

SPA
BEAUTY
2016



FAMILIEN NATUR RESORT*****

moar gut



MIRROR, MIRROR

WHAT'S GOING ON
WITH BEAUTY NOW?



“If only I had a child as white as snow, as red as blood and as black as the wood in this frame,” sighs the queen. Her wish is granted, she gives birth to a beautiful daughter, who she calls Snow-White, because she has skin as white as snow, red cheeks and hair as black as ebony. Of course, our Moar Gut spa and beauty treatments won’t turn you into Snow-White or the frog into a prince, but they will at least make you just as beautiful as the fairy-tale princess and as attractive as her prince. Let us pamper your skin with carefully selected salves and oils in our fairy-tale spa areas. We can make your hair gleam, whether it’s as black as ebony or as blond as wheat. Spend some glorious hours in our fragrant sauna worlds. Even the seven dwarves can expect some pampering from our beauty experts, who know just the right treatments for children. What little one can say no to a chocolate massage?



massages.

Feel like Scheherazade and her caliph. Perfumed massages with essential oils to indulge your senses. Whichever scent it is, sandalwood, rose-mary or cinnamon, you will be immersed in the Arabian Nights. Hot basalt stones gently relax the body, tensions disappear in a puff of smoke just like the genie in the lamp.

ENERGY FULL BODY MASSAGE

The aim of the oldest and most traditional form of massage is to release tensions in your muscles. **50 minutes € 61.00**

AROMATIC MASSAGE

Juniper and cinnamon to purify, rosemary and marmot oil to stimulate, sandalwood and sage to relax. If you are suffering from a cold, we recommend eucalyptus and bergamot.

Partial Massage 25 minutes € 38.00

Full Body Massage 50 minutes € 64.00

“LA STONE – THERAPY”

The whole body is massaged with hot basalt stones and cold marble stones. Alongside the temperature stimulation, aromatic oils and essential essences also play an important healing role in the massage. Lie down and enjoy this very special feeling of relaxation.

80 minutes € 94.00

RELAXING PARTIAL MASSAGE

Choose between an intensive back or neck massage or perhaps it is your legs that need some relaxation. **25 minutes € 35.00**

FOOT REFLEXOLOGY MASSAGE

We “conquer” the world with our feet! The soles of our feet reflect our whole body. Many of the body’s functions can be activated or relaxed here. **25 minutes € 38.00**

hair- dresser.

We all know the story of Rapunzel and her knee-length hair. Our in-house hair-dressing salon will conjure up a new look for you or just spoil you a bit – because looking good will give you a head start. Please speak to our hotel reception staff to make an appointment. Treat yourself to a little luxury on holiday.



cosmetics.

MARIA
GALLAND
PARIS

With our expert knowledge we can translate the secrets of the finest natural ingredients into luxury skincare that is highly effective and gentle on the skin, to give you a healthy complexion that lasts.

FACE MASSAGE

A soothing face massage for a glowing appearance.
25 minutes € 38.00

CLASSIC – A FRESHER LOOK

We pamper your skin with a stimulating peeling, a relaxing face massage and an individual wrap. Your skin obtains a fresh complexion and a radiant glow.
50 minutes € 65.00

EXQUISITE

An exquisite facial treatment with a deep pore peeling. The removal of impurities prepares the skin perfectly for the absorption of the vials. A mask which is

adapted for your skin as well as a relaxing massage help to make your skin glow. Feel the difference!
90 minutes € 85.00

FACIAL LYMPH TREATMENT

The relaxing and soothing lymph drainage is a very gentle massage with special pumping and sliding massage techniques. **25 minutes € 38.00**

THALASSO FACIAL TREATMENT FOR LADIES AND GENTLEMEN

For Ladies and Gentlemen Intense freshness for each type of skin with our Thalasso mask with “instant effect”.
50 minutes € 65.00



kids & youth.

When the little ones are allowed to be grown ups for once, their faces glow. Children's dreams and chocolate massages: surrounded by the many fragrances of our Beauty Programme for Children and Teenagers, the fairy-tale land of milk and honey becomes a reality.

massages

DREAM GIRL

Back and neck massage
and a face massage

25 minutes € 28.00

PIT STOP FOR BOYS

Refreshing back
and leg massage

25 minutes € 28.00

"GUSTI" CHILDREN'S BEAUTY FROM 5 YEARS

Fantasy massage with warm aromatic oils
Chocolate massage
Manicure with polish
Pedicure with polish

15 minutes € 18.00

20 minutes € 31.00

10 minutes € 13.00

10 minutes € 13.00

BABY MASSAGE

The gentle baby massage supports both the physical and mental development of your child. We will give you professional instructions on how you can massage your baby at home. We recommend baby massage for babies aged between 10 and 30 weeks.

25 minutes € 31.00

cosmetics

GIRL'S PACKAGE

A small facial treatment with care tips
and a manicure with nail polish.
50 minutes € 48.00

BOYS' PACKAGE

A small facial treatment with a
neck massage.
50 minutes € 48.00

hands and feet.

Cinderella's golden slipper deserves only the best. Fine herbs in water at just the right temperature to soften hands and feet, followed by a peeling to leave them feeling silky soft. Cinderella would have loved it. After all hands and feet aren't just tools, they feel things too.

manicure

Soothing hand bath, hand peeling, nail and hand care with high quality products, followed by a short, pleasant hand massage.

50 minutes € 42.00

55 minutes € 46.00 (with polish)

GEL POLISH

50 minutes € 45.00

MANICURE WITH GEL POLISH

80 minutes € 87.00

pedicure

A herbal foot bath, removal of calluses, nail clipping and a short foot massage. All to benefit your feet!

50 minutes € 45.00

55 minutes € 49.00 (with polish)

WAXING

€ 9.00 - € 45.00

TINTING

Eyelashes € 13.00

Eyebrows € 11.00

EYEBROW SHAPING

€ 9.00

mums special.

PAMPER PACKAGE FOR EXPECTANT MUMS

At this very special time your body requires much more energy than usual and, not just for this reason, deserves to be lovingly treated and effectively pampered.

Head and neck massage
25 minutes € 35.00

Manicure with polish
50 minutes € 46.00

Pedicure with polish
50 minutes € 49.00

COMBINED
€ 117.00



baths.

Amidst the clouds of ethereal fragrances, a heavenly world unfurls. Cleopatra herself could have asked for nothing better than to lie in the deep soft-pack. As you lie in the carefully regulated temperatures of the baths, minerals and vitamins are absorbed by your skin, strengthening the immune system and the body's natural ability to regenerate itself.

MOOR BATH **Balsam for your soul**

The beneficial moor bath caresses your skin. Natural moor is ideal for regenerating the skin's acid layer because of its low pH value. **25 minutes € 35.00**

THALASSO SEA **ALGAE PLEASURE** **My body and me**

Float like a cloud, nestled in the soft pack lounger while the pleasant warmth of the algae purifies your body. **25 minutes € 35.00**

EVENING PRIMROSE OIL **Make your skin more attractive**

Do something good for your dry, sensitive skin and let us cover you in an evening primrose oil wrap. The valuable oil releases its effects in the soft pack lounger. **25 minutes € 40.00**

SWISS PINE COMPRESS **Swiss Pine – the king of the Alps**

Swiss pine has a calming, harmonising effect, but it stimulates you mentally too. It slows the heart rate, which has a par-

ticularly beneficial effect on the body's recovery processes. The scent of the Swiss pine is particularly captivating for us. It has a uniquely mild, rounded, warm and unbelievably long-lasting effect. **25 minutes € 44.00**

ST JOHN'S WORT COMPRESS **Regenerating anti-ageing compress**

For beautiful skin. The high levels of vitamin B complex, biotin and niacin in brewer's yeast make it a true fountain of youth for the skin. This carefully balanced blend with extract of St John's wort and spelt can have beneficial effects on the skin, connective tissue and cellulite. **25 Minuten € 39.00**

combined.

The best treatments in one magical double pack: sensual baths, rebalancing massages and peelings that pamper your skin and your soul. Just like a fairy tale with you in the main role.

MOOR BATH & PARTIAL MASSAGE

For inner harmony and outward beauty. Treat yourself to a naturally pure moor bath followed by a partial massage. **50 minutes € 71.00**

THALASSO & FOOT REFLEXOLOGY

This treatment begins with a soothing reflexology massage and afterwards you relax in a soft pack lounger while your body is purified. **50 minutes € 71.00**

EVENING PRIMROSE & PEELING

Do something extra special for your skin: pamper it with a full body peeling followed by a thermal evening primrose oil wrap. **50 minutes € 68.00**

more in a package.

AT THE MOAR-GUT **FEEL-GOOD PRICES**

HOLISTIC

moor bath & partial massage **50 min. € 69.00**
manicure with nail polish **55 min. € 46.00**
exquisite facial treatment **90 min. € 85.00**
€ 200.00 | feel-good price € 180.00

JUST FOR MEN

energy full body massage **50 min. € 61.00**
facial treatment **55 min. € 68.00**
pedicure **50 min. € 45.00**
€ 174.00 | feel-good price € 157.00

FEET AND MORE

pedicure with nail polish **55 min. € 49.00**
foot reflexology massage **25 min. € 38.00**
leg massage **25 min. € 34.00**
€ 125.00 | feel-good price € 113.00



ayurveda.

Thousands of years of knowledge from India, traditional and holistic: that's Ayurvedic healing. In Ayurveda, it's nature that prescribes the treatments: warm oils and healing Fango mud to help your kama (the vedic word for satisfying the senses). In Ayurvedic teachings, particular attention is paid to the connection between body and mind.

UDARA
The stomach treatment

The essential oils used have a balancing effect upon the body and mind. Blockages in the stomach area are released and the stomach massage helps to regulate your digestion. The warm mud acts on the stomach and on the intestines, the foot massage makes sure that you are deeply relaxed. **50 minutes € 85.00**

ART REUM
The back relaxation massage

This treatment releases tensions in the back and neck area in particular. The mud pack has a soothing effect and deepens the effect of the massage. **50 minutes € 75.00**

KUMARI
For a tighter body

The specific combination of ayurvedic massage and energy point treatment stimulates the breast and back musculature and tightens, purifies and builds connective tissue. This effective massage tones your body. Afterwards we apply basil cream, which also helps to tighten your skin. **75 minutes € 95.00**

SHIRODARA
For body and mind

Enjoy a whole body massage with oils as preparation for Shirodara. A warm, balancing flow of oil is then gently poured onto your forehead. Shirodara has a soothing impact which reduces stress, mental unrest and emotional upset. **80 minutes € 115.00**

ABHYANGA
The ayurvedic full body massage

This is the queen of oil massage in Ayurveda. The massage makes the body smooth and gives it new vitality and freshness. An indescribable sense of wholeness and fullness arises when every inch of skin is covered with warm oil and then pampered with gentle massage movements. **80 minutes € 115.00**

togetherness.

The pleasure of sharing precious moments; between a prince and princess or a mother and father with their little ones, it's the same experience. The sensual sweetness of wellness treatments conjuring up beautiful shared memories.

FOR YOU AND ME

Combine different kind of massages, adapted for the needs of your body. **50 minutes € 120.00**

TIME FOR TWO

Enjoy a pleasant herb feet bath with foot reflexology massage or leg massage. **50 minutes € 100.00**

SWEET TEMPTATION

Relaxing and sweet smelling whole body massage with warm chocolate oil. Harmonises, purifies and stimulates. **50 minutes € 124.00**

BEAUTY FOR MOTHER AND DAUGHTER

Relaxing back and neck massage with aroma oil or facial massage with facial skin care. **25 minutes € 68.00**

TIMEOUT FOR FATHER AND SON

Choose between a relaxing back massage with marmot oil or relaxing leg massage with arnica lotion. **25 minutes € 68.00**

just for men.

ENERGY RELEASE

Facial treatment

Strength and vitality for your skin. Cleansing with MEN brushes, freshness kick, active concentrate, eye refresher, mask & massage, finishing cream. **50 minutes € 64.00**

TIME OUT

Facial treatment

Relaxes and soothes stressed male skin. Cleansing with MEN brushes. Active concentrate, masks, massage, finishing cream. **50 minutes € 59.00**

JUST FOR MEN

Deeply relaxing and highly effective care for strong men. The Maria-Galland series for men, with its fresh and masculine aroma, provides active and effective care for a revitalized and attractive appearance.

- Cleaning
 - Toning
 - Peeling and steam
 - Concentrated active ingredients
 - Relaxing face massage
 - Refreshing gel cream mask
 - Final cleanse
- 55 minutes € 68.00**

BABOR

MARIA
GALLAND
PARIS

cosmetics by babor.



In a world with ever more damage to the environment and air pollution, your skin is thirsting for skincare that can protect it from these stresses, allowing it to find perfect balance and radiate sheer beauty once again. Babor has developed babor-ganic just for this – it brings you the purity and authenticity of the Alps in a pure white skincare range inspired by nature.

DERMA CELLULAR Treatment to renew your skin

Fruit acid treatments to rejuvenate skin, treat large pores, uneven pigmentation and wrinkles. Cleansing, enzyme peeling, AHA peeling, active concentrate, finishing cream. **45 minutes € 54.00**

DETOXIFYING VITAMIN TREATMENT

For tired skin with a dull complexion, symptoms of stress, rosacea. Cleansing, circulation mask, enzyme peeling, active concentrate, massage, clay mask peel-off, finishing cream. **80 minutes € 94.00**

ULTIMATE FACE LIFTING

Restructures and plumps up skin from within. Cleansing, circulation mask, enzyme peeling, active concentrate, collagen biomatrix mask, modelage mask, finishing cream. **80 minutes € 94.00**

FACIAL TREATMENT

For an even, well-balanced and healthy complexion that radiates freshness. Foam cleanser with peeling effect, crystal peeling, tonin, active concentrate; in addition to the classic massage, a massage of the face and neck area with mountain crystals, mask, finishing cream. **80 minutes € 94.00**

100 % nature.



alpienne offers you natural skin care, unsurpassable effects and the fl air of something special. Every cream, lotion, soap, shampoo and every other product created for your well-being combines the valuable experience of traditional alpine medicine with scientific advances made by leading research institutions in the alpine region. These products combine tradition with medical know-how. Alpine restraint receives an international fl air. Loving handwork is combined with creativity and passion.

ALPIENNE RELAX

Loosens tension in the neck and head area. St. John's wort cream and arnica tonic help to make you feel great. **25 minutes € 40.00**

ALPIENNE HONEY PEELING

Has a soothing effect and is very good for the skin. Provides valuable vitamins and minerals. At the end of the treatment you can also enjoy an after treatment with propolis lotion. **25 Minuten € 42.00**

ALPIENNE HARMONY

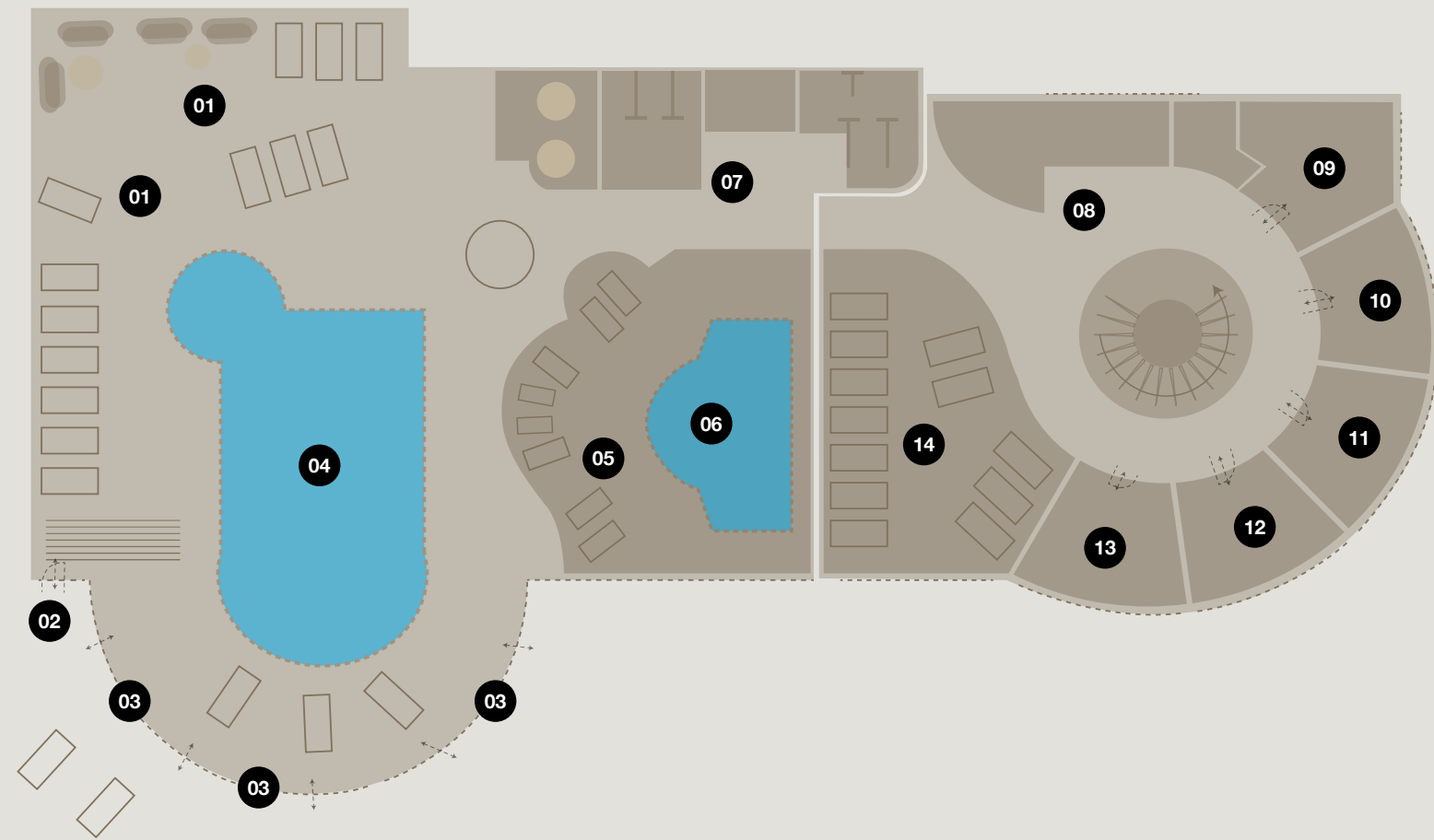
Refreshing herbal foot bath followed by a stimulating foot reflexology massage or a neck massage with St. John's wort cream. **50 minutes € 52.00**

ALPIENNE SPORT AND VITALITY

Starting with a sports and vitality wrap, your metabolism is stimulated and your muscles are supplied with blood and begin to relax. The subsequent full body massage with marmot oil strengthens your immune system and enhances the relaxing effect of the vitality wrap. **90 minutes € 84.00**

ALPIENNE FOR KIDS

"For a child, gentle touch is a message that they can understand". A special children's oil with honey and vanilla is used. **15 minutes € 21.00**



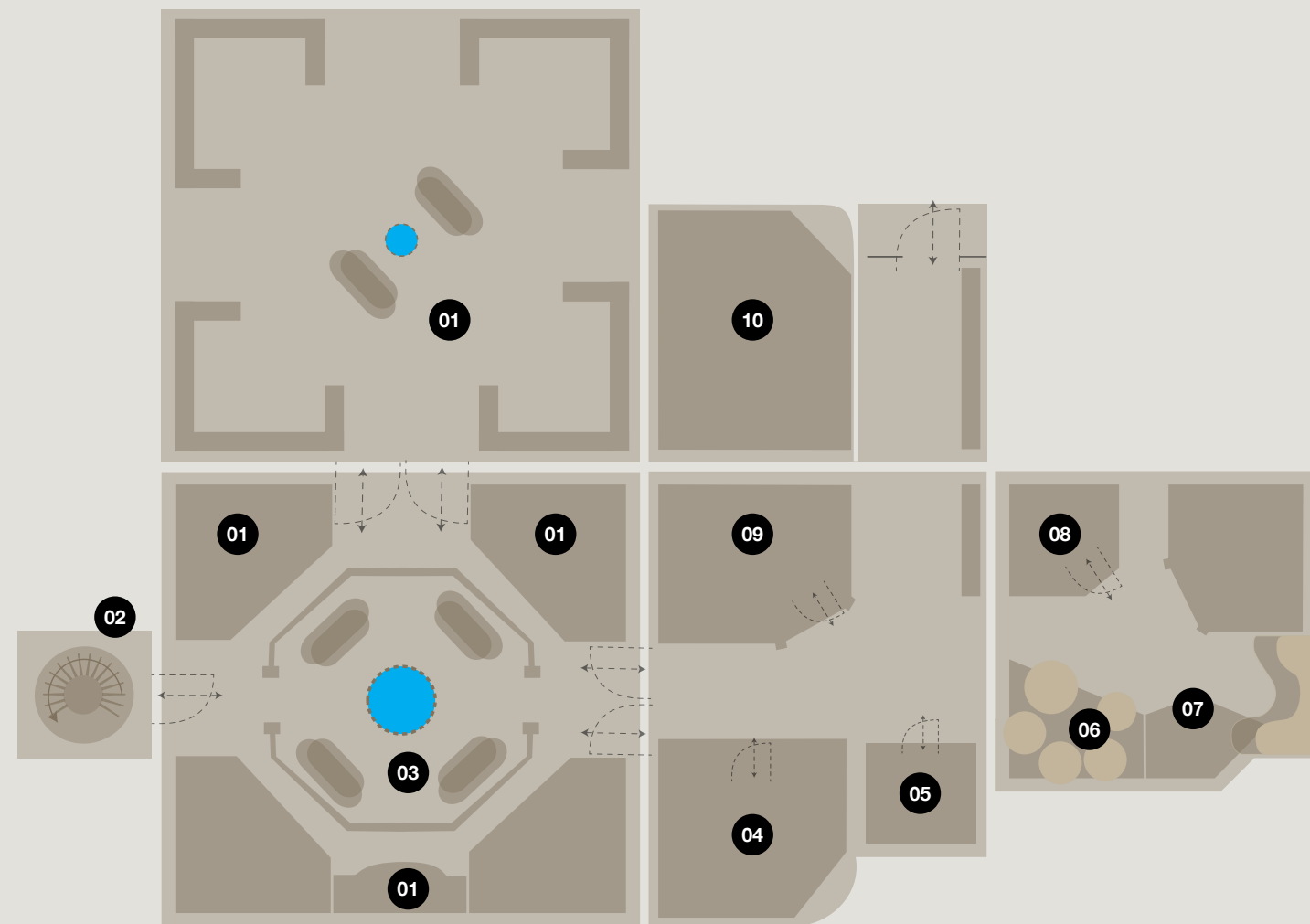
waterworld & beauty.

- | | |
|---|--|
| <ul style="list-style-type: none"> 01 Rest area <hr/> 02 Exit – access to nature,
the sunbathing area and
hotel swimming lake <hr/> 03 Sliding elements <hr/> 04 Panoramic indoor pool <hr/> 05 Relaxation for children <hr/> 06 Separate children's pool <hr/> 07 Showers / Toilet | <ul style="list-style-type: none"> 08 Beauty department – Reception <hr/> 09 Soft pack lounger <hr/> 10 Hairdresser / Beauty <hr/> 11 Cosmetics <hr/> 12 Massage <hr/> 13 Massage <hr/> 14 Peace and relaxation room –
a separate area with
panoramic view |
|---|--|

swimming lake.



- 01 Panoramic indoor pool
- 02 Wellness-Beauty-area
- 03 Outdoor showers
- 04 Access directly
from the sauna
- 05 Swimming area
- 06 Lawn



warmth world.

- 01** Peace and relaxation room – with water beds and relaxing loungers

- 02** Exit – direct access to nature
and the hotel swimming lake

- 03** Tea and snack bar – with fresh fruits, vegetables and juice

- 04** “Stuben” sauna – sweating in a fine art

- 05** Herbal sauna (55° Celsius)

- 06** Adventure shower

- 07** Infrared cabin

- 08** Steam bath

- 09** Alpine sauna (90° Celsius)

- 10** Changing room, toilets and showers

sauna.

The Snow Queen herself would melt away in our wood-clad saunas. They won't just warm you up, they'll rejuvenate and refresh you in mind and body.

FAMILY SAUNA

OUR YOUNG GUESTS ARE ALLOWED TO VISIT THE SAUNA DAILY BETWEEN 02:00 PM AND 04:00 PM. MUST BE ACCOMPANIED BY THEIR PARENTS.

HERBAL SAUNA (55° CELSIUS)

Also known as "bio sauna" or "sanarium". It is gentle on the body. Approx. 45° C – 55° C and air humidity 65 %. It is a great alternative to the hot sauna and to the humid steam bath.

ALPINE SAUNA (90° CELSIUS)

Classical dry hot air bath.
80° C - 100° C

"STUBEN" SAUNA (70° CELSIUS)

The traditional "Stuben" sauna provides an exceptionally comfortable atmosphere. Relaxing and healing energy of fragrances and essences of nature have been scientifically proven to activate or simply improve your well-being. The gentle temperature warms the body slowly and goes easy on your circulation.

STEAM BATH

(100 % AIR HUMIDITY)

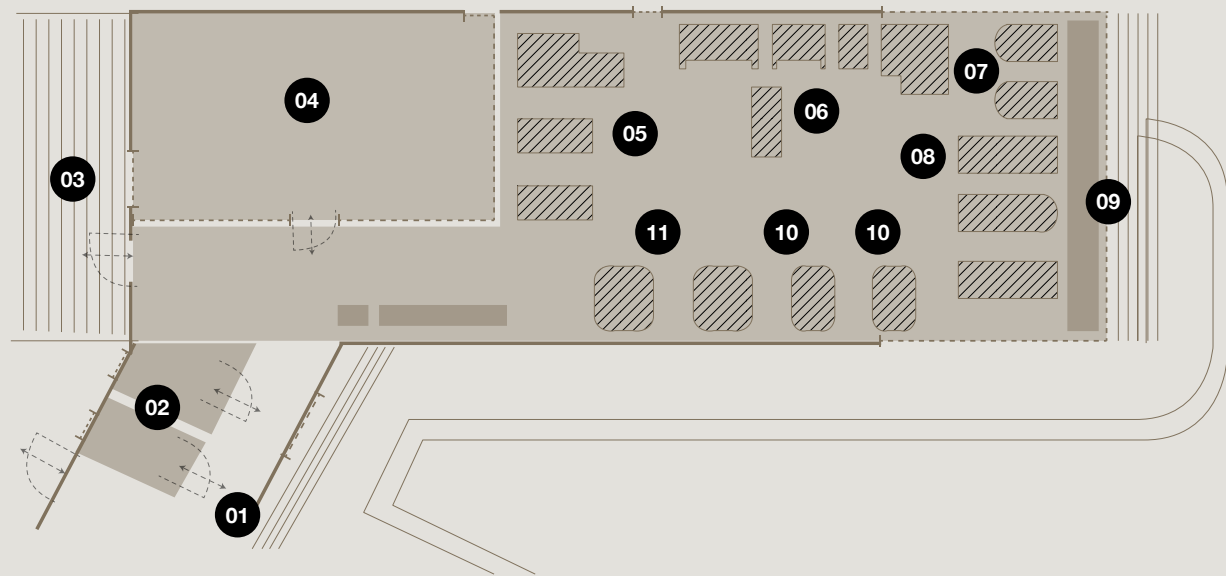
Approx. 40° C – 50° C and air humidity 100 %. Goes easy on the circulation and has a positive effect on your joints.

INFRARED CABIN

Infrared saunas are a healthy alternative to conventional saunas. The natural power of the infrared heat develops pleasant and soothing feelings.



active.



- 01 Access to fitness studio
- 02 Showers / Toilets
- 03 Covered terrace
- 04 Gymnastic room
- 05 Back extension equipment
- 06 Strength training equipment
- 07 Bicycle ergo meter
- 08 Treadmill
- 09 Panorama window
- 10 Cross trainer
- 11 Strength training equipment

Movement is the magic cure! – It improves the body’s functions, has a holistic effect, doesn’t have any side effects if done properly, doesn’t taste bitter and is fun. Our big, bright fitness studio awaits you with the latest equipment. Receive an introduction to the equipment from a member of our expert team - to make sure that you get the most out of it. Our **fitness programme** offers activities such as guided Nordic Walking, body styling sessions, “Fit into the day” with our trainer, training exercises for a healthy spine, endurance hikes, and a guided Smoovey hike every week. During your holiday, you can also enjoy the various sporting activities offered in the surrounding region, such as:

CROSS-COUNTRY SKIING

Next to the hotel there is a well-maintained cross country ski trail to the end of the Großarl valley.

TOBOGGANING

The winter adventure playground in front of the hotel offers enough space for you to try the toboggan run, which is illuminated at night.

SNOW SHOE HIKES AND WINTER HIKES

Conquer the beautiful winter landscape around the hotel in a particularly idyllic way.

SKIING

On our munchkin ski slope in front of the hotel and in the “Großarl Winter Wonderland” in the heart of the Ski amadé region.

HORSE RIDING

An adventure for all horse and animal lovers – on the hotel’s own riding arena, on the riding path around the hotel grounds (approx. 2 km) or on a guided ride.

BICYCLES

You can use the hotel’s bicycles and cycle through nature or use the modern ergometer in our gym.

TENNIS

The new tennis court has artificial lawn and is reserved for our guests.

HIKING

Make it your own way or on guided tours as part of our active programme.



it's no fairy tale.

INTRODUCTIONS
TO MORE WELL BEING

OUR TIP

Preparation – There's no need to hurry to your appointment. Taking a warm shower or visiting the sauna or steam room before your appointment relaxes and cleanses the pores, making it easier for the massage oil to be absorbed. Avoid heavy meals and alcoholic beverages before treatment. Please arrive at the wellness reception 10 minutes before your treatment so that it can start on time.

Relaxing and drinking – Avoid activities immediately after the treatment and do not forget to drink enough water or tea. We recommend that you relax for half an hour after your treatment.

Pregnancy – Please let us know if you might be pregnant, as not all applications are suitable for pregnant women.

Medical conditions – Talk to us. Please inform our staff if you have any specific requests or medical conditions. During the treatment, you can also let the therapist know if you would prefer the massage to be stronger or more gentle. Please let us know if you have any illnesses or medical conditions, as some of the treatments might not be suitable.

all's well ...

Early reservations are recommended Whether it's a single treatment or a package: we recommend that you book all treatments before your stay. This ensures that our employees are available at the desired time.

Advice and information Our health experts will gladly help you to create your wellness programme and are available to answer questions and provide information.

Clothing We recommend that you come to the massage in a bathrobe. If required, we can provide disposable pants. Intimate areas will be covered with a towel during treatments.

Valuables Please do not bring any valuables. Management assumes no liability for such items.

Children Please note that our swimming area is open to children, but the sauna area is a nude zone. Therefore it is exclusively for guests over 14 years. Family sauna 02:00 pm to 04:00 pm

How should i pay We will happily charge the bill to your room.

Cancellation policy We have been preparing for your booked dates. If you cancel your treatment 24 hours in advance, we do not charge cancellation fees. We ask you for your understanding that we charge 50% if you cancel your treatment later. Failure to turn up for an appointment will result in you being invoiced in full for the cost of the treatment. You cannot make up for a missed appointment at a later time.

In our beauty zone, we have a fully equipped hairdressing salon. Treat yourself to a little luxury on holiday. Our hairdresser will be happy to advise you on a new look or spoil you a bit because looking good will give you a head start. Please speak to our hotel reception staff to make an appointment.

That ends well.



FAMILIEN NATUR RESORT*****

moar gut



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