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It's about you.

State of the art medicine
at eye level

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Top Quality Medicine for Your Health

Dear guests, dear patients,

Senftenberg's history of medical successes stretches back more than 60 years. My grandfather, Dr Otto Nuhr, together with his wife Rosemarie, founded the very first rehab centre in the region in 1954. He is seen as the pioneer of high-frequency electrotherapy in Austria and has also become well known abroad for being responsible for the further development of his Arsonvalisation therapy. This form of therapy is still applied with great success at the NUHR Medical Center today.

Following the opening of the new NUHR Medical Center, we have taken the next step into the future. Within the ambiance of a top-class hotel, we focus on the essentials. We view your health and well-being comprehensively, putting this at the forefront of our activities. A dedicated

team of medical physicians and therapists are on hand to guide you on the way to achieving your goals of health and well-being. The unique NUHR Med Concept – that encompasses individuality, intensity and regularity of treatment – promises sustainable medical success.

We are especially proud of the informal family atmosphere of our establishment; a positive aspect that, in addition to the delicious NUHR cuisine, contributes towards a noticeable improvement in your well-being.

Yours faithfully,
Dr Martin Nuhr

Pioneering Achievements

Perfection is in the detail

For more than 60 years, the NUHR Medical Center has been a place for health and positive transformation. In 1954 Dr Otto Nuhr founded the first medical centre in the region in Senftenberg near Krems and achieved remarkable treatment success with Arsonvalisation therapy.

Today the NUHR Medical Center is an institute for healthcare and rehabilitation that is setting new benchmarks with its individual therapy concepts and modern, family atmosphere. Everyone's needs and requirements are catered for with tailor-made therapies and individual levels of treatment. A permanent, interdisciplinary team of medics and therapists are continuously on hand throughout the whole course of treatment. With targeted interventions, they increase the level of success of the therapy and the patient's satisfaction above and beyond the general norm.

Education and Research

The NUHR Medical Center is a training facility for physiotherapists, healing masseurs and medical technical assistants. In the Karl Landsteiner Institute for Physical Rehabilitative Medicine under the direction of Dr Martin Nuhr, research into future forms of treatment is being carried out. The main focus lies in the further development of methods for improving the overall well-being of patients. Dr Martin Nuhr is also a lecturer at the Karl Landsteiner Private University and the Medical University of Vienna.



Arsonvalisation by Dr Otto Nuhr



Dr Otto Nuhr - Founder of the NUHR Medical Center



The new NUHR Medical Center in Senftenberg

Overview



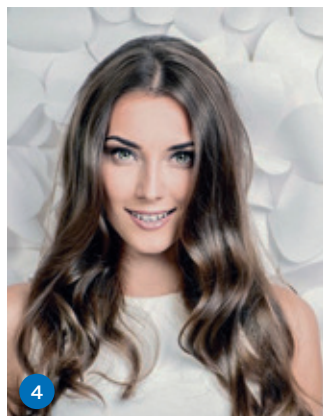
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Get There

Using All Your Senses

Where medical experts and therapists take their time to focus on the thing of utmost importance: your health.



1 NUHR Med Concept

With innovative methods of diagnosis and therapeutic measures, we take a holistic view of your health and work according to a concept, with your state of health being the focus of our attention: the NUHR Med Concept.

2 NUHR Hotel

Top-class medicine meets feel-good atmosphere: the newly built hotel meets, in every way, all the quality demands of the entire NUHR complex. It is a modern, informal hideaway where the focus is on you.

3 NUHR Spa

Two saunas, a quiet room and comprehensive exercise and treatment options are at your disposal in the activity and

relaxation area of our complex. Swim a few lengths of our pool, take part in some endurance training in aquafitness or relax in our stylish sauna area.

4 NUHR Aesthetics

The specific needs of your skin (the body's largest organ) are reflected in the offers provided in the field of cosmetics, aesthetic medicine and aesthetic treatments. Health-based facials and body treatments as well as massages care for your whole appearance.

5 NUHR Cuisine

Being active, adequate recovery and balanced nutrition are the fundamentals for a long and active life of physical well-being. For this reason, healthy enjoyment

is very important to us at the NUHR Medical Center.

6 NUHR Nature

Being one with nature helps us find our peace of mind. For this reason, we maintain our spacious outdoor grounds and our therapeutic garden with great care and attention to detail. This gives our guests the opportunity to recharge their batteries and enjoy the regenerative benefits they're looking to experience here at the NUHR Medical Center.

7 NUHR Experience

The surroundings are just as worth experiencing as the tastefully furnished hotel itself, where you'll find a gentle and invigorating pathway towards inner balance and contentment without detours.

Focus on You

NUHR Med Concept

Your health is unique, and so is your treatment plan. With innovative methods of diagnosis and therapeutic measures, we consider your health quite comprehensively and work according to a concept, where your state of health is the focus of our attention: the NUHR Med Concept.

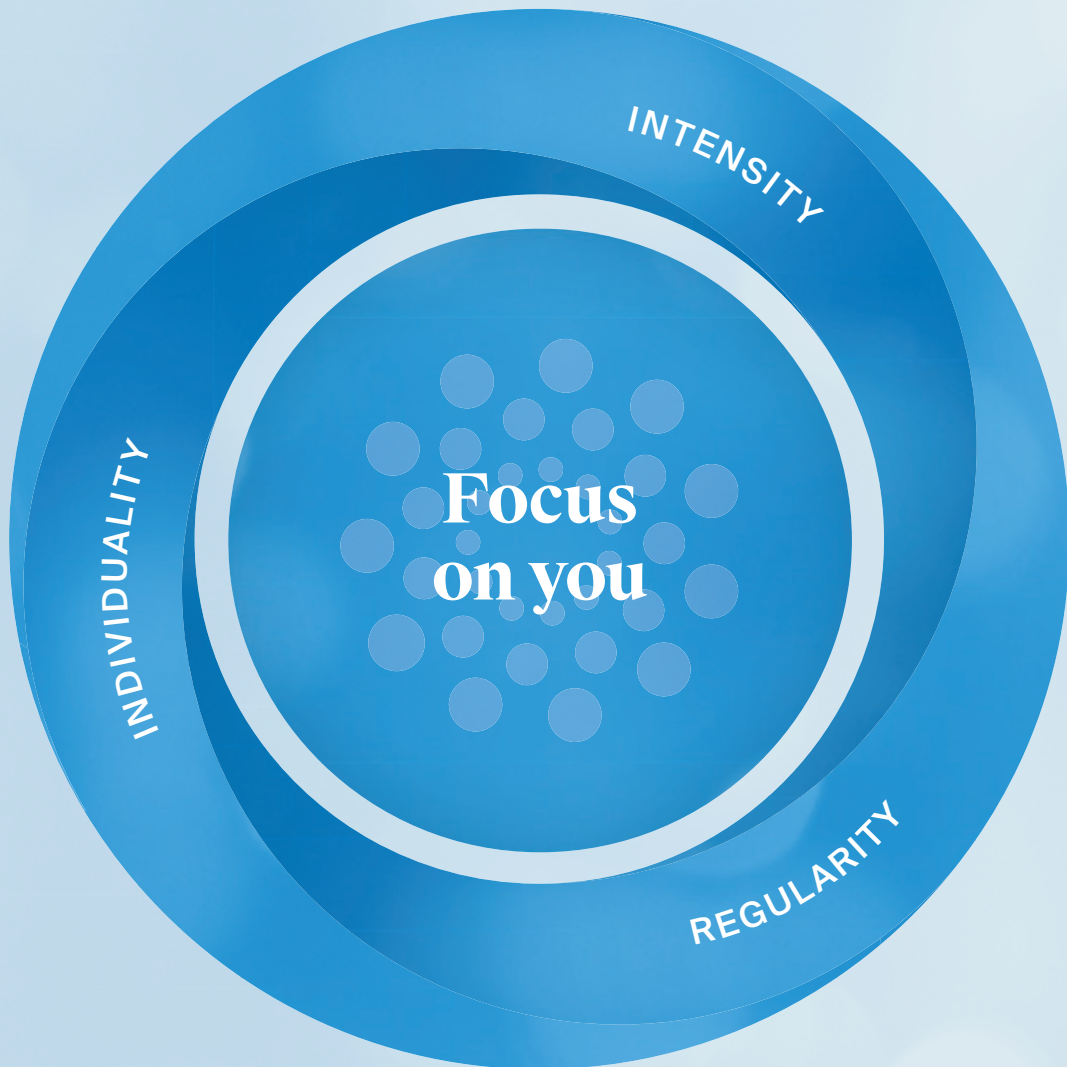
At the beginning of your stay, a detailed examination is carried out. We take enough time to provide us with in-depth knowledge about you and your medical history. On the basis of this information, we create a customised course of treatment for you. Sustainable success

can be achieved with individuality, intensity and the regularity of treatments. A permanent, interdisciplinary team of medics and therapists are continuously on hand throughout the whole course of treatment and targeted interventions increase the success of your therapy.

Our three elements for a longer lasting and sustainable state of health.

We consider your needs to be the central core of our work and we take you on from wherever you currently are. A consistent team accompanies you for the whole journey towards your health goal.

Your doctor is your point of contact regarding all questions of health for the duration of your stay and beyond.



Setting the course for a healthy life

Our philosophy is as simple as it is purposeful: following an initial examination, we then outline a clearly defined course of treatment. Selected from a wide range of possibilities that are being continuously expanded and improved, we create a customised individual course of treatment that is available for you whether you are staying with us as an inpatient or an outpatient. Then it's up to you. How successful the treatment will be, depends on the intensity and regularity. Of course, you're not alone on the path to your goal. Your personal team of medical and therapeutic experts will be at your side to guide you throughout the whole stay. During individual coaching,

your therapist can continuously react to the effects of the therapy whenever necessary and refine the course of treatment.

As part of an individual health consultation plan involving regular check-ups at our facilities, we can document your progress over an extended period while continuing to plan your next course of action ahead of time. This makes it easy for you to take these steps on your own and work towards your goal, including in your everyday life. Our unique NUHR Life Mentoring Programme is the key to achieving a sustainable, successful and enjoyable lifestyle.

NUHR Med Concept

Priorities

NUHR Pain Relief

Pain-free for a better quality of life.

NUHR Physical

Leave the consequences of accidents behind you and find your way back to being independent through regeneration and orthopaedic rehabilitation.

NUHR Life Modification

Cure before illness can develop.

NUHR Aesthetics

Health-based beauty.

Treatments

Arsonvalisation

Physiotherapy

Electrotherapy

Hydrotherapy

Mechanotherapy

Individual Psychological Counseling

Low-level Surface Laser Therapy

Medical Training Therapy (MTT) and TRX Training

Yoga

Life Mentoring

Our team of doctors will also be on hand with support beyond your stay. Individual consultations and regular check-ups are the foundation for a long-term healthy lifestyle.

As our guest, you have the choice of four main areas of emphasis: NUHR Pain Relief, NUHR Physical, NUHR Life Modification and NUHR Aesthetics.

Treatments

The building blocks for your health





Arsonvalisation by Dr Otto Nuhr



Physiotherapy – Therapy climbing wall



Hydrotherapy – Cervical traction

Arsonvalisation – modified by Dr Otto Nuhr

We offer Dr Otto Nuhr's own advanced Arsonvalisation therapy exclusively at the NUHR Medical Center. The implementation of Dr Nuhr's high-frequency electrotherapy treatment allows superior control mechanisms in the body to be positively influenced whilst also providing sustainable pain relief.

Physiotherapy

Physiotherapy plays a central role in rehabilitation and prevention. As an important part of therapy, under professional guidance, physical exercise contributes significantly to individual well-being.

Electrotherapy

Direct or indirect current promotes good circulation, stimulates weakened muscles and alleviates pain. It is important, however, to select the appropriate method and frequency. At the NUHR Medical Center, we offer you various forms of low-frequency treatments as well as hydro-electric bathing (galvanic bath).

Hydrotherapy

Hydrotherapy is a curative all-rounder and plays an important role especially during rehabilitation, as the apparent weightlessness gently helps the body to regain strength. Also, walking and balancing exercises are – when surrounded by water – both enjoyable and efficient.

Mechanotherapy

Massages are one of the oldest forms of therapy in the history of medicine. The healing effects unfold with the correct dosage and with continuous, sensitive, individually-coordinated treatment carried out by our therapists.

Individual Psychological Counselling

During your stay, take the opportunity to discuss your own personal issues in cosy and relaxed surroundings. Free yourself from everything that's putting you under pressure and experience emotional and physical relief.

Low-level Surface Laser Therapy

Low-level surface laser therapy is a form of regulation therapy that positively influences the metabolism of the body's cells by irradiation. Biochemical reactions that strengthen the body's immune system and accelerate the healing process are triggered.

Medical Training Therapy (MTT) and TRX Training

MTT is a computer-controlled, equipment-supported form of training for the whole body carried out under medical supervision to improve muscular strength. MTT is suitable for all patient deficits in the areas of muscular strength, endurance and mobility. The TRX (total resistance exercises) system is a complete body workout and is a specialised form of suspension training using elastic belts.

Yoga

At the NUHR Medical Center, you can enjoy professional yoga lessons. In addition to our yoga studio, you can also find inner peace in our outdoor yoga area.

Pain-free for a better quality of life

NUHR Pain Relief





Pain caused by physical ailments or psychological imbalance is a heavy burden for the person affected. At the NUHR Medical Center, we take your pain seriously and provide sensitive expert support to help alleviate your pain.

Individual course of treatment

On the basis of the NUHR Med Concept, we provide an individual treatment regimen for every patient. This is composed of treatment in the areas of rehabilitative physiotherapy, complementary medicine, as well as mental coaching and mental strengthening. Complete your own personal health programme, either staying here as an inpatient or as an outpatient; whichever you prefer.

Indications

The NUHR Pain Relief therapy we offer is recommended for any form of acute and chronic pain, nerve pain or back pain caused by a slipped disc, disc bulge, osteoporosis, osteochondrosis, Scheuermann's disease, as well as all forms of rheumatic disorders. Experience the feeling of pain relief during a course of treatment at the NUHR Medical Center and undergo the whole healing process whilst also being well taken care of.

**The right
package
for you**

PAIN RELIEF STAY

Inpatient pain therapy. Finally pain-free: we would like to make our contribution with our offer of a 14-day inpatient programme at the NUHR Medical Center.

PAIN RELIEF VISIT

Outpatient pain therapy. Even as an outpatient you also have the possibility of enjoying peacefulness and security within the sophisticated ambiance of our complex whilst taking the next step towards a pain-free future.

Leave the consequences of an accident behind you with regeneration and find your way back to being independent through rehabilitation

NUHR Physical





Whether as a consequence of an operation, accident or serious illness, it's not only your career or ability to take part in sport that can often be challenging. Those affected also frequently experience restrictions even in normal, everyday life. However, this doesn't have to be the case. Anyone who takes the necessary time for rehabilitation will discover a reliable way of feeling physically better and regaining better health. At the NUHR Medical Center, we will be happy to accompany you through your rehabilitation offered by our NUHR Physical.

Individuality: the key to success

Everyone has a medical history. To this end, we take sufficient time to enable us to create an individual treatment concept especially for you. The NUHR Medical Center's team of specialists in the areas of pain therapy and rehabilitation, movement therapy, physiotherapy and complementary medicine are permanently on hand to assist you throughout the whole procedure. This way we can be certain that we are kept continuously up to date with your current progress and that you are following the most direct route towards your health goal.

Indications

The whole point of post-operative rehabilitation (e.g. artificial joint replacement) and rehabilitation following accidents and illnesses of a neurological, internal or geriatric nature is the rapid restoration of the body's physical capabilities. Do you want to be in control of your everyday life without any restrictions? Then make time for your health!

REHAB CLASSIC

Inpatient, post-operative rehabilitation. Enjoy peace and security during your 14-day stay at the NUHR Medical Center in the upscale ambiance of our facility as your own personal rehab team offers you the best care.

REHAB VISIT

Outpatient, post-operative rehabilitation. The aim of our outpatient rehab programme is to bring you as close as possible to your recovery goal in the shortest possible time.

SPORT START

Health check and individual plan of training. This package offers intensive, effective preparation for sport geared for those who are about to take on a demanding sporting challenge or would just like to take up a new sport.

Cure before illness can develop

NUHR Life Modification





The right package for you

In our fast-moving world, the demands on our daily health are high. If we forget to look after ourselves, this can lead to sickness and ill health in the long term. Preventative health promotion is a form of shield that protects us in everyday life and allows us to be fit and energetic for all of life's adventures and challenges. In addition to our NUHR 4 Life treatment offer, we also provide preventative packages in addition to the various main areas of treatment we offer.

Pause to see the way ahead better

A change is as good as a rest, so they say. That's why, at the start of your NUHR Life Modification stay, we take our time to assess your current situation, analyse any risks, and locate potential energy leaks. Based on this comprehensive information, we can then create your own individual programme for a medically-supervised break. Along with expert information aimed at a healthier way of life, you will also have free time alone to find your own rhythm and balance again.

Indications

Years of physical stress due to poor posture, inactivity or heavy workloads, along with enormous psychological stress such as burnout or depression: these are just some of the many different factors that cause us to lose strength and energy that can in turn lead to physical and mental imbalance in the long term. Do you feel exhausted and unmotivated? Do you realise that you need to find peace and security internally and externally? Come to us at the NUHR Medical Center and enjoy a soothing break as part of a customised health programme.

RETREAT BODY

Does everyday life feel like a series of full-time work commitments with little free time and a high level of stress? Then take action for your health and book yourself in for a health package aimed at preventing burnout, increasing your physical fitness and boosting your sense of well-being.

RETREAT MIND

If you are suffering from permanent stress and are under mental or emotional pressure, if you are at risk of suffering from burnout, or if you simply need a break from your hectic everyday life, then a Retreat Mind stay at the NUHR Medical Center is exactly right for you.

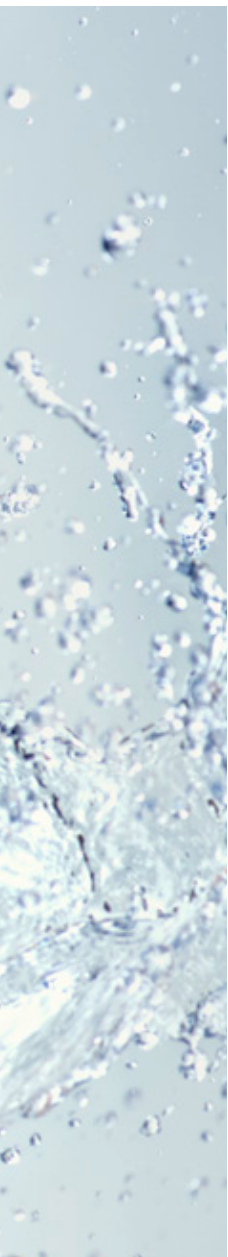
40 PLUS

Treating yourself to regular breaks in the prime of your life has been proven to contribute towards being healthier and bringing more enjoyment into your life. This inpatient check-up is ideal for all over 40s, allowing you to enjoy a regenerative stay at the NUHR Medical Center, where you have the opportunity to recharge your batteries and completely relax and let go for a while.

Health-based beauty

NUHR Aesthetics





Are you searching for the fountain of life, from which you can draw everlasting vitality for a radiant appearance? It's nearer than you might think: your state of health. By applying our range of NUHR Aesthetic products where it counts, we can achieve noticeable changes that come from deep within and have long-lasting effects. For us, this is naturally just as important as individual consultation and personal support on your way to achieving your goal of a better appearance.

Medicine meets cosmetics

Our range of NUHR Aesthetic treatments combines various different elements for a comprehensive beauty programme. Here, Dr Nuhr's manual regulation therapy includes aesthetic medical examinations, cosmetic treatments and physiotherapy. At the same time, you know you have a knowledgeable team of experts at your side offering advice and providing reliable support.

Indications

If you suffer from hormone imbalance, are not sleeping well, are being plagued by internal unrest, or are affected by other stress-related factors, you can find the relaxation you need with us. By the way, a makeover in our comfortable health hotel is a perfect way to spend a holiday with friends.

**The right
package
for you**

AESTHETIC CLASSIC

Enjoy a one-week, full-board stay at the NUHR Medical Center dedicated to your personal appearance.

AESTHETICS SOFT

Enjoy our unique services with this 4-day, full-board makeover stay.

Individual consultation for a healthier lifestyle

NUHR Life Mentoring





Medical Check

You know how it is; at the end of a course of health treatment, your start back to everyday life is filled with good intentions. But not all of the tips you are given will find their way into your daily life. This is because each of us needs something different to be healthy and to remain healthy. Soon we fall back into the same old rut.

Avoid this unnecessary detour and take the direct route to a healthy and happy lifestyle. Make the most of our NUHR Life Mentoring Programme, an individual health consultation with regular check-ups so you can achieve a sustainable way of life with success and happiness.

Quite simply, stay healthy

On the basis of thorough examinations, optimised treatments tailored specifically for your needs and a jointly defined goal, we work out your personal remedy for health and well-being. In the course of further visits to us, your results will be documented and we will plan the next steps for you to take on the way to your goal. Our wish for you is for you to stay healthy!

MEDICAL CHECK

Our NUHR Medical Check is aimed at people suffering from high levels of physical and mental stress, as well as individuals with risk factors such as nicotine abuse, lack of exercise, being overweight or having elevated blood fat levels. Are you someone in that category looking to improve your lifestyle? Then it's time you joined us for one of our preventative health packages at the NUHR Medical Center!

During your four-day stay, we'll take our time to assess your existing situation, analyse the risk factors and identify any energy-draining influences. The programme includes five specialist medical assessments (including clinical findings) as well as supplementary assessments and treatments to give you a complete picture of the current situation, enabling you to choose a suitable course of action to boost your health.

NUHR Hotel

Your retreat far from the daily grind.

A stay at our health retreat hotel is the perfect way to discover the invigorating power of living life at a slower pace, while focusing on your inner satisfaction and outer well-being.





Enjoy your own private oasis of tranquility with high-quality medical treatments close at hand. The calming aura of our natural surroundings is reflected in the NUHR Medical Center, which is consciously designed to make an inviting impression with its light and airy interior as well as a number of well-kept green spaces.

Relaxed, contemporary getaway

You'll also have space to unwind in the modern surroundings of our 30 guest rooms and suites, which have been furnished with great care and attention to give you two of the most precious luxuries of our age: peace and relaxation.

In addition to our 27 comfortable double rooms (standard and superior), we also have a premium suite and two junior suites available for guests to book. Our rooms are universally accessible, with four specially designed to meet the needs of the disabled. Other amenities that come with your getaway include a beautiful therapeutic garden, two saunas, a relaxation room bathed in natural light, our own private swimming pool, and a comprehensive range of training and treatment services – providing the rest, recovery and relaxation that your mind and body deserve.

NUHR fasting and detoxing

An easier way to lose weight





Have you never been able to find a diet that's worked for you? The chances are that these diet plans weren't tailor-made. At the NUHR Medical Center, we'll make your individual needs the key to your success in every fasting and detoxing plan our team of dietitians and doctors create. Read on to find out more about our popular packages.

Dr Worm's Premium Liver Fasting

This is a targeted package for reducing fat in the liver and other organs, aiming primarily to improve or normalise your metabolism. The simultaneous loss of several kilograms of body weight is a welcome side-effect that gives service users a suitable starting point for further weight reduction.

Detox Fasting Treatment

This fasting treatment package promotes gut health, a healthy immune system and your sense of well-being. The first two days focus on drinking SANA-FIT shakes and pursuing a special chewing regimen, which is followed by

high-alkaline dieting from the third day onwards. After completing the course with the final nutrition consultation session, service users are fully equipped to continue their progress back home.

Bodymed Weight Reduction Programme

This nutritional programme focused on weight loss is based on a four-stage process that replaces individual meals with high-quality protein shakes for a limited time. The body composition of our attendees is regularly assessed using BIA measurement, ensuring healthy and long-lasting weight loss.

NUHR Cuisine

Where health becomes a real pleasure

Exercise, recovery and a well-balanced diet: These are the basic ingredients for physical well-being and vitality right up to old age. For this reason, healthy enjoyment is very important to us at the NUHR Medical Center.

In our restaurant we serve all our guests wholesome, modern interpretations of tasty international cuisine. It goes without saying that we place high value on regional and seasonal produce, always freshly prepared and with the finest service. All of this, for ultimate culinary enjoyment.

All full-board hotel guests enjoy the culinary pleasures of our kitchen. The same goes for our daily outpatient guests, who we are just as happy to welcome into our invitingly designed restaurant. Alongside the choice of a substantial, lovingly-prepared breakfast, arranged on a tiered server, you'll find healthy and seasonal meals in our menu. Our kitchen team will pamper you with multiple-course midday and evening meals. For the benefit of our guests,

we do not provide soft drinks or beverages with high alcohol content. By doing this, we are contributing to your fitness and strength whilst focussing on your state of health for the duration of your stay.

The diversity of culinary pleasures that awaits means you'll not miss a thing. When the weather is nice you can enjoy the many delicacies that our head chef provides outside on the spacious terrace. Eating becomes twice as enjoyable in our green garden oasis. Additionally, at your request, we can offer you dietary advice to help change your future eating habits. This will make it easier for you to integrate a healthier diet into your everyday life. Our dietician will be pleased to advise you during a personal chat.





NUHR Nature

Green is the colour of regeneration





Medicinal Herb Garden



Yoga lawn



Therapeutic garden

The creativity of nature, serenity and harmony: that's what the colour green stands for. By being one with nature, we find peace with ourselves. For this reason, we strive to maintain our spacious outdoor facilities with care and great attention to detail. This helps our guests to regain strength and find the regeneration they are looking for at the NUHR Medical Center.

Medicinal Herb Garden

If we want to regain our balance naturally, we must learn to understand nature. For this reason, we've opened a medicinal herb garden, where you can discover a wealth of interesting information about the various herbs and medicinal plants and what they do. Furthermore, these herbs are also used in our NUHR Cuisine dishes.

Active Garden

Our feet spend far too much time locked inside socks and shoes. Cast everything aside and feel yourself being grounded once again, preferably by taking a gentle stroll barefoot on our senso-motoric footpath. A further highlight is our obstacle course. Here you can test your fitness and agility in a playful form of exercise. Release yourself from the burdens of everyday life and get back the feeling of being free.

Relaxation Garden

Have you ever undergone Kneipp hydrotherapy in a vineyard pond? You have the unique opportunity to do just that in our NUHR Medical Center's relaxation garden. Afterwards, feel the positive effects of this stimulating exercise in

the lovely relaxation pavilion. Be at ease and allow the natural outdoor landscape to leave a lasting effect on you.

Yoga Area

Everyone's talking about yoga. No wonder: the school of yoga combines breathing, exercise and meditation in a wonderfully soothing way. On our NUHR Medical Center yoga lawn, you can enjoy this practice of attentiveness by simply and smoothly getting rid of the weight that has accumulated on your shoulders from your everyday life. Immerse yourself in the "here and now" and reach the place where well-being begins: within yourself.

Meditation Area

Meditation is not about just about being able to press a button and find relief. Meditation is the art of feeling "what is". During your stay, whenever you have the urge to retreat and gather your thoughts, the opportunity is there in our expansive meditation area – not only that, it's out in the open. Allow your thoughts to just drift away like the passing clouds and enjoy the ultimate form of relaxation.

NUHR Experience

Waldviertel: Excitingly undisturbed

At the NUHR Medical Center, there's more than just our stylishly furnished hotel for guests to enjoy. Equally worth exploring are its surroundings, a peaceful and invigorating place to find inner satisfaction and balance without disturbances or distractions. There's a long and varied list of leisure activities on offer for guests, who can stroll around the town of Krems, go on a fishing or hunting excursion, enjoy a museum visit, or take in a wine-tasting session. An invigorating Nordic walking or mountain biking experience also comes highly recommended. The local area is blessed with an excellent network of routes, and we're pleased to offer an in-house electric mountain bike hire service.



Benedictine Monastery in Göttweig



Orchestra festivals in Grafenegg Castle



Ottenstein reservoir

© Reinhard Podolsky



Castle ruins in Senftenberg



The New Gallery in Krems



Dürnstein in the Wachau region

NUHR Medical Center

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out even more about the
Nuhr Medical Center:



Promotional
video



Therapeutic
garden opening



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