

- **MASSAGES**

- **Refreshing Massage**

(done with volatile-oil, refreshing tired muscles, energizing)

Price: 2 250.- Huf / 30 min 3 900.-Huf / 50 min

- **Tibetan Cleaning Honey Massage**

(serves removal of poisons in under-skin connective tissues)

Price: 2.250.-Huf / 30 min

- **Swedish Massage**

(muscle relaxing and pain in the joints reducing with special cream)

Price: 2 250 Huf / 30 min 3900.-Huf/50 min

- **Relaxation Massage**

(serves to relax the from stress tensed muscles)

Price: 2 250.- Huf / 30 min 3900.-Huf / 50 min

- **Volatile-oil Honey Massage – Back and Décolletage**

(relaxing, cleaning effect, promotes the filling up of the skin and body with the most important vitamins)

Price: 4 000.- Huf / 50 min

- **Sport Massage**

(relaxing, training of the in moving mostly employed muscles)

Price: 2 250.- Huf / 30 min

- **Thai Massage**

(acupressure massage by the traditional Chinese so-called meridian lines, which contains the relaxing, stretching exercises or the Hindu yoga, so secures the relaxation of the whole body and spirit)

Price: 5 900.- Huf / 90 min

- **Chocolate Massage**

(the active ingredient in the cocoa has beneficial influence in the re-establishment of the melatonin harmony-level)

Price: 2 250.-Huf / 30 min

- **Massage with Dead-sea salt and oil**

(skin regenerating, hydrating effect)

Price: 2 600.- Huf / 30 min

- **Body-forming fat burning Massage**

(promotes the removal of the accumulated fat surplus in the adipose tissue under the skin)

Price: 2 250.- Huf / 30 min

- **Aromatherapies Massage**

(massage with volatile oil required for your condition, which helps to re-establish the harmony of your body)

Price: 2 250.- Huf / 30 min

- **Teenager Massage**

(refreshing, conditioning massage on the whole body)

Price: 2 250.- Huf / 30 perc



Thermal Hotel Gara*** Cure- and Wellness

Wellness Pricelist



For making an appointment, please walk to the **Wellness Reception**, or call the following number: **+36-66-590-330**.

5525 Füzesgyarmat, Kossuth u. 92

Tel: 66/590-330 Fax: 66/590-239

e-mail: gmc@hotelgara.hu, www.hotelgara.hu

- **BATHS**

Price: 2 600.- Huf / 25 min

- Blue-alga skin-regenerating bath
- Blue-alga, circulation improving bath

Price: 2 250.- Huf / 25 min

- Stress solving herbal bath
- Calming, sleep-improving herbal bath
- Herbal bath against piles
- Herbal bath decreasing pain in the joints
- Volatile oil bath decreasing problems with menopause
- Herbal bath treating varicose vein
- Herbal bath decreasing blood-pressure
- Stress solving volatile oil hydro massage
- Mud-bath against scale herpes
- Herbal bath treating gynaecological complaints
- Stress solving volatile oil bath
- Chronic pains decreasing volatile oil bath
- Energy-giving volatile oil bath
- Skin regenerating volatile bath
- Sárvár salt-bath
- Dead-sea salt-bath
- Cleopatra bath
- Under water jet-massage
- Mud bath

- **MOTION-THERAPIES**

- Spinal exercises under water, grouped
1 000.-Huf/30 min.
- Spinal exercises, individual
2 000.-Huf/30 min.
- Aqua fitness
1 250.-Huf/45 min.

- **PACKS**

- Slimming (cellulites) treatment 3 960.-Huf/60 min
- Skin-tightening crème pack 3 960.-Ft/60 min
- Cleaning body pack 3 960.-Ft/60 min

- **TREATMENTS**

- Thermal medicinal baths 490.-Huf / day
- Mudpack 2 200.-Huf
- Relaxinfra treatment 2.500.-Huf

