

# Alpine wellness



## Alpienne full body massage

ca. 50 min. € 65,-

## Alpienne partial massage

ca. 25 min. € 39,-

- ❖ **with marmot oil – “oil of life”**  
*relieves tension and muscle tightness,  
eases joint pains and strengthens the immune system*
- ❖ **with arnica massage milk – “The revitalizing power”**  
*has a cooling effect, while enhancing performance, soothing sprains,  
bruises and contusions, helps against muscle aches and blood-circulation  
problems.*
- ❖ **with heated St. John’s wort oil – “Balsam for Body & Soul”**  
*Calming effects for those suffering from sleep disorders, nervous complaints  
and exhaustion.*

## Power of the alps

ca. 50 min. € 75,-

*An herbal footbath in a pine tub, full body massage with  
St. John’s wort oil or arnica massage milk warmed through a herbs mark*

## Alpine power of the back

ca. 50 min. € 75,-

*An herbal footbath in a pine tub, partial massage with  
marmot oil and warm herbs mark.*

## Alps view

ca. 80 min. € 102,-

*An herbal footbath in a pine tub, honey body peeling with,  
mountain crystal salt, full body massage with arnica or St. John’s wort oil.*

## Alpienne harmony

ca. 50 min. € 65,-

*An herbal footbath in a pine tub with warmed neck pillow  
in combination with a foot massage.  
Afterwards a relaxing partial massage with St. John’s wort oil.  
Herbal neck pillow to take home € 39,90*

## Alpienne sport massage

ca. 25 min. € 39,-

*A refreshing, reactivating massage for your legs,  
winding up with a regenerating arnica tonic.  
Pure fitness!*

## Honey massage

ca. 50 min. € 62,-

*The honey massage has the beginning in the russian and tibetan naturopathy.  
This massage is fitting for purification and aid the blood circulation.  
Honey applies on the back with the palm of hands.*



# Massages



<b>Classical full body massage</b>	ca. 50 min.	€ 59,-
<b>Classical partial massage</b>	ca. 25 min.	€ 32,-
<b>Manual lymphatic drainage</b> <i>An advanced, smooth massage technique, stimulating the lymphatic system removing waste products from tissues of your body Extremely relaxing, purifying and soothing effect!</i>	ca. 50 min.	€ 62,-
	ca. 25 min.	€ 35,-
<b>Essential oil full body massage</b> <i>A gentle, relaxing wellbeing-treatment for the entire body, with warmed high-quality essential oils, individually composed for you!</i>	ca. 50 min.	€ 65,-
<b>Foot reflex massage</b> <i>Organs and body parts can be influenced through these genetic links. This special treatment helps to bring the body's energy system back into harmony</i>	ca. 25 min.	€ 35,-
<b>Combinded massage</b> <i>(partial- and foot reflex massage)</i>	ca. 50 min.	€ 62,-
<b>Smoothy back massage „Breuss“</b> <i>with soft extensions this back massage relieves muscle tightness with warm St. John's wort oil.</i>	ca. 25 min.	€ 36,-
<b>Child's full body massage</b> (from 2 to 15 years)	ca. 25 min.	€ 29,-
<b>Hot-Stone massage</b> <i>This massage is a fascinating combination of a massage an energy treatment and an agreeable effect of hot stone. It is an old traditional method of treatment where cure can take place at physical, mental and psychological level.</i>	ca. 50 min.	€ 65,-
	ca. 25 min.	€ 37,-
<b>Tibetan massage</b> <i>It is a combination of Indian and Chinese massage techniques resulting in an unique massage system. The effct is refreshing, relaxing and mediative. The Tibetan oil massage is one of the gentlest methods leading to calmness, deep relaxation and quiet.</i>	ca. 50 min.	€ 62,-

## Ayurveda – the science of long and healthy live

<b>Abhyanga</b> <i>Ahyanga has extremely complex effects. It reduces nervousness, gets rid of exhaustions and builds up the immune system. It detoxifies and purifies.</i>	ca. 50 min.	€ 73,-
<b>Garshan - Abhyanga</b> <i>with raw-silk glove It reduces nervousness, gets rid of exhaustions and builds up the immune system. Herbal-sesame oil is used.</i>	ca. 80 min.	€ 99,-
<b>Mukabhyanga</b> <i>Important for skin care, it has calming effects and it soothes overstrained nervesand refreshes the whole body. Rosa Canina seed oil is used.</i>	ca. 50 min.	€ 62,-

## **Body treatments**



### **Mont Halit bodyfit – full body pack & anti aging facial pack**

*To get clean and beautiful skin, with natural mineral brine from the alps removes waste products from tissues and the skin gets activated and strong*

ca. 50 min. € 73,-

### **Body harmony**

*After a cushy Aloe Vera peeling the skin gets spoiled with a body creme of your choice.*

ca. 50 min. € 69,-

### **Honey body peeling**

*Gentle honey peel with a rock-crystal salt.  
Supplies the skin with valuable vitamins and minerals.*

ca. 25 min. € 37,-

## **Problem area & co „goodbye“**

### **1 body styling with bandage**

ca. 55 min. € 56,-

### **Our special offer for you:**

### **3 body styling with bandage**

€ 151,-

### **5 body styling with bandage**

€ 210,-

### **Orange bloom wrap**

*It is very activated because of the enjoyable aroma.  
The good warming effect keeps on very long.*

### **Rose bloom wrap**

*This wrap is special for extra hard cellulite.  
Body treatment with alga essence.*

### **Thalasso hot active**

*The adding of sea salt is helpfully for the deep cleaning.*

### **We recommend an „after-treatment“:**

### **Problem area massage (manual lymphatic drainage)**

ca.25 min. € 35,-

**Beautiful skin doesn't just happen**

*The power of natur  
Gertraud Gruber cosmetics*



## **Beauty treatments**

### **Facial treatment „Hydro wellness plus“**

*Cleansing, peeling, vapozone, eyebrow correction,  
relaxing massage with high concentrated algae  
and extracts of green tea and Lapacho.*

ca. 80 min. € 93,-

### **Facial treatment „natural classic“**

*Cleansing, peeling, vapozone, eyebrow correction,  
individual pack, pleasant massage and final care*

ca. 55 min. € 65,-

### **Revitalizing lifting care**

*Treatment for your face incl. decolette  
cleansing, peeling, vapozone, eyebrow correction, deep cleansing,  
ampoule, facial massage individual pack or wax modelage (beethwax),*

ca. 80 min. € 93,-

### **Facial treatment „Symphonie“**

**Premium treatment – anti age**

*This luxury treatment includes high quality herbal products for  
exclusive requirements.*

*The „push-up“ treatment with revitalising mask makes your skin  
looking younger immediately.*

*The decolette gets a skin tightend „Argan-oil masc“*

*Finally you get a correspondendig anti aging care of Symphonie on your skin*

ca. 80 min. € 104,-

### **Facial treatment for men**

*A refreshing and invigorating treatment for a perfect male skin.  
with Gertraud Gruber Man XO serie.*

ca. 80 min. € 93,-

ca. 55 min. € 65,-

### **Teenager young care treatment**

*for skin till 17 years.*

ca. 55 min. € 59,-





### ***Hair removal using hot wax***

<b><i>Legs full</i></b>	€ 47,-
<b><i>Legs – below the knee</i></b>	€ 31,-
<b><i>Back and breast</i></b>	€ 31,-
<b><i>Chin &amp; upper lip</i></b>	€ 14,-
<b><i>Upper lip</i></b>	€ 10,-
<b><i>Bikini zone</i></b>	€ 18,-

### ***Single treatments***

<b><i>Exquisit eye treatment</i></b>	ca. 25 min.	€ 36,-
<b><i>Face massage</i></b>	ca. 25 min.	€ 32,-
<b><i>Ampoule of active ingredients</i></b>		€ 15,-
<b><i>Eyebrow correction</i></b>		€ 8,-
<b><i>Eyebrow tinting</i></b>		€ 11,-
<b><i>Eyelash tinting</i></b>		€ 11,-
<b><i>Eyelash and brows correction &amp; tinting</i></b>	ca. 30 min.	€ 18,-
<b><i>Day – make up</i></b>	ca. 20 min.	€ 19,-
<b><i>Evening – make up</i></b>	ca. 30 min.	€ 25,-

### ***Beauty treatments for hands and feets***

<b><i>Manicure</i></b>	ca. 30 min.	€ 26,-
		<b><i>polish</i></b> € 5,-
		<b><i>French polish</i></b> € 14,-
<b><i>Manicure de Luxe for enchanting hands</i></b>	ca. 50 min.	€ 59,-
<i>peel, manicure und paraffin handpack, polish</i>		
<b><i>Medical pedicure</i></b>	ca. 50 min.	€ 54,-
<i>with peel and creme</i>		

