



PRESS PORTFOLIO



REDUCE

HEALTH RESORT BAD TATZMANNSDORF
Am Kurplatz 2
7431 Bad Tatzmannsdorf

Press contact: Alexandra Klucsarits
Tel.: +43 3353 8200 7016
a.klucsarits@reduce.at

WWW.REDUCE.AT

REDUCE
HEALTH RESORT BAD TATZMANNSDORF
WWW.REDUCE.AT



SUMMARY INFORMATION AND OVERVIEW

THE LITTLE THINGS, WHICH ARE SO PRECIOUS. THE REDUCE HEALTH RESORT BAD TATZMANNSDORF

Everyday life is often characterised by hectic pace, stress, digital media and overstimulation in today's fast moving age. With regard to regeneration, it has become important to find places of retreat and reflect on what is essential in order to "ground" oneself, strengthen the body and gain new energy.

The current trend is to use the power of nature in combination with competent medical-scientific support, therapy, recovery and enjoyment. In order to uniquely offer this to people in a more targeted and individualised manner, we have bundled our medical and tourist offerings, developed and placed new health programmes – reduced to what is essential and centred on the interests and needs of people – under one roof. The new name is befitting: REDUCE Health Resort Bad Tatzmannsdorf.

Why REDUCE?

"We are responding to the demands of today's society and focusing on holistic support. REDUCE for us is concentrating on what is essential: the interplay between the power of nature, medicine, relaxation and cuisine", said Executive Director Mag. Andreas Leitner.

The name REDUCE conveys precisely what we offer our guests. Escape from the hectic pace of everyday life, slow down and relax with a unique concept in beautiful natural surroundings. Reduced to the little things, which are so precious: the focus is on the three natural healing resources of carbon dioxide, moor mud and thermal water, which act in combination with high-quality medical therapy and spa facilities and an expanded range of relaxation services. Complaints which often become a tolerated part of everyday life, such as back or joint pain, but also cardiovascular problems through to symptoms of exhaustion and stress as well as fatigue, can be successfully treated in a sustainable way with clear health modules – and that in a relaxing atmosphere with a range of offerings which can also score points with contemporary cuisine.

Natural resources as a basis

Bad Tatzmannsdorf is the only place in Austria where three natural remedies can be found in one location. They form the basis of the opportunities for holistic treatment and relaxation. They are carefully prepared and used therapeutically.

⇒ *The moor mud*

The healing earth has been used in therapy for over 100 years. The Bad Tatzmannsdorf moor mud can trap and slowly give off a lot of heat. The powerful moor mud pack is applied where it is required without any additives and it is used in the treatment of spinal and joint degeneration, as well as for rheumatism and full body relaxation.

⇒ *Carbonated medicinal water*

Many call this sense of well-being the "Champagne bath". The tingling of the carbon dioxide bubbles on the skin. It has a relaxing effect and stimulates blood flow by expanding the blood vessels. It also has a positive influence on cardiovascular problems, as well as blood pressure regulation disorders. As a drinking treatment, it helps with diseases of the gastrointestinal tract and metabolic disorders.

⇒ *Thermal water*

The thermal water comes from a depth of 896 metres at 34°C. The beneficial relaxation of the muscles is the priority, and is used therapeutically for stretching the spine.



Relevant modules simplify the selection process

When compiling the REDUCE health programmes, we focused on what is essential and we developed clear relevant modules, which the guests can easily identify with and which contain just what they really need. With the additional recommendation Small | Medium | Large | XLarge, we are breaking new ground and simplifying the selection process based on the desired intensity and holiday duration.

Medicine in harmony with nature

The competence of the medical team, headed by Dr. med. univ. Franz Niederl (interim) is based on long-term experience and scientific research work (research activity of the Ludwig Boltzmann Institute). The effects of natural remedies on the body are complemented with additional therapies, such as massages, electrotherapy and physiotherapy, but also with mental health services. The focus is on the treatment of chronic diseases or disorders. Cardiovascular diseases, rheumatic complaints of the musculoskeletal system, diseases of the gastrointestinal tract, metabolic disorders, back pain and spinal problems can be successfully treated, as well as the effects of stress, overloading and performance pressure, fatigue and muscle tension. Spa medicine in Bad Tatzmannsdorf has also shown success in the area of health care and burnout prevention. Carbon dioxide baths, moor mud packs and the spine extension treatment in thermal water are the highlights of the therapeutic programme.

Massage treatments at the highest level

The new REDUCE health programmes focus on medicine with natural remedies as well as holistic relaxation through high-quality manual treatments. The competence is based on the high standard of training and the continuous advanced training of the therapists. The entire range of medicinal massages is applied and complemented with proven massage techniques. A new addition to the programme for sustainable well-being is the opportunity to learn about targeted self-massage therapy with acupressure techniques under the supervision of massage therapist and author Hannes Steiger.

Taste regionally rooted cuisine & vegan food

The kitchen team almost exclusively uses fresh ingredients from the region and foods from local companies for its culinary creations – from vegetables, cereals, meat and cheese through to soy, tofu and wine. We have also explored creative vegan cuisines. Thus, we offer vegan gourmet specialities to our guests on a daily basis. Together with award-winning chef and vegan coach Siegfried Kröpfl, a vegan line was developed – for vegans and all those who like to try something new and want to enjoy extraordinary dishes.

Natural experience Bad Tatzmannsdorf

The slightly hilly landscape surrounding Bad Tatzmannsdorf provides a unique natural backdrop for relaxation, regaining energy in the tranquillity of nature and sport activity - long walks, hiking or Nordic walking in Austria's first running and walking arena with 138 km of marked running routes and 280 km of hiking and walking paths, bicycle tours, golfing or immersing in the culture and history of the region.



REDUCE HEALTH RESORT BAD TATZMANNSDORF

The resort consists of the REDUCE HOTEL THERMAL****s (124 beds, hotel's own spa and sauna world, restaurant), the REDUCE HOTEL VITAL****s (105 beds, hotel's own spa and sauna world, restaurant and Kieser strength training), the REDUCE SPA HOTELS I-IV (440 beds in total), the spa therapy centre, spacious spa grounds and the South Burgenland open-air museum with Heuriger wine taverns.

Our responsibility

With regard to our work, we would like to give nature the appreciation that it deserves and ensure the careful handling of natural resources and the careful extraction of remedies. In accordance with the philosophy "from nature, for nature", the focus is on the person and their well-being – our guests, but also our employees. We would like to offer high-quality training and secure workplaces for the people in the region, create satisfaction in the working environment and simultaneously include the region with all its products and values in our concept for human health.



FACT SHEET

REDUCE HEALTH RESORT BAD TATZMANNSDORF

Legal form:	Company with limited liability
Ownership structure:	Kurbad Tatzmannsdorf GmbH is a company with limited liability, whose shares are wholly owned by the Province of Burgenland.
Management:	Executive Director Mag. Andreas Leitner
Medical management (interim):	Dr. med. Univ. Franz Niederl
Employees:	around 360, mostly from the region
Total therapies / year:	around 600,000
Therapies per day:	around 2,500 on average
REDUCE HOTEL THERMAL****S:	124 beds Integrated therapy department and doctor's office Restaurant Hermes Spa garden 2,000m ² with Roman sauna area, indoor and outdoor pools with warm thermal water
REDUCE HOTEL VITAL****S:	105 beds FIT & RELAX LOUNGE KIESER strength training REDUCE beauty salon Restaurant Sonnengarten with terrace, 113 seats hotel's own spa, sauna and sensory world over 2,000 m ²
REDUCE SPA HOTEL I:	117 rooms 117 beds – cannot be booked privately
REDUCE SPA HOTEL II:	118 rooms 118 beds – cannot be booked privately
REDUCE SPA HOTEL III:	96 rooms 138 beds – cannot be booked privately
REDUCE SPA HOTEL IV-	
BATTHYÁNY:	48 rooms 66 beds – cannot be booked privately
REDUCE SPA THERAPY CENTRE:	Medical centre, moor mud treatment, CO ₂ baths, CO ₂ dry gas cabins, extension pools, dietology, psychology, Fango treatment, electrotherapy, indoor pool for therapeutic purposes, underwater massage bathtubs, massage cabins, group exercise rooms, relaxation room, physiotherapy rooms, training room, seminar room....
REDUCE SPA GROUNDS	The “green lung” of the resort with its population of old trees and well-kept footpaths.
REDUCE OPEN-AIR MUSEUM	Museum with insights into the Burgenland folk culture Heuriger wine taverns with regional specialties

THE REDUCE HEALTH RESORT BAD TATZMANNSDORF OVERVIEW PLAN



- 1 KURMITTELHAUS
- 2 KURHOTEL I
- 3 KURHOTEL II
- 4 KURHOTEL III
- 5 KURRESTAURANT & KURCAFE
- 6 KURHOTEL IV
- 7 SHOPS & BEAUTYSALON
- 8 KULTURSAAL
- 9 KURPARK
- 10 ÄRZTENZENTRUM
- 11 HOTEL VITAL
- 12 HOTEL THERMAL
- 13 ARKADENHEURIGER
- 14 FREILICHTMUSEM
- 15 BUS STATION





REDUCE – WHAT SETS US APART

#1 WHAT IS TRULY IMPORTANT.

In other words: If it works, it is precious. We bring everything back to this. It lies behind everything we do.

#2 MOOR MUD, MEDICINAL WATER, THERMAL SPRINGS. THE UNIQUE TRIUMVIRATE.

We take things as they come. From the earth. And we apply things the same way. Purely, for your well-being. Moor mud matured over thousands of years. Medicinal water with natural carbon dioxide. Thermal water with power in depth.

#3 SIMPLY HEARTFELT. FROM THE HEART.

Friendliness and hospitality from the heart are infectious. We like people. You can look forward to that!

#4 PROUDLY REGIONAL. NOURISHING ROOTS.

Experience the magic of our region. The energy of an enchanting landscape. The power of the Burgenland earth in our food. The tradition of a place which has been committed to improving people's health for hundreds of years.

#5 GREAT TASTE. BOOST BODY AND SOUL.

Good food can put you in good spirits. Whether it is vegan, whole food or simple fare. We aim to put a smile on your face!

#6 ALL THE TIME IN THE WORLD. SLOWING DOWN BRINGS FREEDOM.

Truth unfolds in time. In the grace of serenity. We move at a different pace here. And time becomes precious.

#7 NO ROOM FOR EVERYDAY LIFE. STRESS IS A THING OF THE PAST.

Our invitation: Leave your home at home. Simply arrive in the here and now. Your life is the essential thing that really counts.

#8 BALLAST-FREE. FEATHER-LIGHT HEALTH DAYS.

Whatever you want to complain about – let us take care of it. Leave it to the moor mud. Leave it to the champagne bath with our medicinal water. Let yourself be carried and warmed by the thermal water.

#9 LIVELY. WELL-BEING ALLOWED.

Glide on the gentle waves of relaxation. Let yourself be pampered. Breathe life. That's it.

#10 SUSTAINABLE. WHAT REMAINS IS WHAT COUNTS.

Sustainability is the binding principle for everything we do. We owe it to the earth, which gives us so much in this place. We are delighted when our guests feel the pulse of what is essential. And take this with them for a long time.



NATURAL REMEDIES AS A BASIS

The local natural remedies provide the basis for every spa treatment and the new REDUCE Health and Relaxation programmes. Bad Tatzmannsdorf is a special area – it is the only Austrian spa resort with three natural healing resources. The indications and areas of application in spa medicine are also broadly varied.

1. Moor mud, the natural remedy

Moors are wet, plant-covered habitats. The constant excess water from precipitation or emerging mineral ground water keeps the ground low in oxygen and prevents the complete decomposition of plants, which are instead deposited as peat.

Peat was initially only used as fuel. Furthermore, the resulting ash was spread on the fields as fertiliser in the agricultural sector. It was also common to use dried peat as a construction material to build houses. The recovered peat has also been used for medical purposes since the 19th century.

The special feature of Bad Tatzmannsdorf moor mud

Peat has been extracted from the moor in Bad Tatzmannsdorf for over 100 years. As a result of the regional composition of the ingredients, the Bad Tatzmannsdorf moor mud is unique in its complex composition with therapeutic effectiveness. It can trap and slowly give off a lot of heat. The moor mud keeps the temperature constant at 46°C over long periods. Therefore, the heating effect is three times better than with Fango by comparison.

Powerful and effective

The moor mud is applied where it is required without any additives as a powerful mud pack. We use 25 to 30 kg of natural moor mud for a moor mud pack - which is particularly suitable for the treatment of spinal and joint degeneration, inflammatory diseases of the tendons, ligaments and muscles as well as for rheumatic complaints. The application of moor mud after orthopaedic surgery also contributes to pain reduction.

The therapeutic application of healing moor mud requires a prescription from a spa physician. A single sample application can be applied without a doctor.

Sustainable for nature

The REDUCE Health Resort Bad Tatzmannsdorf extracts approximately 1,500 m³ of peat from its own moor every year – by means of sustainable management. The healing earth, which is applied as moor mud packs, is “recyclable”. The “black earth” is returned to the moor after application, where it regenerates itself. In order to protect the moor against negative environmental influences, the REDUCE Health resort Bad Tatzmannsdorf also purchased the surrounding land.

Literature:

Die Effekte der medizinischen Kur in Bad Tatzmannsdorf (*The Effects of Medical Spa Treatments in Bad Tatzmannsdorf*)

Kurfibel Bad Tatzmannsdorf (*The Spa Guide Bad Tatzmannsdorf*)



2. Carbonated medicinal water – a natural remedy treasure

First mentioned in records from 1621, the carbonated spring water is one of the most precious natural resources in Bad Tatzmannsdorf. Two thermal springs, the 'Marienquelle' and 'Therme 72', are used medicinally spa therapy centre.

The medicinal effect

The carbonated water bath, which is heated between 34 and 36°C depending on the prescription, is often called the "Champagne bath" due to the luxurious, tingling feeling of well-being. The carbon dioxide in the Bad Tatzmannsdorf medicinal water is absorbed by the body through the skin, stimulates blood flow by expanding the blood vessels, reaches the lungs and is exhaled again.

A huge network of blood vessels transports vital substances to all parts of the body and each individual cell, and thus safeguards their function. The carbonated water bath improves blood flow properties, the release of oxygen from the blood to the tissue is promoted and the tension of the vein walls is increased. The cells can be better supplied with all the important nutrients. It also has a positive influence on cardiovascular problems, as well as blood pressure regulation disorders. The increase in cerebral blood circulation is another positive effect. The brain relies on a continuous supply of energy from the body via the cerebral arteries.

The individual drinking treatment

As a drinking treatment, the medicinal water helps with diseases of the gastrointestinal tract and metabolic disorders. With regard to this application, the ingredients of the water are important. The varied mineralisation of the mineral water results in a distinctive flavour as well as varying effects. (Further information: Kurfibel Bad Tatzmannsdorf (*The Spa Guide Bad Tatzmannsdorf*))

Scientifically-proven effectiveness

The medical effectiveness and sustainable reduction of blood pressure values following spa application has been demonstrated in many studies. The improving effect on cerebral blood circulation has been demonstrated in a scientific study at the Ludwig Boltzmann Institute.

Literature:

Die Effekte der medizinischen Kur in Bad Tatzmannsdorf (*The Effects of Medical Spa Treatments in Bad Tatzmannsdorf*)

3. The natural secret of thermal water

A third precious healing resource was first discovered in Bad Tatzmannsdorf around 30 years ago: the thermal water. It comes from a depth of 896 metres at 34°C.

The soothing relaxation of the muscles is the top priority for application and supports numerous targeted therapies for back pain, chronic tensions and musculoskeletal problems, but also for recovery from fatigue, stress and symptoms of exhaustion.

Spinal extension treatment is a specially developed form of therapy in thermal water. (See specialist article for further information)

Literature:

Kurfibel Bad Tatzmannsdorf (*The Spa Guide Bad Tatzmannsdorf*)



MEDICINE IN HARMONY WITH NATURE

The effects of natural remedies on health are optimised at the REDUCE Health resort Bad Tatzmannsdorf with additional therapies from the area of physical medicine, such as massages, electrotherapy and physiotherapy, but also with mental health services. The medical-scientific competence of the medical team, headed by Dr. med. univ. Franz Niederl (interim), is based on long-term experience of the effect and application of natural remedies and complex healing mechanisms.

The objective of spa medicine is to strengthen health and rehabilitate existing conditions. Thus, the focus is on chronic diseases or disorders. Cardiovascular diseases, rheumatic complaints of the musculoskeletal system, diseases of the gastrointestinal tract, metabolic disorders, back pain and spinal problems can be successfully treated, as well as the effects of stress, overloading and performance pressure, fatigue and muscle tension. Spa medicine in Bad Tatzmannsdorf has also shown success in the area of health care and burnout prophylaxis. The focus is on holistic regeneration and relaxation, both physical and mental. Spa medicine with all its therapeutic facets and possibilities should not be regarded as an alternative, but rather as part of conventional medicine with its characteristics with regard to the types of therapy used and natural healing resources at the health resort.

The special features of a spa treatment

As holistic medical measures, spa treatments are not only used to treat acute local health impairments, but instead the whole person and they also ensure the regeneration of the mind, body and soul. A spa treatment works on the principle of stimulus and response. By using targeted stimuli, the spa doctors achieve the desired responses of the body. Targeted stimuli strengthen weakened bodily functions. For example, they contribute to temperature regulation, blood pressure regulation or strengthening the immune system. Impaired bodily functions can be corrected and normalised with stimuli. In order to achieve lasting effects, the stimuli must be provided repeatedly. The more time the body is given, the more effective the achievable healing effects, which can be felt months after the spa treatment.

Literature:

Die Effekte der medizinischen Kur in Bad Tatzmannsdorf (*The Effects of Medical Spa Treatments in Bad Tatzmannsdorf*)

Kurfibel Bad Tatzmannsdorf (*The Spa Guide Bad Tatzmannsdorf*)



BACK HEALTH – THERAPEUTIC SPINE PROGRAMME

The spine has physiological curvatures in the cervical, dorsal and lumbar areas, which serve to support the load of the head and chest and to absorb any overloading, which comes from outside or putting your feet on the floor. Even though the spine is structured so that it can withstand loads up to 1,000 kg, many people suffer from regular pain in the cervical, dorsal, lumbar and sacral areas. This pain is predominantly caused by poor posture due to prolonged sitting, stress and few breaks from work, work in front of the computer, driving, but also by tension or limp muscles. The spinal extension in itself is one of the oldest therapeutic techniques for the treatment of spinal diseases. It was known by the Egyptians and was later used by Hippocrates (400 BC), Galen (131-202 AD) and Arabic-Spanish doctor Aabu'L Qasim (1013-1106 AD).

SPINE EXTENSION “BAD TATZMANNSDORF SYSTEM”

The spine extension treatment (hydroextension) developed in Bad Tatzmannsdorf is a specialised form of therapy in thermal water. This involves the gentle, but effective stretching of the spine by pulling a weight belt. This is made possible by the relaxing effect of the thermal water on the muscles. By stretching the spine, the vertebrae in the cervical, dorsal and lumbar areas move away from each other and this strengthens the state of swelling of the interstitial, primarily cartilaginous intervertebral discs. The intervertebral discs “recover”, so to speak, which can be objectified by a measurable increase in body length by a few millimetres and this lasts a few hours. In addition to the sustainable pain reduction, which offers the opportunity of life without back pain with appropriate accompanying measures, the system also serves to prevent slipped discs. Another positive effect is nerve root relief, particularly in the lumbar and sacral areas, whereby e.g. “sciatica-type” complaints can be positively influenced. Even top athletes can be treated by this form of therapy for upper and lower back pain or cramps.

“The specialised Bad Tatzmannsdorf spine extension therapy in thermal water, the use of mud packs, targeted massages, physiotherapy and medical support are the most important building blocks for a therapeutic spine programme that promotes sustained pain relief and new quality of life.” explains Dr. med. univ. Franz Niederl, Medical Director (interim)



FOR TRUE CONNOISSEURS – CUISINE AT THE REDUCE HEALTH RESORT BAD TATZMANNSDORF

The culinary concept at the REDUCE Health Resort is based on regionality. The kitchen team headed by executive chef Thomas Zink almost exclusively uses fresh ingredients from the region and foods from local companies for its culinary creations – from vegetables, cereals, meat and cheese through to soy, tofu and wine.

Vegan meals to try and enjoy

Another special feature of the cuisine is the consistently wide variety of vegan dishes – we offer vegan gourmet specialities to our guests on a daily basis. Together with award-winning chef and vegan coach Siegfried Kröpfl, a vegan line was developed – for vegans and all those who like to try something new and want to enjoy extraordinary dishes.

“It is with great pleasure and even more conviction that I am passing on my knowledge of vegan cuisine to the REDUCE Health Resort in order to enhance the highly regarded range of current delicacies with vegan dishes. It is a pleasure to cook here, because we have great regional products – which is also good for the ecological footprint of this kitchen!”, comments Siegfried Kröpfl, award-winning chef and vegan coach in the REDUCE kitchen team.

Vegan diet – a fashion trend?

Veganism means consciously eating differently. People who have chosen a vegan lifestyle exclusively consume plant-based foods. In this respect, they are not simply concerned with bans, but rather a conscious, sustainable diet.

In most cases, the change to veganism is for ethical reasons, but there can also be ecological, social or health aspects. Many people now also mix vegan nutritional principles into their everyday lives – simply because it tastes good or it is good for the body.

Tip: Vegan Cooking Weekends - Cookery seminars with the Reduce kitchen team

Learn to cook vegan recipes with the Reduce kitchen team, participants can expect cooking instructions on the preparation of the products used, exchanges of experiences and much more. www.reduce.at



THE REDUCE HEALTH RESORT BAD TATZMANNSDORF IN DETAIL

In line with the new REDUCE health modules, the facilities at the two 4* superior hotels and the spa hotels are aligned with the different interests and desires of the guests.



REDUCE HOTEL VITAL ****s:

Refreshing, moving holiday moments

The contemporary spa hotel with 33 single rooms, 33 double rooms and 3 suites houses Restaurant Sonnengarten with "Front Office Cooking", conservatory and terrace as well as its own spa, sauna and sensory world and the FIT & RELAX LOUNGE (massages, personal training, Kieser strength training)

The modern rooms are furnished generously with plenty of space and sophisticated details. For example, the living space is separated from the bathroom by a frosted glass door, which lets the sunlight into the bathroom.

Relaxation with all the senses is the focus of the SPA and thermal pool area over 2,000m². A warm indoor thermal pool, a whirlpool tub, an outdoor pool filled with thermal water as well as ample indoor and outdoor resting areas are ideal for relaxation. Every guest will find exactly what is good for them in the wide variety of saunas: Finnish sauna (80°), bio sauna (45°), female sauna (90°), rock sauna, block sauna with cold water plunge pool or steam bath (40°).

The entire sensorium is designed for enjoying sensory experiences – consciously see, smell, hear, taste and feel. The glazed north side of the sight zone offers an unimpeded view of the biotope. The harmonious lighting and mirror effects are a sight to behold. Water beds are available for "sensory seekers" in the sound zone for listening to acoustic programmes using headphones in the relaxed atmosphere and thus finding ways to relax. The smell zone is dedicated to smells. The fragrances here are released by dissolving in the water bed or in incense form. The differing transfer of heat to the body, depending on the surface of the natural stone, can be felt in the rock sauna. Two centrally positioned drinking fountains are ideal for tasting the medicinal water of Bad Tatzmannsdorf with its distinctive flavour and complete the delightful "realm of the senses".

FIT & RELAX LOUNGE

Based on the holistic approach, all programmes involve exercise, individual nutrition consultation and relaxation. The objective of this support with the competent REDUCE Active Team is to provide individual advice to guests and to give them tips on how they can continue the exercise, nutrition and relaxation – back at home – efficiently and with pleasure.

KIESER strength training can strengthen weak muscle groups with individual instructions according to scientific criteria. This form of training has proven itself in prophylaxis and the treatment of chronic back, knee and neck problems through to osteoporosis.

Sports scientist Mag. Peter Leirer accompanies guests on their way into active life. An important aspect of this is the performance diagnostics, which forms the basis for further training.



REDUCE HOTEL THERMAL ****s Find regeneration and tranquillity

The exclusive adults only 4-star superior REDUCE HOTEL THERMAL with 124 beds offers an integrated therapy department and doctor's office as well as a 2,000 m² spa garden with a Roman sauna area and indoor and outdoor pools with warm thermal water. Guests can indulge their culinary desires at Restaurant Hermes.

The double rooms, deluxe rooms and large suites are equipped in a classical style with natural materials. The parquet floors and wooden furniture emphasise the luxurious ambience.

The hotel's own spaciouly laid out spa garden with Roman sauna area offers a meaningful experience with plenty of relaxation – and it is intended for adults exclusively. This relaxing world of well-being offers provides its guests with plenty of room inside and outside, so that there is no lack of space, even at full hotel occupancy. With its variety, it creates an incomparable feel-good atmosphere for the guest. You can choose between the tepidarium (warm air regenerations bath 39°), sudatorium (steam bath 40°), laconium (steam cleansing bath 90°), herbal bio sauna (65°), Finnish sauna (90°), Frigidarium (indoor cold water pool). The whirlpool baths, outdoor sauna area with another cold water pool, fitness and rest rooms as well as solariums and drinking fountains with the hotel's own healing springs round off the regeneration programme.



REDUCE SPA HOTELS I - IV Bad Tatzmannsdorf Spa & Healthcare Active

Guests spend their spa stays through insurance partners in the REDUCE SPA HOTELS. Both spa guests and participants in "Healthcare Active" are accommodated in the REDUCE SPA HOTELS. Therefore, the hotels cannot be booked privately. The picturesque location in the spa grounds creates a very relaxing atmosphere. The spa therapy centre can be easily reached from each hotel via the connecting corridors.



SOUTH BURGENLAND TREASURE TROVE – BAD TATZMANNSDORF Nature, Culture and Sport

Bad Tatzmannsdorf has been a source of natural forces since the 17th century. Lili Strauß, Carl Vaugoin, Franz Grillparzer and numerous prominent personalities met in the uniquely scenic region of Bad Tatzmannsdorf in South Burgenland throughout history. The slightly hilly landscape surrounding Bad Tatzmannsdorf, then and now, provides a unique natural backdrop for relaxation, regaining energy in the tranquillity of nature, long walks and hiking. Within the resort, you can take a stroll in the footsteps of Franz Grillparzer through the large spa grounds with its old population of trees and lots of squirrels – he wrote the following here: “Something strange happened to me today: I dreamt while walking!”.

For athletes and active people

Bad Tatzmannsdorf is a true El Dorado particularly for ambitious athletes and amateur sportsmen and women. Nestled in untouched nature, the running and walking arena in Bad Tatzmannsdorf with 280 km of running and walking paths offers unique opportunities for running and walking. Various running circuits and fantastic rest places await you along the well-marked route network.

Those who wish to explore the spa region by bicycle will find wonderful tours with altitude profiles for varying requirements. Furthermore, Bad Tatzmannsdorf offers well maintained tennis courts and excellent horse riding opportunities.

Guests will find one of the largest golf training facilities in Europe at the GOLF & COUNTRY CLUB Bad Tatzmannsdorf.

Folk culture and regional cuisine

The South Burgenland open-air museum Bad Tatzmannsdorf is part of our resort. It provides an insight into Burgenland folk culture and the rural way of life. You can experience the charm of authentically restored residential and farm buildings from the end of the 18th century through to the beginning of the 20th century. Guests can try particular regional specialities in the Heuriger wine taverns of the REDUCE open-air museum - Grammelpogatscherl (crackling rissoles), Salzstangerl (bread rolls), the great G’selchte (smoked pork chops) and, last but not least, the legendary Uhdler (traditional wine).



OUR RESPONSIBILITY

Our services are characterised by the holistic view of the individual. The natural healing resources and the competence and long-term experience of our team are the basis for the effectiveness – a skilful interaction between the individual and nature for the benefit of our guests.

With regard to our work, we would like to give nature the appreciation that it deserves and ensure the careful handling of natural resources offered by nature. We are greatly concerned with the careful extraction and preservation of the remedies.

In accordance with the philosophy “from nature, for nature”, the focus is on the person and their well-being – our guests, but also our employees. We would like to offer high-quality training, secure workplaces for the people in the region and create satisfaction in the working environment.

It is particularly important for us to include the region with all its various products, foods and values in our concept for human health at all levels. This comes full circle in the symbiosis of nature – human being – nature.



DID YOU KNOW? Facts & Highlights

- We use between 20 to 35 kg of moor mud for a moor mud pack.
- Around 1,500 m³ of peat are extracted for our moor mud packs every year.
- On average, we carry out 2,500 therapies per day and 600,000 therapies per year with around 360 employees.
- 80 % of our employees have been employed by us for more than 10 years.
- With more than 600 beds, we are one of the largest health resorts in Europe.
- The carbonated mineral water flows at a speed of 100 litres per minute into the provided tubs.
- 250 litres of carbonated mineral water are used per bath – this is comparable to around 23 boxes of mineral water.
- The natural CO₂ concentration in the carbon dioxide bath is 1,800 mg / litre – the CO₂ tablets available in pharmacies, which dissolve in water and then release carbon dioxide, have a value of 500mg / litre.
- The natural remedies in Bad Tatzmannsdorf have been used for over 300 years.