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# Hungarian Wellness Mud



Empowerment through shared knowledge™

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## Why Choose Hungarian Wellness Mud™?

There are few countries in the world with such rich traditions in the field of balneology, spa therapy, medicinal bathing and a spa culture as Hungary, that dates back thousands of years. Hungary's geography is recognized world wide for being rich in medicinal thermal waters and mineral material. This is due to the special geological nature of the Carpathian Basin. The average value of the geothermic grade in Europe is 33m, while in Hungary it is between 10 and 20m. Due to this fact, one can produce thermal waters and mineral material from a much shallower depth than in any other part of Europe.

Hungarian Wellness Mud™ is used in medicinal spas across Hungary for a wide variety of health problems including chronic degenerative diseases of the joints and the spine, rheumatic and muscular pains, sports-related injuries, fibrositis syndrome, chronic joint inflammations and gynecological inflammations. Hungarian Wellness Mud™ has proved to be extremely effective for today's needed detoxification, cellulite, cell renewal, deep skin cleansing and stress management therapies. The results from using Hungarian Wellness Mud™ in heated body wrap therapy have proven to be astounding. Using Hungarian Wellness Mud™ as a facial masque has shown to improve the skin cells' metabolism, gently soothe skin irritations, and add a refreshing look to dull-paled skin. Hungarian Wellness Mud™ promotes firmness and strength to body tissues, deeply penetrates the tissues to help clear stored toxins, and is effective as an anti-ageing treatment by helping maintain the elasticity of the skin. Also, Hungarian Wellness Mud™ promotes strength to nails and hair.



## Hungary's Professional Spa Expertise

It is worth considering the years of professional expertise and the outstanding importance placed on spas in Hungary. In 1891 the National Balneological Association was formed to draw together doctors, engineers and lawyers involved in balneology. In 1929 a joint congress of the International Society of Medical Hydrology (ISMH) and of Europe's leading rheumatologists took place.

In 1937 an international balneological congress was held in Budapest. Thirty-two countries were represented and the **Federation Internationale de Stations Baignaires, Climatiques et Maritimes** was formed at the congress and because Budapest had the greatest number of healing-thermal spring waters it was designated as its centre. The decision to appoint Budapest as its centre was explained by the following:

"No other city can claim the right more than Budapest, which is presented by nature's generosity with outstanding medicinal waters and unique natural beauties. Furthermore, Budapest with its high-level medical profession, excellent equipment in its medical institutions and high standard of scientific research deserves the accolade that the international affairs of medicinal baths should be arranged from this city".

The Second World War soon followed causing devastation in Hungary. Yet the international organization was renewed after the war under the name of **Federation International de Thermalisme et Climatisme** (FITEC), with its centre now in Switzerland. Despite the shift, Hungary today is the location for most of the international medicinal balneological congresses and conferences.

## Hungarian Wellness Mud™ Therapy Methodology

HWM™ Therapy works in three distinct manners when used as a form of hydrotherapy:

**Mechanical Therapy** - The weight and density of the hydrated mudpack is used as a hot/cold compress over affected areas of the body. The weight of the mudpack will assist the penetration of minerals and/or the stimulation or decrease in circulation of affected areas.

**Thermal Abilities** - The composition of this HWM™ Therapy Pack is comprised of minerals (60 % silicone dioxide) that have cold/heat retaining abilities to reduce swelling and/or encourage blood circulation more effectively than traditional cold/hot packs used in clinics today.

**Mineral Absorption** - Due to the increase of blood circulation during the HWM™ Therapy, minerals can be absorbed through the layers of skin. These same minerals have the ability to assist the blood vessels in flushing out toxins from the muscle fibers and are subsequently carried through the circulatory system to be deposited to areas devoid of minerals. The outcome expectations may leave a client with less pain and swelling over affected areas of the body.

At the present time Hungarian Wellness Mud™ is applied to over 1000 people every day at Medicinal Spas and Thermal hotels all over Hungary, including the world famous Gellért Thermal Hotel & Spa, that has been using it since 1920. Hungarian Wellness Mud™ is certified 'CURATIVE' by the Hungarian Ministry of Health and it is the only mud therapy offered by the Hungarian National Health Service.

# Chemical Composition of Hungarian Wellness Mud™



The quantitative (and qualitative) composition

SiO <sub>2</sub> (silicon dioxide) .....	60.05 %
TiO <sub>2</sub> (titanium dioxide) .....	0.54 %
Al <sub>2</sub> O <sub>3</sub> (aluminium oxide) .....	17.91 %
Fe <sub>2</sub> O <sub>3</sub> (ferric oxide) .....	4.34 %
FeO (ferrous oxide) .....	2.38 %
MnO (manganese oxide) .....	0.05 %
P <sub>2</sub> O <sub>5</sub> (diphosphorus pentoxide) .....	0.14 %
CaO (calcium oxide) .....	1.54 %
MgO (magnesium oxide).....	2.10 %
Na <sub>2</sub> O (sodium oxide) .....	0.89 %
K <sub>2</sub> O (potassium oxide) .....	2.39 %
+H <sub>2</sub> O (water) .....	5.61 %
CO <sub>2</sub> (carbonic acid gas) .....	0.29 %
Cl <sup>-</sup> (chloride ion) .....	0.05 %
<b>Subtotal.....</b>	<b>98.28 %</b>
O + LOI (loss of ignition) .....	1.72 %
<b>Total.....</b>	<b>100 %</b>

The list below explains some functions of various minerals and what their deficiency may cause the patient.

## Calcium (Ca)

- Aids in bone formation, blood clotting, nerve and muscle contraction.
- Bone degeneration, nerve and muscle malfunctions (contracture).

## Chloride (Cl)

- Aids in stomach acid production, acid-base balance in body.
- Acid-Base Imbalance.

## Iron (Fe)

- Aids in production of red blood cells.
- Fatigue and Anemia.

## Magnesium (Mg)

- Assists enzymes in body.
- Nerve disorders, blood vessel dilation, heart rhythm problems.
- Protects arterial lining.
- Helps bone formation, carbohydrate and mineral metabolism.

## Manganese (Mn)

- Assists enzymes.
- Muscle and nerve disorders.
- Necessary for bone growth and for reproduction.
- Used in formation of cartilage and synovial fluid of joints.
- Necessary for the synthesis of bone tissue.

## Phosphorous (P)

- Aids in bone formation, used to make ATP (Energy), DNA, RNA, and phospholipids in body.
- Bone degeneration and metabolic problems.

## Potassium (K)

- Aids muscle and nerve function.
- Muscle weakness, heart problems, nerve problems.
- Necessary for a healthy nervous system.
- Maintains stable blood pressure and transmission of electro-chemical.

## Sodium (Na)

- Aids in fluid balance and muscle/nerve function.
- Weakness and digestion problems.

## Silicon Dioxide (SiO<sub>2</sub>)

- Assists with assimilation of nutrients, provides strength to bones, skin, nails, holds temperatures and good electrical conductivity.
- Fatigue, pale skin color, thin, brittle nails and hair, extremities feel cold & clammy, chills.

## Aluminum Oxide

- Production of haemoglobin and myoglobin.
- Oxygenation of red blood cells.

## Excavation Area of Hungarian Wellness Mud™

The population of Kolopfürdo (*Kolop* being the area and *Fürdo* meaning bath/water) is only 2800 with horses and bicycles still being the most common mode of transport used in the area. Kolopfürdo is situated in Jász-Nagykun – Szolnok county, 130 km south east of Budapest. This was the site of a large medicinal spa before World War II. Heavy bombing to the area during the war destroyed the medicinal spa.



Excavators use simple tools to extract the mud from the reserve area in Hungary

however the bombing did not destroy the medicinal mud resources, which today are extracted and used all over Hungary. The mud is extracted from a natural reserve set up by the Hungarian government and occupies 21.3 hectares.

The excavation techniques used are simple, ensuring minimal disturbance of the local ecosystem. Once the Hungarian Wellness Mud™ is brought to the surface, it is left to naturally dry for approximately six weeks. Once the drying period is completed the mud is ground to a fine dust and additionally filtered ensuring only the finest dust granules are used for therapeutic applications. This extremely fine dust granule is the Hungarian Wellness Mud™ product that has been used for hundreds of years in spa therapy.

## Facts about Hungarian Wellness Mud™

- Hungarian Wellness Mud™ is uniquely supplied in a completely natural dry state with no additional waters or fluids.
- When the sun dried mud is mixed with water it makes a odorless silky application paste and forms a stunning rich green color.
- Owing to its low granule size, Hungarian Wellness Mud™ can trap high volumes of water. This enables the mud to be blended with great ease.
- Hungarian Wellness Mud™ dissolves very quickly in water and so can be used effectively within Hydrotherapy treatment and a home-care bathing regime.
- Hungarian Wellness Mud™ can be applied to the body with great ease and speed owing to its pliability and homogeneous distribution and can be removed easily from the skin.
- Hungarian Wellness Mud™ has a pH balance of 6.3 – 6.5.
- Hungarian Wellness Mud™ has a remarkable thermal property enabling the mud to retain heat for extended periods of time. Dr. Zoltán Rausch a renowned expert in balneology examined the thermal retention of this mud when applied as a mudpack treatment. At the beginning of his thermal test the mud was 53.5°C, 30 minutes later it was 50.5°C, and 60 minutes later it was 45°C. This heat retaining property is extremely beneficial at adding the healing process to specific problems by considerably increasing blood flow to those areas.
- High quantities (over 60%) of Silicon Dioxide are contained in Hungarian Wellness Mud™, which promotes firmness and strength in the tissues. The natural compound collagen contains silicon, which helps hold the body tissues together. It is able to deeply penetrate the tissues and help to clear stored toxins. Silicon is used in herbal remedies to promote strength in the hair, skin, and nails. It helps maintain the elasticity of the skin, and so believed to be one of our natural anti-ageing nutrients.
- Iron and Sulfur are naturally contained which have the profound effect of stimulating blood circulation in both deep and superficial tissue layers.
- Hungarian Wellness Mud™ can be used at lower application temperatures, which has an anti-inflammatory effect and reduces the activation of pain-sensitive nerve endings.
- Essential oils and other components can be combined with Hungarian Wellness Mud™ and its' beneficial effects, increasing the pleasure and effectiveness of your therapies.
- Hungarian Wellness Mud™ has been used by professional spa doctors within medical spa facilities for over 80-years.
- Hungarian Wellness Mud™ enables spas to offer its clients the most authentic European spa therapy product - used by medical spa professionals in spa therapy since 1890.





## History of Hungarian Wellness Mud™

Hungary's spa infrastructure is like no other in the world. A spa facility is only recognized as a 'spa' if it has natural medicinal factors and where medicinal waters are applied through medical applications (medicinal baths, medical institution). Medicinal water means the type of mineral water, that has proven curative properties. Such properties must be supported by years of documented medical experiments. Taking all the countries in the world into account, the technical requirements and claims relating to medicinal water (experimental, research, experience, hygienic, etc.) are the strictest in Hungary, Germany and the Czech Republic. With Budapest the countries capital and hub for business activity having over 125 natural occurring thermal medicinal waters it is not difficult to understand where all Hungary's spa expertise originates.

The Romans were the first to build spas in Hungary. They discovered the hot water springs at the foot of the hills in Aquincum situated on the right-bank of the Danube and the spa culture started to flourish from then on. The St. John Knights first built a spa hospital in Buda in 1178 at the location of the present Császár and Lukács spas, and a few years later they erected another at the foot of Gellért Hill.

The large medicinal spa centres were established around the 18th century. Their development accelerated in the 19th century, which is when the famous medicinal spas of the central region of the country were established. The important spas of the capital eventually gained world fame. The Gellért spa opened in 1918, though records from 1615 mention Sáros-Fürdő (Muddy Baths) at the foot of Gellért Hill. The Nádor island artesian spa opened in the city park in 1891 and its 'miraculous medicinal water' induced the capital to build the largest medicinal spa in Europe bearing the name Széchenyi. To add to Hungary's famed spa treasures is Miskolc-Tapolcai Thermal-Barlangfürdő, which is the only recognised spa cave in the world. Here medicinal thermal waters flow from the rocks of the cave, whilst those seeking cures soak and swim in these waters.

It would take too long to mention the complete history of all spas in Hun-

gary, but the foregoing are brief extracts of Hungary's historical spa background.

In **1890**, Hungarian Wellness Mud™ was discovered in a remote area 130-kilometers south east of Budapest. Since this discovery, the mud's curing effect has



become legendary for treating a vast range of ailments, face and body therapy, and as an effective natural anti-aging treatment.

In **1898** Dr. Hánko Vilmos, a member of the Academy of Sciences of Budapest, conducted a series of biological tests of the mud and found that the mud contained therapeutic quantities of iron and sulphate. For wide spread future healing purposes the mud was carefully and selectively excavated.

Testimonials available at  
<http://www.hungarianwellnessmud.com>

In **1923** Dr. Berger István examined the mud and confirmed that the mud was sterile, free from bacteria and that it had a reading of 12.2 plasticity.

By **1930**, Budapest's world famous Gellért Thermal Hotel & Spa had been using the Hungarian Wellness Mud™ for 10-years and the then Hungarian Balneology Society president Dr. Vámossy Zoltán

proved that through all the documented treatments during this period the Hungarian Wellness Mud™ had significant healing properties.

The Kolop Spa Resort facilities and establishments were destroyed during the war and in **1951** the mud resources were brought under state control.

**January 1st 1956** the Health Ministry implemented a new policy governing the use of medicinal mud. This policy detailed that Hungarian Wellness Mud™ was to be the only medicinal mud approved for use within all Hungarian medicinal spas.

In **1968**, the Ministry of Health qualified Hungarian Wellness Mud™ as 'curative' and authorized its trading as a medicinal mud.

Since **1945** there has been continued documented testing of Hungarian Wellness Mud™ proving it's renowned therapy qualities. It has also been the only medicinal mud used within all medicinal spas for therapeutic purposes and has since become the popular treatment for international guests at Thermal Hotels all over Hungary.

Hungary is a country rich in spa history, medicinal waters, and renowned for very high standards of balneology and hydrotherapy. For over 100 years Hungarian Wellness Mud™ has been used extensively within the most famous Hungarian medicinal spas and thermal hotels. It was only in July 1999 that Hungarian Wellness Mud™ was made available internationally for the first time.

Hungarian Wellness Mud™ provides spas, health institute's and beauty salons with a 100% pure inorganic body and skin-care therapy system that has unparalleled quality, simplicity and efficacy. Hungarian Wellness Mud™ provides versatile therapies to health facilities, allowing for many different treatment modalities with just the one product; body wrap therapy, mud pack therapy, face and scalp therapy and hydrotherapy treatment. Outstanding results are obtained when applying Hungarian Wellness Mud™ as part of a slimming program and as part of a skin care program that can treat even the most sensitive of skin types. There are over 100 years of documented clinical indications for Hungarian Wellness Mud™

## Hungarian Wellness Mud™ Spa Treatments

### Mud Pack Therapy – Local Site(s) Application

This therapy is effective for site application of specific parts of the body because the mud has a high heat-retaining property.

The therapy plan indicated for degenerative disease of the spine, sports-related injuries, and diagnosed myalgias or fibrosis are strongly recommended to be performed by a trained professional. Applying this mud pack to the back and shoulder areas to release fibrosis prior to massage therapy, physical therapy, or chiropractic adjustments.

**Note :** See list of Contra-indications to therapy prior to use of mudpacks.

#### User Guideline

- Approx. 32 oz. Hungarian Wellness Mud™
- Approx. 18-22 oz. water at temperature of 42°C
- For anti-inflammatory benefits, use water temperature of 23-35°C

Blend in a bowl (with a large diameter base for ease of mixing) using a wooden spoon/spatula; the mud absorbs water very quickly so blend efficiently. Surround the joint area with a 2cm thickness of mud, wrap the area with a dry sheet/towel that compresses a comfortable amount of tension to the area and then cover with a blanket (to maximize heat retention). Keep mudpack on for 20-25 minutes before removing the mud.

### Hydrotherapy & Bathing

Hungarian Wellness Mud™ is excellent for a home bathing regime. It's similar effects to that of the body wrap therapy but also soothes the nervous system, ease internal congestion and is effective for stimulating blood circulation.

#### User Guideline

Add 2oz-3oz of Hungarian Wellness Mud™ to running water and soak for 20-25 minutes. A rest period of 20 minutes should follow therapy.



**“Each year, 8000 Hungarian Wellness Mud™ Treatments are performed in our Institute with remarkable advantages”**

Dr. Csermely National Institute of Rheumatology & Physiotherapy, Hungary



### Acclaim for Hungarian Wellness Mud.

I started the Hungarian Wellness mud treatments for fibromialgia and other aches and pains throughout my entire body on February 23/05. Before these treatments I was in so much pain that it affected my, family, career, housework and my life style. I wasn't able to continue as an Alexandria Body Sugaring practitioner due to pain in my wrists and back. I was thinking of a new career due at this point. I wasn't able to participate in a lot of activities with my two boys such as, rolling around on the floor with them or laying sports with them. My boys even knew to "gently hold mommy's hand because they hurt a lot". I wasn't able to sleep for more than 4 hours due to the pain caused by lying in a certain position for a long period of time.

At one point the pain was so bad that I hesitantly tried some Anti-inflammatory that my doctor prescribed to me. I was think-

ing I had no other options, but after only one week I had to stop the medicine because of the drastic irritation it caused my stomach. (I think the side effects were worse than the illness)

When I started coming for treatments with the Hungarian wellness mud, I felt immediate relief after just the first treatment. My muscles and joints felt very loose, and a lot of the pain was gone. My body felt like it just came out of a hot tub, very relaxed. I have had one or two sessions per week since then and as I continued to take treatments I could feel the relief for several days at a time and almost zero pain. I have more energy since starting the Hungarian Wellness Mud treatments. What a joy!!! I feel my age again enabling me to go on with a normal life of cleaning house, playing with my children and sleeping all night. The Hungarian Wellness Mud has given me all of this with no negative side effects.

Julie Kirby, Welland, ON

## World-Renowned Spas Are Using Hungarian Wellness Mud™ Every Day

### SZÉCHENYI THERMAL SPA

This facility was completed in 1878 and is the largest spa in Europe today. Thermal waters supplying this spa are produced from a depth of 1,256m and reaches the surface at a temperature of 77 °C. A drinking hall that was built in 1891 still serves the visitors with thermal drinking water. Széchenyi Thermal Spa houses a complex physiotherapy unit that is capable of treating up to 150 people at any one time. Every type of spa therapy is available including hydrotherapy treatment of heart and circulation disorders, underwater jet massage, Hungarian Wellness Mud™ packing, saline baths, and medical massage.



### GELLÉRT THERMAL HOTEL & SPA

Bertrand de la Brocquière first wrote about Gellért Thermal Hotel & Spa in 1433 referring to it as a popular spa. Almost all of the Gellért Thermal Spa bibliography concurs that a host of legends circulated about the miraculous healing properties of the water gushing from its springs. Situated only 20 paces from the Danube River, the Gellért Thermal Hotel & Spa has a long history of curing the sick suffering from contagious and wasting diseases. Gellért Thermal Spa began using Hungarian Wellness Mud™ in 1920 and is renowned for treating degenerative diseases of the joints, chronic and sub-acute arthritis, neuralgia, back problems, vasoconstriction and circulatory problems. To complement the rich medicinal waters of the spa there is a 32-bed rheumatological hospital and a physiotherapy department. The Gellért Thermal Spa has become very renowned with its luxurious hotel complex which enables people from all over the world to stay for prolonged periods of spa treatment.



### LUKÁCS THERMAL SPA

As far back as 1178 faithful healing hands used these waters in the service of medicine. The demand of so many therapy seekers brought about the construction of Lukács Thermal Spa in 1893, this included a spa hotel, mud bath and public medicinal bath. At the turn of the century, among the treatments provided by Lukács Thermal Spa was Hungarian Wellness Mud™ baths, Hungarian Wellness Mud™ packs, thermo-therapeutic chamber, stone baths, hydrotherapy, steam baths, and mineral rich swimming pools. During World War II a large proportion of the spa facility was destroyed and after the war the Spa hotel was converted into the National Institute for Rheumatology and Balneology. But almost all of the treatments that were conducted before the war are still provided to this very day. Lukács Thermal Spa was the location for the first International Spa Congress in 1937



### National Institute of Rheumatology & Physiotherapy

The Institute is strategically located in an area rich in medicinal water and where the ancient Celtic tribes and then the Romans, built their baths.

The Institute actively treats its patients with Hungarian Wellness Mud™ and has responsibilities which include:

- the organization, development and supervision of Hungary's rheumatology and physiotherapy network;
- the rehabilitation of rheumatological patients;
- the provision of medical, optical, ear-nose-and-throat, urological and general surgical services for patients suffering from rheumatism and other complaints.
- research into physiotherapy in every facet of medical science.
- research into, the teaching of rheumatology, rheumatic surgery and physiotherapy.
- internal medicine with particular emphasis on complications arising from
- rheumatological problems, immune system, metabolic and bone disease.
- immunology and allergy clinic.
- general surgery, with particular emphasis on rheumatological sufferers.
- orthopaedic of rheumatological surgery with facilities for the implanting of prostheses, particularly for the hip, knees and hand.
- active clinical treatment for rheumatism, complete with diagnostic services and therapy for in-patient and outpatients; and diagnostic and therapy centre for osteoporosis.

The Institute is complete with its own supply of medicinal water that is used in all hydrotherapy. The Institute is also equipped with an X-ray department complete with bone-densitometer, Isotope Laboratory, Clinic, Chemical and General Laboratories, and Morphology Department.

"With more than 15-years experience, the application of Hungarian Wellness Mud has become a preferred modality of physiotherapy"

For more information, please contact

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