

# ME HOLISTIC SPA

TREATMENTS 2025

## SKIN FACE

### SKIN ANALYSIS

25 min € 39

The perfect base for holistic skin care.

With our new skin analyzer, we can:

- measure skin hydration
- record fat content on skin and hair
- perform a pore analysis
- measure the dry cells of the epidermis / the keratinization of it
- perform a measurement of the elasticity of the skin (biological age of the skin)
- measure skin pigmentation (melanin) and redness (erythema).

We measure every part of the skin through a computer-assisted skin analysis. The camera displays, with color images, all the anomalies – and therefore the deviations from healthy and beautiful skin. We optimally adapt all treatment and care concepts to these skin results.

### FACIAL TREATMENT COMPLETE

80 min € 161

This classic facial treatment is a holistic basic care programme for healthy and radiant skin. The treatment begins with gentle cleansing of the facial skin, followed by exfoliation and a highly effective deep cleansing. After shaping the eyebrows and a classic facial massage, the specially formulated face pack is applied. The final treatment includes an exclusive active ingredient concentrate, which particularly emphasises the skin's glow.

### FACIAL TREATMENT BALANCE SPECIAL

50 min € 105

A special treatment for sensitive, stressed and blemished skin. With cleansing, peeling and neck lymphatic drainage. The active ingredient concentrate contains a beauty booster to soothe and heal. This is followed by an alginate mask and the final treatment.

### WELL AGE INTENSE FACIAL

50 min € 125

The Well Age Intense Facial is an intensive, firming facial treatment for an even complexion. First, the skin is cleansed with a scrub, then the vitamin C ampoule is massaged in with the Feather Touch. This is followed by a moisturising and firming mask - leaving the skin refreshed and radiant.

### FACIAL TREATMENT CLEAN

50 min € 105

The Clean facial treatment is a nourishing and purifying treatment that focuses on deep cleansing and maintaining a clear complexion. It includes cleansing, exfoliation, deep cleansing, a mask, and a finishing care treatment.

### FACIAL DRAINAGE WITH ULTRASOUND

50 min € 130

Bioenergetic lymphatic drainage and ultrasound bring about a profound structural improvement of the tissue. This favours the metabolism of the cells, stimulates the circulation of lymph and blood, intensifies the infiltration of active ingredients, supports deep cleansing and has a smoothing effect.

### MAKE UP & CONSULTATION

50 min € 84

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.

### EYELASH LIFT INCLUDING DYING

50 min € 78

A single eyelash wave lifting treatment makes your eyelashes look longer for 6 to 8 weeks and gives you a breathtaking look with a WOW effect.

# SKIN FACE

## GLOW TO GO

15 - 25 min from € 22

- Skin analysis
- Express facial
- Glow facial
- Well aging facial
- Refresh manicure
- Colour up your nails
- Themes make-up
- Bright eyes
- Supreme bright eyes
- Eyelash tinting
- Eyebrow tinting

## BEAUTY SERVICE

25 min from € 43

- Eyebrow tinting
- Eyebrow tinting and shaping
- Eyebrow shaping
- Eyelash tinting
- Eyelash and eyebrow tinting
- Eyelash and eyebrow tinting with eyebrow shaping
- Hair removal face/cheek/chin
- Hair removal upper lip
- Hair removal bikini line
- Hair removal armpits
- Hair removal legs to knees
- Chest or back waxing

## JETPEEL TREATMENT

As natural as air and water - contact-free, needle-free and deeply effective. JetPeel rejuvenates your skin in no time. The innovative skin rejuvenation system JetPeel uses a technology from the aerospace industry and represents one of the latest dermacosmetic skin treatments worldwide. Highly effective and effective serums are gently introduced into the skin from microscopic nozzles at approx. 720 km / h. The result is immediately visible, without any sun and weather sensitivity and suitable for sensitive skin.

Facial classic	50 min	€ 232
	3 sessions	€ 642
Facial clarifying	50 min	€ 189
Face, neck and cleavage	80 min	€ 343
	3 sessions	€ 985

## MICRONEEDLING

Microneedling (with radio frequency) is a minimally invasive treatment. It stimulates cell regeneration and wound healing and visibly improves the appearance of the tissue. A long-lasting effect is visible after approx. 2 days. As a non-invasive treatment, it is also offered in the form of radio frequency treatment. This heats the tissue and stimulates the formation of new collagen and elastin fibres. Thus tightens the skin and reduces the depth of wrinkles.

Face with microneedling	50 min	€ 250
Face with microneedling and radiofrequency	80 min	€ 349
Face with radiofrequency	50 min	€ 180

# HANDS & FEET

## 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	€ 84
with polish	55 min	€ 92
French Nails	70 min	€ 112

## MANICURE WITH GEL NAIL LACQUER

75 min € 116

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)

## 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	€ 84
with polish	55 min	€ 92

## PEDICURE WITH GEL NAIL LACQUER

	75 min	€ 116
French Nails	70 min	€ 112

# SKIN & BODY

## PAMPERING SCRUB

50 min € 97

The enriched herbal peeling cleanses the skin in depth, promotes its regeneration and makes it appear brighter, clearer and more radiant. To pamper the skin, an intensive care treatment is applied with gentle strokes.

## BODY PEELING WITH SEA SALT AND PRECIOUS OILS

25 min € 55

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

## PAMPERING PACKAGE WITH BODY SCRUB

50 min € 97

A nourishing treatment that softens the skin. Ideal moisturiser for extremely dry skin.

## RECOVERY WRAP

50 min € 97

An intensive wrap to relieve tense muscles and painful joints, activates blood circulation and relieves pain because it is anti-inflammatory.

## DETOX FULL BODY WRAP

50 min € 97

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.

## „LIGHT LEGS“ LEG WRAP

50 min € 91

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.

## EMS BODY FORMING

50 min € 61

Relax comfortably on a lounger, while the EMS device works for you. Thanks to intense electrical stimulation, the EMS workout suit ensures firmer legs and buttocks and acts effectively against cellulite.

## CELLULITE BODY TREATMENT

80 min € 149

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.

## CELLULITE PROGRAMME

package price  
2 days € 428

- 1 alkaline salt peeling (25 min)
- 1 cellulite treatment with liver wrap (80 min)
- 1 radio frequency treatment (50 min)
- 1 detox full body wrap with alpine fango (50 min)

## INTENSIVE CELLULITE PROGRAMME

package price  
4 days € 546

- 1 alkaline salt peeling (25 min)
- 1 detox full body wrap with alpine fango (50 min)
- 1 cellulite body treatment with liver wrap (80 min)
- 1 special abdominal treatment (50 min)
- 1 radio frequency treatment (50 min)

# THERAPIES

<b>CUSTOMIZED MASSAGE</b>	50 min	€ 109	80 min	€ 158
<b>PARTIAL MASSAGE</b> ♪♠			25 min	€ 57
<b>FULL BODY MASSAGE</b> ♪	50 min	€ 109	80 min	€ 158
<b>AROMATIC OIL MASSAGE</b> ◊♠			50 min	€ 105
<b>REFLEXOLOGY MASSAGE</b> ♪♠			50 min	€ 98
<b>HEAD AND FACIAL MASSAGE</b> ♪♠			25 min	€ 56
<b>LYMPH DRAINAGE</b> ♪			50 min	€ 98
<b>LYMPH DRAINAGE HEAD AND FACE</b> ♪			25 min	€ 57
<b>SPECIAL NECK MASSAGE</b> ~♠	25 min	€ 57	50 min	€ 98
<b>PHYSIOTHERAPY</b>			25 min	€ 69
			45 min	€ 133
<b>INTENSIVE BACK TREATMENT</b> ~♠			50 min	€ 98
Powerful natural products and a modulated massage with singing bowls, hot rolls, and cupping glasses release tension in the back muscles and improve the dynamics of the spine.				
<b>ABDOMINAL MASSAGE</b> ◊♠			50 min	€ 98
The abdominal area is decongested. The aim of this massage is to lightly stimulate the abdominal region, improving digestion. It has a relaxing and metabolism-boosting effect. Chronic lower back complaints can be positively influenced.				
<b>SPECIAL FOOT TREATMENT</b> ~♠			50 min	€ 98
A tension-relieving treatment combined with mobilization, acupressure, and soothing foot and calf massage promotes your overall relaxation.				
<b>KOBIDO - FACIAL LIFTING MASSAGE</b> ♪~			50 min	€ 104
An intensive Japanese facial lifting massage with plucking and fascia techniques to relieve tension and adhesions. Supports the reduction of wrinkles, among other things, helps with migraines, tension headaches and lockjaw. To increase the effect we recommend 2 - 3 massages.				
<b>CRANIO SACRALE TREATMENT</b> ◊♠			50 min	€ 110
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.				
<b>ACUPUNCTURE MASSAGE</b> ♪			50 min	€ 109
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				
<b>PANTAI LUAR</b> ♪			50 min	€ 136
To prepare for this hot oil fruit stamp massage you first enjoy a beneficial full body anointment with selected oil. In accordance with ancient custom, the freshly-bound fruit stamps are deployed. This massage lets you experience a completely relaxed and regenerated feeling.				

# THERAPIES

## DORN & BREUSS

The Dorn & Breuss therapy combines two techniques: the Dorn therapy for correcting spinal and joint misalignments through manual adjustments, and the Breuss massage, a relaxing back massage for regenerating the intervertebral discs. It is primarily used for back and joint pain.

50 min € 109

## LOMI LOMI NUI

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. This temple ritual facilitates letting go and gives the body valuable energy.

90 min € 198

two hands € 337  
four hands

## LA STONE THERAPY

A fascinating massage with warm and cool stones.

70 min € 161

## SOUND BOWL MASSAGE

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 € 104

## PREGNANCY MASSAGE

A individually tailored treatment during which our specialized therapists focus specifically on the pregnancy and the needs of the future mother. Only possible from the 13th week of pregnancy.

25 min € 57

50 min € 98

## EAR CANDLE TREATMENT

Followed by head and facial lymph drainage. Relaxation for head and ear area.

50 min € 101

## SHIATSU

By means of pressure, mobilisation and tensioning, this activates the natural self-healing power and decongests the body.

50 min € 109

## THAI YOGA MASSAGE

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 € 144

## MEDICAL TAPING

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 € 55



# PACKAGES

## BALANCE ALPINE 1000+ POWER DAYS

- 1 Balance Alpine „Vital Power Basic“ facial treatment (50 min)
- 1 Balance Alpine full body massage (50 min)
- 1 manicure with polish (55 min)

package price 2 days € 278

## ALPINE FEELING

- 1 spa pedicure (50 min)
- 1 Balance Alpine „Vital Power Plus“ facial treatment (80 min)
- 1 pampering package with peeling (50 min)
- 1 individual partial massage (25 min)

package price 2-3 days € 374

## OUR RECOMMENDATION GETAWAY FOR TWO

2 or 3 nights with SCHWARZ half-board included

- fine chocolates & a bottle of Champagne 0.375 l
- a romantic table in the restaurant on the first evening
- our private spa experience

2 nights € 633  
3 nights € 698

# RITUALS

## ME TIME TREATMENT

Time for an exclusive pampering ritual. This ME Sense ritual is a ceremony for body and mind that enhances your radiance and natural beauty. You will feel pampered, cared for, and rejuvenated.

- Full-body exfoliation and pampering wrap
- Facial cleansing | Exfoliation | Active ingredient concentrate
- Relaxing facial massage
- Nourishing mask
- Final treatment

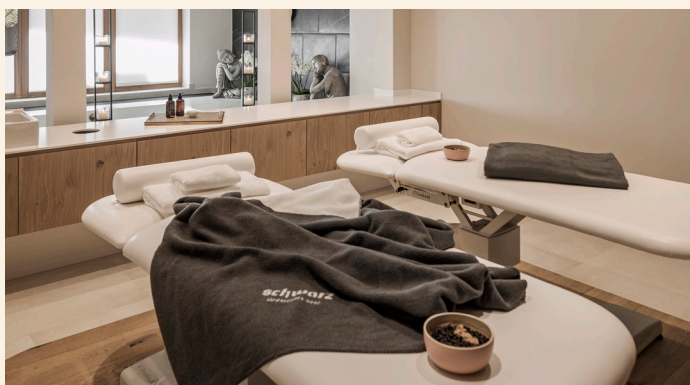
package price 105 min € 208

## PRIVATE SPA

Our private spa experience is for 2 to 4 people. You can rent exclusively this luxurious spa area for 2 hours and enjoy peace, relaxation and wellbeing in a unique ambience. The use of our private spa is also possible for families with children.

- 40 m<sup>2</sup> spa
- bio sauna (55° C)
- tea room

package price 120 min € 191





# HAIR

## BASIC

	XS	S	M	L
SPLISSCUT   Cutting, without washing	€ 19	€ 38		
MACHINE HAIRCUT	€ 19	€ 38		
CUT & GO   Consultation, washing, cutting		€ 38	€ 56	€ 75
CUT & STYLING   Consultation, washing, cutting, blow-drying, and styling		€ 38	€ 56	€ 75
WASH & STYLING   Consultation, washing, blow-drying, and styling		€ 38	€ 56	€ 75

## ADD ONS

	XS	S	M	L
STYLING & CURLS   Straightening, curling	€ 19	€ 38	€ 56	€ 75
STYLING   Braided hairstyles, updos	€ 19	€ 38	€ 56	€ 75
COLORATION   Consultation, root coloring		€ 62	€ 69	€ 75
COLORATION & LENGTH BALANCE		€ 81	€ 86	€ 92
INTENSIVE TONING   Consultation, toning		€ 52	€ 60	€ 72
HIGHLIGHTS   Foil techniques top section / full head	from € 45 from € 67 from € 102			
GLOSSING   Color refresh		€ 51	€ 56	€ 62

## SPECIAL TREATMENTS

PEELING   Scalp peeling, washing, aftercare	€ 34
INTENSIVE HAIR CARE   2-phase treatment	€ 18
MASK	€ 16
CONDITIONER	€ 10

## KIDS

	XS	S	M
CHILDREN'S HAIRCUT	€ 19	€ 38	€ 56



# ALPINE TREATMENTS

## INDIVIDUAL BALANCE ALPINE 1000+ MYOFASCIAL THERAPY

80 min € 143

The newly developed application „MOVEMENT FASCINATION“ is part of the Balance Alpine 1000+ method based on the latest sports and movement science. By combining fascial therapy with other specific techniques, tensions and adhesions of muscles and tissue structures are released. The result is sustainable freedom of mobility and movement, relief of the musculoskeletal system and release of blockages as well as accelerated muscle recovery. Your body feeling is light, unclogged, rested and performance-oriented.

The application is ideal for:

- Sports Active
- Stress reduction
- Posture improvement
- For stress normalization on the physical and psychological level
- Complaints from sedentary activities
- Targeted support in rehabilitative training

## MASSAGE BALANCE ALPINE 1000+ HARMONIE

50 min € 98

The treatment begins with the identification of your individual needs based on the Balance Alpine 1000+ method. The massage is thus highly individualised to match your very own needs.

## FACIAL TREATMENT VITAL POWER BASIC

50 min € 105

This classic facial treatment is a holistic basic care for healthy and radiant skin. The application begins with gentle cleansing of the facial skin, followed by an exfoliation. After a classic facial massage, the mask is applied. The final care includes an exclusive active ingredient concentrate that particularly enhances the skin's glow.

## FACIAL TREATMENT VITAL POWER PLUS

80 min € 161

This classic facial treatment provides holistic basic care for healthy and radiant skin. The treatment begins with gentle cleansing of the facial skin, followed by exfoliation and deep cleansing. After shaping the eyebrows (optional) and a classic facial massage, a mask is applied. The final care includes an exclusive active ingredient concentrate that enhances the skin's glow.

# KIDS SPA

## COSMETICS

### FIRST BEAUTY FACIAL

Cleansing, peeling, mask, final care, and hand massage

up to 12 years 25 min € 50

### KIDS NAIL PAINTING

up to 12 years 25 min € 28

### MANICURE | Hand and nail care

up to 12 years 25 min € 28

### FIRST MAKE-UP STEPS | Consultation

up to 12 years 25 min € 49

### TEENIE SPECIAL

Cleansing, peeling, deep cleansing, massage, mask, final care

12-15 years 80 min € 149

### JUST CLEAN

Cleansing, peeling, deep cleansing, mask, final care

12-15 years 50 min € 96

## MASSAGE

### KIDS SHIATSU

up to 15 years 25 min € 52

### KIDS MASSAGE

up to 15 years 25 min € 52

up to 15 years 50 min € 92



# EXPERT TIP

## CRYOTHERAPY

### CRYO TREATMENT

Cryotherapy is a non-invasive, gentle and highly effective form of therapy. The temperature difference between the body and the cold room is used to cool in a flash. As a result, many bodily functions are stimulated.

Individual session	€ 48
Package of 5 sessions	€ 195
Package of 10 sessions	€ 390

## uVIDA | METABOLIC ANALYSIS

### uVIDA RESTING ANALYSIS

Measures the oxygen and carbon dioxide ratio in minutes to assess the metabolic state. It provides data on basal metabolic rate, fat and carbohydrate metabolism, calorie burn, and stress levels.

25 min € 98

### uVIDA ACTIVITY ANALYSIS

Uses a step test to determine optimal heart rate zones for effective training and creates personalized fitness plans..

50 min € 180



# ANALYSIS . CHECKS

## INBODY MEASUREMENT

25 min € 66

Using the latest 8-point bioimpedance analysis, we measure your current body composition with the greatest accuracy. We record your muscle and fat mass separately for each arm, trunk and leg. You recognize current imbalances, strengths or deficits. You get information about your current fitness status and recommendations for your weight and fitness optimization. In a personal consultation, we will give you further practical tips for quickly reaching your health and fitness goals.

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## BASIC CHECK

€ 130

- InBody bioimpedance analysis (25 min)
- uVida resting analysis (25 min)
- 3 months premium account in the app

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## COMBI CHECK

€ 220

- uVida resting analysis (25 min)
- uVida activity analysis (50 min)
- 3 months premium account in the app

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## CARDIO CHECK

€ 310

- InBody bioimpedance analysis (25 min)
- uVida resting analysis (25 min)
- uVida activity analysis (50 min)
- Personal training (25 min)
- 3 months premium account in the app

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## MOVEMENT CHECK

€ 235

- InBody bioimpedance analysis (25 min)
- uVida resting analysis (25 min)
- Movement analysis (50 min)
- Personal training (25 min)
- 3 months premium account in the app

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## ALL IN ONE CHECK

€ 449

- InBody bioimpedance analysis (25 min)
- uVida resting analysis (25 min)
- uVida activity analysis (50 min)
- Movement analysis (50 min)
- Personal training (25 min)
- 3 months premium account in the app



# COACHING

## PERSONAL TRAININGS

50 min € 106

- Yoga (only 50 min)
- General fitness training
- Back training
- Bodystyling / figure training
- Nordic Walking / run training
- Swim training / Aqua training

## EMS ELECTRICAL MUSCLE STIMULATION - PERSONALIZED TRAINING

50 min € 128

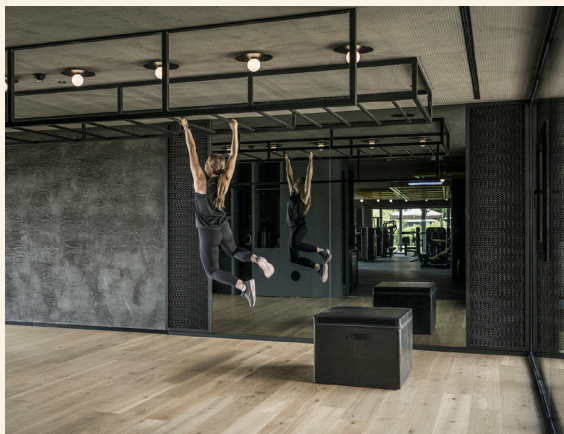
EMS stands for electromuscular stimulation. Electrical impulses stimulate your muscles and ensure personalized and intensive muscle work. 90 percent of your muscle mass is stimulated simultaneously. This is why electromuscular stimulation is highly effective in a short time.

Available suit sizes: S | M | L | XL.

## BUSINESS COACHING

Unlock Your Potential – Business Coaching for Clarity

Facing professional challenges? Looking for support to strengthen your mental resilience and drive your growth? Our business coaching helps you gain new perspectives, make conscious decisions, and leverage your strengths effectively. Through targeted conversations and personalized solutions, our coaches foster self-reflection and guide you toward alternative paths. Start with a free, no-obligation consultation to design your tailored coaching process.



## ALPENRESORT SCHWARZ

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