

Give your life a lift in the Pirawarth Cure Hotel

- discover new pleasures in life
- learn how to cope with stress
- lose weight for the long term

with the Pirafit Method, a tailored programme for body, mind and soul.

Our attractive spa hotel, in Bad Pirawarth, north of Vienna, stands for health and well-being according to the latest scientific knowledge. Under the motto: "Experience wellness - learn fitness" we work on illnesses brought on by lack of exercise, overweight and excessive stress. We help you to activate your self-healing powers and to stay healthy in the long run.

Pirafit Slim, Healthy and Happy

Included services:

- 1 week in a single room with full board (arrival and departure Sundays)
- 1 Medical consultation
- 1 Bioelectrical Impedance Analyses (15 minutes)
- 2 Educational talks (60 minutes each)
- 1 Cooking lesson (120 minutes)
- 1 Nutritional consultation (60 minutes)
- 2 Creativity classes (120 minutes each)
- 2 Relaxation groups (60 minutes each)
- 1 Sports consultation (30 minutes)
- 4 Sports lessons (60 minutes each)
- 1 Coached sports lesson (60 minutes)
- 1 Body/Behavioural Therapy - session (60 minutes)
- 1 Ayurveda Specialtime (120 minutes)
- Translator (estimated 5 hours)

The usage of Sauna, Whirlpool, Infrared cabine and Swimming pool is free of charge.

Price/Person: EUR 3,480.00

Contact & Information:

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