

WELCOME TO HEALTH & WELLNESS



Massage, Beauty & Fitness



DAS RONACHER

Therme & Spa Resort



Immerse &
Enjoy

HEALING THERMAL WATER

4

Wellbeing through the power of water

Some places seem impervious to time. They stubbornly refuse to change with the times, and radiate eternal energy. The origin of Bad Kleinkirchheim's thermal spring is just such a place. Enjoy the manifold effects of our private thermalspring right here in our hotel.

Our private thermal spring leaves the ground at a natural source temperature of 36 °C and is rich in minerals such as calcium, magnesium, sodium and potassium.

Originally famous for curing eye diseases, the thermal spring is now used for a far wider range of symptoms: stabilising the circulation, strengthening connective tissue and arteries, relieving rheumatic complaints, promoting rehabilitation after operations, accidents and infectious diseases, as well as generally strengthening the immune system.

Make sure you visit the original thermal springs in St. Kathrin Church - a miraculous thermal source awaits you.



Analysis of the Ronacher thermal spring water*

1 kg spring water contains:

Cations:

- 5,1 mg Sodium
- 1,65 mg Potassium
- 14,96 mg Magnesium
- 40,68 mg Calcium
- Iron
- Copper
- Zinc
- Lead
- Cadmium
- Mercury
- Aluminium traces

Anionen:

- 0,60 mg Fluorid
- 4,10 mg Chlorid
- 0,06 mg Iodine
- 0,62 mg Nitrate
- 0,18 mg Nitriet
- 52,95 mg Sulphate
- 0,012 mg Hydrogen phosphat
- 0,005 mg Hydrogen selenide
- 137,3 mg Hydrogen carbonate
- 29,2 mg Silicic acid
- 0,28 mg Boracic acid

Dissolved gases:

- 4,00 mg Carbon dioxide
- Traces of nitrogen which, escape after release of the water pressure

Radioactive trace elements:

- Radon
- Radium

*According to experimental pharmacological and balneological research carried out in Vienna

The effects of Ronacher healing thermal waters

- Rejuvenating = Anti Ageing Effect
- Purification & detoxification
- Strenghtens tissues & blood vessels
- Allevatias headaches & migraine
- Cures exhaustion
- Counteracts sciatica
- In case of damage to discs and stiffness after fractures
- Alleviates neuralgia
- Chronic nerve or nerve root inflammation
- Stabilises blood pressure
- Strenghtens circulation
- Anti-inflammatory effect, both internally and externally
- Restores joie de vivre

NEW

RONACHER'S PHYSIO GYM

Need a health kick? On an area of over 200 m² with a wonderful panoramic view towards St. Kathrein Church, you will find everything to do with balance, stretching, stamina and power. Upon request, our physiotherapists and fitness coaches will put together a personalized programme for you for even more health benefits. This makes the „playground for adults“ really fun!



Simone Ronacher
presents the
training concept:

MORE for your BALANCE

The functional “balori e-coordination” training system serves to improve balance, reaction, and precision. The simple virtual 3D instructions on the monitor and the fitness plate with over 2000 sensors make coordination and balance training from head to toe child's play and great fun. After only 5 minutes of exercise „Balori“ calculates your reaction speed and your balance between the left and right brain and body half!

MORE for your FLEXIBILITY

Top athletes have known it for a long time: In order to train a muscle effectively, decent stretching and mobility are essential.

Made of birch wood, the devices are good insulators of body heat, absorb it and create a pleasant feeling by your fascia training.

More for your POWER

The „Movens“ fitness circle makes you feel as if you are training in water. It's a healthy and time-efficient whole-body workout for all muscle groups. On all 9 machines, you train almost playfully in 3 repetitions at 1 minute each. In 30 minutes you have individually trained all muscle groups.

... on MORE for your CARDIO

You will discover a training experience that sets new standards. Special programs, such as you can choose the training environment and have the feeling: „Today I train with a view to St. Kathreins Church and tomorrow I walk along the sea.“, as well as all TV channels and music programs will inspire you.

TIP: With the highly effective DYNOSTICS **performance & metabolism analysis** you will get a detailed breakdown of your metabolic rate as well as personalized nutritional & training recommendations right from the beginning. (For more information see page 25.)

MULTIMEDIA LIBRARY

8

FIRST CLASS ROOM



NEW: „FIRST CLASS ROOM“ - Multimedia library

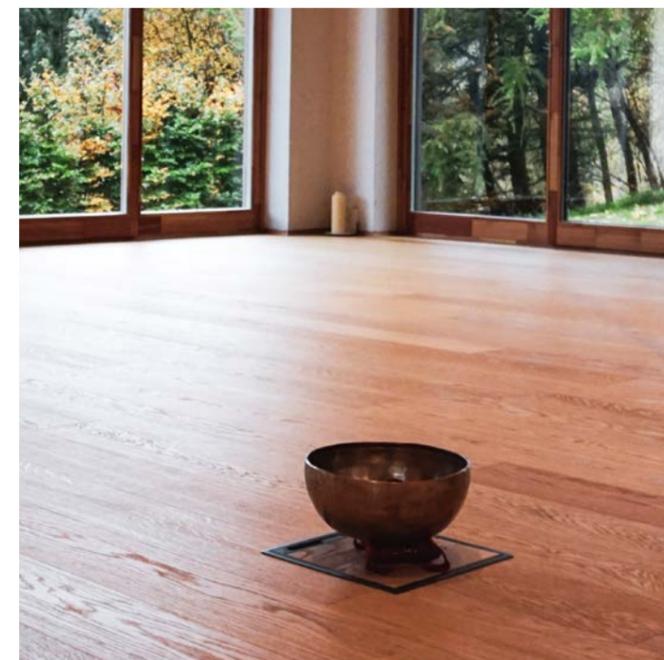
Relax in the snug alcoves with screens to watch, for example, movies of your choice. Right next door, in the library, you can browse through the most interesting books and beautiful pictorials on the topics of water, health and beauty. At two multimedia tables, all the newspapers in the world are available to „download“, so you stay up-to-date during your holidays!



YOGA- & MEDITATION PAVILLON

9

Yoga



NEW: Yoga & Meditation Pavilion

Enjoying views towards the Nock Mountains, experience guided meditations and Yoga in a completely new way. The scent of native solid wood will help you slow down and relax. During the units, the focus will be on your individual needs to ensure you find your inner peace and balance again.

Dear guest of hotel Ronacher

At the source of health and beauty

Our therapists and I will be delighted to answer any questions you may have regarding which **treatments** are best for you, or regarding **packages**, perfectly tailored to your break, and treatments that are only available at the Ronacher, such as the Original Royal Thai Massage, or regarding **exclusive personal care and beauty products, work-out options for your fitness & prevention, and anything worth knowing about spa and wellness.**

We look forward to talking with you.

Yours sincerely,

Simone Ronacher & Your Ronacher Spa Team



Frau Simone Ronacher

TIP: By agreement, the cost of treatments prescribed by a physician can be settled via your private supplementary health insurance!



Our Symbols of wellbeing

For information prior to your personal, individual consultation:

What impact does the individual treatment have on body, mind and spirit?

The following description of wellbeing symbols is intended to help you make up your mind when choosing the best treatment for you.



reviving,
energising



purifying,
purging



balancing,
calming



mood enhancing,
strengthening

MASSAGES

Excellent training, practical experience and a special gift – all these factors define the team of professional masseur and cosmetics specialists. With us, you are in **the best of hands**.

SPECIAL MASSAGES

12

Classic massages



Localised body massage

Particularly advisable for tense back and shoulder muscles. Before having your massage, we recommend a natural mudpack..

€ 56,- for 25 mins.



Classical whole-body massage

Relaxes tense muscles, stimulates the circulation and promotes deep relaxation.

€ 89,- for 50 mins.

Whole body special

€ 132,- for 75 mins.



Reflexology massage

Activates self-healing process in the organs of the body via reflex points on the sole and back of the foot. This technique relaxes all the organs and muscles, stimulates the circulation and is especially beneficial for migraines and digestive disorders.

€ 69,- for 25 mins.



Combined massage

A localised massage for the back and reflexology are combined.

€ 92,- for 50 mins.



Lymph drainage

This gentle and light massage technique stimulates the lymphatic system, decongests and drains the system in this way.

€ 59,- for 25 mins.

€ 89,- for 50 mins.



Aroma oil massage

Essential oils are massaged gently into your skin. They revitalise and harmonise body, mind and spirit, and provide a wonderful feeling of intense relaxation.

€ 92,- for 50 mins.



13



Honey massage – Detoxifying back massage

for strengthening and revitalising the whole organism, cleaning the skin and improving circulation, purification and detoxification, eliminating deposits, strengthening the immune system, relaxing and calming in the event of regulatory disturbances. During the massage, dead cells, salts and toxins are removed in the form of yellowish or grey secretions. The honey massage is a real jewel. The high-quality honey contains acetylcholine, a tissue hormone which has a positive effect on the heart, digestive system and kidneys, as well as glucose, fructose, water, enzymes, vitamins and mineral traces. The organism absorbs all these valuable substances via the skin during the honey massage.

€ 102,- for 50 mins.



Stamp massage for mental wellbeing and relaxation

This special massage uses the innovative stamp technique to gently penetrate the lower skin levels with high-quality oils such as almond, sesame and jojoba which contain valuable substances.

- Alpinherbs improve the circulation, providing relief for tense muscles
- Old India improves the circulation and cares for the skin

€ 109,- for 50 mins.



Physiotherapy

It plays an important role in pain therapy, rehabilitation and prevention as well as in the treatment of injuries. This specific form of integral body therapy consists of manual techniques, massages, mobilisation, fascia therapy, electro-therapy, taping and exercises.

€ 62,- for 25 mins.

€ 98,- for 50 mins.

€ 132,- for 75 mins.



Sports massage

The main objective of any sports massage is to prevent sports-related injuries. Depending on the type of sports massage, the focus is on activating, loosening, or rejuvenating the muscles. This strengthens the connective tissue, increases the oxygen supply, helps drain waste products from the body, and stimulates blood and lymphatic circulation.

€ 98,- for 50 mins.

ENERGY MASSAGES



Shiatsu Japan

The word Shiatsu is composed of two concepts in Japanese, with 'SHI' meaning 'finger' and 'AT SU' meaning 'pressure'. Shiatsu is a manual body therapy which originates from Asia and serves to harmonise the flow of life energy (Chi). Steady pressure is exerted along precisely defined energy lines (meridians) using fingers, the ball of the thumb, elbows and also the feet in order to eliminate blockages and to ensure that body energy flows harmoniously.

€ 98,- for 50 mins.
€ 132,- for 75 mins.



Hot Stone – therapy USA

An old shamanistic treatment method which involves the therapist using a combination of manipulation and massage with hot stones.

€ 102,- for 50 mins.
€ 136,- for 75 mins.



Original Thai massage

The treatment takes place in comfortable clothing on a mat on the floor. The body is stretched, manipulated and relaxed by the use of body weight using fingers, balls of the thumb, elbows, knees and feet. All blockages in the body are eliminated.

€ 102,- for 50 mins.
€ 132,- for 75 mins.



Royal Thai foot massage

Thai foot massage prevents and alleviates headaches, migraine, tension, asthma, constipation and sinusitis. Pure recuperation for the most stressed parts of the body.

€ 98,- for 50 mins.



BATHS



The therapeutic effect of the thermal spring water is intensified with the aid of special natural supplements.

Beauty bath - Therapeutic bath

- with valerian/lavender 
- with rose petals 
- with rosemary  
- with whey 
- with rock oil  

€ 46,- for 25 mins.



Body Detox Electrolysis Foot Bath

The electrolysis treatment is aimed at flushing out toxins. The acidity in the body is neutralized helping it regain its alkaline equilibrium.

Your advantage:

- ° strengthening of the connective tissue
- ° quick recovery after sports activities
- ° lowers increased uric acid levels (gout, stiff joints, ...)

€ 69,- for 25 mins.



Classic Abhyanga Full-body oil massage

Experience yourself anew and look great! The classic Abhyanga is the queen of Ayurvedic massages. This holistic treatment is balsam for body, mind and soul. It has a rejuvenating, regenerating effect on the body and a harmonising effect on the soul. The warm oil, chosen to suit your particular dosha, and the flowing massage and stroking movements impart a feeling of inner warmth and security.

€ 142,- for 75 mins.



Nabhi Marma Ayurvedic abdominal massage

This massage has a relaxing effect, calms and promotes healthy sleep. The Nabhi-Marma massage leads us to the innermost roots of our being. It facilitates deep relaxation and creates a wonderful connection to our cognitive memory. The gentle nature of the physical contact releases fine matter energy bottlenecks. The immune system and inner organs, especially the digestive organs, are strengthened and restored to balance and harmony.

TIP: This treatment is very good in combination with Shiroabhyanga massage.

€ 99,- for 45 mins.



Shirobhyanga Ayurvedic head, shoulder and neck massage

Enjoy a vitalising head, shoulder and neck massage with all your senses. Gentle touching of the energy points has a harmonising and activating effect on the internal organs, and the entire head area is freed of emotional and mental ballast. This massage has a calming effect on the nervous system but simultaneously enlivens the senses, i.e. it enhances the senses of smell, vision and hearing.

€ 99,- for 45 mins.



Padabhyanga Ayurvedic foot massage

Beautiful feet throughout life! Feet are high on the agenda in Ayurvedic treatments. They carry us through life and deserve loving treatment. The Ayurvedic foot and leg massage has an especially positive effect on all the organs as the result of stimulation of the energy points. It promotes circulation of the fine matter energy flow and results in deep relaxation. The foot massage has a stress-reducing, sleep-promoting, mood-enhancing effect and generates a feeling of wellbeing throughout the body. Massaging the legs including the knees provides relief and keeps tendons and joints supple.

€ 99,- for 45 mins.



Mukabhyanga Ayurvedic facial massage

A beautifying facelift using the energy of the hands. A wonderfully relaxing facial massage with fragrant, soothing organic oils awaits you. Gentle stimulation of the energy points and stroking movements impart a stress-busting and mood-enhancing effect. Good circulation makes the skin glow, and facial features appear softer and younger.

€ 68,- for 25 mins.



Prishta Abhyanga Ayurvedic back massage

This massage has an especially relaxing effect on all the back muscles. Here, the warm oil with its enlivening, circulation-promoting aromas develops its full effect. After this treatment, not only the back, but also the whole person feels lighter and freer.

€ 99,- for 45 mins.



Udvardana-Massage Ayurvedic peeling

For this full-body massage, special herbal powders and oils to suit your skin type are massaged into the skin. The massage has a tissue-reducing effect. Udvardana is an excellent, very soothing full-body peeling which lifts, stimulates and purifies the connective tissue. This treatment is particularly recommended for Kapha constitutions and problem zones such as cellulite.

TIP: This treatment is best booked in the morning – it stimulates the metabolism & generates energy for the day.

€ 106,- for 45 mins.



Garshan-Massage Silk glove massage

The special massage for dry and sensitive skin. Well-groomed Indian women knew about this massage centuries ago. Ayurvedan Garshan massage helps to maintain healthy and youthful skin. The dry massage with raw silk gloves stimulates the metabolism in a lively way, makes the skin soft as the result of the peeling effect and imparts a wonderful glow.

€ 99,- for 45 mins.



Shirodhara Pouring oil over the forehead

Enjoy heavenly deep relaxation! A well-tempered flow of oil is poured evenly over the forehead. Pouring oil over the forehead promotes a unique deep relaxation and cleaning for body, mind and soul. It has a particularly stress-busting effect, thereby making it possible to achieve inner harmony, satisfaction and joie de vivre.

TIP: We recommend having an Abhyanga treatment first. Shirodhara is not suitable as an initial treatment.

€ 136,- for 60 mins.



Combined Abhyanga & Shirodhara

€ 249,- for 120 mins.

SOOTHING PACKS

18

During the following treatments, you will rest on the waterbed, wrapped in warm towels, surrounded by healing substances, the effect of which is reinforced by the deep heat.

TIP: We recommend a body peeling before the packs.



Aroma oil pack

This treatment promotes weight reduction and helps to counteract cellulite and congestion in the tissue.
€ 69,- for 25 mins.



“Cleopatra“ Comfort Spa

Pampering care with a fresh floral scent for dry skin.
Contains almond, sunflower, soya, and grape seed oil & rich goat butter
Effect: moisturizes, makes the skin soft and smooth
€ 69,- for 25 mins.



Natural mudpack

Loosens the muscles, alleviates rheumatic symptoms, supports the treatment of spinal problems, stimulates the metabolism and has a locally relaxing effect.
€ 62,- for 6 packs



Hay pack

In our alpine region, hay is a naturally occurring mixture of herbs. They have a crampdissolving and purifying effect, and help relieve the symptoms of disease of the inner organs and the digestive system.
€ 62,- for 6 packs



Thalasso-Therapie

Thalasso sea silt helps to break down fatty deposits and reduces cellulite.
€ 89,- for 50 mins.



Crema pack with goat butter and evening primrose oil

This is a truly wonderful treatment for dry skin and skin which is easily irritated. Goat butter has an intensely moisturising and nourishing effect.
€ 69,- for 25 mins.

19



Simone Ronacher
Your hostess

My favourite treatment:

“I thoroughly enjoy the wonderful treatment options in our oasis of wellbeing and always feel in the best hands. My favourite treatment is the innovative **“Tripolar Radio Frequency“**. It offers everything you need for modern aesthetics – microdermabrasion, radio frequency & ultrasound. My skin cells are stimulated, and pigmentation is reduced making me look younger. The ultimate result & experience!”



Erika Mauschitz
37 years of in-house experience

My favourite treatment:

“The **“Microdermabrasion Deluxe“** removes the upper layers of the skin carefully and targeted using a diamond cutter or OxyPods. This method of beautifying the skin has amazing effects: the skin becomes more elastic, my pores are refined, and the depth of the wrinkles is reduced. By introducing an active agent via ultrasound, these effects are further intensified. A real power boost – you will be delighted!”



Gunda Zammernig
25 years of in-house experience

My favourite treatments:

“To feel completely relaxed and at ease, I indulge in my three favourite treatments comprising of **body scrub, aroma oil pack, and aromatherapy oil massage**. For me, these treatments form a special symbiosis for ultimate relaxation. The body scrub makes my skin soft and smooth and significantly more receptive for the subsequent treatments. The aroma oil pack reduces cellulite and tissue congestion while the aromatherapy oil massage at the end invigorates and harmonizes body, mind, and soul – for soothing deep relaxation.”

Your skin has a myriad of different requirements – and that's how we treat it. With effective substances and the most important of implements – our hands. For us, beauty is not just a question of appearance. Beauty is a question of a positive attitude. **For us, YOU are unique, and for this reason we tailor your treatment to YOU.**

BEAUTY TREATMENTS FOR YOUR FACE

MARIA GALLAND

PARIS

Maria Galland has been the ultimate beauty tip since the beginning of the nineteen sixties. Experience skin care which touches the senses! The treatments promise exceptional results.

SD-System Dermatology

The secret is new innovativeness. SD can achieve a wide range of cosmetic aims:

- Reducing pigmentation problems
- Smoothing
- Enhancing the surface of the skin
- Free from perfume, paraffin and parabene

€ 149,- for 85 mins.

Pure firming – Sculpting with deep cleansing

A really special beautifying treatment. The 'masque modelant' is a unique mineral-based mask: heating the mineral-based mask allows the substances to penetrate even farther into the skin and provides it with optimum nutrients and moisture. Including ampoule.

€ 149,- for 85 mins.

Classic facial treatment

Individual skin analysis, deep-pore cleansing and gentle peeling, care products and ampoule, steam bath, facial massage, mask or pack for face, neck and décolleté.

€ 139,- for 85 mins.

Standard facial treatment with ampoule

€ 115,- for 50 mins.

Facial massage

€ 62,- for 25 mins.

Facial pack

€ 62,- for 25 mins.

Marine Freshness – Thalasso facial

The seaweed-based Thalasso mask refreshes, revives and promotes relaxation. This "peel-off mask" is at the same time both the medium for the active substance and the active substance itself. It increases skin moisture and reduces the depth of wrinkles as a result of its rich supply of minerals and concentrated seaweed-based moisture.

€ 158,- for 85 mins.

Sparkling youth – Anti Age Deluxe

Carefully chosen active substances (peeling, ampoule and Collagen fleece) provide pure luxury for the skin and lead to breathtaking results.

€ 168,- for 110 mins.

Microderm abrasion

Microderm abrasion involves controlled mechanical removal of the upper skin layers with a diamond polisher.

- Skin becomes more elastic.
- Pores become finer.
- Increased firmness.
- The depth of lines is reduced.
- The skin's ability to absorb nutrients is enhanced.

Microderm abrasion and application of ampoule with active ingredients

€ 115,- for 50 mins.

Microderm abrasion Deluxe

€ 166,- for 110 mins.

Ultrasound treatment

Face € 49,- for 20 mins.

Youthful freshness boost Anti-ageing treatment

Put an end to tiredness. Renewed elasticity and vitality for your skin in 90 minutes. Visible smoothing and lifting immediately with special active substances.

€ 149,- for 85 mins.

Folder available at the SPA reception.

“Oxygen Spray Facial“ & „Oxiderm Oxygen Injection“

THE ENERGY BOOSTER FOR YOUR SKIN!

Concentrated oxygen is finely atomized with active ingredients and introduced into deep layers of the dermis (skin) using high pressure. The refreshing and vitalizing treatment helps plump the skin and reduces wrinkles by up to 70%.

Feel the instant effect of this Hyaluronic booster!

€ 134,- for 60 mins.

€ 178,- for 110 mins.

TIP: Combined with a serum perfectly tailored to your needs = long-lasting effect!

Tingling oxygen-CO2-mask

Peeling, lifting, pigmentation lightening. Increased oxygen levels in the tissue combined with nutrient-rich gel lightens pigmentation marks, eliminates small lines, reduces expression and nasolabial lines, refines the pores, and tones the skin. All in a single treatment.

€ 118,- for 55 mins.

Mesotherapy

THE ACTIVE INGREDIENT INNOVATION WITH AN AMAZING RESULT! This treatment combines aesthetic beauty treatments with state-of-the-art technology. High-molecular and most bespoke combinations of active ingredients, such as hyaluronic acid and vitamins, are evenly and systematically introduced into the skin. The facial contours are tightened, creases disappear.

The result: a fresh and significantly rejuvenated appearance!

€ 118,- for 55 mins.

Mesotherapy Deluxe

€ 166,- for 110 mins.

TIP: Combine it with a sheet mask tailored to your needs to use at home!





SUGARING Hair removal

Sugaring originates from Arab countries and has been the ultimate method for removing unwanted hair permanently for a long time. Sugaring is gentler on the skin than classic wax treatments, as the hair is pulled out of the hair follicle with the root in the direction of growth. The sugaring method is allergy-free and hygienic.

Experience this fascinating sugar-sweet treatment – your skin will remain smooth and soft for several weeks.

Face	€ 48,-
Upper lip	€ 29,-
Armpits	€ 49,-
Lower arms	€ 56,-
Lower legs	€ 79,-
Full legs	€ 99,-
BRASIL STYLE	€ 76,-
HOLLYWOOD STYLE	€ 89,-

Extras

Eyelash colouring	€ 26,-
Eyebrow colouring	€ 26,-
Eyebrow colouring & styling	€ 36,-
Make-up	€ 52,-

Hand and nail care

Paraffin pack for the hands or feet	€ 34,-
Manicure with hand massage	€ 78,-
Pedicure	€ 78,-
Nail spangle	€ 36,-
Manicure & pedicure	€ 146,-

Varnishing Shellfix nail varnish

The extremely high gloss-storing capacity intensifies and prolongs the brilliant luminosity. The patented resin system makes the varnish scratch-proof, shock-resistant and prevents the varnish layer from peeling off without a UV-lamp.
€ 24,-

Body Ballancer

“WEIGHT LOSS & CELLULITE REDUCTION“

Enjoy your full body workout lying down! The Ballancer boosts the metabolism just like a workout. Wearing a pair of compression trousers, the body is treated in wave-like massage movements contouring and shaping your body at the same time.

Your advantage:

- ° helps break down fat deposits and tackle cellulite
 - ° tightens the skin of abdomen, legs, buttocks
 - ° swelling, heaviness in legs disappears
- € 69,- for 50 mins.

TIP: Fascia roller combined with the Cryo Body Gel by Maria Galland to use at home.

Slimming compress

You will be wrapped tightly in bandages which are soaked in substances to match your skin's requirements (mineral oil, seaweed or caviar) beforehand. These have a firming and detoxifying effect on the tissue.

€ 72,- for 50 mins.

Body peeling

This treatment makes your skin soft and smooth, improves the circulation and renders it much more receptive to subsequent care.

€ 56,- for 25 mins.

Body pack

Treat yourself to a pack containing valuable oils and a wide range of active substances. Feel your skin being regenerated while you lie wrapped up in fragrant towels.

€ 62,- for 25 mins.

Active treatment for tired, heavy legs

This stimulating massage with an essential oil balances your legs and feet, reduces swelling of the legs, refreshes and cools.

€ 68,- for 50 mins.

Stand-up solarium sun shower

for a quick overall tan

H

Hairdresser

Tell us about your individual desires about the hair care. Our reception team is very happy to organize for you a haircut appointment in the hotel or in the village.



SPECIAL-TREATMENTS



Cellgym

Mrs. Ronacher's highlight:
"My **anti-aging** immune booster!"

Cell training focuses on the roots of human health: the cells. The intensive metabolic treatment improves the performance of your cells. A CELL TRAINING FOR MORE VITALITY!

Your advantage:

- ° REVITALISES AND REJUVENATES YOUR MITOCHONDRIA
- ° stimulates the metabolism, activates fat burning
- ° slows down the aging process
- ° boosts performance & stress resistance
- ° **enhances sleep quality**
- ° boosts heart & lung function
- ° trains & enhances brain activity and reduces forgetfulness

€ 79,- for 50 mins.

TIP: "Spermidin" and "SIRT-Formula" from Biogena for a positive support at home! (also supports autophagy – intermittent fasting)

Repuls

This revolutionary pain therapy involves targeting a painful or inflamed area with intensive pulsed cold red light. The particular wave length of the red light makes it possible to penetrate very deep without heating the tissue. The positive impact on the inflammation metabolism and increased cell breathing result **in rapid pain and irritation relief**. Especially recommended for **osteoarthritis and arthritis, sciatica problems, tendon and joint inflammation**.

For individual advice

Fascia therapy

The fascia layers (similar to connective tissue) are treated to slow and deep stimulation, resulting in smoothing of any thickened areas and relaxation of hardened muscles and connective tissue. The positive impact on the sympathetic nervous system enhances inner balance. The treatment results in greater physical wellbeing, and you will feel more mobile and energetic.

€ 59,- for 25 mins.

€ 98,- for 50 mins.

Taping

By applying a tape, we can provide you with therapeutic support beyond the treatment. The tape acts directly or near the area affected with muscle and joint pain, sports injuries, and tension.

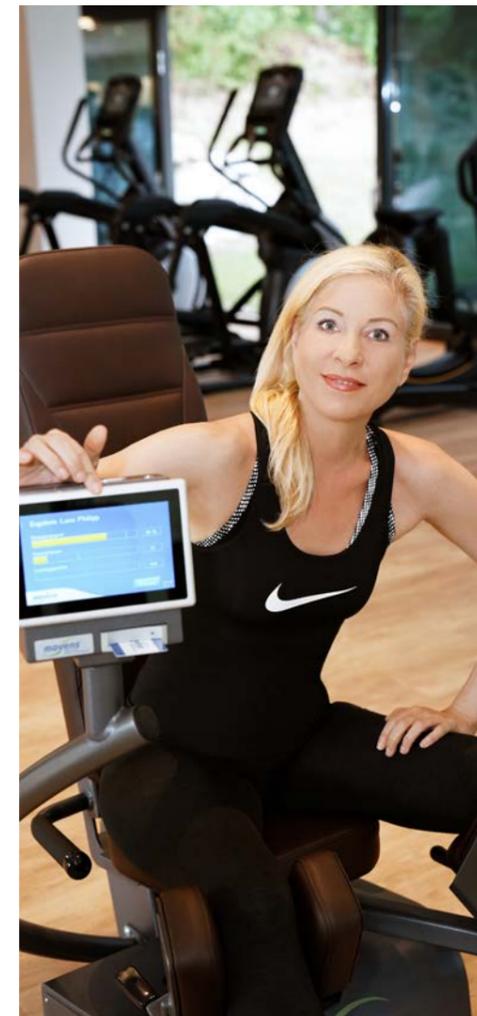
How it works:

- ° stimulation of the skin receptors
- ° undulating tissue elevation promoting blood circulation
- ° stimulation of the lymph

Small treatment: € 29,-

Big treatment: € 39,-

NEW DYNOSTICS & MOVENS



Weight loss, muscle building and body shaping – with DYNOSTICS

With DYNOSTICS, we provide you with a smart and holistic body management system. This tailor-made performance test will deliver your results in just 60 minutes including a detailed breakdown of your overall physical condition. It detects your energy sources and the level of acidity in your body. Our personal coach will put together individual training recommendations as well as a customized diet strategy for you.

€ 168,- for 55 mins.

DYNOSTICS Nutrition

The metabolism analysis DYNOSTICS nutrition determines the personal basal metabolic rate, which means the exact calorie consumption per day, as well as the proportion of carbohydrates, fat, and protein. The smart measurement via a 5-minute rest test provides the ideal starting point for effective training and targeted nutrition.

€ 78,- for 25 min.

„MOVENS“ personal training

Our personal trainers will show you how to use the equipment and adjust it to your individual needs. Your training data is stored on your personal chip card. **The ADVANTAGES for you:** effective training in just 30 minutes with quick visible and noticeable successes; strengthening of the cardiovascular system; increased stamina and flexibility.

€ 62,- for 25 mins.

€ 98,- for 50 mins.



Treatments for him

Good and fit appearance is becoming ever more important for men. The special treatment methods employed in the Ronacher spa will help you to achieve your objectives and deliver what they promise! You will both see and feel the difference!



Classic facial treatment

Beauty treatments for the male face. Deep cleansing with exfoliant, ampoule, face and neck massage and face pack

€ 139,- for 80 mins.



Small facial - moisture pure

Deep cleansing with exfoliant and face pack

€ 115,- for 55 mins.



Manicure

€ 78,-

Pedicure

€ 78,-

Manicure & pedicure

€ 146,-



Men's Special

Goat butter creme combined with sunflower oil and aloe vera is almost totally absorbed by the skin, has a nourishing effect and an appealingly male scent.

€ 62,- for 25 mins.

We recommend **exfoliation** first.

€ 56,- for 25 mins.



Fat-burning and slimming compress

This special compress method is based on a cold-hot-cold effect, causing the body to call on fatty deposits - a different way of burning fat.

€ 79,- for 50 mins.



Masculine care

The intensive programme for a well-groom look for business and pleasure.

- 1 facial treatment
- 1 manicure
- 1 pedicure
- 1 aroma oil massage

€ 348,-



Sports package

Hay-blossom pack, 6 applications, and an invigorating energizing sports massage.

€ 144,-



SUGARING - Depilation

Armpits € 49,-

Chest € 84,-

Back € 84,-

Personalised fasting throughout the year

Healthy detoxing for him and her with the Ronacher detox programme!

Food combining or alkaline full board included

- First meeting with our fasting leader Mrs. Mauschitz
- Fasting made easy - benefit from our tips for use at home

Wellness package for HER:

- 1 Exfoliating treatment
- 1 Body detox electrolysis foot bath 30 mins.
- 1 Prishta Abhyanga - Ayurvedic back massage
- 2 Body Balancer sessions to remove blockages and eliminate excess water 50 mins.

Wellness package for HIM:

- 2 Body detox electrolysis foot baths à 30 mins.
- 1 full body special massage 75 mins.
- 1 reflexology massage 25 mins.
- Nordic Walking, Stretching, Beboard, Aqua-fit, Aqua-bike, Yoga & meditation (according daily programme)
- Individual advice and consultation from our Fasting supervisor
- 5.500 m² private spa and well-being realm, with five healing water pools and spacious sauna area
- **Discount for you:** 10% discount on the treatments in the well-being package deal is already included.

€ 746,-

Alkaline fasting

This is a particularly mild, relaxing but very healthy and effective form of deacidification, healing and recuperative cure for the body and an alternative to a classic fasting cure.

You can eat your fill with plenty of fresh fruit and crispy vegetables, while giving the body a breather. Combined with a personalised treatment package, your body will soon feel the benefits.



SLOW FOOD

The Ronacher kitchen team ensures only the freshest regional products are used in creating meals with diligence and finesse. Carinthia is a real treasure trove with a fabulous wealth of high-quality culinary delights.



THE MENU RESEMBLES A MAP OF THE CULINARY STATE OF CARINTHIA:

- Ronacher delicatessen** hand-picked products from our own production
- Milk and dairy products** "Mallhof" Organic Farm, Bad Kleinkirchheim
- Cheese (cow, goat and sheep)** "Kaslabn", Radenthein; „Mallhof“ Organic Farm, Bad Kleinkirchheim
- Free-range eggs** "Dieter Obereder" Organic Farm, Gnesau
- Fish like char or trout** "Andreas Hofer" Fishery, Feld am See or caught fresh from Lake Millstatt
- Potatoes** "Krainer" Organic Potato Farm, Gummern
- Meat, ham & sausage** "Nockfleisch", Patergassen; Butchers Frierss "Fine House", Villach
- Spelt- & Low Carb Bread** Home-baked
- Herbs** from our own herb garden
- Carinthian Bee Honey** "Nock Mountains Apiary", Herwig Garnitschnig, Ebene Reichenau
- Ronacher Smoothies** every morning freshly pressed

TIP: Ask for the recipe of the Ronacher Immune-Boosting Smoothie.



JOIN IN & GET FIT!

Aqua Health

A wonderfully simple & playful way of training the body. The buoyancy & beneficial effect of the thermal spring water strengthens and stretches your muscles.

Nordic walking

Nordic walking involves natural movements which exercise all 650 muscles of the human body. It is 40 to 50 times more effective than walking without sticks.

Aqua Nordic Walking

This aqua walking, running and jumping training programme features aqua Nordic walking sticks specially developed by Michael Epp (Nordic Walking World Champion). The training programme involves using all muscle groups. Not only arm, leg and gluteal muscles, but also the stomach and back muscles are trained continuously. As well as enhancing stamina and mobility, Aqua Nordic Walking has a relaxing effect and improves coordination.

Kneipp showers

Lumbar, knee, thigh or lower leg or beauty showers. Kneipp showers are simple but have a brilliant effect. Millions of nerve endings respond to the stimulation generated by the water, creating a positive reaction in the body. A wonderful way of activating and relaxing at the same time.

Aqua BEboard

Exercising on the BEboard will challenge all muscle groups and train your balance.

Yoga Ceremonies

In the Yoga & Meditation Pavilion, you can enjoy Psoas, Yin, or Tao Yoga, whatever suits your needs.

Guided Meditation

Peace and serenity, feel yourself again and live your inner peace.

Aqua Bike

Whether you are a novice or a cycling expert, the combination of leg movement and torso training on the water bicycle will give you a total body workout as well as a complimentary lymphatic drainage.



MY TIME: PERSONAL TRAINING

Here we focus on your individual needs.

Movens Card, Aqua Fit, PHYSIO GYM, ...

€ 62,- for 25 mins.

€ 98,- for 50 mins.

HAPPINESS FOR TWO

32

1001 Nights

The 1001 Nights Panorama SPA is available for private bookings in conjunction with all rooms and suites, and is also available for use by day guests.

1001 Nights wellness dream hours of dreamy pampering

Enjoy magical hours in our private 1001 Nights Panorama SPA with 140 m² – alone with your partner with nobody to disturb you!

- with oriental Rasul, herbal sauna bathtub and round water bed for relaxation under a Bedouin tent
- with 1001 nights tea, champagne fruit and pralines from the east, or oriental finger food by the open fireplace in the tea salon

€ 399,- for two persons



SPA-SUITE

HAPPINESS FOR TWO in the SPA suite with 60 m²

- 2 relaxing massages
- Rest afterwards in the private pool
- Champagne & confectionery

€ 399,- for two persons

MORE THAN 300 MINUTES OF RONACHER INDULGENCE FOR YOU!

33



GREAT DEALS

10 % DISCOUNT ALREADY INCLUDED

BODYARRANGEMENTS

Ronacher's relaxation days

Ronacher's classic deal for a short and relaxing break.

- 1 whole body massage
- 1 reflexology massage
- 1 hay flower pack
- 1 aroma oil pack

€ 260,-

Walk as if on clouds

- 1 paraffin pack for the feet
- 1 body compress
- 1 body detox electrolysis footbath
- 1 reflexology massage

€ 220,-

Turbo anti-cellulite

Fight cellulite! With body balancer, you can enjoy a body workout while lying down. Supports the activity of the lymph system and the metabolism.

- 2 body balancers
- 2 slimming compresses
- 1 lymph drainage

€ 334,-

Beautifully slim

- 3 individually tailored slimming compresses to firm up problem areas
- 2 body balancer

€ 319,-

Improved posture

Ronacher's back school.

Special programme to build up and strengthen your back muscles.

- 5 spine trainings (25 mins. each)
- 5 partial massages
- 3 natural mud packs
- 2 hay flower packs

€ 810,-

BEAUTYARRANGEMENTS

Enchanting hands

- 1 manicure + hand massage
- 1 Paraffin pack (hands)

€ 101,-

Radiant moments

- Eyelash and eyebrow colouring
- Eyebrow shaping
- Eye ampoule with eye mask

€ 113,-

Velvet-soft angel skin

- 1 body peeling
- 1 body pack
- 1 facial massage with mask

€ 218,-

Girlfriend days – simply enjoy being a girl!

Chat and enjoy beauty treatments together. This magical beauty package will make any woman radiant and showcases the Ronacher wellbeing oasis.

- 1 Thalasso facial
- 1 aroma oil massage
- 1 exfoliation

€ 275,-

Something for me

- 1 full facial with ampoule
- Eyebrow and eyelash colouring
- Eyebrow shaping
- 1 body peeling
- 1 stamp massage with alpine herbs

€ 329,-

Beauty care for men

The intensive programme for a well groomed leisure and business appearance.

- 1 facial treatment
- 1 manicure
- 1 pedicure
- 1 aroma oil massage

€ 348,-

Short beauty break

For HIM and HER - Fresh glow after only a few days.

- 1 facial treatment (Maria Galland)
- 1 honey massage
- 1 manicure
- 1 pedicure

€ 357,-



Better than Botox

Enjoy fountain of youth beauty! Our cosmetics team will indulge you with beneficial treatments.

- 1 bio-cellulose stem cell mask
- 1 oxygen CO₂ mask
- 1 facial massage
- 1 meso therapy session
- 1 beauty bath

€ 405,-

Anti-ageing days

The workout programme for your face. The special treatment methods employed by the Ronacher spa will enable you to regain your skin's elasticity, tone and youth, without resorting to medical intervention.

- 5 anti-ageing treatments
- 3 x 85 mins. 2 x 55 mins.

€ 615,-

Cell kick

An oxygen kick for your body! This intensive oxygen treatment boosts cell function causing new healthy cells to be formed.

- 2 cell gym sessions (50 mins. each)
- 2 body detox electrolysis foot baths

€ 266,-

SPECIALARRANGEMENTS

Royal Thai wellness days

Experience the unique sense of well-being and the energetic harmony of the royal thaimassage ceremony.

- 1 royal Thai massage
- 1 royal Thai foot massage
- 1 stamp massage

€ 305,-

Harmony with Shiatsu

Slow down and let your life energy flow gently and naturally.

- 2 Shiatsu (50 mins. each)
- 1 stamp massage
- 1 honey massage

€ 366,-

Healthy with Ayurveda

Long Ayurveda treatments with additional, individual advice.

- 1 Prishta Abhyanga (back massage)
- 1 Abhyanga
- 1 Udvartana
- 1 body detox footbath

€ 374,-



Discover our voucher world and
give enjoyment for body, mind and spirit in the
DAS RONACHER thermal & spa resort.

Further information at:

ronacher.com



DAS RONACHER

Therme & Spa Resort



Familie Simone & Markus Ronacher
Thermenstraße 3 | A-9546 Bad Kleinkirchheim
Tel.: +43 4240 282 | hotel@ronacher.com

ronacher.com