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HOTEL & SPA
DER STEIRERHOF
BAD WALTERSDORF



VITAL- & SPA PROGRAM

Information & Bookings:

Hotel & Spa DER STEIRERHOF Bad Waltersdorf Vital & Spa Department

Monday - Saturday from 08:00 a.m. until 05:30 p.m.

Sunday and holiday from 08:00 a.m. until 04:00 p.m.

Fon: +43 (0) 3333-3211-82 · vitalbereich@dersteirerhof.at · www.dersteirerhof.at

MEDICAL CARE

INITIAL CONSULTATION

with setting up of an individual cure plan

Duration: about 50 min.

€ 50,-

MEDICAL ATTENDANCE

Duration: about 20 min.

€ 24,-

MEDICAL CONSULTATION

Duration: about 30 min.

€ 34,-

CARDIOVASCULAR DIAGNOSTICS

(Fitness-check)

* 1 resting ECG

* 1 test of the lung function

* 1 stress ECG (ergometry) with Conconi-test¹

* 1 physiological consultation

on the following day

Duration: about 80 min.

€ 116,-

CARDIOVASCULAR TRAINING

* 1 resting ECG

* 1 test of the lung function

* 1 stress ergometry with Conconi-test¹

* 1 physiological consultation

* 1 physiological training session

* 1 body fat measurement

* 1 partial massage

2 days of treatment

€ 207,-

(1. day about 80 min./2. day about 90 min.)

1) LACTATE TEST

This test can be booked as an additional application to the fitness-check and the cardiovascular training.

Duration: about 20 min.

€ 34,-

MASSAGES & SPECIAL TREATMENTS

CLASSICAL PARTIAL OR BODY MASSAGE

All skin functions and the whole metabolism will be stimulated, the blood and lymphatic systems will be supported, the elasticity of sinews and ligaments accelerates and more joint fluid will be produced. A correctly dosed massage deepens the respiration, releases pain and leads to total relaxation.

Duration: about 25 min. € 28,-

Duration: about 50 min. € 45,-

FOOT REFLEXOLOGY

A local and intensive circulation is the effect of this special massage technique. An improvement of the functions of organs and tissues will be achieved, the self healing power will be activated and the tensions of the body will be released.

Body, mind and soul will be precautionary positively affected.

Duration: about 25 min. € 28,-

PARTIAL MASSAGE WITH HEAD-NECK-RELAXATION

Duration: about 50 min. € 50,-

COMBINED MASSAGE

This treatment combines partial massage and foot reflexology.

Duration: about 50 min. € 50,-

LYMPHATIC DRAINAGE

With soft and flowing movements the lymphatic activity will be stimulated. Drainage means dehydration and a better transportation of the metabolic waste out of the body. This therapy supports the cleaning function of the lymphatic system and strengthens the immune system.

Duration: about 50 min. € 50,-

STEIRERHOF SPECIAL MASSAGE

It is a harmonising, relaxing and hypo-pneumatic reflex zone drainage (with vacuum glasses), which detoxifies and tightens the skin and causes a better blood circulation in the tissue. The essential oils stimulate the lymphatic activity and the resorption of metabolic waste.

- Vibro-train-treatment for loosening the back muscles

- Back-deblockade

- Individual reflex zone drainage of the back

- Electrical stimulation of the meridian points

Finally there will be a treatment of the abdomen and the chest.

This special massage is also very good for hard tensions, shoulder-arm-syndromes, headaches and agglutinations along the spine and the sacrum.

Duration: about 50 min. € 55,-

EXTENDED STEIRERHOF SPECIAL MASSAGE

- Vibro-train-treatment for loosening the back muscles

- Back-deblockade

- Individual reflex zone drainage (according to the findings of the therapist)

- Electrical stimulation of the acupressure points

- Activation of the muscle meridians, which belong to the reflex zone

Duration: about 80 min. € 78,-

VACUUM CELLULITE DRAINAGE

This mechanical drainage reduces cellulites by tightening the tissue structure. It combines colour irradiation and vacuum treatment, what has a positive influence on the energy flow. Also agglutinations and metabolic waste will be reduced, the lymphatic activity will be stimulated and the connective tissue will be tightened.

Duration: about 80 min. € 72,-

MASSAGES & SPECIAL TREATMENTS

RELAXATION TREATMENT

This massage is used for tensions, injuries, psychological strain, bad posture and wherever the energy flow is disordered. It can help to renew the lost inner balance.

Duration: about 50 min. € 45,-

SCARS RELEASE

Scars, resulted from injuries and operations, block up the energy flow in the body and this can lead to pain. With this treatment agglutinations of the tissue can be released and the energetic blockades will be improved. It is very good in connection with the relaxation treatment.

Duration: about 50 min. € 45,-

AROMA THERAPY MASSAGE

The effect of the essential oils supports the harmony of body, mind and soul, calms the vegetative nervous system and activates the self healing power. The whole well-being will be positively influenced. The essential oils act aggressively, penetrate the skin, blood vessels and tensions and have an influence on the organs, body functions, cells and energetic levels. This massage aims actively at the lymphatic and energetic flow.

Duration: about 50 min. € 50,-

DEEP RELAXING MASSAGE

The warm oil of Saint-John's-wort is used at this treatment. The combination of the massage, the warm oil and the energetic influence releases tensions in the muscles and the spine. By relaxing the spine and the joints the body energy will be harmonised, congestions will be loosened and the vegetative nervous system will be balanced.

Duration: about 50 min. € 50,-

ASIA-ROME MASSAGE

This innovative treatment against stress and blockades combines parts of the Traditional Chinese Medicine with the aroma therapy

massage. The energy flow, the inner organs and the whole metabolism will be positively stimulated because of the essential oils.

Duration: about 50 min. € 50,-

SHIATSU

Shiatsu activates the own self healing power, blockades in the energy flow will be released and the imbalance in the body will be better noticed. Soft pressure on the meridians and acupuncture points helps to solve these energy blockades. Harmony and well-being are the result. Please come to this treatment in light training clothes.

Duration: about 80 min. € 80,-

KRANIO SACRAL RELAXATION

It is a treatment with small and soft movements. To reach the border of perception, slight pressure will loosen the blockades. This technique gives the chance to increase the quality of life, no matter how the well-being is at the moment. It is a very relaxing treatment and is also used for traumatic experiences such as accidents and solves problems in the movement and supports the bone structure. The body will get the possibility to use the hidden self healing power and own body energies.

Please come to this treatment in light training clothes.

Duration: about 80 min. € 70,-

LA STONE®

Various temperature applications merge with body treatments and energy balance. By applying stones on the Chakras, the body relaxes within a few minutes and the warmth of the stones can penetrate immediately. After the change from warm to cool stones, a chemical reaction will be achieved within the body systems, that solves blockades effectively and decreases the muscle tensions in the body.

Duration: about 75 min. € 85,-

TRADITIONAL CHINESE MEDICINE

The Traditional Chinese Medicine (TCM) has evolved into an own and self-contained medical system in over 2000 years within the Chinese culture. The “Chinese Medicine” means many treatments of external appliance of the stimulus: the placing with fine needles (acupuncture), the heating-therapy (moxibustion), the cupping, the Tuina massage and Qi Gong. A central role plays also the **Chinese herbal lore**. The individually mixed teas are real medicine and sometimes also strong remedies, so that the treating doctor needs a huge knowledge and experience about them.

An important part of the TCM is **the tongue and pulse diagnostics**. It is a system, which tells the doctor, where the problem is and which attribute it has. Only after a detailed anamnesis the Chinese doctor decides, which TCM-treatment will be made.

MOXIBUSTION

The moxa sticks are made of different plant extracts. These sticks burn and heat the acupuncture points. Blockades can be loosened and muscular pains can be reduced.

ACUPUNCTURE

At first a diagnosis about the condition of the patient has to be done. This is made with the tongue and pulse diagnosis. The Chinese pulse diagnostic has been practiced since centuries and differs more than 18 different pulse qualities. With fine needles the acupuncture points will be stimulated. This means a positive influence on the regulation system of the body.

EAR ACUPUNCTURE MASSAGE

In the Chinese medicine the ear is a reflex zone, which reflects the whole body. An adequate stimulus reaches the brain and has an effect on the thalamus. The ear acupuncture massage strengthens the body's pain regulation system, breathing and pulse rate.

HEAT SUCTION

Special suction glasses are placed on the acupuncture points. The heat releases blocked meridians and allows the energy to flow freely. This is especially suited to those with colds, backache, sciatica and shoulder-arm-syndrome, neck stiffness and stomach ache as an excellent treatment.

CHINESE HERBAL PACK

After an initial diagnosis of the tongue and pulse, a selection of suitable herbs for each individual will be combined and ground. The ground herbs will be mixed with vinegar to a paste and spread over the painful area of the body. Then a thermal lamp will be placed over the paste to allow the body to benefit better from the herbs. Especially suited to those suffering from problems such as Rheumatism, joint pain, muscle cramps, urinary tract problems and flatulence.

Duration of the TCM-treatments:

about 25 min.	€ 35,-
about 50 min.	€ 60,-
about 80 min.	€ 80,-

CHINESE FOOT MASSAGE

This treatment belongs to the manual therapy of the TCM. At first a foot bath with medical Chinese herbs will be done. Common disturbances like stress, digestion problems, sleeping and blood circulation problems will be treated with this method. The combination of the medical Chinese herbs and the following foot massage loosens tensions in the whole body.

Duration: about 50 min. € 50,-

TUINA MASSAGE

This massage belongs also to the manual therapy of the Chinese medicine. Different powerful forms to activate the stimulus of skin, muscles and tissue are the main points of this treatment. Strong tensions of the muscles will be loosened.

Duration: about 25 min. € 35,-
about 50 min. € 50,-

PHYSICAL THERAPIES & SPORTS CARE

THERAPEUTIC SINGLE GYMNASTICS

This individual exercise program is very good for problems with the spine, osteoporosis, arthrosis in the joints and the musculoskeletal system. It can be practised with different utensils like gymnastic balls, straps, sticks and dumbbells or with the own body weight. Also gymnastics of the pelvic floor, water gymnastics and the invigoration of the muscles are a part of therapeutic single gymnastics.

Duration: about 30 min. € 35,-

PHYSIO THERAPEUTIC TRAINING SESSION

The individual consultation of the trainer is ideal for those, who want to start seriously with sports. Each session will be arranged individually and consists in Nordic Walking, water gymnastics, Qi Gong, Taiji, running and training in the fitness centre.

Duration: about 30 min. € 35,-

MUSCLE FUNCTION TEST

After checking the muscular status a special training program will be developed. In short training lessons personal weak points can be treated efficiently with exercises for mobilisation, invigoration and distension of the muscles. The trainings program shall be continued also at home.

Duration: about 30 min. € 33,-

PAIN REGULATION THERAPIE WITH SKENAR

This form of electro therapy regulates the autonomic nervous system. The Skenar works with a pulse technique, which changes automatically with the measurements of the pulse answers produced in the body. That means each pulse varies to the last one, what bars the body from adjusting to this pulse. Especially used with pains, it

leads already after 30 minutes to a relief. Good results will be also achieved with troubles of the musculoskeletal and brace system, fractures, disturbances of the nervous system, problems with the lungs and respiratory tracts and stress.

Duration: about 25 min. € 30,-
about 50 min. € 55,-

BIO-FEEDBACK

This is a special method which shows the physiological data like heart frequency, temperature, blood circulation, breathing, guide value of the skin and muscle tensions on a screen. The stress resistance will be tested and explained by the therapist. He will show the right performance of special relaxation techniques. The bio-feedback is also very helpful with muscle tensions in head and neck, migraine, high blood pressure and shortness of breath.

First session: about 40 min. € 58,-
Following sessions: each about 30 min. € 30,-

VIDEO AIDED FUNCTIONAL ANALYSIS OF THE SPINE

(Video screening with muscle function test)

By recording different movements of the spine with the camera, the therapist can analyse failings of the movement. The result will be explained and a special exercise program will be developed for at home.

Duration: about 60 min. € 74,-

MUSCLE FUNCTION TEST WITH FOLLOWING TRAINING IN THE FITNESS CENTRE

This exercise program is specially developed for the training in the fitness centre. Thereby, wrong and counterproductive exercises on the fitness machines can be avoided.

Duration: about 50 min. € 50,-

PHYSICAL THERAPIES & SPORTS CARE

BODY FAT MEASUREMENT

With a special bioelectrical analysis the personal percentage of fat, muscles and water will be measured in the body. The result will be explained by the therapist and a therapy program will be suggested.

Duration: about 20 min. € 24,-

ELECTROTHERAPY

Different therapies like Galvanisation, Iontophoresis, Faradisation, exponential or dynamic energizing support the care of various diseases of the musculoskeletal system.

Duration: about 20 min. € 18,-

ULTRASONIC TREATMENT

This method acts as an anti-inflammatory, analgesic and can be used for Sciatica, helps with tensions in the muscles, arthrosis, oedema, neuralgia, epicondylitis and haematoma. Scars will get soft and elastic, the lymphatic activity will be stimulated.

Duration: about 20 min. € 18,-

THERAPEUTIC DANCING

This form of therapy is based on the unique movement expressions of each person. It connects body, mind and soul and brings harmony to everyday life. The therapist is assessing how the person is moving according to coordination, space, time and energy. By analysing the own body language, emotional and physical failings can be discovered.

Duration: about 50 min. € 60,-

BIO-FEEDBACK

„FOR INNER RELAXATION“

- * 1 Bio-Feedback stress profile
- * 2 relaxation trainings with Bio-Feedback
- * 1 relaxation massage
- * 1 Kranio sacral relaxation

**2 days of treatment
(each about 2 hours) € 195,-**

FITNESS FOR THE SPINE

- * 1 Video aided functional analysis of the spine
- * 1 muscle function test
- * 1 personal exercise program
- * 1 combined massage (partial massage with foot reflexology)

**1 day of treatment
(about 2,5 hours) € 143,-**

MENTAL & HEALTH ATTENDANCE

THERAPEUTIC DANCING

Body weakness and mental problems are not dividable. Because of the movement analysis it is possible to find out, what each individual person needs at the moment to harmonize body, mind and soul.

PROGRESSIVE MUSCLE RELAXATION

It is a body journey, where single muscles will be stretched in order to reach a better relaxation.

AUTOGENOUS TRAINING

This is a special relaxation method to influence the relaxation of the organism. Specific suggestion can help to cope with fears, episodes of depression and hectic ways of living.

IMAGINARY JOURNEY

It is an extraordinary experience to communicate thoughts and feelings. This encourages creativity and fantasy to reduce stress and problems.

TRAINING FOR ABDOMINAL BREATHING WITH BIO-FEEDBACK

With a special computer program it is possible to analyse the abdominal breathing. This feedback gives the possibility to learn specific abdominal breathing.

BREATHING EXERCISE

Breathing can be supported with special exercises. The purpose of the breathing exercise is to improve the oxygen uptake to increase the blood circulation in the body.

QI GONG

Qi Gong is an approved method for energy work (Qi=energy, Gong=work) to care for culti-

vation of body, mind and soul. It also activates, enforces and regulates body, breathing and the spiritual attitude. By exercising Qi Gong, the attention will be wholly attracted to the body. The energy of life will be stimulated.

TAIJI

Taiji depends like Qi Gong on the work of life energy. A lot of connected movements will enforce the vitality of life from inside.

SPINAL GYMNASTICS

The spine has no holding function. The musculature is responsible for holding up the spine. Stretching, invigoration and mobilisation are very important for mobility and stability.

TRAINING IN THE FITNESS STUDIO

With the fitness equipment it is possible to strengthen specific muscle groups. To reach an optimal effect it is necessary to carry out the exercises exactly. Over- and underloading can have a negative effect on the body.

ENDURANCE AND CIRCULATION TRAINING

Ergometer training or outdoor cycling is very good for problems with the joints in the legs. Nordic Walking occupies nearly all muscles. It is especially for tensions in the shoulders and neck, stabilisation of the spine, fat burning,... Jogging is good for people who do not have problems with their joints and want to improve their condition.

It is recommended to have a fitness assessment to check for heart diseases and circulation system. Only after this test it is possible to exercise specific and beneficial to health.

MENTAL & HEALTH ATTENDANCE

SWIMMING

The body lies horizontal in the water, which releases the joints. Nevertheless all muscles will be taken up. Falsely breast swimming enforces problems in the cervical spine and the loins. Back stroke is better on all accounts. Correct breathing and coordination movements can be learned at all ages.

Reserve your individual mental and health therapist for one week:

3 individual packages about 50 min. € 160,-
5 individual packages about 50 min. € 270,-

Individual health care

about 30 min. € 35,-
about 50 min. € 60,-

All these treatments are not only for sportsmen and healthy people, they are also especially for people who have physical and mental problems. For example osteoporosis, postoperative treatment, preparation for a surgery, coping with fear, trauma treatment, heart and circulation diseases, weight problems, burn out, depressions, etc.

PACKS & COMPRESSES

STEIRERHOF FANGO PACK

The natural Fango from volcanic rock phonolite comes from the Kaiserstuhl in the Black Forest. The fine-grained powder will be mixed with the thermal water of Bad Waltersdorf. This makes the difference to regular Fango treatments. It is a treatment for pains in the joints and spine and also body tension. The tissue in the body will be heated up which is relaxing for the muscles and supporting the blood circulation. This individual dosed treatment has also an effect on the inner organs and glands.

A medical consultation should be done before booking this treatment (possible by the doctor in the hotel).

Duration: about 30 min. € 24,-

BEAUTY BODY WRAP

This treatment is a cellulite problem zone therapy. With different wrapping techniques weight will be lost on thigh, belly and bottom. The connective tissue will be purified and detoxified, the skin will be smooth and tightened. The intensity of the wrap will be decided after the advice of the therapist.

Duration: about 40 min. € 35,-

SALT WATER PACK

After being wrapped in cloths drenched in salt water, total relaxation will be reached by lying on the warm waterbed. The warmth of the waterbed opens the skin pores, so that the pack can better aspirate into the body.

Duration: about 30 min. € 22,-

THALASSO BODY TREATMENT

With its active ingredients like algae, minerals, trace elements and iodine, this whole body treatment is purifying, tightening, draining, stimulating the lymphatic system and is also good for joint problems. This intensive treatment includes a whole body peeling, an application of algae extracts and algae mud on the body and a 30-

minutes-relaxation on the waterbed. After a full bath for 20 minutes, where the body starts to detoxify, the body will be creamed with a personal hygiene product.

This treatment is not suitable for those who have ailment of the thyroid gland.

Duration: about 85 min. € 80,-

ALGAE GEL TREATMENT

Starting with a whole body peeling, an algae gel - with pure algae extracts - will be distributed on the body. The warmth of the waterbed opens the skin pores, so that the gel can better aspirate into the body. The connective tissue will be detoxified, supplied with minerals and trace elements and fat deposits reduced. The skin becomes very smooth and soft.

Duration: about 55 min. € 68,-

PURIFICATION PACK

About 15 big bandages are drenched in a mixture of healing earth, Dead Sea salt, algae, minerals and trace elements. After a whole body brushing, the body will be stimulated to detoxify with a special wrapping technique. The fat metabolism will get going, unnecessary depots will be reduced. This method wants to achieve the most possible detoxification and cleaning of the connective tissue. To support the purifying effect, a whole body peeling is advisable to remove dry skin cells and to make the skin more receptive. Purifying tea will be offered as well.

Duration: about 80 min.

Purification pack with peeling € 112,-

Purification pack without peeling € 80,-

PACKS & COMPRESSES

THALGO-MINCE PROBLEM ZONE PACK

A body pack of a new generation: Starting with a whole body peeling, a special combination including shell powder, caffeine, co-enzyme, iodine, argillaceous earth and ivy extract will be mixed together for the cellulite problem zones like thigh, bottom and belly.

The result: Skin and tissue will be tightened and supplied with moisture, the blood circulation and the metabolism will be stimulated and the transportation of the metabolic waste will be accelerated

Duration: about 55 min. € 68,-

STEIRERHOF CREAM PACK

This treatment is ideal for dry skin. After a whole body brushing for better absorption, a lotion including horse milk and different body oils like jojoba oil, almond oil or sesame oil will be distributed over the whole body.

Wrapped in special fleece cloths and lying on a warm waterbed, total relaxation will be achieved. Due to the warmth, the skin pores open so that the lotion can be more effective.

Duration: about 30 min. € 35,-

MOOR PACK

The curative moor from Neydharting is very eudermic, valuable and regenerating. It is full with water soluble elements, which will be reabsorbed by the skin in a better way. This treatment stimulates the hormones and is very good for the joints because of its humic acid. Lying on the warm waterbed, total relaxation will be achieved.

Duration: about 30 min. € 22,-

VEINS/ICE COMPRESS

This pleasant cold treatment with essential oils stimulates the lymphatic system and strengthens the veins.

Duration: about 30 min. € 20,-

HEALING CHALK PACK

This pack, consisting of healing chalks, healing earth and different essential oils, is suited especially for sensitive skin and enforces the immune system. Because of its low pH-value, healing chalk effects a neutralisation and decrease of the pH-value of the body and guards against acidity, which can emerge from rheumatic diseases. The warmth of the waterbed accelerates the absorption of the healing ingredients.

Duration: about 40 min. € 35,-

VACU STEP WITH BEAUTY BODY WRAP

Excessive fat accumulation and orange skin of the problem areas means, that the tissue at these areas is to less supplied with blood and the blood and lymphatic flow is not working sufficiently. Deposit of metabolic waste and unbeautiful and curved skin are the results. The Vacu Step concentrates in a gentle way on the fat burning on thighs, bottom and belly. Because of the "suction" a vacuum develops, what supports the blood circulation of the upper skin areas. The additional "stairwalking" causes a muscle contraction, die activity of the heart will be forced and the blood circulation and fat burning stimulated. The following beauty body wrap reduces the girth. The intensity of the wrap will be decided after the advice of the therapist.

Duration: about 70 min. € 50,-

BATHS

CHINESE HERBAL BATH

This regenerating bath is made of Chinese herbs and plants, which loosen blockades and tensions in the joints and muscles, alleviate pain and inflammation and get the flow of the energy moving. It is also good for stress-related exhaustion.

Duration: about 30 min. € 24,-

AROMA BATH

After a personal counselling interview, different essential oils are mixed together with a special milk-oil-emulsion, for example with essence of lavender to pacify, lemon to activate, orange for inner harmony, geranium for a better blood circulation etc. After this bath the skin feels smooth and velvety.

Duration: about 30 min. € 20,-

EMPRESS SISI BATH

After a whole body brushing to stimulate the skin, a sea salt-sour cream peeling will be prepared, which neutralizes the PH-factor of the skin. A facial mask of cream cheese, grated apples and honey moisturises the face. The following full bath is made of milk, essences of roses, red roses and orange flowers. A refreshing fruit juice cocktail will complete this bathing experience of a special kind.

Duration: about 60 min. € 65,-

WHOLE BODY PEELING

By using a special peeling cream, dry body cells will be removed in a gentle way. This leads to an efficient cleaning and smooth feeling for each type of skin. This treatment is a good preparation for whole body treatments like baths, packs, wraps or massages.

Duration: about 30 min. € 35,-

PURIFICATION BATH WITH BRUSHING MASSAGE

This bath includes the vitalizing and elementary power of the domestic primary rocks and healing earth, gemstone power, 84 elements of natural crystal salt, essential oils and base salt. It causes a better blood circulation of the skin, activates the metabolism and helps to detoxify the body. For a better effect a brushing massage will be done before the bath.

Duration: about 50 min. € 45,-

LATHER BRUSHING WITH A HONEY-OIL-MASSAGE

An intensive lather brushing cleans the body and stimulates the blood circulation, which will be increased by lying on a warm waterbed. The warmth opens the skin pores and goes further into the muscles. After washing, the whole body will be massaged with warm honey-oil. This leads to total relaxation of body, mind and soul.

Duration: about 50 min. € 55,-

COSMETICS

CARE TREATMENT FOR HIM AND HER

Cleansing, peeling, massage, skin specific mask and finishing cream

Duration: about 50 min. € 55,-

CLASSICAL FACIAL TREATMENT

Cleansing, peeling, deep cleansing, massage, mask and finishing cream

Duration: about 50 min. € 65,-

INTENSIVE TREATMENT

Cleansing, peeling, deep cleansing, ampoule, massage, mask and finishing cream

Optionally eye brows correction, dyeing of eye brows and eye lashes, or eye mask

Duration: about 80 min. € 92,-

COSMETIC FACIAL TREATMENTS WITH THALGO

Algae and sea water are the basis for these cosmetic products. Pulverised algae allow the optimal use of the minerals, which are contained in the herbal cells. The skin gets moisture and the blood circulation will be activated. The result is a healthy and bright complexion.

THALGO SPECIAL TREATMENT

A special mask will be attuned to the appearance of the skin. The different masks have moisturising, cleaning, constructive or tightening ingredients.

Cleansing, peeling, deep cleansing, ampoule, massage, specific mask and finishing cream

Duration: about 80 min. € 80,-

SPECIAL TREATMENT FOR THE CLEAVAGE

This warm treatment stimulates the blood circulation, strengthens the connective tissue and tightens the skin of the cleavage in a perfect way. Peeling, serum for the cleavage, tightening cream, mask and finishing cream

Duration: about 50 min. € 70,-

THALGO TREATMENT FOR HIM

Special "Thalgo-Men" products will be used, which spoil the tired, demanding and badly moisturised skin of a man.

Cleansing, peeling, deep cleansing, massage, ampoule, eye mask, specific mask and finishing cream

Duration: about 80 min. € 80,-

FACIAL TREATMENT „SEA AND SENSES“

The interplay of hot and cold stones supports the absorption of the sea minerals into the facial skin. They have a relaxing, stress reducing and revitalising effect.

Duration: about 50 min. € 55,-

BODY TREATMENT „SEA AND SENSES“

The fascinating combination of massage, energy work and the feel good effect of hot and cold stones reloads the whole organism with vitality. The energy will be harmonised and strengthened. Especially the interplay of hot and cold stones activates the lymphatic activity.

Duration: about 60 min. € 65,-

COSMETICS

PLEASURE FOR TWO – PARTNER TREATMENT

A nurturing treatment with a whiff of the sea, which affects body and senses. Get spoiled and enjoy the atmosphere of a special treatment for two.

Common warming up in the infrared cabin, followed by a common bath with algae- and water lily essences, afterwards a relaxing and moisturizing mask as well as a feel-good massage with essential oils.

Duration: about 2 hours € 170,-

COSMETIC FACIAL TREATMENTS WITH CELLCOSMET

The cosmetic line „Cellcosmet“ takes care of the biological age and the individual hormone status of the skin and leads in this way to fast visible results. Natural organic substances (no animal cell material!) vitalise the skin and make it smooth and soft. The treatments are developed for the regeneration and activation of the cells. These special Swiss products will be chosen according to the age.

CELL-REVITA TREATMENT

It is an intensive tightening and lifting facial treatment. The high-quality “Cellcosmet” products support the cell structure and the skin will be noticeable smoother, tight and supplied with blood.

Cleansing, 2 phase peeling, activator gel, ampoule, massage, mask with bandage technique, eye mask, lip mask, hand massage and finishing cream

Duration: about 80 min. € 95,-

RELAXATION TREATMENT

Intensive revitalisation of the complexion - the skin will get fresh and bright. The substances and the treatment are the same as the Cell-Revita-Treatment, but with an additional anti-stress mask, which contains a lot of moisture and vitamins and has a constructive effect.

Cleansing, 2 phase peeling, activator gel, anti-stress mask, ampoule, special massage and finishing cream

Duration: about 55 min. € 80,-

CELLCOSMET TREATMENT FOR HIM

This is a treatment for the demanding man.

Special products for the skin of the man revitalise the skin, support the reformation of the cells and guard against the early aging of the skin. It is the same procedure and treatment as the Cell-Revita-Treatment, but with “Cellmen”-products.

Cleansing, 2 phase peeling, activator gel, massage, mask with bandage technique, eye mask, lip mask, hand massage and finishing cream

Duration: about 80 min. € 95,-

FACIAL SHIATSU

This pleasant facial massage is relaxing, stimulates the lymphatic activity and causes a better absorption of the essential oils. The following modelling mask improves the complexion. The result is visible already after the first treatment.

Duration: about 50 min. € 55,-

COSMETIC FACIAL TREATMENTS WITH PIROCHE

The Italian product line „Piroche“ contains herbal extracts of highest quality and absolutely natural essential oils, which are good for the revitalisation and health of the skin.

COSMETICS

ENERGETIC FACIAL TREATMENT

This is an intensive purifying treatment for the facial skin. Essential oils stimulate the degradation of toxins, the lymphatic drainage supports the outflow. An electrical stimulation tightens the skin and tissue.

De-blockade of the back, cleansing, peeling, aroma- and algae gel therapy with essential oils, energetic drainage, manual massage, mask, electrical stimulation and finishing cream

Duration: about 80 min. € 92,-

ENERGETIC FACE LIFTING

This intensive purifying facial treatment makes your complexion fresh and smooth. It stimulates the lymphatic system and tightens and stabilises the connective tissue.

Cleansing, energetic drainage, electrical stimulation of the acupuncture points, mask and finishing cream

Duration: about 50 min. € 70,-

COSMETICAL ULTRASONIC TREATMENT

This treatment belongs to the most innovative method, which was developed for the cosmetic aesthetics to support the facial treatments and to deal with cellulites. The ultrasound causes with its mechanic vibration a micro-massage of the tissue. It stimulates the metabolism of the cells, the blood circulation and lymphatic activity and enforces the burning of toxins. The ultrasonic treatment supports deep cleansing and has a tightening effect on the wrinkling of the face. The facial ultrasonic treatment achieves the best result in connection with the energetic facial treatment. The ultrasonic treatment of different body zones (bottom, thighs, arms,...) achieves the best result in connection with the extended Steirerhof massage.

The duration of this treatment depends on the body zone.

about 10 min. € 11,-
about 20 min. € 22,-
about 30 min. € 33,-

EXTRAS FOR THE FACE

Service for eyelashes and brows

about 25 min. € 20,-

Dyeing of eyelashes * € 7,-

Dyeing of brows * € 7,-

Shaping of the brows * € 7,-

Individual ampoule * € 11,-

**Bio-energetic facial massage
about 25 min. € 33,-**

FROM HAND TO FEET

**Manicure and pedicure (without varnish)
about 80 min. € 55,-**

**Manicure with hand massage or with
French varnish without hand massage
about 50 min. € 33,-**

**Paraffin hand pack with hand massage
about 25 min. € 20,-**

Pedicure about 50 min. € 33,-

Varnishing of nails * € 5,-

French varnish * € 8,-

**Permanent French varnish of toenails
about 40 min. € 25,-**

**Waxing
Legs up to the knees € 30,-**

Legs, all-over € 50,-

Bikini line, armpit, upper lip and chin € 15,-

Upper lip * € 8,-

* These additional services do not lengthen the duration of the treatment

BEAUTY & WELLNESS PACKAGES

BEAUTY DAY FOR HIM AND HER

- * 1 complete facial, neck and cleavage treatment with deep cleansing, peeling, ampoule, mask and massage
- * 1 pedicure
- * 1 hand massage with arm pack

One day of treatment,

about 3 hours

€ 130,-

STEIRERHOF WRAPPING CURE

- * 2 cosmetic ultrasonic treatments
- * 3 beauty body wraps
- * 1 lymphatic drainage

To support these treatments, purifying teas will be offered. It would be also good to participate at gymnastics or Nordic Walking.

Ideal for a four days' stay

€ 187,-

STEIRERHOF BEAUTY DAY

- * 1 Steirerhof special massage (vibro train treatment to loosen the muscles of the back, back de-blockade, individual reflex zone drainage)
- * 1 sea weed pack (body part specific)
- * 1 energetic face-lifting (cleansing, peeling, aroma and algae therapy, energetic drainage, manual massage, mask and electro stimulation to tighten the skin and tissue)

One day of treatment,

about 3 hours

€ 157,-

STEIRERHOF SPOILING DAYS

- * 1 algae-gel-body pack
- * 1 purification pack
- * 1 lymphatic drainage
- * 1 facial lymphatic drainage

2 days of treatment

€ 192,-

REGENERATION DAY

- * 1 lather brushing with a honey-oil massage
- * 1 head-neck-relaxation

Duration: about 80 min.

€ 68,-

REVITALISING FOR THE BODY

- * 1 facial Shiatsu massage (incl. cleansing, peeling, Shiatsu massage, specific mask and last cream)
- * 1 foot and hand massage with pack

Duration: about 80 min.

€ 98,-

BODY CURE ROYAL

- * 1 whole body peeling
- * 1 aroma therapy massage
- * 1 aroma bath

One day of treatment,

about 2 hours

€ 88,-

„SEA AND SENSES“ PACKAGE

- * 1 facial treatment with hot and cold stones
- * 1 whole body peeling
- * 1 body treatment with hot and cold stones

Duration: about 2,5 hours

€ 122,-

OUR PRICES

MEDICAL CARE

Initial consultation with setting up of an individual cure plan (50 min.)	€ 50,-
Medical attendance (20 min.)	€ 24,-
Medical consultation (30 min.)	€ 34,-
Cardiovascular diagnostics (Fitness check) (80 min.)	€ 116,-
Cardiovascular training (2 days/170 min.)	€ 207,-
Lactate test (20 min.)	€ 34,-

TRADITIONAL CHINESE MEDICINE

TCM-Treatment (25 min.)	€ 35,-
TCM-Treatment (50 min.)	€ 60,-
TCM-Treatment (80 min.)	€ 80,-
Chinese foot massage (50 min.)	€ 50,-
Tuina massage (25 min.)	€ 35,-
Tuina massage (50 min.)	€ 50,-

PHYSICAL THERAPIES & SPORTS CARE

Therapeutic single gymnastics (30 min.)	€ 35,-
Physio therapeutic training session (30 min.)	€ 35,-
Bio-Feedback (stress profile), 1st session (40 min.)	€ 58,-
Following sessions (30 min.)	€ 30,-
Video screening with muscle function test (60 min.)	€ 74,-
Muscle function test (30 min.)	€ 33,-
Muscle function test with single training in the fitness centre (50 min.)	€ 50,-
Pain regulation therapy with Skenar (25 min.)	€ 30,-
Pain regulation therapy with Skenar (50 min.)	€ 55,-
Body fat measurement (20 min.)	€ 24,-
Electrotherapy (20 min.)	€ 18,-
Ultrasonic treatment (20 min.)	€ 18,-
Therapeutic dancing (50 min.)	€ 60,-
Bio-Feedback – „for inner relaxation“ (2 days/each 2 hours)	€ 195,-
Fitness for the spine (2,5 hours)	€ 143,-

MENTAL & HEALTH ATTENDANCE

Individual health attendance (30 min.)	€ 35,-
Individual health attendance (50 min.)	€ 60,-

BATHS

Chinese herbal bath (30 min.)	€ 24,-
Aroma bath (30 min.)	€ 20,-
Empress Sisi bath (60 min.)	€ 65,-
Whole body peeling (30 min.)	€ 35,-
Purification bath with brushing massage (50 min.)	€ 45,-
Lather brushing with a honey-oil massage (50 min.)	€ 55,-

PACKS & COMPRESSES

Steirerhof cream pack (30 min.)	€ 35,-
Veins/Ice compress (30 min.)	€ 20,-
Beauty body wrap (40 min.)	€ 35,-
Thalasso body treatment (85 min.)	€ 80,-
Thalgo-Mince problem zone pack (55 min.)	€ 68,-
Algae gel treatment (55 min.)	€ 68,-
Steirerhof Fango pack (30 min.)	€ 24,-
Moor pack (30 min.)	€ 22,-
Salt water pack (30 min.)	€ 22,-
Healing chalk pack (40 min.)	€ 35,-
Vacu Step with beauty body wrap (70 min.)	€ 50,-
Purification pack with peeling (80 min.)	€ 112,-
Purification pack without peeling(80 min.)	€ 80,-

MASSAGES

Classical body massage (50 min.)	€ 45,-
Classical partial massage (25 min.)	€ 28,-

Partial massage with head-neck-relaxation (50 min.)	€ 50,-
Foot Reflexology (25 min.)	€ 28,-
Combined massage (50 min.)	€ 50,-
Steirerhof special massage (50 min.)	€ 55,-
Extended Steirerhof special massage (80 min.)	€ 78,-
Shiatsu massage (80 min.)	€ 80,-
Kranio sacral relaxation (80 min.)	€ 70,-
Relaxation treatment (50 min.)	€ 45,-
Scars release (50 min.)	€ 45,-
Aroma therapy massage (50 min.)	€ 50,-
Asia-rome massage (50 min.)	€ 50,-
Lymphatic drainage (50 min.)	€ 50,-
Vacuum cellulite drainage (80 min.)	€ 72,-
Deep relaxing massage (50 min.)	€ 50,-
La Stone® (75 min.)	€ 85,-

COSMETICS

Care treatment for him and her (50 min.)	€ 55,-
Classical facial treatment (50 min.)	€ 65,-
Intensive treatment (80 min.)	€ 92,-
Cosmetic ultrasonic treatment (10 min.)	€ 11,-
Cosmetic ultrasonic treatment (20 min.)	€ 22,-
Cosmetic ultrasonic treatment (30 min.)	€ 33,-
Extras for the face	
Service for eyelashes and brows (25 min.)	€ 20,-
Dyeing of eyelashes *	€ 7,-
Dyeing of brows *	€ 7,-
Shaping of the brows *	€ 7,-
Individual ampoule *	€ 11,-
Bio-energetic facial massage (25 min.)	€ 33,-
From hand to feet	
Manicure and pedicure (without varnish) (80 min.)	€ 55,-
Manicure with hand massage or with French varnish without hand massage (50 min)	€ 33,-
Paraffin hand pack with hand massage (25 min.)	€ 20,-
Pedicure (50 min.)	€ 33,-
Varnishing of nails *	€ 5,-
French varnish *	€ 8,-
Permanent French varnish for toenails (40 min.)	€ 25,-

Waxing

Legs up to the knees	€ 30,-
Legs, all-over	€ 50,-
Bikini line, armpit, upper lip and chin	€ 15,-
Upper lip *	€ 8,-

* These additional services do not lengthen the duration of the treatment

COSMETIC FACIAL TREATMENTS WITH CELLCOSMET

Cell-Revita treatment (80 min.)	€ 95,-
Relaxation treatment (55 min.)	€ 80,-
Cellcosmet treatment for him (80 min.)	€ 95,-

COSMETIC FACIAL TREATMENTS WITH THALGO

Thalgo special treatment (80 min.)	€ 80,-
Thalgo treatment for him (80 min.)	€ 80,-
Special treatment for the cleavage (50 min.)	€ 70,-
Facial treatment "sea and senses" (50 min.)	€ 55,-
Body treatment "sea and senses" (60 min.)	€ 65,-
Pleasure for two (2 hours)	€ 170,-

COSMETIC FACIAL TREATMENTS WITH PIROCHE

Facial Shiatsu (50 min.)	€ 55,-
Energetic facial treatment (80 min.)	€ 92,-
Energetic face lifting (50 min.)	€ 70,-

Hotel & Spa DER STEIRERHOF Bad Waltersdorf/March 2008

These prices replace all earlier prices!