

PRICES & PACKAGES 2023

OPENING TIMES

Monday until Friday from 16 January until 24 November 2023

Closed on Saturday, Sunday, Easter Monday and Pentecost Monday, 1 May, 15 August, 26 October and 1 November

NUMBER OF THE POSSIBLE THERAPY SESSIONS

► Recommended therapy duration:

2 – 4 weeks (depending on indication)

► Recommended sessions per week:

3 – 4 sessions

► Recommended break:

after a maximum of 2 sessions, a day without a session

DURATION OF A SESSION

The first session, including medical examination and relaxation afterwards, takes about four hours, around 2.5 hours are required for all other sessions.

SERVICES INCLUDED IN THE PRICE OF THE THERAPY SESSION:

- Initial examination including medical prescription, interim examination (depending on duration of therapy) and medical closing conversation
- Individual production of therapy plan
- Medical support during the session
- Towel to lie on for time in the therapy area
- After the session, 30-minute relaxation afterwards in our relaxation rooms

THERAPY SESSIONS

INDIVIDUAL PRICE

TOTAL

1st Session	83.70	
2nd Session	83.70	167.40
3rd Session	83.70	251.10
4th Session	83.70	334.80
5th Session	81.70	416.50
6th Session	81.70	498.20
7th Session	80.10	578.30
8th Session	80.10	658.40
9th Session	75.90	734.30
10th Session	58.80	793.10
11th Session	58.80	851.90
12th Session	58.80	910.70
Every further session	58.80	

OFF-SEASON DISCOUNT

Valid from 27.3. – 12.5.2023 and 30.10. – 24.11.2023

8 sessions **615.30** instead of 658.40

10 sessions **731.60** instead of 793.10

12 sessions **850.60** instead of 910.70

Sessions in combination with physical therapies are discounted by up to 15% in the framework of packages.

If the medical support is provided by a Gastein spa doctor and not in our health centre, we grant a reduction on the above-named session prices.



PHYSICAL THERAPIES

Individual therapies

Medical gymnastics	47.40 (25 min)
Medical gymnastics + electrotherapy	59.40 (50 min)
Individual treatment incl. ultrasound	53.00 (25 min)
Respiratory exercises	47.40 (25 min)
Therapeutic climbing	47.40 (25 min)
Myofascial release therapy	47.40 (25 min)
Breathing tapping massage incl. Vibrax	47.40 (25 min)

Group therapies

Medical gymnastics	13.40 (25 min)
Positioning therapy	13.40 (25 min)
Jacobson method muscle relaxation	27.20 (50 min)
Therapeutic Nordic Walking (incl. hire of sticks)	
Introduction/units	37.70 (90 min)

Electrotherapeutic applications

Electrotherapy	25.30 (25 min)
Surface laser therapy	30.90 (25 min)

Other applications

Medical training therapy (MTT), equipment training	
Introduction and familiarisation	47.40 (25 min)
1 unit	6.80 (30 min)
5 units	27.00 (30 min)
10 units	54.20 (30 min)

Therapeutic rapeseed exercises

Introduction and familiarisation	16.20 (15 min)
Exercises	7.90 (30 min)

MASSAGES

Remedial full-body or partial massage	32.00 (25 min)
Remedial full-body massage	60.30 (50 min)
Remedial partial massage	25.90 (15 min)
Fascia healing massage	32.00 (25 min)
Lymph drainage	43.10 (25 min)
Lymph drainage	75.90 (50 min)
Connective tissue massage	32.00 (20 min)
Reflexology	32.00 (20 min)
Acupoint massage	36.00 (25 min)
Bruss massage	43.10 (25 min)

SPA REPORTS

Medical report	23.00
Detailed medical report on request, in the framework of the initial examination	

LOAN OF BATHING ITEMS

Bathrobe	5.50 (1X)
Bathrobe	38.60 (10X)
Bathrobe, towel	6.10 (1X)
Bathrobe, towel	45.30 (10X)
Bathrobe, towel, bathing shoes	6.60 (1X)
Bathrobe, towel, bathing shoes	49.60 (10X)

INTRODUCTORY OFFERS

Introductory offers must always be reserved at **T +43 (0)6434 3753-0** or **termine@gasteiner-heilstollen.com**.
The introductory offers are exclusively valid for new guests.

THERAPY SESSION

16 January to 24 November 2023, Mon to Fri

- ▶ Medical examination
- ▶ 1 therapy session in the gallery incl. medical support, 60-minute stay in the therapy area
- ▶ After the session: 30-minute relaxation time in our relaxation rooms
- ▶ 1 drink

€ 67.00 with Gastein Card*
€ 83.70 without Gastein Card



* Discounted rate only against presenting of the Gastein Card at the cash register.

WORTH KNOWING ABOUT THE INTRODUCTORY OFFERS:

Necessary items: for the session, you will need bathing clothes, bathrobe, bath shoes and a small towel – also available for a lending fee at the cloakroom of the Gastein Healing Gallery.

“GIVE IT A TRY” DAY FOR ONE-OFF EXPERIENCING OF THE THERAPY

16 January to 24 November 2023, Mon to Fri

- ▶ Medical examination
- ▶ 1 therapy session in the gallery incl. medical support, 60-minute stay in the therapy area
- ▶ After the session: 30-minute relaxation time in our relaxation rooms
- ▶ 1 25-minute massage
- ▶ 1 drink
- ▶ 1 small surprise gift

€ 84.60

Preparation for the session: drinking enough is always important, on the day of the healing gallery session you should drink an additional ½ litre before the session, preferably water or fruit juice.

HEALING GALLERY PACKAGES

Valid during the whole opening time of 2023

3-WEEK PACKAGE

- ▶ 10 sessions in the healing gallery (1.5 h) incl. relaxation afterwards and medical support
- ▶ Initial examination, interim examination*, medical concluding conversation
- ▶ 15 applications according to doctor's prescription
- ▶ Medical report

from € 990.70

depending on the prescribed applications

= 15% discount**

Price examples of a 3-week package including the services named above:

Spinal complaints: 3x medical gymnastics (individual therapy), 6x medical gymnastics (group), 4x full-body massage, 2x admission to thermal bath (2h) € 1,030.00

Ankylosing spondylitis: 3x medical gymnastics (group), 3x positional therapy (group), 7x full-body massage, 2x admission to thermal bath (2h) € 990.70

2-WEEK PACKAGE

- ▶ 8 sessions in the healing gallery (1.5 h) incl. relaxation afterwards and medical support
- ▶ Initial examination and medical concluding conversation
- ▶ 10 applications according to doctor's prescription
- ▶ Medical report

from € 825.80

depending on the prescribed applications

= 10% discount**

Price examples of a 2-week package including the services named above:

Spinal complaints: 2x medical gymnastics (individual therapy), 4x medical gymnastics (group), 3x full massage, 1x admission to thermal bath (2h) € 853.50

Asthma/bronchitis: 4x respiratory exercises (individual therapy), 4x connective tissue massage, 2x admission to thermal bath (2h) € 939.60

HEALTH WEEK (1 WEEK)

- ▶ 4 sessions in the healing gallery (1.5h) incl. relaxation afterwards and medical support
- ▶ Initial examination and medical concluding conversation
- ▶ 4 applications according to doctor's prescription

from € 430.70

depending on the prescribed applications

= 5% discount**

Price example of a 1-week package including the services named above:

Health week: 3x full massage, 1x admission to thermal bath (2h) € 430.70

* Interim examinations are only included with medical support in the Gastein Healing Gallery.

** The above prices include the following discounts on our regular prices: 15% (3 weeks), 10% (2 weeks) and 5% (1 week).

Flat rate invoices are not suitable for submission to health insurance schemes or only after prior agreement with your social insurance carrier!

ALL-IN PACKAGES

Inclusive healing gallery sessions, overnights and applications

16 DAYS

- ▶ 16 overnights in double room
- ▶ 9 healing gallery sessions incl. medical examinations
- ▶ 8x medical gymnastics (group)
- ▶ 7x full massages
- ▶ 6x admission to thermal bath (2h)**
- ▶ 1x progressive muscle relaxation with Jacobson method

11 DAYS

- ▶ 11 overnights in double room
- ▶ 6 healing gallery sessions incl. medical examinations
- ▶ 5x medical gymnastics (group)
- ▶ 5x full massages
- ▶ 4x admission to thermal bath (2h)**
- ▶ 1x progressive muscle relaxation with Jacobson method

7 DAYS

- ▶ 7 overnights in double room
- ▶ 4 healing gallery sessions incl. medical examinations
- ▶ 9x applications according to doctor's prescription*
- ▶ 2x admission to thermal bath (2h)**

* Physiotherapeutic individual therapies and breathing tapping massage count as two applications, rapeseed exercises for the hands and medical gymnastics (group) count as half an application.
 ** Admission to thermal bath/exercise pool (2h) at Alpentherme or Felsentherme Gastein. In accommodation with its own swimming pool, unlimited bathing is available at the accommodation, instead of admission to the thermal bath.

Do you already have accommodation? Upon request, packages are also bookable without accommodations.

PRICES ALL-IN PACKAGES

S/A = SPRING & AUTUMN PACKAGES – period 3.4. – 2.6.2023 and 23.10. – 24.11.2023

W = WINTER PACKAGES – period 16.1. – 3.2.2023

	PRICES 16 DAYS		PRICES 11 DAYS		PRICES 7 DAYS		SR SURCHARGE PER DAY	
	S/A	W	S/A	W	S /A	W	S/A	W
4* hotel incl. HP	from 2,354 to 2,978	from 2,619 to 3,343	from 1,625 to 2,054	from 1,808 to 2,305	from 1.101 to 1,374	from 1,218 to 1,534	from 6.10 to 8.40	from 7.20 to 10.20
3* hotel incl. HP	2,139	2,370	1,478	1,636	1,008	1,108	4.80	5.70
3* hotel incl. breakfast	1,847	2,031	1,277	1,403	879	960	3.70	4.40
Bed and breakfast	1,643	1,792	1,137	1,239	791	856	3.20	3.70
Private room incl. breakfast	1,608	1,755	1,113	1,214	775	840	3.20	3.70
Apartment hotel	1,912	2,109	1,322	1,457	908	994	15.20	18.20
Apartment	1,655	1,805	1,145	1,248	795	861	15.20	18.20

We would be pleased to send you a list with the participating accommodation by post, e-mail or fax.

Chaperones on request. The spa tax and the final cleaning are not included in the price.

All prices per person, in euros, and incl. the statutory VAT.