

★★★★S  
**Der Krallerhof**  
The best side of life

# Wellness and Well-being



  
Refugium.



The stillness, the wide-open spaces, the forms,  
and of course the colours are impressive;  
nuances that couldn't be finer or any more subtle.  
It is precisely this combination of light and space,  
form and colour that creates this stillness.

We all need a sanctuary, a space to  
withdraw to, a way to find our peace.

We all need a place of retreat.

Our Refugium is to be a place of strength for you,  
where you can regenerate and replenish  
your energy reserves. With great sensitivity  
and sense for style, an oasis was formed here  
that fulfils the yearning for a somewhat different life:

freer and, at the same time, more secure,  
calmer and more inspiring. Let yourself be  
spirited away into a world of calmness,  
beauty, and vitality!

*We look forward to welcoming you!*

There is one element that is more refreshing  
and rejuvenating than any other: water.

“Aqua”, as the Romans called it, is the fountain of life.

It can be powerful, thunderous and mighty, deep and fathomless, or gently rippling and swirling. A small droplet, a spring, an ocean – water manifests itself in many forms.

Be it in the indoor swimming pool with a length of 18 m, created by the hand of an artist with its clear architecture, or as 31°C alpine spring water on one of the exceptionally comfortable, natural Jacuzzi beds – this element provides repose in our Refugium. In a dream-like ambience of flowing pigments, our water beds are another invitation to regeneration. After a vitalizing sweat lodge, why not relax on one of the numerous recliner beds while your gaze dreamily wanders over the Japanese garden with its water lily pond or the breathtaking Leoganger Steinberge.

The sound dome made of shale adds to the rich atmosphere. Its gold-plated energy globe filled with gem stone crystals has an energizing effect on the water and thus also on your body.





Or in the tepidarium, where the blue of the lapis lazuli aids the recognition and ordering of your personal world of thoughts and emotions. The local granite stones emit strength and energy. In this “blue room”, the constant temperature of about 37°C activates the immune system lastingly. The body is purified and detoxified.



# Saunas

The wonderful sweat, steam, and inhalation lodges have a rejuvenating and healing effect on the body and soul. As the saunas are entirely no-clothing areas, children are only admitted from the age of 14. The family sauna is an exception, of course.

## **Block sauna**

The oldest and probably best-known of all sweat lodges: this classic, traditional Finnish sauna allows you to sweat at about 90°C and low air humidity. Infusions with natural aromas increase your well-being.

## **Herbal sauna**

At 55°C, the alternating herbal infusions in the inhalation sweat lodge release their animating effects. This type of sauna is appreciated especially because of its agreeable temperature.

## **Family sauna**

The family sauna, at 55°C, is the only one that can be visited in swim wear. It is accessible separately from the indoor swimming pool and is open from 10 am to 7 pm.

## **Laconium**

The Roman dry-heat sweat bath with light and colour therapy is recommended especially prior to body treatments. It opens up the pores and significantly stimulates the blood circulation of the skin. At about 39°C, a pleasant radiant heat is emitted evenly from the heated walls as well as the seating and reclining areas.

## **Salt inhalation grotto**

Aerolised sea salts and essential eucalyptus and mint extracts cleanse and nourish the respiratory tracts at about 50°C. The special salt and steam technique, combined with the radiant heat of the lodge, create a climate just like at the seaside! Meanwhile, the rose quartz, with its benign characteristics, gently caresses your soul.

## **Amethyst grotto**

At a temperature of approximately 45°C, the healing effects of the amethyst are released in this sweat bath. Its violet glimmer and the vibrations of this gem stone encourage hidden talents, ensure peaceful sleep, banish fears and help with nervousness. The warming steam alleviates diseases of the respiratory tracts.

## **Dry-heat lodge**

When body temperature and environmental temperature are in harmony, a feeling of comfort arises. A further rise in temperature increases blood circulation. Warmth is transported into the body and infra-red deep heat is created. This enables effective sweating despite the comparatively low air temperature of 40–50°C – ideal prior to a massage.



# Opening Times

Indoor pool	7 am – 9 pm
Family sauna	10 am – 7 pm
Fitness world	7 am – 9 pm
Refugium	9 am – 7 pm
Sauna world	3 pm – 8 pm
Relax room	9 am – 8 pm

We ask you to ensure that you inform us of your concrete desired appointments before your arrival. Otherwise we cannot guarantee that you will get the appointments and treatments you want, due to the high demand. Appointment cancellations up to 24 hours prior are free of charge. After this, we will have to charge 50% of the treatment costs.

The Refugium is a place of calmness and relaxation. We hope you understand that mobile phones have no place here. Generally, the sauna area is a no-clothing area. In order to protect your privacy you do, of course, have the option to cover yourself with a towel. Children are only admitted from the age of 14 (with the exception of the swimming pool and family sauna).