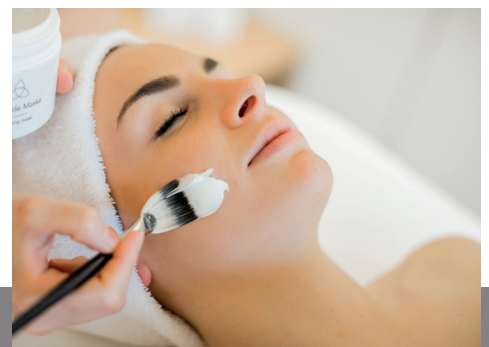


# SPA TREATMENTS

PRICES 2019



**schwarz**

# SPA & HEALTH

Our priority is to „pamper our customers“ - by offering them new dimensions of spa pleasures. The combination of luxurious surroundings, the cozy ambience of the Alpenresort Schwarz, our extensive spa and the resort-affiliated private clinic of Dr. Öhler, is a unique concept and offers you medical care in a relaxing holiday atmosphere.

Your health and well-being have the highest priority for us. Thanks to our team of 30 therapists and our concept of overall consultation we can adapt to your requirements and will be on hand to help during your stay. In our spacious spa area we will be able to pamper you with the exclusive certified organic range of natural cosmetics, ME SENSE.



## ME SENSE Take care of your life.

The development of your personal resources occurs in those 3 spheres of activity called nutrition, movement and relaxation. They are meshing together in many sectors and build the base of the ME-programme. By improving those 3 sectors of your life we would like to help you to gain a healthier lifestyle.

ME SENSE products offer much more than a visibly smoother and radiant skin. They act in depth. From the development of this range, priority has been given to a lasting effect without using synthetic materials or chemical preservatives. This is what the ME SENSE range - natural cosmetics certified organic - promises you. These products, which are kept naturally, contain a complex of mineral elements growing on the Mieming Plateau. They are carefully selected and prepared, which makes them exclusive and unique.

## CERTIFIED QUALITY

Our ME SENSE products meet the strict standards of the ICEA seal. They are also certified without paraffin, silicone or synthetic fragrances or components. Animal tasting was not allowed to be used by the production of all products and most of them are vegan.\*\*

\* The Institute ICEA stands for Environmentally Friendly and Organic Cosmetics (organic cosmetic, bio cosmetic, ecological cosmetology). It certifies quality of safe and wholesome products through accurate controls all along on all the ingredients and on the final product.

\*\* Presence of honey, beeswax and silk proteins in some products.

## THE SECRET OF THIS PRODUCT

A unique association of components based on juniper, Rhodiola and Madonna lilies for perfect pureness, clearness and vitality.

### Mountain juniper

skin-activating  
disinfecting  
nerve-strengthening  
antirheumatic  
purifying

### Rose root

revitalizing  
strengthens the skin metabolism  
reduces stress  
acts against free radicals  
nourishing & stimulating

### Madonna lily

soothes irritation  
or sensitive skin  
calming  
anti-inflammatory  
protective effect

## WELLNESS PROGRAMMES

# beneficial & relaxing

Take time to think of yourself during your holiday and treat yourself to something that will make you feel good: relaxing massages through the sensitive hands of our professionals. Alpin spa treatments with the elementary power of the mountains. Individually-styled beauty for your body-care, your face and your figure. Spa rituals in our Garden Suite, in the Rasul Bath or the Sensual Bath.

### Balance Alpin 1000+ Energising Days

€ 215,-

- 1 Balance Alpine „Vital Energy“ face treatment
  - 1 Balance Alpine full body massage
  - 1 manicure with varnish
- package price  
2 days

### Alpine Feeling

€ 298,-

- Relaxed beauty care
- 1 spa pedicure
  - 1 exklusive face treatment of choice 80 min
  - 1 pamper pack with body peeling scrub 50 min
  - 1 individual partial massage 25 min
- package price  
2 - 3 days  
for her or for him

### Mountain dreams

€ 324,-

- The best of the nature
- 1 full body stamp massage 50 min
  - 1 hay peeling 50 min
  - 1 body pack with Tyrolean moor 50 min
  - 1 massage to suit 50 min
- package price  
2 - 3 days  
for her or for him

### Beauty days

€ 420,-

- Enjoy and fill up with vitality
- 1 pedicure
  - 1 pamper pack with body peeling scrub 50 min
  - 1 facial treatment „special“ 110 min
  - 1 spa manicure
  - 1 full body massage 50 min
- package price  
3 days  
for her or for him

# SPA RITUALS FOR TWO

## Garden Suite

€ 189,-

The exclusive spa ritual

package price per person | 120 min

Enjoy the luxury of an exclusive spa treatment, that will connect the magic of the garden with an unforgettable treatment experience. Experience a magnificent ritual with tea ceremony and the following infusion in the Kräuterstadl sauna. After a fragrant and cleansing full body pack we treat you with an exclusive massage ceremony using valuable oils and essences.

- tea ceremony
- visit to the biosauna (55° C)
- full body pack
- duo massage ceremony with hot stones
- relaxing in bed afterwards
- fragrant bath with essential oils

## Rasul de Luxe

€ 45,-

Body care ceremony

package price per person | 40 min

A traditional bathing ritual that unites health, skincare and sensuality. Your skin is detoxified, gently peeled and feels wonderfully fresh. Optionally available as a detox treatment or fragrance experience.

## Your completely private spa experience

€ 156,-

Enjoy your private spa experience

package price | 120 min

for 2 to 4 people in our „Garden Suite“. You can rent this luxurious spa area exclusively and enjoy peace, relaxation and wellbeing in a unique ambience.

- 40 m² spa
- bio sauna (55° C)
- tea room
- luxurious whirlpool for 2 people
- snug relaxing bed
- use of the „Private Spa“ for two hours including soft drinks and a culinary surprise

Use of the „Private Spa“ is also possible for families with children.

Surcharge for the exclusive Garden Suite massage: per person (50 min) € 88,-

## The sensual bath

€ 154,-

A sensual candle-light bath

package price per person | 90 min

The following massage with silk cloths and warm oils seduces you to a truly sensual trip. Finish the sensual bath with a rest on the water bed.

- romantic relaxation bath
- full body duo massage with silk cloths and warm oils
- relaxation in water bed afterwards

## ME SENSE RITUALS

### ME SENSE Complete Aesthetics

€ 164,-

More time for your beauty ritual.

package price per person | 110 min

This ME SENSE ritual is a sensory ceremony based on an anti-aging and regenerating intensive face and body care. You will rediscover your natural beauty in a unique way. Your AESTHETIC SPA ME SENSE RITUAL treatment begins with a thorough interview with our therapist who will adapt to your requirements. The result is a personalized therapy using our exclusive ME SENSE range of cosmetics. The particularity of this treatment is based on the trust given to your therapist who, thanks to his experience, will select the best treatments for a personalized result.

- ME SENSE individual interview
- full body peeling
- facial peeling
- deep cleansing
- eyebrow shaping treatment
- optional: Ultrasound treatment, facial lymphatic drainage, facial massage or cupping treatment
- sensitive cream for body and face

Discover the unique concept and feeling of the ME SENSE product line - to achieve an exceptionally radiant complexion.

### ME SENSE Complete Relief

€ 164,-

More time for your well-being.

package price per person | 110 min

The new ME SENSE treatment is a holistic ritual that regenerates your body and mind. This unique experience is based on a personalized and thorough interview which allows our therapist to determine your individual needs and healthy objectives. Our therapist will select the therapeutic treatments to strengthen your health and help relieve any pain.

For this treatment we use the high quality products of the ME SENSE cosmetic range.

- individual ME SENSE interview
- basic footbath
- specific massage
- individual pack based on special active agents

Rediscover your body, feel invigorated - with this ME SENSE RITUAL at the Alpenresort Schwarz.

## FOR MY FACE

### Face treatment „Care“ € 81,-

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50 min  
With cleansing, peeling, relaxing face, neck and décolleté massage and skin care pack.

### Facial treatment „Special“ € 152,-

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110 min  
With cleansing, peeling, bioenergetic lymph drainage, deep cleansing, eyebrow shaping, classical facial massage, active agent ampoule and pack.

### Facial treatment „Intensive“ € 129,-

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80 min  
With cleansing, peeling, deep cleansing, eyebrow shaping, classic facial massage and care pack.

### Gleaming complexion with ultrasonic facial treatment € 104,-

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50 min  
Ultrasonic treatment causes a deep structural improvement of the tissues. It improves the metabolism of the cells, stimulates the circulation of the lymph and blood, intensifies the infiltration of active agents, supports the deep cleansing and has a purifying effect.

### Facial stamp massage € 106,-

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50 min  
The combination of a classical facial massage and a modern herbal stamp massage is a unique experience for your senses. This massage with natural steam-heated herbal stamps leads to complete relaxation and visual beauty. You can choose between different stamps.

### Make-up

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Make-up is redefined by the addition of new exclusive Jane Iredale products. Experience how even and fresh your skin looks with this make-up. You can feel the silky lightness of the minerals. With hints and tips for your perfect make-up at home.

Make-up consultation | 50 min € 67,-

Themed Make-ups | 25 min € 43,-

- Lips
- Eyes
- Business

# JET PEEL TREATMENT

## **As natural as air and water – an effective skin treatment deep below the skin surface, painless and needle-free.**

JetPeel, which uses a technology applied in the aerospace, is an all natural, virtually painless, skin rejuvenation treatment that dramatically improves the appearance and texture of your skin, providing beautiful results from your very first treatment session. It represents a revolutionary innovation in the field of dermatology. Each JetPeel treatment will gently „pressure wash“ your skin utilizing water, oxygen and anti-oxidant supplements, delivered at supersonic speed (app. 720 km/h).

There is no pain or discomfort. Your skin will feel amazingly smooth and youthful immediately after the first treatment without any downtime. The result remains insensitive to the damages of the sun and is adapted to any type of sensitive or problem skin.

What does JetPeel treat:

- Skin texture improvement
- Wrinkle reduction
- Skin rejuvenation
- Deep cleaning for skins with problems or inflammations
- Soothing and moisturizing - dry skin
- Removal of unwanted pigmentation, acne or couperose
- Removal of unwanted scars
- Treatment of enlarged pores by men and women
- Exfoliation and oxygenation of the skin structure
- Sustainable effect after one treatment

How does it feel?

It is comparable to a soft fresh air, painless, without direct contact with the skin.

Science & health

JetPeel technology is considered as a safe and effective method. This one has been rigorously tested through varied German university scientific studies and clinics before being placed on the market.

## **JetPeel face treatment**

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50 min	€ 190,-
3 sessions	€ 540,-



# FOR MY FIGURE

## Cellulite programme

€ 346,-

- 1 full body peeling 25 min
- 1 cellulite body treatment 80 min
- 1 ultrasonic treatment for the body 25 min
- 1 abdominal treatment 50 min
- 1 detoxifying Alpine fango body wrap 50 min

package price  
2 days

## Intensive cellulite programme

€ 460,-

- 1 full body peeling 25 min
- 1 detoxifying body wrap 50 min
- 1 cellulite body treatment 80 min
- 1 abdominal treatment 50 min
- 1 wrinkle and stretch marks treatment 50 min
- 3 ultrasonic treatments

package price  
4 days

## Cellulite body treatment

€ 119,- | 80 min

The innovative and effective cellulite treatment. Unique massage techniques and effective natural products help to reduce the signs of cellulite. Specials of this massage: a body peeling, a stimulating cupping treatment and a modified cellulite massage with sound bowls.

Best results with ultrasonic treatment:  
€ 161,- | 110 min

## Wrinkle and stretch marks treatment

€ 79,- | 50 min

This massage using the technique of suction, hot compresses, roll and plucking can be helpful to minimize stretch marks. Indeed it improves circulation which promotes the formation of new tissues and help stretch marks fade.

Best results with ultrasonic treatment:  
€ 124,- | 80 min

## Abdominal massage

€ 78,-

This massage is a gentle technique which provides many benefits: it relieves congestions in the abdominal cavity, firms and reduces your waist. It is able to tone and tighten the muscles located in the abdomen. Relieve chronic pain in the lumbar area.

50 min

## „Light legs“ leg wrap

€ 63,-

Leg wrap to revitalise heavy and tired legs. Ideal after physical activity. A combination of essential oils and a special wrap method to detoxify the tissues.

40 min



## FOR MY BODY CARE

### Hay peeling

€ 77,-

Treatment with warm hay and pink salt from our mountain which cleans the skin deeply. It has a detoxifying effect for a clearer complexion and finer skin texture.

50 min

### Body peeling with sea salt and precious oils – spagyria

€ 44,-

Stimulating and invigorating, this treatment leaves your skin smooth thanks to the use of rich oils.

25 min

### Soapy foam massage

€ 78,-

With herb sauna, peeling and soap foam massage on warm stone with skin care oils.

45 min

## HANDS & FEET

### Schwarz spa manicure

With hand peeling, hand bath, shaping, polishing, care and subsequent care creme, this treatment becomes a luxurious experience for your hands.

50 min € 68,-  
with vanish € 76,-

### Manicure with gel nail lacquer

This gentle alternative to artificial nails will last for 10 to 14 days. A special lacquer hardened by UV prevents flaking, the nails remain shiny and the natural nail is strengthened. (No nail design or extension)

65 min € 94,-

### Varnishing

25 min € 34,-

### Schwarz spa pedicure

This treatment entails much more than a simple pedicure. A warm herbal foot bath and foot peeling ideally prepare the skin. With medical care, your feet are brought into shape and a care cream gives your skin a velvety soft appearance.

50 min € 68,-  
with varnish € 76,-

### Pedicure with gel nail lacquer

65 min € 94,-

### Remove gel nail polish

25 min € 34,-

## SPA BATHS AND PACKS

<b>Schwarz hay pack</b>	€ 77,-
To reduce stress, with Tyrolean mountain hay for vitality and a feeling of wellness.	50 min
<b>Detox pack with Alpine fango</b>	€ 77,-
The fango has a pleasant alpine scent, boosts detoxing processes and has a vitalizing and strengthening effect. A powerful, close-to-nature skin care experience.	50 min
<b>Pamper pack with body scrub</b>	€ 77,-
A nourishing treatment that softens the skin. Ideal moisturiser for extremely dry skin.	50 min
<b>Sport active pack</b>	€ 77,-
An intensive wrap to relieve tense muscles and painful joints, activates blood circulation and relieves pain because it is anti-inflammatory.	50 min

## BEAUTY SERVICES

Short treatments - 25 min each

Enjoy moments of individual well-being. Your short beauty treatment of 25 minutes will be completed by an eye massage, facial lymphatic drainage or a relaxing hand massage.

- Dying of eyebrows € 34,-
- Dying of eyebrows and epliation € 34,-
- Eyebrow epilation € 34,-
- Waxing: face/cheek/chin € 34,-
- Upper lip waxing € 34,-
- Dying of eyelashes and eyebrows € 34,-
- Dying of eyelashes € 34,-
- Dying of eyelashes and eyebrows and eyebrows epilation € 34,-

# spa for men

Are you in search of recreation and relaxation at Schwarz? Our „Just for Him“ packages are ideal for a cultivated appearance and general feeling of wellbeing. We would be delighted to prepare your personal pampering programme in order to make your time at Schwarz perfect.

## Relaxing for men

€ 328,-

- 1 facial treatment „Intensive“ 80 min
- 1 manicure for cultivated hands
- 1 detoxifying Alpine fango body wrap 50 min
- 1 full body massage 50 min

package price  
1-2 days

## Relax days

€ 398,-

The exclusive package for pampering and looking after gentlemen

package price  
3 days

- 1 pamper pack 50 min
- 1 full body massage 50 min
- 1 facial treatment „Intensive“ 80 min
- 1 Schwarz hay bath in the soft pack lounge
- 1 spa pedicure

## Facial treatment „Intensive“

€ 129,-

With cleansing, peeling, active concentrate, deep cleansing, classic facial massage and care pack.

80 min

## Facial treatment „Care“

€ 81,-

With cleansing, peeling, deep cleansing or facial massage and care pack.

50 min

## Schwarz spa manicure

50 min

€ 68,-

## Schwarz spa pedicure

50 min

€ 68,-

Whether it is for relaxation or for pain relief – massages have been used successfully for centuries against the tension of everyday life. Treat yourself to some peaceful moments and experience the condition of deep relaxation. With our range of classical, beneficial and energetic massages, we can adapt fully to your needs.

## CLASSICAL MASSAGES

### Massage to suit

50 min	€ 89,-
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### Partial massage

25 min	€ 46,-
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### Full body massage

50 min	€ 78,-
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### Head and facial massage

25 min	€ 45,-
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### Lymph drainage

50 min	€ 78,-
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### Lymph drainage head and face

25 min	€ 46,-
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### Special neck massage

50 min	€ 78,-
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### Reflexology massage

50 min	€ 78,-
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### Flossing

It activates the blood circulation and reduces the risk of body aches and joint pains. In case of ligament or tendon tearing it relieves tissue, improves mobility and regenerates muscle tissue and fascia.	25 min   € 45,- 50 min   € 78,-
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### Special foot treatment

A relaxing therapeutic foot and leg massage which applies the principles of reflexology and of the traditional medicine using mobilization and acupressure. It gives you an incomparable well being feeling.	€ 78,- 50 min
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### Intensive back treatment

A singing bowl massage based on natural products and alternating hot roll back sucker reduces muscle tension and improves the dynamics of the spine.	€ 78,- 50 min
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<b>Medical Taping</b>	€ 44,-
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A gentle method for treating pain, blockages and posture deformities. Flexible tapes are stuck straight on to the skin, thereby improving blood and lymphatic circulation.	25 min
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<b>Dorn and Breuss therapy</b>	€ 84,-
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Spinal column and joints are systematically manipulated back into their natural position. With the subsequent energising Breuss massage using St John's wort oil, the discs are gently rejuvenated.	50 min
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## RELAXING MESSAGES

<b>Lomi Lomi Nui</b>	€ 156,-
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This Hawaiian temple massage uses flowing movements, gentle stretching and clear mobilisation to provide a unique feeling of wellbeing. Warm oil, fragrant essences and Hawaiian sounds make this into an impressive experience.	two hands 90 min
This temple ritual facilitates letting go and gives the body valuable energy.	€ 269,- four hands 90 min

<b>Pantai Luar</b>	€ 109,-
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To prepare for this hot herb massage you first enjoy a beneficial full body anointment with selected oil. In accordance with ancient custom, the freshly-bound fruit bags are deployed. This massage lets you experience a completely relaxed and regenerated feeling.	50 min
	Can also be booked as a treatment for two

<b>Ear candle treatment</b>	€ 80,-
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Followed by head and facial lymph drainage. Relaxation for head and ear area.	50 min
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<b>Herbal stamp massage</b>	€ 106,-
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The combination of a classical facial massage and modern herbal stamp massage is a unique experience for your senses. This massage with natural steam-heated herbal stamps leads to complete relaxation and visual beauty. Upon request different stamps are at your disposal.	50 min
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### Balance Alpine 1000+ on request

€ 114,-

80 min

This innovative manual therapy that is part of the Balance Alpine 1000+ methodology is based on sports best expertise and certified science. It greatly improves structural alignment and is useful in relieving chronic muscular pain. This multi-faceted approach using deep tissues applications and myofascial therapy helps healing physical and emotional wounds: it releases the tension accumulated in different tissues and restores the mobility of the body. The result is a sustainable mobility and a sense of pure freedom of movement. This massage therapy is helping your tight or sore muscles while soothing and relaxing you. Your body feels light, decongested, ready for the next training effort.

This treatment is ideal:

- for athletes
- for treat pain due to sedentary activities
- to revitalise your body
- to relieve physical, mental and digestive disorders
- to reduce stress
- to correct poor posture

### Full body massage Balance Alpin 1000+

€ 78,-

50 min

The treatment begins with the identification of your individual needs based on the Balance Alpine 1000+ method. The treatment is carried out using special warming or cooling massage oils in conjunction with the spagyric active ingredients. The massage is thus highly individualised to match your very own needs. The massage chosen produces a deeprooted balance in the musculature, tissues and soul.

### Aromatic oil massage

€ 83,-

Gentle massage with warm oils

50 min

Can also be booked  
as a treatment for two

# ENERGETIC MESSAGES

<b>Shiatsu *</b>	€ 88,-
By means of pressure, mobilisation and tensioning, this activates the natural self-healing power and decongests the body.	50 min
<b>LaStone therapy</b>	€ 129,-
A fascinating massage with warm and cool stones.	70 min
<b>Sound bowl massage</b>	€ 83,-
The body is carefully lulled into a sense of rest. This letting go forms the necessary basis for the reinvigoration and boosting of the body's own powers of self-healing.	50 min
<b>Acupuncture massage</b>	€ 83,-
The energy flow within the body is regulated by using a metal rod. An acupuncture massage is effective for treating scars or for the energetic treatment of backache or joints.	50 min
<b>Cranio Sacral treatment *</b>	€ 88,-
This form of alternative medicine consists mainly of gentle pressure applied by hand to the head and sacrum. The light, attentive, gently rhythmic use of the hands is an oscillation and resonance therapy applied to the head, spinal column and pelvis, which encourages self-correction, stress equalisation and the body's own healing processes.	50 min
<b>Thai Yoga massage *</b>	
This massage combines passive movement with mental relaxation training. The focus is on improved flexibility because of deep massage techniques and yoga exercises. A unified and deep-seated treatment.	75 min   € 115,-
<b>Osteopathy</b>	€ 133,-
Aches, pains, poor posture - osteopathy can help. It uses a subtle, hands-on technique called palpation to „listen“ to your body. Unlike massage, palpation is used to identify issues such as congestion, dehydration, scarring and stiffness, while restoring proper function to bones, muscles, fluids and organs.	50 min

\* Please wear a sports suit.

# schwarz

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## SCHWARZ SPA

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Excellent location on the Mieming plateau 890 metres above sea level · 5.500 m<sup>2</sup> spa zone · New sauna village with warm pools and mountain lake · Schwarz water worlds with 9 indoor & outdoor pools with relax water worlds, family water park and idyllic natural bathing lake · Fitness center · Spa area with beauty treatments and massages · In the winter cross country skiing tours, guided winter hikes and snow-shoe hiking tours · Free ski shuttle · Children' ski lessons · Prize-winning hotel garden covering 32.000 m<sup>2</sup> in the summer · 27 hole golf course right by the hotel · 3 tennis courts · Daily guided hikes and cycle tours · Evening entertainment · Children's club · www.schwarz.at