



« PRICE LIST 2012 »

The Heilstollen treatment is provided upon medical prescription by the Heilstollen physicians, or by spa physicians of the Gastein valley.

Opening Times: 9 January until 10 November, daily except Sunday, Easter and Whit Monday, 1st May, 26th October, 1st November

The sessions in the Heilstollen are at the heart of the Heilstollen treatment.

Depending on the symptomatology of the ailment, physicians recommend a treatment lasting between 2 and 4 weeks. Three to four sessions in the Heilstollen are possible each week. Patients must keep in

mind that after one to two sessions in the Heilstollen, they must pause for one day before re-entering the Heilstollen. The time required for the first session to the Heilstollen, including the initial medical examination and rest, is approximately 4 hours, while the subsequent sessions in the Heilstollen will take approx. 3 hours.

The prices for sessions are broken down as follows:		Total	7 th session	58.50	422.90
1 st session	61.30		8 th session	58.50	481.40
2 nd session	61.30	122.60	9 th session	55.30	536.70
3 rd session	61.30	183.90	10th session	42.80	579.50
4 th session	61.30	245.20	11 th session	42.80	622.30
5 th session	59.60	304.80	12 th session	42.80	665.10
6 th session	59.60	364.40	Each further session	42.80	

Off-season discount valid from 10 April to 6 May 2012 and from 15 Oct. to 10 Nov. 2012

During these time periods, special pricing is offered for Heilstollen visits (8 sessions or more). For further information, please contact us!

Prices include:

- Initial medical examination incl. medical prescription, depending on length of stay, additional consultations during and at the conclusion of treatment
- Medical supervision during the session
- Mats for the stay in the treatment area
- Resting time of 30 minutes in our relaxation rooms after the session
- Treatment plan, and medical examinations before and during the treatment, as well as a end-of-treatment consultation

In case the medical examination is carried out by a Gastein spa physician and not in our health centre, we shall grant a discount on the above prices for sessions in the Heilstollen.

Information for health insurance companies:

The Gasteiner Heilstollen is a spa and health resort. The Gasteiner Heilstollen treatment is recognised by Austrian and German health insurance companies. We have concluded direct debiting agreements with many of them. The percentage of the costs covered by the health insurance companies will depend on the respective reference rates. The assumption of the costs shall require the corresponding approval (cost coverage certificate) by the health insurance company. For your «Path to Treatment» through your health insurance company, please ask for the guide booklet.

INTRODUCTORY OFFER

Introductory treatment: € 29.90*

every Tuesday between 10 Jan. and 6 Nov. 2012
every Thursday between 12 April and 8 Nov. 2012
Meeting point: 2.30 pm in the Health Centre
 Session ends at approx. 5 pm

*Discounted admission upon presentation of the Gastein Card

Ski & Relax treatment: € 29.90

every Thursday between 12 Jan. and 5 April 2012
Meeting point: 4 pm in the Health Centre
 Session ends at approx. 6.30 pm

*Discounted admission upon presentation of the Gastein Card



ADDITIONAL TREATMENTS AVAILABLE IN OUR HEALTH CENTRE

Physical treatments

• Individual treatments

Therapeutic exercise	25 mins	37.80
Therapeutic exercise + electrotherapy	50 mins	47.80
Individual treatment incl. ultrasound	25 mins	42.00
Breathing exercises	25 mins	37.80
Therapeutic climbing	25 mins	37.80

• Group treatments

Therapeutic exercise	25 mins	10.60
Progressive muscle relaxation according to Jacobson	50 mins	21.20
Back training exercises	25 mins	10.60
Positioning therapy	25 mins	10.60
Therapeutic Nordic Walking (incl. rental poles)	2 x 90 mins	41.60
each additional session	90 mins	16.30

• Electrotherapeutic applications

Electrotherapy	25 mins	19.70
Laser shower treatment	25 mins	19.70

• Other treatments

MTT equipment training, introduction and instruction	25 mins	37.80
MTT equipment training, 1 session	30 mins	5.30
MTT equipment training, 5 sessions	30 mins	21.00
MTT equipment training, 10 sessions	30 mins	42.00
Rapeseed treatment exercises		
Introduction and instruction	15 mins	12.50
Rapeseed treatment exercises	30 mins	6.20

Massages

Full therapeutic massage	25 mins	24.40
Full therapeutic massage	50 mins	46.40
Partial therapeutic massage	15 mins	19.80
Lymph drainage	25 mins	32.80
Lymph drainage	50 mins	58.10
Connective tissue massage	20 mins	24.40
Reflexology massage	20 mins	24.40
Acupoint massage	25 mins	27.50
Breuss massage	25 mins	32.80
Physiotherapeutic breathing-percussion massage incl. Vibrax	25 mins	37.80

TCM treatments

Tuina massage with acupuncture	90 mins	115.80
Tuina massage with acupuncture	60 mins	79.50
Qigong – individual	25 mins	23.70
Qigong – group	55 mins	23.70
Acupuncture – incl. medic. consult.	60 mins	73.50
Subsequent acupuncture sessions	40 mins	47.30

« Treatment and spa packages »

For certain indications, patients can choose from special treatment packages. These were designed on the basis of holistic and modern medical specialist expertise, and, apart from the price advantage, they also offer a better outlook for treatment success. Feel free to ask for information.

« Laboratory examinations and functional diagnostics »

Our state-of-the-art laboratory is able to conduct a full range of tests. Our staff is at your disposal for more detailed expert information.

« Treatment reports »

Full medical report	12.00
Summary medical report	23.00

« Extended health counseling »

Nutrition counseling (group)	60 mins	28.20
Psychological pain management (group)	60 mins	28.20

« Patient instruction »

Ankylosing Spondylitis	6 x 90 mins	205.00
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« Medical pain treatment »

Infiltration	25.20
Wheals	25.20
Laser treatment, per joint	18.60
Maximum per session	55.30

« Bathing equipment rental »

Bathrobe	1 x 3.30	10 x 25.10
Bathrobe towel	1 x 3.80	10 x 30.30
Bathrobe towel spa shoes	1 x 4.80	10 x 35.40

Transport: You can drive to the Gasteiner Heilstollen either in your private car, using a shuttle service, or with a public bus. Ask for more information at your place of accommodation.