

HARKÁNY SPA



THE HEALING EMBRACE

The Gold of Baranya County: Harkány

Geographical Situation

Position

Harkány lies in the most southern part of Hungary, 25 km south of the centre of the region, Pécs, next to road 58 heading towards the Croatian border, at the southern foot of Villányi Hills and 10 km from River Dráva flowing along the border. It belongs to Siklós sub-region of South Baranya. It is surrounded, from a touristic viewpoint, by the town of Siklós on the east with its castle that can be seen from afar, by Villány of which the famed wine-growing region was named after, by some smaller settlements around the two towns and on the west by the valley of the River Dráva well-known of its untouched natural values.

Climate

It is one of the richest regions of Hungary in sunshine and light with a climate of sub-Mediterranean character. Its weather is warm and dry. Spring often starts in February already and summer is frequently long and hot. The Mediterranean plants endure the mild winter; fig and pomegranate have become native here. The average number of sunny hours is 2025 per year which is much more than the Hungarian average. The quality of air is excellent, due to the fact that no considerable industrial activity took place in Harkány and its neighbourhood in the past 200 years.

Soil

The slopes of Villányi Hills, which are 300-350 m above the sea level, are covered by loess. Together with the climate this soil ensures excellent circumstances to grape- and wine production. Red clay can also be found in this region and at some places dolomite of Triassic age, limestone and Jurassic limestone is also mixed with the loess. The territory beneath Harkány is connected to the Dráva-plain which is geographically part of the Great Plain of Hungary.

Natural Environment

Villányi Hills are divided into five parts in the directions of South-West and North-East. These are the following from west to east: Tenkes Hill (Csarnóta), Csukma Hill (Máriagyúd), Város Hill (Siklós), Fekete Hill (Villány), Szársomlyó Hill (Nagyharsány); they are all outstanding grape- and wine-producing regions. Szársomlyó is unique both in its sight and its values; there is no other geographic formation in the country having so many natural specialities. The area is exceptionally rich in under surface waters. Thermal waters are the most important of them, since Baranya County and so Harkány region is ranked as one of the best regions of the country considering both quantity and quality of water. The medicinal water of Harkány is especially remarkable; it is unique in the world due to its special chemical composition and both folk knowledge and certified medical researches give countenance to its healthful effect. This natural resource has significantly determined the past of the town both in economic and in cultural point of view, and it will also influence its future.





The Traditional Health Resort

Roots

Archaeological explorations tell us about the past of Harkány and its region in the Roman age. The former settlement emerged along the military road connecting Roman Sopianae (Pécs) with Mursa (Osijek). The military road led past rich vineyards and fruit groves on the south side of Villányi Hills, at the foot of Tenkes Hill. Historical records of the Huns living here after the fall of the Roman Empire in the 5-6th century were found in the form of two silver fibulas, and later some archaeological findings turned up from the time of Ancient Avars who kept the region under their rule between 6th and 9th centuries. According to the sources, the name of the settlement appeared first in written form as 'Harkan' in 1323. From the Middle-Ages the ruins of a church and the grounding of a mansion remained for the posterity. From 1397 the territory was possessed by the Gara family, and later by the all-time master of the Siklós lordship. Hungarian, German, Croatian and Serbian families settled here in the course of the centuries, and the variegation of nationalities is still typical of Harkány today.

The History of the Baths

The Medicinal and Swimming Baths Harkány has a history of nearly 200 years. There have been written records of the healthful effect of the medicinal water of Harkány since 1823. The development of the spa was started by the Batthyány family in 1824, and today it welcomes several hundred thousand guests annually. Its medicinal water can efficiently heal not only locomotor diseases but a number of other illnesses. Based on the numerous high-quality accommodation offers, the small town expects quests of any age-group who like entertainment and recreation connected to water throughout the year, offering them the possibility to relax and to discover Harkány and its region abounding in sight and experiences.

The Legend of Harka

Popular belief created its own legend explaining the origin of medical water of Harkány and of the neighbouring natural formations. The legend of Harka, existing in different variations, attaches the rising of medicinal water to the surface to the devil who failed on a trial. He did not manage to get Harka a beautiful girl whose tricky mother, also referred to as a witch, outwitted the devil.

*From the South, if you watch,
Harsány's peaked hill
You can see more furrows
Plowed in the rocky boroughs
And rooster, goat, cat
Footprints appear on the ridge's back.*

*An old granny used to live there
Had a daughter with a name of Harka
A wonderful maid
The devil fancied her
At nights he watched
Just couldn't be fed up.*

*If you want the girl,
Until rooster crowing,
Plow the hill of Harsány!
Said the devil: On my way!
Hooked in a cat, a goat, and a rooster
In his golden plow.*

*Granny through the attic hole,
Watching-waiting,
The devil doing,
Her bulging eyes are watching
The devil almost finishing
On the ridge.
If he is so fast,
He will finish while we rest.*

*Granny in a hurry,
Down the road to the hen house,
Crowing like a mad grouse.
Then joined the rooster
Like a booster.*

*The devil tearing his hair,
The three animals became hills,
As the devil saw his defeat,
In his anger, stamped with his feet,
A hole appeared and absorbed him,
Where he got back to hell,
Sulphured hot water came up well.*

This sulphurous hot water is the medicinal water of Harkány, the plow that was thrown away from the plow turned into Siklósi Hill, and the area that was plowed by the devil on the southern slope of Szársomlyó Hill is called today the "devil's plowing".





Natural Force that Heals Body and Soul

Medicinal water

Harkányfürdő holiday resort is worldwide known due to its medicinal water having a unique chemical composition within Europe. It bubbles up from a depth of 50-70 metres at an average temperature of 62.5 C degrees. The mineral content of the thermal water is nearly 1000 mg per litre. From a medicinal viewpoint the most valuable component is carbon sulphide (COS), the compound having bivalent sulphur, that can be found in a quantity of about 12 mg in 1 litre of medicinal water. As a gas, it is in solution and under pressure in the water. When the water comes to the surface, the gas is released from under the pressure and immediately begins to decompose; it turns into hydrogen sulphide gas, which is responsible for the characteristic odour of the water of Harkány. This compound was not known earlier, it was discovered here at the time of the chemistry analysis of the medicinal water in the 1860s. It can get into the body through the skin or inhalation really actively: its absorption is 150-fold against quadrivalent sulphur compounds (sulphates).

The thermal water of Harkány has been successfully used for almost 200 years in the curing of several illnesses, in the treatment of illnesses of the digestive system, locomotor disorders, gynaecological and dermatological illnesses, particularly psoriasis. Medicinal water with similar combination and effect can be found only at two more places in the world; the Dead Sea is the nearest of them to Europe.

Locomotor Disorders

The curative effect of thermal water on locomotor disorders is best-known. Sulphur getting into the body plays an important role in the repeated recovery and replacement of sulphurous compounds that form the cartilage. 90 percent of the patients having locomotor disorders suffer from joint- and spinal complaints; it is primarily the weight-carrying joints, the glass cartilages of hips, knees and ankles that get damaged. In the construction of these joint cartilages, organic molecules take part having bivalent sulphur as their emphatic element. In the course of the cure in Harkány, sulphur of the thermal water infiltrates the cartilages. The buoyancy of water, the hydrostatic pressure, which decreases bodyweight and with that the load of the weight-carrying joints, the hydrodynamic effect and heat effect also play a role in curing.



Psoriasis

Clinical tests prove the efficiency of Harkány water in curing patients suffering from psoriasis. There is a significant improvement in skin symptoms just after a weekly bath cure, and patients become symptom-free for months with a treatment of 2-3 weeks. Less medicine or ointments with reduced concentration are needed to the treatment, and the curing of the skin symptoms and that of neopathic joint problems can take place simultaneously. To sum it up, medicinal water is an ideal supplementary treatment to the conventional therapies using medicine, ointments and ultraviolet light.

Gynaecological illnesses

Thermal water of Harkány can also heal people suffering from chronic gynaecological inflammations. Balneotherapy treatments can help to reach long-lasting state improvement and recovery at a relatively low expense with reducing the medicine consumption, and it has no side-effects, after-effects or neopathy. The sulphur and sulphide content of the water has a strong muscle relaxant, vasodilator and anti-inflammatory effect; it improves the blood cross-stream of the tissues, it increases the formation of oestrogen and luteinising hormone and it blocks inflammatory processes. Beside all these, it is justified to be of beta endorphin (happiness hormone) intensifier; hereby it indirectly has a considerable positive psychic stress relieving effect.

The experiences of surveys justify that as a result of a three-week thermal water cure and an additional physiotherapy, pregnancy occurred in 37 % within a year in case of primary infertility of unknown origin. In cases of so called secondary infertility – when after an earlier successful pregnancy conception was unsuccessful – 52 % had pregnancy within one year. 80 % of these pregnancies resulted in child bearing.

Spring water with its significant dissolved mineral content and the other accompanying physical therapy treatments resulted in a particular significant improvement in menopausal pathologies. Similar success can be achieved with numerous chronic inflammatory gynaecological disorders as well; in case of patients with inflammation who took part in balneotherapy treatments 40% of them were healed and 42% saw long-term improvement. This unique gift of nature has delivered lasting success when employed for the treatment of other gynaecological pathologies as well, for example everyday pain accompanying endometriosis having a significant impact on quality of life and fertility, and adhesions following surgery.

On the basis of the experimental data and the results of clinical examinations of the specialists of the Medicinal Spa Hotel, the competent hygienic authority has acknowledged the special curative effect of Harkány water, earlier officially qualified as medicinal water. The certificates confirm that the thermal water of Harkány has a beneficial effect not just on rheumatologic problems and locomotor disorders but also on some gynaecological illnesses – within these infertility, endometriosis, chronic inflammations of the lesser pelvis and menopause - and on dermatological illnesses, particularly on psoriasis.

The composition of the thermal water:

<i>The chemical data of the water (the quantity of constituent relieved in 1 l water [mg])</i>		
Potassium	K+	15,5
Sodium	Na+	158
Ammonium	NH4+	1,88
Calcium	Ca2+	50
Magnesium	Mg2+	11,2
Ferro	Fe2+	0,01
Manganese	Mn2+	0
Lithium	Li+	0
Total Cations: 237		
Nitrate	NO3-	0,4
Nitrite	NO2-	0
Chloride	Cl-	105
Bromide	Br-	0,61
Iodide	I-	0,12
Fluoride	F-	1,39
Sulphate	SO42-	6,9
Hydrogen carbonate	HCO3-	525
Sulphite	S2-	12,4
Total Anions: 652		
Silicic acid	H2SiO3	55
Free carbon dioxide	CO2	242
Dissolved oxygen	O2	Not detectable
Total Soluble Mineral Content: 990		

The Spa and Swimming Baths

The medicinal centre with the spa and a spa hospital is situated in the centre of the internationally well-known town of Harkány, in a many hectare park covered with grass and trees. The spa awaits the guests the whole of the year; the temperature of water in the medicinal pools is 34 - 38 C degree. The wide range of services includes sauna, effervescent bath, massage-pools, refreshing-cures, general health courses, beauty- and health preservation cures, beauty-parlour and massage services. Besides, a bar, a cafe, a restaurant and fast food restaurants serve the comfort of the guests. In the separated, high quality medicinal centre of the spa more than 800 guests can be provided with therapy or gynaecological, dermatological cures daily under the supervision of trained specialists. Beside the traditional treatment forms, alternative healing methods, specialist examinations and treatments are also offered in the modern natural healing section of the spa.

In the swimming bath open-air pools, a swimming pool, sporting and entertainment facilities, night bathing, concerts and family friendly programmes are inviting the guests from May to October. An environment of good atmosphere and high-quality is at the disposal of the guests for sunbathing, games, sports and having meals. Our animators prepare programmes for all members of the family, old and young, so everybody can find the activity that suits them most.

Information: www.harkanyfurdo.hu



Medicinal Spa Hospital

Zsigmondy Vilmos Rehabilitation Centre of Harkány has facilitated the recovery and asymptomatic state of ten thousands of patients with the help of medicinal water in the past 55 years. It is one of the most significant institutions of the country in the rehabilitation of locomotor complaints, the treatment of active rheumatologic, gynaecological, dermatological, cardiological, neurological and chronic medical complaints are also successfully treated. Its modern, universally accessible section of balneology and physiotherapy makes the application of both traditional and the most modern forms of curing possible. In order to provide efficient and individually-tailored treatment for the patients, curing takes place with the help of a multidisciplinary team work where specialists, physiotherapists, masseurs, electro- and ergo therapists, dieticians, psychologists, nurses and the representatives of many other areas take part. Beside the treatments guests may take advantage of a variety of refreshing services such as the wellness pool with jacuzzi and infrared sauna, or the sole- and cellulite massage. It is also possible to have a slimming cure as an additional treatment for a certain fee. Our guests are accommodated in 3 to 5-bed, or – at the equivalent of a 3-star service – 1 or 2-bed, en suite rooms. All rooms have TV, phone and internet connection.

Information: www.harkanykorhaz.hu



Thermal Hotel

Thermal Hotel Harkány ****, the only four-star hotel in the South-Transdanubian region having its own medicinal centre, awaits guests coming to medicinal cures. Unique medicinal programmes are offered by specialist's management. The guests can enjoy the healing power of the medicinal water in the indoor and outdoor pools of the hotel. The bathtubs with warm water and medicinal water provide background to an intimate atmosphere and professional treatments. The health care services of the hotel are the following: medicinal massage, underwater jet massage, whirl-bath, physiotherapy, mud- and paraffin pack, magnet- and laser therapy and electrotherapy. The healing of psoriasis is facilitated by bathing in medicinal water, light therapy (PUVA cabin) and medicinal packs. In the medicinal centre, complex locomotor rehabilitation takes place under continuous supervision of rheumatologist specialists and physiotherapists that is not only for the elderly but also for sportsmen and for those who previously had an operation of the locomotor organs.

Information: www.thermalhotelharkany.eu



Curative Partners

It is also possible to select treatments, medicinal courses or wellness programmes, linked to accommodation according to wish, at the tourism service providers in Harkány.

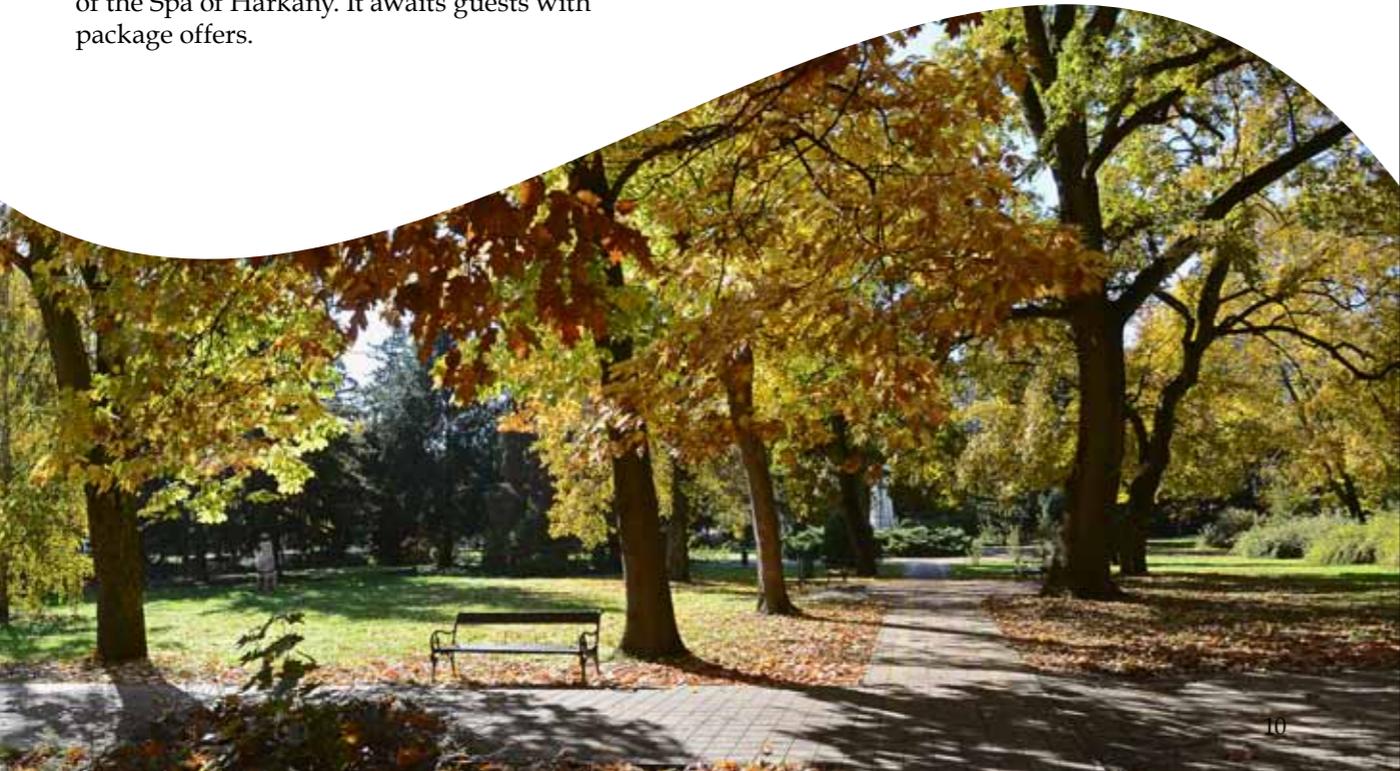
The four-star **Hotel Dráva**, in cooperation with the spa hospital, is prepared to accommodate guests suffering from psoriasis; it provides medicinal bath cures serving intimacy and light therapy. Other hotels, accommodations offer their own cure- and wellness packages collaborating mainly with the Spa of Harkány; this way everybody may combine recovery with relaxation and recreation according to their liking and finances. In comfort category **Hotel Platán** accepts guests in big numbers, mainly Czech tourist groups, arriving in Harkány by bus. **Termál Kemping Harkány** welcomes guests from inland and abroad with special offers the whole of the year specially paying attention to families and the fans of "caravan movement".

Most of the hotels in Harkány supply the guests with wellness offers; it is natural that they are equipped with sauna, effervescent bath, refreshing- and curative massages. **Hotel Xavin** is a cosy, friendly hotel in the centre of the town having a wellness section providing amusement, a central position, a big car park and a good kitchen attracting guests. **Hotel Baranya**, having the past of a 200 years old inn, offers its guests an amusement shower combined with special light and sound elements, and it has cosy rooms of different styles. **Hotel Arborétum** has not got the word arboretum in its name by chance; it is really situated in the middle of the arboretum of the town. The special attention and guest-centric attitude of the youthful, kind hosts of **Hotel Ametiszt** make people come back again. **Hotel Lídia** is one of the quiet islands of recreation on the high street of the town close to the entrance of the Spa of Harkány. It awaits guests with package offers.

When we talk about accommodation in Harkány we must also mention the more than 100 private houses. A wide range of choice of self-contained holiday houses is offered by local people for those who are looking for a cosy environment.

Information about accommodation:
www.harkanyturizmus.hu

In Harkány countryside and nature are really near to the people, they are part of everyday life. The provincial stillness and calmness, the bright sunshine and also the hospitality of the local people play a role in the fact that both the people coming here and those living here can feel that not just the water of Harkány but also the countryside and the close personal relationships have a curative and regenerative strength.



Dráva Hotel



Baranya Hotel



Platán Hotel



Hotel Arborétum



Termál Kemping Harkány



Ametiszt Hotel



Xavin Hotel



Lídia Hotel



Healing - Therapies

Treatments and therapies under specialist's supervision are provided by **Harkányi Gyógyfürdő Zrt.**, by **Zsigmondy Vilmos Medicinal Spa Hospital Harkány** and by **Thermal Hotel**** Harkány**. The choice of the treatments varies; some treatments are available at all the three places, some are offered only by one of them. Beside the traditional treatments aromatherapy, light therapy, Wai-Thai massage, steam bath, mofette and drinking cures can also be chosen.

Treatments and therapies can be covered by National Health Insurance Fund financing or by private financing at all three premises. The attendance of in-patients is provided by the Medicinal Spa Hospital, and that of the outdoor patients is provided by the Spa of Harkány and Thermal Hotel Harkány. The patients can choose from several services, accommodations, restaurant offers and free-time activities.

Tourist Association of Harkány provides help with organizing your residence in Harkány. All considerable local service providers, hotels, guesthouses, owners of private houses, travel agencies, the Spa of Harkány and the Medicinal Spa Hospital are member or the association.

Information can be found in the Tourinform Office of the association and on the website:
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H-7815 Harkány, Kossuth L. utca 7.
T/F.: +36 72 815 910
E.: tourinform@harkany.hu
www.harkanyturizmus.hu

More information about the treatments and therapeutic services:
www.harkanyfurdo.hu
www.harkanykorhaz.hu
www.thermalhotelharkany.eu

Locomotor Treatments – Curative Treatments

Curative massage – While being applied, it slackens the muscle-tone, improves the blood circulation, the inflamed state is reduced and thus also the muscular pain. The effect can be further enhanced by special therapeutic gymnastics.

Lymphdrainage – A special kind of massage applied on the limbs pathologically swollen because of the disorder of the lymphatic circulation, in order to improve said circulation.

Effervescent tub-bath – Owing to the vasodilatory effect of the carbon dioxide introduced into the medicinal water, the peripheral circulation improves, the cardiac capacity increases. The carbonic tub-bath is first of all meant for those who cannot take advantage of the pools with warmer water because they need treatment for some cardiac or vascular condition.

Carbonic acid gas treatment – Absorbed through the skin, the carbonic acid gas enhances the capillary circulation of the skin. It is beneficial against atherosclerosis, improves kidney functions, spurs testosterone production and has anti-inflammatory effect.

Tangentor – Underwater massage with a water jet. On an area of the body surface designated and in a manner prescribed by a doctor, through stimulating the damaged muscles, an attempt is made to restore their normal functioning.

Weight bath – During the underwater therapy patients are suspended to have parts of their spine or the joints of the lower limbs stretched. Load is taken off the spinal discs and nervous roots are released, making patients experience substantially less pain.

Sludge treatment – During this procedure, it is both the extended thermal effect and also the biologically active materials absorbed through the skin from the mud that enhances metabolic functions of certain organs and restores normal function.

Curative exercises – Locomotor disorders developed out of different causes can be palliated and, not infrequently, totally cured.

Electrotherapy – Ultrasonic, galvanic, TENS treatment, magneto-therapy, iontophoreses, and electric stimulation palliate the patients' pain and make their locomotion easier.



Psoriasis Cure

In the Medicinal Spa Hospital, in the Spa and in Thermal Hotel Harkány, natural spa cures and the elements of classic dermatologic therapies are also used in the treatment of patients suffering from psoriasis. The treatments are individually-tailored for each patient; besides the basic treatment also various therapies and local treatments are used. The complex cures are recommended to patients suffering from chronic, plaque-type psoriasis and additional joint problems. In case of joint problems the basic treatment is extended with an examination and continuous supervision by a rheumatology specialist and with physiotherapy ordered by a specialist. Medicines are also applied with patients in a bad state of health. A successful course of treatment takes 2-3 weeks; the treatments of the skin symptoms last 1,5 - 2 hours a day (in case of locomotor complaints physiotherapy takes more time). The patients can spend a considerable part of the day with relaxation and free-time activities.

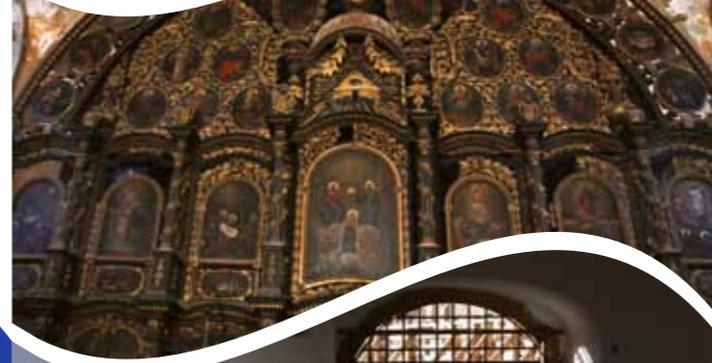
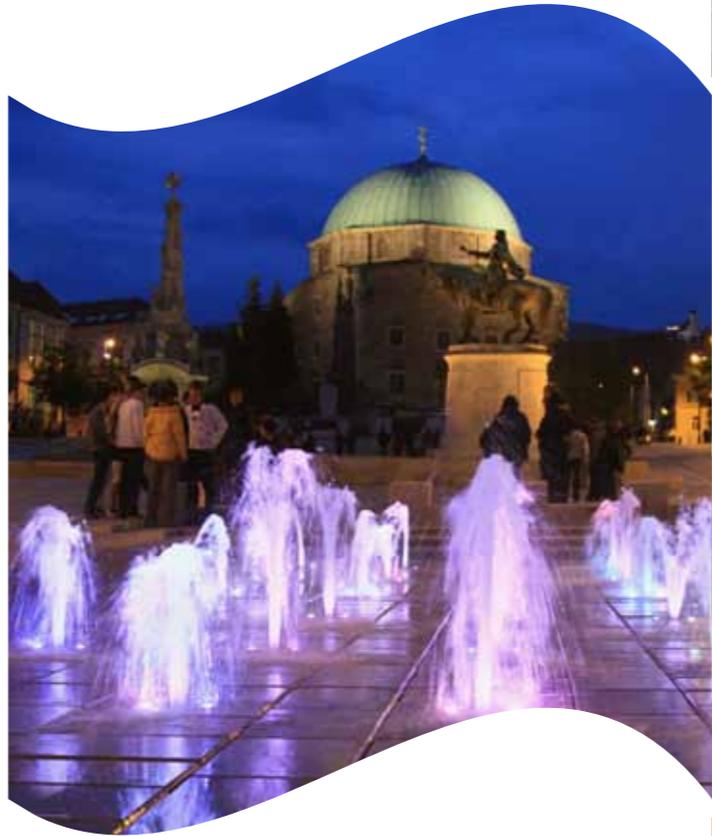
Gynaecological treatments

Harkány Medicinal Spa Hospital provides a full range of rehabilitative gynaecological, physical and balneotherapy treatments using the well-known beneficial effects of the Harkány medicinal waters. Following gynaecological, laboratory and ultrasound examinations the treatment generally takes three weeks. Tub-bath treatments, abdominal mud pack treatments, stomach massage, curative exercises and women's health physiotherapy are all part of the cure. In the case of accompanying rheumatologic disorders additional treatments may be recommended by rheumatologists or doctors specializing in rehabilitation.



Relaxation, Recreation

In the southern part of Hungary having a sub-Mediterranean climate, Harkány and its neighbourhood welcomes you to relax, recreate and refresh with the widest variety of tourism programmes of the country: the castle of Siklós with its summer theatre is one of the best-known and most visited castles of Hungary evoking the honourable periods of Hungarian history. The cellars of Villány wine-growing region and its wine gastronomy programmes let us get an insight into the secrets of Hungarian top winery and its characteristic kitchen. The River Danube, River Dráva and the protected values of Mecsek mountains offer us the experience of untouched nature, fresh air and the quiet countryside of Baranya. People can choose from various pastime activities: riding, hunting, angling, water sports or cycling. The small towns and villages of the area await the guests with friendly hospitality and countless programmes, sights: there is a wide choice of museums, ancient monuments, creative artists, craftsmen, folk art and rural tourism services. The 2000 years old city of Pécs lies 25 km away from Harkány; it is the cultural and trading centre of the region, one of the centres of Hungarian ceramics industry, contemporary fine arts and classical music.





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