DER STEIRER HOF
Bad Waltersdorf

# SPA
# WELLNESS
# RECREATION



## VITAL & SPA-RECEPTION

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## OPENING HOURS

Monday to Saturday 08:00 to 17:30
Sunday 08:00 to 14:00

The Vital & Spa area is located on the 3rd floor -
Here you will find treatment rooms flooded with light,
the Vital & Spa reception and the medical department.



DER STEIRER HOF
Bad Waltersdorf

Institute for
Preventive Medicine
and Physiotherapy

# SPA "Sanus per aquam" Healthy through water

## THE STEIRERHOF RECREATION

Prevention, regeneration, well-being and relaxation are at the heart of the Steirerhof experience. In our tranquil, light-filled treatment rooms, an experienced team of therapists offers individually tailored programmes to help you unwind, recover and care for your wellbeing. Arrive in your bathrobe, enjoy a cup of tea and let us take care of the rest.

Our institute for preventive medicine and physiotherapy combines wellness treatments with therapeutic expertise. The SPA area is on the third floor.

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Book at the SPA reception or dial 82 from your room. **We recommend booking in advance.** If you prefer a female or male therapist, please tell us when booking; we will do our best to accommodate your preference.

**Cancellations**: Please cancel at least 24 hours in advance. Later cancellations are charged at 50% of the treatment price; no-shows at 100%. Late arrival may shorten your treatment.

Please keep mobile phones on silent throughout the SPA. For most treatments, arrive in a bathrobe and swimwear. Wear comfortable sports clothing for craniosacral relaxation, singing bowl massage, Shiatsu, sports science sessions and physiotherapy.

Before treatment, please tell us about relevant medical conditions, pregnancy, allergies, medication (including anticoagulants or cortisone), thrombosis, slipped discs or a pacemaker. Our in-house doctor is available for advice.

Gift vouchers are available from Hotel Reception: +43 (0)3333 3211-708.

# Physical & sports science
# Individual services

## PHYSIOTHERAPY
Individually tailored treatment for mobility and functional limitations, including orthopaedic conditions, pelvic-floor therapy, respiratory exercises and rehabilitation support.
Approx. 30 min · € 60
Approx 50 min · € 98

## MUSCLE FUNCTION TEST
Assessment of the strength and function of individual muscles or muscle groups.
Approx. 30 min · € 60

## PERSONAL TRAINING SESSION
One-to-one exercise tailored to your goals, such as swimming, stretching, strength and mobility training.
Approx. 30 min · € 60
Approx. 50 min · € 98

## SPINAL FITNESS PROGRAMME
A focused back-health assessment and personalised exercise session.
Includes: MediMouse® spinal analysis and muscle function test; Back-Check® strength assessment; one training session.
Approx. 90 min · € 175

## BACK-CHECK® STRENGTH ASSESSMENT
Objective measurement of strength imbalances in postural muscle groups to guide targeted training.
Approx. 45 min · € 98

## MEDIMOUSE® SPINAL ASSESSMENT

Non-invasive, radiationfree computer-assisted assessment of spinal shape and mobility, including muscle function test.
Approx. 30 min · € 60

## ELECTROTHERAPY

Selected electrical stimulation techniques to complement treatment of musculoskeletal conditions and weakened muscles.
Approx. 15 min · € 32

## SKENAR PAIN REGULATION THERAPY

Adaptive electrical impulses used as part of individual pain-management and rehabilitation programmes.
Approx. 25 min · € 55
Approx. 50 min · € 92

## ULTRASOUND THERAPY

Therapeutic ultrasound to support the management of selected muscular and joint complaints.
Approx. 15 min · € 32

## BODY COMPOSITION ANALYSIS

Bioelectrical impedance assessment of body fat, muscle and water, with personal interpretation.
Approx. 20 min · € 42

## KINESIOLOGY TAPING

Supportive taping for muscles and joints.
Approx. 15 min · € 32



# Regeneration & Longevity

## IHHT – INTERMITTENT HYPOXIC–HYPEROXIC TRAINING

A non-invasive breathing session alternating individually adjusted low- and high-oxygen air. Offered as part of personalised recovery, performance and longevity programmes. An initial medical consultation can help assess suitability and contraindications.

Approx. 50 min · € 89

Initial medical consultation/ intervention · € 25

## VITUS CORE COOLING

A targeted cooling treatment using controlled negative pressure at the palms, designed to support post-exercise recovery and a refreshing sense of well-being.

Approx. 18 min · € 28

# Individual Pain-Relief Treatments



**WOUND HEALING**
97 % EFFICIENCY

**FLOW THROUGH**
6x FASTER

**REHABILITATION**
2x FASTER

**PAIN BLOCKER**
81 % IMMEDIATE & LASTING EFFECT

## WINBACK® THERAPY

Radiofrequency-based treatment used alongside manual therapy for selected muscular, joint and rehabilitation needs. Not suitable during pregnancy or in the presence of a pacemaker, acute inflammation or cancer.

Approx. 25 min · € 65
Approx. 50 min · € 123

**Contraindications**: Pregnancy, pacemakers, acute inflammation and cancer

## qmd® SÉLENE PT – CRYO-THERMO THERAPY

Controlled cold, heat or alternating temperatures to support comfort, circulation, muscle relaxation and recovery.

Includes cold applications (–10°C to +15°C), warmth (+30°C to +42°C), contrast therapy and qmd® trilevel®.
Approx. 25 min · € 65
Approx. 50 min · € 123

# Traditional Chinese Medicine (TCM)

Our experienced TCM practitioner Jing Zhu offers treatments inspired by Chinese medicine, including tongue and pulse assessment, acupressure, moxibustion, cupping and Tuina massage.

## TONGUE & PULSE ASSESSMENT

Approx. 20 min · € 52

## INDIVIDUAL TCM TREATMENT

Approx. 25 min · € 63
Approx. 50 min · € 103

## DISCOVER TCM

An introduction to traditional Chinese therapies.
**Includes:** Tongue and pulse assessment; one 50-minute Tuina massage; two 50-minute Chinese foot massages with herbal footbath.
Ideal for 3–4 days·
Package € 268

## TUINA MASSAGE

Traditional manual techniques using pressure and movement to release muscular tension.
Approx. 25 min · € 63
Approx. 50 min · € 92

## CHINESE FOOT MASSAGE

A warm herbal footbath followed by a soothing foot massage.
Approx. 50 min · € 92

## TCM FOR BACK COMPLAINTS

A programme combining individual TCM work with Tuina and optional cupping or herbal packs.
**Includes:**
One 25-minute TCM treatment; three 50-minute Tuina massages.
Ideal for a Sunday–Thursday stay · Package € 278

## TCM FOR FATIGUE OR SLEEP DIFFICULTIES

A multi-session programme focusing on rest and balance.
**Includes:** One 50-minute TCM session with tongue/pulse assessment; two 50-minute herbal foot massages; two 25-minute TCM sessions; one 50-minute Tuina massage.
Ideal for a Sunday–Sunday stay · Package € 415

## FAR EASTERN WELLNESS

A combination of Chinese and Japanese bodywork.
**Includes:** Two 25-minute Tuina massages; one 80-minute Shiatsu massage; one individually guided relaxation session.
Ideal for 3 days · Package € 259

# Steirerhof Signature Treatments

## THE STEIRERHOF SIGNATURE MASSAGE

Our signature ritual blends TCM-inspired techniques, lymphatic massage, aromatherapy and acupressure.

**Includes**:

50 min: back reflex-zone drainage, cupping-inspired lymphatic stimulation and meridian points.
80 min: additional muscle-meridian acupressure.

Approx. 50 min · € 98
Approx. 80 min · € 128

## Detox Package

A restorative sequence combining massage, bathing and a mineral-rich body wrap.

**Includes:**

50-minute Steirerhof Signature Massage; 45-minute detox bath; 30-minute Dead Sea mud wrap.
Package € 177

# Classic Massages

## INDIVIDUALLY TAILORED MASSAGE
A massage designed around your preferences and needs.
Approx. 25 min · € 55
Approx. 50 min · € 85

## FOOT REFLEXOLOGY MASSAGE
Approx. 25 min · € 55

## HEAD & NECK RELAXATION MASSAGE
Approx. 50 min · € 85

## COMBINATION MASSAGE
Foot reflexology paired with a classic partial-body massage.
Approx. 50 min · € 85

## MANUAL LYMPHATIC DRAINAGE
A gentle manual treatment to encourage lymphatic fluid movement.
Approx. 50 min · € 85

## DEEP RELAXATION MASSAGE
A soothing massage with warm St John's wort oil to ease muscular tension.
Approx. 50 min · € 85

## AROMATHERAPY MASSAGE
A gentle, fragrant massage with essential oils for relaxation and wellbeing.
Approx. 50 min · € 85

## LA STONE®
Warm stones, complemented by cooling sensations, for deeply soothing relaxation.
Approx. 75 min · € 130



# Special Treatments

## WELLBEING RITUAL

A body exfoliation with sea salt, cane sugar and essential oils, followed by an Ayurveda-inspired massage.
Approx. 70 min · € 130

## SHIATSU MASSAGE

Gentle pressure along traditional meridians and acupressure points. Please wear comfortable clothing.
Approx. 80 min · € 130

## SENSITIVE AROMATIC OIL MASSAGE

Gentle bodywork with warm chakra stones and personalised aromatic oils. Take your individual oil blend home afterwards.
Approx. 80 min · € 115

## CRANIOSACRAL RELAXATION

Very gentle touch and subtle movements to encourage deep relaxation. Please wear comfortable clothing.
Approx. 80 min · € 130

# Embellish your stay

We offer unique treatment methods that help you to balance imbalances of body, mind and soul, slow down the ageing process and improve your quality of life. Each treatment is individually tailored to your needs to achieve maximum results.

YOU ARE IN THE BEST HANDS WITH US!



# Our product lines

## MASSADA

Produced according to the ECOA® method - is a holistic, certified organic natural cosmetics line with a wide range of natural and mineral products that meet, the high demands and requirements 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 mixture of plant extracts, vitamins, salts and muds from the Dead Sea, essential oils and floral waters make them cosmetics for all the senses.

# Facials

## INDIVIDUAL CLASSIC FACIAL

A personalised facial for your skin type.
**Includes:** Cleansing, exfoliation, deep cleansing, massage, mask, eyebrow shaping and finishing care.
Approx. 50 min · € 106

## INDIVIDUAL INTENSIVE FACIAL

A more comprehensive facial for targeted skincare.
**Includes:** Cleansing, exfoliation, deep cleansing, ampoule or serum, ultrasound, massage, specialist mask, eyebrow shaping and finishing care.
Approx. 80 min · € 158

## FACIAL SHIATSU

A relaxing facial with targeted acupressure, followed by a refining modelling mask.
Approx. 50 min · € 92

## BEAUTY DISCOVERY DAY – FOR HER OR HIM

A complete pampering experience.
**Includes:** Face, neck and décolleté treatment; pedicure; hand massage with arm wrap.
Approx. 3 hours · Package € 220

Each treatment is tailored to your specific skin needs. Your beautician decides on the spot which products to use.

# Beauty Extras · Hands · Feet · Nails

**Eyelash & Brow Service**
Tinting and eyebrow shaping.
Approx. 25 min · € 43

**Eyelash or Eyebrow Tint**
Only when booked with another treatment.
€ 17

**Individual Ampoule**
€ 22

**Facial Massage**
Approx. 25 min · € 50

**Waxing – Lower Legs**
Approx. 20 min · € 44

**Waxing – Full Legs**
Approx. 50 min · € 72

**Waxing – Bikini Line, Underarms, or Upper Lip & Chin**
Approx. 10 min · € 25

**Waxing – Upper Lip**
Approx. 10 min · € 15

Our foot-care treatments are exclusively medical pedicures.

**Manicure & Pedicure, without Polish**
Approx. 80 min · € 106

**Manicure with Polish**
Approx. 50 min · € 72

**Paraffin Hand Wrap**
Approx. 25 min · € 35

**Pedicure with Polish**
Approx. 50 min · € 78

**Manicure with Shellac**
Approx. 80 min · € 89

**Pedicure with Shellac**
Approx. 80 min · € 97

**Natural Nail Reinforcement, including Manicure**
Approx. 80 min · € 97

**Nail Extensions with Tips or Forms** (S/M/L), including Manicure
Approx. 120 min · € 125

**Removal of Existing Artificial Nails**
Approx. 30 min · € 18

**Nail Art – Rhinestones, Charms or French Finish**
€ 1 per finger or toe



# qmd® Aesthetic Facial Treatments

qmd® Sélene PT uses controlled warm and cold applications for the face, neck and décolleté. Depending on the programme, the treatment focuses on the eye area, facial contours, skin firmness or the appearance of a double chin. Results vary.

## qmd® ANTI-AGEING FACIAL

Cleansing, exfoliation, qmd® application, optional deep cleansing, ampoule, mask and finishing care.
Approx. 80 min · € 175

## qmd® DOUBLE-CHIN TREATMENT

Cleansing, cryo-thermo application and finishing care.
Approx. 25 min · € 65

## qmd® SPECIAL EYE TREATMENT

Cleansing, enzyme peel, qmd® application, mask and finishing care.
Approx. 50 min · € 115

## qmd® NECK & DÉCOLLETÉ TREATMENT

Cleansing, exfoliation, qmd® application, mask and finishing care.
Approx. 50 min · € 115

## qmd® FACE-LIFTING TREATMENT

Cleansing, exfoliation, qmd® application, mask and finishing care.
Approx. 50 min · € 136



# Facial Firming & Lifting

**PRESERVE** YOUR NATURAL BEAUTY
**SLOW DOWN** THE AGING PROCESS
**SUPPORT** YOUR TISSUE

## FACIAL FIRMING & LIFTINGWINBACK® FACIAL WITH MASSADA – BASIC

A radiofrequency-based facial paired with selected MASSADA skincare.
**Includes:** Cleansing, exfoliation, Winback®, eyebrow shaping and finishing care.
Approx. 50 min · € 136

## WINBACK® FACIAL WITH MASSADA – INTENSIVE

An extended facial with concentrated skincare.
**Includes:** Cleansing, exfoliation, light deep cleansing, serum or ampoule, mask, Winback®, eyebrow shaping and finishing care.
Approx. 80 min · € 175

## ZONER ANTI-AGEING TRILOGY

A three-stage facial combining infrared light, Radiolift and mesoporation.
**Includes:** Cleansing, exfoliation, infrared, Radiolift and mesoporation with ampoule, mask and finishing care.
Approx. 80 min · € 175

## ZONER TWO-IN-ONE FACIAL

Ideal as a follow-up to the Zoner Trilogy.
**Includes:** Cleansing, exfoliation, infrared plus mesoporation, finishing care.
Approx. 50 min · € 125

# Specially for Men

TAILORED SKINCARE FOR MEN, USING MASSADA NATURAL COSMETICS. ALL THE QMD® AND WINBACK® FACIALS BELOW ARE ALSO AVAILABLE IN THE MAIN FACIAL SECTION.

## MEN'S FACIAL – BASIC

Cleansing, exfoliation, deep cleansing, massage, mask, eyebrow shaping and finishing care.
Approx. 50 min · € 106

## MEN'S FACIAL – INTENSIVE

Cleansing, exfoliation, deep cleansing, ampoule or serum, ultrasound, massage, specialist mask, eyebrow shaping and finishing care.
Approx. 80 min · € 158

## FACIAL SHIATSU FOR MEN

Approx. 50 min · € 92

## qmd® Special Eye Treatment for Men

Approx. 50 min · € 115

## qmd® FACE-LIFTING FOR MEN

Approx. 50 min · €136

## qmd® ANTI-AGEING FACIAL FOR MEN

Approx. 80 min · €175

## WINBACK® FACIAL FOR MEN – BASIC

Approx. 50 min · €136

## WINBACK® FACIAL FOR MEN – INTENSIVE

Approx. 80 min · €175



# Body Firming & Contouring

## WINBACK® MASSAGE & BODY CARE

Radiofrequency-assisted massage and body care designed to support relaxation and the appearance of smoother skin.

## MINCEUR INTENSIVE – MASSADA WITH WINBACK®

A body-contouring treatment combining MASSADA skincare ingredients and Winback® technology.
Approx. 50 min · € 136

## Body-Firming Package A multi-step body-care ritual

**Includes:** Two 50-minute Minceur Intensive Winback® treatments; one 20-minute Dead Sea salt exfoliation; one 30-minute Minceur Intensive wrap.
Package €300

# qmd® Aesthetic Body Treatments

Controlled warm and cold applications can be used for selected body areas, including the abdomen, hips, thighs, upper arms and legs. Programmes focus on the appearance of skin firmness, cellulite and localised fat deposits.

## CRYOLIPOLYSIS – TARGETED BODY CONTOURING

A localised cooling treatment paired with MASSADA body care.
Approx. 50 min · € 136

## qmd® BODY TREATMENT

Skin-firming treatment with tailored MASSADA products.
Approx. 50 min · € 136

## qmd® SINGLE-AREA TREATMENT

A targeted treatment for one body area.
Approx. 25 min · € 65

# Private Spa Suite



## PRIVATE SPA SUITE

Enjoy exclusive time together with an infrared cabin, a choice of bath oils, a cosy fireplace setting, candlelight, fresh fruit, champagne and sweet treats.
€ 105 per hour



# Time Together
# SPA Rituals for Two

## FRENCH RIVIERA

An indulgent seaside-inspired ritual: gentle full-body exfoliation with algae, bamboo and cellulose pearls; an algae bath; rest; and a full-body massage with a warm or cool jade stone and marine massage oil. Fresh fruit, chocolate-dipped fruit and champagne complete the experience.

1 person · approx. 130 min · € 185
2 persons · approx. 150 min · € 185 per person

## SPA VITAL PACKAGE

Dead Sea salt exfoliation, algae body wrap with time in the private steam bath, and a 25-minute aromatherapy wellbeing massage. Served with fresh fruit and sparkling wine.
1 person · approx. 90 min ·
€ 126
2 persons · approx. 90 min ·
€ 126 per person

## INDULGENCE FOR TWO – COUPLES TREATMENT

Warm up in the infrared cabin, share a bath with algae and water-lily extract, then enjoy a moisturising mask and relaxing aromatic massage. Chocolate-dipped fruit and a refreshing cocktail are included.
Approx. 120 min ·
€ 215 for 2 persons



# The Steirerhof Fango

Freshly prepared natural fango mud is used for its comforting warmth. Treatment type, temperature, duration and frequency should be agreed following a medical assessment, available with our in-house spa doctor.

## NATURAL FANGO TREATMENT

The main benefits: The deep, lasting heat penetrates even the deeper tissue layers, stimulates blood circulation, relieves pain, relaxes muscles and loosens connective tissue. It also increases sweating and stimulates heart activity.

A medical consultation with our in-house spa doctor is recommended beforehand to determine the ideal treatment, temperature and duration. Approx. 30 min · € 53

# Body Wraps & Packs

## THERAPEUTIC MOOR PACK

A warming wrap with natural moor from Neydharting, Upper Austria, enjoyed on a heated waterbed.
Approx. 30 min · € 50

## DETOX BODY WRAP

Mineral-rich bandages with healing clay and Dead Sea salt. A full-body exfoliation is recommended beforehand.
Approx. 80 min ·
with exfoliation € 138
without exfoliation € 105

## STEIRERHOF CREAM BODY WRAP

Especially suited to dry skin: mare's milk, jojoba, almond and sesame oils in a rich cream wrap, applied on a warm waterbed.
Approx. 30 min · € 53

## ALGAE GEL BODY WRAP

Full-body exfoliation followed by an algae gel wrap with essential oils on a warm waterbed.
Approx. 50 min · € 105

## COOLING LEG VEIN WRAP

A refreshing cold wrap with essential oils; a quark wrap can be used in case of sensitivity to aromatic oils.
Approx. 30 min · € 39

## DETOX ALGAE BODY WRAP

A mineral-rich algae wrap enjoyed on a warm waterbed. Not recommended for thyroid disorders.
Approx. 40 min · € 53

## THERAPEUTIC CHALK WRAP

A gentle wrap combining mineral chalk, clay and essential oils, also suitable for sensitive skin.
Approx. 30 min · € 53



# Bath Rituals & Exfoliation

## CHINESE HERBAL BATH

A warm bath with a traditional blend of Chinese herbs and roots.
Approx. 30 min · € 53

## SOAP FOAM RITUAL WITH RELAXING MASSAGE

A cleansing foam treatment followed by a full-body massage with warm oil.
Approx. 50 min · € 85

## REGENERATION DAY

Soap foam ritual with relaxing massage plus head-and-neck relaxation.
Approx. 80 min · € 112

## FULL-BODY EXFOLIATION

A gentle exfoliation with cornmeal and mare's milk; ideal before baths, wraps and massages.
Approx. 30 min · € 50

## EMPRESS SISI BATH

Mare's milk and cornmeal exfoliation, moisturising face mask and a luxurious rose-petal, milk and rose-oil bath. Includes a refreshing fruit juice cocktail.
Approx. 60 min · € 94

## DETOX BATH

A relaxing bath preceded by a natural salt-and-oil exfoliation.
Approx. 45 min · € 70



## BAD WALTERSDORF THERMAL WATER

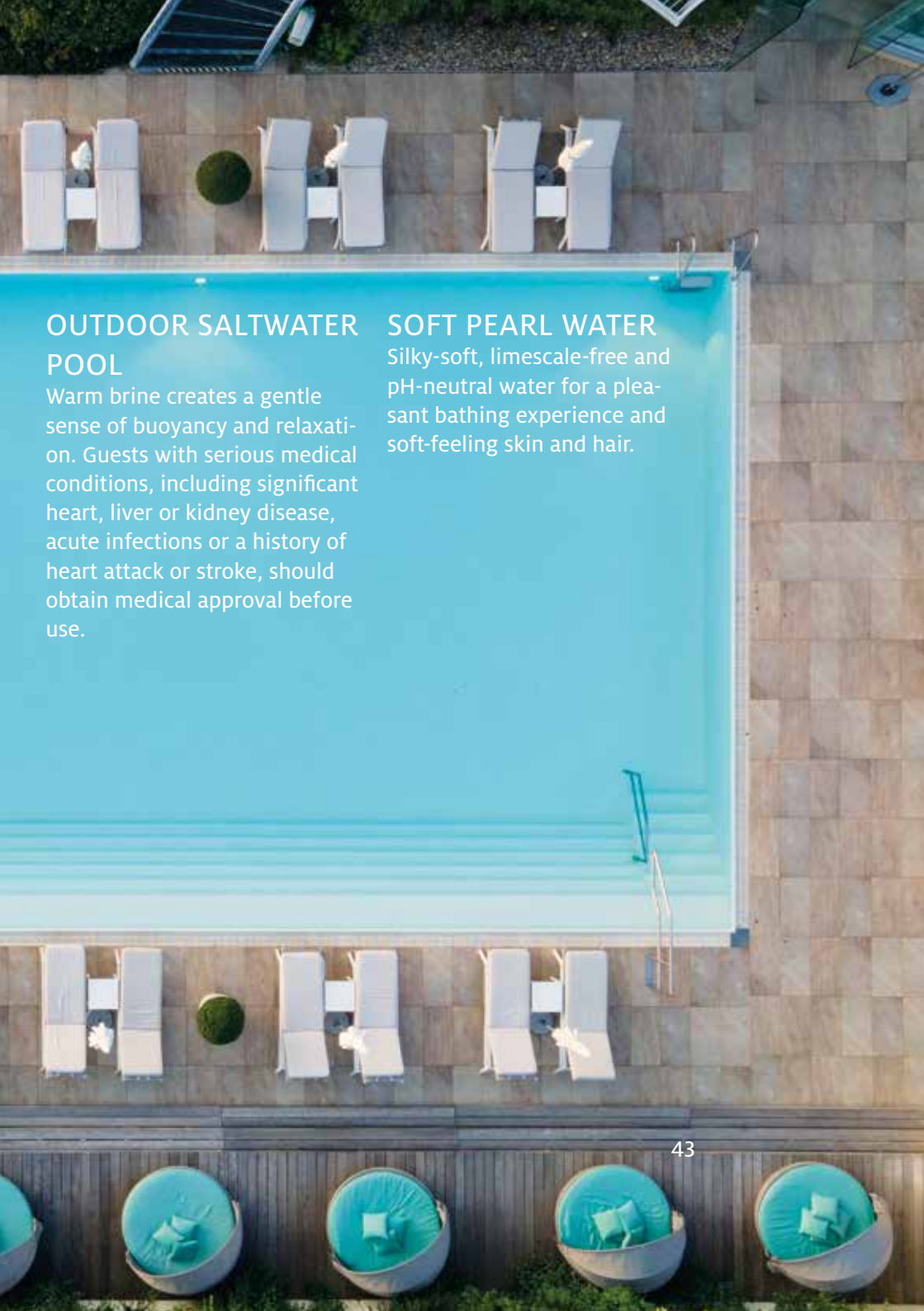
Our sodium bicarbonate–chloride thermal water comes from a depth of approximately 1,200 metres and reaches the surface at 62°C. Thermal bathing is offered for relaxation and as supportive care for selected musculoskeletal complaints and recovery needs. Please seek medical approval if you have significant heart or circulatory disease, high blood pressure, acute joint inflammation, asthma or a history of heart attack or stroke.

## NATURAL POOL

A 200 m² chemical-free natural pool set amid greenery, reserved for nude bathing. Heated to up to 20°C and complemented by a bio sauna, Finnish sauna and sheltered relaxation areas.

## SPORTS POOL INFINITY POOL

Our outdoor 28 × 10 m sports pool is part of approximately 800 m² of water areas. Open year-round, it is especially inviting for a sunset swim.



## OUTDOOR SALTWATER POOL

Warm brine creates a gentle sense of buoyancy and relaxation. Guests with serious medical conditions, including significant heart, liver or kidney disease, acute infections or a history of heart attack or stroke, should obtain medical approval before use.

## SOFT PEARL WATER

Silky-soft, limescale-free and pH-neutral water for a pleasant bathing experience and soft-feeling skin and hair.

## CONTACT & PUBLICATION INFORMATION

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