

Relaxation Exercise Training

Healthy Aging.
Exclusively for women.

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la pura[®]
women's health resort
kamtal

Just relax.

Individual Relaxation

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..

Qi Gong Individual Training, 25 min. ** € 50

Qi Gong is a mature form of exercise to boost the energy of the body and the mind and has been around for over a thousand years. The exercises comprise slow movement sequences and static poses in which body tension, concentration and breathing play an important role.

Pantai Luar Herb Stamp Massage, 50 min. * € 105

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.

Energy Island, 30 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.

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.

Hot Stone Massage, 70 min. € 135

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.



Move properly with our sports scientists.

Exercise Training

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.

Therapeutic Gymnastics, 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.

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

Pilates offers holistic body training whose basis is the strengthening of the body's core, to straighten the body in an ideal way and to improve body posture. The aim is to achieve a balance between stretching and strengthening of the muscles.

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 with Consultation, 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.

Fascia Training, 50 min. */**

€ 90

Through a targeted combination of rolls, springs, stretching and body awareness exercises, adhesions can be loosened and pain reduced.

Fat Burning Test, 30 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.

Resting Metabolic Rate Test, 35 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.

Kegel Exercises, 50 min. **

€ 90

The Kegel exercises serve to train the musculature of the pelvic floor. This is possible just as it is for every other muscle group. However, the targeted training of the pelvic floor musculature is difficult for many people, because it deals with „invisible“ muscles hidden in the body. Kegel exercises are very effective after pregnancies and births as well as for cases of bladder descent and faecal incontinence.





General

Appointments can be made:

- at the la pura therapy reception counter
- by phone: +43 (0) 2985 / 26 66 - 699
- by e-mail: medizin@lapura.at

To prevent disappointment, we recommend that you book your desired dates in advance, as early as possible. Of course short-term appointments may also become available at times.

Delays & cancellations:

Out of respect to the guests with appointments after yours, we hope you understand that if you are late, this will be subtracted from your treatment time. If you are not able to keep your appointment, we ask that you cancel at least 24 hours in advance, as we have to charge 100% for any appointments that are not cancelled in time and are not kept. The same conditions apply to appointments in the form of a voucher or for Day Spa bookings.

Note:

Please note that the treatment duration indicated includes massage time as well as the welcome, undressing, any required rest period and a friendly farewell.

Valuables:

We recommend that you lock your valuables in the safe in your hotel room or in one of the cloakroom lockers.

la pura women's health resort kamtal

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Ein Resort der:



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