



The holistic methods of Sebastian Kneipp are all directed to one goal: good health. We distinguish between two different kinds of effects: On the one hand, the classic Kneipp-therapy targets various acute and chronic illnesses and helps to re-establish the self-healing potential of the body. By applying the simplest methods it has a great effect on the patient. On the other hand, Kneipp offers various applications for healthy people, which sustain or improve their health. Thus a treatment or a therapy relieves suffering, whereas wellness-treatments give pleasure and strengthen the body, mind and spirit. No matter where you experience a Kneipp-treatment, one thing is sure: you will not want to miss it in the future. So enjoy your favourite applications at home too!

Kneipp means more than just water-applications. The Kneipp Health System integrates five elements: in addition to water it also includes exercise and sport, a fresh and healthy diet, herbal remedies (for example in the form of teas and additives for baths) and, last but not least, the balance of life – a sensible relation between stress and relaxation in daily life.



**Kneipp**  
WORLDWIDE  
INTERNATIONAL CONFEDERATION OF THE KNEIPP-MOVEMENT | INTERNATIONALE KONFÖDERATION DER KNEIPP-BEWEGUNG

# Kneipp

*a healthy feeling*

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## Kneipp – a healthy feeling

Kneipp is pure wellness – and Kneipp wellness-applications are always appropriate, whenever people want to feel good and take their fitness into their own hands. In the wellness-departments you can experience the various delightful effects of water according to Kneipp methods. The expert staff will be only too happy to show you how Kneipp-wellness-applications can be most effectively applied and how you can enjoy your Kneipp-applications at home too.

An important, and probably the best-known element of the classic Kneipp-therapies are the Kneipp-water-applications. When undergoing a therapy to either cure or prevent an illness, you can also try out the following wellness-treatments. Healthy people can generally do them as individual measures without any particular therapeutic intention.

If you have already experienced the beneficial effects of these applications and wish for more, then just ask a Kneipp-physician to explain all the possible beneficial effects that a Kneipp-therapy will have on your own state of health!

Heinz Leuchtgens, MD  
Kneipp-physician



### Kneipp beauty-gush

*For a fresh and radiant complexion*

This short treatment with cold or cool water has an instant effect on the skin of the face. With the Kneipp beauty-gush you guide the gentle stream of water up and down the face and then in circles around the face. By promoting the circulation this cosmetic treatment, which is available for free, gives pale and dull skin a radiant appearance and reduces the number and the depth of wrinkles. When applied regularly, the Kneipp beauty-gush has a visible and lasting effect.



### Kneipp pick-me-up

*Stimulation without excitement*

For this Kneipp “pick-me-up” you dip your arms into cold water to above the elbows. You get a tingling feeling that elevates the mood and stimulates the circulation – which is why this arm bath is also called the “cup of coffee of natural treatments”. The ideal time for this is the early afternoon – for example after strenuous work. This Kneipp “pick-me-up” provides stimulation without excitement.

### Kneipp vein-jogging

*For beautiful, healthy legs*

Indulge your legs: Kneipp vein-jogging consists in gushing the legs alternately with gentle streams of warm and cold water, according to the Kneipp-procedure. It stimulates the circulation, tightens the skin, activates the arteries and strengthens the veins.

### Kneipp kick

*Refreshing and revitalizing*

The Kneipp kick consists of bathing the arms alternately in warm and cold water, then again warm and cold, to give you a general feeling of well-being. The effect can be intensified by adding fragrances to the warm water. This Kneipp energy-boost harmonizes the circulation and the nervous system and you gain new vitality.



### Kneipp all-rounder

*Harmonize and balance your vitality*

This is the best-known and probably also the most popular application and can be applied almost universally. The Kneipp all-rounder harmonizes: it refreshes and revitalizes you in the daytime and calms you in the evening. You walk through calf-deep cold water, striding like a stork for ½ to 1 minute to promote your individual state of balance.



### Kneipp source of rest

*For rest and composure*

The Kneipp source of rest gives your relaxation breaks an additional wellness value, for example after lunch. Our professional staff wrap your calves in linen cloths soaked in cold water and then cover them with cotton and woolen cloths. This light, cool stimulus relieves and strengthens the veins and has a calming effect.

### Kneipp morning-dew

*Activates body and spirit*

Sensual pleasure for your feet and a boost for your resistance: Walk barefoot over dew-moist grass for a few minutes in the mornings. This promotes the circulation and tones the muscles.

### Kneipp snow-magic

*Refreshing stimulation for your resistance*

In winter, freshly fallen snow on a stretch of lawn looks enticing. Walk over it barefoot for a few seconds, then towel the feet dry. The strong, tingling stimulation has a refreshing effect and increases your resistance to infections.



### Kneipp fitness

*A pleasant refreshment*

This warm/cold Kneipp wellness-application provides a refreshing hydro-kick: The hands and arms are gushed with a gentle stream of water up to the shoulder. Weariness or tiredness disappears instantly as this hydro-kick unfolds its stimulating and refreshing effect.