



DAS ALPENHAUS

KAPRUN

...Life close to the mountains.



**ALPEN.
VEDA.
SPA.**

ALPEN. VEDA. SPA.

In harmony with nature.

The healing power of nature, the meditative effect of the mountains and energy from water have inspired the design and facilities, as well as the range of treatments available.



YOUR CHOSEN, À LA CARTE, PROGRAMME

We make dreams come true!

Our ALPEN.VEDA.SPA provides a holistic, relaxing experience for body, mind and soul. Amass joie de vivre and be whisked away into ALPEN.VEDA.SPA. We welcome you to your very own personal realm of well-being.

If you don't find your preferred treatment in our SPA menu, have a chat with Silke, our SPA Manager, or one of our SPA therapists. We are happy to put together a bespoke SPA treatment for you. To secure your preferred time, reserve your appointment before you arrive.

Contact our SPA team at:
Tel: +43 6547 7647 621 or
e-mail: spa@alpenhaus-kaprun.at.

Kind regards,
Your SPA Manager

Luiza



For treatment reservations between 10.00 and 14.00 (Monday to Friday, excluding bank holidays) we provide a 10 % discount on the treatment price. Cannot be combined with other special promotions.

FOR HOME

Take wellness home with you. Our SPA products are also available to purchase, so you take them away with you.

EXCLUSIVE

MOUNTAIN AIR FROM HEAD TO TOE

Holistic treatment for face and legs:

Enjoy this beneficial and effective treatment for face and body which enriches your skin with oxygen and peps up weary, swollen legs.

To get you in the mood for treatment, you will be welcomed with natural essences to prepare your body for the treatment.

Have a beneficial wrap tailored to suit your specific needs, with active ingredients from the woodlands to alleviate blockages and cramps and give you back a sense of lightness.

After gently cleansing your face, enjoy the biogenic massage with a drainage unit. The highly effective ampoules invigorate stressed skin while the red clay mask with watercress triggers the formation of new cells during a relaxing massage.

The signs of time are clearly improved and you glow, just as you would after a hike in the mountains.

Pampering time | 70 mins. € **110**

AYURVEDIC MASSAGES

ABHYANGA

Abhyanga massage technique is based around a whole body oil massage. Anointing is effective with different massage techniques.

Abhyanga is particularly beneficial and relaxing, promotes the circulation and digestion. This treatment has a very good effect on the three circulatory systems: blood, nerves, with the strongest effect on the lymph system. Blood pressure, pain and tensions are eased.

Pampering time | 90 mins. € **140**

UPANAHA

Tension in the shoulder and neck area as well as the muscles in the back are a widespread problem. Blockades in the muscles are gently massaged using individual vital point Marma therapy, restoring movement, thereby enabling energy to flow freely again.

Pampering time | 25 mins. € **45**

LOMI LOMI NUI

A Lomi massage not only relaxes, it also assists with physical, emotional and spiritual cleansing. The massage alleviates blockades on an emotional level, re-harmonising body, mind and soul.

Pampering time | 90 mins. € **140**

PADABHYANGA

The Padabhyanga massage technique is a reflexive treatment. It counters physical exhaustion. Recommended for burn-out syndrome and nervousness. This massage technique stimulates nerve endings, signals are sent to the brain and organs are stimulated via impulses. Padabhyanga has a pleasant, deeply relaxing effect. In contrast to the standard foot reflex zone massage, this Ayurvedic treatment not only focuses on the feet, but also on the calves, including the knee.

Pampering time | 50 mins. € **89**

MUKABHYANGA

Ayurvedic head, face and décolleté treatment. Using special techniques and different oils, this massage has a cleansing and nourishing effect. It promotes circulation, lymph flow and the removal of metabolic waste. Recommended for headache and migraines.

Pampering time | 50 mins. € **89**

CLASSIC MASSAGES

WHOLE BODY MASSAGE

You will be pampered from head to toe. This massage promotes the circulation, relaxes the muscles and alleviates tension.

Pampering time | 50 mins. € **79**

PARTIAL BODY MASSAGE

For back, neck and shoulders. Using gentle or heavy pressure, tensions are alleviated and your energy flows have free rein again.

Pampering time | 25 mins. € **45**

FOOT REFLEX ZONE MASSAGE

Individual reflex zones are treated using special massage techniques, harmonising the body.

Pampering time | 40 mins. € **65**

HEAD & NECK MASSAGE

Relieves the head and relaxes the neck.

Pampering time | 25 mins. € **45**

LYMPH DRAINAGE

Calming, manual massage which removes excess water and deacidifies. Waste products are removed via the lymphatic channels and the metabolism is stimulated.

Pampering time | 50 mins. € **85**

RELAXING MASSAGES

ALPENHAUS

HOT STONE MASSAGE

Massage ritual with hot stones. Heated basalt stones are positioned on your body's energy centres.

Pampering time | 75 mins. € **120**

INTENSIVE BACK

TREATMENT

Combination of a manual massage and Alpenhaus hot stone massage for the back. A pampering programme during which you get to switch off and re-energise.

Pampering time | 50 mins. € **79**

DUO-MIX MASSAGE

The benefits of a foot massage combined with a classic partial massage. A real boon!

Pampering time | 50 mins. € **79**

AROMATHERAPY OIL MASSAGE

A full body massage with hot oils and the aroma of your choice. Warming and beneficial.

Pampering time | 50 mins. € **79**

Pampering time | 70 mins. € **110**

Pampering time | 90 mins. € **139**

FACIAL TREATMENTS

BASICS UND BALANCE

REHYDRA FACIAL TREATMENT

Your skin is deeply nourished with nutrients and moisture.

Pampering time | 50 mins. € **85**

BALANCE DETOX

The solution for impure skin when you have enlarged pores; for glistening skin.

Pampering time | 50 mins. € **85**

EMOTIONS - SENSITIVE

For skin which has tendency towards weak capillaries and redness. Increases tolerance threshold, ensures effective and long-lasting protection and calms skin irritations immediately.

Pampering time | 50 mins. € **85**

OXYGEN LIFT EFFECT TREATMENT

Oxygen enrichment stimulates deep collagen layers. Skin is invigorated and tightened.

Pampering time | 60 mins. € **105**

ANTI-AGE-COMPLETE-REVITALISATION

LIME FACIAL TREATMENT

Transports vitamin C deep into the skin. Regulates melanogenesis and activates cell renewal. Pigmentation patches are alleviated, the skin is noticeably rejuvenated.

Pampering time | 60 mins. € **105**



DELAY INFINITY

Spring blossom extract from the crocus flower and antioxidants along with hyaluronic acid protect and strengthen the skin.

Pampering time | 60 mins. € **130**

SPA EXTRAS

LITTLE ENHANCERS FOR HIM & FOR HER

- Eyebrow shape € **15**
- Eyelash tint € **15**
- Eyebrow tint € **15**

BEAUTIFUL BODY

Full body exfoliation, body pack in the soft pack lounger and back massage.

Pampering time | 80 mins. € **120**

SHORT TIME-OUT

Facial cleansing, massage, mask.

Pampering time | 40 mins. € **75**

TIME
FOR
MYSELF



BODY EXFOLIATION

SAND EXFOLIATION DETOXIFYING

Pampering time | 25 mins. € **45**

RED FRUIT EXFOLIATION ACTIVATING

Pampering time | 25 mins. € **45**

SEA SALT OIL EXFOLIATION NOURISHING

Pampering time | 25 mins. € **45**

WHOLE BODY PACKS

IN THE SOFT PACK LOUNGER

DETOXIFYING BODY PACK

With sand exfoliation, clay and body butter.

Pampering time | 45 mins. € **75**

TIGHTENING BODY PACK

Red fruit exfoliation, algae pack and cooling follow-up care.

Pampering time | 45 mins. € **75**

CELLULITE BODY PACK

Detox exfoliation, body pack, connective tissue massage.

Pampering time | 50 mins. € **85**

NOURISHED HANDS AND FEET

ALPEN.VEDA.SPA MANICURE WRAPPED AROUND YOUR FINGER

Treat your hands to hot, aromatic compresses, followed by a delicate exfoliation. After that your nails are filed, polished and shaped, cuticles are removed. The massage afterwards gives your hands and arms a silky, soft skin feel (no polish).

Pampering time | 70 mins. € **75**

MANICURE - SHORT TOUCH

Speedy care – we shape and file your nails, then pamper you afterwards with a hand mask.

Pampering time | 40 mins. € **55**

ALPEN.VEDA.SPA PEDICURE

Beneficial foot bath, exfoliation treatment to promote the circulation, areas of hard skin are removed, complete nail care and foot massage.

Pampering time | 70 mins. € **85**

PEDICURE – SHORT TOUCH

Speedy care to remove areas of hard skin, trim nails and foot mask.

Pampering time | 40 mins. € **55**

POLISH

We polish your nails with the colour of your choice.

Pampering time | 20 mins. € **25**

with Shellac € **40**

SPA COMBINATIONS

TRILOGY RELAX

Relaxing foot bath – coconut oil- full body massage - Revitalising face mask

Pampering time | 70 mins. € **190**

APRÈS-SKI IN ALPEN.VEDA.SPA

- A classic back massage, with the emphasis on the shoulders and neck | 20 mins.
- Lymph drainage | 20 mins.
- Leg and foot massage | 30 mins.

Pampering time | 70 mins. € **120**

ALPEN.VEDA.SPA RELAXATION

- Facial treatment | 50 mins.
- Full body massage | 50 mins.
- Full body pack "As soft as silk" | 45 mins.

Pampering time | 140 mins. € **240**

HONEYMOON-RITUAL PARTNER-WELLNESS

Foot bath, back exfoliation and massage indulgence. Individual yet together.

Enjoy a pampering programme for all the senses together as a couple with a glass of Champagne.

Pampering time | 60 mins. € **180**

NATURAL SKIN CARE FOR GENTLEMEN

FACIAL TREATMENTS POTENT AND EFFECTIVE

Bespoke to meet your needs. Wrinkle formation is halted and your skin is strengthened. Cleansing, steaming, exfoliation, removal of skin impurities, active ingredient ampoules, massage and face mask.

Pampering time | 50 mins. € **85**



MANAGER TIME-OUT

A healthy back massage, facial exfoliation with salt minerals, particularly cleansing and detoxifying. Neck, head and face massage.

Pampering time | 50 mins. € **85**

FOR THE MUM OF TOMORROW

HAPPINESS OF MOTHERHOOD

- A facial treatment | 40 mins.
- Whole body exfoliation and cream pack | 20 mins.
- A pedicure with polish | 60 mins.

Total price € **180**

HITS FOR KIDS

For children aged from 5 to 11, after all they like being pampered as much as we do. And with that in mind, we also offer separate SPA treatments for children.

ALPINE PRINCESS | ALPINE PRINCE

Facial treatment with cleansing, tonic, mask and massage.

Pampering time | 25 mins. € **45**

ALPINE FAIRY

Manicure, nail file and shape. Varnish with little flowers, little stars or glitter.

Pampering time | 30 mins. € **45**

AROMATHERAPY BALSAM

CHILDREN'S MASSAGE

Pampering time | 25 mins. € **45**

HITS FOR TEENAGERS

(AGES 12 +)

TEENAGER MASSAGE

Pampering time | 25 mins. € **45**

TEENAGER BEAUTY

With lots of tips for correct care of teenage skin and problem skin. Facial cleansing, massage and mask.

Pampering time | 40 mins. € **75**



In our fitness area you will find the very best cardio fitness.

With new equipment from PRECOR you can train 24 hours a day free of charge.

Our loveliest fitness centre is and remains nature – the mountains are within touching distance – the region provides you with a year-round sports and activity paradise.

SPA ETIQUETTE

ALPEN.VEDA.SPA is a place for relaxation, pampering and relaxation. Enjoy the time and look forward to moments of well-being. We recommend taking a few moments for yourself before your treatment time.

YOUR HEALTH IS PRECIOUS TO US

Please let us know about any medical contraindications that we should be aware of (illnesses, allergies, other specifics). Please discuss this with your SPA therapist before the treatment starts, so we can ensure that you are recommended the correct treatment.

FOR YOUR RECOVERY

Take some time-out from the daily grind. For that reason we recommend that you put your mobile telephone on silent and refrain from using notebooks and tablets in the SPA.

CLOTHING DURING YOUR TREATMENT

Please attend all massages and SPA treatments in your bathing robe and slippers. Bathing towels robes and SPA slippers can be found in your room and in your suite.

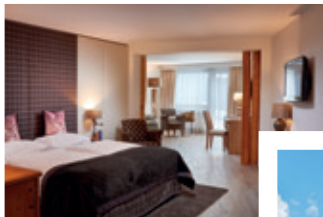
CANCELLATION/APPOINTMENT CHANGE

Please let us know if you need to change or cancel an appointment. This helps us with planning.

Cancellations made up to 24 hours beforehand are free of charge. Since we are keeping the appointment time free for you, we will charge the full price if you do not cancel appointments 24 hours beforehand or do not show up.

CHILDREN AND TEENAGERS

We offer special treatments for our young guests. We would ask that a parent/guardian be present at treatments. Since treatments for children and teenagers are also carried out in the adult relaxation area, we would ask that tranquillity be maintained. Children and under 16s are only permitted in this area during treatments. The Family and Textile SPA area is located on the swimming pool level area.

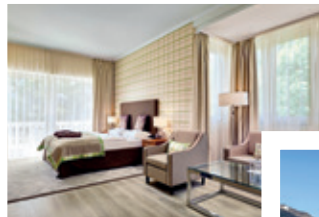


alpenhaus-kaprun.at




**DAS
ALPENHAUS**
KAPRUN
Life close to the mountains.

- Mountains, lake & glaciers
 - Sports & Adventures
 - ALPEN.VEDA.SPA
 - Pleasure & Nature
 - Seminar & Conferences
 - Top location: very close to
- the Kitzsteinhorn Glacier
 - 300m to the Maiskogelbahn
 - Holiday with your dog
 - Zell am See-Kaprun Summer Card



alpenhaus-gastein.at




**DAS
ALPENHAUS**
GASTEINERTAL
Life close to the mountains.

- Skiing & Hiking
 - 600 m to the Schlossalmbahn
 - Health & exercise
 - Yoga & Detox
 - Yoga shop
- De-stress & Re-start
 - Retreats & Workshops
 - Alpen.Veda.Spa
 - A holiday with your dog
 - Gastein Card

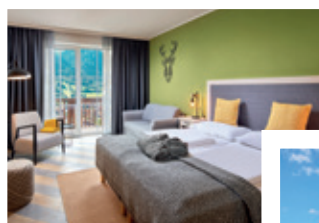


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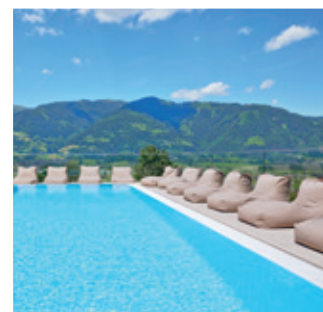



**DAS
ALPENHAUS**
KATSCHBERG.1640
Life close to the mountains.

- Lifestyle apartments
 - Alp.In restaurant & sun terrace (Winter)
 - Additional service packages available to book
 - Hiking & Cycling
- Ski-in/Ski-out
 - Family fun & Adventures
 - 120 m² play room
 - Alpen.Veda.Spa
 - A holiday with your dog
 - Lungau Card



evergruen.at




ever.grün
KAPRUN
...alpine life for urban people.

- Alpine Life for urban people
 - sporty, free & easygoing
 - Levante Alpin Restaurant & Feel Good Food
 - late riser breakfast
- Urban Spa
 - Roof-top pool (summer)
 - A holiday with your dog
 - Zell am See-Kaprun Summer card



DAS ALPENHAUS

KAPRUN

...life close to the mountains.

DAS ALPENHAUS KAPRUN

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DAS ALPENHAUS

HOTELS & RESORTS

...life close to the mountains.

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