

# Director's Welcome

## Dear Guest!

The management and staff of Hotel Kumánia would like to welcome you.

Thank you for choosing us for your holiday, relocation and recovery.

In our guide we would like to inform you about our hotel's services and all the necessary information essential for a carefree relaxation.

Please check our room guide and watch out for our daily promotions.

Our hotel reception is open 24-hour to answer your questions and requests.

Your opinion is important to us so we would be thankful if you fill in our „**Guest satisfaction**” questionnaire and write your opinion to our Facebook site ([www.facebook.com/HotelKumania](http://www.facebook.com/HotelKumania))

Don't forget:

**„Kumánia, is the place where silence and tranquility meet with quality”**

We wish you a pleasant holiday and swift recovery.

*In the name of Team Kumánia: **Mátyás Kecze**, managing director*

## The history of the hotel

Hotel Kumánia was built in 2012 in the heart of Great Cumania, Kisújszállás. It received the Spa hotel classification in 2015. Our hotel welcomes you with comfortable, well-equipped, air-conditioned rooms accessible for everybody. The hotel is in direct connection with Kumánia Spa and outdoor pools thus on the first level you can walk to the pool even in a bathrobe. People who are interested in wellness are welcome by 5 indoor and 3 outdoor pools, sauna world and special massages. There is a therapy unit in the spa where you can receive physiotherapeutic and medicinal treatments if you have health insurance.

Visitors of Kumánia are welcome by colourful programs all year round. For the lovers of gastronomy we can offer Hungarian and Cumanian dishes in our restaurant.



## Basics

Name of hotel: Hotel Kumánia

Address: 5310 Kisújszállás, Rákóczi utca 8-12

Website: [www.kumania.hu](http://www.kumania.hu)

E-mail: [hotel@kumania.hu](mailto:hotel@kumania.hu)

Facebook: <https://hu-hu.facebook.com/HotelKumania>

Phone: +36-59-887-710

Opening time: all year round

## Hotel introduction

Hotel Kumánia has a 3-star superior category and it welcomes its guests on two levels with its 28 comfortable double rooms and 2 spacious rooms accessible for handicapped people as well.

All rooms are equipped with air-conditioning, mini bar and television set. The bathrooms are equipped with shower and hair-dryer. On the first floor there are rooms with balcony. The comfortable beds with „Cumanian” motives can be used differently but has a double beds or single beds – according to your needs. There is free wifi connection available in each room.

## Reception

There is a 24 – hour front desk in our hotel. Please turn to our receptionist with trust.

## Hotel restaurant

The restaurant of Hotel Kumánia offers several possibilities for the lovers of gastronomy and event organisers, as well. Besides the Hungarian gastronomy you can find local specialities in our restaurant – among others sheep stew which is recognised as an unique Hungarian „product”. The restaurant provides breakfast and dinner for our hotel guests or satisfies special needs e.g.diabetic and lactose-free dishes.

If you have special wishes please notify the reception. We also recommend our a la carte menu.



## **Opening time**

Kitchen: 07.00-20.00

Restaurant: 07.00-21.00

## **Drink bar**

It is on the ground floor of the hotel in the restaurant, open every day between

07.00-21.00.

## **Terrace**

Our terrace is open in high-season and welcomes its guests with a different menu.

## **Kumánia Spa and outdoor pools**

You can directly the outdoor pools through the first floor corridor: There are indoor and outdoor children pools and slides for the kids while adults can choose from adult medicinal water pools, bubble pools and different types of sauna. Besides bathing we offer several programsto our guests all year round – sauna program, gastronomic and traditional events, child activates.

Futhermore, there are night bath programs, sports facilites, sports grounds in high season for a full relaxation.

## **Wellness seVICES**

Kumánia Natúr and Relax Sauna world (indoor Finish sauna, infra saunas), steam cabin, pungle pools, Kneipp-pools, classic and pampering massages, Caracalla light therapy massage tub.



## Kumánia Therapy

Kumánia Spa Ltd. offers a wide range of physiotherpic treatments for patients with referral. Beacuse of the great number of locomotive diseases and disorders which affect a huge number of the population the physiotherpic treatments have a growing significance with which therapy treatment as well as prevention can be efficiently applied:

- decrease the time used for recovery and improvement in condition
- it improves life quality, pains decrease, the scale of disability decrease
- physical strenght and resilience improves
- it directs patients toward a conscious, right lifestyle, it helps to evolve the right nutrition, regulare exercises and stress relief by giving expert advice

## Hotel services

**Wifi:** free wireless internet access in the whole area of Hotel Kumánia – in the rooms, community facilities, everywhere.

**Password:** ask at the reception!

## Phone usage

The phone in your room is free for calls within the hotel: The fee of local and international calls will appear on your room bill. Please ask for information about the phone charges at the reception.

If you are in the town the following important phone numbers could be useful for you:

Hotel: +36-59-88-77-10

Ambulance: 104 Fire department: 105 Police: 107

General emergency: 102

Call to an other room: before putting in the room number (e.g. in the case of room 101: 2101) and then push the Dial button!

In case of calling local number our system would automatically connect to the dialled number (e.g. 06-55-555-5555- Dial)

Reception: dial the number 2001 and then push the Dial button.



## Using the safe

One of the basic elements of calm relaxation is to keep our valuables in a secure place. There is a room safe in all of our rooms. Please read the instruction manual of the safes and put your valuables there.

## TV

The TV and radio programs can be found in our guide. Please turn off the devices when you leave the room!

## Parking

In front of the hotel and the spa area it is free. The area of the complex and the parking in front of the hotel is partially supervised by cameras:

## Safety regulations

Please for your own safety keep the following regulations: To avoid fire please keep the smoking prohibiting rule! We marked the outdoor smoking areas with a sign board. In our rooms the fire alarm will go on immediately so please do not smoke even on the balconies!

- For fire safety reasons, please turn off all electrical devices when leaving the room!
- If you sense an emergency situation please call the reception at 2001!
- Please keep your room locked all the time and close the windows when you leaving the room.
- Safe solution to keep your valuables is the room safe which can be found in the room closet.

## Emergency exit

In case of a fire aemergany, please leave the building immediately, you will find the emergency exit route on the table in the room. In case of fire the lift mustn't be used!

Please follow the instructions of the hotel staff in case of evaciuation!



## First aid areas

- hotel reception
- camping reception
- curative unit patient administration
- spa life guard desk
- spa bath tub treatment

Thank you for visiting us! We hope that you will return home relaxed and recharged and will be longing to return to the heart of Great Cumania, to Hotel Kumánia soon.

*We wish you a pleasant relaxation!*



## Chanel Spacing

1. M1
2. M2
3. Duna
4. M4
5. Duna World
6. M5
7. Szolnok TV
8. T1 Televízió
9. Kisúj Tv
10. Hír Tv
11. TV4
12. TV2 Kids
13. AMC
14. TV2 Séf
15. Nickelodeon
16. ATV
17. RTL3
18. Sport 2
19. Spektrum
20. RTL
21. TV2
22. Sport 1
23. Viasat 3
24. Cool
25. Sorozat+
26. Paprika Tv
27. Comedy Central
28. Viasat 6
29. Film+
30. Spiler 1
31. Zenebutik
32. TeenNick
33. Story 4
34. Izaura Tv
35. Disney Channel
36. Super TV2
37. Minimax
38. RTL2
39. Prime
40. National Geographic

## Guest guide from A to Z

### Dear Guest,

We would like to welcome you in our hotel at Kisújszállás, Hotel Kumánia. With the help of our guide we would like to present you the wide range of our services and call your attention to the most important information. We hope that thus we can make your stay even more pleasant.

*The Kumania Staff*

**AIR CONDITIONING** We have central air-conditioning in our hotel which you can set with the control device according to your needs. When opening the balcony door or the window the air conditioning stops working.

**AROMATHERAPY MASSAGE** This massage relaxes the body with the use of essential oil, the blood circulation in the body intensifies, it helps the roughages to exit the body. The essential oils have a relaxing, stress relief effect on the whole body both through the skin and by breathing in.

**BABY FRIENDLY** Room accessories. For families and people visiting us with small children we can provide free accessories in the room if they request it e.g. baby tub, potty, toilet narrower, toilet step, baby bed and night light source. Please ask at the reception.

**BALNEOTHERAPY** The thermal and medicinal water exert their chemical effects by the absorption of the minerals through the skin. These minerals enter the blood circulation, lymph circulation and strengthen the immune system. It starts regenerating, building process in the body. Balneotherapy is the collective name of these treatments.

**BAR** Our restaurant has a drink bar which is open every day from 7 am to 10 pm.

**BATHROBE** In superior rooms it is included in the room rate. For standard room the fee is 500 HUF/night. For special sizes please contact the reception. We change the bathrobe daily for a fee. If you want to change the bathrobe it is available for a fee.

**BEACH FOOTBALL GROUND** it is found on the premises of the outdoor pool area, sandy ground. Enquire at the reception.

**BED LINEN** We change the bed linen once a week. If you want we can change your bed linen more frequently for a fee. Ask for conditions at the reception.

**BICYCLE RENT** Bicycles in different sizes are available for rent. Ask for help at the reception.

**BILLIARD** You can find it on the first floor passage corridor. Ask for the rent at the reception.

**BLANKET, PILLOW** If you have personal requests please notify our reception.

**BOAT LAKE** It can be found between the beach and Kumánia Camping and Youth hostel.

**BREAKFAST** Available in the restaurant between 7 – 10 am. Pending on the number of guests in our hotel: under 10 guests we serve from the menu, over 10 guests we provide buffet breakfast.





**BUBBLE POOL** It is the „Turgony” pool

**BUFFET** At the entrance of the thermal bath, the opening hours are the same as for the bath.

**CAMPING AND YOUTH ACCOMODATION** It can be found next to the boat lake, 5 wooden huts (2 double beds per room, living room, tea kitchen, bathroom), tent and caravan places available there.

**CRACALLA** Caracalla massage tub with light therapy. Taking into consideration all ergonomics we create a magical massage tub with light therapy providing an outstanding experience for our guests.

**CAR SERVICES** You can order at the reception.

**CAR CHARGING FOR ELECTRIC CARS AND OTHER VEHICLES** available at the area of the Kumánia Camping. The price of the charge is 5 000 HUF/time. For more information ask the reception.

**CHAIR IN THE BATHROOM** We provided it upon request, please notify the room maid or the reception.

**CHOCOLATE OIL MASSAGE** Chocolate stimulates the nerve system and an effect endorphin, happiness hormone is released. It eases anxiety, tiredness and petulance and provides calmness, joy and internal harmony. Through its antioxidants it stimulates the regeneration of cells, refreshes, tightens and smoothens the skin keeping its flexibility and youthfulness. It has hydrating, skin-softening and fat-burning effect. Ask for appointment at the reception or spa ticket office.

**CHECK OUT TIME** is 10 am. If you have any personal request please turn to the reception.

**CHESS** Our giant chess can be found in the beach area next to „Mirhó” pool.

**CHILD BED** We can supply this upon request to your room. Please contact reception.

**CHILDREN SLIDE** It can be found in the thermal bath hall in the multifunctional „Hattyas” pool.

**CHILDREN CORNER** It can be found next to the „Csivag” pool in the thermal bath hall.

**CHILDREN POOL** In the outdoor (seasonally operating) „Mirhó” pool and the indoor „Csivag” pool

**CLEANING** Our room maids clean your room daily. If you do not wish your room to be cleaned please put out the „Don't disturb” sign. To protect our environment we ask you to ask for new towels only in very necessary circumstances. Thank you.

**CONFERENCE ROOM** It can be found 50 metres from Hotel Kumánia. It can host 50 people and serves as a venue for business meetings, professional training, conferences, family events.

**CONSENT STATEMENT** A form should be filled in when you want to take a wellness massage. Please submit the filled in and signed statement to the masseuse before the massage begins.

**CREDIT CARD** We accept MAESTRO, MASERCARD, VISA SZÉP KÁRTYA – OTP, K&H, MKB

**CUPPING** Ask for appointment at the hotel reception or at the spa ticket office.

**CURATIVE GROUP SWIMMING** Information available at the reception.



**CURATIVE GROUP SWIMMING FOR UNDER 18** According to medical recommendations therapeutic swimming is good for cardiovascular problems, joints diseases, respiratory problems, spine and chest deformities, overweight and nervous system damages. Specialist's referral is needed.

**CURATIVE EXAMINATIONS** The examination room is on the ground floor. Please look at the information board.

**CURATIVE TREATMENTS** Available with referral from the GP or specialist.

**DARTS** You can find it in the first floor passage corridor. Ask for rent at the reception.

**DENTISTRY** It can be found next to the main entrance of our hotel.

**DINNER** In the restaurant between 18.00 – 21.00 (pending on the number of guest, below 10 guests from the menu, over 10 guests buffet dinner). For personal time requests contact reception.

**DOCTOR** In case of emergency come to the reception.

**DOCTOR'S OFFICE** It can be found on the ground floor of the medical bath treatment.

**EFFERVESCENT BATH** During the effervescent tub bath treatment we drive carbonic acid gas into the steam and because of this the superficial veins dilate. Specialist's recommendation is needed, ask for appointment at the spa ticket office.

**ELECTROTHERAPY TREATMENT** Electrotherapy means the therapeutic use of electric current. We mainly use to alleviate pain of patients with locomotive disorders. We can use both alternate and direct current, depending on the aim of the therapy. In Kumánia we apply the following: four-chamber galvanic current, selective stimulus current, diadynamic current, interference current therapy, TENS, high frequency. Available only by referral of a specialist with a treatment sheet.

**EMERGENCY EXIT** Please follow the information boards and arrows.

**EVENT TENT** Our elegant lakeside event tent can be a special venue for weddings. The decorated tent in a wonderful surrounding can host up to 120 guests.

**EXPERIENCE ELEMENTS WAIST AND BACK AIR INFLOWS** Available in the „Szejkő”, „Gyalpás”, „Turgony”, „Marjalaka” and „Csivag” pools.

**EXHIBITION** In the corridors next to the restaurant, in the Hotel Kumánia Gallery you can find temporary art exhibitions.

**EXTRA BLANKET** 1 extra plaid is contained by the cabinet of the rooms

**FINNISH SAUNA** Its temperature is between 85-95 Celsius, opening hours at Monday, Tuesday, Wednesday, Thursday and Sunday between 10:00-17:30, at Friday between 12:00-19:30 and at Saturday 10:00-19:30.

**FIRE ALARM** If the fire alarm sounds please follow the instruction of the reception.

**FIRST AID ROOM** It can be found at the hotel's reception, the camping reception and on the premises of the thermal bath at the lifeguard's desk, at the tub treatment, at the patient administration.

**FOOT MASSAGE** One of the oldest type of treatments. The aim of the treatment is to restore the physical and spiritual balance. Appointments are to be made at the spa ticket office.



**GYALPÁR POOL** It can be found in the spa hall, it is a multi-functional thermal water pool.

**HAIR DYER** Our bathrooms are equipped with hair-dyer.

**HATTYAS POOL** It can be found in the thermal bath hall. Available for swimming and playing, it is with a slide.

**HIGH FREQUENCY THERAPY** A special treatment recommended by our specialist. The Hydrosun radiating-light therapy works in the infrared and ultra violet light range. These light waves are natural and can be excellently used in therapies. It enhances blood circulation, reduces pain and quickens healing of the wounds.

**HONEY MASSAGE** Honey has extremely good antiseptic, demukcent, muscle loosening, stress relieving, pain relieving and immune strengthening effect. It helps to regulate the energy flow and detoxification of the body. During its application the skin becomes smooth and healthy. It strengthens the body contours, improves the flexibility of the skin. The vitamin content of the honey enters deep into the skin, it absorbs the roughage, collects it and the treated area at the end of the massage gets rid of it. Ask for appointment at the hotel reception or at the spa ticket office.

**INFRA SAUNA** Between 55-60 °C temperature, opening hours at Monday, Tuesday, Wednesday, Thursday and Sunday 10:00 – 17:30, at Friday 12:00 – 19:30 and at Saturday 10:00 – 19:30

**INTERNET** It is available free of charge in the hotel and thermal bath area. The password is provided at the reception.

**IRONING** We provide ironing within an hour between 6:00-14:00, ask for help from the room maid or reception.

**IRON AND STAND** ask at the reception

**IT HELP** Ask for help at the reception.

**KINESIO TAPE** is a thin flexible cotton tape with acrylic glue which fixes the damaged muscles and joints without limiting their free movements thus the recovery time of joints and muscles problems can be significantly accelerated. In the majority of locomotive problems it proves to be an extremely effective auxiliary therapy. The tape is glued with a special technique and by this the skin and the tissues under the skin get relaxed thus the blood and lymph circulation intensifies. The tape stabilizes the muscles and the joints thus the pressure on the pain-sensing receptors decrease. Thanks to all these the regeneration of the tissues accelerates.

**KNEIPP POOL** You can try foot reflexology by walking on round stones thus healing and strengthening your body. You can find it between the outdoor pool and the plunge pool as well as in the indoor sauna world in front of the plunge pool.

**LAND PHYSIOTHERAPY** The physiotherapy done on the ground stabilizes the back, the spine and the waist muscles. Specialist's referral is needed, please ask for an appointment at the physiotherapists on weekdays between 7.30 – 15:30 at the 0670/682-6267 phone number.

**LAUNDRY, IRONING** Available for a fee. All materials submitted by 9 am will be cleaned within 9 hours. Dry cleaning is not available. Please ask for help from the room maid or reception.



**LOCKERS** They can be found in the changing room at the thermal bath entrance. It can be used for early or late check-ins.

**LOST AND FOUND** Object found in the hotel and the thermal bath will be kept. Upon request we can deliver it by post after your departure by cash on delivery.

**LUGGAGE STORAGE** Our luggage room is at the reception.

**LUGGAGE CARRYING** For help ask for the reception

**LUNCH** A'la carte services from 12 o'clock

**LYMPH MASSAGE TREATMENT** The healthy lymphatic system carries the roughage from the connective tissues. In case of system disorder the lymph liquid cannot exit and then in the affected body part lymph edema happens. The massage at removing the gathered liquid and roughage.

**MAGNETOTHERAPY TREATMENT** The therapy with a special pulsating magnetic field improves and intensifies the blood circulation up to the capillary level, it activates metabolism, improves cell regeneration and increases the oxygen content of the tissues. It is quite effective to treat bone metabolism diseases (osteoporosis), fracture recovery and against loose articular prosthesis.

**MANAGER MASSAGE** It eliminates the unpleasant feeling of tensions in the muscles accumulates during the fast pace of weekdays. It is a short massage which you can take even in a coffee break, recommended for people doing sitting jobs. It is refreshing, stress relieving, improves your mood and applied especially on the neck, shoulders and the upper back area. Ask for appointment at the hotel reception or spa ticket office.

**MCKENZIE PHYSIOTHERAPY** McKenzie physiotherapy is a method based on the special examination and treatment of spine problems which can be mostly applied to reduce and terminate problems caused by spinal hernia. Its advantage is that with this we can avoid taking a lot of painkillers and demulcent pills. It provides fast and lasting changes instead of symptomatic treatment.

**MEDICAL MASSOTHERAPY** A massage only referred to by our doctor. Medical massotherapy is an excellent treatment for the different locomotive disorders and has a good stress relieving effect. You can ask for appointment at the spa ticket office.

**MEDICINAL BATH** It can be approached through the corridor on the first floor of the hotel.

**MEDICINAL BATH TREATMENTS** It includes pool bath, tub bath, mud treatment (we use mud compress), weight bath, effervescent bath, medical massotherapy, underwater jet stream massage, underwater group physiotherapy, complex medicinal bath treatments which can be used by a specialist's referral and treatment sheet.

**MEDICINAL BATH TREATMENT, COMPLEX** Four different medicinal treatments defined by a specialist which are used together to make a swifter and efficient recovery. GP's referral is needed.

**MEDICINAL SITTING POOL** The indoor „Szejkő” pool is equipped with benches.

**MEDICINAL WATER** Medicinal water is a kind of mineral water the medicinal effect of which is proven. The characteristic of our medicinal water: sodium-hydrogen-carbonate-like thermal water. Our indoor „Szejkő” and „Gyalpár” pools are filled with medicinal water of different temperatures. Our „Szejkő” pool mustn't be used by people under 14. Please check the information boards.



**MEDICINAL WATER TUB BATH** We can provide this treatment for those who because of their physical problems e.g. extensive skin abnormality, cannot use the common pools. Referred to by a specialist and can be used by prior arrangement.

**MEETING ROOM** It can be found 50 meters from Hotel Kumánia. It can host up to 50 people and serves as a venue for business meetings, professional trainings, conferences and family events.

**MINIBAR** Can be found in the hotel rooms. The content is filled up daily. It is charged to your hotel room.

**MUD TREATMENT** Mud has physical, biological and chemical effects, if it is applied on smaller and bigger it can improve the blood circulation, it dissolves muscle contractures and by improving metabolism it helps to regenerate the damaged tissues. In our thermal bath we use mud compress. If you want to get this treatment please ask about the price at the bath ticket office.

**NECK SHOWER** It is available in the thermal bath hall, in the „Gyalpár” and „Szejkő” pools and the „Marjalaka” pool.

**NIGHT BATHING** At pre-advertised times. Inquire at the reception.

**NOTEBOOK AND PEN** are included by the rooms

**OPINION** please fill in our „Guest satisfaction” questionnaire what placed in the room and write your opinion to our Facebook site.

**ORTOPHAEDICS SPECIALIST CONSULTATION** Every first Wednesday of the month, you need a referral from your GP and appointment time is needed.

**OUTDOOR POOLS** You can reach the outdoor pools through the thermal bath, seasonal opening hours. The „Marjalaka” thermal pool is open the whole year

**PARKING** It is free of charge and can be found at the hotel entrance. Please make sure that you do not occupy the parking places for guests with disabilities. Thank you!

**PATIENT LIFTING** With the help of this machine and of our colleagues guest with handicaps can also use the pools. Please ask for help from the lifeguards.

**PÁLINKA MASSAGE** Pálinka has a positive effect on the body not just internally but externally, as well. It is an intoxicating experience for the skin, as it refreshes and regenerates it. It is an excellent demulcent for the joints and total relaxation for the guests. Ask for appointment at the hotel reception or spa ticket office.

**PETS** Pets are allowed in designated rooms. Please use the „pet in the room” sign. We kindly ask you not to take your pet to the area of the spa and the curative unit as well as the restaurant. Except blind man’s dog.

**PHOTOCOPYING, SCANNING** It is possible for free at the reception

**PHONE CHARGER** ask at the reception

**PHYSIOTHERAPY** Physiotherapy means the use of energies to be found in nature / sunshine, water, air and earth/ in medical science. Physiotherapy includes physiotherapy/ it is the collective name of treatments applying physical energies/, balneotherapy and climotherapy. In their effects besides the physical factors chemical substances/ carbon-dioxide, radon, mineral salts/ as well as biological factors / flora and fauna, pollen content/ play a role. The medical application of physiotherapy is extremely



widwspread but most often is used in the case of patients with special locomotive disorders/ reumathology, ortopaedics, neurology, traumathology, locomotive rehabilitation/.

**PHYSIOTHERAPY SPECIALIST EXAMINATION** it is available if you hold a referral from your GP but you need to make a prior arrangement. Please make it at the reception.

**PHYSIOTHERAPY TREATMENT** Available in the thermal bath and in curative unit on weekdays between 7.30-16.30

**PLAYGROUND** is stand at the area of the spa

**PLUG** ask the reception for international adapters

**PLUNGE POOL** It can be found in the hall of the sauna world. The pool's temperature is between 20-24 °C temperatura.

**POOL BATH** The two wells which supply the spa were declared with clinical examinations as medicinal water in 2003. Its main content is hydrogen-carbonate but it also contains in high concentration macro- and micro as well as trace elements. The water is fit to treat different abrasive (degenerative) spinal and articular deformities. When used as a curative treatment it decreases the spinal and articular pains and improves the locomotive functions. It dissolves the spastic conditions and contractures in the muscles and the joints.

**POSTCARD** You can buy it at hotel reception.

**PROGRAMS** We offer a wide range of programs at the reception.

**RADIO** You can listen to the radio on your TV set, please check the TV programs listing

**RAZOR** You can buy a set (razor, shaving foam) at the reception

**REGULAR CUSTOMER PROGRAMME** Ask about conditions at the reception.

**REFRESHING MASSAGE** The refreshing massage is a pleasant, ancient method to refresh the muscle, the skin and the blood circulation as well as for preventing and healing diseases. It also has a beneficial effect on the nerve system Thanks to its effect on the parasympathic nerve system. It dissolves the muscle strains, recovers the blood pressure and circulation thus compensates for the stressed, tense condition in the body.

**RELAXING MASSAGE** Relaxing massage is a soft massage type which fills the whole body with energy and sooths it at the same time. We recommend this to ease tiredness and exhaustion for those who want to get rid of the everyday stress and tension. It helps relaxing the overburdened, stiff muscles and the joints, the dissolution of pains. During the treatment the guest reaches a tranquil state in harmony with the environment, the wellbeing improves and the harmony of body and soul recovers. Ask for appointment at the hotel reception or spa ticket office.

**RESTAURANT** Open daily between 7.00 – 21.00. A la Carte between 12:00-21:00 Breakfast 7.00-10.00. Dinner: 18.00-21.00. Over 10 people we serve buffet breakfast and dinner to our guests. Under 10 people the guests can order from the menu. Please make sign to our reception if you have any special demand of your diet.

**SAFE** You can find it in the room closet. Please read the instruction manual.

**SAUNA** The Kumánia Natúr and Relax world can be found in the thermal bath. Finnish sauna, infra sauna, steam cabin await you. Opening hours at Monday, Tuesday,



Wednesday, Thursday and Sunday 10:00 – 17:30, at Friday 12:00 – 19:30 and at Saturday 10:00 – 19:30

**SAUNA BODY SCRUBS** It can be purchased in the lobby of the sauna world, it can be added to your hotel room at the spa ticket office

**SAUNA HONEY CREAM** Can be purchased in the hall of the sauna world, , it can be added to your hotel room at the spa ticket office

**SAUNA PROGRAM** During season at Friday and Saturday. If you want to take part in it please apply at the spa ticket office.

**SAUNA SHEET** Can be rented in the hall of the sauna world.

**SCANNING, COPYING** Available at the reception for free

**SEWING SET** it is provided in the room

**SHOE CLEANING KIT** ask at the reception

**SHOEHORN** is provided in the room

**SHOE POLISHING** Our shoe polishing machine is available at the lobby of the reception.

**SMOKING** In closed places and on the balcony of the room it is forbidden. There is a designated smoking area within Kumánia Spa and Thermal bath

**SOUVENIRS** You can find at the spa ticket office and at the curative unit entrance and at the hotel reception

**SPA OPENING HOURS** Monday, Tuesday, Wednesday, Thursday and Sunday 08:00–18:00, at Friday and Saturday 08:00-20:00

**SPA TICKET** The room price includes the ticket.

**SPA TICKET OFFICE** It can be found at the thermal bath entrance

**SPECIALIST OFFICE** It can be found at the ground floor of the curative unit

**SPECIALIST EXAMINATION** These examinations are available with prior arrangements with a GPs referral in Kumánia Thermal Bath. Our specialist of internal medicine is available every morning of the week

**STEAM CABIN** Its temperature between 45-48 °C degrees. Opening hours at Monday, Tuesday, Wednesday, Thursday and Sunday 10:00 – 17:30, at Friday 12:00 – 19:30 and at Saturday 10:00 – 19:30

**SUNBATHING TERRACE** You can get there through the thermal bath hall.

**SUPERIOR ROOM** This type of accommodation has a bigger area than the standard room. It is equipped with balcony furniture and comes with extra supplement such as electric kettle, daily coffee, tea and mineral water for every person, bathrobe and bathroom supplements.

**SWIMMING POOL** In the thermal bath all year around the "HATTYAS" indoor pool and seasonally the outdoor „TARJÁN” pool.

**SWIMSUIT** Swimsuit can be purchased at the Aynur gift shop next to the spa ticket office. Please ask the person in the ticket office.

**SZEJKŐ POOL** It can be found in the thermal bath hall. Pool with thermal water. Guests under 14 mustn't use it.



**TABLE FOOTBALL** You can find it on the first floor passage corridor. Ask for the rent at the reception.

**TARJÁN POOL** It is a seasonally operating outdoor pool.

**TECHNICAL SUPPORT** For over the phone computer or technical support please contact reception

**TELEPHONE** For the use of telephone check the separate information guide.

**TELEVISION** For the use of TV and TV channels please check the order information guide.

**TENNIS** There is a clay court next to the outdoor pool please inquire at the reception.

**TERRACE (RESTAURANT)** it has seasonal opening hours.

**THERMAL BATH** It can be accessed through the first floor of our hotel

**THERMAL WATER POOL BATH** The water of the two thermal wells providing water for the spa was declared medicinal water by examinations in 2013. It contains mainly hydrocarbonate but also a high concentration of other macro-, micro- and trace elements which can be applied to treat different degenerative spine and joints deformities. Its cure-like use diminishes the spine and joint pains, improves locomotive functions. It relieves the cramps and contractures in the muscle and joints

**TOOTHBRUSH, TOOTHPASTE** Mouth hygienic package can be brought at the reception

**TRANSFER** Ask for the service at the reception.

**TURGONY POOL** It can be found in the thermal bath hall.

**ULTRASOUND TREATMENT** It is a therapeutic treatment done with the sound over the 16000 Hz frequency range. Thus it has micro massage, heat producing, muscle cramp, dissolving, pain-relieving, vasodilator and connective tissue softening effect. Specialist's recommendation needed.

**UMBRELLA** Ask for the receptionist help

**UNDERWATER WATER JET MASSAGE (TANGENTOR)** It has muscle relaxing, contracture dissolving, stress decreasing effect thus it can be used effectively with different chronic degenerative locomotive diseases as well as with post-operative treatment and accident aftercare. Specialist's recommendation needed. Ask for appointment at the spa ticket office.

**UNDERWATER GROUP PHYSIOTHERAPY** One of the most important and most effective forms of treatment which is an essential tool of complex locomotive rehabilitations but can also be successfully used for other illnesses: Pathologies of internal medicine, neurology and pulmonology etc. Specialist's recommendation needed.

**WAKE UP CALL SERVICE** Ask for the service at the reception.

**WATER CONTENT** There is an information board at the spa entrance on the wall next to the admission gate and on the wall of the summer changing rooms

**WATER HEATER** original equipment at superior rooms

**WATER HEDGEHOG** It can be found in the „CSIVAG” children pool with other water toys

**WEIGHT BATH** A Hungarian invention was developed by Károly Moll. The aim of the treatment is that by stretching the spine and the big-joints will alleviate the pain created in the degenerative area by decompression. Specialist's recommendation needed. Ask for





appointment at the spa ticket office. The weight bath can be found at the tub bath treatment area

**WELLNESS** You can get more information about our wide range of services and possibilities at the reception.

**WELLNESS MASSAGE** Massage has a healing effect on our bodily and mental health and our wellbeing, as well. Because of the stimulating touches the activity of the body rises while after the soothing touches the body relaxes and slackens. We have a wide selection of massages available at the reception. Our offers: refreshing, aroma therapy chocolate oil, manager, honey, pálinka, and relaxing massages. Ask for appointment at the spa ticket office and at the hotel reception

**WIFI** Free of charge. The code is provided for you in the room

**WRISTWATCH** It is used to be able to have access to the services of the hotel and the thermal bath. We kindly ask you to wear it during your entire visit.

**WRITING IMPLEMENTS, WRITING PAD** They are provided in the rooms, free of charge

**YOUTH ACCOMMODATION AND CAMPING** It can be found next the boat lake, 5 wooden huts, (2 double beds per room, living room, tea kitchen, bathroom). tent and caravan places available there

Choose from our services and enjoy the recovery and the relaxation.

Looking forward to your return.

**Team Kumánia**

