



HAJDUSZOBOSZLO



For 85 years, Hajduszoboszló has been the go-to destination for those seeking healing from various musculoskeletal, skin, and gynecological diseases. The reason for its fame is the thermal water that gushes from a depth of 1100 meters. This water has a temperature of 75°C, and is rich in iodine, bromine, salts, bicarbonates, and various trace elements like titanium, vanadium, copper, zinc, silver, strontium, barium, and lead.

The town of Hajduszoboszló, located 202 km east of Budapest and 20 km from Debrecen, has become a worldwide sensation thanks to the thermal water. Visitors can enjoy numerous cafes, restaurants, bars, and pavilions in this small but cozy town. During the summer, there are several events like concerts, circus shows, amusement parks, festivals, and competitions.

The spa complex is open all year round and has several pools with therapeutic water that has the same composition, but at different temperatures. To get the best results, a stay of 20 minutes is recommended, but visitors can bathe several times a day with breaks. The indoor thermal complex is open from 7:00 to 19:00.

In March 2010, the water palace "Aqua Palace" was opened. It covers 15,000 square meters with a water surface of 1,000 square meters, and can accommodate up to 1,600 people at a time. The complex boasts 600 surf tracks, an ice cave, a cinema, thermal baths, Roman baths, Indian bath, a sea pool with slide, and separate pools and slides for children. In addition, there's a swimming pool, gym, aerobics room, squash courts, a bar with snacks, a self-service restaurant, and a coffee bar.

Visitors can get to Hajduszoboszló by flying to Budapest or taking a train. Alternatively, there are regular flights to Debrecen Airport, which is 20 kilometers away from the town.

If you're looking for accommodation, Hajduszoboszló has a range of hotels to choose from.

Local Attractions

Museum of Modern Art, ruins of the bastion, Bocskai Museum Stephen, exhibition of the history of baths, collection of the Fazekas House. Near the city the famous Hortobágy steppe ("empty") spreads out. Depart from the resort excursions to the cities of Debrecen, Eger, Tokaj and Hortobágy, Budapest.

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Indications:

Hajdúszoboszló thermal spring water has an international certificate quality and is used in the treatment of more than 40 types of diseases:

- chronic inflammation of the joints;
- degenerative changes in joints;
- various chronic inflammatory diseases of the spine;
- chronic nerve pain, nerve inflammation;
- rehabilitation treatment of paralysis;
- chronic muscle pain;
- rehabilitation treatment after injuries, incl. sports;
- in case of protracted, difficult-to-heal bone fractures, assistance formation of a bone scar;
- some forms of vasoconstriction;
- chronic gynecological diseases;
- chronic skin diseases;

Contraindications:

- acute inflammation;
- malignant tumor;
- poor blood circulation;
- severely increased blood pressure;
- tuberculosis;
- diseases of the central nervous system;
- pregnancy;

Composition of water in Hajdúszoboszló resort

Component		mg/l
Sodium	Na +	1260
potassium	K+	18
ammonium	NH4+	14,8
Calcium	Ca2 +	12
Magnesium	Mg2 +	1,8
Hardware	Fe2+	0,14
Lithium	L+	0,3
Manganese	Mn2+	Less than 0,02

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Total cations		1303,44
Nitrates	NO3-	Less than 1,00
Nitrite	NO2-	Less than 0,01
Chloride	Cl-	1030
bromides	br-	8,3
iodides	J-	6,85
floridy	F-	1,5
sulfates	SO42-	Less than 10
sulfites	HCO3-	1720
sulfides	S2-	0,24
and phosphates	PO43-	
Total anions:		2766,89
Meta boric acid	HBO2	93
Meta silicon acid	H2SIO3	52
Free carbonic acid	CO2	33
Dissolved oxygen	O2	5,4
arsenic	As	Less than 2
Total ions:		6134
Radioactive radiation Rn 1,40x10-10 Curie		

Healing procedures offered in the baths Hajduszoboszlo

Mud therapy
Underwater hydromassage
Refreshing massage 15 minutes
Refreshing massage 30 minutes
Therapeutic massage (local) 15 minutes
Therapeutic massage (full) 30 minutes
Reflexive foot massage 15 minutes
Reflexive foot massage 30 minutes
Inhalation
Iontophoresis
Magnetotherapy

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Selective current excitation
Interference
Ultrasound
Electric bath
Galvanized
Laser therapy
Diadynamics
Therapeutic gymnastics (in a group)
Therapeutic gymnastics (individual)
Treatment in a bath with carbon dioxide
Traction (stretching the spine)
Thai massage
Solarium 6 min.
Solarium 12 min.
Salt chamber / 1 hour
Salt chamber / case 7
First medical examination
Further medical examination
IBR System® (first)
IBR System® (2 - 9 cases)
IBR System® (from 10 cases)

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