

Treatments

Unique for women

www.lapura.at



la pura[®]
women's health resort
kamptal

Treatments

Feel free to book any additional treatments.

In order for us to be able to plan your desired treatments and therapies, please let us know as early as possible. We can only accommodate short-term requests according to availability.

* The service rendered is provided in the context of the la pura ambulatorium für physikalische medizien kemptal.

** The service rendered is provided in the context of the la pura kuranstalt kemptal.

*** The service rendered is provided in Dr. Stengg's private surgery.



Healthy Aging

What keeps women young longer

Detecting inflammations, 30 min.

€ 95,-

With this saliva test, it is possible to quickly and easily detect hidden inflammations and the depletion of collagen in the body, which can lead to the negative influencing of diabetes, rheumatic diseases or heart attacks and strokes, incl. discussion of results with physician.

3D facial skin analysis, 30 min.

€ 60,-

Determination of biological age of the skin through VISIA scan. To analyse the condition of the skin on and under the surface, three different lighting modes are used. Potential skin damage caused by the sun is made visible, existing porphyrins (bacterial secretion) in deep skin layers are revealed, hyper-pigmentations, acne and vascular lesions such as couperose and rosacea are detected. An aging and rejuvenation of the skin is simulated. We can prepare an individual serum on the basis of this analysis.

Individual serum

€ 144,-

Healthy aging therapy, 90 min.

€ 120,-

RELAXATION – REGENERATION – REVITALISATION – a manual massage, with vaporised herb stamps and warm aromatic oils, individually composed for you by a physician and therapist.

Determination of biological age

€ 590,-

Holistic, individualised preventive healthcare taking environmental and lifestyle factors into account through analysis of the epigenetic regulation of cells and genetic characteristics. Determination of an inclination to premature aging, excess weight, diabetes as well as checking the immune system or vulnerability to infections. Including recommendations and guidelines

Determination of metabolic type

€ 390,-

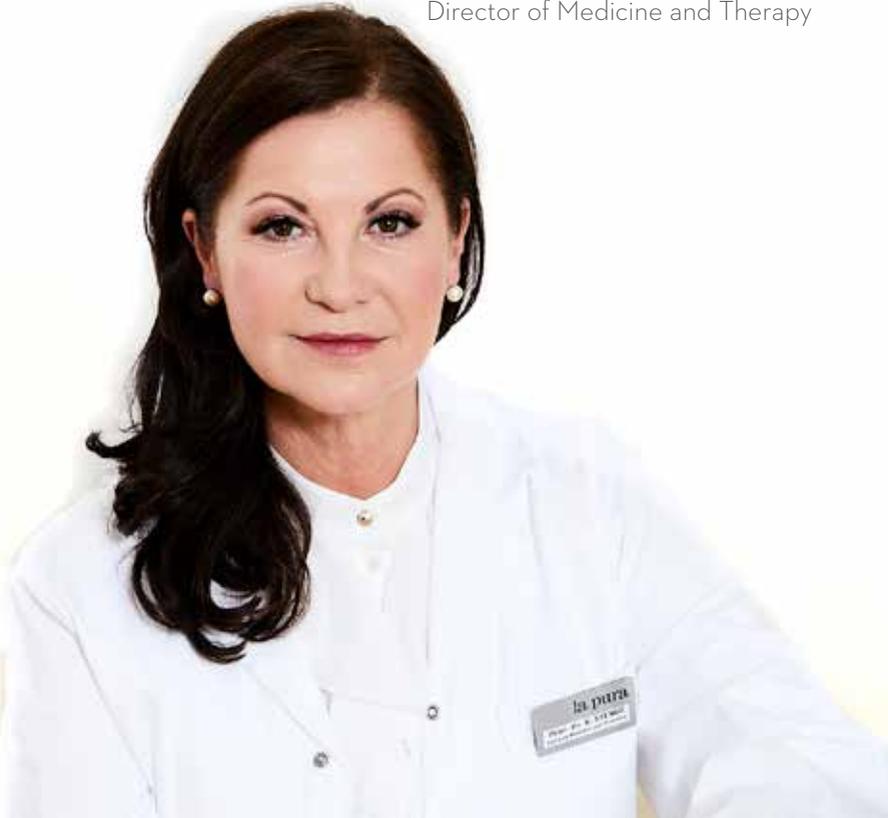
Checking metabolic function and the individual need for macro-nutrients (protein, fat and carbohydrates), analysis of metabolic rate and weight stabilisation, regulation of hunger and satiety, ratio of strength and/or endurance training as well as the health of your skin from just a small blood sample. Including recommendations and guidelines

Determination of biological age, metabolic type

€ 890,-

Including 42 pages of recommendations and guidelines.

Senior Physician Dr. med. univ. K. Stengg D.O.
Director of Medicine and Therapy



la pura medical services

Everything for your health

Medical Examination, small | big */**/**

€ 90,- | € 150,-

During a consultation in a relaxed atmosphere, your ailments will be discussed and clarified through a clinical examination. Any findings you bring with you will be explained and added to, if necessary. An individual therapy will be adjusted to meet your requirements.

Medical Acupuncture, 30 min. */**

€ 60,-

The treatment of the different acupuncture points regulates impaired body functions and restores the energy flow. This means that acupuncture can be used in a versatile way as a soft method to cure many ailments.

Fructose or Lactose Tolerance Testing, 120 min. */**

€ 50,-

A simple breath test can be used to determine whether lactose or fructose is broken down sufficiently in the intestines and can thus be absorbed into the blood.

Neural Therapy, 15 min. */**

€ 65,-

Gentle injections with a local anaesthetic are used to destroy scars, alleviate inflammation and loosen muscle tension. Neural therapy is also called the acupuncture of the West. It is effective, for example, in cases of chronic pain of the spinal column.

Trigger point infiltration, 15 min. */**

€ 60,-

Trigger points cause pain. By targeting these points with injections, pain can be reduced rapidly.

Medical Manual Abdominal Treatment, 20 min. */**

€ 75,-

An abdominal treatment achieves decongestion in the abdominal lymph nodes, the liver, stimulates the circulation in the abdominal region, detoxification via the intestines and relief to the spinal column. Breathing and oxygen supply are also improved.

Bio-Energetic Testing and Initial Therapy, 60 min. **

€ 190,-

Testing for allergies and intolerances: the tests according to specifications by Dr. Voll can identify sources of disease and interference fields at the acupuncture points (hands and feet). Material compatibilities are checked and a therapy plan for an initial therapy is prepared. This testing is recommended, among other things, in cases of chronic allergies, attempts to stop smoking or fungus in the intestines.

Oxithermia According to Prof. von Ardenne, 30 min. **

€ 98,-

In this treatment, a mask of concentrated oxygen is applied. At the same time, an over-heating therapy (according to Professor von Ardenne) is carried out.

Cell Regeneration Therapy, 45 min. **

€ 80,-

Cell regeneration can be used to optimise energy generation in the cells in a noticeable, measurable way. Our therapy process involves simulated altitude training in which mitochondria (the power plants of the cells) are activated and regenerated. Its application areas range from a strained immune system and reduced performance in everyday tasks to chronic-degenerative diseases.

Osteopathic Physician, 30 min. **/**/**

Initial treatment € 150,-

Further treatment € 130,-

Manual treatment of muscle, joint, tendon and capsule complaints or pain syndromes. Osteopathy is a gentle method to balance the regulation of the functions of muscles, nerves and joints. It is a holistic and causal treatment method with sustained effects on all organ systems.



Aesthetic Medicine¹

Everything for your beauty

Botulinum toxin medical***

For chronic back pain and migraine

on request

Botulinum toxin aesthetic***

from € 350,-

This treatment eliminates wrinkles caused by facial expressions, such as anger lines or crow's feet, and it gets rid of unattractive lengthwise strands on the neck. Botulinum toxin can also be used effectively to lift eyebrows or reduce jowls. Depending on the region, the treatments will last for 4 to 6 months and can be repeated as often as possible.

Botulinum toxin against sweating armpits

€ 600,-

Skin rejuvenation with mesotherapy***

Hyaluronic acid and refreshing vitamin cocktails are introduced into the deeper skin layers. The treatment can be performed on the face, neck and neckline, but also on the back of the hand. Very good treatment successes can be achieved with wrinkle formation, dry skin, loss of skin tone, first signs of ageing skin and stretchmarks

Face **from € 190,-**

Face, neck, décolleté **€ 300,-**

Cellulite **from € 200,-**

Mesotherapy to treat hair loss ***

from € 200,-

In this treatment, a revitalisation cocktail is injected into the skin of the head. This can effectively slow down hair loss and stimulate hair growth.

Thread lifting***

on request

Thread lifting is carried out with a local anaesthetic. In this treatment, threads are inserted into the skin from the outside to form a mesh. This leads to an increase in collagen production and is very good at treating any loss in skin elasticity.

1) Aesthetic treatments are incl. 20% VAT

For combined therapies / treatments, the individual prices change. Before starting treatment, an individual calculation is created for you.

Filler***

on request

For many people, a youthful appearance is an important sign of attractiveness and freshness. Over time, the skin loses the ability to form hyaluronic acid and to store water while collagenous and elastic fibres are depleted. This causes the skin to become drier and thinner and to lose vitality and volume so that wrinkles become visible and the skin starts to look older.

Hyaluronic acid is a substance that also occurs naturally in the human body. It acts as a lubricant in the joints and it imbues the skin with volume and vitality. Hyaluronic acid can absorb 6,000 times its own volume in water and retain it for a long time. This effect is utilised when it is injected into the skin.

A hyaluronic acid injection restores lost volume and gives the skin a smooth, fresh appearance and new contours. That is why it is also called a filler treatment.

Each treatment is preceded by a consultation with a physician to jointly determine the desired results and decide on a treatment plan.

What you need to do before the treatment? Do not take any blood-thinning medication for approx. two weeks before the treatment (acetylsalicylic acid such as ASS® and aspirin®, Marcumar®, Plavix®, etc.) in order to reduce the risk of haematomas. Before the treatment, the face should be thoroughly cleaned of any make-up. Hyaluronic acid treatments should be avoided during pregnancy and while breastfeeding.



Exercise Training

Properly moving with our sports scientists

Personal Training Session Based on Sports Science, 25 | 50 min. **

€ 50,- | € 90,-

This one-to-one training programme is individually adjusted for you, which is why it is also very effective. You will receive training recommendation that you can also apply after your stay in the la pura women's health resort kamptal.

Galileo Training, 20 min. **

€ 45,-

Galileo training is a combination of vibration, coordination, balance and strength training and activates deep muscle groups. There are many areas of application, ranging from the loosening of tension, mobilisation, osteoporosis, prevention of injuries and falls to enhancing muscular performance and strength.

Individual Pilates Training, 50 min. */**

€ 90,-

The training method can be a gentle rehabilitation in case of injuries, a diverse workout for fitness enthusiasts of all ages as well as a demanding training programme for performance optimisation. Pilates offers holistic body training to strengthen the body's core, so that the body is straightened and body posture improved. The aim is to achieve a balance between stretching and strengthening the musculature, with the most important principles being breathing, flow of movement, concentration and precise execution.

Muscular Function and Coordination Check, 40 min. */**

€ 90,-

This is an examination of which muscle groups are shortened, tense or weakened. We also use an S3-check to test the regulatory capacity, stability and the symmetry of the body. These aspects play an important role in connection with an upright posture and the prevention of falls and injuries.

BIA - Bio-Electrical Impedance Analysis, 20 min. **

€ 45,-

Bioelectrical impedance analysis is a professional and scientifically sound method to determine body composition. Based on the principle of measuring resistance, the proportional relationship between fat, water and muscle is analysed quickly and reliably.

Aircheck Fat Burning Test, 25 min. **

€ 90,-

The breath gas analysis provides information about, among other things, individual fat and carbohydrate burning under physical stress. This makes it possible to determine the individual training pulse range, including the pulse rate for optimal fat burning. This testing can be carried out on an ergometer, on a treadmill or as a walking test.

Aircheck Resting Metabolic Rate Test, 20 min. **

€ 90,-

Using breath gas analysis, the individual daily energy requirement (fat and carbohydrate burning) is measured in the resting state. This makes it possible to detect causes of weight problems and prepare suitable individual recommendations.

Medical training therapy, 25 | 50 min. *

€ 50,- | € 90,-

Therapeutic gymnastics look at the body holistically and takes your individual needs into account. On the one hand, dysfunctions of the musculoskeletal system can be prevented. On the other hand, there is a rehabilitative aspect with the objective of restoring natural movements and body functions.



Personal consultation

Individual coaching

Mental coaching, 25 | 50 | 90 min. **

€ 60,- | € 120,- | € 180,-

Do you feel tired or overburdened? Make an appointment for an individual discussion with our psychologist, and you will find out about relief, good stress management strategies, health tips and more.

Biofeedback (stress test), 50 min. **

€ 90,-

It is important to find out to what extent a stressful situation influences one's own body. Stress analysis generally serves to present the unconscious physiological processes in the body on a screen - breathing, skin temperature, heart rate, sweat and muscle tension. You can gradually learn to consciously influence these reactions using this direct feedback or with the help of targeted instructions. The areas of application are quite varied, for example promoting relaxation, reducing high blood pressure, alleviating headaches, shoulder and back pain and exhaustion symptoms. The biofeedback diagnosis takes place after a mental coaching session to be able to explain indications and the process. It is followed by several training units to sustainably preserve the success of the treatment.



Relaxation

Slow down

Individual Yoga Training, 50 min. **

€ 90,-

Yoga is an Indian philosophy that comprises a range of spiritual and physical exercises with the aim of improving health, achieving harmony and increasing well-being.

Relaxation Training, 25 | 50 min. **

€ 50,- | € 90,-

Our body requires sufficient relaxation to counterbalance mounting everyday stress. Different relaxation techniques can reduce muscle tension as well as improve attention span, perception and concentration.

Energy Island, 25 min. **

€ 45,-

You lie in a warm bed of sand and enjoy the health-boosting effects of individualised colour light therapy – a relaxed way to restore your energy.

Meridian-Yoga, 80 min.

€ 120,-

Meridian Yoga is a special form of yoga, which combines movement, body stretching, consciousness, breath and attention. It specifically addresses the meridians (energy channels in the body) of the acupuncture and shiatsu system.

„Thai Bodywork“ – Traditional Thai massage, 85 min.

from € 120,-

A full-body treatment consisting of a gentle pressure point massage in combination with stretching and movement. This treatment is designed to stimulate the flow and balance of your energy (prana) and relax you so that you can go about your day with renewed energy.

Massages & Body Treatments

Relaxed, without pain.

Individual Massage, 25 | 50 min. *

€ 49,- | € 84,-

We offer classical massages, energetic therapy and reflex zone therapy. We will provide an optimal massage unit for you, depending on your personal needs.

Healing Massage, 25 | 50 min. *

€ 49,- | € 84,-

In this partial or whole body massage, elements of different massage techniques are integrated in the healing massage to make it more sustainable and efficient.

Detox Massage, 50 min. **

€ 84,-

Detoxing the organs: using a combination of suction bells, elements of lymph drainage and reflex zone treatment, the most important organ systems will be stimulated to a strong detox performance. Detoxing via the lymph system is also stimulated.

Abdominal Massage, 25 min. **

€ 49,-

Detoxing through the intestines: an abdominal massage balances intestinal activity and enhances circulation. This stimulates the intestines to improve their nutrient absorption and detox performance.



Individualised Softpacks, 30 min. */** € 59,-

Depending on your requirements or medical recommendations, you will receive an individualised softpack, for example a body, a detox, a moor or hay-blossom pack, etc.

Facial Lymphatic Drainage, 50 min. * € 84,-

his special facial and décolletage massage reduces deposits and swellings, and waste materials and toxins are eliminated more effectively.

Lymph Drainage, 50 min. * € 84,-

This gentle massage technique stimulates the lymph flow, reduces blockages and swellings and supports the elimination of metabolic products and body waste. This method is particularly effective for general pains, chronic inflammations and oedemas.

Underwater Extension Therapy, 20 min. * € 55,-

This unique la pura treatment is a combination of extension therapy and massage in a special therapy basin with warm water. It is a gentle, effective treatment that is particularly suited for tensions and misaligned sections of the spinal column, and it relieves joints and spinal discs and loosens muscles.

Myoreflex Therapy, 50 min. */** € 84,-

Pure muscle regulation: a combination of different massages and therapy techniques to achieve a healthy balance of your musculoskeletal system. A relaxed body is needed to support a relaxed mind.

Foot Reflex Zone Massage, 25 min. */** € 49,-

All body systems are influenced in a positive and balancing way by the reflex zones on the feet. Using these reflex zones, the body systems can be activated or soothed, and the vegetative nervous system can be regulated.

Hot Stone Massage, 70 min. € 120,-

The hot stone massage is a combination of a pleasant massage and the deep effects of heated massage stones. Basalt stones made of natural lava are used to loosen tensions and stimulate the metabolism.

Pantei Luar Herb Stamp Massage, 50 min. * € 90,-

Cloth bags filled with plant extracts are heated in hot herbal oil before the massage. The massage uses different movements and intensities and thus stimulates the metabolism and cleanses the body, enhances the skin and reduces cramping.

Cosmetics

Individual Beauty

Body Treatments with Natural Cosmetics VINOBLE

Sea Salt & Grape Seed Whole Body Peel, 30 min. € 45,-

In an intensive whole body peel, cleansing salt, skin-tightening grape seeds and regenerating grape seed oil will stimulate your circulation, remove dry skin flakes and leave your skin as soft as velvet. The result is skin that is soft to the touch – all over your body.

Silhouette Whole Body Treatment to Tighten the Skin, 90 min. € 135,-

Switch your metabolism to burn fat! After a stimulating massage with peel gloves, the Vinoble Body Shape Serum and the Viniferin Body Pack are used to intensively stimulate fat burning. Cellulite and padding are reduced and the skin is smoothed and tightened significantly.

Silhouette Body Wrap Deluxe, 60 min. € 90,-

The body wrap improves circulation, tightens the skin and cleanses the tissue. The special wrapping technique enhances its effectiveness, resulting in a tight, fortified skin appearance for a perfect silhouette.

Fatburn & Slim Wrap, 60 min. € 90,-

This skin-tightening fat-burning wrap is the ideal way to support your body when you want to lose weight. The ethereal oils generate a cool exterior and a warm interior that stimulate circulation and the metabolism.



Sissi Bath, 30 min.

€ 39,-

A carefully selected combination of effective agents, including grape seed extract, rose blossom hydrolate, aloe vera, red vine leaf and oak bark make this bath a unique experience for your skin. You will feel revitalised, and your skin will glow.

Body Treatments Aesthetic Cosmetics FUHLENDORF

Your fat cells are emptied using suction-wave massage and broken down via the lymphatic system. This is followed by an ultrasound treatment, which introduces a special effective agent to activate a fat-burning process. This treatment tightens, shapes and permanently strengthens your connective tissue from the inside out.

Body Treatment – Upper Arms, 40 min.

€ 90,-

Body Treatment – Abdomen, 60 min.

€ 110,-

Anti Cellulite – Upper Legs / Buttocks, 90 min.

€ 190,-

Facial Treatments with Natural Cosmetics VINOBLE

Basic Facial Treatment, 60 min.

€ 80,-

An hour away from it all. From deep-pore cleaning or a pleasant facial massage – the choice is yours. Allow yourself some time that's just for you.

Balance Facial Massage, 25 min.

€ 45,-

A soothing facial massage with special Vinoble products to care for your skin and relax the musculature.

Selection Facial Treatment, 90 min.

€ 120,-

Masks and serums are individually adjusted to your skin type. They make your skin glow and provide intensive care. The integrated eye treatment smoothes fine wrinkles and imbues your skin with new freshness.

Anti Aging Deluxe Facial Treatment, 90 min.

€ 135,-

This high-performance treatment will spoil you, not just with an intensive peel, eye treatment and massage, but also with a cocktail of intensively skin-tightening ampoules that are individually adjusted for your skin. You can choose either a warming modella-gé mask or a cooling peel-off mask.

Vitalizing-Facelift Treatment, 60 min.

€ 98,-

This intensive peel will free your skin of dead tissue and supply it with valuable anti-aging agents. The result is a glowing appearance with tight and noticeably more supple skin.

Facial Treatments with Aesthetic Cosmetics FUHLENDORF

Perfect Facial Treatment, 90 min.

€ 150,-

A cosmetics apparatus based on state-of-the-art technology. This treatment consists of 3 steps:

Microdermabrasion: an intensive peel that removes dead skin flakes from the cornea.

Suction-wave massage: the connective tissue, the lymph nodes and the metabolism are activated through cupping with small glass cups

Ultrasound: this allows special effective agents deep under the skin to unleash their effectiveness.

Treat your skin to a fresh, radiant appearance with this treatment.

Manicure, Pedicure

Manicure Deluxe, 60 min.

€ 70,-

This treatment includes a wide-ranging intensive care treatment for dry, cracked and stressed hands: a hand peel and a manicure as well as a hand massage, hand pack, nail varnish and application of cream to the hands.

Pedicure Deluxe with varnish, 60 min.

€ 70,-

This treatment comprises an extensive intensive care treatment for dry, cracked and stressed feet: the foot peel, foot bath and foot care will transform your feet into real eye-catchers. It is followed by a pampering programme that includes a foot massage, foot pack and application of cream to the feet - making sure that tired feet will perk up again.

Additional services

Waxing the Legs, 35 min. € 50,-

Legs you like to show off – they can be all yours! With a wax treatment, your legs will stay smooth for a long time. Stubble is not an issue with this hair removal method.

Waxing the Lower Legs, 15 min. € 35,-

Waxed lower legs can give you a great deal of pleasure, especially in summer. No more bothersome shaving before you slip into your summer dress.

Waxing of small area, 15 min. € 20,-

Hair removal using warm wax promises results that will please you for weeks to come.

Additional services during a beauty treatment

Nail Varnish, 10 min. € 12,-

Whether it is your finger nails or toe nails, nail varnish is the perfect finishing touch for a neatly manicured appearance. Powerful colours, pastels or transparent nail varnish – you decide which colour will win over your heart and your nails.

Tinting Eye Lashes, 15 min. € 17,-

Tinted eye lashes can look enchanting at any time of day or night. In a careful tinting process, the natural colour of your eye lashes will be intensified and the eye lashes will seem denser and fuller after the tinting process.

Tinting Eyebrows, 10 min. € 12,-

For an expressive face: tinted eyebrows add a certain special something to your face. The right colour creates natural accents.

Plucking and Shaping Eyebrows, 15 min. € 12,-

Perfectly shaped eyebrows are an essential part of an attractive appearance. Have your eyebrows shaped and give your glowing eyes a matching frame.

Care products

Everything for your care.

UNIVERSKIN™

Personalised skincare

Tomorrow's cosmetics products are custom-tailored and developed by physicians. Every person is individual, and so are their skins and their expectations. That is why their care products should also be individually adjusted to the individual needs of their skin.

Universkin™ is a unique, scientifically based, custom-tailored skincare product line developed by physicians.

Due to its impressive effectiveness, the unique approach of Universkin™ makes it possible to treat different aesthetic and dermatological conditions such as wrinkles, red patches and hyper-pigmentation, as well as dry or impure skin.

8 functions are taken into account:

1. Oxidative stress
2. Appearance of the skin
3. Reddening of the skin
4. Skin protection barrier
5. Keratosis
6. Sebum formation
7. Pigmentation
8. Skin flora

The „high-tech“ formula of the serum consists of:

- Organic camelina oil (camelina sativa)
- Biomimetic peptides: biological neurotransmitters for the physiological balance of the skin
- Hyaluronic acid: to be able to maintain the proper function of the extracellular matrix and to supply the skin with moisture
- Vitamin E: an anti-oxidant that causes a reduction of UV-related skin damage and prevents premature ageing of the skin

To prepare your personalised formula, a 3D skin analysis is carried out to be able to make the correct selection from the 19 active constituents that are combined with the serum P depending on the requirements of your skin.

The active constituents are selected on the basis of proven scientific findings. Your skincare formula will be composed right in front of your eyes in a record time of less than a minute.

Your custom-tailored serum is prepared fresh for you in less than one minute and should be applied in the mornings and/or evenings, depending on the recommendation of your physician. Specially custom-tailored for you, your skin will receive exactly what it needs.

Over time, your personalised formula will be adjusted to your lifestyle, age and skin condition as well as the respective season and environmental factors.

Physician's expertise + 1 high-tech serum + 19 active constituents = 1,159 possible formulations in 57 concentration levels

The starting point consists of:

3D facial skin analysis, 30 min.	€ 60,-
Individualised serum	€ 144,-



A pleasant arrival.

You can easily reach Gars am Kamp by car or public transport. Guest parking is free of charge and a garage is available at the hotel (for a fee). Vienna's city centre is approximately 1 hour away, and the Wien-Schwechat Airport about 1 hour and 15 minutes.

We'll pick you up from Vienna, free of charge!

- Vienna – la pura – Vienna (on the weekend)
- Comfortable transfer by taxi or minibus
- Service available every weekend
- Fixed rendezvous points (Westbahnhof – P&R Erdberg – UNO City)
- Fixed departure times: Fridays Westbahnhof at 3 pm, P&R Erdberg at 3:30 pm, UNO-City at 3:50 pm / Sundays: departure from la pura at 3 pm.
- Pre-order at the la pura reception no later than 3 pm on the previous day:
Tel.: +43 (0) 2985 / 26 66 – 0

Free pick-up (with a booking of at least 5 nights) from:

- Wien-Schwechat Airport
- Wien Westbahnhof train station
- St. Pölten Hauptbahnhof train station

Provided a stay of at least 5 nights has been booked, our foreign guests can use their flight or rail ticket as a free shuttle ticket. The pick-up takes place at specified fixed times; no home pick-up service.

Free hotel shuttle pick-up from the Gars train station

Please register at +43 (0) 2985 / 26 66 – 0

For more information, please visit

<https://www.lapura.at/anfahrt>

la pura women's health resort kamtal

Hauptplatz 58
A-3571 Gars am Kamp, Austria

Tel.: +43 (0) 2985 / 26 66 – 0

Mail: willkommen@lapura.at

www.lapura.at

Ein Resort der:



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