

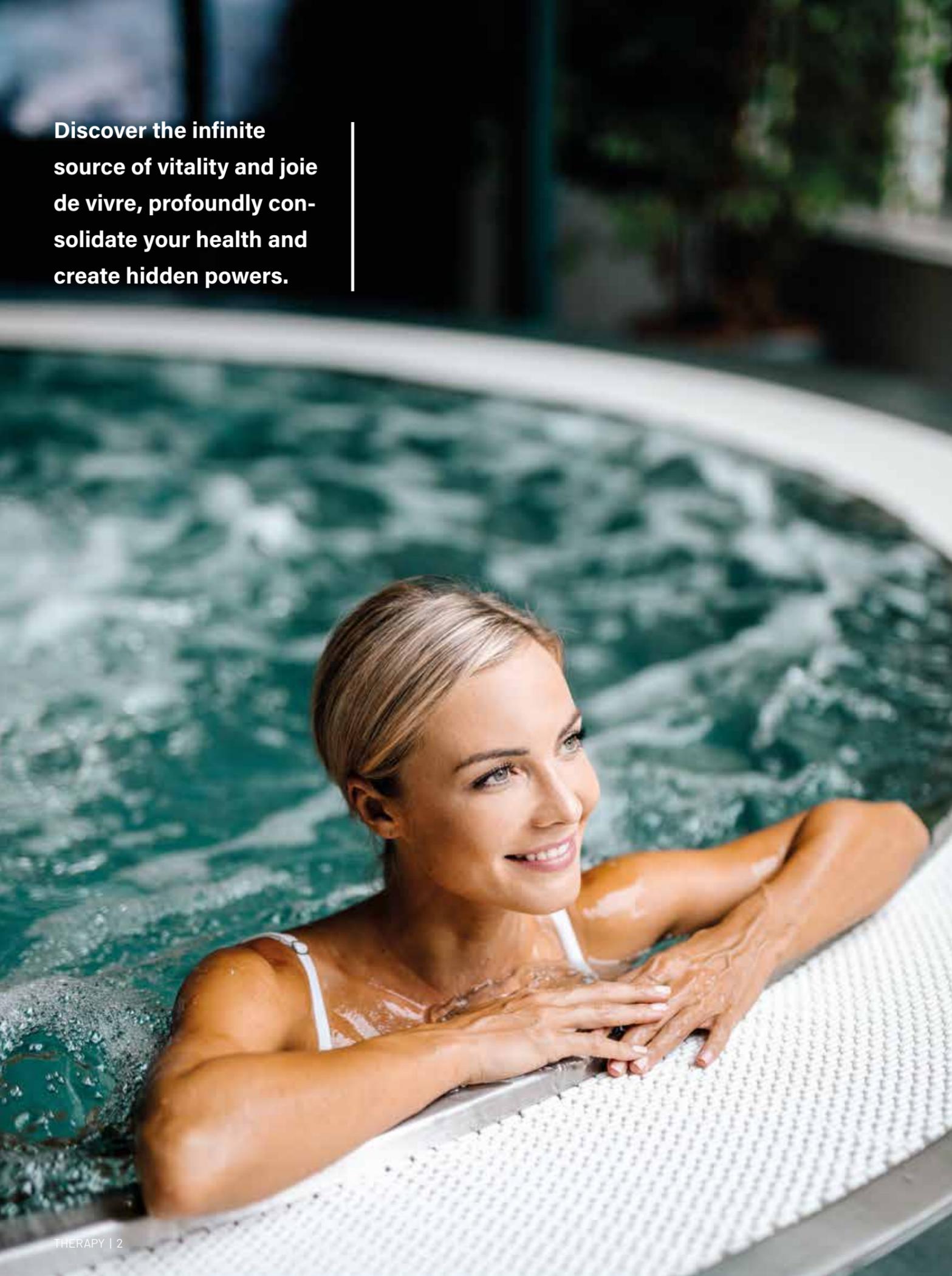
# My health. My Warmbaderhof.

VIBE therapy & beauty prices 2024



[warmbaderhof.com](http://warmbaderhof.com)

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 and packages are combined with the healing Warmbad thermal water.

### Holistic and enjoyable relaxation

The Warmbaderhof \*\*\*\*\* in the Warmbad-Vil-lach 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

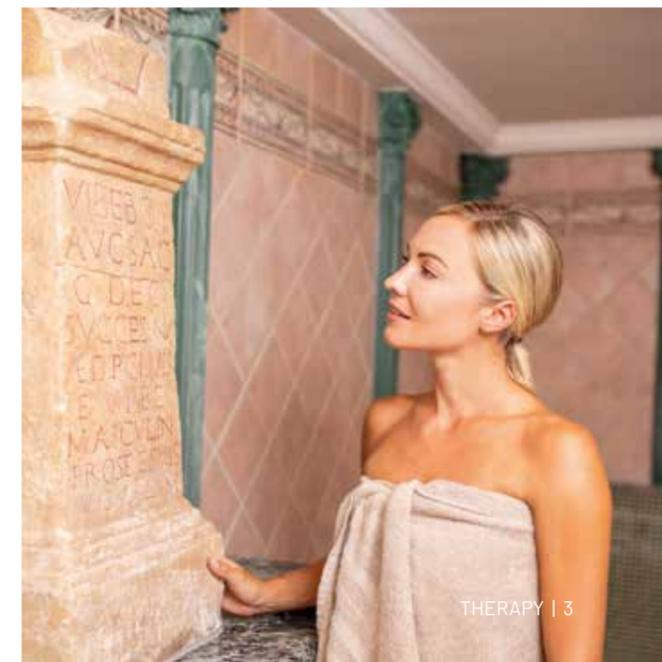
With the concept of our holistic MEDICAL SPA, we have succeeded in presenting an innovative health-related further development in combination with the highest quality beauty and application programmes and naturally an enjoyable holiday. We are setting new standards in health tourism by the wonderful possibility of consuming your MEDICAL SPA package as a holiday together with your partner, your family or friends.

### With heart and experience

Our team of experts consisting of therapists, physicians and masseuses has developed five holistic MEDICAL SPA packages involving nature's gift, Warmbad thermal water, which are individually tailored to your needs.

### 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 is an important component of the MEDICAL SPA packages and 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. . . . . 47.00 €

#### 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). . . 123.00 €

Thermal doctor examination. . . . . 74.00 €

Individual discussion with psychotherapist. . . . . 123.00 €

Consultation with dietician 30 minutes . . . . . 51.00 €

### 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. VIBE psychoactive massage can also be used as a stabilizing massage method which maintains good health or as burnout prevention.

#### VIBE neck and back

55 minutes ..... 103.00 €

#### VIBE whole body

75 minutes ..... 138.00 €



### 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 ..... 97.00 €

### 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 ..... 97.00 €

### 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 ..... 58.00 €

## Our massages

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

### Partial body massage

20 minutes ..... 35.00 €

### Whole body massage

55 minutes ..... 90.00 €

### 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 minutes ..... 58.00 €

### 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 ..... 58.00 €

### 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 ..... 58.00 €

### 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 ..... 97.00 €

### 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 ..... 39.00 €

### 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 ..... 58.00 €

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



# 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 ..... 60.00 €

### Physiotherapy (group)

25 minutes ..... 28.00 € p. P.

## Hydrotherapy\*

### Underwater therapeutic gymnastics (individual)

25 minutes ..... 65.00 €

### Underwater therapeutic gymnastics (group)

25 minutes ..... 42.00 € 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 ..... 35.00 €

### Paraffin

20 minutes ..... 33.00 €

### Moor package

20 minutes ..... 33.00 €

### Cool curd package

20 minutes ..... 20.00 €

### Cryotherapy

10 minutes ..... 11.00 €

### Liver pack

20 minutes ..... 33.00 €

## Body application

### Craniosacral treatment

Craniosacral therapy is gentle but effective at the same time: the body has the opportunity to free itself from muscle blocks and pain. The cerebrospinal fluid, that circulates in the skull and spine, serves as an indicator.

The treated area is the skull up to the sacrum, the head, neck, chest, spine and the pelvis. A treatment indicated for both chronic and acute disorders in case of migraine, neck, spine and pelvis disorders or in the case of trauma such as in case of a whiplash.  
55 minutes ..... 103.00 €

### 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 ..... 92.00 €

### 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 ..... 52.00 €

### 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.

30 minutes ..... 39.00 €

## 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 ..... 24.00 €

Galvanisation ..... 24.00 €

Threshold current, exponential current ..... 24.00 €

Ultrasound ..... 24.00 €

Iontophoresis ..... 24.00 €

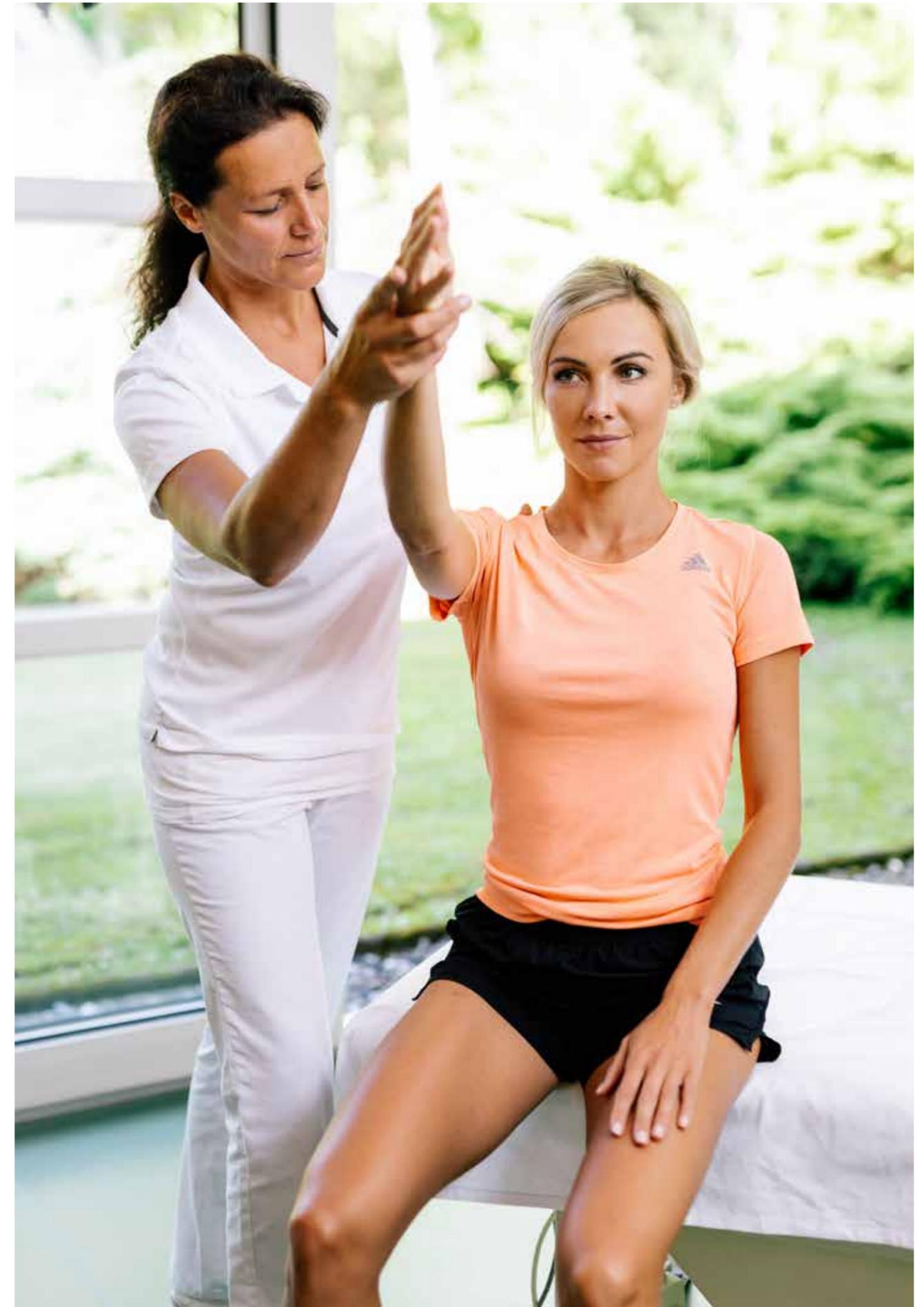
TENS ..... 24.00 €

## Acupuncture\*

Ear acupuncture ..... 54.00 €

Body acupuncture with needle or laser ..... 67.00 €

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



# 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.

Lydia Buxbaum, 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.



imply 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 ..... 158.00 €

### 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 ..... 101.00 €

## 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..... 90.00 €



### Anti-aging & innovative natural cosmetics for him and her

#### VIBE facial treatment

Cleansing, peeling, massage, mask, final pampering  
50 minutes..... 82.00 €

#### VIBE premium facial treatment

Cleansing, peeling, deep cleansing, massage, aromatic mask, final pampering  
80 minutes..... 112.00 €

#### VIBE eye treatment

Cleansing, serum, ultrasound, eye pads, eye crème, final pampering  
40 minutes..... 57.00 €

### De luxe pedicure

A good deed for your feet. Peeling for the feet with the VIBE natural cosmetics range.

Pedicure, foot massage and paraffin package.

80 minutes..... 99.00 €

### De luxe manicure

Hand and nail care. Perfect treatment for wonderful hands. Hand peeling with the VIBE natural cosmetics range. Peeling, manicure, hand massage, paraffin package

80 minutes..... 93.00 €



## Basic cosmetics

### Eyelash dyeing

10 minutes.....17.00 €

### Eyebrow dyeing

10 minutes.....11.00 €

### Eyelash and eyebrow dyeing

20 minutes..... 28.00 €

### Eyebrow correction

10 minutes.....10.00 €

### Day make-up

30 minutes..... 51.00 €

### Glamour make-up

50 minutes..... 64.00 €

Vial..... 20.00 €

(according to skin type and requirement on recommendation)

## Hair removal with hot wax

### Upper lip or chin

10 minutes.....14.00 €

### Face

30 minutes..... 19.00 €

### Arms, armpit or bikini zone

à 40 minutes.....40.00 €

### Legs to knee

30 minutes..... 51.00 €

### Chest or back

à 40 minutes.....53.00 €

### Entire legs

40 minutes.....58.00 €

## Hands and feet

### Manicure without polish

30 minutes..... from 48.00 €

### Hand peeling incl. crème package

15 minutes.....28.00 €

### Paraffin package

15 minutes.....28.00 €

Remove strip polish.....24.00 €

### Strip polish without manicure

30 minutes..... 34.00 €

### Polishing (with polish to take away)

15 minutes.....17.00 €

### Polishing

15 minutes.....10.00 €

### French polish

15 minutes..... 24.00 €

### Pedicure without polish

(Removal of corns, subject to supplement)

50 minutes.....57.00 €

## VIBE NATURAL COSMETICS

LAIT NATURAL CLEANSING MILK, 200 ml	35.00 €
CLEANING FOAM FOAMER, 100 ml	25.00 €
CLEANING GEL, 150 ml	32.00 €
NATURAL TONIC WATER FOR THE FACE, 100 ml	35.00 €
TONIC ALOE VERA, 100 ml	21.00 €
EXFOLIATING PASTE, 50 ml	41.00 €
FRUIT ACID CRÈME, 50ml	61.00 €
CRÈME PEELING WITH GRAPSEED, 50 ml	39.00 €
ANTI-ACNE MASK, 50 ml	37.00 €
AMPOULE OF RETULIN, 10 ml	57.00 €
AMPOULE OF SKIN OIL, 15 ml	37.00 €
AMPOULE OF VITAMIN C, 15 ml	46.00 €
FLEECE MASKE HYALURON, 1 piece	22.00 €
COLLAGEN CRÈME, 50 ml	68.00 €
HYALURONIC CRÈME, 50 ml	72.00 €
Q10 ANTI-AGING GEL, 50 ml	50.00 €
THERMAL LOTUS CRÈME, 50 ml	61.00 €
GRAPSEED GEL, 50 ml	46.00 €
TRAUBENKERNCREME, 50 ml	37.00 €
CREME SENSITIVE, 50 ml	35.00 €
VIBE ANTI-AGING EYE CRÈME, 30 ml	50.00 €
BODY LOTION SILHOUETTE, 200 ml	42.00 €
VIBE BODY & FACE GEL PEELING, 200 ml	45.00 €
THERMAL OLIVEÈ CRÈME, 100 ml	65.00 €
DEA BODY OIL, 100 ml	42.00 €
VIBURNESS HAND & FOOT CRÈME, 100 ml	23.00 €
"HEISSE VIBE" WARMING BODY LOTION, 150 ml	33.00 €
SUN CRÈME, LSF 30, 100 ml	22.00 €

100% ORGANIC CERTIFIED AND VEGAN

100% VEGAN



## REVIDERM MICRODERM ABRASION

Microderm abrasion is a revolutionary procedure, the most modern, high-tech treatment in VIBE beauty. Originally developed for the medical field, it now constitutes peeling at its most perfect. New cellular material is constantly being formed in the parent cells, in the depths of the skin. This effectively intervenes in the skin renewal process and sustainably creates a beautiful new skin.

### MINOR REVIDERM TREATMENT

Cleansing, enzyme peeling, REVIDERM microderm abrasion, mask, final pampering  
50 minutes..... 121.00 €

### 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..... 186.00 €

## 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..... 159.00 €

### 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..... 221.00 €

## RADIOFREQUENCY Gentle vibration effect

With the wisdom of China for a new body awareness. 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..... 99,00 €

## 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..... 139,00 €

## 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..... 139,00 €

## 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..... 165.00 €

## PIROCHE METHOD For the face and body

With Chinese wisdom to a new body feeling. This method not only counteracts cellulite, but has an overall firming effect on the skin and tissue so that your body becomes slimmer and the connective tissue becomes firmer. Piroche acts with a vacuum which is formed under the glass bells - relaxes the muscles, loosens cramping, promotes healing and improves the supply of nutrients to the skin. The result is a fine-pore, radiant and firm appearance for face and body.

### PIROCHE METHOD

**Detox for face "pampering" basic concept**  
Cleansing, peeling, mineralizing seaweed mask with vial, bioenergetic lymphatic drainage and final pampering.  
50 minutes..... 98.00 €

### PIROCHE METHOD

**Body & face combination treatment**  
Whole body detoxification for a better physical feeling and a radiant appearance. Bioenergetic lymphatic drainage for detoxification and purification. Whole body seaweed package. While you enjoy the package, the face is also lifted and purified in a bio-dynamic rhythm.  
100 minutes..... 204.00 €



**Packages-**  
Detoxification, purification, decongestion

**Bioenergetic seaweed package**

Whole body  
50 minutes.....84.00 €

**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.....74.00 €

**Cinnamon body wrapping**

For stomach, legs and bottom  
50 minutes.....75.00 €  
with arms (supplement).....23.00 €

**VIBE whole body peeling**

With Warmbad thermal water, seasalt, seaweed and green tea.  
25 minutes.....49.00 €

**Body Bandage - Styx**

Detoxification and purification  
50 minutes.....92.00 €  
with arms (supplement).....23.00 €

**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.....48.00 €

**Foot chakra massage**

Energetic foot massage. Allows the energy to flow again. Gentle pressure massage with a nurturing and biointelligent nurturing crème.  
25 minutes.....48.00 €



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@worseg.at](mailto:termine@worseg.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](mailto:info@drkristen.at) or T: +43 4242 90830



**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 24 hours before the start of treatment. Otherwise, you will unfortunately be charged.



# 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. and bank holidays (with appointment)  
Tel.: +43 (0) 4242 3001-1295  
kosmetik@warmbad.at



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