







Welcome

Dear relaxation enthusiast,

Everything that you have wished for – this is exactly how your stay at Ebner's Waldhof Spa is supposed to be! Are you raring to finally breathe freely and inhale the quaint scent of wood and natural oil? Have you been dreaming of finally letting your body be surrounded by the pleasantly warm water of a herbal bath? Well then – you have found the right place with us. We pamper our guests with soothing massages for the sporty ones, antique baths for those seeking for rest and aromatic infusions for those hungry for plain relaxation.

Our offer is as diverse as the needs and wishes of our guests. Let inspiration do the rest for you and you might even try something innovative. We are at your service day by day, so you will soon feel like a completely new person!

We are look forward to welcoming you!

Your Stefan Bichler SPA-Management and TEH-Practitioner



Relaxation starts at your booking

In order to prepare your Spa stay perfectly, please book your choice of treatments and packages already before you arrive at our spa reception. This gives us the opportunity to best accommodate your requests and make sure your favourite treatments as well as your desired schedule and therapists are available for you. Certainly, we compile your personal wellness package during a counselling session.





Good to Know

Feel comfortable

We want your spa treatments to match your needs in the best possible way. Especially with health problems and during pregnancy, we can tailor our service specifically to your situation. Therefore it is important to us to be informed as early as possible. The treatments focus on the relaxation of body and mind - so that your body automatically activates its self-healing powers and harmonious vibrations. Please take into consideration that your treatment can only be carried out in a physically healthy condition.

Relax from the very beginning

To enjoy the full scope of your treatment time, we ask you to be at our spa reception about 5 minutes before application starts. We kindly ask you to take a shower before the treatment. In addition, we would like to inform you in advance that in case of a delay on your part, the time is deduced from the duration of your treatment.

Please call off your appointment in advance

For cancellations until 24 hours before the start of treatment, you can cancel or postpone your appointment for free. In case you cancel your treatment at short notice, we will have to charge the full price of the treatment.

Exclusion of liability

If the body is not used to massages, treatments may cause negative reactions (for example sore muscles). If consequential damages occur under expert treatment that refer to exclusion criteria, but the reasons for exclusion (physical afflictions, pregnancy, damage to the musculoskeletal system, cardiovascular diseases) were concealed by the client, we are exempt from any liability. The same applies in case of negative consequences when the reason for exclusion was not known to the person him- or herself and if it was not recognisable for us.





Spa Etiquette

We are aware that relaxation is accompanied by a sense of security. Thus we appreciate that our guests respect the etiquette in order to keep an atmosphere of mindfulness.

Please wear your bathrobe

Please appear in your "leisure-smoking". Of course we maintain your intimate zone during treatment and cover it well. On request, we will serve you a one-time slip for massages. For Thai and singing bowl massages, we recommend you wear comfortable clothes. For the secure storage of your valuables, you best leave your valuables in the in-room safe.

Come in suitable clothes for swimming and exercising

Please wear swimwear and slippers in the pool area. For hygienic reasons, we ask you not to wear swimwear in the sauna area. Appropriate sportswear and sport shoes are perfect to burn off energy in the training area. You can bring your personal headphones for your cardio equipment anytime.

Your towels are available for you to "unfold"

A spa bag is waiting for you in your room. It contains towels for your visit to our spa. In order to avoid confusions of bathrobes, please apply your individual clothing clip.

"Occupiers" - please wait

We ask you to speak quietly in the spa area and not to reserve loungers so that others seeking relaxation can take a rest on unoccupied chairs.

Indulge yourself some refreshments in between

In the spa area we provide soft drinks, teas and fruits, available all-day.









Herb Kitchen

Golden drops and fine foams

Have you ever wondered how soaps and creams look and smell during their manufacture? With us you have the unique opportunity to witness when these golden drops and fine foams take shape.

Hydrolates - the "Relaxation Artist" from our own herb garden

The landlady of the spa world not only knows about soaps and creams, she also masters the brewery of so-called hydrolates. The name refers to highly active plant waters that have disinfectant, soothing and rejuvenating effects. Hydrolates are formed in the steam distillation of flowers, leaves, seeds or roots. Delight yourself in this extremely gentle treatment with the aid of nature, which could not be better for sensitive hodies

TIP

Once a week, this natural wonder is freshly produced in Ebner's Waldhof herb kitchen!

Let your body feel pure nature

Imagine lying in a bath. First the pure scent of herbs reaches your nose and immediately you are taken into the world of pure nature. You close your eyes and enjoy when your whole body surrenders to the warmth of the water. The magical experience of herbs opens up new chapters of experiences at our sauna infusions, our foot baths, our special Waldhof Signature Treatments and room fragrances.







Wellness Packages

Lazy Days

Have your thoughts asked for a clearing rest? Are you looking for perfect respite – yet you need a "little push" from the outside? Then we highly recommend the Lazy Days. Instead of a long holiday, we can take you at the desired stage of recovery in only a short time.

- · Small Classic Cosmetics
- · Waldhof manicure, incl. polish
- · Waldhof's 4 elements herbal oil massage (50 min)
- · Lather massage

Package

265.-

From Head to Toe

Embrace your own body from head to toe - sense all the cells again and feel the ground under your feet.

- · Small Classic Cosmetics
- · Waldhof pedicure, incl. polish
- · Salzkammergut body peeling
- · Cleopatra wrap
- · Partial massage

Package

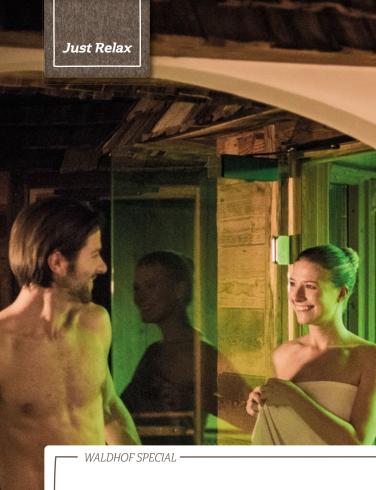
275,-

Sweet Expectations - for Mothers-To-Be

We would love to turn this special time in your life into an even more memorable experience for you. In our view, mothers of the future shall sparkle – in relaxation, beauty and happiness!

- · Small Waldhof pedicure
- · Waldhof pedicure, incl. polish
- · Head and neck massage or partial massage
- · Lymphatic drainage (50 min)
- · Silk and satin Cleopatra wrap

Package



Private Spa

You want to have the spa paradise all for yourselves? No problem.

Our private spa provides the opportunity to enjoy the entire wellness programme with your partner exclusively.

While only our wellness experts are present, tranquillity conquers your mind. The entire spa oasis will embrace you with maximum effect.



Pamper Day for "HIM"

These times, the man of the world not only cares about his appearance; he also lets well-trained wellness artists take care of his body. Eventually every strong body needs new fuel in order to run smoothly again!

- · Men XO Treatment
- Pedicure
- · Rock oil bath
- · Waldhof fasciae treatment

Package

225,-

Pamper Day for "HER"

Leave the stressful moments of your everyday life behind and immerse yourself in the world of carelessness. Lay all pleasures in our hands and finally have it all hand out.

- · Large Classic Cosmetics
- · Waldhof manicure, incl. polish
- · Salzkammergut body peeling
- · Herbal brine bath
- · Partial massage

Package

275,-

Salzkammergut for Two

- · Mountain sauna
- · Salzkammergut body peeling
- · Herbal brine bath or rock oil bath
- · Full-body wrap with goat butter
- $\cdot \ \textit{Aperitif and gourmet appetizer plate}$

approx. 2 hours

229,-

Alpine Spa for Two

- Mountain sauna
- Back massage
- · Whey-lavender or goat's milk bath
- Aperitif and gourmet appetizer plate

approx. 2 hours

Spa Baths

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Care for your skin with the power of whey. approx. 20 min

35,-

Rock Oil Bath

Plain relaxation is everything the rock oil bath is about, prepared with fossil bath oil. approx. 20 min

35,-

Herbal Brine Bath

In this brine bath you will feel original and natural Bad Ischl salt spring water on your skin. approx. 20 min

35,-

Moor Mudbath

Perfect after a sporty day when the muscles call for relaxation. approx. 20 min 35,-

Gentian Nature Alpine Bath

The valuable gentian root extract with brine in combination with the warmth of the bath soothes the skin and stimulates important metabolic functions.

approx. 20 min

35,-

Hydrosol Bath

The best from our own herb garden! There is nothing more natural than the freshness of herbs working small wonders on your body.

approx. 20 min

35,-

Honey Peeling with Follow-Up Honey & Pine Bath

Finally pampering! This is what you will encounter in this sweet treatment ensuring smooth skin and muscle relaxation. approx. 40 min 53,-





Enjoyment on the Soft Treatment Table

Cleopatra	Wrap
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Make your skin shine and enjoy the moisturising floating bed experience.

approx. 25 min

45,-

Goat's Butter Cream Wrap

Are you worried about your dry skin? With the butter cream of the goat you will soon experience healthy skin again. **45,-**

Apple Stem Cell Wrap

Put a stop on skin aging and try this new anti aging miracle.

approx. 25 min

45,-

Swamp Wrap

Strongly anti-inflammatory thanks to humic acid. The treatment relieves rheumatic complaints, arthritis and swollen joints. **approx. 25 min 45,-**

Aloe Vera Wrap

Moisturizing and cooling wrap in our soft pack bed. Perfect after sunbathing, for dry skin or even sunburn. **approx. 25 min**45,-

Salzkammergut Body Peeling

Feel comfortable and experience physical wellbeing. The body peeling removes old cells, promotes blood circulation, smoothes your skin and lets it shine.

approx. 25 min 45,-







Waldhof's Wellness Uniques

Waldhof's 4 Elements Herbal Oil Massage

Inspired by the Hawaiian charm of the lomi lomi massage you will enjoy better sleep and harmonious wellbeing after this fragrant treatment. The herbal oil is specially tailored to your type and has wonderful effects thanks to flowing strokes on your body.

approx. 50 min 82,approx. 80 min 119,-

Waldhof's Individual Treatment

Are you dreaming of a perfect treatment combination for your body? Address your needs and problem zones and talk to the therapist of your choice. Our qualified massage therapists will put together the right program for you to ensure you achieve your desired result.

approx. 50 min 79,approx. 80 min 112,-

Waldhof's Fasciae Treatment

Do you want to feel more flexible and fit? The fasciae massage technique removes tension and adhesions of the muscles as effectively as it heals problem zones of the tissue structures. You will feel lightweight - experience a new sense of movement and nothing will stand in the way of your next excursion! approx. 50 min 79,-

approx. 80 min 112,-

Waldhof's Swiss Stone Pine Vital Massage

Get the smell of comfort and coziness when the warm Swiss stone blocks provide relaxation. While you inhale the stimulating scent of Swiss stone arnica or Swiss stone honey massage oil, your blood circulation is stimulated, your muscles loosened and your mind will be deeply relaxed.

Full-body, approx. 80 min 129,-

Relief for the Back

Honey Massage

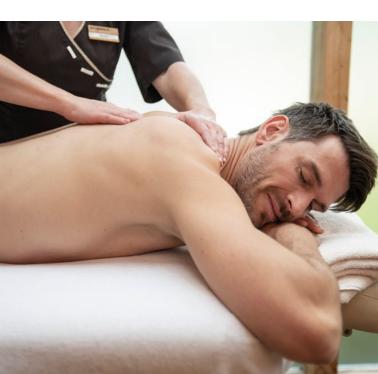
Discover the nurturing and detoxifying power of honey. At this massage, heated honey is applied to your back after a gentle honey mountain crystal peeling. As "dessert" after this treatment you will come to enjoy an intense back massage.

Back, approx. 50 min 85,-

Relaxation Massage

All sorrows, stress and anger as well as permanent bad posture strain our back and block our energy pathways increasingly. With the anti-stress massage we take care of your back and stimulate the flow of energy in your body. You will stand up, feel more relaxed and leave the room in a cosy, warm state.

Back, approx. 50 min







Delightful Favourites

Classic Massage

The classic massage uses many massage techniques to boost your circulation, revitalize your digestive system and relieve tensions.

Partial body massage, approx. 25 min	46,-
Full-body massage, approx, 50 min	75

Head & Neck Massage

Liberate your thoughts from your everyday stress and let your head rest. The fragrance of rose oil works particularly soothing and balancing on the mind.

approx. 25 min	46,-

Foot Reflexology

This massage activates your self-healing and stimulates the organs.

approx. 25 min	46,-
approx. 50 min, with foot bath	<i>75,-</i>

Lymphatic Drainage

If your legs feel like heavy weights, this treatment does an excellent job – a gentle, decongesting massage that stimulates the lymphatic flow.

approx. 25 min	46,-
approx. 50 min	<i>75,-</i>

Leg and Foot Massage

After hiking or cross-country skiing your legs need a little rest. With this cooling treatment, sore muscles can easily be alleviated. The arnica milk massage together with the arnica wrap will relax your calf and thigh muscles.

approx. 50 min 85,-







From Head to Toe

Alpine Herb Stamp Massage

At this special massage, permanently steamed bags filled with herbs will effect in tremendous improvements for your well-being. Select from the following stamp types:

- · Alpine stamp detoxifying
- · Lavender stamp calming
- · Apple stamp anti-aging
- · Wheat bran for problem skin

Full-body, approx. 75 min

119,-

Massage for Connoisseurs

Here, all connoisseurs among you will get massaged and pampered from head to toe. After a foot massage, we apply warm oils for the full body massage. Let yourself go and unwind.

Full-body, approx. 80 min

112,-

Aroma Dream

Embraced by paradisiac scents, the stress of everyday life can finally drop off. First we start with body peeling and an aroma bath. In a nearly floating state you will eventually experience a full-body massage, which guarantees heavenly relaxation thanks to specific essential oils.

Full-body, approx. 75 min

112,-

Alpine Salt Wrap

50 lifting minutes for your beauty - with salt and oil scrub, followed by cellulite wrap.

Full-body, approx. 50 min

75,-

Arnica Foam Massage

Enjoy this foamy cleansing ritual on the Hammam lounger. For a revitalising effect you will be pampered with an aromatic salt-oil body peeling afterwards.

Full-body, approx. 30 min

Mei Ritual Energy Booster

Phytomassopodia (PMP)

Would you like to combine five disciplines in your treatment? Delve into kinesiology, physiotherapy, podiatry, thermal medicine and herbology simultaneously. This combination of methods around your feet will make you experience pure relaxation. This treatment entails detoxifying effects and helps relieve swelling, rheumatism and dry skin.

Foot, approx. 50 min

95,-

The Tree of Life

This treatment stimulates drainage gently but with depth effect, cleanses the body and fuels it with energy again. The "Tree of Life" follows the flow of lymph and the course of the meridians. The effect is enhanced by the warm green clay fango with algae and essential oils – complemented by aromatherapy, a scalp massage and the tea "Gardens of the East".

Full-body, approx. 50 min





Far Eastern Relaxation

If energy pathways are blocked, Thai massages can be key to your health. By pressing and pushing the block points, circulatory problems, digestive problems and muscle tensions are released

Thai Yoga Nuad*

Would you like to experience a massage that allows you to fully surrender to the movements of the masseur and induces a deep sense of relaxation? Then Thai Yoga Nuad is perfect for you! As the treatment begins, your body enters a pleasant state of relaxation that you'll experience with a delightful lightness, like never before. The masseur's movements promote your own passivity, enabling you to feel deep serenity and a sense of trust in your surroundings. Lying on the ground, you awaken to a feeling of connection with the earth, which also gives you a sense of stability and security. Stress in your body melts away, and gradually, you approach a meditative state. The masseur guides you through yoga exercises that you simply need to let happen, allowing you to experience the energy of Hatha Yoga. The Thai pressure massage is not only a means of relaxation, but is also used specifically against various ailments and has both preventive and healing properties. Treat yourself to this unique experience and let yourself be convinced by the effectiveness of the Thai pressure massage.

approx. 50 min 93,approx. 80 min 129,-

^{*} Please come to the Thai treatments in comfortable clothes or sportswear..

ATMA

Aquatic Massage

In this special form of massage, the ATMA practitioner gently holds you on the surface of the water as you are guided through a sequence of movements and stretches that ensure physical and mental harmony. Strengthen your own confidence and enjoy letting go during this pleasant experience. Our house guests can participate in the group experience with aqua yoga and singing bowl relaxation in the water free of charge; the dates for this are in the weekly program.

Individual session, approx. 50 min79,-Individual session, approx. 80 min119,-Group experience (house guests), approx. 50 minfor free

Prices for group sessions and other methods of ATMA experience on request.





Waldhof Day Spa

Spa experience incl. a selected treatment

149,- per person

Waldhof Spa Experience

Spa use from 9am-2pm, incl. breakfast buffet, light lunch & afternoon snack

89,- per person

Waldhof After-Work Spa

Use of Waldhof Spa from 4pm-2pm

59,- per person

Hours of pleasure

For all those who want to indulge themselves in our Waldhof wellness and water world, we offer spa packages packed with wellness delights, as well as Waldhof delicacies and an optional treatment. On 4,000 m2 you can let your soul unwind in the fragrant saunas, cuddly loungers and pools.

OUR PARTNERS



Alpienne - The Power of the Alps

In every Alpienne product you will find only highly concentrated, wild growing or cultivated plant active ingredients. They come from organic and selected farms with a passion for nature. Alpienne therefore also uses natural preservatives such as propolis, honey, glycine derivatives, citric and salicylic acid and pure essential oils for scenting



Mei

Mei treatments particularly reinforce the luminosity of your skin. In addition to detoxifying processes, you will feel results that are visible: less wrinkles, compact appearing hands and a beaming face.



TEH - Traditional European Medicine

Just like Traditional Chinese Medicine, its European counterpart relies on the power of regional herbs. You benefit from the variety of herbs from the garden to which your body is genetically poled. At the Waldhof Spa you experience this advantage first hand. Amidst herbal baths and hydrolates, which are produced in the Waldhof Herb Kitchen, you are experiencing natural health in a gentle and enjoyable way.



TRAWENMOOR

TRAWENMOOR

More than first-class organic quality TRAWENMOOR is based on a unique concept inspired by natural moorland landscapes that function as an ecosystem of their own, with a wide variety of plants complementing each other with their individual functions and keeping the system in perfect balance. This is exactly how the active components of TRAWENMOOR interlock.



Vinoble

At the heart of these high-quality cosmetics produced in Austria, antioxidants from Austrian grape seeds meet nourishing grape seed oil and the anti-aging substance resveratrol. Noxious ingredients such as parabens, paraffins, endocrine disruptors and silicones are completely omitted; Precious. Effective. Vegan.



Kurland

The name Kurland represents a wide range of natural care products. True to the words of the Roman philosopher Cicero, "Nature is the best guide in life", the brand is organised after the laws and models of nature. After all, Mother Earth is not only a perfect counsellor, but also has a long and precious list of treasures for us in store.





Waldhof's Beauty Highlights

Waldhof's Shiny Power

This treatment is designed to restore the luminosity and firmness of your skin. Thanks to the highly effective hyaluronic acid and the use of ultra-sound, high frequency and microdermabrasion, wrinkles disappear after the first treatment. Your skin feels firmer, fresher and rejuvenated.

approx. 80 min

155,-

Waldhof's Refreshment

At the beginning, ultrasonic waves gently vibrate your skin. This is how a micro massage of the entire tissue stimulates your cell metabolism. In combination with high-quality serums, you will experience an immediate regeneration and firmness in your face. You will be pampered with a peeling, serum, ultrasonics, plus a facial mask, a massage and final care. approx. 50 min 95,-



Pampering for the Face

Classic Cosmetics

This well-being treatment cares for you with peeling, shaping of eyebrows, ampoule, facial massage, calming pack or collagen pack.

approx. 50 min	85,-
approx. 80min, incl. deep cleansing	115

TRAWENMOOR -

natural peat treatment with volcanic glass

Natural cleansing and peeling with apricot kernels, gentle and detoxifying massage with volcanic glass, soothing moisturizing mask and finishing cream; depending on the skin's condition, the following products are selected:

- · Balance balancing
- · Hydro moisturizing
- · Sensitive for sensitive skin
- · Regeneration anti-age
- · Redness Control for vasodilatation

approx. 50 min	115,-
approx. 80 min	155,-

Eye-Head-Neck Massage

Let magic shine in your face. After the eye-head-neck massage, you will continue your Waldhof holiday with bright eyes and a clear mind. Aloe Vera eye ampoules and massage with volcanic glass decongests and strengthens the eye area (with 3-4 home ampoule treatments).

approx. 50 min 93,-



WELLNESS FOR HIM

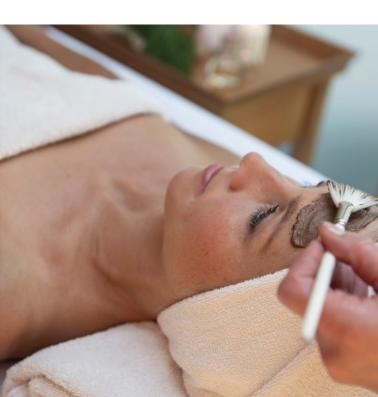
Men's Special

Men XO Treatment

What we offer to women is also available for men: namely treatments only made for you. The products of this treatment have been developed especially for male skin. Whatever the cultivated gentleman may expect: peeling, profiling of eyebrows, steam, massage, deep cleansing, collagen fleece mask and day care.

approx. 50 min excl. cleansing 85,approx. 80 min 115.-

Book now! +43 6226 8264-32 or spa@ebners-waldhof.at







Elegant Look with Vinoble

Vinoble Mini Lifting - Immediate Look Refreshed*

Your mini facelift rejuvenates the skin with gentle peeling. Its secret lies in the central power of Pinot Noirs. Grape extracts and precious active ingredients in ampoule and red wine mask visibly tighten and refresh your skin. A relaxing facial massage completes this anti-aging experience.

approx. 50 min 115,-

Vinoble Maxi Lifting - Maximum Lifting Effects*

This luxury treatment combines a deep-down peeling and a regenerating red wine ampoule with nourishing grape extracts. These ingredients make the treatment an incomparable experience. The skin is tightened, smoothened and cared for. Choose between a cooling polyphenol mask or a warming modellage.

approx. 80 min

155,-

Vinoble intensiv*

This effective program includes fruit acid peeling, deep cleansing, eyebrow shaping, face, neck and décolleté massage and mask. After just one treatment, your skin will be smoother, clearer and your complexion will be fresh and even. Not suitable for sensitive skin and pregnancy.

approx. 80 min

^{*} not for sensetive skin.

Charmingly Beautiful

Manicure	
Manicure with salt peeling, hand care and polish.	
Waldhof manicure, approx. 50 min	<i>55,-</i>
Waldhof manicure, incl. polish, approx. 60 min	61,-
French manicure, approx. 80 min	65,-
Manicure with UV-lacquer, approx. 60 min	81,-
Painting fingernails	19,-
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Pedicure	
Pedicure with salt peeling, care and polish.	
Waldhof pedicure, approx. 50 min	63,-
Waldhof pedicure, incl. polish, approx. 70 min	69,-
French pedicure, approx. 80 min	<i>75,-</i>
Pedicure with UV-lacquer, approx. 80 min	89,-
Painting toenails	19,-
Problem area treatment for feet, approx. 80 min	95,-
robiem area treatment for reet, approxime min	33,
Hair Removal with Warm Wax	
Upper lip/chin	14,-
Armpit	31,-
Lower leg	41,-
Legs and thighs	61,-
Bikini zone	38,-
Shana Bone	20,
Eyelash Tinting	18,-
Eyebrow Tinting	15,-
Eyebrow Correction	18,-
	•
DDIGE ADVANTAGE	
PRICE ADVANTAGE	
Dyeing during Cosmetical Treatment	
Eyelash tinting	12
,	12,-
Eyebrow tinting	8,-





Kids & Teens Spa

(Until the age of 14)

Relaxed Body

Pure relaxation for the whole body with 15 min back massage and 10 min foot massage.

approx. 25 min 35,-

Radiant Face

Designed for young skin that needs special care! Including cleansing, peeling, steam, deep cleansing and special pack. **approx. 50 min**64,-

Shiny Nails

Nails are beautifully filed, maintained and varnished.

approx. 30 min, including varnish for home 39,-

Book now! +43 6226 8264-32 or spa@ebners-waldhof.at

