

Melea
THE HEALTH CONCEPT



NESTLED IN RICH HISTORY AND IDYLIC SCENERY

Sárvár is a small and lovely town with a long history in Western Hungary near the Austrian border, situated on the banks of the Rába River, the geographical axis of Vas County.



IN HARMONY WITH THE ENVIRONMENT

The most influential period of the world-famous spa town dates back to the era of the Nádasdy family, who established humanism, or the view that the real value of a town is its people.

They inspired us to be the first in Hungary to launch our unique concept on the shores of the legendary Csónakázó tó (Boating Lake), which, with its personalized health services, not only rethinks the science of a traditional medical spa, but also offers the opportunity to find the path to a long and healthy life.

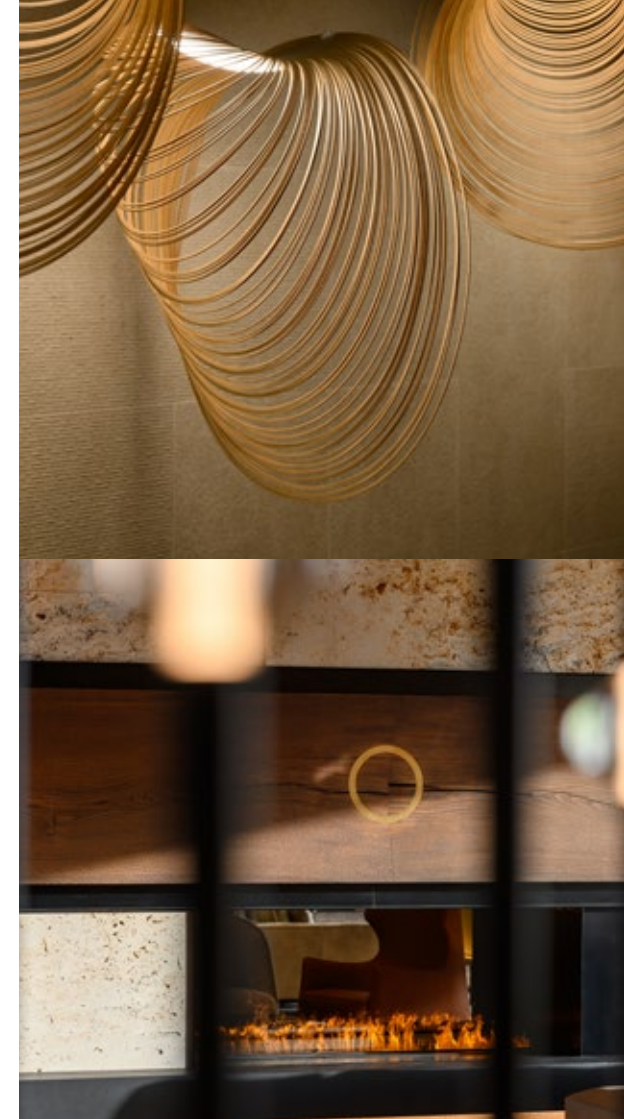


THE HEALING POWER OF DESIGN

The Melea – The Health Concept was born in 2023, through the close collaboration of national and international health, wellness and hotel experts, renowned professional partners, outstanding architects and interior designers.

When creating the interior design concept, we reached back to the roots of healing, to the eastern culture. We lead the process to the end using Japanese philosophical concepts and spatial organization tools.

In walking gardens (kaiju-siki), the visitor must walk through the garden to fully enjoy its beauty. A pre-planned path takes walkers through each part of the garden, leading one's attention via visual aesthetic details. This design method is called the „principle of hiding and showing“, its purpose is to cheer up the visitor.



ROOMS & SUITES

One of the most innovative luxury hotels in the region was built on the shore of the Boating Lake in Sárvár, offering 83 rooms and suites with balconies on 3 floors for guests looking for physical and spiritual rejuvenation.



The spacious and bright interiors, with their pure colours and shapes, create the perfect atmosphere for those who wish to discover a new dimension of self-time from a unique perspective.

Aesthetically designed ambience offers „home away home” comfort in four categories:

MELEA ROOM

MELEA SIGNATURE
ROOM

MELEA STUDIO

MELEA SUITE

WALKING THE PATH OF A HEALTHIER AND LONGER LIFE

The health status, objectives and needs of our guests require us to provide a program based solely on personalized suggestions and expert advice.

We believe that a health maintenance journey that is tailored to individual needs can achieve long-term and effective results. Accordingly, we have developed a system of flexible, customized services instead of the classic, predefined package offers.





CONSULTATIONS AND TREATMENTS

An integral part of the Melea concept is a detailed and comprehensive consultation with our professionals, as well as a specific, individualized treatment and therapy plan based on personal discussions, to achieve a long and healthy life.

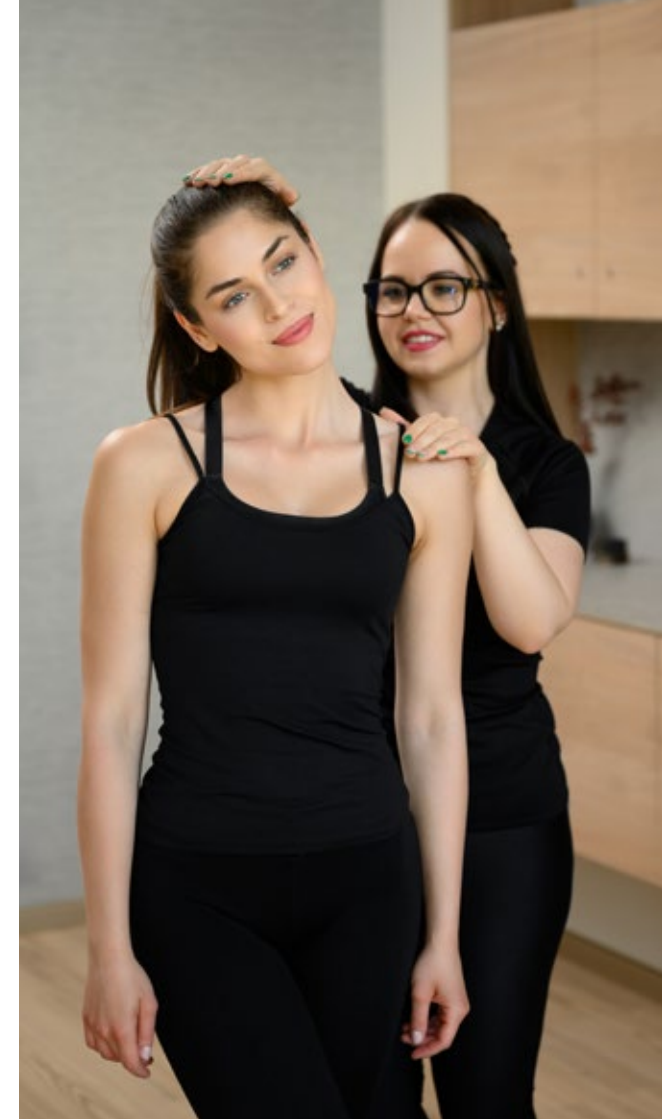




OUR EXPERTS

After a comprehensive health assessment, our professional team will define the elements of a personalised lifestyle change programme tailored to your individual goals and needs in the form of an integrated health proposal.

Guardian angels of your aesthetic beauty and physical well-being, the highly-skilled team of our therapists, aestheticians, personal trainers, and yoga instructors, are offering a wide selection of comprehensive facial and body treatments, as well as individual and group recreational classes.



TASTE OF HEALTH

The nutritional program, part of the MELEA philosophy, aims to restore the body's balance and enhance its ability to heal itself.

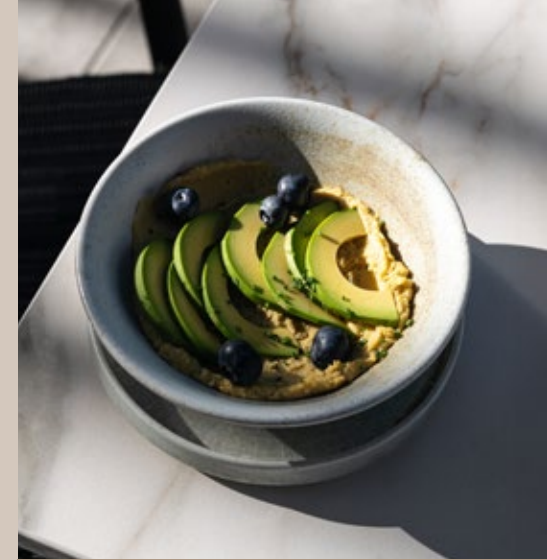
This innovative nutritional concept combines modern nutritional principles, food and nutrition research, and extensive culinary and nutritional expertise.

Our experts devised the Melea diet, which improves the body by incorporating fermented foods, herbal teas and fluids, and nutrient-dense, plant-based products.

Our useful knowledge-rich lectures, workshops and cooking lab sessions support this key pillar with relevant information and practical guidance.



SEASONAL INGREDIENTS




PERSONALIZED DIET



CLEAN EATING



Melea 

AGELESS BEAUTY

Personalised beauty treatments go beyond traditional cosmetics. Our innovative methods contribute to reversing the signs of ageing (anti-aging), achieving a radiant and flawless complexion, and bring immediate and long-lasting aesthetic changes, using holistic methods to help achieve inner harmony.



Our team of cosmeticians and health professionals help you to target your aesthetic concerns and make you visibly more beautiful.

We selected the best medical and natural cosmetic brands to achieve effective and long-lasting results: Biologique Recherche, Seed To Skin and Alqivimia.



SECRET SPA

Infinite tranquility awaits our guests at our Serenity Spa, carefully designed to connect us with the calming closeness of nature.

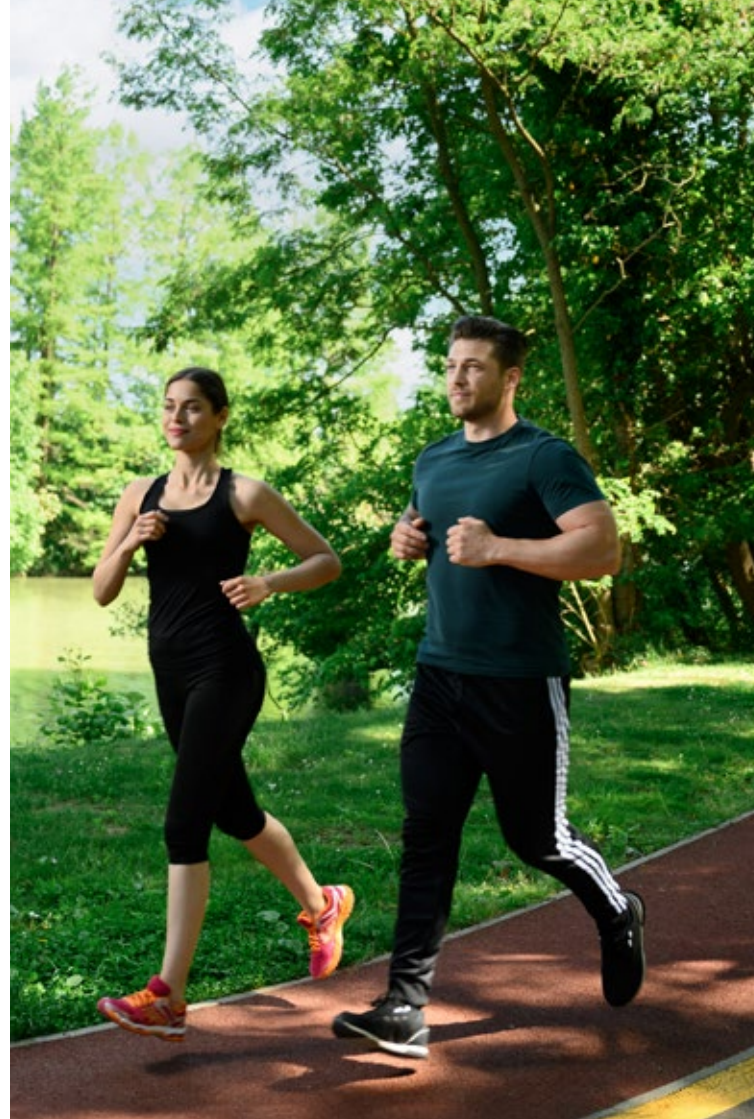
An interconnected outdoor and indoor pool, jacuzzi, panorama Finnish sauna, steam room, outdoor sauna, Kneipp walk pool, complete with various recreational and restful activities, such as sauna sessions or aqua fitness classes, ensure physical and mental balance.



DAILY PROGRAMMES

Whether it's yoga, exercise, breathing therapy, mental health techniques or even a cooking class, our free-to-choose programmes are designed to provide a broader and more advanced experience for our guests.

Our guests can choose from a wide range of programmes, not only according to their interests (physical activity, physical and mental harmony, nutrition and relaxation), but also according to their level of preparation (beginner, intermediate, advanced).



INDOOR & OUTDOOR SPORTS AND RECREATIONAL ACTIVITIES

- State-of-art gym with TechnoGym and PentFitness equipment
- Individual training program with a personal trainer
- Individual and group yoga and stretching classes
- Specialized physiotherapy
- Badminton
- Nordic Walking
- Bicycle
- Jogging
- Walking routes
- Guided running and power walking
- Water gymnastics





SPORTS & RECREATION

Regular exercise, designed with the individual's goals and health in mind, is an essential part of preventive lifestyle medicine.

Melea – The Health Concept's innovative and unique lifestyle shaping approach is not a predefined treatment package, but takes maximum account of the guest's current health status, individual physical and mental characteristics, goals and preferences, and proposes a personalised programme to improve and maintain well-being and health effectively and efficiently.



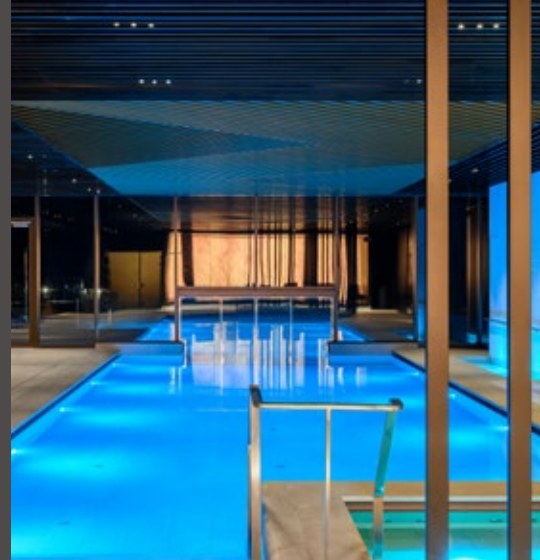
PERSONALIZED PROGRAMMES

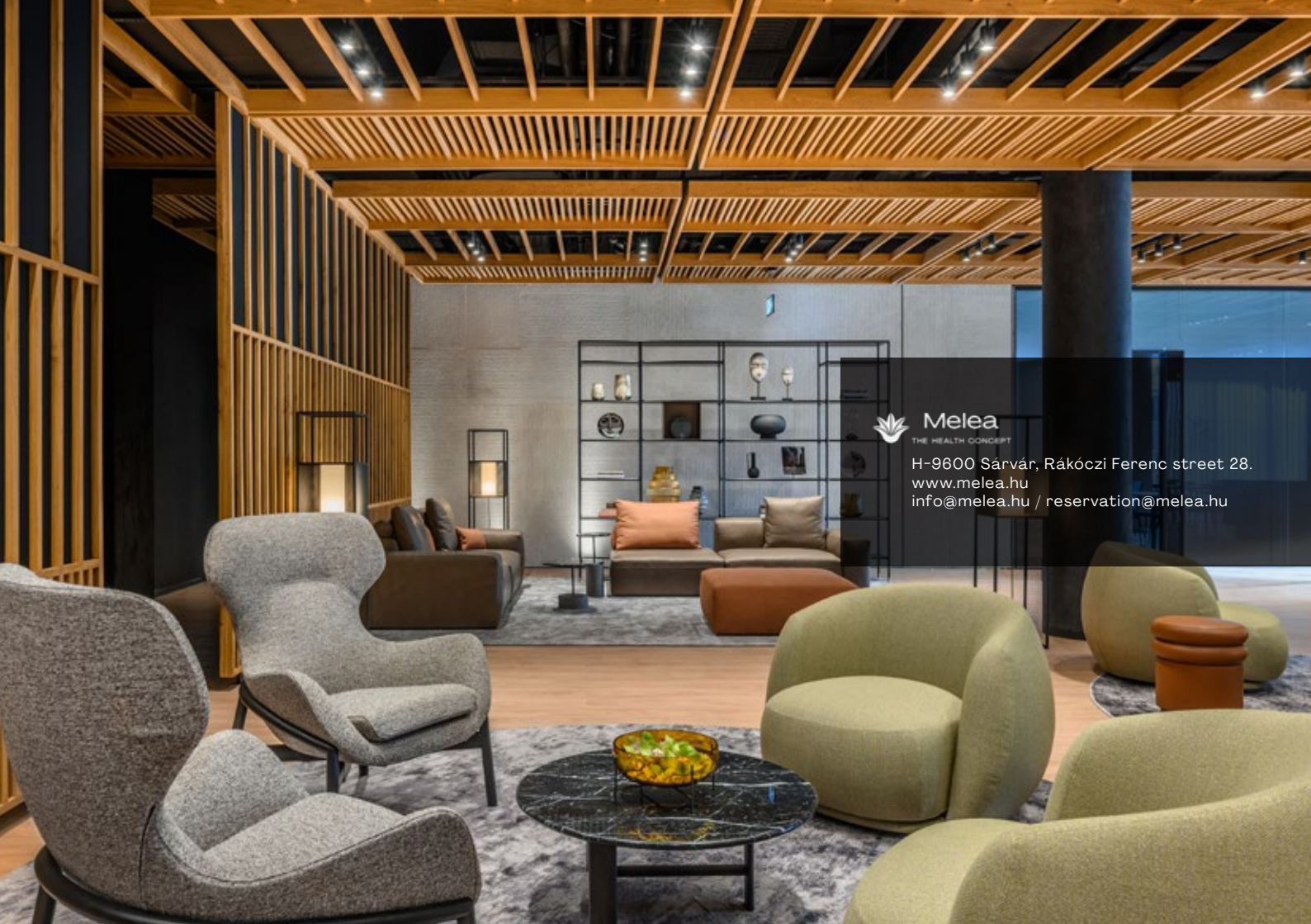
One of the greatest challenges of our time is to restore the upset of physical and mental balance caused by the rush of everyday life. Our staff of experienced personal trainers, physiotherapists and yoga instructors provide our guests with personalized, individual and group exercise as well as recreational programs to help them achieve physical well-being.



“Do something good
for your body so that your
soul feels like living in it.”

Teresa of Ávila's wisdom from
the 16th century





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