

# THERMAL.POWER.GASTEIN

## OUR EXPERTISE – YOUR HEALTH





## « GRÜSS GOTT » AND WELCOME TO THE BÄRENHOF!

On the following pages, we would like to introduce you to our Bärenhof Health Center. Awaiting you here with us is medical and therapeutic competency combined with a home-away-from-home holiday setting in one of the most beautiful Alpine holiday and health regions in Europe.

Founded in 1972, this clinic is today one of the biggest health establishments in Gastein Valley. Idyllically situated on a high plateau in Bad Gastein, you will find a wide range of therapy offers, focused especially on the musculoskeletal system, and an ideal base for your active vacation in Hohe Tauern National Park.

Our holistic approach to health, including Gastein Radon Therapy, which is unique worldwide, harnesses the natural power of the mountains, helps you activate your body's own self-healing powers, and strengthens body & spirit. The foundation is provided by cutting-edge therapy strategies from the field of physical and rehabilitative medicine.

Gastein Valley offers the ideal setting, with beautiful landscapes along with a wealth of opportunities for sports and outdoor recreation allowing you to alternate effortlessly between total relaxation and invigorating physical activity. Take a deep cleansing breath, recharge your inner batteries. Here at a fog-free 1100 meters above sea level, you will give your body and soul the time for themselves they have truly earned.

Every day we strive to make your stay with us as pleasant as can be, offering you the very best service possible.

Sebastian Edtinger M.D.  
Senior Consultant, specialist for physical medicine & rehabilitation

Christoph Köstinger, Chartered Engineer  
C.E.O.

# THE BÄRENHOF HEALTH CENTER: OUR COMPETENCY – YOUR THERAPY



## TOP MEDICAL SERVICES AMID MAGICAL LANDSCAPES

Our team of medical consultants and specialized therapists with many years of experience guarantees the highest possible therapy standards at our competency center, utilizing scientifically-validated therapy modules and detailed outcome-measurement methods. Within the scope of our spa-centered therapy as well as rehabilitation programs, we focus in on your individual needs. We are partners you can count on in the treatment of degenerative and inflammatory complaints affecting the musculoskeletal system.

The comfortable accommodations and attractive recreational opportunities we provide meet the same high standards, allowing our patients to regenerate both physically and mentally.

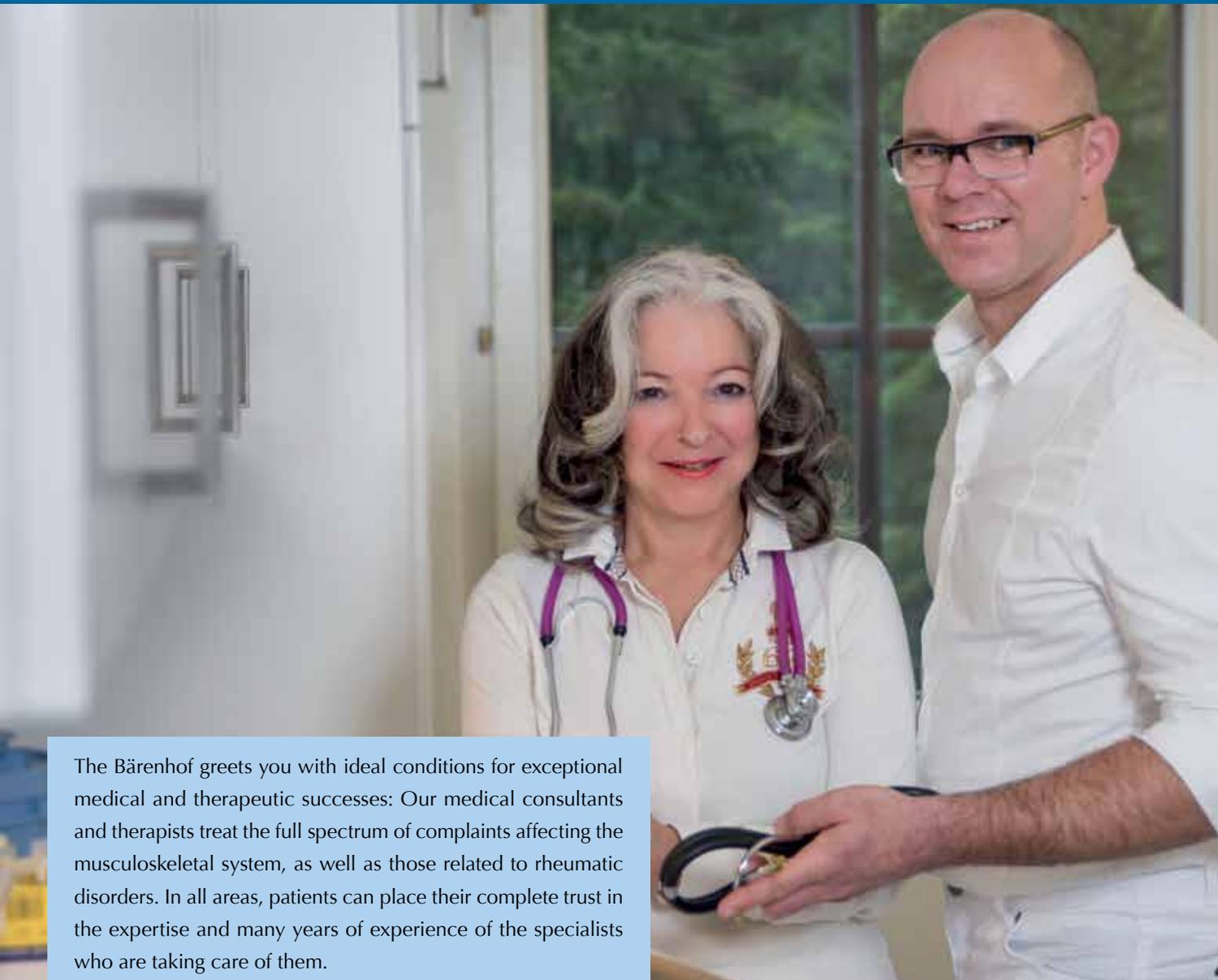
## RADON HEAT THERAPY

The combination of radon, heat and humidity – at elevations where the air is particularly pure – is absolutely unique worldwide, serving as the foundation for successful treatments in the Healing Galleries. Only found in this form right here in Gastein, a full course of therapy is able to naturally activate anti-inflammatory substances within tissue. All radon therapy begins with an individual assessment of symptomology and possible contraindications. Patients are also treated right here at the Health Center using appropriate elements of sub-aqua thermal radon therapy, with the promise of long-lasting therapeutic benefits.

## BAD GASTEIN

Located in the heart of Hohe Tauern National Park in Salzburger Land, this town fascinates with its « Belle Époque » building facades. Here, in the midst of one of the most beautiful and impressive mountain landscapes in all of Europe, the crystal-clear healing waters of hot springs have been bubbling up out of the depths of the Earth for thousands of years.

Bad Gastein is not only an ideal base for an array of sporting, healthy activities; it is also an Alpine metropolis and magnet for cosmopolitan free spirits, Avant-garde creative minds and contemporary artists.



The Bärenhof greets you with ideal conditions for exceptional medical and therapeutic successes: Our medical consultants and therapists treat the full spectrum of complaints affecting the musculoskeletal system, as well as those related to rheumatic disorders. In all areas, patients can place their complete trust in the expertise and many years of experience of the specialists who are taking care of them.

### **RELIABLE PARTNER FOR MEDICAL QUALITY**

As a contractual partner for pension-, social- and health-insurance carriers in Austria and Germany, Bärenhof Health Center has developed into a strong healthcare provider. Under the leadership of our senior consultant, Sebastian Edtinger M.D., specialist for physical medicine & rehabilitation, the medical and therapy departments work together closely with prestigious professional societies and patient associations. The innovative concept behind this establishment is being able to offer high-quality medical and therapeutic services. Our therapy and rehabilitation programs are generally eligible for financial assistance. We would be glad to provide you with details pertaining to your own personal circumstances.

### **THERAPY FOCUS**

Complaints of the musculoskeletal system, symptoms related to rheumatic conditions – ankylosing spondylitis, in particular – as well as ailments affecting the skin and respiratory tract.

### **THERAPIES**

Individual physiotherapy, medically-focused exercise, radon thermal baths, radon sub-aqua therapy, Healing Gallery therapy (out-of-house), spinal therapy including deep-muscle training, different forms of massage, electrotherapies, physical therapies, nutritional counseling, psychological services including stress and pain management.

# THE TREATMENT SPECTRUM

For years we have offered a broad, continuously developing spectrum of treatments based on the latest medical expertise. In particular, we have specialized in therapy for inflammatory and degenerative conditions affecting the musculoskeletal system.

## RANGE OF INDICATIONS

- Chronic inflammatory complaints of the joints such as rheumatoid arthritis, psoriatic arthritis, reactive arthritis
- Chronic inflammatory disorders of the spine, especially ankylosing spondylitis (« Bechterew's Disease »)
- Pain conditions such as fibromyalgia, polyneuropathy, enthesopathy
- Consequences of degenerative spinal conditions such as lumbosacral disease, cervicobrachial syndrome, disc degeneration
- Forms of degenerative joint complaints such as coxarthrosis, gonarthrosis, polyarthrosis of the knuckles
- Shoulder-joint dysfunction
- Osteoporosis in all stages

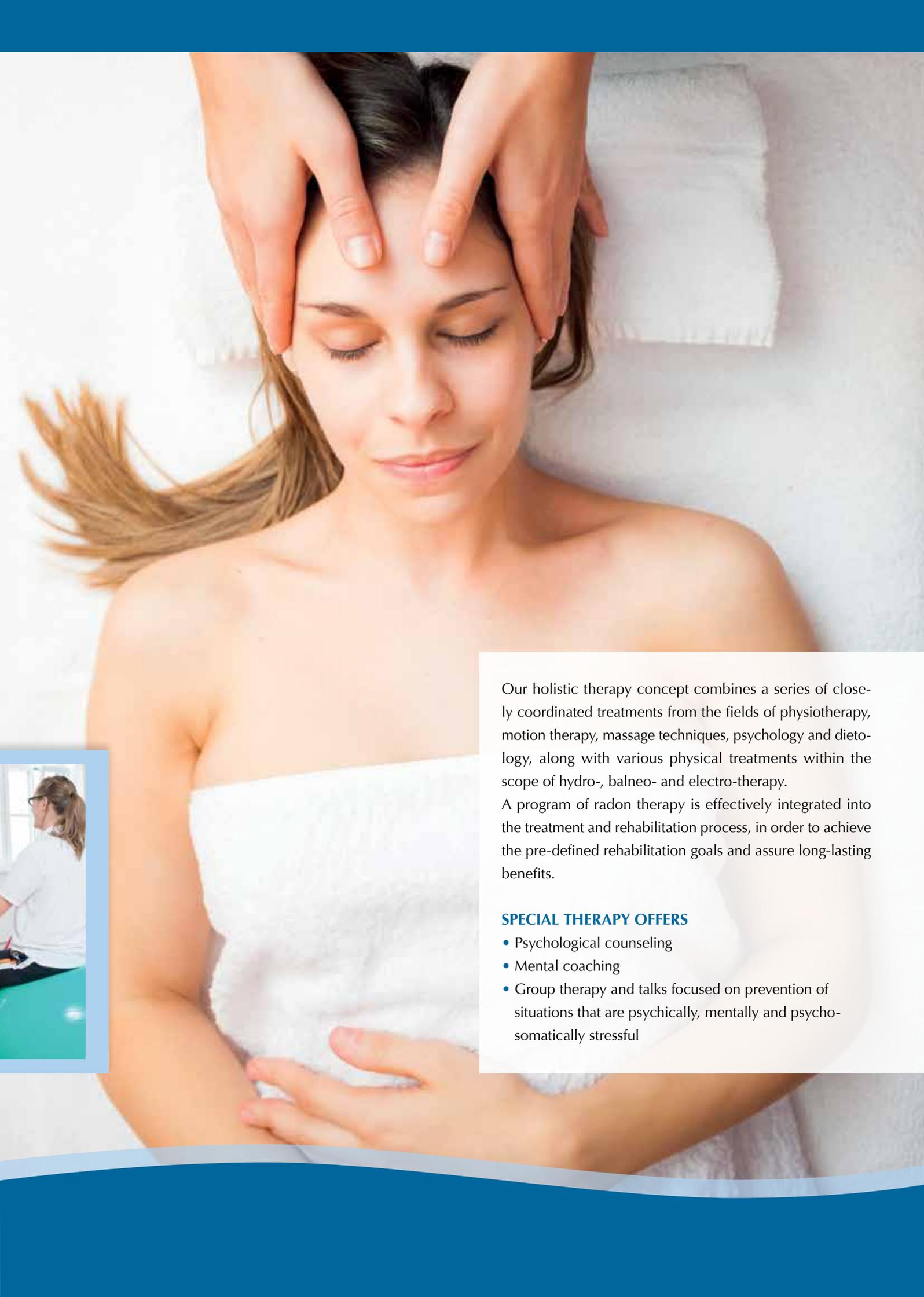
- Other areas of focus: Functional disorders of the respiratory passages, skin complaints such as neurodermatitis, psoriasis vulgaris, wound-healing disorders

## INDIVIDUALIZED THERAPY FOCUS

Modern developments in the Bärenhof's medical concept include a modular therapy approach, in which active therapy units and consultation aimed at personal responsibility play a central role. Through our modules « Exercise », « Dietology » and « Mental Health », we provide a way to pinpoint therapy needs more individually, and thus maximize rehabilitation and therapy success. With a common basic module as the starting point, each person's therapy is supplemented in modular form based on their personal diagnosis and symptomology, insuring that all necessary measures are incorporated into the therapy plan.

Yet another important building block is our results analysis, which records the effects of a stay at the Bärenhof and allows for ongoing development of the therapy structure.





Our holistic therapy concept combines a series of closely coordinated treatments from the fields of physiotherapy, motion therapy, massage techniques, psychology and dietology, along with various physical treatments within the scope of hydro-, balneo- and electro-therapy.

A program of radon therapy is effectively integrated into the treatment and rehabilitation process, in order to achieve the pre-defined rehabilitation goals and assure long-lasting benefits.

#### **SPECIAL THERAPY OFFERS**

- Psychological counseling
- Mental coaching
- Group therapy and talks focused on prevention of situations that are psychically, mentally and psychosomatically stressful



*« Strength lies in motion – we combine this precept with innovative rehabilitation concepts and radon treatments with long-lasting benefits. »*

Sebastian Edtinger M.D.  
Senior Consultant,  
specialist for physical medicine & rehabilitation





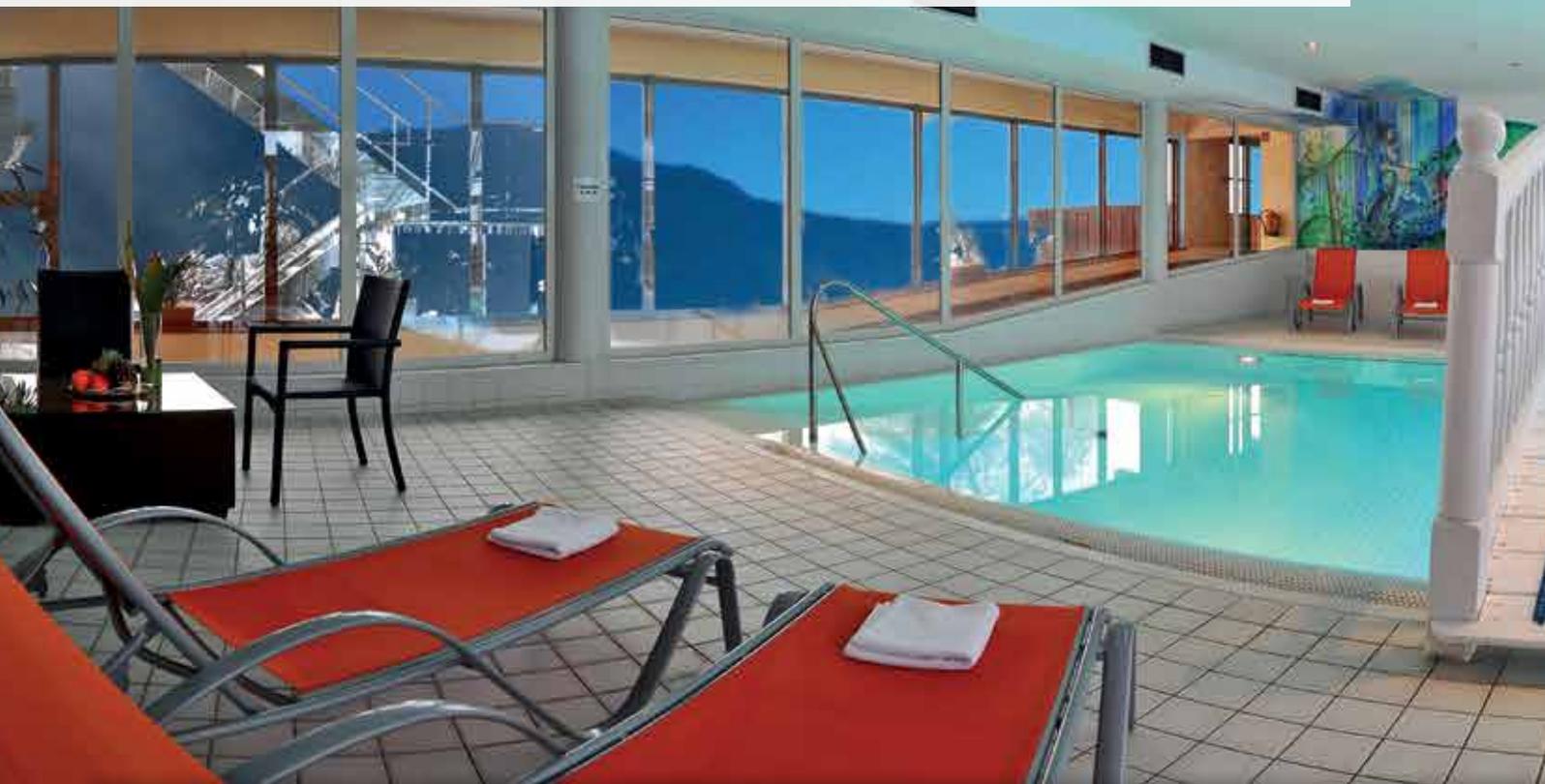
### **THErapy REQUEST AND TREATMENT**

In order to guarantee we are able to offer a therapy program promptly, it is necessary to submit a detailed therapy request citing the Therapy Center specifically. Once the approved request has been received, we will immediately set up an arrival date that best fits in with the patient's requirements. We always make arrangements for in-house therapy or rehabilitation programs that take into account the needs of the patient, thus losing as little time in the treatment chain as possible and avoiding unnecessary delays.

Optimally coordinated therapy plans, which take into account the physician's comprehensive intake check-up including a detailed medical history, medical findings and contraindications, provide the basis for an individualized, well-controlled therapy program that can be implemented efficiently. On discharge day, our clinical information system will provide a letter for the at-home physician, thus guaranteeing seamless ongoing care for our patients upon their departure.



LOOKING FOR HEALTHY EXERCISE?  
OUR ACTIVITY PROGRAM RANGES FROM  
A FOR AQUACISE TO Z FOR ZUMBA





You will feel that incomparable sense of holiday happiness from the first moment on: You are at eye-level with glorious mountain peaks, with magical hiking paths, ski slopes and sightseeing attractions practically right outside your front door. Our Health Center, with its four lovingly appointed main buildings, is right by the Stubnerkogel gondola lift as well as the legendary Felsen-therme spa resort.

That said, there's no reason you can't be physically active right here at the Bärenhof, too. In our modern wellness and fitness area, you will be able to feel renewed energy flowing through your body. And if you need even more, our professional therapy experts will be right at your side to assist.

Enjoy hospitality that comes straight from the heart. We would be delighted to make your holiday visit with us a highlight you won't ever forget.



# BODY, MIND AND SOUL: THE MOST IMPORTANT ELEMENTS OF THIS WORLD



Being physically active out in the fresh air is marvelous. But even right here within the four walls of the Bärenhof, you can enjoy wonderful exercise as well. We invite you to visit our fitness zone, where you will be able to get in a full workout while enjoying fantastic views of Gastein Valley.

## RELAXATION IN MOTION

Fitness equipment, treadmills and home-trainers are available for your personal workout. We would be delighted to welcome you to the gym for our morning exercise class, or perhaps you would prefer to get your day off to a perfect start with a bit of Aquacise in our pool. If you wish, our physiotherapists are there to assist you, too, with lots of tips for your healthy exercise routine.



## PRO COSMETICS FROM HEAD TO TOE

Enjoy professional beauty treatments, from facials to body wraps and pedicures. In a pleasant atmosphere, you will be able to escape the outside world while expert hands liberate your outward appearance from the effects of stress, daily life and negative environmental influences. Sensual enjoyment, indeed, guaranteed to get « under your skin ».



Experience the fragrance of pure oils, fresh fruits and soothing creams in our own beauty oasis. Allow yourself to be pampered there by our experienced cosmeticians and visagistes. This offer, incidentally, also applies to HIM!

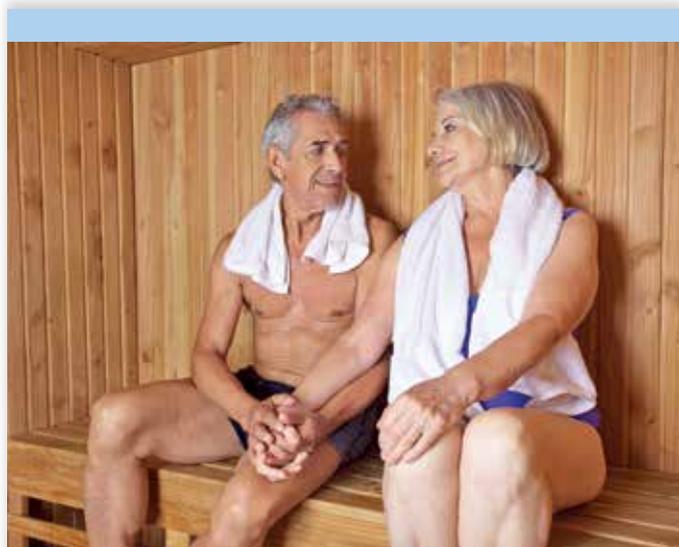
## PAMPER BODY AND SOUL

For us, wellness isn't some trendy slogan. Rather, it is an incomparable experience for body, mind and soul. Unwind as you enjoy profound benefits and leave the daily grind far behind. Treat yourself to a "Wellsystem" sub-aqua massage, then afterwards, immerse yourself in our panorama indoor pool with glorious

mountain views. In our wellness area, you will find beneficial tranquility and healthy relaxation, with a wide range of therapy treatments to choose from.

### WELLNESS FOR CONNOISSEURS

The choice is yours, between an organic or Finnish sauna, a steam bath, the «Luis Trenker» infrared cabin, Kneipp treatments or a session under the «rain shower». Or simply enjoy one after another. And in between, heated water beds and wellness loungers invite you to relax completely. Whatever you prefer to do – take all the time in the world!



## CONSCIOUS DINING EXPERIENCES – THE ULTIMATE IN ENJOYMENT

The kitchen team at Bärenhof Health Center treats patients to foods that are easy on the body. You can choose between whole foods, « slim line » or weight-loss meals, as well as vegetarian dishes and Mediterranean specialties.

In addition to the balanced variety found on our menus, once a week we invite you to sample our delicious Farmhouse Buffet, created by our dietary chefs in collaboration with our dietician with a true sensitivity for healthy eating.

During your stay, enjoy a colorful palette of natural foods. In addition, our head chef places great emphasis on preparing regionally sourced products for you whenever possible.

### SUNNY HOSPITALITY FOR VISITORS

On our sun-terraces, in our bright guest lounge or in the spacious lobby, our patients can enjoy sitting down with their personal guests for a pleasant visit. In the Felsencafé we serve specialty coffees and snacks, to go along with spectacular views of Gastein's mountain world.





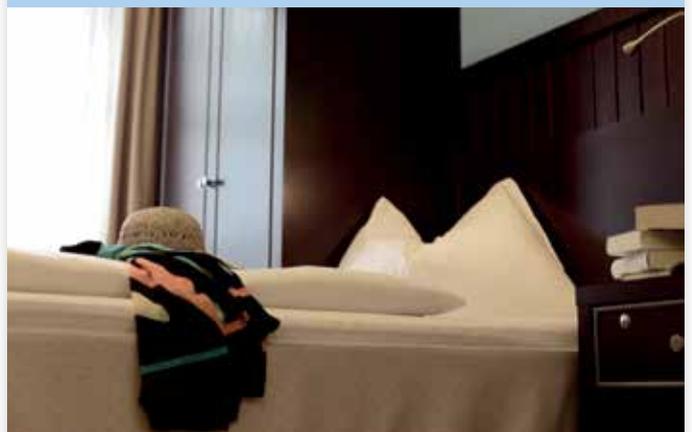
Our dietician will give you valuable tips for managing your calories and nutrition habits. If needed, you can set up an appointment for a consultation or participate in presentations focused on nutritional themes.

## FURNISHED WITH TASTE



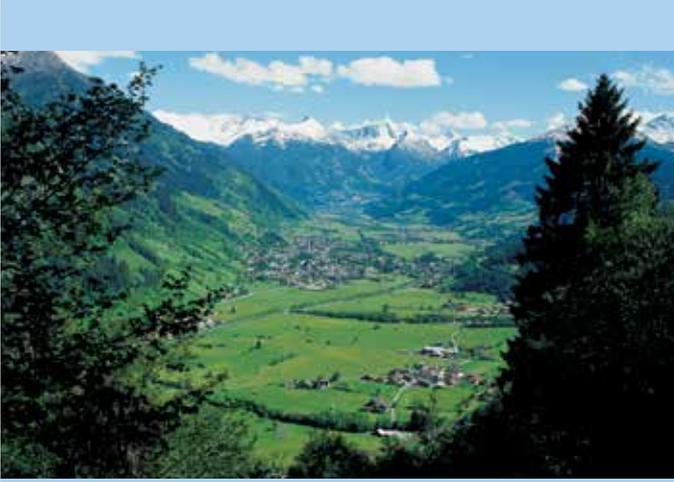
The friendly, modern non-smoking rooms in our four main buildings each feature a bathroom with bath or shower, flatscreen TV with cable, radio alarm. As you look out of your room, enjoy the sight of the morning sun or Gastein's breathtaking mountain world.

It's as if the sun shines right there inside your room, or so they say. At least, you feel a glow of sunshine every morning when you wake up in one of our 62 double, 61 single or 7 king-size rooms. Abundant natural light and the magical sight of the Gastein Alps guarantee you will be in the best of spirits from the moment you get up.



Our mattresses, pillows and blankets aren't only comfortable, they are also hypoallergenic.

# GASTEIN VALLEY



Gastein Valley has one of the richest tourism traditions in Austria. Its current tourism importance is due, in part, to the healing effects of hot springs with elevated radon levels.

Awaiting you in winter are 220 km of beautifully groomed pistes and snow conditions that can be counted on until the end of April. Around 350 km of hiking paths and numerous promenades invite guests to enjoy leisurely strolls or extended hikes. Activities such as cycling, golf, cross-country skiing, tennis and more are guaranteed to excite every fan of outdoor exercise.

## BUBBLING QUALITY OF LIFE

The rainwater needs 3,000 years to filter down the 2,000 meters into the depths of the mountain. There, it warms up, rises once again, and around five million liters of hot, fresh spring water, with naturally elevated radon levels, bubble up out of 17 springs every day. Felsentherme Bad Gastein is a spa resort located just a few meters from the Bärenhof.

## GASTEIN HEALING GALLERIES

A combination – unique worldwide – of

- heat (37–41.5° C)
- humidity (70–100%)
- natural radon content (44 kBq/m<sup>3</sup>) and
- alpine elevations (1,270 m above sea level)

has been scientifically proven to provide long-lasting pain reduction (9 months on average), which in turn results in significantly lower need for medications. In addition, the immune system is stabilized.

## ART & CULTURE

Franz Schubert, Arthur Schopenhauer, Thomas Mann and Gustav Klimt – all opened themselves to the inspiration of Bad Gastein. Bad Gastein proudly continues in the footsteps of this old tradition, while creating new ones through a wide selection of special events. Exhibitions, studios, creative workshops, concerts, summer theatre, along with countless other artistic and cultural activities, all draw countless visitors.

# HOW TO REACH US

## ARRIVAL BY CAR

**Coming from Munich/Salzburg or Villach:** Tauern Autobahn (A10) to Bischofshofen, « Gasteinertal » exit, B 311 to Lend, B 167 to Bad Gastein. When you reach the same elevation as the Bad Gastein train station, make a left following the Pyrkershöhenstrasse.

**Coming from Innsbruck:** Autobahn (A12): Take the Wörgl exit, then via highways B 178 / B 170 to Kitzbühel. Continue on the B 161/B 168 and B 311 to Bad Gastein, or via the A10 autobahn via Kufstein – Salzburg – Villach, « Gasteinertal » exit, then on the B 167 to Bad Gastein. When you reach the same elevation as the Bad Gastein train station, make a left following the Pyrkershöhenstrasse.

**Coming from Villach:** Möllbrücke and Obervellach to Mallnitz, then take the motorail connection to Bad Gastein. When you reach the same elevation as the Bad Gastein train station, make a left following the Pyrkershöhenstrasse.

## YOUR ARRIVAL BY PLAIN

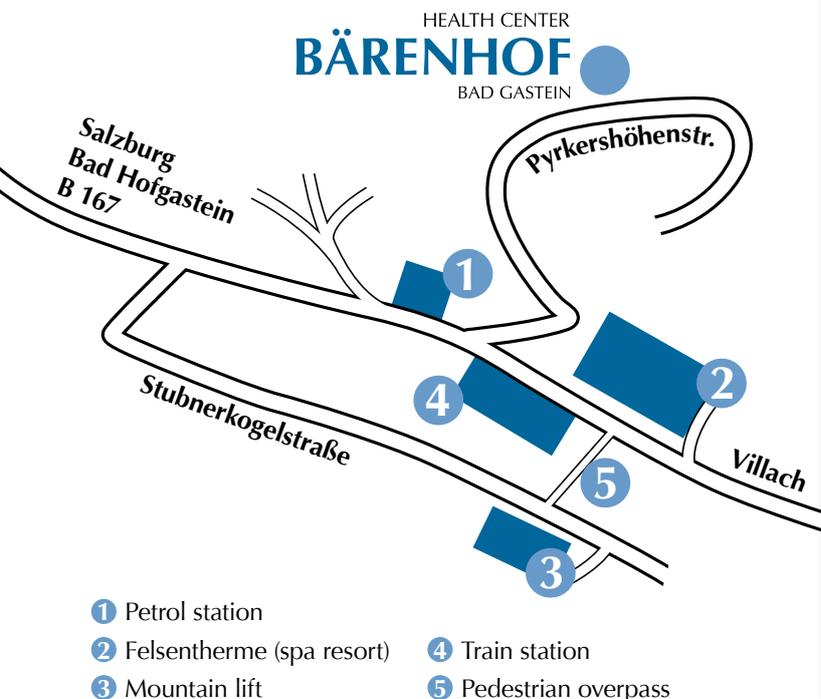
Through Salzburg or Munich Airports.



## ARRIVAL BY TRAIN

By Euro- or Intercity train to Bad Gastein station. The nearest motorail loading station is in Bischofshofen. Naturally, we offer our guests a shuttle service to the Health Center. Walking distance from the station to the Bärenhof: ca. 5 minutes.

We also offer all guests attending the Healing Galleries shuttle service to and from their therapy.





## OUR QUALITY STANDARDS

Our Bärenhof Health Center is distinguished by consistent high quality, confirmed by LGA Intercert-validated certifications for DIN EN ISO 9001: 2008 as well as QMS-REHA®. Our patients can be certain that all services offered at our establishment are permanently monitored and optimized with the help of our international quality-management system, resulting in long-lasting, above-average treatment success.

In the interests of our referring doctors and insurance partners, thanks to our certifications we are able to provide assurance that we will quickly and efficiently integrate the very latest requirements in the field of rehabilitation and therapy support into our service palate. By doing so, we are able to guarantee a standard of quality that we measure up to each and every day.

### MEDICAL WELLNESS

Upon consultation with treating physicians, our patients are able to make use of the wide range of services provided in our medical-wellness facility. In the wellness world of the Bärenhof, our patients are looked after by a team of expert therapists.





**LGAC InterCert**  
Zertifiziertes QM-System  
DIN EN ISO 9001:2008



**QMS-REHA**  
QUALITÄTSSYSTEM

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