

longer, since we only recognise its finite nature when moments of happiness have passed. In order to find inner peace, it's necessary to learn to 'actively do nothing' and to become aware of one's own power.

### **Earth: Well Rooted**

The roots of old trees, nutrient-rich clay soil, a sandy beach: the element of earth stands for nutrition but also for purification and detoxification. When choosing the right foods, the physician relies on requirements rather than prohibitions. 'When we concentrate on what's good for us, there's very little room for less healthy foods,' says Hofmeister.

### **Fire: Fiery Zest for Life**

Candlelight, shimmering flames, embers in an open fireplace: fire stands for our emotions – for information which appeals to our feelings.

It means more than just a feeling of wellbeing at an open fireplace. The physician advises: 'Listen to the crackling of a burning wood as often as you can and enjoy control of the dangerous element'.

Note: To accommodate the great need for the element of fire, there are plenty of magical places with open grates and fireplaces at Thermenhotel Ronacher.

## MEDICAL WELLNESS

**SPA physician Dr. med. univ. Wolfgang Hofmeister**

### **Medical services**

#### **Advice and active support for**

┆ Purification and detoxification ┆ Development and training of body and mind ┆ Allergies ┆ Pain syndromes ┆ Migraine ┆ Susceptibility to infections ┆ Mental performance and circulation problems ┆ Diseases of the heart and lung ┆ Tiredness and burnout syndromes

#### **Diagnostics**

┆ Laboratory parameters ┆ Ergo meter endurance test ┆ Orthopaedic posture and movement diagnostics ┆ Auricular-medical examination ┆ Chronobiolog. diagnostics ┆ Food allergy testing

#### **Treatments**

┆ Acupuncture and cupping glass treatments ┆ Infiltrations/Neural therapy ┆ Infusions for the immune system for general toning and purification ┆ Manual therapy ┆ Medical Qi-Gong ┆ Multiple-stage oxygen therapy ┆ VIP: VERY INDIVIDUAL PROGRAM to boost the selfhealing powers



*'You will remember  
THE TIME  
which you spend  
on your health at  
Thermenhotel Ronacher  
and you will certainly reap  
the benefits in the future.'*

Dr. Wolfgang Hofmeister

Dear thermal SPA guests,

Welcome to one of the most magical venues for wellbeing, beauty and health – and one of the best that has existed for many centuries.

Your thermal SPA and relaxation retreat at Thermenhotel Ronacher provides a wide range of health resources and services which make the pleasures of SPA treatments a valuable wellness experience with health benefits far exceeding those of an ordinary holiday.

To enable you to make the best possible use of the health-promoting potential of the high-altitude climate, healing waters, and above all the excellent therapy resort, I am pleased to advise and actively support you as your SPA physician and personal, medical holiday mentor.

With your assistance, I develop wellbeing programmes or SPA treatments individually tailored to your personal situation, featuring health-oriented therapies and medically based additional services which focus on sheer enjoyment of the health experience.

RONACHER MEDICAL WELLNESS is proven 'pleasurable medicine', combining both classical medicine and alternative diagnostics and treatments. The result is sustainable relaxation, a strong subjective experience of improvement in terms of wellbeing and above all objectively measurable success reflected in improvements in laboratory values. In this way, your relaxation and enjoyment holiday, your beauty and anti-ageing holiday simultaneously becomes a health holiday which will benefit you at home for a long time to come.

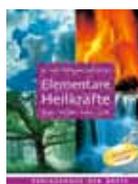
Wishing you optimum recuperation,  
your personal SPA physician

Dr. med. univ. Wolfgang Hofmeister



**Thermenhotel  
Ronacher**

The 5-Star-SPA in Bad Kleinkirchheim



### MEDICAL WELLNESS

*Dr. med. univ. Wolfgang Hofmeister, SPA physician at Thermenhotel Ronacher, specialist in general medicine and accident surgery. He teaches health care on the basis of his standard work 'Elementare Heilkräfte'.*

Dr. med. univ. Wolfgang Hofmeister

# Elementary healing powers

Earth · Water · Fire · Air

**Thermenhotel Ronacher is the ideal place to explore new strategies and break with old behaviour patterns, because we rely on the elementary powers of traditional European medicine and develop a concept of 'gentle return to a healthy lifestyle' based on the four elements.**

Everyone is familiar with an occasional feeling of not wanting to get out of bed or start work. Here, active 'doing nothing' generates the desired success and generates untold powers. When the combination of 'powerlessness' and 'no prospect of improvement' becomes a reality, it's time to explore new strategies. The first step is recognising that you are 'out of balance'. On the basis of the four elements, radical change is avoided; the required changes in our body can be brought about as the result of regular gentle stimuli for body and mind, producing long-term wellbeing and health.

This gentle return to a healthy lifestyle benefits everyone – stressed managers, working mothers, and active seniors alike. We are all challenged by the intoxicating speed of our European lifestyle, and sometimes it just becomes too much for us. At Thermenhotel Ronacher, it's time to wind down and regain a sense of inner calm.

## **'Come in and Chill Out'**

When you enter the SPA department for the first time, you will be struck by the sense of calm, relaxation and positive energy – an ambience which actively promotes the natural healing process. Yet as if so often the case in life, we need an outside incentive – in this case Dr. med. univ. Wolfgang Hofmeister.

The general practitioner and specialist in accident surgery at Thermenhotel Ronacher has not only acquired classical medical knowledge, in his personal recipes for inner balance, recuperation and energy balance, he also makes use of his TCM training in Shanghai as well as his knowledge of Tai Chi, Qi Gong and of traditional African healers.

## **Sophisticated Relaxation**

The power of the four elements – water, air, fire, earth – is not an empty construct proposed by airy-fairy astrologists and esoterics. It is part of the sensual experiences which we have on an everyday basis – when we wash our hands, kick stones with our feet, light a candle, listen to the rustling of the wind in the foliage – it's not surprising that the theory of the four elements is an integral part of Western cultural history. Greek philosophers asked themselves whether the world was created by fire,

water, earth and air before resorting – probably inadvertently – to ancient knowledge from Mesopotamia. Alchemists such as the physician Paracelsus, who also practised in the vicinity of the town of Villach, spiritually charged the characteristics of the 'great four' in the late Middle Ages. Nowadays, physicians such as Dr. Hofmeister use the symbolic nature of the elementary powers to restore balance to our lives again.

His language reflects the initial indication of being 'out of balance'. It provides clear signs: we feel 'burned out', short of breath, no longer in touch with the earth. Treatment begins with this realisation and simple, naturally based health care.

Celebrating reducing natural processes to a speed which is healthy for our bodies and generates strength from moments of relaxation and calm is the overriding aim of the Ronacher team. But the objective is also to awaken sensual awareness of the mind and the body with the aid of various exercises. You may experience yourself as a small flickering flame which turns into a mighty fire full of élan and power. Or our imagination may lead us down a stream, initially adapting to the stream bed and later developing thrilling creative power enabling us to generate new streams.

The world of our imagination helps us to return to a healthy environment with many possibilities for self-realisation and success.

## **THE FOUR ELEMENTS**

**What they stand for, how they are promoted, how they create wellbeing.**

### **Water: Being in the Flow**

Vibrant sources, torrential rivers, roaring waves of the sea: according to the theory of the four elements, water stands for movement which expresses itself in spiralling and whirling waves. It inspired Dr. Hofmeister to develop healing exercises. 'Elementary healing exercises work in the same way as the constant dripping of water eventually hollows out a stone', eventually activating self-healing powers.' Imagine throwing a stone from the quiet bank of a lake; with a small stone, it's possible to energise the whole lake.

### **Air: Regular Deep Breathing**

In winter, an icy north wind whistles around our ears, in summer a gentle breeze refreshes us, stormy autumn winds transport leaves high in the sky. Since ancient times, the element of air has been attributed with special healing powers. 'It is becoming increasingly clear in modern medicine too that the consciousness of the patient and the doctor as well as the attitude to sickness have a profound effect on the prognosis,' emphasises the physician.

Air also stands for breathing: whether we need to take a breather or need time to catch our breath – pauses for breath are important to prevent burnout. The elementary healing exercises devised by Dr. Hofmeister work on this basis. 'These exercises teach us to listen to our natural life rhythm because breathing is rhythmic,' explains the expert.

Time and air are sisters, because when we are able breathe freely on summits, the time of purposeful living is perceived as