

Gastein

Wellspring of Vitality



 **DORF
GASTEIN**

**HOF
GASTEIN**
Alpine Spa

**BAD
GASTEIN**




The Gastein Effect

It is as if this place were created to bring renewed energy to body, mind and soul. There is no mysterious magic involved, but rather the medically and scientifically proven healing powers of nature.

Prevention, alleviation, healing – this brochure is intended to show you, clearly and concisely, how a therapy program in Gastein might help you. Useful advice for everyone who wants to do more for their health and vitality.

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The Gastein thermal waters Facts & Figures about the Elisabethquelle

Water temperature: 45,8 °C

Hydrogen exponent: pH-value = 8,2

Electrolytic conductivity: 442 µS/cm at 20 °C

Total hardness: 3,14 d°H (German hardness scale)

Total dry residue: 347 mg/l at 105 °C

Radon content (Ra-222): 2020 Bq/l (55 nCi/l)

Mineralienwerte pro Liter Thermalwasser:

Hydrogen carbonate 58,7 mg; Calcium 21,8 mg;

Magnesium 0,37 mg; Sodium 77,4 mg; Potassium 3,10 mg;

Iron 0,005 mg; Silicon 20,1 mg; Chlorides 24,2 mg;

Fluorides 5,21 mg; Sulfates 126 mg

The discovery of the healing springs

The first indication the Gastein springs were being used for healing purposes comes from a poem about bathing dated 1230 A.D., penned by the important Middle High German poet Neidhart von Reuenthal. The oldest evidence for medicinal use of the healing spring dates from 1350.

Beginning in the second half of the 15th century, we already encounter evidence of regular bathing activities. People came from far and wide to Gastein in order to sit in simple wooden tubs and allow the thermal water to work its wonders on a slew of physical complaints, including rheumatism. But

it wasn't only the healing water that visitors valued. Entertainment wasn't neglected either – including boardgames played while bathing.

By the 16th century, Paracelsus was already conducting a series of experiments into the healing powers of the mountain on miners, since the good health of these laborers was strikingly apparent. Beginning in the 19th century, an array of famous personalities – including Emperor Wilhelm, Emperor Franz Joseph I and Empress Sisi – came to “take the cure” in Bad Gastein, exploiting the healing effects of Gastein to the full. Interesting and useful information



about the history of spa therapies in Bad Gastein can be explored during a visit to the Gastein Museum.

What was initially viewed as a mysterious power of nature by the people of the late Middle Ages and subsequent centuries, became the object of scientific research and analysis in the mid-20th century. The first scientific analyses were conducted by the Gastein Research Institute, established in 1936 with the specific purpose of investigating the effects of Gastein thermal water.

The Research Institute – today a meeting place for scientists from around the world – conducts chemical and physical analyses of water. Thorough investigations

were (and are) undertaken above all into the substance to which the hot springs owe their healing powers, namely radon; complemented by ongoing observation, data collection and statistical analyses of the effectiveness of Gastein treatments. The results are indeed impressive: According to a registry study which began in 2016, 90% of therapy participants reported significant improvement in their health condition post-therapy in terms of quality of life and pain alleviation.

Today, Gastein therapy- and preventative programs are amongst the most established, most effective measures employed in classic medicine. The physiological benefits have been proven empirically and statistically.



How the springs were created

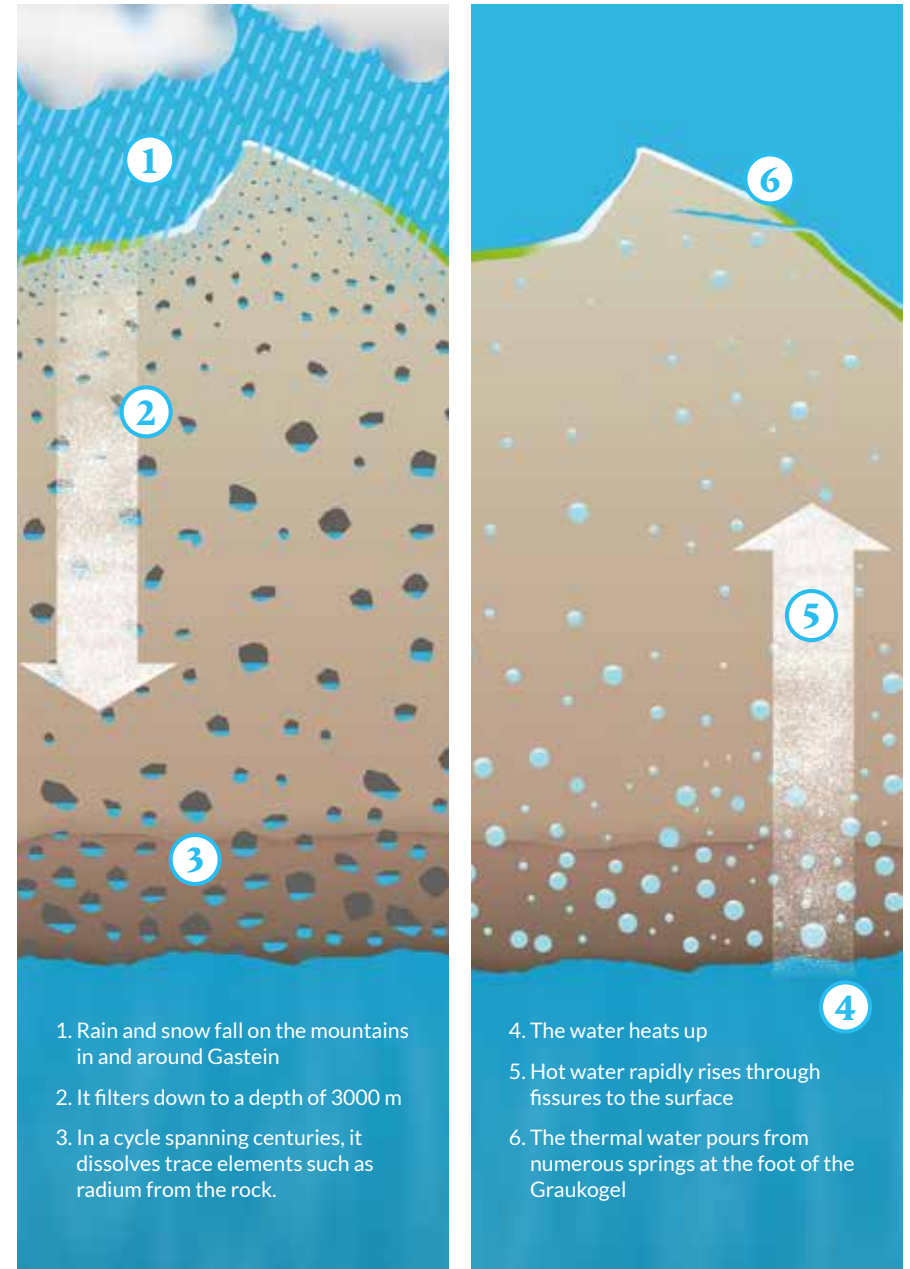
From rainwater to healing spring

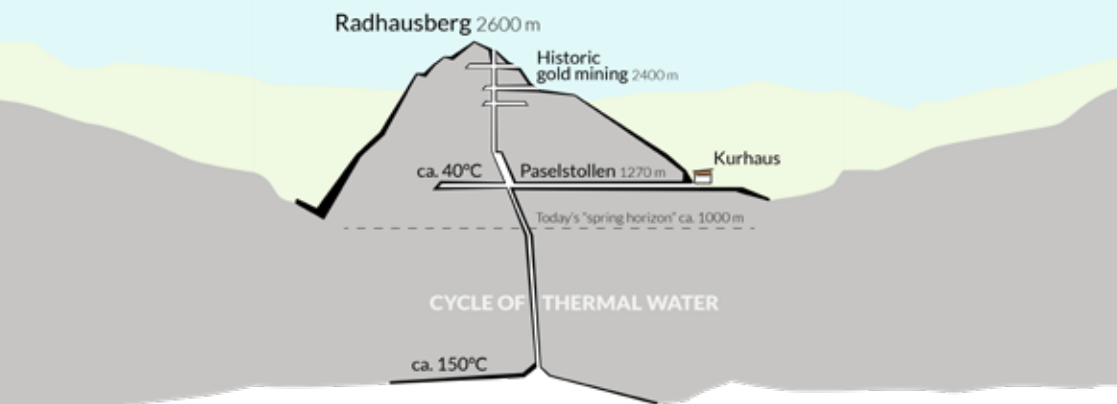
At the end of the last Ice Age roughly 10,000 years ago, immense masses of melted snow and ice filtered into the mountain. At a depth of 3000 m, the water heats up and slowly rises, where it cools off and sinks again. The thermal-water cycle begins, simultaneously dissolving the minerals and trace elements it comes into contact with, including radium, chromium and fluorine. The metallic radium salts dissolved in the water decay into gaseous radon. However, only when enriched with fluorine salts can the water also attack and dissolve the metals contained in the ore lode. A favorable path for the radon-containing waters to ascend is by means of eroded fissures leading back to the surface. The hot water now flows out of the mountain through numerous springs.

Several thousand years later, the surface water still filters down into the mountain,

thereby exerting pressure on the thermal water and pushing it out of the springs, similar to a bucket that has been filled to the rim and is overflowing. This bucket was filled during the Ice Age, while the rim is represented by the current “spring horizon”. Over the course of time, the water inside the mountain has reached today’s level, which is approximately 1000 m above sea level – water from the thermal springs flows abundantly.

What originally filtered as ordinary water into the depths of the Tauern mountains roughly 10,000 years ago, now rises to the surface as healing water. Producing 5 million liters of fresh thermal water every single day. Enriched with natural radon over the course of centuries, this water is especially revitalizing for the human body. Radon – the gift of the Gastein mountains – is put to medicinal use.





Health, not gold

The history of the Gastein Healing Gallery

At the turn of the first millennium, gold mining in Gastein Valley was flourishing, reaching its heyday in the 16th and 17th centuries.

In the early 1940s, at the beginning of World War II, gold mining in Gastein experienced a resurgence. The Radhausberg was also scoured for gold, not least because it had been one of the most productive areas for gold mining in the Middle Ages. That said, a new access tunnel – the so-called Paselstollen – was dug just below where the old deposits had been found. Though initially hopeful, this attempt did not meet with success.

Rather than the ore they had been striving for, the miners reported back about extraordinary phenomena deep inside the mountain. There, they encountered high air temperatures and high humidity. Furthermore, the miners' rheumatic complaints disappeared and they became less susceptible to colds.

The presumption that there might be a connection with the high radon content of Gastein's thermal water required investigation. As a consequence, the Gastein Research Institute was commissioned in 1946 to examine the therapeutic benefits of the tunnel. 3 years later and the first therapeutic experiments began in cooperation with University Clinic Innsbruck. In 1951, 100,000 hours of volunteer work later, the healing benefits of the Paselstollen were officially confirmed.

Since that time, every year thousands of patients have traveled to the unique Gastein Healing Gallery. Over time, this mysterious tunnel was transformed into the biggest therapy center for the treatment of ankylosing spondylitis. They have also had great success treating other conditions. The alleviation of chronic pain and significant improvements to quality of life are at the heart of this natural form of radon therapy.

In 2018, the Healing Gallery celebrated the arrival of its 3.5 millionth therapy.



The miners of the Gastein Healing Gallery in 1948



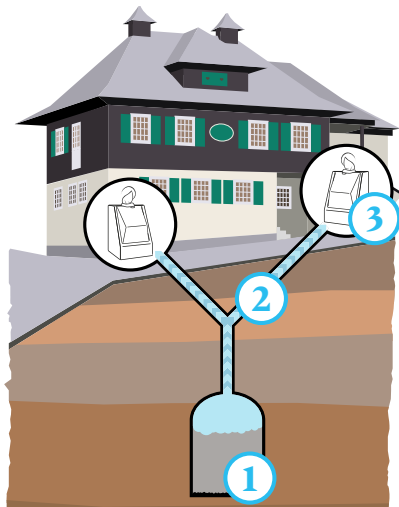


Healing Steam above the Elisabethquelle

The Elisabethquelle is the biggest thermal spring in Bad Gastein. It produces 2.5 million liters daily, which represents practically half of all Gastein thermal water.

Standing directly above the spring are the Radon Vapor Baths. For the past 200 years, a very special form of radon therapy has been offered here.

From the shaft of the spring itself, the hot water vapors are vented upwards. As the vapor enters the cabins which enclose the so-called Box Baths, the steam washes over the body of the patient. The combination of intensive radon absorption and mild hyperthermia is actually very gentle on the cardiovascular system. Which makes the Radon Vapor Baths particularly suitable for guests who are less physically resilient.



1. The steam is emitted by the Elisabethquelle directly below the building.
2. Vapor from the radon spring is vented through a shaft into the interior of the building.
3. In spacious individual cabins, the patient experiences the beneficial effects of the healing vapors.

Pain Alleviation also for chronic conditions

Gastein thermal water has earned its therapeutic reputation due to elevated radon levels. Radon is a noble gas. It escapes from the water just like carbon dioxide from soda pop, going into the air. As we inhale, but also through our skin, this radon enters our body, where it is quickly distributed after being absorbed.

This noble gas only remains in the body for a short time before it is completely broken down. Only a small amount remains for 24 to 48 hours in fatty areas of the body, after which these last remnants are also eliminated. During this time, the noble gas develops its full benefits. Radon emits mild alpha radiation (double positively charged helium nuclei) which, due to its large mass, gives off energy

to the body and cells. The body's own cell repair mechanism is stimulated and the number of free radicals reduced, while the healing and anti-inflammatory messenger substance TGF-beta is activated.

Gastein therapy is especially effective in the treatment of chronic rheumatic conditions affecting the musculoskeletal system and especially in the mitigation of painful complaints of the joints, muscles and tendons due to sports, trauma, aging and wear-and-tear. This treatment is also recommended for patients dealing with skin and respiratory disorders.



86
Rn
 Radon



The right dose Radon as therapy

With respect to the mildly radioactive noble gas radon, the same principle applies as with other forms of medication: It's all about the right dose. Though above-average exposure to radiation may lead to negative health consequences, a low dose, as encountered in the Healing Gallery, for example, has the opposite effect. It heals. Actually, radiation exposure through radon therapy is significantly below our natural annual exposure of 2.5 mSv, or the exposure associated with a spinal CT of 5 - 10 mSv. The additional exposure resulting from 10 - 12 sessions

in the Healing Gallery is between 1.8-2.2 mSv. The minimal risk associated with radon therapy in a treatment setting should also be balanced against the potential reduction in pain caused by various ailments.

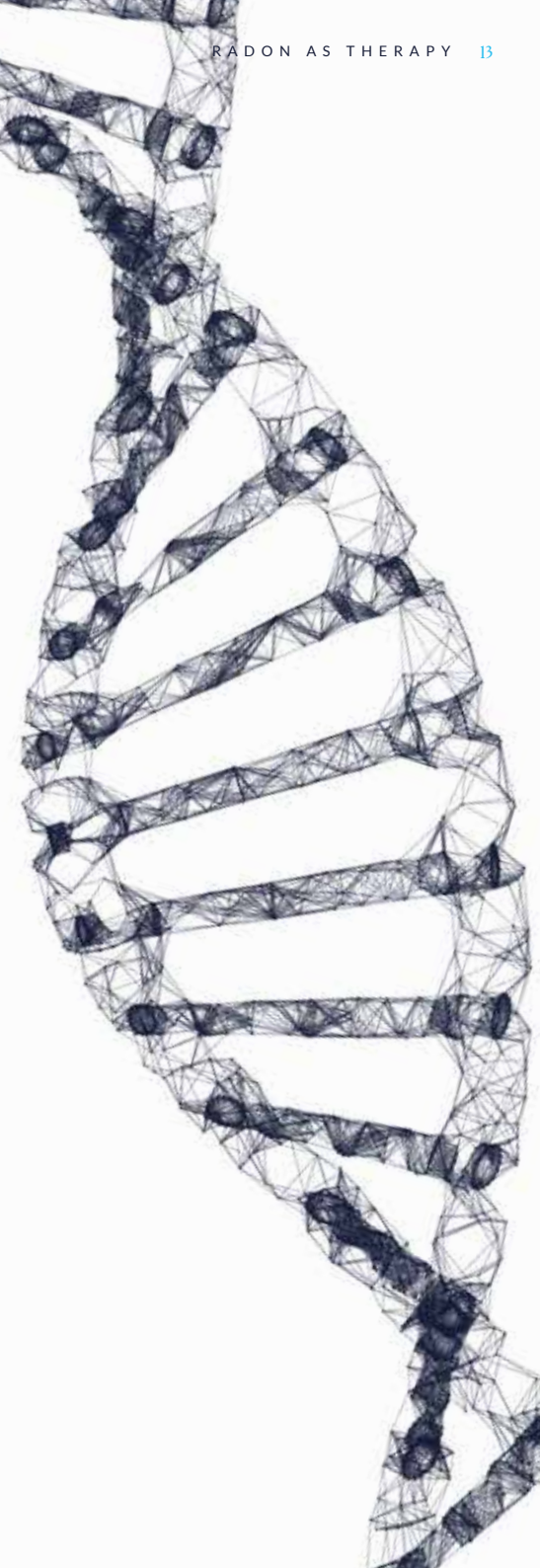
If you then factor in the reduction in medications as well as the avoided side effects and complications (especially NSARs), from the patient's point of view as well as that of the insurance carrier the benefits become even greater.

Effects on the body Revitalization at cell level

Our entire genetic information, our DNA, is stored in every cell nucleus. Harmful factors may alter certain aspects of that information. That's when something goes wrong in our body and things don't work as smoothly as they should. We have problems either with our metabolism, our cardiovascular system, our joints or other bodily functions.

But so that such "acts of sabotage" can't cause too great a damage to our cell structure, Mother Nature also built in a "repair system". Due to the effects of radon, this internal "repair system" is stimulated. It performs more vigorously and fulfills its mission to repair damage significantly better. An intact repair system simultaneously supports people's immune systems. In other words, revitalized cells don't just benefit sick people, but also those who are healthy.

Heat is also a key component of Gas-tein therapy. The thermal water heats up the body, which tries to get rid of the excess heat. The cardiovascular system kicks into a higher gear and the blood vessels expand significantly due to the heating effect. This leads to increased blood circulation throughout the body. Such a treatment is especially good for the joints which, under normal circumstances, would only receive relatively little blood flow.





The Gastein Effect

Where radon meets heat and a therapeutic climate

The Gastein Cure is an approach to therapy built on 3 pillars: radon, heat and a therapeutic climate. Only in this combination can the positive effects unfold holistically. Radon promotes the intrinsic ability of cells to repair themselves, thereby strengthening the body's immune system. Heat expands the blood vessels, thereby promoting blood flow. And the mountain air further improves oxygen supply to the body.

Everyone is aware of the beneficial effects of saunas and baths. The body tries to maintain a constant body temperature of 37°C and radiates the excess heat. The heart and blood flow are activated and boosted. That is why, if you wish to enjoy a thermal bath or session in the Healing Gallery, you need to ensure that your heart function is adequate and has been carefully checked by a physician prior to commencing therapy. Welcome benefits are achieved thanks to

increased blood flow to rheumatic joints and expanded blood vessels. This also improves the body's ability to absorb radon. In other words, heat per se does the body good, while at the same time enhancing the benefits of radon therapy.

Yet another helpful factor is Gastein's elevation at around 1000 m above sea level. The lower oxygen partial pressure, though not noticeable, does suffice as a catalyst for significant adaptive processes within our body. The body is stimulated to produce more red blood cells and oxygen flow to tissue is increased. In this way, radon is absorbed by the body especially well and, due to the increased metabolism, distributed very effectively throughout the body. A higher therapeutic dose of radon is reached and stronger, longer-lasting treatment effects are achieved.

Well-researched

Results from science

A research group compared multiple studies to determine whether and how Gastein therapy works. They examined the effects on pain thresholds, pain intensity, functional impairments and need for medication. All studies indicated significant therapy success lasting many months after conclusion of therapy. Immediately after the therapy program, there was no significant difference in the success of radon therapy

in comparison to the same treatments without radon. BUT: In the 3 or 6 months thereafter, the amount of pain experienced by patients who had been treated with radon was significantly less. More recent studies have shown that Bechterew's Disease patients remained pain-free, and therefore required significantly less medication for up to 9 months.





New Way of Life Thanks to Gastein therapy

Health prevention and maintenance – a theme that is becoming increasingly important. Today, many people are doing what it takes to ensure they will be able to lead a healthier lifestyle later on.

It would be hard to find a doctor who wouldn't advise you to adopt a healthy lifestyle with plenty of exercise, balanced nutrition and less stress. However, in daily life it isn't always easy to implement the necessary health measures. And then, aches and pains crop up from time to time that, over the years, develop into substantial physical issues. But that's precisely where Gastein therapy can bolt the door.

Just a few days of therapy in Gastein can lead to a whole new life attitude and greater sense of well-being. Gastein therapy is a great way to spark a healthier lifestyle.

The goal is natural, sustainable vitality for body and mind: combatting the causes, pain alleviation, healing, heightened vibrancy and energy. Gastein therapy delivers a "holistic principle", complemented by a wealth of different therapy offers. Together with a spa physician, you will design an optimal treatment plan. Depending on your symptomology, a specific number of radon treatments as well as additional therapies will be prescribed.

THE FOLLOWING THERAPIES ARE OFFERED AT GASTEIN THERAPY CENTERS:

Radon thermal baths • Radon thermal sub-aqua therapy • Healing mud / Fango packs • Diverse therapeutic massages • Physiotherapy • Electrotherapy • Infrared radiation • Cryotherapy • Sports medicine therapies • Therapeutic Nordic walking

RECHARGE. REVIVE. TAKE OFF.

GREET THE SUN ON THE SUMMIT.
HIKE ALONG NEW PATHS.
BATHE IN SOOTHING SPRINGS.
AND TIME STANDS STILL.



Primary Indications

Conditions affecting the musculoskeletal system

Bechterew's Disease and Spondyloarthropathy

Patients coping with Bechterew's Disease suffer from a chronically rheumatically-inflamed spine – though the pelvic area and axial skeleton may also be affected. Often it results in stiffening of the spinal column. This disorder manifests itself primarily in the form of back pain, especially during nighttime hours. Pain is generally less when the patient is in motion. Up to now, therapy has only been able to address the symptoms. The Healing Gallery, in particular, has proven highly effective and popular in the treatment of Bechterew's Disease. Every year, thousands of patients with a Bechterew's Disease diagnosis come to Gastein Valley to take advantage of the most intensive form of radon therapy provided by the Healing Gallery. Notwithstanding, treatments involving thermal water or the Vapor Baths, or combinations of all 3 forms, are utilized by patients. In Austria, Healing Gallery therapy is even authorized by insurance carriers once a year for Bechterew patients. This indeed makes absolute sense, since the pain alleviation after (ideally) a three-week Healing Gallery therapy program persists for 9 months on average. Less pain means significantly less need for pain medications, which also positively affects patients' quality of life.

THERAPY: *Healing Gallery, Vapor Baths, thermal baths, sub-aqua therapy with radiant massage, (only in the case of limited mobility, late-stage blockages or muscular rheumatism), Fango, mud packs...*

Rheumatoid Arthritis (formerly: chronic polyarthritis)

When bones and joints are painful, we generally speak of rheumatism. This is a catchall term for joint complaints: including pain caused by wear and tear (arthrosis) or inflammation (arthritis) as well as acute attacks due to metabolic disorders such as gout. Modern scientific research has now confirmed that all inflammatory forms of rheumatism are caused by autoimmune disorders. Here, the immune system targets its own body. The result is inflammation that may cause increasing damage to the joints or organs. With respect to rheumatoid arthritis in particular, this involves an inflammatory disorder affecting the synovial membrane.

Radon therapy in Gastein activates the body's own abilities to reduce inflammation and regulate the immune system. Building on this, targeted motion therapy may improve joint function and mobility. Gastein thermal water as well as the Gastein Healing Gallery are both therapy forms that can be utilized in the treatment of rheumatoid arthritis. In the case of acute flareups, the radon thermal Vapor Baths in Bad Gastein may well be a sensible alternative. An acute flareup with high inflammatory activity requires special caution with respect to heat therapy. The physicians at our Gastein therapy centers are well acquainted with the symptomology of rheumatoid arthritis. They know precisely which treatment is best suited to any given situation and inflammatory condition.

THERAPY: *Healing Gallery, Vapor Baths, thermal baths, sub-aqua therapy with radiant massage, (only in the case of limited mobility, late-stage blockages or muscular rheumatism), Fango, mud packs.*

Arthroses

Arthrosis is primarily a noninflammatory joint condition distinguished by wear and tear on articular cartilage. It is the most frequent reason for joint pain, generally in the knee joints (gonarthrosis) or the hips (coxarthrosis). The underlying cause is disruption to the cartilage metabolism, resulting in too much cartilage being destroyed. It is also frequently associated with painful inflammation of the synovial membrane, which leads to swelling.

Radon therapy stimulates cell division, which in turn restores balance to cartilage metabolism. In addition, anti-inflammatory messenger substances are emitted which reduce pain in such joints as the knee, hip or back. Due to the heat and stimulative climate, blood flow and oxygen supply to the joints improves – also enhancing the body's own self-healing processes.

THERAPY: *Healing Gallery, Vapor Baths, thermal baths, sub-aqua therapy with radiant massage, (only in the case of limited mobility, late-stage blockages or muscular rheumatism), Fango, mud packs, physiotherapy.*

Spinal Syndrome

A whole series of structures including the intervertebral discs and smaller vertebral joints, the muscles of the neck and shoulder area, though also misalignment of the cervical spine may result in physical complaints. Therapy is similar to that for Bechterew's Disease patients. Radon therapy reduces pain significantly while improving mobility.

THERAPY: *Healing Gallery, Vapor Baths, thermal baths, sub-aqua therapy with radiant massage, Fango, mud packs.*

Inflamed tendons, painful ligaments, tendinosis

Therapeutic baths have a high likelihood of successful tendinosis treatment (commonly known as tennis elbow, shoulder stiffness, inflammation of the Achilles tendon etc.). The cause of this, generally very stubborn, complaint is inflammation of the tendon sheaths resulting from overuse.

THERAPY: *Thermal baths, mud packs, Fango, cryotherapy (hypothermia of tissue induced by cold compresses or bags of ice).*

“Civilization Diseases” such as back, knee, joint or hip pain

While many complaints are associated with strain resulting from movement, the daily routine for many is dominated by sedentary activities – the consequences include back pain, tension in the neck and shoulder area, misalignment of the spine and joint pain. Even for younger adults, knee and hip pain is far from a rarity. Gastein therapy makes it possible to prevent complaints such as these.

Radon therapy stimulates the body's repair mechanism. In addition, anti-inflammatory messenger substances are emitted which reduce pain in various joints including the knees, hips or back. The heat as well as floating weightlessly in thermal water are soothing in their own right, relaxing overstressed muscles. Physical therapy and sporting activities that can also be continued at home also have an important role to play in prevention. When you begin to feel the first healing effects of exercise and experience months of pain-free existence after Gastein therapy, it also becomes so much easier to overcome your inner “couch potato”. That said, Gastein therapy can prove an incredible motivation to lead a healthier lifestyle and ultimately enjoy a better quality of life.

THERAPY: *Thermal baths, sub-aqua therapy with*

radiant massage, Fango, mud packs, Healing Gallery, physiotherapy.

Fibromyalgia

“Everything hurts” – perhaps the simplest way to summarize what fibromyalgia syndrome is all about. With this chronic syndrome, the muscles and connective tissue hurt. It may also be accompanied by symptoms such as sleep disorders, fatigue, exhaustion, malaise, morning stiffness, trembling, dizziness, depression, sensory disruption, migraines and tension headaches, a sensation of swelling in the joint area, respiratory and cardiac complaints, digestive problems, abdominal cramping etc. This long list of symptoms shows clearly that fibromyalgia is difficult to diagnose, while patients are frequently not even believed. It is even more difficult to treat the syndrome. According to the current state of medical knowledge, it is assumed that the cause is disruption to pain-processing mechanisms.

It is for complaints such as fibromyalgia that patients experience long-overdue relief from pain, often after years of searching, thanks to Gastein therapy. In Gastein, fibromyalgia patients discover renewed strength. We understand the suffering and pain involved, and will help you to improve your quality of life. Radon therapy, especially the Gastein Healing Gallery, is a natural form of therapy that

has brought many persons affected with fibromyalgia syndrome long-lasting pain relief. That said, exercise in Gastein thermal water and supplemental therapies offered locally further enhance the positive effects.

THERAPY: *Healing Gallery, Vapor Baths, thermal baths, sub-aqua therapy with radiant massage, Fango, mud packs, physiotherapy.*

Osteoporosis

This involves the cascading loss of calcium and reduction in bone mass. Bones become more fragile. Due to reduced stability, bones may break due to even minimal excess stress or a simple fall. In addition, as a consequence of the illness the thoracic and lumbar vertebrae may slowly collapse causing pain. When treating osteoporosis, effective pain therapy must often precede the required physio- and sports therapy which makes it possible to restore muscle gently.

THERAPY: *Thermal baths, Vapor Baths, Healing Gallery, sub-aqua therapy with radiant massage.*



Respiratory Diseases

Chronic bronchitis, lung emphysema, bronchial asthma

Chronic bronchitis is caused by chronic inflammation of the membranes inside the bronchi. The bronchi are a complex system of passages that bring air into the lungs. Continuous coughing and phlegm production are the result. In severe cases, the bronchitis may transition into chronic obstructive pulmonary disease (COPD). At that point, the respiratory passages are constantly constricted and the patient literally doesn't have air to breathe. Scientists assume that pollutants such as tobacco smoke impair the self-cleaning mechanism of the bronchi. As a consequence, pollutants stay in the lungs and cause inflammation. The main treatment is to protect the bronchi from harmful influences, fight infection and adopt measures that will widen the bronchi. Currently, there are no specific medications that can prevent loss of lung function. With respect to bronchial asthma, the discomfort is caused on the one hand by cramping and narrowing of the respiratory passages, on the other by mucous overproduction combined with

shortness of breath and coughing. Very often, a psychogenic component is also a contributing factor. Allergic reactions due to environmental pollution are constantly increasing and may also be a cause of this disease.

Radon therapy sets a regenerative chain of events in motion which activates the body's own self-healing powers. Not only is inflammation reduced, so is pain. The air in the Healing Gallery is especially well-suited for allergy sufferers, and thus also for people dealing with bronchitis or asthma – since there are practically no pollutants inside the Gallery. The air inside the Gastein mountains is also crystal-clear and much less likely to irritate the lungs of sufferers.

As you can see, Gastein therapy will allow you to take a deep breath again and give you valuable relief from illnesses for which there are currently no medical treatments.

THERAPY: *Healing Gallery, stays in the mountains (climate therapy), sauna, tapping massages, nerve-point massages, respiratory exercise, thermal inhalation*

Skin Complaints

Neurodermatitis

Eczema, inflammation, dryness and irritation of the skin: These are symptoms of atopic dermatitis, also known as neurodermatitis. Children, especially, suffer from this skin complaint, generally until puberty. Though adults may also be affected. Often the illness occurs as a consequence of stress or as a result of irritants (ingredients in skin creams, etc.). However, this complaint is not merely short-lived. In some cases, it may persist for extended periods of time. Treatment of neurodermatitis is often difficult, since the illness may also be affected by congenital predispositions.

Due to accelerated cell repair resulting from radon therapy, the overall skin condition improves. Sessions in the Gastein Healing Gallery are gentle on the skin and do not dry it out. The combination of heat and radon therapy reduces inflammation and promotes healing. As a consequence of the mild hyperthermia, the body relearns how to sweat. The air inside the Healing Gallery is allergen- and dust-free. In this place, skin symptoms may be reduced and, in some cases, even disappear altogether. The immune system is stabilized, inflammation curbed and normal reactivity of the skin restored.

Psoriasis

Psoriasis involves localized, reddish and slightly swollen inflammation of the skin, which also becomes scaly. Generally, it is the knees, elbows, scalp and tailbone that are affected.

The symptoms occur sporadically and may endure for varying periods of time. Some forms of the disease affect organs or cause joint inflammation (psoria-

tic arthritis). This condition may occur at any age. We are still in the dark about its causes. That said, a genetic predisposition may make occurrences more probable and there are indications that the immune system plays a significant role in the course of the illness. Psoriasis is not currently curable – however, with individualized, carefully tailored therapy, symptoms can be reduced essentially to zero.

Psoriasis may occur in differing degrees of severity and, because it is a systemic inflammatory condition, it may also affect various organs. As a consequence, it is especially important to develop therapy approaches designed specifically for the patient in question. Gastein therapy can guarantee precisely that. Thanks to accelerated cell repair and the anti-inflammatory messenger substances produced, radon therapy may provide holistic benefits in the treatment of various manifestations of the condition. The immune system, which is believed to play an important role in the progression of the disease, is both stimulated and stabilized. Inflammation is curbed throughout the body in a natural way. The heat restores balance to the immune system. This in turn impacts inflamed joints positively, reducing inflammatory swelling. This promotes the body's own repair systems and self-healing mechanisms.

This treatment is also recommended for complaints associated with menopause, as general prophylaxis and for immune stabilization.



Contraindications for radon therapy

Pregnancy, untreated hyperthyroidism, severe claustrophobia (in the Healing Gallery), as well as cancer in the first year after conclusion of therapy are all contraindications for radon therapy.

Patients with severe cardiovascular or renal disease should also exercise extreme caution when considering radon thermal therapy.

Short Therapy Lexicon

Achillodynia:

Pain of the Achilles tendon

Arteriosclerosis: narrowing, calcification of blood vessels

Arthritis: joint inflammation

Arthrosis: joint degeneration, wear and tear

Bronchial asthma: shortness of breath

Bursitis: inflammation of the bursa

Carpal tunnel syndrome: pinching of nerves in the wrist

Cerebral sclerosis: blood flow to the brain is disrupted

Cervical syndrome: neck pain resulting in impaired mobility

Cholecystopathy: gallbladder disorder

Chronic bronchitis: chronic respiratory ailment

Chronic polyarthritis: chronic rheumatic inflammation of the joints

Coronary sclerosis: disruption of blood flow through blood vessels to the heart

Cortisol: the body's own hormone released by the adrenal gland

Coxarthrosis: arthrosis of the hip

Disc surgery: operation on the intervertebral discs

Disc protrusion/disc prolapse: better known as a "slipped disc"

Emphysema: enraged air spaces develop in the lungs trapping old air

Epicondylitis humeri: tennis elbow

Gonarthrosis: arthrosis of the knee

Heberden arthrosis: degeneration and arthrosis affecting the terminal and middle finger joints

Hepatopathy: disorders affecting the liver

Inner-secretory glands: organs that produce hormones

Insulin: regulates blood sugar levels

SI joint: between the sacrum and ilium bones of the pelvis

Lumbar syndrome: localized pain of the lower back

Lumbo-sciatica: sciatic pain

Bechterew's Disease: chronic inflammatory rheumatic ailment of the spine

Scheuermann's Disease: adolescent skeletal disorder with slight curvature of the thoracic spine

Raynaud's Disease: disruption of blood flow to the fingers

Myogelosis: abnormal muscle hardening and tension

Nephrolithiasis: kidney stones

Neuralgia: nerve pain

Neuropathy: nerve damage or illnesses affecting the peripheral nerves, e.g.: due to diabetes

Obstipation: constipation

Omarthrosis: arthrosis affecting the shoulders

Osteochondrosis: damage and degeneration affecting cartilage of the spine and intervertebral discs

Osteoporosis: increased bone fragility often caused by calcium deficiency

Pancreopathy: any ailment affecting the pancreas

Periarthropathia humeroscapularis: damage affecting soft-tissue, associated with pain and restricted mobility affecting the shoulder joint

Polyarthritis: inflammation of the spinal joints or involving multiple joints

Radicular/Pseudo-radicular pain: irritation and inflammation of the nerve roots

Rhizarthrosis: degeneration of the primary thumb joint

Sinusitis: inflammation of the sinuses

Scoliosis: lateral deformity of the spine

Spondylarthritis: inflammation of the spinal joints

Spondylosis and Spondylarthritis: degeneration of the vertebrae or vertebral joints

Stenocardia: constriction of the heart, heart pain

Steroids: synthetic cortisones

Tendinopathy: damage or disease affecting the tendons

Ulcus duodeni: duodenal ulcer

Ulcus ventriculi: gastric ulcer



Insurance may pay for preventative care

The Gastein Thermal Springs and Gastein Healing Gallery meet both of the conditions stipulated by the Austrian government in order to claim medicinal benefits: The temperature at source as well as at the place of use is significantly above the minimum level of 20°C, while the radon-222 concentration is also well above the statutory minimum of 370 Bq/l.

Due to numerous documented successes, the costs for Gastein therapy are covered both by Austrian as well as German insurance companies.

We advise having a specialist complete the application for residential or preventative care. You find further information on our homepage www.gastein.com/en/therapy. Please don't hesitate to contact our free hotline 00800/888 777 22 or by email: gesundheit@gastein.com.

Gastein

Your invitation to recharge

Whatever you are looking for, you will find it in Gastein. Increased vigor, vitality and inner peace go hand-in-hand here.

This is your personal path to a more vivacious lifestyle. Explore fascinating hiking routes, glide down beautiful pistes, immerse yourself in soothing baths, and benefit from unique treatment opportunities.

Natural. And healthful.

Gastein



visitgastein



gasteinurlaub

Gastein Tourism

Gasteiner Bundesstraße 367

5630 Bad Hofgastein, Österreich

T. +43 6432 3393 0, info@gastein.com



gastein.com