

WELLNESS and MEDICAL PACKAGES, TREATMENS – 2016.

Baths have various bath tickets. Full day tickets usually include the use of all bath pools and facilities, but not the personal care services (massage, manicure or hairdressing). **Mixed bathing during the whole week.** If you are planning to spend a spa day or half a day in a Budapest bath, make sure that you book the spa services in advance (the pools and facilities do not need to be booked, but in the high season the baths get very full). A towel, flip-flops, a bottle of water, a swimsuit and a swim cap will come in handy when visiting one of the baths.

We offer following package programs:

- **Daily entrance tickets**
- **Wellness package: entrance ticket with cabin usage + massage**
- **Exclusive Wellness package: entrance ticket with cabin usage + VIP massage in exclusive room**
- **Medical treatments**
- **Private Bath in Gellért Bath**

Daily entrance tickets (with cabin usage)



Price in HUF (cca. in Eur (€)) – 2016. per person	Weekdays Monday-Friday	Weekends & Holidays Saturday-Sunday
Daily tickets with cabin usage	5 500 HUF (19 Eur)	5 700 HUF (19,50 Eur)
<ul style="list-style-type: none"> • NOT included: swimming dress, towel to rent, flip-flops, shower gel and shampo, swimming cap, mineral water, and additional personal services. 		

Wellness packages – standard: entrance ticket with cabin usage + 20’ or 50’ minutes massage



Price in HUF (cca.in Eur (€)) – 2016. per person	Weekdays Monday-Friday	Weekends & Holidays Saturday-Sunday
The prices Include entrance ticket, cabin usage, 20 minute aroma massage	11 000 HUF (38 Eur)	11 200 HUF (38.50 Eur)
The prices Include entrance ticket, cabin usage, 20 minute thermal massage	11 500 HUF (39.70 Eur)	11 700 HUF (40,30 Eur)
The prices Include entrance ticket, cabin usage, 50 minute aroma massage	16 500 HUF (56,50 Eur)	16 700 HUF (57,50 Eur)
The prices Include entrance ticket, cabin usage, 50 minute thermal massage	17 500 HUF (60.50 Eur)	17 700 HUF (61 Eur)



• **NOT included:** swimming dress, towel to rent, flip-flops, shower gel and shampo, swimming cap, mineral water, and additional personal services. •The thermal massages are based on Swedish technique. These are full body massages. Please indicate your masseur if you would like to have some of your parts not to be massaged. • Thermal water is not recommended under 14, either. In case parents insist to come with a baby, he/she can enter the pools only if toilet-trained.

EXCLUSIVE Wellness package: entrance ticket with cabin + VIP massage in exclusive room



2016. Price in HUF (cca.in Eur (€))	VIP MASSAGE in EXCLUSIVE ROOM			
	Weekdays Monday - Friday		Weekends & Holidays Saturday - Sunday	
	Single per person	Double for 2 persons	Single per person	Double for 2 persons
The prices Include: entrance ticket, 50 minute VIP Harmony aroma massage	19 500 HUF (67 Eur)	36 000 HUF (124 Eur)	19 700 HUF (68 Eur)	36 400 HUF (125.50 Eur)
The prices Include: entrance ticket, 50 minute VIP Royal Thermal massage	20 500 HUF (70.60 Eur)	38 000 HUF (131 Eur)	20 700 HUF (71.50 Eur)	38 400 HUF (132.50 Eur)
The prices Include: entrance ticket, 50 minute VIP Royal Thermal extra massage	21 500 HUF (74 Eur)	40 000 HUF (138 Eur)	21 700 HUF (74.80 Eur)	40 400 HUF (139.50 Eur)
The prices Include: entrance ticket, 70 minute VIP Harmony aroma massage	22 500 HUF (77.60 Eur)	42 000 HUF (145 Eur)	22 700 HUF (78.30 Eur)	42 400 HUF (146 Eur)
The prices Include: entrance ticket, 70 minute VIP Royal Thermal massage	23 500 HUF (81 Eur)	44 000 HUF (151.70 Eur)	23 700 HUF (81,70 Eur)	44 400 HUF (153 Eur)
The prices Include: entrance ticket, 70 minute Lavender Dream treatment	25 500 HUF (87.90 Eur)	48 000 HUF (165.50 Eur)	25 700 HUF (88.60 Eur)	48 400 HUF (167 Eur)

- **NOT included:** swimming dress, towel to rent, flip-flops, shower gel and shampo, swimming cap, mineral water, and additional personal services.
- Thermal water is not recommended under 14, either. In case parents insist to come with a baby, he/she can enter the pools only if toilet-trained.

HARMONY AROMATHERAPY TREATMENTS (50' and 70')

What sets your mind at ease? We know the answer: an aromatherapy massage, a relaxing treatment done by calm, slow and gentle movements. This massage, a favourite kind of massage nowadays is not only one of the great many treatments in the hot water medicinal baths of Budapest. It is a thrilling experience, a relaxing massage scented with precious aromas and warm oil.

The aromatherapy massage is specifically recommended:

- as a first massage experience in case you are unfamiliar with the realm of massages
- in times of increased mental and physical load
- for insomnia

During 70 minute harmony aroma treatments facial toners with highly active substances and moisturizers are used both of which are complemented by overall body-, facial-, and head massage.

LAVENDER DREAM TREATMENT (70')

Lavender is one of the most well known ingredients of aromatherapies. The little violet flower creates harmony in man, its look and scent amazes everyone, refreshes, recreates and at the same time sets your mind at ease. Your body is fully scrubbed by a mixture of Atlantic salt and real lavender blooms which is followed by a tip-to-toe massage with a special, warm lavender oil. Lavender sprinkle, facial toner and uniquely nutritious lavender moisturizer are used during the entire relaxing body massage. Lavender dream treatment is specially recommended for all who wishes to undergo an unusual relaxing treatment. The 70 minute thermal treatments include overall body massage, refreshing foot, facial and head massage, too.

ROYAL THERMAL MASSAGES (50' and 70')

An increasing amount of people have been affected by locomotive disorders nowadays. Symptoms might come at a rather early age and we hardly ever come across a person without complaints. Swedish method makes the thermal massage unique. The masseur applies more powerful, dynamic movements, assesses the state of the muscles, touches on painful parts and taking all these into consideration works out a tailor made treatment. Due to the professional use of stroking, rubbing movements the effect of the massage is immediately felt, tension in the muscles, pain in the body is eased. Thermal massage is specifically recommended:

- in times of increased physical load,
- in the case of non inflamed arthritic pains and aching muscles,
- for recreation, relaxation and easing the muscles.

This massage is a perfect complement of thermal bathing. Based on a more powerful Swedish method the massage is offered for those who prefer a more dynamic treatment.

ROYAL THERMAL EXTRA MASSAGE

It is the therapeutic version of the royal thermal massage. Following the massage the masseur applies an extremely strong balm containing goat butter to the aching regions of the body in order to enhance the healing effect. By doing so the masseur also increases the painkilling effect of the massage.

MEDICAL Services, treatments:

Composition of the water:

Water supply to the Bath is ensured by the spring accesses established inside the Gellért hill. The water is a hot spring water with calcium, magnesium and hydrogen-carbonate as well as sulphate-chloride, also containing sodium and with a significant content of fluoride ions.

Indications:

- chronic and semi-acute arthritis; - blood circulation problems; - degenerative illnesses of joints; - illnesses of the vertebral spine; - pains of the intervertebral disc; - aortic stenosis; - neuralgia; In addition, the inhalatorium helps to treat asthmatic, chronic bronchitic complaints

Medical services

- underwater water jet massage
- electrotherapy
- curative gymnastics
- spa physician consultation
- inhalation
- day-time hospital

Medical services only on medical prescription

- Mud treatment
- Carbon-dioxide bath
- Underwater traction-bath
- Medical massage

Therapeutic suggestions:

- degenerative joint diseases
- spinal deformity
- chronic and sub-acute arthritis
- discus hernia
- neuralgia
- vasoconstriction
- circulatory disturbances
- Inhalation for the chronic diseases of respiratory organs

Spas of Hungary - General contraindications:

- generally poor state of health
- cardiac conditions
- constant high blood pressure
- within six months of a heart attack
- tumours
- tuberculosis
- pregnancy
- active or inflammatory stage of degenerative locomotor disorders

And while speaking of contraindications in the spas of Hungary, it is important to note that self-care using medicinal baths is inappropriate in the treatment of complaints and illnesses. Bathing treatments and natural healing methods have no side effects whatsoever when applied on the basis of an accurate diagnosis. **However, it should be noted that before undertaking any cure it is essential the patient should always consult his/her doctor for a medical opinion on the most appropriate type of treatment, recommended frequency of bathing. and its duration.**

We have given you a simple grid of medical services; let us know your requests and we will create a special proposal for you.

PRIVATE BATHING in Gellért Bath

A romantic treat for couples, fun for friends, and an ideal solution for those who seek privacy for cultural reasons.



The Private Bath in Gellert Spa & Thermal Baths was built in 1918. You can spend some intimate time and enjoy the hot water tub on your own. In 1918, like many of the facilities of Gellert Spa, were ultra modern and high tech, including the private bath tub.

Today the Private Bath is not merely a hot water tub, or a giant bathroom, but also a historical monument of the 1920's water healing movement when many of the baths in Budapest were reborn, almost a hundred year old. The Private Bath can be rented for 2 or 3 hours, and is available for up to 4 people.

The Private Bath has its own private entry. Its area is completely separated from the general public bath and pools.

Price in HUF (cca. in Eur (€)) – 2016. for 2 persons	PRIVATE BATHING	
	120 minutes (2hrs)	180 minutes (3hrs)
	17 500 HUF (60 Eur)	27 000 HUF (93 Eur)
<p>• The rental fee includes the use of the Private Bath Hall and Tub (plus its facilities) for 2 or 3 hours, a fruit bowl and a bottle of champagne. • NOT included: admission to the swimming pool and thermal pools, swimming dress, towel to rent, flip-flops, shower gel and shampo, swimming cap, mineral water, and additional personal services.</p>		

- Private Bath Tub Capacity: 1-2 People
- Private Room Capacity: 1-4 People
- Bath Tub Size: 2.16 m x 1.23 m, filled with hot thermal water, Zsolnay porcelain tub
- Fruit Bowl included in the rental fee
- Bottle of Sparkling Wine included in the rental fee

PRIVATE BATHING in Gellért Bath

Spend a private romantic and luxurious 2 or 3 hours with your partner



Adjoining Rooms:

1. Entry Hall with Armchair, Wardrobe, Mirror
2. Private Bath Hall (for the modern eyes the room may seem like a really big bathroom)
3. Heated Cabin with 2 Wooden Chairs: can be used as a Sauna with its adjustable temperature (max 55 degrees Celsius)
4. Private Toilet

The Private Bath Hall can be closed from the inside so that only you and your guest(s) can use the hall and its adjoining rooms or facilities.

As you enter the Private Bath Hall, you will first step into the smaller Entry Hall with a mirror, wardrobe and an armchair. You can store your belongings here in the wardrobe. Next, you go into the Private Bath Hall itself where the historical bath tub is (inside Zsolnay porcelain).

You can alternate the hot water tub with the private dry Sauna (a heated cabin with 2 chairs). Refresh yourself with the fruit bowl, and get relaxed. You can celebrate with the bottle of champagne (can be replaced with soft drink if you wish).

Please note this program is for adults aged 18 years and older.



Refresh the body and the soul alike in this stunning facility

Open date Gift Voucher

Surprise your loved ones with the splendid 'Open Date Gift Voucher' for one wonderful night, by purchasing a ticket for them to use whenever they prefer to!

We ask you kindly to contact us a few days before the chosen date so we can ensure their attendance.

Useful information in Gellért Thermal Bath

- We kindly inform guests to arrive to the baths 40 minutes before your treatment, so you have enough time to get your ticket, changing and showering.
- The usage of a towel and sheets is possible to rent for extra fee.
- We ask it to arrive to your treatments 5 minutes earlier in order for his relaxation to be allowed to start comfortably. If you are late, bath is unfortunately forced to shorten the time of the treatment in order to start the next one in time.
- We kindly ask you to have a shower before your treatment!
- A child under 16 years may not attend a massage treatment since the state of his musculature is suitable for this yet.
- Gellért Thermal Bath is coeducate every day.
- In case of pregnancy, former operation or any disease, please inform bath during your check-in.

Accessible: Gellert Spa Bath is fully wheelchair accessible and some of its pools have a pool elevator to lift bath guests into the pool.

We can not provide massages in the following cases:

- pregnancy
- for children under 16 years (For 16-18-year old people 20-minute massages are available.)
- fever
- varicose veins (in case of foot massage)
- cancer
- osteoporosis
- menses
- infectious diseases
- skin diseases
- heart diseases (In case of having a pacemaker, please consult with our colleagues.)

Address:

H-1118 Budapest, Kelenhegyi út 4.

By public transportation: underground 4,

tramways 19, 41, 47, 49, 56, buses 7, 107, 109, 133 and 233

Opening times: Indoor pools: every day: 06:00 - 20:00

Outdoor wave pool (May-October, depending on the weather):

Monday – Sunday: 06:00-20:00.

Location: the thermal bath is situated near Gellért Hill, on the Buda side

We wish you a pleasant stay in Gellért Thermal Bath!