

THE GALLERY



The Gastein Healing Gallery is located a good two kilometres inside the Radhausberg, in which a worldwide unique therapeutic climate is to be found with an average radon content of 44 kBq/m³. On a session in the healing gallery you will enjoy a combination of heat, air humidity and radon at one of a total of five stations.

“Due to my ailments, I was often unable even to dress myself. I took cortisone for years. Neither doctors nor alternative therapies brought me any relief. But now I have been coming to the Gastein Healing Gallery for 15 years, and I am almost pain-free for about ¾ of the year. Afterwards, I feel it’s time for the Gallery again. Beforehand, I couldn’t even think of sports. Now I can play tennis, table tennis and football again.”



Gerhard Lambeck, age 46, Solms, Germany
Diagnosis: ankylosing spondylitis, rheumatism of the joints

The effect of healing gallery therapy

The therapy consists of mild overheating (hyperthermia) and radon intake via the respiratory passages and skin. These effects of therapy are proven by numerous studies:

PAIN RELIEF (on average 9 months)
MEDICATION REDUCTION (up to 1 year)
ANTI-INFLAMMATORY EFFECT
IMMUNE STABILISATION

Through regular repetition of the healing gallery therapy, the intake of painkillers is reduced over the long term, thus increasing quality of life.

Worldwide unique

And this is due to the combination of the following factors to be found inside the Radhausberg mountain:

Radon content: 44 kBq/m³ air
Heat: 37 – 41.5 °C (98.6 – 106.7 °F)
Air Humidity: 75 – 100 %

THE MOST IMPORTANT INDICATIONS

Univ.-Prof. Dr. Markus Ritter Gastein Research Institute

- ▶ **Diseases of the locomotor system:** Ankylosing spondylitis and/or spondyloarthropathies, Rheumatoid arthritis (chronic polyarthritis), Fibromyalgia syndrome, Arthroses (including finger polyarthrosis), Psoriatic arthritis, Spinal syndromes
- ▶ **Diseases of the respiratory passages:** Bronchial asthma, Chronic bronchitis, COPD, Hay fever, Sarcoidosis
- ▶ **Skin diseases:** Neurodermatitis, Psoriasis vulgaris, Scleroderma, Delayed wound healing

CONTRAINDICATIONS

Pregnancy, Untreated hyperthyroidism, Severe claustrophobia, Cancers in the first year after the end of therapy, depending on the tumour situation. In this case and with severe cardiac, circulatory and kidney diseases, we recommend consulting a doctor.

All prices are per person, in Euro, and incl. statutory VAT. Subject to change. Not liable for errors or inaccuracies. Our general terms & conditions apply in their most recent edition.

Gasteiner Kur-, Reha- und Heilstollen Betriebsges.m.b.H.
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INFORMATION & INTRODUCTORY OFFERS



LIVE PAIN-FREE, NATURALLY

www.gasteiner-heilstollen.com
www.facebook.com/heilstollen.gastein

OFFERS AT THE GASTEIN HEALING GALLERY

THERAPY SESSIONS

The heart of Healing Gallery Therapy are the therapy sessions within the gallery itself. Depending on your symptoms, therapy lasting from 2–4 weeks is recommended for best medical results, with 3–4 gallery sessions possible per week.

INTRODUCTORY OFFERS

- ▶ Introductory Session
- ▶ “Give it a try” Day

Further information may be found on the page to the right.

PHYSICAL THERAPIES

We offer you an extensive range of therapies with experienced physiotherapists and masseurs. Request our Therapy Folder (only in German available).

OPENING TIMES

7 January to 27 November 2020, daily apart from Sundays, Easter Monday and Pentecost Monday, 1 May, 15 August, 26 October and 1 November.

Gastein Healing Gallery Therapy is recognized by Austrian and German health-insurance carriers such as the South Tyrolean medical service. Further information can be found in our full brochure or on our homepage.

Our team are always available to assist with questions you might have. Specific questions for our team of doctors? Set up an appointment for a free consultation.

Toll-free international calls: 00 800 6006 7878

Phone number: +43 (0)6434 3753-0

E-Mail: info@gasteiner-heilstollen.com

www.gasteiner-heilstollen.com



INTRODUCTORY SESSION

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.

**7 January to 24 November 2020
every Tuesday and Thursday* afternoon**

- ▶ Check in: from 14.00 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!

**Gastein
Card**

€ 27.60 with Gastein Card**

€ 33.00 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.

**7 January to 27 November 2020*
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

€ 73.80

* Valid for anyone who has not yet had a therapy session.

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.

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