

**WELLNESS and MEDICAL PACKAGES, TREATMENS – 2016.**

**The Rudas used to be a men-only bath, but since 2006 women can use the bath on set days, though it had a swimming pool for both men and women. Mixed bathing on Saturdays and Sundays.** Baths have various bath tickets. Full day tickets doesn't include the personal care services (massage, manicure, etc.). 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 & night bathing & special wellness package**
- **Wellness package-standard: entrance ticket with cabin usage + massage**
- **VIP Wellness package: entrance ticket with cabin usage + VIP massage**
- **Rudas Silver – Gold – Weekly wellness brunch packages**

## Daily entrance tickets (with cabin or locker usage)

### Night bathing on weekends - It offers relaxing waters instead of wild and hilarious parties.

At the thermal department you can still revive traditional bathing, so men and women can use the pools separately on certain days. **Mixed bathing is possible only on weekends (10pm-04am).** Guests can forget everyday troubles and problems taking a rest at the thermal pools that are especially hot. At the baths you can enjoy the healing waters of a 42-degree thermal pool and a 29-degree swimming pool. Note: The entrance ticket does not include the use of the sauna world. Bath do not provide massages during night bathing.

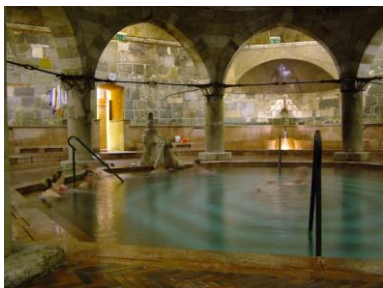
### Special wellness package includes the entrance to each area of bath with cabin usage and a 20-minute aroma massage.



Price in HUF (cca. in Eur/€) – 2016. per person	Weekdays Monday-Friday	Weekends & Holidays Saturday-Sunday
Daily tickets to thermal pools only, with cabin usage	4 000 HUF (13,80 Eur)	4 000 HUF (13,80 Eur)
Daily ticket to swimming pool + thermal pools with cabin usage	4 800 HUF (16,50 Eur)	5 200 HUF (18 Eur)
Daily ticket to swimming pool + thermal pools + Wellness area with cabin usage	5 700 HUF (19,50 Eur)	6 800 HUF (23,50 Eur)
Night bathing ticket with cabin or locker usage (excl. panorama pool and saunas)	Friday, Saturday: between 22:00-04:00 5 500 HUF (19 Eur)	
Special wellness package include entrance to swimming pool, thermal and wellness area with cabin usage, 20 min. aroma massage	10 500 HUF (36,20 Eur) valid for each day	

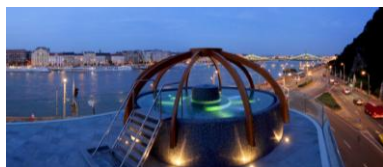
- **NOT included:** swimming dress, towel to rent, flip-flops, shower gel and shampo, swimming cap, mineral water, and additional personal services.

**Wellness packages – standard:** Include entrance to each area of bath with cabin + 20' or 50' minutes massage



Price in HUF (cca.in Eur/€) - 2016. per person	with 20 minutes massage	with 50 minutes massage
<b>The prices Include:</b> entrance ticket, cabin usage, aroma massage	<b>11 500 HUF</b> (39,50 Eur)	<b>16 000 HUF</b> (55 Eur)
<b>The prices Include</b> entrance ticket, cabin usage, thermal massage	<b>12 000 HUF</b> (41.50 Eur)	<b>17 000 HUF</b> (58,60 Eur)

**VIP Wellness package:** entrance to each area of bath with cabin + 70' minutes VIP massages



2016. Price in HUF (cca.in Eur/€)	VIP MASSAGE	
	Single per person	Double for 2 persons
<b>The prices Include:</b> entrance ticket, 70 minute VIP Harmony aroma massage	<b>24 400 HUF</b> (84 Eur)	<b>45 500 HUF</b> (157 Eur)
<b>The prices Include:</b> entrance ticket 70 minute VIP Royal Thermal extra massage	<b>25 200 HUF</b> (87 Eur)	<b>47 000 HUF</b> (162 Eur)
<b>The prices Include:</b> entrance ticket, 70 minute Lavender Dream treatment	<b>25 200 HUF</b> (87 Eur)	<b>48 000 HUF</b> (165,50 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 • VIP massages are available between 10 am and 8 pm.

## 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

## 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-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 EXTRA MESSAGES (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.

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. **The royal thermal extra massage 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.

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.

## WATER MASSAGE

Refreshing massage with soap from head to toe for those who wish to be refreshed. During the massage, the whole body is thoroughly treated, the movements reduce tension, muscle rigidity, and also stimulate blood circulation.

## STEAM-BATH

As a result of our body scrub treatment your skin becomes velvety, your body gets more oxygen and will feel wonderfully refreshed. In our bath, massage is provided with alga, which has an excellent stimulating effect on blood circulation.

## RUDAS SILVER – GOLD – WELLNESS BRUNCH PACKAGES

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



### RUDAS SILVER PACKAGE (Saturday and Sunday)

- The package price contains a Rudas wellness-spa pass and it also grants entry to the panorama terrace and the panorama pool. We provide a bathrobe, slippers, a towel and a waterproof Rudas bag to our guests!
- **Meals:** 3 course meals guests may choose from several menus, including one for vegetarians.

### RUDAS GOLD (Saturday and Sunday)

- The package price contains full access to the Rudas baths, including the following: Turkish baths, international sauna experience (10 nations' saunas!), swimming pools, wellness-spa, Panorama terrace plus the panorama pool. We provide a bathrobe, slippers, a towel and a waterproof Rudas bag to our guests!
- **Meals:** 3 course meals guests may choose from several menus, including one for vegetarians.



### RUDAS WEEKLY WELLNESS BRUNCH (Monday-Friday)

The package price includes entrance ticket to wellness area and 3-course menu lunch or dinner between 11:00-22:00 (without drinks)

Price in HUF (cca. in Eur/€) – 2016. per person	Rudas Silver Package	Rudas Gold Package	Weekly Wellness Brunch
		8 500 HUF (29 Eur)	14 500 HUF (50 Eur)
<b>Price includes (depend on the chose package)</b> entrance to different area of thermal bath, use of bathrobe, towel, slippers and a waterproof Rudas bag			<b>Price includes:</b> entrance to Wellness area only and 3-coures menu lunch or dinner without drinks.
<b>NOT included:</b> swimming dress, shower gel and shampo, swimming cap, mineral water, and additional personal services.			

## MEDICAL Services, treatments

### Composition of the water:

Radio-active hot spring water with calcium-magnesium-hydrogen-carbonate also containing sodium and sulphate and with a significant content of fluoride ions.

### Indications:

degenerative joint diseases, chronic and sub-acute arthritis, discus hernia, neuralgia

### Services

- Thermal baths
- Swimming pool
- tub bath (with curative water)
- Underwater waterjet massage
- Medical massage
- sauna and steam bath
- drink diests
- pedicure
- different type of massage

### Therapeutic suggestions:

- degenerative joint diseases
- discus hernia
- chronic and sub-acute arthritis
- neuralgia

### 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.**

## Useful information in Rudas 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!
- The thermal pools can not be used under the age of 14 years.
- A child under 16 years may not attend a massage treatment since the state of his musculature is suitable for this yet.
- The vapor bath section on Mon, Wed, Thue and Fri gentlemen are welcome, and on Tuesdays ladies can enjoy the vapor bath.
- In case of pregnancy, former operation or any disease, please inform bath during your check-in.

### 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: Rudas Thermal Bath

H-1013 Budapest, Döbrentei tér 9.

**Location:** the thermal bath is situated below Gellert Hill right by the Danube, close to Elisabeth Bridge (Erzsébet híd), on the Buda side of the capital

**By public transportation:** buses 5, 7, 8, 107, 109, 110, 112, 233 and 239, tramway 19, 41, 56 and 56A.

**Opening times:** swimming pool every day: 06:00 - 22:00

wellness and sauna world every day: 08:00-22:00

**Steam bath** every day: 06:00 – 20:00 but **for women:** Tuesday & **for men:** Monday, Wednesday, Thursday, Friday. **Mixed days:** Sunday, Saturday during which time bathing suits are compulsory.

**Night-bath hours** are 22:00-04:00 on Fridays and Saturdays (the sauna world is not available during night bathing)

## We wish you a pleasant stay in Rudas Thermal Bath!