

MOUNTAIN SPA

www.feuerstein.info

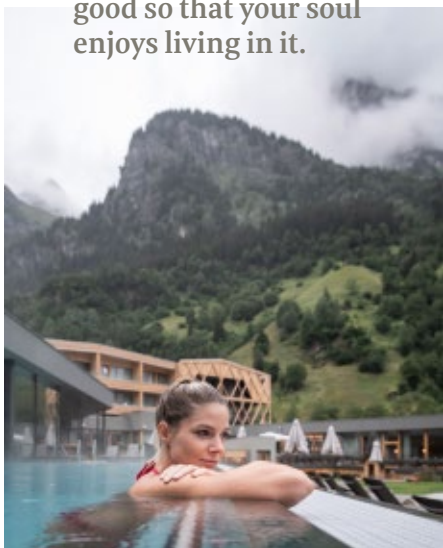

FEUERSTEIN
NATURE FAMILY RESORT

**The Feuerstein Mountain Spa
is the first spa in Europe to
run on natural resources and
guarantees fun-packed quality
time for all generations.**

MOUNTAIN SPA



You have to treat your body to something good so that your soul enjoys living in it.



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Our 3000 square meter Mountain Spa offers relaxation, well-being and entertainment for the entire family. Immerse yourself in the cosy warmth of our For Adults Only saunas or enjoy snuggling moments in the family sauna with Snoezelen corners. While swimming in our pools, you can enjoy the unique panorama of the surrounding mountains. Relaxing massages and beauty treatments by our professionals promise unique feel-good moments.

FOR ADULTS ONLY SAUNA



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The For Adults Only sauna area spreads over three levels.

STEAM
Steam sauna

ZIRM
Pine sauna

FINNISH
Finnish sauna

FAMILY SAUNA

Immerse yourself into a realm of tender warmth, fine fragrances and warm colours as a family.

FLAMMI'S PARADISE
Steam sauna

HOT ZONE
Finnish sauna

HAY PLACE
Hay sauna



Between the saunas, snuggle up in the Snoezelen corners.



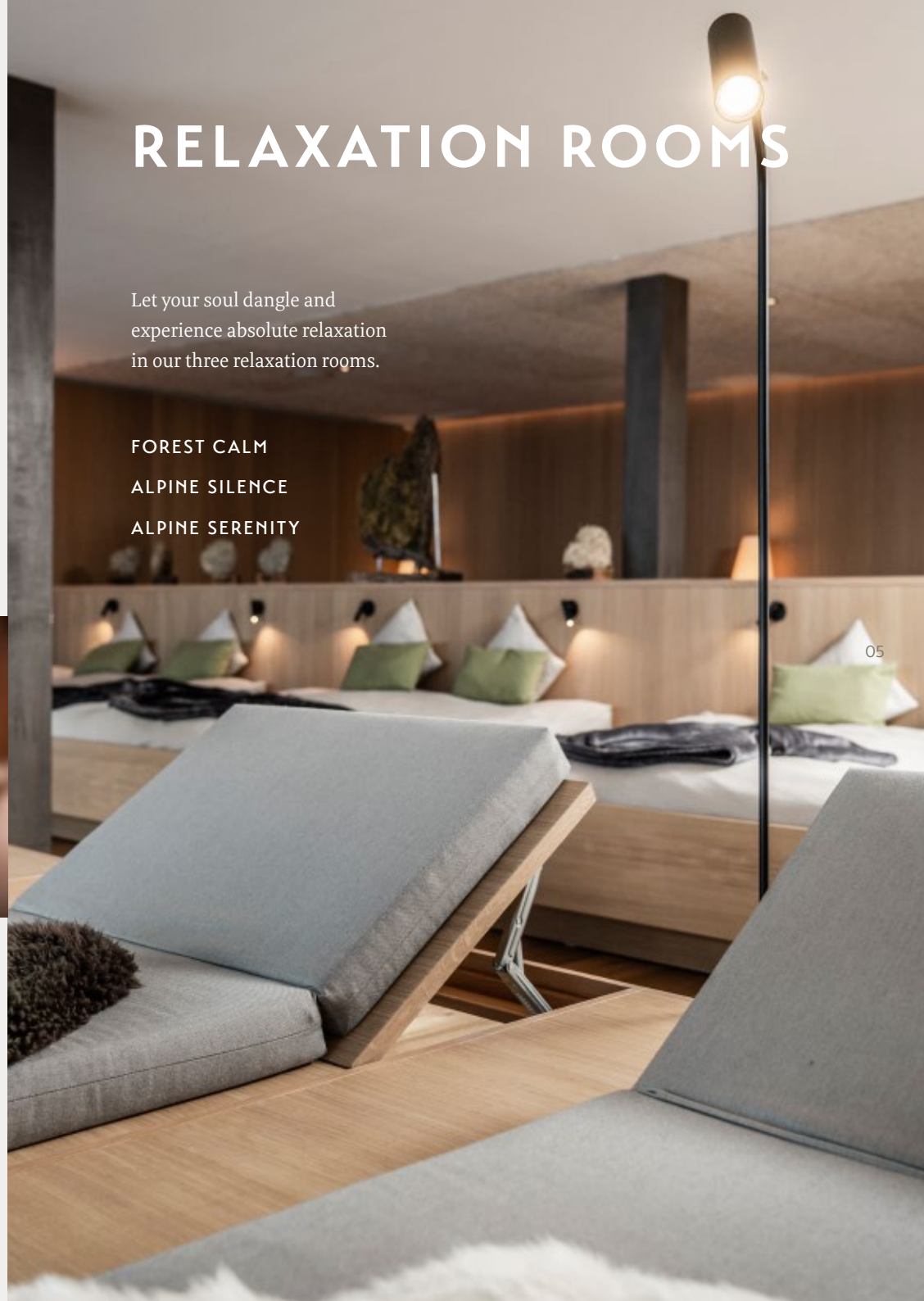
RELAXATION ROOMS

Let your soul dangle and experience absolute relaxation in our three relaxation rooms.

FOREST CALM

ALPINE SILENCE

ALPINE SERENITY



FITNESS

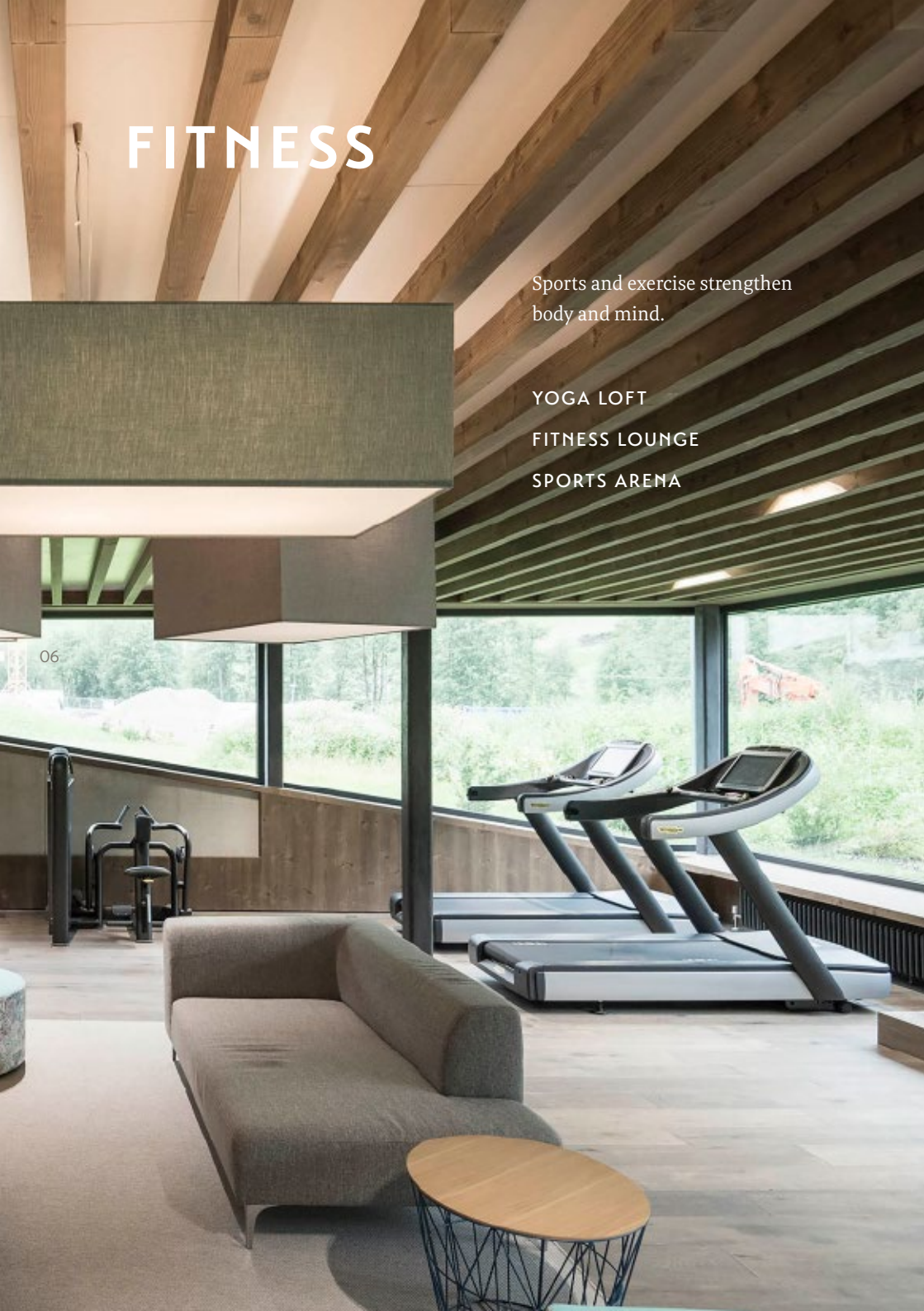
Sports and exercise strengthen
body and mind.

YOGA LOFT

FITNESS LOUNGE

SPORTS ARENA

06



BATHING FUN FOR ALL AGES



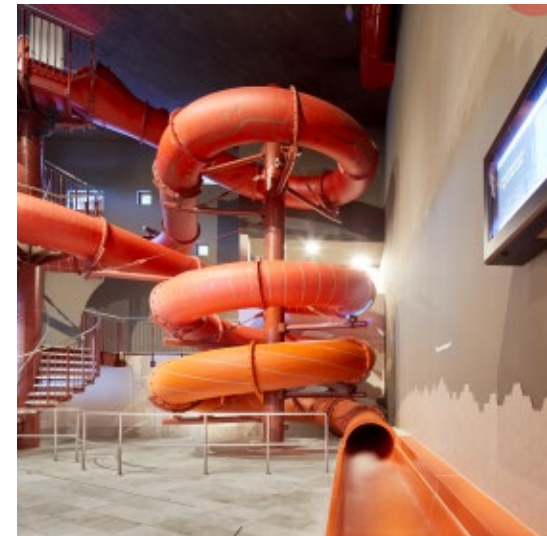
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BABYPPOOL
6 x 2,5 m, 35°C

DIDACTIC POOL
10 x 7 m, 33°C

ACTION POOL
including a 100 meter
speed slide with timing,
33°C

**OUTDOOR INFINITY
POOL "THE VIEW"**
7 x 20 m, 33°C



SPA INFORMATION

In order for you to fully enjoy your stay at our Mountain Spa, we kindly ask you to consider the following information.

PREPARATION OF YOUR TREATMENTS

In order to be able to perfectly tailor your spa treatments to your needs, please inform us about any health problems or pregnancy when you make your appointment. We would like to respond to your individual wishes during the treatment. Therefore, we will ask you what is especially important to you before the treatment begins. Competent consultation is very important to us.

COMING TO THE TREATMENTS

To allow us to tailor your treatment to suit your needs, please come to the Mountain Spa front desk 5 minutes before your appointment. As a sign of respect for other guests, please understand that treatment times will be shorter in the case you arrive late.

CANCELLATION

Cancellations should be made at least 24 hours before the booked treatment, otherwise we will have to charge the full cost to your bill.

CLOTHING

Please come to your treatment in a bathrobe and without jewellery. To protect your privacy, you will be well covered during the treatment. Please wear swimwear and slippers in the pool and sunbathing areas. In the For Adults Only sauna area, we ask you not to wear bathing clothes. The Family Sauna is a textile sauna.

TOWELS

We have prepared a bathing bag with bathrobes and slippers in your room for your visit to the Mountain Spa. Towels are available at the Spa front desk. Please use this service consciously for the sake of the environment.

RESTING LOUNGERS

If you are leaving the relaxing area for any reason like a treatment or the afternoon snack, we kindly ask you not to reserve the resting loungers during this time.

RESTING AREA

The For Adults Only area is a quiet place. We therefore ask for your understanding that access is only allowed to people over 16 years of age. Allow yourself the luxury of enjoying this retreat in complete peace and quiet, leaving everyday life behind and indulging in total relaxation. We kindly ask you to refrain from using your cell phone out of respect for the other guests.

PRODUCTS

FEUERSTEIN NATURE COSMETICS

In cooperation with the leading manufacturer of natural cosmetics ALPIENNE we have developed our own Feuerstein collection. Each product is composed exclusively of highly concentrated, wild or wild-cultivated, organic and vegetable active ingredients. Only natural preservatives such as propolis, honey, glycine derivatives, citric acid and the purest essential oils are used for scenting.



Pure natural cosmetics with effective active ingredients from the mountains.



Feuerstein Nature Cosmetics are modern care products that stand for the best of both worlds: traditional folk medicine and modern high-tech natural cosmetics with their highly developed know-how for holistic treatment concepts for individual beauty and health care.



TEAM DR JOSEPH

Founded in 1986, TEAM DR JOSEPH is the expression of a lifelong fascination for the ingenuity of plants and their functional ingredients. It aims to bring you the power of nature's active ingredients through traditional knowledge and modern techniques harmoniously blended together with holistic products and treatments.



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The certified biocosmetics draw on the expertise of our Alpine culture, typical regional herbs and modern methods, and are the embodiment of our sustainable, conscientious and natural care.



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FACE FEUERSTEIN NATURE COSMETICS

Feuerstein Nature Cosmetics stands for certified natural cosmetics and an innovative skin care concept with deep effects. The special detox facial treatments deeply remove toxins, heavy metals and free radicals and have a regenerating and detoxifying effect.

Feuerstein Detox Facial Treatment ∞ = ∆

A mild peeling with olive stones gently removes the dead skin cells. The special healing earth mask deeply cleanses the skin, removes toxins and gives it a radiant appearance. Special eye pads soothe and prevent swelling and relax the eye area.

Lymph stimulation, steam compresses, face peeling, zeolite mask, cleansing, serum, eye pads, day care

50 MIN **98 Euro**

Lymph stimulation, steam compresses, face peeling, zeolite mask, cleansing, face and neck massage, serum, eye pads, day care

80 MIN **132 Euro**

Feuerstein Detox Eye Treatment ∞ = ∆

Long days, short nights, stress and overstimulation make the eyes tired and lead to dark circles and wrinkles. The special eye pads from Feuerstein Nature Cosmetics have a soothing and relaxing effect.

Ultra-fine ground clinoptilolite and an extract of eyebright strengthen the skin in the eye area, combat puffiness and let the eyes shine in a new light.

Lymph stimulation, steam compresses, serum, eye pads, eye care

25 MIN **52 Euro**

FACE TEAM DR JOSEPH

These facial care treatments follow the TEAM DR JOSEPH method. An intensive cleansing treatment with warm herbal compresses prepares the skin for the deep-working serum and the powerful nourishing cream. All phases of this treatment aim to promote and maintain the health and radiant beauty of your skin.

Cleansing Facial Treatment 〰 〰

A special peel-off mask cleanses your skin right all the way into its deepest layers and leaves your skin fully moisturised. Large pores are visibly reduced, for a radiant, clear skin overflowing with freshness.

Lymph stimulation, steam compresses, peeling, cleansing, serum, peel-off-mask, nourishing cream

50 MIN **82 Euro**

Harmonising Facial Treatment 〰 ^ 〰

The united power of natural resources works together with selected essences to provide a long-lasting effect. An intensive serum with stimulating active ingredients nourishes and strengthens demanding skin, while a personalised facial massage and a mask packed with moisturising nutrients relax and nourish your skin. For a light-filled glow from head to toe.

Lymph stimulation, steam compresses, peeling, cleansing, intensive serum, intensive mask, neck and face massage, nourishing cream

80 MIN **122 Euro**

Facial Boost Treatment

The stimulating flower-stamp face massage supports the skin's natural ability to regenerate. Your skin will feel smooth, more relaxed and full of vitality.

The result: A youthful glow, which will have you looking exquisitely divine.

Lymph stimulation, steam compresses, peeling, cleansing, special serum, herbal stamp compresses, neck and face massage, mask, nourishing cream

110 MIN **162 Euro**

Express Power Lifting for Men

The power pack for men's skin. A deep-cleansing peeling will gently remove dead skin cells while the serum nourishes your skin with high-tech natural power. For dynamic freshness and resilience.

Lymph stimulation, steam compresses, peeling, cleansing, power serum, neck and face massage, nourishing cream

50 MIN **82 Euro**

Intensive Ultrasound Beauty Care

Give your skin the attention it deserves. The nourishing active ingredients are channelled deep into your skin through ultrasound frequency.

Optimal care is the aim of this sparkling, silky-soft skin treatment.

Lymph stimulation, steam compresses, enzyme and ultrasound deep exfoliation, cleansing, ultrasonic repair and lifting treatment, nourishing cream

50 MIN **92 Euro**

Premium Ultrasound Lifting Treatment

The king's class of ultrasound lifting. The active ingredients, selected to suit your skin type, are channelled into the deepest layers of your skin through ultrasound frequency. This luxurious treatment leaves your skin plumper, fresher and at the crowning peak of beauty.

Lymph stimulation, steam compresses, enzyme and ultrasound deep exfoliation, cleansing, alginate mask, ultrasonic repair and lifting treatment, neck and face massage, nourishing cream

80 MIN **132 Euro**

Eye Care

The effective all-round package for bright, shining eyes. The natural nourishing serum is massaged gently into the delicate skin around the eyes, while a moisturising treatment, along with eyebrow shaping and tinting on request, further enhances the effect. On request, eyelash tinting will round off this beauty programme to give you a glowing gaze.

Serum, massage, eyebrow shaping and tinting, eyelash tinting, eye care

40 MIN **58 Euro**

Eyelash lifting

Sleek lashes that shimmer from the roots to the tips in a luminous, dark tone are a beauty must-have. During this treatment, gel pads and various lotions are used to darken and curve the lashes upward. The perfectly curved lashes remain in the lifted position for 6 to 8 weeks.

Eyelash tinting, eyelash lifting, eye care

50 MIN **72 Euro**

FEET, HANDS AND EYES

20



Spa Manicure ≈ ≈

A warm and relaxing nourishing soak pampers tired hands. Then the fingernails are filed in the desired shape. A gentle exfoliation and intensive hand cream leave your hands and nails feeling and looking beautifully groomed.

50 MIN **68 Euro**

Bookable in addition

Fingernail polish

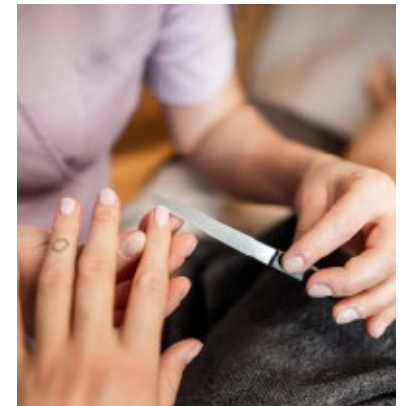
8 Euro

Fingernail polish

incl. nail polish as a gift

18 Euro

**Natural care for
hands and feet gives
you well-being and
self-confidence.**



Spa Pedicure ≈ ≈

A luxurious ritual that will put a new spring in your step. After a pampering foot soak, we work on your nails and cuticles and remove hard skin. The final exfoliation and nourishing cream stimulate, nourish and leave your feet feeling as light and buoyant as if you were walking on velvety moss.

50 MIN **68 Euro**

Bookable in addition

Toenail polish

8 Euro

Toenail polish

incl. nail polish as a gift

18 Euro

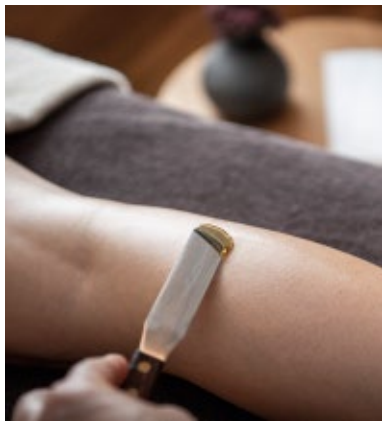
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Waxing

| | | |
|------------------------|--------|---------|
| Full leg | 50 MIN | 52 Euro |
| Half leg | 25 MIN | 38 Euro |
| Arm | 25 MIN | 38 Euro |
| Back or chest | 25 MIN | 38 Euro |
| Chin or upper lip | 10 MIN | 15 Euro |
| Armpits or bikini area | 20 MIN | 20 Euro |

Eyes

| | | |
|-----------------|--------|---------|
| Eyebrow shaping | 10 MIN | 12 Euro |
| Eyebrow tinting | 10 MIN | 15 Euro |
| Eyelash tinting | 20 MIN | 15 Euro |



What people
sometimes need
is simply a place
where they can
let their soul
find peace.

ESRAGÜL SCHÖNHAST



MASSAGES AND BODY TREATMENTS

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Relaxing Massage ^ ⤴

Gentle touch and massage techniques work together with natural essences from the forest and meadow. Feel the comforting warmth and the protective security. For a warm glow that radiates from the heart.

50 MIN. **82 Euro**

Pregnancy Massage ∞ ⤴

Targeted massage movements to release tensions, stimulate the metabolism and reduce stress. Find your inner balance with this medical massage.

50 MIN. **82 Euro**

Foot and Leg Massage ^ ⤴

Our feet and legs carry us through life. This massage refreshes tired, heavy legs, improves circulation to the feet and has a deeply rooting effect. This massage relieves muscular complaints and pain.

50 MIN. **82 Euro**

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Stimulating Foot Massage ^ ⤴

This special foot massage helps relax and strengthen the immune system. It improves blood circulation of the organs and helps to reduce tension. For a feeling of new strength and life energy.

25 MIN. **45 Euro**

Back, Neck & Shoulder Massage ^ ⤴

Targeted massage movements and natural herbal extracts work on tight muscles in the head, neck and shoulders. Feel the release and find new space in life for joy and lightness.

50 MIN. **82 Euro**

Lymph Stimulation Massage ≈ =

This gentle detox massage stimulates lymph flow and strengthens the immune system. Enjoy the harmonising yet invigorating feeling of lightness and liberty.

50 MIN. **82 Euro**

Full Body Treatment with Herbal Stamp Compresses = ^ >

Warm herbal stamp compresses filled with prized mountain herbs work deep into the skin through gentle patting movements, releasing precious aromatic herb oils, which revitalise and activate. Feel the pure power of nature through the invigorating, stimulating effect of this treatment.

50 MIN. **92 Euro**

Back Programme ^ >

Alternate massage movements are used to target back muscles, while cupping glasses detoxify the tissue. The finest vibrations of the singing bowls fill the body and release tensions. For a liberated back feeling.

50 MIN. **82 Euro**

A successful vacation includes moments of well-being and relaxation. Treat yourself to something good!



Short Back Massage ^ >

Intensive back massage with deep effects. This application creates relaxation for a stressed back and releases tension.

25 MIN. **45 Euro**

Individual Massage with Medical Masseur = ^

This special, powerful massage relaxes muscles and tissue and relieves tension. Problems in the musculoskeletal system are counteracted with targeted techniques. Individual needs are also taken into account. You feel light, powerful and vital again.

50 MIN. **82 Euro**

Sports Massage ^

Strong massage to relax the muscles of active people. Promotes blood circulation, relieves joint pain, loosens tissue, improves mobility, prevents acidosis and regenerates muscle tissue. You will immediately feel vital and full of energy again. This massage is particularly beneficial after physical activity.

50 MIN. **82 Euro**

Parent-Child Massage >

Enjoy a massage together with mom or dad. Get a massage at the same time and enjoy the time out together under the soothing massage strokes. Relax and enjoy together.

40 MIN. **102 Euro for both**

Fire Stone Massage = ⤴

A pleasant and soothing massage with warm volcanic stones, which activates the body's own energy sources and stimulates the blood circulation. The warmth of the stones penetrates deep into the body, creates an extraordinary feeling of well-being and puts the whole body into a feeling of deep relaxation.

75 MIN. **132 Euro**

Singing Bowls Massage ∞ = ⤴

The body is gently put into a state of complete rest. The fine sounds reach body, soul and spirit and provide us with moments of deep relaxation and harmony. The singing bowls transfer their oscillations with fine vibrations to the body and thus help to release tensions and blockages and revitalize and strengthen the body's own self-healing powers.

50 MIN. **82 Euro**

Feuerstein Detox Treatment ∞ = ⤴

A cleansing peeling to purify and detoxify the entire body. The Feuerstein Detox Treatment is based on zeolite stone. Pure rock salt with micronized zeolite provides valuable trace elements and important minerals. Liver and foot wraps have a detoxifying and activating effect on the metabolism. A detoxifying body wrap effectively frees the skin from harmful substances, supports the activation of self-healing powers and awakens a new feeling of vitality.

75 MIN. **132 Euro**



Cellulite Treatment ∞ =

This unique stimulating treatment is designed to remove excess fluids from the body and strengthen connective tissue. Your complexion will be visibly smoother and softer, and you will feel motivated and eager to go.

50 MIN. **82 Euro**

Thai Yoga Massage ⤴

The Orient meets with the strength of the neighbouring mountains to improve the body's suppleness through a targeted acupressure massage. The self-healing powers of the body are stimulated and improved posture unfolds. For a newfound agility and youthful vitality. Please come in sportswear for this treatment.

75 MIN. **132 Euro**

PEELINGS AND BODY PACKS



30

Dry Exfoliation for Sensitive Skin ∞

This exfoliation is carried out with a natural linen glove to stimulate the metabolism and open up pores, allowing the skin to absorb the natural active ingredients and oxygen more fully. For a weightless sensation and a clear complexion.

25 MIN. **45 Euro**

Herb Peeling with Hay Flowers ∞

The efficient body scrub with hay flowers and apricot stones cleanses the skin with gentle exfoliating crystals, helps stimulate microcirculation and leaves the skin clearer and more luminous.

25 MIN. **45 Euro**

Body Pack with Alpine Mud ∞ =

This skin-toning treatment with alpine mud stimulates the circulation and strengthens the connective tissue. The precious minerals improve lymph circulation and remove excess fluids from the body. Your skin will be visibly smoother and more toned.

25 MIN. **45 Euro**

Aging-well Body Pack ∞ = ^

This warm body pack moisturises abundantly and nourishes your skin right through to the deepest layers, stimulating cell regeneration. This treatment is a fountain of youth for your skin.

25 MIN. **45 Euro**

Algae Body Pack ∞ =

Pure marine algae stimulate the cell metabolism and help to eliminate harmful substances from the connective tissue. Body contours will be left feeling smoother and firmer, while the skin is moisturised intensely.

25 MIN. **45 Euro**

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SPA FOR CHILDREN



32

Mini Facial Treatment

Even young skin wants to be pampered. With these masks, the natural active ingredients work from outside in while we pamper you with a gentle massage.

Herbal compresses, face mask, face massage

40 MIN. **48 Euro**

Teen Facial Treatment

Teenage skin needs special care. This facial treatment is specially tailored to the skin of young adults. The skin is cleansed and strengthened.

Herbal compresses, peeling, cleansing, face mask, face massage

45 MIN. **52 Euro**

Mini Manicure or Pedicure with Polish

Little princesses love to be pampered just like their mums.

A touch of nail polish will ensure that your hands look stunning.

40 MIN. **48 Euro**

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Flammi Massage

Gentle massage movements, comforting warmth with perfumed essential oil. For a comforting experience as warm and protective as being wrapped in a hug.

40 MIN. **48 Euro**

Mini Feuerstein Massage

Gentle massage strokes ignite the energetic vibrations.

Warm stones provide cosy warmth, well-being and safety.

40 MIN. **48 Euro**

SPORTS AND YOGA

34

Personalised Workout Session ^

Staying active is the secret to reaching your goals. Under the guidance of our qualified fitness instructors, you will learn how to use our cardio and fitness equipment, and how to recognise the current condition of your body. Individual solutions will be planned to reach achievable goals, which will encourage you to keep going.

50 MIN. **78 Euro**

80 MIN. **118 Euro**

110 MIN. **152 Euro**

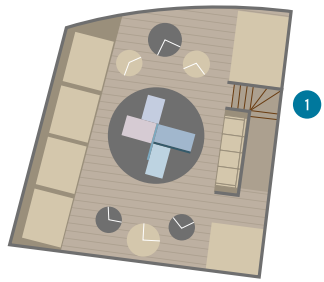
Individual Yoga Session ~ ^

Gentle body and breathing practice (Asanas) from Hatha yoga help to melt away from the outer world and into oneself, with tangible benefits. For improved agility and an all-round balanced effect. Meeting point in the Yoga Loft.

50 MIN. **78 Euro**

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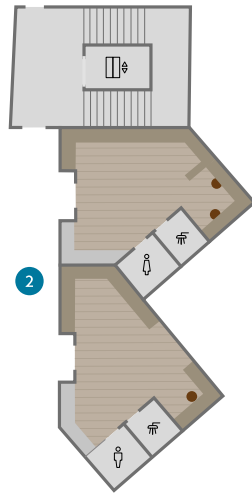
FLOOR -1

FAMILY SAUNA

1 SNOEZELEN ROOM

DAY SPA

2 CHANGING ROOMS



2



36

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GROUND FLOOR

ENTRANCE

3 MOUNTAIN SPA RECEPTION
4 SHOP

FAMILY SAUNA

5 FLAMMI'S PARADISE (STEAM SAUNA)
6 HOT ZONE (FINNISH SAUNA)
7 HAY PLACE (HAY SAUNA)

FOR ADULTS ONLY

8 ZIRM (PINE SAUNA)
9 STEAM (STEAM SAUNA)

RELAXATION ROOM

10 FOREST CALM

POOLS

11 ACTION POOL
12 DIDACTIC POOL
13 BABY POOL
14 INFINITY POOL

TREATMENT ROOMS

15 UNITY
16 FIRE
17 SILENCE
18 BRILLIANCE
19 PURITY
20 ROCK
21 MAGIC

FLOOR 1

RELAXATION ROOMS

- 22 ALPINE SILENCE
- 23 ALPINE SERENITY



FLOOR 2

FOR ADULTS ONLY

- 24 FINNISH (FINNISH SAUNA)
- 25 CRASHED ICE



FLOOR 3 ROOF TERRACE

SUMMIT GARDEN

- 26 SUMMIT LAGOON (WHIRLPOOL)
- 27 PLUNGE POOL



