



Lake Hévíz

Medical Tourism and SPA in Hungary



Lake Hévíz is located close to Hévíz, Hungary, near the western end of Lake Balaton, 8 kilometers from Keszthely. At 47,500 m² surface area, it is Europe's largest thermal lake and the second largest thermal lake in the world. Lake Hévíz is not only hot and big, it's also beautiful, just looking at the floating water lilies on the surface of the lake will help you unwind and cleans your soul. Its curative effects have drawn visitors all through the centuries and continue to give off remarkable benefits.

The temperature of the water never drops below 25 °C, even in the winter and protective woods around the lake guarantees you won't even feel a breeze.



Opening Hours

The lake opens at **9:00 AM**, and stays open until **6:30 PM**. The cash deck closes an hour before, bathing time and use of the wellness section ends half-an-hour before closing time.

Entrance Fees

Single entrance tickets to the Thermal Lake cost **8.00 EUR for three hours**, and **12.00 EUR for a whole day**.

Water Composition

The water's and the lake bed's specific composition leads to unique micro organisms, which contribute to the **thermal water's healing power** - especially good for preventing and treating various types of **locomotor's disease**.

The thermal water is rich in dissolved gas components, such as of:

- ✓ Carbonate
- ✓ Sulphur
- ✓ Calcium
- ✓ Magnesium
- ✓ Hydrogen Carbonate.

Complex Balneotherapy or Drinking Cure may favorably affect and heal:

- ✓ Rheumatism
- ✓ Osteoporosis
- ✓ Degenerative Spinal / Joint diseases,
- ✓ Bechterew Syndrome,
- ✓ Inflammation Diseases of the joint in their chronic phase
- ✓ Tender Tissue Rheum,
- ✓ Secondary Diseases of the Joints
- ✓ Chronic
- ✓ Peripheral
- ✓ Nervous
- ✓ Mechanical-related complaints.

It may be used for post treatment of injuries and locomotor operations.



Although Balneotherapy is practiced in every corner of the world, there are few specialist **treatments only available in Hungary.**

Weight Bath or Underwater Traction Therapy

The patient is held by the neck and / or under arms, while weights of 2 to 20 kilograms are attracted to specific parts of the body to stretch the spine and reduce or eliminate pain.

The purpose of this method is to **stretch the spine** by means of the buoyancy of the thermal water and to **restore the discs to their original position.**

The weight bath is among the best known and most effective methods of treatment for spinal damage.

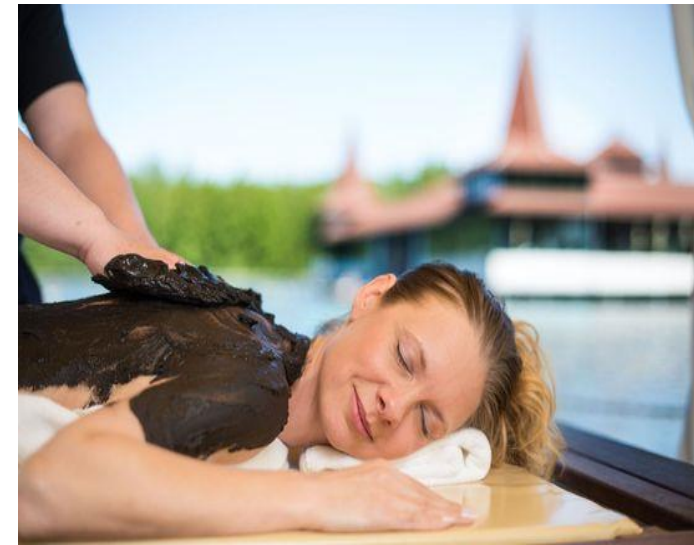


The Mud Pack of Heviz

The bottom of Lake Heviz is covered with thick layers of peat. When it's brought to the surface and mixed with mud, the magical mud pack of Heviz is done.

The medicinal water contains high concentration of all important chemicals -80% inorganic, 20% organic – the body needs, there-by multiplying the effectiveness of the mud.

The hot mud (between 38 and 42 °C) covers specific parts or all of your body for 20 minutes, and you will emerge from the treatment rejuvenated and with a renewed lust of life.



Physiotherapy

It plays an important role in the rehabilitation of orthopedic and musculoskeletal injuries. Through a range of movements (either thermal water or on land), physiotherapy promotes correct posture, mobility and functional ability. For successful physiotherapy, patients should plan for a longer period of

treatment. Physiotherapists are trained at Hungarian Universities for four years, you can rest assured that your rehabilitation will be in good hands.