



Standachers

Alpinum Spa & Garden 2011

*Wellness & Spa
Beauty & Massages*

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Wellness & Beauty

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**New highlights
in the spa area!**

This price list is valid from 1 December 2010 to 16 December 2011.
Publication of this price list causes all previous price lists to become invalid.
Date: November 2010



Beauty treatments

Face:

Maria Galland Classic Facial for Ladies and Gents approx. 75 mins. € 66

Cleansing, peeling treatment, eyebrow correction, massage, pack, final treatment

Pure Elements Pamper Treatment for your face approx. 75 mins. € 66

Foot bath, cleansing, peeling treatment, massage, pack, final treatment

Luxurious Indulgence Treatment for your face approx. 90 mins. € 99

Cleansing, gentle Fruit-Acid Peeling Treatment, Caviar-Fleece Mask, massage, lifting serum, pack, final treatment. Supreme „Anti-Aging Treatment“ with products from the Maria Galland Luxury Collection. Your skin is supplied with active agents based on the latest scientific research for the effect of a general skin lift.

Masque Modelant approx. 85 mins. € 80

Cleansing, peeling treatment, eyebrow correction, massage, ampoule, modelage, final treatment. Proven effective millions of times, a self-warming mask with deep penetration. „The Maria Galland Treatment classic per se!“ The perfect strategy for solving every beauty problem! Sense how your skin breathes in new life and your facial contours are gently remodelled. The result: Your complexion is revitalised, rejuvenated, virtually lifted.

Biopir Facial with brewer's yeast and hops extract approx. 75 mins. € 66

Brew Bath for your feet, cleansing, peeling treatment, massage, pack and final treatment

Dying of the eyelashes or eyebrows € 10

Dying of the eyelashes and eyebrows € 17

Tightening modelage for the cleavage and breasts approx. 60 mins. € 63

Peeling treatment, treatment with active ingredients, skin tightening mask and final treatment

Body treatments

Legs:

Problem-Zone Treatment for your legs and bottom approx. 60 mins. € 61

Effective use of peeling, active agent concentrate, algae mask with high-concentrate serum and skin-tightening intensive body lotion ensures harmonious, refined and firmer body contours. The spectacular tightening effect can be retained for a long time with follow-up treatment at home.

Fresh-Kick Treatment for heavy and tired legs approx. 45 mins. € 45

A cooling, soothing and firming effect, highly recommendable for varicose veins and oedemas

Lymphatic drainage approx. 25 – 55 mins. € 32 to € 54

Hands and feet:

Pedicure | Pedicure with nail polish € 31 | € 36

Manicure | Manicure with nail polish € 31 | € 36

Soothing foot massage with Cappuccino Massage Creme approx. 25 mins. € 32

Soothing foot treatment based on OPI Incl. a refreshing foot bath, peeling treatment, moisturising foot pack and a relaxing massage approx. 40 mins. € 42

Soothing heat treatment incl. peeling, moisturising hand pack, special nail care approx. 40 mins. € 42

Wellness tip: Our soothing foot and hand treatments can be combined wonderfully with a pedicure or manicure!

More beauty treatments:

Armpit hair removal € 19

Lower leg hair removal € 33

Leg hair removal, complete € 43

Back:

Heat pack to relax your muscles approx. 20 mins. € 22

Cleansing treatment for your back approx. 60 mins. € 67

Pamper treatment for your back approx. 60 mins. € 69

Peeling treatment, relaxing heat pack, massage

Selection of massages

Classical massages

Back Massage	approx. 25 mins.	€ 32
Full-Body Massage with Aromatic Oil	approx. 55 mins.	€ 53
Partial-Body Massage	approx. 25 mins.	€ 32
Special Neck Massage	approx. 25 mins.	€ 32
Small Foot Reflexology	approx. 25 mins.	€ 33
Large Foot Reflexology	approx. 55 mins.	€ 65
Bruss Spinal Massage	approx. 25 mins.	€ 32
Dorn Therapy	approx. 25 mins.	€ 32
Dorn/Breuss Therapy	approx. 50 mins.	€ 61
Herbal Stamp Massage	approx. 55 mins.	€ 79
Herbal Stamp Massage	approx. 55 mins.	€ 68

Silence of Himalaya

Small Japanese Masanuga Shiatsu	approx. 60 mins.	€ 73
Grand Japanese Masanuga Shiatsu	approx. 90 mins.	€ 97

In this massage for the meridians, blockades are detected and gently released

Small Deep Relaxation with Acupressure	approx. 18 mins.	€ 24
Large Deep Relaxation with Acupressure	approx. 30 mins.	€ 39

"The heart must have hands, and the hands must have a heart"

Large Singing-Bowl Massage	approx. 80 mins.	€ 96
Small Singing-Bowl Massage	approx. 40 mins.	€ 55

The vibrations of Tibetan Singing Bowls let your body and soul enjoy deep relaxation



Selection of massages

Abhyanga approx. 85 mins. € 97

Ayurvedic Full-Body Massage with a face-and-head massage

Small Abhyanga approx. 55 mins. € 74

Ayurvedic Full-Body Massage

Hot Stone Therapy approx. 80 mins. € 93

Indian Basalt Stone Massage, deep heat penetration relieves tension

Small Hot Stone Therapy approx. 55 mins. € 74

Indian Basalt Stone Massage, deep heat penetration relieves tension

LaStone Therapy approx. 80 mins. € 94

Indian Basalt Stone and Soapstone Massage
Hot-cold interaction revitalises and stimulates blood circulation

Wellness tip:

You can book a body pack tuned to your personal needs to go with your massage in our Private Spa Steam Bath. approx. 20 mins. € 32 The ideal preparation for a relaxing massage!

Things to know:

All of the Far Eastern massages are performed in the WabiSabi, our Asian treatment room. In fair weather, you can also have your massage in the garden or at the poolside upon request.

Opening hours:

Opening hours: 7:00 AM to 9:00 PM
 Vitality Centre: 12:00 noon to 9:00 PM
 Family Sauna: 12:00 noon to 3:00 PM
 Panoramic-Sauna: 3:00 PM to 8:00 PM

**New highlights
in the spa area!**

Alpin-Hamam

Small Soap Foam Massage incl. rubbing with oil	approx. 45 mins. € 55
Large Soap Foam Massage incl. mud pack With body peeling in the steam bath and rubbing with oil	approx. 90 mins. € 110
Staudacher's Special Massage With hot and cold stones, precious oils and preparation of the skin and muscles in the steam bath	approx. 80 mins. € 99
Taster treatment with a Soap Brush Massage	approx. 25 mins. € 35
Rasul Mud Pack in the steam bath incl. rubbing with oil	approx. 30 mins. € 37

Wellness tip: Our taster treatment can be combined wonderfully
with a Rasul Mud Pack

Matching Feel-Good packages

Oriental Beauty Day for Ladies approx. 120 mins. € 138
Rose peeling with poppy seed and sugar, a detoxifying body pack in the steam
bath, Soap Foam Massage with a hair wash, Goat Butter Creme Pack with an
Oriental oil composition, face and hair pack

Anti-Stress Day for Gents approx. 120 mins. € 138
Scottish Bath (Salt Peeling), regenerating mud pack in the steam bath,
Soap Foam Massage with a hair wash, soothing Lemon Pack,
Head massage with revitalising hair tonic

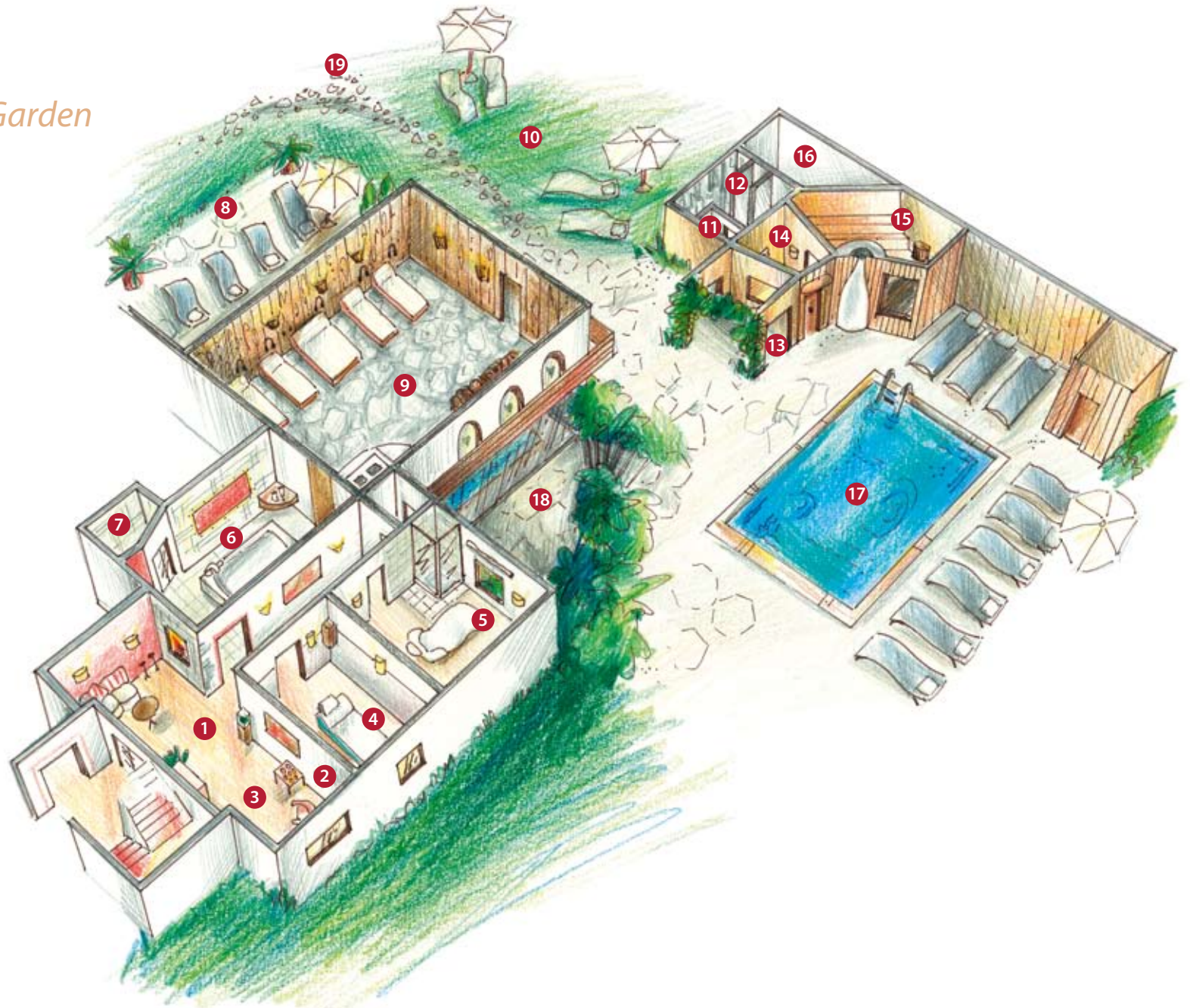
Wellness tip: Treat yourself and your sweetheart to blissful hours of
indulgence – surely time well spent.

All of the treatments are in our Alpin-Hamam with a double lounge and are
available for either one or two persons.





Alpinum Spa & Garden



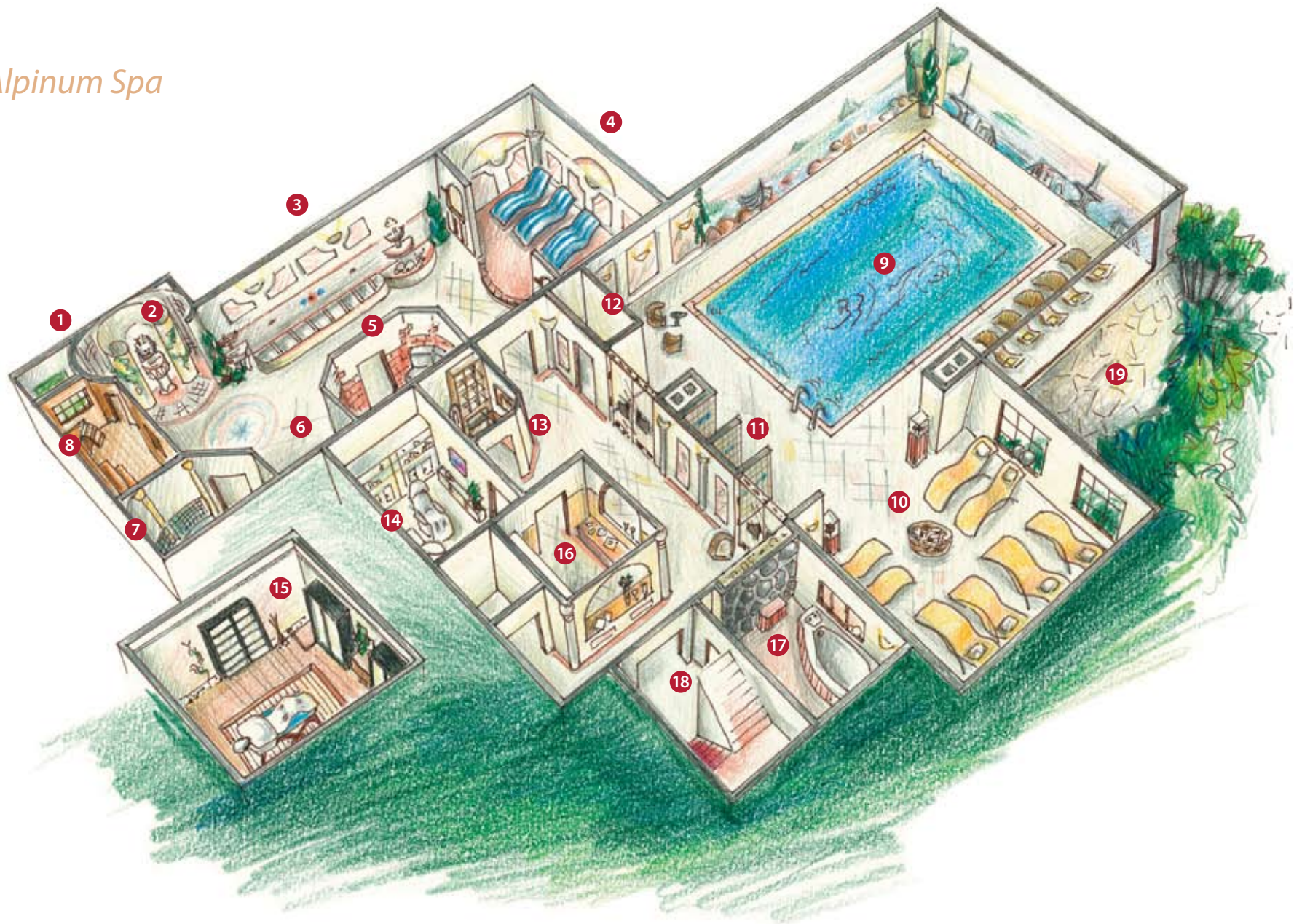
- 1 | Wellness Lounge
- 2 | Grandeur Fountain
- 3 | Information Board
- 4 | Massage Alpienne
- 5 | Beauty treatments

- 6 | Alpin-Hamam
- 7 | Private Steam Bath
- 8 | Garden terrace
- 9 | Peaceful Cabin with waterbeds
- 10 | Lounging lawn

- 11 | Toilet
- 12 | Cliff Shower
- 13 | Pergola
- 14 | Anteroom to the sauna
- 15 | Panoramic-Sauna

- 16 | Technical equipment
- 17 | Outdoor pool
- 18 | Entrance to the Alpinum Spa
- 19 | Back entrance to the hotel and bar

Alpinum Spa



- | | | | |
|---------------------------|-------------------------------|----------------------------|--------------------------------------|
| 1 Adventure showers | 6 Parlarium | 11 Private showers | 16 Wellness desk and buffet |
| 2 Ice Fountain | 7 Saline Blossom Steam Bath | 12 Toilet | 17 "French Champagne Bath" |
| 3 Kneipp Brook | 8 Bavarian Sweating Room | 13 Dressing rooms | Alpine Source |
| 4 Lounges | 9 Indoor pool | 14 Manicure and pedicure | 18 Entrance to the Wellness Lounge |
| 5 Laconium / Tepidarium | 10 Relax lounges | 15 WabiSabi | 19 Entrance to the Alpinum Garden |

Body packs

Thalasso Pack approx. 75 mins. € 72

- Regenerates and deacidifies the whole body
- Detoxifies, firms, stimulates your metabolism
- Helps reduce water retention and fatty deposits
- Supplies the skin and tissue with minerals and trace elements

Mud Pack approx. 60 mins. € 75

- Against strained muscles
- Exerts an anti-inflammatory effect
- Stimulates your metabolism
- Highly recommendable for persons with rheumatic complaints
- Incl. peeling treatment in the steam bath as preparation

Goat Butter Creme Pack approx. 30 mins. € 37

- Lipid replenishing and moisturising

Body peeling treatments

Salt-Oil Peeling Treatment with lemon fragrance

Pinacolada Peeling Treatment with soothing oils and coconut flakes

Rose Peeling Treatment with poppy seed and sugar

Creme Peeling Treatment with diverse fragrance compositions

Price per person: approx. 30 mins. € 37

Depending on availability, all of the peeling treatments are offered in our Alpin-Hamam.

Relaxation baths

**New highlights
in the spa area!**

A romantic bathing experience in our „Champagne Tub“ for one or two persons.

Zillions of fine swirling air bubbles and a most special massage experience from your neck down to your toes lead you into deep relaxation. Pleasant fragrances and a magnificent play of colours under water accentuate the relaxing bath ceremony. All this is rounded off by a unique play of sounds.

Werdenfelser Milk Bath approx. 35 mins. € 32

Hay Flower Bath incl. a glass of Hay Liquor approx. 35 mins. € 28

Beer Bath incl. a small stein of beer approx. 35 mins. € 38

Goat Milk Bath approx. 35 mins. € 38

Basic Sea-Salt Bath approx. 35 mins. € 25

Ayurvedic Blossom Bath approx. 35 mins. € 28

Valerian Oil Bath with Melissa and hops approx. 35 mins. € 28

Blue Harmony Relaxation Bath approx. 35 mins. € 25

with the fragrance of blooming lavender fields

Orange Dream Bath, Rose Dream Bath or Honey Dream Bath approx. 35 mins. € 32

Price for two persons per bath: approx. 35 mins. € 49

Wellness tip: Your „More Delight“ Granted Wish for your bath ceremony:
1/2 bottle of rosé champagne & fresh grapes | extra charge of € 15



Wellness packages

Mountain Package approx. 50 mins. € 60

- Heat pack and back massage with alpine herbs

Balance Package approx. 80 mins. € 78

- Relaxation massage with special energetic gem oil
- "Balance" foot treatment

Delight Package approx. 100 mins. € 113

- Cream-Dream Body Pack
- Feel-Good Treatment for your face
- Delight Treatment for your back

Girl Friends' Day € 177

- Full-body massage with aromatic oil approx. 55 mins.
- Goat Butter Creme Pack approx. 30 mins.
- Individual Rasul Peeling in the steam bath approx. 30 mins.
- Private Spa Night

Baby Moon | mother-child € 59

- Firming body pack for Mom approx. 30 mins.
- Baby massage or children's massage for your young ones on a double lounge approx. 20 mins.
- Soothing Mother-Child Bath

Sheer Detoxification € 159

- Sea-Salt Peeling Treatment approx. 30 mins.
- Algae Mud Pack approx. 30 mins.
- Firming and detoxifying Jacuzzi bath approx. 30 mins.
- Full-body massage in basic oils approx. 55 mins.

Wellness packages for couples

Pamper Days for Two | per person approx. 45 mins. € 55

- A tingling foot bath with a glass of genuine Champagne
- Relaxing back massage

Cuddle Days for Two | per person approx. 120 mins. € 133

- Full-body peeling treatment with the Kiss-Peeling Glove
- Full-body massage with Rose Pralinés of cocoa butter and rose oil
- Face Massage
- Romantic Bath for two and 1 glass of genuine Champagne

Grand Beauty Day for Two | per person approx. 3.5 hrs € 184

- Creme Peeling Treatment with individual fragrance compositions in the steam bath
- Detoxifying body pack
- Indulgent full-body massage with aromatic oil
- Romantic Bath for two in our „Champagne Tub“ with a glass of Prosecco
- A snack of exquisite finger food

Sheer Romance | per person approx. 45 mins. € 61

- Rasul Mud Pack with body peeling treatment in the steam bath for two
- Soothing body pack to suit your skin type on the double lounge in the Alpin-Hamam

Small Relax Day | per person approx. 65 mins. € 74

- Soap Foam Massage
Experience this traditional Ottoman cleansing ritual in an alpine style. Sense the soothing warmth of our Hamam stone while you are being massaged by sheer mountains of foam.
- Romantic Bath for two in our „Champagne Tub“ incl. rubbing with oil and a glass of Prosecco



Alpinum Spa & Garden:

- Indoor pool (30°C/86°F) and outdoor pool
- Saunascape with a Laconium, Tepidarium, Bavarian Sweating Room, saline-blossom steam bath and a Kneipp brook, Panoramic-Sauna outdoors
- Alpin Hamam, Stille Alm peaceful cabin
- WabiSabi for relaxation exercises
- Beauty treatments, massages and baths



Wrap your own personal package

Select one treatment each from the following categories of treatments to put together your own personal package.

Peeling treatments:

Mountain: Honey Peeling Treatment

Balance: Asian Sea-Salt Peeling Treatment

Delight: Macadamia Nut Peeling Treatment

Massages:

Mountain: Alpine Herb Massage

Balance: Relaxation Massage with special energetic Gem Oil

Delight: Aromatic Oil Massage with an exotic fruit fragrance of your choice

Packs:

Mountain: Healing Chalk Pack for your body

Balance: Chi Energy Pack for your body

Delight: Chocolate & Creme Pack for your body

Package per person: approx. 120 mins. € 121

Treatments for children & teenagers

Children's Massage with Alpine Children's Oil approx. 20 mins. € 22

Cleansing Facial for Teenagers approx. 45 mins. € 47
age 14 and over

My First Make-Up, style consultation approx. 25 mins. € 25
age 14 and over

Children's Wellness Package

Happy Family | for up to 4 pers. simultaneously € 69

Enjoy most special hours of relaxation with your children

- Rasul Mud Pack in the steam bath
incl. rubbing with oil approx. 30 mins.
- Confetti Bath with a Children's Cocktail approx. 30 mins.

Private Spa Night

Enjoy having the Staudacherhof Alpinum Spa all to yourself during the romantic hours from 9:00 PM to 11:00 PM.

Price per person: € 50

Extras included in the room rate:

- 1 bottle of Prosecco (bottle of genuine Champagne: Extra charge of € 40)
- Exquisite finger food and small snacks
- Sauna Pamper Set with soothing soap, sauna body cream, face-and-hair pack and a linen terry-cloth flannel/ washcloth
- Romantic illumination of candle light and rose blossoms
- Diverse fragrances for your personal sauna infusion

Granted Wish – More Balance for your Private Spa Night

(make sure to book early):

- Exquisite products to pamper your skin after the sauna
(Prices vary acc. to skin care collections)
- Cosmetic treatments or massages from our program until 11:00 PM
- We offer you a Sauna Adventure Infusion as a special prelude to your sauna evening, with a fragrance of your choice, special rub products that cater to your personal taste, iced fruits in the sauna and a refreshing fruit cocktail as a grand finale per person € 20
- Caviar Service in Chill Cups with classic trimmings € 120

This fully private sauna evening is a truly delightful present.

We will be glad to prepare a special gift certificate for you.

Groups of up to 15 persons are also very welcome. Prices upon request.



The Day Spa in Staudacherhof

You will find the following in our Day Spa

- 50 m² indoor pool (30°C / 86°F) with lounges
- 50 m² outdoor pool with cosy corners in the garden to relax in
- Laconium, Tepidarium, Bavarian Sweating Room (Finnish Sauna), Saline/ Blossom Steam Bath and Kneipp Brook, Panoramic-Sauna near the outdoor pool, Alpin-Hamam
- WabiSabi – treatment room for massages and exercise therapies:

Included extras | Free-of-charge service, subject to change

- Vitamin Bar with fresh fruit, dried fruit and vegetable sticks
- Hot teas and cold teas plus Grander water
- A different ladle dish daily (until 5:00 PM)
- Invigorating manual infusions every day in the Panoramic-Sauna or rubbing in in the steam bath

Available upon request

- Bathrobe on loan € 5 | Deposit € 30
- Exquisite body-care products
- Special face packs or body lotions for the sauna
- Delicious snacks and cocktails from our Bistro Menu

Opening hours

Indoor pool: 7:00 AM – 9:00 PM | Alpinum Spa: 12:00 – 9:00 PM |
Panoramic-Sauna: 3:00 PM – 8:00 PM

Prices

7:00 AM to 9:00 PM € 30 | 6:00 PM to 9:00 PM € 15

Day Spa Package: A Day for Myself approx. 85 mins. € 94

Small Wellness Facial, Heat Pack for your back, Back Massage with aromatic oil
An extra treat for you: Free-of-charge entrance to the Alpinum Spa & Garden

Day Spa Package: Weekendfeeling approx. 30 mins. € 47

A delicious cocktail of your choice, Grand Deep Relaxation with acupressure,
50 % discount on the Alpinum Spa & Garden entrance fees

Please note that our Day Spa is not oriented to families.

Dear Guest,

We have put together some information here to help make your stay in our Alpinum Spa & Garden a most memorable experience:

You can obtain advice or information on our products and services at the Wellness Reception Desk. Or you can call us at +49(0)8821-929 381 or send an e-mail to alpinum@staudacherhof.de In case there is nobody at the Wellness Desk, the staff at the Hotel Reception Desk will be glad to assist you. We recommend booking your treatments in advance by phone from home.

Our Wellness team includes both male therapists and female therapists. Please inform us of any preferences you may have when you make your reservation. Of course, you can also inform us if you prefer a specific therapist for your treatment. Tips are not included in our prices. So, if you were happy with your treatment, you can tip the therapist personally.

If you have any health issues, please make sure to discuss these with your therapist prior to every treatment session or point them out when making your appointment.

Our list doesn't include your favourite therapy? You can talk to our Spa manager. We can grant most any wish! So don't hesitate: We will be glad to create a customised therapy or wellness package specially for you.

When you are receiving a massage or body treatment, your body will be covered. Only the part being massaged or treated will be exposed. Therefore, please make sure to always wear a bathrobe to your treatments. The Singing-Bowl massage, Shiatsu and Magnetic Field Therapy are exceptions. Please come to these treatments in light, loose leisure wear.

The treatments you select will be specially reserved for you. Please note that you can cancel a session at no charge 12 hours prior to your appointment. If an appointment is cancelled later, we charge 50 % of the price, unless we are able to find a replacement for the appointment.

In the interest of all of our guests, children under the age of 14 may only enter the Wellness Area accompanied by a parent or another adult. We ask for complete silence.



More Mountain · More Balance · More Delight

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