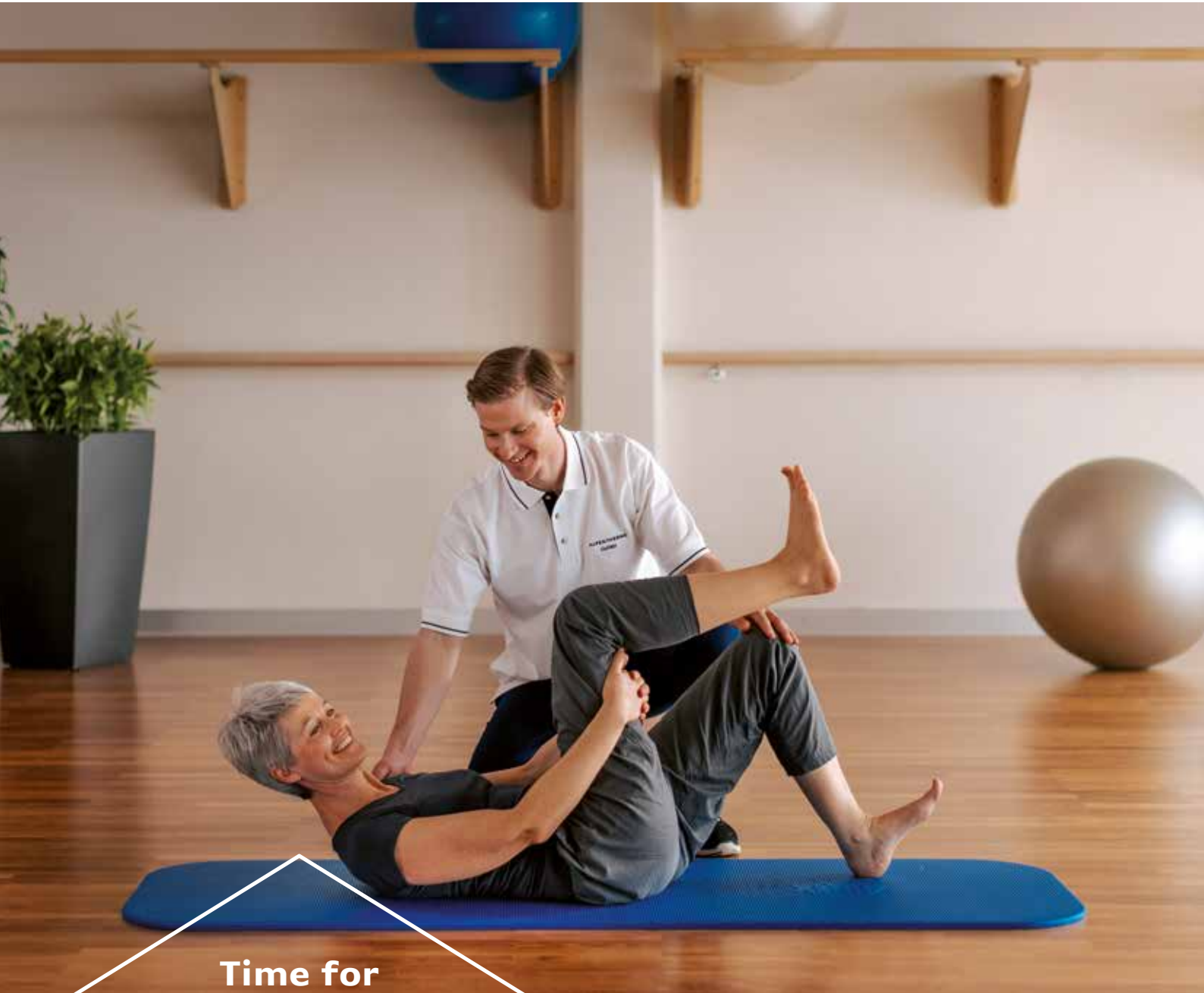
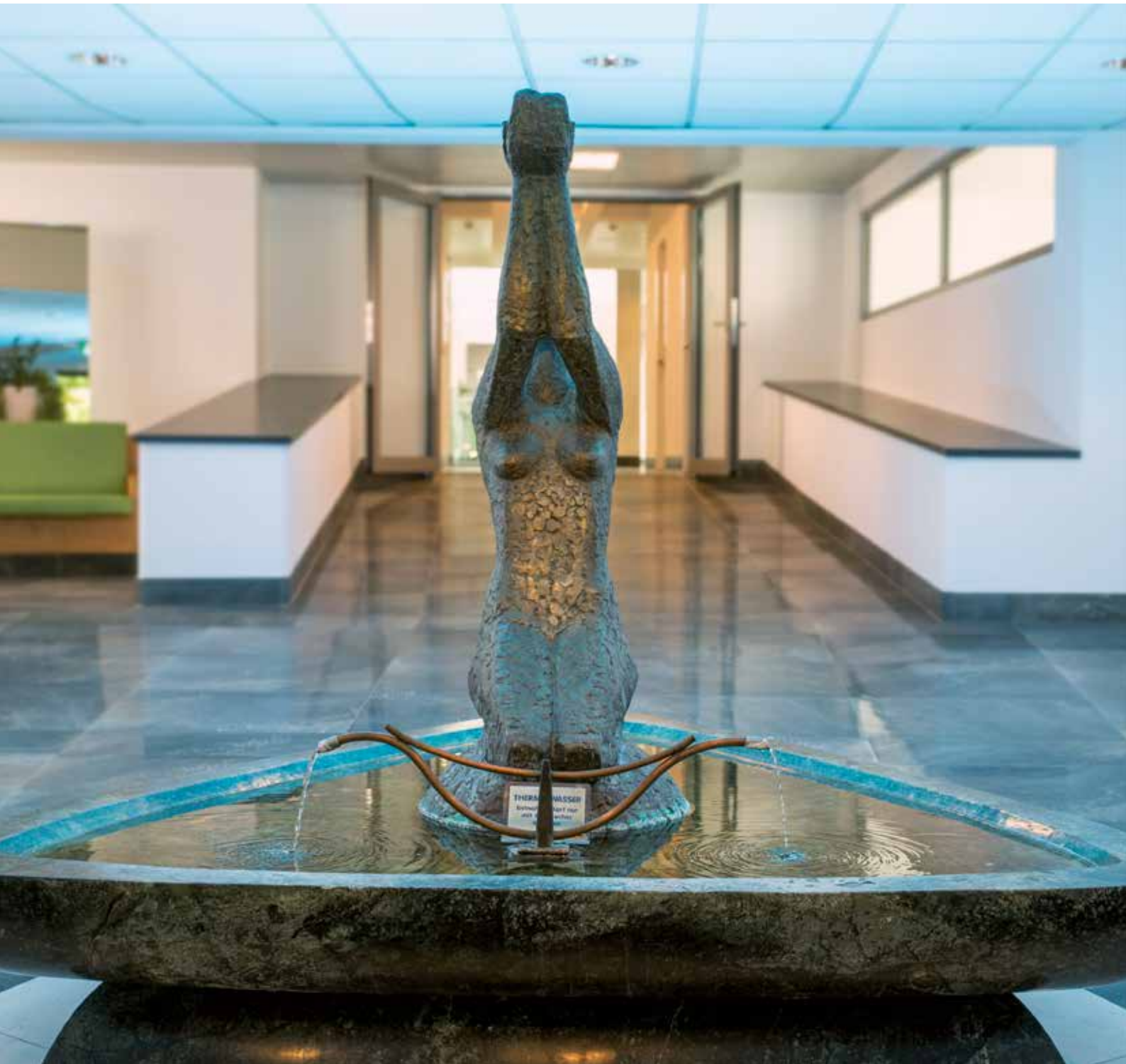


Alpentherme Gastein Health Center



**Time for
elemental.**





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 relaxation & 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
- ▶ Physiotherapy
- ▶ Mud packs
- ▶ Electrotherapy
- ▶ Gait analysis
- ▶ Cardio-training therapy
- ▶ Sports-medicine support
- ▶ Clinical medical services
- ▶ Psychological services
- ▶ Dietological consultation
- ▶ Dialysis
- ▶ 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 m³/24h
- ▶ 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, polyneuropathy 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

Saturday from 8 AM to 12 noon

T +43 (0)6432/8293-204, F ext. 15

Email ordination@alpentherme.com

Dialysis

Monday - Wednesday - Friday

T +43 (0)6432/8293-260, F ext. 266

Email dialyse@alpentherme.com

Dental Services

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 37 66 980

Please note:

All of the prices listed are valid from 01.12.2022 through 31.05.2023 or until amended.

All prices are in euros and include VAT. Not liable for errors or inaccuracies.

Subject to change!



Experts in ever field.

A team of consulting specialists supports our team of physicians, expanding the competency of the Alpenherme Gastein Health Center even more. As a consequence, our patients receive optimal care coping with posttraumatic injuries, pre- and postoperative care as well as diagnostics and treatment for cardiac and vascular diseases.

Medical Consultants



Manfred J. Mittermair MD

- ▶ Specialist for trauma surgery
- ▶ Sports traumatology
- ▶ Intensive care



Hubert Wallner MD

- ▶ Specialist for internal medicine and cardiology
- ▶ Expert for cardiac and vascular illnesses
- ▶ Therapy post myocardial infarction
- ▶ In-depth health checkups
- ▶ Court-certified medical expert



Michael König MD

- ▶ Specialist for trauma surgery
- ▶ Sports traumatology
- ▶ Intensive care



Martin Pelitz MD

- ▶ Specialist for trauma surgery
- ▶ Specialist for hand and arm surgery
- ▶ Arthrosis therapy
- ▶ Treatment of nerve compression syndromes

Dialysis with Expertise.

In the Health Center, dialysis patients find the medical infrastructure that is essential in a modern dialysis station. The highly qualified team of Dr. Malgorzata Wdowiak is dedicated to providing personal care and meeting the individual needs of their patients. Dialysis services are offered here to patients from the local area as well as holidaymakers staying in Gastein.

Overview of services:

- ▶ Surdial X
- ▶ 7 berths plus 1 isolation station
- ▶ High-flux capillaries
- ▶ Hemodialysis
- ▶ Hemodiafiltration
- ▶ Individualized care
- ▶ Refreshments
- ▶ Free parking in front of the dialysis facility
- ▶ Ground floor, barrier-free



Malgorzata Wdowiak MD

- ▶ Clinical Director of Dialysis
- ▶ Specialist for internal medicine and nephrology

Dialysis Times

Monday, Wednesday and Friday
by appointment, open year-round.

Please Note:

Direct billing with Austrian insurance providers is possible. For guests from EU countries, billing is by means of the international E112 form for treatment abroad.

For your oral health.

Dr. Robert Fiereder is a panel doctor for all Austrian health insurance providers, working in his practice at the Alpentherme Gastein Health Center. Together with his assistants, he gives high-quality, sensitive care to all his patients.

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



Robert Fiereder MD

- ▶ Panel doctor for all Austrian health insurance providers

Consulting Hours

Monday from 11 AM to 3 PM
Tuesday and Thursday from 2 PM to 6 PM
Wednesday and Friday from 8 AM to 12 noon
For appointments, please phone:

T +43 (0)6432/26332

Emergencies T +43 (0) 676/376 69 80



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	44.70
Radon-thermal bath	17.10
Mud wrap + therapeutic massage (25 min)	53.60
Radon-thermal bath + therapeutic massage (25 min)	53.60

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	24.70
Short doctor's checkup + 3 baths	84.90
Short doctor's checkup + 6 baths	143.10
Short doctor's checkup + 9 baths	201.30

Radon-thermal sub-aqua therapy

Hydro-jet massage and physiotherapy ca. 30 min **63.10**

in some cases, with a single Glisson treatment.

Mud Wrap

Partial wrap		19.00
Half wrap		26.90
Full wrap		30.40
Block-of-3 partial wrap	2+1 free	38.00
Block-of-5 partial wrap	4+1 free	76.00

Electrotherapy treatments

Galvanization, impulse galvanization, Iontophoresis, exponential current, Diadynamic current, TENS, Ultra-stimulation current, high-voltage, surge current		31.90
Ultrasound, Interferential current		33.10
High-frequency		23.40
High-frequency	block-of-10	210.50

Physiotherapy

Single treatment	ca. 30 min	61.00
Sling-table treatment	ca. 30 min	61.00
Respiratory exercise	ca. 30 min	61.00
Bobath, PNF	ca. 30 min	61.00
Climbing therapy	ca. 30 min	61.00
Kinesiotape	ca. 15 min	32.30
Kinesiotape as part of a massage or physiotherapy		8.70

Please note:

Treatment times include the time needed to undress/dress.





Massages

Therapeutic Massage	ca. 25 min	37.40
	ca. 50 min	68.10

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	50.50
	ca. 45 min	68.10

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 venous blood vessels instead, thereby restoring disrupted equilibrium.

Reflex-zone massage	ca. 20 min	33.30
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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.

Tuina	ca. 30 min	50.50
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This involves a traditional Chinese massage technique which stimulates the acupuncture points and meridians. It is an alternative to classic acupuncture, relieving tension, removing blockages from the meridians, stimulating blood- and energy flow.

Breuss Massage	ca. 30 min	50.50
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This massage, designed by Rudolph Breuss, an Austrian therapist, is a sensitive-yet-robust back massage. Through loosening and gentle stretching of the spine and sacrum, spiritual, energy and physical blockages can be removed. It is used before and after a Dorn treatment, though is also a therapy method in its own right. Breuss massage is very effective in the treatment of intervertebral disk disorders.

Soft-tissue massage*	ca. 30 min	50.50
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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	33.30
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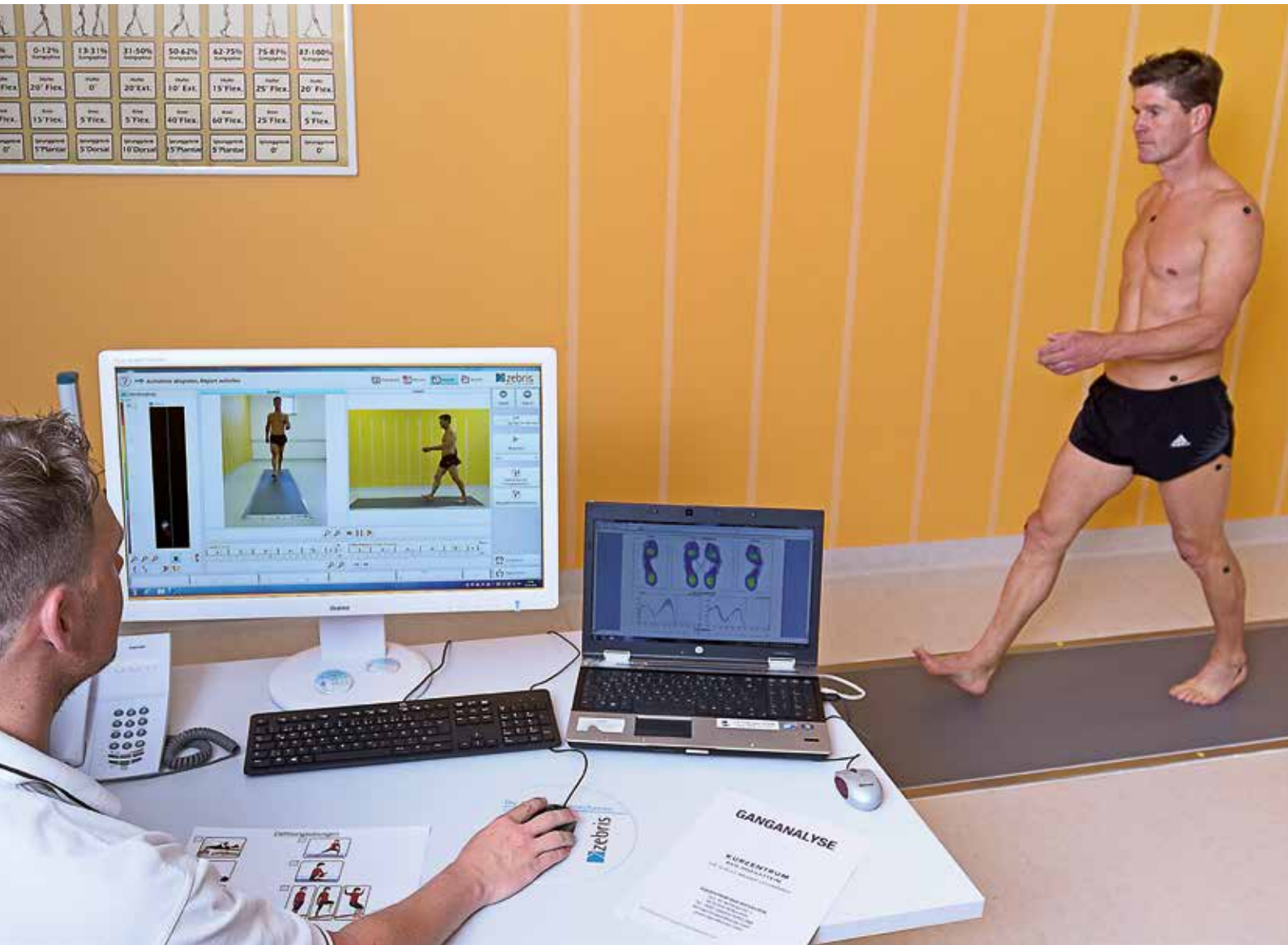
The segment massage is a form of soft-tissue massage dividing the body into 24 different segments. The segment massage reflexively changes segments of the body, tissue and organs.

Dorn Breuss Massage*	ca. 60 min	80.20
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Gentle and effective technique to stabilize the spine. Tension is relieved, the musculoskeletal system is strengthened. Muscle tension along the spine is relieved, giving nerves, blood and lymph vessels the space they need to function as they should. This leads to rapid reduction of tension in the back muscles, quickly alleviating spinal misalignment.

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

0-12%	13-31%	31-50%	50-62%	62-75%	75-87%	87-100%
Flex.	Flex.	Ext.	Ext.	Flex.	Flex.	Ext.
20° Flex.	0°	20° Ext.	10° Ext.	15° Flex.	25° Flex.	20° Flex.
Flex.	Flex.	Flex.	Flex.	Flex.	Flex.	Flex.
15° Flex.	5° Flex.	5° Flex.	40° Flex.	60° Flex.	25° Flex.	5° Flex.
Ext.	Ext.	Ext.	Ext.	Ext.	Ext.	Ext.
5° Plantar	5° Dorsal	10° Dorsal	5° Plantar	5° Plantar	0°	0°



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. 60 min	78.00
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Gait analysis	ca. 60 min	159.30
+ 2 supervised training sessions, ca. 30 min each		

Gait analysis	ca. 60 min	294.90
+ 5 supervised training sessions, ca. 30 min each		

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 our Sports World & Sports Medicine brochure.



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	40.70
Consultation	ca. 50 min	68.70
Consultation	ca. 50 min	127.70
+ 2 follow-up appointments	ca. 25 min each	
Consultation		172.90
+ 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 **44.20**

Follow-up appointment ca. 50 min **87.30**

Occupational psychology consultation ca. 60 min **98.90**

Pinpoint personal potential, develop strategies to promote better health, improve existing working conditions, minimize stresses.

Biofeedback Training

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.

Package with 4 sessions ca. 30 min each **139.70**

Package with 8 sessions ca. 30 min each **256.00**

Memory training Package with 3 appointments ca. 30 min each **110.60**

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
- ▶ Diagnosis of dementia

Group Offers*

Relaxation Training Package with 2 appointments ca. 50 min each **46.60**

Introduction to progressive muscle relaxation and autogenic training.

Smoking Cessation

Support on the personal path to becoming a nonsmoker.

Package of 3 sessions ca. 60 min each **104.70**

Package of 6 sessions ca. 60 min each **209.50**

Memory Training Package with 3 sessions ca. 30 min each **69.80**

Question Time for caregiving family members or other interested persons ca. 75 min **34.90**

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

... to take home.

Gastein Cosmetics

daily available at Beauty World

Thermal Face Cream	50 ml	31.50	Good Mood Sea Salt	400 g	14.30
Intensive moisturizing cream with green tea and vitamins ACE. For visibly smooth and supple facial skin.			Protects the skin from drying out, provides new elasticity and removes dead skin cells. Essential oils revitalize and refresh.		
Thermal Face Cream +	50 ml	31.50	Alpine Herb Sea Salt	400 g	14.30
Intensive care for dry, mature skin! With vitamin E, avocado oil and bisabolol. Reduces existing wrinkles and promotes cell regeneration. Skin moisture and smoothness are improved.			Protects the skin from drying out, provides new elasticity and removes dead skin cells. Essential oils and alpine herbs revitalize and stimulate the metabolism.		
Thermal Shower Gel	200 ml	16.00	Starter Set		16.30
	30 ml	3.50	Gastein Beauty products attractively wrapped as a gift or for sampling.		
The genuine power of the 3500-year old Gastein thermal water combined with aloe vera, honey and olive. Feels refreshing and invigorating.			Wellness Products		
Thermal Shampoo for her & him	200 ml	17.30	available at therapy check-in counter (Monday to Friday)		
	30 ml	3.50	Ball Cushion		
Mild shampoo with camomille and aloe vera.			45.00		
Thermal Body Lotion	200 ml	21.00	Trains the spinal muscles, improves posture, includes training instructions.		
Moisturizing lotion for daily use.			Exercise Tape		
Thermal Body Cream	200 ml	34.50	11.00		
Skin-toning body cream with caffeine and evening primrose oil. Activates the cellular metabolism and tones skin of problem zones.			For effective muscle training from head to toe.		
Thermal Hand Balm	50 ml	13.80	Spikey Massage Ball		
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.			10.00		
Alpine Herb Bath & Shower Oil	200 ml	18.40	Massages the skin to stimulate circulation.		
Vitalizing bath experience with plant oils and vitamin E. Stimulates circulation.			Sauna Towel		
			24.50		
			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 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. relaxation & activity program

533.70

Gastein 3-Week Thermal Health Cure

- ▶ Doctor's checkup (at the beginning and end of the program)
- ▶ 9 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. relaxation & activity program

1220.00

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. relaxation & activity program

107.60

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. relaxation & activity program

283.00

Please note:

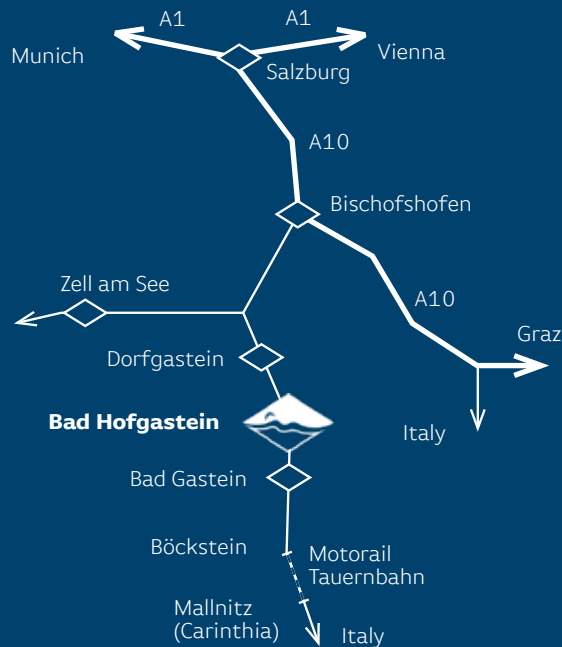
When you stay with one of our Premium Partners, admission to the thermal spa and Sauna World is included in the price of your room.



ALPENTHERME

GASTEIN

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alpentherme.com
Opening Hours: daily from 9 AM



Gastein



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