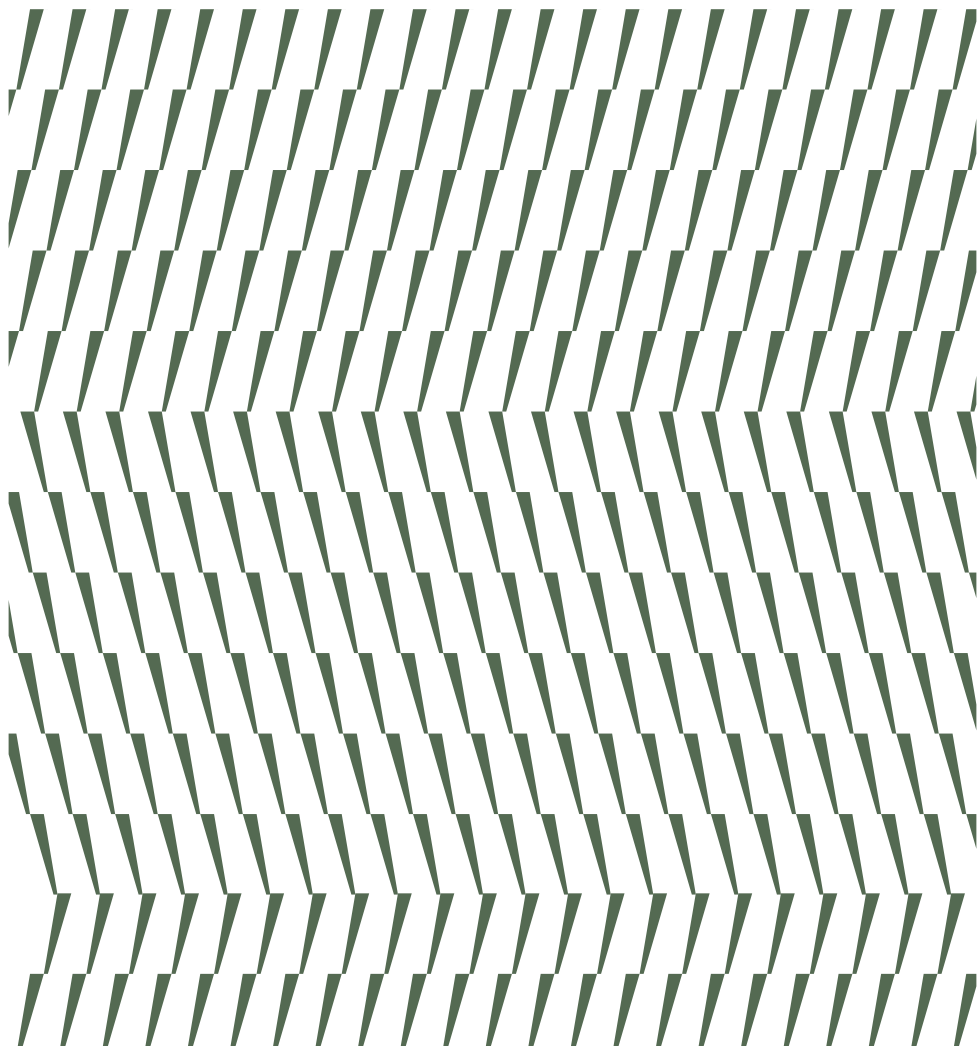


SPA TREATMENTS



WALDRAST

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# MASSAGES

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## Mind relaxing aroma massage

### INDIVIDUAL DOWN TIME AROMA MASSAGE

Your completely personalized massage ritual. With the help of this massage, we can meet your individual needs and wishes. The modulated massage techniques, in combination with select aromatic oils promote muscle performance.

You will feel free, supple, and agile.  
Release tension and tightness -  
Effective, holistic, traditional!

**50 min**  
**90 euro**

## Classic massages

Massage for deep relaxation and regeneration.

### FULL BODY

**50 min**  
**90 euro**

### PARTIAL BODY

**25 min**  
**50 euro**

## Relaxing head and neck massage

### RELAXING HEAD-NECK-SHOULDER MASSAGE

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure pleasant relaxation and help you switch off from the stress of everyday life. Microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

**50 min**  
**90 euro**

## Sport massage

### VITALIZING MASSAGE WITH ARNICA OIL

**50 min**  
**95 euro**

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## Dynamic recreation back massage

### EFFECTIVE FINALE SOPHISTICATED BACK PROGRAM

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

**50 min**  
**90 euro**

## Honey dream back massage

### PURIFYING BACK MASSAGE

With a special massage technique, the pure natural South Tyrolean honey is worked deep into the connective tissue. Waste products and toxins are removed, tensions and energy blockages are cleared and the entire organism is strengthened.

**50 min**  
**90 euro**

## Dynamic feet and legs massage

### RAMPANT LIGHT-FOOTEDNESS - DYNAMIC FOOT AND LEG MASSAGE

Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, enhances blood circulation and clears your mind. For healthy, recovered, and relaxed feet and legs and a deep mental fitness.

**50 min**  
**90 euro**

## Stimulating foot massage

### FOOT-ZONE STIMULATING MASSAGE

Empower your life energy through targeted pressure point massage of the reflexology zones on your feet. Special attention is paid to balancing energy in order to activate self-healing and alleviate ailments. To ground you and give you new vitality!

**50 min**  
**90 euro**

## BODY TREATMENTS

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### Firming and toning body massage

#### **BODYFORMING MASSAGE IN A CLASS OF ITS OWN**

Discover a special toning body massage for a very unique experience. Active substances combined with innovative and modulated massage techniques stimulate the metabolism and support lymphatic activity. An individual dry massage with a specially developed copper and linen glove tonifies the tissue and helps to dissolve electrostatic charges. An activating roll pluck massage gives the tissue new energy and lets you shine in a dream figure.

**50 min**  
**95 euro**

### Detoxifying cellulite treatment

#### **STRAIGHTFORWARD BODY MODIFICATION: INNOVATIVE CELLULITE PROGRAM**

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage. To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation. The very definition of full-body care!

**50 min**  
**95 euro**

#### **WITH FIRMING CELLULITE ALGAE BODY WRAP**

**75 min**  
**140 euro**

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## Deep relax stone massage

### **RUSTIC LIFE FORCE, BASALT STONE MASSAGE AND DEEP RELAXATION**

At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage - primal power for your body and soul.

**50 min**  
**95 euro**

## Energizing herbal stamp power treatment

### **NATURAL POWER OF HERBS HERBAL POUCHES MASSAGE**

This herbal pouches massage by VITALIS Dr. Joseph is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!

**50 min**  
**95 euro**

## Firming cellulite algae body wrap

### **ACTIVATING ENERGY FROM THE SEA: MARINE SEAWEED WRAP**

A potent cellulite wrap with high-quality seaweed. Thanks to precious marine seaweed, this treatment has an intense effect on tissue strength and optimizes the moisture content of the skin. The circulation-promoting effects leave your skin looking rosy and smooth.

**25 min**  
**50 euro**

## Sport and vitality body wrap

### **BUNDLED ENERGY WITH ARNICA AND ST. JOHN'S WORT**

Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

**25 min**  
**50 euro**

## Moisturizing body wrap

### **SWEET ALLURE FOR A DEEPLY MOISTURIZED SKIN WITH APPLE AND ROSE HIPS**

Pamper your skin with a fruity and sensual beauty bath. Apple extract is rich in vitamins, minerals, pectin, and waxes - the perfect active ingredients to care for demanding skin. In combination with precious rose hips, it considerably improves the skin's well-being and significantly reduces skin dehydration. Your skin will appear smoother and more supple.

**25 min**  
**50 euro**

# PEELINGS

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## Full body scrub with hay extracts

### OPTIMAL PURITY FULL-BODY SCRUB WITH APRICOT PITS & HAY EXTRACTS

The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

**25 min**  
**50 euro**

## Aroma salt body scrub

### INTENSIVE TENDERNESS FULL-BODY AROMA SALT SCRUB

This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.

**25 min**  
**50 euro**

## Dry body scrub with linen glove

### STIMULATING NATURE, LINEN GLOVE DRY SCRUB

This deep-cleansing dry scrub with potent essences supports your metabolism for a clear and radiant complexion. Ideal for sensitive and especially dry skin.

**25 min**  
**50 euro**

## Peeling and wrap

**50 min**  
**95 euro**

## Peeling or wrap

### WITH PARTIAL BODY MASSAGE

**50 min**  
**95 euro**

### WITH FULL BODY MASSAGE

**75 min**  
**140 euro**

## Steam bath

**42–45°C**

**100% HUMIDITY**

The Steam bath or Turkish bath particularly benefits the respiratory system and mucous membranes. In combination with aromas it has an antibacterial effect and stimulates metabolism. In addition, sitting in a steam bath has an obvious positive effect on beauty. Especially in combination with a peeling it rejuvenates and nourishes the skin. After a session in the Turkish bath a tepid shower and long recovery is recommended.

## Bio sauna

**55–65°C**

**15–30% HUMIDITY**

It is ideal for beginners and for all those who do not tolerate extreme heat, but do not want to disclaim the benefits of the sauna. Although the temperature is clearly lower than in the Finnish sauna, a sweat bath is guaranteed in any case.

## Finnish sauna

**80–90°C**

**5–15% HUMIDITY**

The Finnish sauna is a hot dry air bath with intermediate cooling breaks and has a positive effect on your health. The alternation of hot and cold phases favours the circulation in the skin and mucous membranes, gently trains the cardiovascular system, regulates blood pressure and blood distribution and strengthens the body immune system against infections. Furthermore, it cleanses the skin and promotes cell regeneration and has a relaxing effect on psyche and muscles.

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## Sauna properly

Take time for your sauna session!  
Avoid stress during a sauna session, relaxation has primary importance.

Before sauna, take a shower and dry yourself well.

For each session we recommend a stay of between 10 and 15 minutes, depending on personal well-being. Leave the sauna when you no longer feel comfortable.

Never enter in the sauna with cloths.

Refresh yourself after a sauna session. Take a breath in the fresh air and then refresh your body with cold water or ice: first your arms and legs, then your back and stomach - from the extremities towards your heart - and then your head.

Rest with your body wrapped in a warm bathrobe. Between sauna sessions we recommend a recovery period of at least 30 minutes.

## The effect of the sauna

Sweating in the sauna trains the body's thermoregulation system.

The alternation of hot and cold stimulates the blood vessels of the skin and the mucous membranes of the respiratory tract. In this way the body learns to adapt to different temperatures.

The result is, the body is better able to fight cold viruses and prevent the flu.

## Sauna dresscode

The sauna is a nudist area: access is only granted without a bathing suit. A towel can be used to cover yourself in the sauna area. The entire sauna area is accessible only with bath slippers. Use the Turkish bath without slippers and without towel. For hygienic reasons and to protect the wood, please use a towel to sit on when using the low humidity cabins and refrain from wearing bath slippers.

## Why do you enter naked in the sauna?

The sauna is an area where you enter naked because the heat radiated inside the sauna must be able to reach the skin unhindered and also sweating should not be blocked by clothing. It is also neither pleasant and not hygienic to sweat in a swimsuit, especially if it's made of synthetic material.

## TEAM D<sup>R</sup> JOSEPH

Sustainable proven  
certified natural  
skincare

### SINCE 1986

TEAM DR JOSEPH embodies unparalleled quality and efficacy since 1986 and promises result-driven, natural, and sustainable skincare. The organic-certified, award-winning products follow a holistic approach and contain active ingredient combinations from different plants that are refined with high-tech processes to guarantee the best results for the skin.

For more than three decades, TEAM DR JOSEPH has been developing holistic treatment concepts that focus on the skin's individual needs. Their body treatments feature fascia massage techniques and special tools such as flower stamps or mouth-blown jars for biodynamic cupping.

The plastic-neutral family business's commitment to quality and effect is always linked to a responsible approach to nature and its resources.



### Be on time

To ensure that your treatment specialist can prepare your custom treatment and that you can enjoy your full treatment time, we kindly request that you arrive at the spa reception about 10 minutes before the start of your treatment. Out of respect for other guests, we ask that you understand that if you are late to your treatment, it will result in a reduction of your treatment time.

### Clothing

Please come to your treatment in a bathrobe. To protect your privacy, we offer a single-use garment for each treatment and work with various masking techniques.

### Cancellations

Appointment cancellations should be made at least 24 hours before the start of the treatment. We must unfortunately charge full price for cancellations any later than this.

