MORE FOR ME

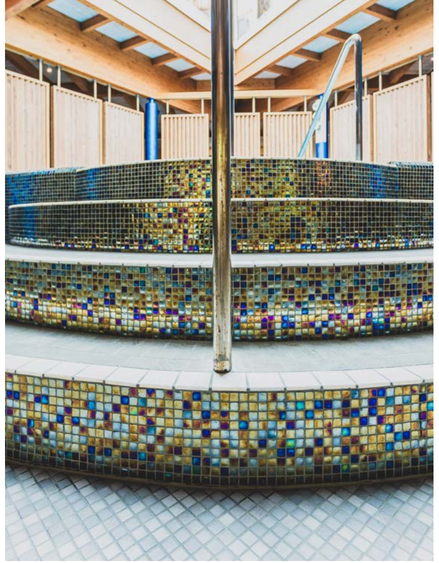
POST-SPA, MASSAGE & BEAUTY

Ronacher ★★★★

DIE POST

Aktiv, Familie & Spa

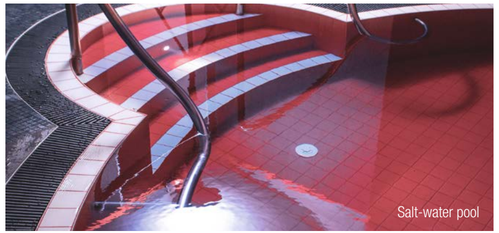
POST WELLNESS EXPERIENCE ON AN AREA SPANNING 2.400 M²
WITH POST-SPA



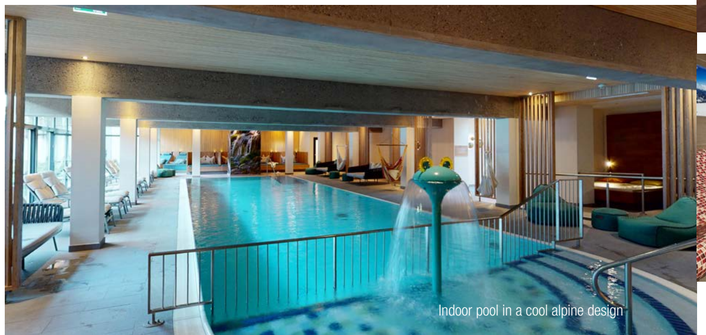
Lean back & enjoy ...

POST WELLNESS EXPERIENCE

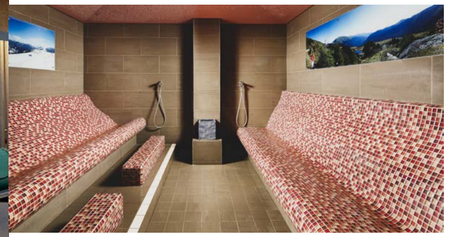
- Large outdoor pool, indoor pool, children's pool
- Saltwater pool, 2 whirlpools with massage jets
- **Post-SPA** (nude area): salt-water steam bath, alpine herb sauna, treehouse sauna with Viking shower, infrared cabin
- **Ladies-SPA:** ladies' sauna, relaxation area for chilling, special offers for ladies
- **Family-Sauna:** sauna with steam bath (swimming togs to be worn), hot-cold rainfall shower, pool with massage jets, cool hammocks to chill out, Kids-SPA for "pretty girls" & "cool boys"
- **SPA Rezeption:** excellent advice provided by our first-class team of therapists on the wide range of massage, body & beauty treatments
- Gym & activity programme
- **SPA-lounge:** chill-out area
- **"7th Heaven" cosy corner**



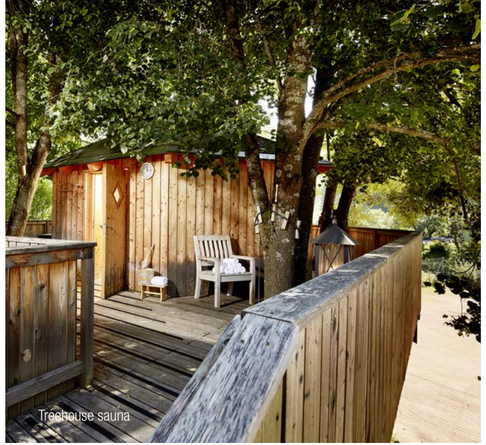
Salt-water pool



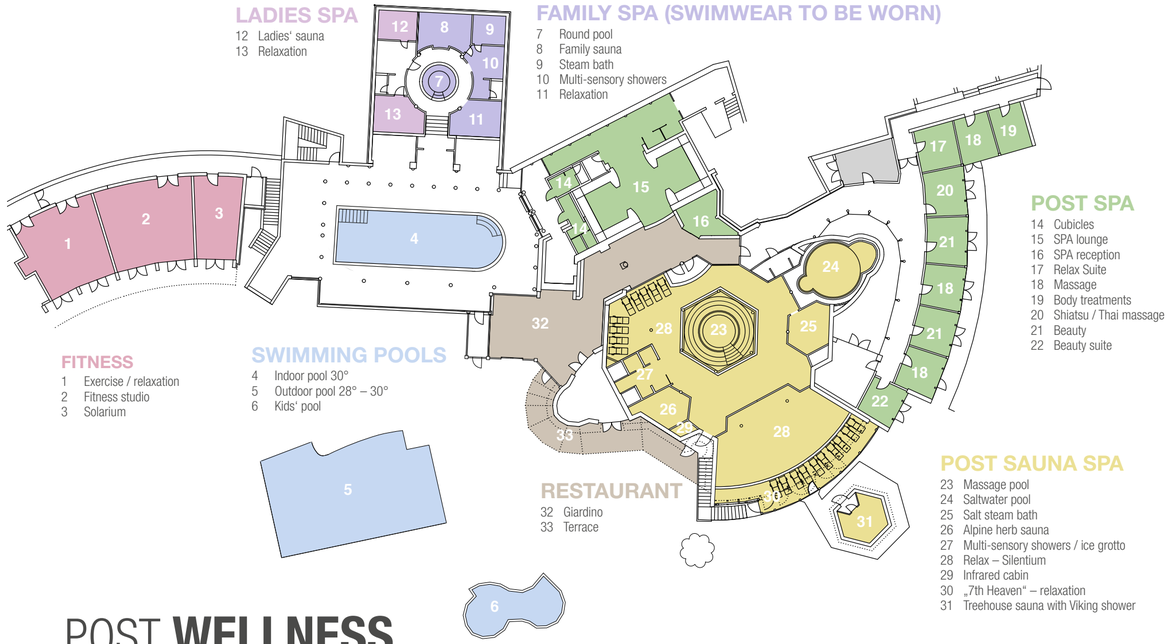
Indoor pool in a cool alpine design



Relaxing in the bio sauna with light therapy ...


Treehouse sauna

Family sauna



LADIES SPA
12 Ladies' sauna
13 Relaxation

FAMILY SPA (SWIMWEAR TO BE WORN)
7 Round pool
8 Family sauna
9 Steam bath
10 Multi-sensory showers
11 Relaxation

POST SPA
14 Cubicles
15 SPA lounge
16 SPA reception
17 Relax Suite
18 Massage
19 Body treatments
20 Shiatsu / Thai massage
21 Beauty
22 Beauty suite

FITNESS
1 Exercise / relaxation
2 Fitness studio
3 Solarium

SWIMMING POOLS
4 Indoor pool 30°
5 Outdoor pool 28° – 30°
6 Kids' pool

POST SAUNA SPA
23 Massage pool
24 Saltwater pool
25 Salt steam bath
26 Alpine herb sauna
27 Multi-sensory showers / ice grotto
28 Relax – Silentium
29 Infrared cabin
30 „7th Heaven" – relaxation
31 Treehouse sauna with Viking shower

RESTAURANT
32 Giardino
33 Terrace

POST **WELLNESS**
AREA SPANNING 2400 M²

WHAT IMPACT DO INDIVIDUAL TREATMENTS AT THE POST-SPA HAVE ON **BODY, MIND AND SPIRIT?**

These symbols show the various different ways in which our treatments work. The therapist responds to your individual requirements by choosing the right type of treatment for you and by using specially created oils.

RED

stands for revitalisation and energizing
Mantra: “I live my life with vigour.”

BLUE

stands for detoxification and cleansing
Mantra: “I am tranquil within myself.”

GREEN

stands for relaxation, rest and regeneration
Mantra: “I love and respect myself.”

YELLOW

stands for brightening of mood and strength
Mantra: “I am wonderful.”

FOR YOUR TOTAL WELLBEING, OUR COMPETENT AND CARING TEAM OF EXPERTS WILL ASSIST YOU AND LOOK AFTER YOUR INDIVIDUAL NEEDS.

WELLBEING SYMBOLS + **SPA-COMBINATIONS:**

PERFECT DETOXIFICATION

» Lymph drainage	25 mins.
» Reflexology massage	25 mins. or 50 mins.
» Stamp massage	50 mins.
» Aroma oil massage	50 mins.
» Hay flower pack	25 mins.
» Aroma therapy with peeling	50 mins.
» Body Detox electrolysis foot bath	30 mins.

RELEASING INNER TENSION

» Head and foot massage	50 mins.
» Stamp massage	50 mins.
» Fascia therapy	50 mins.
» Energetic cranio-sacral	50 mins.
» Shiatsu	50 mins.

SLIMMING TREATMENTS

» Lymph drainage	25 mins. or 50 mins.
» Aroma therapy	40 mins.
» Slimming compress	50 mins.
» Body Detox electrolysis foot bath	30 mins.

STRONG SPINE

» Thai massage	50 mins. or 75 mins.
» Classic full body massage	50 mins.
» Aroma therapy	40 mins.
» Hay flower pack	25 mins.
» Natural mud pack	25 mins.

PREVENT BURNOUT

» Shiatsu	50 mins.
» Hot stone massage	50 mins.
» Aroma oil massage	50 mins.
» Cosmetic treatments designed to emphasize your own beauty	

PERFECT APPEARANCE

» Anti-ageing face treatment	90 mins.
» Manicure & pedicure	90 mins.
» Youthful freshness boost	60 mins.
» CO_2-mask	25 mins.

CLASSIC MASSAGES

CLASSIC PARTIAL BODY MASSAGE

This treatment is particularly advisable for tense back and shoulder muscles. Both the back and the neck receive intensive massage. Muscle tension is released, resulting in relaxation of the upper body.

€ 45,– for 25 mins.

CLASSIC FULL BODY MASSAGE

The entire body is massaged using classic massage techniques. Muscle tension is reduced, and the circulation activated. Both physical and mental wellbeing are improved, and stress reduced.

€ 82,– for 50 mins.

REFLEXOLOGY MASSAGE

The self-healing powers of the organs are activated via the reflex points on the soles and backs of the feet. This technique has a positive effect on all organs and muscles and ensures improved circulation.

€ 45,– for 25 mins.
€ 82,– for 50 mins.

COMBI VITAL MASSAGE

A classic partial body massage and reflexology massage are combined. This is the optimum means of treating back complaints with the aid of both reflex zones and pain point massage.

€ 89,– for 50 mins.

HEAD AND FOOT MASSAGE

„With your head in the sky, your feet on the earth and your heart with all creatures.“ (old Tibetan proverb). The entire head and foot area is treated with special oils and massage techniques. A wonderful way of revitalising, harmonising and regenerating the body.

€ 89,– for 50 mins.

LYMPH DRAINAGE

This especially gentle form of massage stimulates the flow of lymph fluid which is transported from the thin lymph vessels in the body tissue via the lymph nodes into the blood stream. It removes blockages, has a pain-relieving effect and strengthens the immune system.

€ 45,– for 25 mins.
€ 82,– for 50 mins.

ENERGY MASSAGES

FASCIA TREATMENT

Fascia is an extremely tough and strong type of tissue that runs through the entire body surrounding and protecting muscles, organs, bones and nerves. It keeps the body in shape, coordinates all motor movement sequences and absorbs stress. Gently unwinding the fascia will release a lot of tension and stress in the muscular system and in the organs.
Recommended indications:

» Severe muscle stiffness, restricted mobility, digestive problems or post-operation rehab, neck and back problems.

€ 45,– for 25 mins.
€ 89,– for 50 mins.

ENERGETIC CRANIO SACRAL

A gentle treatment carried out on the skull and the sacrum. The cranio-sacral system is the centre of our energy system. It is especially helpful for treating migraine, whiplash injuries and symptoms of stress.

€ 96,– for 50 mins.

SHIATSU

Integral Shiatsu has a relaxing effect on the body and revitalises the organism. Using the fingers, balls of the hand, elbows and feet, stable pressure is applied along precisely defined energy lines (meridians). Shiatsu supports the functions of the vegetative nervous system such as breathing, digestion, sleep and blood circulation. This technique is particularly recommended for neck and lower back problems, lack of energy, and many other conditions. Treatment is carried out in clothing on a mat on the floor.

€ 89,– for 50 mins.
€ 125,– for 75 mins.

HOT STONE MASSAGE

This treatment is a harmonious combination of massage, energy work and the beneficial effect of hot lava stones. The whole organism is charged with new energy and vitality, and our energy system is harmonised and strengthened. Stress and nervousness are reduced, tense muscles loosened and body tissue and blood vessels strengthened with contrasting temperatures.

€ 82,– for 50 mins.

ORIGINAL THAI MASSAGE

This technique involves stretching, mobilising and relaxing the entire body using body weight with fingers, the balls of the hand, elbows, knees and feet. The circulation is stimulated, muscles can relax as a result of stretching, and the entire musculoskeletal system is mobilised. Treatment takes place in comfortable clothing on a mat on the floor.

€ 89,– for 50 mins.
€ 125,– for 75 mins.

SPECIAL MASSAGES

STAMP MASSAGE

ALPINE HERBS:
boosts circulation, helps to relax tense muscles

OLD INDIA:
promotes healthy circulation and is soothing to the skin

This special type of massage employs the innovative stamp technique to introduce high-quality oils such as almond, sesame and jojoba oil with their valuable substances to the deeper layers of the skin. Enjoy Alpine herbs, algae or Old India bundles.

€ 85,– for 50 mins.

AROMA OIL MASSAGE

During this massage especially created essential oils are massaged into the skin. Your therapist will help you to find the perfect oil for your requirements.

€ 85,– for 50 mins.

» POST-SPA-PLUS: 10 % PRICE DISCOUNT ON ALL SINGLE TREATMENTS IN THE MORNINGS
(APPLIES MON–THU FROM 8.00 AM – 12.00 MIDDAY, EXCEPT HOLIDAY)

BODY**TREATMENTS**

NATURAL MUD PACK TREATMENT

Relaxes the muscles, alleviates rheumatic complaints, has a supportive effect when treating spinal problems and revitalises the metabolism.

€ 55,– for 25 mins. and 4 applications
€ 65,– for 6 applications

HAY FLOWER PACK

This pack of hay flowers and herbs is effective against rheumatic complaints and muscle tenseness. It detoxifies, helps to alleviate diseases of the inner organs, the digestive tract and urinary genital system.

€ 58,– for 25 mins. and 4 applications
€ 68,– for 6 applications

BODY PEELING WITH SEA SALT

€ 45,– for 25 mins.

JOJOBA LOTUS BODY PEELING

€ 52,– for 25 mins.

SLIMMING COMPRESS FOR FIRMNESS AND ELASTICITY

We recommend different compresses depending on your particular skin type: Aroma firming, rock oil, algae or caviar compress.

€ 65,– for 50 mins. 1 compress

AROMA THERAPY

A sea salt peeling is used first. The therapy is based on the effect of essential oils derived from healing plants. The oils contain fat-burning substances and streamline the contours of the body. Connective tissue structures are improved, the flow of lymph is stimulated with the result that toxic substances can be eliminated more easily.

€ 82,– for 40 mins.
€ 92,– for 50 mins.

COMPRESS AND BODY DETOX OFFER **TAKE 4 – PAY 3**

LUXURIOUS CREME PACKS

For the body and senses and for treating dry and sensitive skin.

- Evening primrose oil creme pack
- Choco creme pack

€ 59,– (without peeling) for 30 mins.
€ 92,– (with peeling) for 50 mins.

BODY DETOX ELECTROLYSIS BATH FOR HANDS OR FEET

Purifies, deacidifies and detoxifies the body by eliminating toxic substances. Especially recommended for digestive problems, rheumatism, weakened immune system, poor concentration, tiredness, sleep problems, lymph blockages and weight problems/cellulite.

€ 59,– for 30 mins.

BEAUTY FOR **HER**

COMPLETE FACIAL TREATMENT

Individual skin analysis, deep-pore cleansing and gentle peeling, care products and ampoule, steam bath, facial massage, mask or pack for face, neck and décolleté.

€ 125,– for 90 mins.

MINI FACIAL TREATMENT

Deep cleansing with peeling, facial pack and eyebrow shaping.

€ 85,– for 60 mins.

TINGLING OXYGEN-CO_2 MASK PEELING, LIFTING, PIGMENT LIGHTENING

By increasing the level of oxygen in the tissue in combination with a nutrient-rich gel, pigment spots are lightened, small lines disappear, facial expression and nasiolabial lines are reduced, and the skin is toned. All in a single process.

€ 55,– for 30 mins.

EXTRAS

» Facial massage	€ 45,– for 25 mins.
» Facial pack	€ 45,– for 25 mins.
» Thalasso mask	€ 50,– for 30 mins.
» Ampoule / Ultima Boost	€ 21,–
» Eyelash tint or Eyebrow tint	€ 25,–
» Eyelash tint and Eyebrow tint	€ 45,–
» Eyebrow correction	€ 16,–

HAND AND FEET CARE

» Pedicure without polish	€ 61,– for 50 mins.
» Manicure without polish	€ 61,– for 50 mins.
» Shell polish	€ 25,–
» Varnish nails	€ 9,–
» Paraffin pack, intensive treatment for dry hands or feet	€ 35,– for 20 mins.

SWEET SUGARING OR WAXING

Sugaring originates from Arab countries and has been the ultimate method for removing unwanted hair permanently for a long time. Sugaring is gentler on the skin than classic wax treatments, as the hair is pulled out of the hair follicle with the root in the direction of growth. The sugaring method is allergyfree and hygienic.

Experience this fascinating sugar-sweet treatment. Your skin will remain smooth and soft for several weeks.

» Face	€ 39,–
» Upper lip	€ 20,–
» Lower legs	€ 75,–
» Full legs	€ 96,–
» Full arms	€ 86,–
» Lower arms	€ 50,–
» Armpits	€ 40,–
» Back	€ 90,–
» Bikini-zone	€ 60,–

Upon request, we would be delighted to perform all treatments using the **waxing method**.

COMBI-OFFER
3 X SWEET SUGARING OR WAXING OF YOUR CHOICE:
MINUS 10 % REDUCTION

SPECIAL**TREATMENTS**

ENJOY A FULL FACIAL TREATMENT WITH A CUSTOMISED SPECIAL MASK:

SPARKLING YOUTH - ANTI AGE DELUXE
Carefully chosen active substances (peeling, ampoule and Collagen fleece) provide pure luxury for the skin and lead to breathtaking results.

€ 125,– for 90 mins.

THALASSO VISAGE
Pleasantly cooling power mask with sea algae for that extra portion of moisture. The individually customised ampoule chosen to suit your particular skin type lends a unique feeling of revitalising freshness and generates maximum care and wellbeing.

€ 125,– for 90 mins.

MICRODERMABRASION
The Microdermabrasion will generate that “wow effect”! This special treatment involves controlled mechanical removal of the outer skin layers. The treatment is completed by introducing an active substance ampoule using ultrasound. Your first glance in the mirror will reveal the exceptional results!

- soft, elastic skin
- finer pores
- reduced depth of lines or wrinkles and improved firmness

MICRODERMABRASION AND APPLICATION OF AMPOULE WITH ACTIVE INGREDIENTS
€ 115,– for 60 mins.

ULTRASOUND TREATMENT
Face € 49,– for 10 mins.

MASQUE MODELANT FOR YOUR FACE
A really special beautifying treatment. The masque modelant is a unique mineral-based mask: Heating the mineral-based mask allows the substances to penetrate even farther into the skin and provides it with optimum nutrients and moisture. Including ampoule.

€ 135,– for 90 mins.

“DELUXE” FACIAL REGENERATION WITH 2 CARAT GOLD
A facial treatment especially for stressed and „mature“ skin. You get the effect of an all-round lift, without surgery. Your skin looks younger, firmer, more vital and tighter thanks to the treatment.

€ 145,– for 90 mins.

YOUTHFUL FRESHNESS BOOST
Eyelash and eyebrow tinting,
Eyebrow correction, CO_2 mask

€ 95,– for 60 mins.

CHILDREN UP TO 10 YEARS

WELLNESS

- Trial massage € 37,– for 20 mins.
- Hot stone massage € 37,– for 20 mins.
- Chocolate body pack € 45,– for 25 mins.
- Coconut pearl gloss bodypack € 45,– for 25 mins.

BEAUTY

- Facial cleansing with exfoliation & mask, facial massage € 79,– for 50 mins.
- Fantasy make-up (choose your own theme) € 10,– to € 25,–
- Manicure OR Pedicure € 35,–
- „Fairy dust" – Finger nail or toe nail polish also with sticker € 5,– to € 9,–

BEAUTY HOUR FOR MUM & DAUGHTER

- 1 jojoba lotus body exfoliation for mum 25 mins.
- 1 chocolate body pack for the princess 25 mins. €87,–

PIT STOP FOR DADS & SONS

- 1 back massage for dad 25 mins.
- 1 hot stone massage for the junior 20 mins. € 74,–

ESPECIALLY FOR **MEN**

COMPLETE FACIAL TREATMENT

Deep cleansing with exfoliation, ampoule, facial massage, facial pack, eyebrow correction if desired.

€ 125,– for 90 mins.

MINI FACIAL TREATMENT

Deep cleansing with exfoliation, facial pack and eyebrow shaping.

€ 85,– for 60 mins.

MAN, YOU'RE LOOKING GOOD!

Special facial treatment with ampoule and relaxing facial, neck and head massage. Including manicure and pedicure.

€ 222,–

SPORTS PACKAGE

Hay flower pack (with 6 applications) and massage using warming sports ointment to promote circulation.

€ 102,–

SWEET SUGARING OR WAXING

- Armpits € 40,–
- Chest € 80,–
- Back € 90,–

WELLNESS **PACKAGES**

10% DISCOUNT ON TREATMENTS FEATURED IN THE PAKET WELLBEING PACKAGE ALREADY INCLUDED.

FAMILY WELLNESS PACKAGE

The perfect combination of treatments for all-round wellbeing for both adults and children.

- 1 beneficial combi vital massage for dad 50 mins.
- 1 aroma oil massage with selected oil for mum 50 mins.

"big package for our small guests" with

- 1 trial massage 20 mins.
- 1 chocolate body pack 25 mins.

€ 230,–

POST-SPA RELAX

The classic treatment for relaxation in a short time.
Ideal after exercise in the fresh air.

- 1 sea salt body peeling 25 mins.
- 1 stamp massage 50 mins.

€ 117,–

„TIME OUT" FOR THE BACK

Special programme designed to train and strengthen your back.

- 2 classic massages 25 mins.
- 2 natural mud pack (4 applications) 25 mins.
- 1 Shiatsu 50 mins.

€ 260,–

POST-SPA BEAUTY

Enjoy fresh radiance and wellbeing.
Look forward to great results.

- 1 complete facial treatment
- Eyelash and eyebrow tint
- 1 manicure with varnish or 1 pedicure with varnish

€ 216,–

STUNNINGLY BEAUTIFUL FROM HEAD TO TOE

Treating yourself is the greatest of all gifts. Enjoy this beneficial beauty programme.

- 1 pedicure with nail polish & 1 manicure with nail polish 90 mins.
- 1 complete facial treatment with eyelash and eyebrow tinting 90 mins.
- 1 body peeling with sea salt and
- 1 cream pack 30 mins.

€ 373,–

POST-SPA KIDS (UP TO 10 YEARS)

The perfect combination for that neat, flawless „look".

- 1 Facial cleansing with peeling & mask, facial massage
- 1 Chocolate body pack
- manicure and pedicure

€ 221,–

BODY STYLING WITH SYSTEM

Your body is immediately detoxified, deacidified and purified using natural substances.

Day 1

- 1 Body Detox electrolysis bath for hands or feet 30 mins.
- 1 lymph drainage 50 mins.

Day 2

- Body wrap, slimming wrap, firming – elasticity 50 mins.

Day 3

- 1 Body Detox electrolysis bath for hands or feet 30 mins.
- 1 fascia treatment 50 mins.

Day 4

- 1 combi vital massage 50 mins.

Day 5

- 1 Body Detox electrolysis bath for hands or feet 30 mins.
- 1 lymph drainage 50 mins.

€ 526,–

» ENJOY OUR
POST-SPA WELLNESS DEALS

Ronacher ★★★★

DIE POST

Aktiv, Familie & Spa

YOUR DIE POST WELLBEING OASIS 2.400 M²

6 pools • 7 saunas • POST-SPA – „Adults only area“ • Family bathing trunks sauna and children’s SPA
Tree house sauna with Viking shower • nudist terrace and panoramic views • Ladies-SPA
Fitness center • Gymnastics, stretching • Solarium • Yoga • SPA-Lounge

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