

# *B*eauty & spa









At our bergwelt luxury spa – surrounded by the breathtaking ambiance of the Ötztal Alps – you will experience unique moments of absolute relaxation and well-being. Highly effective care products and soothing fragrances in combination with exclusive holistic treatments will revitalize your body and bring your mind and senses into harmony as never before.







# signature treatments

## phytomer oligomer spa® ritual

A deeply relaxing and revitalizing body and facial care product with a unique sensual experience provided by Oligomer®, the coveted active ingredient of Phytomer with remineralizing and strengthening features. This special massage takes a holistic approach that reaches from the tips of your toes all the way to your scalp. A balanced system of stretching and pressure massage, firm grips and gentle movements produce an immediate revitalizing effect and deep relaxation. The result is your body is relaxed, replenished with new energy and thoroughly recharged.

*Includes: body exfoliation with Oligomer® crystals, body massage, facial treatment, hand massage*

110 minutes

€ 138,00

## phytomer pioneer treatment

Our signature anti-aging care for the face, lips and décolleté. With its two professional masks and unprecedented regenerating care lotion, this treatment achieves the peak of biotechnological performance to restore youthfulness, softness and radiance to the skin. The special facial massage completes the effect of these products, bringing relaxation to a perfect level. The skin is smoother, firmer and glows with a new radiance.

*Includes: skin analysis, exfoliation, cleansing, facial massage, facial mask and modeling, hand massage*

80 minutes

€ 112,00



# beauty for the face

Unique care techniques for the face and body are combined with a special relaxation method and exclusive products specially composed of the optimum concentration of active marine ingredients. Modern massage techniques and innovative formulations guarantee the extraordinary results of this care treatment by **PHYTOMER**.

## phytomer douceur marine

A delicate treatment for sensitive skin that is prone to sensations of tension, redness and irritation. This cocooning care product soothes the skin and strengthens its defense mechanism for a soothed, uniform and ideally moisturized skin.

*Includes: skin analysis, exfoliation, cocoon massage, facial mask, hand massage*

50 minutes € 86,00

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## phytomer hydra blue

An intense smoothing and refreshing care treatment. It combines signature products with extremely sensory textures. With an invigorating massage, it combines a moisturizing effect with intensive relaxation. The skin immediately reveals its natural freshness. With just one single treatment, your skin regains a sense of well-being as well as radiance. It becomes plumped and soothed.

*Includes: skin analysis, exfoliation, cleansing, facial massage, facial mask, hand massage*

50 minutes € 86,00

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## phytomer perfect regard eyelift

Effective and relaxing total eye care for a youthful, radiant look. Whether separately or together with a facial treatment of your choice, this expert eye care treatment combines targeted effectiveness with absolute relaxation. It includes a vitalizing massage of the area around your eyes with products that pamper your senses, delivering immediate visible results.

*Includes: skin analysis, exfoliation, eye contour massage, eye mask, scalp massage*

25 minutes (as add-on) € 38,00

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40 minutes € 52,00

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Medical competency in cosmetics. To this day, the !QMS anti-aging action system is regarded as unique in terms of its effect on maintaining health and regeneration of the skin. Each product guarantees reliable quality at the highest level, safety in use and superior product performance.

## !QMS classic collagen facial treatment

This sensational beauty treatment lets you slip into a new skin. New cell formation is stimulated and natural, high-percentage collagens are delivered into deep layers of the skin. This allows the skin to bind more moisture and thus gain elasticity, suppleness and vitality.

*Includes: skin analysis, double exfoliation, cleansing, facial massage, facial mask, hand massage*

80 minutes € 138,00

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## !QMS lift-o-firm facial treatment

A unique cosmetic therapy to improve the tissue structure of your skin. This culmination of the !QMS treatments is an intensive luxury lifting treatment. It provides the skin with energy and firmness from within, stabilizing its function. The result: a firmed and smoothed skin.

*Includes: skin analysis, double exfoliation, cleansing, facial massage, facial mask, facial modeling, hand massage*

80 minutes € 145,00

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## !QMS relax-o-firm facial treatment

A cleansing and metabolism-activating relaxation treatment. The skin is cleansed deep into the pores, dead skin cells are gently removed but thoroughly and its moisture balance is harmonized.

*Includes: skin analysis, double exfoliation, cleansing as required, facial massage, facial mask, hand massage*

50 minutes € 96,00

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A person is lying face down on a massage table, receiving a back massage. A therapist's hands are visible, one holding a white cloth ball (relax dos) against the person's back. The background is softly blurred, showing a window with natural light.

# beauty for the body

by **PHYTOMER**

our tip:  
supplement  
your treatment  
with relax dos

Full back wrap combined with self-heating sea mud and a remineralizing and relaxing effect.

15 minutes € 28,00

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## sea holistic

A deeply relaxing body treatment with gentle heat and the aromatic scent of lavender flowers. A firming full body sea-salt exfoliation is followed by a special massage with lavender stamps for relaxation, regeneration and a smooth, soft skin.

*Includes: body sea-salt exfoliation, stamp massage, head massage*

80 minutes € 112,00

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## voile de satin sea salt exfoliation

A relaxing exfoliation treatment with sea salt crystals to remove dead skin cells and impurities. This remineralizes and moisturizes the skin. For soft-to-the-touch, new skin over the whole body.

*Includes: body exfoliation, massage (for 40 min.)*

25 minutes (as add-on) € 39,00

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40 minutes € 52,00

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## oligomer spa®

A signature care treatment with full body exfoliation and a holistic massage from the tips of your toes to the top of your head provides deep relaxation and new strength. All parts of the body relax step by step under the hands of our therapists to create a unique feeling of well-being.

*Includes: body exfoliation with sea-salt crystals, body massage*

80 minutes € 112,00

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## morpho designer

This new body care concept provides a complete beauty experience by combining three essential aesthetic benefits in a single treatment: slimming, firming and skin quality. After a smoothing exfoliation, a massage reshapes and refines your dream silhouette. The skin regains its perfection and radiance.

*Includes: smoothing exfoliation, massage*

50 minutes € 79,00

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## cocon marin

A full body algae wrap in a warm cocoon with figure-improving active ingredients from the sea to purge, firm and detoxify the body. A final modeling massage actively contributes to a slimmer silhouette.

*Includes: body wrap, modeling massage, head massage*

50 minutes € 79,00

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## trésor des mers

The complete art of massage in a reviving treatment to relax and strengthen the body. Luxurious products with delicate textures and fragrances bring together the benefits of seawater. It purges, relaxes and revitalizes your body. This extraordinary care treatment is like a trip to the sea...

*Includes: body exfoliation, body massage*

50 minutes € 79,00

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# well-being massages

## signature classic body massage

This soothing all-around massage experience pampers you from head to toe. A unique mixture of various massage techniques from all over the world and high-quality care treatment oils relieve tension, pamper the skin and harmonize body and soul.

50 minutes	€ 82,00
80 minutes	€ 115,00

## phytomer californian wave massage

Phytomer's "californian massage" is a special combination of flowing and long movements to release tension and give the body – combined with scents such as jasmine, vanilla and coconut – new vital energy.

50 minutes	€ 82,00
80 minutes	€ 115,00

## hot stone massage

Essential oils in combination with warm lava stones provide long lasting relaxation. Deep-seated muscle tensions and blockages will be released and energy renewed.

50 minutes	€ 82,00
80 minutes	€ 115,00

## deep tissue massage

An effective massage with special stretching techniques to permanently release blockages and deep-seated tension in the muscles. In combination with warm oils, it strengthens the immune system and relieves muscular pain.

50 minutes	€ 79,00
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## lomi lomi nui

Our lomi lomi nui is a Hawaiian healing massage that releases inner blockages and muscle tension. A fine combination of warm coconut oil and flowing massage techniques helps to achieve deep relaxation. The body's self-healing powers are activated and the energy is beautifully restored.

80 minutes	€ 129,00
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## back, neck and shoulder massage

Special massage techniques and stretching moves are used to release muscular tension and blockages in the back, neck and shoulder area, giving the body a new sense of well-being.

25 minutes	€ 42,00
50 minutes	€ 79,00



## foot reflexology massage

In our foot reflexology massage, acupressure points are stimulated specifically, which has a positive effect on the organs and body regions related to them. This treatment re-energize the body and increases vitality.

25 minutes	€ 42,00
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50 minutes	€ 79,00
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## vital massage

An extremely effective combination of back and foot reflexology massage. The revitalizing effect of this massage regenerates the body and increases its resistance.

50 minutes	€ 79,00
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## lymphatic drainage

Using special massage techniques, this manual lymphatic drainage is a gentle form of massage to release water accumulations in the tissue and activate lymphatic drainage of the entire body.

25 minutes	€ 42,00
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50 minutes	€ 79,00
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## hamam massage ritual

Immerse yourself in the wonderful, mysterious world of the Middle East and be enchanted. After warming up in the steam bath, you will first enjoy an exfoliating body scrub with a coarse silk glove, followed by a massage with fragrant soap lather. To conclude, you will be pampered with a short oil massage.

80 minutes	€ 96,00
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## for men

### phytomer peau neuve au masculin facial treatment

Care treatment products from the Phytomer Homme are used to provide an optimum solution adapted to the needs of the male skin. Depending on the treatment you choose, the skin will be moisturized, rejuvenated, soothed or enriched with oxygen.

*Includes: skin analysis, exfoliation, cleansing,  
facial massage, mask, hand massage*

50 minutes

€ 86,00

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### pure back treatment

A cleansing back care treatment tailored to the exact needs of the male skin. Gentle exfoliation, thorough deep cleansing followed by a massage restores the skin's balance and provides lasting care.

*Includes: skin analysis, exfoliation, cleansing,  
massage of the back, neck and shoulder,  
back mask*

50 minutes

€ 96,00

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# mommy time

## phytomer jambes legeres

A targeted treatment to strengthen and relax tired legs, with additional visible improvement of the legs beauty. The originality of this treatment is based on a leg wrapping technique, which combines a cooling gel to reduce swelling. An exfoliation and detoxifying wrap guaranties a feeling of lightness.

*Includes: exfoliation, massage, leg wrap, foot massage*

50 minutes

€ 79,00

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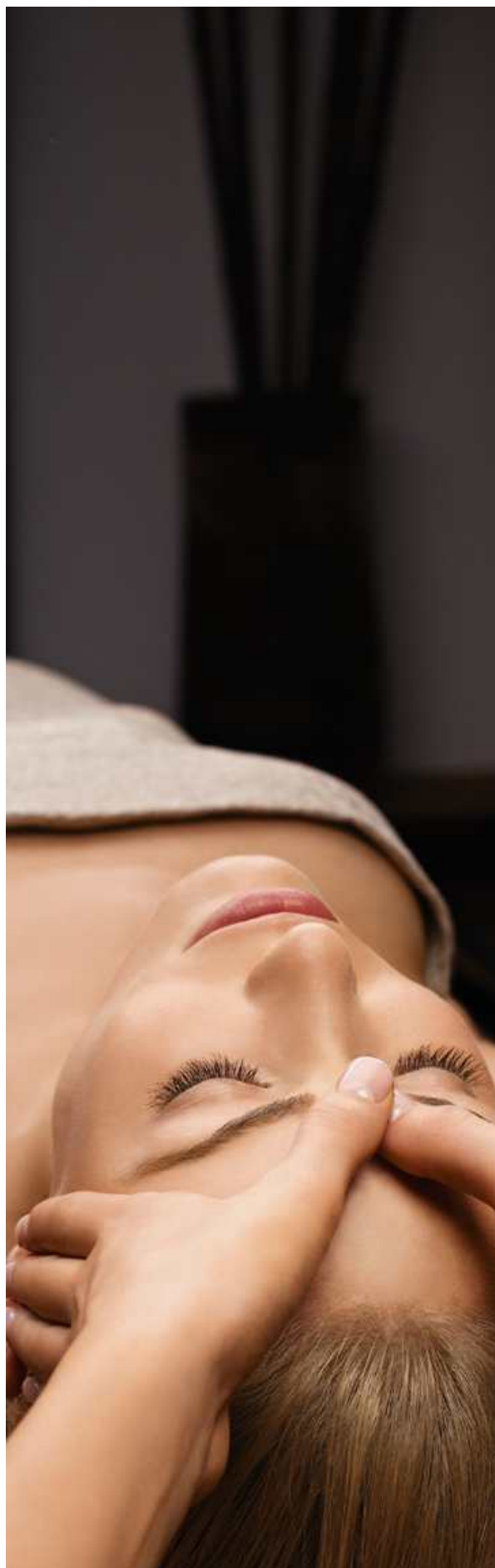
## mommy-to-be massage

Adapted to your specific needs, this soothing pregnancy massage relieves slight tension and promotes inner connection with the baby during pregnancy. A holistic experience of well-being for body and soul.

50 minutes

€ 79,00

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# teens spa

## teens beauty facial treatment

An individually tailored facial cleansing for youthful skin. After a skin analysis, impurities are gently removed and the skin is harmonized and treated with a relaxing massage.

*Includes: skin analysis, exfoliation, cleansing, massage, mask & hand massage*

50 minutes	€ 64,00
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## well-being massage

An allround experience specially adapted to the needs of children. Aromatic, warm oils improve general well-being, release blockages and relax the body for a lasting effect.

25 minutes	€ 32,00
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50 minutes	€ 58,00
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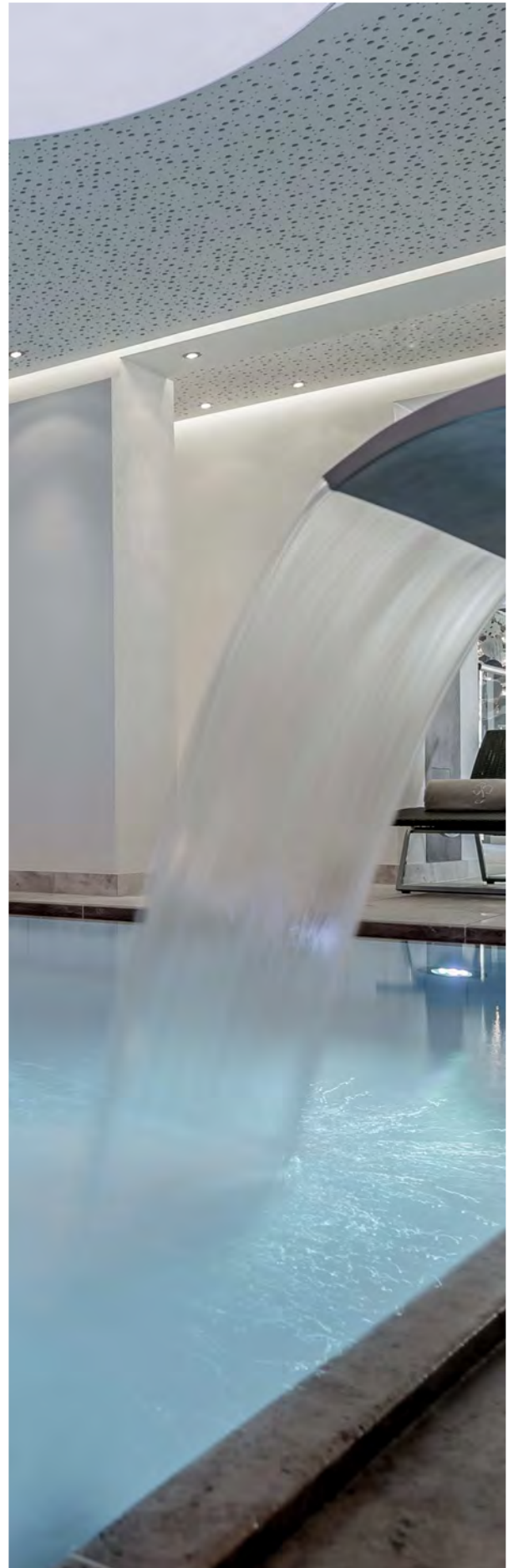
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## „be sweet“ chocolate wrap

Warm chocolate combined with fragrant coconut oil softens and smooths the skin. A relaxing head and neck massage during the body wrap relieves stress and provides new vital energy.

25 minutes	€ 32,00
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# manicure & pedicure

## spa manicure

Includes: hand bath with exfoliation, hand and nail care, relaxing hand massage

55 minutes € 55,00

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## spa pedicure

Includes: foot bath with exfoliation, removal of calluses, nail care, refreshing foot massage

55 minutes € 58,00

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Nail polish € 12,00

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Geleration® Gel Polish € 35,00

# finishing touches

Eyelash tinting € 18,00

Eyebrows tinting € 15,00

Eyelash & eyebrows tinting € 29,00

Eyebrows shaping € 15,00

Depilation upper lip/chin € 15,00

Depilation underarm € 25,00

Depilation lower legs € 35,00

Depilation legs and bikini zone € 48,00

Depilation bikini zone € 25,00







# day spa & packages

## *B* beautiful

Voile de Satin sea salt exfoliation  
Back, neck and shoulder massage  
QMS Relax-o-Firm facial treatment

100 minutes € 142,00

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## *B* fit

Deep Tissue Massage  
Relax Dos back reflex treatment  
Jambes Legeres leg treatment

115 minutes € 149,00

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## *B* pampered

Californian Wave Massage  
Hydra Blue facial treatment  
Perfect Regard eye lift

140 minutes € 165,00

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## *B* relaxed

Hot Stone Massage  
Cocon Marine thalasso wrap

75 minutes € 99,00

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## body sculpt (2 days)

Morpho Designer  
Tresor de Mers body treatment  
Pionnier Révélateur de Jeunesse anti-aging  
facial treatment

180 minutes € 216,00

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## from head to toe (3 days)

QMS Classic Collagen facial treatment  
Voile de Satin sea salt exfoliation  
Signature Classic body massage  
Spa pedicure or spa manicure

240 minutes € 279,00

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# opening hours

## Treatment hours

9:00 AM–7:00 PM

## Indoor Swimming & Whirlpool

7:00 AM–7:30 PM

## Family Spa

9:00 AM–7:30 PM

## Classic Spa

2:00 PM–7:30 PM

## Ladies' Spa

2:00 PM–7:30 PM

## Outdoor Seawater Pool

2:00 PM–7:30 PM

## Gym

7:30 AM–8:00 PM





# spa etiquette

## silence & privacy

Our bergwelt spa is a place of recovery and silence. To ensure this atmosphere, and out of consideration for other guests, we kindly ask you to maintain a quiet atmosphere and to refrain from using cell phones, laptops or cameras.

## your health

### is most important to us

We kindly ask you to inform us about any health problems you may have so that we can tailor your treatments to you in the best possible way. We will be happy to advise you individually on special treatments for expectant mothers.

## your preferred appointment time

Our Spa Team will be happy to help you by assisting to find suitable treatments. We recommend advanced reservation to ensure your desired appointment time. For spa reservations, call +43 (0)5256 / 6274 or email [office@hotelbergwelt.com](mailto:office@hotelbergwelt.com).

## check-in

We suggest you to arrive a few minutes prior to your scheduled appointment. We do our best to start all treatments on time. Please be advised that a late arrival will result in a reduction of your treatment time.

## cancellations

Please let us know in advance if you need to cancel or postpone an appointment. In cases of cancellations less than 8 hours before your appointment, you will be charged 50% of the amount, and 100% of the amount in cases of no-shows.

## valuables

Our bergwelt spa assumes no liability for the loss of valuables. We recommend keeping your valuables locked up in your hotel room safe.

## children

We offer treatments for kids & teens up to 16 years of age. In addition, our swimming pool and family spa are available between 9:00 AM & 6:00 PM for all children under 12 years of age. For safety reasons use of the fitness equipment in the fitness room is only permitted from the age of 16.

## gift vouchers

We will be happy to issue gift coupons for spa activities and spa products. For more information please contact our Spa or Hotel Reception Team.





A 6456 Obergurgl · Kressbrunnenweg 9  
Tel. + 43 / 52 56 62 74 · Fax + 43 / 52 56 6383 72  
[office@hotelbergwelt.com](mailto:office@hotelbergwelt.com) · [www.hotelbergwelt.com](http://www.hotelbergwelt.com)