



# BODY AND SOUL CENTER

# INFO

## Wellness Area

Our guests' need for peace and quiet is our top priority. Please let yourself and our other guests enjoy this time of relaxation. Electronic devices are not permitted in the wellness area. We ask that you do not reserve loungers by placing personal items on them, and reserve the right to clear loungers for waiting guests.

## Valuables

Please keep your valuables in the safe in your room for security reasons. Valuables found in bathrobe pockets are mostly not reunited with their owners.

## Clothing

In order to enjoy your full treatment time and make yourself as comfortable as possible, we recommend that you turn up to your appointment in your bathrobe or comfortable clothing. You will find a bathrobe and slippers in your room.

## Bath towels

Towels are available in our wellness area. We ask that you use these sparingly. For hygiene reasons, we ask that you use towels to ensure that your body does not come into contact with the wood. Please always shower before and after using the sauna.

## Consultation

We would be happy to inform you as to what packages and treatments are perfect for you in a personal consultation.

## Your health is important to us

Please let us know about any health problems (any musculoskeletal limitations, high blood pressure, heart conditions, allergies, recent operations or pregnancy) while making your appointment to make sure we can adapt your treatment to suit your needs if necessary. This information will be treated confidentially.

## Treatment

Please arrive at our Body & Soul center 5 minutes before your treatment appointment, and enjoy a cup of tea while you prepare for your wellness treatment. Please wait at the Body and Soul reception. You will be picked up by our staff personally. Men should shave at least 3 hours before a facial treatment.

## Pregnancy

We would be happy to advise you in our wellness centre as to what treatments and therapies are suitable for mothers-to-be.

## Cancellations

Please note that appointments must be cancelled at least 24 hours in advance, otherwise the treatment price will be charged in full. If you are late for your appointment, your treatment will be shorter to honour the original finish time. Treatments must finish in time so that the next guest isn't made to wait.

## Relax and drink

We recommend that you relax for at least 5 minutes after your treatment. Please make sure you drink enough Grander water or tea - you can help yourself from our vitamin bar.



## Day Spa

Our New Balance Alpine Spa also welcomes day guests - a day that feels like a week's holiday costs 99,00 and includes breakfast, spa bag with towels, bathrobe & slippers, lounge juices and teas, activity programme and a 3-course spa menu.

## Gift

### VOUCHERS

Are you looking for an unusual gift for your nearest and dearest? We sell vouchers for treatments or wellness days, and vouchers for a certain sum. Simply let us know!

Experience the joy of giving.

## FOR FREE

### Explore our Products

You can also purchase a range of high-quality professional products from us.

**15 min**

### Explore Beauty

We would be happy to give you a tour of our exclusive beauty facilities.

**10 min**

### Outdoor Relaxation Room

In good weather, you can enjoy our beautiful sun terrace before or after your treatment.

### Vitamin Bar

You can enjoy our vitamin bar at any time.

- VitaJuwel - water energised with precious stones
- High-quality Sri Lankan tea
- Kombucha
- Fresh fruit



## WELLNESS ETIQUETTE

### Body & Soul reception\*

We are available for our guests every day. To arrange an appointment and for further information, please contact our staff at the Body & Soul reception by calling 680 or contact hotel reception at 655.

From outside, you can contact us at +43 (0) 6541 / 6346 680 or by sending an e-mail to [beauty@wolf-hotels.at](mailto:beauty@wolf-hotels.at). We are happy to return your call! To guarantee that you will receive the wellness treatments of your choice, we recommend booking your desired slot before your arrival.

### Spa etiquette

Relaxation is an art – and we know how to practise it! We are looking forward to your visit to the Body and Soul Center and want to offer the best possible service. Please note that massages on a full stomach can be unpleasant, so heavy meals are best avoided. Try snacking on fresh or dried fruit instead and treat yourself to a cup of Ayurvedic tea or Grander water at our tea bar. Make sure you drink plenty of water or tea throughout the day, at least 2 litres. If you use the sauna, you should drink at least 3 litres.

\*Find out more about our opening hours at the hotel reception.

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## FINALLY ARRIVED

Enter a world of peace, quiet and relaxation, and enjoy the most important thing in life: time. Sometimes, there's nothing better than simply letting yourself be pampered - leaving the stress of everyday life behind and bringing your mind, body and soul back into balance.

# TIME TO RELAX



**Body & Soul Centre - 1st floor**

- a) Reception
- b) Beauty room
- c) Pedicure/manicure room
- d) Salve in terra
- e) Bathing area
- f) Massage room
- g) Hay corner
- h) Fitness room
- i) Massage room

**New for you at our Body & Soul Centre:**

- 1. Massage room
- 2. Asian-inspired room for Thai massage and shiatsu
- 3. Soft-Pack lounge room
- 4. Beauty room
- 5. Couples' massage room
- 6. Private SPA

FOR  
A  
CLEAR  
OVERVIEW



**New Balance  
Wellness - basement level**

- 1. Entrance area
- 2. Rock shower with ice well
- 3. Herbal sauna
- 4. 'Treetops' relaxation room
- 5. Aromatherapy sauna
- 6. Fire & ice sauna with different temperature zones
- 7. Infra-red cabin
- 8. Solariums
- 9. Relaxation room with waterbeds
- 10. Alpine beach relaxation area
- 11. Relaxation room with view of the Hinterglemm mountains - relax on heated loungers
- 12. Indoor pool, 28°C
- 13. Heated outdoor hot tub, 36°C
- 14. Outdoor saltwater pool, 28°C to 34°C
- 15. Barn sauna

## SELECTED WELLNESS PRODUCTS

We offer you the highest quality in all our treatments, guaranteed by our use of products by 'Alpienne - the power of the Alps.'



## Alpienne

**Alpienne** concentrates the best of what nature has to offer. Each and every Alpienne product contains valuable and effective mountain ingredients: Arnica, St. John's wort and many other special herbs that grow wild on the sunny slopes of mountain valleys are collected by farmers, including marmot oil, propolis, honey, pine, valuable oils and countless organically cultivated medicinal plants. All ingredients are refined using labour-intensive processes, some of which carried out by hand, and used to make high-quality and - because they are up to 100% (!) natural - unique special care products.

Each individual product is created with the greatest respect for the environment - locally, sustainably, climate-neutral and, wherever possible, certified organic!

'Where nature unfurls its true power, up where plants relinquish their powers to man, this is the home of alpienne.' It is here that we create natural cosmetics and products that promote wellbeing and beauty.





WHAT A WONDERFUL  
P(A)LACE OF LÄSSIG!

## CLASSIC MASSAGES

**Alpine Partial Body Massage**  
25 min 40,00

**Alpine Full Body Massage**  
50 min 69,00  
75 min 117,00

Classic massage is the best-known form of treatment to release tension in muscles, to stimulate the metabolism and encourage circulation. The result is a general sense of wellbeing and deep relaxation.

We are also happy to pamper you with high-quality products by Alpienne:



**Arnica massage milk**

- reduces inflammation, cools, increases performance, helps muscle regeneration.

**Propolis massage milk**

- strengthens the immune system, detoxifies, purifies, nourishing for skin problems.

**St. John's wort massage milk**

- calming, good for exhaustion, sleepiness and nervous disorders

**Marmot oil massage milk**

- stimulates circulation, regenerates skin cells, relieves muscle cramps.

**Individual Massage, designed to suit your needs**

Individual massage gives you a treatment that's individually suited to your needs. We create a massage to suit your physical and mental wellbeing.

**50 min 79,00**

**Alpine Sport Massage**

A powerful massage for the back and legs to stimulate the metabolism. The arnica skin tonic optimally regenerates these muscles. Ideal before and after sport and physical exertion.

**40 min 75,00**

**Alpine Foot and Leg Massage**

A natural arnica salt exfoliating treatment and massage will keep your feet and legs fit. This refreshing, toning leg treatment is ideal for anyone that's been out and about on the mountains all day.

**40 min 64,00**

**Alpine Calf Massage**

A pleasant and therapeutic calf massage with extra arnica calf wrap. Perfect for after sport. The arnica wrap has a cooling, regenerating and soothing effect on tension, muscle aches and overly stressed muscles and joints.

You are also given the arnica wraps to take home; these can be used 3-4 times.

**25 min 59,00**

**Alpine Head and Neck Massage**

Switch off and let go with the healing powers of arnica. Tensions in the neck, head and shoulders are targeted and relieved.

**40 min 59,00**

**Lymph Drainage**

The lymph system is the lifeline of the human body. This gentle massage technique stimulates lymph circulation, releases retained water and promotes relaxation.

**50 min 75,00**

**Cupping Massage\***

In cupping massage, cups are placed on healthy, oiled skin. This method is said to help circulation disorders, muscle pain and tension, back pain and chronic headaches, as well as asthma and tuberculosis.

**25 min 49,00**

**50 min 79,00**

**Reflexology**

Reflexology zones are used to activate self-healing processes in order to bring your whole body back into balance.

**25 min 49,00**

**50 min 79,00**

**Combination Massage**

A combination of classic back massage and reflexology.

**50 min 75,00**

\* Appointments on request

# RELAXATION MASSAGES

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## Lomi Lomi Nui (Hawaiian)

Known as the 'queen of massages', this technique will take you on a journey deep into your soul. This Hawaiian technique relieves blockages and gently heals past wounds. A feast for the senses!

**75 min 159,00**

\* Appointments on request

## Alpine Stone Therapy (with hot stones)

The soothing effect of warm basalt stone charges you up with vitalising energy. The healing power of touch is combined with the energy of the earth. The relaxing effect is reinforced by the deep penetration of warmth into the body. Muscle tension is pleasantly relieved, and the body is encouraged to provide cells with oxygen and to remove waste products. This unforgettable massage experience lets you enjoy a feeling of security and peace.

**75 min 125,00**

## Intensive Back Massage (with hot stones)

This gentle back treatment lets you experience effective, therapeutic relaxation. Warm basalt stones make muscle tension simply melt away.

**40 min 69,00**

## Wellness Massage

A delicate, subtle full-body massage from head to toe helps to improve and maintain health and wellbeing. The contact stimulates the sensory cells in the skin. The positive effect on the central nervous system creates an immediate feeling of wellbeing.

**50 min 74,00**

## Ear Candle Treatment with Facial Massage

This treatment originates in North America (Hopi indians). It is used to cleanse and harmonise a person's mind and energy fields. The chimney effect caused by the candles stimulates circulation. Very effective for headaches and earaches, sleep disturbances, migraines and depression. Gentle flickering and pleasant warmth also have a calming, relaxing effect.

**45 min 79,00**

## Alpine Facial and Head Massage

This is the perfect treatment if you want to leave the world behind and freshen up your look at the same time. An arnica tonic revitalises the scalp, while the marigold cream gives you a dazzling smile.

**25 min 46,00**

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# COUPLES' TREATMENTS

## Couples' Alpine Relaxation Massage

Massage for two. Treat yourself and your other half to a pleasant couples' massage in our couples' treatment room.

**50 min 149,00/2 people**

\* Appointments on request







# REHABILITATION



*„When you look good – you feel good!“*

*„My idea was to develop a complete skincare system with rejuvenating effects that would combine revolutionary techniques with precious ingredients.“*

DR. ERICH SCHULTE, FOUNDER OF THE !QMS MEDICOSMETICS RANGE

!QMS Medicosmetics has been synonymous with premium-grade, revolutionary skincare for over 25 years. The label was founded by Dr. Erich Schulte, dual-qualified physician, cosmetic surgeon and developer of cosmetic products with an international reputation.

!QMS Medicosmetics products are currently used in more than 650 spas and institutes worldwide and this number is set to increase even further as more and more people are discovering the range.

**What we can do for you**

The skin is a particularly fascinating organ: it is a mirror of everything that is going on in our lives, from environmental factors and the ageing process to illnesses or lack of care. These factors leave their mark and will usually change the structure of the skin, causing lines and discolouration. Find the key to a fresh, radiant complexion by using an effective system based on selected, premium-grade products and treatments!

**BODY**

**Anti-Cellulite Contouring Treatment**

Targeted body treatment that helps get rid of cellulite, stimulates the circulation and replenishes the skin with added moisture. The combination of cosmetic products based on active ingredients and a specially developed application technique helps the body defend itself against harmful environmental influences, smoothes the texture of the skin and tautens the body's contours.  
**50 min 79,00**

**PACKAGE**

3 treatments  
Including Body Performance Duo  
**50 min 259,00**

**FACE**

**Activator Treatment**

A revitalising facial with immediate feel-good effect! Thanks to innovative techniques and the use of active ingredients, the skin is regenerated and appears fresh, tautened and radiant.  
**50 min 85,00**

**Deep Cleanse Intense**

Intensive moisturising and deep-cleansing facial. A peeling prepares the skin for this sensational, soothing and intensely moisturising seaweed mask, leaving you with a taut, smooth and healthy complexion.  
**50 min 85,00**

**Neo Tissudermie**

Treatment to strengthen and regenerate mature skin, refining and revitalising the skin's structure. !QMS' Neck & More is aimed at tautening the contours of the neck and the cleavage and to counteract the loss of elasticity that underlies the ageing process.  
**90 min 145,00**

**SK Alpha Revital Treatment**

The ideal facial and perfect therapy for lacklustre, stressed-out skin with immediate effect! The highly revitalising SK AlphaMake forms the basis of this treatment and stimulates the micro-circulation, leaving your skin radiant. A wonderful way to prepare your face for special occasions!  
**75 min 110,00**

The treatment is adapted to suit your individual requirements.



# TREATMENTS





## MEN ONLY

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### All treatments NEW

#### QMS Deep Cleansing

Intensive moisturising and deep-cleansing facial. A peeling prepares the skin for this sensational, soothing and intensely moisturising seaweed mask, leaving you with a taut, smooth and healthy complexion.

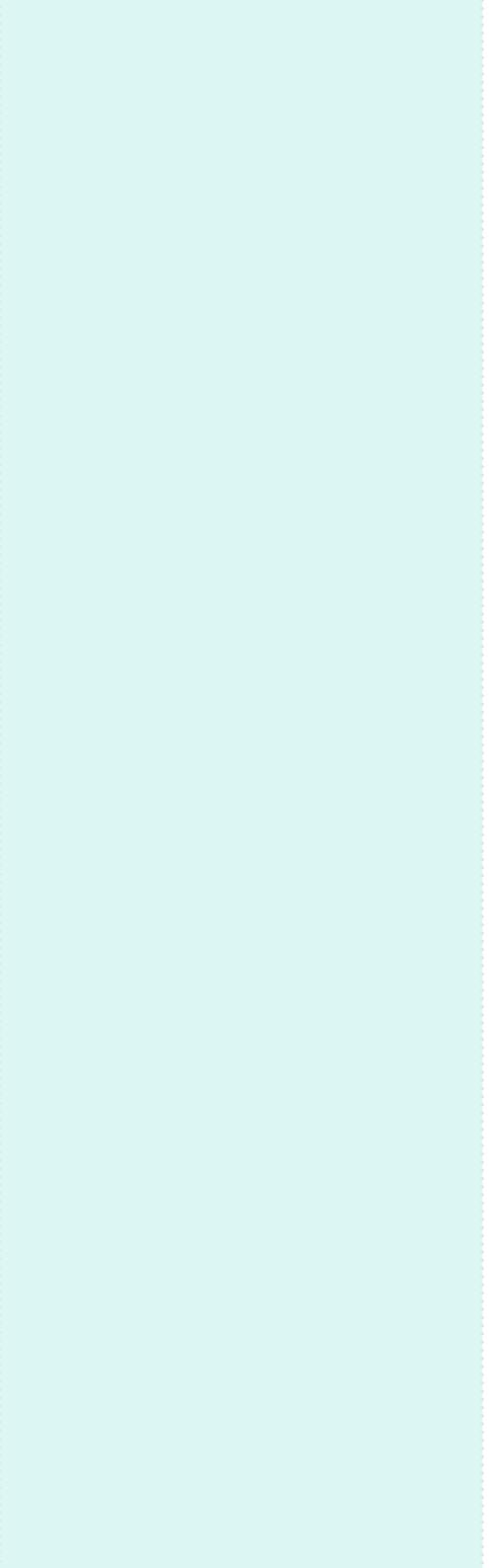
**50 min 85,00**

#### QMS SK Alpha

The ideal facial and perfect therapy for lacklustre, stressed-out skin with immediate effect! The highly revitalising SK Alpha Make forms the basis of this treatment and stimulates the micro-circulation, leaving your skin radiant. A wonderful way to prepare your face for special occasions.

**75 min 110,00**

**Pedicure for men 60,00**  
**Manicure for men 55,00**





## OUR SPORTS PROGRAMME

**Loosen Up**  
Relaxation after athletic exertion  
Vacuum massage (20 min) + sport massage (40 min)  
**60 min 125,00**

**Healing**  
After a sport injury  
Ultrasound treatment + laser therapy  
**40 min 120,00**

**Regenerating**  
for sore, aching muscles  
Magnesium bath + arnica wrap  
**40 min 75,00**



## FOR OUR YOUNGER GUESTS

**Alpine Kids' Massage (up to the age of 12)**  
We can also pamper the younger members of your family with a honey or chocolate massage.  
And a little surprise at the end! ;)  
**20 min 34,00**

**Alpine Kids' Facial (up to the age of 12)**  
Cleansing, skin analysis, exfoliation, steam, pore cleansing, gentle face pack and final skincare + a little surprise at the end! ;)  
**25 min 40,00**

**Kids' Manicure (up to the age of 12)**  
Cuticle treatment, filing nails and buffing  
**€ 25,00**

**Kids' Pedicure (up to the age of 12)**  
Cuticle treatment, filing nails and buffing  
**€ 25,00**

**EXTRAS:**  
• Nail polish 10,00  
• Nail decor 1,00 per nail

**Kids' Lucky Bag**  
• Kids' Massage  
• Kids' Manicure  
**40 min 55,00**

## FULL BODY TREATMENTS

### Alpienne Full Body Scrub

• Natural salt scrub with arnica for a cooling, regenerating and vitalising effect after athletic exertion.

• Natural salt scrub with St. John's wort & biopir: Firming and purifying exfoliation with natural mountain salt and micro-ionised zeolite.

**30 min 45,00**

### Full Body Wrap

During the treatment, you will lay comfortably on a SoftPack® system (37°C) and can relax in an almost weightless state.

Choose from:

- Purifying pack
- Classic mud pack - good for rheumatoid complaints, arthritis or swollen finger and foot joints.
- Firming pack
- Vital and sport pack (for muscle regeneration)

**40 min 53,00**

### Perfect Body (tums, bums and legs)

Using the unique of cupping massage and ultrasound treatment, you can achieve great results for firming and strengthening.

We create your individual body programm with connective tissue and also with cellulite and fat resolution.

**50 min 99,00**

### Garshan Silk Glove Massage (India)

Garshan is a dry massage using raw silk gloves to intensively activate the circulation and the lymphatic system and to promote the removal of toxins. Garshan massages are also recommended to combat listlessness and fatigue as they increase the energy flow. The silk gloves are yours to keep so you can continue using them at home.

**25 min 45,00**



## WELLNESS FOR YOUR HANDS & FEET

### Classic Manicure

Scented hand bath, filing nails, buffing and application of hand/nail products.

**55,00**

### Deluxe Manicure

Scented hand bath, manicure, gentle exfoliation, relaxing hand massage and a warm pine cushion for your neck...

**70,00**

or beautiful, polished hands we recommend

- an exclusive ultrasound treatment, to even your skin tone 10 min **30,00**
- Nail polish **10,00**
- French polish **17,00**
- New nail polish without manicure **20,00**

### Classic Pedicure

Pedicure with a soothing foot bath, filing nails, buffing and application of foot/nail products.

**60,00**

### Deluxe Pedicure

Scented foot bath, pedicure, gentle exfoliation, relaxing foot massage and a warm pine cushion for your neck.

### Polish

**10,00**

### French polish

**17,00**

### Arnica wrap for tired legs

**25,00**

### New!

### Permanent Shellac - for perfectly painted nails

Simple - quick - sensational

- Dries straight away & scratch-proof
- Stays on for weeks - high-gloss finish
- No smudging - no chipping

**37,00**

O·P·I



## BEAUTY EXTRAS

### For beautiful eyes

Eyelash Colouring	<b>14,00</b>
Eyebrow Colouring	<b>11,00</b>
Eyebrow Grooming	<b>11,00</b>
Eyebrow & Eyelash Colouring	<b>23,00</b>

### Hot Wax Hair Removal

Full leg	<b>59,00</b>
Lower leg	<b>39,00</b>
Bikini line	<b>29,00</b>
Underarm	<b>29,00</b>
Upper Lip	<b>15,00</b>
Chest	<b>39,00</b>
Back	<b>53,00</b>



## SPECIALS

### Salve in Terra

Unique couples treatment.

This spa treatment focusses on rediscovering the best side of being in a relationship, closeness, feeling and touch. Skincare products are used: a warm exfoliating cream is applied on the double lounger. Next, the lounger starts to move and rock you gently back and forth. Now you experience gentle sensations as the products work their magic on your body. Shortly before the end of the treatment, you and your partner will experience something very special. The sides of the lounger are moved upwards, like a mussel shell. Your bodies are nudged together for a short moment of togetherness. Finally, the products are removed by warm, tropical rain or refreshing ice rain.

**40 min 60,00/2 people**

### Hay Oven

Hay steam bath for your back. Anti-inflammatory, pain-relieving, calming, promotes sleep.

The hay oven is also good for heart and circulatory issues, shoulder and neck tension, aching limbs, bronchial illnesses and colds.

The essential oils in the hay - coumarin - have a vitalising, therapeutic effect and free up the airways.

A popular wellness treatment today, the hay oven has a long history of use, as it was common to warm yourself on a warm oven in combination with fragrant hay. In old farmhouses, people built special areas in ovens where they could place old hay.

**10 - 60 min from 8,00**



## ALPINE PRIVATE SPA SUITE



### 'Traditional' Alpine Private Spa

- Alpienne natural salt exfoliation in your own steam room
- Beer bath in a jacuzzi with a cold glass of beer and a hearty little snack
- Intense Sports Massage

**120 min for 2 people 250,00**

### Alpine Private Spa 'Luxury Treatment'

- Soothing cream exfoliation in your own steam room
- Basic bath in the jacuzzi with a small bottle of champagne
- Full body massage

**120 min for 2 people 280,00**

### Alpine Private Spa 'Caribbean Dream'

- Coconut exfoliation in your own steam room
- Basic bath in the jacuzzi with a fruity cocktail
- Partial body massage

**90 min for 2 people 190,00**

### Alpine Private Spa 'In Love'

- Salve in terra
- Basic bath in the jacuzzi with strawberries & cream and a small bottle of champagne
- Wellness massage

**120 min for 2 people 250,00**

### Alpine Private Spa 'Dolce Vita'

- Honey exfoliation in the steam room
- Alpienne honey pine bath in the jacuzzi
- Sweet treat

**60 min for 2 people 150,00**

You can also use the private spa for an hour without any treatments.  
140,00 per hour  
(includes 1 small bottle of champagne and fresh fruits)

## BATHS - FOR ONE OR TWO



### Symphony of Herbs

In a bath full of selected Alpine herbs, you will feel your wellbeing increasing and your body becoming stronger and more relaxed.

**25 min for one person 43,00**  
**2 people 70,00**

### Beer bath

This bath contains important vitamins, minerals and amino acids. The vitamin B in the yeast supports the regeneration of body and skin. Enjoy a cold beer while it works.

**25 min for one person 43,00**  
**2 people 70,00**

### Alkaline Bath

An alkaline bath encourages deacidification through the skin, so waste products are excreted through the skin.

**50 min for one person 49,00**  
**2 people 79,00**

### Magnesium Bath

Magnesium is absorbed by the whole body, encouraging rapid regeneration. Bathe in 36°C water with dissolved magnesium granules. This quickly and effectively solves problems with strained, over-acidic and painful muscles.

**50 min for one person 49,00**  
**2 people 79,00**

## PACKAGES



### Relaxation Day for Her

- Happy Aging with an exclusive laser treatment (90 min)
  - Deluxe manicure (50 min)
  - Aromasoul - a journey around the world (75 min)
- 215 min 296,00**

### Relaxation Day for Him

- Mens Happy Aging (80 min)
  - Vital Body Pack (40 min)
  - Alpine head and neck massage (40 min)
- 160 min 219,00**

### Time-Out

- Hay oven (15 min)
  - Full body exfoliation
  - Intense back treatment (40 min)
- 85 min 116,00**

### Slim and Fit

- Garshan silk glove massage (50 min)
  - Purifying pack (40 min)
  - Perfect body (50 min)
- 140 min 206,00**

### Just for Men

- Beer bath (30 min)
  - Alpine sport massage (40 min)
  - Fango wrap (40 min)
- 110 min 166,00**

## We are happy to compile a customised package for you.



### Happy Day

- Deluxe pedicure (60 min)
  - Bath with champagne oil (30 min)
  - 50-min massage (choice of silk glove or herbal massage)
  - Body wrap (40 min)
- 180 min 220,00**

### Alkalisig

- Alkaline bath in the jacuzzi with a green smoothie (50 min)
  - Lymph massage (50 min)
  - Alkaline wrap (40 min)
- 140 min 166,00**

### Head to Toe

- Intensive facial (80 min)
  - Full body massage (50 min)
  - Deluxe pedicure (60 min)
- 160 min 230,00**

### Full Programme

- Alpine Palace facial/high tech facial (80 min)
  - Deluxe pedicure (60 min)
  - Deluxe manicure (50 min)
  - Alpine stone massage (75 min)
- 1 - 2 days 385,00**





The Alpine Palace New Balance Luxus Resort  
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