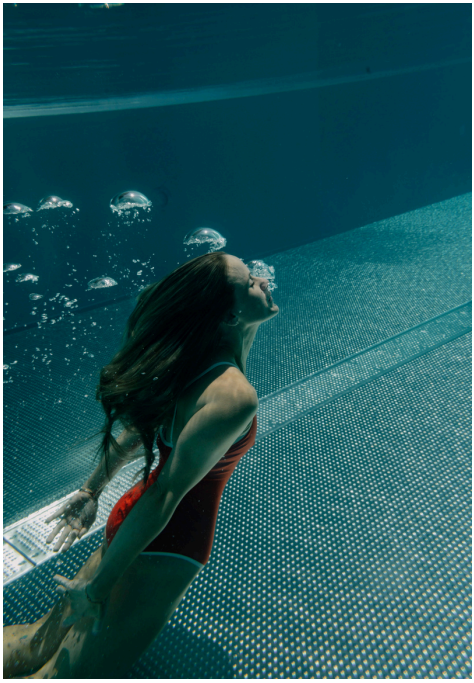
ENGLISH

★★★★ SUPERIOR
DAS VIER
PERFORMANCE & SOUL

SOUL

Wellness, beauty & massages

#starttorelax



Welcome to the world of soul & serenity

Here, it's all about finding your inner calm, arriving in the moment, slowing down, and gently restoring your energy.
Our treatments invite you to leave the rush of daily life behind and reconnect with your body and soul on a deeper level.
Gift yourself the space your heart and mind truly deserve.

Meditations for your soul

We firmly believe that true regeneration is not only created through external treatments like massages, wraps or cosmetic care, but also through inner stillness.
What we think, how we breathe, and what we feed our minds with is just as important as what we eat.
For us, the most powerful way to achieve deep inner relaxation is through meditation.

New at our hotel:
Private meditation sessions — individually guided, tailored to your personal needs, at your own pace.
Feel free to talk to us anytime.

45 min. ..... **€ 50**

Sauna stages

Sauna sessions are the ultimate way to relax after sports, turn a rainy day into a good day, offer the perfect hot-cold experience, and are the heart of any wellness routine.

As inspiration, we've created three possible sauna stages for you, designed to introduce you to the wonderful world of sauna culture. Simply scan the QR code that suits you best and let yourself be inspired.

Stage: Wellness & Relax
Your first time in the sauna.

Stage: Regeneration
After your workout.

Family Time
For the whole family.

Sauna etiquette

Our wellness area is a place of peace, retreat, and regeneration. To ensure that all guests can enjoy this special atmosphere undisturbed, we kindly ask you to observe the following guidelines:

- Please respect other guests as well as our team and their work. Mutual consideration creates harmony.
- For the sake of the environment please use towels consciously.
- We kindly ask you to shower before each visit to the sauna, steam bath, pool, or treatments.
- Please wear bathing shoes. We are happy to provide you with a pair at the reception.
- All three of our wellness areas are designated quiet zones. Please avoid loud conversations.
- Soul treatments take place in a calm and relaxed atmosphere. Please enter this area quietly and only with a confirmed appointment.
- The textile-free sauna may not be entered with swimwear.
- During sauna infusions, we kindly ask you not to enter the sauna. You may leave at any time, of course.
- For your own relaxation and the tranquility of all guests, please refrain from using mobile phones.
- Kindly do not reserve loungers with towels. These relaxation spots are for everyone.
- Please inform our team of any health concerns so we can ensure your wellness time is safe and individually tailored to your needs.

Highlights

1.001 nights

Our Sauna East area is available for private, relaxing wellness time in an oriental atmosphere:

- Oriental sauna
- Pine sauna and steam bath
- Relaxation and meditation room
- Indoor whirlpool

Included in the price:

- Two hours of private sauna access from 8:00 to 10:00 PM
- Delicious snacks (nuts & dried fruits)
- Oriental cocktail
- Peeling treatment for the steam bath

For any additional wishes, our reception team is happy to assist you.

Price per person (min. 2) ..... **€ 50**

Lymphatic drainage treatment

Experience complete regeneration after your workout with our Recovery Lymphatic Drainage package.
This comprehensive treatment is designed to support your body's recovery after intense training sessions and to enhance your physical and mental well-being.

Included:

• Recovery boots*
Enjoy targeted regeneration with the BLACKROLL Recovery Boots. They improve blood circulation, effectively support the lymphatic flow, and promote the removal of metabolic waste products such as lactate.

30 min. ..... € 45

*There are contraindications for this treatment. Please contact the reception for further information.

Classic massage – partial or full body

A targeted massage stimulates skin functions and metabolism, promotes blood and lymphatic circulation, increases the elasticity of tendons and ligaments, and encourages the production of joint fluid.

Partial massage, 25 min. ..... **€ 45**
Full body massage, 50 min. ..... **€ 72**
3-session - partial massage,
3 x 25 min. ..... **€ 125**
3-session – full body massage,
3 x 50 min. ..... **€ 206**

Foot reflex zone massage

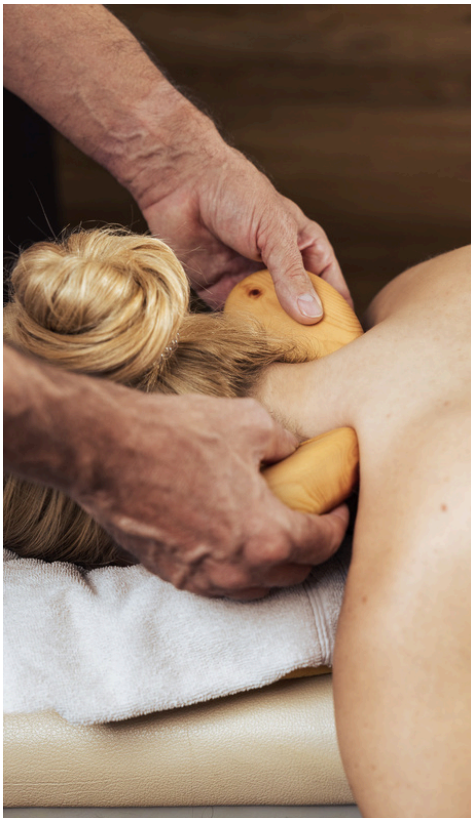
This massage technique promotes intensive, targeted circulation. It supports the function of organs and tissues, activates the body's natural energy and regeneration processes, and helps to release tension and muscular tightness. Headaches, digestive issues, sleep disturbances, and stress-related discomfort can also be alleviated with the help of this treatment.

25 min. ..... **€ 45**

Aromatherapy massage

This gentle massage with essential oils supports the harmony of body, mind, and soul. It calms the autonomic nervous system and helps to strengthen the immune system.

Legs or back, 25 min. ..... **€ 47**
Legs and back, 50 min. ..... **€ 80**



Relaxation massage with St. John's Wort care

This treatment can effectively relieve acute tension in the muscles and nerves, as well as all muscle-exposed areas, especially after sports.

Legs or back, 25 min. ..... **€ 47**
Legs and back, 50 min. ..... **€ 80**

NEW

Vanilla deep relaxation massage

Immerse yourself in a holistic pampering experience:
This 100-minute treatment combines a full body massage, head massage, and foot reflexology with the soothing warmth of hot stones and the natural energy of Swiss pine wood.
The delicate scent of vanilla calms the mind and senses, promoting deep regeneration, inner balance, and long-lasting relaxation.

100 min. ..... **€ 159**

Sports massage

An intensive massage with arnica lotion, marmot oil, or tonic. The nourishing properties of the oils help to strengthen the joints.

Legs or back, 25 min. ..... **€ 49**
Legs and back, 50 min. ..... **€ 80**

Relaxing face massage

The relaxing face massage includes gentle cleansing, a nourishing mask, and finishing care.

30 min. ..... **€ 55**

Combination massage

A soothing massage that combines foot reflexology with a classic partial body massage.

50 min. ..... **€ 82**

Chi balance head & neck massage

This treatment promotes the flow of Chi in the head and neck area, helping to relieve tension. The Chi Balance method is especially recommended for tension and tightness in the neck and head area.

25 min. ..... **€ 50**

HIT

Basic facial treatment

This classic facial treatment offers an effective deep-cleansing program. It includes a skin analysis, thorough cleansing, exfoliation, deep cleansing, eyebrow shaping, hyaluronic elixir, a soothing mask, and finishing care.

55 min. ..... € 85

Waxing treatment

Lower legs	€ 35
Full legs	€ 60
Bikini area	€ 25
Armpits	€ 27
Upper lip	€ 14
Chin	€ 12

Let your eyes glow

Eyebrow shaping	€ 15
Eyebrow tinting	€ 20
Eyelash tinting	€ 20

Me-time treatment

Give yourself a well-deserved break and treat your face — for glowing skin and a clear mind.
This soothing treatment includes:

- Gentle facial cleansing
- Exfoliation to refine your complexion
- Nourishing face mask
- Relaxing facial massage
- LED mask for skin regeneration and revitalisation

Last but not least:
Choose between a calming head massage with a special wooden brush or a soothing hand massage with nourishing cream. Both are perfect for inner peace and a refreshed mind.

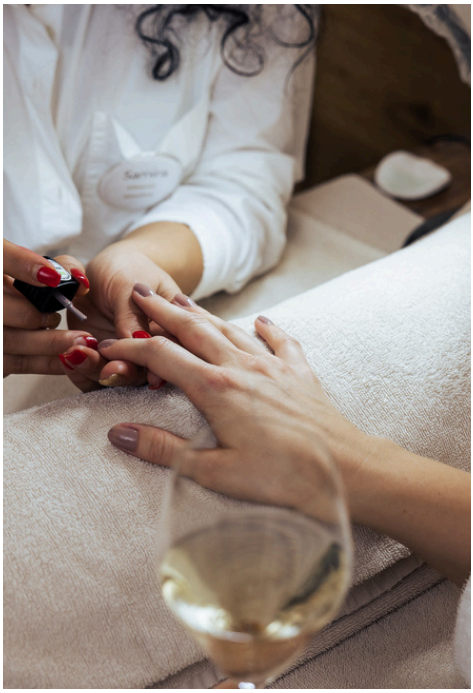
90 min. ..... € 115

Slow-aging face treatment

This treatment is a targeted slow-aging ritual that gently stimulates the skin's natural regeneration processes.

Deep-acting impulses strengthen the skin structure, improve elasticity, and visibly reduce the depth of wrinkles.
At the same time, lymphatic flow and cell metabolism are activated — for a fresh, radiant complexion with long-lasting results.

80 min. ..... **€ 120**



Wellness for hands & feet

Manicure without polish ..... **€ 45**

Manicure with polish ..... **€ 50**

Barbie manicure for kids ..... **€ 25**

Cosmetic pedicure, 50 min

without polish ..... **€ 55**

with polish ..... **€ 65**

"Beauty begins the moment you decide to be yourself."

Coco Chanel

Just for men

This relaxing facial treatment offers the perfect time-out for today's modern man. It includes deep cleansing with a peeling mask, eyebrow shaping, a care ampoule, a relaxing face and neck massage, a special mask, and finishing care.

55 min. ..... **€ 80**

Feel-Good package for HER

- 1 Relaxation massage, 50 min.
- 1 Basic facial treatment, 55 min.

100 min..... **€ 150**

Feel-Good package for HIM

- 1 Sport massage, 50 min.
- 1 "Just for men" facial treatment, 50 min.

100 min..... **€ 150**

Performance

Pitztal sports package

- 1 Sports massage with Arnika, 25 min
- 1 Me-time treatment, 90 min

115 Min. ..... **€ 150**

TIPS

- Appointments can be arranged directly at the hotel reception or at the spa reception.
- Our beauty expert helps our guests choose the right products tailored to their individual needs.

Bonus

For a treatment value of €200 or more, we grant a 5% feel-good bonus.
Please note: with our feel-good packages and combination offers, this bonus is already included as part of the package benefit.

Lotuscraft
For your individual yoga experience

Our mindful yoga partners: They inspire and connect people who practice meditation and yoga with high-quality, aesthetically pleasing, and eco-friendly products.
We provide test mats for you, so you can find the perfect match for your individual needs.

SOTHYS
Beauty is everything

Discover the world of French luxury cosmetics by Sothys and enjoy exceptional professional treatments along with highly effective home care products inspired by nature.

Registration for wellness treatments

If you would like to book a wellness treatment, please reserve your preferred option either at the reception of the Sport & Wellness Hotel DAS VIER or at the spa reception in the South sauna area.

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