



Similde  
**SPa**



*Welcome to the*  
**SIMILDE SPA**

At the beginning of twilight when a light, fresh breeze comes down to the valley from the red shining Rosengarten, tired hiking feet come to the Similde Spa. Experience a combination of old traditions and modern Spa science in our products and treatments.

*We live and work with the  
most intelligent laboratory in  
the world ... — nature — our  
biggest idol and partner.*

The Similde Spa is mirrored by ancient knowledge, local rituals and materials and plants from the beautiful surrounding mountain world. The medicinal herbs used and the force of the glacier give us many answers on a psychological and spiritual level, by mirroring the person as a whole. These energies of nature and plants have been used by men as a source of health and recreation almost since

ancient times. We want to use and pass on this knowledge because nothing is as honest and impressive as nature itself. This is why we have chosen Dr. Joseph Vitalis Natural Cosmetics, Alpenne from an alpine valley in Tyrol, the Trehs line from the Sarntal Valley, rooted in tradition and Silberquarzit Experience from the Pfitscher Valley.

Simply leave the hustle and bustle of everyday life behind and enjoy unique moments of wellbeing.

**TREAT YOURSELF AND YOUR BODY TO  
SOME TIME OUT. WE ARE LOOKING FORWARD  
TO MEETING YOU!**

*Similde-Spa team*





### OPENING HOURS:

- **Treatments** from 9 am to 8 pm
- **Outdoor pool** summer from 7.30 am to 8 pm  
winter from 8 am to 10 am and 3 pm to 7 pm
- **Natural lake** open all day
- **Sauna area** from 1 pm to 7.30 pm
- **Barn sauna** from 2 pm to 7.30 pm
- **Glass sauna:** from 2 pm to 7.30 pm
- **Whirlpool:** from 2 pm to 7.30 pm

In order to guarantee a comfortable atmosphere in our wellness area, we ask you to speak quietly and to switch off your mobile phone during treatments.

### RESERVATION:

We recommend booking beauty treatments in advance.

**[beauty@cyprianerhof.com](mailto:beauty@cyprianerhof.com) · Tel. +39 0471 64 21 43**

Appointments can also be reserved at the reception in the wellness area or at any time of the day at the hotel reception. Furthermore, you can also call from your room phone to book a treatment either by dialing **708 Beauty** or **9 Reception**.

### INFORMATION REGARDING THE TREATMENTS:

Please wear your bathrobe when you come for a treatment and do not wear any jewellery; come to the wellness area about 5-10 minutes before your booked appointment. If you arrive late and another appointment has already been booked after you unfortunately, your treatment will be shortened accordingly.

### CANCELLATION:

Appointments in the wellness area can be cancelled for free up to 12 hours prior to the booked treatment; cancellations occurring within 12 hours from the treatment will be charged in full.





*Our beauty lines*



HIGHTECH NATURAL COSMETICS  
**TEAM D<sup>R</sup> JOSEPH**  
SÜDTIROL

**BASED BOTH ON THE NEEDS OF YOUR  
SKIN AND ON SCIENTIFIC FINDINGS,  
THE MANUAL TREATMENT METHOD OF TEAM  
DR JOSEPH STARTS DEEP IN THE TISSUE.**

Following the natural laws of function, the skin's metabolism is brought into balance: the nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.







*Our beauty lines*

Sarner Latsche  
**original**  
pinus sarentensis

**t r e h s**®

**THE COUNTRYSIDE OF THE BEAUTIFUL  
SARN TAL VALLEY. ESPECIALLY FASCINATES WITH  
ITS NATURAL LANDSCAPE CHARACTERIZED BY  
SWISS MOUNTAIN PINE.**

The unusual microclimate of the region, the acidic soil at an elevation of between 1,600 and 2,400 m and the pure mountain air provide the perfect conditions for its healing powers to develop. According to the legend, Trehs was a „herb fairy“ from the Sarntal Valley, well-versed in the power of the plants; by night, when the witches gathered at the mystical site of the „Stoanerne Mandln“ (stone men), she picked the branches from mountain pine and threw them into the fire. Even at that time, the perfume of the mountain pine was known for its exhilarating effects and its power to free the spirit and infuse energy.

*Our beauty lines*



**ALPIENNE IS A STORY THAT IS LITERALLY TOLD THROUGH FLOWERS. IT ALL BEGAN IN A REMOTE ALPINE VALLEY THAT CONNECTS RIVER INN TO THE MOST MAJESTIC PEAKS OF TYROL.**

Here, in the uncontaminated nature, untouched mountain meadows and wild woods, there is a huge treasure trove of native plants and herbs. The knowledge of their healing properties has been used for hundreds of years, carefully protected by the guardians of roots and herbs, and handed down the generations.





*Highlight!*



SILBERQUARZIT®  
experience

### OUR NATUROPATHY HIGHLIGHT

You have to experience SilberQuarzit yourself to understand it: this is because the power of this primary rock works differently for each person. That's why people tell they have different experiences during the application: some feel a sensation of heaviness and numbness, others perceive electrical impulses or a tingling in arms and legs. Intense feelings like joy or happiness are also reactions to the SilberQuarzit Experience. These are treatments that have been proven to activate the parasympathetic nervous system and stimulate detoxification of the body.

*The best moments are the ones that cannot be told because they are so deep and personal.*

*Highlight!*



## SILBERQUARZIT EXPERIENCE

*Rediscover your true essence, return to yourself,  
kick off your personal experience*

Exclusive silver quartzite from South Tyrol is a scientifically proven healing mineral. Its application, combined with specially developed relaxation and deceleration techniques, activates your body's self-healing powers. All experiences are conceived according to the naturopathic know-how of traditional European medicine. The wild herbs used during the experience, hand-picked in South Tyrol, boost the healing power of silver quartzite. Among all the benefits of these experiences, we like to emphasize the strengthening of the immune system and the release of oxytocin and serotonin, known to be the hormones of happiness. A further benefit can be found in the activation of the parasympathetic system with the consequent reduction of pressure on the Autonomic Nervous System (ANS). Relax your muscles, take a deep breath and your thoughts will turn clearer.

**CHOOSE YOURSELF, CHOOSE SILBERQUARZIT®.**



### **PRIMAL STONE RITUAL 105 MIN. 250 €**

**The ritual of your individual transformation.** The Primal Stone Ritual is an individual experience for body, mind and soul, which helps to fortify self-awareness and provide new strength. The combination of silver quartzite, wild herbs extracts and meditation incense, soothes the nervous system and eases relaxation. A deep journey within oneself towards peace of mind and physical stillness. Stress level is reduced and the immune system invigorates.

## **PURIFICATION RITUAL 105 MIN. 250 €**

**Let yourself go to a deep catharsis.** The Purification Ritual, conceived according to the naturopathic know-how of traditional European medicine, has a long-lasting effect on the body. Energetic purification is the key to stimulate metabolism and spirit. Renewed strength and concentration will flow into you, letting you face new challenges, while the smell of larch resin and alpine juniper fills the ambient. Every detail is thoroughly designed to evoke the senses involved in this experience, allowing you to reach the necessary meditative state. It includes the smoke of precious incense and an original ecstatic soundtrack, written and recorded with the help of professional music therapists.

## **SPINE-FORTIFYING RITUAL 75 MIN. 175 €**

**Leave tension and stress behind.** The Sauna Ritual is a combination of meditation and self-healing techniques. After a first phase in the Serenity Room, you will find your inner peace in the Turkish bath. Precious balms, essential oils

and natural elements will take you through on an extraordinary experience of relaxation and deceleration. During this experience, the four elements, i.e. juniper oil, lavender oil, silver quartzite granulate and water, fight oxidative stress and the acidification of the body.

## **MINERAL SPORTS DETOX 50 MIN. 150 €**

## **MINERAL SPORTS DETOX 80 MIN. 175 €**

**Rediscover your vitality.** The exceptional minerals of Vizze Valley (South Tyrol), with a high content of silicon, have a proven healing and alkalizing effect on muscles and Connective Tissue. Warm wild herb cushions, placed on liver and kidneys, turn on the metabolism and regenerate the body. In addition to the alkalizing power, this Experience frees mind and soul and provides strength and motivation for your challenges.

## **MINERAL FEET DETOX 25 MIN. 72 €**

## **MINERAL FEET DETOX 75 MIN. 170 €**

**Unleash your spirit.** The high silicon content of silver quartzite has an incre-

dible detoxifying effect. The wise manipulation of the soles of the feet, performed by our SilberQuarzit®-Therapist, triggers the alkalization process of the body, aiming to a total purification. The experience involves all seven chakras and their associated organs. The entirety of the treatment means completeness of the benefits; your spirit will be unleashed. Free from fear. Free from concerns.

## **DETOX BODY WRAP 25 MIN. 72 €**

**Purify your skin.** The skin is the mirror of the soul and this is not only a proverb. Water retention, cellulite and redness are often the symptoms of stressful life and inner imbalance. This experience begins with a detoxifying shower and continues with a body wrap of SilberQuarzit® products, your pass to a relaxing journey.







# Facial Treatments

## **TEAM DR. JOSEPH SUPREME EYE + FACE LIFT 50 MIN. 110 €**

Intensive Lifting & Glow treatment for an awake eye area and firm contours. The intensive care treatment consisting of deep cleansing, peeling, mindfulness massage, Gua-Sha Eye Lifting Massage, care mask, eye & lip care and individual skincare is ideal for wrinkles, tiredness and puffiness in the eye area and ensures a visibly firmed eye area and taut facial contours. Maximum effect for a visibly firmed and intensively cared skin appearance.

## **TEAM DR. JOSEPH EXPRESS EYE + FACE LIFT 25 MIN. 65 €**

Express Lifting Treatment for an awake and firm eye area. The treatment, consisting of a mindfulness massage, Gua-Sha Eye Lifting Massage, eye & lip care and individual skin care, is ideal for wrinkles, tiredness and puffiness in the eye area and provides a visibly lifted eye area.

**TEAM DR. JOSEPH LIFTING TREATMENT  
ULTRASONIC EXPRESS**

**50 MIN. 108 €**

Experience a completely new procedure for rejuvenation and perfect charisma. With the help of ultrasonic frequencies, natural active ingredients are absorbed deep into the skin, making it fresh and young. The treatment includes: lymphatic stimulation, steam compresses, cleansing, enzymatic and ultrasound peeling, ultrasound repair and lifting, day cream.

**TEAM DR. JOSEPH ULTRASONIC LIFTING  
PREMIUM INTENSIVE**

**80 MIN. 145 €**

The treatment makes the skin look even brighter and flawless. Thanks to a revitalizing alginate mask, a neck and facial massage, your skin will be even fresher and more bright.

**TEAM DR. JOSEPH INTENSE PURIFYING**

**50 MIN. 99 €**

Deep-cleansing with warm herbal compresses, a gentle lymph-stimulation massage, exfoliation, deep-cleansing with cupping glasses, peel-off mask and nourishing cream. For a visibly fresher complexion and a radiating vitality.

**TEAM DR. JOSEPH CELLULAR RECREATION 80 MIN. 140 €**

Natural treatment with instant results. Eyebrow remodeling, lymph stimulation massage, exfoliation, deep-cleansing with cupping glasses, special serum, facial remodelling massage, intensive mask and nourishing cream to complete the treatment. For an intensely nourished skin.

**TEAM DR. JOSEPH ADVANCED BIO LIFTING 110 MIN. 185 €**

Intensive treatment with eyebrow remodelling, lymph stimulation massage, exfoliation, deep-cleansing with cupping glasses, specific serum, bioenergetic flower-blossom compress lifting massage, intensive mask and nourishing cream.

**TEAM DR. JOSEPH EXPRESS POWER –  
LIFTING FOR MEN**

**50 MIN. 105 €**

Naturally high-tech power for a strong, well-groomed radiance. Lymphstimulation massage, peeling, specific serum, eye care, remodelling facial massage and intensive mask.

## ALPIENNE REJUVENATION

50 MIN. 121 €

This specific skincare treatment is the best beauty treatment for face, neck and décolleté. During a deep, regenerating cleansing ritual, the skin is gently exfoliated with an olive scrub and pampered with a lovely serum. After a facial massage with Swiss pine heartwood, the skin is treated with specific products. This massage is appropriate for a visibly fresher complexion and a radiant appearance.



## ALPIENNE FOUNTAIN OF YOUTH

80 MIN. 171 €

A wonderful face treatment, especially for the most demanding skin. A special beauty cocktail with lots of vitamins is what your skin needs to look fresh and radiant. Face, décolleté, hands and feet are deeply cleansed, nourished, exfoliated and massaged.

## ALPIENNE EYE BRIGHTNESS

25 MIN. 55 €

A combination of powerful detoxifying substances cleanses and relaxes the sensitive eye area. Puffiness and signs of tiredness are reduced, the skin feels firmer and the eye area looks fresher and more radiant.

## ALPIENNE SUNREPAIR

25 MIN. 50 €

This facial treatment soothes tanned skin and leaves it deeply moisturised. A high-quality serum leaves a glowing skin.





# DEPILATION

HALF LEG	42 €
FULL LEG	70 €
BIKINI	42 €
ARMPIT	30 €
ARMS	42 €
BACK	45 €
CHEST	40 €
UPPER LIP	28 €
EYEBROWS ADJUSTMENT	35 €
EYEBROWS COLOURING	30 €
COLOURING OF EYELASHES COLOURING	42 €
FULL PACKAGE	56 €

# BEAUTY SERVICES

SPA MANICURE	CA. 40 MIN. 72 €
SPA MANICURE WITH NAIL POLISH	CA. 50 MIN. 84 €
An intensive care for your hands with nourish elements that includes: shortening and filing of nails, push back and removal of cuticles, nail oil and hand cream.	
SPA PEDICURE	CA. 45 MIN. 79 €
SPA PEDICURE WITH NAIL POLISH	CA. 50 MIN. 85 €
A must for tired hikers feet. This treatment includes: foot bath, removal of callosties and cuticles, shortening and filing of nails, treatment of callus and ingrown nails. The treatment is completed with a nourish cream for maximum freshness.	
PERMANENT NAIL POLISH MANICURE	CA. 70 MIN. 105 €
PERMANENT NAIL POLISH PEDICURE	CA. 80 MIN. 115 €





*Gently soft –*  
**BODY  
PEELINGS**

**ROCK SALT PEELING WITH  
PINE EXTRACTS & HONEY**

**25 MIN. 49 €**

A total-body peeling with Swiss pine extracts and honey boosts the skin's protection and rejuvenation. Rock salt removes dead skin cells and restores the right pH. A combination of Swiss pine extracts and mountain honey deeply nourishes and protects the skin.

**APRICOT PEELING**

**25 MIN. 51 €**

Thanks to the apricots seeds, this peeling is also ideal for sensitive and dry skin. Micro-circulation is stimulated, the skin is soft and elastic.

**TREHS BODY EXFOLIATION WITH**

**SARNTAL VALLEY SWISS MOUNTAIN PINE**

**25 MIN. 53 €**

The finely ground Swiss mountain pine cones massage and cleanse your skin, stimulating blood circulation. The radiating warmth of the oil boosts cell activity, while plant extracts and natural antioxidants have a calming effect.





## active massages

### ALPIENNE VITAL PINE MASSAGE

50 MIN. 95 €

An intensive treatment for stressed-out muscles and joints, ideal after a long excursion or after sports. The rhythmic movements of pinewood sticks relax the muscles and relieve stress. A combination of warm elements and the scent of Swiss pine provides the ultimate relaxing experience!

### **FORCE OF ALPINE HERBS**

**45 MIN. 91 €**

This herbal pistils massage activates metabolism and the muscles. The herbs have a detoxifying and purifying effect and prevent sore muscles. Ideal to balance your body after sport. You will feel the pure force of the herbs.

### **HONEY MASSAGE**

**25 MIN. 50 €**

Through this particular massage technique, bee honey penetrates deep into the connective tissue of the back, dissolving and releasing toxins accumulated in the tissues.

### **BACK FIT**

**50 MIN. 92 €**

This intensive treatment starts with a back massage in order to loosen deep tensions. Then a hot roll prepares the tissue for cupping. Tibetan bells end this treatment giving vitality and balance thanks to their vibration.

### **FIT LEGS**

**50 MIN. 92 €**

An intensive massage to relieve muscular tension, using TREHS® Original Sarntal Valley Swiss mountain pine and Swiss mountain pine sports cream. This treatment is of great benefit both before and after sporting activities. A massage and cupping provide relief to legs muscles. Circulation is stimulated, pain and tiredness are alleviated and you will be filled with renewed energy for your next hike.

### **DETOXIFYING CELLULITE TREATMENT**

**50 MIN. 108 €**

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

### **DETOXIFYING CELLULITE TREATMENT LARGE 80 MIN. 133 €**

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation. The very definition of full-body care!

# RELAXING massages

## ARRIVAL (FACE, HEAD AND FEET)

45 MIN. 83 €

Feel fresh and revitalized through the power of nature. Relax after a long journey with an head and face massage at your arrival. After a relaxing foot massage with Swiss pine, your legs will feel light once more.

## SALT STONE MASSAGE

50 MIN. 99 €

An energising massage with hot and cold salt stones. During this total-body massage, the skin is pampered with special salt stones and a nourish body milk. This unique treatment will give you regeneration and balance.

## HOT STONE

50 MIN. 90 €

With warm lava stones and precious oils, this massage provides deep relaxation. It strengthens the body and provides new balance.

## FOOT ZONE MASSAGE

45 MIN. 83 €

The foot zone massage has a positive effect on the lymphatic and nervous system. This special pressure point massage relieves physical and mental complaints of the body.







# *Rewarding* **DOLOMITE** massages

*Vitalpina  
massage*  
↙

## **ALPINE BEAUTY MASSAGE – MARIGOLD & CAMOMILE**

**50 MIN. 88 €**

A full body massage that includes also face and head. The effects of marigold and camomile are calming and regenerating at the same time. It is the ideal care for sensitive and dry skins.

## **TREHS MOUNTAIN HAY**

**45 MIN. 83 €**

The hay flowers provide your body with relaxation and new strength. A truly rich and caring massage.

## **TREHS STONE PINE**

**45 MIN. 83 €**

This relaxing total-body massage with soothing Swiss pine oil reduces stress and helps rejuvenate the body.

## **TREHS MOUNTAIN PINE**

**45 MIN. 83 €**

This wonderful massage with forest's scent stimulates circulation, strengthens, purifies and detoxifies the body.

## **MUSCLE POWER – ARNICA & ST. JOHN'S WORT 45 MIN. 84 €**

This alpine massage focused on back and legs provides tired joints and muscles with new strength. Arnica and St. John's Wort are not only balm for the soul, but also regenerate and revitalise the entire body.

## **DETOXIFYING MASSAGE**

**45 MIN. 80 €**

Excessive liquids in the tissue are eliminated by gentle pumping massage. Suitable in case of heavy legs.



# ALPINE BEAUTY BATHS

*Float with zero gravity in the "Nuvola" tub, relax and let the valuable essences have a deep effect.*

## HAY BATH

25 MIN. 50 €

Different herbs from high-alpine South Tyrolean meadows and the magic force of mountain Juniper blow away the tiredness after a wonderful hike. The heated hay has a special circulation and metabolism stimulating effect. It has beneficial effects on the muscles, the joints and the entire organism.

## ALPINE MUD & MOUNTAIN PINE BATH

20 MIN. 50 €

This body pack with alpine fragrances has a revitalising and strengthening effect. Through the combination of mountain pine and various clays, detoxification over the skin is stimulated. Especially suitable in case of cellulite.

## SPORTS PACK

20 MIN. 50 €

This strongly self-heating pack is ideal after sporting activities. Thanks to the heat, the musculature is relaxed and sore muscles are prevented.

## NUTRIENT PACK

20 MIN. 50 €

The high amount of wheat bran and vitamins in this wrap increases the skin's hydration and tone. In addition, this rich wrap has a deep cleansing effect and boosts the blood flow, thus helping with detoxification.

## ANTI-CELLULITE PACK

20 MIN. 49 €

This pack breaks up fatty deposits, visibly improves your figure and skin tone.

# Treatments FOR TWO

*Enjoy and pamper yourselves*

in our couples-cabin with a relaxing and intimate atmosphere.

## SPA RITUAL

105 MIN. 258 €

This ritual begins with an apricot exfoliation to clean your skin gently, followed by a relaxing full-body massage with sumptuous body oil. Enjoy then your time together with a glass of prosecco and some pralines.

## SOUTH TYROLEAN TRADITION

75 MIN. 192 €

This treatment begins with back and legs massage to loosen your muscles through targeted maneuvers with arnica & St. John's wort oil. Your legs will then be pampered with a refreshing chestnut and mint oil. You'll finish in traditional style with a glass of wine and crunchy South Tyrolean Schüttelbrot flatbread.

## SWISS PINE MOMENT

75 MIN. 196 €

This Swiss pine body peel cleanses the skin and boosts the blood flow. Then, relax with a massage in a part of your body of your choice with soothing Swiss pine oil. The treatment ends with a glass of pine liqueur from South Tyrol.

**THE TREATMENTS INCLUDE A RELAXATION TIME  
OF 20 MINUTES.**

*The majority of our most popular  
massages can also be booked in the  
couples-cabin. Ask at the Similde  
Spa reception for more information.*







# PARTIAL BODY massages

**BACK MASSAGE** 25 MIN. 56 €

This massage loosens tensions in the back area. The massage specifically targets problem zones.

**HEAD AND NECK MASSAGE** 25 MIN. 56 €

This relaxing massage establishes a balance between neck and scalp.

**FOOT MASSAGE** 25 MIN. 56 €

Relaxing and refreshing massage, ideal for tired feet after a hike.

**LEG MASSAGE** 25 MIN. 56 €

After a hike, this massage is ideal for loosening the leg musculature and for soothing muscle aches.

**FACIAL MASSAGE** 20 MIN. 49 €

It relaxes facial features and streamlines your contours. Facial massages leave you with a radiant glow and a relaxed expression.



## ALPINE FRESHNESS FOR YOUR LEGS

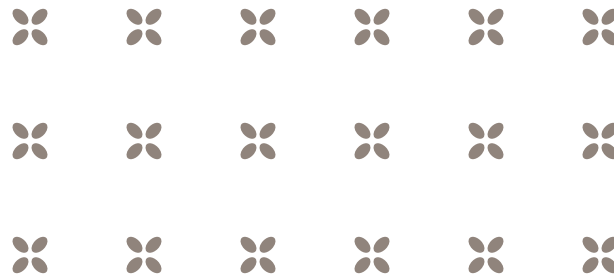
100 ML 23 €

The leg jelly with chestnut and mint is ideal for relaxation and refreshment after a hike, a long working day, or sporty activities.

# FOR OUR YOUNGER GUESTS

*(up to 14 years old)*

FULL-BODY MASSAGE	25 MIN. 48 €
MINI-FACIAL WITH CLEANSING, MASSAGE, MASK AND NOURISHING CREAM	25 MIN. 54 €
MANICURE (WITH OR WITHOUT NAIL POLISH)	25 MIN. 47 €





**179 €**  
95 MIN.

## LADIES LIKE

- Marigold and chamomile massage
- Rock salt peeling with pine extracts & honey
- Anti-cellulite pack



**144 €**  
70 MIN.

## MEN LIKE

- Legs massage
- Back massage
- Sports pack



**115 €**  
45 MIN.

## BACK FIT

- Back massage
- Sport's pack
- Arnica and balm



**143 €**  
65 MIN.

## SWEET EXPECTATIONS

- Apricot peeling
- Nutrient pack
- Facial massage

The image shows the interior of a modern glass sauna. In the foreground, there are several rows of light-colored wooden benches. The walls and ceiling are made of large glass panels, providing a clear view of the outside. Outside, there is a vast, snow-covered landscape with jagged, snow-capped mountains in the background under a clear blue sky. The interior has a wooden structure with a slatted wall on the left and a wooden planter box in the middle. A small wooden bucket is visible on the right side of the planter box.

## SIMILDE sauna area

### GLASS SAUNA

In our glass sauna with pinewood benches, you will sweat at 85-95 °C with 10-20 % humidity. While you take your sauna, you can enjoy a 360° view of the surrounding mountains. Here you may take part in the sauna ceremony sessions.



## HAY BARN SAUNA

A barn is usually used by the farmers to store hay: we use the barn as a Finnish sauna. While enjoying the mountain view, 10–20% humidity and 85–95 °C will make you sweat quickly. This is also where most of our sauna-master steam ceremony sessions take place.



## PINE SAUNA

Mountain pine is a traditional alpine wood with a high content of agreeable ethereal oils. The humidity is between 10 and 20 % and the temperature is 80–90 °C.



## CLAY SAUNA ARGILLA

Why clay?

- Clay quickly and efficiently regulates air humidity and provides a healthy room climate (Humidity from 60–70 %).
- The clay sauna has a temperature of 60–65 °C.
- Clay stores and reflects a high part of the heat radiation (natural infrared radiation).
- Clay saunas are known for preventing allergies and different chronic diseases.





# TIPS FOR a PERFECT sauna

- Take your time! It takes at least two hours to fully enjoy a sauna experience.
- Avoid efforts, stress and speed! Sauna is all about calm and relaxation.
- Start your sauna session neither hungry nor after eating! Allow for a two-hour gap between the sauna session and your last main meal.
- Shower and towel dry thoroughly before entering the sauna cabin.
- Warm up your body before a sauna session! Start with a warm footbath to facilitate the perspiration process.
- Do not wear any garments during the sauna, to allow the heat reach your skin unhindered and to prevent skin irritation caused by sweat sticking to your body.
- Avoid physical efforts!  
Any activity such as exercise may lead to the unnecessary overload of the circulatory-and respiratory system.
- We recommend keeping sauna session between ten to 15 minutes, depending on your personal condition.  
If you no longer feel comfortable, leave the sauna cabin.
- After each sauna session, cool off!  
First cool down the airways breathing in some fresh air, use cold water or ice from the limbs towards the heart, i.e. from the arms and legs to the spine and torso and

finally the head. If you wish to cool off completely, you may avail yourself of the plunge pool; always take a refreshing shower before diving into the plunge pool!

- After cooling off, gently warm up your feet with a warm footbath and wear wool socks to maximize the beneficial effects.
- Take a break and relax!  
Rest for at least 30 minutes in between sessions.
- Repeat the sauna sessions up to three times at most.  
Sauna can improve health even in summer, strengthening the immune system and cooling down the body.
- For any information, please contact  
our competent staff. They will be happy to advise you on the various treatments as well as on the sauna effects and the daily infusion programs.









### WHIRLPOOL

In the middle of alpine meadows you find our invigorating saltwater whirlpool, which captivates by the magnificent view of the Rosengarten mountain.

### STEAM ROOM

The temperature of the steam bath is 42–46 °C and it has a humidity of 100 %. Therefore, it is beneficial for hair, skin and respiratory organs and cleans pores.

### CRUSHED ICE FOUNTAIN

Perfect to cool down in summer and after a sauna. The ice stimulates circulation, closes off the pores, improves blood circulation in the skin and strengthens the bodily defense.

### TEA BAR AND PLAFÖTSCH SOURCE

Here you will find fresh herbal tea, juice and apples. Drink regularly. The Plafötsch water source is located at an altitude of 1.600 m and is a healthy thirst quencher at all times.

**„THOSE WHO SWEAT A LOT SHOULD DRINK A LOT!“**





*Silent Zone with waterbeds, hay beds and swing loungers. The advantage of the warm waterbeds is the support and release of the spinal column and the relaxation of the muscles in general.*

#### **HAY BEDS**

Our ancestors on the high-alpine pastures slept on hay to feel relaxed, strengthened as if they were newly born the next day. Therefore we highly recommend the hay bed after a hike, for relaxation or for after-relaxation after enjoying a treatment in our Similde SPA.



#### **SALT ROOM**

The new salt room is the perfect place for a break and to relax: inhale and exhale deeply to feel the healing effect of these fumigations.

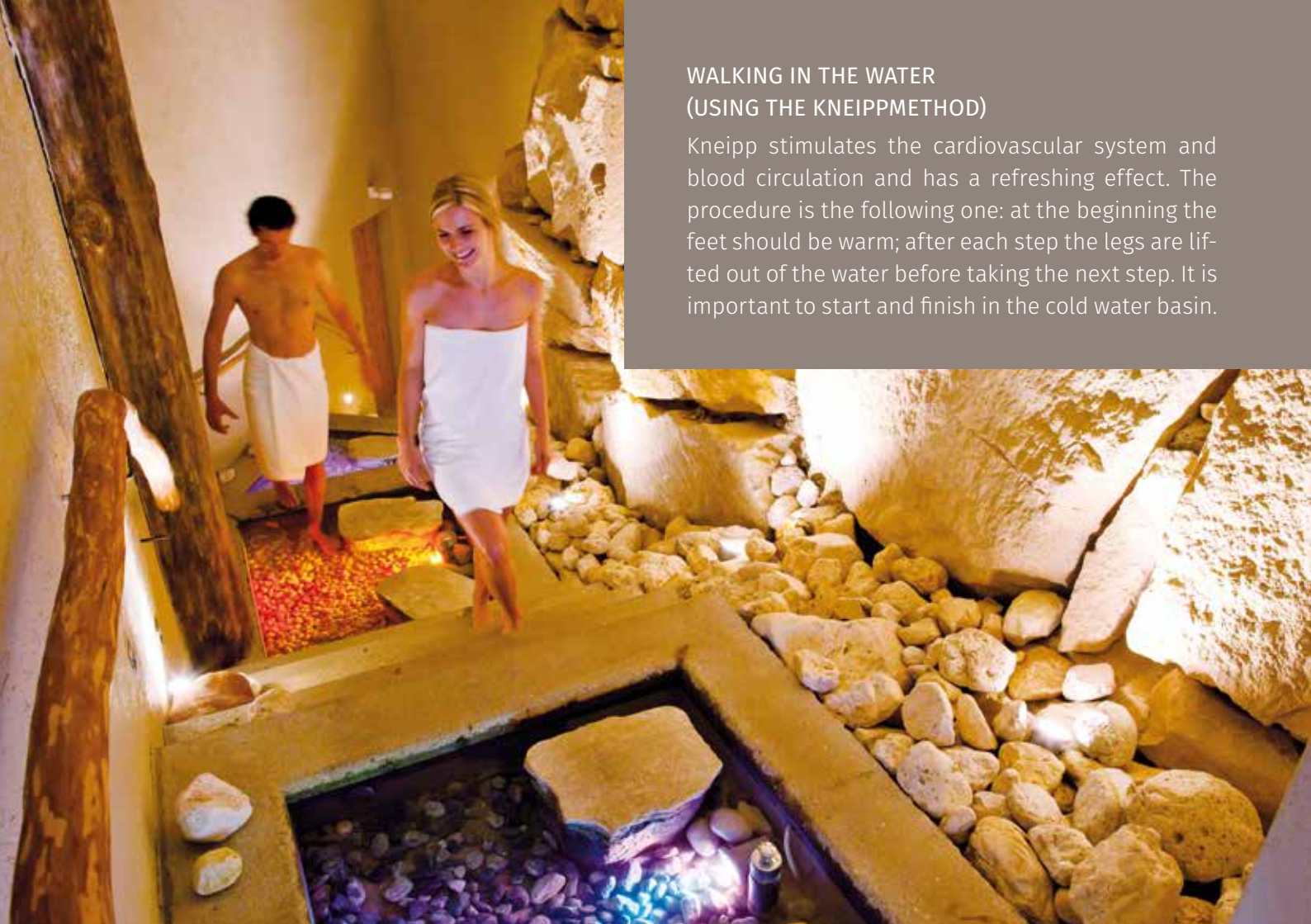
#### **INFRARED RELAX**

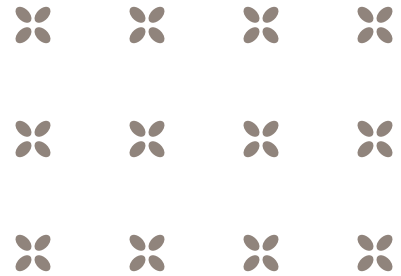
Heat is simply good for your health and contributes a lot to your mental wellbeing. That heat is good for health and helps soothe pain is a well-known fact, in any culture as well as in any age.



## WALKING IN THE WATER (USING THE KNEIPPMETHOD)

Kneipp stimulates the cardiovascular system and blood circulation and has a refreshing effect. The procedure is the following one: at the beginning the feet should be warm; after each step the legs are lifted out of the water before taking the next step. It is important to start and finish in the cold water basin.





#### SWIMMING FOR ACTIVE PEOPLE

*Free of chlorine thanks to  
salt electrolysis.*

The low content of salt makes swimming in the salt-water pool a true benefit for your skin and the daily relaxation bath is not influenced by chemicals. The osmotic pressure of the salt water is almost identical to the pressure of the human blood. The indoor pool impresses with underwater massage jets. The outdoor pool awaits you with a bubble area to relax in, while enjoying the view of Rosengarten Mountain.





## SWIMMING IN THE 25 M NATURAL LAKE

*with a view*

In this natural setting, surrounded by greenery, you can freshen up after a sauna or on hot summer days. The 24 m-long natural lake is not heated and is 24 m long. Various aquatic plants, phyto and zoo planktons are testimony of the high quality of the water. In order for this natural cycle to continue, please shower before swimming and do not apply sun cream before entering water.





# RELAXATION PROGRAM

*throughout the week with our wellness coaches*

Our body requires exercise and sufficient relaxation on a regular basis in order to counter-balance the increasing hectic of everyday life. Our wellness coaches are nature loving people. The balancing exercise and relaxation programme stimulates health, performance and wellbeing. "The will determines the movement."



## FITNESS and GYM ROOM

If you want to stay fit on holidays, our new, sunlit fitness room is at your disposal, and features Technogym equipment which you can use round the clock. Our fitness coaches will be happy to show you how to use the equipment.

Our comprehensive relaxation and fitness program offers a hug number of opportunities to relax and switch of from the daily routine. The program encompasses body awareness, meditation, daybreak walks, mountain bike and e-bike tours, Kneipp river trails, climbing, mountain trekking.



## KINDERLAND

With our fun Kinderland to enjoy, even the youngest guests will be in their element while mums can relax in the sauna, take a dip in the pool or treat themselves to a massage. Kinderland is well-equipped with games that kids love including air-hockey, a slide, a labyrinth table, a baby corner and a farmyard jigsaw puzzle. During the holiday season, we also provide full-day childcare and an adventure-packed outdoor program with geo-caching, a fun day at the farm, a climbing day at the Kaiserstein and caving adventures at the Tschetterloch cave.

## LAURIN CLIMBING GYM

*- Ideal for climbing fans of all ages.*

The climbing wall is open every day from 8 am to 7 pm. It features two Toppas self-belay devices and nine paths with different levels of difficulty. On some of these paths, you will need a rope and a second person as a belayer. Knowledge of safety procedures is a prerequisite in order to use the climbing wall.

If you want to use the hall unsupervised, you must sign the form first to confirm that you know and understand safety procedures. Please hand in your signed form to hotel reception before your climb. Supervised climbing with briefings, practice and tips are held two or three times a week.

### CLIMBING AND FIXED-ROPE CLIMBING EQUIPMENT

A fixed-rope climbing set with climbing harness, rope and helmet can be rented from the shop.

<b>COST PER DAY</b>	<b>15 €</b>
<b>FROM THE 2ND DAY</b>	<b>10 €</b>









*Good to know!*

