

VITALIS SPA

www.alpenhof.at

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ALPINE RELAXATION

Over 2,800 m², our VITALIS SPA wellness oasis is the perfect place for heavenly relaxation and for replenishing your energy levels.

Bask in the soothing warmth of the saunas and the indoor pool or cool down in our 1,000 m² outdoor Alpine Garden with panorama outdoor whirlpool. Our wellness and beauty treatments provide a sense of perfect well-being and renewed sparkle. Look forward to a relaxing time-out for body and soul and recharge your batteries with the power of the Alps!

**Gabi and Klaus Dengg and family
and the entire Alpenhof team**

Fam. Dengg

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WELL-BEING FOR ALL THE SENSES

2,800 m² VITALIS SPA & Alpine garden

- 1 Reception area
- 2 Emotion SPA
- 3 Beauty & cosmetics
- 4 Massage room
- 5 128 m² indoor pool
- 6 Separate children's pool
- 7 Family steam bath
- 8 Recliner area
- 9 Panorama quiet room
- 10 1,000 m² Alpine garden (in summer)
- 11 Panorama outdoor whirlpool with massage jets
- 12 Children's playground
- 13 "Wilderer" sauna
- 14 Fresh air room
- 15 Themed showers
- 16 Alpine sauna
- 17 Glacier stream
- 18 Sunbeds
- 19 Tea and juice bar
- 20 Kneipp basin
- 21 Laconium
- 22 "Fire & Ice" quiet rom
- 23 VIP showers
- 24 Cystal steam bath
- 25 "Emperor's" steam bath

- 26 Fitness & strength
- 27 Tea and juice bar
- 28 Fitness & endurance
- 29 160 m² indoor sports hall
- 30 Teen lounge
- 31 Family showers
- 32 Family bio sauna
- 33 Family quiet room



SPA ETIQUETTE



– ARRIVE

We kindly ask you to arrive 10 minutes before your scheduled appointment. This way, you have time for a cup of tea and can flick through some newspapers and magazines in a relaxed atmosphere, allowing you to get in the mood for your treatment without any stress. Your therapist will then accompany you to your treatment room and explain everything to you without having to hurry.

– YOUR PREFERRED DATES

Please book in plenty of time to secure your preferred date and enable us to prepare everything for you.

– HAVEN OF PEACE

Our VITALIS SPA wellness area and "Lichtblick" massage lounge are designed to be refuges of peace and relaxation. Please help to preserve this atmosphere by keeping your voice down.

– KIDS

Please do not bring your children with you when you go for your treatment. They will have much more fun in our children's playroom, teen lounge or indoor sports hall!

– RUNNING LATE...

If you are running a bit late, we will do our best to still offer you the best possible treatment. However, please note that we are unable to delay any subsequent bookings and that we therefore may have to adapt your treatment or reduce the treatment time.

– CLOTHING

Please come to your appointment wearing your dressing gown. Disposable pants for men and women are available for body treatments.

– PERSONAL REQUESTS

Please inform us of any problems (e.g. allergies, effects from accidents, pregnancy, injuries) which could affect your treatment when you make the booking. This will ensure your well-being and help us to adapt the treatment to suit your personal requirements.

– VOUCHERS

Please do not lose any vouchers you may have. They work like cash and we are unable to replace any lost vouchers. If you have a voucher, please bring it with you to your treatment.

– YOUR FAVOURITE THINGS

The hotel cannot accept any responsibility for lost valuables. Please store any valuables in the room safe.

– RUN OUT OF TIME?

We will reserve a time slot for you. If you are unable to attend a treatment for any reason or have to cancel at short notice, please note that we will have to charge 100% of the treatment price if we are unable to fill your appointment slot.

– SHARE THE LOVE

Alpenhof vouchers make perfect gifts for birthdays, wedding anniversaries, or to say thank you to that special person in your life. Simply select the voucher of your choice quickly and easily on our homepage or order it directly from the reception. Write your personal message on the voucher, pay by credit card and receive your voucher by e-mail within just a few minutes!

– WELLNESS SOUVENIRS

Make a loved one happy with a little gift from your holiday! Our extensive range of body care and wellness products offers something for everyone. We will be pleased to gift-wrap the product of your choice for you. Alternatively, why not treat yourself to a little something to remember your dreamy holiday at the Alpenhof?

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FOR BEAUTIFUL EYES

Eyebrow shaping	approx. 20 minutes	12 €
Lash tint	approx. 20 minutes	15 €
Eyebrow tint	approx. 20 minutes	15 €
Eyebrow and lash tint	approx. 20 minutes	28 €

BRIGHT EYES WITH COMPREHENSIVE TREATMENT & INTENSE SKINCARE

Your eyes will radiate with renewed beauty. First your eyebrows will be shaped and then tinted together with your eyelashes. Finally, an intensive skincare product will be gently massaged into the skin to round off this treatment for the eye area.

approx. 45 minutes

45 €

BEYOUTIFIED | BY ROSENHAUCH

BE WHO YOU ARE: Regenerating facial treatment (without cosmetic cleansing)

This ultra regenerating treatment rich in rose oil, rosehip oil, rose hydrosol and a hyaluron boost complex is an invitation to take a natural voyage of discovery to some of the most beautiful versions of ourselves. Your skin will be intensively nourished and energised and the skin's moisture balance improved long-term. Irritated skin is relieved and natural cell renewal promoted.

The skin is left feeling visibly and tangibly smoother, firmer and more youthful, thanks to the direct boosting effects. Your complexion will radiate with a new glow, authentic and beautiful – using only the power of nature.

approx. 50 minutes

95 €

BEAUTY SECRETS

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A TREAT FOR THE HANDS AND FEET

Classic manicure without polish	approx. 45 minutes	52 €
Surcharge for polish*	approx. 60 minutes	26 €
Classic pedicure without polish	approx. 50 minutes	58 €
Surcharge for polish*	approx. 60 minutes	26 €

* If you choose a treatment with polish, you may take the bottle home with you as a complimentary gift.

DELUXE MANICURE WITHOUT POLISH

Hard skin on the hands is removed with a skin peeling. The nails are then filed into shape and the cuticles gently trimmed. The hands are then pampered with a relaxing hand massage and treated to a hand pack.

approx. 70 minutes

79 €

DELUXE PEDICURE WITHOUT POLISH

Your feet will be given the ultimate treat with a conventional medicinal footcare treatment. A skin peeling removes hard skin. The nails are then filed into shape and the cuticles gently trimmed. Finally, your feet are treated to a soothing massage and intensive skin-care pack.

approx. 70 minutes

79 €

SPECIALS FOR MEN

Classic manicure	approx. 45 minutes	52 €
Classic pedicure	approx. 50 minutes	58 €

With eye treatments, do not wear contact lenses.
Manicure and pedicure for natural nails only.

EMOTION SPA

BODY TREATMENTS

The exclusive treatment lounge for a special experience. Some treatments are optimised and intensified using micro-fine steam to open the pores more and enable the active ingredients to better penetrate deep into the skin.

A colour treatment further enhances your sense of well-being: the colour concept is adapted to your requirements and has a positive impact on your mood. Your spirits lift, stress levels are reduced, tiredness fades and deep relaxation sets in.

ALPINE MOUNTAIN DREAM

Pure pleasure based on Alpine herbs. A honey skin peel gently stimulates blood flow to the skin. Fine rock crystals create silky smooth skin and prepare the skin for the pack that follows. The body pack with Alpine herbs and spelt has a regenerating and nourishing effect under the influence of warm steam. A relaxing massage using Alpine herbal oil completes this treatment.

approx. 80 minutes

96 €



ALPINE APRÈS SPORT

Pure relaxation for your muscles. Ideal after exercising. Soothing and relaxing; ideal to prevent aching muscles. A gentle honey peel prepares the skin for the treatment to follow. A body pack with marmot oil, gentian root and peppermint oil relaxes the muscles, an effect that is further intensified by the use of hot steam.

The body massage that follows uses pure arnica massage milk for a fresh and soothing feeling.

approx. 80 minutes

96 €

WARMING EARTH

Your skin is prepared by a revitalising peeling that removes dead skin cells and helps the mask that comes next penetrate deep into the skin. The effect is intensified by hot steam. You will receive a relaxing head massage during this time. To complete the treatment, the body is treated with plant oils.

approx. 80 minutes

96 €

WELLNESS FOR THE SKIN*

A stone pine peel removes dead skin cells and helps the pack that follows penetrate deep into the skin. The pack can be enriched with various oils such as mountain pine, stone pine or bergamot, as you wish. An intensive and moisturising skincare treatment. Pure relaxation for the body and mind.

approx. 60 minutes

65 €

*The "Wellness for the Skin" treatment is carried out on the Emotion SPA lounge without the use of steam.

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MASSAGES

RELAXING & PAMPERING

FULL-BODY MASSAGE

Your whole body is intensively massaged from head to toe, using stretching and kneading motions. You will feel your muscles relax and tensions break down. A feeling of general well-being arises and you will feel light and relaxed again. Our massage therapists will adapt the intensity of the treatment to suit your personal preference.

approx. 60 minutes

86 €

PARTIAL BODY MASSAGE

For the leg or back muscles

approx. 30 minutes

51 €

INTENSE MASSAGE OF NECK & SHOULDERS

approx. 30 minutes

51 €

SPORTS MASSAGE

After a day skiing or hiking, your body will crave some relaxation and recuperation. We have just the thing! This back and leg massage with arnica oil perfectly rounds off a day of sport.

approx. 50 minutes

75 €

MASSAGES

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FOOT REFLEXOLOGY MASSAGE

Pure relaxation, from head to toe! Our feet are a mirror of our body. Targeted activation of the 64 reflexology zones in the feet boosts the circulation, removes energy blockages, activates the body's cells and improves the function of the organs.

approx. 50 minutes

69 €

INTENSIVE BACK MASSAGE (R.I.M.)

The intensive back massage starts with long stroking motions. Extensive contact with the entire area brings about deeper relaxation and regeneration. Depending on the location of any tensions and blockages, the treatment will gradually build up and focus on the deep layers of the neck, back and lower back muscles. This in-depth effect leads to increased blood flow to the tissues. This treatment boosts the removal of toxins. It also stimulates the energy flow to the back, improves the movability of the spine and head and relaxes the muscle structures. Feel a sense of soothing warmth penetrate across your entire back area!

approx. 40 minutes

73 €

ESSENTIAL OIL RELAXATION MASSAGE

For legs and spine. Gentle light, soothing scents and warm massage oil – just close your eyes and drift off! Kneading, stroking, stretching – our massage therapists apply great sensitivity during this relaxation massage using selected fragrances to set the body free and invigorate the spirit.

approx. 50 minutes

79 €

DEEP RELAXATION THROUGH WARMTH

The perfect combination of warmth and massage. A warming moorland pack for blood flow to the back muscles. While the pack takes effect, a relaxing foot or facial massage frees the mind and helps you slide into deep relaxation. Followed by a back massage.

approx. 60 minutes

79 €



CHILDREN'S MASSAGE

From 6 to 15 years. Our children's massage provides support during the sometimes tricky stages of growing up. It has a balancing effect and provides welcome assistance with day-to-day life. The earlier in life children learn to unwind, the calmer and more relaxed they will become, helping them to cope with the pressure to perform and the stresses of everyday life.

approx. 30 minutes

35 €

FOR MOTHERS-TO-BE

Especially during pregnancy, when we are prone to backaches and heavy legs, a relaxing massage is an absolute treat. Tense muscles are loosened and the blood flow is stimulated. The massage is performed based on consultation with the therapist, depending on the stage of the pregnancy and your overall state of health.

approx. 30 minutes

51 €

HEAD AND FACIAL MASSAGE

This extremely relaxing and intensive massage boosts blood flow to all areas of the head and relaxes the facial muscles. A wonderfully soothing source of energy, ideal for those with a lot on their plate during the daily routine!

30 minutes

47 €

INDIVIDUAL LYMPHATIC DRAINAGE

This treatment uses special techniques to reduce swellings of the face, arms and legs. Gentle circular motions ensure that fluids that have accumulated in the tissue are removed and the lymphatic flow is stimulated. The lymphatic system is the body's transport system and also plays an important part in our immune defence. Swellings that result from blockages can be removed by gentle pressure being exerted on the skin's surface.

FACE

30 minutes

51 €

LEGS OR ARMS

approx. 50 minutes

79 €

MESSAGE MIX

The perfect combination of an intensive back massage and reflexology treatment.

approx. 50 minutes

75 €

FASCIA MASSAGE

Any hardening or adhesions in the fascia (connective tissues) is released through targeted pressure with the hands. Any pain or restriction in the movement of the joints, neck, shoulders and back can be soothed (fascia massages are carried out without oil).

HEAD-NECK-SHOULDERS-FACE

approx. 50 minutes

81 €

LEGS FOLLOWED BY COOL ARNICA WRAP

approx. 50 minutes

89 €

UPPER BODY (BACK, ARMS, STOMACH, CHEST AREA) WITH DETOXIFYING LIVER WRAP AFTERWARDS

approx. 50 minutes

89 €

Important: please do NOT have a sauna or apply cream before this treatment

SECRETS OF RELAXATION

FROM ALL OVER THE WORLD



EAR CANDLE TREATMENT

The ear candle is a well-tested natural remedy to regulate pressure, clearing your head and ears and achieving surprising results in terms of targeting sinus problems, circulatory problems, colds and lymph blockages in the head and neck region. We use a quality hand-made product of the kind used by the Hopi Indians.

approx. 40 minutes

49 €

LOMI LOMI

This massage uses the fingers as well as the forearms, elbows and palms as massage tools. The motions are based on the four elements of water, fire, wind and earth and long and broad massage strokes and shaking motions are applied to break down any blockages. Mobilisation of the joints, lots of oil, flowing movements.

approx. 70 minutes

118 €

HOT-STONE FULL-BODY MASSAGE

The Hot Stone massage is a holistic massage method which gently boosts blood flow, relieves muscle tension and supports the lymphatic circulation. The warmth applied to the body creates physical and mental balance, activates the body's own energy sources and enhances well-being.

The warm lava stones can transfer their warmth to the muscles prior to the massage treatment using thermotherapy.

approx. 60 minutes

96 €

HARNESS THE HEALING POWER OF HERBS

WITH TREATMENTS BY KURLAND

THE MODERN MASSAGE WITH HERB COMPRESSES UNDER CONSTANT STEAM

The combination of warmth, steam, touch with the compresses and massages provides an exceptional relaxation experience which far exceeds that of standard massages. Unlike the usual compress massages, the temperature and pleasant skin contact are permanently maintained with this treatment. While the warmth of the herb compresses promotes blood flow and loosens the tissues, the steam opens the pores and fuels the absorption of soothing oils and natural active herbal ingredients. The gentle massage also relieves tense muscles. The specially developed and patented Permanent Contour® device allows for a unique relaxation experience.

FULL-BODY DEEP HERBAL COMPRESS MASSAGE

Based on 4-elements theory, with continuous steam exposure and fragrant herbs. The session will begin with a foot massage, slowly preparing you for the deep relaxation of your Full-Body Compress Massage. You will be pampered with herbal compresses and oils that are especially tailored to your needs. Heat stimulates the blood flow and loosens the tissue. Steam opens the pores and accelerates the absorption of nurturing oils and natural herbal active substances. A gentle massage will additionally release tense muscles, for a relaxing and stress-relieving effect.

approx. 70 minutes

129 €

HERBAL COMPRESS FACIAL MASSAGE

With continuous steam exposure and fragrant herbs. After a short cleansing, the lymphatic pathways in your face will be opened through the activation of pressure points, and a vitamin-enriched oil serum massaged into your skin. The herbal compress face massage is conducted with active ingredients in tune with your skin type, for example rose, lavender, Alpine herbs or apple. Depending on the type of herbal compress ball chosen, the treatment can either have a stimulating effect on the blood circulation or on the metabolism, or it can be soothing or refreshing. This massage will leave the skin of your face and cleavage area perceptibly smoother and fresher.

approx. 40 minutes

75 €

BODY HERBAL COMPRESS MASSAGE

Continuously steamed herbal compress massage. An exceptional herbal compress massage to relax the muscles. The consistent and pleasant temperature of the herb stamps relieves tension, boosts the immune system and stimulates the lymph flow. At the same time, it is a good skincare treatment.

FULL BODY TREATMENT

approx. 60 minutes

95 €

PART-BODY TREATMENT (back or legs)

approx. 30 minutes

57 €

VITALIS FIT

The VITALIS FIT area is the perfect complement to our wellness and beauty programme for restoring the harmony of body and mind. The latest equipment and special facilities are available in the Alpine strength and Alpine endurance areas and at our sports hall for your personal fitness programme. The VITALIS FIT area is open daily from 7am until 8pm.



– ALPINE STRENGTH

For more movement in your life! In our Alpine Strength area, you can train in line with your strength and fitness levels. Various modern strength-training machines are available to help you reach your personal goals. Enjoy the perfect combination of training and well-being at our VITALIS FIT.

– ALPINE ENDURANCE

Endurance training enables you to increase your body's resilience and increase your physical fitness and well-being. Improved stamina means better health because the cardiovascular system is optimised, among other beneficial effects. The endurance area offers optimal training conditions: treadmill, stepper and exercise bike.

– NATURE AS A FITNESS LOUNGE

Our Hotel Alpenhof is situated in a natural paradise and is an optimal location for all sporting activities. 365 days a year, you can enjoy skiing, winter sports, hiking, walking, climbing, mountain tours and much more. Our hiking and skiing guides are happy to show you some of the most beautiful activity routes in the whole region.

– INDOOR SPORTS HALL

A sports hall measuring 160m²! The option for basketball, volleyball, dancing, yoga, meditation, and much more!





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