

EXCLUSIVE WELLNESS EXPERIENCE

AT THE ALPIN SPA

Holistic self-care for discerning cosmopolitans. This is how we've titled our program on the golden energy mountain. Each person can only heal themselves. We aim to provide everything that significantly contributes to harmonizing the body, mind, and soul, thus promoting health.

We do this through: healthy eating — alkaline, vegetarian, vegan, or ketogenic, movement with yoga, sports, and a mindful connection with nature. At the Alpin Spa, we offer detoxification on an alkaline level to draw out all acids from the body.

We provide various treatments that release tension and blockages in the body, a comprehensive range of services to restore the free flow of energy, as well as energy medicine that clears old patterns in the soul. Combined with meditations, coaching, and mindful movement in nature, you will find everything you need to restore your balance.

What it should be is up to you! We look forward to welcoming you.

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OUR SELECTED NATURAL PRODUCTS FROM AUSTRIA FOR YOU



From Nature – For Nature. 100% pure wellness products. Everything we need to stay healthy has been generously provided by nature. The knowledge of the healing properties of selected plants and oils from the Alpine region for various ailments is based on centuries of experience as well as modern scientific insights.

Dr. Ewald Töth's Light-Quantum Natural Products

The name Dr. med. Ewald Töth represents holistic medicine and excellent natural products that work for the whole person! Only when the body, mind, and soul are in perfect harmony can a person be healthy. Dr. Töth's products are designed to not only support the body but also provide the body with energy and, at the same time, valuable light nourishment for the soul.

Our food no longer provides us with sufficient minerals and alkalines – the result is acidification. The body cannot break this down alone in the long run. The high alkaline concentration of Dr. Töth's products restores your body's natural regulatory ability. Alkalinization and detoxification are the immediate effects. Additionally, Dr. Töth's alkaline-light quantum products support your body's natural detoxification and cleansing processes.



Special Scents with Therapeutic Effects: Experience the power of Young Living Essential Oils at the Alpin Spa. Young Living's essential oils are pure natural products that enhance quality of life and well-being.

Elephants Pharmacy: Healing products from the Elephants Manufacturing in the region: Ointments, herbs, and aroma products made in-house.



Allgäu

... Take wellness and healing moments from your unforgettable vacation home with you!

As a small reminder or as a special gift from Austria. The exclusive care and health products are available at the Spa Reception.

We are happy to assist you!

Please let us know your specific needs when making the reservation, so we can tailor your treatment to suit you individually.

Good things during the massage.

Enjoy the special effects of Alpienne and Dr. Tóth natural products during your individual massage. You can choose your product on-site.

Mountain Honey Oil

Harmonizing, nourishes, and protects the skin.

Arnica Massage Milk with Rosemary & Citronella

Perfect after sports. Has a cooling and muscle-relaxing effect.

St. John's Wort Massage Milk with Chamomile & Orange

Soothing, stress-relieving, and deeply relaxing.

Propolis Massage Milk with Yarrow & Vanilla

Relaxing, recommended for highly stressed skin or various skin irritations.

ALPIN SPA- MASSAGEN UND SPEZIALANWENDUNGEN

Sports Massage or Deep Tissue Massage

The Sports Massage / Deep Tissue Massage is a powerful, invigorating treatment that loosens the muscles, positively affects circulation, and relieves tension. It is ideal before or after physical activities.

Sports Massage 25 Min.	€	57,-
Sports Massage 50 Min	€	111,-
Deep Tissue Massage 50 Min	€	111,-

Relax Massage

In stillness lies strength. Enjoy a soothing massage that brings your body into harmony.

Relax Massage 50 Min	€	111,-
Relax Massage 80 Min	€	165,-

Head Massage

A head massage can help relieve concentration problems, alleviate headaches, and relax the entire body!

Head Massage 25 Min	€	57,-
Head/Shoulder/Neck Massage 25 Min	€	57,-

Pregnancy Massage

The pregnancy massage primarily serves to relax and resolve various blockages and discomforts.

Pregnancy Massage 45 Min	€	111,-
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Foot Reflexology Massage with Alkaline Foot Bath

Like a map, the sole of the foot is divided into areas that correspond to specific organs of the body. This treatment mobilizes the body's own reserves and enhances your vitality. After an alkaline foot bath by Dr. Töth, you will enjoy the massage.

Foot reflexology Massage with Alkalani Foot Bath 50 Min	€	111,-
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You are welcome to purchase the following products used in the treatments as a “souvenir” to take home:

Revitalizing Body Lotion 200 ml	€	62,-
Mountain Honey Pine Bath 100 ml	€	28,-
Mountain Honey Oil 200 ml	€	33,-

Heaven & Earth

Combination of foot and head/neck/shoulder massage
Grounding, uplifting, balancing, and calming

Massage 50 Min	€	111,-
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Trigger Point Massage

The Trigger Point Massage focuses on relieving pain and tension in specific areas of the body. In addition to pain relief, it brings relaxation to the muscle structures at the level of the knot itself and the surrounding tissues, including the skin, fascia (connective tissue), and fatty tissue. The blood flow in the treated area is significantly increased, aiding in the removal of waste products and the delivery of fresh nutrients.

Massage 25 Min	€	57,-
Massage 50 Min	€	111,-

Alphyanga

The Ayurvedic full-body massage, which we lovingly call "Alphyanga" – fitting for our location in the mountains – uses warm oil that is gently massaged into the skin. This massage not only provides relaxation but also promotes inner balance and well-being for both body and mind. Enjoy this soothing retreat and let the powerful energy of the mountains merge with the harmonizing effects of the Ayurvedic tradition.

Abhyanga 50 Min	€	122,-
Abhyanga 80 Min	€	175,-

Lymphatic Drainage Massage

Stationary Circles: With outstretched hands, the therapist makes gentle, circular movements. This shifts the skin over a larger area, stimulating lymphatic flow. The therapist applies stronger pressure in the direction of lymph drainage and gradually reduces it when returning to the starting position.

Lymphatic Drainage Massage 50 Min € 111,-

Marma Point Massage

The Marma Point Massage, also known as Vital Point Massage, is an Ayurvedic treatment based on 107 specific points on the body. These points, referred to as Marma points, are vital energy centers that can be influenced through gentle stimulation or pressure. The goal of the massage is to promote the flow of energy throughout the body and release blockages in order to enhance health and overall well-being.

Marma Point Massage 50 Min € 111,-

Energy Massage

This massage works gently and subtly by transferring invisible life energy to the body. It provides vitality as well as a deep sense of calm and relaxation on all levels. Emotional and mental blockages are often the cause of later physical discomfort. This delicate, intuitive treatment nourishes and cares for the entire being – body, mind, and emotions – and helps prevent future imbalances and physical complaints. It promotes relaxation, letting go, cleansing, and harmonization on all levels.

Massage 25 Min € 57,-

Massage 50 Min € 111,-

Myofascial Release Massage

This treatment uses targeted, gentle pressure and deep techniques to release tension in the connective tissue (fascia). Combined with mobilizing movements, adhesions are loosened, mobility is improved, and the body is guided back into its natural balance. Ideal for lasting relaxation and supporting a healthy posture.

Myofascial Release Massage 50 Min	€	122,-
Myofascial Release Massage 80 Min	€	175,-

Royal Thai Lanna Massage

This luxurious and advanced form of Thai massage combines traditional techniques with artful, flowing stretches. Using precise pressure, mindful movements, and complex stretching elements, the body is gently mobilized, tension is released, and energy can flow freely again. A deeply harmonizing treatment that promotes flexibility, lightness, and inner balance.

Royal Thai Lanna Massage 50 Min	€	122,-
Royal Thai Lanna Massage 80 Min	€	175,-

WELLNESS BATHS

Honey – Pine – Bath Salt*

Pine: The Queen of the Alps – harmonizes, calms, and strengthens both body and mind. Honey makes your skin soft and supple.

45 Min

€ 46,-

Pur Spa Salt Bath Wild Rose*

Rosehip Extract and Mullein

Rosehip is soothing for joints and muscles, harmonizing and relaxing. The bath not only lifts your mood but also provides long-lasting intensive care and moisture. Afterward, your skin is pampered with mountain honey oil.

45 Min

€ 46,-

Alpin Spa – Alkaline Full Bath*

A holistic medicine-based alkaline bath developed for acid neutralization, detoxification, and the elimination of acids through the skin, helping to regulate the pH level.

Followed by a light massage with alkaline cream to enhance the effects.

45 Min

€ 46,-

Alpin Spa – Alkaline Foot Bath

Foot bath in herbal alkaline essence.

Alkaline Foot Bath 15 Min

€ 21,-

Our baths are the perfect preparation for your massage. Book your massage in combination with a 45-minute bath and receive a 10% discount on the price of the bath.

WRAPS IN THE FLOATING BED

Relaxation and detox in the Haslauer floating lounger. Depending on your preference and goal, we apply the respective wrap to your body. Then, you will be lowered into a 38.6°C warm water bath, surrounded by protective covers that hold the wrap in place. Here, you will drift away (reminiscent of our fetal existence) into total relaxation, while your body expels toxins and absorbs beneficial elements.

Sport and Vitality Wrap

Marmot Oil, Beeswax, Gentian Root, Wool Wax Fat, and Olive Oil promote circulation and relieve muscle tension and cramps.

Body Wrap 45 min € 82,-

Detox - Body Wrap

The active ingredients of olive oil, beeswax, and birch leaves with juniper and orange oil detoxify, cleanse, and drain your body while strengthening the tissue.

Body Wrap 45 min € 82,-

Alkaline Wrap

Experience a soothing alkaline wrap in the floating bed. This special treatment supports the body's detoxification and acid neutralization while you relax weightlessly. The mineral-rich wrap nourishes the skin, promotes well-being, and allows you to sink into deep relaxation.

Body Wrap 45 min. € 82,-

ALPIN SPA – PEELINGS AND DETOX TREATMENTS

Salt on my skin

A relaxing natural salt scrub with honey-pine cleanses and nourishes your skin. Following this, you will enjoy a salt stone massage with genuine salt crystals. Indulge in an unparalleled moment of care.

Salt treatment 50 Min	€	111,-
Salt treatment 80 Min	€	165,-

Alpienne Clarifying Body Scrub

For lasting deep cleansing, detoxification, and revitalization. Regenerating with pine and honey extracts, clarifying with biopir and St. John's Wort, or revitalizing with mountain arnica and rosemary. After the gentle, thorough scrub, your skin and body are pampered with a luxurious wrap, crafted with powerful healing plants and natural substances from the Alps, processed with care by hand.

Body Scrub 80 Min	€	170,-
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Alpin Spa – Salt wrap

A detoxifying and nourishing body wrap based on mountain salt, precious bee honey, and an extract of birch leaves, juniper, and orange oil. The skin becomes soft, silky, and supple.

It has detoxifying, purifying, and draining effects. The salt also helps dissolve and remove psychological blockages and energy parasites from our field.

Salt wrap 50 Min	€	82,-
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Alpienne – Body Scrub

Mountain Crystal Salt and Honey: cleanses, nourishes, alkalizes, and leaves your skin soft and supple.

Body scrub 25 Min € 62,-

Liver Wrap

During various treatments, we also recommend a liver wrap. This helps promote liver detoxification and supports liver function.

Liver wrap 25 Min € 25,-

Alpin Spa – Alkaline Body Scrub

It serves as a gentle yet intensive cleansing treatment. It delicately removes dead skin cells, leaving the skin wonderfully clear and smooth, while also alkalizing.

Body scrub 25 Min € 46,-

You are welcome to purchase the following products, used during the treatments, as a "souvenir" for home:

Alkaline Mineral Bath 1000 g	€	62,-
Mountain Arnica Active Wrap 50 ml	€	14,-
Revitalizing Body Lotion 200 ml	€	62,-
Mountain Honey Swiss Pine Bath 100 ml	€	27,-
Pure Spa Salt Bath with Wild Rose 200 g	€	14,-
Rebalance Body Scrub 250 g	€	23,-

WELLNESS-PACKAGES

Alpienne Detox Treatment

An effective detox treatment with zeolite & honey, enhanced by grapefruit, coriander, and black pepper. The zeolite rock, specifically suitable for cleansing and detoxifying, is the basis of the Alpienne Detox Treatment.

Grapefruit: Stimulates metabolism, has antiseptic, detoxifying, diuretic, and fat-dissolving properties.

Black Pepper: Provides detoxifying, cleansing, cell-expanding, stimulating, and anti-inflammatory effects.

Includes a foot bath and foot massage, with a detox liver pad and detox foot pads. Treatment with detox gel followed by a back massage with honey body oil.

50 min € 122,-

Detox Combo

It has a harmonizing and relaxing effect on body and mind. After the salt bath and body scrub, the warm body wrap detoxifies the skin and provides a gentle finish.

Bath 20 Min

Body scrub 25 min

Liver wrap 25 min.

Gesamtdauer 60 min. € 132,-

Pregnancy Combo

Bad 30 Min (Honey – Stone Pine – Bath Salt)

Soothing Partial Massage (Neck, Shoulders, or Décolleté) 25 Min
50 min

€ 99,-

Alpin Spa - Alkaline Trilogy

Starting with an alkaline body scrub, your circulation is stimulated, and your skin's metabolism is activated. This is followed by an alkaline full-body bath, which draws acids out of your joints, lymphatic pathways, and skin. To conclude, you enjoy a brief massage with alkaline oil, which is best left on your skin for a while afterward.

Alkaline trilogy 65 Min

€ 111,-

**You are welcome to purchase the following products, used
during the treatments, as a "souvenir" for home:**

Alkaline Foot Cream by Dr. Töth 75 ml

€ 28,-

Alkaline Mineral Capsules (90 pieces)

€ 46,-

Alkaline Shampoo & Shower Gel 200 ml

€ 28,-

Alkaline Hair Care Balm 200 ml

€ 30,-

Alkaline Toothpaste 75 ml

€ 16,-

YOGA & ACTIVITIES

Slow Flow Yoga

Slow Flow is a mindful, breath-guided movement practice – a gentle combination of the stability of Hatha Yoga and the flowing dynamics of Vinyasa.

In the meditative flow of body, breath, and mind, inner balance, clarity, and presence arise. This calming practice promotes flexibility, emotional balance, and physical well-being.

Suitable for all levels, Slow Flow invites you to move with mindfulness and ease – and to recharge your energy.

Aqua Yoga

A gentle yet invigorating practice in water that combines lightness, mobility, and inner calm. In Aqua Yoga, classic yoga poses are adapted to the properties of water, relieving strain on the joints and allowing movements to be performed in a particularly fluid and soothing way. The natural resistance of the water strengthens the muscles, while the sensation of weightlessness fosters a feeling of freedom and release. This practice harmonizes body and mind, supports circulation, and provides a deep sense of relaxation. Each session invites you to feel supported and to immerse yourself in a state of gentle balance and renewal.

Vinyasa Yoga (or Vinyasa Flow)

Vinyasa Yoga is a dynamic, flowing practice where breath and movement become one. Through mindful transitions between poses, a meditative flow emerges that builds strength, flexibility, and focus.

The connection between breath and movement strengthens the cardiovascular system, stimulates energy flow, and brings emotional balance. Vinyasa offers vitality, reduces stress, and fosters inner clarity and presence.

Hatha Flow Yoga

The traditional practice of Hatha Yoga – derived from the Sanskrit word for “powerful” – combines physical postures (Asana), breathing techniques (Pranayama), hand gestures (Mudra), and the chanting of mantras.

This powerful yet mindful practice promotes presence, inner calm, and body awareness. Each session focuses on consciously and steadily holding the positions, bringing body, mind, and breath into harmony. Hatha Yoga enhances flexibility, strength, vitality, and concentration – and with its structured approach, is suitable for all levels.

Post Hiking Recovery Yoga

This gentle and restorative yoga session is specifically designed to relax and revitalize the body after long hikes. Through mindful, slow movements and longer-held stretches, heavily used muscle groups such as the legs, hips, and back are carefully released and relieved. The practice is complemented by conscious breathing techniques (pranayama), which support recovery, calm the cardiovascular system, and restore energy. Gentle mobilization enhances circulation and helps prevent tension and muscle soreness.

Post Hiking Recovery Yoga brings the body back into balance, improves flexibility, and supports sustainable recovery—ideal for anyone who wants to consciously unwind and recharge after an active day in nature.

Yin and Restorative Yoga

Yin Yoga, rooted in the principles of traditional Chinese medicine, works deeply into the connective tissues to release tension and stimulate transformation. It is an excellent practice if you feel stuck, stiff, or stressed. By focusing on areas around the joints, Yin Yoga is highly effective in increasing flexibility.

Poses are typically held for several minutes with minimal effort, allowing the body to gently open and release.

Restorative Yoga supports and rebuilds a body and mind in need of healing. Using props such as bolsters, cushions, and blocks, the body is fully supported in comfortable positions to encourage deep relaxation and recovery.

The overall flow is slow, passive, and calming—inviting stillness, ease, and inner balance.

Cardio Yoga

A dynamic and energizing practice that blends the flowing movements of yoga with powerful, heart-strengthening elements. In Cardio Yoga, traditional asanas are performed at a faster pace and combined with functional movement patterns that stimulate the cardiovascular system and improve endurance.

This high-energy practice not only strengthens the muscles but also enhances overall fitness and brings the body into motion. At the same time, conscious breathing remains a central anchor, helping to maintain focus, balance, and control throughout the practice.

Each session boosts energy, increases vitality, and invites you to feel strong, vibrant, and fully alive.

Yoga Nidra

Also known as “yogic sleep,” Yoga Nidra is a deeply restorative practice that brings the body into a state of deep relaxation – while remaining consciously aware.

Through a guided journey of breath, body awareness, and consciousness, Yoga Nidra promotes emotional balance, reduces stress, and fosters inner clarity.

This powerful method regulates the nervous system, improves sleep quality, and restores energy. By accessing the subconscious, it creates a safe space where you can connect with a deeper part of yourself. Suitable for everyone, Yoga Nidra is a gentle yet profound practice for emotional and mental well-being.

Pranayama

“Prana” means life force, “Yama” control – Pranayama is the practice of consciously directing the breath to harmonize body and mind. Targeted breathing techniques regulate the nervous system, improve oxygen supply, and support a state of inner peace and clarity. On a therapeutic level, Pranayama helps to reduce stress, strengthen respiratory function, and develop emotional resilience. In this course, you will learn a variety of breathing techniques – powerful tools to support vitality, balance, and inner harmony in everyday life.

Each yoga session gently invites you to reconnect with a sense of inner peace and security.

Private Session 60 min € 124,-

Group Session 60 min € 20,-

*Group sessions are available starting from 3 people.

Alpine Bathing – Guided Sensory Hike with Meditation

With all our senses, we immerse ourselves in our surroundings, but above all, within ourselves. This alpine bathing experience opens and touches the heart. The sensory experiences are stored in the heart and serve as a source of strength for the entire year.

Private Session approx. 120 min € 247,-

Group Session approx. 120 min € 25,-

Special Treatments

Reiki

Reiki (Rei = universal, Ki = life energy) is an energetic healing method developed by Mikao Usui in Japan in the 1920s. Through gentle laying on of hands – or even without physical touch – universal life energy is transmitted to harmonize the energy flow in the body, dissolve blockages, and restore vitality. Reiki activates the body's own self-healing powers, reduces stress, and promotes emotional well-being.

25 min

€ 67,-

50 min

€ 111,-

Personal Training

Movement in everyday life is important – even short sessions can make a big difference. In this unit, we aim to find exercises that can easily be incorporated at home, are fun, and allow you to track your progress. Everyone has different goals they want to work on – together, we find a suitable path.

45 min

€ 111,-

Physiotherapy

Physiotherapy is a treatment method aimed at restoring, improving, and maintaining physical function. It includes various techniques such as exercises, massages, and physical therapies to relieve pain, improve mobility, and strengthen muscle power.

45 min

€ 111,-

Dry Needling

Experience an effective method for relieving muscle tension and pain. In just 25 minutes, fine needles are precisely inserted into trigger points within the muscles to stimulate circulation and promote deep muscular relaxation.

This treatment is ideal for relieving tightness, chronic pain, or recovery after intense training sessions.

25 min

€ 57,-

GOODNESS FOR THE FACE

Face Massage

This soothing facial treatment relaxes the facial muscles, stimulates circulation, and restores freshness and radiance to the skin. Gentle, flowing movements encourage deep relaxation while visibly revitalizing the complexion.

A small escape for glowing beauty and inner well-being.

Face Massage 25 min

€ 57,-

BREATHE MORE LIFE

Cellgym

Cellgym is a modern hypoxia cell training designed to gently support the body in gaining new energy, activating the metabolism, and enhancing overall wellbeing. By alternating between oxygen-rich and oxygen-reduced air, the body's natural regeneration processes are stimulated – all while you relax comfortably lying down. Many guests report better sleep, increased energy, and improved resilience in everyday life after just a few sessions. The training may also help reduce stress, support physical performance, and promote long-term vitality. A soothing experience for both body and mind.

40 min	€ 55,-
60 min	€ 82,-

OUR ADDITIONAL THERAPISTS FOR YOU

Bergit Sutter	Thursday & Friday upon request
Priya Maria Ender:	Wednesday & Friday upon request
Daniela Pfefferkorn:	upon request

Bergit Sutter

(Thursday & Friday upon request)

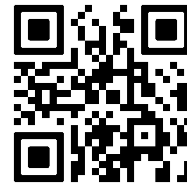
My name is Bergit Sutter.

Naturopath - Life Energy for Body, Mind, and Soul

"Health is the state of physical, mental, and spiritual balance."

I offer a variety of soothing treatments, including **sound bowl therapy**, **Thai foot reflexology** with neck relaxation, the **honey-salt back treatment**, the **relaxing hot stone therapy**, the invigorating partial-body **Breuß massage** and **Ba Guan** – cupping.

Each treatment promotes your regeneration and brings body and mind into harmony.



All treatments can
be found using the
QR Code

Priya Maria Ender

(Wednesdays and Fridays – upon request)

Shaman and Indian Healer.

Priya utilizes effective mindshift tools and transformative methods from energy work, as well as mindfulness and meditation training, in connection with nature as a shaman and Indian healer.

I offer the following treatments:

Energy Medicine & Sai Shakti Healings: Identify and transform blocked energies.

Duration: 60–90 minutes / €198

Rise & Shine Journey: Build self-confidence and dissolve limiting beliefs.

Duration: 180 minutes / €450

Energy Work for Animals: Release blockages in your animal's energy field.

Duration: 90 minutes / €198

Each session promotes self-healing and inner peace.



All treatments can
be found using the
QR Code

Each session promotes self-healing and inner peace.

Daniela Pfefferkorn

(upon request)

Energy Medicine Practitioner and Health Coach



"It must be said: Every person can only heal themselves.

The therapist can extract, restore, or channel something, but the client must nurture it further; otherwise, one may feel a temporary change but quickly revert to the old structure. Tasks are part of the treatments. Everyone determines for themselves how important change and health are to them."

You can find all treatments under the following QR code →



Alpine Bathing

Shared experience of nature, with breathing techniques, meditation, and awareness training, right from your doorstep.

ca. 180 Min

€ 190,-

Nutritional Counseling

Discussion about where you currently stand, where you might be facing challenges, and which nutrition can certainly lead to increased well-being in your temple—your body.

ca. 50 Min

€ 130,--

Extractions – Releasing foreign energies of all kinds.

Most people are affected by energies from their childhood as well as from past lives that partially or completely drain their power for this life. These can be removed on all levels to restore the flow of energy in the body and in life.

ca. 120 Min

€ 185,--

Soul Retrieval – reintegrating lost soul fragments.

In the case of significant traumas that we all experience, as well as those from past lives, a healthy part of the soul can split off, leaving us feeling incomplete. We retrieve this part for you so that you can feel whole again.

ca. 120 Min

€ 185,--

Work with our Ancestors

Our ancestors give us our lives. However, they often energetically influence us even into adulthood, guiding us on our path. We learn to guide them back to their own destinies, allowing us to be free to follow our own path.

ca. 120 Min

€ 185,--

Oracle reading

Do you have an important question? Want to change something in your life? What is holding you back? The Stone Oracle provides you with important insights and can help set things in motion.

ca. 50 Min

€ 125,--

Finding Your Purpose

Why have I come into this life? What is my purpose, and where is my journey headed? This purpose can be tracked and reintegrated, allowing you to move forward on your path to happiness.

ca. 30 Min

€ 65,--

Reading in the Morphic Field

We are all surrounded by energy and connected through this energy. In your morphic field lies all the information from all times. When it comes to important questions about health, work, or the next steps in life, a reading in this field can provide answers and often confirm the feelings we already have.

ca. 30 min

€ 90,--

OUR ADDITIONAL COACHES FOR YOU:

*upon request



Stephanie Straub

Spiritual Coach, Trainer, and Speaker

Anja Löhning

Life & Business Coach



Sabine Maria Frei

Mentalcoach, Business- Coach and Trainer

Natascha Taglöhner

Psychologist, (e) Motion Coach



ALPIN SPA - GUIDE

Alpin Spa – Opening hours

Inside & outside pool:	08:00 AM – 08:00 PM
Sauna:	03:00 PM – 08:00 PM
*in case of bad weather	from 11. PM
Treatments:	09:00 AM – 08:00 PM
Alpin Spa - reception:	03:00 PM – 08:00 PM

How much time should I plan?

Please arrive at our Alpin Spa reception 5-10 minutes before your appointment and enjoy a tea to prepare for your pampering treatment.

How much do I undress?

This varies with each of our treatments; however, you will always have the option to wear a spa treatment slip provided by us. You will be treated with great discretion and care.

Cancellation of appointment??

If you are unable to keep an appointment, please cancel it at least 24 hours before the treatment begins. Otherwise, we reserve the right to charge the full amount for not attending the treatment. You are welcome to schedule a new appointment with our Alpin Spa team.

ALPIN SPA – SWIMMING POOL AND SAUNA

Revitalizing, relaxing, and close to nature in the "Alpin Spa"

Let yourself drift in the fresh spring water of the pool while enjoying the beauty of the mountain landscape through the large windows of your Alpin Spa.

Become one with nature and awaken your spirits in the bubbling outdoor panoramic pool – a place where you can reconnect with yourself, breathe deeply, and feel free.

Relaxation in the sauna world at the "Alpin Spa"

- Steam Bath *
- Finnish Sauna (90°C) *
- Bio Sauna (60°C) *
- Fresh air access from the sauna area
- Indoor Pool
- Infinity Outdoor Pool

*Textile-free

SAUNA-RULES

- Please ensure you do not use the sauna when hungry or with a full stomach.
- Please **shower** before using the sauna.
- Place a **towel** on the benches as a base for your body and feet.
- Please enter the sauna wrapped in a towel – **swimwear** should be removed.
- You should rest for about **20 minutes** between sauna sessions. More than three sessions will not increase the positive health benefits.
- Please leave the sauna immediately if you feel unwell or dizzy.
- Let your body **cool down** a little in the outdoor area – it's good for your circulation.
- After your sauna session, **drink** enough fluids such as alkaline water (€3), herbal teas, or a glass of flavoured water, available at the Alpin Spa reception.
- The **towels** for the spa are in the basket in your room.
- It is beneficial for your body to replenish the minerals lost through sweating after a sauna session. Our therapists are happy to provide you with a **light quantum alkaline salt** for €3.50.

The white waffle towel is for use in the sauna, and the red bath towel is for the pool.

Please bring these to the spa for the sake of the environment!

**... take moments of well-being from your unforgettable
vacation home with you!**

**As a small memento or as a special gift from Austria. You can
find exclusive care products at the spa reception.**

We are happy to assist you!

* Price and offer changes, typographical errors, and mistakes reserved.