

Wellness Offers

*Appointments can be made at the reception
or in our massage department*

Classical Massage

- Partial massage ca. 25 min
- Full-body massage ca. 55 min

The gently or powerfully massaging hands of the therapist **relieve muscle tension** and stiffness, loosen soft tissue and lead to **detoxification** of the tissue being targeted.

Price: ca. 25 min. € 34
ca. 55 min. € 59

Hot Roll (only in combination)

The hot roll is an intensive heat treatment, highly recommended prior to a massage since it prepares the muscles by relaxing them, improving blood circulation and setting free any accumulated metabolic waste products. These are then removed by means of the massage itself. The hot roll consists of towels rolled into a funnel shape, filled with hot water, then laid repeatedly for brief periods on top of tense muscles.

Hot Roll with Back Massage

- ca. 55 min

With the back muscles prepared nicely by the hot roll, the benefits of the subsequent massage are better transmitted to the body, resulting in greater relief of muscle tension.

Price: ca. 55 min. € 65

Back Massage

- ca. 25 min

In the category of "Classical Massages", back massage is one of the most popular. Because you decide on the intensity of the pressure yourself, you experience a feeling of total relaxation and all of your stresses are quickly forgotten.

Price: ca. 25 min. € 34

Hot Roll with Neck/Shoulder Massage

- ca. 55 min

The neck and shoulder muscles are constantly tense just from having to keep the head upright. Massage completely relaxes these muscles, while the intensive heat treatment facilitates elimination of metabolic waste products that have been released.

Price: ca. 55 min. € 65

Neck/Shoulder Massage

- ca. 25 min

Intensive massage of the neck and shoulder area leads to complete relaxation of the body, whilst also relieving headache and muscle tension. Afterwards, the body is again able to self-regulate, whilst improved blood circulation stimulates the elimination of metabolic waste from muscles.

Price: ca. 25 min. € 34

Sport Massage

- standard ca. 25 min
- ultra ca. 55 min

When it comes to sport massage, we differentiate between so-called “**preparation**” (competition) massage, which activates the body and increases blood circulation in order to raise physical performance levels, and “**regeneration**” massage, which is administered after sports in order to counteract muscle aches and stiffness, as well as to prevent over-acidification of the tissue.

Price: ca. 25 min. € 34

ca. 55 min. € 59

Facial Massage

- ca. 25 min

A massage form utilizing strokes and acupressure in order to relieve muscle tension in the face, neck and décolleté. The pleasant, gentle motions relax all of the muscles, while stress and pressure seem to just fall away.

Price: ca. 25 min. € 36

Head Massage

- ca. 25 min

Head massage, which involves gentle, peaceful massage strokes with different degrees of pressure, promotes deep relaxation throughout the body. You are able to escape the stressful outside world and allow your soul to soar free as a bird.

Price: ca. 25 min. € 36

Abdominal Massage

- ca. 25 min

Slow and peaceful interplay of light pressure and gentle stroking of the abdominal area, leading to improved metabolism, whilst stimulating digestion and the intestines.

Price: ca. 25 min. € 34

Hot Stone Massage

- ca. 55 min followed by a relaxation period

Hot Stone Massage is an **effective form of therapy** passed down to us by the ancient American Indians. Feel how the soothing **warm energy** from primordial basal rocks flows into your body. Feel how you **unwind**, let go, **feel on top of the world**. Your senses are pampered, your body's own energy flow is activated and your skin is gently massaged with valuable Stone Impulse Oil. Experience the energizing effects of this treatment. Please come to the treatment wearing your spa robe. Thank you!

Price: ca. 55 min. € 74

Acidosis/Lymph Drainage

- partial e.g. face or 1 leg, ca. 25 min
- full, e.g. both legs, ca. 55 min

During lymph drainage the goal is to transport away via the lymphatic pathways any fluids that have accumulated in tissue, freeing you from the unpleasant pressure it would otherwise create. The pump and scoop strokes used by the therapist create a suction effect within the lymphatic system, which again aids in the removal of excess fluids. Experience this **liberating treatment for tired, swollen or heavy legs** or perhaps a soothing facial drainage to mitigate stress or swelling in the face/eye area.

Price: ca. 25 min. € 34

ca. 50 min. € 59

Aroma Oil Massage

- partial massage ca. 25 min
- full-body ca. 55 min

Aroma massage is a very special kind of wellness treatment! After the guest has chosen their own individual aroma oil, the oil is warmed up and massaged into the body with gentle motions appropriate to you and the oil. This wellness experience is not only based on the effects of loosening, relaxing massage, but also on the world of fragrances and sensory perception, and on the thermal stimulation provided by the warm aroma oil. With soothing background music playing, you will be gently pampered with slow massage strokes. Please come to treatment wearing your spa robe. Thank you!

Price: ca. 25 min. € 37

ca. 50 min. € 64

Hand Peel with Hand and Arm Massage

- ca. 25 min

During the coldest season of the year, the skin on our hands suffers especially, becoming dry and flaky. The hand peel helps remove dead skin cells, while the subsequent massage makes your skin feel pleasant, soft and more elastic once more.

Price: ca. 25 min. € 37

Leg and Arm Massage

- ca. 55 min

During a day of skiing, it is mainly your legs that are given a workout. But your arms are used, too. An targeted massage can relax those tired muscles again and prevent unnecessary muscle aches and pains.

Price: ca. 55 min. € 59

Foot Reflexology Massage

- ca. 25 min

The foot reflects the reflexology zones of organs and tissue throughout our whole body. **Disturbances or blockages** in these areas can be **successfully treated** through the feet. Similarly, hardening, scars etc. may indicate problems in the corresponding part of the body. The foot-stroking with **valuable oils** that follows a reflexology massage intensifies even further the relaxing and “healing” effects of the treatment.

Price: ca. 25 min. € 34

Foot Bath with Foot Peel and Massage

- ca. 25 min

The foot bath and foot peel promote blood circulation and remove dead skin cells, whilst the massage with nutrient-rich lotion or oil pampers your feet, making the skin smooth and soft.

Price: ca. 25 min. € 37

Foot Bath with Lymph Drainage of the Leg

- ca. 55 min

After a long day of skiing, your feet can finally unwind in the pleasant warm water. During lymph drainage, the fluid that has accumulated in tissue during the day is removed via the body’s lymphatic pathways and eliminated from the body.

Price: ca. 55 min € 64

Foot Treatment

- ca. 25 min

Just the relaxation tired feet need after a wonderful day of skiing. The feet – from the calf muscle down to the toes – are loosened up and given a powerful massage. The finishing touch comes from exquisite 100% essential oils, such as wintergreen and peppermint, which relax muscles and promote blood circulation.

Price: ca. 25 min. € 34

Manual Therapy

- ca. 25 min

Diagnosis and manual treatment of various physical complaints such as **sports injuries, spinal problems, all kinds of joint dysfunction, as well as acute injuries and chronic problems/illnesses.**

Price: ca. 25 min. € 34

Combination Massages

- Facial with hand massage	Price:	ca. 55 min. € 62
- Head massage with facial massage	Price:	ca. 55 min. € 62
- Back massage with leg massage	Price:	ca. 55 min. € 62
- Neck-and-shoulder massage with head massage	Price:	ca. 55 min. € 62

Relaxation Methods

Journey of the Imagination

Using the potential of language, exercises of the imagination help formulate the guest's goals. Inner pictures and feelings evolve within YOU. The accompanying music enhances the sensation of falling and utter relaxation. In a soothing setting, YOU are lead along your own journey. You will feel lifted up, and enjoy the state of peace and calm that follows.

The Journey of the Imagination can be booked between 8 a.m. and 3 p.m.!

Price: ca. 25 min. € 29

Muscle Relaxation (PMK) using the Jacobsen Technique

This is a step-by-step, systematic relaxation exercise, similar to autogenic training. The tensing and relaxing of 16 muscle groups leads to a **SUSTAINED** feeling of deep release, whilst blockages of all kinds, which afflict you due to the stresses and strains of daily life, are removed. Your ability to accurately perceive your own body improves from one moment to the next.

This relaxation exercise can be booked between 8 a.m. and 3 p.m.!

Price: ca. 45 min. € 44

Important Notes:

Appointments: We wish to draw your attention to the fact that massages canceled at short notice (within one day prior to the massage) may be billed in full!

Coupons/Gift Certificates: Please note that coupons are not valid at all times (please ask at the reception or in our massage department for further details)!

*I am always here to assist you however I can!
Your masseuse and physiotherapist, Caroline*

5-Day Activity Program:

“Sauna Night” from 8:30 p.m. until midnight

- Monday at 8:30 p.m., meets at the sauna

With a variety of aromas and sauna essences, our massage therapist celebrates the art of the sauna affusion in a very special way. Fruit trays filled with detoxifying, high-enzyme fruits, ice and snow rubdowns during the affusion, followed by a salt peel or perhaps some Kneipp therapy, turn Sauna Night at Hotel Salzburger Hof into an unforgettable experience.

Please sign up **at the reception desk by midday Monday**. Minimum participation for Sauna Night: 5 people.

Ski Workout

- Tuesday at 8 a.m., meets in the reception area

WARM-UP – Program aimed at cardiovascular function, stabilization and activation of the muscular-skeletal and locomotor apparatus. Afterwards, you will be able to hit the slopes with a new spring in your step, assured of a carefree day of skiing ahead.

Aerobics - Endurance Training

-Wednesday at 8 a.m., meets in the 5th-floor fitness room

The muscles you use in winter sports are given a targeted workout, while your stamina is improved. This increases mobility in the joints and muscles, stimulates metabolism and greater blood flow to the muscles, serving as preparation for a high-powered day of skiing and as prevention against muscle and joint injuries.

Aquajogging

- Thursday at 8 a.m., meets at the indoor pool

A different, “wetter” way to prepare for a day of skiing. High-powered aquatic exercise that’s fun and strengthens your body! With exercises drawn from aquajogging and aqua aerobics, accompanied by rhythmic music, a brand-new, outstanding day of winter sports is about to get off to a perfect start!

Yoga

-Friday at 8 a.m., meets in the reception area

Breathing exercises fill your lungs with our clean, clear mountain air, while your oxygen-enriched blood helps de-acidify your body and stimulates the detoxifying processes in tissue.

Escape the outside world, discover renewed sources of energy and find your own center, allowing you to step out onto the slopes in a state of complete relaxation.