



Stanglwirt



SPA



WELL-BEING MENU

... at home at Stanglwirt



Philosophy

”At home in the Stanglwirt Spa” means a journey to find your inner focus. A holistic energy source that uses the elemental forces of nature to balance each individual, restoring harmony in a perfect and unique realm. Our excellently trained and experienced team will delight in looking after you, devoting all their attention and their rather special skills to catering to your needs. Our main objective is for all our guests to be able to recharge their batteries and regain their energy in accordance with their personal needs. Effective methods of treatment that draw on the natural Stanglwirt philosophy ensure inner and outer balance. Healing hands combined with outstanding products and unique applications ensure a holistic sense of wellbeing and lasting results. It would be our pleasure to design a programme to suit your personality and bring out the best in you.





Your Stanglwirt wellness range

WELLNESS WORLDS for those who seek tranquillity (aged 15 and over)

The biggest hotel brine pool in Europe (210 m², 36 °C), international-standard professional sports pool (25 x 7 m) with OMEGA time measurement, large panorama event sauna with direct access to the lovingly designed natural swimming lake (517 m²), pinewood eco-sauna, marble steam bath, waterfall grotto, panorama relaxation areas that include open fireplaces and islands of tranquillity, and unique sauna infusion experiences every day, carried out by professional sauna masters.

WELLNESS AND WATER WORLD for families

An adventurous children's water world (1,000 m²), which includes a 120-metre-long water slide, pool cinema as well as many other attractions, "Felsenbad" indoor and outdoor rock pool, family sports pool at the "Kaiserwiese", rock sauna area (salt-steam grotto, spruce eco-sauna, "Wilder Kaiser" sauna, stone sauna), whirlpool with views to the seawater aquarium, including its colourful coral reef, and extensive relaxation areas offering panoramic views.

Validity

This Spa menu is valid from November 1st 2025. All previous prices will no longer be valid from this date. Prices may change at any time without notice.

STANGLWIRT-SPA

Soothing massages, a range of treatments for face and body, unique Detox Lounge, haki – the art of touch, medical beauty by Dr. Barbara Sturm and our very own range of highly innovative skincare developed in-house: "TGC - The Good Conscious".

STANGLWIRT FITNESS GARDEN

500 m² fitness, cardio and strength area with brandnew LifeFitness equipment, kinesis, varied programme of sports (indoor and outdoor) and personal training. The Stanglwirt is also making a palpable difference in prevention and medical fitness, in cooperation with the renowned Traunmed Sports & Rehab Centre and the popular personal trainer Björn Schulz. In the exclusive BJÖRN SCHULZ SPORTS ACADEMY, personal training is exclusively heart-rate controlled and conducted under professional instruction. The boxing workout takes place in a professional boxing ring.

HAIRLODGE-STANGLWIRT

The latest trends, news and tips for your hair await you at our hairdressing salon. Our top hairstylists will happily advise you individually on what is right for you.

SPECIALIST PSYCHOLOGICAL PRACTICE

Mag.^a rer. nat. Inge Neuner

For mental health and well-being.

Opening hours

All pools (total of more than 1,500 m ²)	7.00 am – 9.00 pm
Rock sauna realm and saunas in the adult area	10.30 am – 8.30 pm
Panorama event sauna	2.00 pm – 8.30 pm
Stanglwirt SPA	9.00 am – 7.00 pm
Fitness garden	open 24/7

SPA RESERVATIONS AND INFORMATION

Telephone from your room	950
External telephone	+43 5358 2000-950
E-mail	spa@stanglwirt.com

ORDERING PRODUCTS

We are very happy to send you any Spa, hairdressing and sports products that have taken your fancy. We can take orders directly at the online shop, over the phone and by e-mail.

Telephone from your room	950
External telephone	+43 5358 2000-950
E-mail	spa@stanglwirt.com
Online-Shop	shop.stanglwirt.com

GIFT VOUCHERS

You can order these from our online shop at **shop.stanglwirt.com** or they can be issued in person at our SPA or hotel reception desks. They can then be redeemed against your chosen SPA experience.

SPA-SHOP

Our SPA stocks the following exclusive branded products: cosmetics from **Dr. Barbara Sturm**, **TGC – The Good Conscious**, **LIGNE St. Barth**, **QMS Medicosmetics**, **Hydrafacial**, **JetPeel**, swimwear from **Melissa Odabash** and **Vilebrequin**, handcare products from **O.P.I.** and **Nailtime**.

DR. BARBARA
STURM

THE**GOODCONSCIOUS**
TGC SKINCARE


L I G N E
ST BARTH
The Spirit of Nature

QMS
MEDICOSMETICS



VILEBREQUIN

O·P·I


NAILTIME

MELISSA
ODABASH

 **JETPEEL**
JET YOUR SKIN

Stanglwirt



Spa etiquette

APPOINTMENTS

Appointments may be arranged by telephoning **+43 5358 2000-950** or via e-mail to **spa@stanglwirt.com** . We recommend that you make your appointments as far in advance as possible. Appointments may also become available at short notice.

MEETING YOUR NEEDS

We take an individual approach to meeting your treatment needs. This is why, before starting the treatment, we ask you what is particularly important to you. Expert advice is a key component of the treatment and is something which is very dear to our hearts. Please let us know about any specific health conditions you may have, as individual treatments might possibly be unsuitable for you. We have male and female therapists. Please let us know your preferences when you make your appointment.

ARRIVAL TIME/DELAYS/CANCELLATIONS

We kindly ask you to arrive about 10 minutes before your appointment. This gives you plenty of time to enjoy a cup of freshly brewed tea and get into the right mood for your treatment. Please note that out of respect for the guests who follow, your treatment will be correspondingly shorter should you arrive late. Should you not be able to keep your appointment, we ask that you let us know at least 24 hours in advance - to avoid the cancellation policy. You will be charged the full amount for any appointments which are not been cancelled due to the policy. If you use a voucher as payment method for the treatment, its value will be reduced accordingly. In case of an advanced payment with a voucher, the value will be redeemed accordingly, if the appointment is cancelled or postponed out of cancellation terms.

CLOTHING

For a pleasant spa session, we recommend that you come to your treatments in a bath robe and slippers (these are provided for you in your hotel room).

VALUABLES

We recommend that you lock any valuables in the safe in your hotel room.

CHILDREN

The minimum age limit for our wellness area for adults is 15. Children of all ages are very welcome in the wellness area for families.

PEACE AND TRANQUILLITY ...

are essential requirements for deep relaxation. Out of consideration for yourself and for other guests, we ask that you switch off your mobile phones during your spa session. Please do not use cameras during your visit. Please be considerate to other guests in all areas by speaking quietly and behaving respectfully. Our SPA is a non-smoking zone.

YOUR WELL-BEING IS IMPORTANT TO US – AS IS YOUR OPINION!

We do our utmost to meet your high expectations and requirements and are aware that every treatment is an individual experience. We look forward to receiving your feedback!

Product lines

DR. BARBARA STURM MOLECULAR COSMETICS

DR. BARBARA
STURM

The fountain-of-youth active ingredient purslane, which activates the "immortality enzyme" telomerase in our cells, makes Dr. Barbara Sturm's "Molecular Cosmetics" skincare line unique in the cosmetics sector. Her products use scientifically advanced ingredients that are healthy, healing and safe, and nourish the skin instead of attacking it. The Dr. Barbara Sturm Molecular Cosmetics range is for anyone who is longing for a straightforward but highly effective skincare product that delivers moisture, nutrients and a healthy glow. Dr. Barbara Sturm's unique, science-based products have achieved cult status among skincare enthusiasts around the world.

TGC – THE GOOD CONSCIOUS **THEGOODCONSCIOUS**

TGC is a highly innovative range of latest-generation cosmetics, created to a unique formula and distinguished by its new, cutting-edge and premium-quality ingredients. They visibly improve the complexion and the skin's elasticity while slowing the aging process. All the products were developed specially for the Stanglwirt SPA. They comply with the highest standards and are "Made in Germany".

QMS MEDICOSMETICS

Medical Competence in Cosmetics

QMS
MEDICOSMETICS

QMS Medicosmetics stands for clinically proven high-performance skincare with up to 97% naturally occurring collagen, thus eliminating the causes of skin conditions and aging skin. QMS Medicosmetics is a brand developed in the field of medicine for use in the professional cosmetics sector.



L I G N E®
ST BARTH
The Spirit of Nature

LIGNE ST. BARTH

The Spirit of Nature

For the past thirty years, LIGNE ST BARTH has been committed to combining effectiveness with unbeatable quality in its innovative creations. The brand epitomises the clear atmosphere of the island, the spirit of St Barth, and finds its inspiration in mother nature.

SEDONA WELLNESS

Pulsating Electromagnetic Field Therapy (PEMF)

SEDONA Wellness
Pulsating Electro-Magnetic Field Therapy

The Sedona PEMF therapy combines supreme comfort with advanced cellular wellness technology. It activates the body's self-healing powers, relieves pain, improves circulation, provides renewed energy, and enhances vitality, mobility, and restful sleep.

Available as:

- Longevity Lounger Chair Pulsating Electromagnetic Field Therapy
- Longevity Comfort Topper Electromagnetic Field Therapy (as an add on to any cosmetic treatment)

30 minutes € 70.–



DR. BARBARA STURM

Dr. Barbara Sturm is a German aesthetic doctor. She has become well-known worldwide for her anti-inflammatory skincare philosophy and innovative, non-surgical anti-aging treatments. Beautifully youthful, firm and healthy skin without surgery is what Dr. Barbara Sturm is known for around the world.

Her products use science-based ingredients that are healthy, healing and safe, and nourish the skin instead of attacking it. The Dr. Barbara Sturm Molecular Cosmetics range is for anyone who is longing for a straightforward but highly effective skincare product that delivers moisture, nutrients and that healthy Sturm glow.



MOLECULAR FACIAL CLASSIC

An intensively moisturising and tightening facial treatment that ensures clear and visibly healthier skin. It has a calming, tightening and hydrating effect and is suitable for all skin types.

- Cleansing with Dr. Sturm cleanser
- Exfoliation with Dr. Sturm facial scrub
- Steam
- Deep cleanse
- Super anti-aging serum according to Dr. Sturm principles
- Tissue activating facial massage according to Dr. Sturm principles
- Intensively moisturising Dr. Sturm lifting mask with aloe vera
- Intensive treatment individually tailored to your complexion
- Eye care according to Dr. Sturm principles
- Personalised finishing treatment according to Dr. Sturm principles

60–70 minutes € 180.–

We recommend:

Diamond microdermabrasion for face	€ 70.–
Diamond microdermabrasion for neck & décolleté	€ 35.–
Microneedling for face with the mesopen	€ 250.–
Active ingredient ampoule/ Personalised intensive treatment	€ 25.–



LYMPH DETOX TREATMENT – ANTI-AGING

Manual lymph drainage frees the facial skin of pollutants and detoxifies it, with gentle movements along the lymph vessels. Your teint looks younger and visibly fresher.

- Cleansing with Dr. Sturm cleanser
- Exfoliation with Dr. Sturm facial scrub
- Steam
- Deep cleanse
- Super anti-aging serum according to Dr. Sturm principles
- Lymph drainage for the face
- Intensively moisturising Dr. Sturm lifting mask with aloe vera
- Active ingredient ampoule/ Personalised intensive treatment
- Eye care according to Dr. Sturm principles
- Individual finishing treatment according to Dr. Sturm principles

60–70 minutes € 195.–

We recommend:

Diamond microdermabrasion for face

Diamond microdermabrasion for neck & décolleté

Active ingredient ampoule/ Personalised intensive treatment

€ 70.–

€ 35.–

€ 25.–

Diamond microdermabrasion: Removes rough skin in a controlled and painless way. The process of skin cell renewal is stimulated, the pores are improved, small wrinkles are reduced and the skin is then at its most receptive to the benefits of your individual treatment.

Microneedling with the mesopen: Hyaluronic acid is inserted into the dermis through fine channels. The treatment acts as a boost of freshness, tightening the skin and providing lasting, in-depth moisturisation. Keep the unique result of this treatment for even longer with the dermaroller, which you can use at home! Our beauty team will be happy to provide you with detailed advice.

HOLLYWOOD'S SECRET – SUPER-ANTI-AGING

This intensive, collagen-stimulating facial treatment/microneedling with the mesopen ensures an immediate and visible effect, and is Hollywood's insider tip before taking to the red carpet. The outcome is skin that is visibly rejuvenated and firmer. An effective and deeply moisturising super anti-aging treatment.

- Cleansing with Dr. Sturm cleanser
- Exfoliation with Dr. Sturm facial scrub
- Steam
- Deep cleanse
- Super anti-aging serum according to Dr. Sturm principles
- Tissue activating facial massage according to Dr. Sturm principles
- Microneedling with the mesopen for the face and two hyaluronic acid ampoules, followed by occlusion
- Intensively moisturising Dr. Sturm lifting mask with aloe vera
- Eye care according to Dr. Sturm principles
- Personalised finishing treatment according to Dr. Sturm principles

90 minutes € 350.–

We recommend:

Microneedling with the mesopen for the face incl. Dr. Sturm hyaluronic acid ampoules	€ 50.–
Microneedling with the mesopen for the décolleté incl. Dr. Sturm hyaluronic acid ampoules	€ 50.–
Diamond microdermabrasion for face	€ 70.–
Diamond microdermabrasion for neck & décolleté	€ 35.–
Active ingredient ampoule/ Personalised intensive treatment	€ 25.–

THEGOODCONSCIOUS

The TGC cosmetic brand is synonymous with sustainability and healthy skin, and delivers the highest level of skincare, its power lying in the latest pure and highly concentrated active ingredients. They visibly improve the complexion and the skin's elasticity while slowing the aging process. The TGC brand is the latest generation of highly innovative cosmetics with a unique formulation. The products do not contain any parabens, mineral oils or silicones; they are also PEG-, GMO- and allergen-free and vegan.

**"True BEAUTY blossoms when we are CONSCIOUS
that we are doing GOOD for ourselves and the environment."**

TGC – The Good Conscious





TGC EFFECT TREATMENT

A short, intensive treatment with a big impact. The tightening facial massage with TGC oil elixir provides the skin with an intense boost of lipids. The skin's own collagen is restored, which also improves moisture absorption. A true luxury-class, nutrient-rich multi-talent. To make the ingredients even more effective, the eye and lip care product is gently worked into the skin using the exclusive "TGC glow stick eyes & lips".

- Cleansing
- Enzyme peeling
- Active serum
- Massage
- Eye care / lip care
- Personalised finishing treatments incl. TGC hyaluronic serum & TGC oil elixir

30 minutes € 100.–

TGC SENSITIVE TREATMENT

A treatment specifically for skin in need of regeneration. Calming, balancing ingredients pamper the skin. The TGC oil elixir provides the skin with an intense boost of lipids. A specific probiotic ingredient helps restore the skin's natural balance. The skin's own collagen is restored, improving moisture absorption. A true luxury-grade nutrient-rich multi-talent. The skin cells' immune competence is increased, and skin regeneration is improved. Magnesium and zinc calm the skin, reducing redness and protecting sensitive skin. To complement the ingredients, eye care/lip care is also included using the exclusive TGC glow stick for eyes & lips.

- Cleansing
- Toner
- Active serum
- Massage
- Rich mask
- Eye care / lip care
- Personalised finishing treatments incl. TGC hyaluronic serum & TGC oil elixir

60 minutes € 150.–



TGC-ANTI-AGING-BEHANDLUNG

Choose between machine-assisted diamond microdermabrasion or manual microdermabrasion using the "TGC glow stick face". Dead skin cells are removed. Pores are minimised, the cell renewal process is stimulated, lines and wrinkles are smoothed, and the skin is ready for the subsequent tightening facial massage using the highly concentrated precious "TGC oil elixir". The success of this treatment is visible immediately. The skin looks smooth, fresh and radiant. To make the ingredients even more effective, the eye and lip care product is gently worked into the skin using the exclusive "TGC glow stick eyes & lips".

If you opt for manual microdermabrasion, after your treatment you will be given your own personal "TGC glow stick face" to use at home. You will also be given some tips on how to use it. The "TGC glow stick face" is worth € 80.– and is designed to last a lifetime.

- Cleansing
- Choose between diamond microdermabrasion or "TGC glow stick face"
- Deep cleanse
- TGC Activator
- Active serum
- Lymph drainage for the face
- Eye care / lip care
- Rich mask or Detox mask
- Personalised finishing treatments incl. TGC hyaluronic serum & TGC oil elixir

60 minutes € 190.–

TGC ANTI-AGING-OXYGEN-HIGH-END

A luxury, high-quality anti-aging treatment. Choose between machine-assisted diamond microdermabrasion or manual microdermabrasion using the "TGC glow stick face". This stimulates the cell renewal process, minimises the appearance of pores, and is the ideal preparation for the subsequent use of intensive skin care products. A special detox mask lifts toxins from the skin. In this intensive oxygen treatment, low molecular weight hyaluron is fed directly into the skin. The skin stores and retains moisture, immediately appearing refreshed and radiant. One of our latest-generation intensive facial treatments. To make the ingredients even more effective, the eye and lip care product is gently worked into the skin using the exclusive "TGC glow stick eyes & lips". If you opt for manual microdermabrasion, after your treatment you will be given your own personal "TGC glow stick face" to use at home. You will also be given some tips on how to use it. The "TGC glow stick face" is worth € 80.– and is designed to last a lifetime.

- Cleansing
- Choose between diamond microdermabrasion or "TGC glow stick face"
- Deep cleanse
- TGC Activator
- Active serum
- Lymph drainage for the face
- Eye care / lip care
- Rich mask or Detox mask
- Personalised finishing treatments incl. TGC hyaluronic serum & TGC oil elixir

We recommend:

Diamond microdermabrasion or "TGC glow stick face" for neck & décolleté

90 minutes € 320.–

€ 35.–

TGC OXYGEN BOOSTER

In this highly effective oxygen booster treatment, the skin is supplied with maximum moisture. A tissue-firming facial massage and premium-quality face mask significantly smooth and moisturise your skin. In this intensive oxygen treatment, low molecular weight hyaluron is fed directly into the skin. The skin stores and retains moisture, immediately appearing refreshed and radiant.

- Cleansing
- TGC Activator
- Active serum
- Tightening massage for face, neck and décolleté and cream cocktail
- Rich mask
- Hyaluronic acid-oxygen treatment
- Eye care / lip care
- Personalised finishing treatments incl. TGC hyaluronic serum & TGC oil elixir

60 minutes € 220.–

TGC OXYGEN BOOSTER MINI

In this intensive oxygen treatment, low molecular weight hyaluron is fed directly into the skin. The skin stores and retains moisture, immediately appearing refreshed and radiant.

- Cleansing
- TGC Activator
- Active serum
- Hyaluronic acid-oxygen treatment
- Eye care / lip care
- Personalised finishing treatments incl. TGC hyaluronic serum & TGC oil elixir

30 minutes € 130.–

dermanostic

Hautarzt per App

DERMANOSTIC – YOUR PERSONAL PROFESSIONAL SKIN ANALYSIS

Whether you suffer from neurodermitis, acne, psoriasis, hair loss or other skin problems, you can discuss your skin with our specialist beauticians. Following this discussion, the details of your case, including photos, will be sent to our experienced Dermanostic team. In just a few hours, you will be sent a detailed doctor's letter about your skin condition, including expert treatment recommendations which are described accurately but in easily understood language. You will see what has been diagnosed and how your condition should be treated. In some cases, you will also be sent a prescription along with the report. The diagnosis is made by experienced and highly qualified specialists in dermatology, and sent to you directly.

25 minutes € 90.–

EVERY PERSON'S SKIN IS UNIQUE

Choose the facial treatment that suits your complexion and book your appointment for your personal well being or anti-aging treatment. Our dermatologically trained professional cosmetics consultants will be pleased to provide you with personal advice.

40 minutes, 60 minutes or 90 minutes

price upon request

Diamond microdermabrasion

Our recommendation before every facial treatment and for a perfect and effective outcome. Diamond microdermabrasion removes rough skin in a controlled and painless way. The process of skin cell renewal is stimulated, porosity is improved, small wrinkles are reduced and the skin gets most receptive to the benefits of your individual care product.

Diamond microdermabrasion for face

€ 70.–

Diamond microdermabrasion for neck & décolleté

€ 35.–

Deluxe diamond microdermabrasion

If you want to achieve the best possible outcome at the shortest time, then this intensive, short treatment is just what you are looking for. Products individually tailored for you, in combination with diamond microdermabrasion, bring radiance to your skin with a fresh tint that makes your skin feel great.

- Cleansing
- Diamond microdermabrasion for face
- Ampoule
- Finishing treatment

20 minutes **€ 100.–**



This special treatment addresses individual skin structures and ensures a radiant appearance. Unlike conventional facial treatments, the procedure is performed using a device rather than by hand, allowing deeper cleansing and immediate results.

Healthy, well cared for skin meets the latest technological innovations!
Next generation device: SYNDEO

This unique device holds more than 60 patents and provides uniquely personalized treatment variants for oily, dry, young, mature, or acne prone skin. While SYNDEO cleanses, it simultaneously delivers the skin-care products selected by our specialists to the skin — for your perfect appearance.

JLO BEAUTY®

The JLO Beauty Booster is a special active-ingredient complex used in the SYNDEO Hydrafacial treatment. The booster gives a radiant glow akin to that of international stars — especially Jennifer Lopez, the “Queen of Glow.”

GLOW TO GO

- Cleanse / Exfoliate / Peel
- Deep cleansing
- Intensive care for your skin
- Individual finishing care

30 minutes € 180.–

SKIN BOOSTER

- Cleanse / Exfoliate / Peel
- Deep cleansing
- Active ingredient infusion with a booster individually tailored to your needs
- Intensive care for your skin
- Individual finishing care

60 minutes € 290.–

We recommend:

Hydrafacial neck & décolleté

Hydrafacial eyes

Hydrafacial lips

€ 90.–

€ 60.–

€ 40.–

SKIN BOOSTER GOLD

- Hydrafacial® lymphatic therapy
- Cleanse / Exfoliate / Peel
- Deep cleansing
- Active ingredient infusion with an individually tailored booster
- LED light therapy
- Intensive care for your skin
- Individual finishing care

90 minutes € 390.–

We recommend:

Hydrafacial neck & décolleté

€ 90.–

Hydrafacial eyes

€ 60.–

Hydrafacial lips

€ 40.–

JLO BEAUTY® BY HYDRAFACIAL®

- Cleanse / Exfoliate / Peel
- Deep cleansing
- Active ingredient infusion with the JLO GLOW™ Booster
- LED light therapy
- Intensive care for your skin
- Individual finishing care

60 minutes € 290.–

We recommend:

Hydrafacial® lymphatic therapy

90 minutes € 390.–

Hydrafacial neck & décolleté

€ 90.–

Hydrafacial eyes

€ 60.–

Hydrafacial lips

€ 40.–





JETPEEL™

The JetPro Duo™ combines hydroporation, photoporation, lymphatic drainage, exfoliation, and cold therapy. Through modern transepidermal methods, the skin is treated in a targeted and gentle way. Red and blue LED light effects amplify the results. This yields skin rejuvenating and regenerative outcomes.

JetPro Duo™ First Class Face & Neck

- Lymphatic drainage
- Cleansing
- Exfoliation
- Hydroporation

60 minutes € 399.–

JetPro Duo™ First Class Face, Neck & Décolleté

- Lymphatic drainage
- Cleansing
- Exfoliation
- Hydroporation
- Hydrating mask

90 minutes € 549.–

FEATHER TOUCH™

“Feather Touch” is an innovative nanotechnological method performed entirely without needles. It introduces active ingredients gently and precisely into the skin, offering a pleasant alternative to invasive procedures. The skin receives optimal circulation, luxurious care, and a long-lasting glowing radiance.

FEATHER TOUCH™ First Class Face & Neck

- Lymphatic drainage
- Cleansing
- Nanoporation
- Hydrating mask

60 minutes € 299.–

FEATHER TOUCH™ First Class Face, Neck & Décolleté

- Lymphatic drainage
- Cleansing
- Exfoliation
- Nanoporation
- Hydrating mask

90 minutes € 419.–



QMS EFFECTIVE SKIN CARE

QMS Medicosmetics stands for clinically proven high-performance skincare with up to 97% naturally occurring collagen, thus eliminating the causes of skin conditions and aging skin. QMS Medicosmetics is a brand developed in the field of medicine for use in the professional cosmetics sector.

- Cleansing
- Steam & deep cleanse
- Enzyme / fruit acid exfoliation
- Massage
- Mask
- Collagen and hyaluronic acid serum
- Finishing treatment

60–70 minutes € 160.–

QMS OXYGEN HYALURONIC ACID ENERGY

This oxygen-intensive ANTI-AGING treatment stimulates the skin renewal processes. In this innovative method, the oxygen applicator is used to channel the H₂O hyaluronic acid serum into the deeper layers of the skin. Circulation is boosted and the skin cell renewal process is stimulated, wrinkles are reduced and the complexion and facial contours are tightened. The result is radiant, fresh skin. A luxurious and intensive anti-aging treatment for demanding skin.

- Cleansing
- Steam & deep cleanse
- Enzyme / fruit acid exfoliation
- Algae modellage
- H₂O hyaluronic acid and oxygen serum with oxygen applicator
- Mask
- Facial, neck and décolleté massage
- Finishing treatment

90 minutes € 225.–





ST. BARTH PURENESS & FRESHNESS

The effects produced by top-quality, herbal care products with natural vitamins and minerals is actively supported by freshly prepared fruit purée. The vitamins and minerals bring a natural freshness to your skin which is completed by wonderfully fragrant Caribbean scents, transporting you to an exotic realm. Your complexion becomes visibly clearer, more even and fresher.

- Cleansing
- Steam
- Deep cleanse
- Exfoliation
- Massage
- Mask
- Finishing treatment

60 minutes € 160.–

ADDITIONAL TREATMENTS

Lash & brow tint	€ 30.–
Eyelash tint	€ 20.–
Eyebrow tin	€ 15.–
Brow shaping	€ 10.–
Hair removal with hot wax	on request

SPRAYTANNING

Natural and healthy

Full body spray tanning including spray exfoliant is applied by our experts. The natural, certified and organic ingredients develop an even, natural, intense and lasting tan on your skin. A natural outcome, as if kissed by the sun.

€ 60.–

O·P·I NAILTIME

CARE FOR HANDS

Manicure without varnish	€ 70.–
Manicure with varnish	€ 80.–
Manicure with UV varnish	€ 90.–
SPA-manicure without varnish	€ 90.–
UV varnish removal	€ 25.–
A nourishing paraffin bath for your hands	€ 30.–

NEW:

Nailtime Manicure without UV curing (including nail polish as a gift)	€ 85.–
Nailtime Manicure with UV curing (including nail polish as a gift)	€ 95.–

CARE FOR FEET

Pedicure without varnish	€ 80.–
Pedicure with varnish	€ 90.–
Pedicure with UV varnish	€ 100.–
SPA-Pedicure without varnish	€ 100.–

NEW:

Nailtime Pedicure without UV curing (including nail polish as a gift)	€ 95.–
Nailtime Pedicure with UV curing (including nail polish as a gift)	€ 105.–



Body treatments

DROSTE LAUX

A detoxification and de-acidification package alkaline premium treatment. The skin is the biggest organ of our body and is responsible for many physiological regulatory processes. If the skin can only carry out its function as an excretory organ to a limited extent, this has an impact on the body as a whole. A splendid recipe of alkaline products with precious natural minerals promotes the removal of acids via the skin.

- Exfoliation with alkaline precious stone powder
- Alkaline bath
- Lymph drainage 60 mins.

Package 140 minutes € 260.–

DROSTE LAUX EXFOLIANT WITH ALKALINE PRECIOUS STONE POWDER

The splendid recipe of this exfoliant with precious minerals promotes the removal of acids in the tissue via the skin. The outcome is a beautiful, silky-soft and healthy complexion.

40 minutes € 90.–

We recommend: Do not shave before an exfoliation. Avoid exfoliation treatments if you have sunburn.

ÄGYPTOS VITALITY WRAP

In the deep-acting wrapping method, tightly wound bandages soaked in selected Ägyptos active ingredients are precisely applied to the body and the problem areas. The special wrap technique stimulates lymph flow, removes toxins, firms tissue and also has a smoothing effect. Perfect for cellulite and fatty deposits. An ideal body treatment to improve the body silhouette.

120 minutes € 240.–

GLOW PEELING

This full-body peeling treatment leaves your skin feeling silky-smooth and even. High-quality ingredients nourish the skin while gently removing dead skin cells. Your skin is left perfectly prepared to absorb care products effectively.

40 minutes € 90.–

GLOW

Peeling & Relaxing Massage

The relaxing full-body peeling massage yields silky-smooth, even skin. Premium ingredients nourish the skin and gently remove dead skin cells. This is followed by a relaxing massage with high-quality oils that pamper the skin, nourish it deeply, and provide essential nutrients.

90 minutes € 190.–



Stanglwirt

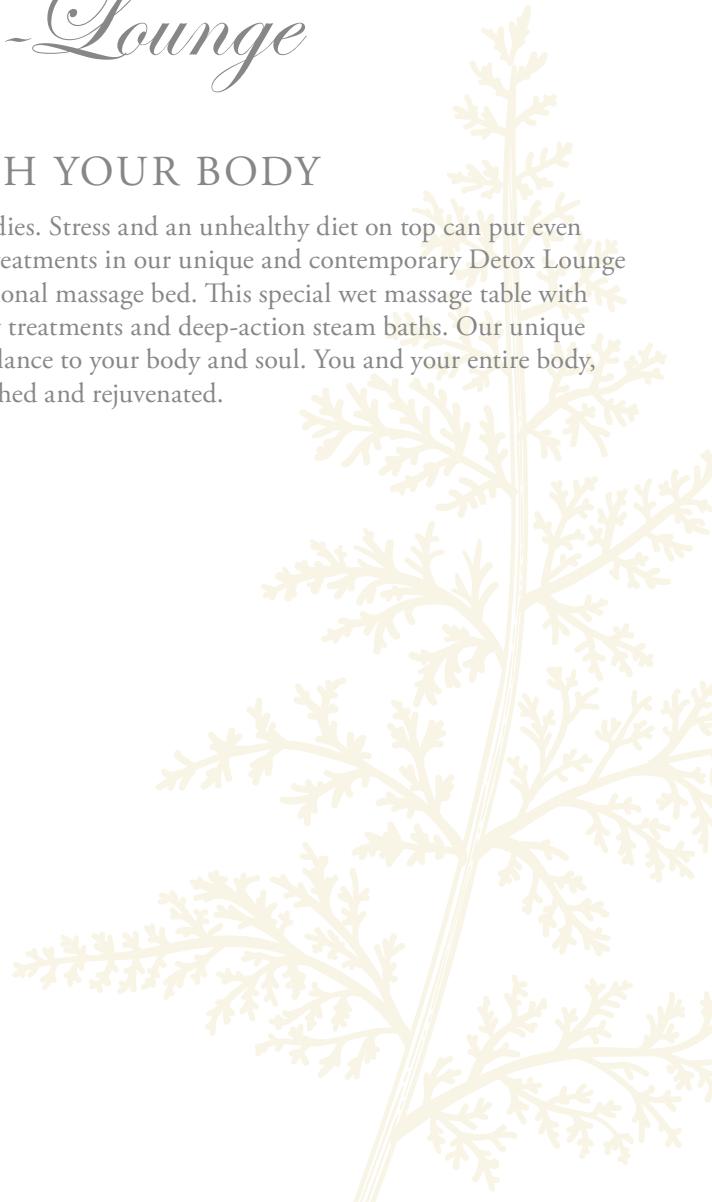
DETOX-LOUNGE

DETOX-LOUNGE

Detox-Lounge

REVITALISE AND REFRESH YOUR BODY

Environmental impact often takes its toll on our bodies. Stress and an unhealthy diet on top can put even more strain on us. Enjoy a range of effective detox treatments in our unique and contemporary Detox Lounge as you relax on the special Emotion SPA multifunctional massage bed. This special wet massage table with its integrated relaxing Vichy shower is ideal for body treatments and deep-action steam baths. Our unique detox treatments can restore the required healthy balance to your body and soul. You and your entire body, mind & soul will be left feeling fully restored, refreshed and rejuvenated.



TGC DETOX SPECIAL

Full body peeling with the exclusive “TGC glow stick body“, intense algae mask & steam bath. This special and luxurious detox treatment combines effective peeling with the exclusive “TGC glow stick body“ and a deepaction Thalasso algae mask. Your skin will enjoy the lasting benefits of a full detox, restoring its healthy balance. Intense stimulation is applied to your skin’s metabolism.

- ”TGC glow stick body“ peeling
- Algae pack & steam bath
- Vichy shower
- Finishing treatment

65 minutes € 220.–

DETOX VIP

Wrap & steam bath together with a soothing head massage. An algae mask activates your skin, while the head massage ensures pure relaxation.

- Algae pack
- Steam bath
- Vichy shower
- Finishing treatment

40 minutes € 160.–

Stanglwirt

DETOX PURE

Full body peeling & steam bath

The peeling cleanses your skin deep into the pores and stimulates the metabolism.

- Steam bath
- Exfoliation
- Vichy shower
- Finishing treatment

40 minutes € 140.–

THALASSO

A detoxing whole-body treatment in which a premium-quality seaweed pack stimulates your metabolism. Water retentions, fat deposits and toxins can be eliminated in this process.

- Exfoliation
- Bath
- Algae pack
- Finishing treatment

90 minutes € 180.–



Packs at the Detox-Lounge

ALGAE PACK detoxifying and tightening

Detoxifying with the cleansing power of the sea. This full body pack with micropulverised algae detoxifies, tightens and stimulates the metabolism. It helps break down areas of water accumulation and fatty deposits and simultaneously has an intensively moisturising effect. Your skin and tissue are supplied with minerals and trace elements.

40 minutes € 90.–

ALPINE MILKSHAKE cell-building & cell-renewing

A luxurious and indulgent programme for silky-soft skin. Cover your entire body with smooth goat butter cream and precious oils and leave them to work in the perfect temperature of our relax table. This treatment brings cell-building and cell-renewing vitality to sensitive and dry skin. Stroking massage techniques complete this treatment.

40 minutes € 90.–

MOOR PACK the healing power of the moor

A relaxing back pack with moor mud warmed by the sun is just the ticket for a tired and stressed back. It has a deeply relaxing effect and is a positive influence on joint problems. Perfect for detoxification and de-acidification.

20 minutes € 50.–

We recommend: TGC calm & relax Mask
and following this with: A relaxing back massage

€ 20.–



Bathing rituals at the Detox Lounge

STANGL WHEY BATH **caring**

(Can be booked from September to May.) Exclusive to the Stanglwirt: Experience the unforgettable “Stangl whey bath”! Natural skincare from the hotel’s own whey production, fresh from our Stanglwirt cows. Natural luxury specifically for stressed and dehydrated skin. Booking 3 days in advance required!

30 minutes € 90.–

DROSTE LAUX ALKALINE BATH **de-acidifying**

An alkaline bath de-acidifies your body through the skin and helps with self-regulation. Take time out for this unique alkaline gemstone bath and enjoy the feeling of incomparably silky skin. Bathe for longer than you normally would, so that the natural removal of toxins via your skin can take full effect. An alkaline body lotion makes your skin look invigorated and healthy.

40 minutes € 80.–

ROSE PETAL BATH **harmonising**

Enjoy a fairy-tale bath and relax in a sea of rose petals with a glass of champagne. The essences contained in the delicate rose buds have a positive effect on your body. Their fragrance and active ingredients have a harmonising effect and invigorate the senses.

20 minutes € 50.–

Enjoy our baths together as a couple!

2nd person € 25.–



Well-Being Program for Mums-To-Be

As long as your pregnancy is proceeding normally and you have talked it over with your GP in advance, we can carry out the following treatments between the fourth and seventh months of your pregnancy:

RELAXATION MASSAGE FOR MUMS-TO-BE

Relish your happiness and enjoy feeling in harmony with your baby in a special pregnancy massage. Counteract the tension, stress and hectic pace of life and your strained back, tired legs or arms will once again feel loose and relaxed. Your body and soul are restored to harmonious balance, and it is good for your baby as well.

30 minutes € 70.–

We can also make the following well-being recommendations:

- Facial treatments – see page 14
- Manicure & pedicure – see page 36



Well-Being Programs for Teens

(12 to 14 years of age)

Children under 12 years of age must be accompanied by their parents during massage treatments.

TEEN RELAXATION MASSAGE

Just lie back and relax for a change.

20 minutes € 45.–

TEEN FACIAL

You're never too young to look after your skin; even teenagers would be well advised to keep their facial skin balance in check on a regular basis, because of its sensitivity due to hormonal changes. A thorough skincare routine is therefore essential.

This cleansing and balancing intensive treatment for teens is sure to give you the best possible glow!

45 minutes € 90.–

TEEN NAILCARE

Manicure without varnish

€ 70.–

Manicure with varnish

€ 80.–

Pedicure without varnish

€ 80.–

Pedicure with varnish

€ 90.–



Massages

STANGLWIRT "KAISER" MESSAGES

A bespoke treatment specifically tailored to your needs. The massage begins with an expert consultation, during which the therapist puts together your individual treatment. Our therapists are particularly adept at meeting your requirements. This treatment has a broad spectrum of effects, such as energising, intense and activating, or gentle, harmonising and relaxing. You will feel totally at ease and pampered. Choose your favourite massage oil

30 minutes € 70.–

50 minutes € 100.–

60 minutes € 120.–

STANGLWIRT FULL BODY AND FOOT REFLEXOLOGY MASSAGE

A beneficial and effective combination of the two massages. Choose your favourite massage oil

90 minutes € 190.–

We recommend: TGC calm & relax Mask

€ 20.–

STANGLWIRT PARTIAL BODY AND FOOT REFLEXOLOGY MASSAGE

A beneficial and effective combination of the two massages. Choose your favourite massage oil.

60 minutes € 130.–

STANGLWIRT HERBAL POUCH MASSAGE

While pleasantly aromatic, permanently warm herbal oil pouches pamper your body, gentle movements loosen your muscles and increase your feeling of well-being. The energy flow in your body is activated and boosts the metabolism.

Partial body treatment

40 minutes € 80.–

Full body treatment

70 minutes € 140.–

STANGLWIRT MOUNTAIN STONE MASSAGE

Experience this unique full body treatment and feel the beneficial effect of the combination of warm mountain stones and cool rock crystals. The stones glide gently over your body and relax your muscles, loosen stubborn tension and stimulate the flow of lymph. Achieve a physical and mental balance through this harmonising treatment.

75 minutes including relaxation period € 160.–

LYMPH DRAINAGE

The lymph system is the lifeline of the human body. A gentle massage technique stimulates lymph circulation and decongests the system. At the same time, this massage eliminates excess water and relaxes. We use a combination of menthol oil and ivy gel from the LIGNE ST. BARTH range for a perfect result.

35 minutes € 70.–

60 minutes € 120.–

BACK SPECIAL

Professional massage techniques for your back, neck and shoulder area. Gentle or firm pressure loosens your muscles, releases tension and clears the way for your energy to flow.

50 minutes € 100.–

We suggest: Um ein perfektes Behandlungsergebnis zu erzielen, empfehlen wir, die Massage mit einer tiefen-entspannenden Moorpackung abzurunden.

20 minutes € 50.–

SPORTS MASSAGE

This massage technique focuses particularly on relaxing the neck, shoulder, back and leg muscles. It has a lasting regenerative effect on tense muscles. Your body's energy and ability to perform are stimulated, unleashing new vitality.

50 minutes € 100.–

FOOT REFLEXOLOGY MASSAGE

... with a warm, deeply relaxing neck shawl

The entire body is treated and harmonised by an invigorating, activating foot bath and the special foot reflexology massage technique. Your feet are a reflection of the strengths and weaknesses of your entire body.

This massage can therefore target specific areas.

50 minutes € 100.–

We recommend: TGC calm & relax Mask

€ 20.–

WAVEBALANCE®

Release the tension and let the pressure ease out of your joints; your muscles relax, your senses awaken and internal stress drains away from your body. The unique sensation of weightlessness and being held draws you into a state of deep relaxation from the very first moment. This one-of-a-kind water lounger takes full advantage of the natural propensity for waves to create spiral movements that are pleasing to the human musculoskeletal system.

with oil / 60 minutes including relaxation period € 150.–

We recommend: TGC calm & relax Mask

€ 20.–

LOMI LOMI NUI

– also called the "queen of massages"... is an effective method from the Hawaiian body therapy tradition to boost the emotional and physical healing processes. Specific stroking and flowing movements and gently touching the body with warm coconut oil produces a feeling of warmth and security. Physical and emotional blockages are loosened. A deeply relaxing "LETTING GO" dissipates tension and stress and lets you embrace something new. Heave a sigh of relief and simply enjoy life!

90 minutes including relaxation period € 190.–

THAI-MASSAGE

The tradition is for this multicultural form of massage to start with a foot bath. This is followed by gently stretching the ten selected energy lines, working rhythmically by applying pressure with palms, thumbs, knees, elbows and feet. This powerful and dynamic aspect is a feature of Thai massage, and invigorates the entire body. Its exceptionally beneficial effect is also helpful if you have back, neck and shoulder problems, or are feeling restless. The extension exercises thoroughly relax and stretch the muscles and joints, improving mobility and promoting the flow of blood and lymph. Some pain is unavoidable, but it soon turns into a gentle and positive awareness of life that mobilises your body. This massage takes place on a mat, without the use of oil, so wear comfortable clothing.

60 minutes € 130.–



Ayurveda

”Add more years to your life and more life to your years” – this is the essence of the Indian health teachings. Ayurveda is a traditional and holistic healing form from India. The word itself means ”knowledge of life“ in ancient Indian.

ABHYANGA

Ayurvedic full body massage

Warm oil is poured over every square inch of skin, which is then massaged, smoothed and pampered. A wonderful feeling of inner harmony flows through all the nerve cells in your body and all your sense

60 minutes € 140.–

80 minutes € 170.–





Rolfing®

The Rolfing® treatment developed by Dr. Ida Rolf (1896-1979) in the 1950s, also known as "structural integration", is an integrated system of manual body work. The body's fascial network is aligned with gravity as far as possible to straighten the body naturally and effortlessly.

When the fasciae become agglutinated, it can often lead to considerable pain and unwelcome restrictions on movement, or to an unhealthily slouching posture.

The benefits of Rolfing can include:

- a reduction in chronic tension and pain
- an upright, balanced posture. You can breathe more freely again
- less strain on the spinal column and joints
- you feel supple and energetic again

The treatment takes place without the use of oil and, if you wish, in your normal clothes.



Following a Rolfing® treatment, the results - the perception of having a "new" body, feeling calmer and more relaxed, breathing more freely and moving more easily and freely - can start to take effect.

30 minutes € 100.–

60 minutes € 180.–

90 minutes € 240.–



Treatments for couples for relaxing moments together

In day-to-day life, time spent together as a couple is usually in short supply. Which is why you can indulge in these precious moments of relaxation with your partner and let yourself be whisked away to a realm of wellbeing, romance and togetherness by our special treatments for couples.

COUPLE MASSAGE

A bespoke treatment specifically tailored to your needs. The massage begins with an expert consultation, during which the therapist puts together your individual treatment. Our therapists are particularly adept at meeting your requirements. This treatment has a broad spectrum of effects, such as energising, intense and activating, or gentle, harmonising and relaxing. You will feel totally at ease and pampered. Choose your favourite massage oil

30 minutes € 140.–

50 minutes € 200.–

60 minutes € 240.–

HEAVENLY RELAXATION TOGETHER AS A COUPLE

This regal bath is a very special kind of pleasure. We will be delighted to serve you a glass of sparkling champagne during your bath together. To top it all off, we will pamper each of you with a beneficial full body massage.

80 minutes € 280.–







BJÖRN SCHULZ SPORTS ACADEMY

Björn Schultz's regular clients include a whole host of top athletes, as well as well-known media and business personalities. As a qualified fitness and health coach and registered dietician, Björn Schulz has a professional background and a passion for motivating people to improve their health and fitness in specially developed training concepts, influenced by science and professional sports. Through exclusive partners and a broad network of experts, not only is he your contact for personal coaching and team training, but he also covers shows, events and individual concepts in the fields of sports, fitness and health.

FROM TEAM TO POWER TEAM

Have you ever wanted the supporting programme for your event to be different from everybody else's? Then our team boxing is the perfect tip.

Further information: www.bjoernschulz-personalcoach.com or +43 664 85 86 500

For years, many top athletes and personalities from media and business have been won over by Björn Schulz's intelligent training concept and the success that it brings. Björn Schulz is a qualified fitness and health coach, as well as a registered dietician and is currently the youngest European championship titleholder to be acting as a boxing trainer. His motto: "MAKE YOU GO!"

Another highlight for your event:

Our psychologist and mental coach **Mag.^a rer. nat. Inge Neuner** will give a unique talk about a subject area that you have personally selected as being suitable for motivating your team.

It will take about 90 minutes (including Q&A session) **from € 270.–**

BODY AGE

If you would like to know the true age of your body, you can do so with a special body age analysis. The analyst works out your current fitness level and will prepare an individual training programme for you which will effectively reduce your body age.

Test and analysis

approx. 30 minutes **€ 65.–**

NUTRITIONAL ADVICE

and analysis

approx. 30 minutes **€ 70.–**

PERSONALTRAINING BUSINESS

Individual training guided by heart-rate levels
Surcharge for second person

approx. 40 minutes € 90.–
€ 50.–

PERSONALTRAINING VIP

Individual training guided by heart-rate levels
including body age analysis

approx. 60 minutes € 130.–

PERSONALTRAINING VIP+

Individual training guided by heart-rate levels
including nutritional advice

approx. 90 minutes € 200.–

BOXTRAINING

In the professional boxing ring
Surcharge for second person

approx. 50 minutes € 130.–
€ 50.–

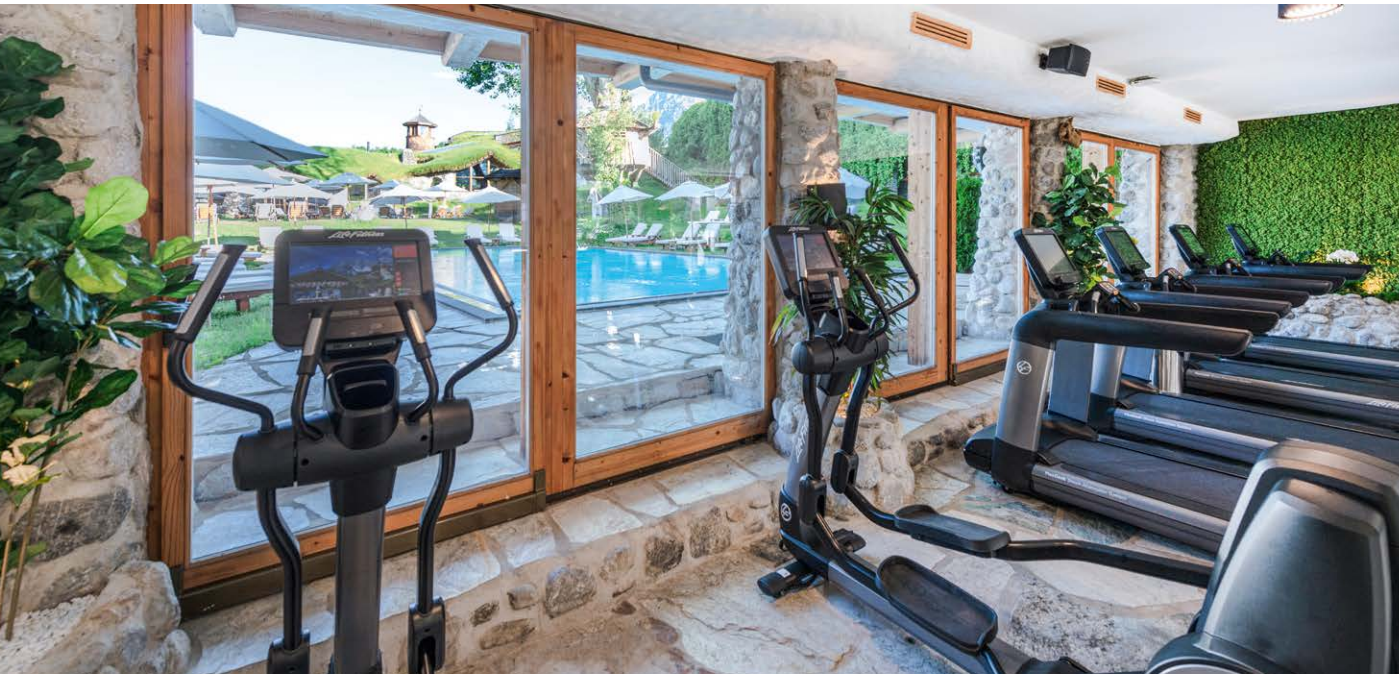


Fitness & Health

STANGLWIRT FITNESS GARDEN

We provide the exercise!

A healthy dose of sports promotes emotional well-being, increases your own quality of life and gives you a new awareness of your body. Our unique fitness garden is open for you 24 hours a day. Our team of qualified trainers and will be happy to instruct you on how to use the state-of-the-art LifeFitness equipment (strength & cardio). Our trainers also provide a varied range of exercise options every day, comprising different outdoor and indoor activities such as yoga, pilates, Nordic walking, hiking, back fit, stretching, and more besides. Our guests can join the courses free of charge. An overview of what is currently on offer can be found in our weekly sports programme.





YOGA-PERSONAL TRAINING

1 person

1 person

Surcharge for second person

Surcharge for third person

60 minutes € 130.–

75 minutes € 160.–

€ 65.–

€ 55.–

Take a deep breath ...

A HEALTHY MIND IN A HEALTHY BODY



Make the most of your stay "at home at the Stanglwirt" to regenerate in an enjoyable and lasting way, as a source of vitality, mental strength and fitness. The aim is maximum relaxation and recovering your sense of well-being.

Our Stangl-Med health experts will help you to achieve this:

Mag.^a rer.nat. Inge Neuner

Health psychologist
Sports psychologist
Clinical psychologist
www.ingeneuner.com

Björn Schulz

Fitness professional
Qualified fitness & health coach
Registered dietician
www.bjoernschulz-personalcoach.com



Stanglwirt

STANGL-MED

The Hauser family has brought two experts to the Stanglwirt for you, to offer guests a holistic and lasting health concept. Mag.a rer.nat. Inge Neuner, who is a psychologist with a wide range of additional qualifications and a wealth of experience, has opened a practice in the fitness garden. The office of fitness professional Björn Schulz is right next door. Together, they make up the Stangl-Med team and they work closely with one another.

They both have years of experience, and their carefully coordinated test methods form the basis for preventive measures and interventions that are individually prepared for each client. In a case history session, Inge Neuner ascertains the current situation, and then gets together with Björn Schulz to discuss their objectives and how to proceed. Absolute discretion is a given.

Björn Schulz puts together a bespoke exercise and diet programme, while Inge Neuner supports the client in one-to-one meetings. This unique combination makes it possible to intervene in just the right way, exactly where there is a need for treatment. It is important to both these health experts that they provide a lasting stimulus that can later be seamlessly integrated into the client's day-to-day life.

The Stangl-Med health concept, in combination with the excellent wellness and spa programmes at the Stanglwirt eco-hotel, is our "slightly different natural way to recovery", in the fabulous surroundings of the Wilder Kaiser mountains.

”LET YOUR SOUL ROAM” AT THE STANGLWIRT ...

The real beginning of holistic health is having a happy relationship with yourself. It is often far easier for us to find solutions and regain our emotional equilibrium if we are away from home, away from our day-to-day humdrum existence. Based on your individual life story, I will be happy to assist you as your therapist with resource and solution oriented support in the following areas:

- Lifestyle analysis/lifestyle change
- Private/professional (re-)orientation
- Stress management
- Burnout prevention and intervention
- Fear/panic/phobias
- Dream therapy
- Overcoming stressful events in life, crises
- Psychosomatic – ”When your soul speaks through your body”
- Partnership/marriage/family (couples counselling too)
- Advice on sleeping
- Recognising and resolving obstructive thoughts, patterns, mind-sets and belief systems
- Relaxation techniques
- Sports psychology advice and mind training (e.g. Golf Mental)
- Health psychology advice - prevention
- Talks on selected topics



Mag.^a rer. nat. Inge Neuner

- Studied psychology in Innsbruck
- Sports psychologist, mind coach
- Health psychologist
- Clinical psychologist
- Energy Psychology®/Kinesiology
- Hypnotherapy/EMER
- Brain spotting
- HRV-Med, measurement - diagnostics - evaluation - analysis

Info: **www.ingeneuner.com**

Specialist psychological practice in the fitness garden

A consultation is based on trust. I am happy to invite you to a short, free information session lasting about 15 minutes, so that you can get to know me. Together we can then decide, in a relaxed and safe atmosphere, how we might usefully continue to work together.

We look forward to hearing from you, either in person or on my mobile: **+43 664 41 22 989**
or e-mail: **praxis@ingeneuner.com**





Stanglwirt

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