



GASTEINER HEILSTOLLEN

RADON THERAPY HEALTH CENTRE



Information and Prices 2023

LIVE PAIN-FREE, NATURALLY

Therapy for

- ▶ PAIN RELIEF
- ▶ REGENERATION
- ▶ RELAXATION
- ▶ STRENGTHENING OF
THE IMMUNE SYSTEM

WORLDWIDE UNIQUE

www.gasteiner-heilstollen.com



WELCOME TO THE GASTEIN HEILSTOLLEN

The health centre Gastein Heilstollen lies in the gorgeous Gastein Valley in Salzburger Land in Austria. The **worldwide unique therapeutic climate in the gallery**, combined with a holistic therapy concept, ensures a noticeable increase in quality of life.



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WORLDWIDE UNIQUE HEALING CLIMATE

*At the centre of the cure is the healing gallery therapy, which has already been achieving successes for decades with the worldwide unique combination of the three factors: radon, heat and air humidity. Especially in **patients with diseases of the locomotor system, respiratory passages or skin**, the special healing climate in the gallery causes relief of their pains and/or complaints.*

BILLING

Who pays for the therapy? This can be completed privately or through the health insurance. Depending on the clinical picture, many Austrian and German health insurance schemes and the South Tyrolean medical service can be invoiced for the healing gallery therapy. If you would like to use the healing gallery privately, our prices and packages are available starting from page 18.



A HEALING GALLERY FOR EVERYONE

*Our **introductory offers** also make it possible for visitors to the Gastein Valley, members of the families of ill people, and generally interested people to gain an insight into the gallery with its worldwide unique healing climate. Feel its healing effect on your own body – an experience that you will remember for a long time!*

Sounds interesting? Detailed information is available on page 23. See you in Gastein!

A woman with long brown hair is lying on her stomach on a massage table in a spa. She is wearing a dark bikini top and has her arms crossed in front of her. She is smiling and looking down. The background shows a dimly lit spa area with other massage tables and blue towels hanging on the wall. The overall atmosphere is relaxing and serene.

< Health

IS CERTAINLY NOT EVERYTHING,
BUT WITHOUT HEALTH
EVERYTHING IS NOTHING.

Arthur Schopenhauer

THE GASTEIN HEALING GALLERY

THIS IS THE GASTEIN HEALING GALLERY

From goldmine to health centre

In the 1940s, goldmining in the Gastein Valley was reactivated. But instead of the hoped-for gold, water vapour containing radon was found inside the Radhausberg mine. When, after having worked in the gallery for a while, many of the miners in the gallery reported relief of their rheumatic complaints, comprehensive tests were initiated – and this led to the ground-breaking discovery to which the Gastein Healing Gallery now thanks its existence.

Worldwide unique

And this is due to the combination of the following factors to be found inside the Radhausberg mountain:

Radon content: 44 kBq/m³ air
Heat: 37 – 41.5 °C (98.6 – 106.7 °F)
Air Humidity: 75 – 100 %

The therapy in the Gastein Healing Gallery is regarded as the most effective form of radon therapy. Since 1952, the healing gallery train has been bringing patients into the Radhausberg, to one of a total of five therapy stations, to return to them a piece of their quality of life.

The effect of healing gallery therapy

The therapy consists of mild overheating (hyperthermia) and radon intake via the respiratory passages and skin. These effects of therapy are proven by numerous studies:

Pain relief (on average 9 months)
Medication reduction (up to 1 year)
Anti-Inflammatory effect
Immune Stabilisation
Relaxation & stress relief

8 to 12 sessions (also less in the case of milder complaints) in a period of two to three weeks are recommended.

Through regular repetition of the healing gallery therapy, the intake of painkillers is reduced over the long term, thus increasing quality of life.

A centre for health

The healing gallery is supplemented by a health centre with modern treatment rooms, a professional team of doctors and therapists, and a wide and holistic range of therapies. The therapy is recognised by Austrian and German health insurance schemes such as the South Tyrolean medical service.

COURSE OF THERAPY & INDICATIONS



1st session

COURSE OF HEALING GALLERY THERAPY

Medical examination

Before the first session in the healing gallery, a medical examination is carried out. This can be performed by the assigning Gastein spa doctor or one of our doctors. An interim examination during the course of the therapy is possible and is recommended, especially for new patients. A final discussion, on the other hand, is necessary, thoroughly useful, and included in our prices.

Preparation for the session

For the session, you will need bathing clothes, a bathrobe and a small towel. You can hire these items from us for a fee. A towel to lie on is included in the price – you will receive this as you board the healing gallery train. It is always important to drink enough; on the day of your session in the healing gallery you should in addition drink ½ litre up to 30 minutes before the session, preferably water or diluted fruit juice.

Session with the healing gallery train

The healing gallery therapy takes place a good two kilometres inside the Radhausberg. A small train brings you into the therapy area, which is divided into five stations. If medically necessary, a session in the couchette carriage is also possible. Every healing gallery therapy starts at Station 1 (heat: 37°C (98.6°F) | air humidity: 75 %). On further sessions, and depending on the well-being and medical

recommendations, you can gradually change over to the next station, with higher temperature and air humidity.

Therapy inside the gallery

The stay in the therapy area lasts around 60 minutes, and a medical professional is constantly present. Women and men are spatially separated from each other at the stations. Enjoy the peace and quiet and relax on your bed.

After the session

Our doctors recommend 30 minutes rest in the relaxation rooms of the health centre after entry.

Disabled-friendly access

Our entire health centre offers disabled-friendly access. We will also be pleased to offer you help with your mobility. You will enter the gallery in the couchette and are assisted on and off the train.



INSIDE THE HEALING
GALLERY THERE IS A VERY
SPECIAL ATMOSPHERE,
ONE THAT SIMPLY DOES
YOU GOOD

Bettina Staib, patient in the Gastein Healing Gallery

"A therapy at the Gastein Healing Gallery can achieve amazing results. Pain and fatigue often improve significantly, and pain medication can be reduced and often discontinued altogether. Fewer health complaints also have a positive effect on your mood. Patients for whom medication fails to bring relief can also benefit greatly from the Healing Gallery therapy."

Dr. med. univ.
Martin Offenbächer MPH

Medical Director
Specialist for Physical and
Rehabilitation Medicine

THE MOST IMPORTANT INDICATIONS

Univ.-Prof. Dr. Markus Ritter

Gastein Research Institute

1. Diseases of the locomotor system

- ▶ Ankylosing spondylitis and/or spondyloarthropathies
- ▶ Rheumatoid arthritis (chronic polyarthritis)
- ▶ Fibromyalgia syndrome
- ▶ Arthroses (including finger polyarthrosis)
- ▶ Psoriatic arthritis
- ▶ Spinal syndromes
- ▶ Soft-tissue rheumatism (non-inflammatory pains of the tendons and muscles)
- ▶ Chronic gout
- ▶ Osteoporosis pains
- ▶ Neuralgias, polyneuropathies
- ▶ Consequences of sports injuries

2. Diseases of the respiratory passages

- ▶ Bronchial asthma
- ▶ Chronic bronchitis
- ▶ Chronic obstructive pulmonary disease (COPD)
- ▶ Chronic sinusitis
- ▶ Hay fever
- ▶ Sarcoidosis

3. Skin diseases

- ▶ Neurodermatitis
- ▶ Psoriasis vulgaris
- ▶ Scleroderma
- ▶ Delayed wound healing

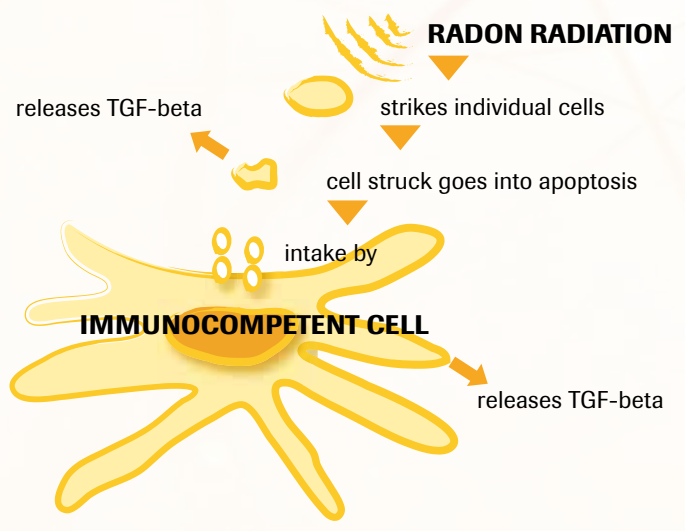
The use of healing gallery therapy is also worthwhile for menopausal complaints, for general promotion of health and **strengthening of the immune system.**

CONTRAINDICATIONS

- ▶ Pregnancy
- ▶ Untreated hyperthyroidism
- ▶ Severe claustrophobia
- ▶ Cancers in the first year after the end of therapy, depending on the tumour situation. In this case and with severe cardiac, circulatory and kidney diseases, we recommend consulting a doctor.

< Efficacy confirmed:

- PAIN RELIEF
- REDUCED NEED FOR MEDICATION
- ANTI-INFLAMMATORY EFFECT
- STRENGTHENING OF THE IMMUNE SYSTEM



SCIENTIFIC EVIDENCE

SCIENTIFIC PROOF FOR GASTEIN HEALING GALLERY THERAPY

Successful for decades

The effect of radon, especially in the treatment of rheumatic diseases, has been proven for a good century now and is still used very successfully in a variety of forms of application.

How it works

Radon is a radioactive inert gas that is taken in predominantly via the respiratory passages and the skin. It stimulates the body's cellular metabolism, reduces free radicals and activates healing-promoting and anti-inflammatory messenger substances, which in turn encourages the body's self-healing capabilities. The mild overheating from the climate in the healing gallery assists the effect of the radon and leads to long-lasting pain relief. Radiation and the moist heat also regulate the autonomic nervous system which is imbalanced in a considerable number of chronic diseases, including autoimmune and pain diseases. On average, the radiation dose from a three-week healing gallery therapy is below the annual radiation exposure from natural sources.

Scientific studies

The positive effects of overheating (= hyperthermia) have been known for thousands of years and are scientifically proven on a wide-ranging basis. Several high-quality studies have been carried out, which scientifically prove the effect of radon therapy. The Gastein Healing Gallery therapy has already been the object of scientific research since 1946, in close cooperation with the Gastein Research Institute and the Paracelsus Private Medical University of Salzburg. This

research and testing has not only provided valuable findings for the understanding of the operation of radon, but has also helped us to be able to meet the criteria of EBM (evidence-based medicine) more and more closely. The therapy's success rate speaks for itself here: depending on the indication this is around 80 – 90 %.

THE FOLLOWING THERAPY
SUCCESSSES HAVE BEEN PROVEN
IN STUDIES:

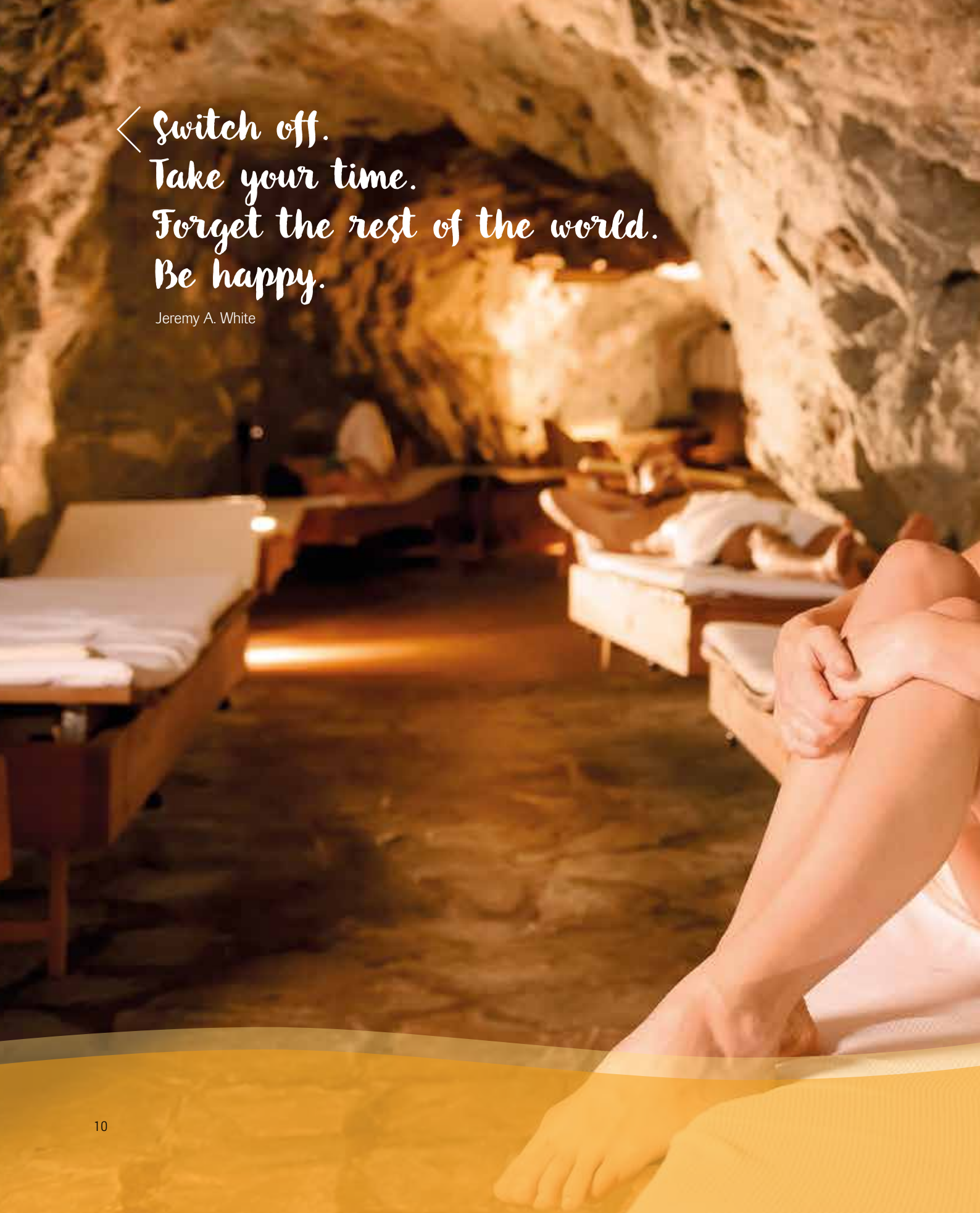
Pain relief (on average 9 months)
Medication reduction (up to 1 year)
Anti-Inflammatory effect
Immune Stabilisation
Relaxation & stress relief

Further information

You can find detailed information on the scientific evidence and on the studies carried out in the field of radon therapy on our CD. Please ask for it.

If you have medical questions, you are very welcome to call our medical advice telephone line!

International free number:
00 800 6006 7878

A photograph of a spa treatment room. The room has a rustic, cave-like atmosphere with rough stone walls and warm, ambient lighting. Several massage tables are arranged in a row, each with white linens. In the foreground, the legs and feet of a person are visible, sitting on a massage table. The overall mood is relaxing and serene.

*< Switch off.
Take your time.
Forget the rest of the world.
Be happy.*

Jeremy A. White



THE THERAPY CONCEPT

EXERCISE, MEDICAL AND THERAPEUTIC EXPERTISE

HELPING YOU TO HELP YOURSELF - BECOMING AN EXPERT ON YOUR OWN BEHALF

PAIN RELIEF - HEALING GALLERY THERAPY

THE THERAPY CONCEPT – HOLISTIC THERAPY

The session in the healing gallery for pain relief, an anti-inflammatory effect and immune stabilisation is only one part of the holistic therapy concept in the Gastein Healing Gallery Health Centre. In this, the healing gallery therapy is the clear focus, but it is supplemented by two other main focuses. In the following you will find an overview of the therapy concept of the Gastein Healing Gallery Health Centre.

EXERCISE, RELAXATION, MEDICAL AND THERAPEUTIC EXPERTISE

Our specialist team of doctors and therapists will work out an individual treatment concept together with you. Because apart from the healing gallery therapy, the health centre offers a comprehensive range of physical therapies, optimally combining conventional medicine and natural medicine. With comprehensive medical support and targeted exercise, you strengthen your body and thus take an important step into a healthier life.



OUR THERAPIST TEAM OFFERS SPECIFIC TREATMENTS

- ▶ Medical gymnastics
- ▶ Stretching, bearing and breathing exercises
- ▶ Individual sports therapy, such as therapeutic climbing or Nordic Walking
- ▶ Targeted building-up of muscles on equipment
- ▶ Relaxation techniques
- ▶ Massages
- ▶ and many more



PAIN RELIEF – HEALING GALLERY THERAPY

At the centre of the therapy concept is the Gastein Healing Gallery therapy. The unique healing climate in the Radhausberg in Gastein causes long-lasting successes, especially in diseases of the muscular-skeletal and locomotor system, and in diseases of the skin and respiratory passages, in the following form:

Pain relief (on average 9 months)
Medication reduction (up to 1 year)
Anti-Inflammatory effect
Immune Stabilisation
Relaxation & stress relief



HELP FOR SELF-HELP – BECOMING YOUR OWN EXPERT

“Help for self-help” is also a substantial part of the holistic therapy concept. To achieve this, doctors and therapists in the health centre offer individual advice and programmes aimed at small groups. The aim here is to give patients motivation and ideas for self-reliance, to be better able to deal with their illness and for better self-management. Possible themes of this therapy focus are:

- ▶ Occurrence, course and treatment of the disease
- ▶ Indication-specific lifestyle questions
- ▶ Prevention of complications
- ▶ Coping with pain
- ▶ Help with everyday limitations

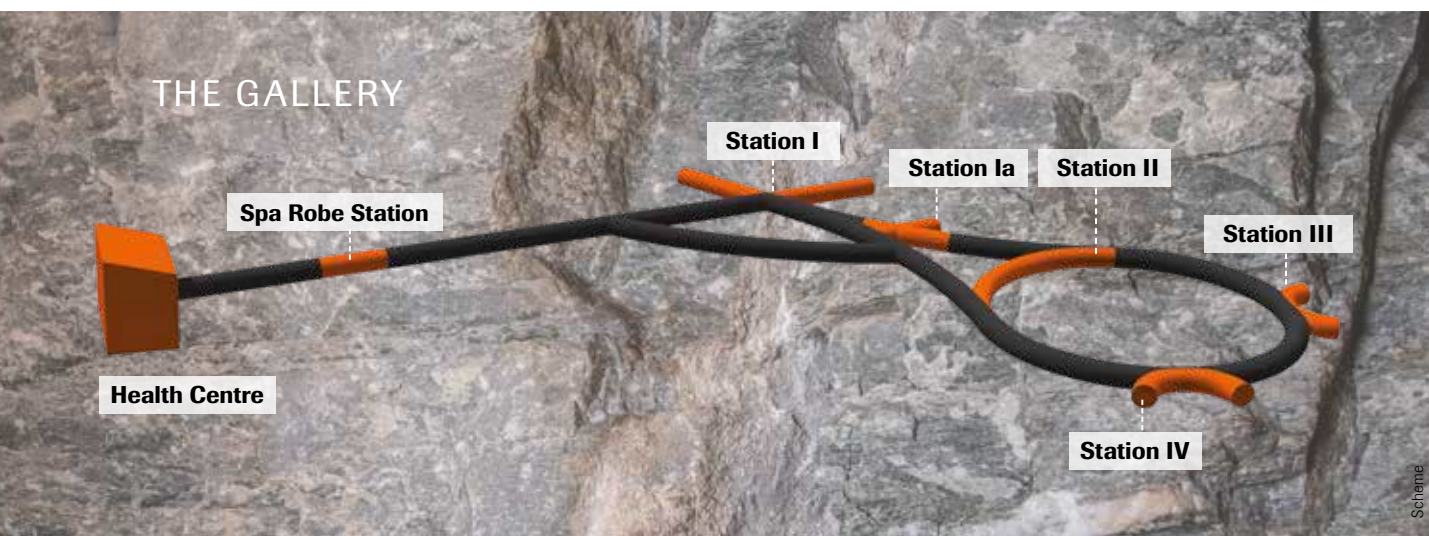
Use the range of services provided on the basis of our holistic therapy concept, discover your inner strength and find new balance in body, mind and spirit. The spectacular natural surroundings and the high alpine location of the Gastein Valley will make your stay even more invigorating. See you in Gastein!



THE GASTEIN HEALING GALLERY HEALTH CENTRE

THE HEALING GALLERY IN THE RADHAUSBERG

The Gastein Healing Gallery is located a good two kilometres inside the Radhausberg, in which a worldwide unique therapeutic climate is to be found with an average radon content of 44 kBq/m³. On a session in the healing gallery you will enjoy a combination of heat, air humidity and radon at one of a total of five stations.



Station I

Distance from gallery portal: 1,888 m
temperature: +37 °C (98.6 °F),
air humidity: 75 %,
treatment beds: 80

Station Ia

Distance from gallery portal: 1,988 m
temperature: +39 °C (102.2 °F),
air humidity: 80 %,
treatment beds: 37 – couchette carriage possible

Station II

Distance from gallery portal: 2,088 m
temperature: +40.5 °C (104.9 °F),
air humidity: 85 %,
treatment beds: 26

Station III

Distance from gallery portal: 2,183 m
temperature: +41 °C (105.8 °F),
air humidity: 95 %,
treatment beds: 20 – couchette carriage possible

Station IV

Distance from gallery portal: 2,238 m
temperature: +41.5 °C (106.7 °F),
air humidity: 100 %,
treatment beds: 32

THE DISCOVERY OF THE HEALING GALLERY

How it all started

At the end of the Ice Age, large quantities of melt water seeped along unmineralised rock fissures and through the 3,000 m deep gneiss layer down to the dense slate soil. The water heated up and formed an enormous incidence of thermal waters. These hot springs rose again and became enriched with trace elements such as radium, fluoride and chrome. In the hot water, the radium dissolved further into radon.

Gold mining in Gastein

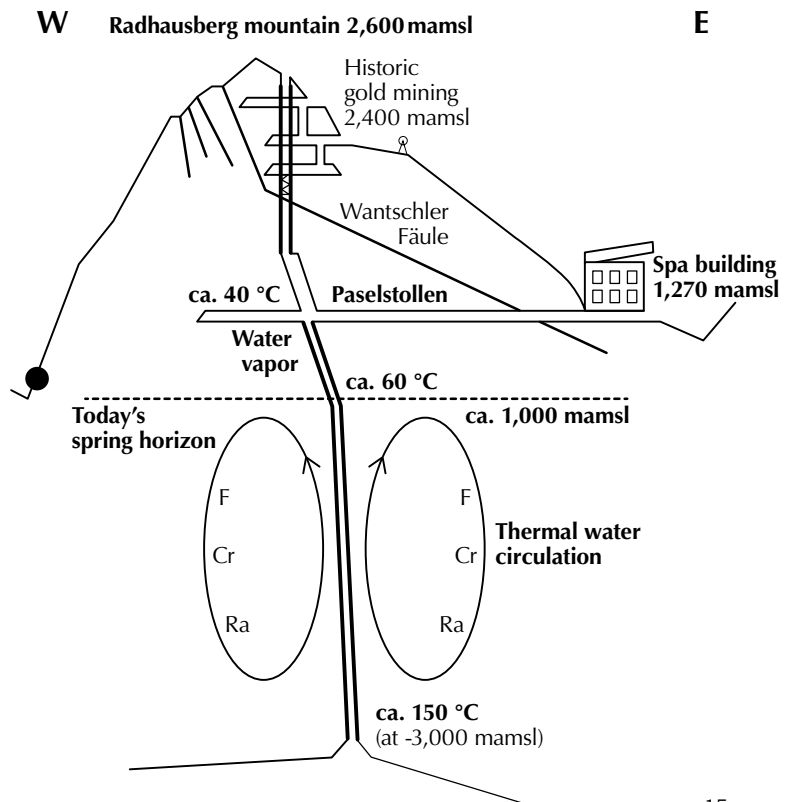
The mining of gold and silver in the Gastein Valley had its heyday in the 16th and 17th century. During the second World War, the attempt was made to reactivate gold mining in the Radhausberg, in order to resume this previous success. Unfortunately, the gold that had been hoped for was not found – instead, other discoveries were made: the joint problems of the miners working in the gallery decreased strongly. The reason for this was the radon-bearing water vapour, which rose from the thermal waters through the rock fissures and heated the gallery up to over 40 °C (104 °F).

The curiosity of science

The decrease in the rheumatic complaints of the miners was subsequently looked into more closely by the University of Innsbruck and the Gastein Research Institute. Extensive scientific studies showed that the high temperature, the air humidity and the radon content of the air possess a healing effect. After further studies, it was concordantly assessed in

an evaluation by Prof. Dr. Scheminzky and Prof. Dr. Hittmair of the University of Innsbruck that: “A healing effect is to be attributed to treatment in the Gastein Healing Gallery which, in a considerable number of illnesses, exceeds the value of the most modern treatment methods.”

As a result, a health spa business was opened in 1952 in the Gastein Healing Gallery. Since then, around 12,000 patients a year have been finding relief thanks to the worldwide unique Gastein Healing Gallery therapy.





“FOR ME, THE GASTEIN HEALING GALLERY HAS BECOME A FRIEND WHO SIMPLY DOES ME GOOD.”

BETTINA STAIB

THIS IS MY STORY

PAIN. PAINS IN THE NECK AND THE SHOULDERS. PAINS IN DAILY LIFE. OPENING A BOTTLE? IT HURTS. PUTTING ON CLOTHING? IT HURTS. OF COURSE, THERE ARE DAYS WHEN THE PAINS SUBSIDE. JUST UNFORTUNATELY TOO FEW OF THEM.

My name is Bettina Staib, I am 55 years old and have been suffering from fibromyalgia since 2001. This is a soft-tissue disease that causes intense pain in muscles and joints. I was always a very agile person, who loved spending time in the fresh air – I especially loved hiking. But then came the illness, which took every activity away from me. The beauties of nature, the fascinating world of mountains and the gorgeous views from the summits receded far away from me. From then on, doctors' appointments determined my life. Check-ups, tests and measurements became part of my everyday life. Despite everything, the doctors did not arrive

at any conclusion. It took a long time before a diagnosis was made: fibromyalgia.

IT TOOK A LONG TIME BEFORE
A DIAGNOSIS WAS MADE:
FIBROMYALGIA

This diagnosis was the start of a difficult time for me. As well as the influence of strong medicines, I had to undergo various manual therapies. Massages do other people good – for

me they were torture. Imagine your joints are inflamed. And you are massaged in exactly these inflamed places. Relaxation? Not a bit of it. You feel even more pain than before. And with each pain, the despair increases. Will this ever end?

Nevertheless, I never gave up. I always tried to stay positive. I continued to do my job as a sales clerk in a textiles shop. My colleagues knew of my illness and that on bad days I could not perform 100 %. It was okay for them. But for me it was a daily struggle. My quality of life suffered, and I enjoyed life less and less.

One day, after I had already been living with the diagnosis and the pain for two years, an acquaintance told me about Gastein Healing Gallery and radon therapy. A therapy with heat, air humidity and radon – could that be the right way for me? I had to try it. So I arranged a three-week stay in Bad Gastein, including four sessions in the healing gallery per week. My dear husband, who always stood by me on good and bad days of my illness, also accompanied me on this step, and drove to Gastein with me, to pursue what was possibly the last glimmer of hope. The hearty reception at the Gastein Healing Gallery Health Centre was already balm for my soul. I was well advised by the doctor, the procedure of the session was explained in detail and understandably. Slowly I felt a thrill of nervous anticipation arising in me. And soon the healing gallery train was chauffeuring me into the inside of the mountain, further and further into the moist warmth of the gallery. In the healing gallery, a very special atmosphere awaited me – quiet, gentle, absolutely soothing. A pleasant warmth enveloped me. I found it easier to

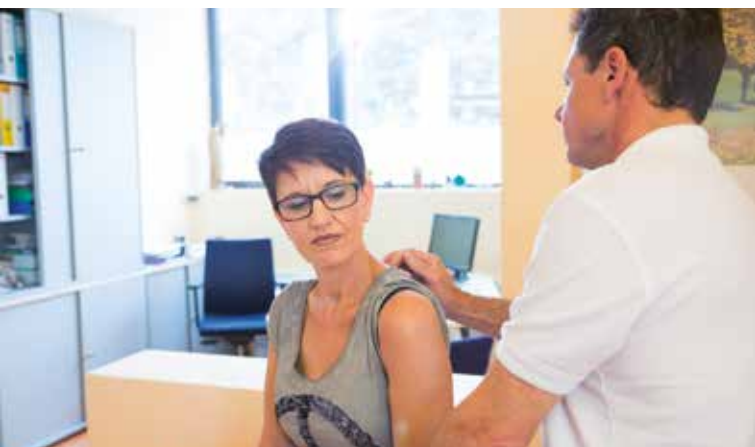


move, my body felt softer and more supple. At that moment, which is to say that one hour in the healing gallery, I did something exclusively for me. And it did me an incredible amount of good.

THE HEALING GALLERY IS A REAL SOUL-STROKER

I can now say that the healing gallery is the best thing that has happened to me for a long time. It arrived in my life at the right time. Since then, my husband and I have travelled to Gastein once a year, where I treat myself to a total of eight sessions. Every year, I look forward again to being embraced by the pleasant warmth of the gallery, which is a treat for body and soul in equal measure. The healing gallery is a real soul-stroker. Of course, I still have pains. But I have fewer attacks of pain. And the best thing about it is: I no longer need any medication!

Now I can enjoy my life again. I can plan my free time again, can do sport again, can go out into the country again... in short: for me the Gastein Healing Gallery has become a friend who simply does me good. I have regained my enjoyment of life. And I am extremely grateful for that.



PRICES 2023

OPENING TIMES

Monday until Friday from 16. January until 24. November 2023

Closed on Saturday, Sunday, Easter Monday and Pentecost Monday, 1 May, 15 August, 26 October and 1 November

NUMBER OF THE POSSIBLE THERAPY SESSIONS

- ▶ **Recommended therapy duration:**
2 – 4 weeks (depending on indication)
- ▶ **Recommended sessions per week:**
3 – 4 sessions
- ▶ **Recommended break:**
after a maximum of 2 sessions, a day without a session

DURATION OF A SESSION

The first session, including medical examination and relaxation afterwards, takes about four hours, around 2.5 hours are required for all other sessions.

SERVICES INCLUDED IN THE PRICE OF THE THERAPY SESSION:

- ▶ Initial examination including medical prescription, interim examination (depending on duration of therapy) and medical closing conversation
- ▶ Individual production of therapy plan
- ▶ Medical support during the session
- ▶ Towel to lie on for time in the therapy area
- ▶ After the session, 30-minute relaxation afterwards in our relaxation rooms

THERAPY SESSIONS	INDIVIDUAL PRICE	TOTAL
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1st Session	83.70	
2nd Session	83.70	167.40
3rd Session	83.70	251.10
4th Session	83.70	334.80
5th Session	81.70	416.50
6th Session	81.70	498.20
7th Session	80.10	578.30
8th Session	80.10	658.40
9th Session	75.90	734.30
10th Session	58.80	793.10
11th Session	58.80	851.90
12th Session	58.80	910.70
Every further session	58.80	

OFF-SEASON DISCOUNT

Valid from 27.3. – 12.5.2023 and 30.10. – 24.11.2023

8 sessions	615.30 instead of 658.40
10 sessions	731.60 instead of 793.10
12 sessions	850.60 instead of 910.70

Sessions in combination with physical therapies are discounted by up to 15% in the framework of packages.

If the medical support is provided by a Gastein spa doctor and not in our health centre, we grant a reduction on the above-named session prices.

PHYSICAL THERAPIES

Individual therapies

Medical gymnastics	47.40 (25 min)
Medical gymnastics + electrotherapy.....	59.40 (50 min)
Individual treatment incl. ultrasound.....	53.00 (25 min)
Respiratory exercises.....	47.40 (25 min)
Therapeutic climbing	47.40 (25 min)
Myofascial release therapy	47.40 (25 min)
Breathing tapping massage incl. Vibrax ...	47.40 (25 min)

Group therapies

Medical gymnastics	13.40 (25 min)
Positioning therapy	13.40 (25 min)
Jacobson method muscle relaxation	27.20 (50 min)
Therapeutic Nordic Walking (incl. hire of sticks)	
Introduction/units	37.70 (90 min)

Electrotherapeutic applications

Electrotherapy.....	25.30 (25 min)
Surface laser therapy.....	30.90 (25 min)

Other applications

Medical training therapy (MTT), equipment training	
Introduction and familiarisation	47.40 (25 min)
1 unit	6.80 (30 min)
5 units	27.00 (30 min)
10 units	54.20 (30 min)
Therapeutic rapeseed exercises	
Introduction and familiarisation	16.20 (15 min)
Exercises	7.90 (30 min)

MASSAGES

Remedial full-body or partial massage	32.00 (25 min)
Remedial full-body massage	60.30 (50 min)
Remedial partial massage	25.90 (15 min)
Fascia healing massage	32.00 (25 min)
Lymph drainage	43.10 (25 min)
Lymph drainage	75.90 (50 min)
Connective tissue massage	32.00 (20 min)
Reflexology	32.00 (20 min)

Acupoint massage	36.00 (25 min)
Breuss massage	43.10 (25 min)

SPA REPORTS

Medical report	23.00
Detailed medical report on request, in the framework of the initial examination	

LOAN OF BATHING ITEMS

Bathrobe	5.50 (1x)
Bathrobe	38.60 (10x)
Bathrobe, towel	6.10 (1x)
Bathrobe, towel	45.30 (10x)
Bathrobe, towel, bathing shoes	6.60 (1x)
Bathrobe, towel, bathing shoes	49.60 (10x)



FURTHER MEDICAL PAIN THERAPIES & CONSULTATIONS

- ▶ Nutrition consultation
- ▶ Laser therapy
- ▶ Psychological coping with pain
- ▶ Kinesiology taping
- ▶ Specialist medical consultation on health promotion measures

LABORATORY TESTS AND FUNCTIONAL DIAGNOSTICS

Due to cooperation with a large external laboratory, all tests can be carried out.

Our therapy department is open from Monday to Friday. You can find more detailed information on the individual therapies in our folder "Range of Therapies" (in German). Where possible, please make a reservation for your appointment in advance.

Applications in combination with sessions are discounted by up to 15% in the framework of packages!



It has been scientifically proven that a better therapeutic effect can be achieved by combination of the healing gallery sessions with physical therapies.

For this reason, we offer **specific packages** for each indication. These are **individually prescribed according to your wishes and adapted to your clinical picture.**

Contact us – we will be happy to advise you: T +43 (0) 6434 3753-0
info@gasteiner-heilstollen.com

All quotations of prices in the brochure are per person, in euros and incl. the statutory VAT. Subject to change.

Cancellation: free cancellation possible up to 24 hours before appointment, afterwards 100% is charged.

Treatments are prescribed after contraindications have been ruled out.



HEALING GALLERY PACKAGES

Valid during the whole opening time of 2023

3-WEEK PACKAGE

- ▶ 10 sessions in the healing gallery (1.5 h) incl. relaxation afterwards and medical support
- ▶ Initial examination, interim examination*, medical concluding conversation
- ▶ 15 applications according to doctor's prescription
- ▶ Medical report

from € 990.70

depending on the prescribed applications

= 15% discount**

Price examples of a 3-week package including the services named above:

Spinal complaints: 3x medical gymnastics (individual therapy), 6x medical gymnastics (group), 4x full-body massage, 2x admission to thermal bath (2h) € 1,030.00

Ankylosing spondylitis: 3x medical gymnastics (group), 3x positional therapy (group), 7x full-body massage, 2x admission to thermal bath (2h) € 990.70

2-WEEK PACKAGE

- ▶ 8 sessions in the healing gallery (1.5 h) incl. relaxation afterwards and medical support
- ▶ Initial examination and medical concluding conversation
- ▶ 10 applications according to doctor's prescription
- ▶ Medical report

from € 825.80

depending on the prescribed applications

= 10% discount**

Price examples of a 2-week package including the services named above:

Spinal complaints: 2x medical gymnastics (individual therapy), 4x medical gymnastics (group), 3x full massage, 1x admission to thermal bath (2h) € 853.50

Asthma/bronchitis: 4x respiratory exercises (individual therapy), 4x connective tissue massage, 2x admission to thermal bath (2h) € 939.60

HEALTH WEEK (1 WEEK)

- ▶ 4 sessions in the healing gallery (1.5h) incl. relaxation afterwards and medical support
- ▶ Initial examination and medical concluding conversation
- ▶ 4 applications according to doctor's prescription

from € 430.70

depending on the prescribed applications

= 5% discount**

Price example of a 1-week package including the services named above:

Health week: 3x full massage, 1x admission to thermal bath (2h) € 430.70

* Interim examinations are only included with medical support in the Gastein Healing Gallery.

** The above prices include the following discounts on our regular prices: 15% (3 weeks), 10% (2 weeks) and 5% (1 week).

Flat rate invoices are not suitable for submission to health insurance schemes or only after prior agreement with your social insurance carrier!

ALL-IN PACKAGES

Inclusive healing gallery sessions, overnights and applications

16 DAYS

- ▶ 16 overnights in double room
- ▶ 9 healing gallery sessions incl. medical examinations
- ▶ 8x medical gymnastics (group)
- ▶ 7x full massages
- ▶ 6x admission to thermal bath (2h)**
- ▶ 1x progressive muscle relaxation with Jacobson method

11 DAYS

- ▶ 11 overnights in double room
- ▶ 6 healing gallery sessions incl. medical examinations
- ▶ 5x medical gymnastics (group)
- ▶ 5x full massages
- ▶ 4x admission to thermal bath (2h)**
- ▶ 1x progressive muscle relaxation with Jacobson method

7 DAYS

- ▶ 7 overnights in double room
- ▶ 4 healing gallery sessions incl. medical examinations
- ▶ 9x applications according to doctor's prescription*
- ▶ 2x admission to thermal bath (2h)**

* Physiotherapeutic individual therapies and breathing tapping massage count as two applications, rapeseed exercises for the hands and medical gymnastics (group) count as half an application.

** Admission to thermal bath/exercise pool (2h) at Alpentherme or Felsentherme Gastein. In accommodation with its own swimming pool, unlimited bathing is available at the accommodation, instead of admission to the thermal bath.

Do you already have accommodation? Upon request, packages are also bookable without accommodations.

PRICES ALL-IN PACKAGES

S/A = SPRING & AUTUMN PACKAGES – period 3.4. – 2.6.2023 and 23.10. – 24.11.2023

W = WINTER PACKAGES – period 16.1. – 3.2.2023

	PRICES 16 DAYS		PRICES 11 DAYS		PRICES 7 DAYS		SR SURCHARGE PER DAY	
	S/A	W	S/A	W	S /A	W	S/A	W
4* hotel incl. HP	from 2,354 to 2,978	from 2,619 to 3,343	from 1,625 to 2,054	from 1,808 to 2,305	from 1.101 to 1,374	from 1,218 to 1,534	from 6.10 to 8.40	from 7.20 to 10.20
3* hotel incl. HP	2,139	2,370	1,478	1,636	1,008	1,108	4.80	5.70
3* hotel incl. breakfast	1,847	2,031	1,277	1,403	879	960	3.70	4.40
Bed and breakfast	1,643	1,792	1,137	1,239	791	856	3.20	3.70
Private room incl. breakfast	1,608	1,755	1,113	1,214	775	840	3.20	3.70
Apartment hotel	1,912	2,109	1,322	1,457	908	994	15.20	18.20
Apartment	1,655	1,805	1,145	1,248	795	861	15.20	18.20

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

Chaperones on request. The spa tax and the final cleaning are not included in the price.

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

INTRODUCTORY OFFERS

Introductory offers must always be reserved at

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

The introductory offers are exclusively valid for new guests depending on availability.



THERAPY SESSION

Would you like to experience this worldwide unique healing climate yourself? Enjoy your 1st therapy session at a reduced Gastein Card tariff!

16 January to 24 November 2023

Monday to Friday

- ▶ Medical examination
- ▶ 1 therapy session in the gallery incl. medical support, 60-minute stay in the therapy area
- ▶ After the session: 30-minute relaxation time in our relaxation rooms
- ▶ 1 drink

**Gastein
Card**

€ 67.00 with Gastein Card*

€ 83.70 without Gastein Card

* Discounted rate only against presenting of the Gastein Card at the cash register.

WORTH KNOWING ABOUT THE INTRODUCTORY OFFERS:

Necessary items: for the session, you will need bathing clothes, bathrobe, bath shoes and a small towel – also available for a lending fee at the cloakroom of the Gastein Healing Gallery.



“GIVE IT A TRY” DAY FOR ONE-OFF EXPERIENCING OF THE THERAPY

Your way to natural freedom from pain leads into the depths of the Tauern. Experience a spa day in the Gastein Healing Gallery.

16 January to 24 November 2023

Monday to Friday

- ▶ Medical examination
- ▶ 1 therapy session in the gallery incl. medical support, 60-minute stay in the therapy area
- ▶ After the session: 30-minute relaxation time in our relaxation rooms
- ▶ 1 25-minute massage
- ▶ 1 drink
- ▶ 1 small surprise gift

€ 84.60

Preparation for the session: drinking enough is always important, on the day of the healing gallery session you should drink an additional ½ litre before the session, preferably water or fruit juice.

HOW TO REACH US AT GASTEIN HEILSTOLLEN

ADDRESS

Gasteiner Heilstollen

Heilstollenstraße 19
5645 Böckstein/Bad Gastein, Austria

TRANSFER FROM AND TO ACCOMMODATION

Arrival at and departure from the Gastein Healing Gallery can take place with either your private vehicle (sufficient parking spaces available), a shuttle service from your accommodation or public bus. You will receive more detailed information from your host.

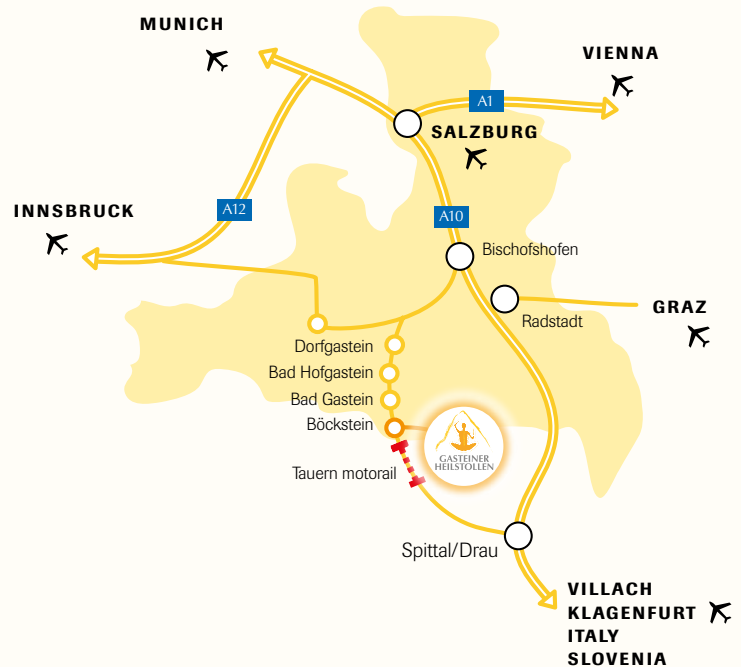
FLIGHT CONNECTIONS

The closest airports are:

- ▶ Salzburg (distance around 100 km)
- ▶ Munich (distance around 230 km)
- ▶ Klagenfurt (distance around 125 km)

FEDERAL RAILWAYS

Euro and intercity trains, fast and express trains stop at stations Bad Gastein and Bad Hofgastein. There are constant taxi and coach connections to the individual districts.



COLLECTION FROM HOME

Gastein taxi drivers will be happy to collect you directly from your home in Austria or Germany.

YOUR CONTACT OPTIONS

- ▶ T +43 (0)6434 3753-0
- ▶ F +43 (0)6434 3753-566
- ▶ info@gasteiner-heilstollen.com

