

SPA MENU



WELCOME TO THE TANNENHOF SPA

Natural materials and selected flavours of Young Living® create in our 500 sqm SPA a special atmosphere of calmness and relaxation.

In addition to our first-class massage and beauty treatments you will find a 75 sqm pool with counter flow jets, an indoor and an outdoor sauna with picturesque view, steam bath, Jacuzzi® and a spacious SPA lounge.

The offer is completed by a gym with Technogym and Powerplate equipment. In the entire SPA area, we offer a variety of teas, soft drinks, fresh water and small snacks.

The SPA area is laid out for six people and the opening hours are from 8.00 am to 8.00 pm. During this period the SPA team is available for treatments.

From outside call **+43 5446-30 311**, from your suite just dial **31** or visit us at the SPA reception.

OUR PRODUCTS

We take pride in offering you only the finest and most luxurious products in our SPA. Our selection is based on our philosophy of organic health and wellness, caring for exactly what is applied to your body.

AQUA ORGANIC®

The ABC of healthy skin. Every letter stands for a specific application area and creates individual skin sensations ranging from cooling to warming and soothing to invigorating. Honesty, balance and wholesomeness are the key values of our concept reflected in the award-winning the plain product design. Altogether the ever-growing line embodies the whole medicinal expertise with fluent skills in dermal multisensuality. Organic cosmetics of highest quality.

SILBERQUARZIT®

This special energy-rock from South Tyrol has a high content of quartz crystal and jewel. It is well known to have healing powers, increases efficiency and helps to deacidify the body. The enormous power of silverquarzit works in combination with pleasing herbs and warming tree oils. The treatment strengthens the immune system, improves circulation and brings a sense of wellbeing and the human energy supplies.

YOUNG LIVING®

The founder D. Gary Young has discovered the profound benefits of essential oils. He has created a wide range of essential oils and oil mixtures. The oils help to balance, stimulate, clean and regenerate your mind, body and soul. Most important is the quality. Young Living® is dedicated to producing essential oils from the highest-quality plants without any chemical or synthetic compounds.

INFO

SPA ETIQUETTE

Bathrobe and slippers are supplied in your suite and in the changing rooms. Towels are available throughout the SPA area.

Please note that smoking is not permitted in the entire SPA area. For your own wellbeing and relaxation as well as in consideration of other guests, we kindly ask to switch off your mobile phone when entering the SPA.

Safety boxes are provided in your suite and in the changing rooms of our SPA. We recommend you to use them for your valuables. However, we do not take liability for any loss or damage.

UPON REQUEST

If you like, we can organize private yoga and fitness classes as well as personal training under professional guidance for you.

A surcharge of 40 percent applies to massages performed in your suite.

Feel free to book treatments premature outside our opening hours from 8:00 am to 8:00 pm. The surcharge is 30 percent.

CANCELLATION

We recommend arriving 10 minutes prior to your appointment. This allows you to grasp a feel for the SPA and begin to unwind for your treatment. If for any reason, you have to cancel your appointment, please do so at least 3 hours in advance. If you cancel later, we will charge 50 percent of the fee and in case of a no-show 100 percent of the treatment price. Please note that your treatment time will be shortened if you are late for your appointment.

LUXURIOUS FACIAL

The finest organic ingredients from Aqua Organic® combined with an individually tailored treatment procedure, nourish and pamper your skin. With ultrasound the ingredients of the cosmetics series Aqua Organic® will be infiltrated into your skin and finished off with an Alginate mask. The result of a recovered and radiant skin is already visible after the first treatment.

90 Min. 230.00 €

**+Golden Hydro Gel mask for face
and eyes 120 Min. 285.00 €**

FURTHER TREATMENTS

We are very pleased to offer in addition to our facial- and body treatment menu Make-Up, eyebrows and eyelash enhancement. Please contact our SPA team.

HELDEN IN GRÜN® ESSENCES

Founded on the age-old Paracelsus tradition, these essences bring clarity, balance and vitality to the body and mind. Improve digestion, hydration, flush out toxins or increase concentration with these all-natural essences made with ingredients from the region.

HERBAL TREATS BY SUSANNE KAUFMANN™

Susanne Kaufmann has always been fascinated by the idea of using the intensive effect of the alpine plant world in a modern manner for beauty, health and comfort. Her cosmetic line is natural, beneficial, effective and very compatible. You find these products in your suite. If you want to continue the care of your skin at home, please don't hesitate to ask the SPA team, they will be pleased to assist you.

BEAUTY

LUXURIOUS MANICURE

The components of the manicure are peeling, mask forming your nails and cuticles. Your hands are pampered with a firming cocoa bean cream and on request scrubbed and polished with O.P.I®.

60 Min 85.00 €
+ colour 95.00 €
+ semipermanent colour 115.00€

LUXURIOUS PEDICURE

Pamper your feet with an exclusive treatment. Enjoy the warm bath, herbs peeling and a relaxing massage of your feet. On request nail polishing with O.P.I®.

60 Min 95.00 €
+ colour 105.00 €
+ semipermanent colour 125.00€

PEELINGS & SPECIALS

FULL BODY SCRUB

A gentle massage with a mix of warm almond oil and deep cleansing Silberquarzit® healing earth granulate nourishes and smoothes your skin.

60 Min 135.00 €

DETOX TREATMENT

Starting with a full-body sea salt oil scrub, this enjoyable treatment is continued with a seaweed wrap for the face and body. The body is freed from pollutants and toxins in this way and finally pampered with a soothing relaxing massage.

90 Min 230.00 €

FURTHER TREATMENTS

We are very pleased to offer the following treatments in addition to the SPA menu. Foot reflexology massage, sports massage and manual lymph drainage. Please contact our SPA therapists.

MASSAGE RITUALS

TANNENHOF SPECIAL

Let yourself be pampered with organic herbs, oils, salts and teas, all sourced from the local region and selected specially for you. We begin with a salt stone peeling to stimulate blood flow and increase circulation. This is followed by a deep and relaxing massage with warm herbal compresses to relieve tension in the body. You are then treated to a harmonising body most to leave your feeling relaxed and rejuvenated. Your treatment finishes with a glass of local mountain spring water infused with our "Helden in Grün"® essences.

90 Min 285.00 €

AYURVEDA ABHYANGA MASSAGE

The extremely soothing Abhyanga massage is primarily for the harmonization of body energies. Warm organic oil from India helps the body to detox and it also soothes the skin. This massage is one of the most beneficial and effective of its kind. Deep relaxation and vitalization are guaranteed.

90 Min 245.00 €

SHIATSU – JAPANESE PRESSURE POINT MASSAGE

This 4000-year-old Japanese tradition combines massage and acupressure to relieve stress in the body. Through the equilibrium of Yin and Yang energy points along the meridian are relaxed, helping to return balance and harmony to the body. A deep and relaxing experience that you can enjoy in your suite, fully-clothed and on a shiatsu mat.

60 Min 150.00 €

TANNENHOF'S INDIVIDUAL TOUCH

Relax and forget the world outside with this unique mix of various international massage styles. Take advice from your therapist and evaluate the priorities for your treatment. The precision of touch and the flow of this treatment will make it an unforgettable experience for you.

40 Min 95.00 €

60 Min 120.00 €

90 Min 180.00 €

ROMANTIC MOMENT FOR TWO

Enjoy a relaxing full body massage for two. Nurture your romance and escape to our couples' treatment suite, decorated with warm candlelight. The organic massage oils provide a captivating and seductive aroma. After this treatment you will be spoiled with a glass of champagne and a selection of exquisite pralines.

90 Min 410.00 €

RAINDROP MASSAGE

The combination of ancient knowledge of plant compounds and healing rituals of the Lakota Indians brings balance and harmony. Seven essential herbal oils are first applied to the reflex zones of the feet and the length of the spire using a feather light technique. This is then followed by a gentle and relaxing massage. Deep relaxation and a wonderful feeling of lightness are the result.

60 Min 150.00 €

HERBS COMPRESS MASSAGE

This wellbeing back-treatment is based on warm organic oils and herbal compress. The cotton bags are stuffed with different alpine herbs and are warmed in a steam bath. With soft pressure the muscles will be massaged in fluid motion alternating regularly between the herbal compress and the use of hands.

60 Min 150.00 €

SILBERQUARZIT® PRIMORDIAL RITUAL

During this special ritual of heated stones your body, spirit and mind will full into a deep sense of calm. The stones are guided across the whole body combined with a gentle and calming massage. Selected wild herb essences, warming oils and a smoke ritual are part of this treatment. It can activate the power of self-healing. Scents and sounds of the Tyrolean mountains accompany this soothing ritual.

90 Min 210.00 €