

# Medicine Vienna - Your Exclusive Healthcare in the of Vienna:

Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery,  
Center for Interdisciplinary Medical Checkup and  
BodyContour Wien - The Wellbeing Concept in Vienna

# Medicine Vienna - Your Exclusive Healthcare in the Heart of Vienna:

## Center for Interdisciplinary Medical Checkup

32 disciplines out of the main Medical Fields will provide an individually tailored Medical Checkup according to patients risk factors and desires - Tailored Body Scan

[http://www.dr-thomas-winkler.at/fileadmin/files/Center\\_for\\_Interdisciplinary\\_Medical\\_Checkup.pdf](http://www.dr-thomas-winkler.at/fileadmin/files/Center_for_Interdisciplinary_Medical_Checkup.pdf)

## Excellence Center for Minimally Invasive, Laparoscopic, Tumor and Reflux Surgery - RSMD

Procedures are carried out according to the latest international standards with high end technology and in high definition technique

Medical fields: General-, Viszeral-, Vascular Surgery

Specialities: Colo-rectal diseases, hernia, reflux, GI-cancer, thyroid

Endoscopy - gastroscopy and colonoscopy under sedation

<http://www.dr-thomas-winkler.at/en.html>

## BodyContour Wien - The Well-being Concept in Vienna

A multimodal concept which detoxifies and tunes up your system with little effort, aims to be reached easily and without deprivation

Liver cleansing with Hepafast® - the diabetes killer

Med2Contour® - cavitation to eliminate cellulite and to blast oversized fat cells

Bodymed® - Europe's most effective Nutritional Concept

Intensive weeks in collaboration with Ritz Carlton Vienna

Specific programs: Fat Crash, Detox, Bodyshape

<http://www.bodycontour-wien.at/en/intensive-week/>

# Our idea

Health is the highest good and cannot be replaced by anything else

The body is the hardware that should constantly be maintained and kept in good shape so that the software - the human mind - is well and free to unfold without any limits

Our goal is to elaborate in a pleasant atmosphere an optimal diagnosis and therapy for each individual patient in order to achieve a rapid, gentle and long lasting, ideally permanent treatment success

We make sure that you stay healthy, fit and vital. So you can enjoy your life longer actively!

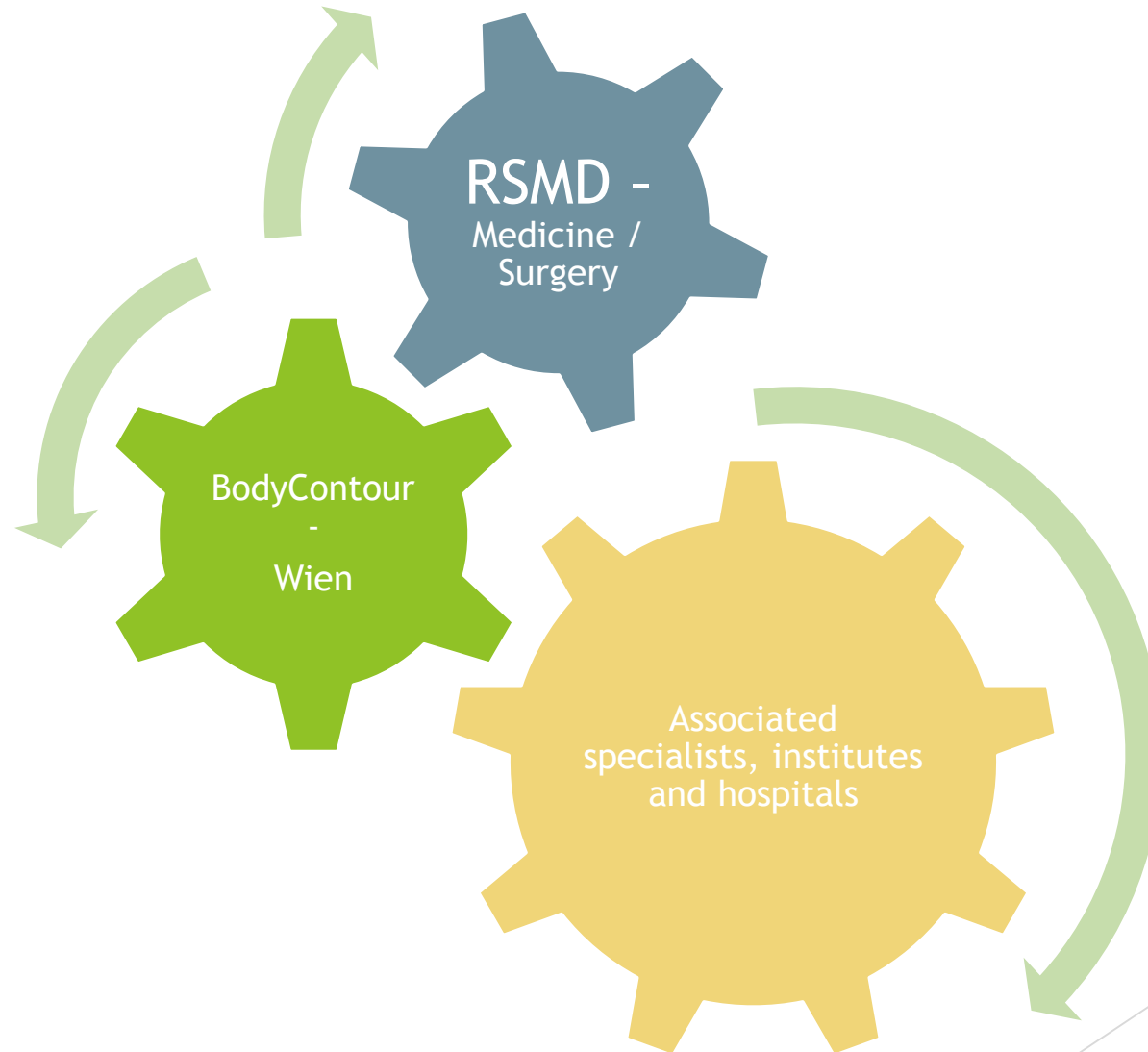
# This makes us special ...

- ▶ Prompt responses to inquiries by versed medical personnel in the patients native language
- ▶ Transparent and verifiable cost estimates of (medical) services
- ▶ Face-to-face dialogues with one moderator, as well as specialists out of the main medical disciplines
- ▶ Interdisciplinary medicine on highest niveau, according to most recent international guidelines and with up-to-date techniques: high end and high definition
- ▶ Free choice out of several clinics possible depending on equipment / specialization of the clinic, pricing of the clinic and the patients wishes
- ▶ Prebooked time slots in all clinics available

# This makes the difference ...

- ▶ Individually tailor-made diagnostics and therapy according to the risk profile, clinical appearance, medical constellation and patients desire
- ▶ Holistic approach to diagnosis and therapy, which goes beyond the box and which involves other disciplines from beginning on without any loss of information
- ▶ Careful listening; providing confidence and time
- ▶ Coaching by native-speakers throughout the entire period of investigation and therapy
- ▶ Prompt written summary of the medical findings obtained, together with recommendations for further steps
- ▶ Our aim is to fully satisfy each customer and to return them to the desired health status – if possible – and to preserve this condition as long as possible

# The system



# RSMD - Medicine and Surgery

Thomas Winkler M.D.

## General, Visceral and Vascular Surgery

- 1994: Graduation from Medical School Vienna
- 1994-96: Harvard Medical School, Boston, MA, USA
- 1997-2004: General Hospital Vienna (General and Vascular Surgery)
- Since 1994: Special education and training in endoscopy (gastroscopy and colonoscopy, interventions like polypectomy, mucosectomy, laser treatment, dilatation, hemostasis, tumor diagnosis / treatment and stenting)
- 2000-04: Special training in GERD, thyroid treatment, colorectal surgery, proctology, tumor surgery
- 2001-09: Special training in minimally invasive, laparoscopic, colorectal and reflux surgery
- 2004-11: Consultant at Saint John Hospital of God Vienna (Visceral Surgery)
- Since 2004: Registrar: Privatklinik Döbling, Rudolfinerhaus, Evangelisches Krankenhaus, Wiener Privatklinik, Vienna International Medical Clinic
- Since 2004: Practice „Haus mit Herz“, 2320 Schwechat (Airport)
- 2005-11: Lecturer at Medical School Vienna (University)
- Since 2006: Practice „Praxis am Stubenring“, 1010 Vienna
- 2008: Special training for hemorrhoid treatment (Longo, HAL, HAL-RAR, ...)
- Since 2011: Head of Reflux-Center Privatklinik Döbling
- 2012: Foundation of a Interdisciplinary Medical Checkup Center
- 2012: Foundation of the Center for Minimally Invasive, Laparoscopic, Tumor and Reflux Surgery
- Since 2013: Medical advisor at BodyContour-Wien
- Since 2015: Head of „Praxis am Stubenring“



# Bodycontour-Wien - DGKS Veronika Rossek

## The Well-Being Concept



- 1997 - 1999: Medical School - University Vienna
- 1999 - 2002: School and diploma for General Healthcare and Nursing at Rudolfinerhaus, Vienna
- since 2002: Permanent employment as qualified nurse at Rudolfinerhaus
- October 2012: Bodymed® Nutritional Concept seminar, Vienna
- October 2012: Lipology seminar, Cologne
- December 2012: Education in Wound Diagnostics and Management, Vienna
- January 2013: Foundation of Institute BodyContour-Wien



# Associated Team of Doctors and Specialists

- ▶ **General Medicine / GP:** Dr. P. Sabanas, OA.Dr. P. Schwarzinger
- ▶ **Anesthesia:** OA.Dr. P. Schwarzinger
- ▶ **Ophthalmology:** Dr. F. Klakl, Dr. L. Kellner
- ▶ **Cardiology:** OA.Dr. T. Brunner (invasiv), Dr. G. Beran
- ▶ **Surgery (General-, Visceral-, Vascular-):** OA.Dr. T. Winkler
- ▶ **Dermatology:** Prim. Dr. D. Blagojevic, Dr. P. Bergmann-Caucig
- ▶ **Diabetology:** Doz.Dr. G. Porenta
- ▶ **Energetics:** M.S. Thiermann
- ▶ **Nutrition / Shaping:** BodyContour-Wien: V. Rossek
- ▶ **Gastroenterology:** OA.Dr. T. Winkler, Prof.Dr. M. Peck
- ▶ **Gynecology and Obstetrics:** Prof.Dr. M. Langer
- ▶ **Hand Surgery and Hand Orthopedics:** Dr. G. Kriegs-Au
- ▶ **Heart and Thoracic Surgery:** Dr. C. Aigner
- ▶ **ÈNT:** Prim. Dr. R. Pavelka, OA.Dr. C. Schleinzer
- ▶ **Immunology:** Prof.Dr. K. Widhalm, Prof.Dr. E. Förster-Waldl
- ▶ **Pediatrician:** Prof.Dr. E. Förster-Waldl
- ▶ **Cosmetics / Lymphatic drainage:** Institut Kleopatra: O. Rubanova
- ▶ **Neurology:** Doz.Dr. M. Saletu
- ▶ **Neurosurgery:** OA.Dr. G. Pernecky
- ▶ **Nuclearmed./ Thyroid:** Prof.Dr. A. Kurtaran, OA.Dr. T. Winkler
- ▶ **Onkology:** OA.Dr. C. Leitgeb, Prof.Dr. G. Prager
- ▶ **Orthopedics:** Prof.Dr. G. Skrbensky, Dr. E. Cetin
- ▶ **Osteopath:** F. Haberl, K-H. Weber
- ▶ **Plastic Surgery:** Dr. H. Kubiena, Dr. D. Hoch
- ▶ **Proctology:** OA.Dr. T. Winkler
- ▶ **Psychology / Psychotherapy:** Dr. S. Adamek, Dr. H. Wiedeschitz
- ▶ **Pulmology:** Dr. K. Vonbank, Dr. B. Robibaro
- ▶ **Radiology:** Prof.Dr. Preyer, OA.Dr. I. Dobrocky (invasiv)
- ▶ **Rheumatology:** Doz.Dr. J. Grisar
- ▶ **Trauma Surgery:** Prof.Dr. G. Skrbensky, Doz.Dr. P. Weninger
- ▶ **Urology:** OA.Dr. I. Stancik, OA Dr. W. Bauer
- ▶ **Dentist / Orthodontist:** Dr. M. Hirschberg

# Associated Institutes for accurate and quick diagnosis

- ▶ **Bellaria City Diagnostic Center**
  - ▶ Ultrasound, MRI, CT, konv. X-ray
- ▶ **Diagnosezentrum Urania**
  - ▶ Ultrasound, MRI, CT, konv. X-ray
- ▶ **PET-Scan**
  - ▶ PET, PET-CT, Thyroid sonography, Szintigraphy, Radioablation
- ▶ **Labor Haas**
  - ▶ Blood parameters and markers, spezial parameters, urine
- ▶ **Röntgen Prof. Pokieser**
  - ▶ Special functional diagnostic: Videocinematography, Defecography

# Associated Hospitals - where I perform Endoscopy and Surgery

## ▶ Evangelisches Krankenhaus

- ▶ Specializing in „large“ open and laparoscopic surgical cases
- ▶ Well equipped intensive care unit
- ▶ Regular health insurance with fee for upgrade, private insurance

## ▶ Krankenhaus Rudolfinerhaus

- ▶ Specializing in small and intermediate open and laparoscopic surgical cases
- ▶ ICU
- ▶ Endoscopy
- ▶ Surgical procedures in out patients care unit
- ▶ Private insurance and private

## ▶ Privatklinik Döbling

- ▶ Refluxcenter (quantitative assessment with impedance / manometry)
- ▶ Specializing in small and intermediate open and laparoscopic surgical cases
- ▶ ICU
- ▶ Endoscopy
- ▶ No surgical procedures in out patients care unit
- ▶ Private insurance and private

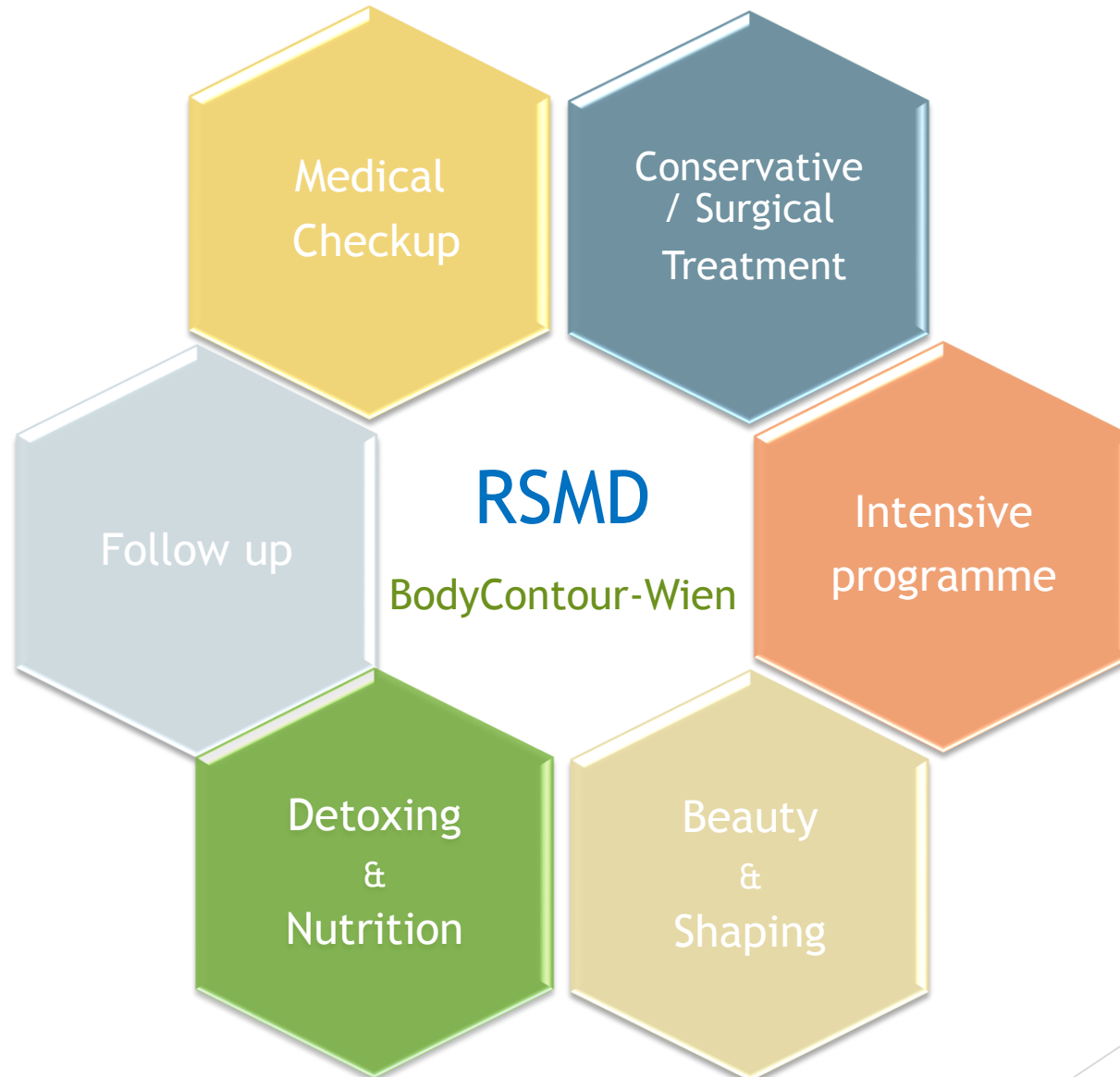
## ▶ Vienna International Medical Clinic

- ▶ Checkups on ward
- ▶ Endoscopy
- ▶ Only small surgical cases
- ▶ Just private; No contracts with insurances
- ▶ Very attractive patients rooms, solely accomodation possible
- ▶ No mass processing

## ▶ Wiener Privatklinik

- ▶ Specializing in small and intermediate open and laparoscopic surgical cases
- ▶ ICU
- ▶ Luxurious
- ▶ Private insurance and private

# Medicine Vienna



# Medicine Vienna- Services

Thomas Winkler, M.D.

## Checkup

- Face-to-face
- Individually and tailor-made
- All main medical specialities
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- Follow-up

## RSMD - Medicine / Surgery

- General Surgery
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- Specialities: minimally invasive, laparoscopic and tumor surgery, colorectal surgery, GERD - diagnosis and therapy, thyroid disorders, hernia and hemorrhoids

DGKS Veronika Rossek

## BodyContour Wien

- Detox / liver-cleansing
- Nutritional concept (Bodymed)
- Effective exercising
- Shaping with cavitation - Med2Contour
- Programme:
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  - Fatcrash
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- Intensive programme in Cooperation with Hotel Ritz Carlton

# Center for Interdisciplinary Medical Checkup

- ▶ The demand for medical check-up's is steadily increasing both for Austrian and foreign patients. Checkups are usually carried out in private clinics, but increasingly also in the registered doctor's sector. The main advantage of clinics lies in their good infrastructure, while significantly higher costs are the main disadvantage. Registered doctors can usually offer checkups at a cheaper price, sometimes however at a lower quality and inferior infrastructure
- ▶ Our aim is to create a hybrid situation, which uses the advantages of both sectors and avoids disadvantages. In other words, medicine at a high professional standard, tailored to the individual needs of the patients and organized through a local network, is offered at a reasonable price

# Center for Interdisciplinary Medical Checkup

## Standard package - preventive checkup (Schwarzinger / Sabanas):

- ▶ Review of the patient's medical history (anamnesis), risk profile, review of vaccination status, body fat measurement with BIA analysis, determination of blood pressure, ECG
- ▶ Complete physical examination
- ▶ Complete laboratory (blood analysis, chemistry, blood coagulation, urine, HIV I+II, hepatitis B, C, thyroid levels)
- ▶ Ultrasound abdomen incl. kidneys
- ▶ Final meeting with discussion of findings and recommendations

# Center for Interdisciplinary Medical Checkup

## Gastroenterological package (Winkler):

Gastroskopie + colonoscopy (incl. histology and anaesthesia) + polypectomy

- ▶ Part of the recommended preventive checkup for men > 45a and women > 50a
- ▶ For patients with complaints (blood, diarrhoea, constipation, abdominal pain etc.)
- ▶ Pos. family anamnesis
- ▶ Elevated specific parameters (CEA, CA19-9)

## Gender check:

- ▶ Women from the age of 45 (Langer):

Gynecological examination, PAP, mammography and ultrasound,  
Hormone status, bone density

- ▶ Men from the age of 45 (Bauer / Stancik):

(Urological checkup, PSA, prostate - ultrasound, prostate examination)



# Center for Interdisciplinary Medical Checkup

## **Cardio checkup (Beran / Brunner):**

Cardiological examination, stress-check, echocardiogram, carotis duplex  
Calcium score, special laboratory: BNP, Troponin , D-Dimer

## **Brain examination (Saletu / Pernecky):**

Laboratory values, MR brain, carotis duplex, neurology

## **Thyroid checkup (Winkler):**

Endocrinology, ultrasound, scintigraphy if necessary

## **Pulmo check (Vonbank / Robibaro):**

Consultation, pulmonary function, lung x-ray (C/P)

## **Tailored Body Scan (Schwarzinger / Winkler):**

e.g. MR skull and brain, carotis duplex, CT lung or C/P, Ca-Score  
US abdomen, MR abdomen

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# Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery

- ▶ General Surgery
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# Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery

- ▶ Time for my patients
- ▶ Listen and attend in a relaxed atmosphere
- ▶ Provide **tailor-made** services
- ▶ All available conservative treatments and medications are exhausted first of all. Surgery is recommended only, if absolutely necessary and if there is no reasonable alternative
- ▶ All surgical procedures are carried out in accordance with international standards with **state-of-the-art, minimally invasive** technologies with maximum tissue conservation and minimal trauma. These methods have substantial advantages and are not only applied for laparoscopy (**keyhole surgery**), but also for many other surgical procedures; they cause small or hardly visible scars, **minimal pain**, accelerate recovery and reduce the **length of hospital stays**. Some treatments can also be performed on an outpatient basis or under local anaesthesia
- ▶ Apart from painless gastroscopy and colonoscopy, I specialize in the diagnosis and strategic planning and therapy of **reflux, diseases of the thyroid gland, large intestine, rectum and tumours** (cancer) in the abdomen, **hernia repair** (e.g. inguinal hernia, abdominal wall hernia or hiatus hernia based on state-of-the-art methods, stage-appropriate **hemorrhoids** treatment according to the latest methods, such as HAL / HAL-RAR or Longo, which cause little or no pain, as well as **vascular surgery**, including therapy of varicose veins and intermittent claudication

# Medical Treatment - Surgery

The following surgeries are performed by open ("classic") or laparoscopic ("keyhole", minimally invasive) methods:

- ▶ Surgery on: gall bladder  
appendix  
stomach  
small intestine, large intestine and stomach  
thyroid gland  
breast  
blood vessels (arteria and veins)
- ▶ Surgeries of: hernia, incisional hernia, umbilical hernia  
diaphragmatic hernia (reflux, GERD, hiatal hernia)  
breast, stomach, intestinal and colorectal tumours (cancer)  
diverticulitis  
hemorrhoids (HAL-RAR, Longo and classic), fissure, fistula  
thyroid nodules  
constriction, occlusion and dilation (aneurysms) of arteries  
varicose veins

# Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery

The following surgical techniques are used:

- ▶ Minimally invasive, laparoscopic surgery (keyhole surgery): Surgery with small, hardly visible or non-visible scars in optimum quality. No negative impact on surgical result due to small access points!
- ▶ Fast track - optimal track surgery: substantial reduction of post-operative pain medication, early mobilisation, **short hospital stay** owing to surgical techniques with maximum tissue conservation and minimal trauma and **good cosmetic results**. Excellent, well-trained team with first-class performance before, during and after surgery
- ▶ „Large“, **oncological (tumor)** or other classical surgical procedures can also be performed based on the same concept and with the same benefits
- ▶ Surgery without visible scars (single-incision laparoscopic surgery - SILS) is a state-of-the-art, attractive concept and can be practiced in many cases

# Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery

## Endoscopy

- ▶ All examinations are performed gently and **painless** under **twilight sedation**. Top-class instruments and equipment in HD quality, offering contrast enhancement with narrow band imaging, chromo-endoscopy and enlargement increase the detection rate of small and flat polyps
- ▶ Larger polyps are removed through mucosal resection in the healthy tissues with an adequate safety distance. In this way the **cancer development rate** and, as a result, the necessity for surgery can be reduced
- ▶ **Colonoscopy saves lives!**

# Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery

## Specialist for reflux diagnosis and therapy (GERD)

- ▶ Reflux - The most common disease of the upper gastrointestinal tract is frequently not diagnosed correctly and not treated adequately
- ▶ Symptoms:
  - ▶ Heartburn, chest pain, hoarseness, regurgitation, ...
  - ▶ COPD (chronically obstructive pulmonary disease)
  - ▶ Significant oncological complication: **Barrett's oesophagus**, a pre-cancerous condition and the **strongest risk factor for oesophageal adenocarcinoma**
- ▶ The incidence of oesophageal cancer caused by reflux increases at a faster rate than any other tumor type in Western countries



# Excellence Center for Minimally Invasive-, Tumor- and Reflux Surgery

## Diagnosis:

- ▶ Acid reflux diagnosis is based on three different methods
  - ▶ **Gastroscopy** (=examination of oesophagus and stomach by endoscope under twilight sedation = completely painless)
  - ▶ **Impedance measurement** (=measuring the frequency and potency of reflux that occurs in a 24-hour period)
  - ▶ **Videocinematography** (= video-supported x-ray of swallowing act)

## Therapy:

- ▶ Therapy ranges from banal **lifestyle changes** to **drug therapy** to a **surgical reconstruction of the valve between stomach and oesophagus**, to treat reflux and its symptoms adequately and sufficiently
- ▶ **Attention:** a long-term therapy with acid blockers may have very unpleasant and serious side effects
- ▶ In the end, the **type of therapy** depends not only on the medical findings, but also on the individual symptoms, on the response to treatment, the success of the therapy and on the personal preferences

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# Detoxing

## Liverfasting according to Dr. Worm®

*„Liver fasting according to Dr. Worm is a revolutionary concept for optimizing the metabolism of patients with fatty liver, metabolic syndrome and diabetes mellitus type2!“ (Dr. Hardy Walle)*

- ▶ Reducing liver fat
- ▶ Decreasing insulin resistance
- ▶ Improving lipid and glucose metabolism
- ▶ Reducing cardio-vascular risk

Non-alcoholic fatty liver disease (NAFLD) has long been considered harmless in medicine

Today it has become clear, that it is a major cause for the development of diabetes, heart attack, stroke, Alzheimer and many types of cancer!

# Nutrition

## The Bodymed® nutritional concept

We help you to find your own personal well-being weight with a multimodal, holistic, adviseable and reasonable approach

- ▶ Tasty and healthy food without feeling hungry
- ▶ High acceptance - easily reachable targets - no Jojo effect
- ▶ A change in diet ensures sustainable success without depreivation
- ▶ Special advantage: losing fat without losing muscle
- ▶ Blood pressure, blood glucose and blood lipid levels improve considerably
- ▶ Measurement of body fat, muscle and fluid balance
- ▶ Regular consultation meetings to help the client reach his personal target
- ▶ Recently this concept became awarded with an so-called S3 guideline as an expression of efficacy and quality

# Beauty & Shaping

in cooperation with Medical Spa of Ritz Carlton® Vienna

Med<sup>2</sup>Contour is a gentle, painless and efficient treatment (cavitation) to help lose stubborn fat deposits, that are hard to get rid of, without surgery and without any risk

- ▶ Reduction of fat cells through bundled ultrasonic waves
- ▶ Fat cells are broken down and drained via lymphatic system
- ▶ Firming of skin and strengthening of connective tissue
- ▶ Ideal against cellulite and stretch marks
- ▶ To tighten skin during weight loss

# 1-week intensive programme

in cooperation with Ritz Carlton Vienna®

**Basic Programme:** Exclusive healthy **haute cuisine** - Medical Spa treatment - Medical **Checkup** and BIA-measuring - nutrition and vitality consulting



# 1-week intensive programme in cooperation with Ritz Carlton Vienna®

BodyContour-Wien unites state-of-the-art technology for the sustainable and gentle elimination of pathologically enlarged fat cells (Med2Contour) in combination with a revolutionary new nutritional concept (Bodymed) that preserves muscle mass and makes unwanted fat melt.

The exclusive medical spa area of the Ritz Carlton Hotel, a personal trainer who shows simple exercises to improve muscle tension in the body and the creative chef of the hotel's Club-Lounge, who serves freshly squeezed raw-juices every day to supply the body with sufficient vitamins, detoxify it and give it new vitality - in cooperation with him we have created exclusive seasonal and healthy dishes - delicious and tasty haute cuisine.

# 1-week intensive programme in cooperation with Ritz Carlton Vienna®

The aim of this week is to detoxify the organism, rejuvenate the cells by enriching them with vitamins and antioxidants and to give people **an impetus** to continue the therapy at home to reach their **feel-good weight** and reduce the risk of cardiovascular diseases and diabetes.

As a result, you will feel better, more vital and active, and a healthy living style will help you **enjoy your life longer**.

Invest in the most precious thing in your life...

The Ritz Carlton Vienna®, one of the most exclusive Hotels on Vienna's Ringstraße, pampers clients with an exquisite, **first-class five-day detox wellness beauty programme!**



# 1-week intensive programme in cooperation with Ritz Carlton Vienna®

BodyContour-Wien recommends that clients should prepare themselves consciously for this week and devote the time completely to the body - extensive sightseeing or shopping tours should not be part of the schedule during this week, just relaxation and unwinding - **health is the most precious thing you own!**

## Three packages with; each of which has a different focus:

- ▶ The **Shaping Package** would be opted, if the client wants to slim down in specific problem areas, tighten tissue and smooth the skin
- ▶ The **Detox Package** offers gentle treatments for the body that will help slow down and relax completely
- ▶ The **Fatcrash Package** aims at reducing the high-risk factor intra-abdominal fat - liver and other metabolic organs are defatted and sustainably regenerated

# Detox-Package

- ▶ The main focus here is on the **juice treatment** by Mr. Mahl, the chef of Ritz' Club-Lounge, and his recommendations for **vegan** nutrition
- ▶ **Med<sup>2</sup>Contour** treatments only take second place in this package, but 3 50-minute treatments are included in the package price
- ▶ We respond to the individual needs of clients and can reduce or cancel ultrasonic treatments included in the detox package, in particular if the clients would like to enjoy even more **peace and quiet** for complete relaxation
- ▶ As part of this package, the Medical-Spa of Ritz Carltons offers a special two-hour **relaxation and pampering treatment** by **Guerlain®** for body and face
- ▶ Ultrasonic treatments also include manual lymph drainage three times per week. Sauna visits and swimming are recommended additionally
- ▶ The **personal trainer** offers one hour of quiet training **daily**, with special focus on **relaxation and breathing exercises**

# Shaping - Package

- ▶ Cavitation treatments with **Med<sup>2</sup>Contour** are scheduled on Monday, Wednesday and Friday, one treatment takes 50 minutes. In combination with the ultrasonic treatment, a professional **manual lymph drainage** in the Medical-Spa of the hotel follows to speed up the removal of the fat that has been released...
- ▶ On Tuesday and Thursday the medical spa of the hotel will pamper the clients with an exclusive „**Slim&Firm**“-treatment that takes two hours with a **Medical-Beauty** product range by **Guerlain®**
- ▶ In addition, **BodyContour-Wien** recommends using the hotel's sauna three times per week resp. swimming in the large pool for 20 minutes
- ▶ **Every day** the **personal trainer** of Ritz Carlton Hotel, Mr. Feuerbach, trains the clients personal problem areas in individual lessons in the fitness-area of the hotel to help shaping the body

# Fatcrash-Package

- ▶ In the beginning 50-minute **Med<sup>2</sup>Contour** ultrasound treatments on Monday, Wednesday and Friday **intensively** reduce the outer fat layer on belly, hips and back. The treatment is complemented by three **manual lymph drainages** and two intensive 2-hour „Slim&Firm“-treatments with the **Medical-Beauty** line by Guerlain® in the hotel's medical spa.
- ▶ The **personal trainer** offers targeted exercises for **abdominal and back muscles** and an **individual cardio workout**.
- ▶ After their stay in Vienna, we recommend „**Liver cleansing according to Dr. Worm**“ to all our clients who have opted for the fatcrach package. This is another product by **Bodymed®** that helps **reduce intra-abdominal fat** inside and in between organs, stimulate the metabolism and prepare the body optimally for the subsequent diet or change of nutritional habits.

# 1-week intensive programme in cooperation with Ritz Carlton Vienna®

Each package is complemented by a thorough **basic medical check** provided from Dr. Thomas Winkler, Dr. Philipp Schwarzinger or Dr. Philipp Sabanas and an **exact analysis** of body fat, water, muscle mass, cell vitality and nutritional status (**BIA**).

The intensive week has been specially organized and planned for the client, so that she / he can expect optimal treatment results without being under time pressure.

At the end of the stay in Vienna the client will receive her / his **medical findings** and **recommendations** and a nutrition and fitness concept tailored to the individual needs!



Your body is like your best friend, who needs attention every single day!

Spare the time it needs to keep your system in best shape! It pays!

*We can just give you advices - **you have to actually make it happen!***

# Contact to: Medicine Vienna - Your Exclusive Healthcare in the Heart of Vienna

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