



Danubius Health Spa Resort Sovata ★★★★★

Sovata, Romania

Nestled and hidden valley in the Carpathian Mountains lays the spa resort of Sovata. This is probably one of the most natural, un-spoilt regions left in Europe. Ancient forests, villages and folklore create a truly magical atmosphere. This region is rich in mountainous scenery, untouched nature, farytale castles, turrets and churches. In addition there are some truly breathtaking geographical monuments, such as the Bizac Canyon and its surrounding area.

The spa is situated right next to the Bear Lake, the only 'helio-thermal' lake on the continent. Because of its high salt content and resulting floating effect it is often referred to as the '**dead sea**' of Transylvania with Sapropelic mud and extremely salty water of the heliothermal lake which have earned Sovata a fame. In the summer the water temperature on the surface is between 20-25 degrees Celsius and in a depth of 2 meters 35-40 degrees Celsius making it a perfect experience in which to float and totally unwind in beautiful natural surroundings.

The newly established health spa department of the hotel awaits guests, who are looking for healing and relaxation. Salt is the heart of our therapies in Sovata, famous for its anti-bacterial and anti-inflammatory properties. **The salt water and the medicinal mud, from the lake, make up the basis of the spa treatments.** Not only are the treatments effective for arthritis, rheumatism and mobility disorders, but these special natural resources are also extremely successfully used to treat some gynecological and skin conditions.

Indications

Treatments are indicated in case of rheumatic and musculoskeletal disorders, rehabilitation after accident, chronic inflammatory gynecological diseases, hormonal disorders, allergic problems of the respiratory system. All these treatments are available at highest level together with accompanying services of experts with most modern technical equipment

Medical services:

- Balneo- and hydrotherapy
- Gynecology
- Physiotherapy
- Electrotherapy
- Phototherapy
- Mud pack
- Inhalation
- Dermatology

Restaurant

The hotel's restaurant awaits guests with buffet with open kitchen, offering a wide range of national specialties and international cuisine as well as live music in the evening.