

# BIO-BALANCE-CONCEPT

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OCT. 4, 2018

# BIO-BALANCE-CONCEPT

## DANUBIUS HOTELS GROUP - SPA DIVISION

- 28 2 to 5 star Spa Hotels in 5 Countrys - Clusters with most powerful natural healing ressources
- USP: Classical complex cure
- Biggest Cluster: Spa Island Piestany - Slovak with 9 Hotels, 2500 beds, 3-5 thd. treatments per day, 1,5 mio treatments p.a.

# BIO-BALANCE-CONCEPT

**Why lifechanging is necessary...**  
**- or what is different to the Romans?**



# BIO-BALANCE-CONCEPT

the common habit...





# BIO-BALANCE-CONCEPT

Our posture is the result of the sum of the experiences of:

- emotionally enduring state
- traumatic experiences (physical/  
mental)
- Sit

# BIO-BALANCE-CONCEPT

The normal person sits from the 3rd year of age every day about 9.8 hours in kindergarden, at school, in education and most later at work!

This posture is consistently trained during the entire physical maturation process.

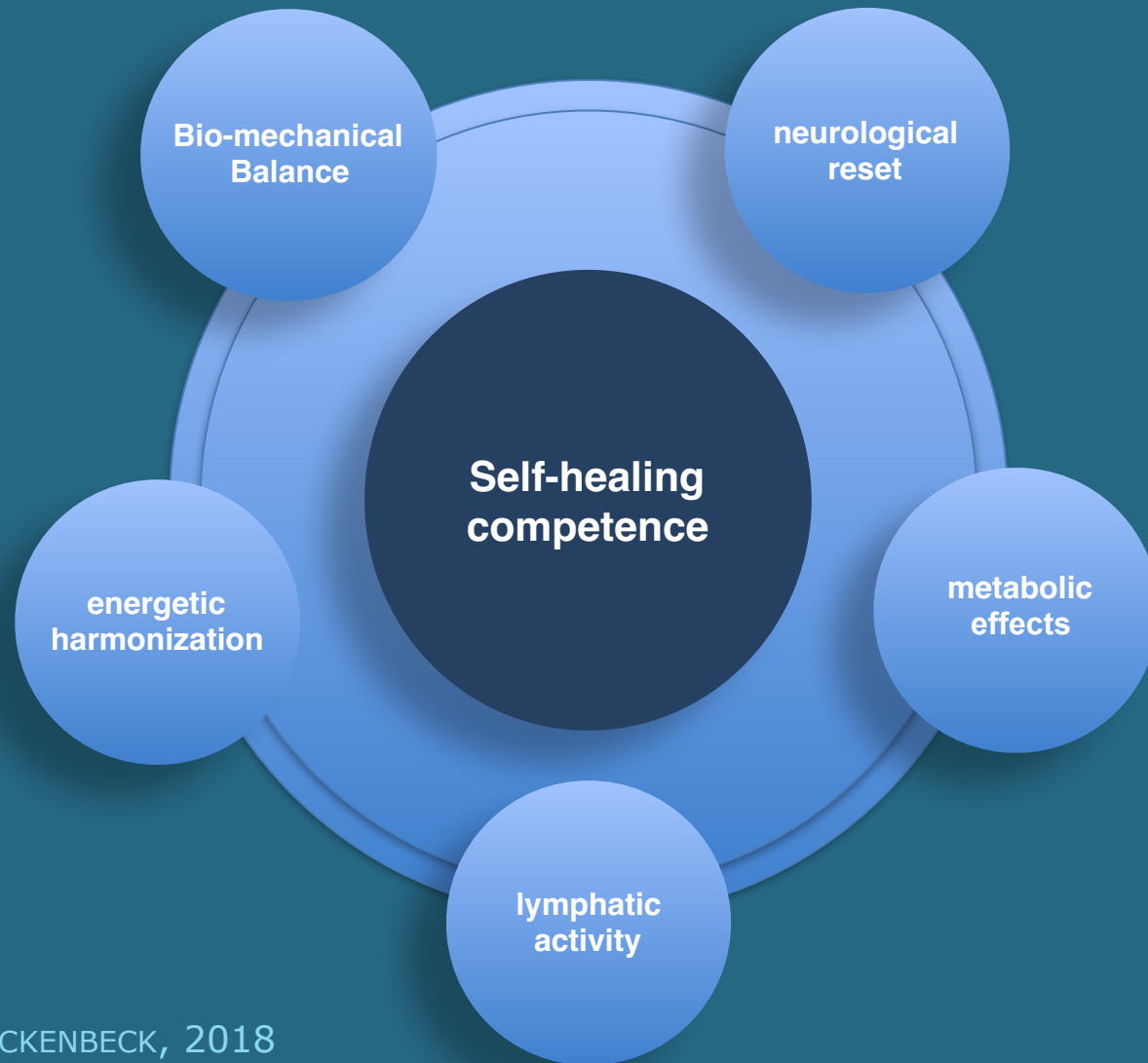
# BIO-BALANCE-CONCEPT

**Economy of movement ...**  
by optimal ratio  
of flexor and extensor muscles.

**Tension and relaxation**  
have to play together.



# BIO-BALANCE-CONCEPT



# BIO-BALANCE-CONCEPT

... to get an effective access  
to the inner doctor

I developed 3 stages with „wow-effect“

# BIO-BALANCE-CONCEPT

## 1 st Wow - Bio Balance Treatment

It creates a tension reset between front and back superfaszies and functional chains on the neurologic level. Immediate effect on the whole static and the biomechanical balance.

## 2 nd Wow - Energy Flow

The entire meridian system is stimulated throughout the course and thus activated for self-regulation. Therefore, this treatment acts as an enhancer on the energetic level.

## 3 rd Wow - Bio Balance Training

The stability of the treatment success is improved and extended. With this long lasting trainingseffect there is more time to use and combine for additional treatments to improve any kind of functional disorders.



# BIO-BALANCE-CONCEPT

**Spa is „me-time“!**

**In the moment of touch - you immediately  
arrive in the present!**

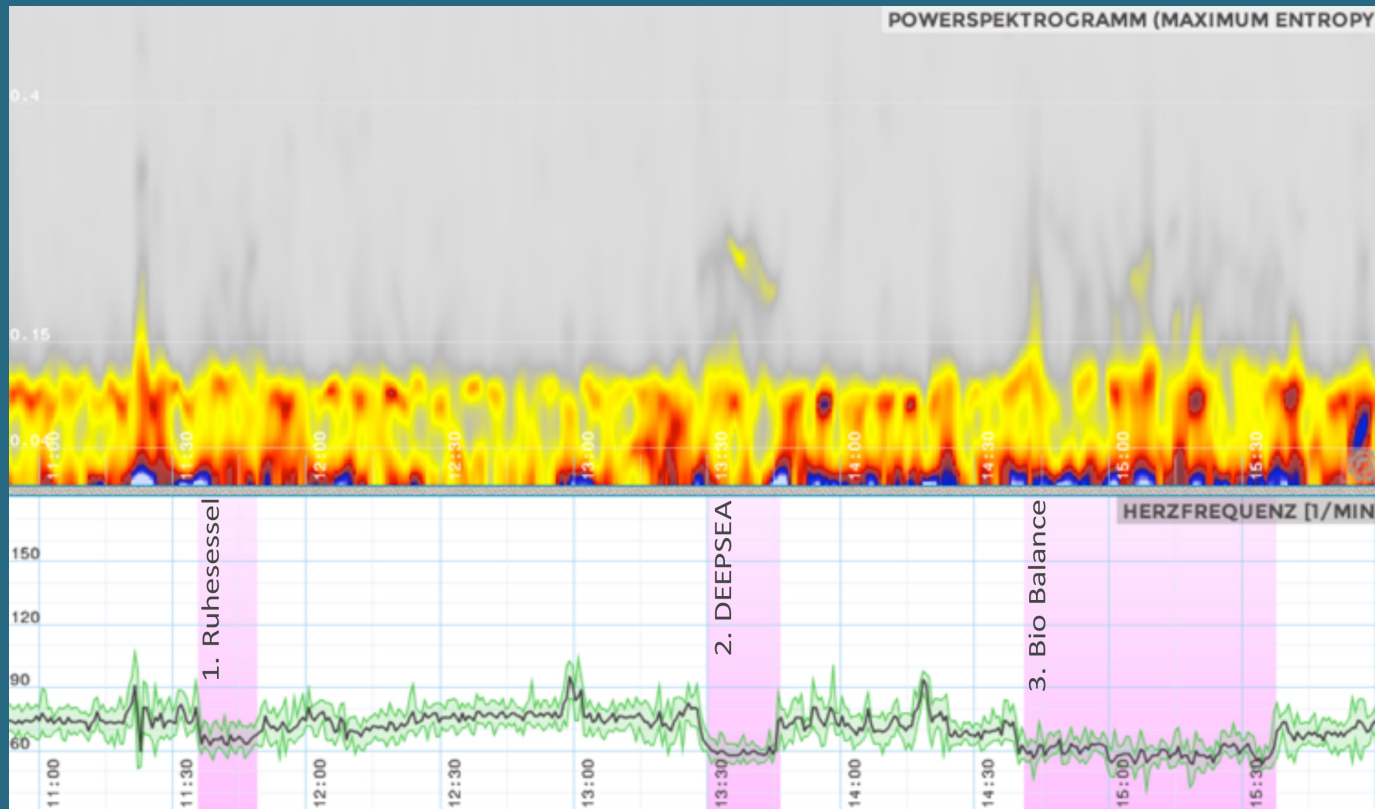
# BIO-BALANCE-CONCEPT

## wellness with effect

- treatment with immediately noticeable effect
- effective stimulation of self-healing powers
- even „wellpain“ enable positive emotions and causes vagus-activities
- the effect of weight training is lasting longer in than from a massage

# BIO-BALANCE-CONCEPT

**Sparcamp Blog: Wellness mit Wirkung!**





# BIO-BALANCE-CONCEPT

best results in combination with most powerful healing  
ressources...



# BIO-BALANCE-CONCEPT

Bathing in warm water isn't enough ...

... we have to make the people feel and  
believe that we can assist...

to develop a feeling of coherence

# BIO-BALANCE-CONCEPT

... so that you feel better and can do what you enjoy with pleasure for a long time!





# BIO-BALANCE-CONCEPT

**Thank you very much for your attention!**

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