



**Beauty, wellness,  
health and base fasting.**





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Wellness



Beauty



Health



Diet



# Base fasting

the wacker-method®

## Small sacrifice – huge impact

The magnificent natural landscape outside our door, the therapeutic Gastein thermal water and the multifaceted health concept right at the hotel combine to create an effective recipe:

### BASE FASTING ACCORDING TO THE WACKER METHOD®

Experience enjoyable moments for all your senses

- Our specially trained kitchen team will surprise you with unique creations of alkaline-based cuisine
- You will experience unimagined taste explosions
- Introduction to a healthier lifestyle
- More energy from the improvement of metabolism
- Vegan, lactose-free and gluten-free – suited for everyone
- Detoxifying and deacidifying – the immune system will be strengthened
- Improves skin texture & connective tissue

**basenfasten**  
die wacker-methode®



## Base fasting – the wacker method®

**Base fasting – the wacker-method® was developed by the Wacker family from Mannheim in 1997 as a wellness treatment for detox and relief. Since then, it has been developed further and optimized through decades of hands-on experience.**

Base fasting like therapeutic fasting primarily serves to improve the human health. With base fasting you can also achieve your ideal weight. It comes down to elimination – with base fasting, all acid producers in food are eliminated for a certain period of time. During base fasting therapy it is very important to drink 2 to 3 liters per day: water or watered-down herbal tea. You will notice that during the fasting week you won't go hungry, you will actually feel great and you will even learn some new, tasty recipes. Many problems that you may experience after meals such as bloating, acid reflux or gas might suddenly disappear and your digestion will improve!

Base fasting – the wacker-method® is basically suited for everyone and based on experience, leads to increased physical as well as mental vitality. This fasting treatment is completely free of animal protein and grain and is thus especially beneficial for allergy sufferers. With our approach we have achieved excellent results with all chronic illnesses, that don't generally respond well to pure fasting therapy. These illnesses include rheumatism, fibromyalgia, asthma, cardiac diseases, hypertension, ulcerative colitis, Crohn's disease, forms of neurodermatitis, etc.

The cosmetic benefit is also significant. After only 1 week, skin is distinctly clearer and firmer, connective tissue is stronger and the eyes are clearer.

Base fasting is a reset for the taste organs dulled by today's food industry. After 1 week of treatment, the transition to alkaline-rich and nutrition-rich whole foods will be easy. This is the goal of base fasting.



## Base fasting cure week

- 7 nights
- Base fasting diet (7 x breakfast, 6 x lunch and 7 x dinner)
- Water and herbal tea all-day long
- Base fasting package with your personal fasting book
- 3 x Liver wrap
- 2 x Alkaline bath
- 1 x Alkaline foot bath with foot peeling and care lotion
- 1 x Sea salt wrap in a softpack – detoxifying
- 1 x Classic relaxation massage (ca. 50 min)
- Active program throughout the valley and morning
- 1 x Nordic Walking tour (according to the notice board)
- Bicycles and Nordic walking poles for hire (subject to availability)
- Johannesburg hotels inclusive services

	DZ Standard	DZ Comfort	EZ Comfort	Suite
1	986,- Euro	1.019,- Euro	1.077,- Euro	1.090,- Euro
2	1.051,- Euro	1.083,- Euro	1.142,- Euro	1.181,- Euro
3	999,- Euro	1.032,- Euro	1.090,- Euro	1.122,- Euro

Plus a visitor's tax of 2,40 Euro per person/night and RIC 1,10 Euro per person.

### Travel times:

- 1: 17.04. - 03.07.2022
- 2: 03.07. - 11.09.2022
- 3: 11.09. - 02.11.2022



## Base fasting taster days

- 4 nights
- Base fasting diet (4 x breakfast, 3 x lunch and 4 x dinner)
- Water and herbal tea all-day long
- Base fasting package with your personal fasting book
- 1 x Liver wrap
- 1 x Alkaline bath
- 1 x Alkaline foot bath with foot peeling and care lotion
- 1 x Classic relaxation massage (ca. 25 min)
- Active program throughout the valley and morning
- 1 x Nordic Walking tour (according to the notice board)
- Bicycles and Nordic walking poles for hire (subject to availability)
- Johannesburg hotels inclusive services

	DZ Standard	DZ Comfort	EZ Comfort	Suite
1	554,- Euro	573,- Euro	607,- Euro	615,- Euro
2	592,- Euro	611,- Euro	645,- Euro	668,- Euro
3	561,- Euro	580,- Euro	615,- Euro	634,- Euro

Plus a visitor's tax of 2,40 Euro per person/night.

### Travel times:

- 1: 17.04. - 03.07.2022
- 2: 03.07. - 11.09.2022
- 3: 11.09. - 02.11.2022



## Base fasting – therapy packages

The following treatments are recommended to enhance the success of your Alkaline Fasting week and to stimulate purification. You will find the detailed description of the respective treatment starting on page 13. If you book at least 3 treatments, you will receive a 10 % discount!

<b>COCON MARIN MINCEUR</b>	ca. 60 min	82,- Euro
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Intensive detoxifying and purifying slimming algae body wrap

<b>CITADINE</b>	ca. 90 min	109,- Euro
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Detoxifying oxygen treatment for the face

<b>ENERGETIC FACIAL LYMPHATIC DRAINAGE</b>	ca. 25 min	40,- Euro
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incl. cleansing: detoxifying and purifying

<b>OLIGOMER SPA</b>	ca. 100 min	120,- Euro
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Body ritual incl. peeling - supplies energy, minerals and relaxation

<b>SCULPT ZONE BELLY - LEGS - BUTTOCKS</b>	ca. 75 min	97,- Euro
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Slimming and cellulite treatment

<b>BODY WRAPPING WITH UPPER ARM LIFT</b>	ca. 60 min	74,- Euro
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fat-burning, purifying and connective tissue tightening

<b>MANUAL LYMPHATIC DRAINAGE</b>	ca. 25 min	36,- Euro
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Stimulates the removal of tissue fluid

ca. 50 min	69,- Euro
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<b>FOOT REFLEXOLOGY</b>	ca. 25 min	36,- Euro
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Stimulates the organs via the reflex zones and promotes blood circulation

<b>AROMA OIL MASSAGE</b>	ca. 25 min	36,- Euro
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an ethereal benefit for body, mind and soul

ca. 50 min	69,- Euro
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<b>SEA SALT WRAP IN A SOFTPACK</b>	ca. 30 min	40,- Euro
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Accelerates purification & detoxification

Having a hard time choosing? Then simply choose one of our specially adapted therapy packages: **Detox** or **Classic** and/or the **Purification package**:

### Detox package

- 1 x Cocon Marin Minceur: Intensively detoxifying and purifying slimming algae pack (ca. 60 min)
- 1 x Citadine: Detoxification and oxygen facial treatment (ca. 90 min)
- 1 x Foot reflexology massage (ca. 25 min)
- 1 x Classic relaxation massage (ca. 25 min)
- 1 x Fango partial treatment (small, 2-piece)

**247,- Euro per person**

### Classic package

- 1 x Energetic lymphdrainage for the face (ca. 25 min)
- 1 x Foot reflexology massage (ca. 25 min)
- 1 x Classic relaxation massage (ca. 25 min)
- 1 x Fango partial treatment (small, 2-piece)

**116,- Euro per person**

### Purification package

- 2 x Cocon Marin Minceur: Intensively detoxifying and purifying slimming algae pack (ca. 60 min)
- 2 x Sea salt wrap in a softpack – detoxifying

**211,- Euro per person**

# Health week(s)

- 7, 14 or 21 nights in a standard double room
- 7, 14 or 21 x Vital breakfast buffet
- 6, 13 or 20 x Sweet dishes in the afternoon
- 7, 14 or 21 x 4-course menu or theme evening with salad buffet
- 6, 12 or 18 Partial-body treatments according to a doctor's prescription\*\*
- Start your day right with morning gymnastics according to announcements
- Wellness in the Vitaloase with indoor thermal pool & fitness
- 1 x Nordic Walking tour (according to the notice board)
- Bicycles and Nordic walking poles for hire (subject to availability)
- Johannesbad hotels inclusive services

Season times	7 nights	14 nights	21 nights
08.01. - 29.01.2022	from 905,- Euro	from 1.764,- Euro	from 2.646,- Euro
29.01. - 05.03.2022	from 994,- Euro	from 1.987,- Euro	from 2.981,- Euro
05.03. - 19.03.2022	from 905,- Euro	from 1.764,- Euro	from 2.646,- Euro
19.03. - 02.07.2022	from 728,- Euro	from 1.456,- Euro	from 2.184,- Euro
02.07. - 10.09.2022	from 788,- Euro	from 1.577,- Euro	from 2.365,- Euro
10.09. - 02.11.2022	from 740,- Euro	from 1.480,- Euro	from 2.220,- Euro
24.11. - 24.12.2022	from 758,- Euro	from 1.516,- Euro	from 2.275,- Euro

plus tourist tax 2,40 Euro per person/night and RIC 1,10 Euro/person  
extra charge single room, comfort double room and suite on request.

\*\*Health programme (treatments to choose from): Classic massage (back), Aroma oil massage (back), Foot reflexology, Breuss massage, Manual lymphatic drainage, Foot and leg massage, Fango partial treatment (small and large), Ear candle therapy, Liver wrap, Moxa therapy and Energy thermal bath (Radon). If you would like more than one energy thermal bath (radon), then a prescription is required and a doctor's examination (for a fee) must be booked in addition (please inform us when booking).







# Heilstollen cure

- 7, 14 or 21 nights in a standard double room
- 7, 14 or 21 x Vital breakfast buffet
- 6, 13 or 20 x Sweet dishes in the afternoon
- 7, 14 or 21 x 4-course menu or theme evening with salad buffet
- Medical examination with additional recommendations in the Heilstollen
- 3, 6 or 10 Sessions in the Gastein Heilstollen
- Start your day right with morning gymnastics according to announcements
- Wellness in the Vitaloase with indoor thermal pool & fitness
- 1 x Nordic Walking tour (according to the notice board)
- Bicycles and Nordic walking poles for hire (subject to availability)
- Johannesbad hotels inclusive services

Season times	7 nights	14 nights	21 nights
09.01. - 29.01.2022	from 944,- Euro	from 1.839,- Euro	from 2.800,- Euro
29.01. - 05.03.2022	from 1.033,- Euro	from 2.062,- Euro	from 3.135,- Euro
05.03. - 19.03.2022	from 944,- Euro	from 1.839,- Euro	from 2.800,- Euro
19.03. - 02.07.2022	from 767,- Euro	from 1.531,- Euro	from 2.338,- Euro
02.07. - 10.09.2022	from 828,- Euro	from 1.652,- Euro	from 2.520,- Euro
10.09. - 02.11.2022	from 779,- Euro	from 1.555,- Euro	from 2.374,- Euro

Plus tourist tax 2,40 Euro per person/night and RIC 1,10 Euro/person. Extra charge single room, comfort double room and suite on request. Medical examination in the hotel for an extra charge and on advance booking possible.

**Recommended:** book a massage package at the hotel (see page 23)!

Transfer between hotel and Heilstollen can be booked for a fee (with advance reservation).

# Skin care products

PHYTOMER

Vie COLLECTION

DR. GRANDEL  
KOSMETIK

Place your well-being in our hands and let your soul soar. Exclusive care products combined with selected treatment methods make facial & body care a pure enjoyment.

## PHYTOMER – unique cosmetics with active marine ingredients

Only sea water contains 104 trace elements essential for our well-being. These are especially important for radiantly beautiful skin and a firm, slim figure. Phytomer has, therefore, selected concentrates from sea water, marine spring water, algae and sea mud as the main ingredients for the complete care product line in order to efficiently combat cosmetic problems.

PHYTOMER has been in the service of providing beauty for over 45 years: there is no need for man to create what nature has already created. Phytomer creates the beauty of the future.

## Why you should choose PHYTOMER products

- Phytomer carefully and respectfully handles resources from the sea
- Phytomer is No. 1 throughout the world in the Thalasso sector
- Unique extraction technique, with which all active ingredients from the sea remain intact
- No animal testing or animal products
- 100 % natural marine and plant ingredients
- In-vitro test on cell cultures
- Dermatologically tested care products (safe and effective)



## VIE COLLECTION – aesthetic-medical technology with a visible result: established as the ultimate anti-aging luxury care line for men and women

Since 2010, a research team consisting of cosmetic physicians, dermatologists, scientists, and biologists have worked together and have become anti-aging experts. State-of-the-art and always up-to-date with the most recent research, VIE COLLECTION takes on a role as a pioneer in aesthetic-medical technology, which is used exclusively in beauty institutes.

With the products of the VIE COLLECTION, a highly effective line that fights the signs of skin aging is offered. Inspired by aesthetic medicine, only the best ingredients are used. The elaborate formulas yield visible, measurable results that are medically proven.

Professional know-how + specialists for dermo-cosmetics = guaranteed effectiveness.

## DR. GRANDEL – perfection that touches

The combination of selected active ingredients from nature and innovative high-tech processes leads to highly effective products with the best compatibility and perceptible reliability.





# Treatments

## VIE – facial treatments

Try the esthetic treatments for more youth

### 3 DIMENSIONS RIDES

ca. 75 min

98,- Euro

#### SPECIAL ANTI-WRINKLE TREATMENT INSPIRED BY COSMETIC SURGERY

Developed from close collaboration with the cosmetic medical sector, this treatment is inspired by Botox injections to soften facial expressions and reduce wrinkles. The effect is enhanced with hyaluronic acid to fill in wrinkles. Like with a surgical facelift, the treatment is topped off by a special tightening & modeling of the facial contour. Wrinkles are reduced, the skin is smoothed and the facial outline is reshaped.

### RETINOPUR 30% PEELING

ca. 60 min

80,- Euro

#### FACIAL PEEL WITH GRADUAL CELL REGENERATION:

#### THE AHA-BHA FRUIT ACID PEEL FOR SKIN RENEWAL WITH A MEDICAL BASIS

This treatment consists of a chemical facial peeling. A variety of fruit acids guarantee optimal cell regeneration.

With least possible irritation, a complete renewal of the skin surface will be achieved. Skin imperfections, blackheads, acne, large pores, pigment spots and signs of aging will be corrected.

### 3 DIMENSION YEUX SOIN CIBLÉ YEUX

ca. 30 min

46,- Euro

#### 3D EYE CARE – TARGETED CARE WITH 3-PART CORRECTION

The anti-aging module with medical inspiration especially for the smoothing and rejuvenation of the eye contour.

With a plastifying mask and refreshing massage of the area around the eye, the eyelid will be smoothed and tightened.

Bags and dark circles around the eyes will diminish. The entire eye area will be rejuvenated by the smoothing of wrinkles.

Effective, nourishing and long-lasting.

in combination with a facial treatment

plus 29,- Euro

## PHYTOMER – facial treatments

For ladies and gentlemen

EYELASH COLOURING	17,- Euro
EYEBROW COLOURING	14,- Euro
EYEBROW SHAPING	12,- Euro
EYEBROW / UPPER LIP / CHIN WAXING	12,- Euro
EYE MASK / FACE MASK / SPECIAL MASKS (only possible in combination)	from 13,- Euro
AMPULLE BY DR. GRANDEL (only possible in combination)	13,- Euro

**SOIN PIONNIER RÉVÉLATEUR DE JEUNESSE** ca. 90 min 127,- Euro

ANTI-AGING PREMIUM TREATMENT FOR FACE, LIPS AND DÉCOLLETAGE

With 100 % natural active ingredients, a professional wax mask and the firming lotion, this treatment results in youthful, firm and radiant skin. The unique facial modellage, especially developed by an osteopath, rounds off the effect of the products perfectly. With this treatment you will shine, after your wellness holiday, at home with a great look.

**PERFECT RESULT** in combination with the “Perfect Regard“ plus 29,- Euro

**INTENTION JEUNESSE** ca. 90 min 120,- Euro

ANTI-AGING CARE – THE ANSWER TO THE SIGNS OF THE TIMES

The ultimate treatment for the preservation of a youthful appearance. With extremely powerful marine active ingredients. A gentle microdermabrasion complemented by professional acid peels creates this „immediate effect“. The special, highly concentrated, active agent ampoules ensure a lasting effect. Double anti-aging effect – less wrinkles, more firmness.

**PERFECT RESULT** in combination with the “Perfect Regard“ plus 29,- Euro



**OLIGOFORCE LUMIÈRE** ca. 90 min 120,- Euro

FOR THE LIGHTNING OF PIGMENTED SPOTS AND WRINKLE REDUCTION

The treatment for transformation of the skin. The objective of this treatment is to combat all skin imperfections: reduction of pigmented spots, smoothing of wrinkles and a radiant complexion. The comprehensive treatment smooths the skin and with a mechanical and chemical peeling, it optimally prepares it for the application of high-tech ingredients that will follow. With an innovative sheet mask, this treatment will make the skin look even and flawless so that it glows once again.

**PERFECT RESULT** in combination with the “Perfect Regard“ plus 29,- Euro

**CITADINE** ca. 75 min 93,- Euro

DETOXIFICATION TREATMENT FOR SHINY SKIN & A DULL COMPLEXION  
COMBATS THE EFFECTS OF ENVIRONMENTAL POLLUTION ON THE SKIN

Comprehensive skin care for city dwellers and people exposed to urban pollution. Shiny facial areas, a dull complexion, impurities can be easily removed with this treatment. The skin is clarified, detoxified and supplied with oxygen. For a clear, fresh, porerefining complexion.

with removal of skin impurities ca. 90 min 109,- Euro

**PERFECT RESULT** in combination with the "Perfect Regard" plus 29,- Euro

**HYDRA BLUE** ca. 75 min 93,- Euro

REFRESHING MOISTURIZING TREATMENT

Optimal combination to detoxify the skin, enrich it with oxygen and at the same time to replenish and nourish the skins moisture reservoir with weaving algae. The skin is hydrated, tightened, velvety soft and supple.

with removal of skin impurities ca. 90 min 109,- Euro

**PERFECT RESULT** in combination with the "Perfect Regard" plus 29,- Euro

**DOUCEUR MARINE APAISANT** ca. 75 min 93,- Euro

CARE FOR SENSITIVE SKIN AND COUPEROSIS

A marine alternative for beautiful, carefree skin: woman and men with extremely sensitive skin find it difficult to fully express their beauty. For them, Phytomer has developed a range of care products which soothe, repair and strengthen even the most sensitive, allergy-prone skin. The treatment with active ingredients such as saltwater and coral concentrate soothes the skin, reduces redness and flushing and strengthens the blood vessels in those with couperose. The sensitivity of the skin is reduced and the skin's own defensive function is strengthened.

**PERFECT RESULT** in combination with the "Perfect Regard" plus 29,- Euro

**SOIN ACNIPUR** ca. 60 min 74,- Euro

ACNE TREATMENT – ALSO FOR TEENS

A lasting solution for a great skin appearance: If the sebaceous gland function is out of balance, skin problems such as shiny facial areas, cloudy complexion, blackheads and acne appear. This is no longer a problem with the Acnipur treatment – it has a deep cleansing, anti-inflammatory effect and leaves behind a clear, matte complexion.

**PERFECT REGARD** ca. 30 min 46,- Euro

EYE TREATMENT FOR A RADIANT LOOK

This expert care for the eye area combines targeted effectiveness and absolute relaxation. The combination of invigorating sculpting with the smoothing care products delivers immediately visible results. The wrinkles of the eye area are tightened and crow's feet, dark circles and bags under the eyes are treated. The result is a relaxed, lively and fresh appearance.

Perfect combination during a facial treatment 29,- Euro





## Facial massages

<b>FACIAL MASSAGE INCL. CLEANING</b>	ca. 25 min	40,- Euro
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The sensation of touch on the skin alone is very beneficial. It is our largest organ with countless sensory cells. Facial massages give a radiant complexion and a relaxed expression. The skin is better supplied with blood, swelling is reduced and small wrinkles can be temporarily reduced.

**Recommended:** the combination with a Dr. Grandel ampoule specially tailored to your skin type and/or a subsequent facial mask plus 13,- Euro each

or

Special face mask incl. final care plus 29,- Euro  
(special serum with alginate, warm wax or powder mask)

<b>ENERGETIC FACIAL LYMPH DRAINAGE INCL. CLEANING</b>	ca. 25 min	40,- Euro
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Through this special facial massage with selected suction cups, deposits are reduced and waste products and toxins are better removed. The treatment removes blockages and has a refreshing and invigorating effect. The skin and the underlying tissue are activated, tightened and rejuvenated. Problems such as wrinkling or the formation of bags under the eyes are specifically treated. Your skin becomes visibly more supple, velvety and nourished.

**Recommended:** the combination with a Dr. Grandel ampoule specially tailored to your skin type and/or a subsequent facial mask plus 13,- Euro each

or

Special face mask incl. final care plus 29,- Euro  
(special serum with alginate, warm wax or powder mask)

## Treatments for hands & feet

MANICURE with nourishing hand bath and final care	34,- Euro
PAINTING OF FINGERNAILS / TOENAILS	8,- Euro
PEDICURE / FOOT CARE with herbal bath and final care	46,- Euro

PARAFFIN BATH FOR HANDS OR FEET	ca. 30 min	29,- Euro
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The result of this treatment is wonderfully smooth hands and feet with soft, supple skin. Especially also for people who have to fight with cracked, brittle or dry skin – a real miracle cure.

in combination with pedicure or manicure	24,- Euro
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ALKALINE: FOOT BATH WITH PEELING AND CARE LOTION	ca. 30 min	36,- Euro
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The secret of health and beauty through alkaline body care is based on centuries of tradition and was already known in ancient Egypt. A soothing alkaline foot bath not only supports the body's own acid and toxin excretion, but also promotes active cell protection and restores the acid-alkali balance in the body.



## Depilation

### HAIR REMOVAL WITH WARM WAX

Upper lip / chin	from 12,- Euro
Armpit or bikini line	from 22,- Euro
Back or chest	from 36,- Euro
Legs to knee	36,- Euro
Legs complete	54,- Euro

You will fully relax and sure you'll admit that this is a massage, that should be part of the list of wonders in the world.



## OLIGOMER® SPA

Holistic, restorative body care with peel and massage

A holistic journey into the world of the DNA of the sea. This deeply relaxing and revitalizing treatment combines a peeling with a unique massage with oligomer. Oligomer is a seawater concentrate that contains 104 trace elements essential for the balance and vitality of the body.

The ritual begins with a creamy sea peeling, that prepares the skin optimally for the highlight: A special relaxing massage with an oil containing trace elements, that supplies the body with minerals and new energy. Specially developed by an osteopath, the massage reaches holistically from the tips of the toes to the roots of the hair.

A grip in the right place and a massage with the perfect pressure, the right technique and full comfort immediately show its positive effect on body and mind. In the end you will experience an intense feeling of well-being, full of new energy.

ca. 100 min (incl. post rest period)

120,- Euro

A peeling is only recommended once a week. If you still want to enjoy this treatment more often, reserve this pleasure from the 2nd treatment without peeling:

ca. 75 min (incl. post rest period)

96,- Euro

## Body treatments – Peelings

### VOILE DE SATIN

ca. 45 min

55,- Euro

#### FULL BODY PEELING WITH FIRMING SEA SALT

Relaxing and firming peeling with oligomer and sea salt crystals. The dead skin cells are gently removed and the skin is supplied with minerals. The skin looks refined and feels soft and smooth. Also ideal as preparation for any further body treatment.

### FULL BODY PEELING

#### WITH FIRMING SEA SALT AND FOLLOWED BY A RELAXING WRAP IN THE SOFTPACK

Enjoy our relaxing wrap in the unique Softpack bed (see description on p. 18):

#### with Cleopatra bath – Cuddle Pack

ca. 80 min

93,- Euro

With this wrap, specially selected oils are mixed with goat's milk and a care cream and applied. This intensive care has a cleansing, remineralizing effect on the skin and restores the skin's natural acid mantle.

#### with Evening primrose oil – Cuddle Pack

ca. 80 min

95,- Euro

Obtained from the evening primrose, this oil contains valuable omega-3 fatty acids, which nourish the skin particularly by moisturizing and replenishing oil. Especially recommended for very sensitive skin, neurodermatitis, psoriasis or dry skin.

### JAMBES LÉGÈRES

ca. 40 min

53,- Euro

#### COOLING LEG AND VEIN TREATMENT

The remineralizing sea peeling provides good blood circulation and prepares the skin ideally for the refreshing and cooling gel wrap. This supports the blood circulation and has a relieving effect and reduces swelling. The treatment provides relief for heavy legs and a swollen feet.





## Body treatments – detoxifying and fat burning

### SCULPT ZONE BELLY / LEGS / BUTT

ca. 75 min

97,- Euro

#### SLIMMING AND CELLULITE TREATMENT

For slimming in record time: more than 1 cm smaller waist circumference after only 4 treatments. The warming shaping wrap allows unattractive fat pads to “melt”. The following slimming massage has a long-lasting sculpting effect. The result: less visible cellulite, smoother problem areas and less stubborn fat deposits.

### COCON MARIN MINCEUR

ca. 60 min

82,- Euro

#### DETOXIFYING SLIMMING ALGAE WRAP

Feel light and relaxed like on a cloud: Full-body algae wrap in a warm cocoon with figure-improving, fat-cleaving active substances from the sea to support the elimination of toxins, the degradation of fats and the strengthening of the tissue.

### RELAX DOS

ca. 45 min

59,- Euro

#### BACK SCULPTING WITH SELF-WARMING SEA MUD

For more well-being, relaxing, detoxifying and remineralizing for the whole organism: back peeling; special serum for the skin; self-heating and relaxing algae wrap for the spine.

### BODY WRAPPING

ca. 60 min

61,- Euro

A specially developed cellu-gel with 35 essential oils literally heats up your fat cells and restores the connective tissue to vitality. In combination with a special stretch film, the cellu-gels have a fat-burning, blood circulation-promoting, purifying and connective tissue tightening effect.

with additional upper arm lift

plus 13,- Euro





## Body treatments – in the softpack

On the floating thermal bed, surrounded by warm water, it is easy for the body to let go and relax. The bed adapts to the spine. This enhances the feeling of floating. The applied essences are particularly well absorbed by the gentle water pressure and heat.

### CLEOPATRABATH IN A SOFTPACK – PROTECTIVE

40,- Euro

Specially selected oils are mixed with goat's milk and a care cream and applied. This intensive care has a cleansing, remineralizing effect on the skin and restores the skin's natural acid mantle.

### EVENING PRIMROSE OIL BATH IN A SOFTPACK – PROTECTIVE

45,- Euro

Obtained from the evening primrose, this oil contains valuable omega-3 fatty acids, which nourish the skin particularly by moisturizing and replenishing oil. Especially recommended for very sensitive skin, neurodermatitis, psoriasis or dry skin.

### SEA SALT WRAP IN A SOFTPACK – DETOXIFYING

40,- Euro

The purification and detoxification of the body is accelerated, the metabolism is stimulated. The salt content in the cells is balanced. The body is filled with energy.

### HAY SOFTPACK – HEALING

45,- Euro

In a bed of damp hay you will be covered with a impregnated fleece. Particularly good for rheumatic diseases and muscle tension.

### MUD SOFTPACK – HEALING

49,- Euro

Moor mud has a loosening effect on muscles, stimulates circulation, relieves cramps, activates metabolism, inhibits inflammation and has a deep effect. It is therefore especially recommended for rheumatic diseases and tensions.

(not recommended for cardiovascular problems)





## Beauty & wellness packages

Individual and carefully matched applications (Personal, non-transferable)

### BEAUTIFUL FROM HEAD TO TOE

279,- Euro

- 1 x Pedicure with herbal footbath
- 1 x Manicure with nourishing hand bath
- 1 x Voile de Satin: Full body peeling with firming sea salt and relaxing wrap in the Softpack bed
- 1 x Relaxing facial treatment (ca. 90 min), specially adapted to your skin type
- 1 x Perfect Regard: Eye treatment during facial treatment

### TREAT YOURSELF

196,- Euro

- 1 x Pedicure with herbal footbath
- 1 x Manicure with nourishing hand bath
- 1 x Relaxing facial treatment (ca. 90 min), specially adapted to your skin type
- 1 x Luxury for the hands: Soothing paraffin bath

### SIMPLY LET GO

159,- Euro

- 1 x Relaxing facial treatment (ca. 75 min), specially adapted to your skin type
- 1 x Voile de Satin: Full body peeling with firming sea salt
- 1 x Luxury for the hands: Soothing paraffin bath

### DETOXIFICATION MADE EASY

329,- Euro

- 3 x Cocon Marin Minceur: Full body algae wrap in warm cocoon for detoxification, tightening and drainage
- 3 x Sea salt wraps in a softpack bed

### DETOXIFICATION FROM HEAD TO TOE

172,- Euro

- 1 x Citadine: Detoxification and oxygen facial treatment (ca. 90 min)
- 1 x Cocon Marin minceur: Full body algae wrap in a warm cocoon for detoxification, tightening and drainage

### POWER FOR THE FIGURE: CELLULITE KILLER

426,- Euro

- 3 x Sculpt Zone (Belly/Leg/Butt): slimming and cellulite treatment
- 3 x Body Wrapping: Cellu-gel treatment with fat-burning, detoxifying and moisturizing treatment and tightening effect

## Wellness and health massages – from classic to special

### CLASSIC MASSAGE

The full body or back massage is used to mechanically influence the skin, connective tissue and musculature by stretching, pulling and pressure.

back	ca. 25 min	34,- Euro
full body	ca. 50 min	66,- Euro

### FOOT REFLEXOLOGY MASSAGE

ca. 25 min 36,- Euro

Organs, lymph and nervous system can be stimulated and positively influenced on our feet. It improves blood circulation, releases congestion and blockages and the energetic system is harmonized.

### BREUSS-MASSAGE: for relaxation, regeneration & prevention

ca. 25 min 36,- Euro

The spine is strengthened by gentle stretching. St. John's wort oil is massaged in for nerve and intervertebral disc regeneration and displaced vertebrae are painlessly re-adjusted.

### MANUAL LYMPHATIC DRAINAGE

ca. 25 min 36,- Euro

Gentle massage for the face or body with better drainage of tissue fluid. Optimal for blockages, heavy or overstrained legs, after operations and in case of nerve-related disorders.

ca. 50 min 69,- Euro

### FOOT AND LEG MASSAGE

ca. 25 min 38,- Euro

Soothing massage with the special "Alpenglühchen" oil with the power of alpine herbs. Mountain pine, peppermint, rosemary, juniper, hay flower and edelweiss oil unfold the scent of the Alps on your skin and restore your tired legs to health.





## Energy treatments

### AROMATIC OIL MASSAGE

Choose from the high-quality massage oils and enjoy a relaxing and soothing massage with ethereal benefits.

back	ca. 25 min	36,- Euro
full body	ca. 50 min	69,- Euro

### HOT STONE

ca. 75 min 99,- Euro

The Hot Stone Therapy is a fascinating combination of massage, energy work and the soothing effect of warm stones. Through the use of natural lava stones, deep relaxation and warming of the muscles and skin are achieved. Consequently the whole organism is flooded with new vitality and energy.

### THAI MASSAGE

ca. 55 min 73,- Euro

The traditional Thai massage is a combination of acupressure, stretching, energy work and meditation. These movements increase flexibility and the joy of movement, facilitate the energy flow of the body, help to release physical and emotional tensions and blockages and to rebuild the body's harmony.

### SINGING BOWL THERAPY

ca. 25 min 36,- Euro

Sonic vibrations release blockages and help the body to let go. Tensions are released. This can also alleviate headaches and circulatory problems. Self-healing is stimulated.

### MOXA THERAPY

ca. 25 min 36,- Euro

By applying the burning moxa stick indirectly to the body, self-healing powers are mobilized. This relieves pain, activates the immune system and prevents diseases. It is used to treat scar tissue.





## Health treatments

### ENERGY THERMAL BATH (RADON)

ca. 20 min

26,- Euro

The noble gas radon, which is contained in the thermal water, escapes and thus enters the body through the respiratory tract and the skin. There it unfolds its healing effect before it is completely decomposed again after about 3 hours. The immune system in the organism is stimulated and the natural warmth promotes blood circulation and treats complaints of the musculoskeletal system as well as the skin and respiratory tract. (1st bath = trial bath, after that only with a doctor's prescription)

### FANGO PARTIAL TREATMENT

Standard: 2-part

23,- Euro

Deluxe

31,- Euro

This treatment activates metabolism, stimulates circulation, loosens muscles and relaxes. An effective heat therapy, recommended for rheumatic and gynaecological complaints.

### EAR CANDLE THERAPY

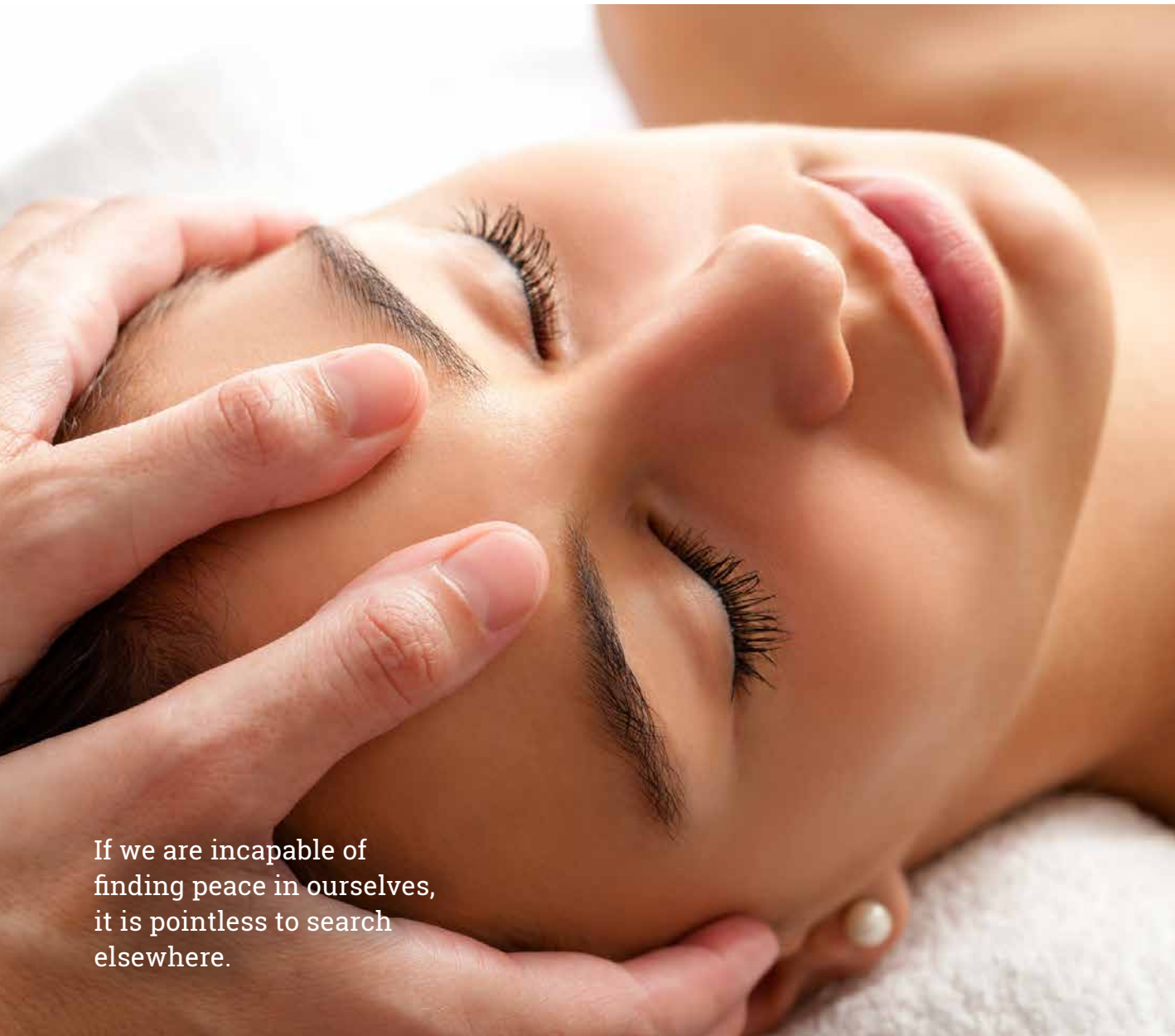
33,- Euro

During the slow burning of the ear candles, which are made of beeswax, the pressure develops in the ear will be reduced, which causes a noticeable pressure regulation and a liberating feeling in the area of head, forehead cavities, sinuses and ears. The pleasant warmth generated during the burning process stimulates blood circulation and lymph flow.

### LIVER WRAP

21,- Euro

The liver wrap is a useful detoxifying agent, which leads to a significant improvement of blood circulation in the liver. Activation of the body's excretory organs is absolutely necessary for this. The liver wrap is a well-tried method that provides natural support. It is best to use the liver wrap before lunch, but it can also be done at any other time of the day.



If we are incapable of finding peace in ourselves, it is pointless to search elsewhere.

## Wellness & health package

Allow yourself a break!

(Personal, non-transferable)

OUR SERVICES:

- 1 x Fango treatment (ca. 25 min)
- 1 x Classic relaxation massage (ca. 25 min)
- 1 x Foot reflexology massage (ca. 25 min)

84,- Euro

## Massage package

Put yourself in the hands of the pros

(Personal, non-transferable)

OUR SERVICES:

- 5 x Classic back massage (ca. 25 min)

153,- Euro

- 5 x Classic full body massage (ca. 50 min)

297,- Euro

HEALTH IS OUR LIFE.



[www.johannesbad-hotels.com](http://www.johannesbad-hotels.com)

### INDIVIDUAL ADVICE AND LASTING CARE

As a gift or your care series for at home. We would be pleased to send you your cosmetic products by post. From 100,- Euro the delivery is free of postage and includes a little surprise for you. We will put together your individual beauty program and advise you according to your type.

#### Booking & Informations:

COSMETICS & PEDICURE: Tel. +43 6432 6100  
[info.stgeorg@johannesbad.com](mailto:info.stgeorg@johannesbad.com)

WELLNESS & HEALTH: Tel. +43 6432 6100  
[info.stgeorg@johannesbad.com](mailto:info.stgeorg@johannesbad.com)

Appointments may be changed up to 24 hours prior to treatment. Otherwise the entire price will be charged. The treatment times include the change of clothes, so please arrive in your bathrobe if possible. In case of delay, the treatment time must be shortened accordingly.

### Johannesbad Hotel St. Georg

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