

SPA MENU



WELCOME TO THE TANNENHOF SPA

Natural materials and selected products from the Tyrolean Alps in our 500 sqm SPA create 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 views, steam bath, Jacuzzi® and a spacious SPA lounge.

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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.

Calling from an outside line, dial **+43 5446-30 311**, and from your suite simply dial 31 or visit us at the SPA reception.

We recommend arriving 10 minutes prior to your appointment. This allows you to get a feel for the SPA and to begin to unwind for your treatment. If for any reason, you must 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.

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 vitalizing. Honesty, balance, and wholesomeness are the key values of their concept reflected in the award-winning, plain product design. Altogether the ever-growing line embodies the whole medicinal expertise with fluent skills in dermal multisensuality. Organic cosmetics of highest quality.

ALPIENNE®

The basis for the Alpienne label is the decades-long knowledge of the healing power from herbs. The production is resource-saving and sustainable with raw materials from the picturesque Kaunergrat nature park in Tyrol. The unique care products are created from highly concentrated and 100% herbal active substances.

YOUNG LIVING®

Passionate about preserving essential oils as nature's living energy, fostering a community of healing and discovery, and inspiring people to live lives of wellbeing, purpose, and fulfilment. They produce their products exceptionally sustainable and have been the market leader and pioneer in essential oils for 30 years.

MASSAGE RITUALS

TANNENHOFS INDIVIDUAL TOUCH

Your current condition and individual needs are the absolute focus of this treatment. Trust the experienced hands and the competence of our spa therapists and determine the focus of this treatment together. Whether invigorating or deeply relaxing - a unique mixture of different massage styles, precise techniques and therapeutically effective massage oils of the highest quality, will help to achieve the desired result and to regenerate. Take a break from everyday life and forget the world around you.

40 Min 120.00 €

60 Min 160.00 €

90 Min 200.00 €

FOOT REFLEXOLOGY MASSAGE

A refreshing foot bath with a peeling, as well as an intensive and at the same time very relaxing massage of the feet and calves, will make you feel wonderfully strengthened and refreshed. Targeted pressure points are stimulated or soothed using special techniques.

60 Min 160.00 €

PARTIAL BODY & FOOT REFLEXOLOGY MASSAGE

Experience the best of both worlds with our foot reflexology and classic massage. This treatment combines targeted massage techniques on specific areas of the body with traditional reflexology for the feet.

90 Min 200.00 €

LOMI LOMI

Holistic massage and mindful joint work revitalize and regenerate the entire body and nervous system. The lymph flow and blood circulation are harmonized with long and flowing massage movements and with heated coconut oil according to old Hawaiian tradition. The body's metabolic processes are stimulated, and deep relaxation is achieved on all levels.

60 Min 180.00 €

90 Min 220.00€

HOT STONE

An energetic treatment that harnesses the elementary power of stones to dissolve blockages. Hot stone therapy combines classic massage techniques and the pleasant effects of hot basalt stones. Body and mind are filled with new vigour and vitality, energy points are activated and muscle tension melts away.

60 Min 180.00 €

HERBAL COMPRESS MASSAGE

This wellbeing 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 180.00 €

HEAD IN THE CLOUDS

Restores and boosts your energy and clears your mind. Releases blockages in the head, shoulders and neck muscles.

25 Min 70.00 €

BEAUTY

LUXURIOUS FACIAL

A regenerating facial treatment based on plant complexes, beta-carotene, hyaluronic acid, and snow algae. Your skin will be intensively nourished and energized. The moisture balance of your skin will be sustainably improved. The finale of each treatment is the special, moisturizing alginate mask with which we achieve a wonderful finish for your skin.

60 Min. 195.00 €

Tailored to your skin, the high-quality active ingredients are introduced deeper into the skin layers with the add-on ultrasound treatment.

90 Min. 240.00 €

FURTHER TREATMENTS

In addition, we offer further treatments such as sports massages, Reiki and peelings. Please contact our SPA team.

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 that you 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 outside our opening hours in advance from 8:00 am to 8:00 pm. The surcharge is 30 percent.

