



Four elements - four stars superior - one hotel: Lebensquell

Here you will find the optimal setting and scenery for the recovery of mind, body and soul. With us you have the unique possibility of blossoming, of feeling like a new person and focusing in on yourself.

Water, earth, fire and air unite to restore you with the balance which is all too quickly lost in the stress of everyday life. Here in our four-star oasis, our friendly and competent team will see to it that you feel at ease and healthy. We will gladly accompany you on the way to finding yourself. Of course, alongside health, we shall not forget the equally important fun and enjoyment factor.

A warm welcome to the LEBENSQUELL Hotel!



Hotel LEBENSQUELL Bad Zell
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Tel.: +43 (0) 7263 7515
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www.lebensquell-badzell.at

HOTEL



Internationale und nationale Spezialitäten im Restaurant Feuerkuchl.



Das Tagungszentrum SEMINARIUM auf der Dachterasse.



Die weitläufige Hotel & Spa Lebensquell Anlage mitten im Naturpark Mühlviertel.



Badevergnügen im ELEMENTARIUM.



Wohlfühlzimmer mit der Kraft der 4 Elemente.

You will experience pure harmony and relaxation with us every stop of the way, whether during a culinary culmination in our Feuerkuchl restaurant or spending time together in the extremely cosy Brotbackhäusl. The icing on the cake of a relaxing day at LEBENSQUELL is a few hours spent at our bar or in the vinothèque. There you will be spoiled with selected wines and refined cocktails and refreshments of all kinds. And musical accompaniment is a must of course. Sweet dreams can now be dreamt!

And while we are on the subject of dreams ... take a look at our rooms: they glow with peace and have a positive effect on mind, body and soul thanks to selected dashes of colour, comfort and a unique panoramic view over the natural Bad Zell backdrop. Some of our rooms are handicapped-accessible and suitable for allergy-sufferers.



ELEMENTARIUM



Entspannen in der Sinnesoase



32 °C Außenpool mit Massagebänken



6 verschiedene Erlebnis-Saunen

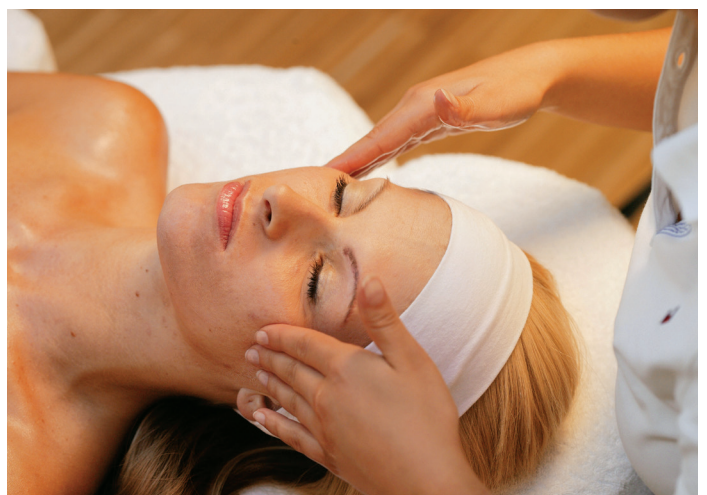


32 °C im Innenpool, sowie Sprudelbecken mit 34 °C

Breathe in deeply and gather strength, relive your senses, activate hidden powers – you can do all of this in the LEBENSQUELL “ELEMENTARIUM”.

A real water, sauna, fitness and sensory landscape awaits you on a surface of 4500 m², where you can swim, bathe and relax.

Our fitness-oasis is equipped with medically tested devices from the company HNG 90. The water in the pool which is kept at just the right temperature, the gentle massages in the whirlpool bath, the revitalising effect of flushed-through water acts like a meditative mini-journey: it all brings you to life. Enjoy the variety our sauna landscape has on offer and let the power of the magical spring water spoil you.



RADONARIUM



This is the translation of "LEBENSQUELL", and appropriately, it is the power of the magic water which everything revolves around in the ****s hotel Lebensquell. The rather special Radon spa water of Bad Zell has always brought people to this place of power. You will feel this tradition particularly in our Radonarium medical centre of excellence with its Radon therapeutic bath applications. Moreover, innovative treatments such as complete body cryotherapy at -110°C (for the first time in Upper Austria) have found their place here.

The refined gas, Radon helps particularly with complaints of rheumatism, musculoskeletal detri-tions and respiratory illnesses. Radon is taken up by the body through the skin and lungs, where the cell repair mechanisms are then activated. Your individually adapted vitality or therapy plan will support you in revitalising yourself.



SEMINARIUM + OUTDOOR



The environment of an event considerably affects the mood of the participants and therefore also the success of a meeting. We at LEBENSQUELL are aware of this and want to provide you with the feeling of a conference in the countryside with our seminar rooms located by the terrace of the hotel. With over 250 m² we offer space for up to 200 persons as well as the possibility of combining our four seminar rooms in any way to suit your needs.

You will see that there is much to be discovered here in Bad Zell – the whole year round:

• Hiking • Nordic walking • Archery • Cycling • Mountain biking • Tennis • Golf • Climbing • Riding • Winter sports





WHOLE-BODY-CRYO-THERAPY (WBCT) at the therapy-center Lebensquell Bad Zell

In Bad Zell, the Crio-Space-Cabin has been in use since 2004.

A complementary medical consultation is provided by our spa physician to ensure you do not have any medical conditions that could be worsened by cold(cryo)therapy and to obtain a prescription for cold therapy.

What clothing do you need for the cold-chamber therapy?

- Swimwear
- Warm cap or headband
- Mouth-mask
- Gloves
- Warm socks and clean, closed shoes (trainers)

Once you are ready for the cold therapy, your blood-pressure will be checked by a therapist/nurse. If it's below 160/90, you will first enter the ante-chamber where the temperature is – 60°C. You stay there for 30 seconds. Then, you enter the main-chamber which has a temperature of – 110 °C and where you stay there up to 2,5 minutes. You can open the door by yourself at any time, and leave the chamber should you feel unwell. The cold chamber can hold 3 – 4 people.

After the cold chamber and in connection with the whole-body-cold therapy, you will have a medical exercise training (except for those with skin diseases) on a bicycle, hand-crank-ergo meter, strength training or vibration training on the Galileo under the supervision of a physiotherapist.

What medical conditions benefit from whole body cold therapy (indications)?

- Chronic inflammatory joint diseases
- Chronic inflammatory diseases of the spine
- Degenerative joint diseases (osteoarthrosis)
- Spine syndromes
- Soft tissue rheumatoid diseases
- Collagenosis
- Vascular inflammatory
- Status post joint and spine surgery
- Psoriasis and atopic dermatitis
- Bronchial asthma (except cold-induced asthma)





Do not undergo whole body cold therapy if you have the following medical conditions (contraindications):

- PAD (peripheral arterial vascular disease) grade III – IV, arterial circulatory disorder
- Unstable angina pectoris
- Recent operation in the heart region
- Severe forms of arrhythmia (heart rhythm problems)
- Severe heart disease within the last 6 month
- Untreated hypertension (Intake criteria: below 160/90)
- Polyneuropathy (disturbance of nervous system/sensation)
- Morbus Raynaud (white finger disease)
- Claustrophobia or panic attacks
- Diabetes mellitus (if there is a tendency to hypoglycaemia)
- Pregnancy

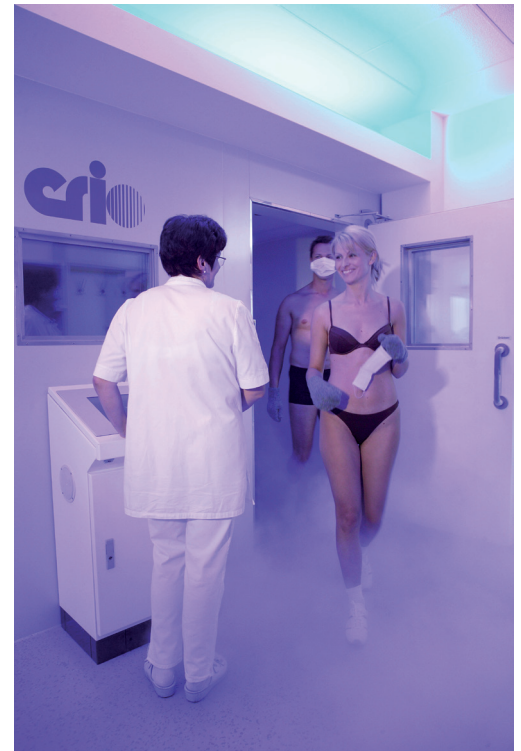
Further questions before entering the cold room:

1. Do you currently suffer from a feverish infection?
2. Do you suffer from a serious illness?
3. Have you ever had health problems in connection with low temperatures?
4. Do/did you suffer from heart or vascular diseases?
5. Do you suffer from a severe circulatory disorder?

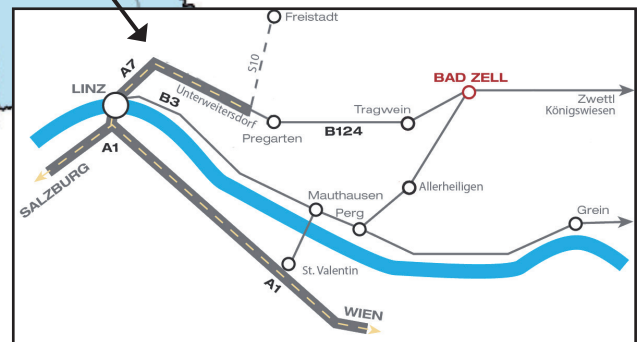
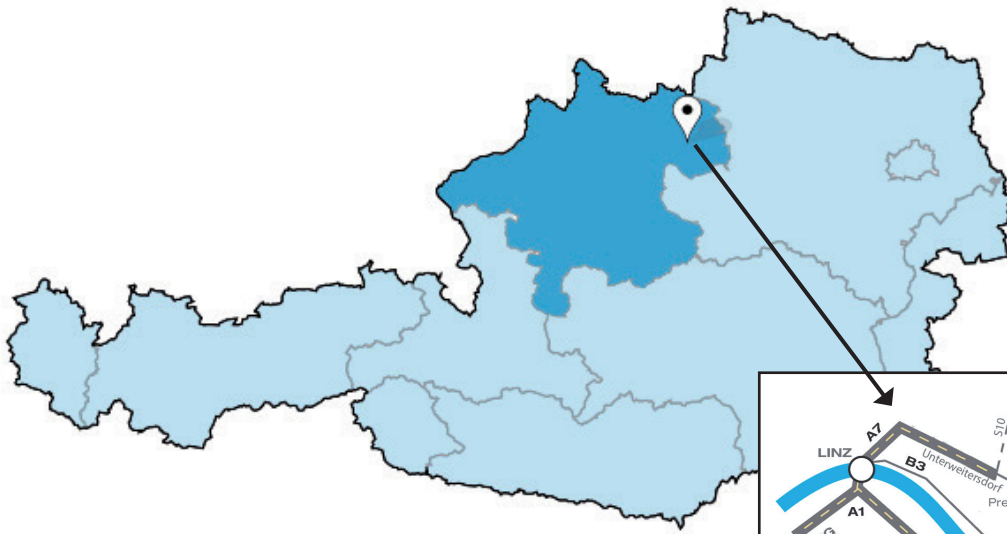
If you answer “yes”, to one of the above questions, we suggest that you do not go into the whole-body-cold-chamber and contact one of our doctors first.

Note:

- About two hours before using the cold chamber, you should not use the water, sauna oasis or partake in any sport activities due to the production of moisture on the skin as this may cause circulatory reactions in the cold.
- Please arrive for your appointment ten minutes before the scheduled appointment time.



CONTACT AND GETTING HERE



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GETTING HERE

CAR

Vienna:

Highway A1 - Exit St. Valentin - Mauthausen - Perg - Bad Zell (180 km)

Linz:

Highway A7 - Exit Unterweikersdorf - Pregarten - Bad Zell (40 km)

RAIL

Vienna: Linz (Rail) from Linz with the postbus towards Bad Zell
or towards Pregarten - 15 km past Bad Zell