



DER ALPINE KRAFTPLATZ

TIME

for

EVERYTHING FOR
YOUR WELLBEING



A BREAK

SPA MENU



*Treat yourself to the most
beautiful moments and bathe
your body, mind and soul
in inner harmony every day.*

SARAH BERNHARDT

Truly sensual pleasures await you in our spa landscapes,
where you can relax your body, mind and soul like never before.
Let yourself be pampered and surprised by our lovingly designed
environments and an ambience inspired by magical fantasies.

Since beauty is always an expression of inner balance, we use
soft colours and lighting effects to create the perfect atmosphere
at our Beauty Farm. High-quality products as well as refined
treatments and massages for your face and body help not only
achieve more balance in your soul but also your body.

Our Fit & Fun House also helps you on this path:
you can not only train under expert guidance, but also
(re)discover the joy of movement.

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- FACE -



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#MY ALPINE LIFE BALANCE



MY SPA BALANCE CONCEPT

Just as nature in the Alps always strives towards balance, we humans do too. But individual expectations of balance differ as much as each person's needs. And of course, the same goes for our journeys. Then again, wants and desires may change along the way. They change with the seasons, because of current mental states or simply based on spontaneous moods. That's why it's so important to find your own path to personal wellbeing.

For all these reasons, Best Alpine Wellness Hotels has designed a spa concept that draws on the power of the mountains to show you the way while still giving you the freedom to choose. With various treatments and packages labelled with symbols to indicate their effects. The wave, for example, denotes a cooling, freeing treatment. The mountain stands for an activating, releasing treatment. The circle is a symbol of the combination of sport and spa at any time of year. So we invite you to: choose for yourself!

	COOLING & RELAXING
	DETOXING & ENERGISING
	CLEANSING & SOOTHING
	GROUNDING & CENTRALISING
	SPORTS & ALPINE LIFE BALANCE



BALANCE ALPINE¹⁰⁰⁰⁺ 

With the primordial power of the Alps

With Balance Alpine 1000+, Best Alpine Wellness Hotels offers you an exclusive collection of products that harness the primordial powers of the Alps. Extracted from natural mountain herbs, they combine the latest science with the knowledge of Traditional European Medicine to produce spagyric herbal essences. The results are unique, beneficial creams, oils and lotions to treat the face and body, supplying the skin with deep care to rebuild and naturally express your individual beauty the natural way.





The special secret behind Balance Alpine 1000+ products stems from organically grown mountain herbs alongside natural recipes and gentle production methods steeped in the knowledge of almost forgotten Traditional European Medicine. Both take a holistic attitude towards the human being with the aim of reinforcing self-healing powers at a physical, spiritual and mental level, creating a balance between skin, muscles and spirit – according to the Paracelsus principle.



Dandelion

Dandelion has a cooling effect on overstrained muscles, and supports healing from inflammation. It is cooling, soothing and cleansing.



Angelica

Angelica supports regeneration and has a generally revitalising, strengthening but also harmonising effect. It increases energy and vitality.



Wild thyme

Thyme intensively warms and treats the airways and joints. It is warming, activating, rejuvenating and stimulating.



Yarrow

Yarrow strengthens the connective tissue, reduces strain and strengthens the veins. It is also calming, antispasmodic, regulating, balancing and soothing.

With the essence of Alpine mountain herbs for inner balance

EXPERIENCE THE REVITALISING EFFECTS OF A BALANCE ALPINE 1000+ TREATMENT.

Face

Balance Alpine 1000+ Energise



Cleansing, exfoliation and spagyric moisturising of the skin. Finally: harmonising ritual, eye care, neck, chest and face massage, moisture mask and final care.

50 min

80 min

Balance Alpine 1000+ Clear head



Metabolism typology and current state of mind dictate the massage technique for your face and head massage. This leads to deep relaxation, inner calm and a clear head.

25 min



Balance Alpine 1000+ Signature treatment



The treatment begins with a relaxing herbal foot soak. Then your back is loosened with a warm herbal poultice massage. You can then look forward to a moisturising, smoothing hand mask as well as the Balance Alpine 1000+ energise face treatment. A head and hand massage followed by daily skincare round off your treatment.

110 min





MARIA GALLAND
PARIS

Unique philosophy of beauty

Experience individual beauty with Maria Galland Paris wellness and care treatments. Various face and chest treatments precisely meet your preferences as well as your skin's needs. You are left with a wonderful feeling of total relaxation, perfect care and absolute wellbeing. All products are dermatologically tested for effectiveness, safety and skin tolerance.





Research and innovation for perfect harmony

FOUNDED BY A UNIQUE WOMAN, MARIA GALLAND PARIS
IS STILL SETTING STANDARDS IN THE WORLD OF BEAUTY TODAY
AFTER MORE THAN 50 YEARS.

Face

Individual face and neck care for him & her

Cleansing, exfoliating, face massage, eyebrow
grooming, mask to suit your skin type.

80 min

Soin Mille Lumière

This luxurious facial treatment combats signs
of age. Two masks deliver incomparable radiance.
It regenerates, firms and cares for skin at the
highest possible level, with its unique anti-ageing
effect. This exclusive treatment is ideal for
high-maintenance skin from the age of 40.

80 min

Soin Thalasso

This refreshing and reinvigorating algae mask
provides your skin with intense moisture.
Dry skin that looks taut and begging for moisture
will benefit from this long-lasting treatment with
highly concentrated moisture. This treatment
is refreshing and gives your skin a new lease
of life.

80 min

Soin Cocon

A delicate foam mask caresses the face like
a cocoon, leaving you with a feeling of deep
relaxation. It cares for any skin type right down
to the deepest layers for a smooth,
firm feeling.

80 min

Soin Dermatologique

This advanced care system rids your skin
of four problems: blemishes, pigmentation,
redness and extreme dryness. Soothes
and balances.

80 min

Body

Thalasso therapy

Effective, high-quality algae extracts in scrubs
and body packs for detoxifying and intense
treatments. A special algae oil smooths the
skin and firms connective tissue to finish.

with detoxifying sea salt bath 90 min

Eyes

Eye treatment

Cool, firming anti-wrinkle eye contour treatment.
Firms and smooths fine lines and wrinkles.

25 min

in combination with a facial treatment

The amazing power of grapes

Vinoble is a nature-inspired cosmetics line that draws on the power of grapes. Many years of development have resulted in products that make use of the beneficial antioxidant OPC. Vinoble products are ideal for giving stressed skin everything it needs for regeneration.

Healthy skin feels good and looks fresh.
At any age.



In the spirit of nature – connect to nature, share skin happiness

EFFECTIVE AND INDULGENT BODY TREATMENTS WITH
HIGH-QUALITY NATURAL PRODUCTS REGENERATE YOUR SKIN
AND ENSURE A VELVETY-SILKY FEELING.

Body

Vinoble Vino Forming

This exfoliating massage with body shape serum and a body pack intensively promote fat burning. Cellulite is reduced and the skin looks considerably firmer.

55 min

Salt and grapeseed full-body scrub

Gentle cleansing and caring exfoliating scrub made with grape seeds, salt and cold-pressed grapeseed oil. Intensively cares for the skin and promotes circulation.

25 min



Alkaline fresh algae cellulite wrap

Fresh algae shows the most effective impact in detoxification and cellulite treatments. Natural sea algae activates cell metabolism and promotes detoxification. Bandages soaked in alkaline water rebalance the skin.

- Brush massage, full-body scrub, alkaline full-body wrap, algae lotion and ionised olive oil

90 min

Vinotherapy

Modern vinotherapy is based on a millennia-old tradition whereby grapevines and their products are used therapeutically. The focus is on detoxification, cleansing, slowing down, recharging your batteries and re-finding your centre.

Bouquet

Massage combined with a cleansing body powder encourages the body's own detoxification processes. Warm grapeseed oil, infused with the properties of the European field pansy, lavender and Damask rose, intensively cares for the skin. The final body pack in our soft pack lounge removes excess water and cleanses the body of toxins.

- Oil massage with body powder, body pack in our soft pack lounge

50 min

Auslese

Intensively nourishing oil, cleansing body powder and fragrant floral essences guide you through this series of treatments. By massaging targeted trigger points, blockages in the connective tissue are released, the lymph system is stimulated and the body is detoxified.

- Oil massage with body powder, fascial massage, trigger point massage, cleansing with body powder

80 min





Pure luxury and relaxation that reaches deep under the skin

Treat yourself to this veritable skincare experience. Vitamins, hyaluronic acid and specifically designed cocktails of ingredients take effect deep under the skin and build from within. The results are visibly more beautiful complexions. Enjoy a meso facial treatment and the luxurious range of cosmetics products offered by this Munich-based cosmetics label – right here with us.



Anti-aging treatments for a fresher and younger complexion

GENTLE TREATMENT METHODS ENHANCE THE EFFECT OF EACH FACIAL TREATMENT, MAKING IT A SPECIAL HIGHLIGHT.

Meso laser treatment

The skin is prepared using a special scrub. Serums and hyaluronic acid are then applied to the skin and worked in depending on your skin type. Gentle laser light activates the exclusive ingredients. Finally, a high-quality cocktail of serums and hyaluronic acid is soaked into the skin. Final care and daily make-up with mineral powder.

Classic

with 3 vials of serum and
5ml hyaluronic acid 50 min

Deluxe

with 5 vials of serum, 15ml hyaluronic acid
and face massage with organic oils 80 min

Premium

with fruit acid peel, 5 vials of serum and
15ml hyaluronic acid as well as a face, neck
and chest massage with organic oils 90 min

Luxury ultrasound lifting treatment

Gentle sound waves are used to encourage ingredients deep into the skin. Activates energy in cells and speeds up biochemical cell circulation. Combined with highly concentrated hyaluronic acid, this treatment is ideal for keeping moisture locked into the skin for longer.

1 ultrasound treatment 25 min

3 treatments



Microdermabrasion for him & her

Effective manual exfoliation to treat wrinkles, pigmentation, sun-damaged skin, scars, acne and large pores. Fine crystals are used to precisely remove calluses from the surface of the skin. Gentle suction stimulates the skin to form new cells and the tissue is opened so that various ingredients used in subsequent treatments can soak in more effectively.

Face 65 min

Face, neck and chest 80 min

Special ultrasound treatment 120 min



Beauty extras

FOR AN ALL-ROUND RADIANT APPEARANCE

Hands and feet

Manicure

with polish

with French polish

with Shellac

Deluxe manicure

Intensive manicure with luxurious care products,
hand exfoliation and pampering massage

Caring paraffin hand bath

Moisturises and leaves dry skin feeling silky

30 min

in combination with a facial treatment

Hand treatment with Masque Modelant

Intensive care with exfoliation, massage,
mask and final care

45 min

in combination with facial treatment

Pedicure

with polish

with French polish

with Shellac

Deluxe pedicure

Vitalising foot bath, foot and nail care,
exfoliation, foot massage

Warm waxing

Gentle hair removal

(face, cheek, chin, upper lip, armpit, leg)



Eyes

Eyelash tint

Eyebrow tint

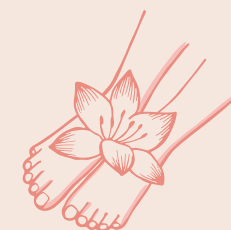
Eyebrow shaping

Hairdressing

Our hairdresser offers haircuts, styling and brilliant colours to suit you. Every Tuesday and Friday from 13:30 to 19:00. Bookings at the beauty farm.

Permanent make-up

Subtle, unique permanent make-up makes the most of your assets, the contours of your eyebrows, lids and lips. You can trust our expert, Martina Kretschmer.



Appointments are available every Wednesday
at our spa Beauty Farm or on request.
Tel. +43 5243 5293-609



Benefits for body and soul

TREAT YOURSELF TO A MASSAGE FOR BODY,
MIND AND SOUL. FEEL GOOD ALL ROUND.
WE HELP YOU FEEL GREAT.

Full-body massage

Tension is released, the metabolism stimulated and lymph drainage activated.

50 min

Massage

25 min

50 min with mineral oil fango

50 min with reflexology foot massage

Back massage

Releases tension and physical blockages.

50 min

Alpa classica treatment massage

Regenerating and pain-relieving with highly concentrated marmot oil. For chronic disorders of the musculoskeletal system, arthritis and rheumatic fever.

50 min

Alpa classica sports massage

A refreshing massage with powerful extracts of hand-picked mountain arnica flowers. For tiredness, mild strains, acute symptoms, after hikes.

50 min

Alpa classica relaxation massage

Relaxing and nerve-soothing St. John's wort oil. For disturbed sleep, stress, exhaustion, nervous disorders, anxiety.

50 min

Alpenrose wellness massage

Full-body massage in combination with a head, neck or reflexology foot massage.

80 min

Intuitive sensitive massage

A massage designed to suit you, whereby we combine various massage techniques to suit your needs.

50 min

80 min

Reflexology foot massage

Gentle pressure on the reflexology zones positively impacts the corresponding organs and body parts.

25 min

50 min with foot soak

75 min with foot soak, liver wrap and belly massage

Clear head relaxation massage

Especially designed for stressed people. Especially effective on the shoulder, neck and head. The muscles are loosened, tension melted away and new energy released.

50 min

Dorn & Breuss spine therapy

Spinal pain and disorders are often caused by misplacement or blockages of the spine. The spine is gently encouraged into its anatomically correct position.

50 min



Massage therapy

Balance Alpine 1000+ Peak of indulgence

Type depends on your individual needs. During this full-body massage, special warming or cooling massage oils are used in combination with spagyric essences.

80 min

Balance Alpine 1000+ Fascination in movement

A combination of fascia therapy and other specific techniques release tension and accumulations in the muscles and tissue.

80 min

Ear candle treatment

Traditional Indian relaxation ceremony that improves circulation in the ear. Frees up the throat, nose and ears. Also suitable for children.

25 min

Hemp massages

Classic hemp sports massage

Strengthening and system-balancing massage with pure gold and salve. Activates the body before and after exercise such as hiking or skiing.

80 min

Classic hemp regeneration massage

Lightens the body and recharges the batteries with green hemp oil and CBG (cannabigerol). Has a regenerating, anti-inflammatory and detoxifying effect and leads to better sleep.

50 min back massage

80 min full-body massage

Classic hemp relaxation massage

Deeply relaxing and uplifting for the body, mind and soul with CBG (cannabigerol), salve and essential oils. Has a mood-activating effect and is recommended for sensitive skin.

50 min back massage

80 min full-body massage

Massages from around the world

Shiatsu – harmony in energy flow*

Japanese shiatsu massage harmonises the body's energy flow by applying pressure to acupuncture points.

50 min

Soap massage

This treatment begins by warming up in a herbal steam bath. Gentle exfoliation and gorgeous scented soap massage on our warm stone lounger. To finish, you are covered with a moisturising oil.

75 min

La stone massage

Holistic energetic treatment with hot lava and cooled marble stones. The alternate use of these stones stimulates blood and lymphatic circulation. Tension is released, and your energetic system recharged.

75 min

Nuad Thai massage* (Thai yoga massage)

Traditional Thai yoga massage that uses various pressure and stretching techniques to increase energy flow in the body for a positive impact on your movement.

80 min

Lomi Lomi Nui

Calming Hawaiian music, warm coconut oil and big, flowing movements – gentle, pressing, stroking, stretching – help your body and soul relax and be free.

90 min with one massage therapist

70 min with two massage therapists

* Please wear comfortable sports clothing to your treatment appointment.

Detoxification massages

Lymph drainage

Detoxifying, releasing, removes excess water. A gentle, harmonising massage technique that reduces swelling and supports the body's detoxification process.

50 min

75 min

Deacidification massage

An effective way to remove acids and toxins from the tissue while firming and strengthening.

50 min

80 min with alkali soak

Pulsation cupping therapy

Lymph circulation and the metabolism are stimulated for better detoxification. Muscles are relaxed, accumulations released and the tissue loosened. We recommend an alkali soak with scrub after the treatment.

50 min

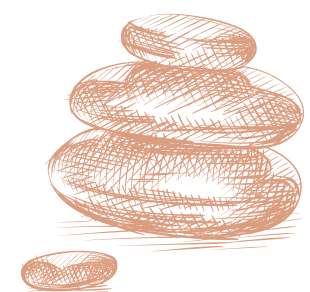
80 min with alkali soak

Salt on my skin

A combination of full-body natural salt exfoliation and salt stone massage. Calming, cleansing, caring, energising and remineralising.

100 min **DELUXE**

with relaxing foot soak, salt scrub, herbal steam bath, propolis salt stone massage, relaxation





AYURVEDA

In harmony with yourself

The path to holistic health

VARIOUS MESSAGES AND CLEANSING TECHNIQUES
TO HARMONISE BODY AND MIND.

Abhyanga

Full-body massage

The whole body is covered in healing oils chosen to meet your needs in an even, steady rhythm. Sweeping strokes and circular motions over key vital points (Marma massage) encourage the body's energy to flow again.

75 min



Padabhyanga

Foot and leg massage

Feet, shins and knees are massaged with fine motions, stretched and covered in especially prepared healing oils. Relaxes and refreshes at the same time.

50 min



Mukabhyanga

Shoulder, neck and head massage

The spirit (Vata) is calmed and soothed through targeted massage of vital points as well as individually selected oils. Stress-related tension in the neck and shoulders is palpably relieved.

50 min



Shirodhara

Dripping oil onto the forehead – for deep relaxation

A warm stream of beneficial oils on the forehead calms the mind and soul. Ideal deep relaxation for the nervous system, especially for people plagued by stress.

50 min

90 min with Abhyanga



Alpine Ayurveda Weeks

WITH DAVID BATRA

The unity of body, mind and soul is the foundation for a healthy, fulfilling life. Preserving this unity is a lifelong endeavour. Let our Ayurveda Master David Batra introduce you to this high art. After a comprehensive initial consultation and type analysis, we put together an Ayurveda programme tailored to you.

Our staff would be happy to tell you about our special weeks.

Download a detailed programme from our homepage under www.alpenrose.at





Our baths

are an experience in themselves. Relax. Feel good. Take a deep breath. Feel the power of the elements and nature. Imaginatively designed rooms, exotic scents, relaxing music, soft massages and soothing warmth make your wellness treatment a journey of the senses. Let yourself go and treat yourself to a quiet moment of absolute satisfaction!



Health and beauty baths

BATHING COMBINES PHYSICAL CARE WITH MENTAL AND PHYSICAL WELLBEING.

Bathe in our soft pack lounge

Our soft pack lounge lets you lie in an almost weightless position for maximum relaxation. Before the pack, enjoy an alkali soak with exfoliation to prepare the skin for the subsequent pack treatment.

Ligne St. Barth vanilla coconut dream

Pure coconut oil and moisturising vanilla body cream pamper the skin with beneficial nutrients.

45 min

Evening primrose oil pack

For sensitive, dry skin, ideal for neurodermatitis or psoriasis.

45 min

Alkaline detoxification pack

The skin's own oils are stimulated, leaving skin enchantingly soft. Recommended to detoxify and cleanse skin impurities.

45 min

Algae pack

Detoxifying and clarifying.

45 min

OUR TIP:

Combine our wellness baths with a relaxing massage.

in combination with a massage 25 min

Wellness baths

Tyrollean mineral oil bath

With a refreshing tonic for the muscles and joints.

20 min

Mineral oil vitality bath

20 min

Alpienne – pure spa bubble baths

Sensitive – calendula with lemon balm and wild mallow to soothe very stressed skin and return balance.

Relaxing – Mountain honey with Swiss pine and mullein care for the skin and provide intense moisture.

Revitalising – hay flower with dandelion and nettle provide mature, stress-prone skin with moisture and new vitality.

20 min

in combination with a massage 25 min

Blue dream massage bath

250 jets arranged to target the body's trigger points reduce tension as well as stress.

Sensual bath products invite you to dream as they pamper your skin.

20 min

in combination with a massage 25 min



Private spa indulgence

YOUR WELLNESS TREATMENT IS A CEREMONY
OF HAPPINESS AND A FEAST FOR THE SENSES.

La Luna – in the rhythm of the moon

Float during the tea ceremony as you take in the mood during a relaxing foot and leg massage. After warming up in the crystal sauna with backlit precious stones, you can look forward to a body scrub and a wellness massage to suit your individual needs. Your personal star sign is shown in lights above the massage lounge as more than 3,000 lights glitter in the sky to make up the Milky Way. Now, the 'Boffi sandstone monolith bath' awaits with beneficial bath products. And we provide fruity treats. As a finale, sink weightlessly into our pre-heated waterbed and dream of what you've just experienced on 'moon water'.

Single treatment 120 min

Couple's treatment 120 min



Body revitalisation

Experience the natural power of luxurious Alpine essences. The treatment begins with a Balance Alpine 1000+ peak of indulgence full-body massage *80 min*. Then you can enjoy the beneficial impacts of our sound motion lounge *30 min*.

Single treatment 110 min

Couple's treatment 110 min

Roses on the meadow – a celebration for two

Floral scents, candlelight, a cosy four poster bed. You'll feel like you're in a romantic Alpine meadow chalet – just the two of you in our romantic bath. Treat yourself to a high-end aqua salt scrub treatment too. Tingly and sweet – just like our culinary treats, sweet temptations and a sparkling glass of prosecco.

80 min

Roses for you – a ritual with the queen of flowers

Pampering ritual that speaks to all the senses to increase spiritual wellbeing. You begin your time together with a relaxing rose petal foot soak. We provide rose lemonade and fresh fruit. Then we spoil you with an Ayurvedic Garshan silk glove massage for silky soft skin. Then you can look forward to a private sauna experience to prepare you for your upcoming rose oil aromatherapy massage. The indulgent care pack ensures your skin is left feeling like velvet. Sweet home-made treats invite you to relax in a comfortable waterbed.

Couple's treatment 120 min

Wellness for the senses

LET YOURSELF BE PAMPERED WITH SOOTHING WELLNESS TREATMENTS...
ALONE, WITH YOUR PARTNER OR YOUR BEST FRIEND.

Ligne St. Barth chillout

This unique body treatment with special self-heating clam shells and cold-pressed avocado oil gently releases tension, reduces stress and encourages tissue metabolism as well as lymph flow while promoting circulation and providing the skin with intense moisture. The pleasant temperature of the shells combined with sweeping movements, manual massage motions and the delicate scent of beneficial oils whisk you away into a world of deep relaxation from head to toe.

Single treatment 90 min

Couple's treatment 90 min

Vinoble Nobel – pure nature

This exclusive Vinoble treatment begins with a glorious full-body exfoliation that leaves your skin feeling soft and silky. Finally, enjoy a warm, nourishing Vinoble Barrique wine bath. And we pass you a glass of delicious-smelling wine. This treatment is rounded off with a special Vinoble grapeseed oil full-body massage.

Single treatment 90 min

Couple's treatment 110 min

Mountain whispers – the Alpine ritual

This treatment begins with a mountain honey rock salt scrub that unleashes its full effect in a herbal steam bath. We then wrap you in soft, scented mountain hay on our soft pack lounge, where you can give in to the weightlessness. Finally, you can enjoy a relaxing herbal poultice massage with warm herbs and beneficial oils.

90 min



With the energy of wine

The ritual begins with an energising foot rinse with cool wine and a warm Barrique foot soak. And we provide a glass of white wine along with a sweet treat. The subsequent salt and cold-pressed grapeseed oil scrub provides the skin with beneficial ingredients that unfurl their full effects in the private sauna. Then you can experience absolute relaxation on our sound motion lounge. A special sound composition makes the lounge vibrate as your body floats with the sound waves. A facial massage and mask complete this wellness experience. While you relax in the waterbed with a little culinary surprise, you can simply allow yourself space to dream.

Single treatment 120 min

Couple's treatment 120 min



Treatments for expectant mothers

Full-body massage*

Tension, stress and that feeling of being rushed melt away as strained backs and tired limbs are left light and loose again.

50 min back, arms, legs

80 min including facial massage

Releasing leg treatment

This releasing leg and foot massage will relieve heavy legs and tired feet during pregnancy.

25 min

Clear head relaxation massage*

Gentle neck, head & facial massage.

50 min

Pregnancy ceremony for 3*

Soak in your babymoon and enjoy the wonderful moments of pregnancy together as a couple. The ceremony begins with a relaxing foot soak (geranium, sandalwood and bergamot). Finally, the expectant mother enjoys a special wellness massage while the father-to-be indulges in a full-body massage. The relaxing ceremony is rounded off with a period of relaxation on the waterbed.

80 min

Lymph drainage

Detoxifying, releasing, removes excess water.

50 min

*Massages can be done while you are on your stomach, side or while sitting.

Wellness for our youngest guests

WE OFFER FAIRYTALE-LIKE AND COOL BEAUTY PROGRAMMES
ESPECIALLY TAILORED TO THE NEEDS OF CHILDREN
AND YOUNG PEOPLE.

Children's skin is particularly delicate and sensitive. It has to be protected from environmental influences and strengthened in order to stay healthy and fresh for a long time. And just like adult skin, it is very sensitive to gentle, soothing touches. Our beauty offers for kids and teens are available up to age 14.

Snow White

Especially for young skin

A facial treatment designed for the needs of young skin: cleansing, scrub, face massage, mask to suit their skin type and nail polish.

45 min

Frog prince

Feet, head and body

Wellness massage with reflexology foot massage and delicate head massage.

45 min

Chocolate prince & chocolate princess

Smells yummy

Perfect for young girls and boys.

After a delicate milk bath, they'll be wrapped in a sweet chocolate body pack.

45 min

Hänsel & Gretel wellness massage

Good for you

Wellness treatment for our youngest guests with natural baby and children's oil containing especially soothing ingredients.

25 min

Cool breaks for cool guys

For fathers and sons

For dads and sons, the key is staying relaxed: muscles are loosened in the steam room. The young man can then look forward to a soap massage, then the father can enjoy an individual relaxation massage. Now it's time for the two cool guys to take to a tingling bath.

75 min



South Sea paradise

For mums and daughters

Gentle and fragrant: papaya scrub for the whole body in the steam shower. Vanilla foam dream: Both of you take to a deliciously foamy vanilla bath. Delicate and sweet: Finally, vanilla body lotion provides the best skincare experience. And we have a little gift for the daughter.

50 min

Be active to your heart's content

HEALTHY WELLBEING AND PHYSICAL FITNESS –
ALPINE KRAFTPLATZ BOASTS SPECIAL OFFERS
SEVERAL TIMES A YEAR.

Trust our Fit & Fun team. Fully-trained wellness and fitness trainers and leisure facilitators provide a professional activity and relaxation programme. Indoors and outdoors, summer and winter. One of the many Kraftplatz extras we offer without any additional charge. Because your health and your wellness matter to us.
Find details at www.alpenrose.at

	MON	TUES	WEDS	THURS	FRI	SAT	SUN
8:00 to 8:30	WATER GYMNASTICS Stamina, upper body training, bum training, body fit, muscle building						
9:00 to 10:00	MORNING SESSION Yoga sun salutation, Pilates, fit start to the morning, morning gymnastics, yoga flow, Pilates ball fitness, Theraband fitness, qigong, meditation, introduction to Kinesis®, stretch & relax, balance training, morning run						
from 9:00	OUTDOOR PROGRAMME Guided walks in Karwendel & Rofan, Nordic walking, power walking, mountain bike tours						
11:00 to 12:00	NOON SESSION Step aerobics, tramp cross jump, legs bums and tums, TRX suspension training, yoga, Powerzirkel, mini bands, Tabata, fitness boxing, back fitness, fascia training, medicine ball workout, HIT						
15:00 to 16:00	AFTERNOON PROGRAMME Step aerobics, tramp cross jump, legs bums and tums, TRX suspension training, yoga, Powerzirkel, mini bands, Tabata, fitness boxing, back fitness, fascia training, medicine ball workout, HIT						
16:30 to 17:30	EVENING SESSION Stretch & relax, Pranayama, Jacobsen muscle relaxation, mental relaxation, body journey, fantasy journey, yoga, Pilates, introduction to Kinesis®, introduction to Power Plate, qigong, healthy feet, yoga balance, balance training, autogenic training, release & relieve, meditation						

We'd be happy to inform you about special meditation and relaxation weeks.

Fit, vital and active

WHETHER YOU WANT A SWEAT-INDUCING WORKOUT
OR ACTIVE BALANCE: A VISIT TO OUR FITNESS CENTRE
IS ALWAYS A SPORTING PLEASURE.

Our gym offers perfect training conditions with top equipment across 450m² and two floors. The team is available throughout the day to provide support and advice, always ready to motivate you with a daily activity and relaxation programme.

OUR TIP: A healthy back

Put yourself in the state-approved hands of our back expert. He knows how to effectively and gently cure all kinds of back ailments, and will provide you with valuable tips to gently strengthen your back.



Personal training

With your personal trainer, you'll learn the best exercises for you and avoid making mistakes during your workouts. The perfect way to take plenty of tips and instructions back home with you. You'll notice how different a workout feels when you're guided by a personal trainer. We offer a tailored sport programme.

1 session of approx. 50 min

with your personal training plan
to take home with you

3 sessions





Our spa & relaxation area

We have 8,500m² of exclusive pool and water areas, countless saunas, surprising infusions, and oases of calm to suit every taste. The generosity of our wellness and spa oases will inspire and indulge you with space for individuality. Unique, and only for you and your wellbeing.

Wellness & relaxation

SLOW DOWN AND RECHARGE. PEACE AND COMFORT.
FUN AND ACTION. ACTIVE AND FIT. THE ALPINE KRAFTPLATZ
OFFERS ALL OF THIS ON OVER 8,000M².

SAUNA VILLAGE

- * Herbal meadow adventure sauna house
 - Event sauna 85°C
 - Daily guided sauna ceremonies with our sauna masters
- * Herbal brine steam bath 45°C
- * Wooden sauna 75°C in the residence garden (family sauna)

SAUNA LANDSCAPES IN THE VITALITY TEMPLE

- * Classic steam baths 47°C
- * Caldarium 50°C
- * Laconium 60°C
- * Bio sauna 65°C
- * Swiss pine sauna 80°C
- * Tepidarium with warm stone loungers
- * Salt brine grotto in Tyrolean rock 34°C

ALPENROSE SPAs

- * 'Kingdom of Heaven' 75°C

OUR QUIET ROOMS

- * Silent pasture – with heated water beds and the scent of hay
- * Silent mountain meadow dream
- * Cosy relaxation area in the wooden sauna and herbal meadow
- * 'Sleepyhead' relaxation area with a panoramic view of the Alpenrose SPAs

WATER WORLDS

- * Spring garden bathing landscape with indoor and outdoor pools 30/34 °C
- * 23m sports pool and 10m outdoor pool 32°C (from 18 years)
- * Outdoor brine whirlpool 34°C

FAMILY POOL ADVENTURE WORLD

- * Baby pool 35°C
- * Kids' pool with chill area 31°C, 110m long tyre slide and many water attractions

INFRARED LOUNGERS & CABINS

- * In the Vitality Temple, in the herbal meadow and in the Alpenrose SPAs

PARADISE GARDENS

- * 2 bathing ponds with cosy loungers and relaxation spots
- * Separate family area

FIT & FUN HOUSE

- * Light-flooded gym across 450m² and two floors with the latest Technogym equipment
- * Power Plate, Kinesis® – train in 3D
- * Guided daily sport and activity programme, indoors & outdoors
- * Back school
- * 200m² multifunctional sports hall in Cocoon 4. UG

Spa etiquette

Your appointment

Your treatments are all about you. Our spa specialists are completely focused on you and your needs. So that we can fulfil your appointment requests, we recommend that you book your treatments in good time – ideally with your room reservation.

A treatment to suit what you want

Talk to our trained therapists about your wishes and any health-related aspects that need to be considered. Providing us with information about possible impairments, allergies, medications or pregnancy allows us to put together the optimal spa programme to suit you.

Your spa specialists

Of course, it's entirely up to you if you would prefer to be treated by a female or male therapist. Please let us know your choice when you book your appointment. We will do our best to fulfil your request.

Completely undisturbed

You're looking for rest and relaxation for the body, mind and soul. This atmosphere of calm and relaxation should not be disturbed by loud conversations or mobile phones. We therefore ask our guests to use their phones only in the areas outside the Vitality Temple and House of Senses. Out of respect for other guests, the spa area is a no-smoking zone. For hygiene reasons, bringing food and drink into the spa area is not permitted.

OUR TIP:

Enjoy our special selection of herbal teas, water and dried fruits available in the spa and bathing area.

Relaxed harmony

Get in the mood before your treatment with a visit to our relaxation oasis. A pleasant shower or a visit to the sauna are excellent ways to prepare for your treatment. Please arrive at the vitality or beauty reception at the Fit & Fun House around 10 minutes before your treatment appointment. We ask for your understanding that late arrival may lead to a reduction of your treatment time out of consideration for the next guests.

When something comes up

We hope you understand that we have to charge 50% of the price if you cancel your treatment at short notice. Cancellation up to 12 hours in advance is free of charge.

Generosity is key

We have ensured that enough loungers and relaxation spots are available for our guests. We therefore ask you to refrain from reserving loungers.

Your valuables ...

... are best kept in the safe in your room. We cannot take responsibility for lost valuables.

For our little guests

You are welcome to use the wooden sauna in the residence garden and, of course, the swimming pool with your children. Otherwise, we kindly ask you to bear in mind that children under the age of 14 are not permitted in the sauna and relaxation areas.

Offers valid from 03/2022



WE'RE HERE FOR YOU!

Vitality Temple: 9:00 – 19:00
Appointments from 9:00 – 19:00
Tel. +43 5243 5293-606, vitaltempel@alpenrose.at

Beauty Farm: 9:00 – 19:00
Appointments from 9:00 – 19:00
Tel. +43 5243 5293-609, beautyfarm@alpenrose.at

Fit & Fun House: 7:45 – 19:00
Tel. +43 5243 5293-650, fitandfun@alpenrose.at

Hairdressing: TUES and FRI 13:30 – 19:00
Appointments from 9:00 – 19:00
Tel. +43 5243 5293-609, beautyfarm@alpenrose.at



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DER ALPINE KRAFTPLATZ



For more information,
simply scan the QR code.



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