



## Wellness & Spa





Give someone a voucher for a beauty treatment, wellness application or cosmetic products. If you are looking for a specific gift, we are happy to advise you.

## Wellness etiquette

1. Book your preferred beauty appointment today. Contact us on +43 5443 8214 DW 42 or directly at the Wellness Reception.
2. Please let us know of any health concerns, illnesses or pregnancy before booking your treatment. We would also be happy to advise you personally and put together the optional applications for you.
3. Wear a bathrobe and underwear or swimwear when you come to the treatments and take off your jewellery.
4. Bath towels and sheets are available in the wellness area.
5. Take your time and enjoy a cup of tea from the Vitality Bar in the waiting area of the Wellness Reception before your treatment. If you arrive late, your treatment time will be shortened accordingly. Thank you for your understanding.
6. Any cancellations should be made 24 hours in advance to allow us to organise our appointment as best as possible. In the event of last-minute cancellations we reserve the right to charge 70% of the booked service.
7. Do you have a voucher? Please let us know before the treatment.

# Classic facial treatments for her and him

Whether you have dry, sensitive or blemished skin or if your skin is in need of regeneration, based on a professional skin analysis by our beautician. Your treatment steps and active ingredients will be put together to suit your individual needs for success you can see and feel.

## Small facial treatment

€ 83.00 / approx. 50 min

Trial treatment for all skin types

**Treatment steps:** Cleansing, exfoliation, mask, massage

## Large facial treatment

€ 123.00 / approx. 70 - 90 min

Individual care for every skin type

**Treatment steps:** Cleansing, exfoliation, steaming, deep cleansing, eyebrow correction, various masks, massage, final care

## Teenie facial treatment

€ 73.00 / approx. 60 min.

From 12 to 16 years – for problem skin and acne. A cleansing and balancing treatment for young skin. Gentle, anti-inflammatory combinations of active ingredients adjust your complexion and prevent impurities.

**Treatment steps:** Cleansing, exfoliation, deep cleansing, mask, final care

# Exclusive facial treatments

## Freshness kick for your skin

€ 163.00 / approx. 75 min.

Experience how this treatment lastingly quenches the thirst of your skin. The success of the treatment speaks for itself!

**Treatment steps:** Cleansing, enzyme exfoliation, deep cleansing, eyebrow correction, mask, massage, final care

## Men Intensive Power

€ 153.00 / approx. 75 min.

The care experience for HIM! Masks and serums are individually adapted to your skin type for luminosity and intensive care.

**Treatment steps:** Cleansing, exfoliation, deep cleansing, eyebrow correction, mask, massage, final care

## Microdermabrasion

€ 103.00 / approx. 50 min.

Immediate effect for problem skin. Microdermabrasion uses fine crystals to remove the uppermost layer of the skin to create a perfect deep cleansing effect. Ideal for: blemished skin, wrinkles, acne and scarred skin.

**Treatment steps:** Cleansing, microdermabrasion, mask based on skin type, final care



## Extras for your face

Eyebrow correction

€ 20.00 / approx. 15 min.

Eyebrow colouring

€ 16.00 / approx. 10 min.

Eyelash colouring

€ 22.00 / approx. 20 min.

Eyebrow & eyelash colouring & eyebrow correction

€ 43.00 / approx. 40 min.

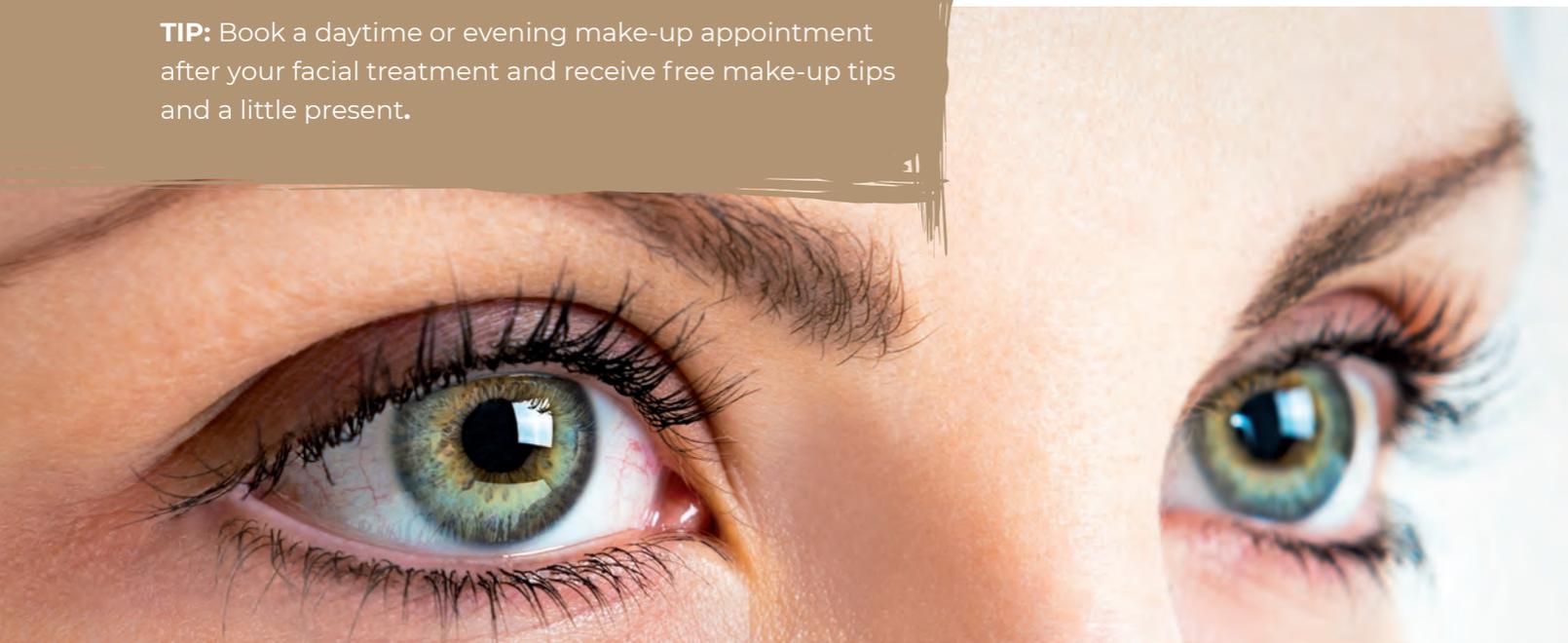
Daytime make-up

€ 39.00 / approx. 45 min.

Evening make-up

€ 53.00 / approx. 45 min.

**TIP:** Book a daytime or evening make-up appointment after your facial treatment and receive free make-up tips and a little present.



## Manicure, pedicure & depilation

Perfectly well-groomed, silky-smooth and soft skin and hands, which make an immediate impression. Enjoy a perfect manicure, pedicure and effective hair removal at our Jungborn SPA.

## Depilation for her & him

Lower legs

€ 36.00 / approx. 20 min.

Legs

€ 52.00 / approx. 40 min.

Bikini area

€ 24.00 / approx. 20 min.

Underarms

€ 24.00 / approx. 15 min.

Upper lip

€ 18.00 / approx. 15 min.

Chin

€ 20.00 / approx. 15 min.

Face

€ 36.00 / approx. 20 min.

Arms

€ 36.00 / approx. 20 min.

Back

€ 36.00 / approx. 45 min.

# Manicure and pedicure

**TIP:** Choose a stylish nail polish for your manicure or pedicure € 18.00

## Cosmetic manicure

**€ 33.00 / approx. 30 min.**

Hand bath, nail shortening and filing, hand massage, nail oil and care lotion

## Medical manicure deluxe

**€ 53.00 / approx. 50 min.**

Hand bath and peeling, nail shortening and filing, removal and care of cuticles, hand massage with luxury hand lotion and a rich nail oil

## Cosmetic pedicure

**€ 53.00 / approx. 50 min.**

Footbath, gentle removal of callused skin, nail shortening and filing, nail oil and care lotion

## Medical pedicure deluxe

**€ 73.00 / approx. 75 min.**

Footbath, peeling and thermal sculpting, treatment of ingrown nails, removal of callused skin and corns, nail shortening and filing, foot massage with luxury foot cream and nourishing nail oil

# Change of colour

Nail polish of your choice

**€ 18.00 / approx. 25 min.**

Permanent nail polish (lasts up to 3 weeks)

**€ 43.00 / approx. 40 min.**

Permanent nail polish removal

**€ 19.00 / approx. 25 min.**

# Solarium

## Solarium

**€ 15.00 / 10 min.**

Should there be a day that the sun isn't out in Galtür, so you can get yourself a seamless holiday tan in the skin-friendly Ergoline turbo solarium.



## Body and soul

Tensed up or stressed out? Get your body back into balance with a soothing massage. Let us spoil you and allow yourself to be immersed. Pleasantly scented oils and essences stimulate your organism and help you to relax deeply.



## Classic massages

|  |                                  |
|--|----------------------------------|
| Classic full-body massage with nourishing oil        | <b>€ 73.00 / approx. 50 min.</b> |
| Full-body massage with marmot oil                    | <b>€ 78.00 / approx. 50 min.</b> |
| Full-body massage with arnica oil                    | <b>€ 78.00 / approx. 50 min.</b> |
| Partial massage (back or legs)                       | <b>€ 48.00 / approx. 25 min.</b> |
| Sports massage (back and legs)                       | <b>€ 53.00 / approx. 30 min.</b> |
| Neck massage   | <b>€ 43.00 / approx. 20 min.</b> |
| Reflexology massage including footbath               | <b>€ 73.00 / approx. 50 min.</b> |
| Combination massage (40 min. massage of your choice) | <b>€ 71.00 / approx. 40 min.</b> |
| Face massage   | <b>€ 43.00 / approx. 20 min.</b> |
| Face massage incl. head massage                      | <b>€ 46.00 / approx. 25 min.</b> |

## Relaxation massages

### **„Anti-stress“ full-body massage** **€ 78.00 / approx. 50 min.**

Escape the stresses of everyday life and let yourself be carried away on a journey of the senses. Massage treatments with essential oils have a relaxing and harmonising effect.

### **Hot Stone massage** **€ 93.00 / approx. 70 min.**

The massage with hot Hawaiian lava stones warms the body, relaxes the muscles and calms the soul. Your energy pathways are massaged using stones heated to 40°C and fragrant oils. This releases blocked energy and relaxes the muscles.

# Body treatments

The soft pack lounger, the free-floating water lounger at just the right temperature, provides relaxation, relief for the spine and the best possible care for your skin.

## Sea salt body scrub

€ 43.00 / approx. 30 min.

Deep cleansing down to the finest pores - it smoothens the skin, making it feel as new. Moisturising and purifying

## Mud back package

€ 53.00 / approx. 30 min.

Natural remedy - relieves pain, is anti-inflammatory and promotes blood flow

## Purification package

€ 59.00 / approx. 40 min.

The purifying juniper and the diuretic effect of young birch leaves promote the body's detoxification processes. Orange oil has a stimulating effect and promotes blood flow and fat burning. Spelt boosts the metabolism. It cleanses the body and strengthens the tissue.



**TIP:** A body treatment is ideal as a preparation for a massage.

# Baths in the imperial bathtub

(Price for 1 person)

## Tyrolean stone oil bath

€ 53.00 / approx. 30 min.

The bath of peace and relaxation. The high content of organically bound sulphur has a beneficial effect on muscles and joints.

## Arolla pine and honey bath

€ 54.00 / approx. 30 min.

The arolla pine and honey bath is a wonderfully fragrant, soothing and relaxing bath for body and soul. Essential oils from arolla pine extract have a calming and extremely positive effect on circulation and vegetative regulation. The many different components of honey give the skin valuable nutrients and natural and supple protection.

# Wellness for couples

(Price for 2 persons)

## Venetian bath for lovers

€ 88.00 / approx. 60 min.

The wellness experience for people in love! Enjoy a herbal bath that will beguile your senses. The highlight of the treatment is the time you spend together as a couple – immerse yourself into a romantic world of seduction. Including fresh fruit and a Spritz Veneziano for your tingling delight!

## Romantic experience

€ 88.00 / approx. 60 min.

The finest essential essences from delicate rose blossoms for serenity, harmony, beauty and youth. Including fresh fruit and a glass of sparkling wine or wine for your tingling delight!

## Exotic seduction for two

€ 93.00 / approx. 60 min.

With a stimulating and exotic exfoliation you can pamper your partner in the imperial bathtub. Treat yourself to an exotic drink with fresh fruit enveloped with the scents of the South Sea. Finally, you can relax with your partner in a private relaxation chamber.

**TIP:** Enjoy the bath for two ...

€ 24.00 surcharge for adults

€ 14.00 surcharge for children up to 12 years





## Wellness for children from 4 to 12 years

We love children, just like you. That is why we have created something very special for our youngest guests: wonderful feel-good treatments, which are sure to impress the little ones. They have their own particular set of demands and enjoy being spoiled from head to toe.

**Full-body massage** (With an aromatic oil of your choice) € 33.00 / approx. 20 min.

**Manicure with nail polish** € 43.00 / approx. 30 min.

**Pedicure with nail polish** € 43.00 / approx. 30 min.

**Cleopatra bath** € 43.00 / approx. 20 min.

Bathe in milk and oil like the ancient Romans did. Nourishes and moisturises the skin. Comes with a small plate of fruit.

**Chocolate treatment in the Alpine bath** € 63.00 / approx. 40 min.

- Chocolate pack
- Children's massage with warm cocoa oil
- Small chocolate

# „Fred's swim Academy“ swimming course

In FRED'S SWIM ACADEMY, babies, toddlers and older children are given the right support for their age with the "Classic" SWIM TRAINER and the 3-stage swimming course and taught how to do the breaststroke using the right technique. The children get a sense of safety in the "Classic" SWIM TRAINER whatever their learning stage, which allows them to learn to swim quickly and easily.

## Baby swimming

€ 18.00 / approx. 30 min.

In the "Classic" SWIM TRAINER you learn the correct swimming position straight away, and the face-down position strengthens the important muscles of the back and neck ...

## Toddler swimming

€ 23.00 / approx. 30 min.

Between 2 and 3, toddlers switch to the "Classic" SWIMTRAINER orange when they have completed the course that gets them used to water.

## Children's swimming course

€ 110.00 / 5 days

Children are guaranteed to learn to swim! The 5-day course consists of one-hour long classes. From non-swimmer to swimmer - safety and fun guaranteed!

## Private swimming course

€ 35.00 / approx. 50 min.

## Single lesson in a group

€ 26.00 / approx. 50 min.

## Mermaid swimming

€ 28.00 / approx. 50 min.

Come and join us in the world of mermaids, nymphs and mermen.

In our 50-minute course we provide you with colourful fish tails.

If you are at least 8 years of age and can swim, then this course is for you. Let us surprise you and take you to the magnificent, imaginative world of mermaids.

**Booking:** You can register your child for the swimming course either directly with our swimming teacher or at the hotel reception.

