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SPA MENU

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OUR PHILOSOPHY

Find calm. Recharge.
Feel your holiday.

In the mountains, everything becomes quieter - including us. Our spa focuses on what truly matters: deep relaxation, lasting regeneration, and restful sleep. No overstimulation, no overwhelming choices - just treatments that understand the body and bring peace to the mind.





The essence of our hotel –
for *true recovery*.

MOUNTAIN CALM - DEEP RELAXATION _____ 80 MIN. **€120**

Arrive, let go, reconnect with yourself.

This soothing ritual begins with a warm stone pine bath. Slow, rhythmic full-body massage movements release tension, while warm stones gently deepen relaxation.

Your breath slows, your thoughts become quiet and your holiday begins from within.

**ALPINE REGENERATION -
AFTER SPORT & ACTIVITY** _____ 80 MIN. **€130**

Feel mobility. Relieve your muscles.

A warming peat pack relaxes the muscles deeply and prepares the body optimally. Targeted fascia work and firm, precise techniques release tension and adhesions, while cooling ingredients refresh stressed muscles.

Ideal for those who are active and want to restore balance.

MENTAL RESET - SWITCH OFF YOUR MIND _____ 60 MIN. **€100**

Clear your mind. Find stillness.

A warm hay pack creates a sense of comfort and helps the body arrive. Slow, mindful techniques focusing on neck, head, and face release tension and guide you into deep relaxation step by step.

For a clear mind, inner calm, and renewed lightness.

YOGA FLOW

Movement that stays – in body and mind.

PRIVATE YOGA SESSION _____ 60 MIN. **€90** | 2 PERSONS **€130**

Completely personal, completely individual.

A tailored yoga session adapted to your needs - whether for your back, flexibility, or deep relaxation. In a calm, private atmosphere, you reconnect with your body and recharge your energy.

Also ideal for beginners - without pressure or expectations.

YOGA & DEEP RELAXATION _____ 90 MIN. **€130**

Let go. Feel. Find balance.

This special ritual combines the best of two worlds: A relaxing aroma oil massage releases tension and calms the body. Building on this, gentle yoga movements guide you into a flowing rhythm and deepen relaxation sustainably.

A unique combination of touch and movement - for a feeling that lasts. Particularly beneficial after your arrival or as a mindful end to your stay.





CLASSIC MESSAGES

Proven & trusted – timeless
classics for your well-being.

FULL BODY MASSAGE _____ 50 MIN. **€75**

PARTIAL BODY MASSAGE _____ 25 MIN. **€45**
(back & neck or legs)

BACK & FOOT REFLEX COMBINATION _____ 50 MIN. **€75**

FOOT REFLEXOLOGY INCL. FOOT BATH _____ 40 MIN. **€70**

LYMPHATIC DRAINAGE _____ 50 MIN. **€75**

AROMA MASSAGES BY ALPIENNE _____ 50 MIN. **€78**

Choose from our alpine active ingredient blends:

- Propolis with yarrow and vanilla
- Marmot oil with healing peat and lemon balm



ENERGETIC MESSAGES

Energy in flow – *deep and effective.*

LOMI LOMI _____ 75 MIN. **€125**

Gentle, rhythmic movements in long, flowing strokes release tension and bring body and mind into a harmonious rhythm.

60-minute treatment followed by 15 minutes of rest and reflection with a cup of tea.

HOT STONE MASSAGE _____ 50 MIN. **€80**

Warm basalt stones combined with targeted techniques relax the muscles, release deep tension, and provide intense relaxation.



**SHIATSU** _____ 75 MIN. €115

Mindful pressure along the body's energy lines restores balance, releases blockages, and activates the natural flow of energy.

60-minute treatment followed by 15 minutes of rest and reflection with a cup of tea.

HERBAL STAMP MASSAGE _____ 50 MIN. €90

Warm herbal stamps unfold their soothing effect on skin and muscles, relieve tension, and create deep relaxation with a touch of alpine herbal power.



*Healthy skin after sun,
cold & mountain air.*

*Optional add-on: Lip hair removal (€20)
can be added to any facial treatment.*

Facial Treatments – Babor

ALPINE GLOW - VISIBLY REFRESHED _____ 50 MIN. **€80**

Radiant complexion, natural freshness.

A personalised facial cleanses, clarifies and nourishes the skin according to your individual needs. Steam peeling, brow shaping and a nourishing mask restore freshness and a balanced complexion.

Depending on your skin, the focus is either on deep cleansing or a relaxing face, neck and décolleté massage.

For a natural glow and a feeling of complete care.

ALPINE VITAL -

NEW ENERGY FOR THE SKIN _____ 80 MIN. **€110**

Feel radiance. Revitalise your skin.

An intensive facial and décolleté treatment that restores energy and glow. Deep cleansing, peeling, active concentrates and massage release tension and nourish the skin.

A high-quality finishing treatment completes the ritual - for visibly refreshed and revitalised skin.



Facial Treatments – TEAM DR JOSEPH

**DEEP CLEANSING FACIAL -
CLARITY FOR THE SKIN** _____ 50 MIN. €75
Clarify. Refine pores. Restore radiance.

This skin-type-specific deep cleansing treatment, based on the TEAM DR JOSEPH method, removes impurities and build-up from the skin. Cleansing, exfoliation, deep cleansing, a peel-off mask and day cream leave the complexion visibly clearer and more even - for fresh, clear and radiant skin.

**INTENSIVE BEAUTY TREATMENT -
SKIN THAT BREATHES** _____ 80 MIN. €119
Natural care with deep effect.

This highly effective, natural skincare treatment, based on the TEAM DR JOSEPH method, is specially tailored to the needs of your skin. Cleansing, exfoliation, deep cleansing with cupping glasses, a sculpting facial massage, serum and a personalised day cream leave your skin looking intensely nourished and healthy. Natural active ingredients work deep down to provide visible freshness, radiance and a sense of well-being.

INTENSIVE LIFTING & GLOW TREATMENT -**RADIANT FEATURES, SPARKLING EYES** _____ 50 MIN. €90*Lift. Firm. Reveal radiance.*

This intensive treatment visibly firms and brightens the eye area and face. A Gua Sha massage stimulates microcirculation, reduces puffiness and dryness, and gently lifts the facial contours. Cleansing, exfoliation, a special serum, a mask and a personalised day cream complete the ritual - for visibly firmer, more radiant and even-toned skin.

EFFECTIVE SKINCARE FOR MEN -**POWERFUL, FRESH, WELL-GROOMED** _____ 50 MIN. €80*Powerful. Clear. Well-groomed.*

This treatment, based on the TEAM DR JOSEPH method, is specially tailored to the needs of men's skin. Cleansing, exfoliation, deep cleansing, serum and an intensive mask with a facial massage provide energy, freshness and visible care. Natural high-tech active ingredients ensure a powerful, well-groomed complexion and a striking, vibrant radiance.





BODY TREATMENTS & BATHS

Immerse yourself,
let go and *recharge*.

PEELING & BODY WRAP _____ 50 MIN. €80

Gentle skin renewal and nourishing care.

CHOOSE YOUR PREFERRED WRAP:

Moor: This powerful peat wrap releases tension, relaxes muscles and joints, and relieves pain. In combination with soothing warmth, it unfolds its full effect - for noticeable regeneration and a new sense of lightness in the body.

Vitality: Marmot oil, yellow gentian, and wheat bran stimulate circulation, relieve tension and cramps, and support the skin's natural regeneration process. Inflammation is reduced and muscles are relaxed - for perceptible recovery, improved mobility, and a vital body feeling.

Detox: Birch leaves, juniper, and orange oil stimulate the metabolism, promote detoxification, and strengthen the tissue. The skin is revitalised, and the body feels lighter and more vital - for a noticeably cleared and harmonious body feeling.

EXFOLIATION & MASSAGE _____ 75 MIN. €95

Preparatory exfoliation combined with a relaxing massage - particularly soothing after an active day.

EXFOLIATION:

Tailored to your desired results and your favourite fragrance

Bath & Massage Rituals

COUPLE RITUAL - BATH & RELAXATION MASSAGE _____ 60 MIN. €100

This special ritual combines valuable time together with individual relaxation. An atmospheric candlelit bath with bubbles, prosecco, fruit, and fine Tyrolean chocolate creates a space for tranquility, closeness, and indulgence.

After a short period of rest, the relaxation is gently deepened: a personalised massage ensures noticeable relief and lasting well-being.

25-minute bath for two, followed by a period of rest and a 20-minute massage per person.





**DETOX & MAGNESIUM -
BATH & SPORTS MASSAGE** _____ 50 MIN. €85

A soothing bath with magnesium and Epsom salts supports muscle recovery, relieves tension, and promotes physical relief. Especially after active days in the mountains, it has a calming effect on muscles and joints and provides a renewed sense of lightness.

Following the bath, a 20-minute sports massage deepens the effect and releases any remaining tension, accompanied by a soothing cup of herbal tea.

Ideal for hikers, skiers, and everyone who wants to provide their body with targeted recovery after activity.



Beautiful hands,
well-groomed feet, *small extras.*

FOOT CARE INCL. FOOT BATH _____ 70 MIN. **€60**
including either polish or a massage

MANICURE _____ 70 MIN. **€55**
including either polish or a massage

EYEBROW SHAPING _____ APPROX. 15 MIN. **€15**

EYEBROW TINTING _____ APPROX. 15 MIN. **€18**

EYELASH TINTING _____ APPROX. 20 MIN. **€18**

**EYEBROWS & EYELASHES
INCL. SHAPING** _____ APPROX. 40 MIN. **€30**



FOR OUR LITTLE GUESTS

Little guests, *unforgettable moments.*

CHILDREN'S MASSAGE _____ 25 MIN. €38

MINI MANICURE OR PEDICURE _____ 40 MIN. €40
including either polish or a massage

Treatments available up to 14 years.





PREGNANCY

You deserve to be pampered during this special time as well. We are happy to advise you personally and find the right treatment for your well-being.

SNACKS & DRINKS

Our tea bar is available to you at any time for a little break in between.

PEACE & CONSIDERATION

Our spa is a place of relaxation and tranquility. Please shower before using the pool and sauna, and use the towels provided in the saunas. We also ask that you do not use your mobile phone or keep it on silent so as not to disturb the relaxation of other guests.

SAUNA AREA

Children under 14 years of age are not permitted in the sauna area.

CONSULTATION

Our spa team is at your disposal for personal and expert advice.

We recommend making a reservation prior to your arrival.



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