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DER  
STEIRER  
Bad Waltersdorf  
HOF

MEDICAL  
WELLNESS

# VITAL & SPA-RECEPTION

+43 (0)3333 3211 82

vitalbereich@dersteirerhof.at

## OPENING HOURS

Monday to Saturday 08:00 to 17:30

Sunday 08:00 to 14:00

The Vital & Spa area is located on the 3rd floor -  
Here you will find light-flooded treatment rooms,  
the Vital & Spa reception and the medical department  
under the direction of Dr. Edith Eleonore Wegscheider  
as well as our TCM area with Jing Zhu and Yin Chun Lei.

\*\*\*\*\*  
**DER**  
**STEIRER**  
Bad Waltersdorf  
**HOF**

Institute for  
Preventive Medicine  
and Physiotherapy

# SPA "Sanus per aquam"

## Healthy through water

### The Steirerhof Recreation

When prevention, regeneration, wellbeing and relaxation are taken into account in life, health can be improved and wellbeing increased - after all, these four aspects are the key to a happier and more fulfilling life.

In a calm, relaxed atmosphere, we will take a holistic look at your state of health and show you ways to keep yourself healthy in your everyday life at home. We will show you how to stay healthy at home, how to prevent illness effectively, how to noticeably improve your well-being or how to recover quickly from an illness or an operation. At the Steirerhof you can start your personal, holistic prevention, regeneration or rehabilitation program.

30 therapists with great expertise will introduce you to the world of well-being at the Steirerhof - your vitality hotel in Austria. Simply come to your treatment in your bathrobe, enjoy a cup of tea and your therapist will pick you up personally. Let yourself go ... You will feel how good it is to be pampered on a wellness vacation.

Our 30 treatment rooms are all spacious, individually furnished, with well thought-out details and a medical background. Each room has sufficient daylight and a pleasant view of the greenery. A pleasant view of the countryside. This makes it very easy to "relax".

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# INFORMATIONEN

## APPOINTMENT RESERVATIONS

Directly at our Vital & Spa reception or from your hotel room by dialling extension 82. phone or e-mail from home in good time. This allows us to respond more individually to your preferred dates.

**You can reach us at the number:**

**+43 (0)3333 3211-82.**

**Monday to Saturday 08:00 to 17:30**

**Sunday 08:00 to 14:00**

If you require a female or male therapist for your treatment, please let us know in advance.

**Depending on availability**, we will try to accommodate your request.

## YOU CANNOT KEEP A BOOKED APPOINTMENT

Please inform us at least 24 hours in advance. If you cancel at short notice, we will charge 50% of the booked price for the therapist's unused working time. In the event of a no-show, 100% of the treatment price will be charged. If you arrive late for treatment, your treatment will be shortened accordingly. Due to the subsequent appointments, it is usually not possible to add on the missed time.

## SPECIAL OASIS OF PEACE

Above all, our guests are looking for peace and relaxation.

We ask you to respect this and to switch mobile phones to silent in the entire wellness and spa area.

## DRESS CODE

If you have booked a treatment, please come in your bathrobe and swimwear. Exceptions are cranio-sacral therapy, singing bowl massage, shiatsu, sports science sessions or physiotherapy - here we recommend wearing light clothing.

## MEDICAL INFORMATION

Please let us know in advance if your medical condition requires special attention - whether you are a diabetic, cancer patient or allergy sufferer, take blood-thinning medication or cortisone, have thrombosis or allergies, if you suffer from a slipped disc, are pregnant or have a pacemaker - our in-house doctor will be happy to answer any questions you may have.

## RELAXATION AS A GIFT

Would you like to give your loved ones as a gift? Perfect - we will be happy to create the perfect gift voucher for you.

Please contact our hotel reception. You can reach us by telephone on +43 3333 3211 708.

# The Steirerhof Medical





## REHABILITATION

Rehabilitation is an important part of the healing process after injuries, operations or chronic illnesses. It comprises a broad spectrum of therapeutic measures aimed at improving physical, mental and social function. Steirerhof guests with complaints - for example in the back area - have appreciated the expertise of our body therapists, our natural fango infused with thermal water and other therapies from our physical therapy institute. The aim of rehabilitation is to help them increase their independence and improve their quality of life.

## REGENERATION

Alternative medicine is used alongside conventional medicine to promote regeneration. Both fields of knowledge together have enormous power and aim to restore balance in the body and strengthen self-healing powers as well as support the regeneration process. We offer you a range of treatments from acupuncture, physical treatments, naturopathy and Bach flowers to aesthetic medicine, we offer you a broad spectrum to experience regeneration on different levels.

# The doctor



“Water is life,  
Life is movement.  
Water and life  
in motion are the source  
of beauty in nature.”



## DR. EDITH ELEONORE WEGSCHEIDER

Doctor of General Medicine | Aesthetics | Acupuncture

“My aim is to combine traditional roots with modern medicine to create a “Wellbeing Medicine”.

This overall package is based on 3 pillars:

- \* contemporary general medicine
- \* traditional approaches (TCM and acupuncture)
- \* highly effective, non-invasive and minimally invasive aesthetic treatments

These are intended to help our guests achieve greater physical, mental and emotional well-being and greater inner and outer satisfaction.”

# Fee for medical care and surgery

## BRIEF INTERVENTION

Treatment duration approx 10 min, € 20

## MEDICAL CARE

Treatment duration approx 20 min, € 40

## ORDINATION

Treatment duration approx 40 min, € 80

## RESTING ECG

Treatment duration approx. 15 min, € 40

## INITIAL EXAMINATION

with assessment of findings (for spa stays)

Treatment duration approx 50 min, € 80

## FINAL CONSULTATION

### WITH DOCTOR'S LETTER

(for spa stays) for the insurance

Treatment duration approx 20 min, € 40

## HEALTH CHECK

- medical history
- Physical examination
- resting ECG
- laboratory
- final discussion

Treatment duration approx 60 min, € 180

## HEALTH CHECK EXTENDED

- medical history
- Physical examination
- resting ECG
- laboratory
- Exercise ECG
- final discussion

Treatment duration approx 90 min, € 240

## LABORATORY DIAGNOSTICS

- Complete laboratory
- Urine
- Stool samples
- HCC
- Possibly special laboratory

Duration of treatment approx. 15 min,

Price depending on laboratory values

## EXERCISE ECG

Treatment duration approx 30 min, € 80

# Rejuvenation

## INITIAL CONSULTATION

Detailed consultation before each therapy or before aesthetic treatments

Treatment duration approx 30 min, € 51

## ACUPUNCTURE

### BODY ACUPUNCTURE

### EAR ACUPUNCTURE

PAIN-RELIEVING AND HARMONIZING

Treatment duration approx 50 min, € 99

## AESTHETIC ACUPUNCTURE

Facial rejuvenation

Treatment duration approx 50 min, € 99

## INFUSION THERAPY VIT C

Treatment duration approx 30 min, € 73

## AESTHETIC TREATMENTS

The focus is on naturalness.

In an initial consultation, individual wishes are taken into account and the exact procedure is determined together.

## TREATMENT WITH BOTULINUM TOXIN

SMOOTHING OF THE ENTIRE FOREHEAD REGION

Treatment duration approx 40 min, as off € 350

## BOTULINUMTOXIN SINGLE

Smoothing of individual regions such as frown lines wrinkles, worry lines or laugh lines.

Treatment duration approx 30 min, as off € 180

## FILLER TREATMENT

### WITH HYALURONIC ACID

Individual regions, e.g. nasolabial fold

Treatment duration approx min, as off € 250

## NATURAL LIPS

Treatment duration approx 40 min, as off € 350

## FILLER-BEAUTY-PAKET

Combination, e.g. nasolabial folds and Natural Lips

Treatment duration approx 60 min, as off € 500

# Workshops at the Steirerhof



Discover a world of relaxation and exercise. From invigorating Pilates to calming yoga, sporty road bike rides to cleansing detox base fasting - we offer a wide range of options to increase your well-being

Leave everyday life behind you and treat yourself to some time out to concentrate fully on yourself and your health. Do something good for your body, mind and soul.



# Recreate your life

A healthy diet and exercise play an important role in promoting your health and effectively preventing illness. Together we will ensure that you feel good in your own skin, become and/or remain healthy and vital! Our physio and vitality department at the Steirerhof defines the path to healing and prevention together with each guest, flexibly and with maximum openness. Interdisciplinary cooperation is the decisive factor here.



Health succeeds when it is understood as the result of the whole and when action is taken accordingly.



# TCM

## Traditional Chinese Medicine

TCM, which is over 2,000 years old, has developed and proven itself as an independent medical system in China. At the Steirerhof, TCM has been used for many years by Mrs. Jing Zhu, who has a great deal of specialist knowledge and can look back on many years of experience in the field of TCM.

Through the combination of tongue diagnostics and Chinese pulse diagnostics, she recognizes a malfunction in the meridian system relatively simply and yet extremely effectively. This analysis, as well as the restoration of the flow flow conditions in the meridian pathways, form the basis for any further TCM treatment, such as z. e.g. acupressure, moxibustion, cupping or Tuina massage. Chinese herbalism also plays a central role in TCM.





Our TCM

### Ms. Jing Zhu

She graduated from Tianjin University of TCM in 1989 and then worked at Tianjin Thoracic Clinic. Ms. Zhu can look back on more than thirty years of experience in the field of TCM.



M team



### Mr. Yin Chun Lei

He also completed his training and internship years at Tianjin University Hospital. Besides specialization in moxibustion and Tuina massage, Yin Chun Lei also has extensive knowledge in the field of cupping and foot massage. Together with his wife Jing Zhu, he has been in charge of the TCM department at the Steirerhof since June 2005.

# TCM-Behandlungen

## TONGUE & PULSE DIAGNOSIS

Treatment duration approx 20 min, € 47

## individual TCM treatment

Treatment duration approx 25 min, € 57

## individual TCM treatment

Treatment duration approx 50 min, € 94

## TCM TO GET TO KNOW

- 1 tongue and pulse diagnosis
- 1 Tuina massage (approx. 50 min)
- 2 Chinese foot massages  
with herbal foot bath  
(approx. 50 min. each)

Ideal for 3 to 4 days stay  
for the price of € 248

## TUINA-MASSAGE

This treatment is part of TCM manual therapy. Various forms of manual stimulation are applied to the skin, muscles and tissues of the musculoskeletal system. This loosens strong and already hardened tensions and releases deposits in the muscles.

Treatment duration approx 25 min, € 57

Treatment duration approx 50 min, € 84

## CHINESISCHE FOODMASSAGE

In this manual TCM therapy, a medicinal herbal foot bath is administered first, which is composed of various high-quality Chinese medicinal herbs. Complaints such as digestive problems, sleep and circulatory disorders and stress can be treated very successfully. The combination of the medicinal herbs and the subsequent foot massage releases tension in the body balances the vegetative nervous system.

Treatment duration approx 50 min, € 84

## TCM FOR EXHAUSTION OR SLEEP DISORDERS

Physical or strong emotional stress can stop the flow of Qi in the body. The person suffers an energy imbalance, which can lead to states of exhaustion such as tiredness, listlessness and sleep disorders.

The following combination is recommended:

- 1 TCM treatment (approx. 50 min)  
with tongue and pulse diagnosis and already beginning treatment
- 2 chin. Foot massages with herbal foot bath (approx. 50 min. each)
- 2 TCM treatments (approx. 25 min. each)
- 1 Tuina massage (approx. 50 min)

Ideal from Sunday to Sunday

for the price of € 381

## TCM FOR BACK PROBLEMS

Signs of wear and tear on the spine, severe muscle tension and restricted movement of the shoulder joint weaken back energy. The following package has a lasting effect on building up this energy and relieving pain:

- 1 TCM treatment (approx. 25 min)
- 3 Tuina massages (approx. 50 min. each) combined with cupping or Chinese herbal pack - depending on the recommendation

Ideal from Sunday to Thursday

for the price of € 256

## WELLNESS FAR EAST

Chinese and Japanese healing massages combined in one offer:

- 2 Tuina massages (approx. 25 min. each)
- 1 Shiatsu massage (approx. 80 min)
- 1 relaxation training session  
with personal support

Ideal for 3 days

for the price of € 239

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