

Rogner Bad Blumau

SPA Price Information 2011



Rogner Bad Blumau
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www.blumau.com



Our SPA

OPENING HOURS

Bathing, SPA and Sauna Area

Water World, 7 a.m. – 11 p.m. daily · Sauna, 10 a.m. – 10.45 p.m. daily
Vulkania® Curative Spring, 7 a.m. – 11 p.m. daily

Health and beauty

From 8.30 a.m. daily

Sport and Fitness

From 8 a.m. daily

Information und Beratung:

SPA Reception

Monday to Sunday, 7 a.m. – 11 p.m.

Tel.: +43 (0) 3383-5100-9720

Fax: +43 (0) 3383-5100-9713

spareception@blumau.com

DROP IN

In our "hotel tradition", where water and the handmade organic soaps produced by "Seifensieder" play a leading role, you can consciously leave everyday life behind and simply drop in. Immerse yourself in the world of Rogner Bad Blumau, accompanied by the scents of herb and flower essences.

ETIQUETTE

For your own enjoyment, we ask you to kindly preserve the peaceful and relaxing atmosphere. Most guests prefer either quiet telephone calls or no calls at all. Our bath attendants always endeavour to organise free loungers for you. Please refrain from leaving towels to mark your place on several different loungers. Our recommendation: a cosy bed lounger for two can be booked in advance, with or without VIP service.

Our sauna landscape is a no-clothes area and is only open to guests from the age of 16. To avoid slipping, you are strongly advised to wear bathing shoes in the wet areas.

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Awareness

ON THE WAY TO 100%

Sense of responsibility for humanity and nature, as well as harmonious relationships - "Primavera", "marie w." and "Seifensieder" at Rogner Bad Blumau.

Harmony of quality and attitude

The philosophy they share is based on an understanding of a holistic view of health and beauty. Thus, natural products are an essential component for wellbeing, life quality and vitality.

Natural cosmetics for the skin and senses

Efficacious recipes on the basis of naturally pure, organic herbal extracts and precious essential oils stimulate the skin's natural functions. "Primavera" is committed to creating the highest quality. "As the founders of "Primavera", we've made it our life's work to develop and sustainably create natural products of select quality, while treating nature in a responsible way. Underlying all our decisions is the thought that pure and authentic nature bestows perfect balance and equilibrium. "Primavera" therefore treats the resources of our earth in a gentle and respectful manner."

Ute Leube and Kurt Nübling

Decorative natural cosmetics

What do I allow on my skin? A few select ultra-pure ingredients, painstakingly developed and blended by hand. Such as the feather-light Mineral Make-up, which is easy to apply and ensures a natural complexion. For many years, Marie Wissler – the woman behind "marie w." – has consistently dedicated herself to providing excellent care for women who love nature and uniqueness.

Natural handmade soaps

Naturally pure base oils and fats, as well as essential oils and organically-grown herbs, make Barbara Freyberger's handmade "Seifensieder" products into mild cleansing care for the face and body. As a special extra, the Vulkania curative water is also used in producing them. Each piece is unique, thanks to being cut, weighed and packed by hand.

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NATURAL COSMETICS FOR THE SKIN AND SENSES

"Cosmetics are not just about beauty care, but also relaxation and a sense of well-being," says *Renate Platzer – trained beautician specialising in the art of make-up, and medical pedicure, with additional training as a licensed masseur.*

We begin with a short orientation talk, in order to tailor the subsequent care to your needs and your complexion in the best way possible. After gentle cleansing, you start your individual skin-care programme. Carefully selected high-quality natural cosmetics made by the companies "Primavera" and "marie w. Manufaktur Make-up" guarantee optimal skin compatibility. It's a wonderful feeling to pamper and care for your skin with these natural products.

Face

Facial 60 min.....	per person	€	85
80 min.....	per person	€	110
"marie w." make-up Advisory Service.....	per person	€	26

"You don't notice perfect make-up. It simply allows the complexion to look as if it's been perfected by nature."
Marie Wissler, "marie w. Manufaktur Make-up"

Manicures and pedicures

Manicure without varnish / with varnish.....	per person	€	29/32
Pedicure without varnish / with varnish.....	per person	€	35/38

Hair care

Wash, cut, blow-dry, colour rinse. Hairdresser for ladies and men.

Hair SPA. A relaxing head massage and a beneficial warm hair oil pack pamper and moisturise your hair.

Treat yourself to a little time on the heat benches at the Health Centre before your treatment appointment. Enjoy a cup of tea or a glass of water in the peaceful atmosphere, and get into the right mood through deep breathing. We particularly recommend a warm foot-bath or a body pack as preparation for the massage.

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BODY PACKS ON THE FLOATING LOUNGER

The selected bodycare cream is applied using gentle stroking movements. A special sheet is wrapped round your body. Slowly, the floating lounge sinks into the warm waterbed. The purpose is to achieve a feeling of weightlessness.

Moisturising

Milk, saffron and honey 20 min.....	per person	€	38
Rose petals 20 min.....	per person	€	38
Elderberry – STYRIA SAMBUCUS 20 min.....	per person	€	38

Delicate skin

Zotter Chocolate 20 min.....	per person	€	41
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Detoxification

Grape marc 20 min.....	per person	€	38
French marine algae 20 min.....	per person	€	38
Vein wrap with cooled fango 20 min.....	per person	€	38

"Primavera" aroma experience

Wacholder Cypress 20 min.....	per person	€	41
Rose & Sea Buckthorn 20 min.....	per person	€	41
Lavender & Vanilla 20 min.....	per person	€	41
Ginger & Lime 20 min.....	per person	€	41

Our recommendation

As a preparation for the pack, a scrub promotes the refreshment and cleansing of the body, and the skin is ready for the active ingredients that follow.

"Primavera" Wacholder Cypress.....	per person	€	34
"Seifensieder" Coffee.....	per person	€	34
"Seifensieder" Linseed.....	per person	€	34

Our continually-trained staff, and first and foremost our Head of Massage, Andreas Gamper, will pamper you using all the skills of the art of massage. "Health is our most precious possession, and massage offers the possibility of maintaining it. Massages loosen the muscles, and stimulate the circulation and the metabolism."

Andreas Gamper – Assistant Lecturer in Therapeutic Massage, with further qualifications in Shiatsu, quantum body work and cranio-sacral therapy.

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AYURVEDA

Harmony, common interests, aims and further development
– AYURVEDA RHYNER at the Rogner Bad Blumau.

We founded the Austrian Ayurveda Association, which is based at the Rogner Bad Blumau, back in 2005. Now, 5 years later, we have brought our further-developed Special Ayurveda Programme here. We do appreciate the careful, attentive infrastructure and the helpful, friendly staff. The sense of expansiveness in time and space expresses the principle of Vastu in many areas, which is part of the Ayurveda philosophy. *Irene Rhyner*

PANCA KARMA health cures with Ayurveda Rhyner

With the 10-day Panca Karma health cure (Ayurveda detoxification), Europe's Ayurveda pioneer, Dr. Hans H. Rhyner (MD, PhD), offers one of the most successful and holistic methods for active health care. Oil massages, special Ayurveda treatments and pulse diagnoses are tailored to your individual needs. Enjoy being pampered with delicious food from the Ayurveda Rhyner health cure kitchen. The programme is accompanied by yoga lessons, sound-focused experiences and special lectures. Shorter stays on request. Further information at www.blumau.com

Dates: 27th March – 5th April · 30th September – 9th October 2011

Jyotish – Traditional Vedic astrology with Anand.

Jyotish is the ancient science of Indian astrology, which is over 5,000 years old, and like the Ayurveda treatment methods, has its origin in the ancient Vedic culture.

Anand – Acharya Umakant Semalty was born on 23rd March 1979 in Dehradun in the Himalayas. He was instructed in Jyotish by his grandfather and learned the art of palm-reading from traditional masters. Anand studied at the University Varanasi and is a Shastri (M.A.) as well as Acharya (Professor) of Viakaran (Sanskrit grammar) and the Vedas (the traditional holy writings of India). In addition, Anand was trained in Asana (physical discipline), Pranayam (breathing techniques), Dhyana (meditation) and also in Shrimat Bhagavatam (18,000 Slokas = verses).

Dates: Master Anand is at the Rogner Bad Blumau once to twice a year. Precise dates on request.

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MASSAGES

Individual massages 30 min per person € 40
60 min per person € 78
90 min per person € 108

"Book time" with your masseur. The preliminary talk, well-founded training and experience, as well as attentiveness and intuitive fingertips, make possible a wide variety of combinations of massages and treatments – all consciously holistic, with different focuses – specially tailored to your needs, with harmonising oils on request.

Fragrant Damascene Roses in almond oil, as well as curative marigolds in sunflower oil are the valuable, organic full-sun oil extracts, which have matured through the power of the sun in demijohns here at Rogner Bad Blumau.

Breuss back massage 50 min per person € 65
According to R. Breuss, warm St. John's Wort oil and special massage techniques relax the muscles around the spine and initiate the regeneration of spinal discs that are undersupplied with blood. A 10-minute rest follows. Optimal effect of the back massage is achieved through the subsequent "gentle Dorn manual therapy".

Gentle Dorn manual therapy 40 min per person € 60
According to D. Dorn, blocked energies can be brought back into flow and complaints of the musculoskeletal system can be cured by applying gentle pressure at certain points. Only bookable following the back massage.

Indian full-body oil massage 60 min per person € 90
90 min per person € 130
Gentle stroking with pleasantly warm oils.

"Shirodhara" forehead oil massage 60 min per person € 120
A steady flow of precious sesame oil is poured over your forehead in carefully-guided paths and rhythms.

Head, neck and facial massage 30 min per person € 45
Precious oils nurture the skin and the hair. This Ayurveda massage can stimulate the circulation, enhance the flow of energy and relieve tension.

You can also enjoy individual massages "Side by Side".

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WATER WORLD

Countless places of retreat both in and out of the water.

Spa and bathing area with 100% spa water in the wide variety of indoor and outdoor pools, fresh water in the wave pool, children's pool and cold-water pool and the Vulkania curative lake.

Wellness and Relaxation area · Hidden-away places and oases of peace · Room of silence · Galleries · Grass-covered roofs · Lounging galleries · Sun island for an all-over suntan in natural water meadows · Garden of the 4 Elements · Island of Flowers of Love · Theme paths

Conscious retreat

The "room of silence" was set up at the special request of our guests. This pleasant quiet environment is ideal for peacefully reading, "switching-off" and relaxing. No all-day loungers available.

Book a cosy double lounge

1 day for two people € 7
 day for two people with VIP service € 59

Consciously experience time together. Hidden under small bridges and trees of life and enjoyment together with the VIP Service, with sparkling wine and Zotter chocolate fondue.

Book according to availability at the SPA Reception.

SAUNAS

Traditionally hot, steaming mild or in the regenerative light.

Sauna rituals and special infusions – administered several times a day by trained sauna masters, in accordance with the changing seasons. The purpose is to strengthen the constitution. New programme posted every day on the black board in the sauna landscape.

Infusion with birch twigs 50 min per person € 25
 Russian banya for two in the Finnish sauna, administered by two sauna masters. A "tap" massage with dried birch twigs from the Bad Blumau forests. Two loungers are reserved for your use, and tea is served on request.

ACTIVE AND RELAXATION SESSIONS

"Physical and mental exercises help to open the inner light and find one's own centre."

Elke Kausz – Sport, sauna and fitness expert, specialising in yoga, Pilates, spine training, stamina sports and the Head of our team for sport, fitness and relaxation sessions.

Personal trainer for sport and fitness

Indoors or outdoors 30 min..... per person € 35
60 min..... per person € 60

The individual training session is tailored to your personal needs.

Sport and fitness in a group..... per session per person € 7,50
Figure, back and stamina training sessions

Week Card..... per person € 40

For up to 7 days' participation in the group programme. Card is non-transferable. You'll find the details in the current weekly programme.

Yoga – Indian body work 60 min..... per person € 14

Yoga includes mental and physical exercises. We start off in a standing position, and then move on to sitting and lying exercises.

AlphaSphere – Deep relaxatio 23 min..... per person € 24

Works through the harmonious interplay of colour, form, light, sound, vibration and heat. "Side by side" can be booked.

Sea climate cabin 20 min..... per person € 18

The best way to prevent colds! Take a seat in the sea climate cabin (with or without your clothes) and deeply breathe in the brine mist with its ionised oxygen.

Dead Sea Salt Grotto 45 min..... per person € 15

A pleasantly warm "Grotto", with gentle lights, walls made of salt blocks and a floor covered with salt crystals. Make yourself comfortable on the relaxation lounge (wearing clothes) and breathe in pure, ionised air.

Guided relaxation 45 min..... per person € 19

Guided breathing and relaxation exercises in the ionised air of the Dead Sea Salt Grotto for regeneration.

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SELECTED ADDITIONALLY-BOOKABLE PACKAGES

Choose your personal theme from the specially coordinated treatments.

1000 roses..... per person € 145

- Rose-petal body pack
- Individual massage (30 min) with full-sun extract rose and almond
- facial (50 min) with Primavera rose and pomegranate
- 1000 Roses soap to take home

Coffee and chocolate..... per person € 81

- Coffee body scrub by "Seifensieder"
- Zotter chocolate body pack
- Body confection by "Seifensieder" to take home

Just for you and me..... 2 people € 299

- Individual "Side by side" massage (50 min)
- "Side by side" facial (50 min)
- AlphaSphere "Side by side" deep relaxation (23 min)

For a strong back..... per person € 145

- "Breuss" back massage
- Gentle Dorn manual therapy
- MFT training with a personal trainer (30 min)

Naturally beautiful..... per person € 160

- Facial (50 min)
- Pedicure
- Manicure
- Wash, blow-dry
- Daytime make-up by "marie w."

To ensure you get the appointment dates of your choice, please book in advance when reserving the room. The individual services are carefully coordinated with one another and enhance one another in their effect. You'd like to book individual treatments? We're always happy to advise you.

Discover more and revel in anticipation at www.blumau.com.

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TWO CURATIVE SPRINGS FOR POWER, WARMTH AND ENERGY

The water temperature of the Melchior curative spring water is 47.2 degrees Celsius as it flows out of the ground. The mineral-rich spa water has its source at a depth of 970 metres, as a sodium hydrogen carbonate spring.

The Vulkania curative spring is a deep ground water with a unique composition. It has its source at a depth of 2,843 metres. The water outflow temperature is approx. 110 degrees Celsius. The mineral content of this naturally concentrated brine spring exceeds many times over the level required for curative effects.

Vulkania – a natural treasure

Over 1 million years ago, an inland sea came into being in a volcanic landscape. Over the millennia, it was hermetically sealed off from outside influences through tectonic movements and overlapping of the fissures of the volcanoes. Through deep thermal drilling, this unique primeval sea was discovered and can now be used for regeneration and recovery at Rogner Bad Blumau.

GENERAL INFORMATION

Indications for thermal baths or thermal water treatments

In the case of rheumatism, wear of the joints, back problems, dermatitis and gynaecological complaints. These support recovery after accidents, injuries and operations, and are beneficial for nervousness, exhaustion and circulatory disorders.

Contra-indications for all spa treatments

Cases of severe heart disease, untreated hypertension, severe lung disease, acute inflammations, feverish infections, untreated hyperthyroidism, thrombosis, phlebitis, pregnancy, during menstruation, and in cases of cancer or contagious skin diseases.

Vein problems and thermal water

You should not bathe for longer than 20 minutes. Do not spend time at the inflow nozzles, and shower your legs with cold water both before and after bathing. Thermal water bathing is not suitable for anyone prone to thrombosis. Important: if in any doubt, always consult a physician.

Pregnancy

If there is any problem with your current pregnancy or if there has been any problem with a past pregnancy, please contact your doctor beforehand.

Spa water

Bathing in the Melchior water is allowed in the case of problem-free pregnancies; however, you should not bathe for longer than 20 minutes. The Vulkania curative water is not suitable due to the high concentration of minerals. **We recommend the following pools:** indoor and outdoor spa with Melchior water, whirlpools in the indoor spa and in the sauna, wave pool and children's pool with fresh water.

Packs

Moisturising body packs are allowed in the case of problem-free pregnancies; however detoxification packs are not allowed.

Massages

Gentle massages are allowed in the case of problem-free pregnancies, after first consulting the masseur.

Children and thermal water

Due to the insufficiently-developed ability of small children to regulate their body temperature, the law only allows them to bathe in thermal water from the age of 6 upwards, for their own protection. At Rogner Bad Blumau, the wave pool in the outdoor spa (fresh water) and the children's pool for the smallest children in the indoor spa (also fresh water) are both available for the use of children under 6.

Please note

Please avoid direct sunshine and the solarium after massages and facials. **Important:** Always remove the massage oil before sunbathing.

Terms of cancellation

Are you unable to keep your appointment? Please take advantage of the chance to cancel your treatments free up to 24 hours beforehand, so that another guest can book the appointment.

Issue: SPA Price List 2011, Status April 2011. These contents and prices shall cease to be valid as soon as a new price list is published.