



GREENFIELD

hotel golf & spa • BÜK



BATHS

Whirlpool bath 4.900 HUF

It improves the skin's blood circulation, it has an effect of relaxing the connective tissues in direct and reflexive ways, and additionally it relaxes the muscles and ensures well-being.

Hydro-massage tub bath 5.100 HUF

In the effervescent bath nozzles ensure the programmed hydro-massage of the body parts. The air bubbles created during the turbulent flow further enhance the massage effect.

Carbonic acid bath 7.500 HUF

In the carbonic acid bath the veins on the surface dilate, the circulation in the muscles and connective tissue under the skin is enhanced. This leads to the decrease of arterial blood pressure and as a result of this the functioning of the heart improves, the minute volume increases.

Galvanic bath 5.100 HUF

In case of narrow arteries it has a positive artery expanding effect, in case of disturbance in sensations it provides extreme help for neural regeneration, for the setting of neural conduction. Besides this it has an effect of killing pain, relaxing muscles, and relieving stress. During the treatment the galvanic current is conducted into the tub filled with water.

You may cancel your booking free of charge max. 2 hours before the treatment. In the contrary case 100% of the treatment cost is charged!

Information

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Medical Wellness
Prevention & Recovery



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THE GREENFIELD HEALTH WATER

An attractive part of the Greenfield Hotel Golf & Spa is without doubt its own health water. It springs from a depth of 718 meters and reaches a temperature of 38.5° C at its leaving.

The health water contains mainly sodium, potassium, calcium, magnesium, chloride and hydrogen-carbonate and it is especially suitable for the treatment of locomotive disorders, rehabilitative after-treatment (including sport injuries), neurological complaints and muscle relaxing baths.

Health water is extremely relaxing and boosts the immune system. By increasing resistance to illness health water stimulates three functions that link body and mind: the involuntary nervous system, the glands, and the immune system. Benefits can be experienced on your skin, in your respiratory system, and in enhanced muscular movement.

Two of our indoor pools are filled with the mentioned health water, which can also be used to treat the following disorders:

- spondylosis
- osteoarthritis
- osteoporosis
- discopathia
- lumbago
- Bechterew's disease
- chronic arthritis
- gout
- rheumatism of the soft parts
- rehabilitation after orthopaedic and neurosurgical operations
- post-treatment in case of accidents
- chronic gynaecological and urological inflammations
- ulcer

In general heated pools and health water whirlpools are not advisable for:

- serious cardiovascular disease
- high blood pressure
- thrombosis
- malignant tumour
- tuberculosis
- acute inflammatory disease
- pregnancy
- incontinency
- contagious skin disease

Composition of the health water:

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| Sodium: | 740mg / l |
| Magnesium: | 62mg / l |
| Chloride: | 236mg / l |

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| Potassium: | 45mg / l |
| Calcium: | 111mg / l |
| Hydrogen-Carbonate: | 2288mg / l |

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| Medical examination | 9.400 HUF |
| Controll examination | 5.300 HUF |

Patients can get medical treatment strictly only after a medical examination with our specially qualified rheumatologists.

CURE PACKAGES

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| Mini Greenfield cure package | 20.000 HUF |
| 1 medical examination • 3 cure treatments (e.g. medical massage (max. 1), physiotherapy, electrotherapy, baths, parafango) | |

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| Greenfield cure package | 30.800 HUF |
| 1 medical examination • 6 cure treatments (e.g. medical massage, (max. 2), physiotherapy, electrotherapy, baths, parafango) | |

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| Big Greenfield cure package | 58.000 HUF |
| 1 medical examination • 1 controll examination • 12 cure treatments (e.g. medical massage, (max. 4), physiotherapy, electrotherapy, baths, parafango, mud pack) | |

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| Premium Greenfield cure package | 81.200 HUF |
| 1 medical examination • 1 controll examination • 18 cure treatments (e.g. medical massage, (max. 6), physiotherapy, electrotherapy, baths, parafango, mud pack) | |

ELECTRICAL TREATMENTS

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| Selective stimulation | 4.500 HUF |
| Applicable for the regeneration and the strengthening of weak or paralysed muscles, It's a good rehabilitation method primarily in acute cases, after surgery, but it's also applicable in chronic cases, e.g. to prevent muscular dystrophy. | |

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| Diadynamic stimulation treatment | 4.500 HUF |
| Electrical treatment using various waveforms that are adaptable to the characteristics of diseases of the locomotor system. Depending on the waveform the effects can be: decreasing oedemas, killing pain, reducing inflammation. All waveforms are applicable for iontophoresis. Usually it's used in cases of bruises, strains, erosion of the articulations and of the spinal cord, cartilage diseases. | |

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| Iontophoresis | 4.700 HUF |
| Medicine or necessary minerals can be delivered to the body through the skin, using galvanic treatment. Most frequently it is used for delivering anti-inflammatory drugs, occasionally it gives the possibility to deliver additional calcium to the location of fractures to help build the bones. | |

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| Interference | 4.500 HUF |
| Electrical treatment with the effect of stimulating the muscles, relieving spasms, killing pain, and reducing inflammation. It can be applied primarily in the area next to the spinal cord, but in fact on any part of the body. Through improving the blood circulation it also improves the oxygenation of the tissues. Vacuum interference: complementing the current's beneficial effect with a slight vacuum has a micro-massage effect and achieves an enhanced repose of the muscles. | |

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| TENS treatment | 4.500 HUF |
| The treatment has an effect of reducing inflammation, killing pain, and relaxing the muscles, primarily through nerve stimulation. It can be successfully applied both in acute and chronic cases. | |

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| ECG | 5.200 HUF |
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| Galvanic treatment | 4.900 HUF |
| It has an effect of reducing inflammation and killing pain, it improves the neural conduction that can have a role in case of disturbance in sensations; in case of narrow arteries the artery expansion effect can be used. It improves not only the blood circulation but also the ossification. | |

MASSAGE

It decreases the sensation of pain and fatigue, improves the psychic status, and it is one of the most popular forms of treatment due to its muscle relaxing effect.

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| Medical massage 25' | 6.900 HUF |
| Medical massage 50' | 9.500 HUF |

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| Lymphatic massage 50' | 11.900 HUF |
| The fine manual massage technique applied to the connective tissue during the treatment facilitates the lymph circulation without intensifying its production. Recommended in case of oedemas and after surgery. | |

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| Underwater jet massage | 5.200 HUF |
| During this hydrotherapeutic procedure the massage is performed in a tub filled with warm water, using a water jet. It's recommended in case of locomotor diseases and treatments after accidents or surgery, in order to improve muscle strength and blood circulation. | |

PHYSIOTHERAPY

Physiotherapy is a special motion therapy that uses exercises to restore the function of the sick organ or body part, always considering the entire body. The objective is to restore or improve the motion and other functions – blood circulation, respiration, working of the nervous system. It can be considered a specific treatment because it cannot be replaced with other therapies.

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| Individual physiotherapy 50' | 10.500 HUF |
| Individual physiotherapy 30' | 6.800 HUF |

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| Underwater physiotherapy 30' | 6.800 HUF |
| The water as a medium has the advantage that it enables free movements in all directions of space. Motion in water affects various parts of the motor system, the circulatory and respiratory system, but also the nervous system. It can be used in all areas of rehabilitation and for all ages, for various therapeutic goals. The objective is to relieve the spinal cord and the lower limbs, decrease the load, increase the range of movements and the muscle strength, improve the coordination of movements and the balance. | |

OTHER MEDICAL TREATMENTS

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| Mud pack 20' | 6.200 HUF |
| The radium effect of medicinal mud from Hévíz impacts the deep layers of the body, it has a radiation that kills pain, it facilitates and increases the metabolism, stimulates the functioning of glands, calms the nervous system, and influences the functioning of cells towards recovery. It has an effect of relaxing muscles, regenerating articulations, reducing and preventing inflammation; this is reinforced by the slow thermal dissipation of the heated mud. | |

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| Medicinal pack (ritex, alcoholic, antiphlogistic) 50' | 5.900 HUF |
| Circulation is enhanced in the deep tissues, this has a deep warming and muscle relaxing effect. It is used primarily in case of acute lumbago, but also for other muscular spasms (spastic strains). | |

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| Laser therapy | 5.900 HUF |
| During the treatment the low-power laser beam can achieve an effect of killing pain, relaxing the muscles, and reducing inflammation. It stimulates the recovery processes and increases the protective ability of the immune system. The equipment transforms electric energy into mechanical energy with the use of a crystal. | |

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| Ultrasound therapy | 5.900 HUF |
| Ultrasound waves compress and relax the connective tissue, this motion generates heat and the veins dilate, the circulation improves. During the treatment the mechanical effects cause a so-called micro-massage effect on the body. | |

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| Parafango 20' | 5.100 HUF |
| A mixture of volcanic mud and paraffin wax that moulds well to the treated body part at a temperature of 41-42°C, and it can be easily removed. It is placed on the aching body part during the treatment, then covered with a sheet and a cover. It's recommended for chronic inflammations of the spinal cord and of the articulations, and for treatments after injuries and surgery. | |