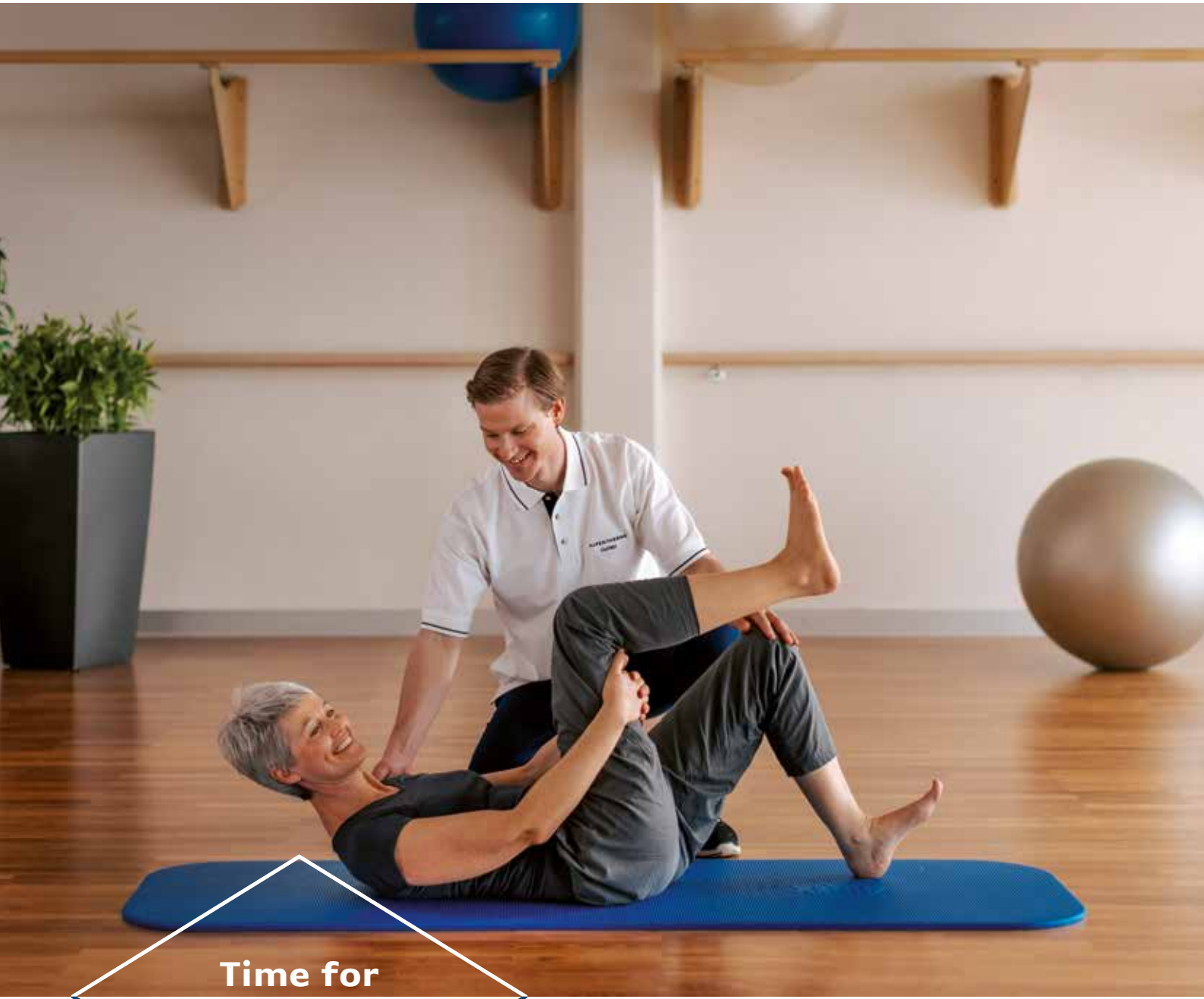
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# Alpentherme Gastein Health Center



**Time for elemental.**

ALPENTHERME.COM

ALPENTHERME
GASTEIN
GESUNDHEITSZENTRUM



# At the center of your health.

**Have you heard?**
Our Health Center is right by the Alpentherme! Which means our guests can get the absolute most out of the spacious spa resort with its worlds of wonderful experiences and pure relaxation along with all the sauna facilities. The perfect complement, in other words, to our therapy programs!

We also invite you to experience the free activity programs which are offered by our fitness trainers at the Alpentherme!

Gently remove energy blockages. Healthfully alleviate pain. Become proactive in prevention – for a healthy, sustainable and conscious lifestyle! On the path to greater wellbeing, the Health Center of Alpentherme Gastein supports you through its personal, holistic, medical as well as therapeutic expertise.
Always the focus: Gastein thermal water. Our natural curative which fully unfolds its beneficial effects during various forms of therapy. Supported by physiotherapy, massages, mud packs, electrotherapy and much more.

Whether a residential stay, within the framework of outpatient therapy or during a holiday in Gastein, our doors are open to everyone who is ready to do something good for their health. Whether sports medicine, dialysis, dietology, mental health or gait analysis – our team looks forward to working with you!

**An overview of what we offer:**

- Radon thermal therapies
- Therapeutic massages & Hydrojet massages
- Physiotherapy
- Mud packs
- Electrotherapy
- Cryotherapy
- Pain therapy (radial & focused shock wave, magnetolith therapy, DolorClast high-power laser)
- AlterG® – anti-gravity treadmill
- Gait analysis
- Cardio-training therapy
- Sports-medicine support
- Clinical medical services
- Psychological services
- Dietological consultation
- Dental services

# Water – the natural curative.

World-famous Gastein thermal water emerges out of the depths of the Hohe Tauern mountains from 16 different springs. What does it bring with it from its millennia-long journey? Pure health! It combines natural heat with radon – a powerfully healthy mixture for body & mind! Absorbed through the lungs and skin, the noble gas develops its full healthful effects immediately. After just a few hours, your body has broken it down completely. What remains is the beneficial effect: In a completely natural way, it regenerates the function of disrupted cells, mobilizes your own immune system, alleviates pain and gets your body back into high gear.

In order to guarantee constant high quality and meet all standards required by law, our healing water is subjected to regular hygiene inspections and chemical analyses. The springs meet the definition of "healing water" as detailed under Austria law in two ways: the temperature of the spring as well as the place where the water is used is significantly above the minimum level of 20 °C; meanwhile, the level of special constituent elements exceeds the minimum required amount of 10 nCi/l by a large margin as well.

**Analysis of the Healing Water**

- Temperature at source: 45.8 °C
- Flow rate: 2400 $m^3$/24h
- Radon content: 55 nCi/liter

**The following complaints are treated successfully at the Health Center:**

- Inflammatory and degenerative joint disorders (ankylosing spondylitis, arthritis etc.)
- Damage due to wear and tear on the spine and joints
- Problems with intervertebral disks
- Complaints due to osteoporosis
- Muscle- or soft tissue-related pain conditions
- Aftereffects of sports injury and trauma
- Chronic pain conditions (fibromyalgia etc.)
- Susceptibility to infection
- Respiratory problems (asthma, chronic bronchitis etc.)
- Skin problems (psoriasis, neurodermatitis etc.)
- General regeneration and strengthening of the immune system



## Appointments & Opening Hours

**Therapy Allocation**
Allocation to optimal treatment and therapy programs Monday to Friday between 8 AM and 5 PM
**T** +43 (0)6432/8293-200, F ext. 13
**Email** therapie@alpentherme.com

**Consulting Hours**
Monday to Friday between 7 AM and 6 PM
**T** +43 (0)6432/8293-204, F ext. 15
**Email** ordination@alpentherme.com

**Sports Medicine**
By appointment
**T** +43 (0)6432/8293-200, F ext. 13
**Email** therapie@alpentherme.com

**Dental Services**
Robert Fiereder MD:
Monday from 11 AM to 3 PM
Tuesday und Thursday from 2 PM to 6 PM
Wednesday and Friday from 8 AM to 12 noon
**T** +43 (0)6432/26332
**Emergency T** +43 (0)676/376 69 80

Carla W. Hohl MD:
Appointments by arrangement
**T** +43 (0)6432/26332

**Please note:**
All of the prices listed are valid from 01.12.2026 through 30.11.2027 or until amended.
All prices are in euros and include VAT. Not liable for errors or inaccuracies. Subject to change!


GESUNDHEITSZENTRUM

# Your Health – Our Expertise.

## Head of medical team



**Rudolf Radlmüller MD**
- Medical Director
- General practitioner
- Spa medicine
- Acupuncture
- Occupational medicine
- Emergency medicine



**Heiko Rychlowski MD**
- Deputy Medical Director
- Medical Director of Sports Medicine
- Specialist in Orthopedics and Trauma Surgery
- Sports Medicine and Manual Medicine
- Spa medicine
- Shockwave Therapy
- Posture and Movement Diagnostics

Under the direction of Dr. Rudolf Radlmüller, the highly competent and experienced Health Center team provides outstanding personalized care. Our spa physicians offer daily consulting hours for checkups and other medical services as well as to respond to medical questions as may arise.

### Consultation Charges

| | | |
|---|---|---|
| **Full Preliminary Checkup** with therapy recommendation and medical prescription | | **87.60** |
| **Control Checkup** | | **51.10** |
| **Final Checkup** | | **51.10** |
| **Comprehensive Medical Report** | | **35.50** |
| **Written Medical Certificate** | | **31.10** |
| **General Checkup** | | **61.80** |
| **Short Checkup** and prescriptions requiring only limited time | | **32.40** |
| **ECG at rest** | 12 leads | **104.30** |
| **Acupuncture** | | **60.40** |
| **Premium micronutrient essentials Checkup with full blood analysis & consultation** | | on request |
| **Shockwave therapy** | | |
| 1 session radial shockwave therapy | | **57.10** |
| 1 session focused shockwave therapy | | **111.90** |
| **Magnetolith therapy** | | |
| Single Session | | **37.70** |
| Package 3+1 | | **113.10** |
| Package 6+2 | | **226.00** |
| **Laser therapy with DolorClast High Power Laser** | | |
| Single Session | | **53.80** |
| Package 3+1 | | **161.40** |
| Package 6+2 | | **322.80** |

**Experts in ever field.**

A team of consulting specialists supports our team of physicians, expanding the competency of the Alpentherme Gastein Health Center even more. As a consequence, our patients receive optimal care coping with posttraumatic injuries, pre- and postoperative care.

## Medical Consultants



**Manfred J. Mittermair MD**
- Specialist for trauma surgery
- Sports traumatology
- Intensive care



**Michael König MD**
- Specialist for trauma surgery
- Sports traumatology
- Intensive care



**Sophie Schmidtbauer MDΩ**
- Specialist in Orthopedics and Traumatology
- Shoulder Surgery
- Manual Medicine
- Arthrex ACP Therapy
- Shockwave Therapy

## For your peak athletic performance.

The Alpentherme Gastein Health Center offers a dedicated sports medicine department, combining state-of-the-art diagnostics, expert medical care, and innovative therapies. As an official rehabilitation center of the Austrian Ski Association, we not only prepare elite athletes for their comeback, but also work with recreational athletes, health-conscious individuals, and rehabilitation patients to help them achieve their goals.

### Overview of services:

- Performance analysis & diagnostics
- Movement analysis
- Sports medicine examination
- Training planning and support
- Therapy planning and support
- Longevity programs

**Please Note:**
You can find information about our sports medicine services in the brochure „Sports Medicine & Sports World".



**Heiko Rychlowski MD**

- Deputy Medical Director
- Medical Director of Sports Medicine
- Specialist in Orthopedics and Trauma Surgery
- Sports Medicine and Manual Medicine
- Spa medicine
- Shockwave Therapy
- Posture and Movement Diagnostics

## For your dental health.

As experts in healthy teeth, Dr. Robert Fiereder and orthodontist Dr. Carla W. Hohl welcome you to their practices in the Alpentherme Gastein Health Center.



**Robert Fiereder MD**

- Panel doctor for all Austrian health insurance providers

**Overview of services:**

- Dental maintenance/prosthetics
- Implants (zircon & titanium)
- All-ceramic crowns
- CEREC – ceramic in- and onlays in one sitting
- Disturbance-field diagnostics
- Extraction of wisdom teeth
- Preventive dental care
- Complete dental services covered by health insurance plans



**Carla W. Hohl MD**

- Practice for orthodontics of all Austrian health insurance providers

**Overview of services:**

- Regulation of tooth and jaw misalignments (children and adults), taking into account the entire body.
- Craniomandibular Dysfunction (CMD)



# Powerful Healing Options.

An extensive therapy program with modern infrastructure and highly qualified physicians as well as therapists – this is what we offer to ensure your good health. You can take advantage of therapy within the framework of a residential stay approved by your insurance provider or outpatient treatment by prescription from your GP.
Those who wish to go "above and beyond" in taking care of their health, for example during a holiday in Gastein, will likewise be able to benefit from our full slate of therapy and diagnostics services.

| Introductory offers | |
|---|---|
| **Radon-thermal sub-aqua therapy sampler** | **53.00** |
| **Radon-thermal bath** | **20.30** |
| **Mud wrap**<br>+ therapeutic massage (25 min) | **63.60** |
| **Radon-thermal bath**<br>+ therapeutic massage (25 min) | **63.60** |

**Please note:**
You do not need to visit a doctor prior to the therapy sampler.



# Overview of Therapy Choices.

## Radon-thermal bath

| | | |
|---|---|---|
| **full or partial bath** | | **29.30** |
| **Short doctor's checkup + 3 baths** | | **100.70** |
| **Short doctor's checkup + 6 baths** | | **169.80** |
| **Short doctor's checkup + 9 baths** | | **238.80** |

## Radon-thermal sub-aqua therapy

| | | |
|---|---|---|
| **Water-jet massage and physiotherapy** | ca. 30 min | **74.90** |

in some cases, with a single Glisson treatment.

## Mud Wrap

| | | |
|---|---|---|
| **Partial wrap** | | **22.50** |
| **Full wrap** | | **36.10** |
| **Block-of-3 partial wrap** | 2+1 free | **45.00** |

## Electrotherapy treatments

| | |
|---|---|
| **Galvanization, impulse galvanization, Iontophoresis, exponential current, Diadynamic current, TENS, Ultra-stimulation current, high-voltage, surge current** | **37.90** |
| **Ultrasound, Interferential current** | **39.30** |
| **High-frequency** | **27.70** |
| **High-frequency** block-of-10 | **249.30** |

## Physiotherapy

| | | |
|---|---|---|
| **Single treatment** | ca. 30 min | **72.40** |
| **Sling-table treatment** | ca. 30 min | **72.40** |
| **Respiratory exercise** | ca. 30 min | **72.40** |
| **Bobath, PNF** | ca. 60 min | **110,00** |
| **Climbing therapy** | ca. 30 min | **72,40** |
| **Kinesiotape** | ca. 15 min | **38.80** |
| **Kinesiotape as part of a massage or physiotherapy** | | **10.30** |

## Cryotherapy

| | |
|---|---|
| **Single treatment application cold chamber** | **49.60** |
| **5+1 free application cold chamber** | **248.00** |
| **10+3 free application cold chamber** | **496.00** |
| **Cryostimulation therapy** per pain point | **8.00** |



**Please note:**
Treatment times include the time needed to undress/dress.



## Massages

**Therapeutic Massage** ca. 25 min **44.40**
ca. 50 min **80.80**

During therapeutic massage, various massage techniques such as stroking, rubbing, kneading and shaking are employed locally for positive benefits to the targeted area.

**Lymph-vessel partial massage** ca. 30 min **59.90**
ca. 45 min **80.80**
duration per body part e.g. leg

If the lymphatic system is disrupted, body water accumulates in tissue producing swelling. This massage method removes that fluid from the lymph vessels along with the metabolic waste products it contains, returning it to the veinous blood vessels instead, thereby restoring disrupted equilibrium.

**Reflex-zone massage** ca. 20 min **39.50**

This massage technique is based on the assumption that each body organ is linked to specific areas of the feet. A reflex-zone massage increases blood flow, stimulates the body's immune system and self-healing powers, and has positive effects on body and soul.

**Soft-tissue massage*** ca. 30 min **59.90**

A form of reflex-zone massage, stimulation therapy targeting tissue just below the skin. The massage is strenuous and, due to the pressure sensation, often perceived as uncomfortable.

**Segment massage*** ca. 20 min **39.50**

The segment massage is a form of soft-tissue massage dividing the body into 24 different segments. The segment massage reflexively changes segments of the body, tissue and organs.

**Hydrojet massage** ca. 15 min **17.80**

The Hydrojet is a special massage bed with numerous jets. The patient lies in loose clothing (e.g. sweatsuit) on a rubber mat on the warm waterbed. The Hydrojet massage relieves tension, loosens muscles, stimulates circulation, and increases metabolism.

*Please consult your personal doctor in advance to ensure that these massages are appropriate for you.

# Gait Diagnostics & Therapy.

Walking – the most natural thing in the world? Presumably, you haven't given too much thought to how you walk. However, the way we walk has a major impact on many different things. "Bad" technique may even result in long-term damage to the musculoskeletal system. Recognized early, specific problems can be addressed and corrected.





**Gait Analysis**
Step by step – gait analysis serves as the basis for further forms of therapy. Various measuring methods can be used to catch changes in walking patterns, providing clues to issues that might be causing hip problems, movement pain or poor posture.

**How does gait analysis function?**
After taking a complete case history, markers are attached to the pelvis, legs and feet. Then, a stance analysis is done and the gait is analyzed using a pressure plate and modern camera technology. A detailed visual and video analysis highlights weaknesses and changes in the musculoskeletal system. The findings are used to develop different exercise and strength programs in order to restore harmony to your gait and relieve the strain on overstressed joints.

| | | |
|---|---|---|
| **Gait analysis** | ca. 90 min | **138.90** |
| **New! Spine scan**<br>Radiation-free posture analysis for the detection of postural defects. | ca. 30 min | **99.00** |
| **New! Gait analysis & Spine scan** | ca. 120 min | **214.10** |

**Have you heard?**
Our department for sports medicine offers professional testing and support aimed at improving the fitness of ambitious and aspiring athletes!

Complete information and prices can be found in ourSports World & Sports Medicine brochure.




**Anti-Gravity Training on the AlterG®**
Experience the sensation of weightlessness through training on an anti gravity treadmill. Patients can start rehabilitation measures immediately after surgery and injuries to the knee, ankle, orhip joint.

**Precise Gait Control**
The computer controlled treadmill is continuously adjustable from slow walking to jogging.
Up to 80% of body weight can be alleviated.
Our patients walk independently on the AlterG®, performing their usual stepping and rolling movements. The lifting force supports physiologically optimized gait and balance. The integrated gait analysis system provides real time feedback on the display. The visualization of weight distribution, stride length, stride frequency, stance time, and pain levels allows for precise assessment of gait quality and necessary corrections.
This in turn helps to minimize pain and compensate for possible asymmetries.

**Interested in AlterG®?**
Our therapy scheduling team is happy toadvise you about all our therapy options:
**T** +43 (0)6432/8293-200

# Healthy, enjoyable nutrition.

Feel on top of the world, radiate energy, be fit and vibrant: Healthy nutrition is the key to a long life free of physical complaints! With a balanced nutritional plan, not only will you enhance your wellbeing, you will also reduce your risk of contracting various diseases. Current, scientifically based – this is the foundation of the nutritional counseling provided by our dietologists at the Health Center. Our experts are right there at your side – whether you are losing weight or looking for the right nutrition plan as you begin a life without cigarettes. But what is never neglected: the enjoyment you get from really good food!

## Dietological Services

### Nutrition Counseling

To address various issues including:
- Healthy nutrition in daily life
- Weight management
- Sports nutrition during training and competition
- Nutrition management to help you quit smoking successfully

### Nutrition Therapy

Associated with a range of diagnoses including:
- Diabetes
- Metabolic disorders (blood fats, uric acid)
- Osteoporosis
- Allergies & food intolerances
- Diseases of the gastrointestinal tract
- Rheumatic complaints
- Renal diseases
- Cancer

(For therapies, please bring your physician's referral!)



| | | |
|---|---|---|
| **Initial consultation** | ca. 25 min | **48.30** |
| **Consultation** | ca. 50 min | **81.50** |
| **Consultation** | ca. 50 min | **151.50** |
| + 2 follow-up appointments | ca. 25 min each | |
| **Consultation** | | **205.10** |
| + 2 follow-up appointments | ca. 25 min each | |
| + 2 BIA body analyses - Bioelectrical impedance analysis | ca. 20 min each | |

# Mental Health.

Stress, overload at work and in daily life, pressure to succeed and lack of time all have a direct negative impact on our quality of life and health. Our psychological services team supports you and helps you develop countermeasures as an additional contribution to your overall good health. The focus is on maintaining and improving your physical, mental and spiritual wellbeing.

## Individual Offers

**Psychological Counseling/Treatment**

For managing and overcoming acute and chronic stress, detrimental psychological issues such as depression, anxiety, panic attacks, and potentially psychosomatic physical problems.

| | | |
|---|---|---|
| **Initial consultation** | ca. 30 min | **52.50** |
| **Follow-up appointment** | ca. 50 min | **103.50** |

**Biofeedback**

To combat tension headache, migraine, psychological overload, stress symptoms, sleep disorders, chronic backpain. Train the ability to relax through a visual screen display showing heart frequency, muscle tension or breathing, for example, learning to influence these variables through concrete strategies.

| | | |
|---|---|---|
| **Stress diagnostics** | ca. 50 min | **103.50** |

Includes medical history, computer-assisted HRV measurement, evaluation and interpretation of results, counseling, and lifestyle tips.

| | | |
|---|---|---|
| **Biofeedback training session** | ca. 30 min | **52.50** |

Individualized training program tailored to your unique needs (hand-warming training, HRV training, breathing training, etc.)

**Biofeedback Training Package** **187.80**
+ Stress diagnostics ca. 50 min
+ 2 biofeedback training sessions (30 min each)

| | | |
|---|---|---|
| **Memory training Package of 3 appointments** | ca. 30 min each | **131.20** |

to promote mental performance in the face of retention problems.

## Diagnostics Offers

| | |
|---|---|
| **Clinical-psychological diagnostics** | **Price and duration upon request** |

individual packages to address, for example, the following areas: clarification of the presence of a psychological disorder, clarification of psychological stress, examination of performance ability, analysis of potential, iagnosis of dementia

## Group Offers*

| | | |
|---|---|---|
| **Relaxation training Package of 2 appointments** | ca. 50 min each | **55.20** |

includes introduction to mindfulness exercises (e.g. body scanning), imagination, deep trance, progressive muscle relaxation, and autogenic training.

| | | |
|---|---|---|
| **Memory Training Package with 3 sessions** | ca. 30 min each | **82.90** |
| **Question Time for caregiving family members or other interested persons** | ca. 75 min | **41.40** |

*Prices for group offers are per person, min. 2 people, max. 12 people

# ... to take home.

**Gastein Cosmetics**
daily available at Beauty World

| | | |
|---|---|---|
| **Thermal Shower Gel** | 200 ml | **19.00** |
| | 30 ml | **3.90** |

The genuine power of the 3500-year old Gastein thermal water combined with aloe vera, honey and olive. Feels refreshing and invigorating.

| | | |
|---|---|---|
| **Thermal Shampoo for her & him** | 200 ml | **20.50** |
| | 30 ml | **3.90** |

Mild shampoo with camomille and aloe vera.

| | | |
|---|---|---|
| **Thermal Hand Balm** | 50 ml | **15.90** |

The genuine power of the 3500-year old Gastein thermal water combined with vitamin E and a highly effective anti-aging complex. Reduces premature aging of skin with regular application.

| | | |
|---|---|---|
| **Lip Balm** | 12 g | **13.20** |

Makes sensitive lips soft and supple.

| | |
|---|---|
| **Starter Set** | **20.70** |

Gastein Beauty products attractively wrapped as a gift or for samling.

**Wellness Products**
available at therapy check-in counter
(Monday to Friday)

| | |
|---|---|
| **Ball Cusion** | **50.00** |

Trains the spinal muscles, improves posture, includes training instructions.

| | |
|---|---|
| **Exercise Tape** | **12.50** |

For effective muscle training form head to toe.

| | |
|---|---|
| **Spikey Massage Ball** | **11.50** |

Massages the skin to stimulate circulation.

| | |
|---|---|
| **Sauna Towel** | **30.00** |

in the Alpentherme design.



# Time for me.

Take a timeout. Leave the daily routine far behind: A holiday in Gastein clears your head and recharges your batteries. Allow our healing waters to work their wonders. On your body. On your mind. Mobilize your immune system, restore your life energies and enjoy time spent just for you.
Our health offer makes you fit again to meet the challenges life throws at you. You are welcome to set up appointments for outpatient therapy (with a physician's referral) at our Health Center, or you can treat yourself to one of our packages for a complete health-focused holiday:

### Thermal Sampler Days

- Doctor's checkup
- 2 radon-thermal baths
- 2 massages, 25 min each
- 1x 4-hour ticket for the Alpentherme & Sauna World incl. activity program

**127.70**

### Thermal Health Weeks
(2 weeks)

- Doctor's checkup
- 4 individual radon-thermal sub-aqua sessions
- 4 radon-thermal baths
- 4 massages, 25 min each
- 6x 4-hour ticket for the Alpentherme & Sauna World incl. activity program

**633.30**

### Thermal Active Week

- Doctor's checkup
- 2 individual radon-thermal sub-aqua sessions
- 2 radon-thermal baths
- 2 massages, 25 min each
- 2x 4-hour ticket for the Alpentherme & Sauna World incl. activity program

**335.80**

### Gastein 3-Week Thermal Health Cure

- Doctor's checkup (at the beginning and end of the program)
- 6 individual radon-thermal sub-aqua sessions
- 9 radon-thermal baths
- 9 massages, 25 min each
- 7 mud wraps or electrotherapy sessions
- Full therapy report
- 6x 4-hour ticket for the Alpentherme & Sauna World incl. activity program

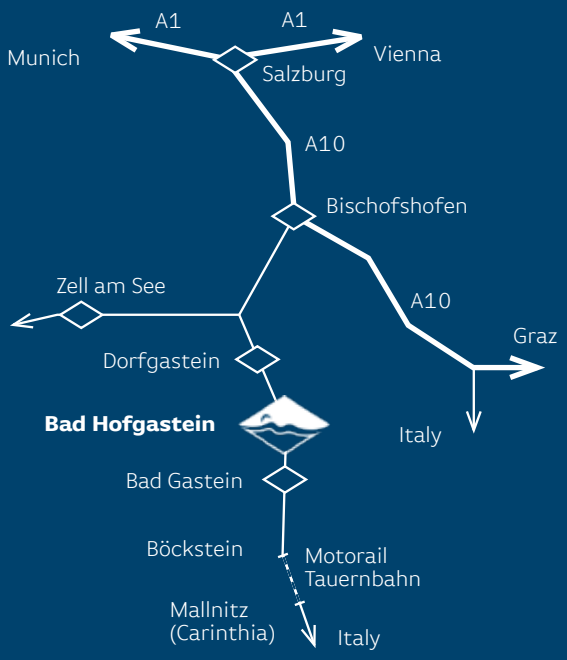
**1338.50**

**Please note:**
If a package cannot be carried out for medical reasons, the general checkup will be charged.

**Please note:**
When you stay with one of our Premium Partners, admission to the thermal spa and Sauna World is included in the price of your room.

# ALPENTHERME
GASTEIN

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Gastein

**ÖNORM EN ISO 9001 certified**

Imprint:
Publisher and responsible for content: Kurzentrum Bad Hofgastein Ges.m.b.H. & Co.KG
Sen. W. Wilflingplatz 1 | A-5630 Bad Hofgastein | T +43 (0)6432/8293-0 | F +43 (0)6432/8293-14 | info@alpentherme.com

Concept, text, layout and design: stoff Werbeagentur GmbH | stoff.agency
Photos: Alpentherme Gastein; Paul Bauer; Luigi Caputo; Marktl Photography; Fotoatelier Wolkersdorfer; Kardinal Schwarzenberg Klinikum; Fiereder; Hohl; SalzburgerLand Tourismus; Conny Rupp; freepik.com

Print: Samson Druck | www.samsondruck.at

Status 12 I 2026