

VIBE LIGHT LIFE

A holistic approach
to weight reduction



WARMBADERHOF

warmbaderhof.com

VIBE LIGHT LIFE

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 analysis
- + 1 Presso lymphatic drainage
- + 1 Manual lymphatic drainage
- + 1 CryoSuite session
- + 1 Personal coaching
- + 1 Psychotherapeutic individual session
- + 1 VIBE Beauty ritual
- + 1 Qchi Line session
- + 1 Psychoactive massage

from 2.618,00 €
per person

VIBE LIGHT LIFE

14 Nights with Gourmet Half Board

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

from 4.298,00 €
per person

VIBE LIGHT LIFE

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 analyses
- + 3 Presso lymphatic drainage sessions
- + 1 Manual lymphatic drainage
- + 3 CryoSuite sessions
- + 1 Personal coaching
- + 2 Psychotherapeutic individual sessions
- + 1 VIBE Beauty ritual
- + 1 Qchi Line session
- + 1 Psychoactive massage

from 6.174,00 €
per person



Included Services for You:

- + Welcome gift in your room
- + Healthy full board including detox cuisine
- + Triple thermal spa experience
- + Personal Guest Relations Manager & Personal Health Manager
- + Vital and indulgent breakfast buffet with regional products from the Alpe-Adria region
- + We take your wishes into account in case of allergies and intolerances (gluten- and lactose-free), and we are also happy to prepare vegan dishes and special diet menus
- + Spa bag filled with a fluffy bathrobe, towels, and spa slippers for the duration of your stay
- + Complimentary refreshments in the VIBE Spa
- + Activity and relaxation program such as Qigong, Pilates, Nordic walking, spinal gymnastics, stretching, and much more
- + Free hotel parking and valet service upon arrival (parking garage or private garage box available for a fee)
- + 24-hour room service (with surcharge)
- + Farewell gift to take home
- + Follow-up care via newsletter

VIBE LIGHT LIFE

A new offer in the field of medical health prevention

At Hotel Warmbaderhof, we rely on a holistic, medically supervised concept for weight reduction.

Our goal is to make optimal use of the positive effects of weight-loss injections while carefully monitoring possible side effects. The injections can help – but only in the right context and under medical supervision.

Stress and hectic daily life often lead to unhealthy habits creeping into our routines. Before we know it, we struggle with being overweight, sleep disorders, inner restlessness, and related health problems.

Our specially developed program addresses all these issues and is designed to help you rediscover a new sense of well-being – feeling slimmer, fitter, more efficient, while at the same time doing something good for your health and rejuvenating your biological age.

Small changes in our daily habits can make a huge difference. That is why we also provide tips and suggestions for long-term success.

We combine the latest findings of modern medicine with proven therapies in a tailored, multimodal program in which exercise, sleep, meditation, nutrition, as well as medications and micronutrients, all play an important role.

Medical consultation is essential to identify the right form of therapy and minimize the risk of side effects.

For this reason, you will not only be advised at the beginning of your stay, but also accompanied closely throughout your entire stay by our dedicated team.

We look forward to welcoming you to Hotel Warmbaderhof and presenting this groundbreaking approach to weight regulation.



Dr. Andrea Rainer
Medical Director
VIBE PRIVATE THERAPY





My Health My Warmbaderhof



Find more current offers
for your enjoyable holiday
as well as unique gift ideas
at
www.warmbaderhof.com



Recommended Additional Services:

- + Acupuncture treatment
- + Foot reflexology massage
- + Cupping therapy
- + Holistic women's massage
- + Various treatments in the VIBE Beauty (e.g., clay packs)
- + Hand and foot rituals with our own VIBE natural cosmetics line
- + Shock wave therapy
- + Microneedling
- + Micronutrient analysis

Hotel Warmbaderhof *****

at the Gesundheits- und Thermenresort Warmbad-Villach

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