



**STEIGENBERGER**  
S A N A T O R I U M  
B A D N E U E N A H R

**HEALTH & WELLNESS**

ENJOY THE HEALING POWER OF THE SPRINGS

[www.steigenberger.com](http://www.steigenberger.com)

# EVERYTHING FOR YOUR HEALTH



The state approved Steigenberger Sanatorium is a private clinic operated by Dr. med Heinz J. Krönke. Recuperate in one of Germany's best known spas situated only 25 kilometres south of Bonn. Here, medical competence, an atmosphere of wellness and hospitality form a unique combination.

With its professional staff, round-the-clock patient care and extremely well equipped, the Steigenberger Sanatorium has made a name for itself in the diagnosis and therapy of heart and circulation disorders, pulmonary diseases, cerebral and abdominal disorders, and metabolic and skeletal disorders including rheumatic illnesses.

A particular focus of attention is directed towards the permanent control of diabetes including the avoidance of secondary and concomitant illnesses. By means of intensive training given by the attending physicians, experienced nursing staff and physiotherapists it is possible to avoid possible long-term complications.

The Steigenberger Sanatorium is one of the top addresses in the case of treatment following surgery, internal, orthopaedic and neurosurgical operations.

## BEST PREREQUISITES FOR DIAGNOSIS AND THERAPY

Diagnosis is carried out according to clinical aspects, applying scientifically tested methods of academic medicine. Treatment includes the use of

- resting and stress ECG, 24-hour ECG
- 24-hour blood pressure measurement
- digital X-ray
- open MRT, CT
- sonography (ultrasonic examination) of the upper abdomen and thyroid glands
- Doppler sonography of leg and head vessels
- 4D spinal measurement
- Colour-coded duplex echocardiography
- modern laboratory

In the therapy we make use of the following possibilities in treatment:

- academic medical therapy such as, for example, rehabilitation, mobilisation, infusion therapy and muscle-building training
- early detection and control of diabetes
- diet consultation
- physical-balneological therapy such as, for example, lymphatic drainage, natural fango, massages, thermal baths, medical gymnastics, personal training, etc.
- ergotherapy
- classic naturopathic treatment such as, for example, oxygen therapy, hyperbaric ozone therapy, neural therapy, various thymus therapies, and osteopathy

The Steigenberger Sanatorium is a fully private hospital and fulfils the prerequisites of § 107 Abs. 2 SGB V and § 107 Abs. 1 SGB V. Cures and further inpatient treatment are possible subject to the following conditions:

- Inpatient further treatment following hospitalization in agreement with a private health insurance company.
- Cures through private health insurance companies or, respectively, assistance benefits following agreement with the health insurance company.
- Outpatient bathing cures through statutory health insurance (physical applications and consultation with physicians are covered by the health insurance involved. However, for this purpose, application must be made to the health insurance by the patient's general practitioner.)

### Medical Director and Chief Physician

Dr. med. Heinz J. Krönke

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Specialist for General Medicine,

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Medical and sanatorium team



# RECOVERY IN A HOTEL ATMOSPHERE



## PERFECT FOR YOUR WELL-BEING

The Steigenberger Sanatorium lies in the centre of Bad Neuenahr, in the midst of the picturesque valley of the Ahr, surrounded by vineyards and the hills of the Eifel. It is only a few steps from the Sanatorium to the spa park and the pedestrian zone.

In all of the 66 air-conditioned rooms in various categories, light and warm natural colours ensure a special feeling of wellness and extend an invitation to recuperate and relax. A desk, comfortable seating, telephone, WiFi (free of charge up to 256kb/s), SAT-TV including Sky, safe and emergency call button are all part of our standard fittings. The air conditioning can be set individually. In the elegant bathrooms, the washstands in brown granite have been combined with natural stone tiling. All rooms are non-smoking rooms.

The meals in the full and half board categories are additionally offered in various dietary forms according to the guidelines of the Association for Nutritional Competence, the Gütegemeinschaft Ernährungs-Kompetenz e.V. ([www.gekeve.de](http://www.gekeve.de)).

The hotel's own thermal indoor pool, the hotel's own sauna, the drinking fountain with Bad Neuenahr medicinal water, the thermal baths and the Ahr thermal springs can be reached easily in your bathrobe.

Spacious gardens and parks, a variety of cultural and recreational possibilities and the immediate proximity of the pedestrian zone of Bad Neuenahr and the walks along the banks of the Ahr round off the offer provided by the sanatorium in an ideal manner.





## FITTINGS

- 66 renovated rooms, in part accessible for people with impairments and suitable for wheelchair users
- thermal indoor pool and sauna
- drinking fountain with Bad Neuenahr medicinal water
- doctor's surgery with professional staff and modern equipment
- direct connection to the thermal bathing facility with therapeutic and medical services as well as high quality services in the sectors of wellness and beauty
- A "bathrobe corridor" connects the sanatorium with the Ahr thermal springs, a major thermal bathing facility and sauna landscape.

## SERVICES (in part with service charge)

- luggage service
- laundry and ironing service
- room service
- news stand
- emergency call button and nursing service
- in part, adjustable slatted bed frames
- bathrobe and bathing sandals for the duration of stay
- free WiFi access with a range of up to 256 KB/s throughout the guest's complete stay – under certain technical prerequisites
- reserved rooms are available from 15:00 h on the day of arrival and up to 12:00 noon on the day of departure
- cycle hire
- hire of Nordic walking stocks

# HEALTH, WELLNESS AND MORE



## THERMAL INDOOR POOL, SAUNA AND DRINKING FOUNTAIN

The hotel's own thermal indoor pool with a pleasant temperature of 33 °C extends an invitation to swim or simply to float and a drink from the drinking fountain with its famous medicinal water together with a visit to the sauna round off the hotel's wellness offer.

## THERMAL BATHS

In the thermal baths with a direct connection to the hotel, the guest will find a comprehensive program of physical-balneological therapies such as baths, massages and fango packs, preventive medical coaching, nutritional consultation, podiatry, a medical fitness studio with medical fitness courses, personal training, private training in small circles, maximum strength measurement, cardio check and medical cycling as well as an osteopathy practice.

The Iyengar-Yoga-Institut Rhein-Ahr e.V. offers yoga courses, ayurveda applications, health days together with cures with classic ayurveda and therapeutic Iyengar yoga. Further medical facilities, together with a beauty department, a hairdresser's and several boutiques combine to round off the offer in the thermal baths. For further information, visit the thermal baths at: [www.ag-bad-neuenahr.de](http://www.ag-bad-neuenahr.de).

## AHR THERMAL SPRINGS

The guest can reach the Ahr Thermal Springs directly from the hotel via a sunlit "bathrobe corridor", without having to change into different clothing. The spacious thermal baths and sauna landscape with ten bubbling pools and a large sauna landscape with eight saunas extend an invitation to relax and enjoy a feeling of wellness. In addition, numerous different sauna ceremonies are offered, characterized in part by the time of year in which they are offered.



*"Relaxation for  
all your senses."*



## STEIGENBERGER SANATORIUM BAD NEUENHR

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