

# Alpenreych Spa

Immerse yourself in a world of relaxing Alpine,  
Ayurvedic and traditional wellbeing treatments

Enjoy relaxing and customized wellness treatments for soul & spirit  
with high-quality selected products in our Alpenreych Spa.  
Your time out should be an unforgettable highlight for you.

Our qualified staff will be happy to advise and inform you directly at our  
Wellness Info Point (3rd floor) or in the Alpenreych Spa (5th floor).

You can also reach us by phone under the **internal number 815**.

## Opening hours Alpenreych Spa (5th floor)

daily from 09.00 o'clock to 19.30 o'clock.

## Opening hours Wellness Info Point (3rd floor)

depending on availability from 14.00 o'clock to 19.30 o'clock

We are looking forward to seeing you...

Your SPA-Team



*We kindly ask you to inform us of a possible pregnancy at the time  
of booking or at the beginning of the treatment. Treatments with  
the following symbol are suitable during pregnancy.*

# MASSAGES

## *Magic moments*

### *Hubertus pampering massage*

This wonderful massage increases the physical well-being and gives new vitality and energy. In order to achieve optimal deep relaxation, we let you select the emulsions with oil. Full body massage with head and face massage.

- Caring - moisturizing - apple and rosehip
- Healing - soothing - chamomile and marigold
- Stimulating - firming - marine algae and hyaluronic acid

Duration: ca. 50 minutes 96,00 €  
Duration: ca. 75 minutes 144,00€

### *Hubertus ritual with energy stones*

This special ritual with cold mountain crystals and hot volcanic stones is a source of new strength for everyday life. The body draws new energy from the mountain crystals and the warm volcanic stones melt away any tension.

Duration: ca. 75 minutes 125,00 €

### *Classic massage*

Carried out according to your individual requirements.

- |                     |                |         |
|---------------------|----------------|---------|
| ○ Full body massage | ca. 50 minutes | 90,00 € |
| ○ Back massage      | ca. 25 minutes | 53,00 € |
| ○ Shoulder and neck | ca. 20 minutes | 49,00 € |

### *I Breathe!*

For more vitality and a strong immune system. This special massage on the back and chest area opens and relaxes the airways and the massage has a positive effect on the lungs. Inhalation with various herbs additionally cleanses and strengthens the respiratory tract.

Duration: ca. 50 minutes 95,00 €

### *Relaxing head and neck massage - Team Dr. Joseph*

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

Duration: ca. 50 minutes 98,00 €

### *Resonance massage for the back*

This treatment is used for the elimination of stubborn related stress conditions located in the spinal cord. By deeply warming the tissues the lymphatic system will be reactivated and the entire back will be cleaned.

O 1 treatment	ca. 50 minutes	96,00 €
O 3 treatments for 1 person	ca. 50 minutes each	240,00 €

(With this package you get natural capsules for your inner well-being)

### *Sports massage – Belvita mountain active*

This combination of pine and arnica oil, reflexology stimulation and the techniques of revitalising massages melts away all tension and takes away muscular pains.

Finally, we refresh your legs with a beneficial leg gel.

O Legs	ca. 25 minutes	55,00 €
O Legs and back	ca. 45 minutes	86,00 €

### *Massage with stamps of aromatic herbs*

Enjoy a massage with precious oils and hot stamps of aromatic herbs and you will be swept away to magic worlds of marvellous fragrances that promote bodily wellbeing, new strength and renewed vitality.

Duration: ca. 50 minutes	96,00 €
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### *LomiLomi Nui*

Lomi Lomi Nui is a traditional Hawaiian full body massage that gets your body energy flowing again. The gentle touches have a balancing, stress-relieving and calming effect on body, mind and soul.

Duration: ca. 75 minutes	144,00€
ca. 100 minutes	192,00€

### *Shiatsu massage (please come in comfortable clothes)*

Shiatsu is a pressure massage according to the Far Eastern tradition that harmonizes body, mind and soul. The massage has a positive influence on your life energy through gentle, deep-acting pressure. During the massage you will be comfortably dressed and laying on a soft mat on the floor.

Duration: ca 50 minutes	106,00€
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**NEW! PREGNANCY- Shiatsu massage** (please come in comfortable clothes)



Shiatsu is a pressure massage according to Far Eastern tradition. The gentle manual techniques have a calming, balancing and strengthening effect on mother and child. You will lie comfortably on the massage table.

Duration: ca. 50 minutes

99,00€

**NEW! Traditional Thai – Yoga Massage** (please come in comfortable clothes)

This powerful, energetic and dynamic massage technique is a combination of yoga, acupuncture and meditation. The main effect is a noticeable increase in energy flow, opening of the meridians, as well as strengthening and relaxation of the whole body and mind. This method is performed without oil on a soft mat on the floor.

Duration: 70 minutes

145,00€

**NEW! Pregnancy massage**



Time for two!

Create space for mother and baby. Relax, regain your inner balance and strengthen your bond with your baby. Enjoy a relaxing full-body massage, customized to your needs. Please inform us of any illnesses and symptoms.

Duration: ca. 50 min.

90€

ca. 75 min.

135€

**Foot zone massage with foot bath**

The reflex areas of the foot will be stimulated in order to regenerate and revitalise the body. Starting with an activating footbath.

Duration: ca. 45 minutes

82,00 €

**Gsund Belvita Treatment**

Belvita have developed this unique wellbeing treatment for you. All products used for this ritual originate in South Tyrol. A real health elixir – from the Alpine source directly to the skin. The medicinal and healthy effect of the treatment combines the power of nature, the natural healing effect of plant extracts and the comfortable touch of professional hands.

- Relaxing footbath
- Stimulating hand and arm massage
- Revitalizing foot peeling
- Invigorating body massage
- Face and décolleté massage
- Moisturizing body package

**GSUND**  
Belvita Treatment

Duration: ca. 50 minutes

99,00€

**Children's dreams** (4 years until 14 years)

Aroma massage for kids

Duration: ca. 20 minutes

38,00 €

# Ayurveda Alpine

This special massage is based on the synergy between the traditional Ayurveda technique and oils made with local essences.

## Abhyanga massage

It's a classical Ayurveda oil massaging procedure, which supports the body while undergoing a cleansing process. It is well suited for the stress orientated illnesses, exhaustion and fatigue.

Duration: ca. 45 minutes  
ca. 80 minutes

84,00 €  
127,00 €

## Mukabhyanga massage - suitable also for



Relaxing Ayurvedic massage of the head, face, neck and cleavage. Clears the mind, removes blocks and bestows new harmony, interior strength and energy.

Duration: ca. 25 minutes

56,00 €

## Upanaha Sveda massage

A balancing, detoxifying back massage using elements of the Ayurveda methods as a guideline. It supports the cleansing and strengthening of muscles, connective tissues, spinal column and nerves.

Duration: ca. 50 minutes

93,00 €

## Udvartana massage

Ayurvedic full body scrub massage with a mixture of coarsely ground herbs and high-quality oil. This purifying massage stimulates the metabolism and removes dead skin cells.

Duration: ca. 40 minutes including 10 min shower

81,00 €

## Padabhyanga massage (foot massage)

Relaxing foot massage with a balancing effect that calms nervousness, stress and sleep problems.

Duration: ca. 45 minutes

82,00 €

# PEELINGS & PACKING

## *Velvety feeling*

Freshness and beauty for your skin

- Hubertus peeling
- Hay-apricot peeling
- Aroma salt peeling

Duration: ca. 25 minutes

49,00 €

*Tip: We recommend a full body peeling before every treatment, in order to cleanse the skin and open the pores to better accept the active agents!*

### SOFT PACK

Let us advise you individually and enjoy the weightlessness in our softpack tub.

#### Traditional hay bath

The body and mind are relaxed by the strength of the alpine herbs. The sweaty effect leads to a purification and works positively together with the apparatus strengthening the immune system.

Duration: ca. 40 minutes

62,00 €

#### Mud pack

It boosts detoxification in a natural way and acts as an invigorator on the musculoskeletal system.

#### Sport pack

Gives your tired joints and muscles a new sense of fitness. Tensions are unravelled and stress diminishes.

#### Intensive care pack

Revives your skin with vitamins and a lot of moisture, builds up the cell regeneration to make them more elasticised and smooth.

#### Purifying pack

Algae are full of valuable mineral nutrients and salt. The tissues by means of these active substances are supplied with blood and purified. The skin tightens under the soaking.

- |  |                |          |
|--|----------------|----------|
| <input type="radio"/> Every pack                             | ca. 25 minutes | 52,00 €  |
| <input type="radio"/> Peeling and pack                       | ca. 50 minutes | 85,00 €  |
| <input type="radio"/> Peeling, pack and partial body massage | ca. 80 minutes | 125,00 € |

# BODY TREATMENTS

## Power Detox

For your wellbeing and your beauty

### **Lymph stimulation massage** *suitable also for*



A soft manual massaging technique which brings the lymph back into flow.

<input type="radio"/> Face	ca. 25 minutes	52,00 €
<input type="radio"/> Legs	ca. 45 minutes	78,00 €
<input type="radio"/> Body	ca. 50 minutes	89,00 €

### **Detoxifying Cellulite Treatment - Team Dr. Joseph**

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed wrap for extra hydration and metabolic activation. The very definition of full-body care!

Duration: ca. 50 minutes	98,00 €
ca. 80 minutes with seaweed wrap	139,00 €

### **Body purifying wrap**

The metabolism is activated in the appropriate zones through various technique and applications. The various herbal active ingredients stimulate the metabolism, promote blood circulation, drain and fight cellulite. The tissue is tightened and drained.

<input type="radio"/> 1 wrap application	ca. 80 minutes	123,00 €
<input type="radio"/> 3 wrap applications	ca. 80 minutes each	309,00 €

(With this package you get natural capsules for your inner well-being)

# COSMETICS

*Time for your beauty*



## Perfect hands and care...

Manicure without nail polish	ca. 50 minutes	60,00 €
Pedicure without nail polish	ca. 50 minutes	64,00 €
Manicure included nail polish	ca. 60 minutes	66,00 €
Pedicure included nail polish	ca. 60 minutes	70,00 €
Wellness manicure (peeling, massage, package, nail polish)	ca. 70 minutes	86,00 €
Wellness pedicure (footbath, peeling, massage, package, nail polish)	ca. 70 minutes	89,00 €
Men's manicure	ca. 40 minutes	55,00 €
Men's pedicure (with foot massage)	ca. 50 minutes	62,00 €
Teenie manicure (file, massage, nail polish)	ca. 45 minutes	50,00 €
Teenie pedicure (file, massage, nail polish)	ca. 45 minutes	50,00 €
Nail polish	ca. 15 minutes	18,00 €

## Permanent nail polish (no Gel)

Manicure with permanent nail polish (remove set for home included)	ca. 70 minutes	89,00 €
Pedicure with permanent nail polish (remove set for home included)	ca. 70 minutes	93,00 €
Removal permanent nail polish (no Gel)	ca. 15 minutes	18,00 €

## Beauty service

Eye brow correction	ca. 15 minutes	19,00 €
Eyelash and eyebrows colour	ca. 25 minutes	32,00 €
Eyelash or eyebrows colour	ca. 15 minutes	19,00 €

## Depilation

Upper lip	ca. 10 minutes	16,00€
Chin	ca. 10 minutes	18,00 €
Leg completely with bikini zone	ca. 45 minutes	59,00 €
Leg to knee	ca. 25-30 minutes	38,00 €
Armpit	ca. 10-15 minutes	20,00 €
Arms	ca. 15-20 minutes	29,00€
Bikini zone	ca. 10-20 minutes	22,00 €
Back or breast	ca. 20- 35 minutes	38,00 €



HIGHTECH NATURAL COSMETICS  
**TEAM D<sup>R</sup> JOSEPH**

SÜDTIROL



***Intense purifying face treatment*** - suitable also for

For a visibly fresher complexion and vital radiance. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing with cupping glasses and deep cleansing, eyebrows contouring, peel-off mask and daily skin care.

Duration: ca. 50 minutes

99,00 €

***Cellular recreation face treatment***

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing with cupping glasses, eyebrows contouring, special serum, facial massage, intensive facial mask and daily skin care.

Duration: ca. 80 minutes

132,00 €

***Advanced bio lifting face treatment***

Experience a truly unique beauty treatment Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing with cupping glasses, eyebrows contouring, special serum, bio-energetic lifting massage, intensive facial mask and daily skin care.

Duration: ca. 110 minutes

179,00 €

***Express power lift for men***

For a powerful and well-groomed appearance. Stimulation of the lymphatic system, cleansing, peeling, deep cleansing, special serum, intensive mask, decollete- neck massage and daily skin care.

Duration: ca. 50 minutes

99,00 €

***Ultrasonic facial lift treatment***

with Team Dr. Joseph or Babor products

Experience a completely different non-invasive process for a rejuvenated and immaculate appearance. The ultrasonic frequencies allow the natural active ingredients to safely penetrate even the deepest layers of the skin. The effect of the ultrasonic treatment immediately shows in visibly smoother and tighter skin. Lymph stimulation, steam compresses, purification, enzyme and ultrasonic deep peeling, ultrasonic repair or lifting and daily care. In order to intensify the long-term effect, we recommend to book the treatments as a package.

Duration: ca. 50 minutes

129,00 €

**Supreme ultrasonic facial lift** (+ alginate mask, facial massage)

Duration: ca. 80 minutes

158,00 €



### **Skinovage - Classic face treatment** - suitable also for

Customized treatment for your skin type. Treatment steps and active ingredients are individually tailored to your needs and thus make an apparent success possible.

Cleansing, peeling, deep cleansing, eyebrows contouring, active concentrate, mask and daily skin care.

Duration: ca. 50 minutes	99,00 €
ca. 80 minutes	132,00 €

### **HSR Lifting – The Ultimate Lifting Treatment**

The beauty highlight of the extra class. Facelifting anti age for youthful smoothness, tension and elasticity. Cleansing, peeling, deep cleansing, eyebrows contouring, ampoule cure, lifting massage, mask and daily skin care.

Duration without ultrasound:	ca. 80 minutes	146,00 €
Duration with ultrasound:	ca. 110 minutes	175,00 €

### **Babor Men Energy Treatment**

For a fresh and vital looking, well-groomed skin. Strengthens the natural protective function and cell membrane.

Cleansing, peeling, deep cleansing, eyebrows contouring, active concentrate, mask, decollete- neck massage and daily skin care.

Duration: ca. 50 minutes	99,00 €
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### **Head and face massage with special serum**

The scalp is manipulated to a relaxed condition and the facial muscles radiate a refreshing vibrancy. With special serum and final care.

Duration: ca. 45 minutes	81,00 €
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### **Hydra Boost Treatment**

#### **Ampoules Intensive Treatment**

To regain the beauty and tone of your skin in a short time. The active ingredients contained in the ampoules are beauty substances that are absorbed by the skin in depth and without residue, thus performing a rapid and effective action.

Your skin has never been more radiant, fresh and plump!

Cleansing, peeling, ampoules (3 pieces), mask, daily skin care.

Duration: ca. 25 minutes	86,00€
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### **Babor Eyes Treatment**

Intensive care makes your eyes shine. Soothes, refreshes, invigorates and relaxes the eye area. Cleansing, active concentrate, eye fluid, massage, mask and daily skin care.

○ Eyes Treatment	ca. 25 minutes	56,00 €
○ Eyes treatment, eyebrow contouring and colour	ca. 45 minutes	99,00 €
○ Individual face treatment and eyes treatment for an extra charge:		50,00 €

# SPECIAL PACKAGES

Selected treatments for efficient results

With each package you get natural capsules for your inner well-being

## Hubertus package

- Hubertus peeling ca. 25 minutes
- Hubertus pampering massage ca. 50 minutes
- Hubertus ritual with energy stones 75 minutes

2-3 days

236,00 €

## Relax for your back

- Mud pack ca. 25 minutes
- Resonance massage for the back ca. 50 minutes
- Relaxing head and neck massage ca. 50 minutes
- Upanaha Sveda massage ca. 50 minutes

3-4 days

288,00 €

## Relax package

- Hay peeling ca. 25 minutes
- Intense purifying face treatment  
Team Dr. Joseph **or** Babor Skinovage ca. 80 minutes
- Abhyanga massage ca. 80 minutes

2-3 days

266,00 €

## Pure relaxation!

(soft and relaxing massages)

- Hay peeling ca. 25 minutes
- Mukabhyanga massage ca. 25 minutes
- Abhyanga massage ca. 45 minutes
- Intensive care pack ca. 25 minutes

3-4 days

213,00 €

### For your silhouette

- Lymph stimulation massage legs 45 min.
- Detoxifying Cellulite Treatment – Team Dr. Joseph ca. 50 minutes
- Body purifying wrap ca. 80 minutes each
- Purifying pack ca. 25 minutes

4 days

298,00 €

### Perfect look

- Ultrasonic facial lift ca. 50 minutes
- Supreme ultrasonic facial lift ca. 80 minutes
- Hydra Boost Treatment ca 25 minutes

3 days

320,00 €

### Only for men

- Sports massage legs and back ca. 45 minutes
- Sport pack ca. 25 minutes
- Shoulder and neck massage ca. 20 minutes
- Men's pedicure with foot massage ca. 50 min.

3 days

220,00 €

### For the expectant mother



- Intense purifying face treatment Team Dr. Joseph **or** Babor Skinovage ca. 50 minutes
- Manicure or pedicure incl. nail polish ca. 60 minutes
- Lymph stimulation massage body 50 min.

3-4 days

222,00 €

*The spa packages cannot be divided among several persons.  
The appointments will be charged in full for short notice cancellations.*