



Danubius Health Spa Resort Thermia Palace ★★★★★

Piestany, Slovakia (2 hrs. drive from **Vienna** or 1 hr. drive from **Bratislava**).

World-famous spa Piestany owes its reputation mainly to the remarkable natural springs, the unique healing potential of which has been verified by hundreds of generations, both in the distant as well as in recent past. After all the „crutch breaker“ himself, the famous symbol o Piestany spa, is a very accurate expression of the healing nature of the Piestany’s natural phenomenon.

Natural healing sources

The unique healing sources are the reason why people come to Piestany since older times, and this was also the reason why the spas were created here. The healing effects of the local thermal mineral water and sulphur mud were first described by physicians in the 14th century.

Thermal mineral sulphur water

Thermal mineral water in spa Piestany has a high content of minerals (1500 mg per liter). The water also contains hydrogen sulphide and other free gases. It springs from tectonics faults at a depth about 2000 meters. The water temperature of the springs is 67 to 69°C. Output is around 3 million liters daily.

Sulphur mud

Sulphur mud is a unique peloid both in the European as well as world-wide scale. Its base is homogenized sediment precipitating in the river Váh by-pass branch on the site of the current hot springs of the sulphuric thermal mineral water.

The mud has important antifungal features. It is prepared for balneology application using the original technology, which cause it to mature and regenerate, which is accompanied by multitude o chemical and biological reactions. The mature mud has a butter-like consistency, it is greasy, malleable, with good heat conducting features, and it cools down four times faster than water compared to which the former has 350 x higher viscosity. Mud application temperature is approximately 45°C; duration of partial or total wrap is 20 minutes. The wrap causes a temporary local, as well as total body overheating, which depends on the application area of the wrap. The mud wrap causes the reduction of local swellings around joints, reduction of the muscle tension, better nutrition of cartilage, connective tissues and intervertebral discs. It strengthens anti-inflammatory activity and immune processes within the body, preventing degradation of elastine, collagen and hyaluronane, and thus improving the function of cartilage, connective tissues and joint motorics.

Therapeutic Indications

Rheumatic inflammatory disorders (rheumatic arthritis, Mb. Bechterew; rheumatism of soft tissues, fibrositis, fibromyalgia), degenerative non-inflammatory rheumatic disorders (attrition, metabolic arthropathies – gouty arthritis, premature aging of the musculoskeletal system), neural disorders (sciatica, CB - syndrome, paralysis of nerves, disorders of the appearance and body statics), orthopedic disorders (scoliosis, spine deformations, post-surgery and post-traumatic disorders of the musculoskeletal system)

Contraindications

infectious diseases, cardio-respiration system failure, acute thrombophlebitis, inflammatory rheumatic diseases in an acute state, tumor diseases with metastasis, acute psychosis, labile diabetes with epetitive acidity, pregnancy, dependency on alcohol or other habitual drugs, urine and faeces ncontinence, states requiring care by a third person, epilepsy with frequent seizures.