

The medicinal water in Bük of unique components, which contains an enormous quantity of minerals in the international comparison, including alkaline-hydrocarbonate, calcium, magnesium and fluor have a unique advantageous effect on the organism.

The medicinal water can be used effective at the treatment of the following illnesses:
spondylosis • arthrosis • osteoporosis • discopathia • lumbago • Bechterew disease • chronic arthritis • gout • inguinal rheumatism • rehabilitation after orthopaedic and neurosurgery operations • aftercare of accidents • chronic gynaecological and urological inflammations • chronic gastric influenza • ulcer • circulatory diseases • indigestion • locomotor diseases, rheumatic disorders.

THERAPY

The medicinal waters of Bük can also be applied in the form of drinking cure. They are especially efficient for treating chronic gastritis, ulcer and indigestion and for the prevention of osteoporosis. Contra indications: serious cardiovascular disease • thrombosis • malignant tumours • tuberculosis • acute inflammatory diseases • pregnancy. The real effect of the water can be felt by medicinal cures (1 week cure, 2 week cure, 3 week cure), but a short



Chemical ingredients of the waters of Bük WELL ST. KELEMEN				
		mg/l	mg eél/l	Thán %
• Potassium	K ⁺	280	7,16	3,55
• Sodium	Na ⁺	4220	183,48	91,06
• Ammonium	NH ⁺	36,4	2,02	1,00
• Calcium	Ca ²⁺	93	4,84	2,30
• Magnesium	Mg ²⁺	45,5	3,74	1,86
• Iron	Fe ²⁺	0,46	0,02	0,01
• Manganese	Mn ²⁺	<0,02	0,00	0,00
• Lithium	Li ⁺	3,0	0,43	0,21
Sum of cations:		4678,36	201,50	100,00
• Nitrate	NO ₃ ⁻	<1,0	0,00	0,00
• Nitrite	NO ₂ ⁻	<0,02	0,00	0,00
• Chloride	Cl ⁻	2390	67,40	32,92
• Bromide	Br ⁻	7,5	0,09	0,05
• Iodide	J ⁻	1,26	0,01	0,00
• Fluoride	F ⁻	4,4	0,23	0,11
• Sulphate	SO ₄ ²⁻	880	18,32	8,95
• Hydrogen carbonate	HCO ₃ ⁻	7240	118,69	57,97
• Sulphide	S ²⁻	<0,05	0,00	0,00
• Total phosphate	PO ₄ ³⁻	0,06	0,00	0,00
Sum of anions:		10 523,22	204,74	100,00
• Metaboric acid	HBO ₂	14,3	-	-
• Metasilicic acid	H ₂ SiO ₃	26	-	-
• Free carbonic acid	CO ₂	1090	-	-
• Bounded carbonic acid	CO ₂	2611	-	-
Sum of cations and anions:		15 201,58	406,24	100,00

"MEDICUS CURAT, NATURA SANAT"
"THE DOCTOR TREATS YOU, NATURE HEALS YOU"



time stay can lead to improvements as well. The beneficial effects of the medicinal waters are complemented with the traditional and modern therapeutic methods. Professional physiotherapists and trained masseurs ensure your healing and recovering under ideal circumstances. Due to the joint effect of the medicinal waters and the medicinal therapies the complaints will ease, cease and it is possible to gain back the harmony of body and soul.



In the Medical Wellness Centre, unique wellness treatments are carried out under the control of professional specialists to preserve health. In addition to relaxation and exotic massages, salt cabins and thermo spa treatments are available for the perfect relaxation and harmony.

MEDICAL WELLNESS CENTRE

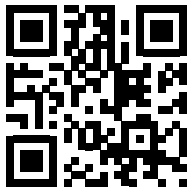
Our colleagues at the recreational compartments are responsible that guests could relax, have some rest and refresh themselves. With programs and advice, we help our guests to have a healthy lifestyle and to get familiar with a new life full of experience.



BÜKFÜRDŐ GIFT CARD
small card – BIG EXPERIENCE
The gift card can be bought online or personally by the information desk of the spa.



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BÜKFÜRDŐ
THERMAL & SPA





In Bükfürdő, one of Europe's most well-known and Hungary's second biggest spa with open-air and leisure pools, with the most modern sauna and with a special Medical Wellness Centre is waiting for the tourists wishing to recover, fill up and have a bath. The spa – which has been renewed nearly in every detail in the recent years - is located in 18 ha and offers a pleasant relax for people of all ages with its 34 swimming pools with water surface of more than 5000 m².

Bükfürdő is situated in the northwest part of Vas County, where the Alps and Kisalföld (Little Hungarian Plain) meet. It is 30 km from Szombathely, 46 km from Sopron and 20 km from Kőszeg, halfway between Vienna and Lake Balaton.

WHY WOULD YOU CHOOSE ANOTHER DESTINATION?

The Spa came into being only by a lucky chance: as a result of a drilling for oil, which started in the 1920s and continued in the 1950s, a 70-meter high waterspout broke up from a depth of 1282 metres in 1957. The 58 °C 'treasure', containing 15 000 mg/litre, opened a new chapter for Bük and the surrounding villages.



The unique components - alkali hydrogen carbonate, high level of calcium-, magnesium and fluorine – of the medicinal waters are beneficial for locomotive and gynaecological diseases, and in the form of drinking cure, they are an effective treatment for indigestion problems.

RELAXATION AND RECREATION FOR PEOPLE OF ALL AGES

Covered, half-covered and open-air swimming pools offer bathing opportunities in the park full of shady trees. We offer our guests several family-sized and children's pool with medicinal water, which are suitable for sports, as well.

Besides bathing opportunities there are playgrounds for entertaining children. In addition to the usual jungle gyms, slides and swings, a water playground with special elements are waiting for the youngest. Besides the family Acapulco Pool and its wave and jumping bay, a Hammock Park has been created which the guests of the spa can use gratis. There is nothing more enjoyable on a hot summer afternoon than having some rest under the shady trees in a hammock!

The outdoor slide complex includes four slides, and offers an unforgettable experience for both young and adults. The parents and children can use the family slide together, the anaconda slide is long and winding, with its sudden falls the kamikaze slide is recommended for the most daring guests while the unique onion slide makes you twirl around before splashing into the water.



There are various sport grounds (beach volleyball, foot tennis, small-sided grass-covered football pitch, beach football with small goals and streetball) available for our guests loving sport, as well as table tennis and organised sports and entertainment opportunities.

Besides having a bath and using the slides, the children are offered an indoor playroom equipped with colourful toys, and there are spacious relaxing areas and comfortable hammocks for those, who prefer relaxation.

Those, who want culinary joy, are also offered everything to tease the tongue, the eyes: in the spa there are area several restaurants and bars.

RELAXATION WITH A LIFETIME EXPERIENCE



The indoor spa offers relaxation for people of all ages: the fun pool with the water course ride, jacuzzi and neck massage provide an unforgettable experience. The younger children have the opportunity to splash in the paddling pool, and get familiar with the water world in the Shark Cave equipped with interactive elements. Spacious rest zones and comfortable deck chairs are available. The daring guests will surely enjoy the indoor adventure slide system: the light and colour effects of the adventure slides will also contribute to a special adventure.

In the park of the adventure bath, our guests can enjoy a relaxing time in a calm and green environment. In the adventure zone, the Heart Pool with medicinal water also provides an opportunity for healing. The pool with four compartments, called Four Seasons Pool, is filled with medicinal and drinking water and it is suitable for a perfect relaxation.

Sauna lovers will be welcome to an exclusive sauna world including a tepidarium, steam baths, infra sauna, an aroma sauna, an outdoor devil's sauna and finnish wood saunas for relaxation and refreshment.

After having spent some time in the sauna cabins, our guests may enjoy the indoor sauna rest zone and the atmospheric sauna gardens. In addition to the indoor and outdoor cold-water immersion pools, our Kneipp pool and indoor and outdoor jacuzzis will ensure a perfect sauna experience.

SAUNA WORLD



The cabins of the sauna world: aroma steam cabin • finnish rock sauna • herbal cabin • infra cabin • crystal steam cabin • tepidarium • aroma sauna • devil's sauna • finnish wood sauna • ice cabin

Guests are welcome to unique sauna séances held by our sauna operators, who won the National Sauna Séance Oscar Competition.

The sauna is a textile-free zone!

