

Treatments massage, beauty and baths

at





Information on wellness treatments



Birgit, Kristin, Marcel or Jana are happy to give advice

on which treatments may be best to relieve your personal everyday stress.



Birgit Fornetran



Kristin Nussbaumer



Marcel Racan



Jana Waltl

Massage and treatment times

Monday to Friday 10 a.m. – 6.30 p.m.

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. A leg massage with horse chestnut cream rejuvenates tired legs. Baths or facial treatments are possible any time. Foot reflexology is not possible.

Information on the wellness area

Please make appointments at the reception. Booked appointments can be cancelled free of charge up to 3 hours before the treatment. In case of cancellation at short notice, 50% of the price will be charged. For our treatments, we rely on the vast knowledge of our ancestors – parents, grandparents and great grandparents. Many alpine herbs, if applied appropriately, not only refine the skin's appearance but also bolster and strengthen vitality.

Please arrive on time

Please arrive on time for your appointment. Due to subsequent appointments, we cannot make up for the lost time. The charge for the entire treatment will be charged. We kindly ask for your cooperation.



Soothing packs in the floating tub



Approx 25 minutes "bathing without getting wet!" Thin foils surround the body and are pressed onto it by the pressure of water. After your chosen additive is applied to your body, you float in around 38-degree warm water for about 25 minutes. Only pure, undiluted additives are applied between the foil and your body. The warmth opens the pores, which further increases the skin's receptiveness. It is important that you give yourself time to rest after the treatment.

Salt-herb peeling

Your skin renews itself regularly and our peeling applications support your body in doing so. Through a massage with fine peeling particles we can stimulate blood circulation, remove dead skin cells and lay the foundation for a radiant, rosy complexion. Here you will find the right peeling mixture for every skin type.

The result: soft, clean skin.

25 mins. € 42,-

Orange-Honey: harmonising and invigorating

Melissa seed oil: calming, relaxing, harmonising and strengthening

Rose: harmonising, balancing and mood-lifting

Cream treatments

For nourished and soft skin. Each lotion is unique in its own right and offers special benefits: from the flowery Cleopatra to the soothing Aloe Vera.

25 mins. € 42,-

Aloe Vera: nourishing, anti-inflammatory and cooling

Cleopatra: moisturising, softening for silkier skin

Green Tea: vitalising, antibacterial and moisturising

Hay bath

Well-being and invigoration thanks to the power of mountain hay. Promotes intestinal and stomach activity, purifies, and is excellent for stress relief – it also strengthens your general sense well-being.

25 mins € 42,-

Aroma-lifting wrap

Belly-legs-buttocks – in the floating tub. For detoxification, skin tightening and circulation, circumference reduction and combating cellulite.

25 mins. € 45,-

3x aroma-firming and toning wrap

€ 128,-





Baths



Approx. 25 minutes in the tub are ideal for warming up the muscles before a massage (can also be booked in combination). Leave the stress and strains of everyday life behind, relax and recharge your batteries.

Alpine dairymaid bath

Not only Cleopatra, but also the dairymaids knew about the positive effects of milk. The milk-honey mixture builds up the protective acid mantle of the skin and makes it smooth. Treatment comes with a buttermilk cocktail.

1 person € 30.-
2 persons € 40.-

Salt-oil bath

Added to the bath water, our combination of sea salt, nourishing oils, alpine herbs and rosebuds creates a sensual fragrance. You are served a glass of sparkling wine with your treatment.

1 person € 30.-
2 persons € 40.-

Beer bath

A bath in beer was already considered a treatment in the Middle Ages. Even back then, monks knew about the health-promoting properties of hops and malt for skin-care. The skin revitalising and relaxing bath makes men's hearts beat faster, but it is certainly just as much fun for women. Treatment comes with a glass of beer.

1 person € 30.-
2 persons € 40.-

Relaxing lavender bubble bath

Lavender is the perfect additive for a balancing and calming relaxation bath. A glass of lavender sparkling wine is part of the treatment.

1 person € 30.-
2 persons € 40.-





Massages



Massages are not only relaxing. The different techniques relieve tension and ailments and lead to the improvement of many conditions that arise from the daily stress our bodies are subjected to.

Classic massage

Back and neck or leg

25 mins. € 42.-

Full body

50 mins. € 82.-

Full body and face

70 mins. € 104.-

Relaxation massage with aromatic oils or goat butter cream

A relaxing, balancing and gentle massage with aromatic oils selected by you.

Back and neck or leg

25 mins. € 50.-

Full body

50 mins. € 87.-

Full body and face

70 mins. € 109.-

Dorn-Breuss massage

A back massage with St. John's wort oil including stretching and elongation of the spine. Followed by vertebral and joint correction. For ailments in the spinal area, herniated disc, migraine and arch supports.

70 mins. € 105.-

Back and leg massage

A combination for all those who spend a lot of time on their feet, whether professionally or for leisure purposes.

50 mins. € 84.-

Foot and leg massage with horse chestnut cream

With extract of horse chestnut seeds. The insider tip for leg and vein problems. Vitalises and relieves the feeling of heaviness and discomfort in the legs. Ideal for tired hikers and skiers.

25 mins. € 44.-

Foot reflexology

By applying pressure to the reflex zones on the foot, the organ systems in the body can be positively influenced – its self-healing powers are activated, the organs and muscles benefit from a better blood circulation. Optimal relaxation for the mind – revitalisation of the organism.

25 mins. € 42.-

Back and foot reflex massage

This combination of two massage techniques ensures optimal relaxation.

50 mins. € 84.-





Massages



Special back massage with marmot cream

Tension in the neck, back and lumbar muscles are harmonised and relieved by applying pressure to specific points – trigger points. Through the additional combination of pelvic alignment and ear acupuncture massage, blockages are released, resulting in pain relief. For headaches due to tension, migraine, numb arms, sciatica, lumbago or other states of tension in the back.

50 mins. € 84.-

Cupping on the back



Cupping is a natural healing method that has been known for thousands of years. Cupping glasses are applied to your back at specific points and, through the negative pressure and an additional massage, increased local blood circulation is achieved. This reaches deep into the connective tissue and strongly stimulates the metabolism. The only side effect is purely aesthetic in nature – bloodshot areas may appear, but these dwindle within a week. Recommended for tension and muscle pain, gastro-intestinal disorders, respiratory tract conditions, and for detoxification.

25 mins. € 44.-

Cupping massage on the legs to battle cellulite

The cupping massage introduces a stronger blood circulation of the whole region treated and promotes metabolism locally, increasing the vitality of the tissue. In addition, the cupping massage frees the skin from accumulated epidermis particles and thus increases their permeability as well as skin respiration. Fat accumulations and tissue changes can only be prevented or mitigated when your metabolism functions properly. It is recommended that the cupping massage be carried out with an aroma lifting wrap to achieve the best possible result.

25 mins. € 44.-

Back massage with cupping

40 mins. € 63.-

Lymphatic drainage

This gentle, painless massage directly influences the lymphatic system which helps the body to detoxify and reduces fluid blocks which in turn is good for the immune system, to fight off inflammation of the sinus, after operations, muscle strains and bone fractures.

Arms, legs or face

25 mins. € 42.-

Arms and legs

50 mins. € 82.-

Arms, legs and face

70 mins. € 104.-

Back massage with facial lymphatic drainage

50 mins. € 84.-





Children's massage and cosmetics



It is not just the parents who seek relaxation and want to be pampered. Children's massages are not only pleasant and make the skin smooth – they also help fight restlessness and disharmony and promote a restful sleep. We recommend to book a massage only for children in the age of **4 years or older**. As children under this age only respond to massages to a limited extent. You are welcome to be present during the children's treatments.

Children's massage

Full body massage with aromatic oil (cocoa or rose), for inner balance and restful sleep 25 mins. € 42.-

Chocolate face mask

Children's faces also enjoy being pampered. Makes the skin soft and smells wonderfully of chocolate (not edible though). 15 mins. € 23.-

Smiley's bubble bath

Bathing fun with lots of bubbles and a bath bomb. (up to 10 years only accompanied by an adult) 25 mins. € 42.-

Teen cosmetic treatment

Short facial treatment with care tips especially for teens 40 mins. € 53.-

Princess Klara

Even little girls love beautiful nails. They want to be as pretty as mummy. Colourful, glittery or with rhinestones, many things are possible. 15 mins € 23.-





Energy massages



These massages not only require special training, but also achieve very special results. For all those who want to treat themselves to something "special" for once.

La Stone® massage

In a special ceremony, warm basalt stones and cool marble stones are placed on the energy centres (chakras) of the body. The stone massage achieves a high degree of psychological and physical relaxation, dissolves tension, stimulates the metabolism and lymph flow and vitalises the body's power centres, a treatment that reaches body, mind and soul.

70 mins. € 105.-

Lomi Lomi Nui

A very gentle and soothing massage. A lot of oil is applied from the head (including hair) to the feet. The application is a cleansing and harmonising ritual. Stress and old thought patterns that are "stored" in the cellular memory of the body are dissolved during the process. This massage is not only performed with the hands, but also using the forearms. 70 mins. € 110.-





Cosmetic treatments



With our all-round beauty programme from Kirland, for the highest demands.

The secret of beautiful skin lies in proper cleansing and care. The more natural the ingredients, the better for the skin. Kurland's classic series was developed precisely according to this motto – naturally without parabens and PEGs. For the highest demands and of course without animal testing.

Small facial treatment

Skin-specific cleansing, peeling, steaming of the face with the Vapozon and brief purification, then a face mask and day cream selected according to the skin's needs are applied.

40 mins. € 63.-

Large facial treatment

Skin-specific cleansing, peeling, steaming of the face and purification. Face, neck and décolleté massage, followed by a facemask selected to suit the skin's needs, eye cream and day cream.

Hand or foot massage during the face mask may be booked in addition.

55 mins. € 84.-
€ 10.-

Luxury facial treatment

Skin-specific cleansing, eyebrow shaping, eyebrow or eyelash dyeing, peeling massage, face steaming and cleansing, facial massage with active ingredient ampoule, followed by a face mask, eye cream and day cream selected to suit the skin's needs.

Hand or foot massage during the face mask can be booked in addition

85 mins. € 133.-
€ 10.-

Facial lymphatic drainage

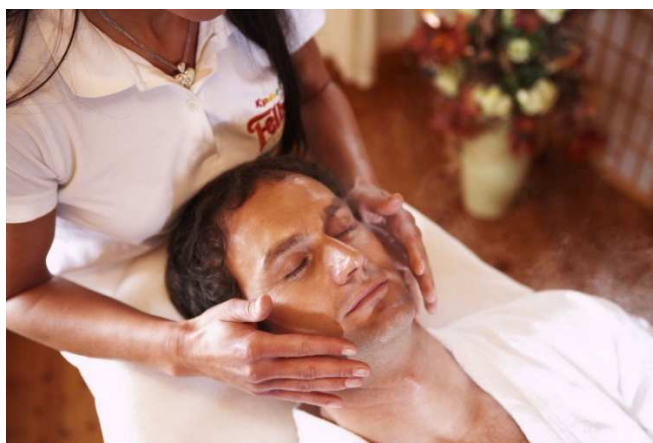
A light pumping massage that targets the lymphatic channels of the face and stimulates the purification process at an early stage. Swelling, congestion or acne subside more quickly. Also very good for sinusitis.

25 mins. € 42.-

Relaxing facial treatment

Short cleansing and a soothing jelly mask followed by a relaxing facial massage.

50 mins. € 82.-





Cosmetic treatments



Facial massage with rose oil

Relaxing, nourishing and circulation-enhancing face and décolleté massage.

25 mins. € 45.-





Cosmetic treatments



Hands & Feet

Removal and reapplication of nail polish	approx. 15 mins.	€ 15.-
Manicure	approx. 40 mins.	€ 53.-
Manicure with nail polish	approx. 55 mins.	€ 68.-
Manicure with hand massage	approx. 50 mins.	€ 71.-
Manicure with hand massage and nail polish	approx. 60 mins.	€ 86.-
Pedicure	approx. 40 mins.	€ 53.-
Pedicure with nail polish	approx. 55 mins.	€ 68.-
Pedicure with foot massage	approx. 50 mins.	€ 71.-
Pedicure with hand massage and nail polish	approx. 60 mins.	€ 86.-

For the eyes

Eyebrow shaping	approx. 10 mins.	€ 15.-
Eyebrow tinting	approx. 10 mins.	€ 15.-
Eyelash tinting	approx. 10 mins.	€ 15.-
Eyelash and eyebrow tinting	approx. 20 mins.	€ 36.-

Hair removal with azulene wax

Upper lip or chin	approx. 10 mins.	€ 15.-
Armpit	approx. 15 mins.	€ 18.-
Lower leg	approx. 25 mins.	€ 36.-
Back or chest (for men)	approx. 25 mins.	€ 42.-
Full leg	approx. 50 mins.	€ 71.-





Specials for him and her



Specially coordinated massages and treatments for the greatest possible well-being effect. These packages can also be booked for one person.

Mummy special

To unwind and relax. A peeling treatment with alpine herbs promotes blood flow and refines the skin's appearance. The subsequent massage with aromatic oil candles ensures deep relaxation.

1 salt oil peeling with alpine herbs and
1 back massage with aroma oil candle (very gentle) 50 mins € 68.-

Daddy special

Hops and malt – the perfect ingredients for a very special and treatment. It promotes health and is a great way to care for your skin. A back or leg massage afterwards will make even the most tired dad fit again.

1 beer bath
1 classic back or leg massage 50 mins. instead of € 72.- € 65.-

Anti stress

If you want to escape the daily stress, a relaxing lavender bath really pays off. The gentle back massage with aromatic oil candles releases additional tensions. The whole experience is rounded off with a soothing jelly face mask.

1 lavender bubble bath
1 back massage with aroma oil candle (very gentle)
1 soothing jelly mask 70 mins. € 80.-

Time for myself

Simply take time off for yourself! Relax with a peeling treatment or a cream pack of your choice. Then enjoy a revitalising facial massage.

1 salt-herb peeling or cream pack
1 Facial massage with rose oil 50 mins. instead of € 87.- € 80.-



Feel-good programme for mums-to-be



Mums-to-be deserve to be pampered. Leave your pregnancy-related "aches and pains" behind with a massage or cosmetic treatment. If the pregnancy is progressing normally, these treatments can be carried out between the 4th and 7th month.

Massages

Classic massage

Back and neck	25 mins.	€ 42.-
Full body	50 mins.	€ 82.-
Full body and face	70 mins.	€ 104.-

Relaxation massage with almond oil or goat butter cream

A relaxing, balancing and gentle massage

Back and neck	25 mins.	€ 50.-
Full body	50 mins.	€ 87.-
Full body and face	70 mins.	€ 109.-

Facial massage with rose oil

Nourishing and circulation-enhancing facial and décolleté massage.	25 mins.	€ 45.-
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Lymphatic drainage legs or face

This gentle, painless massage directly influences the lymphatic system which in turn helps the body to detoxify. It also reduces fluid blocks which in turn is good for the immune system, it helps fight off inflammation of the sinus, is recommended after operations and to reduce muscle strains and to help bone fractures heal.

	25 mins.	€ 42.-
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Feel-good programme for mums-to-be



Cosmetic treatments

Hands & feet

Removal and reapplication of nail polish	approx. 15 mins.	€ 15
Manicure	approx. 40 mins.	€ 53
Manicure with hand massage	approx. 50 mins.	€ 71
Pedicure	approx. 40 mins.	€ 53
Pedicure and foot massage	approx. 50 mins.	€ 71

For the eyes

Eyebrow shaping	approx. 10 mins.	€ 15
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Hair removal with azulene wax

Upper lip or chin	approx. 10 mins.	€ 15
Armpit	approx. 15 mins.	€ 18
Lower leg	approx. 25 mins.	€ 36
Full leg	approx. 50 mins.	€ 71





Solarium



Solarium - Soltron "Hot Pepper"

15 minutes of sun tanning – even under overcast skies. The solarium is located in the resting area of the swimming pool. Tokens are available at the reception.

€ 7,-

