



SPA - TREATMENTS
with natural alpine products



Massages

INVIGORATING

Fullbody massage

Intensive Phyto
Art back treatment

Pine Vitalising Massage

Sports Energia

Waldmeister Reloaded
Legs and feet

RELAXING

Balance relaxing
massage

Massage with Alpine
herb pads

Massage with stones
and crystals

Treatments

FACE

The Fountain of Youth
The Alpienne
rejuvenating treatment

Relax
Facial massage with
pine massage hearts

BODY

Phyto Art Cellulite
treatment

Salt Stone Massage

Fullbody massage with stone pine and arnica or with alpine herbs

Massage in a broader sense is one of the oldest traditional remedies of mankind. Massages have a very special effect on your body, spirit and soul. Applying the various techniques of a classic massage, like stroking, kneading, tapping and friction, your muscles are loosened.

Back, arms, legs, neck and décolleté - 50 minutes

Back, arms, legs, neck, décolleté, face and head- 80 minutes



DURATION 50 MINUTES EURO 95

DURATION 80 MINUTES EURO 135

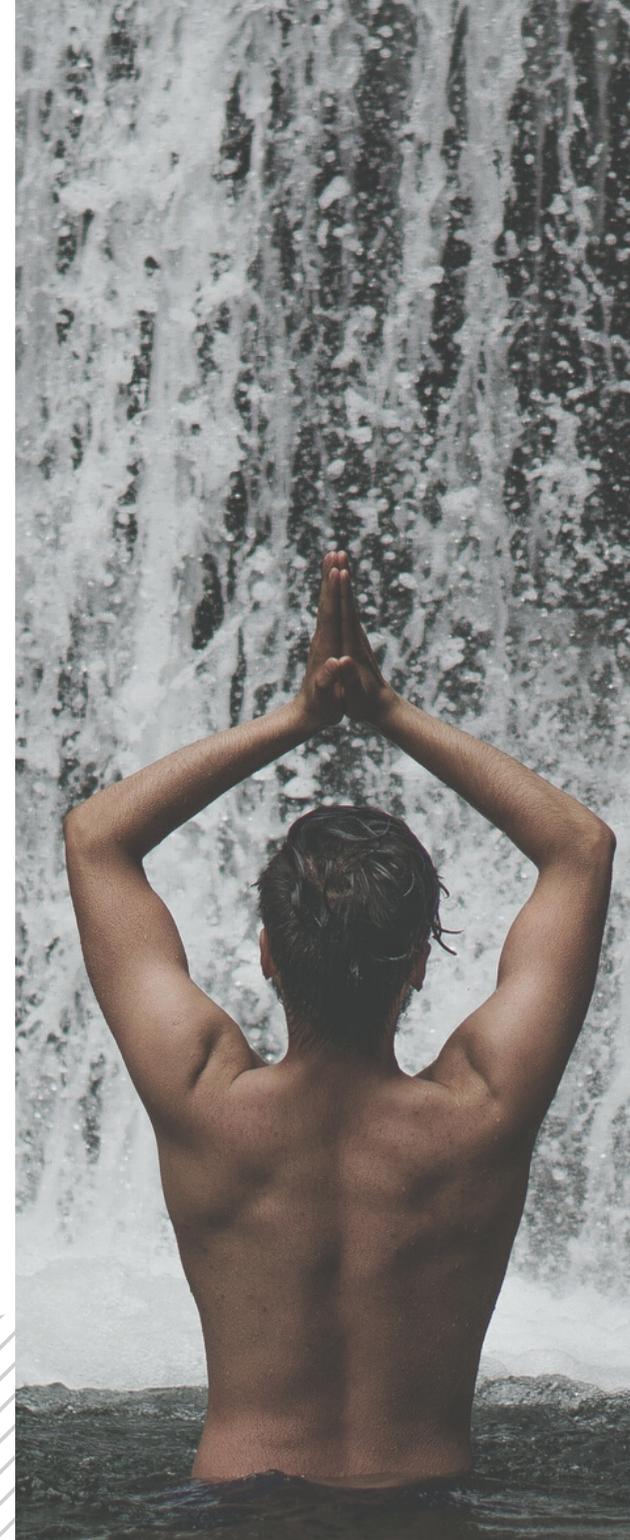


Intensive back treatment

An intensive treatment for tense back muscles. The hot roll of the Kneipp method, scented with local herbs, warms the muscles and prepares them to receive the massage. Cupping combined with a deep back massage removes blocks and regenerates the back structures. The Forest Lungs Balm helps the muscles relax with a long-lasting effect releases a soothing forest aroma..



DURATION 50 MINUTES - EURO 95



Pine Vitalising Massage

An intensive treatment using the power of the King of the Alps. Handmade pine extracts combined with the effective ingredients of mountain arnica and rosemary make this exceptional pine vitalising massage a true relief for tired muscles and joints! The key to this Alpine massage lies in the different, prewarmed pine stamps that are moved rhythmically over the body using various techniques from pressure to tapping. This releases tension and activates the body's power of energy. The combination of targeted vitalising massage and meditation as well as the wonderful aroma of pine ensure a unique pampering experience!



DURATION 50 MINUTES EURO 130



Sport Energia

This massage is ideal before or after practicing a sport. The extracts of bay leaf, pure marmot oil and olive oil stimulates blood circulation, warms up tense muscles and stressed joints. Then arms and legs are refreshed with arnica tonic.



DURATION 50 MINUTES - EURO 95



Waldmeister Reloaded

Legs and feet

The forest is a symbol of freshness and vitality that offers much more than just trees! This is what you will experience in this wonderfully vitalising care ritual; for legs and feet. A footbath is followed by a refreshing leg and foot treatment with fascia rollers. In addition to highly-effective sage, juniper berry, rosemary, and thyme oils, we use the very special phyto-powers of mosses, lichens, ferns, mistletoe, fungi, and herbs, which are great for muscles and joints and at the same time they provide the skin with a tremendous amount of moisture, elasticity, and regeneration.

Whether you've been scaling mountains all day or simply indulging in sweet idleness, Waldmeister Reloaded makes you fresh for new challenges.



DURATION 50 MINUTES EURO 89



Phyto Art Balance

Anti stress-relaxing massage

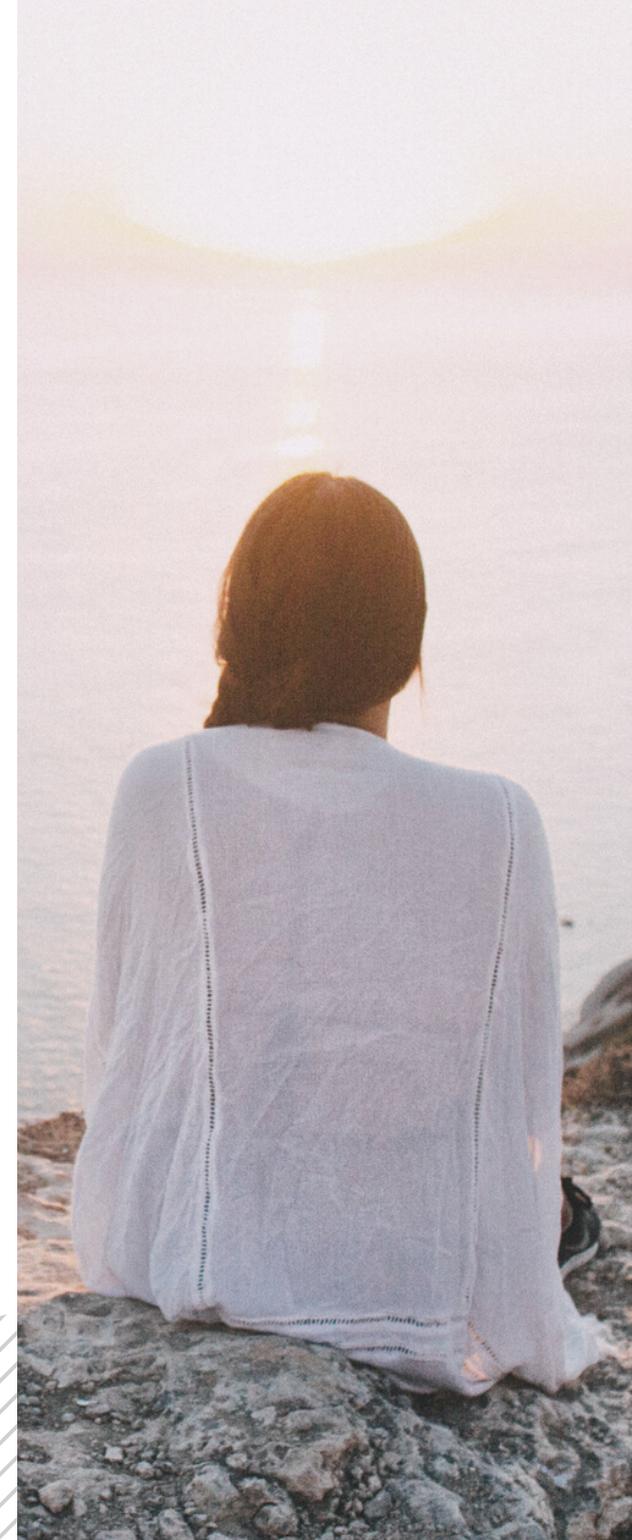
Take a real break and let yourself go!

A select massage milk with St. John's wort and orange helps reduce stress, leave behind the frenetic rhythms of everyday life and free the mind.

Special massage maneuvers, combined with various crystals, dissolve the blocked muscles of the back and neck and stimulates the flow of energy, allowing to harmonise body and mind.



DURATION 50 MINUTES EURO 95



Massage with Alpine herb pads

An aromatic, vitalising experience using the Alpienne method and a combination of relaxing and special massage techniques with massage aids. The body and soul are pampered with a wonderful essence of fresh hay flowers holistically paired with Alpine medicinal herbs and edelweiss. Calamintha, yellow gentian and hay flowers stimulate the circulation as well as firm and smooth the skin. Anti-ageing ingredients like edelweiss, bilberries, black elder, mullein and zeolite regenerate your skin and provide it with lasting strength.



DURATION 80 MINUTES - EURO 150

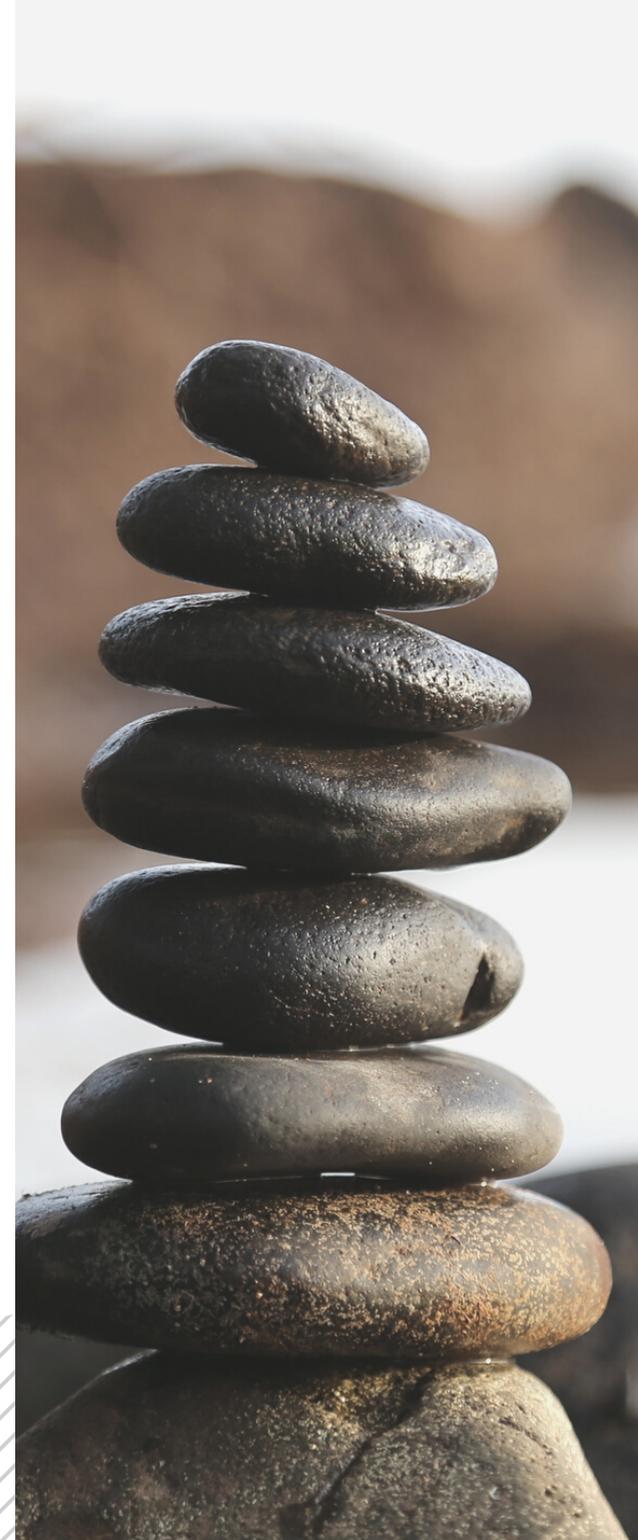


Massage with stones and crystals

This special ritual with heated volcanic stones and fresh crystals transmits to the body an entirely new vital energy. The delicate contact with the warm stones alternated with the fresh sensation of the crystals deeply relaxes both body and mind.



DURATION 80 MINUTES - EURO 145



The Fountain of Youth

The Alpienne rejuvenating treatment

A wonderful, natural and pure care program specially adapted to the needs of demanding skin. Extracts of brewer's yeast, St. John's wort, green barley, mullein and lady's mantel as well as a special beauty blend of different wild berries with powerful antioxidants and vitamins give your skin everything it needs for regeneration and vitality. Your face, neck, décolleté and hands are intensively cleansed, toned, scrubbed and massaged before a deep active treatment detoxifies and regenerates them with a natural clinoptilolite rich in silicone. To finish, they are nourished with a naturally effective anti-ageing cream. A truly extra-special care package guaranteed to leave you smiling.



DURATION 80 MINUTES - EURO 155



Relax

Facial massage with pine massage hearts

This refreshing treatment is a combination of a vitalising massage and special acupuncture treatment. The first part of the treatment stimulates circulation and the lymphatic system to ensure effective detoxification. The second phase treats tension and stress areas with targeted techniques. Let your face relax with you!



DURATION 50 MINUTES- EURO 120



Salt Stone Massage

Warming and cooling. Energising and relaxing. This unique salt stone massage is a balanced treatment using the Alpienne method and contrasting sensations for an exceptionally soothing massage. The whole-body treatment nourishes your skin and refines your complexion with a soft scrub of honey, propolis and rock salt. After a natural, pure massage scrub is applied, your skin and musculature are pampered with special salt stones and a soft, activating massage. This innovative treatment ensures regeneration, balance and well-being



DURATION 50 MINUTES - EURO 145



Phyto Art

Cellulite treatment

The areas of the body in which cellulite can be found are treated with a special fluorite gua-sha stone massage so as to improve the circulation of blood slowed down by the presence of cellulite. By improving blood circulation one increases the transportation of oxygen to the cells, and toxins are removed more efficiently from the tissues. The active compress containing seaweed, elder, cornflower and achillea stimulates cellular metabolism, favouring the removal of fatty tissue.

The subsequent massage with the Silhouette body lotion, made of ivy and bearberry, has an antioxidant action and revitalises the connective tissue.



DURATION 50 MINUTES - EURO 115



Useful information

We suggest you to make reservations well in advance to ensure the preferred treatments.

Guests with health problems such as high blood pressure, heart problems etc. and pregnant women are kindly requested to consult their personal doctor and inform us in advance.

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