

HEALING GALLERY PACKAGES

Valid during the whole opening time of 2018

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 € 852.00
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) **€ 852.00**
Ankylosing spondylitis: 3x medical gymnastics (group), 3x positional therapy (group), 7x lymph drainage, 2x admission to thermal bath (2h) **€ 875.00**

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 € 706.00
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) **€ 706.00**
Asthma/bronchitis: 4x respiratory exercises (individual therapy), 4x connective tissue massage, 2x admission to thermal bath (2h) **€ 778.00**

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 € 355.00
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) **€ 355.00**

* 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!

PRICES 2018

OPENING TIMES

8 January to 23 November 2018

Daily apart from Sundays, 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 three 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	68.70	
2nd Session	68.70	137.40
3rd Session	68.70	206.10
4th Session	68.70	274.80
5th Session	66.80	341.60
6th Session	66.80	408.40
7th Session	65.50	473.90
8th Session	65.50	539.40
9th Session	62.00	601.40
10th Session	48.00	649.40
11th Session	48.00	697.40
12th Session	48.00	745.40
Every further session	48.00	

OFF-SEASON DISCOUNT

Valid from 3.4. – 27.4.2018 and 22.10. – 23.11.2018

8 sessions	504.10	instead of 539.40
10 sessions	599.00	instead of 649.40
12 sessions	696.20	instead of 745.40

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.



INTRODUCTORY OFFERS

Introductory offers must always be reserved at
T +43 (0)6434 3753-0 or termine@gasteiner-heilstollen.com

PHYSICAL THERAPIES

Individual therapies

Medical gymnastics	40.30 (25 min)
Medical gymnastics + electrotherapy..	50.40 (50 min)
Individual treatment incl. ultrasound....	45.00 (25 min)
Craniosacral therapy, initial treatment..	78.70 (50 min)
Every further treatment.....	47.40 (25 min)
Respiratory exercises.....	40.30 (25 min)
Therapeutic climbing	40.30 (25 min)
Myofascial release therapy	40.30 (25 min)

Group therapies

Medical gymnastics	11.50 (25 min)
Positioning therapy	11.50 (25 min)
Jacobson method muscle relaxation ...	23.00 (50 min)
Therapeutic Nordic Walking (incl. hire of sticks)	
Introduction	32.00 (90 min)
Refresher/further units	23.00 (60 min)

Electrotherapeutic applications

Electrotherapy.....	21.50 (25 min)
Surface laser therapy.....	26.20 (25 min)

Other applications

Medical training therapy (MTT), equipment training	
Introduction and familiarisation	40.30 (25 min)
1 unit	5.80 (30 min)
5 units	22.80 (30 min)
10 units	46.00 (30 min)
Therapeutic rapeseed exercises	
Introduction and familiarisation	13.70 (15 min)
Exercises	6.80 (30 min)

MASSAGES

Remedial full-body or partial massage	27.10 (25 min)
Remedial full-body or partial massage	51.10 (50 min)
Remedial partial massage	21.90 (15 min)
Lymph drainage	36.50 (25 min)
Lymph drainage	64.40 (50 min)
Connective tissue massage	27.10 (20 min)
Reflexology	27.10 (20 min)
Acupoint massage	30.60 (25 min)
Breuss massage	36.50 (25 min)

Physiotherapeutic

breathing tapping massage incl. Vibrax	40.30 (25 min)
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TCM TREATMENTS

Tuina whole-body massage with acupuncture and low-dosage laser therapy	
Initial treatment with medical consultation	135.00 (95 min)
Every further treatment	118.00 (80 min)
Qigong (individual therapy)	26.40 (25 min)
Acupuncture with medical consultation	50.00 (35 min)
Acupuncture with medical consultation	80.00 (55 min)

SPA REPORTS

Medical report	19.50
Detailed medical report on request, in the framework of the initial examination	

PATIENT INSTRUCTION

Ankylosing spondylitis (in German)	211.10 (6 x 90 min)
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LOAN OF BATHING ITEMS

Bathrobe	4.60 (1x)
Bathrobe	31.50 (10x)
Bathrobe, towel	5.10 (1x)
Bathrobe, towel	37.70 (10x)
Bathrobe, towel, bathing shoes	5.60 (1x)
Bathrobe, towel, bathing shoes	41.10 (10x)

Free cancellation possible up to 24 hours before appointment, afterwards 100% is charged.



KENNENLERN-EINFAHRT

Would you like to experience this worldwide unique healing climate yourself? Then we look forward to being able to welcome you on the introductory session.

**8 January to 20 November 2018
 every Tuesday and Thursday* afternoon**

- ▶ Meeting place: 14.30 in the Gastein Healing Gallery
- ▶ Short medical check
- ▶ Film full of things worth knowing about the Healing Gallery Therapy
- ▶ Session in the gallery with 30-minute stay in the therapy area
- ▶ Drink after session
- ▶ End: approx. 17.00
- ▶ Discount ticket for 3 further therapy sessions
- ▶ **Free service offer:** make use of our medical consultation!



€ 26.70 with Gastein Card**
 € 31.90 without Gastein Card

* If the Thursday is a public holiday, the introductory session takes place on Friday.
 ** 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

Your way to natural freedom from pain leads into the depths of the Tauern. Experience a spa day in the Gastein Healing Gallery.

**8 January to 20 November 2018*
 Monday to Friday**

- ▶ 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

€ 68.70

* Offer valid subject to availability and for one-off getting to know the therapy.

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.