



SPA BOOK

Edition 2024



Take some time for yourself

A perfect holiday comes alive in the happy interplay of tranquillity and activity. The aim is to find balance, let go, take a deep breath, and find your own healthy centre.

Facial treatments

based on the PHARMOS NATUR method

You will experience the unique and rejuvenating effect of PHARMOS NATUR's selected adaptogenic healing & rejuvenating plants on your skin. SACRED PLANTS. For deep-acting well-being and visible results for your skin.

The rich active ingredient complex of aloe vera in combination with various healing and rejuvenating plants, repairs the cells and improves cell communication. It has a remarkable and positive influence on the cell matrix. Oxidative processes are stopped and the cells are supplied with rich nutrients, so that they live and function in abundance. Cellular waste deposits are discharged. The blood vessels become elastic and are able to supply the cells with nutrients. Collagen and elastin connective tissues regenerate again and again. Your skin remains firm for an extended period and radiates youthfulness. The skin's appearance and health are sustainably strengthened and any premature ageing process will be slowed.


**PHARMOS
NATUR**
sacred plants



Choose your personalised feel-good interlude

Would you like a bit more? Each of us has different needs, and that is exactly what we are catering to with our treatments. Choose the duration and effect of your holistic facial treatment – and then enjoy wellness & beauty at its best, based on your needs. Each treatment includes cleansing, exfoliation, massage, mask and a finishing treatment.

PHARMOS BASIC

Facial, neck and décolleté treatment

50 min. | € 98

PHARMOS PREMIUM

- Facial, neck and décolleté treatment
- A comfortable foot compress
- Hand & arm massage

80 min. | € 138

PHARMOS STAR

- Facial, neck and décolleté treatment
- A comfortable compress & harmonising foot massage
- A relaxing shoulder, neck, & arm massage

110 min. | € 168

LOVE YOUR AGE

– The power treatment for mature skin

- Naturally beautified & cared for
- Lifts and tightens
- Vitalises & softens lines
- With "Better Ageing Effect"

FACE DETOX

– Ideal for stressed and blemished skin

- Naturally beautified & cared for
- Soothes & invigorates
- Clarifies & refines
- Cleanses and balances

INTENSIVE MOISTURE

– A spark of freshness for dry & tired skin

- Naturally beautified & cared for
- Refreshes & moisturises
- Adds vibrancy & energy
- Freshens & simply beautifies

SESAME BEAUTY MUST HAVE

– The small, fine-effect treatment with power

Open sesame!


The small black seeds are full of valuable ingredients that strengthen and nourish the skin and body, providing them with many important vital substances.

 CLEANSING

 INTENSIVE SESAME EXFOLIATION

35 min. | € 65

 SESAME ALOE VERA MASK

 TONIC & FINISHING TREATMENT

pure nature tip:

SESAME POWER
POWER – super food
for body, mind
and soul

A "take it easy & be happy feeling"
for every day. You can find it in
our "Lieblingsdinge" (favourite things) shop.



Effective facial treatments

– With ultrasound

Ultrasound has proven to be a true all-rounder when it comes to counteracting visible skin issues as effectively as possible – and, first and foremost, for the long term. We do this by massaging your tired facial tissue with ultrasound waves. This process stimulates the skin to form collagen and elastin – with an immediate and visible tightening effect. High-frequency ultrasound technology strengthens your tissues, and increasingly with each treatment, making you look younger and fresher.

Ultrasound PREMIUM

- Cleansing
- Exfoliation, tonic, active ingredient ampoule
- Ultrasound
- Personalised finishing treatment

50 min. | € 95

3 x 50 min. | € 283

Treatment for radiant eyes

The highly concentrated active ingredient serum has an immediate effect, and in combination with the collagen pads, ensures a radiant look. Includes a lymph-stimulating facial massage for sensitive skin around the eyes to significantly alleviate dark circles and wrinkles.

50 min. | € 89

3 x 50 min. | € ~~255~~ € 240

Ultrasonic STAR

- Cleansing, exfoliation, tonic
- Intensive purification, active substance ampoule
- Ultrasound
- Facial and décolleté massage, personalised final treatment

80 min. | € 148

pure nature tip:

The more treatments you receive,
the better the effect!

Alternative facial treatments

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Gua Sha Lifting – The oldest anti-ageing treatment in the world

Gua Sha has been practised in traditional Chinese medicine for thousands of years. Perfected over centuries, this treatment has a beautifying and firming effect on the skin.

- Cleansing, exfoliation, tonic,
- a lifting massage with Gua Sha stones, finishing treatment

50 min. | € 85.00

Facial Cupping

– for plump, beautiful skin

Small, fine cupping glasses can be used to improve blood circulation and enhance lymphatic drainage. This gentle suction of the skin stimulates collagen and elastin production.

- Cleansing, exfoliation, tonic
- Gentle cupping treatment, facial and décolleté massage
- Finishing treatment

50 min. | € 85.00



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Wando Face – contour tightening with massage

Scalp, shoulders and face tension is gently released using breathing techniques, face yoga and a Wando massage to tighten the contours. The finishing treatment provides the skin with moisture.

50 min. | € 85.00



Beauty EXTRAS

Can only be booked in combination with a facial treatment

Eyebrow correction	€ 15
Eyebrow dyeing	€ 18
Eyelash dyeing	€ 20
Eyebrows & eyelash dyeing	€ 29
Upper lip depilation	€ 12
Chin depilation	€ 12

Body EXTRAS

Underarm depilation	€ 20
Complete legs depilation	€ 45
Legs depilation to the knee	€ 35

Refining the HANDS & FEET

Manicure without polish	45 min.	€ 54
Manicure with polish	60 min.	€ 62
Shellac manicure	60 min.	€ 72
Shellac pedicure	70 min.	€ 79
Pedicure without polish	50 min.	€ 62
Pedicure with polish	60 min.	€ 70
Shellac removal	10 min.	€ 10
Extra time for tricky tasks	20 min.	€ 20

Take time out. pure nature.spa

Body Treatments

PHARMOS NATUR also enables you to choose a body treatment that suits your needs. Your favourite ritual along with some personal "ME TIME". Body treatments are your best friends on a wellness holiday, making you feel younger, fresher, more balanced, and simply better overall. Your wish is our command: a symphony for body, mind and soul.

Choose your personalised feel-good session

25 min. Partial body massage for relaxation	€ 48
50 min. Full-body massage for the pure relaxation you dream of	€ 90
80 min. Exfoliation with a silk glove, a body massage – "Let your soul fly"	€ 135

Choose your favourite ritual

BODY DETOX

A detoxifying treatment for the whole body with precious medicinal plants in combination with pure organic aloe vera. This treatment leads to detoxification and decongestion via the lymphatic system, strengthening and firming the connective tissue, activating the metabolism, and reducing cellulite. You will feel liberated and light.

RELIEVING YOUR BODY'S STRESS

Deep relaxation and slowing down for your skin and soul. Your mind comes to rest. Your nervous system can let go. Redness and rough skin areas are evened out. Deep well-being and balance on all levels.

RELAX & MOVE

A warming, diverting massage for relieving tension, invigorating muscles and joints, and promoting blood circulation. Particularly beneficial after fitness activities. For renewed mobility and more joie de vivre.

LOVE YOUR AGEING BODY

An intensively nourishing and rejuvenating massage with pure plant power, with an innovative combination of lipids, vitamins and antioxidants for efficiently tightening the skin and reactivating its rejuvenation.

EXFOLIATION

– The cleansing start of all body treatments & massages

For us, well-being also means a complete basic cleansing of the skin. The skin, our largest organ, will be positively grateful for how cleansed and fine it feels. Show it some love – it's the only skin you have! You are spoiled for choice here, too – with three massage sessions.

Choose your personal time out for an exfoliating massage.

One thing is for sure: the longer it is, the more your relaxation is guaranteed!

Our favourite aroma oils

-  **LAVENDER**
Relax & let go
-  **LEMON**
Fresh, cheerful & energising
-  **ROSE**
Sweet, warm & relaxing
-  **MINT**
Revitalising & refreshing
-  **SAGE**
Balancing & regenerating
-  **YLANG YLANG**
Curative & anti-inflammatory

Sea.SALT Sesame Oil Exfoliation

This de luxe sea salt exfoliation – including an activating massage with sesame oil – stimulates the metabolism, induces detoxification, and ensures wonderfully soft skin.

Alpine.SALT Aroma Oil Exfoliation

Powerful and stimulating at the same time. Various aroma oils are having an effect here.

You can decide on the spot which oil you prefer and which aroma is generally good for you.

35 min. | € 57

50 min. | € ~~85~~ € 81

80 min. | € ~~130~~ € 125

Body wraps at their finest

- Soothingly wrapped up on a heated lounger

The Honeymoon Wrap

- Care and fragrance to fall in love with

This exclusive full-body treatment pampers and nourishes you with an exfoliation and a subsequent wrap on the heated lounger.

- A fragrance to fall in love with and for lovers
- A real treat for the skin, filled with care
- Ylang Ylang oil, tangerine oil and orange oil

50 min. | € 81

The Stone Oil Fango Wrap

- Invaluable regeneration

Ideal for chronic muscle tension and wonderful for the musculoskeletal system

- Relaxing
- Loosens muscles and reduces cramping
- THE perfect preparation for a massage.

50 min. | € 81

The Stressless Wrap

- Pure relaxation

Your skin will be pampered with an exfoliation and a wonderful fragrance wrap: allowing your body and mind to relax on the heated lounger

- Stress drains away – a good mood flows in
- Tangerine, lemon and lemongrass
- Relax, enjoy, unwind

50 min. | € 81

The Emotion Wrap

- Pure sensitivity

Precious substances applied as a body wrap contribute to absolute renewal after the exfoliation – as you rest on the heated lounger

- Take the sun into your heart
– the orange will help
- Bergamot is a great companion for good vibes
- Feel the emotions, and allow them to settle down

50 min. | € 81

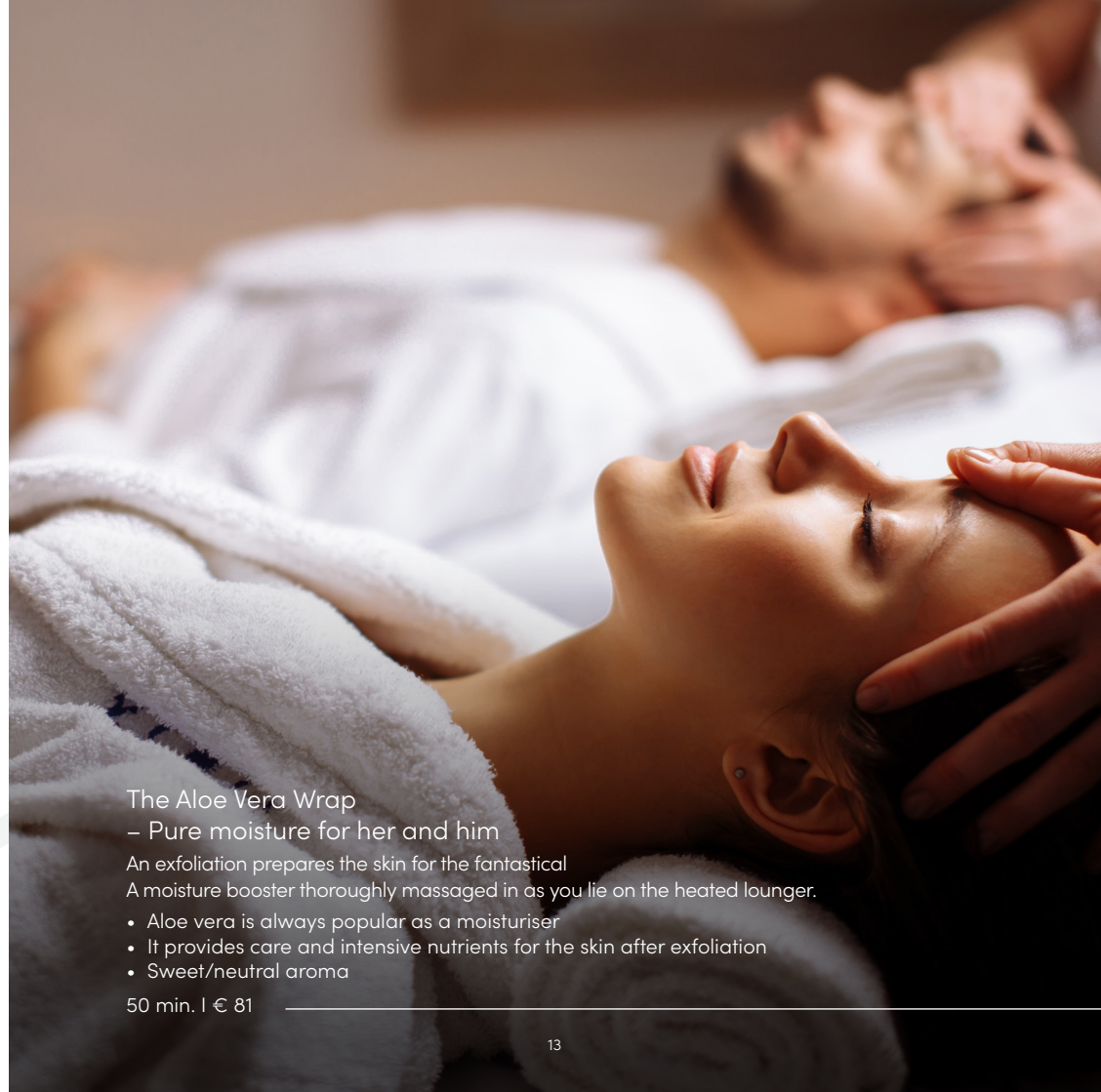
The Aloe Vera Wrap

- Pure moisture for her and him

An exfoliation prepares the skin for the fantastical
A moisture booster thoroughly massaged in as you lie on the heated lounger.

- Aloe vera is always popular as a moisturiser
- It provides care and intensive nutrients for the skin after exfoliation
- Sweet/neutral aroma

50 min. | € 81



The classic massage

Activating, relaxing – an absolute indulgence. Tension releases – the body loosens up and is vitalised at the same time.

Full-Body Massages

The BASIC Massage
Incl. legs, back and arms

50 min. | € 89

The PREMIUM Massage
Incl. feet, legs, back, and arms

80 min. | € 131

The STAR Massage
A full-body massage from head to toe, including the face

110 min. | € 172

Aroma Oil Full-body Massages



LAVENDER

Relax & let go



ROSE

Sweet, warm & relaxing



MINT

Revitalising & refreshing



SILVER FIR

Regional & invigorating



ROSEMARY

Warming & uplifting



JUNIPER

Removes excess water & rebuilds

BASIC Aroma Oil
Incl. legs, back and arms

50 min. | € 95

PREMIUM Aroma Oil
Incl. feet, legs, back, and arms

80 min. | € 136

STAR Aroma Oil
A full-body massage from head to toe, including the face

110 min. | € 177

Relaxation messages

– Just relax

Hot Stone Massage

A full body meridian massage with hot lava stones and high-quality natural oils. Total relaxation!

50 min. | € 98

80 min. | € 145

Head Relaxation Massage

A neck, head and décolleté massage – pure indulgence

25 min. | € 49

A face and head massage with an ear candling treatment

A relaxing head massage with an ear candling ritual. This involves gentle, meditative movements during a facial oil massage. Danger: it's addictive!

50 min. | € 98

Pure relaxation for head & soul

A warm forehead, neck, head and décolleté massage – pure indulgence!

50 min. | € 95

Alpine Herbal Compress Massage

With hand-turned herbal compresses prepared in the pure nature way! Every one is packed with fine herbs from the meadows and fields around our resort.

Relaxation refined!

50 min. | € 98

80 min. | € 145

Lomi Lomi Nui

Hawaiian sounds, warmed oil, loving touches and gentle movements will accompany you on this journey into yourself. The queen of absolute relaxation massages. Everything that causes stress is literally massaged away. Incredibly lovely!

80 min. | € 145

Baby is coming soon

– A massage for the soon-to-be mum

Enjoy this sensitive massage for you and your baby. A clarifying discussion beforehand will let you know what is good for the baby and you!

50 min. | € 89

70 min. | € 125

Includes a face and head massage

Massages for greater health and well-being

Therapeutic massages are recognised, personalised remedies for providing targeted treatment of health complaints.

Foot Reflexology

Your entire organism is stimulated and positively influenced via the reflex zones on the feet. Includes a relaxing foot compress at the start.

50 min. | € 89

Athlete's Massage

Excellent for after exercise. This involves a particularly thorough massage of your legs.

25 min. | € 47

Neck and Shoulder Massage

Soothes tensions – In this case, once is never enough! Our recommendation for a lasting effect: have at least 3 massages

25 min. | € 47
3 x 25 min. | ~~€ 135~~ € 131

Manual Lymphatic Drainage

A gentle massage technique decongests, removes excess water, and strengthens the immune system

50 min. | € 89
70 min. | € 125

A Personalised Massage Session for Your Health

Our qualified therapists on-site will resolve minor discomforts, such as tension or joint problems, addressing them with professional massages or treatments.

Our recommendation for a sustainable effect: at least 3 appointments

50 min. | € 89
3 x 50 min. | ~~€ 268~~ € 240

Luxuries at the SPA

Young & Style Facial Treatment

For boys and girls up to 14 years old. Ideal for young, problem skin, including deep cleansing and care.

50 min. | € 79
80 min. | € 125
including ultrasound treatment

Manicure for kids and teenagers

25 min. | € 43
40 min. | € 56 incl. polish

Pedicure for kids and teenagers

25 min. | € 46
40 min. | € 59 incl. polish

Massages for children

25 min. Trial massage | € 45
50 min. | € 89



For kids and teenagers. For kids and teenagers. For kids and teenagers.

Holistic Treatments

MEDITATION – Just for You

For all those who would like to meditate but are constantly distracted by everyday life. This relaxation ritual with guided meditation makes it easier to let go and switch off. The aim is to continue at home with the relaxation ritual you have learned here. Personalised coaching with a qualified trainer: Mag. Julia Bischofer, systemic coach, life coach, and group leader.

60 min. | € 75
3 x 60 min. | € 205

MEDITATION – Visualise a Goal

In a relaxed setting, learn and practise to first formulate then visualise a goal. Take new steps forward from the power of tranquillity! Personalised coaching with a qualified trainer: Mag. Julia Bischofer, systemic coach, life coach, and group leader.

70 min. | € 95

BOOK
NOW

Holistic Pulsing

Your body is made to vibrate using specially designed hand techniques, leading to vibrations that spread like waves through muscles, tendons and joints. This rhythm can place you in a state of deep meditative relaxation, in which your entire body system comes to rest. This reduces stress and tension, activating the body's own defence and healing powers.

Please arrive to the appointment wearing comfortable clothing.

25 min. | € 42 50 min. | € 77
80 min. | € 119

Cranio-Sacral Treatment

A holistic method using hand techniques that works with the cranio-sacral rhythms to stimulate the body's regenerative abilities with gentle use of the hands. This techniques assists the body's central nervous system, stimulating self-regulation, alleviation of tension, and healing processes in the body.

Please arrive to the appointment wearing comfortable clothing.

50 min. | € 77
80 min. | € 119

Rhythmic Body Balancing

TOUCH IS LIFE. To the accompaniment of relaxing music, the body is treated with gentle, soothing touches in the form of rhythmic strokes together with high-quality plant oils and 100% natural essential oils. The technique is performed either on the hands and arms, the feet and calves, or the back and neck.

25 min. | € 42
50 min. | € 77

Relieving Stress & Regenerating

This special treatment has been specially developed to calm a stressed and over-stimulated body and mind, and to enter into full relaxation. A combination of holistic pulsing hand techniques, cranio-sacral nervous system techniques, along with fragrances and sounds help to achieve deep regeneration, balance and tranquillity.

Please arrive to the appointment wearing comfortable clothing.

50 min. | € 77
80 min. | € 119





Well-being Packages

“Show me your feet”

– Activating & soothing

- Pedicure with polish
- followed by a soothing foot reflexology massage

110 min. | € 142

Stone Oil Treatment – Powerful & Invigorating

- Alpine.SALT – Stone Oil Exfoliation (35 min.)
- A stone oil wrap with stone oil tonic and a follow-up rest
- BASIC Full-body Massage

100 min. | € 145

Energy Boost for Well-being

– Soothing & balancing

- Sea.SALT Sesame Oil Exfoliation
- Alpine Herbal Compress Massage

85 min. | € 119

From Head to Toe

– Nourishing & refining

- BASIC facial treatment of your choice
- Manicure with polish
- Pedicure with polish

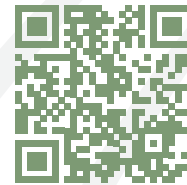
170 min. | € 205

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INDULGENCE VOUCHERS

With our Böglerhof Wellness Vouchers, you can give your loved ones the gift of a holiday, relaxation and comfort. What is good for you will also be good for other people!

NEU



Now you can conveniently personalise **and print out** on our website www.boeglerhof.at.

The Böglerhof SPA GOODIE

For **€300** you will receive a **€350 spa voucher**

GENERAL

GOOD TO KNOW

SPA APPOINTMENTS

To avoid disappointment on site, please be sure you book your preferred appointment on arrival at the latest!

Our team will reserve the time for the booked treatment and prepare it with care. If you are unable to attend your treatment, it must be cancelled at least 24 hours in advance, otherwise we will unfortunately have to charge the full price. We would ask you to please arrive on time for your appointment. If you arrive late, your treatment will be shortened by that amount of time. That is how we guarantee that each guest receives their reserved time.

SPA RULES

DIVE INTO THE INDULGENCE

Begin pampering yourself in your room. Treat yourself to a long shower, remove your make-up/shave yourself so that your skin is ready for any care treatment.

Wrap yourself in your cosy Böglerhof bathrobe, which will be ready for you in the wardrobe, and then come to us in the pure nature.spa five to ten minutes before your appointment. We would like to invite you for a cup of tea or a crystal water. Your punctuality helps us to use the full session for pampering you.

MOBILE PHONES

Strength comes from rest! For your and other guests' relaxation, we would ask you to leave your mobile phone switched off throughout the spa area.

IMPORTANT INFORMATION FOR US

Let us know if you are taking certain medications, have any special complaints, have just had an operation, or if you are a diabetic or haemophilic. Please also tell us if you are pregnant. If you have any questions, please contact our team. We will be happy to assist you.

YOUR PREFERENCES

Your preferences are important to us. We would also be happy to personalise the type of music or to adjust the massage pressure to suit your preferences. Please let us know what you prefer – to make your pampering session into a special experience.

You can find further information at www.boeglerhof.at or at reception

