

★★★★LUXUS  
Theresia Gartenhotel  
modern design · timeless tradition

FITNESS

HEALTH

BEAUTY



# Sport...

Mag. Christine Wieser\*

**makes you happy and promotes general wellbeing  
by releasing happiness hormones**

**reduces excess weight – burns off body fat**

**lowers high blood pressure and cholesterol and blood  
sugar levels**

**improves weak hearts**

**reduces the risk of heart attack, stroke and breast, lung  
and bowel cancer**

**strengthens the immune system**

Before the start of your treatment, I recommend a medical wellness check-up. This will establish your energy status, find any blockages and form the basis for subsequent treatment.

The wellness check-up begins with energy coaching, as it is called. Your skin resistance is measured at 24 meridian end points and an “i-health” energy profile is drawn up showing the distribution of energy throughout your body tissue. The findings can be highly significant. For example, someone who complains of fatigue may have excess energy or energy blocks. Wellness treatments leading to rushes of energy would not be appropriate in such a case. And we even go one step further, analysing which of the five elements (wood, fire, earth, metal and water) define you and mapping your personal energy regulation system shaped by these elements.

••••• <b>Short “i-health” medical wellness check</b> (c. 45 min)	€ 45.-
••••• <b>Extended “i-health” medical wellness check</b> (c. 90 min)	€ 80.-
••••• <b>Extended “i-health” medical wellness check</b> (c. 150 min, in the course of 1 week)	€ 160.-
••••• <b>Personal Coaching</b> 1 session (50 min)	€ 55.-
5 sessions	€ 250.-

\* Mag. Christine Wieser is a sports scientist, sports therapist (special fields: orthopaedics, traumatology, rheumatology, new school of back treatment, osteoporosis, medical Nordic walking, medical training therapy and much more), sport massage therapist and medical wellness supervisor.

## **Performance diagnostic endurance test for gym users, amateur and top athletes**

Determines your ideal training heart rate. Performance diagnostic test on the treadmill or bicycle ergometer with lactate sample. Ideal for ambitious hobby and top athletes as well as interested beginners who want to improve their performance or lose weight.

.....€ 97.-  
Doctor’s clearance required.

## **Massages**

By our medical sports therapist, wellness supervisors and masseurs.

- Classic full body or sports massage (25 min.) ..... € 33.-
- Classic full body or sports massage (50 min.) ..... € 65.-
- Foot reflexology (30 min.) ..... € 33.-
- Lymphatic drainage massage (30 min.) ..... € 38.-
- Massage combination: classic or sports massage  
with lymphatic drainage or classic massage  
with foot massage (50 min.) ..... € 65.-
- Back massage (30 min.)  
and special back exercises (15 min.) ..... € 50.-
- Sound massage with Tibetan singing bowl –  
deep relaxation (50 min.) ..... € 55.-
- Lomi Lomi Nui (50 min. partial body massage) ..... € 80.-
- Lomi Lomi Nui (80 min. full body massage) ..... € 120.-

## **Free fitness and relaxation programme**

At least 3 three sessions daily (Monday to Friday):  
morning exercises, aqua aerobics, spine exercises, power walking or running with heart rate monitor, coordination training, proprioceptive training, weight training for stabilisation, whole body training with Thera-bands, stomach, leg and bottom muscle toning, Jacobson muscle relaxation, aerobics, stretching, ski exercises, Qigong for inner balance, organised relaxation meditation, the “Five Tibetan Rites”, ...



**PLUS**

- Presentation of the "i-health" endurance medical wellness check or performance diagnostic stamina test at the beginning of the week
- 1 x per week fitness studio introduction
- 1 x per week "fireside session" on "Diet"

Our gym is equipped with state-of-the-art cardio machines, treadmill, bicycle ergometer, stepper, multi-purpose machine etc.

All group courses and private coaching units are held in the Panorama Gymnastics Room.

**Magnetic field therapy**

promotes regeneration, strengthens the immune system and has anti-inflammatory and preventive effects.

<b>1 session</b> .....	<b>€ 10.-</b>
<b>5 sessions</b> .....	<b>€ 45.-</b>
<b>10 sessions</b> .....	<b>€ 85.-</b>

**Mental wellbeing programme**

Mental and energetic balance coupled with inner harmony is the key to health, wellbeing and success. Qualified mental coach Erwin Doring is a highly-qualified specialist with over 20 years of experience.

■ Deep mental relaxation (45 min.) .....	<b>€ 58.-</b>
■ Jacobson muscle relaxation (30 min.) .....	<b>€ 45.-</b>
■ Iridology – recognising energy blockages (30 min.) .....	<b>€ 45.-</b>
■ Unblocking energy (40 min.) .....	<b>€ 65.-</b>
■ Consultation for individual personal problems (40 min.) .....	<b>€ 45.-</b>
■ Hypnosis to combat nicotine dependence, reduce weight, deal with nervousness and stress, exam worries, sleep disorders, psychosomatic complaints, a lack of self-belief, strengthen the immune system, improve performance at work and in sports (75 min.) .....	<b>€ 110.-</b>

**"Selfness<sup>™</sup>" personality training**

Relaxation by meditation.

Individual sessions (c.1 hour) .....	<b>€ 50.-</b>
Small groups (min. 3/max. 5 people) per person .....	<b>€ 17.-</b>

**Detoxification and cleansing foot bath**

(30 min.) .....	<b>€ 35.-</b>
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**Kinesiology** Cost per treatment session (c.1 hour) ..... **€ 69.-**

**5 elements acupressure**

Cost per treatment session (30 min.) .....	<b>€ 33.-</b>
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We also have a large "selfness" library on a wide range of topics.

**Physiotherapy and energy-medical consultancy**

Alongside classic traditional physiotherapy, Dipl.-PHT Anna Maria Persterer also offers a wide range of other techniques. She examines each individual problem and, after an in-depth consultation with the patient or indeed on the instructions of the patient's doctor (prescription), decides which treatment method or combination of treatments should be used:

- acupressure • breathing therapy • autogenic training • relaxation therapy • colour therapy • lymphatic drainage • massage • ultrasound • Feldenkrais "Awareness through movement" • acupuncture with magnetic bar • "Path" physio-acupoint therapy • kinesiotherapy, (in gym and in water) • magnetic resonance stimulation therapy.

Cost per treatment session (c. 60 min.) ..... **€ 69.-**

**Dorn-Breuss Spine Treatment**

Bone marrow not only supplies the nerves of muscles, tendons and skin, it also plays an important role in regulating the internal organs. Malpositioning of the vertebral bodies can restrict the marrow to such an extent that the areas affected become diseased.

Experienced therapists now aim to discover and correct these abnormal positions. A special massage "reinvigorates" the intervertebral discs.

Unlike chiropractic methods where power and speed are used to "trick" the position of the vertebral bodies, this method tries to correct malpositioning with movement and gentle pressure.

A horizontal pelvis is extremely important for a straight spine. Nearly everyone has two legs of the same anatomical length. However, if you examine the length of your legs, you will notice considerable differences. This main cause of many spine problems can be corrected with very simple moves.

Cost per treatment session (c. 60 min.) ..... **€ 69.-**

**Tuina**

A traditional Chinese massage technique based on the meridian system. The over 300 different manoeuvres are aimed at loosening muscles, ligaments and tendons and dealing with energy blockages. Massage techniques such as pushing, effleurage, pressing, rubbing, hitting and slapping or vibration are used to treat the most important meridian points.

Cost per treatment session (c. 60 min.) ..... **€ 69.-**

