

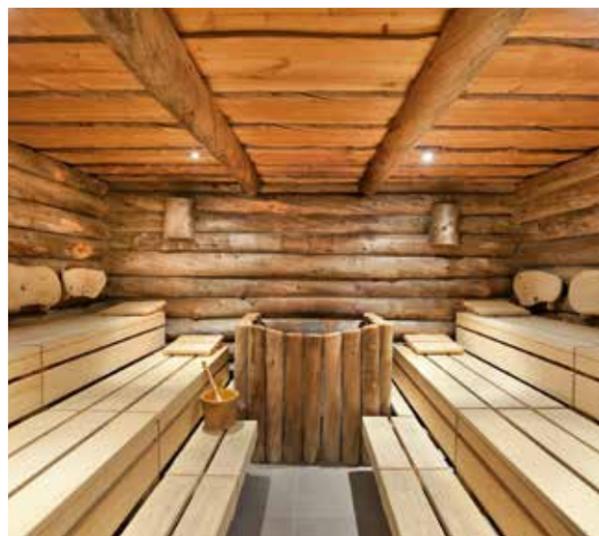


HOTEL KESSELSPITZE

★★★★ superior Obertauern

beauty,

WELLNES OFFERS
2017/2018



Kelo sauna ,

The Finnish original - sauna relaxation in its most original form! Indulge yourself in the energy, ambiance and aroma of natural Nordic Kelo wood and enjoy this extra special sauna experience.

The slow growth and natural drying process of the over 500-year old pinewood from Lapland creates an unmistakable aroma as well as the powerful energy of Kelo wood. The natural aroma infusion at 90 °C stimulates your circulatory system and supports the detoxification process. Your skin and respiratory organs benefit immensely from this deep cleansing.

This is how you enjoy this first-class traditional sauna pleasure:

1. Taking a shower before entering the sauna is both good for you and for those around you. Dry well afterwards.
2. And now off into the pleasure of the sauna, don't forget to put a large sauna towel under you.
3. You may now lie for about 10 minutes, rest, relax, pursue pleasant thoughts. Then sit upright for about three minutes before leaving!
4. A shower, surge shower or side shower awaits you as well.
5. Then open the door and fill up with fresh air.
6. This is the perfect time to indulge your body with a massage.
7. And finally off to the relaxation room for a well-earned rest on one of our ergonomic moor oak recliners – let the dreaming begin!



Brine rock grotto ,

A stay at the seaside whilst in the mountains of Obertauern - it is easy to forget everyday life here.

The finest sea-salt brine can be sprayed at the press of a button in this unique brine rock grotto. By adding pure ethereal eucalyptus and mint extracts, you benefit from an additional cleansing and care effect throughout the entire respiratory system, including the skin (the largest respiratory organ in humans).

Furthermore, important mineral salts are taken in through the skin and introduced into the organism. With the special brine and steam technique combined with the radiated warmth at 46 °C, an increased partial pressure and thus a bio-climate similar to a stay at the seaside is created.

How to enjoy this beneficial aroma experience

1. First shower and spray off the seating area - an important element of hygiene here.
2. Activate the brine for inhalation at the press of a button.
3. Relax and breathe steadily and deeply...
4. When inhaling, breathe in positive energy and release all of your worries when exhaling.
5. Treat your respiratory organs, the lungs, bronchial tubes and skin to this soothing treatment for 15 - 20 minutes.
6. Now wrap up snugly and relax on the warm ceramic recliner.

Repeating the inhalations 1 - 2 times more at intervals of about 5 - 10 minutes will do you good!

Aroma steam room ,

The best place to be when there are storms and snow outside, or after an adventurous day's skiing – surrounded by a soft, warm cocoon of soothing steam to release you of all of your troubles.

The healing effect of aromas is of increasing importance within regenerative medicine.

The high humidity and radiant heat at 46 °C supplies the skin and hair with important moisture, allowing both to regenerate as a consequence. Citrus fruits relieve your respiratory organs, activate your immune system and ensure a happy feeling of vitality.

How to enjoy this beneficial aroma pleasure:

1. Unless you have already enjoyed a sauna session and shower, please shower before entering the steam bath.
2. And now off into the steam room, first spraying down the seating areas.
3. Allow your senses free rein for 20 - 30 minutes, and before dropping off to sleep with all of this cosiness ...
4. ...open the door and fill up with fresh air.
5. Now would be the perfect moment for a facial treatment.
6. And then off to the relaxation room for your well-earned rest on one of our ergonomic moor oak recliners.



Mountain-herbs sauna ,

If the Finnish sauna is a little too intense for you, we have the ideal soothing programme for you!

With their mild vapour inhalation and the radiation heat of about 62 °C, the gentle herbal extracts will have a healing and quietening effect on you.

This is the way to enjoy this gentle sauna experience:

1. The application is the same as in the Kelo sauna...
2. ...with one exception: enjoy this sauna session a little longer (about 20 - 30 minutes) - according to how you feel.

And when your body and soul have made the most of it, take a break and do it again!



The fascination of water – the source of all life ,

Imagine that from a depth of about 1,700 metres, in a once still uninhabited region, water has collected over millions of years and formed a giant subterranean reservoir from which we now bring the water to the surface to make the best use of it: Our very own crystal-clear Tauern mountain spring! This pure and powerful water comes out of all the taps in our hotel - pure natural energy! The water temperature in the indoor pool is 31 °C, while the hot tub is maintained at 36 °C.

Sensory showers ,

You can experience the age-old “no life without water” philosophy here and feel the effect on your own skin.

Our special showers with diverse sensory elements, such as our surge shower, from which our crystal-clear, ice-cold mountain-spring water cleans and refreshes you, are amazing.

Whirlpool tub in the open air ,

Reach for the stars ...

Our heated alpine-meadow-lake tub will delight you with its open air bubbling vitality and mountain view – could there be anything nicer?

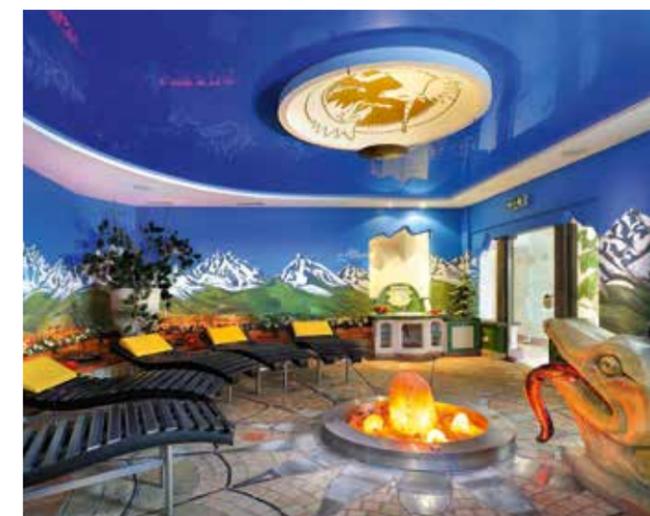


Rest zone – ergonomic moor oak recliners ,

“Power lies in peace” - is a wise saying that gains increasing significance in our hectic world. Take the opportunity to find your own inner peace.

The special ergonomic moor oak recliners adapt individually to your body, giving you a unique experience of deep relaxation and, combined with gentle background music, you will sink into a world of bliss.

The ceramic heat recliners, warm seats and benches in the lower rest area next to the brine grotto have a beneficial radiant heat that invites you to linger.



Magnetic field therapy recliner ,

Power and relaxation – top-fit with relaxation.

Magnetic field therapy helps to maintain physical health. The treatment is suitable for the entire family and has a performance-enhancing effect, supporting the body's own healing powers.

Increased vitality, a feeling of wellbeing and improved health are the benefits of this therapy:

- improved blood circulation
- increased supply of oxygen
- stimulation of the metabolism

You will experience assured success after about 4 - 6 applications.

Duration of application: about 20 minutes according to how you feel.

Solarium ,

This device not only tans, it is also good for your spirit.

The sun is the elixir of life, because without light and sunshine there is no life and no feeling of wellbeing.

This exclusive pleasure combines aphrodisiacal effects, stimulating aromas, tranquillity and fantastic sounds together with a cool breeze for hot moments – the solarium is activated and invoiced with your chip card.

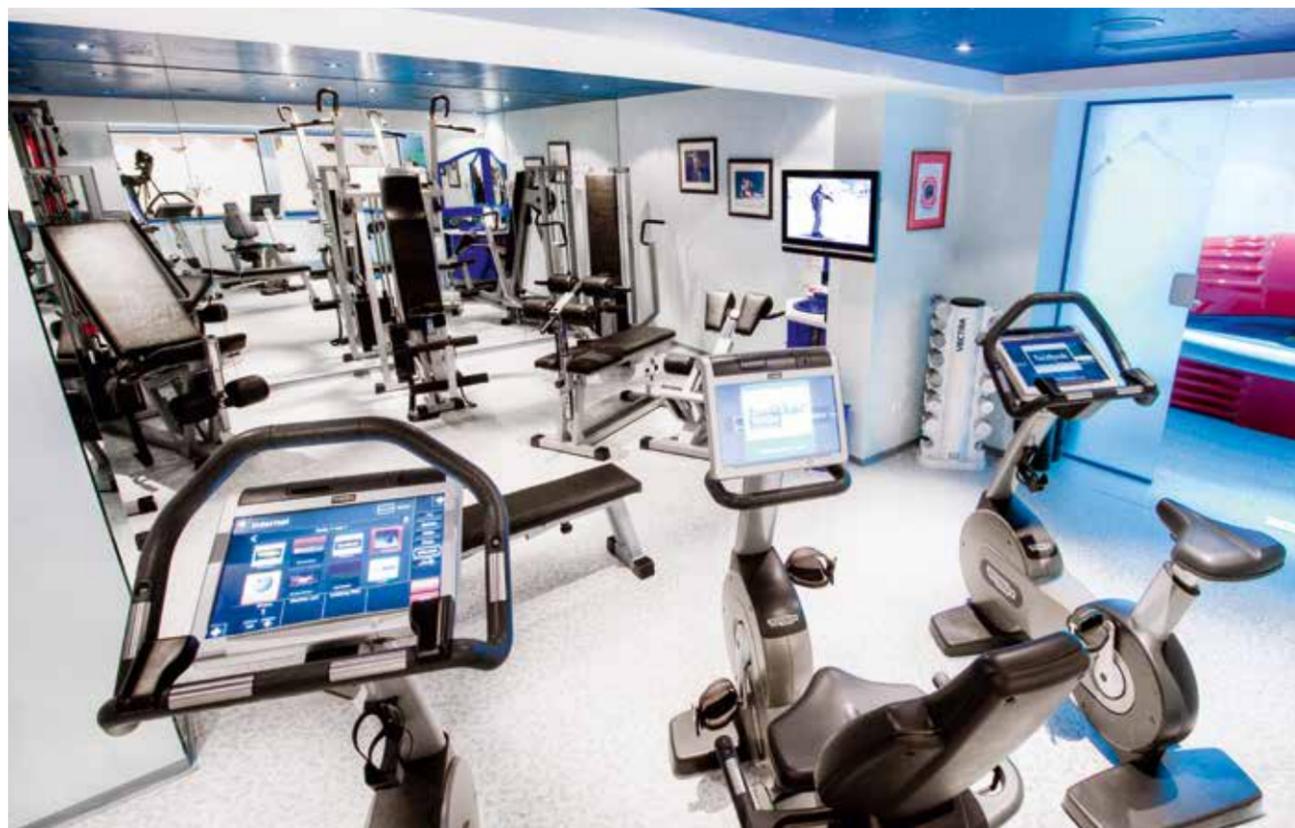
Please observe the tanning times according to your skin type!



Vitality bar ,

One's physical inner needs are also important for as Pastor Kneipp said: “Food and drink nourish the body and soul.”

It is important to drink well between and after sauna sessions to support the detoxification process. Our crystal-clear mountain-spring water compensates your personal water resources and the constant intake of fresh and dried fruit together with healthy snacks, take care of your physical inner needs.



Fitness room ,

An end to flabby muscles and the “I don't have the time” excuses! A fitness room containing the most modern equipment with cardio- and wellness devices is awaiting you – for sporting enthusiasts from the age of 12 onwards. The equipment is made by the company “Technogym” and is of the highest quality, found only at professional fitness centres.

Opening times ,

Swimming pool and fitness room: daily 7:30 a.m. - 7:30 p.m., wellness and sauna area: daily 2:30 p.m. - 7:30 p.m.

In the interests of peaceful relaxation, the **sauna zone with brine grotto and relaxation area** as well as the **outdoor hot whirlpool tub are reserved for adults from 5:00 p.m. to 7:30 p.m.** For children and teenagers up to the age of 17, admission to the area is up to 5:00 p.m. only and **admission for children under 12 is only permitted when accompanied by parents.** We kindly request that you do not occupy the recliners during sauna sessions. **Use of our vital area is reserved for our hotel guests as a free of charge service of the house.**

Beauty/massages Tues – Sat, 9:00 a.m. - 11:30 a.m.

Beauty/massages Mon – Sat, 1:30 p.m. - 7:30 p.m.

Massages Sun, 3:30 p.m. - 7:30 p.m.

If you are **not able to keep your appointment, we request that you inform us at least 4 hours in advance** as otherwise we are obliged to charge you. Guests at the Sporthotel Edelweiss and the Hotel Frau Holle are, of course, also able to book any massage or beauty treatment with us. Our free hotel shuttle to and from the hotel is available for any individual appointment. Reservations under +43 (0)6456/7400-9 or at the reception.

The opening times of the beauty and massage area are subject to amendments.
Prices are in euro, incl. all taxes. Price list valid from 01.12.2017 (previous prices lists are no longer valid herewith).



Phytomer ,

The unique cosmetic range with active sea substances for the face and body.

Seawater contains all the 104 trace elements essential for life and our feeling of wellbeing. These are especially important for a radiant, beautiful skin, and a slim, firm figure.

The **PHYTOMER care concept** features concentrates from seawater, marine spring water, algae and sea mud as the main components in this complete product series for efficiently combating cosmetic problems at their source.

Phytomer facial care

From intensive moisturising of the skin to anti-aging programmes reducing creases by up to 73 %.

Phytomer body care

From slimming or firming programmes to special cellulite treatments with warming sea mud.



PHYTOMER

Well groomed from head to foot (approx. 150 min),

Phytomer facial treatments, Honey peeling and Foot reflex zone massage.

Special Price: € 166,- (instead of € 184,-)

Phytomer facial treatments ,

Short facial treatment (approx. 55 min)

Price: € 69,-

This facial treatment includes a cleansing exfoliation with relaxing facial massage, a highly effective mask according to your skin type as well as a finishing care treatment and eye cream.

Phytomer deluxe facial treatment (approx. 80 min)

Price: € 90,-

In addition to the classic Phytomer facial treatment individually attuned to your type of skin, detoxifying sea mud is applied to the back, deep cleansing with vapozone, a highly effective mask according to your skin type from the exclusive Phytomer range as well as eyebrow shaping and eye care.

Pionnier Révélateur de Jeunesse (approx. 80 min)

Price: € 95,-

The ultimate treatment for the face, lips and cleavage. Reveal your inner youth with this innovative and exceptional treatment that combines valuable and extraordinary substances with a new technique to provide instantly visible results. The two new masks and the unique firming lotion help to restore the skin's youthfulness and suppleness. This specific massage provides a fascinating and unique sense of wellbeing and intensifies the effect. The skin becomes smoother and firmer, glowing with an increased radiance. It glows with new radiance.

A man's world – facial treatment for men (approx. 80 min)

Price: € 90,-

This facial treatment includes a cleansing exfoliation with relaxing facial massage, a highly effective mask attuned especially to the needs of male skin as well as finishing care treatment and eye cream.



In addition to and extras for facial treatments ,

Extras for the face

Eyebrow correction
Eyebrow colouring
Eyelash colouring

Price: € 10,-

Price: € 10,-

Price: € 15,-

Intensive eye-zone treatment (approx. 25 min)

Price: € 35,-

Radiant eyes with firming of the sensitive eye area and reduction of wrinkles, rings around the eyes and bags under the eyes.

Body treatments ,

Sea-tonic fermeté firming treatment (approx. 55 min)

Price: € 65,-

Active sea substances are used to simultaneously firm, stimulate and relax the skin all over the body. The special dermochlorella algae has a firming effect on the connective tissue. They also counteract tissue slackening and help to rebuild damaged tissue. The self-heating sea-mud on the feet also has a detoxifying effect.

Sculpteur Intégral (approx. 85 min)

Price: € 79,-

An all-in-one solution to refine the figure and smooth cellulite. The success of this treatment lies in a patented, self-heating body mask which is applied, at the start of the treatment, to the area between the waist and the knees. This is followed by a real symphony of sculpting massage strokes using specific high-performance contouring products. A combination of stroking, kneading and rolling movements is methodically employed on the abdomen, buttocks, hips and thighs.

Care for hands and feet

Manicure classic (approx. 45 min)

Price: € 35,-

Polish

Price: € 10,-

Pedicure (approx. 50 min)

Price: € 45,-

with relaxing footbath, removal of calloused skin, nail trim and forming, foot exfoliation, foot massage and crème.

Polish

Price: € 10,-

Hair removal with wax

Upper lip

Price: € 11,-

Leg to knee (approx. 40 min)

Price: € 35,-

Bikini zone (approx. 20 min)

Price: € 20,-

Armpits

Price: € 18,-

Cheeks

Price: € 11,-

Entire leg (approx. 55 min)

Price: € 55,-

Children's wellness world ,

Kids massage (approx. 25 min)

Price: € 28,-

This pleasant children's massage includes a relaxing back, hand and leg massage with a particularly calming effect.

Teens beauty package (approx. 50 min)

Price: € 50,-

This deluxe program includes a facial treatment with high-quality skincare products by Phytomer, prior skin diagnosis, gentle exfoliation and end-of-treatment skincare, as well as stylish daytime make-up and polish for your fingernails.



Massages ,

Classic massage (approx. 55 min)

Our classic massage for relaxation of the muscle.

Price: € 73,-

with essential oil Price: € 77,-

Part body massage (approx. 25 min)

You are able to choose between: back and neck – shoulder or legs and neck.

Price: € 37,-

with essential oil Price: € 39,-

Massage combination (approx. 55 min)

Partial body massage and foot reflex zone massage.

Price: € 73,-

For an extra charge of € 8, we offer a mud pack in addition to the classical massage and the massage combination.

Foot reflex zone massage (approx. 25 min)

Price: € 40,-

Herbal stamp massage (approx. 50 min)

Relaxing massage with warm herbal stamps.

Price: € 83,-

Honey massage (approx. 50 min)

The honey massage based on pure bees wax, mountain crystal salt rich in minerals, propolis and warming honey cleanses and strengthens the entire organism.

Price: € 77,-

Back massage with base salt of Jentschura

Promotes detoxification. The massage increases the removal of waste products from the body and thus alleviates complaints.

(approx. 30 min) Price: € 45,-

(approx. 55 min) Price: € 85,-

Honey scrub (approx. 45 min)

Full body scrub with honey and propolis.

Price: € 75,-

Ayurveda massage (approx. 90 min)

Price: € 119,-

Lymphatic drainage (approx. 50 min)

Price: € 75,-

Kesselspitze relaxation massage (approx. 55 min)

Relaxing full body massage combined with warm stones

Preis: € 77,-



Cancellation: at least 4 hours prior to your arranged appointment, otherwise treatments will have to be charged. Thank you for your understanding.

Special treatments and massages ,

Gentle manual vertebra treatment by Dorn (approx. 60 min)

Price: approx. € 100,-*

The spinal column is our root – a great many ailments can start there. This treatment helps to counteract back ailments (intervertebral disc problems) or also serves as a prevention. If the spinal column is curved or malformed, the cause is often to be found in the pelvis. Through the adjustment of leg-length difference, correction of pelvic distortion (self exercise) and the introduction of further targeted exercises, one achieves a positive effect on the spinal column and the entire physical statics. Trained hands find these problem zones and without burdening the tendons, ligaments and joints, can realign the deformities to their natural position (self exercise).

Kinesiology (approx. 60 – 90 min)

(approx. 60 min) Price: € 85,-

(approx. 90 min) Price: € 120,-

With muscle testing (generally the arm), the momentary condition of a person can be tested.

We merely test the reaction of the body and receive a response. A weak muscle does not mean weakness, but can unearth stress factors such as scars, teeth problems, stress, bad sleeping conditions, electromagnetic stress, heavy metal burdening, a bad diet or a psychological problem. Kinesiology means finding the cause and the remedy.

Prana Vita (approx. 60 min)

Price: € 85,-

With Prana healing, one works in the second energy body (etheral body, also known as the aura). One cleans the problem area (pain) of negative energy and then introduces positive, fresh energy in its place. In this way, coughs, colds, fever, emotional pain, and much more can be alleviated, harmonised or healed.

Reiki (approx. 60 min)

Price: € 85,-

This Asian healing method comprises attuning and laying on of hands on specific parts of the body (the chakras). Energy is thus introduced into the body, which activates and harmonises the self-healing powers of the body, mind and soul.

Breuss massage (approx. 30 min)

Price: approx. € 45,-*

A holistic, energetic and slightly stretching back massage. Undersupplied, narrowed intervertebral discs regenerate themselves, back pains and vegetative disturbances are alleviated or removed.

Power compensation massage (approx. 55 min)

Price: € 77,-

Stressful daily routines, suppressed emotions and overstraining our physical and mental capacities frequently lead to imbalances of our energy flow, which have a negative influence on our state of mind and our inner organs. Targeted massage techniques that include gentle strokes and specific pressure points get your energy flowing again, triggering off healing processes and increasing your overall sense of well-being.



*All the prices stated for the special treatments are approximations and depend upon the length and intensity of the session.

Wellness & Fitness

