

PRICES & PACKAGES 2024

OPENING TIMES

Monday to Friday, from January 15 to November 22, 2024

Closed Saturdays, Sundays, and all Austrian public holidays.

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
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1st Session	89.50	
2nd Session	89.50	179.00
3rd Session	89.50	268.50
4th Session	89.50	358.00
5th Session	87.40	445.40
6th Session	87.40	532.80
7th Session	85.70	618.50
8th Session	85.70	704.20
9th Session	81.20	785.40
10th Session	62.90	848.30
11th Session	62.90	911.20
12th Session	62.90	974.10
Every further session	62.90	

OFF-SEASON DISCOUNT

Valid from 25.3. – 10.5.2024 and 28.10. – 22.11.2024

8 sessions	658.10	instead of 704.20
10 sessions	782.50	instead of 848.30
12 sessions	909.80	instead of 974.10

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.



Book here!
Booking of entries is required!



PHYSICAL THERAPIES

Individual therapies

Medical gymnastics	50.70 (25 min)
Medical gymnastics + electrotherapy	63.60 (50 min)
Individual treatment incl. ultrasound	56.70 (25 min)
Respiratory exercises	50.70 (25 min)
Therapeutic climbing	50.70 (25 min)
Myofascial release therapy	50.70 (25 min)
Breathing tapping massage incl. Vibrax	50.70 (25 min)

Group therapies

Medical gymnastics	14.30 (25 min)
Positioning therapy	14.30 (25 min)
Jacobson method muscle relaxation	29.10 (50 min)
Therapeutic Nordic Walking (incl. hire of sticks)	
Introduction/units	40.30 (90 min)

Electrotherapeutic applications

Electrotherapy	27.10 (25 min)
Surface laser therapy	33.10 (25 min)

Other applications

Medical training therapy (MTT), equipment training	
Introduction and familiarisation	50.70 (25 min)
1 unit	7.30 (30 min)
5 units	28.90 (30 min)
10 units	58.00 (30 min)

Therapeutic rapeseed exercises

Introduction and familiarisation	17.30 (15 min)
Exercises	8.50 (30 min)

MASSAGES

Remedial full-body or partial massage	34.20 (25 min)
Remedial full-body massage	64.50 (50 min)
Remedial partial massage	27.70 (15 min)
Fascia healing massage	34.20 (25 min)
Lymph drainage	46.10 (25 min)
Lymph drainage	81.20 (50 min)
Connective tissue massage	34.20 (20 min)
Reflexology	34.20 (20 min)
Acupoint massage	38.50 (25 min)
Bruss massage	46.10 (25 min)

SPA REPORTS

Medical report	24.60
Detailed medical report on request, in the framework of the initial examination	

LOAN OF BATHING ITEMS

Bathrobe	5.90 (1x)
Bathrobe	41.30 (10x)
Bathrobe, towel	6.50 (1x)
Bathrobe, towel	48.40 (10x)
Bathrobe, towel, bathing shoes	7.10 (1x)
Bathrobe, towel, bathing shoes	53.10 (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 depending on availability.

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

15 January to 22 November 2024, 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

€ 91,40

PLEASE BRING THE FOLLOWING BATHING ITEMS WITH YOU TO THE INTRODUCTORY SESSION:

Swimsuit, bathrobe, bathing slippers, and a small towel. These items can also be rented at the changing rooms in the health centre.

THERAPY SESSION FOR ONE-OFF EXPERIENCING

15 January to 22 November 2024, 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

€ 71.60 with Gastein Card*
for one-off experiencing

€ 76.00 without Gastein Card*
for one-off experiencing

€ 89.50 regular price

**Gastein
Card**

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

HEALING GALLERY PACKAGES

Valid during the whole opening time of 2024

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 € 1,057.50

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) € 1,099.60

Ankylosing spondylitis: 3x medical gymnastics (group), 3x positional therapy (group), 7x full-body massage, 2x admission to thermal bath (2h) € 1,057.50

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 € 882.00

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) € 911.70

Asthma/bronchitis: 4x respiratory exercises (individual therapy), 4x connective tissue massage, 2x admission to thermal bath (2h) € 1,003.00

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 € 459.50

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) € 459.50

* 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
- ▶ 4x 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 2.4. – 7.6.2024 and 28.10. – 22.11.2024

W = WINTER PACKAGES – period 15.1. – 2.2.2024

	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 2,513 to 3,180	from 2,798 to 3,571	from 1,735 to 2,194	from 1,931 to 2,463	from 1,049 to 1,341	from 1,173 to 1,512	from 6.50 to 9.00	from 7.70 to 10.90
3* hotel incl. HP	2,284	2,531	1,578	1,748	949	1,057	5.10	6.10
3* hotel incl. breakfast	1,971	2,167	1,363	1,498	812	898	4.00	4.70
Bed and breakfast	1,753	1,911	1,213	1,322	716	786	3.40	4.00
Private room incl. breakfast	1,715	1,873	1,187	1,295	700	769	3.40	4.00
Apartment hotel	2,041	2,251	1,411	1,555	842	934	16.30	19.50
Apartment	1,764	1,926	1,221	1,332	721	792	16.30	19.50

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.