

Bükfürdő - high-class refreshment, relaxation and recovery

Medicinal Spa of Bük has become one of the best-known and most popular medical spas in Europe. Nowadays it is the second largest spa of Hungary offering each generation perfect recreation. The spa located on **14 hectares** is a real **spa complex** looking forward to your visit with **27 pools** and a **water surface of more than 5100 m²**.

Our **medicinal water pools** contain 32-38 °C warm, the **swimming pools** contain 26-28 °C warm water, and little ones are awaited with **padding pools** that are to be used by them only, where they can be splashing about among safe circumstances. The **slide complex free of charge** leaves you with an experience never to be forgotten. After bathing, the children may play for a while on the **state-of-the-art playground**; the adults longing for relaxation are offered **spacious retreats and comfortable deckchairs free of charge**. In our Recreation Park-**adventure bath** you can recover the everyday weariness in a calm, quiet, green area. The roofed adventure bath in the Park open all the year round offers refreshment for each generation.

Those fond of moving are awaited with **sports grounds** (beach volley-ball, beach handball, foot-tennis, badminton, beach football streetball, table tennis), and **organised sports and entertaining programmes** all the year round. Those responsive to culinary pleasures can also find everything in Bükfürdő that fit for a king: several **restaurants and snack-bars** wait for them.

Medicinal spa and open-air swimming pool - Refreshment for all old and young

Open-air swimming-pools, medicinal water pools in a well-kept park field covered with shady trees on 14 hectares persuade one to bathe. Our medicinal water pools contain 32-38 °C warm, the swimming pools contain 26-28 °C warm water, and little ones are awaited with **padding pools** that are to be used by them only, where they can be splashing about among safe circumstances.

The four parts of the **slide complex free of charge** - from which you can choose the best for yourself - leaves you with an experience never to be forgotten. The **anaconda slide** is weaving long, the suddenly falling **kamikaze** is recommended for the fearless guests, the **family slide** is appropriate even for more people, and the unique **onion slide** makes you twirl around several times like a tumble drier before splashing into the water.

The onion and kamikaze slides are to be used above 12 years of age, the anaconda slide is to be used above 7 years of age and the family slide is to be used above 2 years of age only. The onion slide is not to be used over a weight of 100 kg.

Our spa offers you a perfect place for recovery. Not just the summer guests will find here special services. Those looking for relaxation will be charmed by our brand new rest-zone building in the spa park, where you can enjoy perfect relaxation directly close to nature. **The new rest-zone building offering 500 persons the opportunity of calm relaxation stays at your disposal with** deck chairs free of charge, toys, lounges and a mommy-baby room. **The** separate lounges, the galleries on the first floor and the rest zones with outdoor sun terraces **all contribute to intimacy, calm recovery and comfortable relaxation. The rest zone building fits well into the surroundings, the green area "lost" has been substituted with** indoor gardens and green roof in order that our guests longing for relaxation can have a continuous relationship with the **outdoor premises, the environment.**

For our little guests we opened a new play corner equipped with amazing funny toys in the indoor spa, where boys and girls can enjoy the pleasures of the untroubled holiday. Our spa stays at the little ones' disposal with several offers: unlimited fun in the children's corner, free spa entrance below 5 years of age, funny adventure programmes in summer, baby swimming.

After bathing, the children may play for a while on the state-of-the-art playground; the adults longing for relaxation are offered spacious retreats and comfortable deckchairs, thus, each family member can choose the best recreation form for themselves. Those fond of moving are awaited with sports grounds (mini golf course, beach volley-ball, beach handball, foot-tennis, badminton,

beach football streetball, table tennis), and organised sports and entertaining programmes all the year round.

Those responsive to **culinary pleasures** can also find everything in Bükfürdő that fit for a king: several restaurants and snack-bars waits for them.

Whether you choose Spa Restaurant, Food Island Robinson, Dóra or Péter buffets or you become attracted by the offers of the restaurants outdoors or indoors, you are at the right place. Delicious snacks, real Hungarian lángos or pancake, ice, sweet cakes and food specialities pamper your stomach.

As part of the developments to be realised between 2008 and 2010, a new restaurant will be build for your comfort in the spa, in which even 200 persons will be able to enjoy the culinary specialities and the delicious healthy food at the same time.

We are looking forward to your coming even if you do not search for traditional and modern therapeutic methods. Apart from the outstanding **medical cures, manicure and pedicure** also stay at your disposal.

Recreation Park – adventure bath - The oasis of relaxation full of adventures

Our Recreation Park is a so called "bath in the bath" where you can recover the everyday weariness in a calm, quiet, green area. The three petal shaped sun-terrace attracts you to sunbathe; deckchairs are available for all the guests of the Park. A four-compartment swimming pool, two sauna cabins, and a diving pool filled with cold water also serve your perfect relaxation.

The indoor adventure bath in the Park open all the year round offers refreshment for each generation: the Crazy River, the bubble beds and the bubble bath promise you unforgettable experience. Apart from adults, little ones can also have a good time here since the youngest are awaited by paddling pool with geyser.

All the guests in the Park can use the deckchairs and cabins in the changing room.

The services of the Recreation Park-adventure bath can be used after buying an extra entrance ticket.

Devote time to the pleasures of the sauna!

In our Recreation Park-adventure bath you are welcomed by **one infra and two Finnish saunas**. You may refresh in the **cold water diving pool** and relax in the **calm surroundings of our sauna garden** with the help of the **shady trees** and our **comfortable sun chairs**.

The sauna can be visited with a valid entrance ticket to the Recreation Park-adventure bath only. There are no separate areas for men and women in the sauna.

You are allowed to enter the sauna without swimming costume only, the use of towels or sheets is compulsory.

For using the sauna, sauna sheets can be rented or sauna towels can be bought at the rental desk of the indoor swimming pool.

The sauna is not to be used by children below 14 years of age.

As part of the **developments** to be **realised between 2008 and 2010**, a **new Sauna World** with a 100-person capacity, in which a **tepidarium, steam baths, infra and Finn saunas, a snow cabin, an aroma sauna** and an **outdoor Finnish sauna** will welcome the guests. The relaxation after staying in the sauna will be ensured by the **indoor sauna rest zone** enough even for 100 persons and the atmospheric **sauna gardens**.

At the **InterNETpoint** you can also surfe on the World Wide Web.

The outstanding quality of our services was awarded with the **highest four-star qualification** by the the Hungarian Bath Association.

The parking lots of the medicinal spa can be used free of charge since 1. January 2009!

Worth knowing:

- After bathing in the high-temperature medicinal water pools for maximum 30 minutes take a rest!
- Children below 16 are not recommended to bathe in the medicinal water pools.
- You have to take a shower before entering the pools!

The wonders of our healing waters

The medicinal waters of unique components including alkalic-hydrocarbonate, calcium, magnesium and fluor have a unique advantageous effect on the organism.

The beneficial effects of the medicinal waters are complemented with the traditional and modern therapeutic methods applied in the Institute for Physiotherapy.

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.

Chemical ingredients of the waters of Bük - Well St. Kelemen

		mg/l	mmol/l	Than-equivalent (%)
Potassium	K ⁺	280	7,16	3,55
Sodium	Na ⁺	4220	183,48	91,06
Ammonium	NH ₄ ⁺	36,04	2,02	1,00
Calcium	Ca ²⁺	93	4,64	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
Jodide	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	0,00	0,00
Metasilicic acid	H ₂ SiO ₃	26	0,00	0,00
Free carbonic acid	CO ₂	1090	0,00	0,00
Dissolved oxygen	O ₂	0,00	0,00	0,00
Total:		16 331,88	406,24	

Our medicinal waters are especially useful when treating the following diseases:

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

Contra indications:

serious cardiovascular disease, thrombosis, malignant tumours, tuberculosis, acute inflammatory diseases, pregnancy

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.

The beneficial outcome of our medicinal waters of special ingredients from medical respect can be effective if our **modern therapeutic treatments** – in case it is not counter proposed for some reason – are **complemented by using the waters for bathing as well** .

Recommendations:

- **Before eating, consuming 1 dl of waters** is recommended.
- The waters are to be consumed at **room temperature**.
- Do not hurry with consuming the waters! Always drink them **slowly, drop by drop**.
- Concerning the consume of the waters please **consult our doctors**.

Our pools

number	pool Number	pool	type	water temperature °C
1.	1.	medicinal pool	indoor	37-39
2.	2.	medicinal pool	indoor	30-32
3.	3.	weight bath	indoor	34-36
4.	4/1	medicinal pool	indoor	36-38
5.	4/2.	medicinal pool	indoor	34-36
6.	5.	medicinal pool	half-covered	34-36
7.	6/1.	paddling pool	outdoor	28-32
8.	6/2.	paddling pool	outdoor	28-32
9.	7/1.	medicinal pool	half-covered	33-35
10.	7/2.	swimming pool	outdoor	26-28
11.	8.	swimming pool	outdoor	22-26
12.	9/1.	paddling pool	outdoor	27-30
13.	9/2.	paddling pool	outdoor	27-30
14.	10/1.	adventure pool	outdoor	31-33
15.	10/2.	medicinal pool	outdoor	33-35
16.	10/3.	medicinal pool	half-covered	33-35
17.	10/4.	adventure pool	half-covered	31-33
18.	11.	sauna pool	indoor	16-18
19.	12/1.	slide pool	outdoor	25-27
20.	12/2.	slide pool	outdoor	25-27

21.	13	pool for underwater gymnastics	indoor	33-35
22.	14/1	swimming pool	outdoor	28-30
23.	14/2	swimming pool	indoor	28-30
24.	15.	swimming pool	outdoor	26-28
25.	16.	adventure pool	indoor	32-34
26.	17.	jacuzzi	indoor	34-35
27.	18.	paddling pool	indoor	31-33

The outdoor pools are open seasonal depending on the weather condition.

Opening hours

Period	Medicinal Spa
1. 01.	12.00 – 7.30 p.m.
2-3.01.	8.30 a.m. – 7.30 p.m.
4. 01.-31. 03.	8.30 a.m. – 6.00 p.m.
1-30. 04.	8.30 a.m. – 6.30 p.m.
1-31. 05.	8.30 a.m. – 7.00 p.m.
1. 06.-31. 08.	8.30 a.m. – 7.30 p.m.
1-30. 09.	8.30 a.m. – 7.00 p.m.
1-31. 10.	8.30 a.m. – 6.00 p.m.
1. 11.-23. 12.	8.30 a.m. – 6.00 p.m.
24. 12.	8.30 a.m. – 1.00 p.m.
25. 12.	CLOSED
26-30. 12.	8.30 a.m. – 7.30 p.m.
31. 12.	8.30 a.m. – 4.00 p.m.