



# THE WARMBAD-VILLACH **THERMAL SPA RESORT**

**PRICES 2024**



# Unique in Europe!

25 x 15m  
"Urquellbecken"  
thermal spa pool

7 Warmbad  
healing springs

10 million litres of  
thermal spa water per day

25 - 29°C  
water temperature

Oasis of well-being

## The "Thermal- Urquellbecken"





# Welcome to the spa centre at the Warmbad thermal spa

## HEALING THERAPY COMBINED WITH COMPETENT MEDICAL SUPPORT

Immerse yourself in the world of our spa centre, right at the source of healthy living. Our top priority is to ensure that you can relax and regenerate during your stay. You are the focus of all our endeavours. Our doctors, physiotherapists and medical masseurs take your concerns very seriously.

They are on hand to provide support and advice as competent contacts. The wide range of offers available at the Warmbad-Villach Spa Centre ranges from prevention and relaxation to medically prescribed treatments and applications relating to the musculoskeletal system.

## CENTURIES OF HEALING

The "Urquellbecken" thermal spa pool is the heart of the spa centre. The mineral-rich water cu-

res and revitalises and is used in therapies thanks to its soothing and anti-inflammatory properties.

## KEEP MOVING

Disorders and pain in the spine, knee, hip and shoulder are common problems. Our aim is to follow the directions issued by your doctor

and pair this with your own specific personal needs. We offer a comprehensive range of high quality treatments.

## HEALTH AND PREVENTION

Prevention can have various purposes - to prevent pain, promote mobility and relieve stresses on the cardiovascular system. With us, you can benefit from preventive treatments such as massages, healing baths and

much more without a prescription. As part of the VIBE therapy, we try to offer you maximum flexibility in terms of appointment times and choice of individual physiotherapist. The focus is always on your health!

[www.med-warmbad.at](http://www.med-warmbad.at)

# Kryo Suite Warmbad

## Cold chamber until a $-110^{\circ}\text{C}$

After just 3 minutes in the cold chamber down to  $-110^{\circ}$  Celsius of the Panacool, following a short-term cooling session, you will experience immediate benefit and a feeling of vitality. With more than 50 areas of application in the

medical, aesthetic and sporting fields, sessions in the Kryo Suite at Warmbad will provide relief for numerous ailments. Save time, gain efficiency and simply be cool!

### MEDICINE

In the long term, cold therapy can be used for a wide variety of symptoms. It affects metabolic processes on a cellular level, which means that in the case of inflammatory rheumatic diseases and chronic illnesses, there is a significant reduction in pain. Skin diseases

such as psoriasis or atopic dermatitis are alleviated due to the anti-itching effect of cold. Cold therapy improves general wellbeing and also leads to improvements in sufferers of migraine and depression.

### BEAUTY

Regularly undergoing sessions at the Kryo Suite Warmbad will ensure a better body feeling, the metabolism will run at full speed for hours after the treatment. The circulation is stimula-

ted, the skin tightened and cellulite reduced. Through calorie consumption, the therapy also stimulates weight reduction.

### SPORT

In sports, the benefits of cold therapy are far-reaching. Tired muscles regenerate faster, muscle tensions are minimised, athletes experience increased performance through improved metabolic function and accelera-

ted muscle recovery, and better regeneration is confirmed. The cold chamber soothes pain in the case of injuries, improves joint function and intensifies the healing process.

<b>SINGLE SESSION</b>	€ 39,00
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<b>5 PLUS 1 FREE OF CHARGE</b>	€ 175,00
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<b>10 PLUS 2 FREE OF CHARGE</b>	€ 320,00
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By appointment only with prior booking by sending an E-mail to: [kryosuite@warmbad.at](mailto:kryosuite@warmbad.at) or online at [www.med-warmbad.at](http://www.med-warmbad.at)



# The "Thermal-Urquellbecken"



## FLOAT DIRECTLY ABOVE THE THERMAL SPRING

Even the Romans knew: the thermal spa waters of Warmbad were particularly beneficial to people with mobility disorders. Since then, the spring waters of Warmbad have been used to heal and soothe a range of complaints. These are acratc springs (calcium-magnesium-hydrogen carbonate springs) with a source temperature of 29.9 °C.

These special acratc thermal baths are among the oldest balneological treatments and act as a 'fountain of youth'. Their pain-relieving, anti-inflammatory and soothing effect in cases of diseases and damage to the locomotor system have been recognised for centuries.

120 litres of thermal spa water with an average temperature of 29 °C gush to the surface every second - a total of 10 million litres of thermal spa water per day. Swim directly above the spring in pure thermal spa water - unique in Europe!

Bathing right above the source of the spring is a unique experience, as all the pure healing powers of the spring are released continuously. Warmbad thermal water acts as an anti-inflammatory and pain-reliever. This makes it particularly suitable for movement therapy in the case of illnesses or restrictions after operations on the musculoskeletal system.

# The Tepidarium

Translated literally, the tepidarium means „the mildly warming“. It is rest areas with different room temperatures and bioclimates. Walls and floors feature partly clad hollow tiles, heated with warm water. Across the ceramic surface from all sides - like a well-tempered

tilled stove - the bricks give off heat. 40° in one room, 50° in the other and then in another 60° Celsius.

This radiant heat does not burden the circulation and warms the body to the core, while the air breathed is not heated.



## THE "THERMAL-URQUELLBECKEN" UNIQUE IN EUROPE.

Float directly above the thermal spring in the natural thermal spa water and enjoy the benefits of the Tepidarium.

€ 594,00

Adult annual ticket







<b>DAILY ADMISSION ADULTS</b>	€ 17,00
Book of 10	€ 149,00

<b>DAILY ADMISSION CHILDREN (AGED 6 AND OVER)</b>	€ 9,00
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<b>CUBICLE</b>	€ 2,00
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<b>ANNUAL TICKET</b>	€ 594,00
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<b>SIX-MONTHS TICKET</b>	€ 360,00
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<b>ONE HOUR TICKET</b>	€ 10,00
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# "Urquelle" & Tepidarium

### HEALING MASSAGE, PART-BODY

17 min.	€ 32,00
Book of 10	€ 284,00

### CONNECTIVE TISSUE MASSAGE

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

35 min.	€ 57,00
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### 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, the 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 min.	€ 93,00
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### QCHILINE-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 min.	€ 93,00
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### BREUSS MASSAGE

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 Min.	€ 57,00
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### HEALING MASSAGE, FULL-BODY

55 min.	€ 86,00
Book of 10	€ 775,00

### 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 min.	€ 57,00
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### 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 min.	€ 57,00
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### CUPPING GLASS 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.

17 min.	€ 37,00
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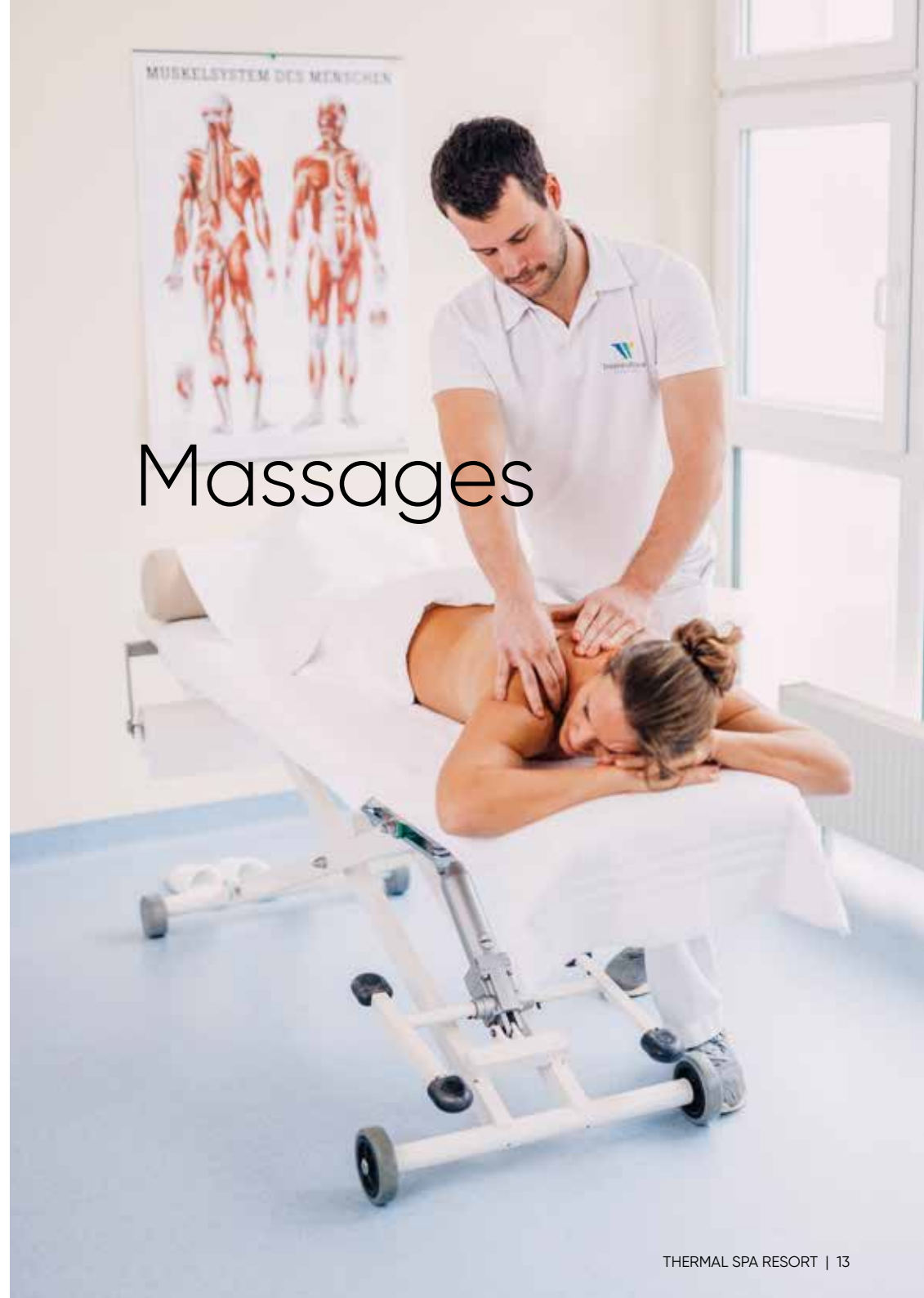
### LYMPH DRAINAGE\*

Using 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.

35 min.	€ 57,00
Book of 10	€ 510,00

\* Requires a medical prescription

# Massages



#### INDIVIDUAL PHYSIOTHERAPY\*

25 min.	€ 52,00
Book of 10	€ 471,00

#### GROUP PHYSIOTHERAPY\*

25 min.	€ 21,00
Book of 10	€ 186,00

#### SPECIAL EXERCISES – NEUROPHYSIOLOGICAL EXERCISES\*

55 min	€ 99,00
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#### PREVENTIVE PERSONAL TRAINING

55 min..	€ 90,00
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#### BIO-FEEDBACK (AT JOSEFINENHOF)

30 min.	€ 52,00
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#### INDIVIDUAL QIGONG SESSION

50 min.	€ 21,00
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#### QIGONG GROUP SESSION – FROM 3 PARTICIPANTS

50 min.	€ XX,00
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#### RELAXING GROUP THERAPY

50 min.	€ 21,00
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\* Requires a medical prescription

# Physio Therapy





## ELECTRO THERAPY

### INTERFERENTIAL CURRENT\*

15 min. € 25,00

### GALVANISATION\*

15 min. € 25,00

### THRESHOLD AND EXPONENTIAL CURRENT \*

15 min. € 25,00

### ULTRA-SOUND\*

10 min. € 25,00

### IONTOPHORESIS\*

15 min. € 25,00

### TENS\*

15 min. € 25,00

### HYDRO-ELECTRIC BATH\*

15 min. € 25,00

## PACKS

### PARAFANGO\*

15 min. € 32,00

Book of 10 € 284,00

### PARAFFIN\*

15 min. € 25,00

### COOL CURD PACK

15 min. € 20,00

Book of 10 € 186,00

### CRYOTHERAPY

10 min. € 11,00

## INHALATION TREATMENTS

### NaCl – SALT

15 min. € 18,00

Book of 10 € 167,00

\* Requires a medical prescription

# Physical *therapy*





#### **THERMAL UNDERWATER MASSAGE\***

15 min. € 39,00

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#### **HYDROJET**

15 min. € 25,00

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#### **INDIVIDUAL UNDERWATER EXERCISES\***

25 min. € 59,00

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#### **GROUP UNDERWATER EXERCISES\***

25 min. € 26,00

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#### **THERMAL TUB BATH\***

20 min. € 16,00

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#### **HAYFLOWER, MUD OR ROSEMARY BATHS AND BALNEUM HERMAL OIL BATH\***

20 min. € 22,00

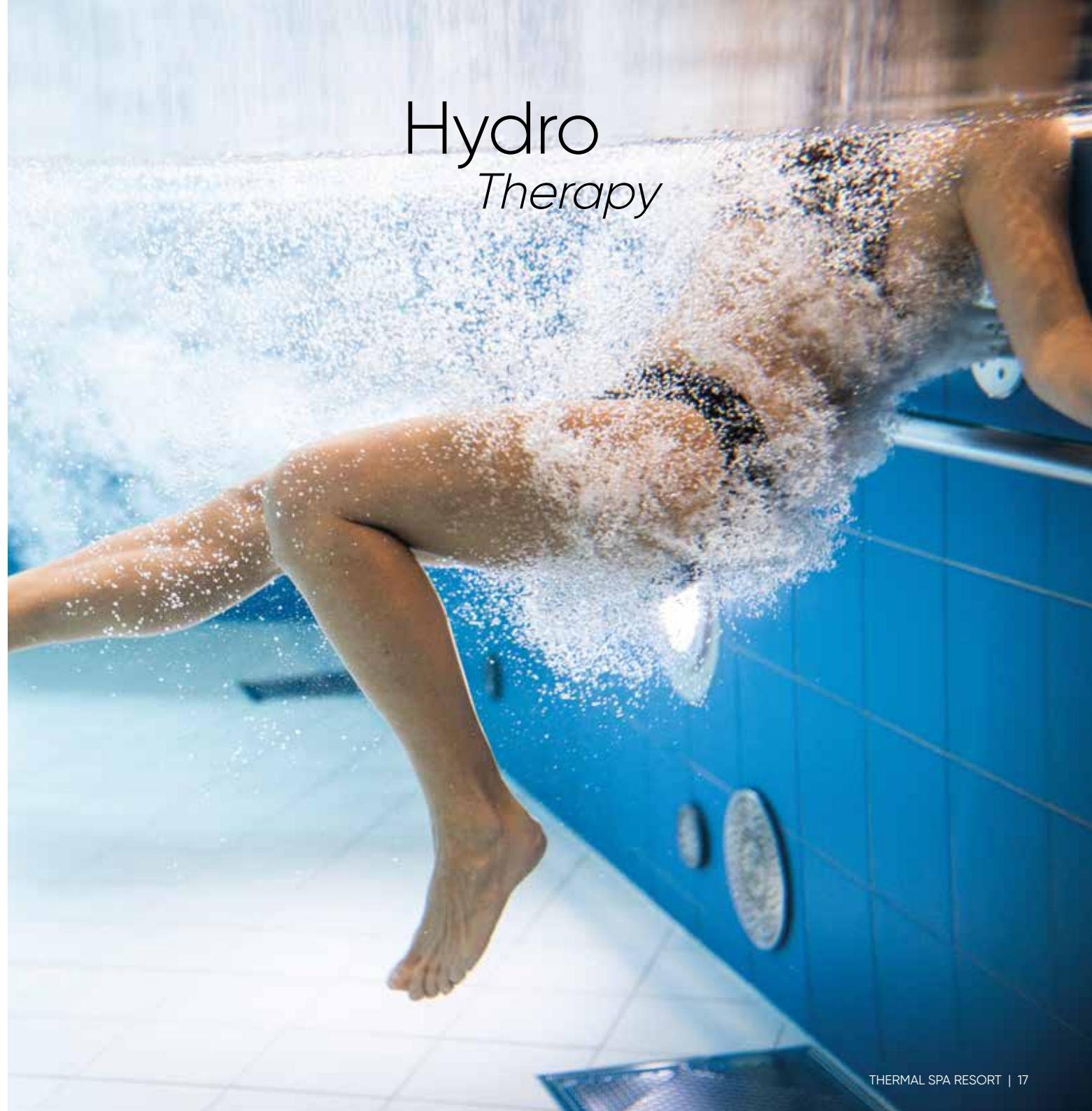
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#### **AIR BUBBLES, SULPHUR OR CARBONIC ACID BATH\***

20 min. € 22,00

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\* Requires a medical prescription



# Hydro *Therapy*





**PHYSICAL EXAMINATION BY A SPECIALIST  
(ORTHOPAEDICS)**

€ 123,00

**PHYSICAL EXAMINATION BY A DOCTOR**

€ 74,00

**INDIVIDUAL PSYCHOTHERAPY CONSULTATION**

50 min. € 123,00

**NUTRITIONAL CONSULTATION WITH  
DIETICIAN**

25 min. € 51,00

**BIOIMPEDANCE MEASUREMENT  
(AT JOSEFINENHOF)**

25 min. € 39,00



# Medicine



**MANICURE WITHOUT VARNISH** € 33,00

**PEDICURE WITHOUT VARNISH** € 44,00

## RELAXATION PACKAGE

### FEEL - GOOD DAY FOR HER OR HIM

1 relaxing massage (36 min.)  
Admission to the "Thermal-Urquellbecken"  
Thermal spa pools & Tepidarium  
1 pedicure or 1 pH-balanced bath  
1 x fruit or vegetable cocktail

Package price per person: € 88,00

#### TIP

Surprise a loved one  
with a feel-good massage  
in the form of a voucher.



# Gift vouchers

<https://www.med-warmbad.at/shop>



# Relax





# Institute for densitometry and osteoporosis

At the SKA outpatient department for orthopaedics in Warmbad-Villach

## What is osteoporosis?

In cases of osteoporosis, the number of trabeculae inside the bones (spongiosa) and the interconnections between them is reduced. The outer layer of bone (corticalis) is also often

thinner than with healthy bone. Osteoporosis patients therefore have an increased risk of fracturing a bone if they suffer a fall or lift or carry anything heavy.



**Dr. Andrea Rainer**

Specialist for Physical Medicine  
and Medical Director of  
VIBE PRIVATE THERAPY

## Find out more

### Consultation / Cost / Information:

Wednesdays 13:00 - 15:00

Please arrange an appointment by phone

Tel. +43 4242 3006-6162

You can apply for a partial reimbursement of costs to your health insurance.

### INSTITUTE FOR OSTEOPOROSIS

at the "Sonderkrankenanstalt  
für Orthopädie"

Kumpfallee 91  
9504 Warmbad-Villach

[www.med-warmbad.at](http://www.med-warmbad.at)



## Osteoporosis assessment and advice in Warmbad

### All under one roof, an overview of our services:

- » Consultation with our doctors
- » Osteoporosis screening
- » Bone density measurement using DEXA\*
- » X-ray examination
- » Information about nutrition and exercise
- » Therapy and treatment suggestions

\* DEXA bone density measurement method:  
Bone density is measured using 'Double Energy X-ray Absorption' technology (=DEXA) on the lumbar spine and neck of the femur. This method of investigation only takes a few minutes.



# History Tradition Fascination

Enjoy with us on an exciting journey through time and learn more about the development of the health resort, its thousand-year history and the origins of Warmbad.

The healing springs of Warmbad were used back as early as Roman times. Sculpture finds provide evidence of this and inscriptions dating back to the 2nd century A.D., which were found during excavations. Even 2000 years ago, people were aware of the healing powers of the naturally rising warm springs.

Among other things, two completely preserved consecration altars for the Vibes - pre-Roman deities - were found, who were worshipped as protectors of the bubbling warm springs. A female head made of marble was also found along with a right hand with a sacrificial bowl, representing the spring goddess Vibe. The archaeological collection is located on the ground floor of the spa centre.







## KURZENTRUM

THERMAL-HEILBAD WARMBAD-VILLACH GMBH & CO KG

Medical Director Prim. Univ. Doz. Dr. Johannes Kirchheimer,  
Specialist in Orthopaedics and Orthopaedic Surgery

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**[www.med-warmbad.at](http://www.med-warmbad.at)**

**[www.warmbad.at](http://www.warmbad.at)**

### TERMS OF CANCELLATION

Due to high demand, appointments need to be booked in advance. To enjoy your treatment to the full, we recommend arriving 5 minutes before the appointment time. Appointments can be cancelled free-of-charge up to 24 hours before the start of the treatment, otherwise the full amount of the treatment will unfortunately be charged.

Vibe 2000 – According to the resolution AKLR, GZ: 14-Ges-1156/1/98, certified therapy centre. Legal entity: ThermenResort Warmbad Villach Holding GmbH, Kadischenallee 22-24, 9504 Warmbad-Villach.  
Updated in 08/2023. Subject to change.

Photos: Daniel Waschnig, ThermenResort Warmbad-Villach, Adrian Hipp

