

BRUNE BALANCE
med





BRUNE BALANCE med – The Philosophy

BRUNE BALANCE med at Gut Klostermühle is a centre for integrative medicine managed and supervised by physicians. Our extensive range of medical, naturopathic and therapeutic treatments is aimed at promoting long-term health and vitality by stimulating improvement at various levels – physical, emotional and mental. Expanding on the concepts of salutogenesis, order therapy and mind/body medicine, we strive to enable our guests to become active designers of a natural and healthy lifestyle that works for each individual. At our centre, everybody can discover his or her own manifold resources.

In realizing these resources, we rely on a variety of therapeutic approaches. Thus, the instruments of classical medicine are supplemented with individually adapted methods of traditional European naturopathy and Far Eastern therapy techniques.

Another therapeutic cornerstone at BRUNE BALANCE med, over and beyond such medical attention, is daily exercise – pursued either individually or in groups in the course room, whether in our kinetics and cardio studio or outdoors. Since we believe that prevention

must include a sustainable optimization of the individual's health behaviour in its numerous facets, guests will also learn and practice relaxation techniques for subsequent long-term integration into their everyday lives.

Conveying the principle of awareness is a goal to which we attach particular importance here. Consistent with this ambition, we endeavour to teach techniques designed to build protective and coping resources in a psychological and social context, in addition to facilitating cognitive reorientation.

Furthermore, we offer a broad-based range of treatments from the fields of physiotherapy, osteopathy, massage, ayurveda, hydrotherapy and dermatological applications and/or cosmetics.

Dietary medicine is another pillar of our work at BRUNE BALANCE med. At our Finckenlounge health restaurant you may enjoy a cuisine that is purpose-matched to your individually recommended dietary needs.

Welcome to BRUNE BALANCE med!



BRUNE BALANCE med – Detoxification by the New F.X. Mayr Medicine: Starter Package

A combination of select therapies and the overall salutary atmosphere at BRUNE BALANCE med will evoke a relaxation response from the entire body. Factors conducive to a release of stress hormones or susceptible to causing illness or metabolic impairments can thus be eliminated.

The result will be a sustained health recovery encompassing not merely the physical but also at the emotional and mental spheres. The aim of the New F.X. Mayr Medicine is to restore the health of our metabolic system. All body cells, humours and organs will experience soothing and regeneration. As a result, the therapy will benefit your entire self, from your looks and posture through to your attractiveness and psyche.

Hence, fasting is the quickest and most comprehensive form of therapy based on the curative principles of stress avoidance, purification and training.

- Medical admission interview, instruction and physical examination
- CRS-med (cell regulation screening) diagnostics (1)
- Abdominal treatment by physician with consultation (1)
- Hydroxur bath (1)
- Lymph drainage, pneumatic pulsation therapy (60 minutes total) (1)
- Sports physiological check-up with development of a personalized training plan (1)
- Abdominal treatment by a therapist (1)
- Liver compresses (2)
- Cleansing massage (60 minutes) (1)
- Final review session with the physician, with day-to-day living recommendations

Additionally included in this package:

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity courses

€ 630,00 not including accommodation/breakfast (minimum 3 nights)

Price per person including detox “full board” surcharge,
not including accommodation.

Individual applications may be substituted for medical reasons following examination by our physician. Additional applications - e.g., personal coaching, dietary consulting - can be booked extra on an „à la carte” basis, depending on availability. Please bring along full current medical records.



BRUNE BALANCE med – Detoxification by the New F.X. Mayr Medicine

- Medical admission interview, instruction and physical examination
- CRS-med (cell regulation screening) diagnostics
- Daily liver compress
- Abdominal treatment by physician (3)
- Abdominal treatment by therapist (3)
- Hydroxur baths (3)
- Algae packs at the Thermo Spa (3)
- Lymph drainages, pneumatic pulsation therapy (60 minutes total) (3)
- Sports physiological check-up with development of a personalized training plan (1)
- Body composition analysis (1)
- Final review session with the physician, with recommendations
- Personal training sessions (60 minutes) (2)
- CMR sessions (2) (day 1 and day 7)

Additionally included in this package:

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity courses

€ 1.590,00 not including accommodation/breakfast (minimum 9 nights)

Price per person including detox “full-board” surcharge,
not including accommodation.

- Medical admission interview, instruction and physical examination
- CRS-med (cell regulation screening) diagnostics (2)
- Abdominal treatment by physician with review/consultation (4)
- Detoxifying Hydroxur baths (4)
- Algae packs at the Thermo Spa (4)
- Lymph drainages, pneumatic pulsation therapy (60 minutes total) (4)
- Sports physiological check-up with development of a personalized training plan (1)
- Body composition analysis (1)
- Daily liver compress
- Personal training sessions (60 minutes) (3)
- Abdominal treatment by therapist (4)
- CMR sessions (2) (day 1 and day 7)
- Final review session with the physician, with day-to-day living recommendations

Additionally included in this package:

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity courses

€ 2.090,00 not including accommodation/breakfast (minimum 13 nights)

Price per person including detox “full board” surcharge,
not including accommodation.

Supplementary options (available at extra charge):

- Teaching kitchen sessions: cooking with our professional staff (€ 60.00 per person/hour)
- Extensive laboratory diagnosis (blood & urine, including interpretation of results)

Individual applications may be substituted for medical reasons following examination by our physician. Additional applications - e.g., personal coaching, dietary consulting - can be booked extra on an „à la carte“ basis, depending on availability. Please bring along full current medical records.



BRUNE BALANCE med – Burn-out Prevention

This package contains modules similar to our detoxification programme but is supplemented by selective vitalizing infusions combined with an additional administration of oxygen, relaxation training modules and stress/strain reduction strategies aimed at boosting your day-to-day pressure handling abilities.

- Medical admission interview with physical examination (90 minutes)
- Resting EEC (1)
- CRS-med (cell regulation screening) diagnostics (1)
- Oxygen therapy (4)
- Sports physiological check-up with development of a personalized training plan (1)
- Detoxifying Hydroxeur bath (1)
- Personal training sessions (60 minutes) (2)
- Sports massage (60 minutes) (1)
- Deep-relaxation floating exercise (30 minutes) (2)
- CMR sessions (2) (days 1 and 7)
- Uro Nashi Basti (1)
- Abhyanga (Ayurvedic application), 90 minutes (1)

- Synchronous Abhyanga, with brief Shirodhara (80 minutes) (1)
- Ear candle treatment (1)
- Final review session with the physician, with day-to-day living recommendations (45 minutes)

Additionally included in this package

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity courses

€ 1.490,00 not including accommodation/breakfast (minimum 7 nights)

Price per person including vitalization plan „full board“ surcharge (3-course menu lunch, 2-course menu dinner), not including accommodation and medication.

Supplementary options (available at extra charge):

- Extensive laboratory (blood & urine) diagnosis, with interpretation of results
- Teaching kitchen session: cooking with the professionals (€ 60.00 per person/hour)
- Vitalizing infusions, as required
- Kinesiological energy analysis

Individual applications may be substituted for medical reasons following examination by our physician. Additional applications - e.g., personal coaching, dietary consulting - can be booked extra on an „à la carte“ basis, depending on availability. Please bring along full current medical records.



BRUNE BALANCE med – Vitality fasting

Vitality fasting improves the cellular metabolism, mobilizes the body's inherent defences, boosts your physical and mental performance and will thus exercise a long-term positive effect of your health and disposition. Many chronic health problems can be alleviated or even cured entirely by this method.

- Attendance by physician, review of medical history, admission examination
- Abdominal treatment by physician, with consultation (2)
- Abdominal treatment by therapist (2)
- Daily liver compress
- Floating exercise (weightless relaxation in body-temperature salt water), 30 minutes (2)
- Detoxifying Hydroxur baths (20 minutes) (2)
- Poultice at the Thermo Spa (20 minutes) (2)
- Body composition analysis
- Personal training sessions (30 minutes) (2)
- Sports physiological check-up with development of a personalized training plan (1)
- Sports massage (60 minutes) (1)

- Aroma oil massage (60 minutes) (1)
- CRS-med (cell regulation screening) diagnostics at end of cure (1)
- Final review session with the physician, with day-to-day living recommendations

Additionally included in this package:

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity courses

€ 1.220,00 not including accommodation / breakfast (minimum 7 nights)

Price per person including vitality fasting "full board" plan (fruit and vegetable juices, biological fasting beverages, special light restorative diet, base broth) surcharge, not including accommodation and medications.

Supplementary options (available at extra charge):

- Teaching kitchen session: cooking with the professionals (€ 60.00 per person/hour)
- Infusion medication to be ordered and invoiced separately by the physician
- Extensive laboratory (blood & urine) diagnosis. with interpretation of results

Individual applications may be substituted for medical reasons following examination by our physician.

Additional applications can be booked extra on an „à la carte“ basis, depending on availability. Please bring along full current medical records.



BRUNE BALANCE med – Panchakarma Cure

The most effective detoxification method known to date, this treatment removes physiological impurities from the body via a step-by-step approach, thus restoring the patient's neuro-physiological balance.

A combination of internal and external oil applications, ayurvedic cooking, yoga and meditation exercises a holistic cleansing effect. All of the foregoing is applied consistently in accordance with traditional ayurvedic principles. The oil employed, which is also effective in intestinal cleansing, has been proven to wash out fat-soluble toxins. As a result, Panchakarma helps to prevent diseases and serves to restore your health. The diet administered throughout the cure is easy to digest, warm, low-fat, and free of animal proteins.

- Medical admission interview
- Ayurvedic determination of constitution
- Synchronous Abhyanga (4-handed whole-body massage) (2)
- Abdominal treatment by physician with supervision/review (1)
- Abdominal treatment by therapist (2)
- Garshan (silk glove massage stimulating the metabolism and lymphatic drainage) (1)
- Padabhyanga (leg/foot massage, 45 minutes) (1)

- Udvarthana (cleansing application of a cereal grain paste) (1)
- Mukabhyanga (head/neck massage, 45 minutes) (1)
- Sports physiological check-up with development of a personalized training plan
- Matra Basti (2)
- Pizzichilli (royal bath, applied by 2 therapists using approx. 10 litres of warm oil) (1)
- Shodhana Basti (1)
- Shirodhara (soothing application of fluid onto the forehead) (1)
- Upanahasveda Prishta (thermal therapy based on application of a dough ring and ghee) (1)
- Final review session with the physician, with discussion of findings
- Ayurvedic dietary counselling
- Physician's consultation

Additionally included in the Panchakarma package:

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity exercises

€ 1.650,00 not including accommodation/breakfast (minimum 9 nights)

Price per person including Panchakarma "full board" surcharge, not including accommodation.

Supplementary options (available at extra charge):

- Teaching kitchen session: cooking with the professionals (€ 60.00 per person/hour)

Individual applications may be substitute for medical reasons following examination by our physician. Additional applications can be booked extra on an „à la carte“ basis



BRUNE BALANCE med – Ayurveda Anti-Stress Programme

AYURVEDA - the science of life

Ayurveda, the knowledge of life, is the oldest traditional healing method and originated in India more than 5,000 years ago. The focus of these oil-based and dry applications is on harmonizing the three doshas - vatha, pitta and kapha. Stimulation of the 107 key marma (vital) points on and in the human body activates the metabolism, nervous system, digestion and endocrinous glands.

The aim is to attain personal well being at every level of your self.

- Ayurvedic determination of constitution type
- Ayurvedic dietary consultations
- Garshan treatment (1)
- Padabhyanga, 45 minutes (1)

- Mukabhyanga, 45 minutes (1)
- Abhyanga with application of oil onto the forehead (1)
- Saundarya (1)
- Hydroxeur bath (1)
- Ear candle treatment (1)

Additionally included in this package:

- Daily progress review (BP, body weight, general well-being)
- Daily participation in relaxation or activity courses

€ 680,00 not including accommodation/breakfast (minimum 4 nights)

Price per person including Ayurvedic "full board" plan (3-course menu lunch, 2-course menu dinner), not including accommodation.

Supplementary options (available at extra charge):

- Teaching kitchen session: cooking with the professionals (€ 60.00 per person/hour)



BRUNE BALANCE med – Ayurveda (individual services)

Abhyanga – conveys well being, revitalizes and stimulates the energy flow through the entire body. 60 min. € 89,00
90 min. € 130,00

Synchronous Abhyanga – heavenly well-being, imparted by four skilled hands. 60 min. € 150,00
90 min. € 210,00

Mukabhyanga – a sensitive facial, head and neck massage. 45 min. € 69,00

Garshan silk glove peeling – refreshing and vitalizing for the entire body. 30 min. € 45,00

Padabhyanga – a foot massage that causes a sensation of lightness to flow through the entire body, thus restoring your natural balance. 45 min. € 69,00

Udvarthana treatment – activity within passivity, an invigorating and stimulating peeling. 50 min. € 65,00

Shirodhara – clears mental fog as thoughts are washed away by a warm jet of oil passed softly over your forehead, immersing you in an ocean of silence and quiet. 50 min. € 85,00

BRUNE BALANCE med – Ayurveda (individual services)

Pizzichilli royal massage – a warm oil flow passes over your body and is distributed by two therapists with gentle movements, making you sense the healing action of the sesame oil and enabling you to feel its purifying effects down to the tiniest cell. 60 min. € 230,00

Saundarya – in this Ayurvedic facial treatment you will smell and sense precious flower and herbal essences composed specifically to match your constitutional type. 50 min. € 70,00

Upanahasveda Prishtha – a proven treatment providing effective relief against tenseness of the back muscles. Special herbals oil are used for a massage followed by thermal therapy based on the use of a dough ring and warm ghee. 60 min. € 89,00

Netra Tarpana – thermal therapy for stressed eyes. A massage of the head and neck is followed by application of a dough ring and warm ghee. 60 min. € 89,00

Uro & Nashi Basti – application of warm oil to the navel region and the associated chest treatment release emotional stress caused by burn-out, dizziness, high blood pressure and nervous tension. The front of the body is massaged with oil, followed by a local pouring of oil with application of a dough ring and warm ghee. 60 min. € 89,00

Nasya – an excess of body humours accumulated in the throat, nose, sinuses, or head and bronchial regions is dissolved with the aid of special drops and subsequently eliminated. This treatment is recommended against headaches, migraine and even hay fever. Nasya comprises an extensive massage of the head and neck, an inhalation of ethereal oils, hot compresses, an administration of oily substances plus a gentle facial massage. 90 min. € 125,00

Ear candle treatment – this relaxing, invigorating and stimulating procedure may help to restore the balance of your mind and soul. Ear candles are all-natural products. The treatment induces a pleasant equalization of pressure in the areas of the ear, forehead and sinuses. Treat yourself to this intensely pleasant experience. 35 min. € 59,00



BRUNE BALANCE med – Sports Package

We recommend our activity programmes for building up motivation for an active new start, stimulating your metabolism, improving general performance, strengthening muscles and reducing joint and back pain.

- Individual review of medical history
- Sports physiological check-up or lactate analysis
- Personal training sessions (60 minutes) (2)
- Sports massage or medical massage (30 minutes) (2)
- Body composition analysis (1)

Additionally included in this package:

- Daily participation in relaxation or activity courses
- Personalized training programme for use at home

€ 439,00 not including accommodation/breakfast (minimum 3 nights)

Price per person including vitalization „full board“ plan (3-course menu lunch, 2-course menu dinner), not including accommodation

BRUNE BALANCE med – Exercises, Sports and Fitness

For your fitness and active relaxation

Find your balance through activity. Our cardio and kinetic training meets the highest standards. The range extends from relaxation programmes to active exercises, including outdoor activities – personalized to match your health needs. Discover the pleasure of movement, guided and supervised by our skilled staff.

Personal training – learn about potentials and how to convert them into strengths through functional exercises. At your request, course contents can be tailored to individual needs (for up to 2 participants) 60 min. € 65,00

Tennis courts – during the summer months, tennis courts can be booked for a fee. Please reserve court time at the Spa reception desk.

Day Spa and memberships – day guests and membership-based visitors to our spa zone are always welcome. Please contact the spa reception desk.

Check-ups, analyses, tests

Lactate performance diagnosis with training plan	€ 95,-
Lactate performance diagnosis	€ 65,-
Cardio fitness test	€ 45,-
Body composition analysis	€ 40,-
Gait and run analysis on the treadmill, with video	€ 45,-
Sports physiological check-up (strength, motility) with personalized training plan	€ 95,-

Group courses – We offer a diversified and expertly conceived range of relaxation, activity and outdoor courses. Participation is included for therapy programme participants. To reserve your place, please contact the spa reception desk.

- Hatha yoga, meditation, Qi Gong, stretching, 5 Tibetans, progressive muscle relaxation
- “Strength from the centre”, back training, balanced fitness, foot training and other functional training schemes, plus aqua gymnastics
- Nordic & active walking, running training



Additional medical diagnostic and therapy options

- Consultation of a physician 20 min. € 31,00
- Admission meeting with detailed examination 45 min. € 75.00
- Admission meeting, instruction and detailed examination 60 min. € 95.00
- Final review with physician 45 min. € 75.00
- Acupuncture € 47.00
- Acupuncture with permanent needles € 27.00
- Kinesiological body energy analysis and therapy € 121.00
- Kinesiological tests for mineral and vitamin deficiencies or foodstuff intolerances € 60.00
- Abdominal treatment by physician with consulting session € 60.00
- Resting EEC € 27.00
- Exercise EEC € 68.00
- Pulmonary function analysis (spirometry) € 40.00
- Abdominal treatment by therapist € 30.00
- Oxygen therapy € 25.00
- Extensive lab diagnostics (cardiovascular / prostate / metabolism lab risk profiles, etc., as required) upon enquiry
- Lactate performance tests, including resting & exercise EEC € 124.00
- CMR (cell milieu revitalization) diagnosis & therapy from € 15.00
- CRS-med (cell regulation screening) diagnostics € 29.00
- Electrotherapy (laser, ultrasound and various stimulus-current therapies) from € 25.00

BRUNE BALANCE med – Physiotherapy

Entrust yourself to skilled hands

Our experienced physiotherapists treat locomotor system conditions with the aid of manual techniques and focused exercises, based on a prior individual examination of each patient. In addition, they will administer physical therapies – e.g., hydrotherapy, thermo therapy, electrotherapy, ultrasound therapy, pain therapy – as prescribed by the physician.

Physiotherapy application – diagnosis-based treatment of acute and chronic disorders using established, proven physiotherapeutic methods. 60 min. € 79,00

Medical massage – reduces tenseness, stimulates the blood circulation, alleviates muscular stiffness and normalizes the muscle tone. 60 min. € 79,00

Tissue stimulation (RGS) – provides long-term firming and blood circulation improvement of connective tissue. Particularly suitable as a therapy for orange-peel skin. 50 min. € 65,00

Dorn therapy – designed to discover and remove primary causes through gentle therapy of the spinal column and joints. 60 min. € 79,00

Cleansing massage – aimed at purification and de-acidification, this treatment promotes the removal of metabolites from the tissue. It complements our Med programmes. 60 min. € 79,00

Manual lymphatic drainage – encourages lymphatic fluid flows and assists the lymphatic system with its associated functions. An ideal supplementary treatment before or after sports or exercise, making you feel lighter. 60 min. € 79,00

Craniosacral application – this gentle and ‘soft’ technique supports and harmonizes the body’s recovery from specific symptoms. 60 min. € 79,00

Foot reflex zone therapy – exercises a healing effect on the entire body via a treatment of special reflex zones that is designed to stabilize our body’s inherent regenerative abilities. 60 min. € 79,00

Pneumatic pulsation therapy and lymphatic drainage – applied chiefly to promote tissue regeneration, lymph circulation and body cleansing (detoxification). Recommended especially as a complement to our purification and elimination applications. 60 min. € 85,00



BRUNE BALANCE med – Massage and More

Let us improve your well-being through a holistic therapy approach keyed to your individual needs. Learn how to unwind and relax to the full – by treating yourself to a cure for **the body, mind and soul**.

Aroma oil massage – a pleasant and invigorating whole-body massage based on a personalized fragrance mix. This is relaxation pure and simple – a treat for all your senses. 60 min. € 79,00

Sports massage – matched to your individual type of sport and the body regions it taxes the most. 60 min. € 79,00

Lomi Lomi Nui massage – this Hawaiian whole-body oil massage will greatly enhance your body feeling while relieving stress. The rhythmic massage movements ease tension and blocks wherever they may be located. Warm oil, in combination with music and flower essences, take you to a new level of well-being. 75 min. € 100,00

Herbal stamp massage – a whole-body oil massage relying on the use of warm herbal, aroma spice or fruit stamps of your choice. The resulting thermal stimulus along the body's energy paths will bring you into harmony and balance. 75 min. € 95,00
Partial body massage 30 min. € 52,00

Hot stones – the deep, pleasant warmth of select lava stones eases the discomfort of stiff, hardened muscles while activating the body's self-healing abilities and stimulating lymph flow. This practice derives its powers from an ancient Indian tradition.

70 min. € 99,00
Partial body massage 30 min. € 52,00

Shiatsu – this Japanese form of energetic body therapy relies on a methodology developed to address both the emotional and physical sides of well-being. Furthermore, it is used to treat conditions of the locomotor system. For this mixture of pressure and exercise-based applications we recommend you to choose comfortable clothing. 60 min. € 80,00

Reiki – the Japanese word for 'life force energy' denotes this therapy system which promotes the achievement of harmony at both the emotional and physical level through a transfer of astral healing energy. 60 min. € 80,00

Whole-body peeling – the effect of this therapy is based on the removal of dead skin cells, a cleansing of pores, and stimulation of the dermal blood circulation. Enjoy the unique sensation of freshness conveyed by formulations of natural herbs, salts, sugar and oils we have specially prepared for you in house. 20 min. € 35,00



BRUNE BALANCE med – Derma Department



Dermalogica – medically founded skin care

It's all up to your skin! Following a detailed dermal examination, therapy will be keyed to the current requirements of your skin. Acute skin problems will be resolved with the aid of highly effective formulations. For facial skin, the choice is between three therapy approaches. Cell ageing can be slowed via biochemical processes, or we may focus on skin ageing processes and its causes. Inflammations and dermal impurities can be addressed through administration of unique active principles. In hyperpigmented skin, the excess production of melanin can be reduced in depth and the appearance of the skin can be lightened.

Dermalogica basic treatment – following a detailed Face Mapping®, therapy will be conducted exclusively with Dermalogica products, which provide an ideal composition of natural recipes and medically founded active ingredients to resolve your skin problem.

60 min. € 89,00

MicroZone treatments (short professional therapy sessions) – an ideal solution to dermal issues affecting only part of your skin, e.g., eye and lip structure changes. The treatment also provides in-depth cleansing and instant relief from inflammations. 20 min. € 35,00

Dermalogica body treatments – like the facial therapy, our whole-body applications consist of a result-oriented treatment tailored to the client's focus. The first therapy step, Body Mapping, is comparable to the 14-zone skin analysis performed on the face.

Thermal body treatments – an intense whole-body therapy involving mineral salt peeling, soothing and highly moisturizing skin packs plus firming, purifying whole-body applications.

80 min. € 98,00

Thermal touch treatments – these partial body treatments ideally complement our face and body applications and may be combined at will to achieve optimum conditioning of your skin in selected regions (hands, décolleté, back, feet, scalp). 30 min. € 49,00

Exfoliating body scrub – Ultrafine olive, date seed and fig powders produce a mild peeling effect. 20 min. € 39,00

Hydro-active mineral salts – the gentle action of mineral-rich sea salts and skin-smoothing enzymes leave your skin soft and smooth. 20 min. € 39,00

For healthy skin – from head to foot ...



BRUNE BALANCE med – Short Cosmetic Treatments



Make-up

Let our professionals bring your natural beauty and charm to full blossom. Couleur Caramel is made of 100% natural ingredients.

- Bridal make-up 50 min. € 70,00
- Evening make-up 30 min. € 40,00
- Day make-up 20 min. € 30,00
- 5-minute make-up 5 min. € 12,00
- Eyebrow correction € 10,00
- Eyelash tint € 15,00
- Eyebrow tint € 12,00

Pamper manicure or pedicure

Treat your hand and feet to this „heaven on earth“ sensation.

Foot bath, peeling, mask and care with massage.

- Nail varnishing 60 min. € 69,00
€ 12,00

Hair removal

- Face € 15,00
- Armpits or bikini € 23,00
- Lower legs € 35,00
- Back or breast € 45,00
- Full legs € 59,00

BRUNE BALANCE med – laBiocome mesol concept



mesolBeauty Lifting stands for firm and smooth skin.

Roll back time. Now which woman (or man, for that matter) would not want to look younger? Are you ready to take action against that tired complexion, wrinkles and impurities? Combating skin ageing with the help of natural active ingredients and selective methods of advanced beauty technology has been laBiocome's profession for over 24 years.

It is not time that shows our age but the speed with which wrinkles are forming. Lines are cut by problems, sorrow and the mad pace of our modern age. Stress, too, is a tricky factor - it affects our minds, spreads to the body's organs and leaves its marks on our face. For those resolved to counteract this process, mesolconcept is the right answer. Meso Beauty Therapy combines a range of synergetic skin-enhancing steps. As a result, your face will appear more attractive, firmer and several years younger.

mesolBeauty Lifting is a specialized facial rejuvenation treatment used against atrophied skin and pronounced lines and wrinkles. Depending on the therapy objective, our cosmetician will mix a fresh blend of active ingredients from naturally pure, organic substances to remedy such skin problems. Popular formulas include anti-aging and anti-inflammatory cures, or formulas against age spots.

laBiocome Meso Therapy taster session	60 min. € 89,00
la Biocome Bio Facelift	60 min. € 90,00
laBiocome Anti-Ageing facial treatment	45 min. € 59,00
laBiocome Meso Beauty Lifting treatment	60 min. € 135,00

For a cure to be successful, we recommend that it should comprise between 10 and 15 sessions (at least two per week).

10-session cure € 1.350,00

12-session cure € 1.620,00

15-session cure € 2.025,00

laBiocome Meso Cure consultation: free of charge



BRUNE BALANCE med – Balneotherapy & Hydrotherapy

Water – the source of all being

Water is the physical source of all life. It invigorates and refreshes, affords well-being and relaxation, and conveys valuable minerals. Our applications will be tailored to your individual requirements. Just immerse yourself – and experience the world from a different perspective.

Floating – drift weightlessly through space and time, enjoying relaxation at its most profound. In addition, this exercise will bring relief to your joints and muscles.

60 min. € 55,00

30 min. € 35,00

Hydroxeur bath – this detoxifying bath will stimulate your metabolism. It combines an underwater massage with aroma and light therapy, forming a perfect supplement to any detoxifying treatment.

20 min. € 35,00

Thermo Spa – a whole-body wrap of mud, algae or medicinal chalk noted for its sustained effectiveness in diverse indications. Skin care packs for your individual skin type are likewise available. Our skilled cosmeticians will be glad to advise you. This is also a highly relaxing treatment based on the sensations of weightlessness and warmth.

20 min. € 42,00

Pampering moments for two

Luxury spa suite – at BRUNE BALANCE med, improving your health is fun, so why not share the pleasure. Enjoy the luxury of a private spa that is all yours for one day. Experience a personalized “grand tour” of our spa world together with your partner and take in what is best for both of you. For arrangements please contact the spa reception desk.

The world of herbs (for 2 persons)

- Use of the Spa suite/sauna/organic sauna (4 hrs.)
- Crystal tub bath (1 per person) with herbal oils (20 minutes)
- Herbal peeling (1 per person) (20 minutes)
- Herbal stamp massage (1 per person) (70 minutes)
- Herbal specialties from the monastery kitchen

Price for 2 persons € 369,00



BRUNE BALANCE med – Anti-Cellulite Intensive

Our exceptionally thorough anti-cellulite treatment is based on an intense stimulation of the metabolism and strengthening of the tissues.

- Skin analysis and consultation
- Personal training sessions (2)
- Hydroxaur baths (3)
- Algae packs in the Thermo Spa (3)
- RTS tissue stimulation (3)
- Pneumatic cupping therapy (2)
- Thermal body treatment (1)
- Dermalogica basic facial treatment (1)

Additionally included in this package:

- Daily participation in relaxation or activity exercises

€ 899,00 not including accommodation/breakfast
(minimum 4 nights), assuming arrival on a Sunday or Monday

Price per person including vitalization plan „full board“ surcharge
(3-course menu lunch, 2-course menu dinner), not including
accommodation and medication.

BRUNE BALANCE med – General Conditions

At BRUNE BALANCE med, our ambition is to provide you with effective programmes delivering all-round relaxation and well being.

Please order **requested appointments** directly at the time of making your room reservation(s). For help with your choice of treatments, please call us on +49 (0)33607 59 29 120. We will be glad to give advice.

Your health is important to us. If your ability to participate in a given activity or therapy is restricted in any way, kindly let us know in time so that we can attend to your health in the best possible manner.

Get rest – ideally, as early as 20 minutes before your therapy appointment. Our fireplace lounge is the perfect place to unwind before a session.

Being late may happen to everybody. In this event, the treatment duration will be reduced accordingly.

For attractive **treatment packages and gift vouchers**, see www.brunebalancemed.com

Price changes reserved.

All arrangements are subject to our General Terms and Conditions.

BRUNE BALANCE med & Spa cancellation fees:

For individual services:

up to 12 hours before appointed time	free of charge
less than 12 hours before appointed time	100% of treatment price

For booked “package” arrangements:

up to 14 days before arrival	free of charge
up to 8 days before arrival	50% of booked arrangement price
up to 2 days before arrival	80% of booked arrangement price
up to 1 day or less before arrival / no show	100% of booked arrangement price

Reimbursement of treatment costs:

For medical services received at BRUNE BALANCE med, guests will be charged directly by Gut Glostermühle. Our experience has shown that health insurers and benefit plan providers are still not prepared to cover naturopathic treatments. However, we will gladly provide you with an invoice excerpt itemizing all medical treatment costs for submission to your health insurer.

BRUNE BALANCE
med



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