

Treatments

(massage, beauty and baths)

at





Information on the Wellness area



Wellness area - general opening times

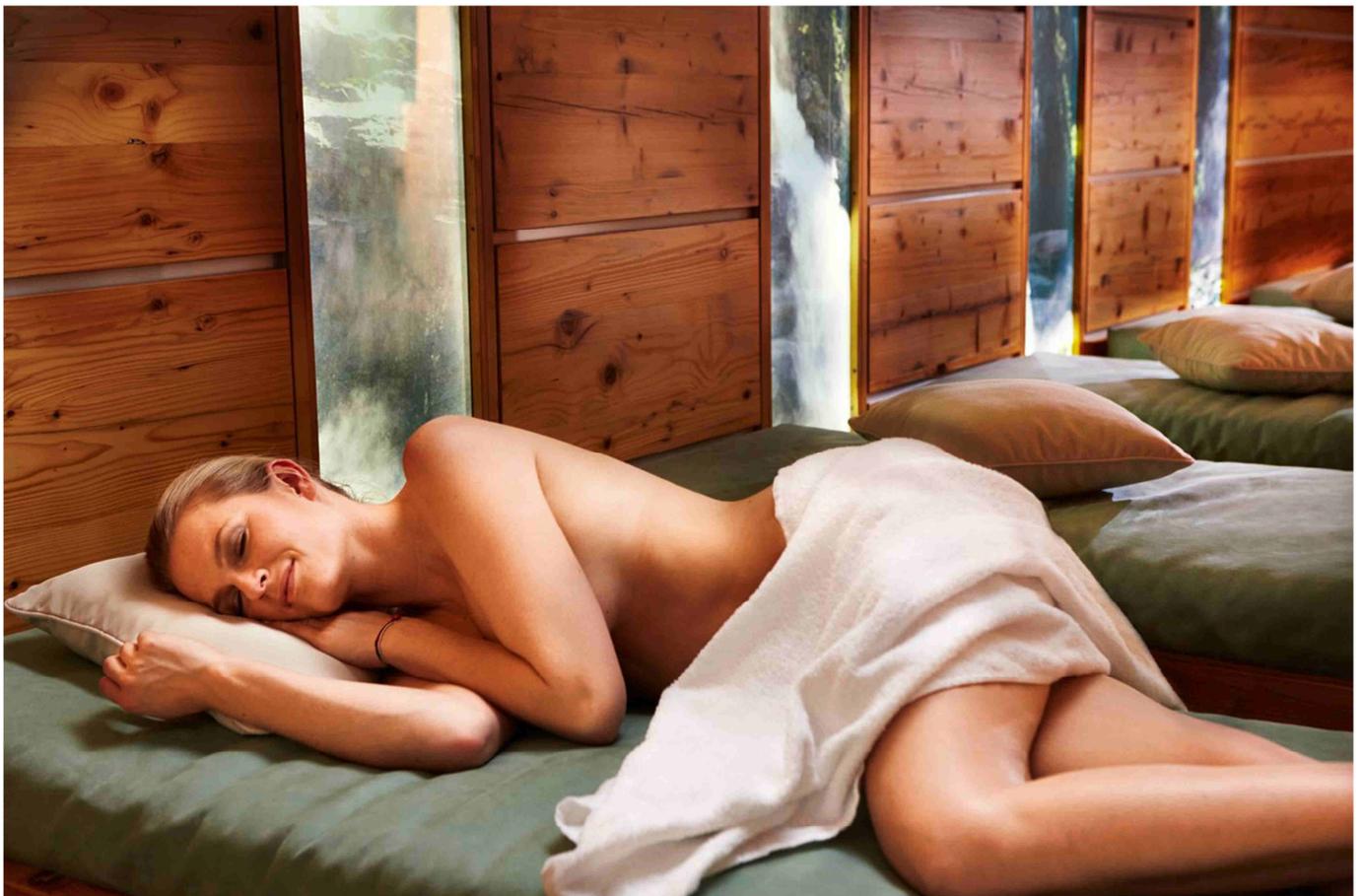
Monday to Sunday from 15:00 hrs. to 18:30 hrs.

Of course you are welcome to use the sauna outside of these times (10:30 in the morning or 10.00 pm at night for example). Simply let us know in advance if you would like to use the sauna: the sauna takes approx. 30 minutes to warm up.

Children in the Alm Sauna

Children are welcome to use the saunas and the steam bath. However, please explain the following rules to your children:

- The sauna is a rest and relaxation area
- Speak quietly
- Don't run about
- Children under 14 years of age are allowed **ONLY** if accompanied by an adult





Information about the treatments



Kristin, Claudia and Birgit are on hand to advise you

on which treatments best suit your needs in combating the stress and strains of everyday life.



Kristin Nussbaumer
Massage, Beauty,
Maniküre and Pediküre



Claudia Brennsteiner
Massage



Birgit Fornetran
Massage

Massages and Beauty hours Treatment Opening Times

Monday to Friday 11:00 am until 6:30 pm, Saturday 11:00 am until 3:00 pm and Sunday 2:00 pm to 6:00 pm

Mothers-to-be can also pamper themselves

Massages help you to forget the discomforts caused by pregnancy. Back massages from the side or in a sitting position are possible, or aromatic oil massages. A leg massage with horse chestnut cream rejuvenates tired legs. Foot reflex-zone massages are allowed from the 4th week of pregnancy onward. Baths or facial treatments are possible any time.

Information on the Wellness area

Please book your appointment at the reception. Appointments can be cancelled free of charge up to three hours prior to the treatment. If the appointment is cancelled less than three hours beforehand, 50 % of the price will be charge. Our treatments have been developed using the knowledge of our parents, grandparents and great parents. The application of a wide variety of mountain herbs not only improves the way your skin feels on the outside but it also revitalises and strengthens your natural vitality from within.



Soothing packs in the floating tub



Take a bath for about 25 minutes without getting wet! A thin plastic layer moulds itself to the shape of your body thanks to the pressure of the water below it. Your body is then covered with the treatment ingredient of your choice and you simply float for about 25 minutes warmed by the approx. 38°C water around you. The various ingredients used are all pure, essential additives, the warmth of the water opens the pores and supports and improves the skin's ability to absorb. Taking enough time to relax after the treatment is extremely important - Nicole, Kristin or Birgit will then treat you to a "wellness cocktail".

Salt-oil peeling 25 minutes

Peeling and moisturising with salt from the Dead Sea for purification and cleansing of the skin. You can select the aromatic oil of your choice.

€ 33,00

Hay bath 25 minutes

Soothing and revitalising with the natural healing power of mountain hay. Encourages bowel and stomach activity, purifies, relieves stress and improves your general feeling of well-being.

€ 33,00

Thalasso – algae bath 25 minutes

Take advantage of the natural healing powers of the sea: cleansing algae, clay and sea salt purify the skin and tone the connective tissue.

€ 38,00

Goat's butter cream bath 25 minutes

The attributes of goat's butter: cell constituting and regenerating. Your skin becomes soft and smooth. For optimum results the cream should be left on for at least 2 hours.

€ 38,00

Evening primrose oil cream bath 25 minutes

For silky smooth skin. Also recommended for dry or sensitive skin. For optimum results the cream should be left on for at least 2 hours.

€ 38,00





Tubs



Approximately 23 minutes in a tub is the ideal length of time to warm up the muscles before a massage (combined bookings possible.). Leave the stress and strains of everyday life behind you and re-charge your waning batteries. While you give the treatments time to take effect, enjoy a glass of vitality water with the revitalizing energy of precious stones.

Dairymaid's bath 23 minutes

Not only Cleopatra knew of milk's enhancing properties, dairymaids have been bathing in milk for centuries. Our milk and honey mix helps to restore the skin's acid mantle making your skin smooth and soft.

1 person	€ 23,00
2 persons with a glass of sparkling wine	€ 29,00

Alpine herb bath 23 minutes

The mixture of birch leaves, summer savory, marigold, melissa, stinging nettles, camomile and thyme has a refreshing and stimulating effect. Ideal after physical exercise.

1 person	€ 23,00
2 persons	€ 29,00

Hay flower bath 23 minutes

Helps to combat rheumatic complaints, nervousness, stress, tiredness and fatigue. Stimulates the digestive system, eases pains in the joints and helps to reduce inflammation. Or simply to help you relax.

1 person	€ 23,00
2 persons	€ 29,00

Anti-cellulites 23 minutes

The aromatic oil of the cypress tree has a toning and refining effect on the structure of the skin.

1 person	€ 23,00
2 persons	€ 29,00

Sea-salt bath 23 minutes

Lemon oil and salt from the Dead Sea stimulates the metabolism, purifies and cleanses.

1 person	€ 23,00
2 persons	€ 29,00



Massages



Nicole, Kristin and Birgit's massages are not just relaxing: various techniques are used to relieve aches and pains brought on by the daily demands on our bodies.

Relaxation massage

Back and neck area	25 minutes	€ 31,00
Full-body	50 minutes	€ 54,00
Body & face	70 minutes	€ 75,00

Well-being massage

With aromatic oils or goat's butter cream. A relaxing, gentle and soothing full-body massage with the aromatic oil of your choice.

Back and neck area	25 minutes	€ 36,00
Full-body	50 minutes	€ 61,00
Body & face	70 minutes	€ 82,00

Back & leg massage 50 minutes

A combination massage for those who spend a lot of time on their feet. € 54,00

Foot & leg massage 25 minutes

With horse chestnut cream is our secret weapon against leg and vein complaints. A refreshing therapy that combats that "heavy legs" feeling. Ideal for fatigued hikers or skiers. € 33,00

Foot reflex zone massage

Pressure on the reflex zones of the foot has an effect on different parts of the body and activates self-healing powers. The blood supply to muscles and organs is improved. This is the ideal way to pamper your soul and revitalise the organisms in your body.

Foot reflex zone massage short	25 minutes	€ 31,00
Foot reflex zone massage long	50 minutes	€ 54,00

Back & foot reflex massage 50 minutes

A combination of different massage techniques ensures optimum relaxation. € 54,00



Massages



Special back massage with marmot cream 50 minutes

Tense neck, back and loin muscles are harmonised by applying gentle pressure to special points known as trigger points. The additional techniques of pelvic adjustment and ear acupunct-massage are used to release blockages, which in turn leads to pain relief. Very effective in combating tension headaches, migraine, pins and needles in your arms, sciatic pain, lumbago and general tension in the back.

€ 62,00

Vacuum back massage 25 minutes



The vacuum massage is a naturopathic treatment which has been used for thousands of years. Cupping glasses are positioned along the back. The resulting vacuum produces an increase in local blood circulation deep into the connective tissue which in turn stimulates the body's metabolism. The only side effects are aesthetic (temporary blemishes are left on the skin which disappear within a week). Recommended for tension and aching muscle relief, for better digestion, to ease respiratory complaints and has a cleansing effect.

€ 33,00

Massage cupping therapy for treating cellulitis 25 minutes

The cupping massage stimulates blood circulation in the entire area treated and improves the metabolism which in turn nourishing the body tissue. The massage also frees the skin of dead cells allowing it to "breathe" again. Fat deposits and tissue irregularities can only be avoided or reduced when the metabolism is working efficiently. The massage cupping therapy is recommended in combination with an aroma toning pack for the best possible results.

€ 33,00

Back massage cupping therapy 40 minutes

€ 50,00

Lymph drainage

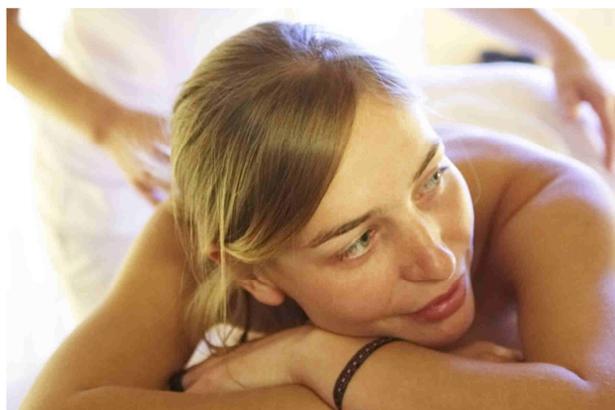
Gentle and painless. Has a direct effect on the lymphatic system. Helps to drain off excess body fluid, cleanses, eases inflamed sinuses and strengthens the immune system. It is also recommended as a postoperative therapeutic treatment, after bone fractures and for pulled muscles.

- arms, legs or face
- arms and legs
- arms, legs and face

- 25 minutes € 32,00
- 50 minutes € 59,00
- 70 minutes € 81,00

back massage with facial lymph drainage 50 Minuten

€ 55,00





“For the wee ones”



It's not only adults who are in need of relaxation and want to be pampered! Baby and child massages aren't just a pleasant experience for your children: they are calming and soothing and improve your child's inner harmony and sleep.

Baby or child massage 25 minutes

A massage with rose, camomile and lavender oil for inner harmony and deep and soothing sleep.

€ 28,00

Massage with cocoa cream 25 minutes

In 25 minutes the skin becomes soft and smooth, the cocoa cream develops a wonderful scent for soft baby skin you could almost bite into.

€ 28,00

Chocolate face mask 15 minutes

Children's faces want to be pampered too. The mask not only softens the skin, but also tastes delicious.

€ 15,00





Energy massages



These massages require special training because they achieve very special results. For those of you who are looking to experience something special.

Dorn-Breuss massage 70 minutes

An energy boosting back massage incl. spinal stretching with St. John's wort oil, followed by joint and vertebrae correction. For those with back problems, slipped disc, for migraine sufferers and wearers of orthopaedic insoles.

€ 87,00

La Stone® massage 80 minutes

In a special ceremony basalt stones and cool marble stones are carefully laid on the body's energy points (chakras). The stone massage achieves a high level of mental and physical relaxation, relieves tension, stimulates metabolism and lymph drainage and energises the body's focal energy points. Pleasure for body, mind and soul.

€ 102,00

Lomi Lomi Nui 80 minutes

The word "Lomi" means to knead, rub or press and "Nui" stands for unique or special and it comes from the islands of Hawaii. It is a cleansing and harmonising treatment. The aim is to get rid of the stress and obsolete thinking patterns which are stored in the cells' "memory". Not only hands are used in this massage technique but also the under arm.

€ 102,00





Cosmetics



The "Aroma Derm" cosmetic products used in our treatments are produced using nothing but plant extracts, cold-pressed vegetable oils and organically grown raw materials. The manufacturer has refused to be involved in any kind of animal experimentation since 1979 and takes great care to ensure that its packaging is environmentally friendly and recyclable. We offer top quality natural cosmetics combined with the highest treatment standards and professionalism! And it's not just women who seek our attention – men have long since discovered the joys of being pampered.

Short facial 40 minutes

Cleansing depending on skin type, peeling, face steaming with the Vapozon and a short pause for the cleaning process to be concluded. The subsequent face mask and day cream is chosen according to your skin's needs.

€ 43,00

Long facial 55 minutes

Cleansing according to skin type, peeling, face steaming and subsequent cleansing phase, face, neck and décolleté massage followed by a face mask, eye and day cream chosen depending on the attributes of your skin.

€ 59,00

Can be combined with a hand or foot massage during the face mask.

€ 8,00

Luxury facial 90 minutes

Cleansing according to skin type, eyebrow shaping, eyebrow or eyelash dyeing, face steaming and cleansing phase, face massage with active agent ampoule followed by a face mask, eye and day cream depending on the attributes of your skin.

€ 103,00

Can be combined with a hand or foot massage during the face mask.

€ 8,00

Facial lymph drainage 25 minutes

A gentle pump massage stimulates both the lymph drainage and the cleansing process. Swelling, blockages and acne subside more quickly. Also effective in the treating of sinus infections.

€ 32,00





Cosmetics



Cocoa power mask 40 minutes

This special mask excels in achieving a noticeable improvement in the tone of the skin and is particularly rich in nutrients. The main substances found in this stimulating and revitalising compound are pure cocoa and alginate (won from algae).

The result is lastingly soft, smooth and youthful looking skin.

€ 43,00

Facial massage with active agent ampoule 40 minutes

Active agent ampoule for face and décolleté according to skin type. The highly concentrated, natural vitamins and active agents are absorbed deep into the skin and accentuate your natural complexion.

€ 50,00

You are welcome to purchase ampoules in order to continue your private ampoule treatment at home. 1 ampoule 3 ml.

€ 7,00

Face mask Thalassa Vita 40 minutes

The active agents in the leaf cells of the revitalizing algae enable better transportation of oxygen to the skin. Impurities and waste substances are absorbed by the leaves with marvellous results that can be sensed, felt and seen immediately.

€ 43,00

Facial massage with rose oil 25 minutes

Relaxes, soothes and stimulates the blood circulation of the face and décolleté.

€ 32,00

Aroma toning pack 30 minutes

For tummies, bottoms and thighs – 30 minutes in the floating tub for improved blood circulation and to tone and cleanse the skin. To combat cellulites and reduce body mass.

€ 35,00

3 aromatic toning wraps

€ 98,00





Cosmetics



Hands & Feet

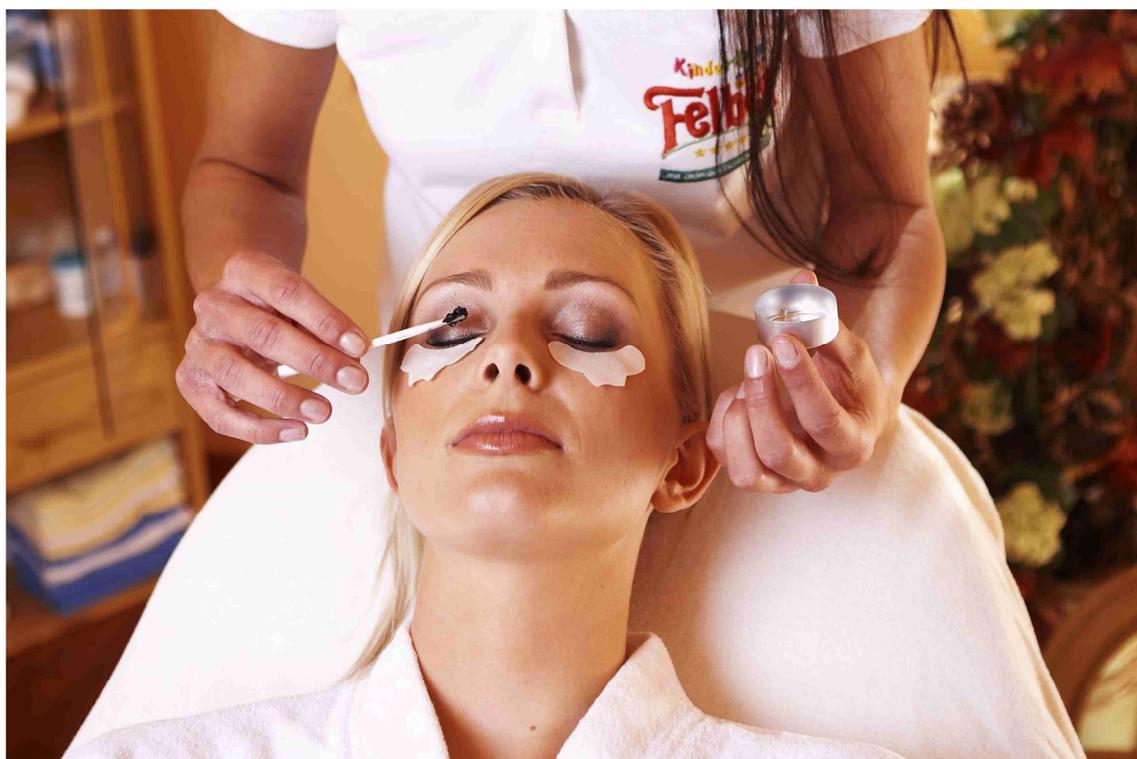
Manicure	€ 33,00
Manicure with hand massage	€ 43,00
Pedicure	€ 37,00
Pedicure with foot massage	€ 47,00
Nail varnish removal and fresh polish	€ 8,00
French polish removal and fresh polish	€ 9,00

For your eyes

Eyebrow dyeing	€ 13,00
Eyebrow correction	€ 9,00
Eyelash dyeing	€ 15,00
Eyelash and eyebrow dyeing	€ 22,00

Hair removal with azulene wax

Full leg	€ 43,00
Lower leg	€ 30,00
Upper lip	€ 8,00
Armpits or bikini zone	€ 17,00
Back or chest hair (for men)	€ 38,00
Chin	€ 8,00





Solarium



Solarium - Soltron "Hot Pepper"

15 minutes. A suntan even when the sun doesn't shine. The sunbed is located in the swimming pool's relaxation area. 1 jeton is required or you can use your room key-card.

€ 5,00





Vital Package offers



Our well-balanced massages and treatments have been specially conceived to achieve the best possible effects and a feeling of total wellbeing. These packages can only be booked for one person.

Bad-Massage Kombination 1-day package offer (50 minutes)

- 1 herbal bath of your choice
- 1 small relaxation massage

€ 49,00

Wohlfühlpaket 3-day package offer

- 3 tub baths of your choice
- 3 small relaxation massages or Foot reflex-zone massage

€ 437,00

Beutypaket 2-day package offer

- 1 small well-being massage with aromatic oils
- 1 oil of evening primrose cream bath
- 1 small facial treatment
- 1 pedicure

€ 172,00

Peeling Paket 1-day package offer 80 minutes

- 1 sea salt peeling
- 1 whole-body massage with goat's butter cream

€ 87,00





Vital Package offers



Rücken-Fit 3-day package offer

- 1 Shoulder and neck treatment + marmot cream
- 1 Cornflower bath + 1 small relaxation massage
- 1 Alpine herb bath + 1 Dorn-Breuss massage

€ 202,00

Entschlackungspaket 2-day package offer

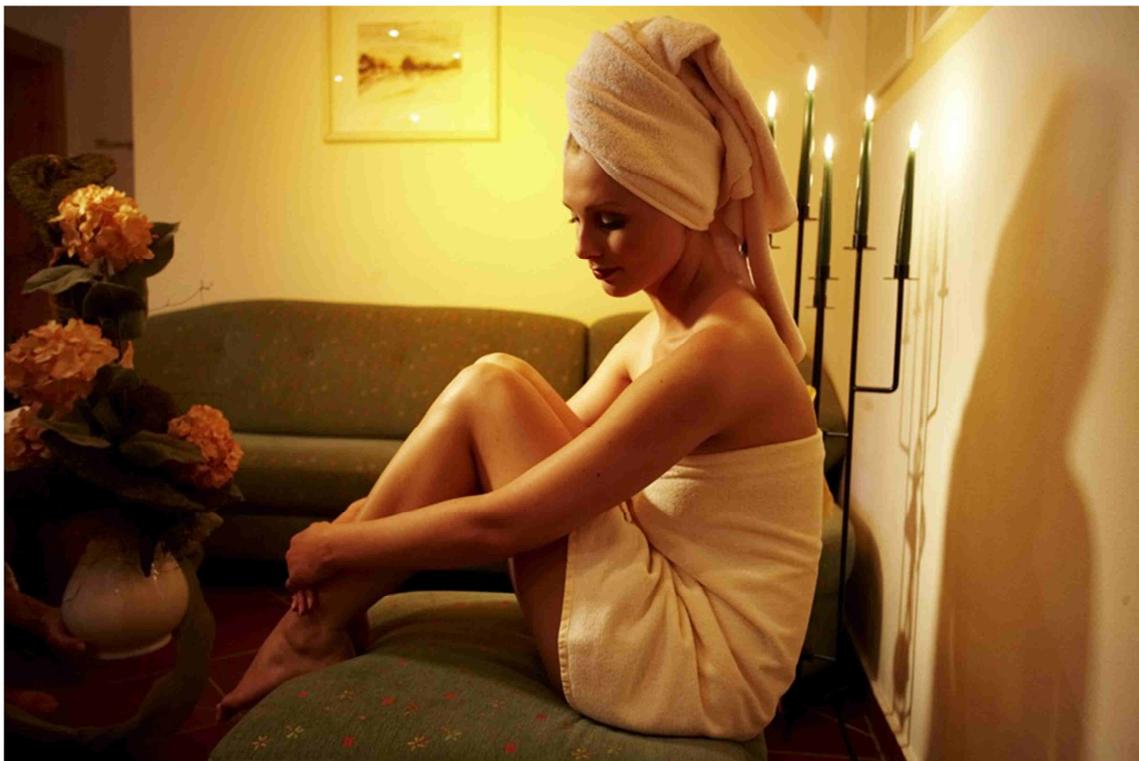
- 1 whole-body lymph drainage
- 1 Thalasso-algae bath
- 1 small foot reflex-zone massage
- 1 sea salt bath with air bubbles

€ 143,00

Von Kopf bis Fuß 2-day package offer

- 1 large facial treatment
- 1 manicure
- 1 pedicure
- 1 herbal oil peeling

€ 139,00





And the fun continues all through the winter



Magical Advent, masses of snow and New Year's Eve parties all part of the joys of winter and so too is our winter activities programme with Günter and his team of helpers! Fun and action for everyone is our motto. If you've stayed with us at the Hotel Felben in winter before, you'll know what we're talking about! If not, we've chosen a few typical winter highlights to give you an idea of what you've been missing! Of course, our receptionists are happy to give you further and more detailed information. Of course the fun continues throughout the summer too!

Ski courses at the hotel



Step outside our playroom and you'll find the "Felben Ski World" children's ski slope with its magic carpet lift. Our caring and qualified ski instructors will playfully teach your children the basics of skiing on four mornings a week. Here at the Hotel Felben a piece of pizza isn't just something to eat...? And of course we have ample ski equipment and children's helmets for hire here at the hotel.

Kitzbühel ski area



Kitzbühel has a unique flair of its own which not only attracts celebrities, but normal holiday-makers looking for a very special skiing experience. And you don't necessarily have to start on the "Streif", Kitzbühel's world famous downhill run, there are more than 170km of pistes of varying levels to choose from. Ski passes can be obtained at the hotel and a ski bus brings you to the Panorama lift at Hollersbach free of charge.

Cross-country skiing course with Günter



An absolute must for those who want to enjoy skiing in its purist form. The hotel has its own equipment and the free course starts right outside our front door on the local Felben trail. If you already have cross-country skiing experience, Günter can help you to improve your skills and show you how to master the technique of "skating". A particular highlight is our trip to the sunny, high altitude trail with Günter.

Curling competition



Austrian curling stones are available at the hotel for aspiring "curlers" of all ages. With a few tips from our staff you'll get the hang of this great winter sport in no time. The weekly curling competition is always great fun and a popular evening event. To keep your spirits up during the competition and to ward off the cold, warming "Jagatee" is served from a copper kettle. An evening of fun for all the family!

14 Km toboggan run



The 14km-long toboggan run in Neukirchen, probably the longest natural toboggan run in the world, is just a short drive away. Even the gondola ride up to the Wildkogel is an exciting experience for the whole family. After a short walk to the start of the run, the kids usually manage to get their parents to pull them up on their sledge, it's downhill all the way!

Snow-shoe walks



If you're looking for something more sedate, but still want to enjoy the breathtaking mountain panorama and crisp winter air, you should try going on a snow-shoe walk. The walks take you off the beaten track, across snow covered meadows and through enchanting woods where nothing can be heard but the crunching of the snow beneath your feet. Pure winter enjoyment!