



# ALPINE PALACE

# SPA

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

*Feel royal, enjoy lässig.*



*Welcome.*

*Whoever is looking for something special,  
is in the very 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 during the summer season)

### 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 1st floor are open at set times for appointments and individual consultations. We look forward to offering you tailor-made moments of relaxation.

### GIFT VOUCHERS

You are welcome to order gift vouchers online on our website or purchase them directly at our hotel reception. These can then be redeemed by the lucky recipient for a SPA experience of his/her choice. Here you can find our gift vouchers:



## PRODUCT ORDERS

We will be happy to send you your favorite 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
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Mobil & WhatsApp	+43 664 88 588 143
E-mail	beauty@alpine-palace.com

## SPA-SHOPPING & ENJOYMENT

We will be happy to send you your favorite 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.

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.



## *Spa - Etiquette*

### **APPOINTMENT ARRANGEMENTS**

We recommend that you make SPA reservations as early as possible. Appointments can be made 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 on arrival. We recommend that you book additional treatment requests as soon as you arrive. Of course, we also try to make appointments possible at short notice.

### **CANCELLATIONS & DELAYS**

Out of consideration for the following guests, we ask for your understanding that in the event of a delay, the time lost will be deducted from your treatment without any adjustment to the costs. If you are unable to keep your appointment, please cancel or postpone it at least 24 hours in advance. In this case you will not be charged. Treatment costs will be charged at 100% for appointments that are not canceled, postponed or not attended on time. In the event of cancellation or postponement of an appointment for which an advance payment has been 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 approximately 10 Minutes before your appointment. This will give you enough time to get in the mood for your treatment in our waiting area or on our private SPA terrace with a cup of delicious Ronnefeldt tea, fruit, dried fruit or a Piccolo Moët & Chandon. We recommend that you come to your treatment without perfume, jewelry or make-up.

We always want to respond to your individual wishes. That is why we will ask you what is particularly important to you before the treatment. Competent advice is an important part of our work before and during treatment and is very important to us. Please let us know if you have any special health conditions, as certain 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 slippers (these are available in your hotel room). During the treatment, we will keep you warm with our covering techniques and pre-warmed loungers. Disposable briefs are also available if required.

## **PRIVACY & SPA ADVICE**

We will be happy to provide you with a SPA consultation during our opening hours. Out of respect for you and us, we ask for your understanding that we do not answer any questions about your or our private lives, 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 leave your valuables and personal belongings in the safe in your hotel room or at the hotel reception. No liability is accepted for valuables.

## **YOUR FOUR-LEGGED COMPANIONS**

We ask for your understanding that pets are not allowed in the entire Wellness & SPA area for reasons of hygiene. We kindly ask you not to bring your four-legged friends into the wellness and SPA area.

## **SMOKING & PHONE**

Out of consideration for yourself and other guests, we ask you to switch off your mobile phones during your SPA stay. Please also refrain from using video and photo cameras during your stay and keep your voice down in all areas, including the SPA reception and treatment rooms, out of consideration for other guests. Silence and tranquillity are the prerequisites for relaxation.

**Our SPA is smoke-free. E-cigarettes are also not allowed.**

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

We do everything we can to meet your high expectations and needs and are aware that every treatment is an individual experience. We look forward to your feedback.

## POOL, SAUNA & KIDS

A variety of drinks, fruit and dried fruit 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 food and drinks into the entire wellness area. We also ask you to refrain from reserving loungers. Our wellness staff will regularly clear occupied areas. The sauna area is strictly a nude area. Children and young people up to the age of 16 are not permitted in our sauna area. Children of all ages are welcome in the pool area.

## SOLARIUM

Solarium-Jetons are available at the hotel reception. Please note that the use of solariums in Austria is only allowed from the age of 18.

## VALIDITY

This SPA menu is valid from April 02, 2025. All previous prices are therefore no longer valid. 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.*





*make your  
dreams real*

## *Product Lines*

Your relaxation, satisfaction and well-being are our top priority. For this reason, we rely on the medical anti-aging care line QMS Medicosmetics from the internationally renowned cosmetic surgeon Dr. Erich Schulte. The high-quality product lines from Fuhlendorf, O.P.I., Kurland, Alpienne, Well & Life and Peclavus round off our exclusive product range.

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

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

**QMS**  
MEDICOSMETICS

QMS Medicosmetics is a brand that leads, not follows. A philosophy that goes back to the founder Dr. Erich Schulte - a renowned traumatologist, cosmetic surgeon and international pioneer of skin care. 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 skincare with 100% skin-identical collagens and hyaluronic acid to improve skin structure and quality.

### **FUHLENDORF**

**FUHLENDORF®**  
PERFECT BEAUTY

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

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

**O.P.I**  
COLOR IS THE ANSWER

O.P.I Product Inc., famous for its nail lacquers with legendary names, unique formulas and highly fashionable colors, offers much more as an American cult brand. O.P.I is a brand for the salon sector and therefore has a comprehensive range of the highest quality. All O.P.I nail lacquers do not contain phthalates (DBP), toluene or formaldehyde. 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.

## WELL & LIFE

In the sauna and with guided sauna infusions, we also place great value on quality with as much nature as possible: for more authentic fragrance character and unforgettable moments of care. Gentle peelings and rich creams, harmoniously coordinated, create the framework for an unforgettable care ritual.



**Fuhlendirf apparative cosmetics and high-quality products harmonize with QMS products. Efficient symbiosis for the highest results.**

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

**Ultrasound - SuperSonic:** Ultrasound leads to micromassage and warming. The expansion of the intercellular spaces is particularly interesting for cosmetic treatments, as it removes waste products and increases lymphatic drainage. Micromassage stimulates the production of collagen and elastin, 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 gentle suction causes the cell walls to expand to such an extent that they can drain out their sluggish content of excess waste products and fat. The recurring pulsation ensures optimal lymphatic cleansing.



**QMS Medicosmetics** is a brand that was developed for the professional sector from a medical rather than a cosmetic background. This makes all the difference: they tackle the causes of skin ageing, not just the symptoms. That is why the most valuable anti-ageing ingredients are used: Skin-identical collagen and hyaluronic acid. Both active ingredients are also produced by the human organism itself, but with increasing age they are no longer sufficient to stimulate skin renewal. They are therefore particularly well accepted by the skin and help it to regain its independence according to the principle of “help for self-help”.

As collagen pioneers, the products have been perfecting this principle since 1994, so that you as a user benefit “first-hand” from the exceptional clinical and practical experience. To ensure the best possible effect, we do not leave the application of QMS products to chance.

QMS skincare is available through the best SPAs and beauty institutes in the world. With QMS, your skin changes quickly and can maintain its performance most effectively with continuously adapted care routines. This ensures that your daily skincare routine is a pleasurable, relaxing and always achievable wellness break that visibly optimizes your appearance. This is exactly what Skin Care should be for successful people who like to remain independent and expect the same from their skin.

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

The QMS brand has avoided 100% animal testing since it was founded.

**Oxygen O<sub>2</sub>:** Oxygen is one of the most important antioxidants and activates cell formation in the skin. The pore structure is refined, blood circulation is stimulated and the contours are 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.**





**QMS**  
MEDICOSMETICS

PIONEER IN COLLAGEN SKINCARE

SCIENCE NOT MIRACLES



## *Signature Facial Treatments*

### **PURE OXYGEN    O<sub>2</sub>**

The queen of all treatments. The most intensive anti-ageing treatment using 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
- Resurfacing & enzyme peeling
- Cooling algae mask with occlusion
- Revitalizing mask with occlusion
- Oxygen, introduction of collagen serum & hyaluron serum
- Collagen Serum 3D
- Lifting effect mask with occlusion
- Optional (only for 120 Min.): Massage for face, neck, décolleté & upper arms
- Final care

**90 Minutes            € 180**

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

### **SKIN REVITAL**

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

- Cleansing
- Resurfacing & enzyme peeling
- Revitalizing mask with occlusion
- Collagen serum & hyaluronic gel
- Active ingredient mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**75 Minutes            € 150**



## 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 electro-physiology, it is able to deliver its ingredients to the active skin cells in a concentrated form. Reduces fine lines and wrinkles, stimulates the skin's own collagen and elastin fibers by improving communication between the skin cells. Particularly suitable for skin that has lost its elasticity and firmness.

**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 slowed down considerably. Intensively moisturizes and makes the skin appear more elastic, prolongs youthful radiance, minimizes the visibility of pigmentation spots.

- Cleansing
- Resurfacing & enzyme peeling
- Cooling algae mask with occlusion
- Revitalizing mask with occlusion
- Collagen serum & hyaluronic gel
- 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**



**Are you finding it difficult to choose? Choose the duration of your facial treatment and we will advise you which treatment is right for you.**

**We recommend in addition to facial treatments: Hyaluronic & vitamin pack with massage for the hands, eye-lifting collagen mask, microdermabrasion, or the Signature Hand Treatment (more on page 22).**

**QMS**  
MEDICOSMETICS

THE BEAUTIFUL TRUTH

WHY IS IT REVOLUTIONARY?  
*Because it's micro-molecular.*

## WHY IS IT BETTER?

*Because it goes deeper.*

Erleben Sie die Zukunft der Hautpflege  
mit COLLAGen3D™ 21% weniger Falten und  
mehr Elastizität dank 100 % hautidentischem  
mikromolekularem Kollagen.

DISCOVER MORE



## COLLAGEN RECOVERY

This rejuvenating, revitalizing and advanced treatment combination effectively pampers stressed and stressed skin in particular. 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
- Cooling algae mask with occlusion
- Eye collagen pads
- Revitalizing mask with occlusion
- Lip serum & hyaluronic gel
- Collagen Serum 3D
- Collagen Cream 3D
- Collagen Mask 3D
- Massage for face, neck, décolleté & upper arms
- Final care

**90 Minutes**      **€ 180**



## NEO TISSUDERMIE

A luxury lifting treatment. It is particularly 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
- Cooling algae mask with occlusion
- Revitalizing mask with occlusion
- Collagen Serum 3D, Elastin Serum
- Micro foam mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**90 Minutes**      **€ 180**

## 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, collagens and hyaluronic acid are introduced 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 additionally pampered with Retinol Molecular.

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

**120 Minutes**      **€ 260**

## PEEL SKIN REPAIR

Treat your skin to some time out. Innovation meets perfect skin feeling. 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
- Final care

**60 Minutes**      **€ 150**

## CHAMPAGNE FACIAL

A luxurious “beautifier” for every skin and every occasion. Lightly tingling to the skin, it preserves the elasticity and moisture of your skin and can recharge your batteries for a radiant, healthy glow.

- Cleansing
- Resurfacing & enzyme peeling
- Revitalizing mask with occlusion
- Collagen serum & hyaluronic gel
- Elastin Serum
- Active ingredient mask with occlusion
- Massage for face, neck, décolleté & upper arms
- Final care

**60 Minutes                  € 130**

## SKIN RE-BALANCE

A balancing treatment that moisturizes and rebalances your skin down to the deeper layers in a short time.

- Cleansing
- Resurfacing & enzyme peeling
- Collagen serum & hyaluronic gel
- Lifting effect mask with occlusion
- Final care

**45 Minutes                  € 95**

**Are you finding it difficult to choose? Choose the duration of your facial treatment and we will advise you which treatment is right for you.**

**We recommend the following in addition to facial treatments: Hyaluronic & vitamin pack with massage for the hands, eye-lifting collagen mask, microdermabrasion, or the Signature Hand Treatment (more on page 22).**

## *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 skin dead cells and blackheads in a controlled and painless manner. The skin's cell renewal process is stimulated, the pores are 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>Eye lifting collagen mask</b>		<b>€ 15</b>
<b>Hyaluronic &amp; vitamin pack with massage— hands/feet</b>		<b>€ 15</b>
<b>Steaming and removing blemishes</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 lacquer incl. hand mask</b>	<b>approx. 50 Minutes</b>	<b>€ 80</b>
<b>Manicure with lacquer incl. hand mask</b>	<b>approx. 60 Minutes</b>	<b>€ 95</b>
<b>Manicure with UV- lacquer incl. hand mask</b>	<b>approx. 80 Minutes</b>	<b>€ 130</b>

### SIGNATURE HAND TREATMENT

**60 Minutes € 90**

The skin on the back of the hand 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 serum, hyaluronic gel, mask)

<b>Pedicure without lacquer incl. foot mask</b>	<b>approx. 50 Minutes</b>	<b>€ 80</b>
<b>Pedicure with lacquer incl. foot mask</b>	<b>approx. 60 Minutes</b>	<b>€ 95</b>
<b>Pedicure with UV- lacquer incl. foot mask</b>	<b>approx. 80 Minutes</b>	<b>€ 130</b>

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







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



## *Body peelings Ceremonies*

A balsamic and fascinating fragrance journey conveys a feeling of security, gentleness and serenity. Your skin is gently smoothed and nourished with stroking and flowing movements with gentle or medium pressure.

Soothing, calming and harmony giving.

### **SOUTH SEA PEELING**

A wonderfully fragrant scrub with sea salt, almond and jojoba oil with a fresh, flowery-fruity scent of hibiscus, papaya, mango & lemon 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 fine sea salt 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 Alpienne moor refined and activated by wild alpine herbs. Natural moor is one of the oldest natural remedies that can offer you relief from rheumatism, inflammation, musculoskeletal injuries, 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, Hagebuttenextrakten, Hydrolaten, bimolekularen Hyaluronsäuren und dem innovativen Icelife-Revital-Komplex.

## *Signature Spa Rituals*

Specially created treatments for our Romantik-Alm, in which body and mind find inner tranquillity. Treat yourself to intensive, deep relaxation. For those who are looking for more than just a massage.

### STORY OF THE ROSE

Gentle, vegan body scrub with fine sea salt and pure Damask rose essential oil. This relaxing full body massage with rose oil tells you “a story of the rose” and puts you in a state of deep relaxation while opening your heart. The floral accents envelop the senses in luxury and guide you into a relaxed lightness. An intensively nourishing cream pack makes this treatment a very special experience.

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

**120 Minutes**      **€ 260**

### INTENSE REBALANCE

The relaxation begins with a coordinated spice peeling that pampers your skin with exotic fragrances. The subsequent relaxing full-body massage with warm, exquisite oil blends has a soothing effect on the muscles and also pampers your skin and soul.

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

**100 Minutes**      **€ 210**

*Gentle touch, felt deep in the heart:*

*Discover the harmonious connection between body and soul.*



## *Classical & Special Messages*

...with exquisite massage milk, oil blends and essential scents

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

**Alpine herbs with yellow gentian & edelweiss**

**Propolis with yarrow & vanilla**

**Arnica with rosemary & citronella**

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

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



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

This classical massage relieves muscle tension with an 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>

### **ALPIENNE BACK SPECIAL**

The focus of this massage is on the back, neck and shoulder area. With gentle or strong pressure, the muscles are loosened, tension is released and your energy can flow freely again.

<b>60 Minutes</b>	<b>€ 130</b>
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### **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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## 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.

The treatment takes place in your own comfortable clothing on a mat, without oil.

**60 Minutes            € 140**

## PANTAI LUAR (STAMP MASSAGE)

A relaxing East Asian massage with regional herbal stamps and massage milk from Alpienne 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**

## 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**

## 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**

**We ask for your understanding that it's not possible to split a massage between 2 people.**





alpienne  
KRAFT DER ALPEN

Waldmeister

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"Bin im Wald. Kann sein,  
dass ich mich verspäte ..."



## 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            € 120**

**90 Minutes            € 170**

## 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**

## 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 combining our massages with a body scrub or wrap for maximum results (more from page 25).**

## *Teens' Treatments*

### **DEEP PORE CLEANSER (bookable for children from 10 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          € 150**

### **FIRST BEAUTY (bookable for children from 6 to 14 years)**

Facial treatment for the little princess & the little prince. A gentle cleansing with peeling, relaxing face & neck massage, and nourishing mask.

**30 Minutes          € 60**

### **CACAO CREAM PACK (bookable for children from 6 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 children from 6 to 14 years)**

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

**30 Minutes          € 50**

**Treatments for children under 12 years old take place only when accompanied by parents.**

## Spa Packages

### A MOMENT FOR ME

- Skin Re-Balance 45 Min.
- Body peeling of your choice 30 Min.
- Alpienne Back Special 60 Min.
- SPA Give-Away

**Price per person € 285**

### BREATHE THE FOREST

- Waldmeister Sports Massage 60 Min.
- Alpine Herbs Peeling 30 Min.
- Moor Mud Pack or Birch-Juniper Pack 45 Min.
- SPA Give-Away

**Price per person € 260**



### RELAX. RELEASE. REBALANCE

- Body peeling of your choice 30 Min.
- Alpienne Head- & Neck Massage 30 Min.
- Pantai Luar 60 Min.
- Champagne Facial 60 Min.
- SPA Give-Away

**Price per person € 390**

## PALACE BEAUTY

- Body peeling of your choice 30 Min.
- Pure Oxygen 90 Min.
- Alpienne Head- & Neck Massage 30 Min.
- Manicure / Pedicure without lacquer 50 Min.
- SPA Give-Away

**Preis pro Package € 380**

## RELEASE YOUR BODY

- Mountain Alpine Massage 90 Min.
- Alpienne Back Special 60 Min.
- Alpienne Head- & Neck Massage 30 Min.
- SPA Give-Away

**Preis pro Person € 320**

## FOR MAMAS-TO-BE

- Alpienne Head- & Neck Massage 30 Min.
- Skin Revital 75 Min.
- SPA Give-Away

**Preis pro Person € 340**

SPA Give-Away contains various SPA products.

No changes and exchange of treatments possible for SPA packages and give-aways.



## IMPRESSUM

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

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This SPA offer is valid from April 02, 2025 and all previous prices are no longer valid. Prices may change at any time without prior notice.

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*Feel royal, enjoyässig.*

