

BEAUTY

BEAUTY VERSUM-Beauty and health salon. Unique Bio-Oxygen® treatments. Derma-life™ with ph5.5 Feng Shui, Ionithermie® and other exclusive treatments. Cash only. Mon-Fri 9.00-21.00, Sat 9.00-15.00. Pest VII, Damjanich utca 45. T: (+361) 413 6442. www.beautyversum.hu **Map G3**

CLINIQUE-Shop and beauty parlour, offering all the Clinique cosmetics and accessories. CC: all. Mon-Fri 10.00-18.00, Sat 10.00-13.00. Pest V, Váci utca 8. T: (+361)266 7828. **Map D5**

EPILASER BEAUTY SALON AND LASER CLINIC-Excellent salon for all the best in beauty treatments plus fully equipped and highly reputable facilities for a range of laser treatments. Pest XIII, Alig utca 9. T: (+361) 330 2277.

ESTÉE LAUDER-The legendary - and Hungarian - cosmetics doyenne of makeup and skin-care products. CC: all. Mon-Sat: 10.00-18.00. Pest V, Váci utca 12. (+361) 267 0476. **Map D5**

GEDEON BÁCSI SZÉPSÉGSZALON-Computerized hair design; makeup, manicure, pedicure, acrylic nails, massage, solarium. Cash only. Pest VI, Podmaniczky u. 14. T: (+361) 332 17 06.

GELLEI FODRÁSZ SZALON-A Wella™ salon. Cash only. Mon-Fri: 07.00-21.00, Sat: 08.00-14.00. Buda XI, Bartók Béla út 10-12. T: (+361) 209 1568. **Map D7**

WELLNESS BEAUTY PARLOUR-Beauty parlour with Maria Galland, Guinot, Gigi, High-Care beauty products. L'Oreal hairdressing. Kéras-tase haircare products. Mon-Fri: 07.00-20.00, Sat: 08.00-17.00, Sun: 09.00-15.00. Buda II, Hűvösvölgyi út 138 (at the STOP.SHOP centre). T: (+361) 398 8148.

ZENORA-All the basic beauty services, but massages are a speciality. Hairdressing, cosmetics, pedicure, manicure. Also chiropractic treatment, spiritual cures and horoscopes - and don't forget those excellent massages. Cash only. Mon-Fri:09.00-19.00, Sat: 09.00-15.00. Pest VI, Teréz körút 10. T: 06 30 549 6420. **Map E3**

FITNESS CENTRES

A1 FITNESS WELLNESS CENTER-Top-class fitness and wellness center, with weight training, aerobics, yoga, fit-ball, solarium, massage, beauty salon. CC: Cash only. Mon-Fri 06.30-22.30, Sat-Sun 08.00-20.00. Buda II, Árpád Fejedelem útja 26-28. (fronting the Danube). T: (+361) 346 3030. www.a1wellness.hu **Map B1**

GELLÉRT FITNESS-Well-equipped gym, with good fitness equipment, aerobics, tantalizingly close to the Gellért Baths. Cash only. Mon-Fri: 06.00-22.00, Sat-Sun: 08.00-17.00. Buda XI. Budafoki u. 17/a. T: (+361) 209 1556. **Map D7**

HEALTH & MASSAGE

MÁTYÁSFOLD KLINIKA-Skin treatments, cosmetology, treatment for allergies, immunology, acupuncture, internal medicine, plastic surgery, physical therapy. Pest XVI, Prodám utca 18. T: (+361) 407 2256. www.stehlich.info.hu, stehlich@axelero.hu.

LINE ART STUDIO- A really relaxing apartment turned health office focusing on bone alignment, massage relaxation, health adjustments for better living and physical therapy for those suffering from scoliosis or trauma from accidents. Complete facilities with even a cosmetic service. Four masseurs work out of the office as well as certified physical therapists. Open Mon-Fri: 9.00-19.00. Pest VII, Asbóth u. 19. 1st floor/door 2. T: (+361) 267 9379. www.scolinea.hu **Map D5**



Bikram's Yoga College of India

Bikram's Yoga is a new addition to Budapest. Developed as a chain of schools throughout the world, it focuses on various levels for optimal performance in the wonderful relaxation tool that is Yoga.

Bikram's Beginning Yoga class is a demanding series of 26 postures (asanas) and two breathing exercises (pranayamas), which is suitable for all ages and levels of ability. Each posture stretches and strengthens the specific muscles, ligaments and joints needed for the next posture. The Bikram method also stimulates the organs, glands and nerves, moving freshly oxygenated blood to 100 percent of the body and restoring all systems to a healthy working order. Bikram scientifically designed this 90-minute program to deliver total health through the balancing and strengthening of every system in the body, in order to prevent illness, injury and limit the effects of aging. In addition, the series of postures combines skills of concentration, patience, determination and self-control, which lead to increased mental clarity and reduced stress. The beginning class is in a heated room to warm muscles, prevent injury, allow a deeper workout and cleanse the body by flushing toxins.

For anyone interested in giving it a try, there is a 10-day beginner's special for only Ft 2000. The studio is comfortable, relaxed and filled with wonderful light. Teachers Zsuzsanna André and Tamás Vályi speak perfect English and will be able to help guide guests in all matters.

Buda II., Törökvész út 87-91. Rózsadomb Center 5th Floor. Classes from 09.30 until 19.30 depending on day. Classes every day. Call for more information at (+361) 345 8435. www.bikramyoga.hu



THAI MASSAGE CENTRE-Traditional Thai massage given by Thai masseurs. Foot and body massage. Three locations in Budapest. Rózsakert Shopping Center 2nd floors T: (0630) 278 0808. Lurdy Ház Shopping Center 1st floor. T: (0630) 933 3965. Duna Plaza Shopping Center 1st floor T: (06 30) 580 8080. Open every day 10.00-22.00. www.arpad1.hu

SPORT SHOPS

NELLA BIKE SHOP-Well, this is the profi shop of all bike shops in Budapest. Lance Armstrong when in Hungary even made his way here. Bikes from Trek, Gary Fischer, Kona and more. Components available. Bike rental also available with routes suggested to customers by the National champion bike riders who work right in the shop. English Spoken. Open Mon - Fri 09.00-18.00 and Sat 09.00-13.00. Pest V., Kálmán Imre u.23. T: (+361) 331-3184 **Map D3**

RÖHNISCH SHOP-Scandinavian brand for women's fitness and active wear. CC: all. Mon-Fri 10.00-18.00, Sat 10.00-14.00. Pest V, Régiposta utca 7-9. T: (+361) 321 2604. www.rohnisch.com **Map D5**

HEALTH CENTRES

VITALCENTER MARGITSZIGET-At the Hotel Thermal, Margit Island, Pest XIII. T: (+361) 340 4518 F: (+361) 452 6261. **Map D0**

DAY SPAS

LEVENDULA SPA-The leading day spa experience since 1999. You can try more than 100 treatments for the face, body and soul. The spa provides the most comprehensive range of products: Elemis, Sothys, Ionithermie, Bio-Oxigen. The spa is at Leányfalu, just north of Szentendre. Móricz Zsigmond út 171. T: (06 26) 380 775. www.lspa.hu

KEMPINSKI SPA- Brand new spa right in the center of town. Offers aromatic treatments, lomilomi, La Stone massage, Thai massage, Sauna, Solarium and gym pool. No need to travel far for a day of pampering. In the Kempinski Hotel. CC: All. Open 07.00-22.00 Pest V., Erzsébet tér 7-8. T: (+361) 429 3585. www.kempinski-budapest.com **Map D5**

SPAS OUTSIDE BUDAPEST

AQUAPARK HAJDÚSZOBOSZLÓ-That is the name of the town: Hajdúszoboszló. Not very easy to say but it should be easy to decide to go there. Located in the eastern part of Hungary. A legendary spa filled with options to choose from. Medicinal baths of different sorts are from natural springs founded some years ago by Hungarian geologist Ferenc Pávai Vajna. Town: Hajdúszoboszló, Szt. István part 1-3. T: (+3 52) 558 558. gyogyfur@elender.hu or www.hajduszoboszlogyogyfurdo.hu

BÜKI MEDICINAL BATHS-Bük, located in the western part of Hungary about an hour south of Sopron and about 114km away from Vienna. The Bük baths were accidentally found when tests for oil beds were practiced during the 1920's in Hungary. They didn't find oil but springs instead. This is one of the more popular baths in the more eastern parts of Europe. Train rides to Bük leave every day. Town: Bükföld, Termál krt. 2. T: (+3 94) 558 080. bgyrt@spabuk.hu www.bukfurdo.hu

CAVE & MEDICINAL SPA IN MISKOLCTAPOLCA- Made from natural springs and all of mother nature's own miracles, the spa is set on top of a spring well and underneath you can bathe in the warm waters within a cave. Think we are