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Treatments for Her & Him

THALASOTHYS DETOX TREATMENT

This all-over body treatment with extracts of algae has a purging and purifying effect. It also supplies precious vitamins, minerals and trace elements to the skin and tissue.

50 luxurious minutes € 77,-

THALASOTHYS REMINERALISING TREATMENT

This treatment puts some pep back into your life. Remineralising products, intensive body peeling and a body pack of sea mud relaxes and stimulates blood circulation in the muscles.

85 luxurious minutes € 92,-

THALASOTHYS LEG REFRESHMENT TREATMENT

A new and innovative treatment for cases of water retention that immediately provides long-term refreshing relief to your legs.

50 luxurious minutes € 68,-





HYDRO BATH

Immerse yourself into an absolutely special bathtime experience. Millions of air bubbles and a carefully honed underwater massage stimulate the circulation of your muscles, making you feel completely relaxed. You decide which bath essence is best for you. An underwater play of colours brings relief to the body and the senses.

Each bath takes about 30 minutes € 36,-

Choose your personal bath essence

SEA SALT

Sea salt revitalises body functions while supplying precious minerals and trace elements to the skin. Just feel that maritime freshness.

RELAXING BATH

This bath enables you to unwind completely as you enjoy some intensive all-over body care. Tried and tested extracts of witch hazel, balm and marigold provide a wonderful source of relaxation.

DETOX BATH

Let the active ingredients of sandalwood relieve you of your toxins. The perfect way to detox your skin tissue and joints.

REGENERATIVE BATH

Ideal after a game of sport. Cinnamon and neroli help to burn off fat and remove acid from body tissue.





ST. BARTH 'SOFTNESS' BODY TREATMENT

A relaxing peeling massage for tender, velvety and even skin. A special mineral complex of sea sand combined with fruit extracts removes dead skin cells. Pure coconut oil provides long-lasting skin care and pampers your skin with precious nutrients.

25 luxurious minutes € 41,-

ST. BARTH 'SENSATION' BODY TREATMENT

This exquisite body pack is an intensive moisturiser and offers all-round joy for the senses. Choose your favourite fragrance from Bourbon vanilla, tender tiaré petals or exotic lily. A creamy, velvety pack is gently spread over your body and rubbed into your skin. After the body care pack has provided your skin with an intensive mixture of nutrients and lipids from top quality vegetable oils, relax during a wonderfully fragrant massage.

75 luxurious minutes € 89,-

ST. BARTH 'HARMONY' BODY TREATMENT

After enjoying an exotic beauty bath with coconut-vanilla, avocadotiaré or coconutlily – look forward to an all-over body massage. Enjoy this gentle massage with harmonious and intensive care products. Cold-pressed avocado oil or ivy gel helps to strengthen and enhance tissue functions.

50 luxurious minutes € 69,-

SEA-SALT BODY PEEL

Relaxing body-peel massage with sea-salt for a soft and smooth skin.

20 luxurious minutes € 35,-

Massages that do a power of good

... entrust yourself to our well trained hands ...

FULL BODY MASSAGE

This treatment stimulates the circulation of the blood throughout the whole body and consequently aids the removal of waste products. What's more, the massage strokes used help to ease tension in the muscles.

50 luxurious minutes € 62,-

Surcharge for massage with Alpienne oils € 4,-

LOCALISED MASSAGE

Ideal for treating tenseness of the neck, the back and aching legs. Individual parts of the body are able to relax in a relatively short period of time, thereby enabling you to feel complete all-over harmony.

25 luxurious minutes € 38,-

Surcharge for massage with Alpienne oils € 4,-

MANUAL LYMPHATIC DRAINAGE

A gentle, pleasant massage technique which stimulates the lymphatic circulation and leads to an intensive detox.

The lymphatic system is the lifeline of the human body.

50 luxurious minutes € 65,-

FACIAL, NECK & NECKLINE LYMPHATIC DRAINAGE

stimulates lymphatic circulation on and around the face. Ideal for treating couperose and swollen eyelids.

40 luxurious minutes € 58.-

REFLEXOLOGY MASSAGE

This massage activates the hole organisme of the body. The foot is regarded as the body's mirror. Typical stabbing pain at certain spots on the sole of the foot can point to functional disorders of the inner organs which can be treated with a reflexology massage.

50 luxurious minutes € 62.-

SPA MASSAGE

This full body massage uses relaxing essential oils. Surrender completely to an all-encompassing feeling of relaxation.

50 luxurious minutes € 65,-

COMBIMASSAGE

This is an ideal combination of a back massage and a reflexology massage. The treatment reduces tension in the back before activating the whole body.

50 luxurious minutes € 62,-

HEAD MASSAGE

This treatment harmonises tension and pain in the head. Ideal for tense headaches, migraine or other feelings of tension around the head.

25 luxurious minutes € 38,-

TUMMY MASSAGE

A pleasant way to shake off nervous stomach and bowel complaints, menstrual cramps, difficulties in breathing, stifling feelings in the chest or chronic tenseness in the chest muscles due to persistent coughing.

25 luxurious minutes € 38.-



... THE SOMEWHAT 'different' massage technique...

ACUPUNCTURE MERIDIAN MASSAGE

This Asian method is based on the principle of inner energy. The aim is to restore a balance to the flow of energy within the meridian system.

50 luxurious minutes € 65,-

LA STONE THERAPY

This treatment originated in the US is carried out using specially chosen 'vulcanite stones'. The alternately hot (approx. 55° C) and cold stones are placed on your 'chakras' (energy centres) then be massaged with the stones from head to toe, which restores balance to the entire flow of energy in your body. Consequently, LaStone has a relaxing and harmonising effect and opens up a new way of reconciling the body, mind and soul with each other.

90 luxurious minutes € 125,-

LA STONE STOMACH TREATMENT

La Stone stomach treatment harmonises, calms and balances body and soul. Hot and cool stones are placed on the stomach during the massage, to treat zones which represent love, fear, sorrow, happiness, cares, trust, relaxation and anger.

50 luxurious minutes € 65,-

CONNECTIVE TISSUE MASSAGE

A special reflex zone massage to stimulate the connective tissue. This massage is particularly beneficial for migraines, circulatory disorders or respiratory disorders.

50 luxurious minutes € 65,-

SHIATSU

Shiatsu offers you the opportunity to reactivate your blocked life energy. The intention is to establish a balance between body, mind and soul, and to enhance your feeling of well-being. This Japanese massage technique has a harmonising effect on the whole body. The process triggers off a series of intensive stimuli along the meridians (energy channels) and achieves a relaxing effect when you stretch and rotate your joints.

You will enhance your enjoyment of this treatment by wearing a tracksuit or similarly comfortable clothing.

75 luxurious minutes € 102,-

DORN-BREUSS-MASSAGE

The Rudolf Breuss method is a sensitive yet energetic manual massage of the back, focusing on the surface longitudinal muscles of the spinal area to release tensions. This is followed by the Dorn treatment, which involves stretching and working the deep spinal erector muscles.

50 luxurious minutes € 65,-

SPINAL MASSAGE

This massage technique involves gently kneading along the spine. This is of great benefit for anyone who has back problems.

50 luxurious minutes € 65,-

THAI-MASSAGE

Thai massage is a therapy whose roots stretch back more than 2,500 years, to Nepal. This massage is a unique combination of gentle movement, rhythmic acupressure, reflexology, stretching and a form of passive yoga. It is particularly suited for sportsmen and sportswomen, and for people with restricted movement.

You will enhance your enjoyment of this treatment by wearing a tracksuit or similar comfortable clothing!

70 luxurious minutes € 102,-

Hyurveda THE SCIENCE OF LONG LIFE

Ayurveda aims to achieve good health by establishing a balance and harmony of all forces residing in the body. In our wonderfully relaxing Wellness & SPA area, expertly trained therapists will pamper you with carefully combined treatments of oils and massage techniques that clear the mind, strengthen the nervous system and add vitality and beauty to your body.

ABHYANGA – the classic full body treatment

The literal translation of Abhyanga is 'anointing'. Body, head and face are massaged with warm sesame oil and a careful blend of essential oils. Abhyanga stokes your body temperature and both purges and regenerates. It has an invigorating effect on the skin and the cardiovascular system, builds up the muscles and harmonises the nervous system.

70 luxurious minutes & 10 minutes rest € 105,-

GARSHAN – the silk glove massage

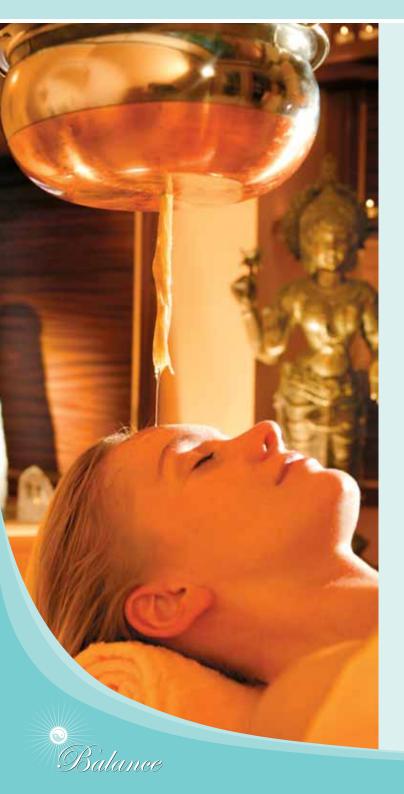
The use of gloves made of raw silk in this full body treatment stimulates the metabolism and blood circulation. At the same time, it peels the skin and neutralises electric charges.

30 minutes silk glove massage, 15 minutes oiling & 5 minutes' rest \in 75,–

MUKABHYANGA – the head, face and neckline massage

This massage helps you to calm down and relax while taking care of your skin. Mukabhyanga soothes and helps you overcome all kinds of worry and anxiety. The treatment is rounded off by a face mask specially matched to your skin type.

40 luxurious minutes & 10 minutes rest € 75.-



PADABHYANGA – for the good of your feet

An extremely pleasant massage in which the reflex zones are treated with warm oils from the soles of the feet to the knees. This technique has a strengthening effect on the whole body. And don't forget: your feet carry you through your whole life.

40 luxurious minutes & 10 minutes rest € 75,-

SHIRODARA – the forehead oil infusion

The forehead oil infusion stimulates the 'third eye' and has a beneficial effect on the deep centres of the brain. The therapy helps to encourage restful sleep by soothing and strengthening the mind and senses.

30 minutes' oil drizzle, 15 minutes' head massage & 5 minutes' rest $\ \in 85$,–

UPANAHA SVEDANA – Ayurvedic back treatment

This Ayurvedic back treatment helps to loosen up the muscles, and its special strokes create a feeling of harmony and well-being for body and mind.

40 luxurious minutes & 10 minutes rest € 75,-



ASIA BATH ... the Asian bath ritual ...

The Asia Bath is a combination of a steam bath, a soap bubble massage on the Asian shrine (a warm stone lounger), a fragrant flower petal bath by candlelight and a gentle massage with special oils on the Tatami pedestal, which has a special effect on the skin.

For 1 person 75 minutes bathing \in 105,– For 2 persons 105 minutes bathing \in 135,–

ST. BARTH DREAM

Enjoy a unique experience of Caribbean fragrances in which the skin receives a lasting supply of precious minerals and vitamins. This beauty care bath adds a long lasting, velvety shimmer to your skin. Choose your favourite fragrance from coconut-vanilla, avocado-tiaré, coconut-lily or go ahead and create your own preferred mixture.

25 luxurious minutes € 38,-

SCHALBER BATH in the floating water lounger

Enjoy the feeling of floating in water. The hydrostatic pressure of the water enables all your muscles to relax completely.

Fresh mountain hay, salt slick, milk & oil and crème packs achieve their best results at 38 °C. Enjoy the final 15 minutes of this treatment relaxing in our oat straw four-poster bed.

Since the bath essences are always freshly prepared, you are kindly asked to make a prior registration two hours beforehand.

Time spent in the bath is 20 minutes followed by 15 minutes of rest in the oat straw \in 45,–

Choose between:

MOUNTAIN HAY

Relax in our Serfaus mountain hay!

During this treatment your body is wrapped in steaming hay, which helps to purge the body and relax your muscles and tissue.

ALGAE PACK

Enjoy the treasures of the sea. The detox body pack with 100 % pulverised algae both moisturises your skin and provides it with precious minerals from the sea.

SALT SLICK PACK

Build up your muscles and bones!

This Bad Ischl salt slick pack provides relief for musculoskeletal system disorders, certain gynaecological problems, the after-effects of accidents and injuries as well as a number of organic complaints...

MILK AND OIL

Bath just like Cleopatra!

Hydrating, balancing and gently moisturising, this pack provides your skin with the substances it needs thanks to the large amount of beauty oils, vitamins and minerals it contains. Leaves your skin feeling velvety soft and smooth.

EVENING PRIMROSE OIL PACK

A genuine speciality among the many baths!

The evening primrose is a medicinal plant that stimulates the metabolism and blood circulation in the skin. Enjoy this wonderful body care treatment consisting of a mixture of goat milk shea butter, evening primrose oil, almond oil, wheat germ oil and linseed oil. This highly moisturising bath replenishes depleted levels of fat and counters the aging process of the skin.



IMPERIAL BATH

Forget all your cares and your aches and pins when you take an Imperial Bath. Each day we prepare a fresh bath essence made of different mountain herbs in accordance with one of special recipes. You bath for about 25 minutes in this particularly pleasant herbal essence. Afterwards, you can have an essential oil massaged into your skin all over your body. Enjoy the final 25 minutes of this treatment in the oat straw four-poster bed: by the end, you'll feel you're in seventh heaven. The Imperial Bath is really best enjoyed as a special bath for the two of you.

Since the bath essences are always freshly prepared, you are kindly asked to make a prior registration two hours beforehand.

Time spent in the bath is 25 minutes followed by 25 minutes of recuperation

For 1 person: \in 38,– For 2 persons: \in 50,–

Choose between:

ROSMARY BATH

Stimulates and promotes blood circulation in the skin

BALM BATH

Helps to relieve tension and strengthens the body's immune system

APHRODISIAC BATH

Stimulates and invigorates

ROSE PETAL BEAUTY BATH

Refreshes and invigorates the skin as well as the whole body





ALPIENNE HARMONY

- · herbal foot bath in combination with a relaxing foot massage
- · relaxing massage with steam-heated herbal pistils

75 luxurious minutes € 80,-

THE ALPIENNE BATH EXPERIENCE WITH PEELING

- · honey-peeling massage gently stimulates blood circulation in the skin
- · honey & Swiss pine bath
- · followed by a body care session

60 luxurious minutes € 68,-

ALPIENNE SPORTS AND VITALITY

- · herbal foot bath with foot massage
- · marmot oil and herbal pack for joints and the back
- · sports and vitality massage with steam-heated herbal pistils

75 luxurious minutes € 88,-

Choose from these Alpienne massage products for your full body and localised massages

MARMOT OIL

'The oil of life' is ideal for rheumatic complaints, skin conditions, arthrosis, gout, sciatica and lumbago.

ST. JOHN'S WORT

An 'old, familiar household remedy'. It is used for burns, sunburn, scars and skin irritations. What's more, it also helps to prevent stretchmarks.

ARNICA

A 'multi-purpose oil' used for treating contusions, bruises, swellings, sprains, cramp and varicose veins.





SOTHYS Facial treatments for the most discerning of wishes

Basic treatment

A facial, neck and neckline treatment, specially devised for your particular skin type. Features a velvety peeling, a relaxing massage and a care pack suited to your individual skin type.

85 luxurious minutes € 90,-

PICCOLO TREATMENT

A brief treatment for face, neck and neckline, specially devised for your particular skin type.

55 luxurious minutes € 70,-

ANTI-AGING

This combination of active ingredients which has been specially selected by Sothys promotes cell regeneration, reduces the size and depth of wrinkles and also firms and smoothes the contours of your face. See how your skin clearly takes on a more youthful appearance and win the battle against the marks of age!

85 luxurious minutes € 102,-

HYDROPTIMAL TREATMENT

The last word in facial treatments, 'Hydroptimal' replenishes your skin's moisture reserves. Experience a genuine moisturising bath for your skin. Your tissue will become firmer as your skin becomes smoother.

85 luxurious minutes € 102,-

SPECIAL EYE TREATMENT

This treatment smoothes fine lines and softens wrinkles and crow's feet around the eyes. The tissue is decongested, causing it to relax. This treatment can be carried on its own or as part of a facial treatment.

25 luxurious minutes € 42,-

1QMS - Quick Magic Skin Formula

!QMS is a unique treatment, an active cosmetic that helps soluble collagens penetrate deep into the skin. This helps the skin to retain moisture and stimulates cell formation.

!QMS-PICCOLO FACIAL

Try our treatment and discover the famous instant !QMS effect! In next to no time, your skin will gain intensive moisture and appear vibrantly fresh.

55 luxurious minutes € 80,-

!QMS-CLASSIC FACIAL

Specially designed for dry, dehydrated and damaged skin. Collagen to store moisture, two special masks, and a relaxing massage to improve elasticity and vitality. You will be delighted at how fresh and vibrant you look after this sensational beauty treatment.

110 luxurious minutes € **140**,–

!QMS-neo-tissudermie

This luxury face-lift treatment generates energy and firmness from the inside. The tissue structure is improved, resulting in firm and velvety skin, as soft as a peach.

85 luxurious minutes € 105.-

10MS-SK-Alpha

For smokers, people with circulatory disorders or wan skin, this powerful treatment revives and purifies. The appearance of the skin is intensively refined and smoothed.

85 luxurious minutes € 105.-

!QM5-, Wonderbra" treatment

This special bust treatment efficiently firms the breast area and décolleté - you will see the famous instant !QMS effect!

55 luxurious minutes € 77,–

ŠT BARTH "PURENESS"

Experience this extraordinary gentle treatment for face, neck, neckline and hands. Enjoy the fresh fragrances of natural elixirs which recall a colourful basket of Caribbean fruit. Quality plant-based care products with natural vitamins and minerals have an intensely purifying effect and stimulate the skin's own regulatory functions.

85 luxurious minutes € 94,-

ST BARTH "FRESHNESS"

Enjoy an intensely relaxing facial and neckline treatment with a hand massage. The effect of the quality plant-based care products with natural vitamins and minerals is intensively reinforced by the freshly prepared fruits. As a special extra, a nurturing hand massage with the fragrance of Bourbon vanilla, exquisite lily or Caribbean tiaré petal rounds off the experience of well-being.

115 luxurious minutes € **125**,–

BUST TREATMENT SOTHYS

An innovative neckline and bust treatment that leads to successful results in no time. The treatment uses a very mild bust gommage, a gentle massage with essential oils and a firming alginate mask.

55 luxurious minutes € 67,-

... only for men

GENTLEMEN'S FACIAL TREATMENT

Sothys products for men are all about malt! This active ingredient has been used since time immemorial because of its anti-inflammatory and moisturising properties. Enjoy this relaxing spa treatment featuring the Far Eastern Digi Estethique massage.

80 luxurious minutes € 90.-



Body packs that get results

ALGAE & ALOE VERA PACK

Experience the power of the desert and the sea on your body. This pack helps to support the body's immune system and strengthen connective tissue.

ICE PACK

The ice pack has a powerful cooling, purging and decongestive effect – ideal for problems with veins and couperose. We recommend to try this pack after doing sports.

AROMA PACK

Ideal for countering the spread of cellulite. Enriched with eucalyptus, rosemary, menthol and balm, this pack successfully acts against cellulite.

ROCK OIL WRAP

As an active agent, rock oil is deacidifying and detoxifying. The only source of rock oil in Europe is in Tyrol at lake Achen.

FIRMING PACK

Firming flabby tissue on the inner side of the upper thighs, around the knees, tummy and upper arms.

One-off treatment 50 luxurious minutes \in 50,–Package of five treatments, 250 luxurious minutes \in 225,–

Combind spa arrangements 'small is beautiful'

Combi - "Thalasso"

- · body peeling
- · detox algae pack
- · sea salt hydroxeur bath

90 luxurious minutes € 110,-

Combi - "Ayurveda"

- · Abhyanga
- · Garshan

110 luxurious minutes € **135**,–

Combi - "Bath & Massage"

- · hydro bath with your choice of bath essence and colour light therapy
- · pleasant body massage, 50 minutes

85 luxurious minutes € 93,-

Combi - "Caribbean Feeling"

- · coconut-soap bubble-massage
- · beauty bath with coconut-vanilla
- · body massage with Caribbean oils, 50 minutes

110 luxurious minutes € **138**,–

Combi - "Hands & Feet"

- · hand and feet peeling · soothing hand and feet bath
- · relaxing hand and feet massage
- · moisturising hand and feet mask

85 luxurious minutes € 95,-

Combi - "Slimness & Vitality"

- · lymphatic drainage, 45 minutes
- body pack

80 luxurious minutes € 102,-







Packages for ladies

CARE & BEAUTY DAY

Take time out and treat yourself to superb body care from head to toe

- · Sothys facial treatment specially suited to your skin type
- · body peeling with sea salt
- · relaxing full body massage
- · spa pedicure
- · spa manicure with hand massage

€ 268.-

BODY FORMING

toning, shaping, purging

- · 2 lymphatic drainage
- · 1 body pack
- · 1 Abhyanga
- · 1 purging treatment
- · 1 seaweed pack

This package is divided up over 5 days

€ 370.-

THE SPIRIT OF NATURE

- · body peeling with coconut oil and papaya
- · exotic beauty bath
- · "Pureness" facial treatment
- · body massage with oil of avocado

€ 231.-

LADIES WEEK ONLY

- · individual Sothys facial treatment, 90 luxurious minutes
- · facial massage
- · firming bust treatment
- · Schalber-bath of your choice
- · full body massage
- · hydro bath with your choice of bath essence
- · spa massage
- · spa pedicure
- · spa manicure

Sheer Ayurveda

toning, shaping, purging

- · Abhyanga
- Mukabhyanga
- Shirodara
- · Garshan & Upanaha Svedana

€ 375,-

Packages for Him

... only for men ...

MANAGER'S DAY

- · gentlemen's facial treatment
- · hydro bath with underwater massage
- · back massage
- · spa manicure

€ 170,-

CARE & RELAX WEEK

- · gentlemen's facial treatment
- · relaxing back massage
- · hydro bath with underwater massage
- · combi massage
- · spa pedicure
- · spa manicure

€ 290,-

Packages for the whole family

For your wellbeing - HOPI EAR CANDLES

Suitable for adults and children. Ear candles are a natural remedy for the control of pressure, devised by the Hopi native Americans. Their use not only gives a sense of release within the head and ears but can also in some cases have astonishing results for sinus disorders, tinnitus and the like, painful ears, chronic ear complaints, painful pressure in the head, migraines, colds, and lymphatic blockages in the throat and neck area.

45 luxurious minutes € 45,-



... for wonderful moments

Eyelashes tint	€	25,-
Eyebrows tint	€	15,-
Eyelashes and eyebrows tint	€	30,-
Eyebrow definition	€	15,-
face massage	€	34,-
face mask	€	30,-

... hands and feet also need some TLC

Spa manicure with hand massage and varnish Spa pedicure with foot peeling, foot bath	€	50,-
and massage Oil-peach bath for velvety soft hands		60,- 32,-

... without a hair in sight...

Lower legs	€	32,-
Legs complete	€	49,-
Bikini zone	€	21,-
Shoulders	€	19,-
Upper lip	€	13,-
Chest or back	€	37,-

... for special occasions

Daytime make-up	€	26,-
Evening make-up	€	30,-
Ampoule during facial treatment	€	15,-
Hopi ear candles	€	45



Like to give your hair new bounce? Then you've come to the right place

Cleansing – caring – shaping and strengthening – all of them just as you like. The PAUL MITCHELL care system was developed to meet the requirements of all kinds of hair types. We can arrange your individual combination of products from the varied PAUL MITCHELL Collection.

Ladies

Wash & blow dry or set		
Short hair	€	25,-
Medium-length hair	€	27,-
Long hair	€	29,-
Wash, cut & blow dry		
Short hair	€	46,-
Medium-length hair	€	48,-
Long hair	€	50,-
Formal hairstyling (French plaits, etc.)	€	26,-
Beauty pack	€	7,50
Hair treatment (3 minute intensive pack)	€	3,50

Gentlemen

Cut & blow dry	€	23,-
Trimmer cut	€	11,-
Wash, cut & blow dry	€	27,-
Beard trim	€	8,-

Children

Cut & blow dry	€	16,-
Wash, cut & blow dry	€	21



Information

Opening hours

The spa area is open daily from 8 a.m. - 8 p.m.

Cancellation

Appointment cancellations will be charged at 50 % of the treatment price. Cancellations less then two hours before the appointment or non apereance will be charged at 100 % of the treatment price.

Thank you for your attention and your understanding!

Appointments

Please reserve appointments for your spa treatments at the Wellness reception or dial 167.

Clothing

In your room you will find a bag containing bath towels, bathrobe and shoes for use in the Wellness area. Please wear comfortable clothing or the bathrobe when you come for your treatments.

Treatments

To make your treatment a relaxing experience, please arrive five minutes before the start of the agreed appointment. We also request that you do not use mobile telephones in our Schalber Spa.

Use of the sauna

Please be aware that clothes are not allowed in certain zones in the sauna (this includes swimsuits). Stone sauna, herbal sauna and "Sole" steam bath are open from 10 a.m. Japanese steam bath and Finnish sauna are available from 2 p.m. The Lady Spa is available from 2 p.m.

Children aged under 16 are not permittet to visit the Schalber Spa or sauna area – there is a family pool with sauna available for families. We request that parents do not leave their children unattended.

Validity of price list

This price list is valid from 14 December 2007, and replaces all previous price lists.







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