



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

**If you don't find peace within yourself,
you will look for it elsewhere in vain.**





10 % Discount
for 3 treatments or more*

Content

BASE FASTING	4
Base fasting offers	6
Base fasting treatment packages	8
HEALTH WEEK(S)	10
HEILSTOLLEN CURE	12
BEAUTY-, WELLNESS- AND HEALTH TREATMENTS	14
Our cosmetics expertise	14
Facial treatments	16
Depilation	23
Beautiful hands & feet	24
Body treatments	26
Beauty & wellness packages	32
Wellness and health massages	34
Energy and health treatments	36
Treatment packages for wellness, massage & health	38

*only valid for single treatments

Base fasting



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

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

Base fasting primarily serves to improve the human health. It comes down to elimination – with base fasting, all acid producers in food are eliminated during your fasting time in our hotel. So 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 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, the skin is distinctly clearer and firmer and the 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.



Travel times for base fasting:

- 1: 14.04. - 08.05.2024 | 02.06. - 29.06.2024 | 07.09. - 03.11.2024
- 2: 08.05. - 02.06.2024
- 3: 29.06. - 07.09.2024





Base fasting week

- 7 nights
- Base fasting full-board (7 x breakfast, 6 x lunch and 7 x dinner)
- Water and herbal tea all-day long
- Base fasting conversation(s)
- 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)
- 2 x abdomen massage
- Active program throughout the valley and morning gymnastics
- 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	1.122,- €	1.155,- €	1.213,- €	1.252,- €
2	1.148,- €	1.181,- €	1.239,- €	1.278,- €
3	1.206,- €	1.239,- €	1.297,- €	1.355,- €

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

Base fasting days

- 4 nights
- Base fasting full-board (4 x breakfast, 3 x lunch and 4 x dinner)
- Water and herbal tea all-day long
- 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)
- 1 x abdomen massage
- Active program throughout the valley and morning gymnastics
- 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	596,- €	615,- €	649,- €	672,- €
2	611,- €	630,- €	664,- €	687,- €
3	645,- €	664,- €	699,- €	733,- €

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



Base fasting – treatments

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 16.

Cocon Marin Minceur

ca. 60 min 87,- €

Intensive detoxifying and purifying slimming algae body wrap

Citadine

ca. 90 min 116,- €

Detoxifying oxygen treatment for the face

Energetic facial lymphatic drainage

ca. 25 min 43,- €

incl. cleansing: detoxifying and purifying

Sculpt Zone Belly - Legs - Buttocks

ca. 75 min 102,- €

Slimming and cellulite treatment

Body Wrapping with upper arm lift

ca. 60 min 80,- €

fat-burning, purifying and connective tissue tightening

Oligomer Spa

ca. 100 min 127,- €

Body ritual incl. peeling - supplies energy, minerals and relaxation

Manual lymphatic drainage

25/50 min 39,-/73,- €

Stimulates the removal of tissue fluid

Foot reflexology

ca. 25 min 39,- €

Stimulates the organs via the reflex zones and promotes blood circulation

Aroma oil Massage

25/50 min 39,-/73,- €

an ethereal benefit for body, mind and soul

Sea salt wrap in a softpack

ca. 30 min 43,- €

Accelerates purification & detoxification

If you book at least 3 treatments, you will receive a 10 % discount!



Therapy packages

Having a hard time choosing? Then simply choose one of our specially adapted therapy packages:

Detox package

264,- €

- 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)

Classic package

124,- €

- 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)

Purification package

227,- €

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

Let nature work its magic



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 buffet
- 6, 12 or 18 Partial-body treatments - choose from our health program
- Morning gymnastics (april - october / according to the notice board)
- Wellness in the Vitaloase with indoor thermal pool & fitness
- 1 x Nordic Walking tour (april - october / according to the notice board)
- Bicycles and Nordic walking poles for hire (subject to availability)
- Johannesbad hotels inclusive services



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).

Season times 2023/2024	7 nights	14 nights	21 nights
30.11. - 23.12. 14.04. - 08.05. 02.06. - 29.06. 07.09. - 03.11.	836,- €	1.671,- €	2.507,- €
06.01. - 27.01.	1.005,- €	2.010,- €	3.015,- €
27.01. - 02.03.	1.177,- €	2.355,- €	3.532,- €
02.03. - 16.03.	1.066,- €	2.131,- €	3.197,- €
16.03. - 14.04. 08.05. - 02.06.	860,- €	1.720,- €	2.579,- €
29.06. - 07.09.	914,- €	1.829,- €	2.743,- €

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.

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 buffet
- Medical examination with additional recommendations in the Heilstollen
- 3, 6 or 10 Sessions in the Gastein Heilstollen
- Morning gymnastics (april - october / according to the notice board)
- Wellness in the Vitaloase with indoor thermal pool & fitness
- 1 x Nordic Walking tour (april - october / according to the notice board)
- Bicycles and Nordic walking poles for hire (subject to availability)
- Johannesbad hotels inclusive services

Recommended:

Book a treatment package at the hotel (see page 39)

Season times 2023/2024	7 nights	14 nights	21 nights
06.01. - 27.01.	1.074,- €	2.143,- €	3.259,- €
27.01. - 02.03.	1.246,- €	2.488,- €	3.776,- €
02.03. - 16.03.	1.134,- €	2.209,- €	3.357,- €
16.03. - 14.04. 08.05. - 02.06.	928,- €	1.853,- €	2.823,- €
14.04. - 08.05. 02.06. - 29.06. 07.09. - 03.11.	904,- €	1.804,- €	2.690,- €
29.06. - 07.09.	983,- €	1.962,- €	2.987,- €

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.



Facial treatments



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.

Try the aesthetic procedure for more youthfulness!

3 Dimensions Rides

ca. 75 min 104,- €

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.

3 Dimension Yeux Soin Ciblé Yeux

ca. 30 min 49,- €

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

zzgl. 32,- €

Retinopur 30% Peeling

ca. 60 min 85,- €

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.





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)

Soin Pionnier Révéléateur de Jeunesse ca. 90 min 135,- €

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 32,- €**

PHYTOMER



facial treatments	Price
Eyelash colouring	19,- €
Eyebrow colouring	16,- €
Eyebrow shaping	14,- €
Eyebrow / Upper lip / Chin waxing	14,- €
Eye mask / Face mask / Special Mask (only possible in combination)	from 15,- €
Ampoule from Dr Grandel (only possible in combination)	15,- €

Intention Jeunesse

ca. 90 min 127,- €

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 32,- €

Oligoforce Lumière

ca. 90 min 127,- €

For the lightening of pigmentation 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 32,- €

Citadine

ca. 75 min 98,- €

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, pore refining complexion.

With removal of skin impurities

ca. 90 min 116,- €

Perfect result in combination with the „Perfect Regard“

plus 32,- €

Hydra Blue

ca. 75 min 98,- €

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 116,- €

Perfect result in combination with the „Perfect Regard“

plus 32,- €



Douceur Marine Apaisant

ca. 75 min **98,- €**

Care for sensitive skin and couperosis

A marine alternative for beautiful, carefree skin: women 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.

Perfekt result in combination with the „Perfect Regard“

plus 32,- €

Soin Acnipur

ca. 60 min **78,- €**

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 49,- €

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

32,- €



10 % discount for 3 or more treatments

only valid for single treatments

Facial Massages

Facial massage incl. cleaning

ca. 25 min 43,- €

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 15,- €

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

plus 32,- €

Energetic facial lymph drainage incl. cleaning

ca. 25 min 43,- €

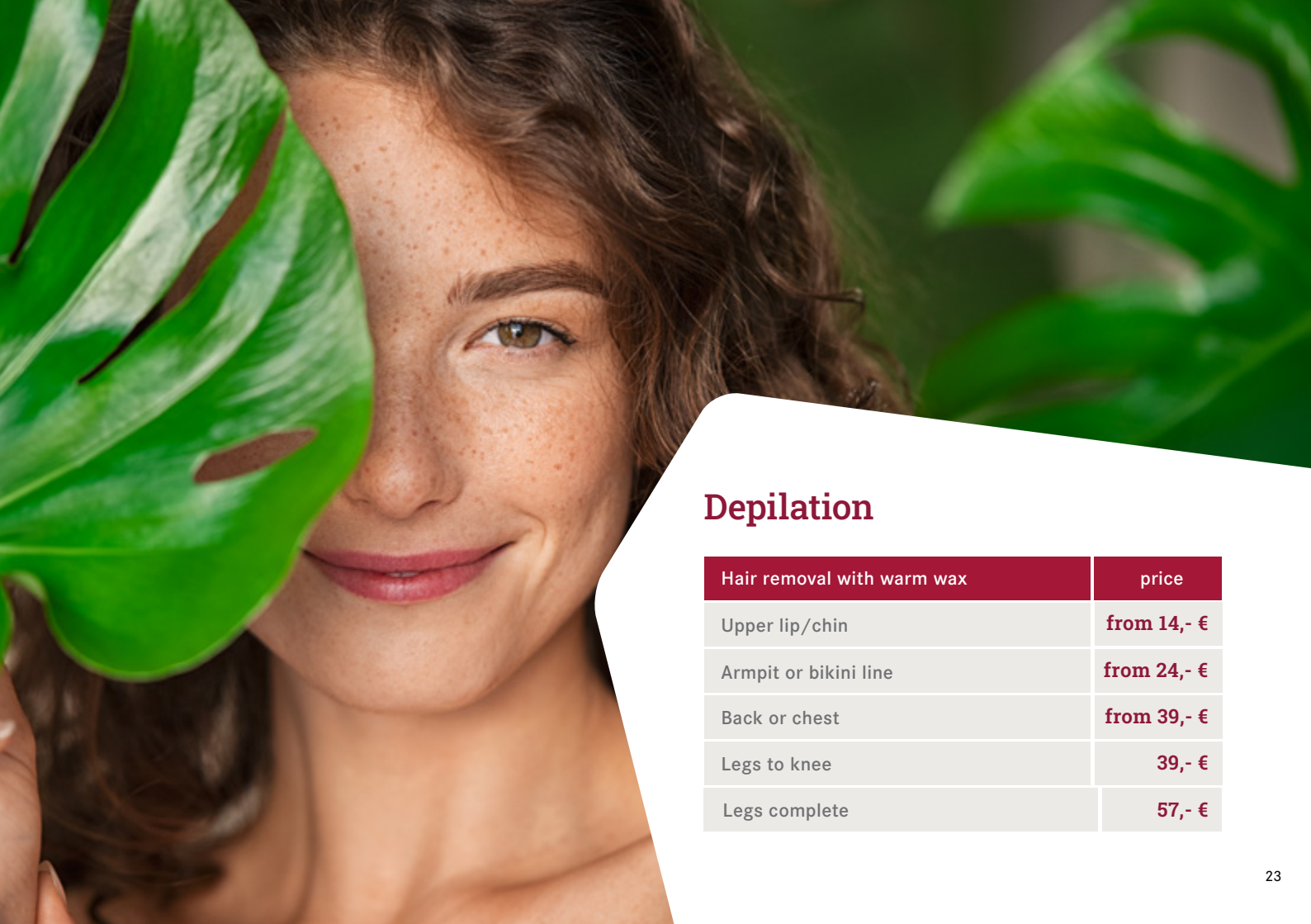
Through this special facial massage with selected suction cups, deposits are reduced and waste products and toxins are better removed. The treatment removes blockages and has a refreshing and invigorating effect. The skin and the underlying tissue are activated, tightened and rejuvenated. Problems such 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 15,- €

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

plus 32,- €



Depilation

Hair removal with warm wax	price
Upper lip/chin	from 14,- €
Armpit or bikini line	from 24,- €
Back or chest	from 39,- €
Legs to knee	39,- €
Legs complete	57,- €

Beautiful hands & feet



Treatments for hands & feet

Paraffin bath for hands and feet

ca. 30 min 32,- €

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

26,- €

Alkaline: Foot bath with peeling & care lotion

ca. 30 min 39,- €

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.

Naildesign & Pflege

Manicure **37,- €**

with nourishing hand bath and final care

Nail design toenail modelling **44,- €**

French or colour gel

Pedicure & toenail modelling **71,- €**

French or colour gel

Painting of fingernails/toenails **10,- €**

Pedicure & foot care **49,- €**

with nourishing foot bath and final care





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: the massage reaches holistically from the tips of the toes to the roots of the hair.

ca. 100 min (incl. post rest period) 127,- €

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. 75 min (incl. post rest period) 102,- €

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.

Body treatments – Peeling

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. 31):

with Cleopatra bath – Cuddle Pack **ca. 80 min 98,- €**

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 100,- €**

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.

Voile de Satin ca. 45 min 58,- €

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.

Jambes Légères ca. 40 min 56,- €

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

Relax Dos

ca. 45 min

63,- €

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.

Cocon Marin Minceur

ca. 60 min

87,- €

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.

Sculpt Zone Belly - Legs- Butt

ca. 75 min 102,- €

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“. Afterwards the problem areas are still creamed.

Body Wrapping

ca. 60 min 65,- €

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 15,- €



Body treatments in the softpack



Cleopatrabath in a softpack

43,- €

Protective

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

48,- €

Protective

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

43,- €

Detoxifying

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

48,- €

Healing

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

Mud softpack

52,- €

Healing

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)

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.

Beauty & wellness packages

Individual and carefully matched treatments:

Beautiful from head to toe

314,- €

- 1 x Pedicure with 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

210,- €

- 1 x Pedicure with 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

The packages are personal and non-transferable





Simply let go

168,- €

- 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

351,- €

- 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

183,- €

- 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

451,- €

- 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



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** **37,- €**

full body **ca. 50 min** **69,- €**

Breuss-Massage

ca. 25 min **39,- €**

for relaxation, regeneration & prevention

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

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. 25 min 39,- €

ca. 50 min 73,- €

Foot reflexology massage

ca. 25 min 39,- €

The foot reflexology massage is a targeted activation of the bodies self-healing power. The gentle stimulation of the corresponding reflex zones is intended to alleviate disease symptoms.

Foot und leg massage

ca. 25 min 42,- €

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 and health 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** **39,- €**

full body **ca. 50 min** **73,- €**

Abdomen massage **30,- €**

An abdominal massage is a gentle manual stimulation of the abdominal region. It relaxes the muscles of the abdomen and intestines, stimulates bowel movement and thus supports digestion.

Singin bowl therapy

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.

Rücken **ca. 25 min** **39,- €**

Ganzkörper **ca. 50 min** **73,- €**

Hot Stone

ca. 75 min 105,- €

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.

Energy thermal bath (Radon)

28,- €

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)

Liver Wrap

23,- €

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.

Fango Teilpackung

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

Small: 2 parts

25,- €

Large: from 3 parts

34,- €

Ear candle therapy

36,- €

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.

Moxa-Therapy

ca. 25 min 39,- €

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.

Allow yourself a break!



Our treatment packages:

Put yourself in the hands of our professionals.

Wellness & health package

91,- €

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

Massage package back

167,- €

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

Massage package

311,- €

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

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.

HEALTH IS OUR LIFE.

Appointments for cosmetics, wellness & health:

Tel. +43 6432 6100 -0 | info.stgeorg@johannesbad.com

Informations:

We reserve the right not to perform treatments if the general health condition not meeting the requirements for respective treatment corresponds.

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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With the publication of this price list, all previous previous price lists become invalid. Status: 2023/11