



Spa, beauty & massage, sport

The pinnacle of alpine relaxation

#starttoexplore





1.001 nights

Our **sauna area “East”** is available for a private and relaxing wellness time in oriental style:

- Oriental sauna (NEW!);
- stone pine sauna & steam bath;
- rest area & meditation room;
- indoor whirlpool.

Included in the price:

- 2 hours of private sauna access from 8:00 PM to 10:00 PM;
- eastern snacks (nuts & dried fruits);
- oriental cocktail;
- peeling for the steam bath.

We are happy to fulfill any other wishes at the reception.

Per person (minimum 2 per.).....€ 50

Highlights

Wellness time by night

We are happy to reserve our **sauna area “North”** for a relaxing wellness time:

- Panorama event sauna (NEW!);
- rest area terrace;
- perfect time for a romantic evening, a girls' night out, or for a birthday.

Included in the price:

- 2 hours of private sauna access from 8:00 PM to 10:00 PM;
- sparkling wine;
- fruit skewers.

We are happy to fulfill other wishes at the reception.

Per person (minimum 2 per.).....€ 50

Eyelash and eyebrow lifting

Special products are used to strengthen and shape eyelashes and eyebrows, giving them a stunning and long-lasting appearance.

Eyelash lift with tint.....€ 65

Eyebrow lift with tint.....€ 60

Eyelash & eyebrow lift

with tint.....€ 120

Classic massage

The classic massages stimulates your skin and activates your metabolism. As well as promoting a healthy flow of blood and the proper functioning of the lymphatic system, it helps make your tendons and ligaments more supple and promotes the production of synovial fluid in the joints.

Specific body part 25 min.	€ 40
Full body 50 min.	€ 62
3 x body part massages (à 25 min.).....	€ 110
3 x Full body massages (à 50 min.).....	€ 176

Foot reflex zone massage

This massage technique achieves intensive blood circulation to the feet. It improves organ and tissue function, activates vital and regenerative forces and relieves tension and cramps. It can also help with headaches, digestive problems, sleep disorders and stress-related complaints.

25 min.	€ 40
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Aroma massage

This gentle massage with essential oils promotes a natural harmony of mind, body and soul. It relaxes the vegetative nervous system and strengthens the body's immune system.

Legs or back 25 min.....	€ 42
Legs or back 50 min.	€ 70

Relaxing massage with St. John's wort

This massage can have a positive effect on acute changes in the muscles and nerves as well as all muscle-related areas of the body, especially as the result of sport.

Legs or back 25 min.	€ 42
Legs or back 50 min.	€ 68





Pine massage

This massage using the soothing natural effect of pinewood stimulates your skin and activates your body's metabolism. The massage is carried out using a range of tools made from natural pine.

Legs or back 25 min. € 47
 Legs or back 50 min. € 72

Combined massage

Relaxing massage combining foot reflex-zone massage and classic massage with a focus on one specific part of the body.

50 min. € 72

Sports massage

Invigorating massage with arnica lotion or marmot oil and tonic. Relaxes muscles and strengthens joints.

Legs or back 25 min. € 44
 Legs or back 50 min. € 70

Coco-Coco: children's massage

Relaxing massage with natural coconut oil.

20 min. € 35

Chi Balance head & neck massage

Harmonising and balancing, this massage has a soothing effect on the flow of chi in the head and neck. The Chi-Balance Massage is particularly recommended for those who suffer from tension in the neck and head area.

25 min. € 45

“Vier Jahreszeiten” cream body wrap

Full body peeling and cream body wrap. Ideal for dry skin. A special lotion is applied to the whole body, followed by a wrap using fleece sheets. The treatment finishes with a relaxing lie-down on a waterbed heated to 37° C.

50 min.€ 70

Body wrap options

We also offer the following relaxing body wraps:

Natural body detox wrap

50 min.€ 60

Primrose oil body wrap

30 min.€ 35

Pitztal moorland mud body wrap

30 min.€ 40

Anti-aging body wrap

45 min.€ 45

Gentle face massage

Cleansing of the skin, soothing mask and finishing treatment with a relaxing face massage.

30 min.€ 50

NEW

Anti-cellulite body treatment

This treatment targets specific problem areas in order to effectively treat cellulite and weak connective tissue. Comprising a scrub, anti-cellulite massage, body wrap and body lotion, it offers two main benefits:

1. The massage transports the products used deeper into the skin, stimulating the tissue and activating the flow of lymphatic fluid.
2. The skin becomes stronger, smoother and tighter

90 min.€ 85

Anti-aging face treatment

This method is a direct anti-aging treatment which stimulates and activates the body's natural regenerative powers. It leaves your skin looking younger and firmer, reduces wrinkles, improves the flow of lymphatic fluid and stimulates the metabolism. Your entire skin will be charged with new energy, including improved blood flow to the tissue. The overall result is healthy, radiant skin.

80 min.€ 110

BEST

“Vier Superior” basic face treatment

Classic facial treatment with a deep-cleansing effect. This treatment includes skin analysis, thorough cleansing of the skin, peeling, deep cleansing, eyebrow shaping, hyaluronic elixir, soothing mask and final moisturising.

55 min. € 75

NEW

Hydra-combi face treatment

This innovative treatment provides deep skin nourishment and accelerates the absorption of essential nutrients. It tightens the jawline, reduces bags under the eyes, dark circles, and fine lines around the eyes, thoroughly cleanses the skin, improves elasticity, and gives the skin a radiant complexion.

90 min. € 89

Recovery for the hands and feet

Manicure without polish € 40

Manicure with polish € 50

Manicure with gel polish € 45

Barbie manicure for kids € 25

Cosmetic pedicure:

without polish € 49

with polish € 59

Removing gel polish € 15

Waxing

Legs up to the knee € 35

Full legs € 60

Bikini area € 25

Underarms € 27

Upper lip € 14

Chin € 12

Eye treatments

Eyebrow shaping € 10

Eyebrow tinting € 15

Eyelash tinting € 15

NEW

Just for men

This relaxing treatment is aimed at modern men. Deep cleansing with peeling mask, eyebrow shaping, vial of lotion, relaxing face and neck massage, special mask and final moisturising.

50 min.€ 72

Relax package for her

- 1 relaxing massage 25 min.
- 1 “Vier Superior” basic face treatment 55 min.

80 min. € 105

Relax package for him

- 1 pinewood massage 50 min.
- 1 just for men treatment 50 min.

100 min.€ 130

Pitztal energy package

- 1 pinewood massage 25 min.
- 1 Pitztal moorland mud body wrap 30 min.
- 1 relaxing massage 50 min.

105 min. € 140

“Vier Jahreszeiten” for her

- 1 “Vier Jahreszeiten” cream body wrap 50 min.
- 1 pinewood massage 50 min.
- 1 gentle face massage 30 min.

130 Min.€ 173

NEW

Pitztal sports package

- 1 sports massage with arnica 25 min.
- Hydra-combi face treatment 90 min.

75 min. € 120



Active offers

Private training

A personal trainer helps you:

- get better at sports;
- reach your fitness goals safely and faster;
- uncover your unique athletic abilities.

We offer a diverse program ranging from yoga to GYM training.

60 min. € 70

3x 60 min. € 189

5x 60 min. € 297

Nutrition and mental coaching

We provide top-notch mental counseling and expert nutritional guidance. Our targeted mental coaching boosts mental strength, enhances athletic performance, and reduces stress. Nutritional coaching assists in creating an easy-to-follow strategy for a healthy diet, helping break old habits.

Mental coaching 60 min. € 50

Nutrition coaching 60 min. € 70

Mental & nutrition

coaching 120 min. € 110



Activity & food analysis

Your personal analysis **for the optimal training and nutrition strategy!**

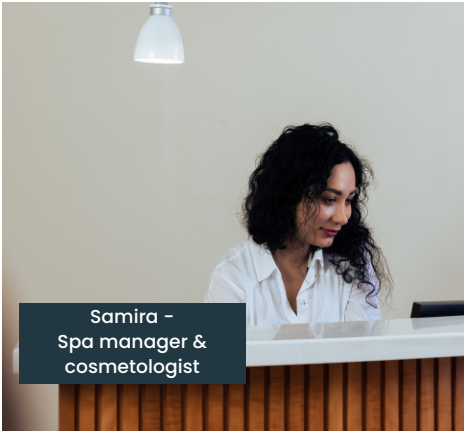
The analysis covers:

- daily calories burned at rest and during exercise;
- your metabolic type;
- your individual heart rate zone for effective fat burning;
- oxygen intake, and more.

Food analysis 30 min. € 69

Activity analysis 60 min. € 79

Package “Die Vier”: Food & Activity analysis
plus 3-Month Plan € 175



Samira -
Spa manager &
cosmetologist



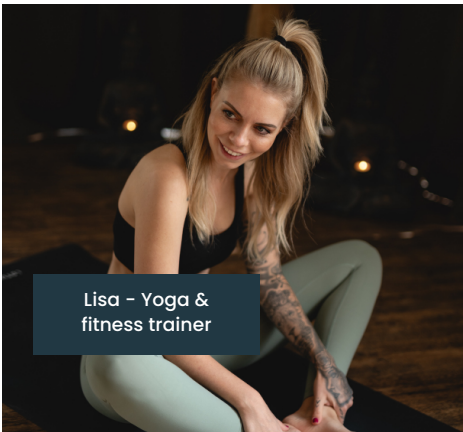
Tom - Sauna manager,
fitness, nutrition
& mental coach



Mario - Sauna &
fitness manager,
sport trainer



Katya - Yoga &
fitness trainer



Lisa - Yoga &
fitness trainer

PURE GREEN Cosmetics

A local nature-focused company in Roppen creates high-quality natural cosmetic products. We use these products in our facial treatments and highly recommend them to our guests.



Lotuscraft - for your personalised yoga routine.

Our mindful yoga partners - Lotuscraft. They inspire and connect people who practice meditation and yoga with high-quality, beautiful, and eco-friendly products.



SOTHYS - Beauty is everything...

Discover the French luxury cosmetics by Sothys and indulge in exceptional spa treatments, as well as highly effective skincare products for home, inspired by nature.



TIPS

- Appointments can be scheduled directly at the hotel reception or at the spa reception.
- Our team will always be happy to assist you with all our offers and products.
- Feel free to test out a yoga mat before purchasing. Just ask at the reception or speak to our fitness team.

FOR YOU

Spa bonus

Guests who spend at least € 150 on spa treatments will be given a 5% spa bonus. This bonus is already included in our packages and combination treatments.



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