



PRICE ADVANTAGE

You receive on all SPA treatments in the mornings (until 2 p.m.)

10% discount.



BIO & FAIR – NATURAL(LY)!

Annemarie Börlind - Natural Beauty

„The highest level of natural cosmetics“

Discover the secret of natural beauty!

ANNEMARIE BÖRLIND NATURAL SPA is a unique spa treatment range for the face and body with natural and highly effective products. The treatments are perfectly and carefully adapted for every skin type and skin problem.

Marías - Organic Care

Organic cosmetics from Salzburg, Austria. For the love of life.

Pure quality you can feel on your skin can only be accomplished through finding harmony at all levels: using high-quality ingredients sourced from farms with sustainable farming practices, using fair trade products, having a focus on hand-made production methods, and finding the shortest way possible of delivering to our clients in order to protect our environment.

DadoSens - DermaCosmetics

Nurtures medically. Looks natural.

For every age-group, for allergy-sufferers, for people suffering from extremely dry skin, neurodermatitis, diabetes, psoriasis, rosacea, blemish-prone skin and acne - DADO SENS is your expert for derma cosmetics.

Clean and Clear - Deep-Cleansing

Clarifies and refines the skin. Herbal extracts, such as chamomile, sage and yarrow have been specifically coordinated to meet the requirements of oily, blemished or combination skin. Impurities are removed that are difficult to get rid of with day-to-day skin care methods, and the complexion is given a finer structure and a clear appearance.

Hand massage included.

60 min

€ 94,00

Hydro-active

Quenches the skin's "thirst". Botanical hyaluronic acid, samphire and cells from the papyrus stimulate and activate the skin's moisture, making the skin look fresh and alive.

Hand massage included.

70 min

€ 109,00

Multi- Regeneration - Global Anti-Aging Care

Global Anti-Aging Care Valuable essences for particularly demanding skin. The remarkable Biolifting complex, containing white truffle, botanical hyaluronic acid, a "cocktail" of vitamins and other ingredients, stimulates the formation of collagen, increases skin density and firms the contours. A spectacular effect for special skin requirements. Hand massage included. On request (free) dyeing of eyelashes and eyebrows.

90 min

€ 150,00

„Quick-Beauty“

Cleansing, peeling, serum, small massage & nourishing mask

50 Min

€ 79,00

Intensive eye treatment

With special anti-aging mask for eyes, massage, intensively smoothing and firming.

40 min

€ 69,00

Medical Cosmetics

Derma-cosmetic treatments for problem skin prone to irritation or allergies are carried out using the medical organically certified natural cosmetics range Dado Sens.

Soft Care ExtroDerm treatment

For extremely dry and sensitive skin.

Peeling, massage (or deep cleansing), facial mask

50 min	€ 79,00	without deep cleansing
80 min	€ 124,00	with deep cleansing

"A Man's Business"

Pampering program for men

Facial treatment with deep cleansing, peeling, aroma steaming, face massage, mask and a neck, head and shoulder massage.

60 min	€ 85,00
--------	---------

Extra Treatments

Extra

Eye-brow shaping	€ 11,00
Eye-brow tint	€ 17,00
Eye-lash tint	€ 17,00
Eye-lash and eye-brow tint	€ 37,00

Depilation with warm wax

Full leg	€ 59,00
Ankle up to knee	€ 36,00
Bikini zone	€ 26,00
Chin or top lip	€ 14,00
Arms or armpits	€ 28,00

Make-up

Day make-up

For every day *Approx.: 25 min* € 40,00

Evening make-up

for special events *Approx.: 30 min* € 46,00

Kids Specials

Only for children under 10 years

Small facial treatment

Depending on your wishes and needs: facial cleansing and mask OR facial massage and scented mask.

45 minutes € 68.00

Light full body massage

30 minutes € 50.00

Gentle back massage

15 minutes € 30.00

Manicure & Pedicure

Manicure "Classic"

Hand bath, nail filing, cuticle removal, hand massage and nail oil

30 min € 52,00

Pedicure "Green SPA"

With basic foot bath, scrub, pedicure with thorough removal of any corns and calluses, foot massage using active ingredient cream.

50 min € 67,00

When booking your manicure or pedicure, please let us know whether you would like a varnish. *Nail varnish* : € 11,00

Full Body Peelings with Butter Massages

"Rose Dream"

Rose full body peeling, followed by a face, head and neck massage with *rose butter*.

50 min € 84,00

"Coconut & Vanilla Dream"

Coconut-vanilla-sugar full-body peeling, arm & hand massage with *coconut-vanilla butter*.

50 min € 84,00

"Alpine Gold"

Alpine salt full body peeling, followed by a soothing foot massage with *lavender butter*.

50 min € 81,00

Massages and Peelings with Packs

Foot reflex zone massage followed by a full body algae pack

Helps to reduce water retention and looseness.

Deacidifying, detoxifying, purifying, cleansing.

70 min

€ 79,00

Full body peeling followed by a goat butter full body pack

An intensive nourishing body pack, ideal for very dry skin.

Relaxing, caring for the skin.

55 min

€ 64,00

Partial body massage followed by a mud pack of the back or legs

For tension and blockages in the back or legs.

Deep warming, stimulates blood circulation, relaxes muscles.

70 min

€ 79,00

Massages

Revitalizing "Theresia" Full body massage

Well-being starts at the head. This treatment focuses specifically on the neck, shoulders, arms, hands, feet and head. They are deliberately set in motion with targeted pull and pressure. Partly also worked on the feet, in order to best earth the body. The achieved harmony in the nervous and muscular system leads to balance and regeneration.

50 min

€ 77,00

Massage "Individual Green Spa" | with arnica

Simply book a treatment slot and our therapist will be happy to incorporate your individual requests and problem areas by using various techniques.

50 min

€ 81,00

Massage with aromatic oils

The flow of energy is stimulated and well-being increased.

- Full body massage *50 min* *€ 79,00*

- Partial body massage *25 min* *€ 46,00*

Partial body massage head, neck and face "Anti Stress"

25 min

€ 46,00

Indian full body massage “Body & Soul”

The Indian massage is about perceiving energetic and physical blockages. With warm oil and various arm techniques and finger techniques, blockages can be loosened and energetic ballast transported outwards. Relaxation and wellbeing affect the body, mind and soul.

60 min

€ 95,00

Foot reflexology massage

Activates the body's own self-healing powers! The organs, muscles and any blockages are treated using the energy of reflexology therapy.

30 min

€ 46,00

Combi-Massage

A combination of foot reflexology and classic back massage

40 min

€ 67,00

Intense back massage with tiger balm

Provides a deep relaxation that brings the entire back of harmonious balance. Muscle tension and cramps are solved. It is a very powerful energizing massage for menthol and camphor, expanded with essential oils such as rosemary, sage and eucalyptus.

35 min

€ 61,00

Opening Times

SPA TREATMENTS

Sunday - Friday 9:30 a.m. to 7:00 p.m., by appointment. Appointments are also possible on Saturdays on request (advance booking required, reduced selection of treatments).

POOLS

Indoor swimming pool and quiet winter garden 7 a.m. to midnight

Outdoor pools:

- Winter 2.00 p.m. to 8.00 p.m. (*Tuesdays & Fridays until 10.00 p.m.*)
- Summer 7 a.m. to 8 p.m. (*Tuesdays & Fridays until 10 p.m.*)

SAUNAS

Nude sauna area "adults only" 3:00 p.m. to 8:00 p.m. (*Tuesdays & Fridays until 10:00 p.m.*)

Textile sauna area 11 a.m. to 8 p.m. (*Tuesdays & Fridays until 10 p.m.*)

Cancellation Policy

- Up to 24 hours: no charge
- Up to 12 hours: 50% cancellation charge
- In case of later cancellation or failure to attend an appointment, the full cost of the treatment will be charged.

*We wish you a pleasant stay
and pleasant moments in our Mountain Green Spa.
Let us pamper you and enjoy a relaxing time!*

Family Brettermeier
Glemmtaler Landesstraße 208 • 5753 Saalbach-Hinterglemm • Österreich
☎ +43 6541 74 14 - 0

✉ info@hotel-theresia.co.at • www.hotel-theresia.com