

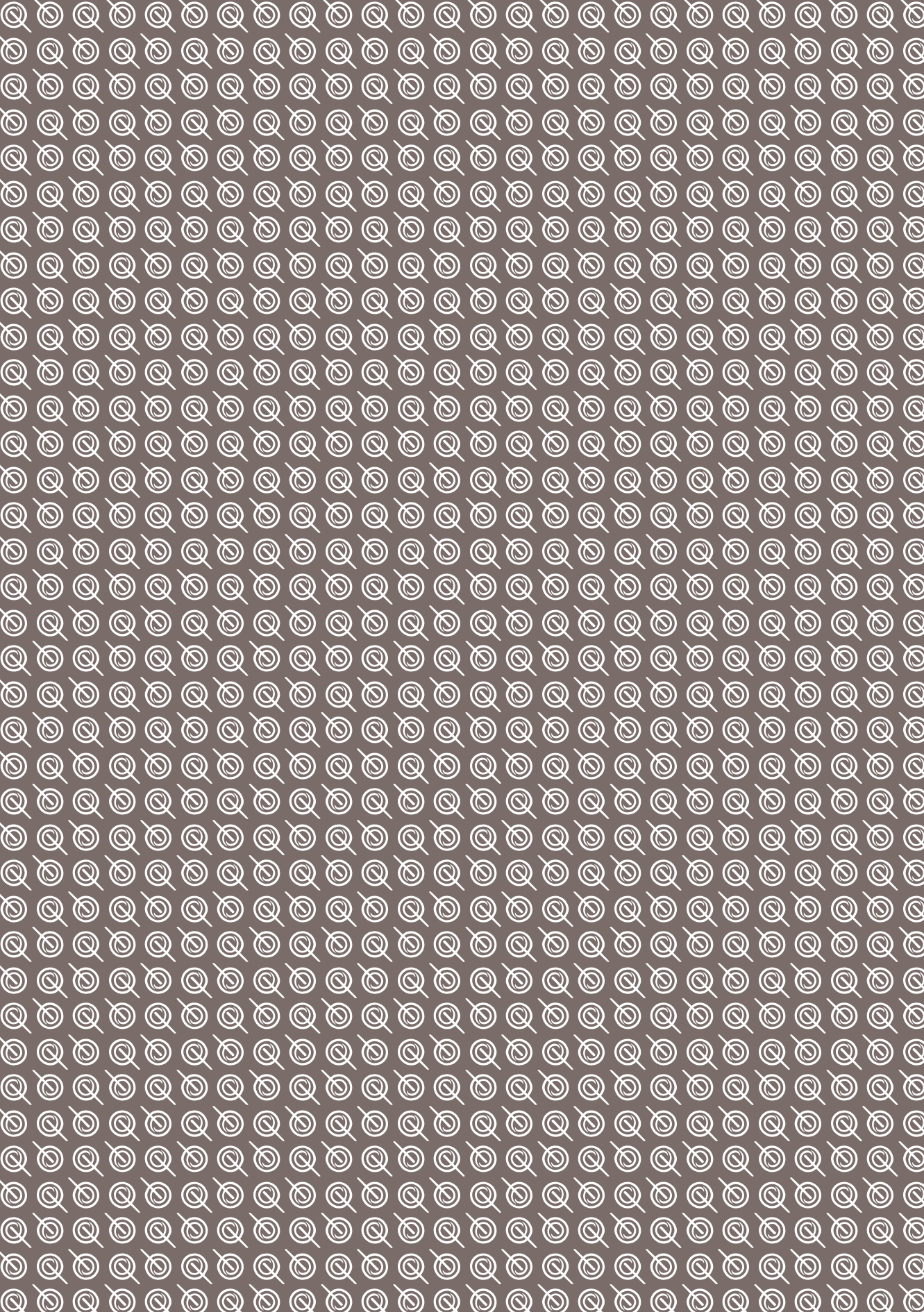
PostHotel  
ACHENKIRCH

*Your holiday starts here*

**Beauty · Massages · Baths**



ATRIUM SPA





**Dear guests,**

for us, wellness is more than just a word – and we've been able to demonstrate that over the past 40 years here at the Posthotel Achenkirch. As a pioneer in wellness, we were one of the first to discover just how important it is for you, our guests, to relax. Pampering oneself and incorporating well-being into leisure activities – that's always been our vision and ambition.

What's more, our skilled team is on hand to advise and care for you – assisted by the inspiring settings we have created over the course of the past decade with our Atrium spa, as well as our water and sauna worlds with the Ying Yang pool and the Sunken Temple, stretching across 7,000m<sup>2</sup>.

We have so much more to say – but it's more important to us that you visit us here at the Posthotel Achenkirch and experience it for yourself. We have our wellness team here to help you!

As your host, our aim is to make sure our guests are happy – as such, we hope you will enjoy the one-of-a-kind experience awaiting you at our hotel and that our spa becomes your special place for relaxation and well-being.

Best wishes,

Karl C. Reiter and Hotel Director Jens Bernitzky



*Please find our current prices on  
our website [www.posthotel.at](http://www.posthotel.at).*



# CONTENTS



## ***For mind and body***

|                            |    |
|----------------------------|----|
| Signature treatments       | 06 |
| 1001 nights                | 09 |
| Couples treatments         | 10 |
| Traditional massages       | 12 |
| Well-being massages        | 14 |
| alpienne - Alpine vitality | 17 |
| Ayurveda                   | 18 |
| Baths                      | 20 |
| Regional specials          | 22 |
| Body treatments            | 24 |
| Detox treatments           | 26 |

## ***Beauty treatments***

|                                  |    |
|----------------------------------|----|
| Gertraud Gruber                  | 29 |
| VALMONT                          | 32 |
| Ultrasound treatments            | 34 |
| Ligne ST BARTH                   | 35 |
| Face extras   From hand to foot  | 36 |
| Rootless - Depilation treatments | 37 |

## ***Just for men***

|                                   |    |
|-----------------------------------|----|
| Ebenholz natural skincare for men | 39 |
| Gertraud Gruber men   VALMONT     | 40 |

## ***All-inclusive packages***

|                                      |    |
|--------------------------------------|----|
| Natural cosmetics by Gertraud Gruber | 42 |
| alpienne - Alpine vitality           | 43 |
| More all-inclusive treatments        | 44 |
| For mums-to-be                       | 45 |
| TCM treatments                       | 47 |
| Atrium spa specials                  | 49 |

Errors, changes, printing and typesetting errors excepted. We would like to ask our guests to arrive to their treatments on time as otherwise the treatment time has to be shortened by the time missed.



# SPA ETIQUETTE



## ***Dear guests,***

Welcome to the Atrium spa! Immerse yourself in a world of relaxation and well-being. Take some well-deserved time out to pamper your body, soul and mind.

## ***Making an appointment***

We recommend booking any treatments when making your room reservation. You can make an appointment directly with the Atrium spa by telephone on +43 5246 6522-558 or by email at atriumspa@posthotel.at.

## ***Arrival – Late arrival – Cancellation policy***

We kindly ask you to arrive at our spa reception approximately 10 minutes prior to your reservation so that you can enjoy your full treatment time. Out of consideration for the following guests we ask for your understanding that if you arrive late, this time will be deducted from your treatment time. If you need to cancel an appointment, please let us know **at the latest 24 hours** before your scheduled appointment. If you miss this deadline, we ask for your understanding that 80% of the treatment price will be charged.

## ***Pregnancy & Health problems***

We kindly ask you to inform us if you are pregnant when booking an appointment, as not all treatments are suitable for mums-to-be.

If you have any health problems, or if you are currently receiving medical treatment, please let us know when making your appointment.

## ***Valuables***

Please leave all your valuables in your hotel room and remove any jewellery and watches before any treatments.

## ***Products for sale***

Most of the cosmetics we use for our treatments are also available to purchase. If you have any specific questions, please contact our Atrium spa staff members.

# SIGNATURE TREATMENTS



## ***Posthotel Achenkirch – Kraffitritual***

(approx. 50 min.)

Hedi and Dr. Hu Ji have developed the Posthotel strength ritual together with our wellness team in order to settle our guests into the recuperation stage of their holiday. Over 40 years' worth of experience with wellness treatments at the Posthotel Achenkirch has helped to shape this wellness ritual which helps our guests leave their day-to-day stresses and strains behind them.

To start this wonderfully relaxing wellness ritual, you can get tucked up in a warm and cosy bed with pre-warmed feet and as many soft blankets as you desire. After some gentle swaying and rocking movements, the therapist will start to concentrate on your head, shoulder and neck areas. Relaxing holds are combined with various vital points. We use high-quality, intense substances in our Alpine herb emulsion to impart relaxation and vitality.



## ***Tiroler Steinöl® – Signature Treatment***

(approx. 80 min.)

To start, indulge in a soothing full-body oil treatment with hydrophilic oil massaged into your skin. This is followed by a shale oil peeling treatment which is even suitable for sensitive skin thanks to the natural products we use.

This process gently removes dead skin, whilst replenishing your skin with minerals. What's more, this treatment stimulates circulation, encourages detoxication and increases your skin's elasticity.

The treatment is rounded off with an invigorating bath with Tiroler Steinöl® (shale oil) and a full-body application of Tiroler Steinöl® (shale oil) body milk.







***Posthotel Journey of Relaxation***

(approx. 50 min., only for women)

This treatment lets you experience a relaxation technique which resolves blockages in the energy flow, providing harmony of body, mind, and soul. By gentle rocking and movement, the therapist massages and mobilizes your body from your feet to your head. This wonderfully relaxing massage ritual takes you on an exceptional journey and inspires your senses with the familiar Posthotel fragrance.



# 1001 NIGHTS



## ***Hamam – Relaxation from the Orient***

The Hamam massage relaxes your body, loosens your muscles and improves the flow of blood through your skin. A wonderful treatment to replenish body and soul!

### ***Hamam***

(approx. 70 min.)

After warming yourself up in the steam room, your body will be peeled and cleansed using a Hamam glove. This is followed by a soap massage which involves being covered in soft foam. Your body will feel wonderfully light, a sensation which will spread into your soul and enable energy to flow more freely. Your skin will be pampered and nurtured to finish off the treatment.

# COUPLES TREATMENTS



Here at the Posthotel Achenkirch, you have the chance to escape day-to-day life and while away a few restful hours in a pleasant, tranquil ambiance together with your partner or friend.

## ***ST BARTH harmony***

Indulgent body massage incl. face  
(approx. 50 min.)

Enjoy your personal relaxation ritual: The focus of the relaxing massage care products is based on your individual wishes. For example, coconut oil is used for dry skin, aloe vera gel for intensive moisturising, menthol oil for vitalisation and ivy gel for firming. A luxurious body lotion with your favourite fragrance of choice rounds off the treatment.



## ***Sternschnuppen-Paket 2.0***

(approx. 80 min.)

Time is precious! Enjoy quality time for two while taking a bath in our large bathtub with a glass of sparkling champagne and fruits dipped in chocolate. A relaxing aromatic oil massage rounds off this romantic package.



***Caribbean dreams for two***

(approx. 90 min.)

While away a few heavenly hours with your loved one and indulge in some relaxation with a Ligne ST BARTH body peeling treatment for your entire body, followed by a beauty bath. This is followed by a pampering aromatic oil massage and rounded off with a selection of fruit, rich in vitamins.



***Sea salt treatment***

(approx. 80 min.)

Indulge in a treatment with first-class peeling products designed to replenish your skin with nutrients. Your skin is left feeling renewed and revitalised with a smooth and refined flawless texture.



***Aromatic oil relax massage***

(approx. 35 min. plus relaxation time)

Lie back, relax and unwind with this gentle massage using special aromatic oils to encourage harmony between your mind, body and soul. The massage soothes your autonomic nervous system, boosts your immune system and gives you an overall feeling of well-being. To finish, we will place a warm aromatic pillow onto your neck and leave you to rest for another ten minutes.

# TRADITIONAL MASSAGES



## ***Full-body massage***

(approx. 50 min.)

A traditional full-body massage to loosen your muscles.



## ***Partial massage***

(approx. 25 min.)

A traditional partial massage to relieve tension.



## ***SCHUMANN 3D SYSTEM***

The Schumann 3D system is a vibrating plate providing deep relaxation and stress relief. The Schumann frequency corresponds to the basic resonance frequency in our habitat. The vibrations regenerate, mobilize and relax the body in just a few minutes.

## ***Balance your inner being***

(approx. 50 min.)

Schumann plate 10 min., followed by a partial or full-body massage 40 min.



## ***Feet light as a feather***

(approx. 50 min.)

Schumann plate 10 min., followed by foot reflexology 40 min.

**Sports massage**

(approx. 50 min.)

This intense classic massage is enriched by applying the nourishing Alpienne skin & muscle lotion.



**Body lymph drainage** (partial)

(approx. 50 min.)

A gentle massage with smooth, flowing movements intended to detoxify and get rid of blockages, in turn stimulating lymph circulation. Lymph drainage has pain-relieving effects and supports the healing process, as such it is ideal for after operations or accidents. This kind of massage is also recommended for flow impediments, such as heavy, overworked legs.



**Foot reflexology**

(approx. 40 min.)

Reflex areas on the sole or instep of the foot correspond to every part of the body. Organs, as well as the lymphatic and nervous system, can be either stimulated or soothed via the reflex zones, and blockages and congestion can be resolved. Even headaches, digestion problems, insomnia and stress can all be alleviated with this massage.



**Luxury foot reflexology**

(approx. 50 min.)

Foot peeling, followed by a foot reflexology and heat pillows.



**Combi-massage**

(approx. 50 min.)

Partial massage and foot reflexology.

# WELL-BEING MASSAGES



## ***Aromatic oil relax massage***

(approx. 35 min. + relaxation time)

This 35-minute gentle well-being massage is performed with special, precious oils and creates harmony between mind, body and soul.



## ***Time out – just relax***

(approx. 45 min. + relaxation time)

The fine muscles which support the head and spine are often the ones responsible for causing headaches. In order to relieve tension in the neck and shoulder area, the treatment involves applying pressure and vibrations whilst the guest is lying on his back. In this way, your body will be released from stress and tension.



## ***Time out – just relax deluxe***

(approx. 70 min. + relaxation time)

This wonderfully relaxing massage goes above and beyond the Time out - just relax and also aims to relax your sacral region (the area between the lower back and buttocks). This treatment is especially suitable to counteract the effects of prolonged sitting.





### ***LOMI LOMI NUI***

Hawaiian temple massage  
(approx. 90 min.)

Lomi Lomi Nui is an exceptional massage experience. Imagine: the tender hands and forearms of our therapist flowing magically over your body for a whole 90 relaxing minutes. Lomi Lomi Nui helps to eliminate stress and relieve tension whilst imparting heightened sensations of vitality and “joie de vivre”.



### ***ST BARTH harmony***

Indulgent body massage incl. face  
(approx. 50 min.)

Enjoy your personal relaxation ritual: The focus of the relaxing massage care products is based on your individual wishes. For example, coconut oil is used for dry skin, aloe vera gel for intensive moisturising, menthol oil for vitalisation and ivy gel for firming. A luxurious body lotion with your favourite fragrance of choice rounds off the treatment.



### ***Hot stone massage***

(approx. 60 min.)

Our hot stone massage is based on ancient methods implemented by the Native Americans who always used the energy from hot stones for healing purposes. The round, polished basalt stones let pleasant heat flow over your entire body. Surface tension, aching muscles and tense, sore body parts are all loosened up.



## ALPIENNE - ALPINE VITALITY

We have developed the product range “alpienne - Alpine vitality” using the exquisite natural products found on our mountains and which have extensive benefits for your well-being. Each individual product constitutes Alpine nature in its purest form. Skilful individuals carefully harvest the natural resources by hand at an altitude of over 1000 metres.

Alpienne stands out from the crowd thanks to its ingredients extracted from plants gently processed according to traditional procedures, high-quality, cold-pressed oils, naturally revitalised water from crystal-clear mountain streams, natural alcohol from handmade fruit and berry distillates, and honey and propolis products from beehives in the mountains.

You won't find any chemical or other artificially produced additives in our alpienne products. The properties of each product are designed to provide you with the optimum in care, vitality and well-being.

### ***alpienne HARMONY***

(approx. 50 min.)

Massage with steam-heated herbal pouches, relaxation massage and foot massage.



### ***alpienne RELAX & HARMONY***

(approx. 80 min.)

Massage with steam-heated herbal pouches, relaxation massage, head massage and foot massage.



### ***alpienne AROLLA PINE VITALITY MASSAGE***

(approx. 70 min.)

This wonderful massage ceremony embodies the soothing and deeply relaxing properties of the arolla pine wood. Combining muscle relaxing fascia roll with warm arolla pine sticks including the scent of mountain arnica and rosemary oil will have a deeply relaxing and vitalising effect. A real treat for achy muscles and joints.

## AYURVEDA

Ayurveda, literally “the science of life”, is regarded as the “mother of all healing arts”. Ayurveda is primarily a healing practice which aims to preserve an individual’s health, joie de vivre and well-being, and to rejuvenate the entire organism.

### ***ABHYANGA – Ayurveda full-body oil massage, including face and scalp***

(approx. 90 min.)

The Ayurveda full-body massage uses warm sesame oil and acts as a remedy for the entire nervous system. The oil nourishes cells and organs whilst purifying tissue of toxins. The therapeutic Abhyanga treatment not only fosters vitality, strength, endurance and flexibility, but also improves concentration, intelligence and youthfulness.



### ***PADABHYANGA – “As far as your legs will carry you”***

(approx. 40 min.)

Therapeutic, relaxing Ayurveda foot and leg treatment from your toes to your knee, stimulating organs and encouraging your body to enter into a state of deep relaxation.



### ***Ayurveda back massage***

(approx. 40 min.)

This revitalising massage is used to awaken the dormant energy which we often have trapped inside ourselves and allow this energy to flow freely.

**Other specific Ayurveda treatments are available on request.  
See also page 50.**



# BATHS



Immerse yourself in the pleasant heat and soothing aromas of our special baths.

***Atrium spa beauty bath 2.0 \*NEW\****  
(approx. 50 min.)

The nourishing sea salt milk bath improves circulation and provides a pampering bathing experience, followed by a massage with the Posthotel body balm. This treatment will leave your skin feeling velvety soft!



***Body firming mask with Piroche aromatic bath***  
(approx. 60 min.)

This body mask has been designed per the Yin Yang principle and serves to firm your tissue. We add essential oils to the bio aromatic bath according to your needs (detoxification, purification or anti-cellulite).



***Detox bath***  
(approx. 40 min.)

Stress and a poor diet can increase levels of acidity in the body. The special mixture added to this bath helps to rid the body of toxins through the skin. It can also be done at home so you can detox on a regular basis. (In this instance, we use alkaline salts which are particularly good for sensitive skin and neurodermatitis.



## REGIONAL SPECIALS

### ***Bath with Tiroler Steinöl®***

(approx. 40 min. with relaxation time)

Tiroler Steinöl® (shale oil) is mined from oil shale in the Karwendel mountains and has been known as a household remedy for over a hundred years. The shale oil bath is extremely beneficial for stimulating blood flow and also helps to relieve joint pain. After a 20-minute bath, your body will be covered with shale oil tonic which also stimulates blood flow. After another 20 minutes of relaxation, we recommend a massage to round off the treatment as your muscles and tissue are warm.



### ***Vitalizing bath with Tiroler Steinöl®***

(approx. 40 min. with relaxation time)

Has regenerating and revitalising effects for the body and soul, above all during the season of colds. The vitalizing bath contains a special mixture of high-quality essential oils. The skin-toning effects and pleasant aroma impart the sensation of pure relaxation and recovery.



### ***Tiroler Steinöl® – Heat treatment (fango pack)***

(approx. 25 min.)

Double package

This package is heated using a heat transfer medium and then placed on the parts of the body requiring treatment for around 20 minutes. This can be used as an alternative to a shale oil bath.



### ***Special Tiroler Steinöl® – Heat treatment***

(approx. 25 min.)

Whilst the original oil shale therapeutic peloid takes its effect on your body, indulge in a foot massage, or alternatively a special type of massage for the eye area. As your body will be warm, your head free and feet light, we recommend that this treatment is followed by a partial or full-body massage.



### ***Tiroler Steinöl® – Signature treatment***

(approx. 80 min.)

Please see page 6





# BODY TREATMENTS



## ***ST BARTH softness***

(approx. 50 min.)

Relaxing body peeling treatment for velvety-soft, harmonious skin. The fresh Papaya fruit enzymes and special sea-sand complex remove dead skin cells, whilst coconut oil nourishes the skin and replenishes it with essential nutrients. This treatment is the ideal way to prepare for a particularly long-lasting, even tan.



## ***Sea-salt treatment***

(approx. 80 min.)

To start, you'll receive a full-body therapeutic oil treatment involving oil being massaged into the skin. This is followed by a peeling treatment with natural honey and sea-salt, which is even suitable for sensitive skin. This treatment is used to gently remove all dead skin cells, making skin soft and smooth whilst stimulating blood flow. The treatment is rounded off with a relaxing bath and application of a lotion.



## ***Posthotel body peeling***

(approx. 35 min.)

Relaxing aromatic experience. The seductive Posthotel fragrance gently awakens the senses. Natural sea salt cleanses and softens the skin. Dead skin cells are gently removed, and the skin becomes soft and supple. The care oil also protects the skin from drying out.

## FLOATING ON THE CLOUDS

Treatments with the soft pack floatation bed provide mean complete and utter relaxation. There won't be any water touching your skin, meaning the substances can work their magic without being diluted. You can float weightlessly on a feeling of pure well-being with your spine being totally free from any stresses and strains. A Sinnesfonie speaker plays various musical genres according to your preferences, making sure you can unwind completely.

### ***ST BARTH sensation – body pack***

(approx. 55 min.)

This exquisite body mask intensively moisturises your skin and is pure indulgence for all your senses. You can select your favourite scent from Bourbon vanilla, delicate Tiaré flowers or exotic lilies. This creamy, silky mask is spread across your body during a gentle massage. Your skin is left feeling renewed and revitalised with a velvety-smooth texture thanks to the first-class, intensive ingredients.

# DETOX TREATMENTS



## ***Alpine balance***

*Gertraud Gruber body treatment –*

*Holistic detox*

(approx. 80 min.)

This innovative treatment and care concept focuses on releasing toxins from the body in a purifying and detoxifying lymph stimulation process. To start, a salt peeling treatment will get rid of any dead skin cells. The gentle removal process also has a harmonising effect on the autonomic nervous system, whilst soft brushes encourage toxins to be released and help the massage's purifying effects to take hold.



## ***Ultratone body styling***

(approx. 45 min.)

Reducing your girth is just one of the many benefits of the Ultratone system. There are also specific programmes for fitness and strength training to increase your muscle tone. Are you looking to beat cellulite? Ultratone's anti-cellulite treatment works by exercising the muscles of affected areas and removing metabolic wastes. Our staff at the Atrium Spa will be happy to advise you!





### ***Aroma wrap***

(approx. 50 min.)

The wrapping method using ethereal ingredients has detoxifying, purifying, tightening and strengthening effects and stimulates the blood flow. This method is based on a cold-warm effect, similar to the Kneipp cure, whereby sustenance is burned directly at problem zones.

You may choose from:

Detox wrap

Fat-burning wrap

Tightening wrap



# BEAUTY TREATMENTS



## GERTRAUD GRUBER

For over 60 years, Gertraud Gruber cosmetics has been based on precious natural products, such as herbal extracts, cold-pressed biological oils, vitamins and minerals. The extensive product range caters for every skin type and age. There are many ways of combining products from the range to suit your individual needs and, as such you can achieve optimum results.

Escape the stresses and strains of day-to-day life and experience the amazing effects of our Gertraud Gruber treatments. Rejuvenate and harmonise your complexion. A real treat for both your skin and your soul.

### ***Gertraud Gruber facial treatment***

(approx. 70 min.)

This classic facial treatment includes:

Cleansing, peeling, deep cleansing, eyebrow shaping, a face mask tailor-made to suit your skin, ampoule or active agent concentrate, relaxing face, neck and décolleté massage.



### ***Premium facial treatment***

(approx. 80 min.)

This treatment includes an additional eye treatment (special eye massage, eye concentrate and eye mask), as well as a relaxing hand or foot massage.



***Hyaluronic eye treatment***

(approx. 50 min)

Intensive treatment for a radiant, fresh eye area. Cleansing, peeling, ampoule, face lymphatic drainage, hyaluronic eye pads, final care. This treatment stimulates the lymph and meridian flow and regenerates and relaxes the delicate eye area.



***Mini facial treatment for women***

(approx. 50 min.)

You can opt to have this treatment with a massage or deep cleansing. Recommended as a subsequent, and not as a first treatment.



***Ayurasan facial treatment\****

(approx. 70 min.)

Facial treatment performed according to Gertraud Gruber's Ayurasan principles. Using gentle circular massaging techniques and sense-stimulating Ayurasan preparations, your sense of vision, smell, hearing and taste will all be tuned into the Ayurasan methods. Pleasantly warm oils are used to stimulate blood flow in your scalp, creating an extremely nourishing effect for your hair and scalp. During the wonderfully relaxing face massage, special stroke and pressure techniques are used, taking the various marma vital points into consideration. This will activate the body's defences and strengthen your integral well-being. Following the massage, an Ayurasan skin peeling treatment is performed with sandal wood powder and clay and will remove any fat-soluble metabolic residues associated with the Ayurasan face oil from your skin.



***“Symphony” facial treatment\****

(approx. 80 min.)

This luxurious “symphony” treatment is performed using innovative plant preparations with active agents and meets the highest standards. It includes a tension-line massage using a plant power concentrate (lifting effect) and is followed by a push-up treatment with a revitalising face sheet mask for face and neck to immediately make skin look youthfully fresh. To finish, suitable skincare products from the “Symphony” range are applied to the skin.



***Anti-stress facial treatment (hydro-wellness)\****

(approx. 50 min.)

This treatment is mainly based on massage techniques and is used to moisturise the skin. It’s a great pampering treatment to relax with freeze-dried algae fleece.

\*these facial treatments do not involve peeling (except for the Ayurasan facial treatment), no deep cleansing and no eyebrow shaping.



## VALMONT

The master of anti-aging treatments since 1985, VALMONT perpetuates the unique expertise of Swiss cellular cosmetics with incomparably effective treatments that deliver immediate and long-lasting results. What makes VALMONT so unique is the exceptional quality of alpine active ingredients, which have their origin in Switzerland's natural resources, combined with advanced scientific know-how.

### ***Exclusive facial VALMONT***

(approx. 75 min.)

During this luxurious treatment, the therapist pampers you with a unique and exquisite procedure. The signature butterfly motion makes VALMONT treatments instantly recognisable. Specially composed music accompanies your feel-good experience. A delicate collagen mask for the face and neck rounds off your wellness experience. **Includes deep cleansing and eyebrow shaping.**



### ***Classic facial VALMONT***

(approx. 60 min.)

The VALMONT classic facial is a slightly shortened version of the exclusive facial and includes the same steps, **except deep cleansing and eyebrow shaping.**



### ***Microdermabrasion***

(approx. 60 min.)

This is a highly effective yet gentle removal process using Kori-don crystals used to efficiently resolve any kind of skin problem. The top layers of the skin are renewed. Wrinkles, scars and pigment spots are made significantly less visible. The skin looks much fresher and younger.

#### **Please follow the instructions below for 48 hours after a micro-dermabrasion:**

- Avoid direct sunlight.
- Use factor 50 sun cream.
- Avoid sweating profusely in a solarium or sauna.
- Do not perform any work which involves dirt or dust after the microdermabrasion.



### ***Exclusive VALMONT treatment with microdermabrasion***

(approx. 110 min.)

This treatment is perfect for aging, tired skin. Wrinkles are smoothed out and you will leave with a more radiant complexion. After the microdermabrasion, active agent concentrates are applied to the skin. The ultrasound makes the infiltration of these agents more intense. Collagen metabolism is activated.





## ULTRASOUND TREATMENT

Our cosmetic ultrasound treatment is one of the most innovative treatments that has been developed in the field of cosmetics. The ultrasound profoundly improves the tissue structure of the zones being treated. It encourages metabolic processes to take place in cells and toxins to be burned, as well as stimulating blood and lymphatic circulation. The ultrasound also makes the infiltration of agents more intense whilst supporting deep cleansing and also having a smoothing effect on expression lines and wrinkles.

### ***Ultrasound treatment***

(approx. 40 min.)



### ***Mini ultrasound treatment***

Performed during facial treatment



## LIGNE ST BARTH

### *The beauty secret from the Caribbean*

Immerse yourself in a fresh and tranquil world. Enjoy the light and airiness of the delicate, one-of-a-kind formulations. The ST BARTH product range nourishes, cares for and activates your skin with the natural energy found in Caribbean plants, fruits and flowers.

### **ST BARTH pureness**

Treatment for the face and décolleté with a hand massage (approx. 70 min.)

Cleansing, papaya peeling, deep cleansing, eyebrow shaping, manual massage, face mask, hand massage, skincare products applied to finish.



### **ST BARTH freshness**

Treatment for the face and décolleté with a hand massage (approx. 80 min.)

Get the pure Caribbean feeling with this treatment thanks to the fresh product ingredients (cucumber and papaya pulp).

## FACE EXTRAS

Lymph drainage for your face (approx. 25 min.)

Bio-release head massage (approx. 25 min.)

Traditional facial massage (approx. 25 min.)

Eyebrow shaping

Eyebrow colouring

Eyelash colouring

Eyebrow shaping and colouring

Eyelash and eyebrow colouring and  
eyebrow shaping

Day or evening make-up (approx. 25 min.)

Individual day or evening make-up  
with consultation



## FROM HAND TO FOOT

Manicure without nail polish / with nail polish

Manicure and hand massage

Remove gel nail polish

Manicure with gel nail polish or  
peel-off gel nail polish

No chips, scratch proof, quick-dry. Does not harm nails when  
removed.

First-class manicure

Luxury nail care including cutting, coating and applying with a  
high-gloss polish. Get hands which are soft to the touch with the  
aroma peeling treatment, intensive hand mask in power gloves  
and an indulgent hand massage.

Podiatric foot care

Thorough foot care with a foot soak, also suitable for those with feet problems or diseases.

Podiatric foot care with nail polish

Podiatric foot care with gel nail polish

Remove gel nail polish

Foot peeling with foot soak and foot massage  
(approx. 25 min.)

Cosmetic Pedicure

Simple, beautifying and nourishing pedicure without a foot soak.



## **ROOTLESS** – *Depilation treatments*

Upper lip

Chin

Upper lip and chin

Face

Lower leg (below the knee)

Full leg

Armpits

Back

Chest





# JUST FOR MEN



## EBENHOLZ NATURAL SKINCARE FOR MEN

Ebenholz spa natural skin care range for men, has won multiple beauty awards. Carefully chosen active ingredients, sourced from local woodland, have been used as a natural power source for the male skin.

All of our products have been tailored to the specific needs of men's skin and build the foundation for our two signature male skin treatments.

All skin treatments can be applied on facial hair/stubble/beard.

### ***Ebenholz fresh kick start***

(approx. 50 min.)

Spoil yourself with an uplifting fresh kick for your skin! First, your facial skin and pores will be thoroughly and gently cleansed. This will be followed by a specifically tailored deep nourishing facial mask, to stimulate deep cell regeneration for your skin. An invigorating and rejuvenating eye-serum will round off this deeply relaxing experience for you. Choice of massage or a deep cleanse with treatment.



### ***Ebenholz re-energize & freshness***

(approx. 70 min.)

Experience a distinctive deeply nourishing treatment for neck and face! Carefully tailored massage points and selected active skin care ingredients, will make sure that you can slide into deep relaxation and return with a new refreshed youthful look! This skin care treatment consists of: cleansing, peeling, deep cleanse, removing hair on brows, ears, nose (if you wish) a hand-selected skin mask, a skin phial with high concentrated active ingredients and a deeply relaxing face, neck and chest massage.

## GERTRAUD GRUBER MEN

### ***Gertraud Gruber facial treatment***

(approx. 70 min.)

This traditional facial treatment includes: cleansing, peeling, deep cleansing, eyebrow shaping (if requested), mask suitable for your skin type, ampoule or active agent concentrate, relaxing massage.



### ***menXO Gertraud Gruber facial treatment***

(approx. 50 min.)

The menXO treatment method by Gertraud Gruber is a harmonious combination of revitalising care and a relaxing massage, without peeling, deep cleansing or eyebrow shaping. The cell-energiser mask with anti-aging active agent complex XO encourages skin cells to regenerate whilst the pleasant massage for the scalp, neck and shoulder area relieves stress and tension and imparts renewed zest and feeling of freshness.



## VALMONT

### ***Exclusive facial VALMONT***

(approx. 75 min.)

During this luxurious treatment, the therapist pampers you with a unique and exquisite procedure. The signature butterfly motion makes VALMONT treatments instantly recognisable. Specially composed music accompanies your feel-good experience. A delicate collagen mask for the face and neck rounds off your wellness experience. Includes deep cleansing, and on request, eyebrow shaping and removal of unwanted nose and ear hair.



# ALL-INCLUSIVE PACKAGES



## NATURAL COSMETICS BY GERTRAUD GRUBER

### ***3 days of beauty by Gertraud Gruber\****

(men and women)

1 facial treatment (70 min.), 1 facial treatment (50 min.), 1 facial lymph drainage, eyelash and eyebrow colouring, either 1 manicure or cosm. pedicure. 1 brush massage, 1 partial massage, 1 cosm. bath with body pack, daily aqua aerobics, 1 nail polish to take home (instead of eyelash and eyebrow colouring men will receive 1 extra partial massage).



### ***5 days of beauty Gertraud Gruber\****

(men and women)

2 facial treatments (70 min.), 1 facial treatment (50 min.), 2 facial lymph drainage treatments, 1 manicure, 1 cosm. pedicure, 1 full-body peeling, 2 partial massages, 1 cosm. bath with body mask, daily aqua aerobics, 1 brush massage, eyelash and eyebrow colouring, 2x nail polishes to take home (for women), or 3 partial massages (for men).



## ALPIENNE - ALPINE VITALITY

2-day alpienne trial programme. Enjoy mountain nature with relaxing, yet also revitalising, treatments with special natural products from our mountains.

### ***Mountain dreams***

alpienne arolla pine vitality massage (approx. 70 min.)

- massage ceremony using a fascia rolling and heated up arolla pine sticks
- a true delight for sore muscles and joints

alpienne relax and harmony (approx. 80 min.)

- massage with steam-heated herbal pouches and relaxation massage
- head and foot massage



## MORE ALL-INCLUSIVE PACKAGES

### ***2 days relax***

1 body peeling Gertraud Gruber, 1 facial treatment Gertraud Gruber with manicure or cosm. pedicure, 1x nail polish to take home, 1 partial massage.



### ***Tiroler Steinöl® (shale oil) package***

5 Tiroler Steinöl® baths, Tiroler Steinöl® tonic rub, 2 full-body massages, 3 partial massages.



### ***Fit & Beauty package\****

2 baths with Tiroler Steinöl® (shale oil), 1 butter milk bath with body mask, 1 partial massage, 1 full-body massage, 1 facial Gertraud Gruber.



Dear guests, please understand that we have calculated our all-inclusive packages in such a way that treatments cannot be swapped or changed.  
\*These all-inclusive packages can be booked from Monday to Friday.



## FOR MOMS-TO-BE

Our pregnancy spa treatments are a great way to revitalise and get prepared for your new little arrival.

### Massages

Our pregnancy treatments are designed exclusively for women who are 13 to 36 weeks pregnant. Please ensure that you have consulted your doctor before booking a treatment.

- Back massage 25 min. (sidelying or semi-reclined position - see page 12)
- Time out - just relax (supine position - see page 14)
- Bio release head massage (see page 36)
- Foot peeling with foot bath and foot massage (see page 37)

**In addition, we recommend the following pampering treatments:**

- Facial (from page 29)
- Manicure (see page 36)
- Pedicure (see page 37)



### ***“Mamma Mia” – Package for moms-to-be***

Small facial with Gertraud Gruber skincare, spa pedicure with foot massage, Time out - just relax.





# TCM TREATMENTS



## TRADITIONAL CHINESE MEDICINE

(approx. 50 min.)

Traditional Chinese medicine (TCM) is thousands of years old and is becoming increasingly popular and accepted across Europe. TCM involves numerous treatments, such as acupuncture, Chinese Tui na, moxibustion, Chinese pharmacology, Tai Chi or Qi Gong. It centres around treatments concerning the energy flow within the body and as such, vitality. The feeling of well-being and relaxation which sets in as a result of the treatment is often commented upon and this can heighten your holiday feeling whilst resolving blockages and discomfort. The aim? Take as much vitality and “joie de vivre” as possible on the rest of your journey.

After a pulse and tongue diagnosis, the treatment will be tailored to your needs, depending on your health condition.

**Please refer to the following pages for more information about the treatments.**

Bookable on request.

### ***Chinese Tui na***

The Chinese Tui na has considerable success in healing patients with chronic illnesses and is also effective for staying healthy. The Tui na massage resolves blockages in the meridians whilst stimulating energy circulation. Stiff joints and muscles are loosened, vitality and resistance to illness are both strengthened.

### ***Moxibustion***

Moxibustion is also an extremely old, natural therapeutic method originating in China. It involves holding the end of a li cigar made from Chinese mugwort approximately 2cm above selected acupuncture points. This stimulates primal energy which encourages growth and helps combat diseases involving physical weakness. It can also be used for a multitude of problems, such as arthritis, rheumatism or muscle numbness.

### ***Acupressure***

Acupressure is performed according to the same principles as acupuncture and is also used during acupuncture. However, the points are not stimulated using needles, but by applying strong pressure with the fingers. Acupressure and massages can often be combined.

### ***Cupping***

Cupping treatments are used to fight off colds and for excessive moisture, such as with arthritis, rheumatism or stomach pain etc.

# ATRIUM SPA SPECIALS



Our specials are only available at specified times and can be booked on request. Please contact our Atrium Spa Team for details and prices.

## SHAOLIN TREATMENT

*With Shaolin master Liang Shi Jie* (approx. 50 min.)

Harmony, health and well-being are regarded by the Shaolin masters as an extremely important concern and a goal worth striving for.

The Shaolin treatment is based on Traditional Chinese Medicine and is a special method to stimulate energy circulation. By stroking, tapping, kneading and rolling the Shaolin treatment triggers a stimulus in the whole body, enhancing the blood and lymph flow, relieving tension and calming the nervous system. This treatment is ideal to treat tension in the shoulder, neck and back muscles as well as headaches and nervousness.

In addition, our Shaolin master offers group and individual lessons in Tai Chi, Qi Gong and Kung Fu. Immerse yourself in the mystical world of the Shaolin.





## AYURVEDA TREATMENTS

### *With Hasitha Nimal da Silva*

Hasitha Nimal da Silva was born in Badulla, Sri Lanka, and is our expert for Ayurveda, singing bowls and energy treatments. In addition to our standard treatments, he offers the following specials:

#### **MUKABHYANGA – Face massage** (approx. 25 min.)

A relaxing, soothing and nourishing massage. It has a balancing effect and relieves nervousness and overexertion while strengthening concentration and the sensory organs.

#### **ABHYANGA with SHIRODHARA** (approx. 90 min.)

Ayurvedic oil massage which has a balancing, relaxing and stress-reducing effect. Through the subsequent Shirodhara (pouring oil on the forehead), both halves of the brain are harmonized, the mind relaxes and rejuvenates.

#### **VISHESH – Intensive full-body massage** (approx. 50 min.)

During a Vishesh massage, the therapist applies intense pressure at an increased speed. This massage activates blood and lymph circulation and has a detoxifying effect. The stronger pressure revitalizes the deep tissue layers. The focus is on the regulation and detoxification of the body.

#### **SHIROABHYANGA – Ayurvedic head massage**

(approx. 40 min.)

Shiroabhyanga is an Ayurvedic head and shoulder massage which has a calming and relaxing effect. It harmonizes body, mind and soul. It is highly effective in reducing stress, nervousness and inner tension.

#### **AYURVEDA INDIVIDUAL – Trial treatment**

(approx. 50 min.)

This treatment is an ideal introduction to immerse yourself in the Ayurvedic world. No matter if back, neck or foot massage – our Ayurveda expert will respond directly to your needs. Please note that no Shirodhara or Abhyanga is possible with this treatment!

### ***SHIRODHARA – Pouring warm oil on the forehead***

(approx. 60 min.)

Shirodhara is the therapeutic administration of warm oil to the centre of the forehead in a continuous stream. This harmonizes both halves of the brain and relaxes body, mind and soul. The name Shirodhara comes from Sanskrit: "Shiro" means head and "Dhara" river.

### ***SINGING BOWLS TREATMENT –***

***Journey through the chakras*** (approx. 50 min.)

In this treatment singing bowls are placed on different parts of your fully clothed body while being chimed. The sounds of the singing bowl connect deeply with the body and make the soul vibrate. The sounds relieve blockages, mobilize the body's self-healing powers and release energy. Experience harmony and balance, peace and deep relaxation, stress reduction, a journey to the inner self.



### ***Legal notice***

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