

For your Wellbeing, **Beauty &** **Health**

We want you to feel absolutely wonderful at Traumhotel Alpina which is why we offer you numerous options for ensuring you are pampered to your heart's content.

Enjoy the different enchanting aspects of our hotel and let us spirit you away from the daily grind. From head to toe you will be in the best of hands, so treat yourself to pure indulgence; after all, you've earned it!

To meet your requests and wishes perfectly, we will be happy to advise you on which treatments will best enhance your wellbeing.

We adjust all our treatments to meet your individual needs and will also gladly put together a personal pampering package just for you!

READ ON TO FIND ALL YOU NEED TO INDULGE YOUR WELLBEING:

Facial Treatments for Men and Women with products from Maria Galland & Thalgo

Individual treatments – unique and made to measure!

60 minutes of indulgence €68

90 minutes of indulgence €98

120 minutes of indulgence €128

Care for Hands and Feet

Manicure €35 with polish €40

Pedicure €40 with polish €45

Polish on request €5

Vitamin nourishing bath with peel and massage – especially recommended for very dry, tired looking hands! €28

Depilation – Hair Removal with Warm Wax

Full leg	€8
Lower leg	€38,-
Bikini line	€28,-
Underarm	€25,-
Upper lip or chin	€10,-
Chest or back (for men)	€45,-

Massages

Back and neck massage	25 minutes of indulgence €28
Head and neck massage	25 minutes of indulgence €28
Full-body massage	50 minutes of indulgence €55
Relaxing massage with sumptuous aromatherapy essences	75 minutes of indulgence €85
Anti-stress wellness massage	90 minutes of indulgence €98
Sport and vitality massage with refreshing oils	50 minutes of indulgence €58
Foot reflexology massage	25 minutes of indulgence €30
	50 minutes of indulgence €60
Lymph drain	25 minutes of indulgence €30
	50 minutes of indulgence €60
Combination massage	50 minutes of indulgence €58

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SINGLE AND ADDITIONAL TREATMENTS

Ampoule or active concentrate treatment	€15
Facial massage with active tonic, vitamin enriched	€38
Firming eye mask with ampoule and massage	€38
Algae creme full-body peel	€30
Sea-salt and oil full-body peel	€35
Eyelash tinting	€15
Eyebrow tinting with shaping	€15
Eyebrow tinting	€10
Eyebrow shaping	€12
Eyelash and eyebrow tinting with eyebrow shaping	€28

Indulgent Body-Pack Baths in our heavenly Swinging Water Lounger

Salt Pack:

Do you have problematic skin or suffer from eczema, psoriasis, allergies, dermatitis, extremely dry or impure skin?

Then we recommend our wonderfully relaxing salt-water pack.
Wrapped in warm towels your body will detox itself whilst you relax!

€42

Seaweed Detoxifying Body-Pack:

Seaweed is a true all-rounder full of minerals, vitamins and nutrients.
Seaweed actively detoxes the body, cleanses, stimulates the circulation and firms the skin and tissues.

Indulge yourself with this beneficial body-pack bath and feel as good as new afterwards!

€42

Oil of Evening Primrose Creme Body-Pack:

This rich and nutritious bath is especially beneficial for dry, flaky, sensitive skin as well as for sufferers of dermatitis and psoriasis.

A real fountain of youth for all ages!

€45

Lavender & Rose Oil Body-Pack:

Enjoy this dream for the senses made from fragrant petal essences.

Precious rose oil pampers dry, tired skin and firms and balances.

Lavender has a calming and healing effect for sufferers of nervous stress, migraines and sleeping disorders.

Look forward to full, baby-soft skin – you will be impressed!

OUR TIP:

Indulge yourself before your body-pack with a body peel. This is the perfect preparation for your skin making it silkier and more receptive to the effects of the body-pack!

ARRANGEMENTS FOR HIM AND HER

Sports Package:

1 x Body-Pack of your choice

1 x Stone Oil Bath

1 x Combination Massage

1 x Sport & Vitality Massage with refreshing Oils

1 x Facial Massage with active tonic

€199

Anti-Stress & Relaxation Package

1 x luxurious Facial Treatment with Hand Massage

1 x Relaxation Massage with select aromatherapy essences

1 x Anti-Stress Wellness Massage

2 x Body-Pack of your choice

€358 or (360)

Small Beauty Package for the Ladies:

1 x luxurious Facial Treatment with Firming Eye Mask and beneficial Hand Massage

1 x Sea-salt and oil Full-Body Peel

1 x Relaxing Massage with precious rose petal oil

€235 (3 ½ - 4 Hours)

Small Pampering Package for Men:

1x revitalising, regenerating Facial Treatment
with refreshing Mask and relaxing Hand Massage

1 x Body-Pack of your choice

1 x Relaxing Massage with select aromatherapy essences

€235 (3 ½ - 4 hours)