IT IS TIME TO TAKE CARE OF OURSELVES. IT IS A TRIBUTE TO OUR BODY AND OUR SOUL JUST RETURNING THEM SOMETHING PRECIOUS. IN A LOCATION WHERE PRECIOUS THERMAL SPA WATER AND THE THERMAL SPRING GODDESS VIBE HAVE BEEN VENERATED FOR CENTURIES AND ALREADY ROMAN SETTLERS GOT BENEFITS IN FORM OF RELIEF, RECOVERY AND HEALING. TODAY WE USE THESE GIFTS OF NATURE AND COMBINE THEM WITH THE KNOW-HOW OF OUR THERAPIST AND BEAUTY EXPERTS FOR INVIGORATING TREATMENTS - FOR YOUR HEALTH.
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An experienced team of exceptionally well-trained, competent therapists, masseurs and doctors will be on hand to provide advice during your stay at the Warmbaderhof. Passionate and dedicated about helping. From personal planning of your treatments to the wonderfully soothing application of our Vibe Therapies. synonymous with genuine quality.
HOLISTIC AND DELICIOUS RECREATION

The Warmbaderhof***** at the thermal spa resort Warmbad-Villach offers an unique combination of holiday resort and medical health centre. We have decades of tradition and experience under our belts in well-being, thermal spa and health tourism.

PREVENTION AND INNOVATION

The concept of our holistic MEDICAL SPA has enabled us to present an innovative healthcare development paired with the highest quality beauty and treatment programme and, of course, an enjoyable holiday. We are setting new standards in health tourism through this fantastic opportunity to combine your MEDICAL SPA package with a holiday with your friends, family or partner.

WITH PASSION AND EXPERIENCE

Our team of experts, working with the therapists, doctors and masseurs, has devised four holistic MEDICAL SPA packages based on the gift of nature, our Warmbad thermal spa water and they can all be adapted to your personal requirements. You can choose between the “the spine in the centre of attention”, “fit for life”, “energy – just for women” and “simply beautiful”.

Fixed components of these health and prevention packages include overnight accommodation with a gourmet half-board package, all of the 5* included services and a prefunded number of treatments, massages and applications. All packages also include the VIBE therapy check-up, which is highly valued by our guests. This is an initial diagnostic treatment and forms the basis for your personal treatment programme.

EVERY BEGINNING IS BESPOKE: VIBE THERAPY CHECK-UP

Soothing applications, massages and therapies are all among the experiences met with enthusiasm by our guests. The same goes for the VIBE therapy check-up, which includes a personal consultation as the first treatment. This is a fixed and important part of the MEDICAL SPA package where each individual guests and his/her personal requirements are taken into account.

You will have the feeling from the very outset that it is all about you as a person. This means you and all your specific requirements. During your first meeting with a therapist, medical masseur or beauty expert, the treatment-based aspects of your pamper days at the Warmbaderhof will be discussed and individually planned and the objectives of the treatment identified and established – resulting in a tailor-made well-being programme.

VIBE THERAPY CHECK-UP 37,00 EUR
PREVENT AND HEAL WITH THE VIBE THERAPY AT THE WARMBADERHOF

Our physiotherapists and our therapies are indicated in cases of:

- Wear and loss of mobility in the spine and joints
- Muscle tension and muscle weakness
- Circulatory disorders
- Obesity and circulatory problems due to lack of exercise
- States of stress, depression, congestion
- Rheumatic diseases of the locomotor and musculoskeletal system (arthritis, spondylosis, disorders of the spine and intervertebral discs, rheumatism)
- Rehabilitation after surgery (hip and knee reconstruction, muscles and ligaments reconstruction, arthroscopic surgery)
- Rehabilitation after neurosurgical operations (surgery of the intervertebral disc, spinal disc prosthesis, stabilization of spinal surgery)
- Peripheral neurological disorders (neuritis, neuropathic pains, sciatic pain, paralysis and functional disorders)

THERMAL SPA WATER THAT HEALS

The Warmbad thermal spa water is indicated, from the therapeutic point of view, for its pain relieving, anti-inflammatory and relaxing properties, in case of complaints of the locomotor and musculoskeletal system. It has also positive effects on the reduction of stress, improvement of circulation and as completion of therapy treatments. All therapeutic measures are based on the particular medicinal benefit of the water.

“THERMAL URQUELLBECKEN” - THE POOL BUILT ABOVE THE THERMAL SPRING

Thermal bathing at the source: really unique. Bathe directly above the source. Where the thermal spa water bubbles with 29°C directly from the depth of the earth. Completely natural. The pure thermal spring. The pool of the “Thermal Urquellbecken” measures 25 x 15 m and the water bubbles directly through the gravel into the pool, so that 10 million litres of water gush out every day. All three hours the water renews completely.

It is an unique experience to swim here, directly above the spring. At the sources of healing balneotherapy. All the locomotor system is strengthened. A feeling of complete well-being.
MUSCULOSKELETAL SYSTEM – THE SPINE IN THE CENTRE OF ATTENTION

Strengthen and straighten. Physiotherapies, massages, baths & packs are precisely and competently combined with the Warmbad thermal spa water. Individual training sessions support the vertebral discs, spine and joints in just the right place and give you a new and healthy awareness for life.

- 5 nights / 6 days incl. gourmet half-board
- VIBE therapy check-up incl. clinical examination and definition of treatment goals.
- Doctor’s appointment
- 8 treatments and therapies: these consist of following treatments and are defined individually for you during the VIBE therapy check-up:
  - Physiotherapies
  - Individual underwater therapeutic exercises in thermal water
  - Preventive personal training
  - Massages (medical, connective tissue, foot reflexology, acupuncture, cupping)
  - Wraps (mud, paraffin, cool curd pack, cryotherapy)
  - Electrotherapy (interferential current, galvanization, iontophoresis, ultrasound)

from 915,00 EUR (5 nights / 8 treatments)
per person / half-board in a double room classic
from 1,267,00 EUR (7 nights / 12 treatments)
per person / half-board in a double room classic

FIT FOR LIFE – PERSONAL TRAINING & MASSAGES

Holistic fitness through individually tailored personal training, a regulated development of strength and stamina, relaxing thermal spa water and massages combined with delicious healthy nutrition. For a new feel of your body.

- 5 nights / 6 days incl. gourmet half-board
- VIBE therapy check-up, breaking down the physical fitness and establishing activation goals.
- 6 training units and massages: these are composed of the following fitness lessons and applications and will be individually compiled for you together with your personal health trainer and therapist:
  - Preventive personal training
  - Individual coordinated training with / without gym equipment (muscle building weight training, coordinative training)
  - Endurance training (running, Nordic Walking, reactive training, hiking)
  - Stretching
  - Various massages (muscle relaxation, harmonisation)

from 875,00 EUR (5 nights / 6 treatments)
per person / half-board in a double room classic
from 1,169,00 EUR (7 nights / 7 treatments)
per person / half-board in a double room classic

MEDICAL SPA PACKAGES
As of now in Warmbad: the plastic surgeon Artur Worseg and his team of WORSEG CLINICS is at your disposal for advice regarding plastic and cosmetic surgery issues. With extensive experience and expertise offering support in all fields of cosmetic surgery with the most advanced techniques.

For appointments: termine@worseg.at or +43 1 328 7337-0

3  
ENERGY – JUST FOR WOMEN

Harmonisation and relaxation. Improve the awareness and flow of your body’s own energies. Gather yourself, focus and gently find your own centre. Your vitality will return and remain.

- 5 nights / 6 days incl. gourmet half-board
- VIBE therapy check-up, breaking down the state of health and establishing goals of the therapeutic targets.
- 7 treatments and massages: these are composed of the following areas of application and applications and will be individually compiled for you together with your therapist during the VIBE therapy check-up:
  - Holistic healing massage for women
  - Preventative personal training
  - QChi line (special meridian massage)
  - Massage based on Breuss technique (energetic relaxation massage)
  - Hay flower / mud bath

from 885,00 EUR (5 nights / 7 treatments) per person / half-board in a double room classic
from 1.239,00 EUR (7 nights / 10 treatments) per person / half-board in a double room classic

4  
BEAUTY – SIMPLY BEAUTIFUL

A personalised beauty and rejuvenation programme for naturally radiant beauty and a positive attitude to life. Everyone wants to feel fresh and healthy and to embrace life with a charming and relaxed attitude. Competent cosmetic revitalisation of the highest quality.

- 5 nights / 6 days incl. gourmet half-board
- Personal consultation with a beauty and aesthetics experts at the VIBE Beauty. During a professional skin assessment, your current skin status will be defined.
- 4 facial and body treatments: your own personal tailor-made beauty programme will be discussed and established with your beauty expert, drawing on different areas of cosmetic application according to your medical history. For HIM and HER.
  - Facial treatments
  - Packs
  - Peelings
  - Body applications for detoxing, revitalisation, firming and purifying

from 825,00 EUR (5 nights / 4 treatments) per person / half-board in a double room classic
from 1.197,00 EUR (7 nights / 6 treatments) per person / half-board in a double room classic

On request, we will be pleased to organise a doctor’s appointment for you.

Arrival MEDICAL SPA packages: from Sunday to Thursday and upon request. Beauty package daily arrival.

7  
MEDICAL SPA PACKAGES

As of now in Warmbad: the plastic surgeon Artur Worseg and his team of WORSEG CLINICS is at your disposal for advice regarding plastic and cosmetic surgery issues. With extensive experience and expertise offering support in all fields of cosmetic surgery with the most advanced techniques.

For appointments: termine@worseg.at or +43 1 328 7337-0
## BODY TREATMENTS

### INDIVIDUAL THERAPEUTIC EXERCISES (55 min.)  71,00 EUR
A preventive personal training to strengthen body, mind and spirit. The personal trainer decides together with the guest what kind of training fits best: strength training, resistance / cardiovascular workout, stabilization and coordination, specific relaxation (Qigong, ...)

### BIOFEEDBACK (1 session of 30 min.)  40,00 EUR
Physiological processes of perception are made accessible to the conscious perception as muscle tense and relaxation, pulse, skin temperature and respiration.

## MASSAGES

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PART BODY MASSAGE</td>
<td>20 min.</td>
<td>25,00 EUR</td>
</tr>
<tr>
<td>FULL BODY MASSAGE</td>
<td>40 min.</td>
<td>43,00 EUR</td>
</tr>
</tbody>
</table>

### COMPLETE HEALING MASSAGE FOR WOMEN (60 min.)  71,00 EUR
The complete healing massage for women can be performed individually or during a medical treatment in case endometriosis, incontinence, menopause, digestive problems but also in cases of insomnia, depression, migraine, stress or during pregnancy.

### QCHI LINE (60 min.)  66,00 EUR
Uniquely soothing and relaxing. Using this special massage techniques the so-called interference is eliminated. The energy flow of the meridians is harmonised and improved.

### CONNECTIVE TISSUE MASSAGE (40 min.)  45,00 EUR
Normalizes the tension of the tissue, improves local circulation, stimulates internal organs and optimises the functions of muscles and nerves.

### ACUPUNCT MASSAGE (40 min.)  44,00 EUR
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 state, so that energy flow dysfunction is detected.

### FOOT REFLEXOLOGY MASSAGE (40 min.)  44,00 EUR
Through pressure on certain points on the foot, a positive impact on internal organs is obtained and the vegetative balance will be stabilised.

### BREUSS MASSAGE WITH ST. JOHN’S WORT OIL (40 min.)  48,00 EUR
It relaxes the muscles and helps to solve physical and mental tension. The BREUSS massage is a gentle, energetic and relaxing back massage with St. John’s Wort oil.

### CUPPING (20 min.)  30,00 EUR
A very effective massage method with glass cups used as suction cups, to enhance the “self-healing power” of the organism and stimulate the whole body. Blood circulation is improved, meridians activated and contractures dissolved.

### LYMPH DRAINAGE* BODY OR FACE (40 min.)  45,00 EUR
With gentle manual techniques, primarily on the body surface, the lymphatic system is activated. The congested lymph in a defined point is decongested. A detoxifying massage, useful in cases of migraine.

* Requires a medical prescription.
**PHYSICAL THERAPY**

The goal is to restore, maintain or improve the health status, minimize pain or aiming the complete healing. Each treatment is decided individually by the therapist and tailored according to the patient’s problems.

The goal is to restore, maintain or promote health as reduce or avoid pains.

The therapist decides individually with each guest which treatment is the most appropriate and effective. Enclosed you find an extract of different therapies carried out with long experience and every day in Warmbad.

**MANUAL THERAPY** (Maitland, Mulligan, Cyriax, Kaltenborn-Evjenth®, McKenzie)

In this treatment only therapist’s hands are used in order to fight the functional disorders of the spine and the peripheral joints. It loosens tendons and muscles adhesions, stabilizes and mobilizes the joints and relieves pains.

**TRIGGER POINT THERAPY**

Effective in cases of localized hardening of skeletal muscles, which causes pains. Manual compression in combination with exercise and consequent elongation.

**K-TAPING**

A holistic therapy, without medicines and with elastic tape “Kinesiotaping” - a specific material - to improve muscle function and muscle tensions, support stability and joint mobility, reduce pain and activate the lymphatic system.

**NERVES MOBILIZATION**

A mobilization technique with neurodynamic test for peripheral nerve disorders. Crucial symptoms are reproduced.

**APPLIED KINESIOLOGY**

A holistic method of investigation - the applied kinesiology in fact, works with the human muscle. By examining the individual muscles and observing their reaction to certain impulses, it is possible to get a holistic view of the functional relationships of the organism.

**SCOLIOSIS TREATMENT ACCORDING TO SCHROTH**

Special therapeutic exercises and back school, three-dimensional scoliosis therapy to improve the position of the spine, get a higher elongation and normalize breathing. As well as the blood circulation, posture and movements in general will benefit from it.

**MYOFASZIALE RELEASE**

This therapy relaxes muscles and connective tissue adhesions; it normalizes the muscle tone, strengthens and lengthens. The stretch reflex in muscles is stimulated and the whole body benefits from this treatment.

**TYPALDOS**

This therapy is useful for solving functional problems. With specific manual techniques, fascial distortions can be corrected and the causes of pains and functional limitations solved.

**PHYSICAL SPORTS THERAPY**

Treatment and prevention of chronic overload damages - a combination of physical therapy and sports science. The attention is focused on individual disorders to find a specific solution.

**PHYSICAL THERAPY (30 min.),**

single treatment 44.00 EUR

* Requires a medical prescription.
## PHYSICAL EXAMINATIONS

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYSICAL EXAMINATION BY A SPECIALIST (orthopaedist)</td>
<td>114.00 EUR</td>
</tr>
<tr>
<td>PHYSICAL EXAMINATION BY A SPA PHYSICIAN</td>
<td>55.00 EUR</td>
</tr>
<tr>
<td>INDIVIDUAL PSYCHOLOGICAL CONSULTATION</td>
<td>116.00 EUR</td>
</tr>
<tr>
<td>INDIVIDUAL NUTRITION COUNSELING WITH A REGISTERED DIETITIAN (30 min.)</td>
<td>40.00 EUR</td>
</tr>
</tbody>
</table>

On request the hotel reception or the reception of the therapeutic department VIBE can organise doctor appointments.

## INHALATION

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>NACL – SODIUM CHLORIDE (15 min.)</td>
<td>14.00 EUR</td>
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</tbody>
</table>

## TUB BATHS*

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>THERMAL TUB BATH (20 min.)</td>
<td>12.00 EUR</td>
</tr>
<tr>
<td>BATH WITH HAY FLOWERS, MUD OR WHEY ESSENCE (20 min.)</td>
<td>16.50 EUR</td>
</tr>
<tr>
<td>AIR BUBBLES OR CARBONATED WATER BATH (20 min.)</td>
<td>16.50 EUR</td>
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</tbody>
</table>

## ACUPUNCTURE*

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACUPUNCTURE (treatments take place at the ThermenParkHotel Josefinenhof)</td>
<td></td>
</tr>
<tr>
<td>1 treatment (30 min.)</td>
<td>69.00 EUR</td>
</tr>
<tr>
<td>3 treatments</td>
<td>179.00 EUR</td>
</tr>
<tr>
<td>5 treatments</td>
<td>266.00 EUR</td>
</tr>
</tbody>
</table>

## MEDICAL PACKAGES*

This treatment is meant as preparation for massages and mobilization therapies. A combination of fango and paraffin where heat transfer occurs through plates. The treatment is used as a pre-treatment to massages and physical therapy. Heat treatment for the hand and fingers. Effect: activation of metabolism, decrease of tone and pain relief.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
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<tbody>
<tr>
<td>PARAFANGO (20 min.)</td>
<td>24.00 EUR</td>
</tr>
<tr>
<td>PARAFFIN (20 min.)</td>
<td>20.00 EUR</td>
</tr>
<tr>
<td>MUD PACK (20 min.)</td>
<td>24.00 EUR</td>
</tr>
<tr>
<td>COLD CURD PACK (20 min.)</td>
<td>16.00 EUR</td>
</tr>
<tr>
<td>CRYOTHERAPY (10 min.)</td>
<td>10.00 EUR</td>
</tr>
</tbody>
</table>

## ELECTROTHERAPY*

Therapy with electrical stimulation of muscles with functional problems. Relieves pain, improves blood circulation, stimulates and strengthens muscles.

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>INTERFERENTIAL CURRENT (10 min.)</td>
<td>18.00 EUR</td>
</tr>
<tr>
<td>GALVANISATION (10 min.)</td>
<td>18.00 EUR</td>
</tr>
<tr>
<td>THRESHOLD AND EXPONENTIAL CURRENT (10 min.)</td>
<td>18.00 EUR</td>
</tr>
<tr>
<td>ULTRASOUND (10 min.)</td>
<td>20.00 EUR</td>
</tr>
<tr>
<td>IONTOPHORESIS (10 min.)</td>
<td>18.00 EUR</td>
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</tbody>
</table>

## HYDROTHERAPY*

<table>
<thead>
<tr>
<th>Service Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>INDIVIDUAL UNDERWATER THERAPEUTIC EXERCISES (20 min.)</td>
<td>47.00 EUR</td>
</tr>
</tbody>
</table>

* Requires a medical prescription.
ANALYSIS – PREVENTION – THERAPY

The GOLF MED INSTITUTE in Warmbad is an official therapy centre that offers golfers the perfect physiotherapy and medical support, as a real golf clinic, under the direction of Dr. Karin Aul (orthopaedic, graduated Golf Coach and golf passionate).

A complete medical assistance with sports analysis is what golfers get offered here (evaluation of physical and co-ordination features), specific orthopaedic visit, prevention (specific therapies for golfers and exercises programmes) as counselling therapy after orthopaedic surgeries.

The aim is to satisfy all requests of golfers, according to their abilities and health status, so that they will enjoy their hobby at its best.

GOLF MED INSTITUT
at the thermal spa resort Warmbad-Villach
Andrea Münzer
andrea.muenzer@warmbad.at
For appointments call: Tel. +43 4242 3001-1291

COMPLETE CHECK 152.00 EUR
- Orthopaedic and physiotherapy visit
- Co-ordinate test incl. TPI screening*
- Swing analysis by a specialist (orthopaedist) with video recording
- Individual training programme
- Documentation on USB stick

PHYSICAL EXAMINATION BY A SPECIALIST 70.00 EUR
with an orthopaedist

SPECIFIC INDIVIDUAL GOLF PHYSIOTHERAPEUTIC TRAINING (30 min.) 44.00 EUR
incl. definition of status quo with a physiotherapist

The golf physiotherapy is based specifically on the demands and problems of golfers. The aim is to get the so-called “core stability” - the stabilisation and strengthening of the abdominal and back muscles to support the spine and treat muscles fascia.

* TPI stands for Titleist Performance Institute and is the largest collection of data regarding the health status of golfers from all over the world. The screening includes specific functionality tests and personalized workouts based on the results.
WELCOME TO VIBE BEAUTY, A PLACE WHERE YOU CAN RELAX, RECUPERATE AND TREAT YOURSELF TO SOMETHING SPECIAL IN A PEACEFUL AMBIENCE. WE HAVE THE ANSWER TO GENTLY SLOW DOWN THE SKIN’S NATURAL AGING PROCESS WITH ANTI-AGING – OUR SPECIALITY. HIGH QUALITY PRODUCTS, THE HIGHEST LEVELS OF EXPERTISE AND HIGH-TECH TREATMENTS. ONGOING TRAINING IS OUR STRENGTH AND YOUR GAIN. WE AIM TO DO ONE THING ABOVE ALL ELSE – PAMPER YOU. BECAUSE BEAUTY IS LIKE LOVE – THE MORE YOU LOOK AFTER IT, THE LONGER IT SHINES.

MARIA GERTRUD WAGNER AND THE VIBE BEAUTY TEAM
VIBE – 5-STAR NATURAL COSMETICS

The idea of creating our own ‘VIBE’ brand was the result of guest suggestions and requests. A cosmetics range for the face and body. The ‘VIBE’ cosmetics range is characterised by awareness for life, vibrancy and honesty and is available for use during your treatments or to take home with you.

VIBE – FOR YOUR RADIANT SKIN

VIBE, the goddess of springs, is patron of the new innovative ‘VIBE’ cosmetics range – exclusively developed for the thermal spa resort Warmbad-Villach. Each product contains the precious concentrated energy of the Warmbad thermal spa water.

VIBE PRODUCTS

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleansing milk lait nature, 200 ml</td>
<td>29.00 EUR</td>
</tr>
<tr>
<td>‘Tonic natur’ for the face, 100 ml</td>
<td>28.00 EUR</td>
</tr>
<tr>
<td>Peeling cream with grape extract, 50 ml</td>
<td>33.00 EUR</td>
</tr>
<tr>
<td>Anti acne mask, 50 ml</td>
<td>29.00 EUR</td>
</tr>
<tr>
<td>Q10 anti-aging gel, 50 ml</td>
<td>37.00 EUR</td>
</tr>
<tr>
<td>Collagen cream, 50 ml</td>
<td>54.00 EUR</td>
</tr>
<tr>
<td>Thermal lotus cream, 50 ml</td>
<td>41.00 EUR</td>
</tr>
<tr>
<td>Thermal crème binesse, 50 ml</td>
<td>29.00 EUR</td>
</tr>
<tr>
<td>Grape pips gel, 50 ml</td>
<td>35.00 EUR</td>
</tr>
<tr>
<td>VIBE anti-aging eye cream, 30 ml</td>
<td>35.00 EUR</td>
</tr>
<tr>
<td>Silhouette body lotion, 200 ml</td>
<td>31.00 EUR</td>
</tr>
<tr>
<td>VIBE body and face gel peeling, 200 ml</td>
<td>30.00 EUR</td>
</tr>
<tr>
<td>Thermal oliveè cream, 100 ml 100 % vegan</td>
<td>52.00 EUR</td>
</tr>
<tr>
<td>Dea body oil, 100 ml</td>
<td>31.00 EUR</td>
</tr>
<tr>
<td>Hand and feet cream viburness, 100 ml</td>
<td>17.00 EUR</td>
</tr>
</tbody>
</table>

We would be happy to send your favourite products from the VIBE cosmetics range to your home address. Simply order at: kosmetik@warmbad.at or call T: +43 4242 3001-1295
ANTI-AGING THROUGH ENERGETIC COSMETICS FOR HER & HIM

SMALL FACIAL TREATMENT (60 min.)  70,00 EUR
Cleansing, exfoliation, massage, mask, final treatment

BIG FACIAL TREATMENT (90 min.)  98,00 EUR
Cleansing, exfoliation, deep cleansing, massage, aromatic mask, final treatment

CLASSIC FACIAL MASSAGE (30 min.)  49,00 EUR
PURE relaxation with soothing fragrances (essential oils) adapted to your skin type.
Cleansing, exfoliation, massage, final skincare treatment

POWER LIFTING: 24 KARAT GOLD (45 min.)  59,00 EUR
The innovative composition of gold, aloe vera, hyaluron and silk infiltrates into the skin with coloured light (green, red, blue), using ultra-sound bursts. This complex of active ingredients stores over 300 times the moisture and firms the tissues. Skin assessment, cleansing, special exfoliation, gold lift ultrasound, final skincare treatment (without cleansing and without massage)

MEN’S IMAGE – WELLNESS FOR MEN (60 min.)  77,00 EUR
Even the man indulges himself more often in a luxury and refreshing rejuvenating treatment. The anti-aging treatments surprise with their immediate rejuvenating effect. To tone, rejuvenate, refresh and restore the natural balance.
Cleansing, exfoliation, special serum, face, neck and head massage, final treatment

MESO LUXURY-LIFTING TREATMENT

1. REJUVENATION IN TIMELAPSE “BEST OF BEAUTY” (90 min.)  175,00 EUR
Meso is a holistic treatment, in which the cells, the tanks of hydration, the connective tissue, the collagen reserves as well as the muscles get an optical correction. Without needles, you obtain a firmer skin, the muscles are strengthened from outside and the wrinkles are filled up from inside. With a roll-on, the skin is gently nourished with active biomolecules, so that a highly effective and sustainable anti-aging treatment is ensured.
Personal consultation with skin assessment, cleansing, tonic, phial with hyaluronic acid and vitamin cocktail, deep hydration, facelift cream. On request: day make-up (surcharge)
1. Consultation: individual pre-treatment depending on skin type + Meso | Beauty Lift

2. BUILDING: PREMIUM BEAUTY – REFRESHINGLY DIFFERENT AND LIFTED (60 min.)  140,00 EUR
New recipes for an even better result:
■ Special blends according to medical history
■ Extra cocktail
■ Package price on request
Microdermabrasion is a revolutionary process, the latest high-tech treatment of VIBE Beauty. Originally developed for the medical industry, at present it represents the perfect exfoliation. In the mother-cells, in-depth of the skin, new cells are formed continuously. This method influences the renewal process of the skin in an effective manner. The skin looks smooth and radiant.

**LUXURY FACIAL TREATMENT (75 min.)**
The most recent exfoliation, perfect to remove indurations as superficial cells layers in a controlled way. Nurturing and regenerative active agents soak into the deeper layers of the skin with the result of an intense effect.
Cleansing, double exfoliation, tonic, microdermabrasion REVIDERM, ampoules, mask, nourishing cream 104.00 EUR
Modelage (surcharge) 20.00 EUR

**SKEYNDOR SCIENTIFIC**
Skeyndor Scientific offers high-tech facial treatments of the highest quality. Skeyndor is a high-tech concept which contains highly concentrated active ingredients such as hyaluronic acid, stem cells of the “Uttwiler Spätlauber” apple, masks based on alginate, etc. – all freshly mixed during your treatment. All products are hygienically packaged separately so that only fresh ingredients are applied to the skin. To enhance the effects, electro-aesthetic appliances can be used to help the active ingredients penetrate more deeply into the skin. Your skin will be moisturised, smoothed, firmed and regenerated and wrinkles reduced.

**SKEYNDOR POWER HYALURONIC (60 min.) 99.00 EUR**
For ultra-moisturised skin. A high content of hyaluronic acid of very low and high molecular weight is applied to the skin in several stages.
Cleansing, exfoliation with ultrasound and enzymes, active ingredients, massage, mask and skincare cream

**SKEYNDOR POWER C+ (60 min.) 99.00 EUR**
Vitamin C is essential for the formation of new collagen. Preparations containing high levels of vitamin C and pomegranate extract are massaged into the skin in this treatment. The skin is left more radiant than ever before. Highly recommended for pigment disorders.
Cleansing, exfoliation with ultrasound and enzymes, active ingredients, massage, mask and skincare cream

**SKEYNDOR CORRECTIVE (75 min.) 120.00 EUR**
The active ingredients used in this ‘Corrective’ facial treatment relax the muscles and plumps up the skin. The freshly prepared mid-molecular hyaluronic acid preparation fills out wrinkles and the award-winning peptide solution relaxes the muscles and reduces the depth of wrinkles in the long-term.
Cleansing, exfoliation with ultrasound and enzymes, active ingredients, massage, mask and skincare cream

**SKEYNDOR POWER HYALURONIC EYES & EYELASHES EYE TREATMENT (40 min.) 50.00 EUR**
Mid-molecular hyaluronic acid, darutoside, Persian silk tree extract and biotin GHK ensure that the eye area is moisturised, the upper lids firmed, eye bags reduced and eyelashes extended. The eye area appears fresh and relaxed.
Cleansing, active ingredients, massage, active ingredients, massage, cloth eye mask and eye cream
VIBE BEAUTY  
FACIAL & BODY TREATMENTS

**METHODE PIROCHE FOR FACE AND BODY**

A new body sensation with Chinese wisdom. This method is not only effective on cellulite, but tones skin and tissues, so that the body appears slimmer and the connective tissue looks toned. PIROCHE works with the vacuum technique, established with cupping – it relaxes muscles, relieves muscle tension, stimulates healing of grains and improves the nutrients supply of the skin. The result is a clear and radiant face and body.

**METHODE PIROCHE – FACIAL HAPPY AGING**

**“BASIC CARE” (60 min.)**

- Cleansing, exfoliation, ampoule, bioenergetics lymphatic drainage, mask, final treatment  
  84,00 EUR
- Algae modelage (surcharge)  
  20,00 EUR

**METHODE PIROCHE – BODY TREATMENT**

Relaxing back treatment used to open the lymphatic corridors. Full body aromatic algae or Yin-Yang pack to decongest, purify, detoxify and tone.

- Relaxing back treatment, firming pack (75 min.)  
  99,00 EUR
- Relaxing back treatment, problem areas, detoxifying algae pack (90 min.)  
  149,00 EUR

Upon request, during each treatment a tailored facial treatment can be booked.

**METHODE PIROCHE – DETOXIFYING BODY AND FACE COMBINED TREATMENT (90 min.)**  
159,00 EUR

Full body detoxification for a new feeling of life and a radiant appearance. Bioenergetics lymphatic drainage, which detoxifies and cleanses. Full body algae pack. While you enjoy the pack, biodynamic face lifting and cleansing. Also the face will be lifted and detoxified by a biodynamic treatment.

**TALCUMI – 100 % CARINTHIAN WELLNESS**

Talcumi is an exclusive high-level body treatment specifically developed for the guests of the Warmbaderhof. Made up with natural primordial ingredients of certified organic agriculture according to traditional recipes of the region.

**TALCUMI BODY TREATMENT (90 min.) 109,00 EUR**

The peculiarity of this treatment is the full body massage. The energy points are activated with handmade Talcum punch made of stone. The completion is a pack with Talcum stone powder and cream with immediate effect, a composition of rock crystal salt, white healing mineral clay, Talcum powder and energetic and vibrant essences. The skin looks rejuvenated, fresh, soft and smooth.

Full body exfoliation, soapstone massage flavoured with hemp and linseed oil, Talcum pack.
PURE RELAXATION PACKS

ALGAE BIOENERGETICS PACK
full body (50 min.) 74,00 EUR

CINNAMON BODY WRAP
for buttocks and legs (40 min.) 64,00 EUR
■ with arms (surcharge) 20,00 EUR

FULL BODY EXFOLIATION
with Paris white, Himalaya salt, linseed and hemp oil (fruity or bitter) (30 min.) 42,00 EUR

BODY BANDAGE – STYX
Purifies and detoxifies (50 min.) 79,00 EUR
■ with arms (surcharge) 20,00 EUR

FULL BODY AROMA PACK (100 % VEGAN)
Your skin will be pampered with a special olive pack. Precious oils and Olivèe cream from our resort own cosmetics range “VIBE” will confer a smooth skin for a long time. (40 min.) 59,00 EUR

MASSAGES

MELTING MUSCLE CONTRACTURES
Massage balancing the chakras of the hands and feet and massage the head and neck with a coloured oil of your choice with a relaxing effect immediately.
Massage chakras of the hands and feet and massage the head and neck with a coloured oil of your choice. (60 min.) 66,00 EUR

VIBE FULL BODY EXFOLIATION MASSAGE
Enzymes dissolve the skin scales, through the salt your body is energized and its electrolyte balance restored. Algae have a detoxifying effect, this massage works to stimulate blood circulation. You will feel fresh and relaxed. The skin is refined and smooth.
Full body exfoliation massage (35 min.) 45,00 EUR

WELL-BEING AND RELAX MASSAGE

FEET CHAKRA MASSAGE WITH ENERGETIC ESSENCE (30 min.) 40,00 EUR
YUAN QI MASSAGE (60 min.) 69,00 EUR
MASSAGE WITH HEMATITE STONE (60 min.) 69,00 EUR
MASSAGE WITH SOAPSTONE (60 min.) 69,00 EUR
HOT STONE MASSAGE (70 min.) 89,00 EUR
YIN MASSAGE
relax with Akari colour oil (70 min.) 84,00 EUR
**HANDS & FEET**

**MANICURE WITHOUT NAIL POLISH** (30 min.) from 35.00 EUR

**HANDS EXFOLIATION WITH PACK** (15 min.) 20.00 EUR

**PARAFFIN PACK** (15 min.) for dry and cracked hands, without exfoliation 20.00 EUR

**STRIPLAC REMOVAL** 20.00 EUR

**STRIPLAC WITHOUT MANICURE** (30 min.) 29.00 EUR

**NAIL POLISH** (10 min.) 8.00 EUR

**FRENCH NAIL POLISH** (15 min.) 20.00 EUR

**PEDICURE WITH FEET MASSAGE WITHOUT NAIL POLISH** (45 min.) from 45.00 EUR

Remove corns (surcharge)

**PEDICURE DELUXE**

A relief for your feet. Exfoliation with the resort’s own cosmetics range “VIBE”, pedicure, hand and foot cream VIBURNNESS, paraffin pack, nail polish (80 min.) 79.00 EUR

**MANICURE DELUXE**

For well-groomed hands. Exfoliation with the resort’s own cosmetics range “VIBE”, manicure, hands massage, paraffin pack, nail polish (80 min.) 72.00 EUR

**COSMETIC BASIC**

**EYELASH TINT** (10 min.) 15.00 EUR

**EYEBROW TINT** (10 min.) 10.00 EUR

**EYELASH AND EYEBROW TINT** (20 min.) 23.00 EUR

**EYEBROW CORRECTION** (10 min.) 8.00 EUR

**DAY MAKE-UP** (30 min.) 39.00 EUR

**AMPOULE** (individually adapted depending on skin type and requirements, on request) 18.00 EUR

**WARM WAX TREATMENTS**

**UPPER LIP WAX** (10 min.) 12.00 EUR

**FACE** (10 min.) 17.00 EUR

**ARMS, ARMPITS OR BIKINI LINE** (each 20 min.) 27.00 EUR

**LEGS TO KNEE** (15 min.) 42.00 EUR

**CHEST OR BACK** (each 15 min.) 35.00 EUR

**FULL LEG** (20 min.) 47.00 EUR

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**CANCELLATION TERMS VIBE THERAPY & BEAUTY:**

Due to high demand, please book your treatments in advance. In order to enjoy your treatments at their best, please arrive 5 minutes before your appointment. Treatments can be cancelled free of charge up to 24 hours before. Otherwise, we have to charge the full amount.
OPENING TIMES VIBE SPA & BEAUTY

THERMAL INDOOR & OUTDOOR POOLS
Daily from 7:00 to 20:00

SAUNA
Daily from 11:00 to 20:00

VIBE THERAPY
AT THE WARMBADERHOF
MON – FRI from 7:00 to 17:00
SAT from 9:00 to 17:00
SUN and public holiday from 9:00 to 17:00
and on appointment
T: +43 4242 3001-1270
termin.warmbaderhof@warmbad.at

VIBE BEAUTY
AT THE WARMBADERHOF
MON – FRI from 9:00 to 17:00
SAT, SUN and public holidays from 9:00 to 15:00
and on appointment
T: +43 4242 3001-1295
kosmetik@warmbad.at

HOTEL WARMBADERHOF*****
AT THE THERMAL SPA RESORT WARMBAD-VILLACH

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