



**PURIA**

Premium Spa

Travel Charme Fürstenhaus Am Achensee  
**2011 Rates and Packages**

## Your feel-good zone at the Travel Charme Fürstenhaus Am Achensee

**Perfect moments of happiness are within your grasp.** On the following pages you will find the entire range of PURIA Premium Spa offers which are available at the Travel Charme Fürstenhaus Am Achensee. Our PURIA Spa concept is characterized by clarity and transparency. In order to fulfil this aspiration we have subdivided it

into four areas which are of vital importance for sustainable and holistic well-being: beauty, relaxation, exercise and nutrition, thus making the choosing and deciding on your treatments pure pleasure. We wish you a relaxing stay at our PURIA Premium Spa.



## BEAUTY

We will make your beauty glow using personalised treatments and only the best products suited to your skin type and entirely according to your wishes – the ultimate wellness formula.

### HER face & HIS

You can choose the type of facial you prefer. Would you like a classic facial with THALGO products or a Clarins' wellness facial? We will be happy to advise you.

**THALGO basic facial** ca 55 mins € 65.00  
Skin analysis · cleansing · exfoliation · deep cleansing · active ingredient application · mask · finishing

**THALGO classic facial** ca 80 mins € 95.00  
Basic facial · eyebrow shaping · intensive eye treatment relaxing face, neck and décolleté massage

**THALGO intensive anti-wrinkle treatment**  
The combination of mask pads applied directly onto the wrinkles with a refreshing gel mask makes pinpoint and, in particular, in-depth anti-wrinkle treatment possible. Hyaluronic-acid microspheres penetrate the wrinkles and plump up on contact with the moisture of the skin. Wrinkles and lines will thus be "filled out". Your skin will immediately look smoother and revitalised.  
without massage ca 50 mins € 70.00  
with massage ca 80 mins € 90.00

**THALGO Algomega heat treatment** ca 80 mins € 80.00  
Ultra-gentle heat treatment for skin which is dry and irritated. Moistened zoo plankton, applied together with soothing and restructuring extracts from arnica and bitter aloe, help restore the balance and health of the skin. Its barrier function is reinforced and the lack of lipids and moisture is compensated for. The skin is calm, smooth and radiant. The result is relaxed, soft skin wanting for nothing. The extraordinarily fruity-flowery fragrance makes this treatment a real celebration for the senses.



### SPECIALS

**"Augenblick" THALGO** ca 25 mins € 30.00  
The highly sensitive eye area is provided with an extra portion of active collagen – which revitalizes tired eyes, smoothes the skin and visibly reduces wrinkles and lines.

**"Strahlende Augen" THALGO** ca 40 mins € 50.00  
Eyebrow shaping and eyelash tinting – afterwards we gently treat the sensitive eye area with active care ingredients. Fine lines are reduced and the result is a radiant appearance.

### NEW PRODUCTS AND TREATMENTS

**Charis Cara** ca 80 mins € 95.00

#### "The way to natural beauty"

Our face reflects our inner world – as a link between our body, our mind and our soul. The face is the part of the body which becomes most animated when we express our feelings. Over the years, all our feelings, intense experiences, all our thoughts, everyday stress and facial expressions leave lines in our facial features. Charis Cara is a specially developed holistic, manual treatment; it deeply relaxes and stimulates the facial muscles. It removes years of stress from your face, and after just one application you will seem younger, more radiant and more vital. Moreover, the treatment has a rebalancing and invigorating effect on your entire body, wrinkles are reduced, the skin becomes firmer, and the area around the eyes more radiant.

**Charis Cara** ca 80 mins € 95.00  
This treatment of the acupuncture meridians relaxes and stimulates the facial muscles.

**Charis Cara Drainage Therapy** ca 45 mins € 50.00  
The body is purified and detoxified.

**Charis Cara Amnis** ca 80 mins € 95.00  
The intensive stimulation activates your vital energy flow.

### For men

His skin also needs looking after. It needs protecting from stress and environmental pollution and the effects of shaving. If you would like to declare war on small wrinkles and at the same time totally relax, then come on in, gentlemen.

**Business men** ca 50 mins € 62.00  
Basic treatment using care products specially suited to men's skin and a blissful facial massage.

**Indulgent deluxe treatment** ca 80 mins € 95.00  
In-depth cleansing and care treatment · facial massage with ampulla substances · a simultaneous basic manicure



**Clarins Methode SPA**

During these treatments highly concentrated “PRO” beauty cabin products are used. They will provide you with immediate results and be intensified and reinforced by using your personalised Clarins’ products. More than 80 different massage hand movements model your face and body, stimulating the lymphatic system and activating the energy flow. The balance of your skin will be restored. Relax while enjoying skin cleansing, exfoliation, the application of special serums and PRO active ingredients as well as massages.

**Clarins Methode Spa Gesichtspflegebehandlungen + Make-up** ca 80 mins € 95.00

You can choose from the following treatments:

**Anti-Aging Intensive (Nurturing Multi-Intensive)**

Cell-activating treatment visibly models and refines the facial contours. The skin becomes younger and firmer – resembling a facelift.

**Power-Regeneration (Multi-Régénérant Care Line)**

This anti-wrinkle treatment is a pure fountain of youth for the face. The skin becomes incomparably smooth, it becomes firmer and the wrinkles are reduced.

**Flawless Complexion (Capital Lumière Care Line)**

This is a cleansing and lightening treatment which produces a

flawless skin free of pigmentation. A real must to restore the skin's freshness and the rosy transparency of its youth.

**Multi-Active Protection (Multi-Active Care Line)**

A treatment that rebalances stressed and tired skin and reduces premature wrinkling. The skin becomes smooth and revitalised.

**Moisture to your requirements (SuperHydratante Multi-Climats Care Line)**

This feel-good treatment provides even the most dehydrated skin with all the moisture it needs. Smooth and perfectly nourished, the facial skin glows with new vitality.

**Extra gentle to your skin (Douceur Care Line)**

A soothing treatment for very sensitive skin. It repairs the epidermis and restores its natural protective mechanism. It reduces reddening and rebalances the complexion.



**Clarins SPA body-care treatments**

**Clarins Methode Spa Body treatments** ca 80 mins € 90.00

Prior to each treatment you will receive the Clarins’ indulgent exfoliation for a skin as soft as silk and satin. Afterwards you can choose between a body wrap or a massage with active ingredients of your choice.

You can choose from the following treatments.

**Clear contours – superior body care (Clarins Lift-Minceur)**

This is a modelling treatment with a highly effective care formula

which purifies, drains and activates. It is made from geranium, ilex, orange and chestnut.

**Youthful firmness - strengthening body care (Clarins Raffermissant)**

This is a completely effective, luxurious anti-ageing treatment. Firm structures, toning and elasticity are achieved with active ingredients from the Bocoa tree.

**A feeling of luxury – regenerating, moisturizing treatment (Clarins Régénérant)**

It reduces signs of ageing through an intensive treatment with PRO-retinol, olive und water lily. Your skin will become as smooth and soft as silk and will be fresh and youthful.

**The finer points**

**Eyebrow shaping** € 10.00  
**Eyebrow / eyelash tinting** € 10.00

**Epilation**

**Half leg waxing** ca 25 mins € 30.00  
**Bikini line / underarm waxing** ca 15 mins € 15.00  
**Complete leg waxing** ca 45 mins € 40.00  
**Back** ca 45 mins € 40.00



**Hand & foot treatments**

**Basic manicure** ca 25 mins € 25.00  
 Finger nail shaping and treatment

**French manicure** ca 15 mins € 15.00

**SpaManicure by CreativeSpa** ca 50 mins € 60.00  
 Luxury pampering for the hands: exfoliation · finger nail shaping and treatment · paraffin bath or varnish

**SpaPedicure by CreativeSpa** ca 50 mins € 60.00  
 Luxury pampering for the feet: foot bath · exfoliation · nail shaping and treatment · foot massage incl. wrap

**Wellness for the feet** ca 25 mins € 30.00  
 Exfoliation · wrap · foot massage

**Cosmetic pedicure** ca 40 mins € 42.00  
 Foot and nail treatment: foot bath · nail shaping · filing cuticle care and removal of hard skin

**Nail varnish** ca 15 mins € 10.00

**Medical foot treatment** ca 50 mins € 50.00

**Scrubs**

Specifically designed for your individual skin type, the scrub removes dead skin cells. Your skin becomes clear and bright and can again absorb active substances.

**Algae-cream scrub** ca 40 mins € 36.00

A creamy, warm algae scrub which relieves your body of dead skin cells gently and caringly with exfoliating particles. This is followed by a fragrant, soothing massage.

**Memoire ocean scrub** ca 25 mins € 36.00

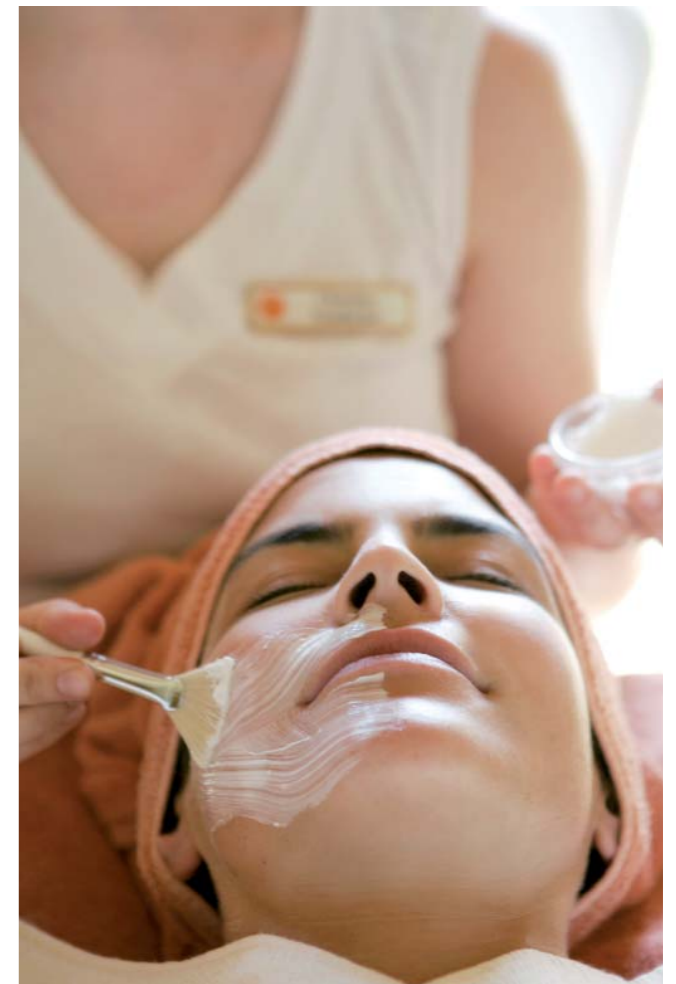
This mix of pure volcano sand and algae frees the body of dead skin cells. It leaves your skin feeling soft and silky.

**Sugar-salt scrub** ca 25 mins € 36.00

Purifying relaxation: Qi Marine™, Indian lotus und essential oils from the Mediterranean blend together in this luxurious scrub, nourishing the skin and leaving it as soft as velvet.

**Plasma-gel scrub** ca 40 mins € 36.00

Completely natural scrub from the algae and sea salt mineralises the skin and restores the balance. It is recommended especially for inflamed, impure skin.



Pack & wrap

Have your body cocooned in a nurturing wrap. In combination with heat the nutrients have the ideal conditions to be released and thus promote circulation.

**THALGO algae pack** ca 40 mins € 40.00

100% pure, natural, micro-pulverised algae draw out impurities and toxic acids from the body, the metabolism is stimulated, the skin is mineralised and moisturised.

**“Silk and satin” body cream pack** ca 25 mins € 30.00

Intensive treatment with sesame oil and Mirual algae for very dry skin.

**Frigi wrap** ca 50 mins € 50.00

Cool wraps to remove blockages in the legs. Includes part-body exfoliation. Relieves swelling and vein problems.



SPECIALS

**Thalgomince LC 24** ca 80 mins € 110.00

The ultimate treatment programme for cellulite. In the initial exfoliation, active substances already start to have an effect on unattractive fatty deposits. The ensuing cellulite massage and the alginate body pack push the active substances deep into the layers of the skin and stimulate the metabolism. This results in firm body contours and a silky smooth skin.

**without scrub** ca 50 mins € 80.00

**Sea spray** ca 50 mins € 75.00

First a stimulating exfoliation and then a wrap of 100% algae. During the treatment we pamper you with a soothing head massage.

**Soft as velvet** ca 50 mins € 75.00

Exfoliation to remove dead skin cells followed by a special cream pack which intensively nourishes your skin. Whilst you are enjoying your wrap we will massage your feet.

**Memoire ocean** ca 110 mins € 120.00

Your body and your senses are pampered with the refreshing THALGO Spa Ritual using highly rich products from the ocean. Algae extract skin care products vitalise and nourish in four treatment steps: exfoliation · bath · massage · wrap.

Specially recommended

**Aegyptos Vital Wrap - Extraordinarily successful treatment** ca 110 mins € 120.00

Stress, bad diet and toxic stimulants are the main reasons for toxins and waste products accumulating in the body tissues. These waste products are responsible for such problems as loss of elasticity and tone, cellulite, tiredness and lack of energy. With Aegyptos vital wrap, warm cotton strips are soaked in healing earth consisting of loess, salt from the Dead Sea and minerals. This is an ancient method of detoxifying and purifying the body. The special wrapping technique is particularly effective in eliminating urea and adrenalin.

Cellulite, stretch marks, scars, skin irritations and eczema are significantly improved with this method. The actual treatment takes one hour (without the wrapping). During this time the perfume-free active ingredients are released and penetrate deep into the cells. The result is satin smooth skin and a toned, rejuvenated body. The Aegyptos vital wrap is so effective and rich in essences that often three treatments are enough to achieve a better skin profile and an increase in vitality.

The most successful health and slimming method:

- tones the skin by means of effective detoxification
- reduces cm in the problem areas targeted
- improves scars and stretch marks as well as dry, rough skin
- creates new energy especially in men.

10 % discount for three or more treatments.

**Aegyptos Quick Wrap** ca 70 mins € 85.00



Here you will experience true tranquillity – relaxation is more than doing nothing. Together, we will find out what is good for you. This way you will be able to enjoy the pleasures of your holiday, relaxed and full of new energy.

Massages

Treat yourself to the luxury of being massaged by skilled hands.

Benefits of these massages:

Stimulation of the circulation · relaxation of the muscles · pain relief · purification of the tissues · stimulation of the inner organs via autonomic reflex arcs · mental relaxation · improvement of the cell metabolism · relaxation of the skin and connective tissue influence on the vegetative nervous system



Classic massages

**Partial massage** ca 25 mins € 33.00

**Full body massage** ca 50 mins € 65.00

**Asian head massage** ca 25 mins € 33.00

**Foot massage (up to the knee)** ca 25 mins € 33.00

**Lymphatic drainage massage** ca 50 mins € 65.00

This treatment mainly serves as a blockage reduction therapy. With circular stroke movements, which are applied with light pressure, fluid is moved from the tissues into the lymphatic system.

**Lymphatic drainage massage (partial body or face)** ca 25 mins € 33.00

**“Freeing your head”** ca 50 mins € 55.00

First relax with a head massage and then enjoy the ear candle treatment: ear candles have a purely physical effect through the slight vacuum and the vibrating waves of the air in the ear candle caused by the flame. All this results in a warming, gentle ear-drum massage, which is perceived as very pleasant and has a clearing effect on the ears, forehead and sinuses.

**Medical massage bed** ca 30 mins € 15.00

Leading clinics, doctors, physiotherapists, rehabilitation and health centres use the hhp massage system, in particular for the regeneration of the entire system and for the relief of back pain. This oscillating massage with infrared heat is one of the regulation treatments, i.e. its use improves and restores natural body functions. It can be used daily, with nine different medical programmes such as purification/detoxification and regeneration.

Massages with hot oils and stones

**Lomi Lomi Nui** ca 110 mins € 120.00

This treatment is a unique, intensive experience which will leave you with a sense of inner and outer well-being. The holistic massage and the generous quantities of oil used result in a cleansing of the blocked body energies and a return to the natural energy flow. Inner and outer cleansing help detoxify the body and prepare it for the new. The result is deep relaxation.

**Four-handed massage** ca 65 mins € 140.00

**La Stone** ca 80 mins € 95.00

This treatment is a wonderful combination of massage and energy work. It leads to deep relaxation.

Warm oil is applied to the body, which is then massaged with warm or cool stones. The basalt and marble stones are the perfect medium for applying different temperatures to the body in a targeted way. The heat and the cold provide new impetus for stimulating the self-healing processes in the body.

**Abhyanga** ca 80 mins € 95.00

At the beginning of the full body massage warm oil is poured on specific parts of the body, the so-called Marma points and chakras according to Indian Ayurvedic science. Then the body is oiled following a precisely specified massage procedure. The massage itself is relatively gentle and is carried out with the heart point of the hands and the soft skin of the underarms. During this massage the body structures benefit and the so-called srotas, the detoxification channels of the body, are opened.

## In-depth massages

**Craniosacral therapy** ca 80 mins € 95.00

This treatment is a gentle manual procedure during which the therapist directs his or her hand movements mainly to the areas of the head and the sacrum.

Blockages in the craniosacral rhythm can affect our nervous system, hormones, breathing and lymphatic system and also the muscles and the joints. Gentle strokes invite the body to relax and activate its self-healing forces. This treatment brings about improved stress-resistance in daily life, relieves pain, relaxes muscles, reorganises our body system and activates life energy.

**Holistic pulsing** ca 50 mins € 65.00

The so-called "pulsing" is a gentle treatment with an in-depth impact. Carefully matched hand movements cause the body to rock slightly from head to toe. This sensitive, gentle "rocking" has an extremely relaxing effect, deep-seated blockages can be released and specific life energies caused to flow again. Take this completely new path in order to restore the equilibrium of your body, mind and soul.

**Foot reflexology massage** ca 50 mins € 65.00

This special massage is a treat for your feet. It relaxes and strengthens the immune system. Blockages are opened up and the entire flow of energy is optimised. All the organs and the lymphatic and nervous systems benefit from this pressure point massage directed at specific points.

**Dorn Breuss spine regeneration** ca 80 mins € 95.00

Using gentle pressure, the spinal column is loosened in such a way that dislocated or blocked vertebrae of the spine can slide back into their original positions. Not only does this unblocking result in pain relief in the spine and joints (hip, shoulder, knee, etc.), but often even in the relief or at least improvement of organic and mental problems. This is due to the close relationship between the spine and our other systems. This is followed by a Breuss massage.

**Important note:** Please do not do any sports for 24 hours after Dorn Breuss treatments.

**Breuss massage** ca 25 mins € 35.00

This Rudolph Breuss massage is a sensitive back massage which can reduce mental, energetic and physical blockages by way of loosening and gently stretching the spine and the sacrum. It is given either before or after a Dorn treatment but can also be offered as a separate therapeutic method. It is particularly effective for problems with intervertebral disc problems, sciatica, sleeping disorders, depression and tension.

**Nuad body work** ca 80 mins € 95.00

This treatment is a traditional Thai massage and has its roots in the ancient Indian healing art. Thai body work is carried out fully clothed on a futon mat. Through the combination of gentle, flowing movements and deep stretching with alternating rhythmic tension and relaxation phases, the entire body is loosened and mobilised. This way tension and tissue hardening are relieved.

**Nuad Tao – Thai foot massage** ca 80 mins € 95.00

This very special foot massage including a foot bath differs from the other, traditional foot massages in that it is carried out to above the knee. Specific reflexology zones of the feet are stimulated and activated with a special wooden stick. Afterwards the feet and thighs are wrapped in a towel using a special technique.

**Treatment without foot bath** ca 50 mins € 65.00**Honey massage** ca 50 mins € 63.00

The honey massage has long been known and proven as a traditional Russian treatment. In this massage the back is treated with honey. The lymphatic system, the reflexology zones of the body, the meridian pathways and the organism are activated. In this treatment toxins and waste products are removed from the body tissues. **Please note:** do not use water or any cosmetics on your skin for 24 hours after the treatment.

**Intensive back massage** ca 50 mins € 63.00

The intensive back massage is a special type of massage which starts with long strokes. Elements of the underarm technique are combined with those of the cupping massage. The intensity and the technique of this massage activate the energy flow and greatly improve the mobility of the spine and the head.

**Taoist abdominal massage** ca 45 mins € 60.00

"Chi Nei Tsang" is based on knowledge of the five-element theory of traditional Chinese medicine (TCM). This body work claims that the emotions are located in the organs. Therefore the direct massage not only has a detoxifying effect and helps relieve digestion problems, but also has a positive effect on emotional tension and blockages. Special attention is given to the area around the navel. It is where we are first taken care of and where we are connected to the world.

**Intuitive Sensitive Massage** ca 80 mins € 95.00

This massage is a harmonious combination of elements from various massage techniques. The deep state of relaxation stimulates the energy flow in the body, as tensions and blockages are gently removed. Special priorities can be set to create a very individual massage. It is a perfect alternative to the classic full body massage.



## Luxury baths

Relax in a blissful bath and allow aromas and bath essences to become effective. We offer a range of special baths, which reduce tension noticeably, leave your skin smooth and soft and increase your well-being.

**Blue lagoon bath** ca 25 mins € 29.00

A marine skin care complex made from water-lily extract, essential oils and vitamins provides for softness and well-being.

**Lotus-blossom milk bath** ca 25 mins € 29.00

A milk bath makes the skin soft and tender. Lactic acid dissolves dead skin cells and restores the balance of your skin.

**Algae bath** ca 25 mins € 29.00

This power package of vitamins, minerals, trace elements and amino acids stimulates the metabolism, purifies, neutralises, moistens, relaxes, remineralises and tones.

**Clarins plant extract baths** ca 25 mins € 29.00

You can choose from three luxurious baths with the intensive effects of essential oils containing moisturising coconut extract:

- Minceur – detoxifying
- Tonic – toning and stimulating the circulation
- Relax – re-energising

## SPECIALS

**Detox foot bath** ca 30 mins € 25.00

The detox foot bath helps draw noxious acids, waste products and toxic substances from the body. In addition to the inner organs, the body also has certain outer areas such as the skin which enable it to be freed of these toxic substances by sweating. The soles of our feet are one of these areas.

**Detox foot bath & detox patch** ca 30 mins € 33.00

## Tyrolean stone oil special

Pharmacological evidence shows that this product has a high, naturally occurring, sulphur content. Therefore it has anti-bacterial and anti-inflammatory benefits. Its main use is for all degenerative and inflammatory changes to our musculoskeletal system, especially the big joints such as in the shoulders and knees. Very good results can also be achieved with it in treating various kinds of skin disorders such as neurodermatitis and psoriasis.

**Stone-oil fango wrap** ca 25 mins € 30.00

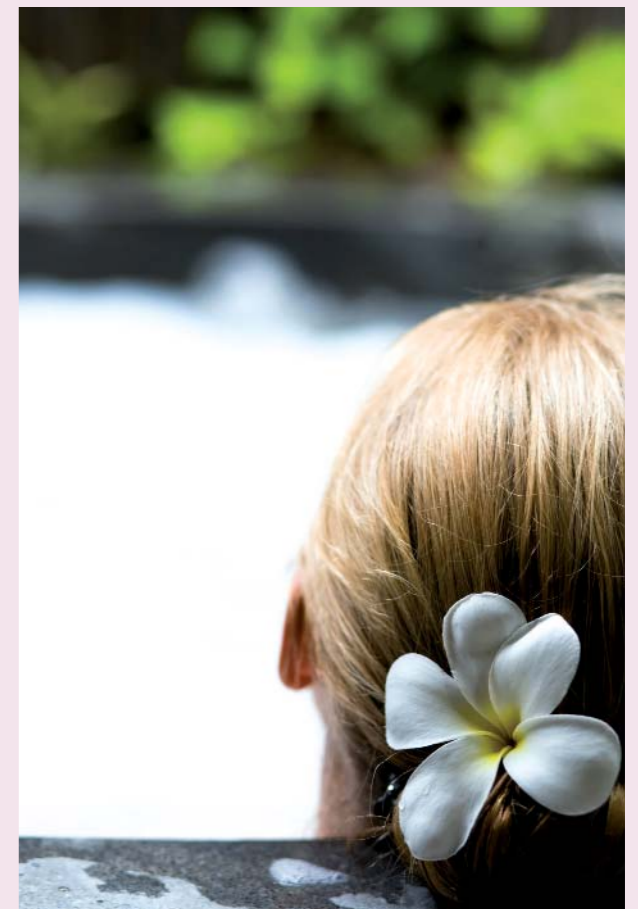
This is an ideal treatment for tension in the back and neck. The great benefit of the stone oil results from its capacity to store heat particularly well. The heat is then dissipated very slowly. The use of the soft-pack bed enhances this effect.

**"Vital" stone-oil bath** ca 25 mins € 25.00

This is the ideal bath if you feel burnt out - it stimulates the circulation and activates blood flow.

**"Klassisch" stone-oil bath** ca 25 mins € 28.00

For inflammation of the musculoskeletal system and skin.

**Partial stone-oil massage** ca 25 mins € 33.00**Full-body stone-oil massage** ca 50 mins € 65.00

### Shared joy is double the joy: treatments for two in the Private Suite.

When two people travel together they can be sure of experiencing something special at our hotel. Let yourselves be pampered together and share this relaxing experience in our Private Suite in an exclusive ambience – private, personal und equipped to make you happy together: your own wellness massage bed, a double bath and a separate relaxation area. And, what is most important, you are here together, and yet completely by yourselves.

#### Rasul ca 45 mins € 75.00 for 2 people

Rasul is a combination of a full-body mud treatment with gentle warming, inhalation and aroma-therapy. By massaging in the mud, the dead cells of the epidermis are removed, the tissue below is firmed, the muscle tone benefits and the metabolism is stimulated. Toxic substances and waste products are drawn from the skin resulting in wonderful, smooth and soft skin.

#### Memoire ocean ca 110 mins € 120.00 per person

Your body and your senses are pampered with the refreshing THALGO Spa Ritual using highly rich products from the ocean. Algae extract products vitalise and nourish in four treatment steps: exfoliation · bath · massage · wrap.

#### Blue lagoon bath ca 25 mins € 39.00 for 2 people

Enjoy a tropical fragrance experience as though you were in the middle of a blue lagoon. A marine skin care complex made from water-lily extract, essential oils and vitamins creates a feeling of softness and well-being.

#### Lotus-blossom milk bath ca 25 mins € 39.00 for 2 people

A milk bath makes the skin soft and tender. Lactic acid dissolves dead skin cells and restores the balance of your skin.

#### Time out for two in the Private Suite ca 90 mins € 55.00 per person

Aromatic sauna for 60 minutes · one partial massage each and a bottle of sparkling wine and chocolate plate



### PURIA specials

True luxury is in reality very simple: to have time to do something just for yourself and to experience how good it feels. With our PURIA specials you can go a long way to achieving this aspiration.

#### PURIA energy exfoliation ca 45 mins € 45.00

This is the best way of just easing away the stress of everyday pressures with the natural care of PURIA: warm, comforting towels will put you in the right frame of mind to be pampered with a warm PURIA exfoliation cream which both relaxes and revives, stimulates the metabolism and increases the general well-being. After the exfoliation, your skin will be gently moisturised and, as a final touch, you will be given a warm, soothing herb pillow and a cup of PURIA tea.

#### PURIA energy massage ca 60 mins € 72.00

This is perfect for releasing tension and recharging your batteries. After a warm foot bath you will be given a special PURIA aroma-oil massage and a face and head massage. Whilst you are resting, your eyes will be soothed by eye pads soaked in rose water. At the end of the treatment you will be given a warm, soothing herb pillow and a cup of PURIA tea. A pair of cosy socks will accompany you back home.

### PURIA body care products

Treat yourself to the nurturing effects of our exclusive body care products, not only on holiday, but also at home. And, by the way, all the ingredients in PURIA products are certified organic products.

**PURIA massage oil:** a heavenly fragrance and deeply nourishing; enriched with precious almond, olive and peanut oils.

**PURIA scrub:** gently removes dead skin cells; cocoa butter, grape seed and olive oils give a smooth skin.

**PURIA shower gel:** enriched with lemon peel extract. It turns showering into a luxurious and nurturing experience.

**PURIA shampoo:** with orange extracts for shine and softness; gentle cleansing and care for all types of hair.

**PURIA body lotion:** with olive oil; provides the skin with precious, long-lasting moisture.

**PURIA hand cream:** with nourishing olive oil, vitamin E and moisturising allantoin; well-balanced care for soft hands and well-groomed nails.

You can become acquainted with and buy all PURIA products at the PURIA reception.

## Personal consultation

**You are the centre of our focus.** Our staff will be happy to advise you individually prior to your visit to the PURIA. Therapy sessions, massages and cosmetic treatments can then be suited to your needs and packages can be put together according to your preferences. We would appreciate it if you could tell us when

you make your reservation at the PURIA Spa whether you wish to have comprehensive personal advice – this way our staff will be able to plan sufficient time for that purpose in advance. You will become aware of the value of this “additional” time during and after your treatments.



## Products

**Clarins** 

The Clarins' company philosophy has three priorities: **quality** – only absolutely premium products are used on the clients' skin; **truthfulness** – Clarins' products and treatments keep their promises. Conversely, they only make promises they can keep: results, not miracles; **communication** – the contact with the clients and their wishes is of top priority. Therefore each Clarins' product is accompanied by a Carte Cliente in the form of an invitation and feedback as a means of establishing direct contact. Clarins' skin care products, based on highly effective plant extracts, are as individual as the cosmetic requirements of our clients. Face and body, depending on their type of skin, are pampered with soothing or matt-finishing skin care substances. All their skin care product lines are perfectly composed. Each of them pursues five criteria for the maintenance of permanently beautiful and well cared-for skin: cell stimulation, revitalisation, the supply of moisture and oxygen and skin protection.

**THALGO** 

For more than 40 years THALGO has been of undisputed significance in the field of marine skin care. Discoveries from the depths of the oceans make ever more new and more effective products possible, for the purpose of preserving the beauty and youthfulness of your skin. Benefit from the experience of real skin care experts – experience a wellness and beauty programme individually suited to your requirements.



## EXERCISE

Wonderful landscapes, tips from professionals and individual advice: this is how you achieve the best possible results for your heart, circulation and fitness. From aqua-gym and Nordic Walking to bike tours and golf.

### Indoor activities

- Qigong and Pilates **free of charge**
- Yoga and Aqua Fitness **free of charge**

### Outdoor activities

We offer a variety of activities all year round. Whether it is guided walking tours or a golf “taster” course in the summer season, cross-country skiing and snow-shoe walking in the winter – you have a wide choice and a 100% fun factor. For more details on dates please have a look at our bulletins.

### Our fitness area

Gym with a sprung floor, cardio and fitness room with treadmills, cross trainers, ergometers and power circles, fitness-test room, solarium



## NUTRITION

### New as of 2010: GreenGusto® – naturally more enjoyable

All dishes are prepared according to our **GreenGusto®**-concept: We put emphasis on local produce, organic produce from sustainable, organic farming and production.

### Our 7-point-quality promise

Our **GreenGusto®** concept is based on the following promises of enjoyment, which guarantee produce and products and therefore culinary enjoyment at the highest possible level.

- ✓ **Quality:** only top-quality, fresh seasonal food, without any artificial flavouring or flavour enhancers
- ✗ **Sourcing:** a large amount of local produce and products from a network of quality suppliers based in the area
- ✓ **Organic product and eco-certificates:** dairy products from certified, organic food producers, a generally high proportion of organic produce and products, a wide range of wines from ecological vineyards
- ♻️ **Sustainability:** a preference for food from sustainable farming and environmentally-friendly local production
- i **Transparency:** continuous quality checks and reliable statements about products and producers, also suitable for people with allergies
- ✦ **Refinement:** the finest cooking for regional and international cuisine of the highest standard
- 🕒 **Individuality:** our own daily specialities, freshly prepared or made every day



## Packages

Our ways of relaxing, caring for ourselves and simply doing something good are as individual as we are. We have combined the most exquisite treatments and massage techniques in our exclusive PURIA packages in such a way that you can discover anew what is best for your well-being.

And remember – our packages offer attractive price savings compared to the corresponding treatments taken individually.

### Our special offer for you

#### A taste of PURIA

- 3 nights incl. "GenussPlus"
- 3 elegant dinners
- A PURIA treatment of choice:  
a bath or a partial body massage or an exfoliation
- use of the pool, sauna and fitness facilities

Example of price per person  
in a Fürstenhaus double room **€ 396.00–516.00**

### PURIA packages for 2 to 3 days

#### Pampering time – "some days just for me" **€ 199.00**

A classic facial · a spa manicure or pedicure · an algae cream peeling · "velvet and silk" body cream pack · a lotus blossom bath

#### Manager "off duty" – simply relax **€ 216.00**

A basic facial / business men · a simple manicure · a Lomi Lomi Nui massage · a blue lagoon bath

#### Immerse in the world of Clarins **€ 170.00**

A "Clarins Method Spa" facial and make-up · a Clarins body treatment · a Clarins plant-based bath

#### Men's special **€ 160.00**

A "business men" facial · a simple manicure · a full body massage · Memoire Ocean exfoliation

#### Orange peel skin – No thank you! **€ 199.00**

1x sea spray · 2x Thalgomince LC 24 not including exfoliation

#### Cloud nine – for pleasure seekers **€ 246.00**

A blue lagoon bath · a Lomi Lomi Nui massage · a classic facial a body pack of choice

#### "Tyrolean special" – relaxes and unwinds **€ 90.00**

A Tyrolean stone oil fango treatment · a partial body massage with Tyrolean stone oil · a foot massage



### For mothers-to-be

Please understand that some of the treatments and certain massage techniques listed in our brochure are not suitable for mothers-to-be. We do, however, especially recommend the following treatments during pregnancy.

#### Holistic pulsing – pleasant for mother and child. ca 50 mins **€ 65.00**

The so-called "pulsing" is a gentle treatment with an in-depth impact. Carefully matched hand movements cause the body to rock slightly from head to toe. This sensitive, gentle "rocking" has an extremely relaxing effect, deep-seated blockages can be released and specific life energies caused to flow again. Take this completely new path in order to restore the equilibrium of your body, mind and soul.

#### Neck massage ca 25 mins **€ 30.00**

#### Charis Cara ca 80 mins **€ 95.00**

This treatment of the acupuncture meridians relaxes and stimulates the facial muscles.

#### Charis Cara Drainage Therapy ca 45 mins **€ 50.00**

The body is purified and detoxified.

#### Charis Cara Amnis ca 80 mins **€ 95.00**

The intensive stimulation activates your vital energy flow.

#### Leg massage (up to the knee) ca 25 mins **€ 33.00**

#### Thai Yoga (from the sixth month on) ca 80 mins **€ 95.00**

A complete Thai Yoga massage can be given to mothers-to-be whilst they are lying on their side. The massage can result in a feeling of well-being and relief for the time before giving birth. From the passive extending and stretching exercises, expectant mothers experience more breathing space, the muscles, which are often tense, are relaxed and water deposits can be treated successfully. This treatment is very soothing for the baby.



## Private time

Your time is precious – make the most of it: book some "Private Time" in our PURIA Spa. Decide for yourself how to use it depending on how you feel and after comprehensive consultation. Whether you want to relax, for vitalising or toning, for a massage or for a beauty treatment, your "Private Time" is time out for you and for your needs.

### Our offers for you\*

<b>Private Time</b>	50 mins	per person	<b>€ 68.00</b>
<b>Private Time</b>	80 mins	per person	<b>€ 98.00</b>
<b>Private Time</b>	110 mins	per person	<b>€ 125.00</b>

\*We recommend you ask us for advice at least one day before the required appointment.



## Gift vouchers

Give a person you love a wonderful time with a gift voucher for a pampering treatment in our PURIA Spa. Whether it is a specific package or just an open voucher – such an indulgent present will make the recipient happy and not only for the moment.



## Pool

Have a morning 'dip' in the pool to wake you up, a daily swim to relax, or just a jump into the water to refresh yourself whenever you feel like it, swim yourself well or until you are tired, laze in the water to your heart's content or just drift. Our comfortably heated water world is there for you throughout the year.

### Enjoy:

- the heated outdoor and indoor pools throughout the year, ca 200 m<sup>2</sup> and a water temperature of ca 28°C
- the outdoor whirlpool for 10 people with a view of Achensee, ca 37°C
- the wonderfully landscaped gardens with a sun-bathing area close to the outdoor pool
- the spacious areas to relax and enjoy with a view of the mountains and Achensee, some with water beds



## Sauna

Take lots of time to sweat and detoxify, to enjoy the pleasant fragrances of eucalyptus and exotic blossoms. Look forward to the hissing sound of each vaporisation on the hot stones, to the cleanliness and the undescrivable feeling after the sauna, relieved not only from some worries..

### Our sauna world:

- large Finnish sauna, temperature ca 90°C
- Tyrolean sweat sauna, temperature ca 80°C
- sole grotto (steam sauna)
- bio-sauna, temperature ca 60°C
- tropical rain – pleasant water massage from a height of 6m, with an individually adjusted temperature
- drinking water fountain
- foot spa
- solarium
- infrared cabin



## Your PURIA Spa at a glance

Ground floor



Basement



### Waiting for you:

- 3,000 m<sup>2</sup> of spa area
- Pool and sauna area
- 16 treatment rooms
- Private Suite
- Fitness area und gym room

■ BEAUTY

■ RELAXATION

■ EXERCISE

■ NUTRITION

## Opening hours:

<b>PURIA Spa</b>	daily	10am to 7pm
<b>Pool</b>	daily	7am to 10pm
<b>Fitness area</b>	daily	8am to 10pm
<b>Sauna</b>	daily	2pm to 8pm

## Reservations:

We look forward to receiving your reservations:

**Reception:** +43 (0) 52 43 / 54 42 - 0  
**PURIA reception:** - 522

## Your time in the PURIA Spa:

Total relaxation needs time. We advise you to come to the PURIA Spa 10 minutes prior to your appointment. Take your time and prepare yourself mentally for your spa experience. We would also like to ask you to take 10 to 20 minutes to relax after your treatment. All the treatments start at the time agreed. Should you be late, there will unfortunately be less time for your treatment in which case the pleasure and also the effectiveness can be impaired. We are not able to grant you a price reduction for shorter treatment times if you are late.

## Cancellations:

Your appointments can be cancelled free of charge up to 24 hours before the treatment at the latest. If you cancel less than 24 hours before your treatment or just do not appear we reserve the right to charge a cancellation fee of 100%. Please understand that your treatment time is shorter if you arrive late.

## Clothing in the PURIA Spa:

Our hotel guests are recommended to wear the bath robes and bath slippers provided for them in their hotel rooms. You can also get them from PURIA reception. During the treatments your body will be completely wrapped in towels, apart from the areas being

treated. Otherwise please dress in a way that feels comfortable for you. For the fitness area suitable sports clothes (e.g. T-shirt or sports shirt and shorts or leggings) and sports shoes are required. You will find towels for your training in the fitness area.

## Jewellery and valuables:

During your stay at the PURIA Spa we ask you not to wear any jewellery. For security reasons you should also put other valuables in the safe in your room. The hotel cannot be held liable for any valuables lost in the spa area.

## Health and safety precautions:

Should you suffer from high blood pressure, heart problems or any other physical discomfort or disabilities, please advise our staff or the reception staff prior to your therapy sessions and treatments.

## Age limitations:

The minimum age for therapy sessions and treatments in the PURIA Spa is normally 16. Children under the age of 16 are requested to be accompanied by an adult. Young people between 14 and 18 are very welcome to use the fitness room when accompanied by an adult. Of course all our guests are welcome to use the pool.

## PURIA on men's skin:

A large number of our treatments have been developed especially for the particular needs of men's skin. Shaving prior to a facial is not absolutely necessary but recommended. Please allow your skin at least two hours rest between shaving and the treatment.

## Mobile phones:

To guarantee you and the other guests optimum relaxation in our PURIA Spa we ask you not to use mobile phones in the rest areas, in the pool area and in the fitness room.

## Glass and chinaware:

To avoid injuries, we ask you not to use any glasses, glass bottles and chinaware in the spa area.

## Food and beverages:

We are pleased to offer snacks and beverages in the spa area.

## Do you have any further questions or wishes?

Our friendly PURIA Spa staff members will be happy to help you.



### **Customer service & reservations**

From Austria:

Phone: 08 20 / 40 11 10 (€ 0.12/min.)

From Germany:

Phone: 0 18 05 / 46 44 46

(€ 0.14/min. from German landline extension; max. € 0.42/min. from mobile phones)

From Italy:

Phone: 840 / 32 00 12 (€ 0.079 per call)

From Switzerland:

Phone: 08 44 / 01 20 12 (CHF 0.081/min.)

From other countries:

Phone: +49 (0) 30 / 42 43 96 - 50

Fax: +49 (0) 30 / 42 43 96 - 44

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