

# PRICES 2020

## 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

## 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

<b>1<sup>st</sup> Session</b> .....	71.80	
<b>2<sup>nd</sup> Session</b> .....	71.80	143.60
<b>3<sup>rd</sup> Session</b> .....	71.80	215.40
<b>4<sup>th</sup> Session</b> .....	71.80	287.20
<b>5<sup>th</sup> Session</b> .....	70.10	357.30
<b>6<sup>th</sup> Session</b> .....	70.10	427.40
<b>7<sup>th</sup> Session</b> .....	68.80	496.20
<b>8<sup>th</sup> Session</b> .....	68.80	565.00
<b>9<sup>th</sup> Session</b> .....	65.10	630.10
<b>10<sup>th</sup> Session</b> .....	50.50	680.60
<b>11<sup>th</sup> Session</b> .....	50.50	731.10
<b>12<sup>th</sup> Session</b> .....	50.50	781.60
Every further session .....	50.50	

## OFF-SEASON DISCOUNT

Valid from 30.3. – 25.4.2020 and 27.10. – 27.11.2020

<b>8 sessions</b> .....	<b>528.00</b>	instead of 565.00
<b>10 sessions</b> .....	<b>627.80</b>	instead of 680.60
<b>12 sessions</b> .....	<b>730.00</b>	instead of 781.60

**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 .....	41.50 (25 min)
Medical gymnastics + electrotherapy.....	51.90 (50 min)
Individual treatment incl. ultrasound.....	46.40 (25 min)
Respiratory exercises.....	41.50 (25 min)
Therapeutic climbing .....	41.50 (25 min)
Myofascial release therapy .....	41.50 (25 min)
Physiotherapeutic breathing tapping massage incl. Vibrax .....	41.50 (25 min)

### Group therapies

Medical gymnastics .....	11.80 (25 min)
Positioning therapy .....	11.80 (25 min)
Jacobson method muscle relaxation .....	23.70 (50 min)
Therapeutic Nordic Walking (incl. hire of sticks) Introduction/units .....	32.90 (90 min)

### Electrotherapeutic applications

Electrotherapy.....	22.10 (25 min)
Surface laser therapy.....	27.00 (25 min)

### Other applications

Medical training therapy (MTT), equipment training Introduction and familiarisation .....	41.50 (25 min)
1 unit .....	6.00 (30 min)
5 units .....	23.50 (30 min)
10 units .....	47.40 (30 min)
Therapeutic rapeseed exercises Introduction and familiarisation .....	14.10 (15 min)
Exercises .....	7.00 (30 min)

## MASSAGES

Remedial full-body or partial massage .....	27.90 (25 min)
Remedial full-body or partial massage .....	52.60 (50 min)
Remedial partial massage .....	22.50 (15 min)
Fascia healing massage .....	27.90 (25 min)
Lymph drainage .....	37.60 (25 min)
Lymph drainage .....	66.30 (50 min)
Connective tissue massage .....	27.90 (20 min)
Reflexology .....	27.90 (20 min)
Acupoint massage .....	31.50 (25 min)
Breuss massage .....	37.60 (25 min)

## TCM TREATMENTS

Tuina whole-body massage with acupuncture and low-dosage laser therapy Initial treatment with medical consultation .....	158.00 (95 min)
Every further treatment .....	118.00 (80 min)
Qigong (individual therapy) .....	27.20 (25 min)
TCM diagnosis and consultation .....	80.00 (55 min)

## SPA REPORTS

Medical report .....	20.10
Detailed medical report on request, in the framework of the initial examination	

## PATIENT INSTRUCTION

Ankylosing spondylitis (in German) .....	217.50 (6 x 90 min)
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## LOAN OF BATHING ITEMS

Bathrobe .....	4.80 (1x)
Bathrobe .....	33.10 (10x)
Bathrobe, towel .....	5.30 (1x)
Bathrobe, towel .....	39.30 (10x)
Bathrobe, towel, bathing shoes .....	5.80 (1x)
Bathrobe, towel, bathing shoes .....	43.10 (10x)



# INTRODUCTORY OFFERS

Introductory offers must always be reserved at

T +43 (0)6434 3753-0 or [termine@gasteiner-heilstollen.com](mailto:termine@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.

# HEALING GALLERY PACKAGES

Valid during the whole opening time of 2020

## 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 € 856.80**

*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) € 891.50*

*Ankylosing spondylitis: 3x medical gymnastics (group), 3x positional therapy (group), 7x full-body massage, 2x admission to thermal bath (2h) € 856.80*

## 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 € 737.70**

*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) € 737.70*

*Asthma/bronchitis: 4x respiratory exercises (individual therapy), 4x connective tissue massage, 2x admission to thermal bath (2h) € 813.60*

## 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 € 372.00**

*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) € 372.00*

\* 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!