



# ALPINE PALACE SPA

## SPA OFFER

*Luxurious treatments,  
that touch the body, mind and soul*

*Feel royal. enjoyässig.*

*Welcome*

*Whoever is looking for something special,  
is in the best hands with us.*

## *Spa Information & Shopping*

### OPENING HOURS

All Pools (Water world)	07.00 – 22.00
Turmsauna	07.00 – 22.00
Sauna world	15.00 – 22.00
Fitness room	07.00 – 22.00
Solarium	07.00 – 22.00
Alpine Palace SPA	10.00 – 19.00 (Closed on Mondays)
Hair-Lounge	on request

### SPA- APPOINTMENT RESERVATIONS AND ADVICE

Phone from your room	680
Phone extern	+43 6541 6346 680
Mobil & WhatsApp	+43 664 88 588 143
E-mail	beauty@alpine-palace.com

Our doors on the second floor are open for you at set times to arrange appointments and individual consultations for your SPA experience. We look forward to offering you tailored moments of relaxation.

### GIFT VOUCHERS

You can order these directly online on our website or have them issued directly at our hotel reception. They can then be redeemed for a SPA experience of your choice. [Click here](#) for our vouchers:



## PRODUCT ORDERS

We will be happy to send you the desired products from our Alpine Palace SPA conveniently by post. You can easily place your order directly at the SPA on site or by telephone or e-mail.

Phone from your room	680
Phone extern	+43 6541 6346 680
Mobil & WhatsApp	+43 664 88 588 143
E-mail	beauty@alpine-palace.com

## SPA-SHOPPING & ENJOYMENT

In our SPA we carry exclusive products of the following brands: Anti-Aging cosmetics from **QMS Medicosmetics**, **FUHLENDORF**, decorative cosmetics from **O.P.I.**, body products from **ALPIENNE**, **KURLAND**, **Peclavus**. We will be happy to send you the desired products from our Alpine Palace SPA conveniently by post.

Gourmets and connoisseurs are cordially invited to enjoy a cup of excellent Ronnefeldt tea or a Piccolo Moët & Chandon at our SPA reception or on our private SPA terrace.



peclavus®



## *Spa - Etiquette*

### **APPOINTMENT ARRANGEMENTS**

We recommend that you make SPA reservations as early as possible. You can make appointments by telephone on +43 6541 6346 680 or by e-mail at [beauty@alpine-palace.com](mailto:beauty@alpine-palace.com). You will receive confirmation of the reserved appointments upon arrival. It is best to book additional treatments as soon as you arrive. Of course, it may happen that short-term appointments are also available.

### **CANCELLATIONS & DELAYS**

Out of respect for the following guests, we ask for your understanding that if you are late, it will be deducted from the treatment time at the same cost. If you cannot keep your appointment, we ask you to cancel at least 24 hours in advance - this cancellation or postponement is free of charge. For appointments that are not cancelled, postponed, or not kept in time, 100% of the treatment costs will be charged. In case of cancellation or postponement of the appointment for which an advance payment was made in the form of a voucher, the same conditions apply, i.e., the value of the voucher will be reduced accordingly.

### **BEFORE AND DURING YOUR TREATMENT**

We recommend that you arrive about 10 minutes before your appointment. This will give you enough time to enjoy a cup of excellent Ronnefeldt tea, fruit, dried fruit or a Piccolo Moët & Chandon in our waiting area or private SPA terrace and get in the mood for your treatment. We recommend that you come to your treatment without perfume, jewelry and heavy make-up.

During treatment, we want to respond to your individual wishes. We will therefore ask you what is particularly important to you before the treatment. Competent advice is an integral part of the treatment and is very important to us. Please also let us know of any discomfort or particularities during the treatment. Please make us aware of any special health conditions, as individual treatments may not be suitable for you.

## **CLOTHING**

For a pleasant SPA stay, we recommend that you come to the treatments in a bathrobe and bath slippers (provided in your hotel room). During the treatment we will keep you warm with our tuck-in techniques and pre-warmed couches. Disposable underwear is also available if needed.

## **PRIVACY & SPA ADVICE**

We are happy to provide you with spa advice during our opening hours. Out of respect for you and for us, we ask for your understanding that we do not answer any questions about your or our private life, nor do we discuss religious or political issues or give you any advice on these matters. Thank you for your understanding.

## **VALUABLES**

We recommend that you lock your valuables and personal items in your hotel room safe or deposit them at the hotel reception. We assume no liability for valuables.

## **YOUR WELL-BEING IS IMPORTANT TO US - YOUR OPINION ALSO**

We do our utmost to meet your high expectations and needs and are aware that each treatment is an individual experience. We look forward to your feedback.

## **SMOKING & PHONE**

Out of consideration for yourself and other guests, we ask that you turn off your cell phones during your stay at the SPA. Please also refrain from using video and photo cameras during your stay and keep your conversations quiet and reserved in all areas out of consideration for other guests. Silence and tranquility are the prerequisites for relaxation.

Our SPA is smoke-free.

## POOL, SAUNA & KIDS

A variety of drinks, fruits and dried fruits are available in our pool & sauna area. Please understand that we are not allowed to serve alcoholic drinks in the sauna. We ask you not to bring your own drinks and food into the entire SPA area. We also ask you to refrain from reserving loungers. Our SPA staff regularly clears occupied areas. The sauna area is a nudist area. Children and teenagers up to the age of 16 are not allowed in the sauna area. Children of all ages are welcome in the pool area.

## SOLARIUM

Solarium jetons are available at the hotel reception. We would like to point out that the use of a solarium in Austria is only allowed from 18 years of age.

## VALIDITY

This SPA menu is valid from 16 Oktober 2023, so all previous prices become invalid. Prices may change at any time without prior notice.

*A poem of serenity written in every relaxed breath: experience our  
spa as a source of peace of mind.*



## *Product Lines*

Your relaxation, satisfaction and well-being are our top priority. For this reason, we trust in the medical anti-aging care line of the internationally renowned cosmetic surgeon Dr. med. Erich Schulte. The high-quality product lines of Fuhlendorf, O.P.I., Kurland, Alpienne, Well & Life, Peclavus complete our exclusive product assortment.

Our SPA philosophy is based on a harmonious symbiosis of luxurious medical high-performance cosmetics and natural cosmetics product lines. Because our roots are in nature.

### **QMS MEDICOSMETICS** SCIENCE NOT MIRACLES



QMS Medicosmetics is a brand that leads, not follows. It's a philosophy that comes from founder Erich Schulte, MD - a renowned traumatologist, cosmetic surgeon and international skin care pioneer. QMS Medicosmetics, the "World's Best Spa Brand," is one of the icons of medically based luxury cosmetics. The German brand stands for clinically proven high performance skin care with 97% skin-identical collagens and hyaluronic acid to improve the structure and quality of your skin.

### **FUHLENDORF**



Fuhlendorf is the market leader in instrumental cosmetology for effective applications with high-quality beauty products. An intelligent concept with which we efficiently combine instrumental cosmetology and skin care from QMS Medicosmetics and partly also from Fuhlendorf. Suitable for every problem zone and different needs of your skin. All Fuhlendorf products are clinically tested, based on natural active ingredients and free from parabens, paraffins and animal testing.

### **O.P.I**



O.P.I Product Inc., famous for its iconic nail polishes, unique formulas and high-fashion colors, the iconic American brand offers much more. O.P.I has been a brand for the salon sector from the start and therefore has a comprehensive range of the highest quality for end customers. All O.P.I nail polishes contain neither phthalates (DBP), toluene, nor formaldehyde and O.P.I products are not tested on animals.



## ALPIENNE

**PRODUCED REGIONALLY BY HAND, CLIMATE-NEUTRAL & SUSTAINABLE, PACKAGED WITH LOVE.**

Alpienne is considered a pioneer of natural alpine cosmetics. The high-quality, 100% natural formulas are deliberately produced in limited batches and with a traditional artisanal approach. Every Alpienne product is much more than pure natural cosmetics, it is holistically conceived and lived in a perpetual dialog between man and nature, between ancient knowledge and modern insights. It is a strong piece of alpine culture. It is Alpine cultural cosmetics - since 1997! Ultimately, these are the ingredients that have made Alpienne what it is: 100% nature. 100% different.

## KURLAND

**STORY OF MY NATURE**



For over 50 years, Kurland has stood for the composition of sensible and effective formulas under the strictest quality controls. The result is effective products without artificial preservatives for skin care, massage, health and well-being. All oils are natural, without PEGs, richly filled with the best of nature, gently pressed and processed. We have chosen Kurland because it stands for the highest level of natural quality.

## WELL & LIFE



Also, in the sauna and in guided sauna infusions, we attach great importance to quality with as much nature as possible: for more authentic scent character and unforgettable care moments. Gentle peelings and rich creams, harmoniously coordinated with each other, create the framework for an unforgettable care ritual.



# QMS

**MEDICOSMETICS**

**SCIENCE NOT MIRACLES**



QMS Medicosmetics is a brand developed from medicine for the professional field, not cosmetics. This makes the difference: we compete to address the causes of skin aging, not just the symptoms. That's why we focus on the most valuable anti-aging ingredients: Skin Identical Collagen and Hyaluronic Acid. QMS' clinically tested formulations deliver these active ingredients into the skin in a controlled way, where they moisturize and activate skin metabolism.

As collagen pioneers, we have been perfecting this principle since 1994, so that you as a user benefit "up close and personal" from our exceptional clinical and practical experience. To ensure the best possible effect, we also do not leave the application of QMS products to chance.

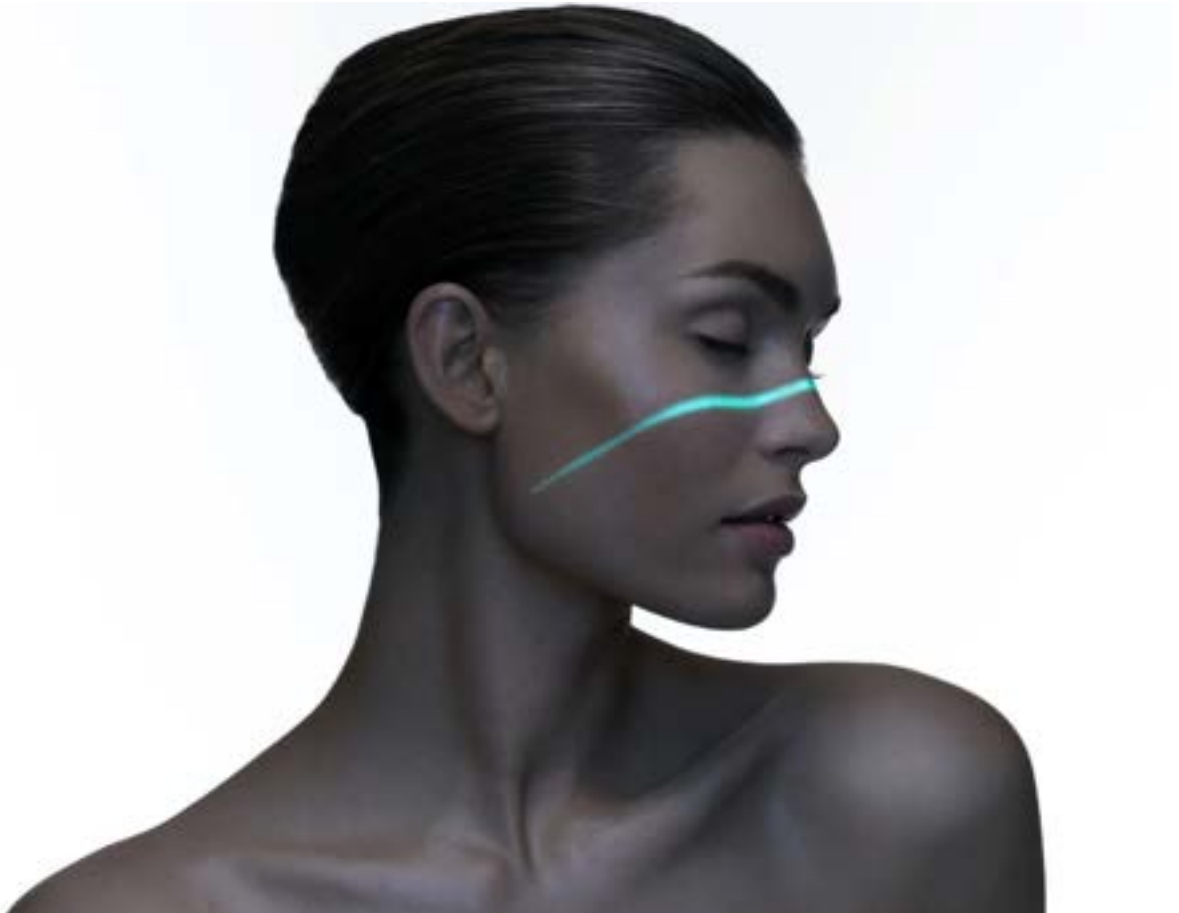
QMS skin care is available through the best SPAs and cosmetic institutes in the world. With QMS, your skin changes quickly and can maintain its performance most effectively with continuously adjusted skin care routines. We make sure that your daily skin care routine is a pleasurable, relaxing wellness time-out that can be done at any time and that visibly optimizes your appearance. This is exactly how Skin Care should be for achievers who like to stay independent and expect the same from their skin.

The QMS care system has been regarded as one of the highest quality and most sophisticated in the industry for decades and enjoys a high reputation worldwide. Care products and treatments are ideally adapted to the specific, varying environmental conditions and therefore to the individual needs of customers.

The QMS brand since its foundation, 100% without animal testing.

**Oxygen O<sub>2</sub>:** Oxygen is one of the most important antioxidants and stimulates and activates cell formation in the skin. Pore structure is refined, blood circulation is stimulated and contours become firmer, smoother and more beautiful. The Oxygen Energy Applicator Advanced, specially developed for QMS, generates 95% pure oxygen in order to optimally introduce the ingredients into the skin. The improved oxygen supply increases microcirculation and stimulates the regeneration process. With the help of the Oxygen Energy Applicator Advanced, the HO<sub>2</sub> Hyaluron Oxygen Serum with low-molecular and short-chain hyaluronic acid is worked into the skin. The effect is immediately visible: reduced wrinkles, firmer skin, radiant complexion.

Treatments with Oxygen can be found in our offer with the O<sub>2</sub> Sign.



**Fuhleendorf device-based cosmetics and high-quality products harmonize with QMS products. Efficient symbiosis for the best results.**

**Microdermabrasion - DermaSonic:** Microdermabrasion offers a natural anti-aging effect in addition to superficial improvement of the skin's appearance for your face, neck & décolleté as well as your hands. Dead skin particles are removed, pores are opened, and imperfections are removed. At the same time, the procedure stimulates blood circulation, cell renewal and collagen formation in the skin and the skin is then optimally receptive for your individual treatment.

**After microdermabrasion, we recommend that you care for your skin with high-quality products. We will be happy to advise you and put together a care routine tailored to your skin's needs.**

**Ultrasonic - SuperSonic:** Ultrasound leads to a micro-massage and warming. The expansion of the intercellular spaces is of particular interest for cosmetic treatments, as it removes waste products and increases lymphatic drainage. Micromassage stimulates collagen and elastin formation, which tightens the connective tissue. The active ingredients are transported to the dermis by the vibrating oscillations.

**Cupping massage - VacuTronic:** can help with double chins, bags under the eyes, swelling, weak connective tissue and wrinkles. The special feature of the cupping massage is that the tissue is not pressed - as with any other massage - but rather aired. The negative pressure causes the cell walls to expand to such an extent that they can expel their excess waste products and fat. The recurring pulsation results in optimal detoxification.

**Cold laser - Q-Tronic:** Painless and without side effects. Cold laser lifting (Low-level laser therapy) is a great addition to aesthetic cosmetic treatment options. It is a very gentle laser therapy in which the skin is heated by a maximum of one degree Celsius. The hyaluronic gel is transported into the deep germ cell layers of the skin and provides a rejuvenating effect. Can't be combined with Oxygen treatments.

## *Signature Facial Treatments*

Unique to our Alpine Palace SPA! Innovative treatments to reduce wrinkles around the eyes, mouth, nose, forehead, cheeks, bags under the eyes, double chin and sagging facial contours.

### **PEEL SKIN REPAIR**

Treat your skin to some time out. Innovation meets radiant skin. After a gentle exfoliation, your skin is effectively moisturized and made radiant with the help of microdermabrasion, collagen, 6% hyaluronic gel and an active ingredient cocktail mask. An effective gift that your skin deserves.

- Cleansing
- Enzyme/resurfacing peeling
- Microdermabrasion for the face
- Collagen serum & hyaluronic gel
- Active ingredient mask with occlusion
- Hand mask & hand massage
- Final care

**60 Minutes**      **€ 160**

### **SKIN REVITAL      O<sub>2</sub>**

A revitalizing and firming energy booster treatment that noticeably improves your skin's elasticity, tone, and glow.

- Cleansing
- Resurfacing peeling
- Revital mask with occlusion
- Oxygen, introduction of hyaluronic, collagens & elastin serum
- Lifting-effect mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**75 Minutes**      **€ 160**

## SKIN RENEWAL INTENSE     O<sub>2</sub>

The luxury anti-ageing treatment for a youthful, fresh appearance. After gentle microdermabrasion with the help of oxygen and ultrasound, collagens and hyaluronic acid are infiltrated deep into the skin. Your skin is intensively moisturized down to the deeper skin layers, while the heavily stressed skin on the neck and décolleté is also pampered with Retinol Molecular.

- Cleansing
- Enzyme/resurfacing peeling
- Microdermabrasion
- Cooling algae mask with occlusion
- Oxygen & SuperSonic, introduction of collagen serum and hyaluronic gel
- Lifting effect mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**120 Minutes            € 260**

## PURE OXYGEN     O<sub>2</sub>

The intensive anti-aging treatment that uses precious pearl extract, silk proteins and unique skin-identical ingredients. The treatment counteracts collagen loss and noticeably breathes new life into the skin by stimulating cell renewal at the deepest level. Your skin immediately becomes more radiant, firmer and plumper.

- Cleansing
- Enzyme/resurfacing peeling
- Cooling algae mask with occlusion
- Oxygen, introduction of collagen and hyaluron
- Lifting effect mask with occlusion
- Optional (only for 120 min.): Massage for face, neck, décolleté & upper arms
- Final care

**120 Minutes            € 220     incl. massage for face, neck, décolleté & upper arms**

**90 Minutes            € 180**

## SKIN CELL RENEWAL O<sub>2</sub>

A new generation treatment, lasting regeneration and anti-ageing effect through the use of specially developed products, for firmer and rejuvenated skin. Your skin immediately appears significantly firmer and more vital. For a complexion that emphasizes your natural beauty.

**Advanced Ion Equalizing System** – due to its exceptional structure, based on the knowledge of the skin's electrophysiology, it is able to deliver its ingredients to the active skin cells in a concentrated form.

**Advanced Cellular Marine** – stimulates the skin's own stem cells, promotes the production of new skin cells and stimulates the skin's metabolism. The lifespan of skin stem cells is significantly extended and skin ageing is considerably slowed down.

- Cleansing
- Enzyme/resurfacing peeling
- Cooling algae mask with occlusion
- Collagen serum with hyaluronic acid
- Oxygen, introduction of hyaluronic acid or mineral spray
- Stem cell cream or peptide activating cream
- Lifting effect mask with occlusion
- Final care

**90 Minutes**

**€ 180**



**We recommend as an add-on to your facial treatment, the Hyaluronic & vitamin pack with massage for the hands, Microdermabrasion, Eye Lifting Collagen Mask or Signature Hand Treatment (more on page 20).**

## COLLAGEN RECOVERY

Rejuvenating, revitalizing advanced treatment combination is particularly effective in pampering stressed and strained skin. Enriched with the unique QMS collagens, it balances out the signs of skin ageing and gives you a youthful, radiant complexion. This treatment tightens even sagging skin and allows the valuable ingredients to penetrate deep into the skin.

- Cleansing
- Resurfacing & enzyme peeling
- Collagen serum with hyaluronic acid
- Lip serum with hyaluronic acid
- Eye Collagen Pads
- Collagen cream & collagen serum in oil
- Cooling algae mask with occlusion
- Active ingredient mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**90 Minutes**

**€ 180**



## COLLAGEN LIFTING

A luxury lifting treatment, especially suitable for dull and sagging skin. It provides your skin with energy and firmness from within and improves its elasticity. The highly effective firming Firm Density Neck & Bust Cream also cares for the sensitive neck and décolleté area. The result: firm, velvety-soft peach skin.

- Cleansing
- Resurfacing & enzyme peeling
- Collagen serum with hyaluronic acid
- Cooling algae mask with occlusion
- Elastin serum
- Micro foam mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**90 Minutes**

**€ 180**

## CHAMPAGNE FACIAL

A luxurious "beautifier" for every skin and every occasion. Lightly tingling to the skin preserves the elasticity, moisturizes your skin and can recharge the batteries for a radiant, healthy look.

- Cleansing
- Resurfacing peeling
- Collagen serum with hyaluronic acid
- Elastin serum
- Micro foam mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**60 Minutes          € 130**

## FACIAL MASSAGE

A gentle cleansing is followed by a deeply relaxing massage for the face, neck, décolleté and upper arms using high-quality products from QMS Medicosmetics or Fühlendorf. Relaxation for tense people with extra care for your skin.

- Cleansing
- Massage for face, neck, décolleté & upper arms
- Final care

**30 Minutes          € 60**

**We recommend as an add-on to your facial treatment, the Hyaluronic & vitamin pack with massage for the hands, Microdermabrasion, Eye Lifting Collagen Mask or Signature Hand Treatment (more on page 20).**

## *Beauty Additional*

All additional beauty services can only be booked in combination with a facial treatment.

### **Microdermabrasion with DermaSonic**

Our recommendation for every facial treatment and for an optimal and effective result: microdermabrasion removes calluses in a controlled and pain-free manner. The skin's cell renewal process is stimulated, porosity is refined, small wrinkles are reduced and the skin is then optimally receptive to your individual skincare products.

<b>Face</b>	<b>15 Minutes</b>	<b>€ 25</b>
<b>Neck &amp; décolleté</b>	<b>15 Minutes</b>	<b>€ 25</b>
<b>Ultrasound with SuperSonic</b>	<b>20 Minutes</b>	<b>€ 30</b>
<b>Suction wave massage with VacuTronic</b>	<b>20 Minutes</b>	<b>€ 30</b>
<b>Cold laser lifting with Q-Tronic</b>	<b>40 Minutes</b>	<b>€ 120</b>
<b>Eye lifting collagen mask</b>		<b>€ 15</b>
<b>Hyaluronic &amp; vitamin pack with massage - hands/feet</b>		<b>€ 15</b>
<b>Steaming and blemish removal</b>	<b>20 Minutes</b>	<b>€ 30</b>
<b>Upper lip depilation</b>		<b>€ 15</b>
<b>Eyebrow shaping</b>		<b>€ 15</b>
<b>Eyebrow tinting</b>		<b>€ 15</b>
<b>Eyelash tinting</b>		<b>€ 25</b>
<b>Eyelash &amp; eyebrow tinting</b>		<b>€ 35</b>

## Care for Hands & Feet

<b>Manicure without polish incl. hand mask</b>	<b>ca. 50 Minutes</b>	<b>€ 80</b>
<b>Manicure with polish incl. hand mask</b>	<b>ca. 60 Minutes</b>	<b>€ 95</b>
<b>Manicure with UV polish incl. hand mask</b>	<b>ca. 80 Minutes</b>	<b>€ 130</b>

<b>Signature Hand Treatment</b>	<b>60 Minutes</b>	<b>€ 90</b>
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The skin on the back of our hands is naturally very thin, sensitive and has few sebaceous glands and fatty tissue. Treat your hands to care with collagen and an extra dose of cross-linked hyaluronic acid.

(Cleansing, enzyme peeling, microdermabrasion, collagen, hyaluronic gel, mask)

<b>Pedicure without polish incl. foot mask</b>	<b>ca. 50 Minutes</b>	<b>€ 85</b>
<b>Pedicure with polish incl. foot mask</b>	<b>ca. 60 Minutes</b>	<b>€ 100</b>
<b>Pedicure with UV polish incl. foot mask</b>	<b>ca. 80 Minutes</b>	<b>€ 130</b>

<b>O.P.I Lacquering</b>	<b>€ 30</b>
<b>O.P.I UV gel lacquer</b>	<b>€ 60</b>
<b>UV gel lacquer removal</b>	<b>€ 30</b>





## *Salve in Terra*

Wonderful fragrance meets pleasant warmth to pamper your skin and soul. Treat yourself to this unique SPA experience. In the Salve-in-Terra® you can let your mind wander: While you relax more and more to the gentle swaying of the Salve-in-Terra® lounger, high-quality care products pamper and smooth your skin.

**FOREST WALK** Cream with white bolus Alba clay, grape seed oil refined with the aromas of Swiss stone pine, Siberian spruce needle, silver fir and mountain pine.

**TIME TOGETHER** Cream with white bolus alba clay, olive and argan oil refined with the aromas of champagne, frangipani, lemon and papaya.

**Couple treatment:**            **45 Minutes**    **€ 110**

**Single treatment:**            **45 Minutes**    **€ 90**

After the treatment we will serve you a Piccolo Moët & Chandon.



*In the waves of tranquillity, where everyday life drifts away:  
our spa oasis where time seems to stand still for a moment.*

## *Body Peelings*

### TIME TOGETHER PEELING

A wonderfully fragrant scrub with sea salt, argan and jojoba oil with the scent of champagne, frangipani, lemon and papaya intensively pampers your skin and senses.

**30 Minutes**      **€ 60**

### ROSE PEELING

Gentle, vegan body scrub with fine sea salt, pure Damask rose essential oil, vitamin E and nourishing almond and sunflower oil. Skin flakes are gently removed and blood circulation is stimulated - for silky-smooth, nourished skin. Delightfully sweet fragrance pampers your mind and opens your heart.

**30 Minutes**      **€ 60**

### ALPINE HERBS PEELING

Skin-smoothing peeling that gently removes old skin cells. Grape seed and almond oil with Alpine herbs and the scent of Swiss stone pine, Siberian spruce needle, silver fir and mountain pine intensively nourish your skin and pamper your senses.

**30 Minutes**      **€ 60**



*Guided by the gentle breeze of serenity*

## *Body Packs*

Weightless in the Soft-Pack®-System  Floating with occlusion effect

### **TAHITIAN CREAM PACK (intensive nourishing)**

Immerse yourself in the wonderful scents of French Polynesia and indulge your senses. The creamy pack makes your skin supple and stimulates cell regeneration. Tropical, fresh and flowery.

**45 Minutes**      **€ 70**

### **BIRCH-JUNIPER PACK (detoxifying)**

The Alpienne body pack helps your skin to rid itself of harmful substances in the long term. Extracts of young birch leaves and juniper wood have a deep cleansing effect, promote blood circulation and stimulate detoxification processes. The high proportion of fine wheat bran provides the tissue with plenty of vitamins and minerals as well as tocopherol and other antioxidants, regulates skin moisture and increases the elasticity of your skin.

**45 Minutes**      **€ 70**

### **MOOR MUD PACK (Power of nature)**

Experience the therapeutic effect of the moor refined with the scent of mountain pine or lavender. Natural moor is one of the oldest natural remedies that can offer you relief from rheumatic complaints, joint problems, back or neck pain.

**45 Minutes**      **€ 70**



Rosenhauch

MACHEN SIE IHRE HAUT  
GLÜCKLICH

**Mit der neuen Premium-Pflegeserie von Alpienne.**

Naturrein luxuriös formuliert mit Rosenölen, Hagebutten-  
extrakten, Hydrolaten, bimolekularen Hyaluronsäuren und  
dem innovativen Icelife-Revital-Komplex.

## *Signature Spa Rituals*

Unique in our Alpine Palace SPA! Specially created treatments for our Romantic alm, where body and mind find inner peace. Treat your entire body and mind to intense, deep relaxation. For all those who are looking for more than just a massage.

### STORY OF THE ROSE

Gentle, vegan body scrub with fine sea salt and pure essential Damask rose oil, relaxing full body massage with rose oil, tell you "a story of the rose" and put you in a state of deep relaxation and open your heart. The subsequent steam bath with fresh floral accents envelops the senses in luxury and transports you into a relaxed lightness, intensively nourishing cream wrap make this treatment a very special experience.

After the treatment we will serve you a Piccolo Moët & Chandon.

**120 Minutes**      **€ 260**

### INTENSE REBALANCE

The relaxation begins with a coordinated spice peeling, which pampers your skin with exotic fragrances. The subsequent steam bath and the full body massage with exquisite oil blends have a soothing effect on the muscles and also pamper your skin and soul.

After the treatment we will serve you a Piccolo Moët & Chandon.

**100 Minutes**      **€ 210**

*Gentle touch, felt deep in the heart:*

*Discover the harmonious connection between body and soul.*





## *Massages from around the World*

### **PANTAI LUAR (STAMP MASSAGE)**

A special East Asian massage with regional herbal stamps and warm plant extract oil helps with rheumatic complaints, tension, inner restlessness and sleep disorders. Surrender to the warmth and let your body and soul come to rest.

**60 Minutes                      € 140**

### **THAI RELAX-MASSAGE**

Experience a combination of the Nuad Thai massage and an aromatic oil massage. Exquisite oil blends and special massage techniques accompany you into a state of deep relaxation, releasing tension from your body. A state of harmony on all levels.

**90 Minutes                      € 190**

### **NUAD THAI MASSAGE**

Immerse yourself in the Far Eastern art of massage and experience a massage with stretching, acupressure and energy work. Its extremely beneficial effect is sometimes helpful for back, neck and shoulder pain as well as listlessness. Traditional Nuad Thai massage, which uses pressure and stretching techniques to increase the flow of energy in the body and has a positive effect on its mobility. This massage takes place on a mat, without oil and in comfortable clothing.

**90 Minutes                      € 210**

### **LA-STONE MASSAGE**

The essential fragrances and soothing effect of warm basalt and cooling marble stones recharge you with vitalizing elemental power and new energy. Tension is released, lymphatic flow and blood circulation are stimulated.

**70 Minutes                      € 160**

## *Massages with a Deep Effect*

... with exquisite massage milks, oil blends and essential fragrance nuances

For Alpienne body massages, you can choose from the following massage milks:

**Alpine herbs with yellow gentian & edelweiss**

**Arnica with rosemary & citronella**

**St. John's wort with camomile & orange**

**Swiss stone pine honey with propolis & honeycomb extract**



### **ALPIENNE-VITAL-MASSAGE**

A classic massage relieves muscle tension with intensively nourishing Alpienne massage milk of your choice.

<b>30 Minutes</b>	<b>€ 60</b>	<b>(Back &amp; neck or Leg massage)</b>
<b>60 Minutes</b>	<b>€ 120</b>	<b>(Full body massage without head)</b>
<b>90 Minutes</b>	<b>€ 170</b>	<b>(Full body massage optionally with head)</b>

### **WALDMEISTER SPORTS MASSAGE**

An intensive massage that boosts the metabolism, cell regeneration and blood circulation in the muscles and reactivates stressed superbodies with the help of a smart multi-active combination of rosemary, thyme, juniper, sage and comfrey.

<b>60 Minutes</b>	<b>€ 130</b>
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### **ALPIENNE BACK SPECIAL**

Naturally pure, warm moor from Salzburg wrapped in fleece prepares your back muscles for the subsequent massage for the back, neck and shoulder area.

<b>60 Minutes</b>	<b>€ 130</b>
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*alpienne*  
KRAFT DER ALPEN

*Waldmeister*

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## TRIGGER-POINT MASSAGE

The aim of this "bespoke" massage is to dissolve the myofascial trigger points. To loosen the hardening of the muscles, counteract the pain and remain pain-free in the long term.

**60 Minutes**      **€ 140**

## MOUNTAIN ALPINE MASSAGE

Enjoy pure nature with forest wellness. An incomparable forest fragrance accompanies you through this treatment, conveying strength, inner power and tranquillity. A fine sea salt scrub with ground Alpine herbs is followed by an intensive full-body massage with grape seed oil, Swiss stone pine, spruce needle and mountain pine. Muscles are loosened, tension is released and your skin is intensively nourished.

**90 Minutes**      **€ 180**

## AROMA OIL MASSAGE

Immerse yourself in the world of essential oils from nature's most exquisite plants. The relaxing massage, gentle or vigorous, with a profound effect, calms the body and mind and helps to balance the body's energy.

Please keep in mind that this massage is not suitable for pregnant women.

**60 Minutes**      **€ 130**

**90 Minutes**      **€ 180**

## ALPIENNE HEAD- & NECK MASSAGE

This treatment is specially designed for people who are under stress. With mountain arnica tonic with rosemary & citronella and a gentle massage technique, blockages and tension in the head and neck are released. Blood circulation to the scalp and muscles is stimulated and well-being is increased.

**30 Minutes**      **€ 60**

## FOOT REFLEXOLOGY MASSAGE

Our feet not only carry us through life, the entire body is reflected in the form of reflex zones on the soles of our feet. Massaging these reflex zones stimulates all the body's systems and activates the entire body's self-healing powers.

Please keep in mind that this massage is not suitable for pregnant women.

**45 Minutes                  € 90**

## MANUAL LYMPHATIC DRAINAGE

Detoxifying, decongesting, draining. This particularly gentle massage technique reduces swelling and optimally supports the detoxification process.

**Partial body                  60 Minutes                  € 130**

**Full body                      90 Minutes                  € 160**

## FACIAL MASSAGE

A gentle cleansing is followed by a deeply relaxing massage for the face, neck, décolleté and upper arms using high-quality products from QMS Medicosmetics or Fühlendorf. Relaxation for tense people with extra care for your skin.

**30 Minutes                  € 60**

**We recommend to combine our massages with a body scrub, pack or bath for the highest results (more from page 23).**

## *Teens' Treatments*

### **DEEP PORE CLEANSER (bookable for teenagers up to 17 years)**

This intensive, deep-pore cleansing and moisturizing facial treatment is a real must for impure problem skin. It dissolves keratinization, reduces sebum production and inflammation on the skin.

**90 Minutes                  € 140**

### **FIRST BEAUTY (bookable for teenagers up to 14 years)**

A facial treatment for the little princess & the little prince. Gentle cleansing with exfoliation, relaxing face & neck massage and nourishing mask.

**45 Minutes                  € 80**

### **CACAO CREAM PACK (bookable for teenagers up to 14 years)**

A body pack that smells of chocolate and immediately releases happiness hormones. Look forward to beautiful, smooth and refreshed skin that will put you in a good mood.

**30 Minutes                  € 50**

### **AROMA OIL MASSAGE (bookable for teenagers up to 14 years)**

A gentle, pampering full-body massage for skin and soul with exquisite oil blends.

Massage treatments for children under 12 years old take place only when accompanied by parents.

**30 Minutes                  € 50**

## *Spa Packages*

### **A MOMENT FOR ME**

- Champagne Facial 60 min.
- Body peeling of your choice 30 min.
- Alpienne-Vital-Massage 30 min.
- SPA Give-Away

**Price per Person    € 250**

### **RELAX. RELEASE. REBALANCE**

- Story of the Rose SPA Ritual 120 min.
- Skin Revital 75 min.
- SPA Give-Away

**Price per Person    € 420**

### **BREATHE THE FOREST**

- Waldmeister Sports Massage 60 min.
- Foot Reflexology Massage 45 min.
- Alpine Herbs Peeling 30 min.
- Birch-Juniper Pack 45 min.
- SPA Give-Away

**Price per Person    € 350**

## MANAGER BREAK

- Alpienne Back Special 60 min.
- Peel Skin Repair 60 min.
- Manicure without polish incl. hand mask 50 min.
- SPA Give-Away

**Price per Person € 370**

## FOR MAMAS-TO-BE

- Alpienne Head- & Neck Massage 30 min.
- Pedicure / Manicure without polish incl. mask 50 min.
- Facial Treatment 90 min.
- SPA Give-Away

**Price per Person € 325**



SPA Give Away includes various SPA products.

No changes or exchange of treatments possible for SPA packages and Give Aways.



## IMPRESSUM

Responsible for the content: HH Hinterglemm Hotel GmbH & Co KG, Business register number 28853g

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This SPA offer is valid from October 16, 2023 and all previous prices are no longer valid. Prices are subject to change at any time without prior notice.

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*Feel royal, enjoy lässig.*

