

Xundheitswelt (healthy world)

World of active health-care

Seven well known hotels work together under the brand name “Xundheitswelt” (healthy world) managed by the “Morheilbad Harbach “(Mud Spa Harbach) and the “Herz-Kreislauf-Zentrum Gross Gerungs” (Cardiovascular Centre Gross Gerungs)

Become healthy and keep well and fit

Staffed with an experienced team of physicians, therapists and nutritionists the Xundheitswelt offers their guests treatments for relieving metabolic disorders and for problems with the musculoskeletal system after orthopaedic surgery. Further treatment is available to the cardiovascular system and much importance is put on life style medicine.

Enjoy healthy – culinary delights

The Xundheitswelt puts great emphasis on healthy balanced nutrition. Experience the positive relationship between the culinary delights and health – “experience how deliciously prepared meals become a real enjoyable adventure. Look out for Xunde Rezepte” (healthy recipes) in the website-menu where you will continuously find current recipes and culinary tips.

Ecological Cycle Moorbach Harbach

Through the integration of organic farmers and business enterprises from the Waldviertler upper region the Xundheitswelt secures the supply of food products which are 100% organically grown. The Republic of Austria awarded the “Austrian Eco Label To The Tourist Industry” to the “Xundheitswelt” hotels for their environmental commitment.

Xundwärts – Running- & Exercise Centre

The new running and exercise centre “Xundwärts” (towards more health) is unique in the whole of Europe. It combines the know how of the most prominent Austrian scientists from the University of Vienna with a very special infrastructure (more than 200 km of tracks for running and Nordic walking; 3 special parcours to improve motor functions like balance, quickness and strength; the high-tech running-centre to check on the economy of running through a style-analysis) and a wide range of diagnostic and sport medicine.

Our guests may choose from several holiday packages starting from a two day check-up to a week’s stay with all the facilities a runner or Nordic walker - beginner or competitive athlete - would need.

Xundheitswelt-Academy

Apart from the medical programs such as rehabilitation, cure and life-style medicine the Xundheitswelt offers also specific medical information to the public. The program consists of lectures on different medical topics for the public and guests of the Xundheitswelt, symposia for physicians and vocational training covering nutrition, movement and stress.

Grüne Haube (whole food cuisine)

Awarded with the “Grüne Haube” (green chef’s hat) the Moorheilbad Harbach and the Herz-Kreislauf-Zentrum Groß Gerungs guarantee highest quality and the use of local, organically grown products. Our partner is the “Ökologischer Kreislauf Moorbad Harbach”, (Ecological Cycle Moorbad Harbach) which includes various farmers from the Waldviertler Oberland. It ensures that each hotel of the Xundheitswelt is provided with excellent regional and truly organic products. The main goal is to preserve the intricate cultural landscape and obtain organic agricultural products from local farmers in such a way that consumers can be sure to only get food of the best possible quality.

Xundheitswelt and its member-hotels

Moorheilbad Harbach (Mud Spa Harbach)

Cure-, rehabilitation -, metabolic- and life-style centre.

The Moorheilbad Harbach is blessed with the greatest treasure of nature – clean air, pure water, cultivated fields and woodland. Natural remedies are used, such as the well-known Waldviertel high moor treatment, which has a reputation far beyond Austria’s borders, and this is combined with the most modern methods.

The modern health centre is specialising in rheumatic illnesses, orthopaedic rehabilitation and metabolic illness – particularly diabetes mellitus – as well as life-style medicine. A new offer is the “Wirbelsäulenzentrum Xundheitswelt” a special “spine-centre” offering its know-how beginning with prevention, diagnostic and treatment up to rehabilitation. Special attention is put on healthy and balanced nutrition. www.moorheilbad-harbach.at

Herz-Kreislauf-Zentrum Groß Gerungs (Cardiovascular Center Groß Gerungs)

Treatment and prevention of diseases concerning the cardiovascular system.

The Herz-Kreislauf-Zentrum Groß Gerungs offers diagnostic and therapy for guests with cardiac and circulatory troubles. You will enjoy the ambience of a comfortable hotel, enjoy healthy, appealing food and recover within the idyllic landscape of the Waldviertel. www.herz-kreislauf.at



Life.resort Ottenschlag

Relax in an unspoilt natural environment, regain your strength, be good to yourself and spoil yourself – The Life.resort Ottenschlag offers all these benefit and more. Mental equilibrium, healthy nutrition and adequate exercise will increase the quality of life as well as health. Change should not be considered something negative, but seen as a benefit. Our bonus: where necessary and scientifically significant, conscious differences are made between males and females in diagnostic, recommendation and treatment. Only the most rigorous assessment of the risks each sex can be exposed to, will ensure an improvement of quality of life.

www.lebensresort.at

Brauhotel Weitra (Brewery hotel Weitra)

Home-brewed beer in the picturesque Old Town of Weitra.

The Brauhotel Weitra retains the fascination of rustic charm and thus provides a new experience. Comfortably furnished rooms, sauna, solarium and massages enhance the well-being feeling. Enjoy the well reputed, naturally cloudy and unfiltered home-brewed beer in the small brewery-pub. The quality of the cuisine satisfies every desire. Culinary titbits from the “Xund-menu” (healthy menu) to “beery specialities” are offered. www.brauhotel.at

Pension Kristall (Pension Crystal)

Crystal studio, fallow deer breeding.

For generations the family Weber has maintained the art of cutting crystal glass. In the comfortable hotel-pension you may also have a look at the glass-cutting process. Untouched nature invites for walking explorations even to the close Nebelstein-mountain. www.xundheitswelt.at/pension.kristall

Pension Nordwald

Own pisciculture, special rooms for allergic persons.

The Pension Nordwald is a peaceful oasis in the gentle Waldviertler landscape. The speciality of the house is trout from its own trout farm. Allergy sufferer can breathe deeply in special “Xundheits rooms”. Besides, the Pension Nordwald offers sauna, solarium and infrared to their guests. www.xundheitswelt.at/pension.nordwald

Waldpension Nebelstein

Fairy-tale hotel, one of the stops on the Waldviertler fairy-tale route.

Would you like to feel like the lord of a castle in the “Sleeping Beauty”-room or to be a guest of Cinderella? The “magical guest rooms” of the Waldpension Nebelstein are an adventure for both young and old. Traditional Waldviertler cuisine, indoor swimming pool, sauna, facilities for children and the wonderful landscape surrounding the Waldpension Nebelstein guarantee a wonderful holiday.

www.xundheitswelt.at/waldpension.nebelstein

