



PRICELIST 2018

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

### SINGLE ROOM

Standard	€ 190,00
Comfort	€ 203,00
Superior	€ 225,00
Single Junior Suite	€ 237,00

### DOUBLE ROOM

Standard	€ 175,00
Comfort	€ 188,00
Superior	€ 205,00
Double Junior Suite	€ 210,00

- Surcharge for double room for individual use: € 50,00

### We will be closed

from 17.12.2017 to 06.01.2018

Our answering service will be available to take your calls from 9 am to 4 pm from Monday to Friday.

### 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
- Wireless internet access
- 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
- **We also apply the following rebates on the residence price on single room bookings for individual health programmes:**
  - 3 weeks/21 days 8%
  - 4 weeks/28 days 10%
- **Guests coming for a second stay of one week minimum in 2018 will receive a special loyalty bonus of 3 % on your stay.**
- **The above mentioned discounts cannot be combined.**

## RESERVATION

[OFFICE@VON-GUGGENBERG.IT](mailto:OFFICE@VON-GUGGENBERG.IT)

We request that you confirm telephone bookings in writing by post, fax or e-mail and pay a deposit of € 350,00 per 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.

### Bank connection:

Raiffeisenkasse Eisacktal, Filiale BX Grosser Graben 12, 39042 Brixen/Bressanone, Italy

SWIFT - BIC: RZSBIT21007

IBAN: IT87 T083 0758 2210 0030 0019 569

## 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.**

**Any medical intervention is costly and will be invoiced.**

### MEDICAL EXAMINATIONS

Medical examination when creating individual spa program .....	€ 120,00
Examination before discharge with referral for post-spa program at home .....	€ 50,00
Medical examination on request .....	€ 50,00
Private medical examination in room .....	€ 70,00
Private medical examination in room (from 8.00 pm until 8.00 am) .....	€ 170,00
Specialist visit .....	on request

### DIAGNOSTICS

Echocardiogram .....	€ 127,00
Electrocardiogram (ECG) .....	€ 52,00
Exercise cardiogram .....	€ 115,00
Holter ECG (24 hours) .....	€ 89,00
Holter blood pressure scan (24 hours) .....	€ 79,00
Ultrasonography of the locomotor system .....	€ 52,00
Basic medical ultrasonography .....	€ 92,00
Vascular ultrasound scan .....	€ 74,00
Soft-tissue ultrasound scan .....	€ 52,00
Blood test .....	€ 52,00
Blood Coagulation test (INR) .....	€ 26,00
Urinalysis .....	€ 19,00
Body profile analysis (B.I.A.) .....	€ 74,00
Follow-up according to body profile analysis (during a second stay in 2016) .....	€ 52,00
Spirometry .....	€ 47,00

## MEDICAL TREATMENTS

Injection:	intramuscular .....	€ 12,00
	intravenous .....	€ 20,00
	subcutaneous .....	€ 15,00
Taping:	small .....	€ 20,00
	large .....	€ 35,00
Infiltration:	intra-artikular .....	€ 58,00
	Neural therapy (infiltrative pain management) .....	€ 58,00
Mesotherapy: vascular .....	€ 45,00	

### 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, FT<sub>3</sub>, FT<sub>4</sub>, TSH, lectrophoresis; (PSA)
  - Urinalysis
- Total Price** ..... € 244,00

Allergy test ..... on request

## DIET AND NUTRITION

Medicinal tea .....	€ 3,80
Dietary consultation (30 minutes) .....	€ 45,00
Individualized daily dietary plan .....	€ 26,00
Individualized weekly dietary plan .....	€ 65,00
Calorie table .....	€ 6,50
Weekly dietary plan (standard) .....	€ 10,00
Culinary school .....	€ 10,00
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 .....	€ 16,00
Full-body ablution .....	€ 18,00
Dry brushing .....	€ 18,00

## BATHS

¼ or full-body bath with herbal additives .....	€ 37,00
Arm or foot bath with herbal additives .....	€ 19,00
Sit bath with herbal additives .....	€ 32,00
Contrast arm or foot bath .....	€ 19,00
Rising temperature arm or foot bath .....	€ 34,00
Baths with basic salts	
full-body bath .....	€ 37,00
Arm or foot bath .....	€ 19,00

## SPECIAL BATHS

Water jet massage bath .....	€ 60,00
Stanger (hydroelectric) bath .....	€ 45,00
Two-cell bath .....	€ 25,00
Four-cell bath .....	€ 34,00
Hay bath .....	€ 60,00

## AFFUSIONS

Contrast affusion – small .....	€ 17,00
Contrast affusion – partial-body .....	€ 22,00
Contrast affusion – full-body .....	€ 26,00
Partial-body affusion – cold .....	€ 15,00
Full-body affusion – cold .....	€ 18,00
Contrast jet affusion – partial-body .....	€ 25,00
Contrast jet affusion – full-body .....	€ 32,00

## WRAPS AND PACKS

### COLD WRAPS

Hand or arm wrap with additives .....	€ 30,00
Foot or calf wrap with additives .....	€ 33,00
Leg wrap with additives (both legs) .....	€ 45,00
Lumbar wrap .....	€ 40,00
Lower-body wrap with additives .....	€ 44,00
Short wrap .....	€ 44,00
Full-body wrap with additives .....	€ 51,00
Clay or curd pack .....	€ 27,00

### WARM WRAPS

Hay pack	
single .....	€ 37,00
double .....	€ 52,00
Natural-moor mud pack	
single .....	€ 31,00
double .....	€ 43,00
Hay-flower body pack .....	€ 29,00

## INHALATION

With medicine .....	€ 17,00
Steam inhalation treatment with chamomile for head .....	€ 25,00

## COLON HYDROTHERAPY

Traditional with colon massage .....	€ 110,00
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# PHYSICAL THERAPY AND REHABILITATIONS

## MASSAGES

Partial-body massage	€ 41,00
Full-body massage	€ 55,00
Underwater jet massage	€ 55,00
Connective tissue massage according to Leube/ Dicke	€ 49,00
Lymphatic drainage according to Vodder	
Partial-body treatment	€ 49,00
Full-body treatment	€ 73,00
Colon massage according to Vogler	€ 49,00
Respiratory massage according to Schmitt	€ 49,00
Foot reflex zone massage	€ 46,00
Paravertebral massage	€ 55,00
Paravertebral massage with mobilisation	€ 62,00
Ayurveda full-body massage	€ 76,00
Singing bowl massage	€ 55,00
Sports massage (partial body massage)	€ 41,00
Honey & salt massage (partial body massage)	€ 36,00
Vacuum massage with cupping glasses (partial body massage)	€ 36,00
Energy brush massage	€ 31,00

## MOVEMENT THERAPY

Individual movement therapy	€ 41,00
Individual neurophysiological movement therapy	€ 45,00
Individual movement therapy in water	€ 43,00
Sling exercise therapy	€ 50,00
Manual therapy	€ 62,00
Vibration gymnastics	€ 23,00

## OSTEOPATHY THERAPY

Osteopathic treatment: structural-visceral-craniosacral	€ 81,00
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## ELECTROTHERAPY

Ionophoresis (without medication)	€ 20,00
Microwave radiation (radar)	€ 19,00
Ultrasonic treatment	€ 23,00
Stimulating current therapy	€ 19,00
Interferential current therapy	€ 19,00
Low-level laser radiation therapy	€ 53,00
Diadynamic currents	€ 19,00
Tens	€ 19,00
Scanlab	€ 23,00
Infrared therapy	€ 17,00

## MBST - MAGNETIC RESONANCE THERAPY

3 sessions - 1 cycle	€ 300,00
5 sessions - 1 cycle	€ 500,00
9 sessions - 1 cycle	€ 720,00

## PAPIMI

### (ION INDUCTION THERAPY BASED ON THE PRINCIPLE OF MAGNETIC ENERGY TRANSFER)

per session	€ 53,00
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## HIGH ENERGETIC SHOCK WAVE THERAPY (AWT)

### RADIAL UND FOKUSSIEREND

per session	€ 60,00
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## ALTER<sup>G</sup>

### ANTI GRAVITY TREADMILL (DAS ANTI-SCHWERKRAFT LAUFBAND)

20 min with physiotherapist	€ 60,00
35 min with physiotherapist	€ 90,00
50 min with physiotherapist	€ 120,00

From 7<sup>th</sup> January to 21<sup>st</sup> July  
and from 30<sup>th</sup> September to 16<sup>th</sup> December

# KNEIPP - PROGRAMME

stimulates blood circulation and activates the metabolism

All meals and accommodation

Medical examination upon admission/discharge

Individualized diet

1 medicinal tea a day

Group gymnastics supervised by a sports expert / physiotherapist

Group aqua-size supervised by a sports expert / physiotherapist

**Medical lecture to the theme Kneipp**

**7      10      14      Days**

**Number of Treatments**

6	8	12	Kneipp water therapy
3	5	8	Hay pack or naturale mudpack or cold wrap
2	2	2	Salt packs
1	2	2	Kneipp wellness bath with air pearls
2	3	4	Group exercises with small training gear, supervised by a physiotherapist
2	3	4	5 Tibetan Rites, morning group exercise in the garden
2	3	4	Full-body massage or underwater jet massage
1	2	3	Energy brush massage
1	1	2	Kneipp trail, outdoor group exercise

## Well-Being Through Modern Kneipp

Active, holistic health care for all-round well-being. All treatments are built around the beneficial properties of water: Vitalizing Kneipp treatments, alternated with hay bags made with South Tyrolean mountain hay or mudpacks, herbal baths, tonifying massages and medicinal gymnastics under the supervision of our expert physiotherapists.

Our programme includes exercises modelled on the 5 Tibetan Rites and a Kneipp adventure trail in our very own park to improve both blood circulation in the feet and the sense of balance. Energetic brush massages complete the detoxification and cleansing of the skin and connective tissue.

### Beneficial effects:

- improves blood circulation,
- improves general physical condition,
- boosts the immune system and
- ensures vitality.

	per person	Single room	Double room
<b>7 Days</b>	Standard Room	€ 1.720,00	€ 1.615,00
	Comfort Room	€ 1.815,00	€ 1.715,00
	Superior Room	€ 1.945,00	€ 1.825,00
<b>10 Days</b>	Standard Room	€ 2.420,00	€ 2.300,00
	Comfort Room	€ 2.530,00	€ 2.405,00
	Superior Room	€ 2.740,00	€ 2.600,00
<b>14 Days</b>	Standard Room	€ 3.170,00	€ 2.970,00
	Comfort Room	€ 3.360,00	€ 3.130,00
	Superior Room	€ 3.605,00	€ 3.320,00

- Health programmes are only for guests who cover their own costs, are not subject to discounts and must be pre-booked.
- The prices stated for week-long treatments are only valid for stays of 7, 10 or 14 days.
- **Guests may book additional specific treatments which will be billed separately.**

From 7<sup>th</sup> January to 21<sup>st</sup> July  
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# ACTIVE - METABOLISM - PROGRAMME

weight reducing – detoxicating – tonisieren

All meals and accommodation

Medical examination upon admission/discharge

Individualized diet

1 medicinal tea a day

Group gymnastics supervised by a sports expert / physiotherapist

Group aqua-size supervised by a sports expert / physiotherapist

## Body profile analysis (BIA)

7	10	14	Days
<b>Number of Treatments</b>			
6	8	12	Kneipp hydrotherapy
5	7	10	Hay pack or naturale mudpack or cold wrap
2	3	4	Full-body massage or underwater jet massage
3	4	6	Group circuit or functional training, supervised by a sports expert
1	1	2	Vitalising full body bath with air pearls, according to Kneipp
2	3	4	Partial-body massage
2	3	4	Infrared therapy
2	3	4	Aqua Bo group session, supervised by a sports expert

## Do you suffer from slow metabolism?

This programme stimulates the body's energy consumption through a customised diet, BIA measurements (Bioelectrical Impedance Analysis), water treatments, Kneipp packs, stimulating total body and underwater treatments, active exercise with group circuit or functional training, rounded off with the positive effects of infrared light therapy.

Our individual dietary recommendations will help patients regulate their metabolism; the dietary change and optimization will result in a multitude of positive effects.

We aim for weight loss without fasting or the aid of powders or medicine, and for better cholesterol, uric acid and blood sugar results. The treatment's progress can be monitored through the data on nutritional status, blood lipids, cell composition, stamina and water balance gathered from the Bio Impedance Analysis. The BIA gives objective insights into the metabolism and its variations over time.

## Beneficial effects:

- Long-term weight loss and
- improved metabolism.

per person		Single room	Double room
<b>7 Days</b>	Standard Room	€ 1.855,00	€ 1.760,00
	Comfort Room	€ 1.955,00	€ 1.870,00
	Superior Room	€ 2.155,00	€ 1.985,00
<b>10 Days</b>	Standard Room	€ 2.520,00	€ 2.415,00
	Comfort Room	€ 2.635,00	€ 2.525,00
	Superior Room	€ 2.850,00	€ 2.725,00
<b>14 Days</b>	Standard Room	€ 3.445,00	€ 3.275,00
	Comfort Room	€ 3.570,00	€ 3.470,00
	Superior Room	€ 3.805,00	€ 3.675,00

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# DETOXICATION

detoxicate - cleanse - regenerate

## 7 DAYS

All meals and accommodation

Medical examination upon admission/discharge

Individualized diet

1 medicinal tea a day

Group gymnastics supervised by a sports expert / physiotherapist

Group aqua-size supervised by a sports expert / physiotherapist

### Number of Treatments

4 Lower-body wrap with salt, according to Kneipp

1 Honey & salt massage (partial body massage)

2 Foot reflex zone massage

1 Hay pack or hayflower oil bath

2 5 Tibetan Rites, morning group exercise in the garden

3 Foot bath according to Kneipp with basic salts

1 Purifying Kneipp bath with air pearls

1 Lymphatic drainage full body treatment

### Try our DETOX programme!

Get rid of metabolic waste and pursue well-being and a calm, conscious lifestyle.

Find new strength and stay healthy with alkaline vegetable nutrition, natural detox treatments such as lower-body salt wraps that help lift and regenerate the body tissue, honey-and-salt massages, alkaline salt footbaths, manual lymphatic drainage to stimulate the metabolism and exercises based on the 5 Tibetan Rites.

We serve alkaline herbal tea and still water to promote detoxification; a highly alkaline diet neutralises and expels acids and toxins from the body and aids weight loss.

### Beneficial effects:

- stimulates the metabolism,
- detoxifies your body and
- promotes weight loss.

per person	Single room	Double room
Standard Room	€ 1.635,00	€ 1.545,00
Comfort Room	€ 1.725,00	€ 1.640,00
Superior Room	€ 1.895,00	€ 1.790,00

- Health programmes are only for guests who cover their own costs, are not subject to discounts and must be pre-booked.
- The prices stated for week-long treatment is only valid for a stay of 7 days.
- **Guests may book additional specific treatments which will be billed separately.**



From 7<sup>th</sup> January to 21<sup>st</sup> July  
and from 30<sup>th</sup> September to 16<sup>th</sup> December

# TASTER - PROGRAMME

discover and enjoy the experience

3 - night stay

including all meals with organic foods or purification diet and accommodation

1 medicinal tea a day

Group gymnastics supervised by a sports expert / physiotherapist

Group aqua-size supervised by a sports expert / physiotherapist

**Arrival is possible every weekday**

## Number of Treatments

1 Medical examination

2 Kneipp pack

2 Kneipp hydrotherapy

1 Full-body massage

1 Kneipp wellness bath with air pearls

1 Infrared therapy

1 Facial treatment

1 Manicure

**Only to book once a year**

**An ideal introduction to our clinic and our therapeutic principles!**

## 3 DAYS DISCOVERY

per person	Single room	Double room
Standard Room	€ 760,00	€ 705,00
Comfort Room	€ 795,00	€ 760,00
Superior Room	€ 865,00	€ 820,00

- Health programmes are only for guests who cover their own costs, are not subject to discounts and must be pre-booked.
- The price for this programme is only valid for a stay of 3 days.
- **Guests may book additional specific treatments which will be billed separately.**

## OTHER CONDITIONS

- Check in and check out on any weekday
- Please tell us when you will be arriving
- Check in after 3:00 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

## 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 (BZO)

Innsbruck airport (INN)

Verona Airport (VRN)

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

**Price on request**

For bus connections to and from Innsbruck/Munich/Verona/Milan (Malpensa)/Bergamo airport with “Südtirolbus”, please check [www.suedtirolbus.it](http://www.suedtirolbus.it)

## Yoga

Yoga is an ancient Indian practice that views the individual as a mere traveller inside a material body.

Modern holistic yoga exercises aim at creating a balance for body, mind and soul. Our classes combine Asanas, phases of deep relaxation, breathing exercises and meditation. The Asanas improve the harmony of body, mind and soul through controlled breathing and concentration, promoting vitality and inner relaxation.

## Yoga Pranayama

Pranayama helps achieve harmony of body and mind through breathing exercises. Conscious breathing patterns are applied to substitute normally unconscious ones throughout the exercises. A variety of different techniques work on different muscle groups, mainly the diaphragm, abdomen and pelvic floor in order to control breathing movements. Pranayama heightens the sensibility for breathing processes and helps us consciously experience habitual breathing patterns.

## The 5 Tibetan Rites

A combination of 5 movement cycles, the 5 Tibetan Rites are one of the oldest far-eastern methods for relaxation, well-being and fitness and help us regenerate the energy we need for our everyday life by topping up our reservoir of physical and mental strength. The Rites are a good means for finding well-being, vitality and relaxation through daily exercise.

## PILATES

A mild, yet highly effective total body training that strengthens the muscular apparatus, primarily the pelvic floor, abdomen and back. Through an ideal combination of stretching, strengthening and breathing, Pilates helps improve posture, coordination and physical and mental well-being.

## AQUA - BO

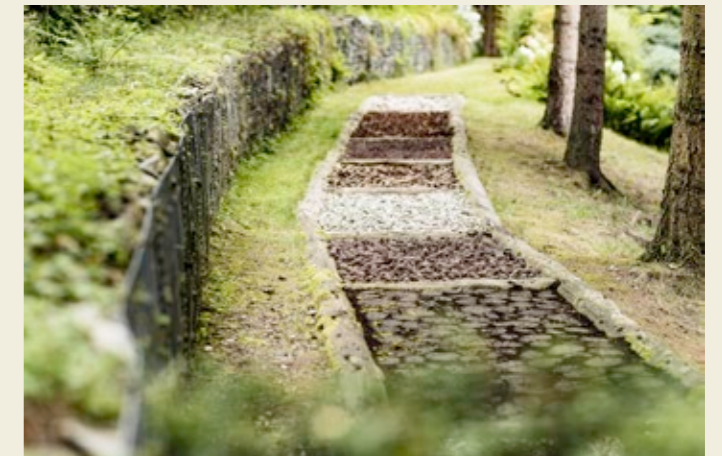
Highly effective total body training in water. Energetic power workouts build stamina and muscle and help reduce fat!

## NORDIC WALKING

An endurance sport with two walking poles used to aid the natural walking rhythm and pace. Compared to regular walking, Nordic walking also stimulates the muscular system of the upper torso.

## KNEIPP PATH

Different materials promote blood circulation in the feet, boost the immune system and improve the sense of balance.





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from 18.12.2016 to 07.01.2017

from 11.06.2017 to 01.07.2017

from 17.12.2017 to 06.01.2018

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Raiffeisenkasse Eisacktal

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# PRIVATE CLINIC BRIXSANA

## Holistic Rehabilitation In A Protected Environment

As part of a newly formed partnership with the Brixsana private clinic, the Dr. von Guggenberg private clinic in Brixen, South Tyrol/Italy, offers specialised follow-up treatments, rehabilitation and prevention in orthopaedics, neurology, traumatology, cardiology, sports medicine, internal medicine and sports osteopathy.

## Swift recovery through targeted rehab

We will continue to provide medical follow-up checks and treatments upon prior consultation with the specialists of the Brixsana private clinic. It is our goal to offer the best possible treatment in order to allow patients to recover as quickly and successfully as possible.

## Expertise and innovative treatment methods

Our staff is comprised of doctors, therapists, nutritionists, nurses and service personnel with a shared vision of patient-centred care. Thanks to this approach, we can develop individual programmes that ensure optimal care and treatment for each case.

Innovative therapies round off our wide range of physiotherapeutic and rehabilitative services provided by a highly trained team with the latest technology and methods.

A patient's well-being is of the utmost importance for their successful recovery, and the Dr. von Guggenberg clinic, surrounded by nature and set between the river Rienz and the historic old town of Brixen, is regarded as one of South Tyrol's finest health resorts.

Along with our staff's expertise, the clinic's charming surroundings will surely aid your safe return to everyday life.



## creative delicious healthy (kreativ köstlich gesund)

This cook book wants to inspire amateur chefs to try out a variety of delicious dietary meals.

The von Guggenberg clinic celebrates its 125th anniversary with this collection of 60 exquisite recipes carefully selected from the menus we serve daily.

The book reflects the joy and enthusiasm of the people that make our house unique and their abundance of creative ideas.

Fresh ingredients, technique, the right combination of herbs and spices and a passion for cooking can make dietary cuisine truly tasty, and there are plenty of simply irresistible dishes to be found here!

The book is available in German and Italian and can be ordered at our reception.

Price: € 25,00



kreativ köstlich gesund

Johanna von Guggenberg









Unterdrittelgasse 17, Via Terzo di Sotto 17 — 39042 Brixen / Bressanone (BZ)  
tel +39.0472.820222 — fax +39.0472.834014 — office@von-guggenberg.it — www.von-guggenberg.it