



PRICELIST 2012

PRICELIST PER PERSON PER DAY (tax and service charges included)

EARLY SEASON

January 29th to July 14th

August 30th to September 09th

September 23th to December 09th

SINGLE ROOM

Standard	€ 175,00
Comfort	€ 187,00
Superior	€ 208,00
Single Junior Suite	€ 220,00

DOUBLE ROOM

Standard	€ 173,00
Comfort	€ 184,00
Superior	€ 202,00
Double Junior Suite	€ 206,00

PEAK SEASON

July 15th to August 29th

SINGLE ROOM

Standard	€ 186,00
Comfort	€ 199,00
Superior	€ 220,00
Single Junior Suite	€ 240,00

DOUBLE ROOM

Standard	€ 180,00
Comfort	€ 196,00
Superior	€ 215,00
Double Junior Suite	€ 225,00

- **Surcharge for standard double room for individual use: € 35,00**
- **Surcharge for comfort double room, superior double room and double junior suite for individual use: € 60,00**
- **From July 15th to August 29th only prices for individual treatments are valid**

! Documentation needed for your stay at the Guggenberg Clinic: CBC (complete blood count) and a recent ECG. The necessary tests can also be carried out in-house at a charge.

PRICES INCLUDE THE FOLLOWING SERVICES:

- » Single or double bedroom with bath (shower or bathtub), balcony or loft, hairdryer, satellite TV, radio, safe, mini-bar, direct-dial telephone, fax and Internet connections
- » Wake-up call service
- » Breakfast served in room
- » Selection of lunch and dinner menus, medically supervised diet
- » Bathrobe included
- » With medical prescription, use of our sauna is free of charge upon request

- » **For stays of at least 3 weeks or 21 days with individual spa programs (except during peak season, i.e., from July 15th to August 29th), we offer a discount of € 330,00**
- » **Guests coming for a second stay of one week minimum in 2012 will receive a special loyalty gift.**
- » **The above mentioned discounts cannot be combined.**

- » **The prices stated for week-long treatments are only valid for stays of 7, 10 or 14 days.**
- » **Week-long treatments are not subject to discounts and must be pre-booked.**

OTHER CONDITIONS

- » Check in and check out on any weekday
- » Please tell us when you will be arriving
- » Check in after 2:30 p.m.; Check out by 12:00 a.m.
- » Special rooms can be reserved, depending on availability
- » We suggest that you bring your own swimsuit and cap, bathing slippers, gym clothes, sneakers, wool socks and hiking boots
- » Guests may not wear jogging suits or bathrobes in the dining room
- » Use of cell phones in the spa area or dining room is not desired
- » Our house is smoking free area
- » Parking spots are free of charge (park at your own risk)
- » Special services € 5,00

MEDICAL SERVICES

! Documentation needed for your stay at the Guggenberg Clinic: CBC (complete blood count) and a recent ECG. The necessary tests can also be carried out in-house at a charge.

MEDICAL EXAMINATIONS

Medical examination when creating individual spa program	€ 111,00
Examination before discharge with referral for post-spa program at home	€ 46,50
Medical examination on request	€ 47,50
Private medical examination in room	€ 62,00
Private medical examination in room (evenings)	€ 165,00
Physiatric examination	€ 150,00
Rheumatological examination	€ 150,00
Orthopaedic examination	€ 135,00
Cardiological examination	€ 135,00

DIAGNOSTICS

Echocardiogram	€ 124,00
Vascular ultrasound scan	€ 72,00
Soft-tissue ultrasound scan	€ 51,00
Electrocardiogram (ECG)	€ 51,00
Exercise cardiogram	€ 113,00
Holter ECG (24 hours)	€ 87,00
Holter blood pressure scan (24 hours)	€ 77,00
Blood test	€ 51,00
Blood Coagulation test (INR)	€ 25,00
Urinalysis	€ 18,00
Body profile analysis (B.I.A.)	€ 72,00
Follow-up according to body profile analysis (during a second stay in 2010)	€ 51,00
Spirometry	€ 46,00

MEDICAL TREATMENTS

Injection:	intramuscular	€ 11,00
	intravenous	€ 17,00
	subcutaneous	€ 14,50
Taping:	small	€ 18,00
	large	€ 30,00
Infiltration:	intra-artikular	€ 57,00
Mesotherapy:	antalgic	€ 44,50
	vascular	€ 44,50

DIAGNOSTIC CHECK-UPS

Electrocardiogram

Blood Chemical Analysis:

Blood count, ESR, PT, PTT, fibrinogen, glucose, urea, creatinine, sodium, potassium, chloride, calcium, phosphate, magnesium, iron, cholesterol, HDL cholesterol, LDL cholesterol, triglyceides, uric acid, CRP, bilirubin, GOT, GPT, gamma GT, alkaline phosphatase, LDH, alpha amylase, FT₃, FT₄, TSH, lectrophoresis; (PSA)

Urinalysis

Total Price € 239,00

DIET AND NUTRITION

Medicinal tea	€ 3,75
Dietary consultation (30 minutes)	€ 40,00
Individualized daily dietary plan	€ 25,00
Individualized weekly dietary plan	€ 63,00
Calorie table	€ 6,50
Weekly dietary plan (standard)	€ 9,00
Culinary school (recipe book included)	€ 15,00
Surcharge for room service (lunch and dinner)	€ 6,50
Daily surcharge for special diets (saltless, or in case of intolerances or allergies)	€ 10,00

KNEIPP THERAPY

HYDROTHERAPY AND BALNEOTHERAPY ACCORDING TO KNEIPP

Vinegar ablution	
Partial-body ablution	€ 15,00
Full-body ablution	€ 17,50
Dry brushing	€ 16,50

BATHS

¾ or full-body bath with herbal additives	€ 35,50
Arm or foot bath with herbal additives	€ 18,50
Sit bath with herbal additives	€ 31,00
Contrast arm or foot bath	€ 18,00
Rising temperature arm or foot bath	€ 32,50

SPECIAL BATHS

Water jet massage bath	€ 58,00
Stanger (hydroelectric) bath	€ 43,00
Two-cell bath	€ 24,00
Four-cell bath	€ 32,50
Hay bath	€ 58,00

AFFUSIONS

Contrast affusion – small	€ 16,50
Contrast affusion – partial-body	€ 21,00
Contrast affusion – full-body	€ 25,00
Partial-body affusion – cold	€ 14,00
Full-body affusion – cold	€ 17,50
Contrast jet affusion – partial-body	€ 24,00
Contrast jet affusion – full-body	€ 31,00

A close-up photograph of a person's back being treated. A hand is holding a white, bristled brush against the skin. Another hand is applying a white, textured wrap or bandage around the person's arm and shoulder area. The background is a plain, light-colored wall.

WRAPS AND PACKS

COLD WRAPS

Hand or arm wrap with additives	€ 29,00
Foot or calf wrap with additives	€ 32,00
Leg wrap with additives (both legs)	€ 43,00
Lumbar wrap	€ 38,00
Lower-body wrap with additives	€ 42,00
Short wrap	€ 42,00
Full-body wrap with additives	€ 49,00
Clay or curd pack	€ 26,00

WARM WRAPS

Hay pack	
single	€ 36,00
double	€ 49,50
Natural-moor mud pack	
single	€ 30,00
double	€ 41,00
Hay-flower body pack	€ 28,00

INHALATION

With medicine	€ 16,50
Steam inhalation treatment with chamomile for head	€ 24,00

COLON HYDROTHERAPY

Traditional with colon massage.	€ 104,00
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PHYSICAL THERAPY AND REHABILITATIONS

MASSAGES

Partial-body massage	€ 39,00
Full-body massage	€ 53,50
Underwater jet massage	€ 53,50
Connective tissue massage according to Leube/ Dicke	€ 47,50
Lymphatic drainage according to Vodder	
Partial-body treatment	€ 47,50
Full-body treatment.	€ 71,00
Colon massage according to Vogler	€ 47,50
Respiratory massage according to Schmitt	€ 47,50
Foot reflex zone massage	€ 44,50
Paravertebral massage	€ 53,50
Paravertebral massage with mobilisation	€ 60,00
Ayurveda full-body massage	€ 73,00

MOVEMENT THERAPY

Individual movement therapy	€ 40,00
Individual neurophysiological movement therapy	€ 43,50
Individual movement therapy in water	€ 42,00
Sling exercise therapy	€ 48,50
Manual therapy	€ 60,00
Vibration gymnastics	€ 22,00

OSTEOPATHY THERAPY

Osteopathic treatment: structural-visceral-craniosacral	€ 79,00
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ELECTROTHERAPY

Ionophoresis (without medication)	€ 19,00
Microwave radiation (radar)	€ 18,50
Ultrasonic treatment	€ 22,00
Stimulating current therapy	€ 18,50
Interferential current therapy	€ 18,50
Low-level laser radiation therapy	€ 51,50
Diadynamic currents	€ 18,50
Scanlab	€ 22,00
Infrared therapy	€ 16,00

MBST - MAGNETIC RESONANCE THERAPY

3 sessions	€ 300,00
5 sessions	€ 500,00
9 sessions	€ 720,00



From January 29th to July 14th, from August 30th to September 09th, from September 23th to December 09th

NEW VEIN PACKAGE

Heavy, swollen legs? We will make you light-footed again!

All meals and accommodation

Medical examination upon - admission/discharge

Individualized diet

1 medicinal tea a day

Leg ultrasound (veins)

7 10 14 D a y s

Number of Treatments

6 8 12 Leg wrap or lower-body wrap according to Kneipp

6 8 12 Contrast foot bath or contrast thigh affusion

5 7 10 Lymphatic drainage legs

1 1 2 Kneipp bath with vein extract

3 4 6 Group vein exercises with physiotherapist

2 2 4 Supervised wading exercises

3 4 6 Nordic Walking and Kneipp trail group session, supervised by a physiotherapist

7 Days	Standard Room	€ 1.780,00
	Comfort Room	€ 1.890,00
	Superior Room	€ 2.010,00
10 Days	Standard Room	€ 2.400,00
	Comfort Room	€ 2.560,00
	Superior Room	€ 2.730,00
14 Days	Standard Room	€ 3.360,00
	Comfort Room	€ 3.580,00
	Superior Room	€ 3.815,00

Junior suite, additional cost for Superior upgrade per day € 40,00

Spa weeks are only for guests who cover their own costs.

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ACTIVE - METABOLISM - PACKAGE

weight reducing – detoxicating - purifying

All meals and accommodation

Medical examination upon admission/discharge

Individualized diet

1 medicinal tea a day

Body profile analysis (BIA)

One Follow-up according to body profile analysis BIA with 14 days sojourn

Culinary school

7 10 14 D a y s

Number of Treatments

6 8 12 Kneipp hydrotherapy

6 8 12 Hay pack or naturale mudpack or cold wrap

2 3 4 Connective tissue massage or full-body massage or underwater jet massage

3 5 7 Group metabolism exercises with special equipment, supervised by a physiotherapist

1 1 2 Kneipp hay-flower oil bath with air pearls

1 2 3 Lymphatic drainage (full-body)

2 3 4 Infrared therapy

3 4 5 Aqua fitness group exercises, supervised by a physiotherapist

7 Days	Standard Room	€ 1.775,00
	Comfort Room	€ 1.885,00
	Superior Room	€ 1.995,00
10 Days	Standard Room	€ 2.440,00
	Comfort Room	€ 2.550,00
	Superior Room	€ 2.750,00
14 Days	Standard Room	€ 3.310,00
	Comfort Room	€ 3.500,00
	Superior Room	€ 3.700,00

Junior suite, additional cost for Superior upgrade per day € 40,00

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RELAXATION PACKAGE

relaxing - harmonizing - stress reducing

All meals and accommodation
Medical examination upon admission/discharge
Individualized diet
1 medicinal tea a day

7	10	14	Days		
Number of Treatments					
6	8	12		Arm or foot bath according to Kneipp	
3	5	6		Hay pack or naturale mudpack or cold wrap	
2	3	4		Kneipp wellness bath with air pearls	
3	4	6		Foot reflex zone massage	
2	3	4		Full-body massage	
2	2	4		Yoga group session	
5	7	10		Group gymnastics in the garden supervised by a physiotherapist	
4	6	8		Group aqua-size supervised by a physiotherapist	
			7 Days	Standard Room	€ 1.595,00
				Comfort Room	€ 1.720,00
				Superior Room	€ 1.840,00
			10 Days	Standard Room	€ 2.265,00
				Comfort Room	€ 2.380,00
				Superior Room	€ 2.580,00
			14 Days	Standard Room	€ 3.090,00
				Comfort Room	€ 3.290,00
				Superior Room	€ 3.485,00

Junior suite, additional cost for Superior upgrade per day € 40,00

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NEW OSTEOPOROSIS - PACKAGE

Kneipp, quality of life!

Prevention: exercises and balanced, calcium-rich nutrition

All meals and accommodation

Medical examination upon admission/discharge

Individualized calcium-rich diet

1 medicinal tea a day

Osteoporosis screening (vitamin D, calcium, phosphate, parathormone)

7 10 14 D a y s

Number of Treatments

6	8	12	Full-body ablu-tion or dry brushing
5	7	10	Naturale mud-pack
6	8	12	Contrast affu-sion according to Kneipp
2	3	4	Full-body mas-sage
2	3	4	Group osteo-porosis exercises supervised by a physiotherapist
1	1	2	Kneipp well-ness bath with juniper extract
2	3	4	Vibration gym-nastics
1	2	3	Infrared ther-apy
2	3	4	Pilates group exercises with physiotherapist

7 Days	Standard Room	€ 1.670,00
	Comfort Room	€ 1.780,00
	Superior Room	€ 1.900,00
10 Days	Standard Room	€ 2.310,00
	Comfort Room	€ 2.470,00
	Superior Room	€ 2.630,00
14 Days	Standard Room	€ 3.200,00
	Comfort Room	€ 3.420,00
	Superior Room	€ 3.650,00

Junior suite, additional cost for Superior upgrade per day € 40,00

Spa weeks are only for guests who cover their own costs.

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TASTER PACKAGE

discover and enjoy the experience

3-night stay
including all meals with organic foods or purification diet and accommodation
1 medicinal tea a day
Arrival is possible every weekday

- 1 Medical examination
- 2 Kneipp pack
- 2 Kneipp hydrotherapy
- 2 Full-body massage
- 1 Kneipp wellness bath with air pearls
- 2 Group gymnastics supervised by a physiotherapist
- 2 Cosmetic treatment (facial and manicure or pedicure)
- 2 Solarium

KURHAUS
VON OUGGEBERG
CASA DI CURA

Only to book once a year.

Standard Room	€ 716,00
Comfort Room	€ 771,00
Superior Room	€ 831,00

Junior suite, additional cost for Superior upgrade per day € 40,00

Spa weeks are only for guests who cover their own costs.

NEW SHUTTLESERVICE

In order to make your stay with us more comfortable and relaxing, we now offer a shuttle bus service to the following destinations:

Brixen train station

Bozen train station

Bozen airport

Innsbruck airport

If you would like to take advantage of this service, please inform us when booking your stay..

NEW KNEIPP-TRAIL

Thanks to a range of different natural materials, our new Kneipp trail stimulates both blood circulation in your legs and feet and your sense of balance.

RESERVATION

We request that you confirm telephone bookings in writing by post, fax or e-mail and pay a deposit of € 350,00 to person, (Visa and Mastercard payment also accepted).

In the case of cancellation, the deposit is not returned; in the case of departure prior to a specified check out date for a week-long treatment, the entire price of the treatment must be paid; with individual treatments 50 % of the price per person and day for meals and accommodations must be paid.

We accept the following credit cards: Visa, Mastercard

In case of a possible refund by a private insurance company a medical certificate/diagnosis is required.

WE WILL BE CLOSED

from December 11th, 2011 to January 29th, 2012

from September 09th, 2012 to September 22th, 2012

from December 09th, 2012 to January 31st, 2013

Our answering service will be available to take your calls from 9 a.m. to 4 p.m. from Monday to Friday.

BANK CONNECTIONS:

Südtiroler Volksbank

Filiale BX Grosse Lauben 2 - Brixen, Italy

BIC	BPAAIT2BBRE
IBAN	IT68 B058 5658 2200 7057 0000 380
BBAN	B 05856 58220 070570000380