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SPA

INSPIRED BY NATURE

Alpine Relaxation

A world of well-being unfolds across 4,000 m².
The spacious Garden SPA, featuring a panoramic whirlpool and an Alpine Garden, invites you to relax, whilst the Adults Only SPA (18+) serves as an exclusive retreat with unobstructed mountain views, promising peace and relaxation. The offering is complemented by modern fitness and yoga areas for holistic balance and renewed energy.

Alpine scents and the view of the mountains create a space to unwind and let go. Saunas, steam baths, Kneipp pools and the indoor pool ensure deep relaxation, whilst exclusive wellness and beauty treatments restore balance and radiance.

Gabi and Klaus Dengg and family
and the entire Alpenhof team

Fam. Dengg

We have been awarded the Austrian Eco-Label.

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A space for tranquillity, exercise and balance

4.000 M² GARDEN SPA, ADULTS ONLY SPA, FITNESS AND YOGA

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.

- **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?

Beauty Secrets

COSMETIC FACIAL TREATMENTS USING KURLAND PRODUCTS

Immerse yourself in a world of beauty and relaxation. Our bespoke beauty treatments combine high-quality active ingredients with gentle touch to give you a radiant complexion and deep regeneration. For over 60 years, the Kurland brand has been developing manufacturing facility in Ainring, Bavaria – in collaboration with dermatologists, wellness experts and the power of nature – high-quality products.

BASIC – RELAXATION

approx. 40 minutes **85 €**

These valuable ingredients provide the perfect foundation for well-cared-for, radiant skin. They support the skin's natural regeneration and promote a healthy complexion. Healthy skin looks fresher and more vibrant, whilst also being more resilient to external influences (please note: this treatment does not include a medical deep cleanse).

CLEAR SKIN – FOR SENSITIVE AND PROBLEM SKIN

approx. 60 minutes **105 €**

This beauty treatment refines the pores and leaves you with smooth, beautiful skin. Mild cleansing products, a gentle exfoliation using enzymes and Rügen healing clay, and a soothing finishing treatment help the skin to regenerate (please note: this treatment does not include a medical deep cleanse).

TIMELESS – ANTI-AGING

approx. 50 minutes **95 €**

Our skin is able to renew and regenerate itself thanks to the body's own stem cells. Over the years, these cells become exhausted. In this treatment, the skin is exfoliated using fruit acid. With the help of plant serums and Kurland Cell Cream, the skin can renew itself more quickly thanks to strengthened stem cells, looking fresher, smoother and younger again (please note: this treatment does not include a medical deep cleanse).

FOR BEAUTIFUL EYES

- Eyebrow shaping	approx. 20 minutes	15 €
- Lash tint	approx. 20 minutes	21 €
- Eyebrow tint	approx. 20 minutes	21 €
- Eyebrow and lash tint	approx. 20 minutes	29 €

BRIGHT EYES WITH COMPREHENSIVE TREATMENT AND INTENSE SKINCARE

approx. 40 minutes 49 €

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.

A TREAT FOR THE HANDS AND FEET

- Classic manicure without polish	approx. 45 minutes	62 €
- Surcharge for polish*	approx. 60 minutes	26 €
- Classic pedicure without polish	approx. 50 minutes	68 €
- 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

approx. 70 minutes 89 €

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.

DELUXE PEDICURE WITHOUT POLISH

approx. 70 minutes 89 €

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.

SPECIALS FOR MEN

- Classic manicure	approx. 45 minutes	62 €
- Classic pedicure	approx. 50 minutes	68 €

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

NEW

Alpine Refresh

PRIVATE STEAM BATH EXPERIENCE

approx. 40 minutes **75 €**

An exclusive ritual inspired by the primal power of the Alps. The gentle warmth opens the pores and perfectly prepares the skin for an invigorating exfoliation. You will receive a high-quality exfoliation for self use, which revitalises and nourishes the skin. The subsequent warm steam intensifies the effect and ensures a deeply nourishing treatment experience.

Enjoy this soothing spa ritual for body and senses – on your own or as a special getaway for two. On request, the experience can be harmoniously rounded off with a relaxing massage (bookable separately).

When booking, please choose one of the following scrubs:

- Forest Scrub
- Alpine Herb Scrub
- Rose Scrub

NEW

Floating Relax

KURLAND SOFT PACK TREATMENT

approx. 50 minutes **85 €**

When booking, please choose one of the following treatments:

- Alpine Vibes: Alpine herbal scrub, treatment with the scent of Swiss stone pine
- Alpine Rose: Rose scrub, treatment with the scent of roses
- Aroma Relax: Salt scrub (neutral), treatment with a selection of different scents

Wrapped in soothing warmth and in an almost weightless state, you can relax in the Kurland Soft-Pack System. Our treatments transport you to a state of profound relaxation and provide an unparalleled sense of well-being that brings body, mind and skin into harmony and restores your energy.

After a gentle exfoliation, you will enjoy a refreshing shower that perfectly prepares your skin for the subsequent treatment. The nourishing pack is then applied and is left to be fully absorbed during the treatment, so there is no need to wash it off afterwards.

On request, the treatment can begin with a massage, which can be booked individually and provides the perfect preparation for the subsequent Soft-Pack experience.

FLOATING WELLNESS – RELAX IN A STATE OF WEIGHTLESSNESS

approx. 20 minutes **25 €**

Enjoy a gentle soft-touch massage that gently relaxes you and leaves you feeling wonderfully refreshed. The treatment takes place on a special water massage bed without the need for a therapist – you can enjoy the massage in a private setting, stay completely dry and, if you prefer, keep your clothes on.

Massages

RELAXING AND PAMPERING

FULL-BODY MASSAGE

approx. 60 minutes 95 €
approx. 80 minutes 125 €

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.

PARTIAL BODY MASSAGE

approx. 30 minutes 55 €

For the leg or back muscles

INTENSE MASSAGE OF NECK AND SHOULDERS

approx. 30 minutes 55 €

SPORTS MASSAGE

approx. 50 minutes 85 €

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.

FOOT REFLEXOLOGY MASSAGE

approx. 40 minutes 80 €

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.

ESSENTIAL OIL RELAXATION MASSAGE

approx. 50 minutes 85 €

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.

INTENSIVE BACK MASSAGE (R.I.M.)

approx. 40 minutes 80 €

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!

DEEP RELAXATION THROUGH WARMTH

approx. 60 minutes 95 €

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.

FOR MOTHERS-TO-BE

approx. 30 minutes 55 €

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.

HEAD AND FACIAL MASSAGE

approx. 30 minutes 55 €

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!

MASSAGE MIX

approx. 50 minutes 85 €

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

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	approx. 30 minutes	55 €
- LEGS OR ARMS	approx. 50 minutes	85 €

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	85 €
– LEGS	approx. 50 minutes	85 €
– UPPER BODY (BACK, ARMS, STOMACH, CHEST AREA)	approx. 50 minutes	85 €

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

CHILDREN'S MASSAGE

approx. 30 minutes 40 €

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.

Secrets of relaxation

FROM ALL OVER THE WORLD

EAR CANDLE TREATMENT

approx. 40 minutes 55 €

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.

LOMI LOMI

approx. 70 minutes 125 €

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.

HOT STONE FULL-BODY MASSAGE

approx. 60 minutes 105 €

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.

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

approx. 70 minutes 129 €

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.

HERBAL COMPRESS FACIAL MASSAGE

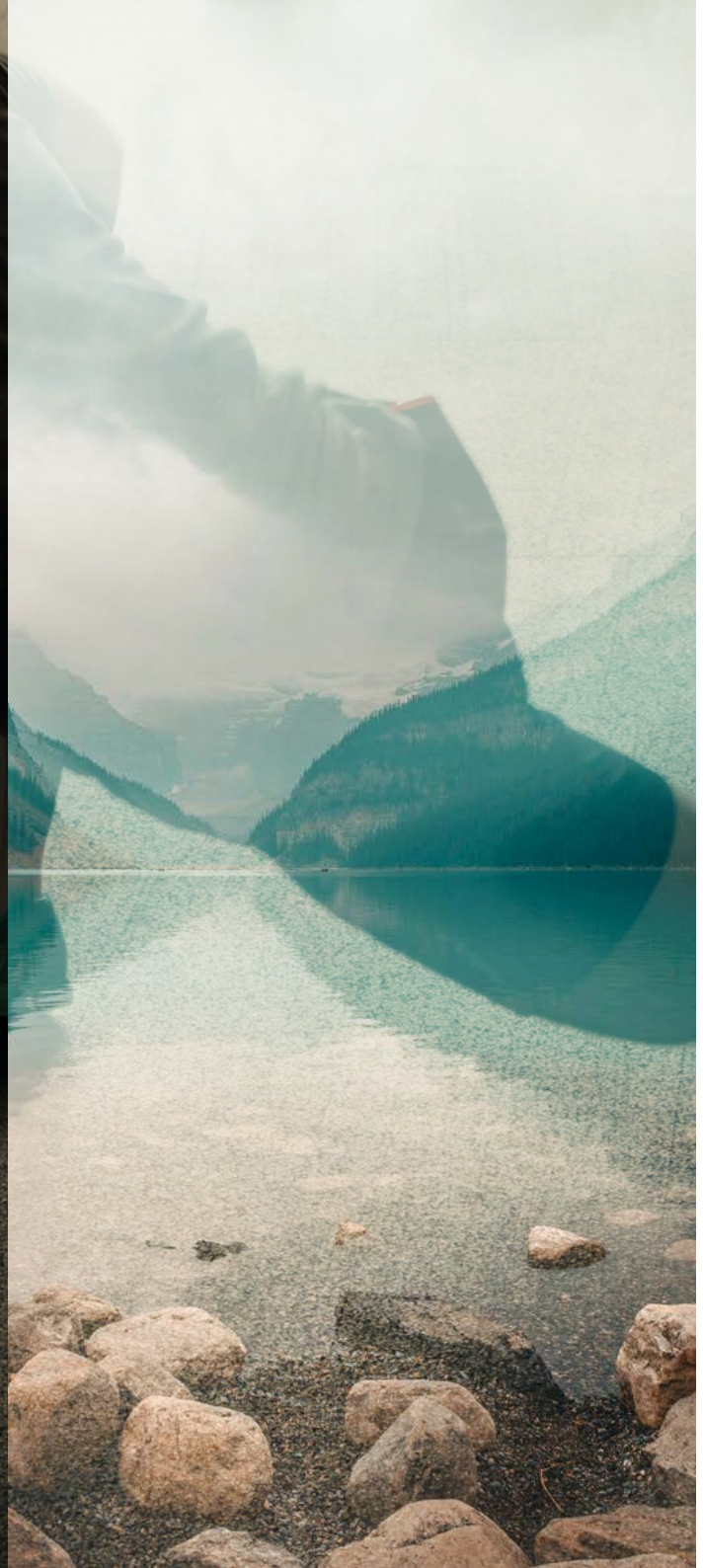
approx. 40 minutes 75 €

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.

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	105 €
– PART-BODY TREATMENT (BACK OR LEGS)	approx. 30 minutes	65 €



Staying fit on holiday

Exercise in any weather and at any time of year: across 170 m² you can work out in the Panoramic fitness studio with modern strength- and cardio-equipment and views of the Zillertal mountains.
The Sports hall offers space for a variety of training activities.
The Panoramic fitness studio is open 24 hours a day.

- ALPINE STRENGTH

A modern range of equipment is available for targeted strength training. You can effectively strengthen your legs, back, chest, shoulders and arms – complemented by a spacious free weights area featuring barbells and dumbbells, a squat rack, benches and functional training equipment. Ideal for building strength and sculpting your body.

- ALPINE ENDURANCE

In the Alpine Endurance area, high-quality cardio equipment such as treadmills, cross-trainers, Stairmasters, indoor cycles, ergometers and rowing machines is available. Ideal for strengthening the cardio-vascular system, improving fitness and recharging your batteries – with views of the mountain scenery.

- NATURE FITNESS CENTRE

The Alpenhof is situated in the heart of an alpine natural paradise. Skiing, hiking, Nordic walking, climbing or mountain tours – nature becomes your training ground. Our hiking and ski guides accompany you on the most beautiful routes, turning exercise into an experience.

- ALPINE FITNESS AND YOGA

Yoga mats, equipment and modern fitness machines are available for your daily workout. The offering is complemented by the Alpenhof activity programme for greater strength, flexibility and inner balance.

www.alpenhof.at/en

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