

Der Wastlhof
g'fühlig . g'miatlich . guat ★★★★★

Beauty & Wellness

Cosmetic Treatments and Massages



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Cosmetic Treatments and Massages

Massages

The classic ones

Partly massage	25 min	€ 39,-
Full body massage	50 min	€ 69,-
Sport massage	25 min	€ 42,-
or	50 min	€ 72,-
Facial massage	25 min	€ 39,-

Aromatic massage 4 elements according to Dr. Jakobi

25 min €42,- 50 min 72,-

Relax emotion fire

flavour: fine, floral and aromatic
effect: cooling, energizing, relaxing

Relax emotion water

flavour: mediterranean, tart, angular
effect: energizing, restores emotional wellbeing

Relax emotion air

flavour: sweet and tender
effect: helps to ground yourself und gives comforting, restoring equilibrium

Relax emotion earth

flavour: like velvet, soft, tempting
effect: soft, sensual, invigorating

The special ones

Foot reflex zone massage

5000 years ago the chinese people discovered that the internal organs can be influenced by a massage of the feet and hands. So this foot reflex zone massage activates the self-healing energy of your body.

25 min € 45,- 50 min € 75,-

Massage mix

A combination of foot reflex zone and a back massage
(very popular) 50 min € 75,-

Wastlhof vital massage

This massage includes a very special massage oil made out of 37 different herbs and oils, boosting the blood circulation.

25 min € 45,- 50 min € 75,-

Gedankenfrei

Very pleasant head and face massage, where you can relax, recover and forget your everyday stresses and strains.

30 min € 52,-

Special neck massage

Helps to relieve neck tension and can alleviate headaches and migranes.

30 min € 49,-

Lymphatic drainage

Gentle massage with soft, flowing movements that have detoxifying and purifying effect.

25 min € 42,- 50 min € 79,-

Candle massage

This massage is warming and the wax includes a lot of natural ingredients which are very good for your skin. 50 min € 75,-

Waldduft

This massage is refreshing and balancing for the body, because of the special pine oil. The special pine oil is very famous in Tyrol and has a positive effect on the heart, sleep and the air way.

25 min € 42,- 50 min € 75,-

Wohlig warm

You enjoy a back massage with the healful arnica oil and the supporting warmth of a pillow filled with hot cherry stones.

30 min € 52,-

Back intense

Natural products and a modulated massage with cupping glasses release tensions of the back muscles.

25 min € 47,- 50 min € 84,-

Dorn Breuss

The joint bones as well as the spine will be bring back again in their natural position. With an energetic Breuss Massage with St. John's wort oil the band washers will be softly regenerated.

ca. 50 min € 84,-

Acupuncture Massage TUINA AN MO

With a rod the energy in your body will be brought to flow again.

ca. 50 min € 84,-

Trigger-Point-Massage

Special points in your body will be activated and stimulated.

ca. 25 min € 47,-

Special stomach treatment

With this soft stimulation massage of your belly your digestion will be improved. It is relaxing and the metabolism will be stimulated. Chronic ailments of the lumbar spine can be influenced positively.

ca. 25 min € 47,-

Chair Massage

It is recommended for pregnant women as well as for persons where the prone is not suitable. The combination of acupressure, joint loosening and massage release tension.

25 min € 42,-

Alternative treatments

Flossing

Promotes blood circulation, prevent muscle soreness, relieves pain in bone joints, improvement of agility, regeneration of Muscles and fascia € 20,-

Tape-ing

Ideal if you have pain, blockages and postural damage. The flexible tapes will be stucked directly to the skin. Small tape € 10,-



The sensitive ones – with the special feeling...

Intuitiv sensitive massage

This is a combination of different massage techniques and will be tailored to your particular needs. 50 min € 79,-

Rose Garden

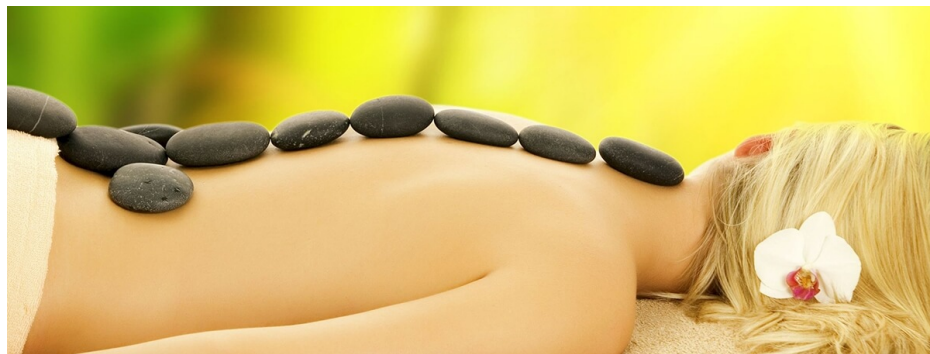
The rose as the queen of all flowers with the very intense, mystic, floral and sweet smell is a great ingredient for massage oil. Very sensitive parts of the body like hands, feet, shoulders, neck, face and head benefit especially from the rose oil, which is used in this massage. This effect supports the rich almond oil, which carries the wonderful fragrance of the rose oil and gives your skin a treat.

70 min € 117,-

Hot stone massage

The power of the hot stones.

70 min € 117,-



Perfect Body – Bandage Body Styling

Our successful anti-cellulite treatment. This special treatment is designed to tone your muscles and break down your cellulite. The wraps we use are infused with essential oils and improve contours and leave the skin smooth, toned and more resilient.

1 Perfect Body (50 min) € 72,-

3 Perfect Body (50 min) € 195,-

Vital Packs – Deep Relaxation

Cuddle Pack PINE

It is positive for bone joints and muscles. The smell of the pine is unique, soft and warm

30 min € 42,-

Vital Pack ORANGE

Encouraging and brighten mood, it is very popular because of the fragrance, pleasant regreasing of the skin

30 min € 42,-

Vital Pack LAVENDER

Calming and beneficial body pack, benefit for body and soul

30 min € 42,-

Vital Pack ROSE

Open your soul and gives all body types beauty, it is harmonizing, smooths and tightens

30 min € 42,-

Alpine PINE

Pine needles give peace and relaxing, promote blood flow

30 min € 42,-

Facial Treatments – for women and men

Small Facial treatment

Cleansing, peeling, deep cleansing or a relaxing face massage, an individual treatment depending on your skin
60min € 79,-

Facial treatment de luxe

This luxury facial is moisturising for your skin. Cleansing, peeling, deep cleansing, eye brows shaping, massage, special eye mask, special full face mask, day cream. While you enjoy your facial treatment you get a hand peeling and hand pack.

ca. 120min € 156,-

Classic facial treatment

Cleansing, peeling, eyebrows shaping, facial massage, mask and day cream.

ca. 90min € 112,-

Anti ageing treatment with galvanic spa

Effective lifting treatment with electro spa helps to regenerate the skin. Cleansing, peeling, antiageing galvanic treatment, facial massage.

ca. 90 min € 122,-

following treatments with galvanic spa ca. 45 min € 65,-

Facial treatment Mask Modelage

This facial is one of our most popular ones. A special treatment with a warm full face mask.

90 min € 118,-

Facial treatment special

Anti – ageing pure moisture for your skin
cleansing, peeling, eye brows shaping, relaxing face massage, special care with pack and day cream.

90 min € 118,-

Beautiful Eye

The skin around the eye is very sensitive and thin. Cleansing, eye massage, special eye serum to lifting the parts around the eyes.

30 min	€ 48,-
3x 30 min	€ 135,-

All our facial treatments are bookable for men as well!

Treatments – for men

Facial treatment for men

Cleansing, peeling, deep cleansing, relaxing face and head massage, an individual treatment depending on your skin

90min	€ 102,-
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Express treatment for men

30min	€ 55,-
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Fresh Kick for men

50min	€ 85,-
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Gentlemen manicure

30min	€ 35,-
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Gentlemen pedicure incl. peeling

50min	€ 55,-
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Hand and feet

Pedicure

Just relax in a warm foot bath, enjoy a peeling and a professional pedicure and afterwards a foot massage.

Ca 60 min without nail polish	€ 69,-
Ca 60 min with nail polish	€ 79,-

Manicure

Enjoy a hand peeling and a professional manicure

Ca. 60 min without nail polish € 59,-

Ca. 60 min with nail polish € 69,-

UV Lack

Ca 30 min: € 42,-

Nail polish

Ca 20 min: € 17,-

UV Lack with quick manicure

Ca 60 min: € 85,-

UV Lack with quick pedicure

Ca 60 min: € 85,-

Extras

Eyelash tint € 15,-

Eyebrows tint € 12,-

Eyebrows shaping € 14,-

Day make up € 38,-

Eyelash and eyebrows tint incl. shaping € 42,-

Waxing

Full legs € 54,-

Legs below the knee € 38,-

Bikini zone or arm pits € 28,-

Arms € 28,-

Upper lip or chin € 15,-

Back or breast € 54,-

Solarium 15 min € 7,-**Permanent Make-up** Duration and price upon request

For kids only

Harmonic children massage	ca. 20 min	€ 35,-
Children massage “Zappelphilipp” Soothing and relaxing for active children	ca. 20 min	€ 35,-
Manicure and pedicure for children If you wish with coloured with nail polish	30 min	€ 35,-

For teens only

Hand and nails art Manicure or pedicure	30 min	€ 35,-
Check up your Face For clear skin, cleansing, peeling, vapozone, mask and day cream	45 min	€ 65,-
Well being Cleansing, peeling, eyebrows shaping, face massage, mask and day cream	45 min	€ 65,-
Boxenstopp for teenies back and leg massage with a refreshing inunction	30 min	€ 42,-

Contact us!

If you are interested in booking a massage or a cosmetic treatment don't hesitate to contact us. Please book the treatments at the hotel reception or at the beauty reception.

If you have more questions we are glad to assist you.

If you want to cancel your booking please do that at least 5 hours before your treatment.



Family Brunner

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