

## SPIRIT HOTEL THERMAL SPA

### First class haven of relaxation

Spa wellness at its best! Luxury spa and wellness hotel with its own water source, Spa Oasis, sauna island, Wellness center and beauty farm.



#### Your Hotel

5 Stars of Harmony- the hotel is surrounded by the scenic "7 lakes" and lush forests in a quiet area, just a short walk (about 15 minutes) from the center of Bad Sárvár. The five star hotel symbolises the universal harmony of the Elements Earth, Water, Air, Fire and Spirit- the perfect balance. Here, emphasis was placed on natural materials and modern design. The Spirit Hotel was awarded "Best Destination Spa 2010" by the European Health & Spa Award. Spirit healing water from the hotel's own source. Another treasure of nature: Sárvár healing crystal brine.

#### How You Reside

The air-conditioned SPIRIT Hotel Thermal Spa offers 254 elegantly equipped rooms and 17 suites (all non-smoking). Premium with shower / WC, hairdryer, bathrobe, minibar, satellite TV, telephone, safe and balcony or terrace. An additional level of comfort offer double rooms Oriental with an oriental round bed (about 2.30 m diameter), double rooms Grand with fantasy corners (padded area of about 2 x 1.60 m to relax), Double room King

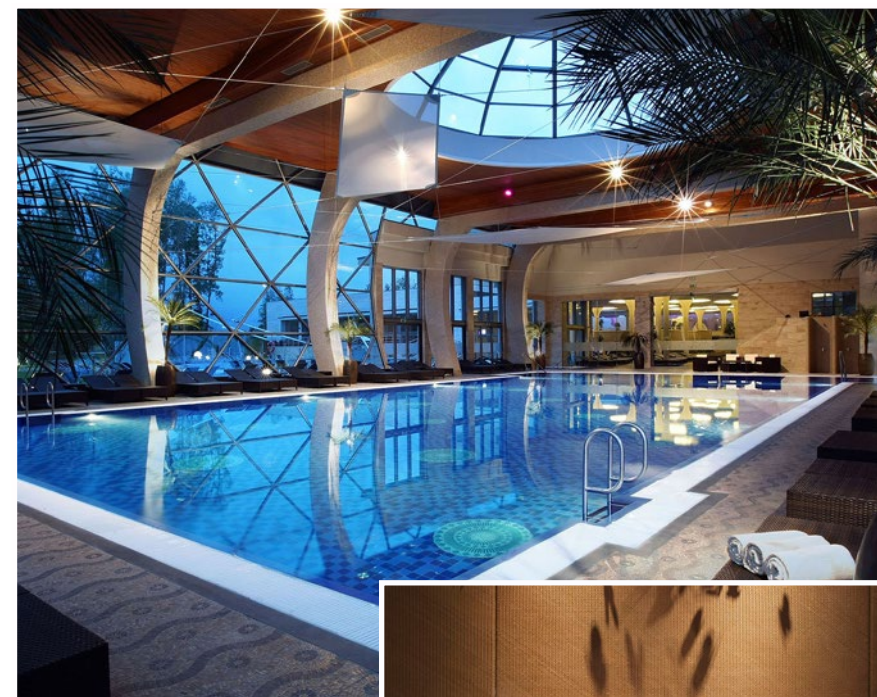
with round bed and jacuzzi. Single room with king size bed (1,20 m x 2m). Also disabled and allergy-friendly rooms. 7 lifts.

#### Dining & Leisure

International and regional cuisine, buffet or à la carte restaurant, health menus with organic ingredients. Vegetarian, gluten and lactose free, reduction and food combining, excellent wine and liquor selection. Bars, bike rental, bowling alleys, 2 tennis courts, squash court. Nordic walking, cycling, horse riding, fishing, hiking.

#### Wellness & Spa

Oasis Spa and Pool Area (daily water cleansing, 100% chemical free) on around 10,000 sqm with 22 indoor, outdoor and adventure pools, including many thermal pools. Indoor pool, water streams, hydrotherapy pools and whirlpools. Sauna area, steam room, Rose, Bio-, infrared, aromatic and Finnish sauna, laconium and frigidarium. Fantastic retreat oasis. Very well-equipped, modern gym with cardio and weight training equipment, sports and



exercise programmes. Upon fee: personal trainer, luxurious Turkish hammam and Rasul, solarium.

Hotel-owned beauty centre: Premium Dermal Spa - Spirit Beauty Clinic (Mon-Sun, products by Pharmos nature Thali'Sens, Jean d'Arcel). Microdermabrasion, laser epilation, contourpeel - in-depth peeling, cellulerm muscle stimulator, correction of scars, Skin Tyte- skin tightening with light energy.

#### Health & Cures

Medical Spa (Mon-Sun, 8am-6pm): Doctors and well-trained staff for all treatments at the spa or medical spa. Vitality field therapy. Mud wrapping, electrotherapy, oxygen and carbon dioxide treatments, therapeutic massage, physical therapy, colon hydrotherapy, Sensolite (therapy with polarized light), health and fitness checks. Even Ayurveda, Thali'Sens treatments, salt chamber and floating. Check with your health insurance for a cost contribution.

Indications: rheumatism, locomotor apparatus, spine, joints, gynecological problems, respiratory ailments.



HUNGARY