



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

SPA  
WELLNESS  
RECREATION

# 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 treatment rooms flooded with light,  
the Vital & Spa reception and the medical department.



# 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 countryside. This makes it very easy to "relax".



The Steirerhof Recreation	2
Information	4
Physical & individual sports science services	5   6
Physical & sports science packages	8
Winback® individual treatments for pain relief	10
The Steirerhof Spezialmassage	11
Classic massages	14
Special treatments	16
Embellish your stay	17
Our product lines	19
Facials   Beauty	20
Special beauty treatments	22
Smoothing   firming   lifting for the face	23   24
Men's special	25   26
Smoothing   firming   lifting for the body	27   28
Private Spa Suite	30
Time for two	31   32
Our packages Beauty and holistic well-being	34
The Steirerhof Fango	35   36
Wraps & packs	37   38
Bath therapies	40
The Steirerhof water world	41   42





# INFORMATION

## 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 belate, 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. Thrombosis or 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.

# Physical & sports science

## Individual services

### PHYSIOTHERAPY

Complaints and functional, movement or activity restrictions in the body that are identified during the physiotherapeutic examination can be improved during this special unit.. Physiotherapy is particularly successful for orthopaedic complaints, gynaecological needs (pelvic floor exercises), lung diseases (individually tailored breathing exercises) and is used to accompany surgical procedures (oncology, sports therapy).

Treatment duration approx 30 min, € 55

Treatment duration approx 50 min, € 89

### MUSCLE FUNCTION TEST

The muscle function test is an examination method that provides information about the strength of individual muscles or muscle groups that form a functional unit. It forms the basis for analytical physiotherapy and is also a tool for determining the performance of a tested body part.

Treatment duration approx 30 min, € 55

### INDIVIDUAL TRAINING UNIT

Every body is different - and that's a good thing. According to your personal goals and abilities, we design your individual unit. It serves to release painful muscle tension. The individual training session (e.g. swimming, stretching, strength building ...) takes place with a sports scientist or physiotherapist.

Training session approx 30 min, € 55

Training session approx 50 min, € 89



## **PAIN REGULATION THERAPY WITH SKENAR**

This form of electrotherapy regulates the autonomic nervous system. The Skenar works with an impulse technique that constantly changes by measuring the impulse responses generated in the body. This means that each impulse is different from the previous one, which prevents the body from adapting to these impulses. Used particularly for pain, there is often significant relief after just 20 to 30 minutes. Good results are also achieved with complaints of the musculoskeletal system, fractures, disorders of the nervous system, respiratory and lung problems and the effects of prolonged stress.

Treatment duration approx 25 min, € 49

Treatment duration approx 50 min, € 84

## **ULTRASONIC TREATMENT**

It has an anti-inflammatory and pain-relieving effect, can be used for acute sciatica and helps with hard tension (muscular tension), arthrosis, oedema, neuralgia, epicondylitis and haematomas. Scars become smoother and softer and lymphatic activity is stimulated.

Treatment duration approx 15 min, € 29

## **BODY FAT MEASUREMENT**

Bioelectrical impedance analysis is used to measure the personal fat, muscle and water content in the body. The results are interpreted during the consultation and a therapy program is recommended.

Treatment duration approx 20 min, € 38

## **KINESIOLOGY TAPE**

With Kinesio-Tape® you can heal injuries, loosen muscles, reduce inflammation and relieve back pain.

Treatment duration approx 15 min, € 29

## **BACK-CHECK®-STRENGTH MEASUREMENT OF ALL POSTURE-RELEVANT MUSCLE GROUPS**

Conventional strength training of the superficial back muscles does not eliminate the cause of back pain. On the contrary, if you only train the visible muscles, you may even make the problems worse. With the Back-Check®, we have a device at our disposal with which we can identify muscular strength deficits and imbalances and, above all, measure them objectively. This makes it possible to design training plans much more efficiently and ensure training success. The aim is to stabilize the spine vertebra by vertebra.

Treatment duration approx 45 min, € 89

## **SPINAL COLUMN MEASUREMENT USING MEDIMOUSE®**

The MediMouse® enables a radiation-free, non-invasive, instrument-based measurement of the spine, which serves as the basis for specific back treatment. The MediMouse® is a measuring device for computer-assisted visualization and examination of the shape and mobility of the spine. This is displayed in 3D format and any postural defects, weaknesses and problems are made visible. (Including muscle function test)

Treatment duration approx 30 min, € 55

## **ELECTROTHERAPY**

Various current therapies such as galvanization, iontophoresis, faradization (swelling current), exponential current or diadynamic current support the treatment of all musculoskeletal disorders. Electrotherapy also helps to rebuild weakened muscles.

Treatment duration approx 15 min, € 29



# Physical & sports science packages





## FITNESS FOR THE SPINE

With the help of functional analysis, the mobility of the spine is visualized and thus and any incorrect posture and malfunctions are uncovered. Our therapists then create a customized a customized gymnastics program.

- 1 MediMouse® (spinal column measurement) and muscle function test
- 1 Back-Check® (strength measurement of posture-relevant muscle groups)
- 1 training session

Treatment duration approx. 90 min, € 162

## YOUR PERSONAL FITNESS PROFILE

- 1 ergometry test without stress
- 1 muscle function test
- 1 Back-Check® (strength measurement of the posture-relevant muscle groups)
- Coordination test
- Body fat measurement
- 1 MediMouse® (spinal column measurement)

You will receive a comprehensive evaluation of all data collected (in accordance with the Euro-fitness profile) with training plan and training recommendation.

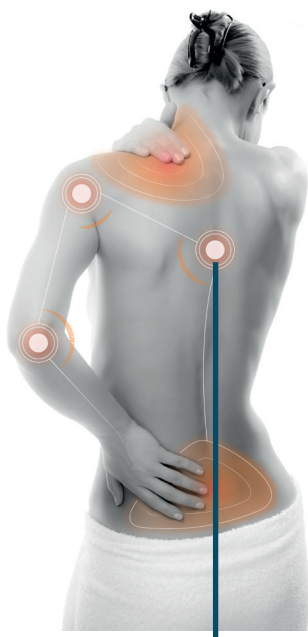
(bookable from 2 nights from Sun. to Thu.)

Treatment duration approx. 90 min, € 262

Winback® individual treatments  
for pain relief







## WOUND HEALING

97 % EFFICIENCY

## FLOW THROUGH

6x FASTER

## REHABILITATION

2x FASTER

## PAIN BLOCKER

81 % IMMEDIATE &  
LASTING EFFECT

## WOUND HEALING

PROMOTES CELL METABOLISM - REGULATION

## VASCULARIZATION

the natural resistance of the tissue converts the Winback energy into heat. This heat accelerates the formation of blood vessels in areas with poor circulation (fibrosis, cramps) and promotes freedom of movement.

## PAIN THERAPY

The rapid and long-lasting elimination of pain is crucial for effective rehabilitation.

## RHEUMATOLOGY

Arthritic syndromes, deep drainage of oedema, regaining freedom of movement, cervicalgia, epicondylitis, acute and chronic back pain, muscle adhesions back pain, muscle adhesions, joint stiffness.

## LYMPHATIC DRAINAGE

## TRAUMATOLOGY

For acute emergency treatment of musculoskeletal injuries (sprains, muscle tears, fractures, pre- and post-operative joint plastic surgery, prostheses and osteosynthesis). Faster return to movement by reducing trauma.

## SPORTS KINESIOLOGY

Resolution of incorrect movement patterns


## Winback® treatment

Treatment duration approx. 25 min, € 59

Treatment duration approx. 50 min, € 112

**Contraindications:** Pregnancy, pacemakers, acute inflammation and cancer

# The Steirerhof special massage



Our concentrated knowledge and expertise brought to the point for you: our signature treatment combines techniques from TCM with lymphatic drainage. The active ingredients of the bioaromas are individually tailored to your needs.

They stimulate the lymphatic flow and the reduction of hyperacidity in the tissue. The electro stimulation of the acupressure points releases energetic blockages and has a relaxing and balancing effect.

**Procedure:**

- Reflex zone drainage of the entire back
- Lymph flow stimulating treatment by means of cupping glasses
- Electrical stimulation of the meridian points

**Treatment duration approx 50 min, € 89**

- Reflex zone drainage of the entire back
- Lymph flow stimulating treatment using cupping glasses
- Electrical stimulation of the meridian points
- Activation of the muscle meridians by means of electrostimulation of the acupressure points

**Treatment duration approx. 80 min, € 117**





# Classic massages





### **CUSTOMIZED MASSAGE**

Treatment duration approx 25 min, € 49

Treatment duration approx 50 min, € 79

### **FOOT REFLEXOLOGY**

Treatment duration approx 25 min, € 49

### **PARTIAL MASSAGE WITH FOCUS ON HEAD AND NECK RELAXATION**

Treatment duration approx 50 min, € 79

### **COMBINATION MASSAGE**

A foot reflexology massage combined with a classic partial massage.

Treatment duration approx 50 min, € 79

### **LYMPHDRAINAGE**

Manual lymphatic drainage is a gentle massage that stimulates the removal of waste products, metabolic products, toxins and excess tissue fluid.

Treatment duration approx 50 min, € 79

### **DEEP RELAXATION MASSAGE**

The combination of massage, energy work and the soothing effect of warm St. John's wort oil relieves tension in the muscles and spine. Congestion is released and the autonomic nervous system is balanced.

Treatment duration approx 50 min, € 79

### **AROMATHERAPY MASSAGE**

The wonderful fragrance of essential oils has a positive effect on body, mind and soul. They calm the nervous system, strengthen the body's defenses and promote well-being. The massage supports the flow of lymph and energy.

Treatment duration approx 50 min, € 79

### **LA STONE®**

This particularly relaxing treatment uses soothing heat, supplemented by short cold impulses. The stones placed on the chakras relax deep down. Blood circulation is stimulated, self-healing powers are activated, blockages are released and tension disappears. Beneficial for body & mind.

Treatment duration approx 75 min, € 120



Special treatments





## WELL-BEING RITUAL

A dream of inner peace and physical balance Sea salt, cane sugar and essential oils caress the body and ensure completely renewed skin. The subsequent energizing massage is derived from the Indian Ayurvedic tradition and rebalances your inner energy. Body and mind regain vitality to the rhythm of the energetic massage.

Treatment duration approx 70 min, € 121

## SHIATSU MASSAGE\*

Gentle pressure is applied to meridians and acupuncture points with flowing movements. Energy congestion and blockages in the energy flow are released and the body's own self-healing powers activated. The imbalance in the body is better perceived, resulting in harmony and well-being.

Treatment duration approx 80 min, € 120

## SINGING BOWL TREATMENT\*

The treatment offers a time-out full of well-being. Sound is a universal language that touches and can gently release tension, stress and physical and inner blockages. The deep vibration of a singing bowl is particularly effective. It brings the body and energy system back into balance and awakens our original strength.

Treatment duration approx 50 min, € 79

## SENSITIVE AROMATIC OIL MASSAGE

This holistic massage for body, mind and soul combines sensitive touch with warm **chakra stones** and selected aromatic oils. It helps you to find yourself and find your center.

The choice of oils is discussed before the massage - you will receive the individual blend as a gift to take home after the treatment.

Treatment duration approx 80 min, € 105

## CRANIOSACRAL RELAXATION\*

Particularly gentle, small movements are used here. Well-dosed pressure is applied to reach the sensory organs' limits of perception. The treatment has a particularly relaxing effect and helps very well with complaints in the musculoskeletal system, but also after traumatic experiences such as accidents. Cranial relaxation gives the body the opportunity to reactivate its inherent self-healing powers and the body's own energies. activated.

Treatment duration approx 80 min, € 120

\* PLEASE COME TO THIS TREATMENT IN LIGHT TRAINING CLOTHING.





## Körperbehandlungen mit Winback® und Massada

ENTSCHLACKEN - STRAFFEN - FESTIGEN

### WINBACK® Massage und Körperpflege

Die Winback® Energie ist ein innovativer und einzigartiger Hochfrequenzstrom, welcher die „natürliche Regeneration“ des biologischen Gewebes, beschleunigt und die Energie für den menschlichen Körper mit „seiner geringen“ Strahlung sichtbar und werden lässt. Diese Energie wird an sichtbar und werden lässt. Diese Energie wird an sichtbar und werden lässt.

### Body Firming Paket

Greift das Fett in der Taille an, bräunt die Entstehung neuer Fettsäuren und modelliert die Figur.  
=> 1x Lift & Sculpt Körperbehandlung 50 min.  
=> 2x Minceur Intensiv Peelings ca. 20 min.  
=> 1x Totes Meer Salz Peeling ca. 30 min.  
=> 1x Minceur Intensiv Packung ca. 30 min.  
Paketpreis € 239,-

### Detox Paket

Zum Entschlacken, Entgiften und zur Formung der Körperkonturen.  
Körperkonturen.  
=> 1x Lift & Sculpt Körperbehandlung 50 min.  
=> 1x Detoxbad ca. 45 min.  
=> 1x Meeresschlammpackung aus dem Toten Meer ca. 30 min.  
Paketpreis € 136,-

**WINBACK®**  
BEAUTY

### Minceur Intensiv – Massada mit Winback®

Die Minceur Intensiv Line von Massada verbindet sich mit der kraftvollen Verbrennung und wachstumsfördernden Energie von Winback® zum mit der hat effektivere Wirkung zu erzielen. Die Winback® Energie verleiht das Gewebe mit Sauerstoff und erzeugt dadurch Zellulose Energie in Kombination mit den Wirkstoffen von Massada Myrica cerifera, Koffein, Niacinamide, Zink und Vitamin B6 zur Erhaltung der Zellenergie und optimaler Zellfunktion. Es wurde nachgewiesen, dass Fett im Fettgewebe reduziert wird. Es hat eine direkte Wirkung auf den Adipozytenstoffwechsel.

### Lift & Sculpt Körperbehandlung

Diese Behandlung von Massada ist eine Ganzkörperanwendung, welche die Festigkeit und Elastizität der Haut erhöht. Dabei verbessert sich um ein beträchtliches Maß die Konturen. Es handelt sich um eine tiefere Behandlung für die Haut, die Anzeichen von Hautelastizitätsmangel, Cellulite oder Schlaffheit zeigt. Es wirkt, indem es hilft, Giftstoffe abzubauen und die Durchblutung zu fördern, während es die Stützstruktur der Haut rekonstruiert und stärkt, um deren Festigkeit zu steigern.  
Behandlungsdauer ca. 50 min. € 75,-

**MASZADA**  
THE NATURAL THERAPY



# Our product lines

## MASSADA

Produced according to the ECOA® method - is a holistic, certified organic natural cosmetics line with a wide range of natural and mineral products that meet, the high demands and requirements of professional cosmetics.

ENERGY, COLOR and AROMA are the three axes of the ECOA® method. All recipes are balanced in their composition and the synergistic mixture of plant extracts, vitamins, salts and muds from the Dead Sea, essential oils and floral waters make them cosmetics for all the senses.

## PIROCHE®

To reduce expression lines and dryness and prevent premature skin ageing: the Italian Piroche® product line contains plant extracts of the highest quality - and guarantees natural, essential oils and formulas based on the latest scientific findings that promote the revitalization and health maintenance of the skin. The effective combination of active, natural substances and the stimulation of acupuncture points promote holistic relaxation of the skin. They strengthen, decongest and give you a vital and youthful glow. radiant. A LIFTING EFFECT IS ACHIEVED.

## THALGO COSMETIC

The micro-pulverization of the algae makes the minerals, trace elements, vitamins and pigments contained in the cell nucleus fully available and creates a highly active cosmetic ingredient that has an osmotic effect and serves as the basis for Thalgo Cosmetic. Minerals and trace elements are supplied to the body, which serve as an enzyme activator to protect against free radicals.





# Gesichtsbehandlungen | Beauty

## INDIVIDUAL CLASSIC FACIAL TREATMENT

- Cleansing
- Exfoliation
- Deep cleansing
- massage
- Mask
- Brow shaping
- Final care

Treatment duration approx 50 min, € 97

## INDIVIDUAL FACIAL TREATMENT INTENSIVE

- Cleansing
- Exfoliation
- Deep cleansing
- Ampoule or serum
- Ultrasound
- massage
- Special mask
- Brow shaping
- Final care

Treatment duration approx 80 min, € 144

## EXTRAS FOR THE FACE

- Eyelash service approx. 25 min, € 39  
(eyelashes | eyebrow tinting | tinting)
- Eyelash or eyebrow tinting € 15  
(only as part of a treatment)
- Ampoule individual € 20,-
- Facial massage approx. 25 min, € 45

## FROM HAND TO FOOT

We offer exclusively medical pedicures.

- Manicure & pedicure (without polish)  
Treatment duration approx. 80 min, € 97
- Manicure with polish  
Treatment duration approx. 50 min, € 65
- Kerosene hand pack  
Treatment duration approx. 25 min, € 32
- Pedicure with polish  
Treatment duration approx. 50 min, € 71

## RESINS

- Legs up to the knee  
Treatment duration approx. 20 min, € 40
- Legs completely  
Treatment duration approx. 50 min, € 65
- Bikini line | armpit | upper lip and chin  
Treatment duration approx. 10 min, € 23
- Upper lip  
Treatment duration approx. 10 min, € 13

Each treatment is tailored to your specific skin needs. Your beautician decides on the spot which products to use.



# Special beauty treatments





## FIRMING EYE TREATMENT

### with Piroche®

A particularly regenerating zone treatment that reduces bags under the eyes and wrinkles.

- Cleansing
- Bioenergetic lymphatic drainage
- Pressure point massage
- Firming mask
- eye gel

Treatment duration approx 45 min, € 68

## FACIAL SHIATSU with Piroche®

Thanks to the special massage technique and the targeted stimulation of acupressure points, this facial treatment has an extremely relaxing effect and stimulates lymph flow. Tense expression lines are softened. A subsequent sculpting mask refines the skin texture. For a radiant result.

Treatment duration approx 50 min, € 84

## VITAMIN POWER TREATMENT

### with Piroche®

The “natural beauty” program to reduce expression lines and dryness wrinkles and to regenerate cells on the face, neck and décolleté:

The skin is strengthened, nourished and tightened by introducing the revitalizing multivitamin complex and active ingredients.

- Cleansing
- Exfoliation
- Deep cleansing
- Vitamin or retinol ampoule with ultrasound
- massage
- Mask
- Brow shaping
- Final care

Treatment duration approx 80 min, € 143

## LUXURY SECRETS with Thalgo

A treasure in anti-ageing treatment: a special highlight is the anti-ageing mask made from organic cellulose, enriched with phytohormones from algae. It soothes and soothes the skin and supplies it with precious active ingredients. The result is immediately visible and is intensified over the course of the treatment. It promises firmer facial features and noticeably smoother skin.

- Cleansing
- Exfoliation
- Deep cleansing
- Anti-ageing serum and mask
- Anti-ageing eye cream
- Massage with the special anti-aging cream
- Brow shaping

Treatment duration approx 80 min, € 150

## ENERGETIC FACIAL TREATMENT

### with Piroche®

Bioenergetic lymphatic drainage is used to remove toxins from the facial skin using vacuum glasses. Waste products. With specifically selected bioaroma synergies and many other active natural complexes, the skin is given new energy, natural complexes, the skin is supplied with new energy. Acupressure also tightens the skin and tissue.

- Back deblocking
- Cleansing
- Exfoliation
- Aroma and algae therapy with essential oils
- Bioenergetic drainage
- mask
- acupressure
- Brow shaping
- final care

Duration of treatment

without back blockage approx. 50 min, € 103

Treatment duration approx 80 min, € 125

# Smoothing | firming | lifting for the face

## **PRESERVE**

YOUR NATURAL BEAUTY

## **SLOW DOWN**

THE AGING PROCESS

## **SUPPORT**

YOUR TISSUE

## WINBACK® facial treatment

in combination with Massada

The lines developed by Massada offer a combination of natural active ingredients with highly concentrated hyaluronic acid, which fills the inter-fibrillar spaces with collagen and exerts a molecular sponge effect. In addition, Winback Energy® supplies the tissue with oxygen. In this way, cellular energy is generated which enables the cells to function optimally. The formation of collagen and elastin is also stimulated. The skin is more rested, firmer, more moisturized, silky soft and radiantly beautiful. Cell renewal and regeneration takes place.

### Basic

- Cleansing
- Exfoliation
- Winback®
- Brow shaping
- Final care

Treatment duration approx 50 min, € 124

### Intensive

- Cleansing
- exfoliation
- Light deep cleansing
- Serum or ampoule
- Mask
- Winback®
- Brow shaping
- final care

Treatment duration approx 80 min, € 157



## HydroMASS facial treatment

HydroMASS was developed to restore a fresh, youthful appearance to tired and stressed skin. A technology that creates a unique glow and combines the deep cleansing power of hydrogen water with the natural active ingredients of Massada. The skin is freed from impurities and blackheads, while at the same time skin is moisturized and revitalized.

- Cleansing
- Hydrocupping - deep pore cleansing and exfoliation, Introduction of hydrogenated water H<sub>2</sub> against cellular oxidation
- 3D massage
- Final care

Treatment duration approx 50 min, € 124

## ZONER

With the help of infrared light, the oxygen supply and microcirculation of the tissue cells is increased. Photobiostimulation effectively combats skin slackening and the repair processes are accelerated.

## RADIOLIFT

This intensive, pain-free lifting stimulates the formation of new collagen fibers, reduces the depth of wrinkles and tightens the tissue. The immediate effect is guaranteed.

## MESOPORATION

This unique and completely painless procedure results in a direct transfer of active ingredients into the cells with an absorption 100 times higher than with previous devices.

## Zoner Anti-Aging-Trilogy

Infiltration at a deeper level. This “three-in-one treatment” drains and firms the tissue, fills and nourishes the skin and reduces the depth of wrinkles. The result? Goodbye fine lines!

- Cleansing
- Exfoliation
- infrared
- Radiolift and mesoporesis with ampoule
- Mask
- Final care

Treatment duration approx 80 min, € 160

## Zoner two-in-one treatment

Ideally suited as a follow-up treatment after a Zoner Anti-Aging Trilogy.

- Cleansing
- Peeling
- Infrared plus mesoporesis
- Final care

Treatment duration approx 50 min, € 114

# Men's special

## MEN'S TREATMENT

Well-groomed skin is not only important for women - men can also take care of their appearance. Our customized treatments ensure that you feel good in your skin. The products tailored to the needs of men's skin are from our natural line Massada or seaweed line Thalgo.

### Basic:

- Cleansing
- Exfoliation
- Deep cleansing
- massage
- Mask
- Brow shaping
- Final care

Treatment duration approx. 50 min, € 97

### Intensive:

- Cleansing
- peeling
- Deep cleansing
- Ampoule or serum
- Ultrasound
- massage
- Special mask
- Brow shaping
- Final care

Treatment duration approx 80 min, € 144

## HydroMASS facial treatment

HydroMASS was developed to restore a fresh, youthful appearance to tired and stressed skin. A technology that creates a unique glow and combines the deep cleansing power of hydrogen water with Massada's high-tech and natural active ingredients. The skin is freed from impurities and blackheads. It is healthier, well moisturized and revitalized for a radiant complexion.

- Cleansing
- Hydrocupping: deep pore cleansing and exfoliation, Introduction of hydrogenated water H<sub>2</sub> against cellular oxidation
- 3D massage
- Final care

Treatment duration approx 50 min, € 124

## FACE SHIATSU with piroche

Due to the special massage technique and targeted stimulated acupressure points, this facial treatment has an extremely relaxing effect and stimulates lymph flow. Tense expression lines are reduced. A subsequent sculpting mask refines the skin texture, resulting in a radiant, youthful appearance.

Treatment duration approx 50 min, € 84





## WINBACK® facial treatment in combination with Massada

The lines developed by Massada offer a combination of natural active ingredients with highly concentrated hyaluronic acid, which fills the interfibrillar spaces with collagen and exerts a molecular sponge effect. In addition, Winback Energy® supplies the tissue with oxygen. In this way, cellular energy is generated which enables the cells to function optimally. The formation of collagen and elastin is also stimulated cumulatively and effectively. The skin is more rested, firmer, more moisturized, silky soft and radiantly beautiful. Cell renewal and regeneration takes place.

### Basic

- Cleansing
- Exfoliation
- Winback®
- Brow shaping
- Final care

Treatment duration approx 50 min, € 124

### Intensive

- Cleansing
- exfoliation
- Light deep cleansing
- Serum or ampoule
- Winback® mask
- Brow shaping
- final care

Treatment duration approx 80 min, € 157



# Smoothing | firming | lifting for the body

## WINBACK® massage and body care

Winback® energy is an innovative and unique high-frequency current that accelerates the “natural regeneration” of biological tissue. Its low intensity delivers a completely non-invasive energy that is 100% natural and painless for the human body. The results are visible from the first session and are stabilized in 3 to 5 sessions.

The combination of Winback® and massage aims to regulate excesses. Excesses are usually associated with chronic processes in the body that not only reduce organ activity, but also interfere with the healing process or the body's own regulation. This body treatment was developed to restore the balance and harmony of the entire body.

A Winback® body treatment improves the metabolism and has a pain-relieving effect. At the same time, activation of the lymph nodes causes a faster pumping effect, which in turn accelerates drainage.



## **MINCEUR INTENSIVE - MASSADA WITH WINBACK®**

Massada's Minceur Intensive line combines with the powerful, safe and beneficial energy of Winback® to deliver more effective and long-lasting results over time without any side effects. Winback® energy oxygenates the tissues to generate cellular energy. In combination with the active ingredients of Massada (Myrica cerifera, caffeine, juniper, ruscus, cinnamon), this leads to the recovery of cellular energy and optimal cell function. It has been shown to reduce fat in adipose tissue. It has a threefold effect on adipocyte metabolism:

- reduced adipogenesis
- increased lipolysis
- reduced lipogenesis

The Minceur Intensive treatment is ideal for cleansing and smoothing the tissue cells. The result is a more beautiful and even complexion.

Treatment duration approx 50 min, € 124

## **LIPO MATRIX**

- special peeling for optimal absorption of the subsequent products
- Wrapping technique
- Introduction of the lipolytic solution
- Application phase
- Final care

In the presence of localized areas with stubborn cellulite, we recommend an additional intensive modeling ampoule, which is introduced by mesoporesis.

Continuous use accelerates fat metabolism, optimizes the mobilization and elimination of toxins and improves tissue structure.

Treatment duration approx 50 min  
without Ampulle, € 78

Treatment duration approx 50 min  
with Ampulle, € 123



# Private Spa Suite







## PRIVATE SPA SUITE

Be among yourselves, chat with each other, share experiences and enjoy the benefits of private wellness rooms. Experience the healthy warmth of the infrared cabin, choose between different bath oils and enjoy candlelight, fresh fruit, champagne and snacks in the cozy fireplace corner. Per hour € 94

# Time for two

Enjoy relaxing treatments in a wonderful ambience. Our spa suite invites you to linger, feel good and relax.

## SPA RITUAL MERVEILLE ARCTIQUE

The world's oceans represent boundless freedom and hold endless treasures. They have the power to soothe, revitalize and bring body, mind and soul into harmony. Immerse yourself in a revitalizing spa ritual created by the symbiosis of warm and cold. Enjoy the soothing effect of traditional Nordic rituals, alternating between relaxing warmth and invigorating coolness to loosen the body and relieve tension.

- Arctic salt peeling: A trio of exfoliating salts is massaged into the skin with invigorating movements to renew the skin all over.
- Arctic crystal bath: Enchanted by the relaxing, fragrant bath water, your thoughts float away to the hot springs of Iceland.
- Enjoy the soothing warmth of the steam bath.
- Relax by the fireplace with fruit, chocolate and sparkling wine
- Arctic massage: an exclusive massage that combines massage in which relaxing warmth alternates with invigorating coolness. Tension is released stress and the body is brought back into balance.

Treatment duration approx  
for 1 person approx. 150 min, € 168  
for 2 persons approx. 150 min, € 168 per person

## SPA-VITAL-PACKAGE

The dead sea salt peeling of the entire body stimulates the skin's circulation and prepares it for the subsequent algae wrap. This also boosts the metabolism, detoxifies and deacidifies. The treatment takes place in a private steam bath, which helps to remove toxins. The treatment concludes with a feel-good massage with essential oils - accompanied by fresh fruit and sparkling wine.

- Dead Sea salt peeling
- Algae pack with effect in a private steam bath
- Well-being massage approx. 25 min

Duration of treatment  
for 1 person approx. 90 min, € 115  
for 2 persons approx. 90 min, € 115- per person

## ISLAND DREAMS

Deep relaxation, well-being and care in an extraordinary, holistic treatment: an exotic journey towards greater balance, vitality and well-being. Unique textures, exclusive ingredients and stimulating fragrance compositions allow you to enjoy with all your senses. Inspired by the traditional beauty secrets of the islanders, this ritual pampers you with:

- a wonderfully fragrant scrub
- a soothing lagoon water bath
- a deeply relaxing massage with warm, shimmering body oil
- fruit platter, chocolate fruits, cocktail

You will feel refreshed, relaxed and full of positive energy. Your skin regains its radiance and feels supple and soft.

Treatment duration  
for 1 person approx. 150 min, € 168  
for 2 persons approx. 150 min, € 168 per person





## ENJOYMENT FOR TWO - PARTNER TREATMENT

A nourishing treatment with a touch of the sea that touches the body and the senses: Let yourself be pampered and enjoy the atmosphere of a treatment for two. Warm up in the infrared cabin followed by a shared bath with algae and water lily extract. Followed by a relaxing and moisturizing mask and a feel-good massage with essential oils. Culinary delights accompanied by chocolate fruits and a refreshing cocktail.

Treatment duration approx 120 min, € 195

## MASSAGE FOR TWO

Get a treatment and enjoy a wonderful time together: Choose between a classic full-body massage, an aromatherapy massage, a partial massage with head and neck relaxation or a combination massage. Followed by wonderful relaxation by candlelight and soft music. Enjoy a refreshing fruit cocktail and find time to chat.

Duration of treatment approx. 50 min

Relaxation time together approx. 20 min,  
€ 89 per person



# OUR PACKAGES

## Beauty and holistic well-being





## **BODY FIRMING PACKAGE**

Attacks the fat in depth, slows down the formation of new fat cells and sculpts the figure.

- 2 Minceur Intensive with Winback® approx. 50 min
- 1 Dead Sea salt peeling approx. 20 min
- 1 Minceur intensive wrap approx. 30 min

Package price € 283

## **DETOX-PACKAGE**

For purifying, detoxifying and shaping the body contours.

- 1 Steirerhof special massage approx. 50 min
- 1 detox bath approx. 45 min
- 1 sea mud pack from the Dead Sea approx. 30 min

Package price € 161

## **TASTER BEAUTY DAY FOR HIM AND HER**

- 1 complete facial, neck and décolleté treatment, deep cleansing, peeling, ampoule, mask, massage
  - 1 pedicure
  - 1 hand massage with arm wrap
- one treatment day approx. 3 hours

Package price € 197

## **STEIRERHOF pampering time**

- 1 HydroMass treatment
- 1 Zoner Anti-Aging Trilogy
- 1 Shiatsu

Bookable for a stay of  
of 3 nights

Package price € 344

## **REGENERATION DAY**

- 1 soap foam treatment followed by a massage
- 1 head and neck relaxation

Treatment duration approx. 80 min, € 101

## **BODY-CURE-ROYAL-PAKET**

- 1 full body scrub
- 1 aromatherapy massage

Treatment duration approx. 80 min, € 101

# The Steirerhof Fango

## Thousands of years old and not a bit tired

The natural fango made from the volcanic rock phonolite comes from the Kaiserstuhl near Breisgau. The powder-fine rock flour is freshly prepared in-house with Bad Waltersdorf thermal water for each treatment.

Even 6,000 years ago, the Egyptians knew about the healing effects of the Nile mud on the body. Roman legionaries of antiquity regularly used the volcanic mud fango to treat muscle injuries. In the Middle Ages, the legendary physician Paracelsus is said to have recommended regenerating mud baths. "In the course of time, healing practices can always fall into oblivion. Always on the lookout for the next new thing, people abandon tried and tested methods. Until you realize that it is no coincidence that these methods have stood the test of time and contain a wealth of experience."



## THE STEIRERHOF FANGOPACKAGE

The main effect: even deep tissue layers are heated strongly, effectively and for a long time. The high temperature stimulates the circulation, relieves pain, relaxes the muscles and loosens the connective tissue. Sweating is increased and cardiac activity is stimulated. This individually dosed application leads to reflective effects on the internal organs and glands. In the case of a natural mud treatment, a medical examination should be carried out beforehand (possible at the spa doctor's office). the type of application, temperature, duration and frequency of the treatment.

Treatment duration approx 30 min, € 48

# Wraps & packs

## PEAT PACKING

The healing moor of Neydharting (Upper Austria) is considered to be particularly skin-friendly, valuable and regenerative. It is rich in water-soluble components which are easily absorbed by the skin. This treatment has a hormone-stimulating effect. The humic acid contained in the peat ensures that the joints are particularly well supplied with blood. Lying in a heated waterbed, you also experience pure relaxation.

Duration of treatment approx. 30 min, € 45

## DETOX PACK

This wrap uses up to 11 large bandages soaked in healing clay, minerals and Dead Sea salt. After a skin revitalizing pretreatment, the body is stimulated to purify and detoxify using a special wrapping technique. The fat metabolism is stimulated and superfluous deposits are reduced. The method is not only aimed at short-term weight loss, but also at the best possible detoxification and cleansing of the tissue. A full-body peel is recommended before the detoxifying wrap to remove dry skin cells and make the skin more receptive. To support the detoxifying effect, detoxifying tea is offered.

Treatment duration approx. 80 min

Detoxifying wrap with peeling € 125

Detoxifying wrap without peeling € 95



## THE STEIRERHOF CREME PACKAGE

### **Particularly ideal for dry skin.**

A skin revitalizing pretreatment promotes blood circulation, after which a lotion-like mixture of a base cream with mare's milk and various body oils such as jojoba, almond and sesame oil is applied and the body is wrapped in fleece sheets. The warmth of the 37 °C waterbed opens the skin pores even more and the body wrap with its valuable ingredients can be optimally absorbed.

Treatment duration approx 30 min, € 48

## ALGAE GEL BODY WRAP

A body treatment that is preceded by a full body scrub. Algae gel made from pure algae extract and essential oils is then applied to the body. The application phase takes place in a heated waterbed. The heat opens the skin pores and allows the wrap to be optimally absorbed. The tissue is detoxified, supplied with minerals and trace elements and fat deposits are broken down. The skin is soft, supple and well moisturized.

Treatment duration approx 50 min, € 95

## VEIN | ICE WRAP

This soothing cold application with the addition of essential oils is particularly effective for varicose veins and fluid retention in the legs. If you are intolerant to aromatic oils, we use a curd cheese wrap.

Treatment duration approx 30 min, € 35

## DETOX BODY WRAP

An intensive algae wrap, which has a very detoxifying and draining effect due to the mineral salts, trace elements and iodine it contains. During the 30 minutes in the waterbed, the body detoxifies through the skin and the metabolism is stimulated. (This treatment is not recommended for thyroid disorders).

Treatment duration approx 30 min, € 48

## HEALING CHALK PACK

### **Also suitable for sensitive skin.**

Composed of healing chalk, healing clay and various essential oils, this pack has an immune-boosting effect, especially on sensitive skin. Due to its low pH value, healing chalk neutralizes or lowers the pH value in the body and prevents hyperacidity, which can occur particularly in rheumatic diseases. The warmth of the waterbed also accelerates the absorption of the effective ingredients.

Treatment duration approx 30 min, € 48

# Bath therapies



NICHT DIE JAHRE,  
SONDERN DER LEBENSSTIL  
WIE MIR ALT WERDEN.



### CHINESE HERBAL BATH

An original decoction of pure Chinese herbs and roots is added to this regeneration bath. This releases blockages and tension in the joints and muscles, relieves pain, reduces inflammation and promotes the flow of energy. Very effective for stress-related exhaustion.

Treatment duration approx 30 min, € 47

### SOAP FOAM TREATMENT WITH FEEL-GOOD MASSAGE

This intensive soap lather treatment cleanses the body and stimulates circulation. After washing, the whole body is massaged with warm oil. Body, mind and soul can relax relax wonderfully.

Treatment duration approx 50 min, € 79

### Sound and sound symphony

The human body consists mainly of water. The pleasant sound waves of the music, which are transmitted in the bath, set it in motion and so the bath is ultimately a "massage of the body cells". To enhance the soothing effect, an individually tailored blend of scented oils is added. This creates a symphony of sound and fragrance, which can release tension and blockages and also helps you to let go emotionally.

Treatment duration approx 30 min, € 46

### FULL BODY SCRUB

A fine scrub made from corn grits and mare's milk gently removes dry skin cells and cleanses thoroughly. This treatment is suitable for all skin types and makes the skin smooth and supple. Ideal preparation for baths, wraps, packs and massages.

Treatment duration approx 30 min, € 46

### EMPRESS SISI BATH

The treatment begins with a natural exfoliation using mare's milk and corn grits to neutralize the skin's pH value. This is followed by a moisturizing face mask. The final full bath pampers with a composition of rose petals and a mixture of milk and rose oil. A refreshing fruit juice cocktail rounds off this very special bathing experience.

Treatment duration approx 60 min, € 85

### DETOX BATH

The skin is our largest detoxification organ, as sweat glands remove toxins and thus cleanse the body. Sweating out toxins, cleansing the body, reducing joint and muscle pain as well as relaxing the mind and thus sleeping better are the main effects of this bath. In addition, the moisture content of the skin is improved and the metabolic process in the body is increased. With a natural salt-oil peeling, which is rich in nutrients, the body is optimally prepared for the bath.

Treatment duration approx 45 min, € 63



An aerial photograph of a pool deck. The deck is paved with light-colored square tiles. Along the edge of the pool, there are several lounge chairs with light blue cushions and white towels. A central planter with a round, green, moss-like top sits on the deck. The pool water is a clear, light blue color.

## THE BAD WALTERSDORF THERMAL WATER

This sodium hydrogen carbonate-chloride solution has been stored at a depth of 1,200 meters for over 10,000 years and comes out of the spring at 62 °C. It is one of the highest quality and gentlest thermal healing waters in Austria. In addition to its well-known regenerative effect, our thermal healing water is particularly suitable for supportive treatment of

- vegetative states of exhaustion, need for regeneration
- general weakness of the immune system, cardiovascular disorders
- inflammatory rheumatism (chronic polyarthritis, gout)
- degenerative rheumatism (sciatica, nerve pain, arthrosis, damage to ligaments disc and vertebral damage, muscle pain)
- soft tissue rheumatism, diseases of the respiratory organs
- Follow-up treatment for injuries and operations on the musculoskeletal system

In the case of the following illnesses, use of the thermal baths only with the consent of the family doctor or spa doctor:

- cardiac insufficiency
- Severe circulatory disorders such as smoker's leg, varicose veins, acute phlebitis and thrombosis
- high blood pressure
- acute joint inflammation
- bronchial asthma
- after a heart attack or stroke

## The natural pool

Under the motto "Seensucht" (lake addiction), nude swimmers can enjoy a lake-like bathing experience in the chemical-free natural pool. Surrounded by lush greenery, the natural pool is a refreshing addition to the brine and thermal water. The special enjoyment factor: heatable up to 20 °C, you can swim in the 200 m<sup>2</sup> water idyll in the open air at any time of year. In combination with a bio sauna, finnish sauna and covered relaxation areas. An incomparable feel-good added value.

## THE SPORTPOOL | INFINITYPOOL

One of the absolute highlights of the 800 m<sup>2</sup> water area is the 28 x 10 m outdoor sports pool, a true "endless pool" that tempts you to swim in the sunset. Open all year round and a delight for swimmers and bathing beauties whatever the weather.



An aerial photograph of a swimming pool deck. The deck is paved with light-colored stone tiles. Along the top edge of the pool, there are three pairs of white lounge chairs with white towels. A circular green planter sits on the deck between the first and second pairs of chairs. The pool water is a clear, light blue color. On the right side of the pool, there are metal handrails and a set of stairs leading into the water.

## The saltwater pool

A special and very popular attraction at the Steirerhof is the outdoor brine pool. The warm brine is known to have a calming effect on the psyche and body and strengthens the immune system. Bathing in brine also promotes blood circulation in the skin and stimulates osmotic skin metabolism. The increased buoyancy caused by the brine concentration also relieves the musculoskeletal system and joints and relaxes the muscles. For this reason, the treatment of diseases of the musculoskeletal system is particularly supported:

- Arthritis and gout
- arthrosis
- osteoporosis
- Broken bones, sprains, bruises, strains

The warm brine also has a positive effect on digestive complaints, metabolic disorders, inflammatory diseases of the nervous system, poor concentration and sleep disorders.

In the case of serious general illnesses, use of the brine pool is only possible with the consent of the family doctor or spa physician, including:

- pronounced cardiac insufficiency
- severe liver or kidney insufficiency
- acute infections
- after a heart attack or stroke

## The pearl water

Silky soft, lime-free and pH-neutral. After a long swim in the pool, the skin is often very dry and tight. This cannot happen to you in the pearl water pool: The special pH-neutral water ensures noticeably soft and supple skin and velvety-smooth hair.

Advantages of pearl water:

- Activation of the lymphatic system through the gentle water pressure
- Positive effect on the vegetative nervous system, which regulates vital functions such as blood pressure, pulse, respiration and metabolism
- Optimum relief of the musculoskeletal system
- noticeably soft and smooth skin
- supple hair
- technical advantage: no limescale deposits in and around the pelvis!



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