



MEDICAL SPA

POST BEZAU



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Supporting the body in its natural processes is the principle of our holistic retreats.

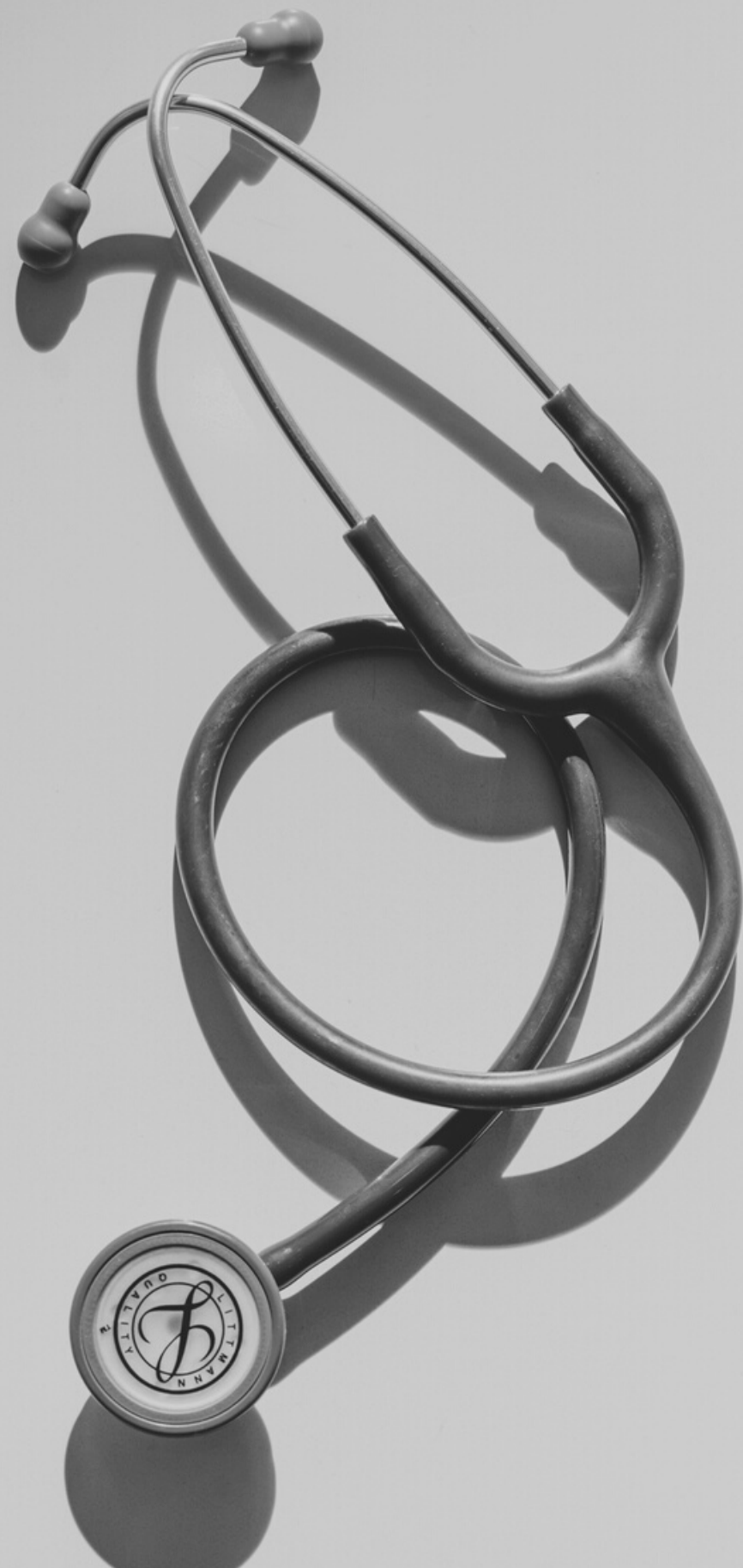
The Medical Spa is an extension of our philosophy of working with the very best and most innovative treatment methods. The key focus is on supporting the body in its own processes and promoting overall health. Led by our team of experienced doctors, we offer a wide range of detox and beauty services. Enhance your natural beauty and help your body with its deep cleansing processes.





DR. MIRA FINK

Dr. Mira Fink is a general surgeon at a University Hospital in Germany, focusing on gut health and weight loss. Within the area of aesthetic medicine, she focusses on vitamin-, PRP-, and mesotherapy.



DR. JOACHIM LOHMANN

Dr Joachim Lohmann, trained in general medicine and traditional Chinese medicine, is responsible for diagnostics and therapies at POST BEZAU. His specialities include acupuncture and food intolerances.



MEDICAL DETOX

Medical Detox therapy methods aim to support the body in its natural processes and optimise the detoxification process. Intestinal health forms the basis of a healthy body. A comprehensive medical analysis, along with physical examinations and customised vitamin infusions, are important components of the Medical Detox Retreat.

POST BEZAU



MEDICAL THERAPY METHODS

MEDICAL CONSULTATION (60 MIN) | 200€

Detailed medical consultation with a comprehensive clinical exam, focusing on the visceral organs. This is necessary to define each individual's therapeutic goals.

MEDICAL CONSULTATION INCL LABORATORY EXAMINATION(60 MIN) | 450€

Detailed medical consultation with a comprehensive clinical exam to define each individual's therapeutic goals. The analysis of the most important vitamins, nutrients and trace elements are included in the laboratory tests.



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MEDICAL THERAPY METHODS

TCM ACUPUNCTURE WITH DOCTOR AND ANAMNESIS (75 MIN) | 239€

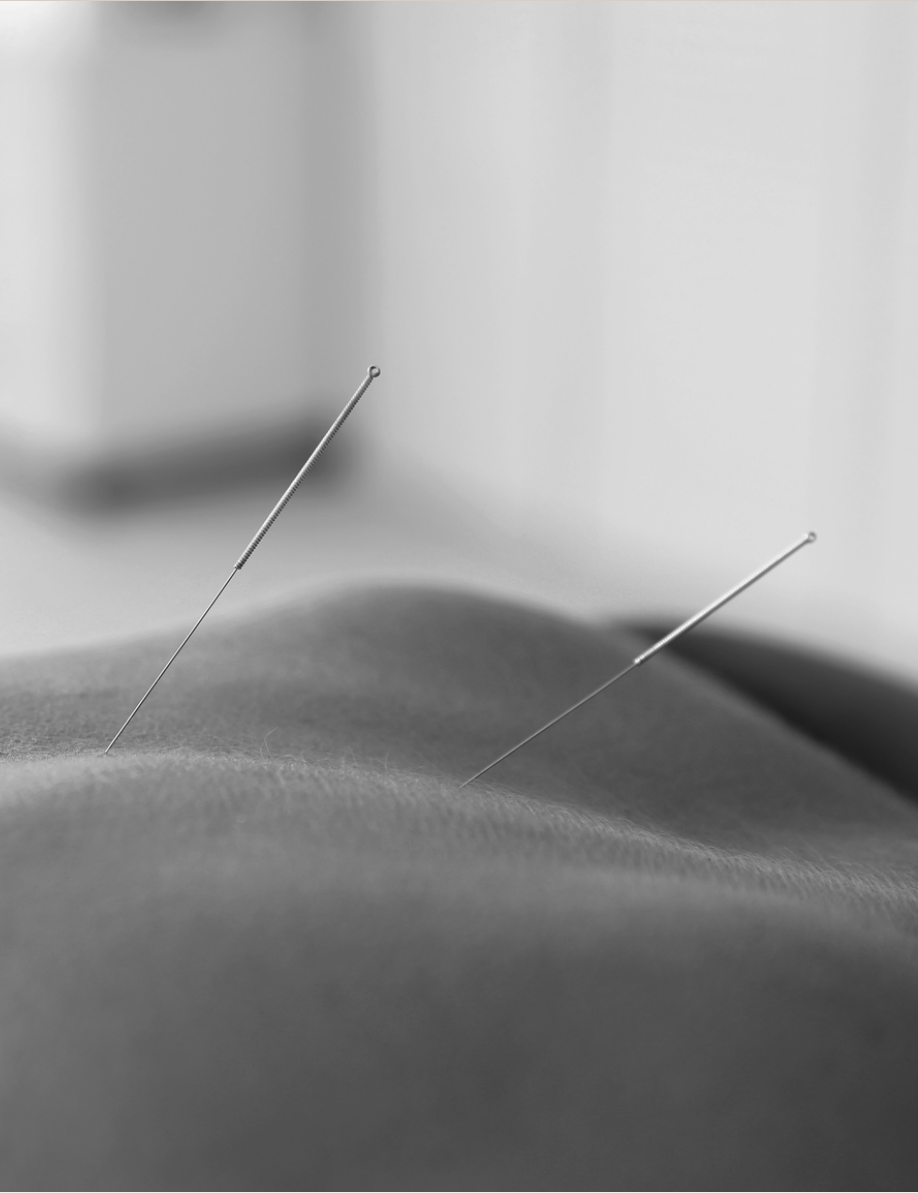
Originating from Traditional Chinese Medicine (TCM), the art of acupuncture involves needles being used to activate the body’s own self-healing power. One’s medical history is a useful starting point for the acupuncture.

MICROBIOME ANALYSIS | 350€

Health and beauty start from within. A healthy gut is essential for glowing skin, a healthy body and plays a vital role in weight loss. A microbiome analysis can analyze each individual’s bacteria and gut health, to define personalized therapeutic goals.



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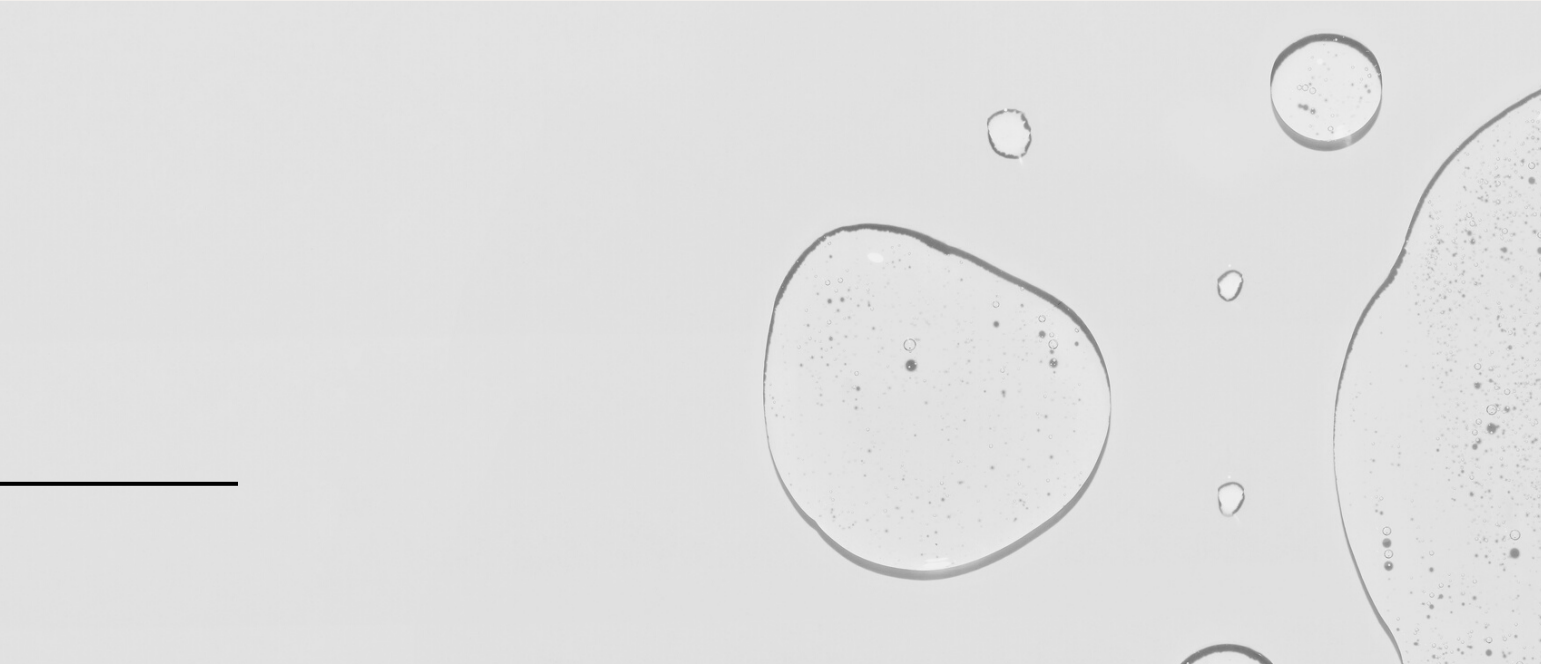




POST BEZAU DRIPS

Our POST BEZAU Drips are therapeutic intravenous infusions with a mix of vitamins, essential amino acids, nutrients and important trace elements that support a healthy body and mind.

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POST BEZAU DRIPS

DETOX INFUSION (60 MIN) | 280€

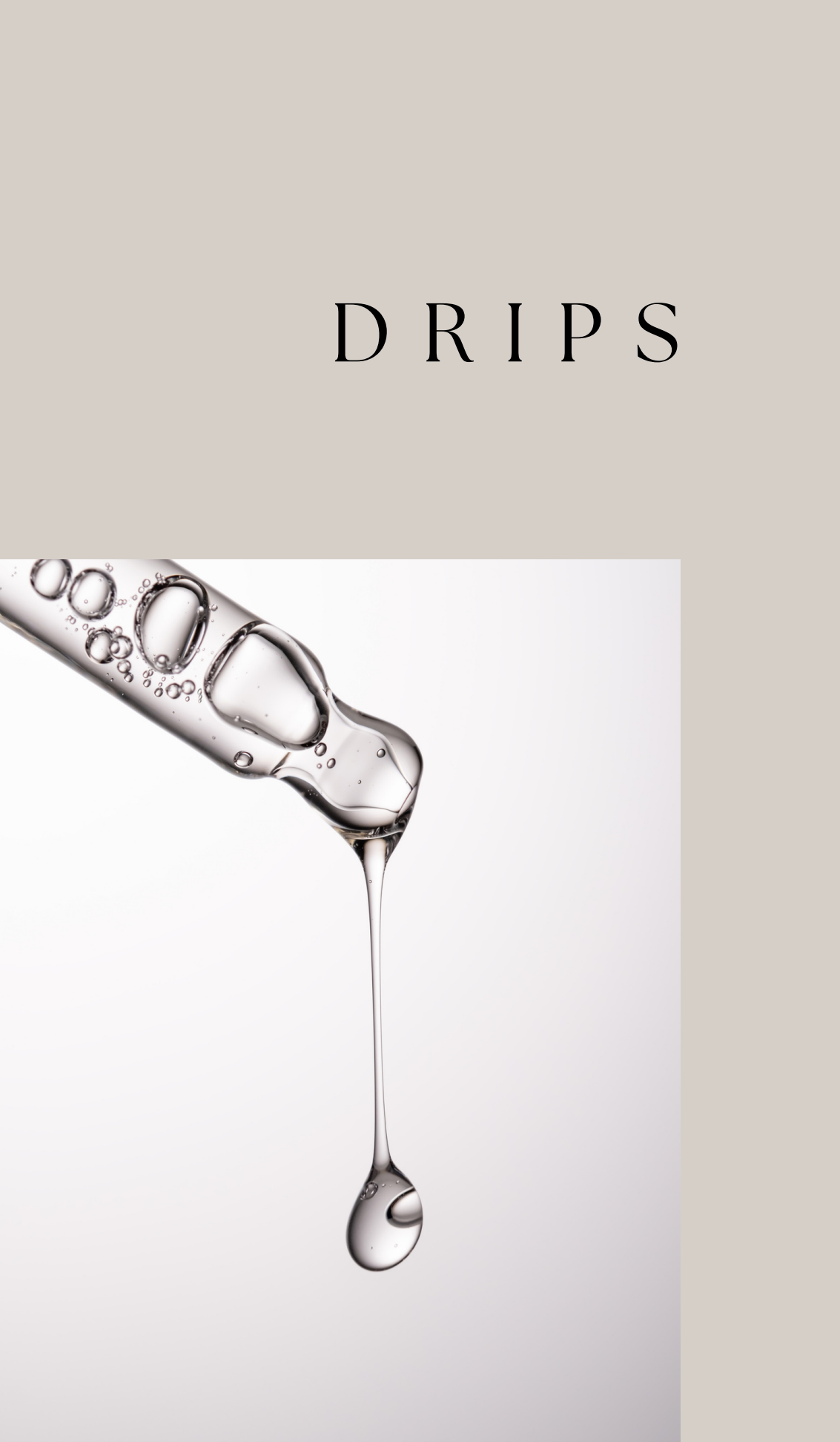
Our intravenous detox infusion supports our body to eliminate toxins and harmful substances from our everyday life. It helps to restore our natural energy reserves with important amino acids, antioxidants, Vitamins B and Vitamin C.

Focus: Detox, gut health

IMMUNE INFUSION (60 MIN) | 330€

Our immune system fights every day to protect us from viral and bacterial infections. Tiredness and physical exhaustion can be a sign of a weakened immune system. Our infusion supports our immune defenses with high dose Vitamin C, essential amino acids, zinc and selenium.

Focus: Build up & strengthen the immune system



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POST BEZAU DRIPS

ENERGY INFUSION (60 MIN) | 280€

This energy infusion is set up to restore our energy reserves. It helps us to power through our daily life with a potent mix out of Vitamin B12, antioxidants and essential amino acids.

Focus: Energy

GLOW INFUSION (60 MIN) | 330€

Beauty starts from within. Our glow infusion supports your natural glow with Vitamins B, Vitamin C, essential amino acids and important antioxidants. This leads to increased vitality, healthy hair, skin and body. This can be perfectly combined with another beauty therapy, for example PRP or mesotherapy.

Focus: Glowing skin



D R I P S



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POST BEZAU DRIPS

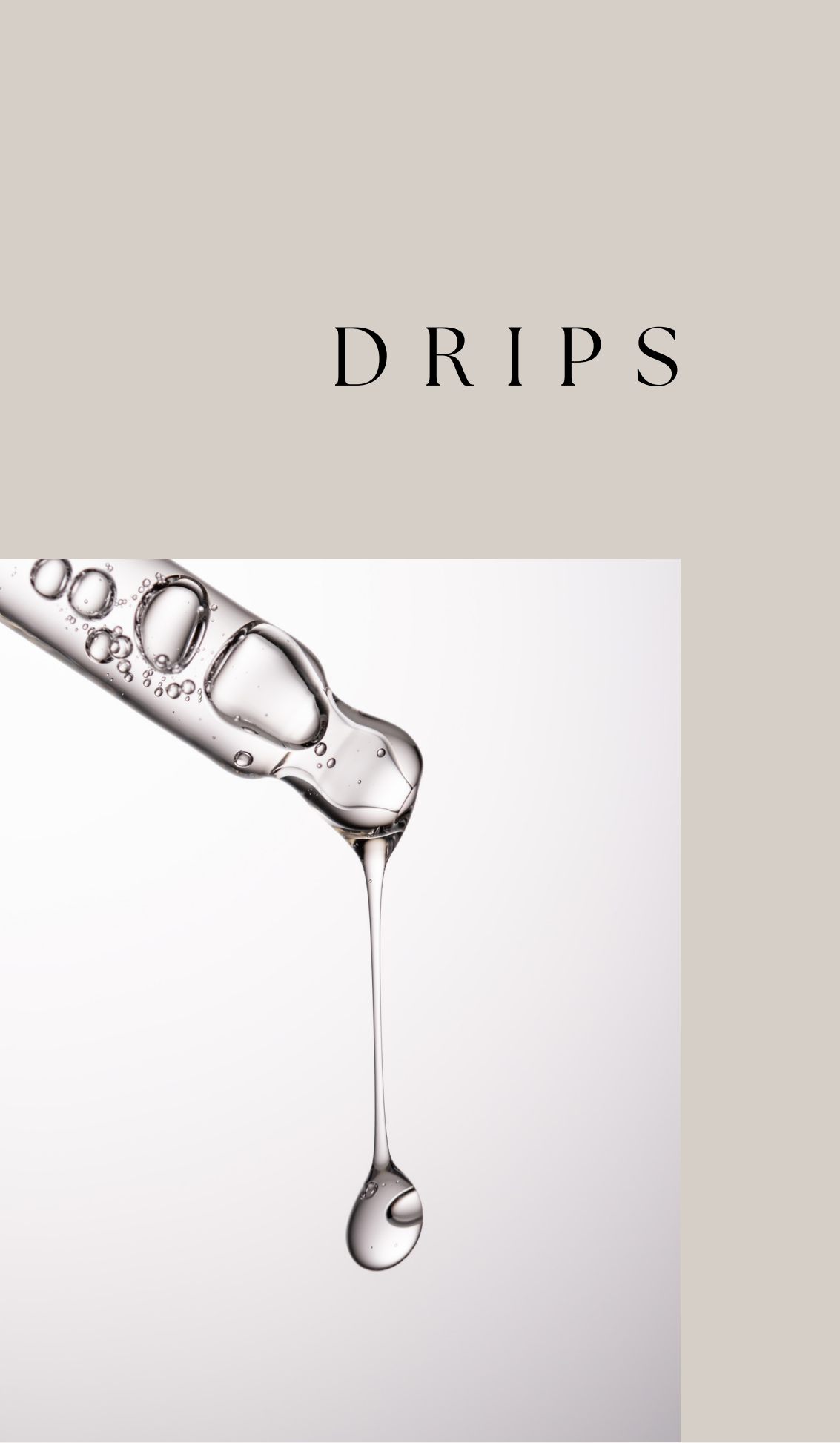
HAIR DRIP (60 MIN) | 350€

Stress, an inconsistent diet and age can all lead to decreased hair growth or even hair loss. Our specialized hair infusion combines essential amino acids, B Vitamins, selenium and zinc to support hair structure and a healthy scalp. This can be perfectly combined with PRP or mesotherapy.

Focus: Strengthening of the hair structure

INDIVIDUAL DRIP (60 MIN) | 400€

After a detailed medical consultation, a drip will be personalized to address your individual needs.





HEALTHY AGEING

At the POST BEZAU Medical Spa, beauty means a harmonious combination of your natural radiance and feeling good in your own skin. Innovative treatment methods serve to counteract signs of aging, improve your external appearance and promote natural beauty.

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MEDICAL THERAPY METHODS

PLATELET RICH PLASMA THERAPY (PRP) (60 MIN) | FROM 550€

A therapy with platelet rich plasma improves your skin quality, supports healthy aging and strengthens hair growth. Your body’s own plasma cells are rich in growth factors, which enhance natural regeneration processes. The microinjections into affected areas lead to increased collagen production, which in turn improves the quality of your skin and promotes healthy ageing.

Hair: Direct microinjections into affected areas on your scalp help to regenerate hair follicles and lead to increased hair growth and improved hair structure. It can stop hair loss in its tracks, improve scalp health and hair growth.



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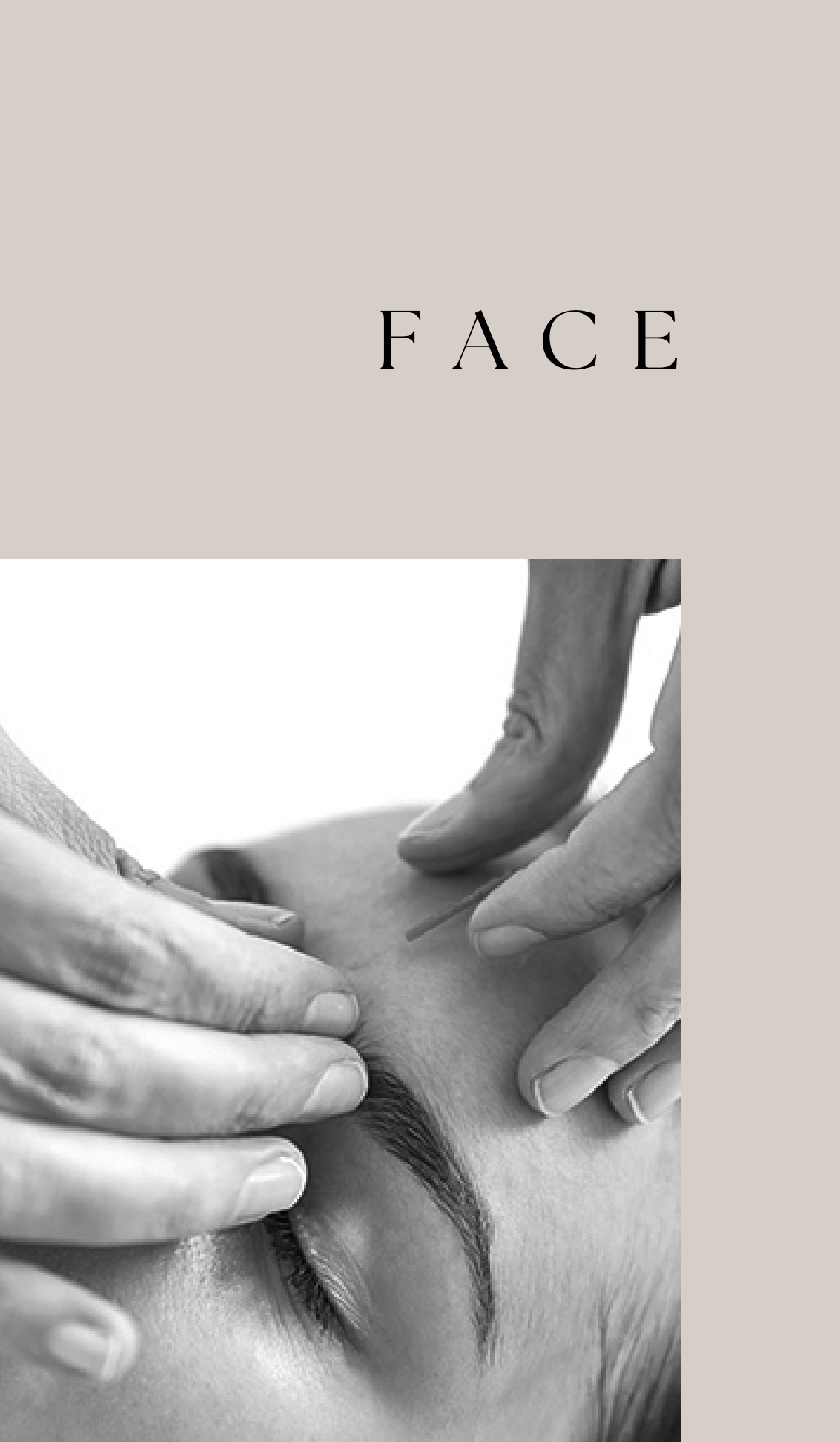
MEDICAL THERAPY METHODS

INTENSE ANTI AGEING MESOTHERAPY(60 MIN) | 350€

With this anti-ageing treatment, your skin will be provided with a high dose of moisture which increases your skin`s natural elasticity. These microinjections include up to 40 carefully chosen ingredients including hyaluronic acid, peptides, retinol and Vitamin C. The intense anti-aging effect in these affected areas results from revascularization and enhancement of regeneration processes.

SKIN GLOW MESOTHERAPY (60 MIN) | 300€

Microinjections with growth factors, vitamins, amino acids and important minerals will restore your skins natural vitality and elasticity. The initial glow effect results from high doses of moisture through microinjections, the longer lasting anti-aging effect stems from boosting natural regeneration processes.



F A C E

MEDICAL THERAPY METHODS

HAIR REGROWTH MESOTHERAPY (60 MIN) | 400€

Through microinjections with carefully chosen growth factors, peptides, vitamins and essential amino acids into affected areas on your scalp, damaged hair roots will be treated and thus strengthen your hair structure. This intensive hair- and scalp treatment is essential in improving your general hair health.

FACE ACUPUNCTURE (30 MIN) | 160€

Facial acupuncture, often called Natural Botox, can be successfully used to reduce small wrinkles. The decisive advantage of this method is its naturalness, so that the facial expressions is preserved. Elastin and collagen production is stimulated by the fine needle pricks.



F A C E

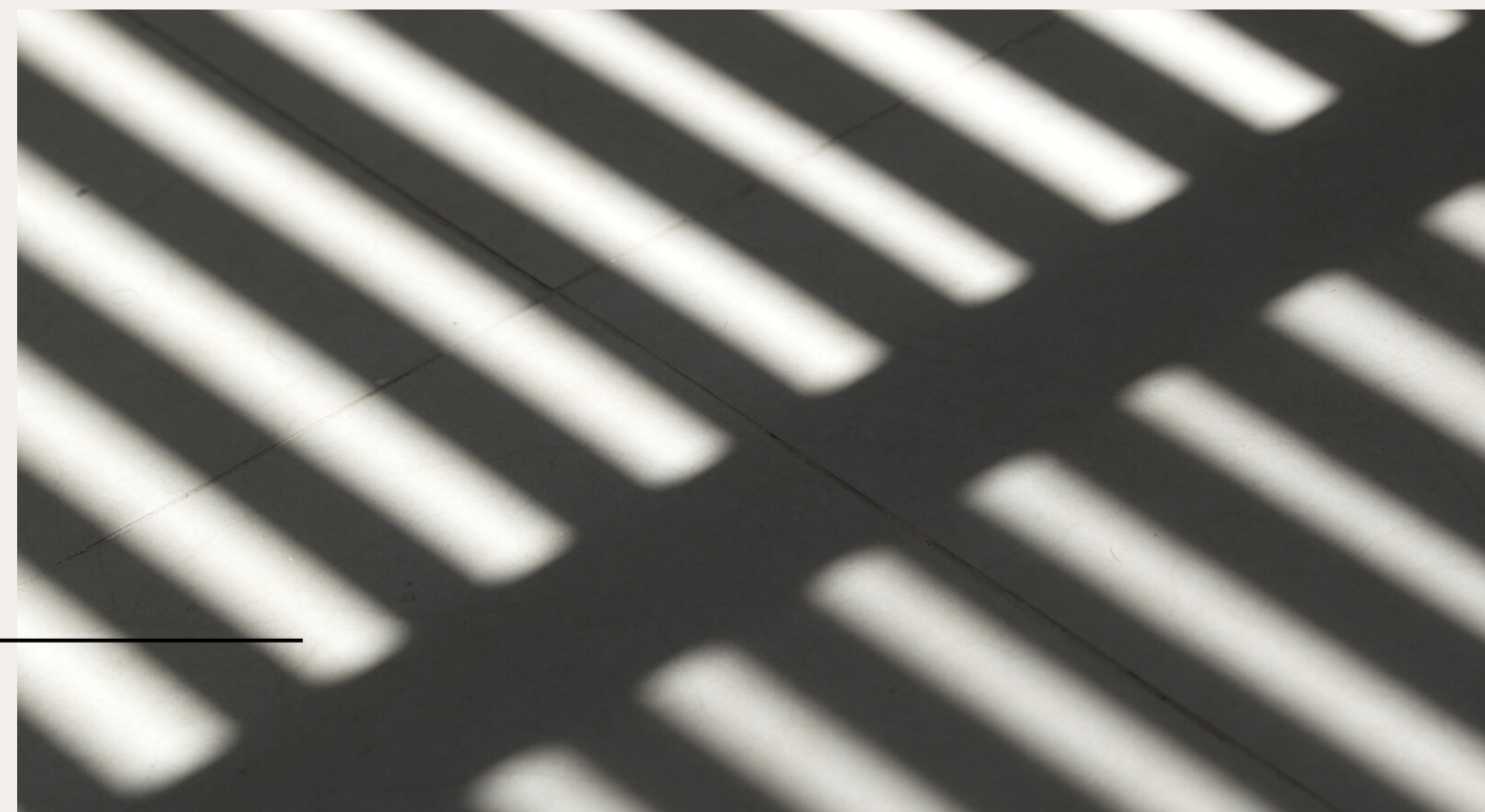




THERAPEUTIC TREATMENTS

Our highly qualified therapists offer a wide range of individual treatment methods.

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THERAPEUTIC TREATMENTS

TAILORED MESSAGES (50 MIN) | 109€ (80 MIN) | 166€

After running through a thorough diagnosis, one of our highly qualified therapists will adapt the treatment in line with your specific needs. The aim is to create a holistic treatment using a range of massage techniques

REFLEXOLOGY WITH VALERIAN FOOT BATH (60 MIN) | 109€

Every body part is linked to corresponding energy zones on the soles of the feet. Massaging specific zones improves the flow of energy throughout the whole body. The foot bath with valerian has an relaxing effect on body and mind.

KINESIO-TAPING

Taping relieves pain and helps overcome acute or chronic symptoms. After an initial diagnosis, tap is applied to the affected areas.

Single Treatment (25 MIN) | 58€

Combination Treatment (10 MIN) | 22€

THERAPEUTIC TREATMENTS

SPORTS MASSAGE (50 MIN) | 106€

Deep-tissue techniques and stretches are used to mobilize the entire motor system and all the muscles. The massage has an invigorating effect on the body and is ideal above all for relieving tension, painful joints, and aching muscles.

FASCIA TREATMENT

Our stimulating deep-tissue fascial techniques stimulate lymphatic circulation. Loosening off the fasciae kick-starts the regeneration process and eliminates painful symptoms

(25 MIN) | 68€

(50 MIN) | 136€





THERAPEUTIC TREATMENTS

LYMPH DRAINAGE

Applying pressure to the skin in gentle circular motions allows accumulated lymphatic fluid, waste, and toxins to be removed from the tissue.

Face (25 min)| 55 €

Partial-Body Treatment (40 min) | 87 €

Full-Body Treatment (80 min) | 155 €

VISCERAL THERAPY(40 MIN) | 102€

Visceral therapy brings together the motor system and the internal organs. Our abdominal organs are connected to the motor system, which supports them and gives them their place in the body. This therapy relieves strained organs and the resulting tension within the motor system.



THERAPEUTIC TREATMENTS

CRANIOSACRAL THERAPY (50 MIN) | 124€

Craniosacral therapy is a gentle yet incredibly effective way of allowing the body to eliminate pain and blockages itself. It focuses on the gentle pulsation of the cerebrospinal fluid.

DORN BREUSS MASSAGE (50 MIN) | 124€

A gentle treatment for the vertebrae and joints. Simple grips are used to balance out joint blockages, displaced vertebrae, pelvic misalignment, or leg length discrepancy.

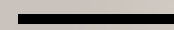
BREUSS MASSAGE (25 MIN) | 64€

Specific grips are used to stretch out the spine and relax the muscles along the spine. Regeneration of the vertebral discs is stimulated using St. John's wort oil.

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healthconcierge@hotelpostbezau.com

+43 (0) 5514 220758



www.hotelpostbezau.com

