



Hotel
HOCHSCHÖBER



Massages and
cosmetics

The feelgood gallery

2010 | 2011

We are the EXPERTS in your well-being

Ask at the Jungbrunnen health and beauty reception for information, advice and appointments. Open every day from 8 am to 7 pm. Alternatively call us on 540.



Silvia Groicher

“Our aim is to ensure you take it easy.” That’s the motto of Silvia Groicher, who together with Sonja Gamweger, runs our “feelgood gallery”. Working alongside our highly trained staff, both will advise, indulge and care for you.

Each one of our experts regularly takes advanced courses within our special training programme - both in-house and externally. This is how we keep improving the outstanding quality of the treatments we offer.

We would like to tell you about two new treatments:

Rolfing®

Find out more in our special Rolfing® brochure.

Rolfing® is a holistic method, which has stood the test of time. It involves a combination of physical bodywork and massage, with the focus on connective tissue. The aim of Rolfing® is to keep the body in alignment, but, first and foremost - to bring it back into alignment. The Hochschober is the first hotel in Austria to offer Rolfing®.

Medi-Taping

Find out more about this treatment on Page 9.

Medi-Taping originated as a medication-free, pain-relief therapy. In the Hochschober we use Medi-Taping as a 24-hour micro-massage, which works on the muscle system and on the lymph system and it also stimulates the energy cycle.



*Please note:
If you have any chronic or acute diseases, suffer from allergies or intolerances or any other significant disorders, please inform the member of staff attending to you beforehand.*

The FEELGOOD gallery

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Massages

The gentle touch to relieve tensions and generally pamper the whole body - from head to toe.

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haki®-method

Lightness of being for head and shoulders - a treatment that has won many accolades.

See our special
Rolfing® brochure

Rolfing®

This holistic method is a combination of physical bodywork and manual techniques.

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From distant lands

From traditional far-eastern speciality massages to an Hawaiian ritual.

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Ayurveda

Magnificent oil and dry massages from the world of traditional Indian medicine.

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Chinese massages

Tried and tested over hundreds of years - it stimulates the energy meridians and the acupuncture points.



See our special
Hamam brochure

The hamam

Find out about the many different applications and methods.

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Cosmetics

- > Phytomer cosmetics
- > Cosmetic treatments
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- > Pedicures and manicures
- > The Hochschober hair studio

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Body treatments

Nourishing, firming and cleansing for the skin and other problem areas.

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Treatment packages

Combined for you: Perfectly co-ordinated treatment sequences offered in attractive package deals.

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Individual coaching

An expert will advise you and guide you through your personal training, fitness and exercise programme.



MASSAGES

relaxing & stimulating



Whole-body massage For looser muscles and a stimulated circulation.
50 minutes € 52.-

Honey massage This special treatment - using locally-sourced mountain honey - starts with a connective tissue massage to the back for cleansing and detoxifying the skin. The honey is then massaged in using a special technique so that deeper tissue is reached. The skin is left looking rejuvenated and feeling velvety soft. A final massage of the foot reflex zones kickstarts the digestive tract and aids detoxification.

50 minutes € 54.-

Hochschober herbal oil massage A massage with special oils distilled from local herbs. The ethereal oils work their magic on both body and mind. Depending on the herbal essences used, the massage can be either relaxing or energising.

50 minutes € 54.-

Partial massage Targeted massage for various parts of the body.
25 minutes € 32.-



Foot reflex zone massage I Balanced pressure is applied to the “organ points”, thereby activating the body’s self-healing forces.

25 minutes € 32.-

Foot reflex zone massage II An all-embracing treatment: First of all the feet are gently washed and peeled to boost blood circulation. Then comes the foot reflex zone massage. The treatment ends with a soothing foot pack.

50 minutes € 52.-

Special medicinal massage Fully trained therapists will advise you and treat you for general health disorders or particular physical complaints.

50 minutes € 58.-



MASSAGES

for relaxation

Dr Vodder's lymph drainage

Lymph drainage activates the body's lymph system. A properly functioning lymph system ensures optimum dehydration and purification. As it controls the body's defence mechanism, it is very important for well-being. Under this type of treatment, the lymph system gets extra stimulation from gentle, pumping massage movements in the direction of the lymph flow.

50 minutes € 54.-

Facial lymph drainage

Facial lymph drainage purifies, firms and smooths the skin. Drainage can also be used to treat problems in the head area, such as swollen eyes, swellings, migraine, sinus inflammation, etc.

25 minutes € 32.-

We recommend this massage in conjunction with an eye zone pack.

Classic facial massage

A delicate massage for a fresh look.

25 minutes € 32.-

We recommend this massage in conjunction with an eye zone pack.



Back special

Suction cups and special aromatic oils are very effective at relaxing the back muscles.

25 minutes € 38.-

Scar treatment

To treat scarring and to stimulate skin function. The aim of this treatment is to aid the healing process for scars and to improve their cosmetic appearance.

50 minutes € 52.-

Medi-Taping

Medi-Taping is a 24-hour micro-massage, which works on the muscle system and the lymph system. With Medi-Taping a therapist tapes off certain meridians and acupuncture points. And also, and this is what makes Medi-Taping so unique, it has a stimulating effect on the energy cycle.

25 minutes € 32.-



light and relaxed haki®-METHOD



The haki® method, as devised by Harald Kitz, is a holistic and personalised series of treatments for “cerebral” people. Harald Kitz is a therapist, a bodywork expert, musician and, since 2001, a member of the Hochschober team.

His methods, which have won many awards, combine special massage techniques with rhythmic vibrations. Also used are a special haki® massage and nasal oils, nasal balm and eye pillows. Plus - and this is something quite special - the haki® head pillow.



haki® stretch & relax

“haki® stretch & relax” takes the pressure off the shoulders, neck and head by means of rhythmic pressure, stroking and vibrating movements. Also a specially prepared oil is rubbed into the head, neck and shoulder area.

50 minutes € 60.-

haki® sacral

The aim of haki® sacral is to release knots and tensions in the back between the lumbar region and buttocks. This method is particularly rewarding for people who spend a lot of time sitting on an office chair.

25 minutes € 36.-

haki® combination treatment - from head to toe

This treatment combines haki® stretch & relax and haki® sacral. It is the ideal way to get the best out of the haki® method and to discover its positive, soothing and healing powers.

80 minutes € 98.-



MASSAGES

from distant lands

Pantai Luar herbal stamp special massage

The Pantai Luar treatment is an ancient massage that originated in east Asia. First of all the whole body is smeared with exotic pre-heated oils. Then a heated, carefully-prepared herbal stamp (a linen bag filled with crushed limes and Oriental spices) is drawn over the skin. Exotic aromas, a comforting heat, plus a special massage technique, envelope the body and activate the self-healing forces. This treatment also stimulates blood circulation and cell renewal and brings about deep and sustained relief.

50 minutes € 85.-
plus 15 minutes of resting time

Singing bowl massage

For this massage, singing bowls with various pitches are placed by the body and sounded. The differing vibrations penetrate body tissues, set off gentle vibrations in the body and release inner blockages. The vibration patterns have an effect on the consciousness. They help us to let go and boost the body's self-healing forces. The amazing side effects of a singing bowl massage include a sense of physical well-being and deep relaxation.

50 minutes € 58.-



*Pantai Luar
herbal stamp
special massage*



Lomi Lomi Nui

Lomi Lomi Nui means something like “Massage from the centre of being” and is the name of an ancient Hawaiian treatment, which is a combination of ritual, bodywork and dance. The Lomi Lomi Nui sensation is like a wave, which gently takes over the body, turns round on itself, applies gentle pressure and then repeatedly caresses it for long periods of time creating harmony. The aim of the ritual is to intensify and stabilise the zest for life and to release old tensions. Techniques deployed originate from Hawaiian teachings on the elements, as well as stretching and holds on the joints.

105 minutes € 130.-
including resting time



AYURVEDA

in equilibrium

Ayurveda comes from India and is seen as the world's first holistic approach to good health. Translated it means "the knowledge of life". According to Indian teachings, every person is classified as one of three constitution types. These are known as doshas (vata, pitta, kapha). The aim of Ayurvedic treatment is to achieve a state of dynamic equilibrium between the doshas, thereby activating the body's self-healing forces. But at the centre is always the whole person - his body, his mind and his soul.

**Gharsana -
a whole body dry
massage with
silk gloves**

This massage performed with a natural raw silk glove aids blood circulation and effectively clears metabolic waste from the tissues. We also recommend Gharsana as an entry point for other Ayurveda treatments.

25 minutes € 32.-

**Mukabhyanga -
facial massage**

One of the best part-body treatments in the Ayurveda repertoire - heaven for head, face, neck and neckline.

25 minutes € 38.-

**Karna Purana -
ear bath & ear
massage**

In Ayurvedic teachings, the ear is the key to well-being. It is linked to the nearby sense organs and also with the soles of the feet. This massage helps with headaches. It warms up the feet and alleviates the symptoms of burning feet.

25 minutes € 32.-



**Upanahasveda -
Ayurvedic back
massage I**

To strengthen the abdomen, this treatment begins with a stomach massage. Ayurvedic oils are then rubbed into the back - to release tensions and to bring soothing relief.

50 minutes € 54.-

**Upanahasveda -
Ayurvedic back
massage II**

A combination of massage and medicinal herbal pack relaxes the muscles and releases tensions.

80 minutes € 78.-



AYURVEDA

in equilibrium



Nabhi - Ayurvedic stomach massage

This gentle, deep-penetration Ayurvedic massage relieves the stomach area and digestive organs. The best results are achieved on an empty stomach.

50 minutes € 52.-

Shirodhara - forehead oil bath

The forehead oil bath with sesame seed oil relaxes and soothes the nervous system. According to Indian teachings, this bath sharpens up the mind and stimulates sensory perception.

50 minutes € 52.-
including resting time

Abhyanga I - “from head to toe”

A soothing massage with warm, high-quality oils. The energy points (marmas) and energy meridians (nadis) are stimulated, thereby activating the body's own healing powers.

70 minutes € 88.-
plus resting time

Abhyanga II - “from head to toe” with fore- head oil bath

In addition to the above treatment, the typically Ayurvedic forehead bath has a deep-penetration effect.

90 minutes € 128.-
plus resting time

Abhyanga III - combined with dharas

Massage with high-quality oil in combination with baths of warm sesame oil. The dharas (baths) have a soothing effect. They are concentrated on particular energy sources or poured on to whole body parts depending on the form of treatment required.

65 minutes € 88.-
plus resting time



You will find the popular Ayurveda combination package “Indian Hochschobering”, together with all the suggestions for co-ordinated treatment sequences, described in the chapter entitled “Treatment packages” from page 30

ORIGINAL

Chinese massages

Bixian Zheng comes from the province of Fujian, from which the much-vaunted white tea by the name of Silver Needle originates.

Mr Zheng is our specialist in Chinese massages. He underwent a three-year training course in traditional Chinese therapeutic massage in China.

He now lives in Vienna with his wife - she is also Chinese and grew up in Austria - and his three-year-old son.



Chinese foot massage

While you are having the footbath, in a preparation of various high-quality Chinese medicinal herbs, your shoulder and neck area will be loosened up with pressure, stroking or pounding. There then follows a foot massage. This type of relaxation treatment is good, for example, at combating digestion problems, sleep and blood circulation disorders. The interaction of medicinal herbs and massage relieves stress conditions and has a balancing effect on the autonomic nervous system.

50 minutes € 56.-

Tuina massage

The reviving Tuina massage is the most important and best-known massage in traditional Chinese medicine. By applying pressure, stroking, pounding and squeezing, it stimulates the energy meridians and acupuncture points. This extremely effective massage is perfect for re-activating joints and improving flexibility. At the same time Tuina is a very pleasant relaxation massage. It promotes a rapid recovery of impaired joints and enhances well-being.

25 minutes € 36.-

50 minutes € 60.-

COSMETICS

naturally beautiful

If you would like to continue with these treatments at home, you can purchase Phytomer care products from us.

PHYTOMER COSMETICS

Concentrates of seawater, seaweed and mud are the main ingredients in Phytomer cosmetics products. Before every cosmetics treatment, our experts analyse your skin and choose the products to suit the treatment you require.

The Classic Phytomer cosmetics treatment

Warming sea-mud, a cleansing peeling, Vapozone, eyebrow correction, deep-cleansing or massage, ampoule, mask and finish.

50 minutes € 58.-

Phytomer Exclusive

In addition to the Classic cosmetics treatment, you get a stimulating back massage, deep cleansing or facial massage, special mask, eye care.

80 minutes € 82.-



Phytomer cosmetics applications can be combined with certain other cosmetics treatments we offer. We will be happy to advise you. You can see a summary of our cosmetics treatment methods on the next page but one.



Phytomer Anti-Age de Luxe

In addition to the Phytomer Exclusive: Eye zone pack, intensive facial massage, deluxe lifting treatment with two modelages one after the other and a special paraffin pack for hands or feet.

105 minutes € 110.-

Pure Beauty

Choosing the right make-up is the best way to bring out your beauty and personality. After the Classic cosmetics treatment, we apply a personalised make-up style.

80 minutes € 82.-



PHYTOMER

Cosmetics for men

You can also continue with Phytomer applications at home. If you wish you can buy the care product that suits you from us.

PHYTOMER COSMETICS

The innovative ingredients used in Phytomer products go perfectly with male skin. Before every cosmetics treatment, our experts analyse your skin and choose the products to suit the treatment you require.

Warm-up

Liberate your skin from everyday stresses and strains. Let it breathe again. Warming sea-mud, cleansing, peeling, Vapozone, eyebrow correction, deep-cleansing or massage, ampoule, mask and finish.

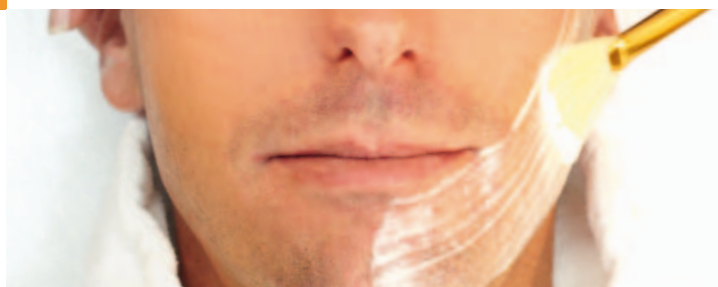
50 minutes € 58.-

Pit stop for the skin

This all-round application revitalises your skin, leaving it looking radiant, young and fresh. In addition to the Classic cosmetics treatment: stimulating back massage, deep cleansing and facial massage, eye-care.

80 minutes € 82.-

Phytomer cosmetics applications can be combined with other cosmetics treatment methods we offer. We will be happy to advise you. You can see a summary of our cosmetic treatment methods on the next page.



COSMETICS

Beauty à la carte

Eye-zone pack - Phytomer contour des yeux The sensitive eye area is tightened, signs of fatigue, wrinkles, crow's feet, dark circles around the eyes and tear sacs are alleviated. The visible result is a radiant look. The eye-zone pack can be booked in combination with any other facial treatment.

25 minutes € 30.-

Eye radiance Tint eyelashes, tint eyebrows, eyebrow correction, eye-care

25 minutes € 22.-

Tint eyebrows € 8.-
 Eyebrow correction € 5.-
 Tint eyelashes € 10.-
 Facial hair removal from € 6.-
 Paraffin hand or foot pack € 12.-

Cosmetic back treatment Warming sea-mud, peeling, deep cleansing, finish

25 minutes € 28.-

Depilation with warm wax for legs, armpits and bikini zone

from € 18.-



LOOK AFTER YOUR FEET ...

Pedicure - medicinal foot care

45 minutes	€ 38.-
with lacquer	+ € 5.-
with French lacquer	+ € 10.-

Pedicure de luxe A rare treat for your feet - in addition to a pedicure: peeling for the feet, paraffin foot pack, lacquer and finish.

80 minutes € 65.-

Cosmetic pedicure and French design A special technique and a special gel transform every nail into a truly beautiful style. Nails in the French design stay beautiful for up to 3 weeks - and no splitting.

50 minutes € 44.-

... AND HANDS

Manicure with hand massage

45 minutes	€ 30.-
with lacquer	+ € 5.-
with French lacquer	+ € 10.-

HOCHSCHÖBER HAIR STUDIO

If you fancy a trip to the hairdresser's while you are on holiday or would like to try a new style, you have two opportunities each week to indulge yourself. Every Tuesday and Friday in the hair studio on the 1st floor a hair stylist from Silvia Katzdobler's team is available.

For an appointment call 512 or ask at reception.

BLISSFUL

body treatments

For skin that feels like velvet and silk

Out with your everyday cares and worries - in with relaxation and well-being. Salt grains wash away dead skin cells and your skin feels more supple and receptive. The treatment accelerates body cleansing and detoxification, while stimulating the metabolism. Finish with an oil pack to nourish the skin.

50 minutes € 58.-

Healing chalk pack

Healing chalk opens the pores to activate the body's own detoxification and cleansing process. We recommend a combination of healing chalk pack followed by an Ayurveda treatment.

25 minutes € 35.-



Rose hip and honey cream pack

The valuable constituents of honey and rose hip have a positive effect on skin metabolism. They firm up and revitalise the skin. The addition of goats' butter cream helps to stabilise the moisture balance and also reduces skin irritations.

25 minutes € 38.-

Cream pack with evening primrose oil

Evening primrose oil is particularly beneficial for dry and tired skin. The oil also helps with skin disorders and allergies.

25 minutes € 38.-

BLISSFUL body treatments



Mountain pasture flowers and hay pack

Herbs, grasses and mountain pasture flowers can bolster defence mechanisms and kick the detoxification process into action. Also very good for muscle cramps.

40 minutes € 38.-

Sea salt peeling with seaweed pack

Sea salt peeling prepares the body for the seaweed pack, which aids the detoxification and cleansing process, while at the same time firming up connective tissues.

50 minutes € 52.-

China wrap

The ultra-effective treatment for cellulite and fatty deposits. Prized, pure Chinese medicinal soil, minerals, trace elements and fresh seaweed stimulate the circulation and the metabolism. They absorb toxins, clear obstinate blockages and improve the skin structure.

55 minutes € 58.-



Body wrap

The right choice for women's problem areas. First the body is smeared with special creams and then wrapped tightly in foil. This treatment boosts lymph flow and blood circulation, while reducing fatty tissue and cellulite. It strengthens and firms up connective tissue.

80 minutes € 70.-

Holistic body treatment

Cellulite, tension and other physical ailments are usually the consequence of energy imbalances. An efficient energy vacuum drainage cleanses the tissues and promotes cell regeneration. That way the body regains its natural balance.

80 minutes € 80.-



FULL treatment packages

Indian

HochschoberING

These much sought-after Ayurvedic treatments complement each other and provide a full insight into the positive effects of ancient Indian medicine.

- > Gharsana- whole body dry massage with silk gloves
- > Karna Purana – ear wash & ear massage
- > Mukabhyanga – facial massage
- > Nabhi – Ayurvedic stomach massage
- > Healing chalk pack
- > Abhyanga II - Ayurvedic oil massage “from head to toe” with forehead oil bath

€ 288.-

A day for me

Simply let yourself go and enjoy a day of total relaxation:

- > For skin that feels like velvet and silk
- > Partial massage with foot reflex zone treatment
- > Phytomer Exclusive: (full face, neck and neckline treatment)

€ 189.-



Feelgood for men

We offer men who care about their bodies a special package:

- > Hamam - sultan's bath
- > Pedicure de luxe - footcare with peeling and pack
- > Manicure with hand massage
- > haki® sacral
- > Phytomer cosmetics “Pit stop” (full face, neck and back treatment)

€ 247.-

Women enjoy ...

The full feelgood package for her:

- > Atlantic breeze - Atlantic sea salt peeling
- > Pedicure deluxe: footcare with peeling, pack and lacquer
- > Manicure with paraffin hand pack
- > Honey massage
- > Phytomer Exclusive: (full face, neck and neckline treatment)
- > Rose hip and honey cream pack
- > Day-time or evening make-up

€ 299.-

FULL

treatment packages

Bye-bye cellulite! Put an end to those dimples and treat yourself to the successful formula for beautiful, firm skin:

- > Body treatment I for cleansing and detox
- > Sea salt peeling and seaweed pack
- > China wrap to reduce cellulite
- > Body treatment II for cleansing and detox
- > Body wrap

€ 306.-

Oriental dream - the ultimate in hamam indulgence Treatments spread over 2 or 3 days strengthen the defence mechanisms and the immune system. This combination is an intensive procedure, which brings soothing, all-round relief to the body.

- > Sultan's bath
- > Hamam & mud
- > Pasha bath without peeling

€ 166.-



Today is lazy day

- > Hamam soapsud experience
After a 20-minute warm-up on the stone slab, the tellak (attendant) invites you to take part in the hamam ablutions. What follows is a soothing body peeling and soapsud massage. Over tea and some sweet titbits from the Orient, you can round off your Turkish bath experience in the sultan's chamber.
- > Pamper treatment for your face
Now face, neck and neckline become the focal point. The treatment includes cleansing, peeling, ampoule, massage and mask.
- > Foot reflex zone massage with whole body cream pack.
We combine the soothing, gentle and very effective foot reflex zone massage with a whole body cream pack. It gently caresses the whole body, nourishes the skin, rendering it silky soft.

€ 193.-



PERSONAL HochschoberING

One-to-one coaching with Gerhard Amtmann

So you want to be on top of your game for a particular occasion (holiday, party, sporting event). Gerhard Amtmann, personal coach/trainer and nutritionist, will look closely at your personal goals and devise a tailor-made plan. Did you want to change your figure, your posture, your muscle mass for the better? Anything is possible with the right training.

One-to-one coaching 60 minutes € 96.-
Every further 1/2 hour € 36.-

Individual units for yoga, qi gong, meditation

If you have your own personal coach, you can use lasting relaxation techniques, which work well for you. This is the way to discover the secrets of yoga, qi gong or meditation in your own way, while benefiting over the long-term from the support and advice of our Hochschober experts.

Individual coaching 50 minutes € 50.-
90 minutes € 80.-
120 minutes € 105.-

"Our job is to ensure you meet your goal." That's the guiding principle adopted by personal coach, Gerhard Amtmann, and www.sportproject.at. Having accumulated vast experience and specialist knowledge from his work with companies, sport clubs and private individuals, he will devise for you a fitness plan so you can fulfil your personal goals. For more detailed information ask at the health reception at "Jungbrunnen" (Fountain of Youth). You can also arrange appointments there.





H o t e l
HOCHSCHOBER



Looking forward
to seeing you!

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