

THE TOP DESTINATION FOR RELAXATION.



THE NUMBER ONE SPOT FOR WELLNESS & BEAUTY





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WELCOME!

Step into the world of wellness & beauty at Parkhotel Pörtschach and take your senses on a journey of discovery.

Wind down, indulge in relaxing wellness treatments and achieve harmonious balance in the hands of our experts.

Our beauty & relax team look forward to pampering you!

1. EVERYTHING YOU NEED TO KNOW FOR A RELAXING VISIT.

Opening hours:

Our opening hours vary depending on the season.

Contact reception for information on the current opening hours.

Our swimming pool is open from 7 am to 8 pm and our sauna is available between 2 pm and 8 pm (earlier times are also possible on request).

The gym is open from 7 am to 8 pm. You are welcome to use all exercise machines free of charge. Children under the age of 14 are not permitted to enter the gym or sauna (even if accompanied by an adult). Sports attire must be worn when using the machines!

Booking appointments:

Book appointments for individual treatments or consultations at reception or in our beauty department (room phone: 800).

Cancelling appointments:

Please let us know in good time if you won't be able to make an appointment. If the treatment appointment is not cancelled more than 6 hours in advance, you will be charged 100% of the treatment fee.

We kindly ask that men shave prior to their beauty treatment appointment.

LET US CURATE YOUR PERSONAL WELLNESS & BEAUTY PROGRAMME

If you have any health issues or questions related to our beauty or body treatments, please let our beautician or masseur know prior to your treatment.

Try to arrive at your appointment with a few minutes to spare if possible. Wind down to some beautiful music and get in the mood for your treatment.

Looking for a special gift? Our beauty specialists are happy to provide information on all of our beauty and body products. If you want something special, try out decorative beauty boxes containing several products from a cosmetics line.

VAGHEGGI: THE PHILOSOPHY BEHIND IMPROVING YOUR QUALITY OF LIFE

The professional cosmetics brand Vagheggi has been around for over 25 years and was the first company to introduce phytocosmetic products and methods for its treatments in Italy. Wondering what phytocosmetics is? It simply refers to a branch of cosmetology that uses plants in cosmetics.

In modern cosmetics, it has become increasingly clear that allergies and skin irritation are made worse by environmental influences and the various chemical compounds present in our environment. As a result, the cosmetics industry has increased its focus on natural and plant-based ingredients.

By selecting ingredients on the basis of quality and purity along with strict chemical, physical and microbiological testing, Vagheggi is able to guarantee reliable and professional products.

Vagheggi has always avoided substances of animal origin. All compatibility and efficacy tests are also conducted without animal testing. In addition, all products are free from fragrances and colouring agents, dermatologically tested and hypoallergenic.

Vagheggi is a cosmetics line designed to improve quality of life while remaining kind to people and the planet.



2. INNOVATIVE BEAUTY TREATMENTS

SECRET AGE ⌚ 85 minutes €119

CELL BOOSTER TREATMENT WITH HYALURON!

Facial structuring

The ideal treatment for mature and demanding skin. With effective moisture retention and binding, DPHP (Dipalmitoyl Hydroxyproline) cell boosters and hyaluronic acid create youthful, fresh and firm-looking skin. Featuring a hyaluronic acid ingredient that works over both the long and short term, the treatment provides the optimum instant effect with lasting moisture retention.

Effect and active ingredients

Certified organic ingredients were developed and combined for this treatment to meet the particular needs of mature and demanding skin. Selected extracts, nourishing oils and the active ingredient complex of Damask rose oil (DPHP = Dipalmitoyl Hydroxyproline cell boosters) and hyaluronic acid leave skin looking youthful; the treatment also contains aloe vera, shea butter, rose oil, rosewater and malve, which soothe and nourish the skin with moisture.

White clay, titanium dioxide, pineapple and papaya extract, and sugar loosen and remove the top layer of skin cells; wild thyme, ginkgo, algae, calendula, jojoba oil, macadamia nut oil, vitamin E, DPHP cell boosters and hyaluronic acid activate and tighten the deep layers of the skin; vitamin A, algae, pineapple and kiwi extract, vitamin E, beta carotene, aloe vera, DPHP cell boosters and hyaluronic stimulate and activate the cells; alginates and cocoa-pulp extract lend their particularly firming and stimulating effect. Royal jelly, jojoba oil, avocado oil, chamomile, malve extract, hyaluronic acid and DPHP cell boosters nourish, moisturise and strengthen skin, helping to boost cell structure for more elasticity and plumper skin.

Treatment process

The cleansing stage incorporates both a soothing, moisturising and nourishing cleansing milk and gentle natural enzyme exfoliation. This loosens and removes the top layer of skin cells without subjecting the skin to mechanical stresses, allowing for quicker and deeper absorption of the subsequent active ingredients. Particularly suitable for mature or blemished skin.

As a next step, minerals and micronutrients tailored to the specific needs of your skin are applied and you can sit back to enjoy the

activating facial massage. The special heat mask is a warming mineral face mask that deeply infuses the skin with the underlying active ingredients. The intense heat opens the pores allowing the active ingredients to penetrate deep into the lower layers of the skin. Subsequent cooling closes the pores for a lasting effect. The final treatment nourishes, moisturises and strengthens the skin, provides elasticity and helps boost cell structure.

DIAMOND ⌚ 85 minutes €129

A HIGH-TECH FACIAL – TREAT YOUR SKIN TO A LUXURY TREATMENT

Diamond dermabrasion is a secret weapon against ageing. Effective exfoliation activates skin resurfacing processes with a deep-reaching effect.

Diamond dermabrasion is an advanced alternative to microdermabrasion. It combines gentle, controlled exfoliation of dead corneocytes in the skin's upper layer to allow premium active ingredients to penetrate deep into the skin.

Controlled polishing with diamond tips removes dead skin cells from the

top layer of the skin. The treatment is pain-free and does not result in any undesired skin irritation.

It can successfully be used for a number of skin issues:

- Dry skin
- Hyperpigmentation
- Wrinkles and sun damage
- Blemished skin and blackheads

Effect and active ingredients

- Refines the skin's structure for oily, blemished and large-pored skin.
- Reduces the depth of wrinkles and improves scar tissue.
- Prepares the skin to absorb premium active ingredients.
- Skin looks noticeably improved after the first treatment. For fresher, softer and more elastic skin.

Treatment process:

The skin is first cleansed and prepared for the diamond dermabrasion. After this, high-concentration active ingredients and special face masks tailored to the individual needs of your skin are applied.

The final treatment rounds off the luxury indulgence.

BOOST THE RESULTS BY COMBINING DIAMOND DERMABRASION WITH AN ULTRASOUND TREATMENT

⌚ 20 minutes €35

Diamond dermabrasion removes dead skin cells, making it easier for the skin to absorb deep-penetrating active ingredients with an ultrasound treatment. Modern beauty treatments can't do without ultrasound. During an ultrasound treatment, high concentrations of active ingredients are worked into the skin in a targeted manner to stimulate collagen production. Exposing the skin to ultrasound enables active ingredients such as ProHyluSystem 4.5% to penetrate into the deepest layers of the skin for a smoothing and plumping effect. Ideal for lacklustre, dehydrated, dry skin with lines and wrinkles. After the treatment, your skin cells will once again be able to absorb and retain moisture.



3. TAILORED BEAUTY TREATMENTS FOR EVERY SKIN TYPE.

ANTI-AGEING FACIAL

RESTRUCTURING, REJUVENATING AND STRENGTHENING ANTI-AGEING FACIAL FROM THE 75.15 LINE

- Sophisticated and innovative product line that gifts skin a new age, gleam, compactness and elasticity
- Remodels the face
- Repositions, fills and smooths facial structure
- The professional solution to deep lines
- Minimises bags under eyes and dark circles
- Rapid remedy for limp, lacklustre skin

Effect and active ingredients

Skin looks redefined, fuller and strengthened with a noticeable lifting effect to counter deep wrinkles.

51+3 HYALU Complex is a patented active ingredient complex with a biomimetic, multiactive effect; dynamic lifting and cellular bio-revitalisation improve the definition of facial contours,

reintegrate the optimum level of cell communication for vital elements, and remodel facial structure and volume. The complex combats deep wrinkles and fine lines to rebalance your skin on several levels. It contains:

- 20 amino acids
- 16 vitamins
- 6 micronutrients and minerals
- 3 nucleic acids
- 4 ceramides
- 2 cellulose protection for cells
- 3 hyaluronic acids

Brown algae has a calming, antioxidant effect and produces collagen; brightens dark circles; reduces micro wrinkles and bags under eyes.

Cornflower helps to decongest and moisturise the skin.

Amethyst activates cells; containing manganese and silicon, amethyst boosts hydration and elasticity.

Klotho is obtained from resin crystals found in wild pistachio and is also known as an elixir of youth. It redefines facial contours; for stronger, firmer skin.

Passionflower is rich in omega 6 and antioxidants; it nourishes the skin with numerous nutrients for the ultimate smooth skin.

Treatment process for Superior Touch

Soufflé face cream for cleansing, cane sugar exfoliation, luxurious oils, jelly eye mask (reduces puffiness). A massage with the KOKOPIDO massage roller to stimulate lymphatic flow, an indulgent face mask containing amethyst and klotho to define and lift facial contours, followed by a final treatment that provides the answers to all ageing ailments in one cream (redefined eye contours, youthful, fresh appearance with UV filter).

⌚ 85 minutes €129

Treatment process for Active Touch

Soufflé face cream for cleansing, cane sugar exfoliation, luxurious oils, active ingredient complex with manganese, zinc and copper, jelly face and eye mask (soothing and firming), facial massage with jelly face mask, final treatment that provides the answers to all ageing ailments in one cream (redefined eye contours, youthful, fresh appearance with UV filter).

⌚ 55 minutes €99

EMOZIONI PLUS ANTI-STRESS FACIAL

⌚ 55 minutes €93

A targeted treatment for reactive, irritated, sensitive and/or intolerant skin with reduced resistance that's prone to tightness, irritation or scaliness. Restores and strengthens the skin's barrier, providing protection for capillaries and against UV rays.

Effect and active ingredients

An innovative system that combats issues faced by sensitive and intolerant skin caused by a wide range of reasons. The enveloping texture permits targeted protection with a soothing and refreshing effect, restoring the skin's healthy condition.

Curcuma possesses remarkable regenerative, antioxidant and anti-inflammatory properties; it blocks all stress-related skin irritation and has a soothing, regenerative and protecting effect.

Szechuan pepper limits the skin's thermal and tactile sensitivity.

Organic blueberry extract improves the strength

of vascular walls, strengthening the skin and improving penetrability and elasticity.

Distilled **chamomile water** has a soothing effect.

Pomegranate is a key source of exfoliating tannins and enzymes.

Maritime pine has a strong antioxidant effect and neutralises free radicals while soothing and protecting the skin.

Treatment process

Gentle cleansing without subjecting the skin to any stress, hydro enzyme exfoliation, hyaluronic acid and beta glucan facial concentrate, cooling gel brush facial massage, anti-stress face mask, soothing final treatment.

BALANCE FACIAL

⌚ 85 €110

Achieve the perfect balance for combination skin, blemished skin and skin with cosmetic flaws.

This professional treatment was created to combat excess sebum production and minimise pores. In turn reactivating oily skin and skin thickness, and stopping bacteria from growing to form blackheads. This facial has an astringent effect, clearing, cleansing, absorbing and controlling moisture content to reduce irritation, smooth and nourish the skin with moisture. For softer skin with a radiant glow.

Effect and active ingredients

- **Avocado:** this rich fruit contains an active ingredient that stops enzyme 5-alpha, the enzyme responsible for increasing sebum excretion, in its tracks.
- **Pineapple:** combats thickening of the stratum corneum with an anti-oedema effect.
- **Salix:** anti-inflammatory, soothing and exfoliating.
- **White willow:** regulates sebum excretion and reduces irritation for a clear complexion.

Treatment process

Double action enzyme exfoliation that combines cleansing (cleansing gel and tonic) with exfoliation. The exfoliating and smoothing effect leaves the skin feeling soft with a radiant glow; vapozone with deep cleansing; active concentrate containing white willow and pineapple to regulate sebum excretion,

minimise irritation and nourish the skin with moisture; the deep-cleansing sponge face mask removes excess sebum, clarifies the skin, evens tissue and minimises pores; the matte-effect active cream provides the optimal balancing finish with a UV filter.

LIME FACIAL
⌚ 55 € 93

With vapozone and deep-cleansing

⌚ 85 minutes €112

A BURST OF ENERGY FOR STRESSED SKIN

This professional treatment has a comprehensive antioxidant effect to revitalise the skin and give it a radiant glow.

Suitable for tired, pale skin subject to strong environmental influences (smog, smoke, UV radiation). Products from the Lime range provide the ideal solution for protecting skin against free radicals and combating premature skin ageing. Perfect for preventing dry skin before and during extended periods in the sun.

Effect and active ingredients

Stabilised **vitamin C** boosts the skin's absorbing power with an antioxidant effect for a radiant glow. It also boosts collagen production, prevents cell damage and protects DNA.

Butter and essential oils derived from lime: rich in nutrients and antioxidants; stimulate microcirculation and provide relief for the skin;

Zinc: energising and firming with an anti-stress effect.

Neroli oil: rejuvenates, restores and regenerates reactive skin, the ideal treatment for dry skin.

Calendula oil: a highly nourishing oil with a healing effect on dry and sensitive skin. It also helps form new cell layers.

Jojoba oil: rich in natural antioxidants, jojoba oil is quickly absorbed by the skin and has a protective effect.

Treatment process:

Cleansing with a crystal clear micellar lotion for soft skin nourished with moisture. The micellar lotion comes into contact with the skin's surface to trap toxins and impurities. This also helps to strengthen and protect the skin's hydrolipid film.

The exfoliating gel containing mallow extract and micronized bamboo exfoliates the skin for a soft, smooth complexion. Mica leaves behind a radiant glow.

The facial massage is performed with a vitamin C ampoule for an anti-stress and antioxidant effect. Vitamin C and E result in synergy between the coconut oil, lime leaves and essential lime oil from Mexico.

The special peel-off face mask with vitamin C leaves matte and lacklustre skin feeling soft. The mineralising zinc and orange spray containing vitamin C, orange blossom distillate and zinc nourishes the skin, provides a boost of energy and restores and firms the complexion all while combating stress.

As a final touch, the vitamin C cream is applied to deeply nourish and stimulate the skin with vitamin C, increasing elasticity for clear and glowing skin.

REHYDRA FACIAL
⌚ 55 € 93

With vapozone and deep-cleansing

⌚ 85 minutes €112

SPECIALLY DEVELOPED FOR DRY TO VERY DRY SKIN.

Based on a hydra plus complex consisting of blossom waters obtained during the extraction of essential oils through water distillation. The waters are richly saturated with hydrophilic substances with an antiseptic, anti-inflammatory and astringent effect. They don't contain any irritating terpenes, leaving you with rejuvenated, glowing skin. The Rehydra product range offers the ideal solution for dry to very dry skin that suffers from a deficit due to unfavourable environmental influences such as cold temperatures and low humidity. Benefit from the restoration of the skin's surface hydrolipid film, which protects

the skin against moisture loss; the treatment also deeply nourishes the skin with nutrients and moisture.

Suitable for skin types of all ages that require an extra dose of moisture and nutrient care under certain circumstances. Also suitable for those undergoing medical treatments who require skin protection.

Effect and active ingredients

Marshmallow: prevents the natural breakdown of hyaluronic acid in the skin.

Hyaluronic acid: possesses hydrating and regenerative properties. Ultra-moisturising matrix molecule of the connective tissue that maintains the flow of moisture to the skin and increases plumpness and softness;

Soothing and cell layer-forming **shea butter:** for extra firmness and elasticity;

Jojoba oil: nutrient-rich protective ingredient for softer skin;

Provitamin B5: with a moisturising, antioxidant, protective and stimulating effect;

Allantoin: for soft and smooth skin with a strong healing effect. Stimulates cell regeneration while soothing and protecting skin;

Witch hazel: rejuvenating and anti-redness.

Treatment process:

The moisturising cleansing milk containing hydra plus complex (a plant-based active ingredient complex similar to our skin) cleanses the skin with extreme refinement, nourishes with moisture and promotes the normalisation of the skin's natural protective barrier. This is followed by the moisturizing lotion with a softening effect, enriched with marshmallow and hydra plus complex, hyaluronic acid and shea butter. All active ingredients found in these products are plant-based and optimise the skin's moisture content.

The relaxing facial massage with an active ingredient cream is a treat for the skin and senses. The ampoule containing hyaluronic acid and marshmallow actively nourishes the skin with moisture.

Following this, a moisturizing cream mask is applied to make the skin glossy, smooth and firm thanks to the hydra plus complex, Ximena Africana seeds, called 'sea lemons', and shea butter.

The lightweight eye contour cream nourishes sensitive skin areas around the eye to restore their radiant glow.

A wide number of fluids and creams are available for the final treatment. Depending on your skin's individual needs, a cream ranging from extremely lightweight and refreshing to deeply nourishing may be selected.

CERTIFIED ORGANIC LINE
⌚ 55 € 99

CONFORMS TO EUROPEAN AND INTERNATIONAL STANDARDS

Inspired by nature, the new organic line is certified as organic and vegan.

The entire production line is strictly monitored according to the principles of sustainability, the use of natural resources and respect towards the environment and human health. This certification does not guarantee the non-presence of animal-based ingredients.

Suitable for every skin type, particularly dry and mature skin along with young or sensitive skin (use of skin type-specific organic essences).

Effect and active ingredients:

Firming and antioxidant effect, mattifying, moisturising, soothing and smoothing. Contains a wide range of organic raw ingredients with antioxidants: Wormwood extract, pomelo (rich in vitamins and flavonoids), lychee, olive, linseed and cranberry oil (rich in omega fatty acids, vitamin E), distilled raspberry water (vitamins A, B, C, E, K, beta-carotene), shea butter, hyaluronic acid. Pink clay face mask, distilled orange blossom water.

Treatment process:

Toning cleansing, exfoliation, facial massage with essential oil complex, balancing clay mask, skin type-specific final treatment with organic oil essence and 24-hour facial cream.



ULTRASOUND TREATMENT

⌚ 45 minutes

€ 68

Ultrasound treatments offer a pain-free, rapid way to remove small blemishes and keep your skin looking beautiful as long as possible.

The subtle vibrations of the ultrasound device have the following effects:

- They activate cell metabolism, which promotes lymphatic flow.
- Purify skin cells for easier skin regeneration.
- Stimulate the production of collagen and elastin for firmer connective tissue.
- Refine pores, minimise blemishes and help the skin absorb skin care products.
- Stimulate cell growth

EYE CONTOUR TREATMENT

⌚ 45 minutes

€ 59

In combination with a facial:

⌚ 30 minutes

€39

For puffy eyes, dark circles, bags under eyes and wrinkles forming in the eye area.

Effect and active ingredients:

Cooling and anti-inflammatory effect, improves microcirculation. Strong lifting and firming effect on the face and eye area. With an indulgent algae gel mask (brown algae, amethyst, wild pistachio), hyaluronic acid, cornflower water, omega 6 fatty acids, cupuacu butter, passionflower oil, shea butter and avocado oil.

Treatment process:

Facial cleansing and exfoliation, cooling algae gel face mask followed by a gentle massage, lifting eye gel and a final treatment for the face, neck and décolletage.



FACIALS FOR HIM

⌚ 70 minutes

€ 82

MEN RELAX DIFFERENTLY – ATYPICAL FACIAL

A new cosmetic approach designed to maintain a healthy hydrolipid film and skin microbiome for fresh, rejuvenated skin.

Effect and active ingredients

Innovative textures, soft to the touch (noticeable indulgence) and functionality nourish the skin with moisture, offer protection and keep skin looking soft and smooth.

The active ingredient **hempseed extract** soothes the skin while nourishing it with moisture. Mohawk protein, a novel player that acts as an architect for the skin, promotes the production of new, well-organised collagen I and III fibres to create the ideal biotensegrity. A new approach that meets the skin needs of modern-day habits and lifestyles.

Cannabis sativa seed extract nourishes with moisture, protects the skin and avoids signs of tiredness. hyaluronic acid nourishes the deepest layers of the skin with moisture and prevents wrinkles.

Bamboo stem extract smooths the skin leaving behind a fresh complexion, cocoa-seed extract refines pores, while coconut oil nourishes and smooths the skin.

Treatment process

Crash cleansing removes dirt and negative environmental influences from the skin and includes exfoliation for fresh, smooth and deeply-cleansed skin, leaving your skin feeling liberated and sumptuous. This is followed by a facial massage with active ingredients fine-tuned to your skin's individual needs, and a firming, soothing mineral or deep-cleanse face mask. As a final touch, the final treatment provides 24 hours of moisture thanks to nourishing hempseed extract. Walk out of your treatment with minimised pores and smoothed wrinkles.



4. SPECIAL BEAUTY PACKAGES

SKIN FIRMING AND FACE DETOX PACKAGE

⌚ 80 €99 instead of

SKIN FIRMING AND FACE DETOX PACKAGE.

- Ultrasound facial treatment for smooth skin
- Facial lymph drainage (for puffy eyes, bags under eyes or water retention in the face)

MY PERSONAL BEAUTY DAY PACKAGE

⌚ 95 €112 instead of

- Basic facial (facial cleansing, exfoliation, facial massage, face mask, final treatment)
- Manicure

5. INDIVIDUAL TREATMENT FOR A WELL-GROOMED LOOK

EYELASH AND BROW TINT WITH EYEBROW SHAPING

⌚ 45 €39

EYELASH TINT

⌚ 25 €21

PERSONALISED MAKE UP

⌚ 20 minutes for day make up €25
€48

PEDICURE WITH/WITHOUT NAIL POLISH

⌚ 45 minutes without nail polish €52
€57

Treat your feet to professional foot care.

Treatment process:

Herbal foot soak, removal of callus, ingrown nails and corns, nail trimming and shaping, personal foot cream.

MANICURE WITH/WITHOUT NAIL POLISH

⌚ 45 minutes without nail polish €42
€52

A well-groomed look isn't complete without manicured hands.

Treatment process:

Nail filing, hand soak, cuticle care, nail cleansing and polish, nail oil, hand massage.

SUGARING! GENTLE HAIR REMOVAL WITH SUGAR PASTE.

⌚ 15 minutes small facial area €27
⌚ 25 minutes large facial area €37
⌚ 30 minutes bikini area €37
⌚ 20 minutes armpits €37
⌚ 60 minutes Hollywood cut €59

Sugaring is a proven alternative to hair removal with hot wax, particularly recommended for people with allergies. Similarly to waxing, hair must be at least 0.5 cm in length for sugaring. This typically means waiting at least two weeks since last shaving for your sugaring appointment.

Sugaring is the oldest known hair removal practice that dates all the way back to 1900 BC in Ancient Egypt.

The sugar-sweet paste offers a highly effective way to remove hair. As it firms, it encapsulates the hair follicle and removes hair in the direction of growth, meaning fewer skin particles are removed and it doesn't hurt as much.

The paste is suitable for all skin types and highly compatible, which is hardly surprising as it only contains natural ingredients. Benefit from reduced irritation and spots.

Sugaring is therefore suitable for sensitive skin and sensitive areas such as armpits, intimate areas and the face.

HAIR REMOVAL WITH HOT WAX

⌚ 25 minutes for legs up to the knee €45
€62
⌚ 45 minutes for entire legs €48



6. SKINCARE AND BODY TREATMENTS

SUN CARE ⌚ 50 minutes €69

THE ULTIMATE PRE-TREATMENT FOR A SUNBATHING SESSION

The ideal full-body treatment if you want to treat your sun-damaged skin to a gentle treatment or prepare your skin for the summer holidays.

Treatment process:

Gentle body exfoliation for a balanced tan, the micronutrient 'manganese' is applied after the shower. The minerals copper and silver contained within offer the ideal nourishment for stressed skin. This is followed by a treatment with the zinc and orange lotion (rich in vitamins C, A, B1, B2, B5, B6, amino acids and zinc), which act as an anti-ageing treatment for the skin. A final treatment with a deep tanning gel containing walnut extracts and a wide variety of nutrients is then applied.

ANTI-CELLULITE ⌚ 85 minutes €99

BODY WRAP TO COMBAT PERSISTENT CELLULITE

Effect:

This wrap has a strong thermal effect, achieving a very hot and vitalising effect for problem areas; strengthens the connective tissue; reduces and breaks down cellulite.

Treatment process:

Brush exfoliation, ultrasound treatment with anti-cellulite concentrate (key ingredients: urea, allantoin, seaweed and caffeine) in a problem area, anti-cellulite gel (key ingredients: cinnamon, cypress, cloves, eucalyptus, juniper, orange, rosemary, horsetail and geranium) for stomach, legs and derriere. 30 minutes application time using heat; final treatment with aromatic activating cream (key ingredients: aloe vera, tiger grass and seaweed extract, vitamin E), which stimulates microcirculation and noticeably reduces cellulite.

BODY STYLING ⌚ 85 minutes €99

WEIGH LOSS BODY WRAP

Effect:

The use of a wrap helps to holistically reduce fat, replenish collagen fibres and boost cell metabolism, leaving you with smooth, firm and significantly plumper skin.

Treatment process:

Brush exfoliation, deep tissue massage, fat-burning aromatic oil (key ingredients: rosemary, clove, orange, mint and cinnamon oil, vitamin E). Application of the wrap covered in a weight-loss solution (key ingredients: peppermint, tiger grass, green tea and kola nut), the application stage takes 45 minutes. Body shaping final treatment (allantoin, vitamin E, bladderwrack, seaweed, probiotics)

Special offer: 3 treatments for a package price of €270 instead of €297

FULL-BODY EXFOLIATION ⌚ 50 minutes €66

For smooth and silky soft skin.

Cream exfoliation

A velvety combination of salt, white clay, urea, sea salt, and magnesium with calendula oil and essential oils (lavender, lemon, ylang ylang, thyme, marjoram and cypress) to remove excess cell particles from the skin. The treatment stimulates circulation, deeply cleanses and boosts cell production. The oils contained within moisturise and nourish the skin, for radiantly fresh, noticeably smoother and perfectly pampered skin.

Treatment process:

The exfoliating cream is gently massaged into the skin and left to work its magic for a while. Following a shower, we pamper you with a rich body cream (key ingredients: shea butter, macadamia nut oil, jojoba oil, olive oil, mandarin and orange oil) with the beguiling scent of ylang ylang for the cherry on top – particularly when it comes to silky soft skin.

WELLNESS TREATMENT FOR THE MIND, BODY AND SOUL

⌚ 85 €99

This unique treatment combines body care with deep relaxation, with the body acting as the key source of wellness and emotions.

Treatment process:

A special full-body detox exfoliation treatment combining tomato and watercress with minerals to gently cleanse the skin. The treatment rejuvenates and detoxes the skin, leaving it feeling silky smooth. While the cream is working its magic, we can optionally do a lymphatic drainage treatment for your face (relaxing way to reduce puffiness) or a foot reflex zone massage (improves organ circulation, removes blockages and stimulates self-healing powers).

After a shower, we pamper you with a special rich emulsion. (Key ingredients: hemp oil, evening primrose oil, omega 3 and omega 6 with fragrant notes of cedar wood, cardamom and orange oil). Leaving you with deeply nourished, silky skin to prevent premature skin ageing.

ICE WRAP ⌚ 50 minutes €61

FOR VARICOSE VEINS AND SPIDER VEINS.

Specially developed for congested, 'heavy' legs.

Effect:

The anti-puffiness, cooling and anti-inflammatory effect of this ice wrap offers great relief for legs.

Treatment process:

Pre-treatment with a cooling gel. Application of the ice wrap with sea salt. Following the application, we treat your legs to a vitamin C lotion containing zinc and orange (refreshing and anti-inflammatory with vitamin C, A and amino acids). The treatment is wrapped up with an emulsion for congested legs containing horse chestnut, elderflower and cloves.

7. MESSAGES AND RELAXATION

TRADITIONAL MASSAGE

⌚ 25 minutes partial body massage	€42
	€71

Indulgent massage with oil incorporating various massage techniques.

Promotes circulation, loosens tissue and relieves muscles.

AROMATIC OIL MASSAGE

⌚ 25 minutes	€44
⌚ 50 minutes	€75

Traditional massage with fragrant oil mixtures for relaxation, stimulation and rejuvenation. Designed to promote concentration, alleviate drowsiness and stimulate the metabolism.

Essential oils: arolla pine, spruce needle, lavender, peppermint, menthol, lemongrass, rosemary, elderflower, lemon, ginger, etc.

FOOT REFLEX ZONE MASSAGE

⌚ 25	€44
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A light press on the foot promotes blood circulation and relaxation.

Feet are one of our most important body parts, responsible for carrying our entire body weight on a relatively small area. Foot reflex zone massages relax the feet and help remove blockages within the body.

They also loosen tissue and activate self-healing powers. The idiopathic effect of a foot reflex zone massage positively impacts organs and their functioning, allowing energy to flow throughout the body without any obstacles.



WELLNESS TREATMENT FOR LEGS AND FEET

⌚ 50	€75
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Promotes circulation, stimulates the lymphatic system and removes tension. Whether the treatment is part of a pampering session or to relax your body before or after activities or sitting for an extended period, you'll leave the room with a wonderful feeling of lightness.

We first treat your legs and feet to a warm herbal stamp massage followed by a traditional massage for your legs and feet.

HOT STONE MASSAGE

⌚ 25 minutes	€44
	€75

This ancient massage technique involves running hot lava stones over your body. The heat promotes muscle relaxation, increased circulation and helps remove blockages. It also holistically relaxes the body.

DEEP BACK MASSAGE

⌚ 50	€75
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A combination of a hot stone and traditional massage that focuses on the entire body, including the neck area. This symbiosis deepens the effect on the muscular and vegetative system for deep relaxation and a regenerative boost.

HERBAL STAMP MASSAGE

⌚ 25 minutes	€44
	€75

This treatment with roots in East Asia is regarded as the optimum way to influence energy points and paths.

Warm herbal stamps with rich ingredients such as ginger, lemongrass and lavender help to loosen up muscles, boost circulation and harmonise the body. Synchronous massage movements stimulate the craniosacral rhythm.

An indulgent experience for the body and all of the senses.

FACIAL LYMPHATIC DRAINAGE

⌚ 25	€44
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Very gentle treatment without oil that specially targets the facial lymphatic system. A fountain of youth that doesn't just have a positive effect on the vegetative nervous system; its gentle targeted movements also effectively combat puffy eyes or bags under the eyes.

This treatment is highly relaxing and can also help relieve headaches or migraines.

VITAL COMBINATION MASSAGE

⌚ 50	€75
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This treatment begins with a traditional massage involving various techniques to boost circulation and release tension.

Following this, we treat your feet to a gentle foot reflex zone massage working on special pressure points to benefit your entire body and activate self-healing powers.



8. SPECIAL WELLNESS AND MASSAGE PACKAGES

WIND DOWN AND RELAX

⌚ 75 €109 instead of

Starting with a pampering massage with aromatic oils selected by you from our wide range of premium oils before the treatment. Indulge in the gentle full-body massage for the perfect wind down.

Following the massage, we'll pamper you with a foot reflex zone massage to reawaken your joie de vivre.

INDIVIDUAL MASSAGE

⌚ 75 €109 instead of

This massage is tailored to your personal needs. We'll take your requests into account and target your individual requirements.

This tailored treatment can involve versions of various techniques for fascia, muscles and pain points.

9. YOUNG & BEAUTIFUL

SHORT FACIAL TREATMENT

⌚ 25 €50

LEARN THE BEST WAY TO CARE FOR YOUR SKIN. DESIGNED FOR 8 TO 16-YEAR-OLDS

With vapozone and deep-cleansing for acne and blemished skin.

⌚ 55 minutes €69

Effect:

Gentle and nourishing effect – depending on the skin type – recommended for blemished skin and acne, or to prevent blackheads.

Treatment process:

Facial cleansing, gentle exfoliation, special face mask, final treatment for the face, neck and décolletage.

PEDICURE OR MANICURE WITH NAIL POLISH

⌚ 25 €25

FOR CHILDREN UP TO 16 YEARS OLD

Glitter nail polish – a special look for kids: Our nail polishes don't contain any ingredients of animal origin, nickel, formaldehyde, parabens, camphor, toluene or phthalates.

Pedicure:

Foot soak, nail trim and file, nail polish (if desired)

Manicure:

Hand soak, nail trim and file, nail polish (if desired)

RELAXING BACK MASSAGE

⌚ 25 €38

FOR CHILDREN AGED 6 AND UP

Active ingredients and effect:

Calming and balancing effect from soothing aromatic oils.

Parkhotel Pörtschach

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