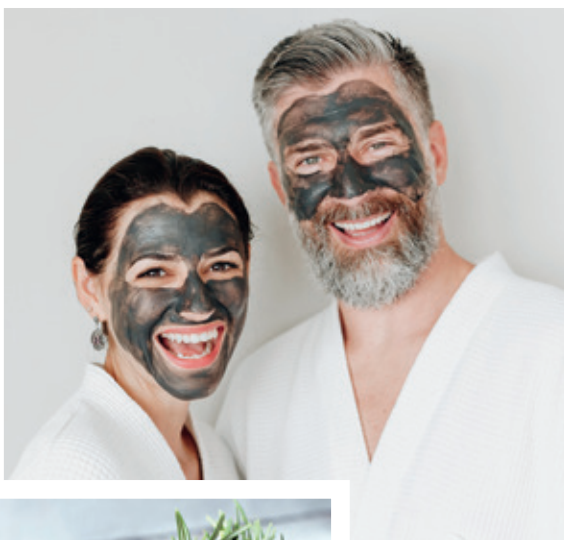




# DAS ALPENHAUS

GASTEINERTAL

*...Life close to the mountains.*



**ALPEN.  
VEDA.  
SPA.**

# ALPEN. VEDA. SPA.

*In harmony with nature.*

The healing power of nature, the meditative effect of the mountains and energy from water have inspired the design and facilities, as well as the range of treatments available.



## YOUR CHOSEN, À LA CARTE PROGRAMME

*We make dreams come true!*

Our ALPEN.VEDA.SPA provides a holistic, relaxing experience for body, mind and soul. Amass joie de vivre and be whisked away into ALPEN.VEDA.SPA. We welcome you to your very own personal realm of well-being.

If you don't find your preferred treatment in our SPA menu, have a chat with Silke, our SPA Manager, or one of our SPA therapists. We are happy to put together a bespoke SPA treatment programme for you. To secure your preferred time, reserve your appointment before you arrive.

Contact our SPA team at:  
Tel: +43 6432 6356 652 or  
e-mail: [spa@alpenhaus-gastein.at](mailto:spa@alpenhaus-gastein.at)

Kind regards,  
Your SPA Manager

*Silke*

## DR. SPILLER - PURE SKINCARE SOLUTIONS

For many decades, Dr. Spiller has concentrated on sustainable skin health. A path on which tradition and innovation go hand in hand. Their signature quality: meticulous development and production in their own laboratory. Ingredients of the utmost organic purity are used.

An awareness of regional origins is characteristic of Dr. Spiller: clear Chiemgau spring water and natural essences are the exacting basis for the products.

## FOR HOME

Take wellness home with you. Our SPA products are also available to purchase, so you take them away with you.

# GASTEIN ORIGINAL

**“Man of nature”** Alfred Silbergasser is a **wilderness educator, storyteller, mountain hiking guide and therapist** – a true Gastein original. Nature is his home and it is precisely there that his hikes take him to and he passes on his knowledge about “integrative research on the local surroundings”, a combination of geomancy, traditions, history, living beings, regional specialities and oral knowledge transfer.

On these journeys in nature he also reveals special energy-filled spaces that consolidate energy balance and help deal with stress. In so doing, the close connection between nature and humans becomes visible and palpable; experienced as a journey to the roots of our being. He also teaches Shamanic nature meditations, leads herbal hikes and recounts nature stories.



ALFRED  
SILBERGASSER

Each of these journeys together with him into nature is an intensive experience which takes you closer to nature and to yourself too, helping you consciously perceive and relax again.

Be whisked off into this healing realm by this man of nature, to re-energise and gather joie de vivre!

# SAUNA COACH QI GONG TRAINER

WALTER  
SAPETSCHNIG



Walter Sapetschnig is a **qualified fitness adviser** and trained at AMAC Klagenfurt. For many years now **Qi Gong** and **Tai Chi** have been part of his daily life. The calming and strengthening effect of Qi Gong in particular has changed so much in his life and has brought so much in terms of health too.

Walter is also our Sauna Master and provides sauna pleasure at its very best. With his cheerful demeanour, each and every day he presents a fantastic concept to inspire his perspiring audience. Walter has also won a few sauna titles at the Austrian championships.

He has three treasures that he tends and nurtures – one is love, the second is contentment, the third is humility.

## ADDITIONAL TRAINING:

Fitness trainer | Health trainer | Fitness adviser,  
specialising in Qi Gong, Tai Chi, TCM  
Singing bowl therapy | Aqua aerobics  
Spinal therapy | Sauna infusions

## SHOW INFUSIONS

### A JOURNEY AROUND THE WORLD

Maldives – Tibet – London – Bad Hofgastein

### YOGA INFUSION

Meditative with singing bowls and unique aromas

### QI GONG INFUSION

Gentle exercises and tea aromas

# ALPS. STRENGTH. SELFNESS.

**ALPS.STRENGTH.SELFNESS.** – by ALPENHAUS our unique concept.

**ALPS** – the deep respect they awaken in us puts so much into perspective, in terms of our outlooks and our environment. Striving for freedom in thought and that sense of authenticity they are able to give back to us.

**STRENGTH** – what the ALPS stand for, what we can and ought to draw from our environment and our core. Something that many people lack in these current times and in our society. Just like the right amount of rest breaks and retreat from the daily grind – to gather ourselves, distance ourselves and be able to protect ourselves. From overload, stress, the demands we place on ourselves and those of society.

## PRACTICE YOUR BECOMING



With our ALPS.STRENGTH.RETREATS we offer you a programme that meets you and your needs – in 5 pillars:

### DETOX, DE-STRESS, RE-START, YOGA, NATURE, PEOPLE.

Consolidating strength and energy, to find new energy-filled spaces in nature and in ourselves, externally and internally, becoming attentive to our needs – to be able to head back outside re-invigorated.

These are the goals and we provide you with the means of access to them, which are as varied as your needs. Tailor-made. And with a wide variety of packages and retreats, guided by selected trainers and experts.

For us, Yoga is more than Yoga; it is a way of life.

Treat yourself to a multi-day Yoga retreat for yourself and your core in DAS ALPENHAUS GASTEINERTAL, in the centre of Bad Hofgastein, or between the glaciers, mountains & lake in ALPENHAUS KAPRUN And evergreen KAPRUN.



FIND *YOUR*  
RETREAT



## EXCLUSIVE MASSAGES

### PANTAI LUAR ®

A beneficial, deeply relaxing whole body treatment using warm plant extract oil and special herbal pouches.

During this treatment you are immersed in deep regeneration of body, mind and soul. Your body's repair mechanisms are activated, cell regeneration is stimulated, your body is detoxified and tensions are eased.

Pampering time | 25 mins. € **54**

Pampering time | 50 mins. € **89**

### EAR CANDLE TREATMENT WITH FACIAL LYMPH DRAINAGE

Ear candle treatment originated from the Hopi Indians in America and is a highly effective, simple and versatile medium for warmth and pressure balance. Frequently used for headache and ear ache, as well as balance problems.

Pampering time | 45 mins. € **69**

# CLASSIC MASSAGES

## WHOLE BODY MASSAGE

This massage promotes the circulation, relaxes the muscles and alleviates tension.

Pampering time | 50 mins. € **75**

## PARTIAL BODY MASSAGE

For back, neck and shoulders. Using gentle or heavy pressure, tensions are alleviated and your energy flows have free rein again.

Pampering time | 25 mins. € **42**

## BACK DRAINAGE

Improves metabolic functions, promotes circulation, activates lymphatic circulation.

Pampering time | 25 mins. € **44**

## BACK MASSAGE WITH HOT STONES

Pampering time | 25 mins. € **44**

## CUPPING MASSAGE FOR THE BACK

Pampering time | 40 mins. € **54**

## HONEY MASSAGE FOR THE BACK

Pampering time | 25 mins. € **42**

# RELAXING MASSAGES

## ANTI-STRESS-MASSAGE

Beneficial combination of reflexology and partial body massage.

Pampering time | 50 mins. € **75**

## BALANCE



## AROMATHERAPY OIL MASSAGE

Beneficial, relaxing massage with special aromatherapy oils.

Pampering time | 25 mins. € **44**

Pampering time | 50 mins. € **75**

## FOOT REFLEX ZONE MASSAGE

Using specific massage techniques, individual reflex zones are treated to harmonise the body.

Pampering time | 25 mins. € **42**



# NOURISHED HANDS AND FEET

## MEDICAL PEDICURE

A short treatment to remove hard skin, trim nails and follow-up nourishment.

€ **45**

## MANICURE

Trim, file, remove cuticles and nourishment.

€ **42**

We polish your nails with the colour of your choice.

With polish € **7**

With French polish € **10**

Trim & polish nails € **20**

Remove acrylic, gel or Shellac € **10**



# FACIAL TREATMENTS

## BASICS AND BALANCE

## CLASSIC FACIAL TREATMENT

Cleansing, special peel, active ingredient massage, mask.

Pampering time | 50 mins. € **85**

## INTENSIVE FACIAL TREATMENT

Cleansing, exfoliation, deep cleansing, eyebrow shaping, eyelash & eyebrow tint, active ingredient massage incl. ampoules, mask.

Pampering time | 80 mins. € **120**

JUST  
FOR ME



## FACIAL MASSAGE

Pampering time | 25 mins. € **42**

## FACIAL DRAINAGE

Pampering time | 25 mins. € **42**

# SPA EXTRAS

## LITTLE ENHANCERS FOR HIM & HER

- Eyebrow shape € **8**
- Eyelash tint € **9**
- Eyebrow tint € **9**
- Lashes & Brows € **16**

## HOT WAX EPILATION

- Legs up to knee € **29**
- Full leg € **49**
- Back € **36**
- Bikini zone € **15**
- Armpits € **12**
- Face – whole € **25**
- Upper lip, chin or eyebrows € **7**

TIME  
FOR  
ME



# PAMPERING PROGRAMME

## A LITTLE TIME-OUT

Facial cleansing, massage, nourishing mask.

Pampering time | 40 mins. € **65**

## FRESHNESS HIT

Cleansing, exfoliation, active ingredient ampoules, mask.

Pampering time | 40 mins. € **65**

## LADIES TIME-OUT

Classic facial treatment and manicure.

Pampering time | 80 mins. € **115**

# FOR GENTLEMEN

## GENTLE AND BENEFICIAL

Cleansing, exfoliation, massage and cloth mask.

Pampering time | 50 mins. € **85**

## GENTLEMAN'S TIME-OUT

Facial cleansing, exfoliation and refreshing facial mask.

Pampering time | 40 mins. € **65**

# BODY EXFOLIATION

## ORANGE BLOSSOM SEA SALT EXFOLIATION

Pampering time | 25 mins. € **42**

## ALOE VERA MASSAGE EXFOLIATION

Pampering time | 25 mins. € **42**

## MANARÙ SAND EXFOLIATION WITH VANILLA PODS

Pampering time | 25 mins. € **42**

# WHOLE BODY TREATMENTS

## IN THE SOFT PACK LOUNGER

### SPECIAL WRAP

To purify and detox.

Pampering time | 40 mins. € **39**

3 wraps € **99**

### WHOLE BODY PACKS

Choose your preferred main effect:

- Detoxifying clay – mud pack
- Nourishing evening primrose
- Pampering goats milk butter

Pampering time | 25 mins. € **42**

# SPA COMBINATIONS

## ALPEN.VEDA.SPA TIP:

Combine exfoliation and pack

Pampering time | 50 mins. € **76**

## ALPEN.VEDA.SPA RITUAL

Body exfoliation & body pack tailored to suit your needs and relaxing back massage.

Pampering time | 70 mins. € **106**

## ALPEN.VEDA.SPA RELAXATION

- Back massage
- Facial massage
- Leg and foot massage

€ **106**

## RECHARGING BODY, MIND & SOUL

- Exfoliation of your choice
- Aromatherapy oil massage
- Singing bowl therapy

€ **138**

## ALPEN.VEDA.SPA BEAUTY DAY

- Classic facial treatment
- Pedicure
- Manicure

€ **154**

## ALPEN.VEDA.SPA SCHÖNHEIT

- One facial treatment – Short time-out
- Whole body exfoliation and the pack of your choice
- Combination of med. pedicure and manicure.

€ **198**



# HOLISTIC TREATMENTS

## SINGING BOWL THERAPY

The vibrations of the singing bowls, with their different volumes, move the water in your body, all your cells start to swing and a holistic energy flow harmonises your body and is deeply relaxing.

The treatment takes place in a supine position and we also recommend that you wear comfortable attire.

Pampering time | 40 mins. € **66**

## ENERGY MASSAGE

The body experiences deep relaxation, revitalisation as well as physical and emotional balance with this treatment, while at the same time supporting the immune system.

Pampering time | 25 mins. € **44**

Pampering time | 50 mins. € **75**



Discover cardio fitness at its very best in our fitness area.

With new equipment from PRECOR you can train 24 hours a day free of charge.\*

Our loveliest fitness centre is and remains nature – the mountains are within touching distance – the region provides you with a year-round sports and activity paradise.

\*Please note that there is no access to the fitness studio during Yoga and activity sessions.

# SPA ETIQUETTE

ALPEN.VEDA.SPA is a place for relaxation, pampering and tranquility. Enjoy the time and look forward to moments of well-being.

**We recommend taking a few moments for yourself before your treatment time at the spa.**

## YOUR HEALTH IS PRECIOUS TO US

Please let us know about any medical contraindications that we should be aware of (illnesses, allergies, other specifics). Please discuss this with your SPA therapist before the treatment starts, so we can ensure that you are recommended the correct treatment.

## FOR YOUR RECOVERY

Take some time-out from the daily grind. For that reason we recommend that you put your mobile telephone on silent and refrain from using notebooks and tablets in the SPA.

## CLOTHING DURING YOUR TREATMENT

Please attend all massages and SPA treatments in your bathing robe and slippers. Bathing towels, robes and SPA slippers can be found in your room and in your suite.

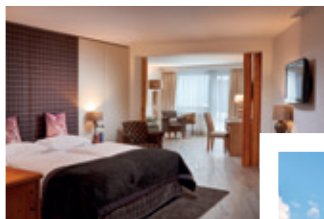
## CANCELLATION/APPOINTMENT CHANGE

Please let us know if you need to change or cancel an appointment. This helps us with planning.

**Cancellations made up to 24 hours beforehand are free of charge.** Since we are keeping the appointment time free for you, we will charge the full price if you do not cancel appointments 24 hours beforehand or do not show up.

## CHILDREN AND TEENAGERS

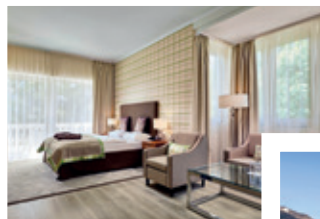
We offer special treatments for our young guests. We would ask that a parent/guardian be present at treatments. Since treatments for children and teenagers are also carried out in the adult relaxation area, we would ask that tranquility be maintained. Children and under 16s are only permitted in this area during treatments.



alpenhaus-kaprun.at



- Mountains, lake & glacier
- Sports & adventures
- ALPEN.VEDA.SPA
- Pleasure & nature
- Seminar & conferences
- Fantastic location: close
- to the Kitzsteinhorn Glacier
- 300m to the Maiskogelbahn
- Holiday with your dog
- Zell am See-Kaprun Summer card



alpenhaus-gastein.at



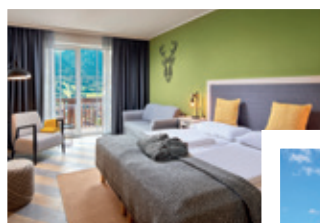
- Skiing & hiking
- 600 m to the Schlossalmbahn
- Health & exercise
- Yoga & detox
- Yoga shop
- De-stress & re-start
- Retreats & workshops
- Alpen.Veda.Spa
- Holiday with your dog
- Gastein Card



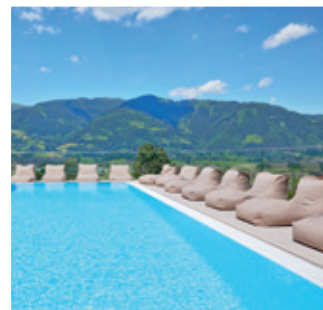
alpenhaus-katschberg.at



- Lifestyle apartments
- Alp.In restaurant & sun terrace (Winter)
- Additional service packages available to book
- Hiking & cycling
- Ski-in/Ski-out
- Family fun & adventure
- 120 m² play room
- Alpen.Veda.Spa
- Holiday with your dog
- Lungau Card



evergruen.at



- Alpine Life for urban people
- Sporty, free & casual
- Levante Alpin Restaurant & Feel Good Food
- Late-riser breakfast
- Urban Spa
- Roof-top pool (Summer)
- Holiday with your dog
- Zell am See-Kaprun Summer card



# DAS ALPENHAUS

GASTEINERTAL

*...Life close to the mountains.*

**DAS ALPENHAUS GASTEINERTAL**

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# DAS ALPENHAUS

HOTELS & RESORTS

*...Life close to the mountains.*

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