



SPA  
WELLNESS  
RECREATION

\*\*\*\*\*  
DER  
STEIRER  
Bad Waltersdorf  
HOF

## WE RECREATE YOUR LIFE THE PRINCIPLE OF RECOVERY

Colour, light, scent – here at Der Steirerhof, well-being is omnipresent: through the combination of peace and harmony, professional expertise, effective therapies, profound treatments, deep compassion and empathy.

Our spa team operates holistically and our objective is to offer guests complete rehabilitation and rejuvenation of the body, mind and soul and the rediscovery of a healthy, conscious lifestyle. Our aspiration for health care and the long-lasting benefits that come with it can be seen in all areas of our hotel.

If you want to improve your health or if the hectic rhythm of everyday life has put your body through rigorous stress and fatigue then it's time for recovery and reinvigoration – time to **RESTORE** your **AGILITY**, to **REFRESH** the spirits of life, to gain a new perspective and to weigh the endless possibilities. We hope that we at the Steirerhof can help facilitate the **RESHAPING** of your everyday life.

We want to support you in every possible way. This includes guidance with personalised counselling and a tailor-made program to meet your every need. **RELAX** and allow us to assist you in your desire to preserve and/or restore your health.

WE LOOK FORWARD TO WELCOMING YOU!  
YOUR STEIRERHOF SPA TEAM



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# The Steirerhof Recreation

Here at Der Steirerhof, we take special care of your **HEART**, because it is the central organ of life. In a calm, **RELAXED ATMOSPHERE**, we holistically examine your state of health and show you ways in which you can effectively prevent illnesses at home in your everyday life, noticeably increase your **WELL-BEING** and quickly recover from illness or surgery. It's not our years, but our lifestyle that decides how old we will become. Your health is in your hands - **WE ARE HERE TO SUPPORT YOU!**



## Medical Director

### Dr Martin Cappy

Doctor for General medicine, specializing in cardiology and Internal medicine.

For 30 years in the Steirerhof it is our honour to treat each and every individual guests who are interested in the prevention of their health in general through the State health prevention system which we have to offer.

## OUR MAIN FOCUS POINTS ARE

- ✓ HEALTH PREVENTION AND REHABILITATION
- ✓ HEART- BLOOD CIRCULATION AND THE RISK FACTORS
- ✓ CHRONIC INFECTIONS AND DEGENERATING SICKNESSES
- ✓ PHYSICAL AND MENTAL EXHAUSTION
- ✓ METABOLISM

## Invoiced doctors fees for care and treatment in the ordination.

10 mins

Up to 30 mins

For every 15 mins after € 40.- euros will be calculated, and invoiced.

## Health prevention examinations

### A State health examination with the use of a e-card includes

a laboratory diagnosis (blood, urine, and bowel movement), Anamnesis, with a finishing consultation.

### BASIC +

Health prevention examination with the use of the e-card with entitlement is free, but only once per year, without entitlement

### SMALL +

Consultation, Quiet -EKG, Therapie advice, i

### MEDIUM +

Consultation. Quiet-EKG, Ultrasonic, therapie advice

### LARGE +

Consultation, Quiet-EKG, Ergometry, Ultrasonic including the abdomen areas, + part of the charges paid if have e-card entitlement!

## In the Doctors ordination it is also possible to book the following therapies!

### Quiet-EKG

### Ergometry

RR and pulse behaviour will be scanned, price includes consultation and a written report

### Ultrasonic Stomach

Liver, kidneys, Aorta, prostata, gallbladder, and Pancreas scan

### Ultrasonic Heart

Function, Heart movement, heartbeat,

### Ultrasonic Thyroid glands

Knots, and cysts

### Ultrasonic Neck vessels

Thickness and tightness

## IHHT Highbalance

With the use of this therapy using high altitude air, through proper and controlled breathing the whole body becomes more energetic and slows the process of ageing. The blood cells are rejuvenated and more blood cells are produced inducing a better blood pressure, improving a better sleep, and health in general.

This therapy is conducted in a quiet area where you are lying down and are connected to a pulsometer and are constantly under observation.

This therapy is approx between 45-50 mins.

Prices are as following

Trial approx 25 mins

Block of 3 sessions approx 50 mins

Block of 5 sessions approx 50 mins

Block of 10 sessions approx 50 mins

## LABORATORY DIAGNOSIS

Food allergies, stress, immune defects which upset our daily life. Through our cooperation with BIOVIS and SYNLAB our guests have the possibilities through new methods for example the "darmcheck Microbiom" and from the results to become a health prevention plan. Forefront is that each and every guest is special and becomes their own personal and private diagnosis. The prices depend on the laboratory results.



# Movement Therapies

## PHYSIOTHERAPY

Problems such as restriction or limitations of activity of the body that are detected in the physiotherapeutic examination can be improved in this particular unit.

Physiotherapy is particularly successful for orthopedic disorders, gynecological needs (pelvic floor gymnastics), lung diseases (individually tailored respiratory exercises) and is used in conjunction with surgical interventions (oncology, sports therapy).

Duration of treatment approx 30 minutes

Duration of treatment approx 50 minutes

## DANCE & EXPRESSIVE ARTS THERAPY

Developing sensitivity for one's own body, discovering the possibilities and limitations of individual movement, explore relaxation techniques and recognize the connections between body and feeling. The creative engagement with dance and movement promotes personal growth, activates self-healing powers and allows a new perspective on personal issues and their connection to the emotional experience, as well as giving you an opportunity to engage with mindfulness. It also helps with depression, burn-out and psychosomatic illnesses.

Duration of treatment approx 50 minutes

## ELECTROTHERAPY

Various current therapies such as galvanization, iontophoresis, faradisation (current), exponential current or diadynamic current support the treatment of all musculo-skeletal disorders. Electrotherapy helps with disorders of the musculoskeletal system and contributes to the development of weakened muscles.

Duration of treatment approx 15 minutes

## MUSCLE-FUNCTION TEST

This exercise program is specially designed for training in the gym. This avoids incorrect and counterproductive practice on the equipment.

Duration of treatment approx 50 minutes

## PAIN REGULATION THERAPY WITH SCENAR

The Scenar device works by using a pulse technology – a form of electrotherapy, which regulates the vegetative nervous system. Each pulse is different to the previous ones, preventing the body from adapting to them. Especially used for pain, after 20 to 30 minutes there will be a significant relief. Even with discomfort of the musculoskeletal system, fractures, disorders of the nervous system, respiratory and lung problems and consequences of long-term stress positive results are achieved. .

Duration of treatment approx 25 minutes

Duration of treatment approx 50 minutes

## INDIVIDUAL HEALTH COACHING

This serves to dissolve painful muscle tension. The individual advice from a trainer is also ideal for anyone who wants to start serious running, cycling or intensive muscle training. Each training session is customized and can consist of: **Nordic walking, water aerobics, underwater gymnastics, relaxation training, Qi Gong, Taiji, running, yoga, fascia training, swimming, breathing gymnastics, gym training, spine gymnastics or prenatal gymnastics.**

Duration of treatment approx 30 minutes

Duration of treatment approx 50 minutes

## ULTRASOUND TREATMENT

Ultrasound treatments have an anti-inflammatory and analgesic effect, can be used for acute sciatica and helps with myogelosis (muscle tension), arthrosis, oedemas, neuralgia, epicondylitis and haematomas. Scars become smoother and softer and the lymphatic system is stimulated.

Duration of treatment approx 15 minutes

## BACK-CHECK®

### A POWER MEASUREMENT OF ALL POSTURE RELEVANT MUSCLES

Conventional workout for the most obvious back muscles will not repair back pain, in fact, training just the superficial back muscles actually increases the pain. With the Back-Check® we use an instrument which can identify and measure the muscular deficiencies and imbalances. With this opportunity we can adjust your workout much more efficiently for a sure success. The aim is to stabilize the spine. Duration of treatment approx 45 minutes

## SPINE MEASUREMENT WITH MEDIMOUSE®

The MediMouse® offers a radiation free, non-invasive, instrumental measuring of the spine, a necessity before planning a specific back treatment.

It is a measurement for a computer supported presentation and analysis of the form and mobility of the spine. The spine is getting presented on the computer in 3D and shows bad postures, weaknesses and problems.

Duration of treatment approx 30 minutes

## FITNESS FOR THE SPINE

This functional analysis shows the mobility of your spine, revealing any incorrect posture and function. Our therapists then create an individual gymnastics program based on the analysis:

- ✓ 1 video-assisted functional analysis of the spine with MediMouse® and muscle-function test
- ✓ 1 Back-Check®
- ✓ 1 training session
- 1 day of treatment (approx 90 minutes)

## BODY FAT MEASUREMENT

We measure the proportion of fat, muscle and water in your body using bioelectric impedance analysis. The result is interpreted in a consultation and a therapy program will be recommended.

Duration of treatment approx 20 minutes

## KINESIOLOGICAL TAPE

With a kinesiological tape you can cure injury, loosen muscles, relieve inflammation and back pain.

Duration of treatment approx 15 minutes

## BACK FIT PACKAGE

- ✓ 1 Medical check-up
  - ✓ 1 spine check and muscle function test (video screening and MediMouse®) (60 min)
  - ✓ 1 individual training session (30 min)
  - ✓ 1 scenar (50 min)
- (bookable from 2+ nights stay from Sunday to Thursday)

## YOUR PERSONAL FITNESS CHECK

- ✓ 1 ergometry (lactate test bookable upon request)
  - ✓ 1 muscle function test
  - ✓ 1 Back-Check® (force measurement of postrural muscles)
  - ✓ 1 coordination test
  - ✓ 1 body fat measurement
  - ✓ 1 MediMouse® (spine measurement)
- You will receive a comprehensive analysis about each of your appointments including workout plans and recommendations.
- (bookable from 2+ nights from Sunday to Thursday)

# Winback® Treatments

ELIMINATE PAIN!

GET MOVING!

SPEED UP THE HEALING PROCESS!

✓ **HEALING WOUNDS** – Promotes cellulose loss -  
regulates metabolism

✓ **VASCULARIZATION** – The natural resistance of  
the muscle tissue transforms the Win-back-Energy  
into heat. This heat speeds up the vascularization  
in the poorly circulated areas of the body (Fibrosis,  
cramps) and therefore promotes freer movement.

✓ **PAIN THERAPY** - Rapid and long lasting  
pain relief  
is crucial for effective rehabilitation.

✓ **RHEUMATOLOGY** - Arthritis,  
deep drainage of edema, recovery of  
movement cervicalgia, Epicondylitis,  
acute and chronic back pain, muscle  
agglutinations and joint stiffness.

✓ **LYMPHATIC DRAINAGE**

✓ **TRAUMATOLOGY** – In acute emergency  
treatments of musculoskeletal injuries  
(sprains, muscle tears, fractures, pre- and  
postoperatively joint plastic surgery,  
prostheses and osteosyntheses).  
Faster return to the movement by reducing  
trauma.

✓ **SPORT KINESIOLOGY** - Resolution of  
wrong movement patterns

LET YOURSELF BE PAMPERED!  
DO SOMETHING GOOD FOR YOUR  
BODY!  
COME TO TRANQUILITY!

✓ **RELAXATION OF THE BACK MUSCLES**

✓ **DETOX TREATMENT** - Liver cleansing and  
activation of the excretory organs.

✓ **ANTI STRESS TREATMENT** -  
The power of heat  
can be especially relaxing.



WINBACK®

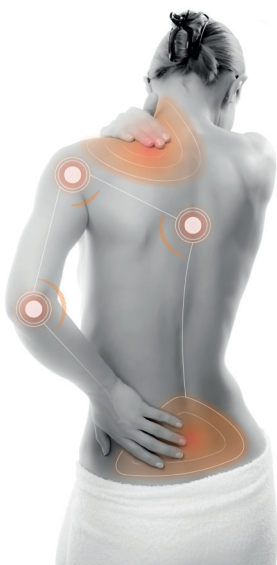
My body is back!

LIBERATION, HEALING, BEAUTY

Take time for WINBACK®

Duration of treatment approx 25 minutes

Duration of treatment approx 50 minutes



FOR A HEALTHY LIFE FULL OF  
ENERGY

INDIVIDUAL CARE AND A PRO-  
FESSIONAL TEAM -  
JUST FOR YOU!



# STEIRERHOF SPECIAL MASSAGE

DETOXING - STIMULATING - RECREATION

## PIROCHE® Cosmétiques

The **TCM**, **Lymphatic drainage** and **Aroma-therapy** form the basis. Health, well-being and aesthetics are inseparable.

The Piroche® Products are rich in active substances of natural origin. First-class plant extracts, essential oils of the highest quality, marine algae from Brittany in combination with high quality clay unleash individual or combined powerful effects.

Using high-end technologies such as radio frequency, ultrasound and Lympho-Drainer the regenerating powers of the skin are activated and a sustainable, convincing result is achieved.

**Sports Care for the body** - Developed for the professional but also the amateur athlete. Prepares the muscles for physical activity and counteracts tension. Energizes during exercise, prevents tiredness and improves muscle strength - especially during prolonged and intense training. Regenerates after sports and soothes muscle pain and contractures.

**Bio Aroma** - Due to the active ingredients contained in the bioaromas, the range of applications of this product line ranges from calming to stimulating. It is applied individually by the therapist and thus forms the basis of all treatments of the Piroche® method and the Steirerhof special massage.

## STEIRERHOF SPECIAL MASSAGE

The three columns of the Steirerhof Special massage are:

### detox - stimulate - regenerate

The detoxification takes place through the use of bioenergetic vacuum drainage in conjunction with the active ingredients of bio-aromatics. The body is detoxified and hyperacidity is released from the tissue. Only then is the body ready to accept valuable substances again. Electro stimulation of the acupressure points rebalances the energy pathways, allowing the body to relax and reduce or even resolve pain. The result of the effective treatment concept is holistic. It causes the regeneration and activation of the body cells and the mental regeneration allows the inner balance to be reinstated. Duration of treatment approx 50 minutes  
Duration of treatment approx 80 minutes



# Therapies and Special Massages

## INDIVIDUAL MASSAGE

Duration of treatment approx 25 minutes

Duration of treatment approx 50 minutes

## FOOT REFLEXOLOGY MASSAGE

Duration of treatment approx 25 minutes

## PART MASSAGE WITH HEAD AND NECK RELAXATION

Duration of treatment approx 50 minutes

## COMBINATION MASSAGE

a) Foot reflexology massage

b) Classic part massage

Duration of treatment approx 50 minutes

## LYMPHATIC DRAINAGE

Soft stroking movements with real impact; there is no powerful kneading of muscles here. Drainage improves how waste products are flushed out of the body. The filter and cleansing function of the lymph nodes and pathways are enhanced, thus strengthening the body's own defences.

Duration of treatment approx 50 minutes

## DEEP RELAXATION MASSAGE

This combination of massage, energy work and the beneficial effect of warm St John's wort oil releases tension in the musculature and spine. Relaxing the spine and joints harmonises the energy flow, removes congestions and balances the vegetative nervous system.

Duration of treatment approx 50 minutes

## AROMATHERAPY MASSAGE

Essential oils work dynamically, permeating the skin, blood vessels and tissues, and have a positive effect on organs, body functions, cells and subtle energy levels. They bring body, mind and spirit into harmony, calm the vegetative nervous system, strengthen the body's defences and positively enhance your overall wellbeing. The massage actively targets the lymph flow and energy flow.

Duration of treatment approx 50 minutes

## LA STONE®

Varying temperature applications are combined with a body treatment and energy balancing. Stones are laid on your chakras (energy points) and their effect quickly relaxes the body so that the heat from the stones can penetrate deeply. The hot stones are then exchanged for cooled stones, starting a chemical reaction within the body's systems that simply yet effectively removes blockages and reduces muscle tension in the body.

Duration of treatment approx 75 minutes

**"WHO DOES NOT SACRIFICE SOME TIME EACH DAY FOR HIS HEALTH, ONE DAY MUST SACRIFICE A LOT OF TIME FOR THE DISEASE."**

**SEBASTIAN KNEIPP**



# Energetic Massages

## MERIDIAN ENERGY MASSAGE

This method of treatment is energy work performed along the course of the meridians. Meridians are energy paths that keep the body in balance. The therapist can identify in which area a blockage has developed by massaging the ear or the body, and then balance the energy using a metal rod. This treatment is particularly successful when used where the flow of energy is disturbed, for example tension, injuries, emotional stress, headaches, scars... It can help restore your lost inner equilibrium!

Duration of treatment approx 50 minutes

## SHIATSU MASSAGE

By exerting gentle pressure on meridians and acupuncture points using flowing movements, energy congestions are cleared, the body's own self-healing powers activated, blockages in the flow of energy cleared and the imbalance in the body can be better identified. The result: harmony and well-being. Please come to this treatment in light training clothes!

Duration of treatment approx 80 minutes

## SINGING BOWL TREATMENT

The singing bowl treatment is like time-out for well-being. Sonority is the most universal language because it touches you on all levels, and thus can gently release tension, stress, physical constrictions and inner blockages. Just as the purring of a cat emits beneficial vibrations, the deep vibrating sound of a singing bowl is particularly appealing to us. This body treatment brings the body and the energy system back into balance with the original power that lives within us. Please come to this treatment in light training clothes!

Duration of treatment approx 50 minutes

## SENSITIVE AROMA OIL MASSAGE

This is a full body treatment for body, mind and soul. Sensitive touches combined with warm chakra stones and selected aromatic oils help you to find your way back to yourself and to get in touch with your own center. In doing so, physical and emotional states of tension can be released and the energy centers harmonized. The oils with which the body massage is carried out are discussed before the massage begins and then put together. This mixture will be given to you after treatment as a token for you to take home.

Duration of treatment approx 80 minutes

## Cranio sacral relaxation

Especially gentle and small movements are used here. The pressure is carefully administered in order to reach your sensory perception threshold. This treatment technique offers you the opportunity of increasing your quality of life, irrespective of your current state of health. It has a particularly relaxing effect, helps greatly with aches and pains in the musculoskeletal system and is also ideal after traumatic experiences, such as accidents. Cranial relaxation allows the body to use its own powers of self-healing and energy again.

Please come to this treatment in light training clothes!

Duration of treatment approx 80 minutes

IT'S NOT OUR YEARS,  
BUT OUR LIFESTYLE THAT DECIDES  
HOW LONG WE LIVE.





# Recreate your life!

Healthy **DIET** and **PHYSICAL EXERCISE** are essential to your **HEALTH** and to the prevention of diseases. Together, we will make sure that you feel good in your skin and that you will become, and stay, **HEALTHY AND VITAL!** Our physiotherapy and vitality team at the Steirerhof are flexible, approachable and define the **PATH TO HEALING** and **PRESERVATION** together with each guest. Our interdisciplinary **COOPERATION** will guarantee results!

## THE "INTENSIVE" HEALTH CURE FOR YOUR BACK

14 nights/ 15 days incl.pampering cuisine and Steirerhof's extra-value service

- ✓ 1 medical consultation upon arrival
- ✓ 30 personalised therapy sessions (each approx 25 minutes)
- ✓ daily water aerobics
- ✓ medical summary upon departure

(Package available for Sunday arrivals only)

## THE "MODERN" HEALTH CURE FOR YOUR BACK

7 nights / 8 days incl.pampering cuisine and Steirerhof's extra-value service

- ✓ medical consultation upon arrival
- ✓ daily water aerobics, sport and activity program
- ✓ 12 personalised therapy sessions (each approx 25 minutes)
- ✓ medical summary upon departure

(Package available for Sunday arrivals only)

## THE "CLASSIC" HEALTH CURE FOR YOUR BACK

7 nights / 8 days incl.pampering cuisine and Steirerhof's extra-value service

- ✓ 1 medical consultation upon arrival
- ✓ daily water aerobics
- ✓ 8 personalised therapy sessions (each approx 25 minutes)
- ✓ medical summary upon departure

(Package available for Sunday arrivals only)

All prices and further information can be found at **[www.dersteirerhof.at](http://www.dersteirerhof.at)**, or call us.  
We are happy to help!  
Phone number: +43 3333 3211

\*\*\*\*\*  
**DER**  
**STEIRER**  
Bad Waltersdorf  
**HOF**

Institut für  
Vorsorgemedizin  
und Physiotherapie

# TCM - Traditional Chinese Medicine

The more than 2000 years old TCM has developed and proven itself in China as an independent medical system. At the Steirerhof, TCM has been used for many years by Mrs Jin Zhu, who has a great of expertise knowledge and many years of experience in TCM. Through the combination of the tongue diagnosis and the Chinese pulse diagnosis she recognizes a malfunction in the meridian system relatively simply and nevertheless enormously effective. This analysis as well as the restoration of the flow conditions in the meridian paths form the basis for any further TCM treatment such as acupuncture, moxibustion, cupping or Tui Na-massage. The Chinese Herbalism also plays a main role in TCM.

## TONGUE & PULSE DIAGNOSTIC

Duration of treatment approx 20 minutes

## Individual TCM Treatment

approx 25 minutes

## Individual TCM Treatment

approx 50 minutes

## TUI NA-MASSAGE

This treatment is one of the manual TCM therapies. Many different forms of manual stimulation are carried out on the skin, muscles and tissue in the musculoskeletal system, loosening up severely tense and hardened muscles and eliminating deposits in the musculature.

Duration of treatment approx 25 minutes

Duration of treatment approx 50 minutes

## CHINESE FOOT MASSAGE

This treatment is also one of the manual TCM therapies. First a foot bath is prepared with high-quality Chinese medicinal herbs. Everyday aches and pains such as digestive problems, sleep and circulatory disorders and stress are treated. The interaction of the medicinal herbs and the foot massage releases tension in the body and has a balancing effect on the vegetative nervous system.

Duration of treatment approx 50 minutes

## FAR EAST WELLNESS

Chinese and Japanese healing massages combined in

one offer:

✓ 2 Tui Na-massages (approx 25 minutes each)

✓ 1 Shiatsu massage (approx 80 minutes)

✓ 1 relaxation training session with personal consultation

Ideal for a 3-day stay

### TCM FOR BACK PROBLEMS

Wear and tear on the spine, severe muscle tension and restricted movement of the shoulder joint weaken the energy in our backs. The following package builds up energy and eases pain very effectively:

- ✓ 1 TCM treatment (approx 25 minutes)  
for compiling the initial findings
- ✓ 3 Tui Na-massages (approx 50 minutes each)  
combined with either cupping  
or Chinese herbal pack, according to our  
recommendation

Ideal from Sunday to Thursday

### TCM FOR EXHAUSTION OR SLEEPING DISORDER

Physical or severe emotional stress can stop the flow of Qi in the body, resulting in a state of energetic imbalance, leading to exhaustion, fatigue, loss of drive and even sleeping disorder. To get your Qi flowing again, we recommend the following :

- ✓ 1 TCM treatment (50 min)  
with tongue and pulse  
diagnosis and starting treatment
- ✓ 2 Chinese foot massages with herbal footbath  
(approx 50 minutes each)
- ✓ 2 TCM treatments (approx 25 minutes each)
- ✓ 1 Tui Na-massage (approx 50 minutes)

Ideal from Sunday to Sunday

### AN INTRODUCTION TO TCM

An individual package for those who would like to try TCM:

- ✓ 1 tongue and pulse diagnosis
- ✓ 1 Tui Na-massage (approx 50 minutes)
- ✓ 2 Chinese foot massages with herbal footbath  
(approx 50 minutes each)

Ideal for a 3- to 4-day stay



# BEAUTIFY YOUR STAY

We offer unique treatments that help you to correct **IMBALANCES** of the body, mind and soul, to prevent cosmetic damage, to slow down the **AGING PROCESS** and to improve the **QUALITY OF LIFE**. Each application is individually tailored to your needs for **MAXIMUM RESULTS**.

**WITH US ,YOU ARE IN THE BEST HANDS!**



# Facial treatments with Massada and Radiofrequency

SMOOTHING - FIRMING - LIFTING WITHOUT CHEMISTRY!

MASSADA  
THE NATURAL THERAPY

**MASSADA** - manufactured according to the ECOA® method - is a holistic, bio-certified **NATURAL COSMETICS LINE** with a wide range of natural and mineral products, which meets the high demands and needs of professional cosmetics.

**ENERGY, COLOR and AROMA** are the three axes of the ECOA® method. All recipes are balanced in their composition and the synergistic blend of plant extracts, vitamins, salts and slurries from the Dead Sea, essential oils and floral waters make them a cosmetic for all senses.

Treatment techniques are used which help to avoid the imbalance of body, mind and soul, prevent cosmetic damage, slow down the aging process and improve the quality of life.

THIS UNIQUE TREATMENT METHOD UNDERSTANDS AESTHETICS in a comprehensive manner and allows us to tailor each application INDIVIDUALLY to achieve MAXIMUM RESULTS. The effectiveness is based on the combination of natural and biotherapeutic disciplines:  
Cosmethology - Phytotherapy - Music therapy - Acupressure - Kobido massage - Drainage - Bach flower therapy

## BIOCELLULAR LINE OF MASSADA

Ideal for REGENERATION with a light anti-aging effect, as well as in case of couperose, atopic dermatitis, psoriasis, rosacea and in the case of drug-damaged skin.

## WHITENING LINE OF MASSADA

For a smooth complexion, corrects and prevents pigmentation caused by sun, acne and aging processes. Improves the skin texture without irritating it (no fruit acid peeling). Contraindication melanoma!

## HYALURONIC ACID LIFTING CONCEPT

SPECIFIC for mature or prematurely aged skin, suitable for all skin types from 35 years. The Hyaluronic Acid Lifting Concept is a combination of natural active ingredients and highly concentrated hyaluronic acid that effectively stimulates collagen and elastin synthesis and maintains cell hydration. The skin is thus smoother, firmer and more silky.

Duration of treatment approx 50 minutes

Duration of treatment approx 80 minutes



## NELUHM FROM MASSADA

This luxury cream containing lotus and silk ingredients induces faster cell regeneration, also creating new cells, through giving the skin cells the essential nutrients needed. The results are that the skin looks a lot younger and revitalised, and also protects the skin from the sun and early ageing.

## LUXURY FROM MASSADA

Cleansing, peeling, deep cleaning, lotus and silk serum, NELUHM intensive masks, ion booster, massage, eye brow shaping, finishing treatment and lip volumizer.

Treatment time approx 80 mins



# Beauty treatments with Winback®

## SLOW DOWN THE AGING PROCESS

**WINBACK® Beauty** - the Winback® Energy gets under the skin, it acts deeply and can access all the resources of the skin, which are responsible for the skin reconstruction as is necessary. Your skin experiences a true recovery with incredible results: Revitalization, rejuvenation, fat loss, body contouring forming and toning.

**Regenerating effect** - The main function of Winback® is the rebuilding of your skin tissue. The Winback® energy invigorates the intracellular and extracellular layers, so that the skin can become firmer and more elastic again. Wrinkles are reduced and the skin gets a natural radiance again.

**Dynamizing effect** - the effect of Winback® is based on your cell metabolism (nutrients, oxygen). The metabolic activation allows a fast supply of active ingredients, as well as the removal of metabolic waste. Blood and lymph circulation are revitalized, helping the treated area to break down debris.

### Winback® facial treatment in combination with Massada

The lines developed by Massada offer a combination of natural active ingredients with highly concentrated hyaluronic acid, which fills the interfibrillar spaces with collagen and exerts a molecular sponge effect. In addition, the Winback® Energy supplies the tissue with oxygen. In this way, cellular energy is generated, which allows the cells to function optimally. It will also make the formation of collagen and elastin cumulative and effectively stimulated. The skin is more refreshed, firmer, has more moisture and is silky soft and radiantly beautiful from cell renewal or regeneration.

## GET YOUR NATURAL BEAUTY! SLOW DOWN THE AGING PROCESS!

### SUPPORT YOUR TISSUE!

- ✓ Firming and tightening of the tissue on face, arms, legs, abdomen and décolleté
- ✓ edema treatment
- ✓ fibrous or aqueous cellulite

### Take time for WINBACK®

Duration of treatment approx 50 minutes

### RADIANTLY BEAUTIFUL WITH WINBACK®

Claensing,peeling,deep cleaning,eye brow shapingserum,Winback®,masks, finishing treatment.

Duration of treatment approx 80 minutes

MAS2ADA  
THE NATURAL THERAPY

WINBACK®  
B E A U T Y



# Body treatments with Winback® and Massada

PURIFYING - TIGHTENING – FIRMING

## WINBACK® Massage and body care

The Winback® Energy is an innovative and unique high frequency current, which the natural regeneration of biological tissue accelerates. Its low strength provides completely non-invasive energy that is 100% natural and painless to the human body. The results are visible from the first session and are stabilized between the next 3 to 5 sessions.

The combination of Winback® and massage aims to regulate excesses. Excesses are usually associated with chronic processes in the body that not only reduce organ activity but also interfere with the body's healing process or self-regulation. This body treatment is designed to balance and restore harmony of the entire body.

A Winback® body treatment improves the metabolism and has an analgesic effect. At the same time activating the lymph nodes causes a faster pumping effect, which in turn accelerates drainage.

## Body Firming Package

Attacks the fat in depth, slows down the formation of new fat cells and models the figure.

- ✓ 2 Minceur Intensive with Winback® approx 50 minutes
- ✓ 1 Dead Sea Salt Peeling approx 20 minutes
- ✓ 1 Minceur Intensive package approx. 30 minutes

## Detox Package

For purifying, detoxifying and shaping the body contours

- ✓ 1 Lift & Sculpt Body treatment approx 50 minutes
- ✓ 1 Detox bath approx 45 minutes
- ✓ 1 Sea mud pack from the Dead Sea approx. 30 minutes

**WINBACK®**  
B E A U T Y

## Minceur Intensive Treatment – Massada mit Winback®

Massada's Minceur Intensive Line combines with the powerful, harmless and soothing power of Winback® to deliver more effective and long-lasting results over time, with no side effects whatsoever. The Winback® energy supplies the tissue with oxygen and thereby generates cellular energy. In combination with the active ingredients of Massada (Myrica cerifera, caffeine, juniper, Ruscus, cinnamon) this leads to the recovery of cell energy and optimal cell function. It has been proven that fat in fat tissue is reduced and it has a triple effect on adipocyte metabolism:

- ✓ decreased adipogenesis
- ✓ increased lipolysis
- ✓ decreased lipogenesis

The Minceur Intensive Treatment is ideal if you want to clean and smooth the tissue cells. For a gentler and more moderate skin appearance. Duration of treatment approx 50 minutes

## Lift & Sculpt Body Treatment

This Massada treatment is a fullbody massage technique that increases the firmness and elasticity of the skin. The contours improve and model themselves. It is a specific treatment for the skin that shows signs of fluid retention, cellulite or slackness. It works by helping to eliminate toxins, build and promote blood circulation while restructuring and strengthening the skin's supportive function to increase its firmness.

Duration of treatment approx 50 minutes

**MAS2ADA**  
THE NATURAL THERAPY



# Piroche® Cosmétiques

TO SOFTEN WORRY LINES, DRYNESS OR WRINKLES AND TO PREVENT  
PREMATURE AGING OF THE SKIN

Piroche® products are rich in active substances of natural origin. First-class plant extracts, top-quality essential oils, sea algae from Brittany in combination with high-quality clay unfold their effective power individually or combined.

Using the high-end technology, such as radiofrequency, ultrasound, LymphoDrainer and BeautyStimm, the skin's regenerative powers are activated and a lasting and convincing result achieved.

Noesis - This Vitamin Powder concept improves the elasticity and firmness of the skin from age 30. Vitamins A, C and E, as well as fluids to optimally support the moisture status, stimulate regeneration and alleviate the first signs of skin aging. Noesis gives the skin new vitality, improves the elasticity and firmness of the tissue and reduces structural damage. Refilled vitamin depots provide compact contours.

Rosalpina - Plant stem cells of the Alpine Rose support skin regeneration, help protect the skin from climatic changes and negative environmental influences and make the skin tough and resistant. This product concept offers all ages the same natural aging protection - especially sensitive skin types. Skin and tissue are more youthful and vital, irritated situations are compensated and the immune system of the skin is regenerated and strengthened.

This Italian cosmetic company produces its products from the highest quality. Plant extracts, natural essential oils and formulas based on the latest scientific knowledge to help to revitalize and to keep the skin healthy. The efficient combination of active, natural substances and the stimulation of acupuncture points encourages relaxation and strengthening of the skin and makes your skin feel vital and youthful. A lifting effect is given.



### ENERGETIC FACIAL TREATMENT

Waste products from facial skin are eliminated by means of bioenergetic lymphatic drainage. The skin is re-energised using specific selected bioaroma synergies and other natural complexes. In addition electro-stimulation firms skin and tissue.

Back unblocking, cleansing, peeling, eyebrow correction, aromatherapy and algae therapy with essential oils, bioenergetic drainage, face-mask, electrostimulation of the acupuncture points, concluding care

Duration of treatment approx 80 minutes

### ENERGETIC FACE LIFT

This intensive facial treatment gives the complexion a radiant and fresh appearance. It also intensifies lymph activity and firms and stabilises the connective tissue. Nutrient utilisation is boosted and so the skin can better absorb the high-quality substances used in the treatment.

Cleansing, peeling, bio-energetic drainage, electrostimulation of the acupuncture points, face-mask, eyebrow correction, concluding care

### VITAMIN POWER TREATMENT

The "natural beauty" program for reducing fine lines and wrinkles. Also for regenerating the cells of the face, neck and cleavage. The revitalising multivitamin complex and the active ingredients strengthen, nourish and firm the skin. Cleansing, peeling, deep-cleansing, vitamin or retinol ampoule, massage, face-mask, eyebrow correction, concluding care

Duration of treatment approx 80 minutes

### FIRMING EYE TREATMENT

This is a special treatment to reduce bags under the eyes and crows-feet. Due to the limited number of sebaceous glands around your eyes, fine lines and wrinkles tend to develop.

Cleansing, bioenergetic lymphatic drainage, pressure point massage, firming face-mask, refreshing eye gel

Duration of treatment approx 45 minutes

### SHIATSU FACIAL

Using a special massage technique and specifically stimulated acupuncture points, this facial treatment has an extremely relaxing effect and stimulates the lymphatic flow. Fine lines are reduced. A modelling face-mask refines the skin's appearance, resulting in a radiant youthful appearance. The tense facial wrinkles are reduced and the appearance of the skin is refined.

Duration of treatment approx 50 minutes



Each treatment by Piroche will be adapted to your specific skin needs. Your beautician will decide on site which products will be used.

# Facial treatments with Thalgo - La Beauté Marine

**THALGO products** are based on sea algae and sea water. Micro-pulverized algae enable the optimal use of the nutrients contained in the plant cells. The products build on a high quality basis with collagen and elastin. The skin absorbs the moisture and the blood circulation is activated. The result is a healthy complexion.

**The three vital Thalgo Seaweeds are:**

**Laminaria digitata (finger tip)** - due to its detoxifying, draining and locally metabolising stimulating effect, it is ideal for figure problems.

**Fucus vesiculosus (bladderwrack)** - stimulates the activity of fibroblasts responsible for collagen production.

**Lithothamnion calcareum (fossil red algae)** - supports slimming and cellulite treatments and has an absorbent effect on bad skin.

The extensive research in the field of algae and other marine active ingredients guarantees Thalgo Cosmetic optimum effectiveness and extremely good tolerability.

**Source Marineline** - for dehydrated and energy-free skin. The 24h moisturizer has a revitalizing effect and gives the skin luminosity.

**Cold Cream Marine line** - for dry and sensitive skin. Increases the tolerance threshold against external influences such as cold, heat, air pollution, etc.

**Pureté Marine line** - for combination and oily skin - between 25 and 45. The decay of impurities are promoted and the sebum production is brought into balance.

**Maritime Collages** - for first wrinkles from 25. Suitable as an introduction to anti-aging care intensive hydration.

**Maritime Hyaluronum** - for pronounced wrinkles from the age of 40. Through a complex of maritime hyaluronic acid, the appearance of the skin is padded and smoothed.

**Maritime Silicon** - for visible wrinkles and loss of elasticity from 40. How to look lifted by stimulating the body's production of collagen, elastin and hyaluronic acid.

**Exception Ultime (Luxury Secrets)** - for mature, demanding skin over 50. This integral anti-aging care range ensures maximum skin regeneration.

### CLASSIC FACIAL TREATMENT

Cleansing, peeling, deep-cleansing, massage, facemask, eyebrow correction, concluding care  
Duration of treatment approx 50 minutes

### INTENSIVE TREATMENT

Cleansing, peeling, deep-cleansing, ampoule or serum, face-mask, concluding care  
On request: eyebrow correction, eyelash and eyebrow tint or eye-mask  
Duration of treatment approx 80 minutes

### THALGO TREATMENT FOR MEN

We use "Thalgo Men" products, which pamper tired, challenged and dehydrated skin.  
Cleansing, peeling, deep-cleansing, ampoule, massage, special face-mask, eyebrow correction, concluding care  
Duration of treatment approx 80 minutes

### THALGO SPECIAL TREATMENT

For this treatment we match the face-mask to your complexion. The different masks contain moisturising, clarifying, restorative or firming active ingredients.  
Cleansing, peeling, deep-cleansing, ampoule or serum, massage, special face-mask, eyebrow correction, concluding care.  
Duration of treatment approx 80 minutes

### LUXURY SECRETS

The highlight is the anti-ageing mask made from organic cellulose and enriched with phyto-hormones derived from alga. It blends pleasantly into the skin, providing a calming effect and supplying valuable active ingredients. The result is instantly visible and intensifies during the treatment. It promises clear, taut facial features and visibly younger skin.  
Cleansing, peeling, deep-cleansing, anti-ageing serum and mask, anti-ageing eye cream, massage using our special anti-ageing cream  
Duration of treatment approx 80 minutes

**THALGO**  
LA BEAUTÉ MARINE

Each treatment by Thalgo will be adapted to your specific skin needs. Your beautician will decide on site which products will be used.

# Bath therapies

## CHINESE HERBAL BATH

A tincture made from pure Chinese herbs and roots is added to this regenerative bath, which removes blockages and tensions from the joints and muscles, alleviates pain, eases inflammation and boosts your energy flow. This bath has proved to be very effective against stress induced exhaustion.

Duration of treatment approx 30 minutes

## LATHER TREATMENT WITH A RELAXMASSAGE

This intensive treatment cleans the body and boosts the circulation, which is intensified even more by the pleasant warmth of the special therapy bed. The heat opens the skin's pores and penetrates deep into the muscles. When your body has been washed, it is massaged all over with warm oil. Complete relaxation for body, mind and spirit.

Duration of treatment approx 50 minutes

## SOUND & FRAGRANCE SINFONIA

The human body exists predominant out of water. By the pleasant sound waves of music, which are transmitted in the bath tub, the water starts moving and so this bath is being a smooth massage for the somatic cells. To raise the pleasant effect, an individual fragrance oil is adding to the bath. We create your own sinfonia of sound and fragrance, where tensions and blockades are dissolved.

Duration of treatment approx 30 minutes € 42

## WHOLE-BODY PEELING

Fine exfoliating particles gently remove dry skin cells and clean skin thoroughly. This treatment is ideal for every skin type, making the skin smooth and supple. Ideal preparation for baths, wraps, packs and massages.

Duration of treatment approx 30 minutes

## EMPRESS SISI BATH

A bathing experience with peeling, face mask and full bath. First you are given a natural peeling made from corn semolina and mare's milk, which neutralises the pH level of the skin. This is followed by a moisturising face mask. Finally, you are indulged in a full-sized bath with a blend of rose petals, milk and rose oil. A refreshing fruit cocktail drink rounds off this very special bathing experience.

Duration of treatment approx 60 minutes

## DETOX BATH

The skin is our biggest decontaminating organ with all the sweat glands, that remove toxins out of our body. Sweating out toxins, cleaning the body, reducing joint- and muscles pains and relaxing the soul and getting better sleep, are the main effect of this bath. The moisture content of the skin is getting better and the process of metabolism is increasing. With a nature salt oil peeling, with a rich count on nutrients, the body is having the optimal preparation for the detox bath.

Duration of treatment approx 45 minutes

WATER works WONDERS



# Body wraps & packs

## STEIRERHOF FANGO MUD PACK

The natural Fango used in this treatment comes from the volcanic rock phonolite, quarried in the Kaiserstuhl area of the Black Forest. **We mix the fine mineral powder with Bad Waltersdorf's thermal water directly in the hotel to produce our pack.** This treatment intensely warms even deep tissue with long-lasting effect. The high temperatures boost blood flow, ease pain and relax the muscles and connective tissue. You sweat more intensely and your heart rate increases. We adapt this treatment to each individual, and it also has a beneficial reflex effect on internal organs and glands. A medical examination should be carried out before a natural Fango treatment (our spa doctor at the hotel is available for this), where the type of application, the temperature and the length and frequency of the treatment will be decided.

Duration of treatment approx 30 minutes

## STEIRERHOF CREAM PACK

This pack is especially suited to dry skin. First you get a prepping whole-body treatment to encourage the blood flow to the skin. Following this we apply a lotion made from a base cream with mare's milk and a variety of body oils such as jojoba, almond and sesame. Your body is then cocooned in soft wraps. The water bed is heated to 37°C, and this heat opens the pores even more, allowing the body wrap to really work its magic.

Duration of treatment approx 30 minutes

## DETOXIFYING PACK

This pack contains up to 15 large bandages that are soaked in healing earth, algae, minerals and sea salt from the Dead Sea. After the body has been prepared with a full body scrub, it is wrapped in bandages using a special technique that encourages purification and detoxification. As the lipid metabolism gains momentum, the surplus fat depots are broken down. Before the detoxifying wrap, a full-body peeling is recommended in order to remove dry skin cells and to make the skin more receptive. To complete the treatment a purifying tea is provided to support the purification process.

Duration of treatment approx 80 minutes

Detoxifying pack with peeling

Detoxifying pack without peeling

## VEIN/ICE WRAP

This beneficial cold treatment with the addition of essential oils is particularly effective for varicose veins and fluid retention in the legs.

In case of aroma oil intolerance also a **pot wrap** can be made.

Duration of treatment approx 30 minutes

## PEAT PACK

Therapeutic Neydharting peat is considered to be particularly skin-friendly, beneficial and regenerative. It is rich in water-soluble components, which are well absorbed by the skin. This treatment has a stimulating effect on the hormones, and the humic acid contained in the peat greatly improves blood flow to the joints. Lying on a heated water bed, you experience total relaxation.

Duration of treatment approx 30 minutes

### DETOX BODY WRAP

An intense alga treatment due to the salt minerals, iodine, trace elements and ethereal oils which are contained within the wrap. Lying on the water bed for 30 minutes detoxifies your body through your skin and your metabolism is activated. The concluding body care gives the treatment its final touch. (If you have any problems with your thyroid gland, please talk to one of our therapists.)

Duration of treatment approx 30 minutes

### HEALING CHALK PACK

Composed of healing chalks, healing earth and essential oils, this pack is particularly suitable for sensitive skin and strengthens the immune system. Due to its low pH level, healing chalk neutralises or lowers the pH level in the body preventing acidity that can occur especially in rheumatic illnesses. The heat of the water bed accelerates the absorption of the effective substances.

Duration of treatment approx 30 minutes

### ALGAE GEL BODY PACK

This body treatment is preceded by a whole-body peeling. Algae gel made from pure algae extract is applied to the body, then you lie on a heated water bed while it takes effect. The heat opens the pores allowing the body wrap to really work its magic. The tissue is detoxified and supplied with minerals and trace elements, and fat deposits are broken down. Upon completion the skin is soft, smooth and well moisturised.

Duration of treatment approx 50 minutes

## PURIFY TIGHTEN CARE

The elaborate treatment methods  
achieve particularly  
INTENSIVE EFFECTS.



# Beauty & Holistic Wellbeing

## EXTRAS FOR THE FACE

Eyelash service (eyelashes/eyebrows tint/shaping)  
approx 25 minutes

Eyelash or Eyebrow tint  
(only bookable with a treatment)

Individual ampoule

Facial massage, 25 minutes

## HANDS AND FEET

We would like to inform you, that our pedicures are exclusively for medical foot care.

Manicure and Pedicure (without polish),  
approx 80 minutes

Manicure with hand care or nail polish  
approx 50 minutes

Paraffin hand pack approx 25 minutes

Pedicure with foot care or nail polish  
approx 50 minutes

## WAXING

Lower leg up to the knee

Whole leg

Upper lip

Bikini area/armpits/upper lip and chin € 21

## BODY FIRING PACKAGE

Attacks the fat in depth, slows down the formation of new fat cells and models the figure.

✓ 2 Minceur Intensive with Winback (50 min)

✓ 1 dead sea salt peeling (approx 20 minutes)

✓ 1 Minceur Intensive Pack (approx 30 minutes)

Package price

## DETOX PACKAGE

For purifying, detoxifying and shaping body contours:

✓ 1 Lift & Sculpt body treatment

✓ 1 x detox bath

✓ 1 x sea mud pack from the Dead Sea  
(approx 30 minutes)

## TASTER BEAUTY DAY FOR HIM & HER

✓ 1 complete facial, neck and cleavage treatment, deep-cleansing, peeling, ampoule, face-mask, massage

✓ 1 pedicure

✓ 1 hand massage with arm pack

1 day of treatment -  
approx 3 hours

## THE STEIRERHOF-BEAUTYDAY

✓ 1 extended Steirerhof special massage  
(Vibro trainer treatment to relax the back muscles, back unblocking, individual reflex zone drainage)

✓ 1 algae pack

✓ 1 energetic face-lifting (cleansing, peeling, aroma therapy and algae therapy, energetic drainage, face-mask and electrostimulation to firm the skin and tissue)

One day of treatment,  
approx 3 hrs (incl. breaks)

## REGENERATIVE DAY

✓ 1 lather treatment with a oil massage

✓ 1 head and neck relaxation massage

Duration of treatment approx 80 minutes

## BODY CURE ROYAL PACKAGE

✓ 1 whole-body peeling

✓ 1 aromatherapy massage

One day of treatment approx 80 minutes

## SPA RITUAL MERVEILLE ARCTIQUE

The oceans represent unlimited freedom and harbor endless treasures. They have the power to calm, vitalize and reconcile body, mind and soul. Let yourself experience a revitalizing spa ritual, created from the symbiosis of hot and cold. Enjoy the soothing effects of traditional Nordic rituals, alternating warmth and invigorating coolness to loosen the body and relieve tension.

- ✓ Arctic Salt Scrub - a trio of exfoliating salts is massaged into the skin with revitalizing movements
- ✓ Arctic Crystal bath - relaxing, fragrant bathing water, your thoughts float away to the hot springs of Iceland
- ✓ Enjoy the beneficial warmth of the steam room
- ✓ Exclusive arctic massage in which the relaxing warmth with alternating coolness and thus release tension can reduce stress and bring the body back into balance

Duration of treatment

for 1 person approx 120 minutes

for 2 persons approx 150 minutes p.p.

## SPA VITAL PACKAGE FOR TWO

Brushing the whole body promotes circulation and prepares the skin for the algae pack that follows. This also stimulates the metabolism, detoxing and neutralising. You will relax in a private steam bath while the treatment takes effect, as this dissolves the toxins better. Afterwards you will be pampered with a wellness massage using essential oils. Fresh fruit and sparkling wine enhance your experience.

- ✓ Whole body brushing
- ✓ Algae pack, during which you relax in a private steam bath
- ✓ Wellness massage

Duration of treatment approx 90 minutes p.p.

## TWICE AS NICE –

### TREATMENT FOR PARTNERS

A nourishing treatment with a trace of the sea, which touches both body and senses. Let yourselves be pampered and enjoy the ambience of a treatment à deux. First you warm up together in the infra-red cabin, then take a bath with extracts of algae and water-lily. Finally, enjoy a relaxing and moisturising face-mask and a feel good massage with essential oils, enhanced by chocolate-fruits and a refreshing cocktail.

Duration of treatment approx 120 minutes

### NEXT PARADIESE

Deep relaxation, well-being and cultivation in an exceptional and holistic treatment. An exotic journey towards more stability, vitality and wellbeing - unique textures, exclusive ingredients and stimulating scents let you enjoy every sense. Inspired by the traditional beauty secrets of the Maori, this ritual will pamper you with:

- ✓ a wonderfully scented peeling,
- ✓ a beneficial lagoon water bath,
- ✓ a deep relaxation massage with warm sand stamps and shimmering body oil.

You will feel re-cooperated, relaxed and full of positive energy, your skin will contain new luminosity and will feel flexible and delicate.

Duration of treatment

for 1 person approx 120 minutes

for 2 persons approx 150 minutes p.p.

### MASSAGE FOR TWO

Indulge in a treatment while enjoying time together. Choose between the classic whole-body massage, aromatherapy massage, part massage with head and neck relaxation and the combination massage. Then relax by candlelight, with soft music and a refreshing fruit cocktail.

Duration of treatment approx 50 minutes p.p.

### THE PRIVATE SPA SUITE

Total privacy, chatting with one another, exchanging experiences and benefiting from private wellness rooms. Experience the healthy heat of the infra-red cabin, appreciate various bath oils and enjoy the cosy fire place corner, candlelight, fresh fruits, sparkling wine and nibbles.

## THE THERMAL WATER OF BAD WALTERSDORF

Consists of sodium chloride which has been stored for over 10.000 years at a depth of 1.200 meters. The heat at which the water comes to the surface is 62°C. It is one of the most high quality and gentle thermal-healing waters in all of Austria.

Not only does our thermal-healing water regenerate your body it also has a supporting affect by:

- ✓ vegetative exhaustion, regeneration demand
- ✓ general immune system weaknesses, cardiovascular disorders
- ✓ inflammatory rheumatism (chronic poly-arthritis or gout)
- ✓ degenerative rheumatism (sciatic nerve pain, arthrosis, vertebrae pains or disorders, muscle pain)
- ✓ soft-tissue rheumatism, ailments to the respiratory system
- ✓ aftercare for injuries or operations on the musculoskeletal system

With the following medical conditions, the use of our thermal water pools is only possible with the consent of the hotels doctor:

- ✓ Heart muscle weaknesses
- ✓ Severe blood circulation disorders (like Buerger's disease, varicose veins, acute vein infections and thrombosis)
- ✓ high blood pressure
- ✓ after a heart attack or stroke
- ✓ acute joint infections
- ✓ Asthma



## NATURE POOL

As the first hotel in middle Europe to open the first chemical free nature pool, we at Der Steirerhof live under the motto "longing for all who loves swimming naked". Surrounded of deep green, wonderful smelling flowers and herbs, the nature pool is the impeccable compliment. The particularly enjoyment: heatable up to 20°C it offers comfortable swimming during the whole four seasons. In combination with Biosauna, Finnish sauna and relaxation area at the water, it is an incomparable wellbeing-added value.

## BRINE WATER

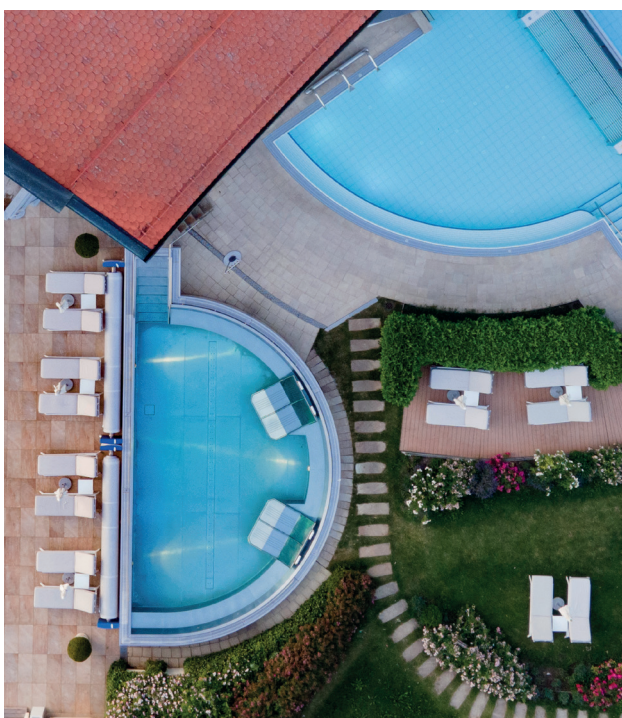
A special and very popular attraction in the Steirerhof is also the brine outdoor pool. The warm salt water, has a calming effect on the psyche and the body and strengthens the immune system. Also, in a bath of brine, the circulation of the skin is promoted and the osmotic skin metabolism stimulated. The increased buoyancy caused by the brine concentration also relieves the musculoskeletal system and the joints and relaxes the muscles. For this reason, the treatment of musculoskeletal disorders is particularly supported:

- ✓ Arthritis and gout
- ✓ Arthrosis
- ✓ Osteoporosis
- ✓ Fractures, sprains, bruises, strains

The warm brine also has a positive influence on indigestion, metabolic disorders, inflammatory diseases of the nervous system, poor concentration and insomnia.

In the case of a severe general condition, the use of the brine pool is only possible with the consent of the skin or spa doctor (amongst others)

- ✓ pronounced heart failure
- ✓ Severe liver or kidney failure
- ✓ acute infections
- ✓ after a heart attack or stroke



## PEARL WATER

Silky soft, lime-free and pH neutral. After a long bath in the pool, the skin is often very dry and tense. No worries of this happening in the new pearl water pool: the silky soft, lime-free and pH-neutral water ensures noticeably soft skin and velvety smoothed hair.

### **A new Steirerhof beauty secret!**

Advantages of pearly water:

- ✓ Activation of the lymphatic system by gentle waterpressure
- ✓ positive impact on the autonomic nervous system, which vital functions such as blood pressure, heart rate, respiration and metabolism controls
- ✓ optimal relief of the motor apparatus
- ✓ noticeably soft and delicate skin
- ✓ soft hair
- ✓ technical advantage: no limescale in and around the pool!



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