

# MORE FOR ME

POST-SPA, MASSAGE & BEAUTY

 **DIE POST**  
RONACHER  
AKTIV FAMILIE SPA

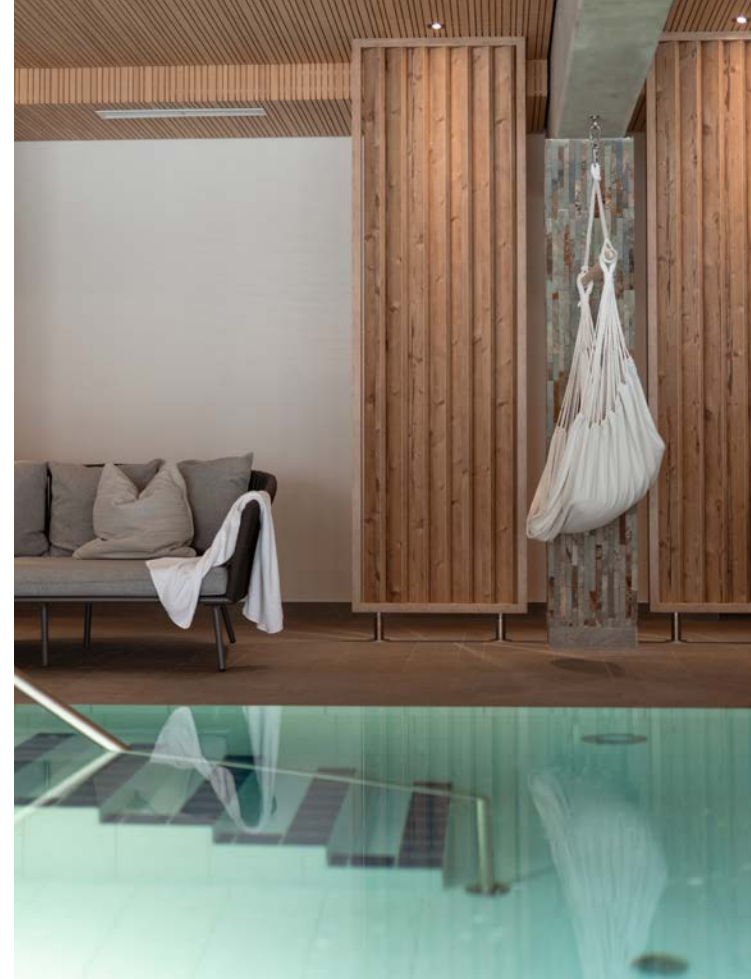




# POST WELLNESS EXPERIENCE ON AN AREA SPANNING 2.400 M<sup>2</sup> MIT POST-SPA



Indoor pool in a cool alpine design



Lean back & enjoy ...

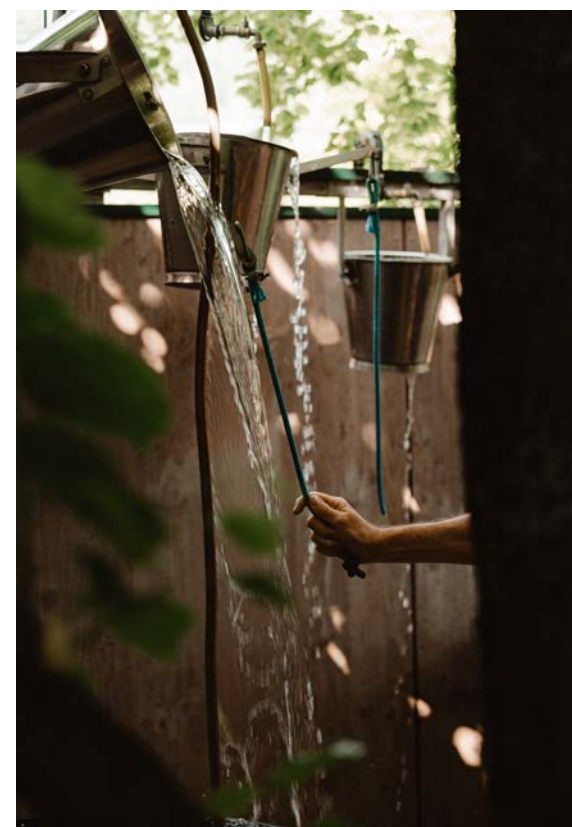


## POST WELLNESS EXPERIENCE

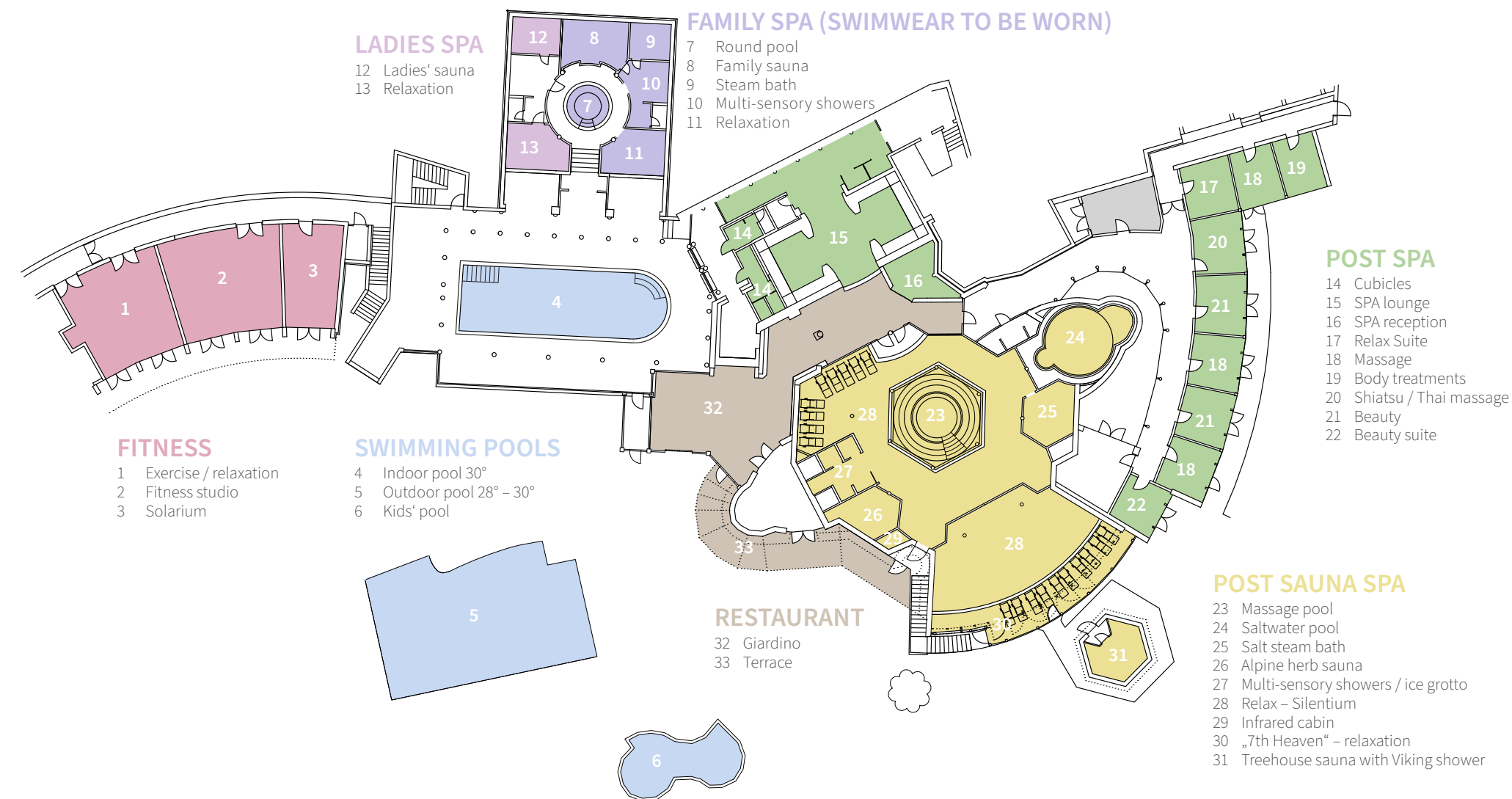
- » Large outdoor pool, indoor pool, children's pool
- » Saltwater pool, 2 whirlpools with massage jets
- » **Post-SPA** (nude area): salt-water steam bath, alpine herb sauna, treehouse sauna with Viking shower, infrared cabin
- » **Ladies-SPA:** ladies' sauna, relaxation area for chilling, special offers 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







POST-WELLNESS  
AREA SPANNING 2400 M<sup>2</sup>

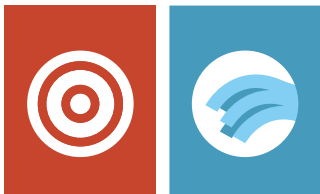


## WHAT IMPACT DO INDIVIDUAL TREATMENTS AT THE POST-SPA HAVE ON BODY, MIND AND SPIRIT?

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."

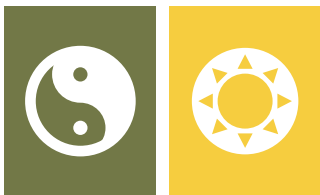


### BLUE

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

- » Ayurvedic abdominal massage 45 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

- » Ayurvedic abdominal massage 45 mins.
- » Aroma therapy 40 mins.
- » Slimming compress 45 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 80 mins.
- » Manicure & pedicure 90 mins.
- » Youthful freshness boost 50 mins.

# CLASSIC MESSAGES

## CLASSIC PARTIAL BODY MESSAGE

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. erreicht.

€ 45,- for 25 mins.

## CLASSIC FULL BODY MESSAGE

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 MESSAGE

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. or € 82,- for 50 mins.

## COMBI VITAL MESSAGE

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.

## PRISHTA ABHYANGA – AYURVEDIC BACK MESSAGE

This massage has an especially relaxing effect on all the back muscles. Here, the warm oil with its enlivening, circulation-promoting aromas develops its full effect. After this treatment, not only the back, but also the whole person feels lighter and freer.

€ 45,- for 25 mins. or € 85,- for 50 mins.

## CLASSIC ABHYANGA FULL-BODY OIL MESSAGE

Experience yourself anew and look great! The classic Abhyanga is the queen of Ayurvedic massages. This holistic treatment is balsam for body, mind and soul. It has a rejuvenating, regenerating effect on the body and a harmonising effect on the soul. The warm oil, chosen to suit your particular dosha, and the flowing massage and stroking movements impart a feeling of inner warmth and security.

€ 90,- for 50 mins. or € 125,- for 70 mins.

## ENERGY MESSAGES

### 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. or € 82,- 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. or € 125,- for 75 mins.

## PADABHYANGA – AYURVEDIC FOOT MESSAGE

Beautiful feet throughout life! Feet are high on the agenda in Ayurvedic treatments. They carry us through life and deserve loving treatment. The Ayurvedic foot and leg massage has an especially positive effect on all the organs as the result of stimulation of the energy points. It promotes circulation of the fine matter energy flow and results in deep relaxation. The foot massage has a stress-reducing, sleep-promoting, mood-enhancing effect and generates a feeling of wellbeing throughout the body. Massaging the legs including the knees providing relief and keeps tendons and joints supple.

€ 55,- for 25 mins.

## SHIROBHYANGA – AYURVEDIC HEAD, SHOULDER AND NECK MESSAGE

Enjoy a vitalising head, shoulder and neck massage with all your senses. Gentle touching of the energy points has a harmonising and activating effect on the internal organs, and the entire head area is freed of emotional and mental ballast. This massage has a calming effect on the nervous system but simultaneously enlivens the senses, i.e. it enhances the senses of smell, vision and hearing.

€ 55,- for 25 mins.

The two massages are also available as a combined package:

**Special offer 50 min. for € 100**

## HOT STONE MESSAGE

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 MESSAGE

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. or € 125,- for 75 mins.

## STAMP MESSAGE

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.

€ 89,- for 50 mins.

## AROMA OIL MESSAGE

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.

€ 89,- for 50 mins.





# 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.

## ENZYME 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

## NAHBHI MARMA – AYURVEDIC ABDOMINAL MASSAGE





This massage has a relaxing effect, calms and promotes healthy sleep. The Nahbhi-Marma massage leads us to the innermost roots of our being. It facilitates deep relaxation and creates a wonderful connection to our cognitive memory. The gentle nature of the physical contact releases fine matter energy bottlenecks. The immune system and inner organs, especially the digestive organs, are strengthened and restored to balance and harmony.

€ 82,- for 45 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 80 mins.

## MINI FACIAL TREATMENT

Deep cleansing with peeling, facial pack and eyebrow shaping.

€ 85,- for 50 mins.

## MUKABHYANGA – AYURVEDIC FACIAL MASSAGE:

A beautifying facelift using the energy of the hands. A wonderfully relaxing facial massage with fragrant, soothing organic oils awaits you. Gentle stimulations of the energy points and stroking movements impart a stress-busting and mood-enhancing effect. Good circulation makes the skin glow, and facial features appear softer and younger.

€ 82,- for 45 mins.

## EXTRAS

- » Facial massage € 45,- for 25 mins.
- » Facial pack € 45,- for 25 mins.
- » Thalasso mask € 45,- for 25 mins.
- » Ampoule / Ultima Boost € 21,-
- » Eyelash tint or Eyebrow tint € 25,-
- » Eyelash tint and Eyebrow tint € 45,-
- » Eyebrow correction € 20,-

## HAND AND FEET CARE

- » Pedicure without polish € 61,- for 45 mins.
- » Manicure without polish € 61,- for 45 mins.
- » Shell polish € 25,-
- » Varnish nails € 12,-
- » 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 80 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 80 mins.



### MIKRODERMABRASION

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 50 mins.

### ULTRASOUND TREATMENT

Face € 49,- for 20 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 80 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 80 mins.

### YOUTHFUL FRESHNESS BOOST

Eyelash and eyebrow tinting, Eyebrow correction, Enzyme peeling , ampoule, 5-zone mask

€ 95,- for 45 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.

## 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 enzyme body peeling 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 80 mins.

## MINI FACIAL TREATMENT

Deep cleansing with exfoliation, facial pack and eyebrow shaping.

€ 85,- for 50 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

## 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,–

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



Ronacher **DIE POST** · Perfect combination of treatments

## 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 80 mins.
- » 1 body peeling with sea salt and 30 mins.
- » 1 cream pack

€ 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 ayurvedic abdominal massage 45 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 ayurvedic abdominal massage 45 mins.

€ 526,–



» ENJOY OUR  
POST-SPA WELLNESS  
DEALS





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**3 minutes to the ski lift. Gourmet menu. 5 pools & giant SPA. Family SPA.**