

ALL-IN PACKAGES

Inclusive healing gallery sessions, transfers, overnights and applications

16 DAYS

- ▶ 16 overnights in double room incl. spa tax
- ▶ 9x healing gallery transfers
- ▶ 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 incl. spa tax
- ▶ 6x healing gallery transfers
- ▶ 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 incl. spa tax
- ▶ 4x healing gallery transfers
- ▶ 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 6.4. – 12.6.2021; Autumn packages are only offered if the planned operating period (until 22 October 2021) is extended.

| | PRICES 16 DAYS | PRICES 11 DAYS | PRICES 7 DAYS | SR SURCHARGE PER DAY |
|------------------------------|---------------------|---------------------|---------------------|----------------------|
| 4* hotel incl. HP | from 2,246 to 2,796 | from 1,547 to 1,926 | from 1,047 to 1,287 | from 5.50 to 7.60 |
| 3* hotel incl. HP | 2,057 | 1,417 | 964 | 4.40 |
| 3* hotel incl. breakfast | 1,799 | 1,240 | 851 | 3.40 |
| Bed and breakfast | 1,619 | 1,116 | 772 | 2.90 |
| Private room incl. breakfast | 1,588 | 1,095 | 759 | 2.90 |
| Apartment hotel | 1,857 | 1,280 | 877 | 13.80 |
| Apartment | 1,630 | 1,124 | 777 | 13.80 |

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

Chaperones on request. The final cleaning is not included in the price.

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

PRICES & PACKAGES 2021

OPENING TIMES

6 April until presumably 22 October 2021

Daily apart from Sundays, Easter Monday and Pentecost Monday, 1 May, 15 August; (26 October and 1 November in the case of extended season if applicable)

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 | 73.90 | |
| 2nd Session | 73.90 | 147.80 |
| 3rd Session | 73.90 | 221.70 |
| 4th Session | 73.90 | 295.60 |
| 5th Session | 72.20 | 367.80 |
| 6th Session | 72.20 | 440.00 |
| 7th Session | 70.80 | 510.80 |
| 8th Session | 70.80 | 581.60 |
| 9th Session | 67.00 | 648.60 |
| 10th Session | 52.00 | 700.60 |
| 11th Session | 52.00 | 752.60 |
| 12th Session | 52.00 | 804.60 |
| Every further session | 52.00 | |

OFF-SEASON DISCOUNT

Valid from 6.4. – 24.4.2021; in autumn, only in the case of extended season if applicable

| | | |
|--------------------------|---------------|-------------------|
| 8 sessions | 543.50 | instead of 581.60 |
| 10 sessions | 646.20 | instead of 700.60 |
| 12 sessions | 751.50 | instead of 804.60 |

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 | 42.30 (25 min) |
| Medical gymnastics + electrotherapy..... | 52.90 (50 min) |
| Individual treatment incl. ultrasound..... | 47.30 (25 min) |
| Respiratory exercises..... | 42.30 (25 min) |
| Therapeutic climbing..... | 42.30 (25 min) |
| Myofascial release therapy..... | 42.30 (25 min) |
| Breathing tapping massage incl. Vibrax | 42.30 (25 min) |

Group therapies

| | |
|---|----------------|
| Medical gymnastics | 12.00 (25 min) |
| Positioning therapy..... | 12.00 (25 min) |
| Jacobson method muscle relaxation..... | 24.20 (50 min) |
| Therapeutic Nordic Walking (incl. hire of sticks) Introduction/units | 33.60 (90 min) |

Electrotherapeutic applications

| | |
|----------------------------|----------------|
| Electrotherapy..... | 22.50 (25 min) |
| Surface laser therapy..... | 27.50 (25 min) |

Other applications

| | |
|--|----------------|
| Medical training therapy (MTT), equipment training Introduction and familiarisation | 42.30 (25 min) |
| 1 unit | 6.10 (30 min) |
| 5 units | 24.00 (30 min) |
| 10 units | 48.30 (30 min) |
| Qigong (individual therapy) | 27.70 (25 min) |

| | |
|--|----------------|
| Therapeutic rapeseed exercises Introduction and familiarisation | 14.40 (15 min) |
| Exercises | 7.10 (30 min) |

MASSAGES

| | |
|---|----------------|
| Remedial full-body or partial massage | 28.50 (25 min) |
| Remedial full-body massage | 53.70 (50 min) |
| Remedial partial massage | 23.00 (15 min) |
| Fascia healing massage | 28.50 (25 min) |
| Lymph drainage | 38.40 (25 min) |
| Lymph drainage | 67.60 (50 min) |
| Connective tissue massage | 28.50 (20 min) |
| Reflexology | 28.50 (20 min) |
| Acupoint massage | 32.10 (25 min) |
| Breuss massage | 38.40 (25 min) |

SPA REPORTS

| | |
|--|-------|
| Medical report | 20.50 |
| Detailed medical report on request, in the framework of the initial examination | |

LOAN OF BATHING ITEMS

| | |
|--------------------------------------|-------------|
| Bathrobe | 4.90 (1x) |
| Bathrobe | 34.10 (10x) |
| Bathrobe, towel | 5.40 (1x) |
| Bathrobe, towel | 40.30 (10x) |
| Bathrobe, towel, bathing shoes | 5.90 (1x) |
| Bathrobe, towel, bathing shoes | 44.10 (10x) |

HEALING GALLERY PACKAGES

Valid during the whole opening time of 2021

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 € 879.80

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) **€ 915.00**

Ankylosing spondylitis: 3x medical gymnastics (group), 3x positional therapy (group), 7x full-body massage,

2x admission to thermal bath (2h) **€ 879.80**

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 € 757.30

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) **€ 757.30**

Asthma/bronchitis: 4x respiratory exercises (individual therapy), 4x connective tissue massage,

2x admission to thermal bath (2h) **€ 835.00**

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 € 382.20

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) **€ 382.20**

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

6 April to 22 October 2021, Mon to Sat

- ▶ 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

€ 59.10 with Gastein Card*

€ 73.90 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

6 April to 22 October 2021, 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

€ 75.60

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.

* 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 quotations of prices in the brochure are per person, in euros and incl. the statutory VAT. Subject to typing and printing errors. Our general terms and conditions apply in their most recently valid version.