

# Alpine Wellness & SPA

in a DREAM location



Your Ayurveda jewel in the mountains...

[www.sporthotel-ellmau.at](http://www.sporthotel-ellmau.at)



SAALBACH HINTERGLEMM

## Water – Relaxation and Vitality



NEW:  
Scenic outdoor pinewood sauna

Leave the daily grind behind and submerge into a mystical world of well-being.

Unwind during a Shirodhara session, replenish your energy levels in the sauna, release muscle tension under the hands of our trained massage therapists, relax on our water beds surrounded by soothing sounds and return from our oasis renewed and refreshed. Just heavenly...

### Ellmauer Private Spa

Treat yourself to an exclusive evening at our spa. Enjoy the 500 m2 of our feel-good oasis in total privacy from 9.00 pm (surcharge applies).



## Vitality and Relaxation

Welcome to the Ellmauer  
„natural spring“ - the fountain of  
youth 5 Elements Beauty & Spa

- 1 Sunbed salon
- 2 Gym and exercise room  
with spa & vitality programme from Mon-Fri
- 3 Swimming pool with scenic view
- 4 Healthy snack table and juice bar offering juices,  
herbal infusions and fruit
- 5 Krax'nofen (traditional Alpine hay sauna)
- 6 Beauty farm
- 7 Ayurveda and massage space
- 8 Rest area with relaxation beds and Kneipp fountain
- 9 Whirlpool
- 10 Sanarium with light therapy, Turkish  
steam baths and Finnish sauna
- 11 Relaxing water beds with soothing music
- 12 Feng Shui garden
- 13 Hot pot under the stars
- 14 Scenic outdoor pinewood sauna



# NEW: Authentic Ayurveda



Manjula - our therapist from Sri Lanka

## Ayurveda – the science of a long life

Ayurveda is the continued presence of awareness, ensoulment, the steady flow and preservation of the body - energy for the mind, body & soul. The three doshas - Vata, Pitta & Kapha determine the rhythm of our life. Ayurveda helps us to attain holistic well-being.

... our Ayurveda therapist from Sri Lanka looks forward to pampering you!

... the secret to a holistic way of life and beauty care!

### Lotus Abhyanga – The Queen

Ayurvedic full body massage, including the head. Gentle, soothing hands bring body, mind and soul into equilibrium. Warm plant oils specially chosen for your type smooth the kinks in your muscles. The effect is harmonising and soothing.

90 Minutes of pampering € 110,00

### Abhyanga full body massage

Gentle, soothing Ayurvedic full body oil massage.

60 Minutes of pampering € 90,00

### Padabhyanga

Your feet, calves and knees are stimulated with hot oils. This massage has a very calming and balancing effect when you are stressed or suffering from headaches, insomnia, anxiety or exhaustion.

45 Minutes of pampering € 55,00

### Shiro-Abhyanga

Head and shoulder massage, helps to alleviate tension in the neck and shoulders, good for insomnia and migraines

45 Minutes of pampering € 55,00

### Tharuna Ayurveda

An Ayurvedic full body massage for young people up to 16 years of age.

30 Minutes of pampering € 45,00

### Shirodhara treatment

Stimulating the deep areas of the brain. This treatment is good for problems with the nervous system, migraines and neurodermatitis. It soothes the autonomic nervous system, alleviates sleep disorders and makes you beautiful.

30 Minutes of pampering € 60,00

### Mukabhyanga – Ayurvedic face massage

This treatment not only relaxes and calms, but is also good for the skin. Stress, worries, uncertainties and cares are relieved and removed. In addition the head, chest area and back of the neck are massaged.

30 Minutes of pampering € 40,00

### Intensive – Ayurveda – Abhyanga

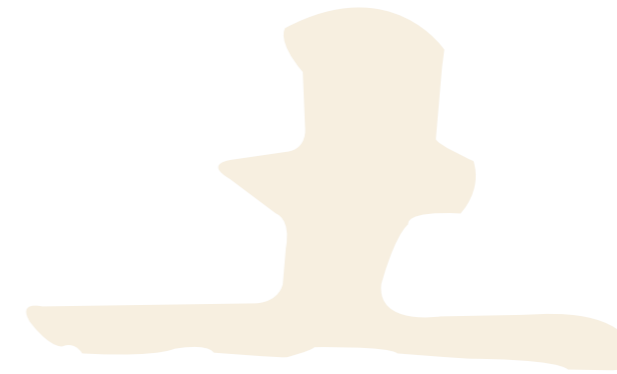
A full body treatment for your joints with a firm massage and deep stretching.

60 Minutes of pampering € 95,00

### Ayurvedic massage for problem areas

A special oil massage if you have any injuries, limited to the where you feel pain.

30 Minutes of pampering € 45,00



### Herbal massage “Pinda Sveda”

60 Minutes of pampering € 60,00

### Udanavata belly massage

30 Minutes of pampering € 40,00

### Himalaya salt oil peeling and detoxication bath

€ 40,00

### Intestine purification € 15,00

### Nasia – nose purification € 15,00

### Ayurvedic spa day

10 am to 4 pm

- Jasmine tea and fruit from the juice bar or TCM muesli from the breakfast buffet
- Start with Shiroabhyanga (head massage), followed by Padabhyanga (foot massage)
- Ayurvedic lunch
- Abhyanga (full body oil massage) according to your type
- followed by a Sveda steam bath € 225,00

### Panchakarma “Soft Cure”

- 2x check up consultation identification and therapeutic supervision with Manjula from Sri Lanka
- Purgation and purification day
- 1 belly special massage- Udanavata
- 1 salt oil peeling
- 1 detoxication bath
- 3 Abhyanga full body- oil massages
- 2 Shirodhara treatments (stress reducing head treatment)
- 1 head and foot massage
- 1 herbal chop massage - Pinda Sveda
- Herbal medicine, hot water drinking cure and Svedana warmth therapy
- Use of our Ellmauer youth fountain with sauna, physiotherm cabin, etc.
- Intestine purification
- Ayurvedic breathing and yoga exercises
- 2 individual treatments depending on your discomfort (Pasti, etc.)

Price with 7 overnight stays incl. Ayurvedic and organic full board € 1.490,00 per person

Price without overnight stay

Price without overnight stay € 895,00 per person and week





### [ comfort zone ] Face

Exclusive massaging techniques and tested, careful application procedures that are adapted to the state of your skin at the time of treatment guarantee an all-round feel-good factor. Thanks to the music, fragrances and details that accompany the treatments and the [tranquillity welcome] ritual, our exclusive welcoming ritual which promotes complete relaxation, every course of treatment turns into an unforgettable experience.

#### **Skin Resonance** – calming and balancing

White tea, vitamins and essential oils bring sensitive skin into balance. Swelling is reduced and the skin is soothed, making this treatment perfect for sensitive and soft skin.

55 minutes of pampering € 60,00

85 minutes of pampering € 80,00

#### **Hydra Memory** – the source of moisture

Pure moisture for dry and dehydrated skin. Hibiscus and honey make the skin feel good and replenish its moisture stores.

55 minutes of pampering € 60,00

85 minutes of pampering € 80,00

#### **Active Pureness** – clarifying and cleansing

Clarity in all situations. Clarifying extracts from propolis and avocado regulate sebum production in a gentle manner, so that impurities can be soothed and disinfected without drying out the skin.

55 minutes of pampering € 60,00

85 minutes of pampering € 80,00

#### **Glorious Skin** – tightening and toning

With instantaneous facelift effect. Tones the tissue and reduces wrinkles, so the skin immediately looks relaxed, firm and full of life. Active ingredients such as OXY® and vitamin E additionally stimulate the skin's metabolism.

55 Verwöhnminuten € 69,00

85 Verwöhnminuten € 102,00

#### **Action Sublime** – Anti-aging

The ultimate solution in skin rejuvenation. An exclusive anti-aging treatment with highly effective active ingredients like hyaluronan, milk proteins and retinol that erase the signs of time.

55 Verwöhnminuten € 69,00

85 Verwöhnminuten € 102,00

## Fuhlendorf Perfect Beauty new & only in Saalbach Hinterglemm!

FUHLENDORF®  
PERFECT BEAUTY

### **Anti-aging with Fuhlendorf**

We are delighted to offer you the newest solutions on the market for wrinkle reduction - a risk & pain-free facelift without a scalpel.

**We guarantee visible results after the first course of treatment!**

#### **Microdermabrasion** with Fuhlendorf – Dermasonic

Tiny crystals remove the top layer of the epidermis and smooth tough patches of skin.

#### **Cupping Massage** with Fuhlendorf – Vacutronic

Frees muscle tissue from waste products and toxins by lifting instead of pressing.

#### **Ultrasound & Stimulation Current** with Fuhlendorf – Supersonic

Stimulates muscles and increases blood flow, after which a special active ingredient is applied to the now highly receptive skin.

#### **Face Treatment**

Unit price 60 minutes € 95,00

#### **Anti-aging for the face over 3 days**

1. Microdermabrasion/Cupping/Ultrasound 60 minutes
2. Cupping/Ultrasound 45 minutes
3. Cupping/Ultrasound 45 minutes

€ 262,00

## „Perfect Body“

#### **Individual treatment** – back of thighs, bottom

60 minutes of pampering € 85,00

#### **Individual treatment** – thighs, front and back, bottom

90 minutes of pampering € 120,00

#### **Individual treatment** – thighs, front and back, bottom, stomach

120 minutes of pampering € 145,00

**Package of three: 10% discount**





## manSPAcE – Space and Time for Men.

### Basic with manSPAcE

Short and effective treatment for men. After a thorough facial scrub you can relax during a soothing face, head and neck massage. The treatment finishes with a mask matched to your skin type.

55 minutes of pampering € 59,00

### Clarity with manSPAcE

Developed specifically to control sebum production, fight and prevent impurities and reduce shine. With Sebustop, propolis, grapefruit and lemon extract as well as patchouli oils.

75 minutes of pampering € 89,00

### Moisture from the source with manSPAcE

Indulge your facial skin with abundant moisture. Tired and dry skin is nourished with moisture from hyaluronan and honey, making your skin feel wonderful.

75 minutes of pampering € 89,00

### SPA package with manSPAcE

- Facial treatment from [ **comfort zone** ]
- Manicure and pedicure

120 minutes of pampering € 115,00



### VITALITY package with manSPAcE

- Monticelli thermal mud pack (to regenerate muscles and joints)
- Full body massage
- Facial treatment from [ **comfort zone** ]

120 minutes of pampering € 115,00

### Ägyptos "slim packing"

60 minutes of pampering € 70,00



## Aromasoul – a trip around the world.

This full body course of treatment enables you to experience the worlds of the Mediterranean, India, Arabia and the Orient. After a welcoming ritual your body is cleansed with the chosen facial scrub, followed by a wonderfully relaxing Aromasoul massage with luxurious essences.

75 minutes of pampering € 95,00

### Choose your own world of experiences...

#### Aromasoul India... [hot, time to re-energise]

The world of India symbolises spirituality and energy, seduces you with its fragrances of patchouli, cardamom, bergamot, nutmeg, cedarwood and black pepper. Your body is scrubbed with rice kernels.

#### Aromasoul Mediterranean... [cooling, time to detox]

The world of the Mediterranean reflects a cleansing mentality with the fragrance of basil, orange, lemon, bergamot, aniseed, tangerine and oregano. Your body is scrubbed with olive stones.

#### Aromasoul Arabia... [warming and comforting, time for tranquillity]

The Arabic world from Thousand and One Nights, with fragrances composed of cinnamon, ginger, patchouli, nutmeg and cedarwood. Your body is scrubbed with coconut particles.

#### Aromasoul Orient... [warming, time for something new]

In the Far East the oriental world symbolises riches and beauty, and touches your senses with the fragrances of ylang-ylang, vanilla, mimosa and jasmine. Your body is scrubbed with pearl dust.





## New Life

For all mothers (to-be) and babies we offer special Ayurveda pregnancy and baby massages. Every woman requires additional relaxation and well-being, especially during pregnancy. Our treatments pamper your skin, bring vitality to your body and soothe smaller complaints like backaches.

### Pregnancy full body oil massage corresponding Ayurveda

Pregnancy is something very special, just like this treatment. With a soft touch, swollen joints and feet are freed of their „unfamiliar“ burden and the muscles in your back are relaxed.

45 minutes of pampering € 55,00

### „New Mum“ packages

„Energy“ – Simply beautiful

- 1x Pregnancy massage (Ayurvedic full body massage)
- 1x manicure and pedicure
- 1x facial treatment from [ **comfort zone** ]

Package price € 185,00

„Relax“ – Pure relaxation

- 2x Pregnancy (Ayurvedic full body massage)
- 1x Padabhyanga (Ayurvedic foot massage)
- 1x manicure and pedicure

Package price € 255,00

## Massages – Laress your soul

### Classic Full Body Sports Massage

Releases painful muscle tension and enhances mental relaxation. Ideal after sports and physical exertion.

45 Minutes of pampering € 50,00

### Partial Body Massage

Ideal if you have tension in the neck and shoulders or your back. In a short time individual parts of the body are loosened up.

25 Minutes of pampering € 30,00

### Foot Reflexology Massage

Your feet carry you throughout your life. Get to know your body step by step.

25 Minutes of pampering € 30,00

### Lymphatic Drainage

Gently removes blockages and drains your body. Good for swollen legs, tear ducts and fluid retention in the body.

25 Minutes of pampering € 30,00

### Lomi Lomi Nui

A Lomi Lomi massage not only relaxes you but also cleanses your mind, body and soul.

75 minutes of pampering € 95,00

### Hot Stone Massage

This treatment with hot stones is a relaxing massage with warm stones placed along your meridians. A soothing massage for body & soul.

60 Minutes of pampering € 65,00

### Combination Massage

Foot reflexology and back massage

60 Minutes of pampering € 65,00

### Facial Massage

25 Minutes of pampering € 32,00





## Body care

### Take Your Senses On A Journey With Tranquillity

Deep relaxation and luxury for body and face. A sensuous welcoming ritual with a unique aromatic face and body massage awaits you. Leave all worries behind, our embrace and hands will catch you. Special massaging techniques allow you to relax completely, accompanied by the scent of vanilla and roses .

85 Minutes of pampering € 90,00

### Fruit Scrub

The power of lemons and lactic acid with papaya, kiwi and extracts is used to gently scrub and massage your whole body, leaving behind wonderfully silky-soft skin. You will love the result!

25 Minutes of pampering € 25,00

### Monticelli Thermal Mud Pack

A creamy soft mud-pack enriched with Monticelli thermal water detoxes and drains the tissues. The salt, sulphur and iodine-rich water from the thermal springs in Monticelli, enriched with essential oils from cypress, lemon and fennel plants gives your skin a firm and smooth appearance. Scrub - pack in the floating water lounger - short body massage.

60 Minutes of pampering € 60,00

### Body Strategist – Cellulite Shaping

Pure seaweed extracts with black pepper and caffeine intensively stimulate your lipid metabolism during this treatment. Your figure is visibly reshaped and your tissues are supplied with oxygen. Scrub - cellulite concentrate - shaping - care.

60 Minutes of pampering € 60,00

### Body Strategist – Anti-Cellulite Wraps

Soft wraps soaked in caffeine and carnitine extracts and essential oils stimulate your lipid metabolism. At the same time toxins and waste products stored in the muscle tissues are removed.

60 Minutes of pampering € 60,00

### Vitality Legs

For tired and heavy legs. Ideal treatment after sports and good for vascular and circulatory problems. Cold-pressed mint juice removes feelings of tension and swollen areas in the legs.

50 Minutes of pampering € 55,00



## Baths (From 10 am To 3 pm)

### Sounds Of The Sea

Seawater bath, rich in important minerals and trace elements, supplies skin and tissue with magnesium, zinc and calcium. Your metabolism is stimulated and waste products are removed more quickly.

25 Minutes of pampering € 30,00

### Thermal Water Bath

A bath enriched with the treasures of the Monticelli thermal springs. The salt, sulphur and iodine-rich water loosens and relaxes your muscles, has an anti-inflammatory effect and provides a pleasant feeling of well-being.

25 Minutes of pampering € 30,00

### 5 Senses Bathing Dream

A luxury bath for all the senses. High-quality oil compositions nourish the skin and provide it with important lipids. A mixture of vanilla and roses delights your sense of smell.

25 Minutes of pampering € 45,00





## Basics

### Time for hands & feet

- Manicure and polish € 36,00
- + French Nails +€ 15,00
- Cosmetic pedicure and polish € 46,00
- Hand and foot scrub € 15,00
- Hand and foot massage € 29,00
- Vitality Legs - wraps for tired legs € 36,00

### All about eyes

- Eyelash tinting € 15,00
- Eyebrow tinting € 9,00
- Eyelash and eyebrow tinting € 18,00
- Eyebrow shaping € 9,00

### Warm wax hair removal

- Half leg € 29,00
- Whole leg € 59,00
- Bikini line € 13,00
- Armpit € 13,00
- Arms € 13,00
- Upper lip € 6,00

## SPA Packages

### „Escape from everyday life“

- Full body fruit scrub
- Feel-good massage with „Tranquillity“ oil
- Facial treatment from [ **comfort zone** ]
- Padabhyanga - Ayurvedic foot massage

Package Price € 180,-

### „Relaxed back“

- Muscle-relaxing thermal package
- Thermal water bath
- Back massage with herbal essences

Package Price € 118,-

### „Replenish your energy“

- Vitality Legs wraps for tired legs
- Foot reflexology massage
- Pedicure

Package Price € 125,-

### „Girl's day out“

- Facial treatment from [ **comfort zone** ]
- Eye Supreme eye treatment
- Tingling full body scrub
- 5 senses bathing dream
- Full body massage with „Tranquillity“ oil

Package Price € 199,-

### „manSPAcE Day“

- manSPAcE facial treatment
- Manicure / pedicure
- Sports massage
- Head massage

Package Price € 199,-

## Teenagers and Adolescents

### „Hip“

- 1x Face treatment (clarify and cleanse)
- 1x Manicure
- 1x Make up advice

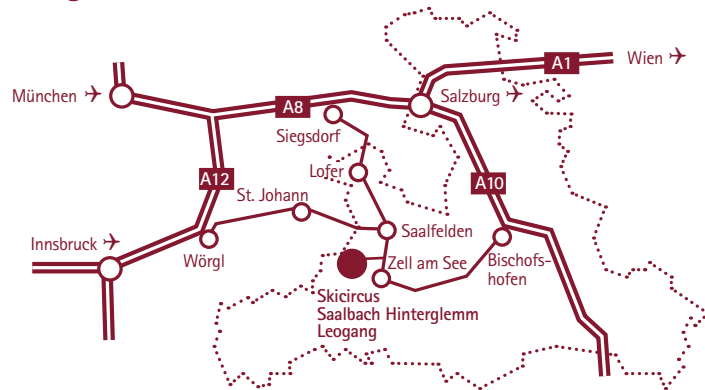
Package Price € 45,-





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Getting to us:



Looking for a Great Present?



- Order your gift voucher in a few minutes via [www.sporthotel-ellmau.at](http://www.sporthotel-ellmau.at)
- Birthday vouchers
  - Wedding vouchers
  - Value vouchers
  - Special Christmas vouchers
  - Spa vouchers
  - 1 Day in the Oasis of Ayurveda
  - Ellmauer Special Voucher and much more

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