheumatism, tenosynovitis, lower back pain, frozen shoulder, static dysbalance, post injury and post operative rehabilitation of joints and spine, fibromyalgy, exhaustion, respiratory catarrh, chronic periferical circulatory disturbances, nervous disorders, geriatric regeneration.

### Contraindications

Infectious diseases, malignant tumors, leukemia, serious cases of anemia and hemophilia, acute thrombosis and thrombophlebitis, bronchial asthma, hyperthyroidism, feverish condition, pregnancy, endometriosis, incontinence, certain skin conditions, epilepsy, auto-immune diseases.

### Included in Our Tour:

- **13-Nights stay in DBL room**
- Welcome drink – one glass of champagne or one glass of orange juice
- **Full board:** buffet breakfast, buffet lunch, buffet dinner (main meals with tap water only)  
Meals on the buffet table: 4 different cold hors d'oeuvres, salad bar, 2 kinds of soups, 5-6 hot main meals and 3 sorts of desserts on the basis of the chef's recommendation.
- **Therapeutic services and treatments**  
Initial doctor's examination, 20 treatments – prescribed by the doctor: max 8. Medical massages (20 min), mud pack (20 min). Electrotherapy, Balneotherapy, Oxygen therapy, Hydrotherapy, Physiotherapy.