

My health. My Warmbaderhof.

VIBE therapy & beauty prices 2026



Discover the infinite source of vitality and joie de vivre, profoundly consolidate your health and create hidden powers.

My Warmbaderhof. My medical spa refuge.

The highest level of medical competency awaits you during your health stay in the 5-star traditional Warmbaderhof hotel. You, your well-being and your health are the focus here. Physicians, psychologists, physiotherapists, medical masseuses, fitness trainers and dieticians work hand in hand to alleviate pain and to attain a sustainable improvement to health. With precision and high levels of competence, physiotherapies, massages, baths are combined with the healing Warmbad thermal water.

Holistic and enjoyable relaxation

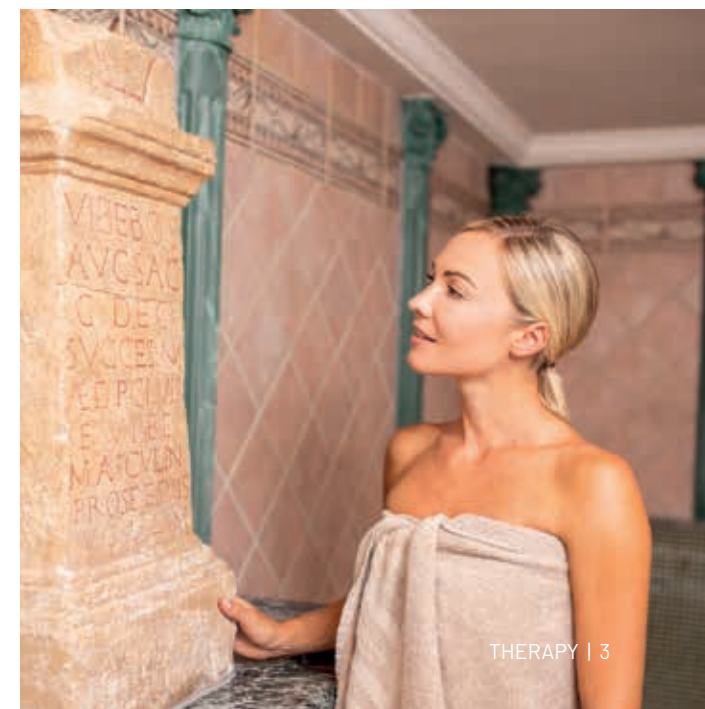
The Warmbaderhof ***** in the Warmbad-Vilach thermal resort offers a unique combination of holiday resort and medical health centre. We are proud to look back on decades of tradition and experience in wellness, thermal and health tourism.

Prevention and innovation

With the concept of our holistic MEDICAL SPA, we have succeeded in presenting an innovative health-related further development in combination with the highest quality beauty and application programmes and naturally an enjoyable holiday. We are setting new standards in health tourism.

Quality

The VIBE therapy department is certified according to ISO 9001: 2015. Our goal is the safety of guests and employees, the maintenance of quality and the improvement of services. The quality management system is for us a tool to optimize and develop continuously our services to satisfy guests and employees.



My VIBE therapy.

**Health is our most
treasured possession
– do it for yourself!**



“Together with my team, we want to steer you in the direction of better mental and physical well-being so that you radiate beauty, both internally and externally. Our objective is not only to give you a short-term feel-good experience with a combination of modern medical therapies and treatments and a multitude of feel-good applications, but to be a long-term partner of yours for your personal health, your well-being.”



Dr. Andrea Rainer
Medical Director, VIBE Private Therapy



Together with our
therapists, you will find
the source of a healthy
life!

All beginnings are individual:

the VIBE therapy check

The VIBE therapy check is a preliminary diagnostic treatment, on the basis of which the individual therapy programme is compiled for you. The VIBE therapy check can also be booked individually. During the initial therapeutic consultation, you will feel that the focus is on you as a person. In the personal preliminary conversation as part of initial treatment the therapeutic aspects of your stay are discussed with an experienced physiotherapist or medical masseuse and individually planned, the application objectives ascertained and determined together – with the result of a tailor-made feel-good programme.

VIBE therapy check. 53.00 €

Medical examinations

An experienced team of excellently educated, competent therapists and physicians take care of you during your holiday in the Hotel Warmbaderhof – with a great deal of affection and the intention of truly helping. From individually planning your treatments to the wonderfully beneficial application as part of our VIBE therapies – a synonym of genuine quality.

Specialist examination (orthopaedist). . . 137.00 €

Thermal doctor examination. 82.00 €

**Individual discussion with
psychotherapist.** 137.00 €

Consultation with dietician
30 minutes 57.00 €

SIGNATURE TREATMENTS

Escape exhaustion

VIBE psychoactive massage

VIBE psychoactive massage maintains good health in terms of physical – mental balance for people with psychological challenges in difficult phases of life and in those affected by depression. It improves sleep quality, has a relaxing effect and a positive impact on chronic pain. This massage can also be used as a stabilizing massage method which maintains good health or as burnout prevention.

part body

55 minutes 115.00 €

whole body

75 minutes 154.00 €

Particularly indicated:
during the menopause,
for digestive problems
as in cases of insomnia
and incontinence

Holistic healing massage for women

The holistic healing massage for women can be performed as a single treatment or in conjunction with a traditional medicine treatment program. Indicated in case of: endometriosis, incontinence, disorders related to menopause, digestive and psychological problems in case of insomnia, depressive states, migraines, stress and in pregnancy. During menopause, this massage relieves discomfort such as hot flashes, sleep disturbances, weight gain and mood swings. The woman gently regains her center of gravity.

55 minutes 108.00 €

Our massages

Experience relaxing moments! The holistic applications and massages by our masseuses ensure a very special all-round feel-good feeling.

Healing massage, part-body

20 minutes 39.00 €

Healing massage, part-body

40 minutes 72.00 €

Healing massage, full-body

55 minutes 100.00 €

Connective tissue massage

Normalises the tension in the tissue, increase in local circulation, stimulates their internal organ systems and functions and the muscles and nerves.

35 minutes 64.00 €

Acupuncture massage

A massage technique in which the energy channels and energy centres of the body are stimulated. This technique is preceded by a precise definition of the energy status so that any disruption to the energy flow can be identified.

35 minutes 64.00 €

Foot reflexology massage

By applying pressure to certain points on the foot, a positive impact on the internal organs is achieved and the body's vegetative balance is stabilised.

35 minutes 64.00 €

Lomi Lomi Nui

The temple massage technique which originates from Hawaii is convincing with flowing movements, gentle stretches and palpable mobilization. Warm oil, fragrant essences and Hawaiian sounds make this massage an unbelievably relaxing feel-good massage.

55 minutes 108.00 €

Cupping massage

Very efficient massage method to reinforce and stimulate the self-healing powers of the organism by means of cups. This produces better circulation, activation of the meridians and the dispersion of blockages

20 minutes 43.00 €

Lymph drainage*

Due to gentle manual handling techniques, predominantly on the body's surface, the lymphatic system is activated. The lymph nodes in a congested area are diverted to other, non-congested areas. Detoxifying effect. Helps with migraines.

Body or face

35 minutes 64.00 €

* Only to be prescribed by a physician, in-house doctor.

QChi Line-12 Energies

Uniquely relaxing and beneficial. With special massage techniques, remedying, improvement and harmonization of the energy flow of the meridians can be achieved.

55 minutes 108.00 €

Breuss Massage with St. John's Wort oil

Relaxes the muscles and helps to loosen physical and mental tensions. Breuss massage is a gentle, energetic relaxation and back massage with St John's Wort oil.

35 minutes 64.00 €

HEALING THERMAL WATER

Warmbad thermal water is used therapeutically, predominantly due to its pain-relieving, anti-inflammatory and calming effects. It is especially suitable for therapy to treat complaints of the locomotor system. It also has stress-reducing effects and improves the circulation. The therapeutic measures are built on the special healing effects of water.

"THERMAL-URQUELLBECKEN" - The pool above the thermal spring

Unique: A pool built directly above the thermal spring "Thermal-Urquellbecken". Swim directly above the hot spring. Where the healing water springs from the earth at a temperature of 29°C. Pure thermal source. In the "Thermal-Urquellbecken" measuring 25 x 15 m the spring emanates directly out of the gravelly soil. The constant bubbling from the depths of nature allows tens of millions of litres of water to flow daily. The entire content of the pool is renewed every three hours. It is a unique experience to go to the spring itself so to speak when bathing.



PHYSIOTHERAPY

Physiotherapy restores, improves or retains the mobility and functionality of the human body. During treatment, the therapist is oriented towards treatment of complaints and restrictions of function, movement or activity of the guest. The objective is the restoration, maintenance or promotion of health and thus very frequently freedom from pain or pain reduction. The therapist decides the suitable and effective possible therapies individually for each guest.

Our spectrum of applications, massages and therapies help with:

- + Loss of movement in the spine and joints
- + Muscular tension and muscular weakness, circulation disorders
- + Overweight and circulation weaknesses as a result of movement defects
- + Stress, depression, overwhelming
- + Rheumatic diseases of the supporting and movement apparatus (arthroses, spondyloses, spinal and disc damage, rheumatism)
- + Rehabilitation after operations (implanting of endoprotheses on hips and knees, muscular and disc reconstructions, arthroscopic interventions)
- + Rehabilitation after neurosurgical operations (disc operations, disc prostheses, stabilizing spinal operations)
- + Peripheral neurological diseases (nerve inflammation, neuralgias, ischialgias, paralyses and functional disorders)

Physiotherapy treatments

Manual therapy

(Maitland Mulligan, Cyriax, Kaltenborn-Evjenth®, McKenzie)

Treatment only with the therapist's hands helps with functional disorders of the spine and the peripheral joints. Loosens adhesions of tendons and muscles, stabilizes and mobilises joints, alleviates pain.

Trigger point therapy

Locally restricted hardening of the skeletal muscles from which pain can emanate is successfully remedied with trigger point therapy (manual compression in combination with movement and subsequent stretching).

K-taping

Holistic and medication-free therapeutic application with elastic tape. Kinesio taping with special tape material for improved muscle function in the case of muscular tension to assist with the stability and mobility of joints for the reduction of pain and activation of the lymphatic system.

Nerve mobilisation

Mobilisation technique by means of neurodynamic tests for complaints in the area of the peripheral nerves. Significant symptoms are reproduced.

FMD Functional Myodiagnosics

A holistic examination method – applied kinesiology – works with the human muscle. By testing of individual muscles and by observation of their reaction to certain irritants it is possible to get a holistic insight into the functional correlations or disorders of the organism.

Physiotherapeutic scoliosis therapy

Back school. Therapeutic gymnastics. Threedimensional scoliosis therapy to improve the spinal position, to retain elasticity, to normalize respiration, to stimulate the circulation and to improve posture and movement.

Myofascial release

Loosening of adhesions of the muscular and connective tissue. Muscle tone is normalized, reinforced and stretched. Balancing effect on the entire organism.

Typaldos

To remedy functional complaints. With specific manual therapies, fascia distortions can be corrected and thus the cause of pain and functional restrictions rectified.

Sport physiotherapy

The treatment and prevention of chronic stress damage – a combination of physiotherapy and sports science. Activity of the guest depending on their individual state is the focus.

Gymnastics for the pelvic floor for women and men

The organs connected to the pelvic floor will be described. Exercises for perception, relaxation and strengthening of the pelvic floor combined with breathing exercises are explained and performed on site.



Physiotherapy *

Physiotherapy (individual)	
25 minutes	66.00 €
Physiotherapy (group)	
25 minutes	32.00 € p. P.

Hydrotherapy*

Underwater therapeutic gymnastics (individual)	
25 minutes.....	73.00 €
Underwater therapeutic gymnastics (group)	
25 minutes.....	46.00 € p.P.

Medical packages*

This treatment is a preparation for massages and movement therapies. The packages consist of a combination of Fango and Paraffin. Heat is transmitted via plates. The objective of this heat treatment is activation of the metabolism, tone reduction and pain relief.

Parafango	
20 minutes	39.00 €
Paraffin	
20 minutes	37.00 €
Moor package	
20 minutes.....	37.00 €
Cool curd package	
20 minutes.....	21.00 €
Cryotherapy	
10 minutes.....	13.00 €
Liver pack	
20 minutes.....	37.00 €

Acupuncture*

Ear acupuncture.....	63.00 €
Body acupuncture with needle or laser	79.00 €

* Only prescribed by a physician, in-house doctor.

Body application

Preventive personal training	
The body, mind and soul are strengthened. The health trainer decides with the guest which training is used. Power training, endurance / cardiac / circulation training, coordinating, stabilizing training, relaxation training (Qigong, Pilates, yoga and much more)	
55 minutes	106.00 €

Biofeedback	
This makes non-perceptible physiological processes in the body accessible with electronic aids of one's own conscious perception, such as muscle tensioning and relaxation, pulse, skin temperature, respiratory activity	
30 minutes	58.00 €

Bioelectric impedance analysis	
Bioelectric Impedance Analysis is an acknowledged measuring method for the ascertainment of the body composition. Conclusions can thus be drawn on the nutritional, health and training state. Our dieticians will be delighted to help you.	
25 minutes	45.00 €

Electrotherapy*

This therapeutic application with electric current leads to pain relief, to improved circulation and metabolism. The muscles can be stimulated or relaxed. Individually tailored frequency ranges and impulses are used.	
Interference.....	28.00 €
Galvanisation.....	28.00 €
Threshold current, exponential current	28.00 €
Ultrasound	28.00 €
Iontophoresis	28.00 €
TENS.....	28.00 €



-110°C Kryo Suite Warmbad	
For a new body sensation and a new sense of well-being. A diet rich in pollutants, environmental toxins, stress and a hectic pace damage our bodies and make us tired. A visit to the cold chamber can help you start your day full of energy again.	
1 treatment.....	42,00 €
5 treatments.....	190,00 €
10 treatments.....	348,00 €



My Warmbaderhof. My beauty.



Facial and body treatments

VIBE beauty and VIBE cosmetics – two of our specialities in the Warmbaderhof competence centre. With the greatest specialist competence and effective treatment methods, our beauty experts will make your face radiant by nurturing your skin sustainably. The high-quality products of the hotel's own natural cosmetics range VIBE complete our exclusive beauty offer.



VIBE NATURAL COSMETICS

The goddess of the springs VIBE is the godmother of the innovative care and natural cosmetics range VIBE because the valuable and concentrated power of the Warmbad thermal water can be found in every product. **The revival of ancient knowledge relating to harmony, health and well-being relates to the ancient healing power of the spring in the entire VIBE range.**

For exclusive VIBE NATURAL COSMETICS, a high-quality formula of active agents comprising thermal water, seaweed, grapeseed extract, precious oils, healing herbs and modern anti-aging cell ingredients are combined.

Let your beauty radiate again and create high-quality care, vitality and relaxation for the entire body from the precious springs.

The VIBE cosmetic care products only contain ingredients and active agents which are all authorized and tested cruelty free. All products are free from parabens and mineral oil, without paraffin and nanoparticles and are also largely vegan.

We are happy to help you and to fulfill your individual wishes.

Doris Waldhauser, VIBE beauty manager and team



We will be pleased to send you your favourite products from the VIBE natural cosmetics range conveniently to your home.



Simply order at:
kosmetik@warmbad.at or tel.:
+43(0)4242 3001-1295

VIBE SIGNATURE TREATMENTS



VIBE harmony beauty ritual

Pampering and relaxation for face and body. The ritual begins with a nurturing body peeling with salt and grapeseed oil. We will then spoil you with a body package with olive – grapeseed gel and while the package acts with a feel-good VIBE facial treatment. The care products are applied along the meridians with the energy flow. Cleansing, peeling, mask, including final pampering.

90 minutes 167.00 €

VIBE anti-aging facial treatment
“Counteracts the visible signs of time”

We will take care of your skin with high-quality VIBE active ingredients such as hyaluron, retinol and argaline in high concentrations. The result is visible immediate rejuvenation of the skin with a depot effect. Individual skin analysis, cleansing, fruit acid peeling, active agent vial, firming anti-aging massage, hyaluron fleece mask and final pampering.

50 minutes 107.00 €

VIBE BEAUTY TREATMENTS



VIBE MEN – feel-good for men

Men too are ever more frequently treating themselves to the luxury of an activating and rejuvenating treatment. The anti-aging treatments are surprising with their rejuvenating effect. For firming, regeneration, refreshing and in order to reproduce the natural equilibrium.

Cleansing, peeling, special serum, facial, neck and body massage, final pampering

50 minutes..... 95.00 €



Anti-aging & innovative natural cosmetics for him and her

VIBE facial treatment

Cleansing, peeling, massage, mask, final pampering
50 minutes..... 87.00 €

VIBE premium facial treatment

Cleansing, peeling, deep cleansing, massage, aromatic mask, final pampering
80 minutes..... 119.00 €

VIBE eye treatment

Cleansing, serum, ultrasound, eye pads, eye crème, final pampering
40 minutes..... 58.00 €

De luxe manicure

Basic cosmetics

.....19.00 €

.....13.00 €

..... 30.00 €

.....10.00 €

30 minutes 54.00 €

50 minutes 65.00 €

Hair removal with hot wax

.....15.00 €

.....20.00 €

.....41.00 €

.....54.00 €

.....55.00 €

.....61.00 €

More than Basic

50 Minuten..... 69,00 €

50 Minuten..... 59,00 €

50 Minuten..... 49,00 €

Hands and feet

30 minutes from 49.00 €

15 minutes29.00 €

15 minutes29.00 €

30 minutes 35.00 €

15 minutes.....18.00 €

15 minutes10.00 €

15 minutes.....25.00 €

(Removal of corns, subject to supplement)

50 minutes.....58.00 €

LAIT NATURAL CLEANSING MILK, 200 ml	38,00 €
CLEANING FOAM FOAMER, 100 ml	29,50 €
CLEANING GEL, 150 ml	35,50 €
NATURAL TONIC WATER FOR THE FACE, 100 ml	33,50 €
TONIC ALOE VERA, 100 ml	27,50 €
EXFOLIATING PASTE, 50 ml	43,50 €
FRUIT ACID CREAM, 50 ml	65,00 €
CREAM PEELING WITH GRAPESEED, 50 ml	41,50 €
ANTI-ACNE MASK, 50 ml	39,50 €
AMPOULE OF RETULIN, 10 ml	59,50 €
AMPOULE OF SKIN OIL, 15 ml	39,50 €
AMPOULE OF VITAMIN C, 15 ml	49,50 €
SHEET MASK HYALURON, 1 piece	24,00 €
COLLAGEN CREAM, 50 ml	66,50 €
HYALURONIC CREAM, 50 ml	69,50 €
Q10 ANTI-AGING GEL, 50 ml	53,50 €
THERMAL LOTUS CREAM, 50 ml	64,50 €
GRAPESEED GEL, 50 ml	48,50 €
GRAPESEED CREAM, 50 ml	39,50 €
CREAM SENSITIVE, 50 ml	38,50 €
VIBE ANTI-AGING EYE CREAM, 30 ml	53,50 €
BODY LOTION SILHOUETTE, 200 ml	38,50 €
VIBE BODY & FACE GEL PEELING, 200 ml	47,50 €
THERMAL OLIVEÈ CREAM, 100 ml	59,00 €
DEA BODY OIL, 100 ml	44,50 €
VIBURNESSE HAND & FOOT CREAM, 100 ml	25,00 €
“HEISSE VIBE” WARMING BODY LOTION, 150 ml	39,50 €
SUN CREAM, SPF 30, 100 ml	24,00 €



REVIDERM MICRODERMABRASION

Microdermabrasion is a revolutionary procedure that was originally developed for medical use. Today, it represents the perfection of exfoliation. This intensive form of exfoliation with fine crystals removes several layers of dead skin cells, cleanses the pores deeply and creates a lasting beautiful complexion.

MINOR REVIDERM TREATMENT

Cleansing, enzyme peel, REVIDERM microdermabrasion, personalised mask, ampoule, final treatment
50 minutes..... 128.00 €

REVIDERM MICRODERM ABRASION

The state-of-the-art peeling method to gently remove hardened skin and the uppermost cell layers in a controlled manner. The nurturing and regenerating active agents penetrate deep into the skin and thus have a more intensive effect.
Cleansing, enzyme peeling, REVIDERM microderm abrasion, gold mask, vial, final pampering
80 minutes.....197.00 €

RADIOFREQUENCY
Gentle vibration effect

Radio frequency sends deep heat to the collagen fibers. The gentle vibrations are used against: local wrinkles, drooping corners of the mouth, dark circles under the eyes, deep wrinkles on the forehead, double chin and to firm the décolleté. There muscles are strengthened and the structure of the body appears firmer. Cleansing, peeling, Racy serum with radio frequency, final treatment
50 minutes..... 105,00 €



MESO LIFTING

This is currently the most effective method to apply an active agent combination such as hyaluronic acid, liposomes and vitamins in a greater concentration into deeper layers of the skin without injuring the skin at all in the field of aesthetic cosmetics. The result is immediate rejuvenation of the skin and visible reduction of wrinkles with a lasting depot effect.

MESO LIFTING BASIC

Skin analysis, cleansing, peeling, MESO lifting, final pampering
50 minutes..... 169.00 €

MESO LIFTING LUXURY

The two revolutionary and most effective anti-aging methods combined. For the best skin rejuvenation with visibly smaller pores, wrinkle reduction and lasting depot effect. Skin analysis, cleansing, peeling, REVIDERM microderm abrasion + MESO lifting, final pampering
90 minutes..... 234.00 €

MICRONEEDLES
SKIN REGENERATION
(collagen induction therapy)

Small microscopic lesions occur. The skin activates its self-healing mechanism and initiate measures to heal as quickly as possible. The organism breaks down the destroyed tissue and forms new tissues or connective tissue cells. This leads to an increase in the release of the body's own proteins, essential for firm, elastic and taut skin. Anamnesis, cleaning, peeling, MICRO NEEDLING with highly active anti-aging complex, cold modeling of the face, final treatment.
60 minutes..... 153,00 €

SOFT PLASMA
with a complex of highly active
ingredients, mask and final treatment
with SPF 50

Soft Plasma is a highly effective facelift method. Microcurrents are generated without plasma flashes, which stimulate collagen in depth and firm the skin fibers. This treatment reshapes the skin contour and gives greater elasticity to the skin itself. Treatment: anamnesis, interview, facial cleansing with enzymatic peeling included/fruit acid, soft plasma, mask, final treatment with SPF 50.
50 minutes..... 147,00 €

TALCUMI - 100 % CARINTHIAN
WELLNESS

Talcumi is an exclusive, exquisite body treatment which has been specially developed for the Warmbaderhof guest. Produced with high-quality natural ancient raw materials from controlled organic farming according to ancient recipes passed down from our region.

TALCUMI BODY TREATMENT

The special aspect of this treatment is the whole body massage, taking into account the activating energy points with handmade talcum stone stamps. The talcum stone powder crème package with immediate effect, a composition of mountain crystal salt, white mineral healing soil, talcum powder, oscillating and energy essences is the crowning finale. The skin feels young, fresh, tender and silky soft. Whole body peeling, soapstone massage with hemp and linseed oil aroma, Talcumi package
90 minutes..... 175.00 €

PIROCHE METHOD
for face and body

Experience a new skin sensation with wisdom from China. This method uses negative pressure created under glass cupping bells to relax the muscles, release tension and improve the skin's nutrient supply. The result is a fine-pored, radiant and firmer appearance.

PIROCHE METHOD
DETOX for the face – basic concept

Cleansing, exfoliation, mineralising algae mask with ampoule, bioenergetic lymphatic drainage, final treatment
50 minutes.....101.00 €

VIBE therapy and beauty cancellation
conditions:

Due to the high demand, it is advisable to book in advance of your arrival at the hotel. To make the most of your treatment, we request that you arrive 5 minutes in advance of your appointment time. Appointments for treatments can be cancelled free of charge up to 48 hours before the start of treatment. Otherwise, you will unfortunately be charged.

NEW!
DETOX - RELAX - REGENERATION
Bio Face Lifting – Natural Lifting?

BIO. Of course.

In the bio-rhythm of your heart, this method activates lymphatic flow, oxygen supply, and your skin's own natural activity. The result: a fresher, visibly lifted, and plumper complexion
Includes: cleansing, tonic, BIO FACE LIFTING method, and finishing care.
50 minutes.....97,00 €

Presso-Lymph Therapy

Experience our new compression therapy for a lighter, more comfortable body sensation.
The positive effects after just one session: improved lymphatic and blood circulation, reduction of swelling and heavy legs, enhanced muscle regeneration, and increased overall well-being.
30 minutes.....49,00 €

Presso-Lymph Therapy Combination Package

With additional wrap method – stomach, legs, bottom for even better results such as immediate circumference reduction and firmer tissue.
Can also be booked as a course of treatment (5 wraps incl. Presso Lymph Therapy)
60 minutes.....95,00 €



**Packages-
Body scrubs and packages**

**VIBE whole body aroma package
(100% vegan)**

We will spoil your skin with a special olive package. High-quality oils and creme olivee from the VIBE own brand lend your skin a long-lasting wonderfully smooth appearance.

40 minutes.....76.00 €

Cinnamon body wrapping

For stomach, legs and bottom

50 minutes.....77.00 €

VIBE whole body peeling

With Warmbad thermal water, seasalt, seaweed and green tea.

25 minutes.....50.00 €

Refreshing foot and leg treatment

Starting with a dry brushing to stimulate the circulation followed by a soothing leg massage and a cooling and vein-strengthening pack.

To finish, we pamper your legs with a refreshing and nourishing foot cream.

50 minutes.....59,00 €

Intensive décolleté treatment

Cleansing, peeling, fluid mask with ultrasound, final care

30 minutes.....49,00 €

Feel-good wellness massages

Gently loosen tensions

Relaxing facial, head and neck massage. Blockages are gently loosened. Balancing, calming chakra massage with a nurturing grapeseed oil and Vitamin A and Vitamin E.

25 minutes.....50.00 €

Foot chakra massage

Energetic foot massage. Allows the energy to flow again. Gentle pressure massage with a nurturing and biointelligent nurturing crème.

25 minutes.....50.00 €



Prof. Univ.- Doz. Artur Wörseg is regularly present at Warmbad. Artur Wörseg with his team is able to advise our guests at its best on topics related to plastic and aesthetic medicine. He has a long experience and expertise in all areas and will be happy to assist you with the most advanced techniques.

For appointments: termine@woerse.at or T: +43 650 3287337

Dr. Markus Kristen, specialist in dermatology and venereology, has been present for more than 15 years with his private ordination in the thermal resort of Warmbad-Villach and has a long experience in health and aesthetic medicine. The counseling ranges from skin cancers to microscopic controls with reflected light of moles, control of veins and treatments of varicose veins. Take the opportunity to make an appointment in time during your stay.

For appointments: info@drkristen.at or T: +43 4242 90830



VIBE LIGHT LIFE

**Holistic approach
to weight loss with or
without weight loss injections**

**A new offering in the field of
medical health care**

A new offering in the field of medical health care
At the Hotel Warmbaderhof, we focus on a holistic, medically supervised concept for weight loss. Our goal is to make optimal use of the positive effects of weight loss injections and to closely monitor any possible side effects.

The injections can help – but only in the right context and under medical supervision. Stress and hectic lifestyles often lead to unhealthy habits creeping into our lives, and before we know it, we are struggling with excess weight, sleep disorders, inner turmoil and health problems.

We use the findings of modern medicine in combination with tried-and-tested therapies in a tailor-made multimodal programme in which exercise, sleep, meditation, nutrition, medication and micronutrients all play a role.

A medical consultation is essential in order to find the right form of therapy and minimise the risk of side effects. That is why we not only advise you at the beginning of your stay, but also accompany you closely throughout your entire stay together with the entire team. We look forward to welcoming you to the Hotel Warmbaderhof and introducing you to this groundbreaking approach to weight management.

VIBE LIGHT LIFE

Übernachtung inklusive

7 nights with healthy full board

- + 1 Preliminary medical consultation by phone
- + 1 Introductory consultation (60 minutes)
- + 3 Medical consultations
- + 1 Injection
- + 1 In-Body body fat analysis
- + 1 Presso lymphatic drainage with body wrap
- + 1 Manual lymphatic drainage
- + 1 CryoSuite session
- + 1 Personal coaching
- + 1 Psychotherapeutic individual session
- + 1 VIBE Beauty ritual
- + 1 Qchi Line session
- + 1 VIBE psychoactive massage

from 2.779,00 €
per person



14 nights with healthy full board

- + 1 Preliminary medical consultation by phone
- + 1 Introductory consultation (60 minutes)
- + 4 Medical consultations
- + 2 Injections
- + 2 In-Body body fat analysis
- + 2 Presso lymphatic drainage with body wrap
- + 1 Manual lymphatic drainage
- + 2 CryoSuite sessions
- + 1 Personal coaching
- + 1 Psychotherapeutic individual session
- + 1 VIBE Beauty ritual
- + 1 Qchi Line session
- + 1 VIBE psychoactive massage

from 4.550,00 €
pro person

21 nights with healthy full board

- + 1 Preliminary medical consultation by phone
- + 1 Introductory consultation (60 minutes)
- + 5 Medical consultations
- + 3 Injections
- + 2 In-Body body fat analysis
- + 3 Presso lymphatic drainage with body wrap
- + 1 Manual lymphatic drainage
- + 3 CryoSuite sessions
- + 1 Personal coaching
- + 2 Psychotherapeutic individual sessions
- + 1 VIBE Beauty ritual
- + 1 Qchi Line session
- + 1 VIBE psychoactive massage

from 6.384,00 €
per person



My health. My Warmbaderhof.

OPENING TIMES

VIBE SPA

Thermal indoor & outdoor pool
daily 07:00 – 20:00 hours

Sauna
daily 11:00 – 20:00 hours

VIBE SPA Bistro
daily 10:00 – 18:00 hours

VIBE THERAPY

Treatment times:
Mon. – Fri. 07:00 – 17:00 hours
Sat. 08:00 – 17:00 hours
Sunday and bank holidays (with appointment)

Appointment booking:
Mon. – Fri. 08:30 – 16:00 hours
Sat., Sun. and bank holidays 09:00 – 13:00 hours
Tel.: +43 (0) 4242 3001-1270
termin.warmbaderhof@warmbad.at

VIBE BEAUTY

Mon. – Fri. 09:00 – 17:00 hours
Sat., Sun. 10:00 – 18:00 hours
Tel.: +43 (0) 4242 3001-1295
kosmetik@warmbad.at



Hotel Warmbaderhof *****

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