

«INTRODUCTORY TREATMENT»

EXPERIENCE THE WORLD'S MOST UNIQUE NATURAL HEALING CLIMATE

10 January to 12 November 2011

Reservations are required:

0043 (6434) 3753-0
info@gasteiner-heilstollen.com

INTRODUCTORY TREATMENT: € 28

every **Tuesday** from 11 Jan. to 8 Nov. 2011

every **Thursday** from 14 Apr. to 10 Nov. 2011

Meets: 2:30 p.m. at the Health Center

Session begins: ca. 3:50 p.m.

Event concludes: ca. 5 p.m.

SKI & RELAX TREATMENT: € 28

every **Thursday** from 13 Jan. to 7 Apr. 2011

Meets: 4 p.m. at the Health Center

Session begins: ca. 5 p.m.

Event concludes:

ca. 6:30 p.m.

*Discounted admission
with the Gastein Card*



ONE-TIME INTRODUCTORY OFFER

www.gasteiner-heilstollen.com
www.facebook.com/heilstollen.gastein

«FOR A NATURAL PAIN RELIEF»



PROGRAM & HELPFUL HINTS

Gastein Heilstollen, with the world's most unique healing climate. Lasting around 2 ½ hours, the program of the «Introductory Treatment» includes a medical check-up (cardiovascular and blood pressure), a brief informative talk about the natural benefits of Heilstollen therapy, followed by a ride into the therapy area incl. a 30-minute session.

**Every Tuesday and Thursday (Introductory Treatment).
Every Thursday (Ski & Relax Treatment).**

Dates as listed on the front page of the brochure.

Meets: 2:30 or 4 p.m. at the Gastein Heilstollen Health Center.

Session begins: ca. 3:50 or 5 p.m.

Event concludes: ca. 5 or 6:30 p.m.

Price: EUR 28 (additional Gastein Card discount)

Reservations are required:

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« Please bring »

... swimsuit, bathing shoes, robe, and a small towel for during the treatment. All of these items are also available for rent at the Heilstollen.

« Registration & Reservations »

Please make timely reservations for the Introductory/Ski & Relax programs, either in writing, by phone or e-mail. Once you arrive at the Health Center, go to the ticket office to validate your ticket and receive complete details about the scheduled events.

A doctor will give you a cardiovascular check-up. The train will subsequently take you to the therapy area, where you will allow the unique healing climate to work its wonders. After ca. 40 minutes, you will return again to the Health Center.

« Fluids »

Prior to your Heilstollen treatment, please drink plenty of fluids (ideally, fruit juice or mineral water).

« Alcohol »

Do not drink any alcohol prior to your treatment at the Gastein Heilstollen.

If you do, treatment cannot be permitted due to medical reasons.

« Contraindications »

Pregnancy, untreated hyperthyroidism, severe claustrophobia, tumor conditions in the 1st year after conclusion of treatment. If suffering from severe cardiac, circulatory or renal disease, we recommend consulting a doctor.



« Less pain, fewer medications, and finally leading a normal daily life again. I owe this to Gastein Heilstollen Therapy, which I undergo once a year. »

Jens Clausnitzer, age 41, Pockau/Germany

The three healing factors at alpine elevations

- **Warmth** (37 - 41,5° C)
 - **Humidity** (70 - 100%)
 - **Natural radon levels** (44 kBq/m³ in the Heilstollen air)
- « For a natural pain relief »

Health Center for Radon Therapy

« Therapy, Curation & Rehabilitation »

Treatment in the Heilstollen involves a therapeutic combination of mild overheating (hyperthermia) and radon therapy at alpine elevations. As a result, the Heilstollen represents the most intensive, most effective form of therapy in Gastein Valley. It takes place at five therapy stations with increasing temperature (37 to 41.5 °C) and humidity (70 to 100%). The natural radon levels in the air average 44 kBq/m³.

Sustained **pain relief**, increase in the body's own **anti-inflammatory abilities**, and **significant reduction in need for medication** are the scientifically proven benefits of Heilstollen therapy. The success rate verges on 90 percent, which makes the Gastein Heilstollen the No.1 choice when it comes to natural forms of therapy.

« Prevention & Stabilization »

Causing radon to be absorbed through respiratory passages and the surface of the skin, the unique therapeutic climate of the Gastein Heilstollen promotes the body's own cellular metabolism. As a result, the cells' intrinsic ability to repair DNA is stimulated naturally. The body's own mechanisms to strengthen and stabilize the immune system are activated. Consequently, Heilstollen therapy represents an outstanding approach to health maintenance and immune prophylaxis.

« Science & Research »

The effects of the naturally-occurring element radon and the benefits of Heilstollen therapy have been the subject of scientific research since 1946. In close cooperation with the Gastein Research Institute of Paracelsus Medical University Salzburg, Gastein Heilstollen is intensifying its efforts through some highly promising studies. In these, tried-and-true, as well as new forms of radon therapy are being scientifically investigated for their reliability, validity and health benefits. «A positive biological reaction after Heilstollen therapy is unequivocally measurable», states Prof. Markus Ritter, Chairman of the Gastein Research Institute.

« Indications for Heilstollen Therapy »

- **Musculoskeletal Conditions:** Bechterew's disease, chronic polyarthritis, arthrosis, chronic gout, arthritis psoriatica, syndromes of the spine, fibromyalgia syndrome, osteoporosis pain, neuralgia, consequences of sports injuries, sarcoidosis.
- **Respiratory Complaints:** chronic bronchitis, COPD, bronchial asthma, chronic sinusitis, hay fever.
- **Skin Ailments:** psoriasis, neurodermatitis, delayed wound healing, scleroderma.
- **Prevention:** immune prophylaxis and harmonization.

Gastein Heilstollen Therapy is covered by Austrian and German insurance carriers.

CREDITS:

Gasteiner Kur-, Reha- & Heilstollen Betriebsges.m.b.H.
Health Center for Radon Therapy « For a natural pain relief »
Heilstollenstraße 19, 5645 Böckstein | Bad Gastein – Salzburger Land
T 0043 (6434) 3753-0 | F 0043 (6434) 3753-566
info@gasteiner-heilstollen.com | www.gasteiner-heilstollen.com