

## feel at ease feel beautiful

2022





# feel at ease feel beautiful

Real beauty comes from within. Rosenalp provides for an interaction of all physical and mental elements which strengthen guests with a

#### Our goal is your best possible well-

Choose your own form of nutrition:

Fasting or Schroth cure or our excellent Rosenalp light kitchen. No matter what you choose, you will always get low-burden and purifying nutrition which increases your well-being. Therefore, Rosenalp guests do something good for both their body and mind! The result will be particularly improved by being active. Stress and tensions are reduced by breathing heavy thoughts away. A stay at Rosenalp is also highly suitable to reintegrate exercise and training in everyday life on a regular basis.

#### Finally return to your true self

With all the deceleration: Moderate physical activity is a real blessing and in the beautiful nature of the Allgäu region it is great pleasure, too. Getting involved with the wonderful natural landscape around Oberstaufen will lead to more energy and balance and will also help you listen to yourself and your own needs again. Get moving in the magnificent nature, feel the power and the energy, and experience your body in a positive way. Feel step by step, breath by breath, how you find your inner balance again.

#### Taking care of yourself makes you feel at ease

By letting burdensome pounds and thoughts go, you will break some of your habits. For this purpose, you will adjust your behaviour patterns during your stay at Rosenalp. Enjoy your time in our health resort. With a varied programme, we will contribute to your experiential value!

So many physical and mental affections will make you feel well - visibly and noticeably for a long time. Feel at ease. Feel beautiful.



healthy way of life.



The place

to feel beautiful.

schroth cure & fasting cure

nutrition

exercise & 10 mental balance

Publication: December 2021. The publication of this brochure renders all previous offers and prices invalid.



With our knowledge of more than 50 years, we can support our guests in their search for a new, healthy lifestyle.





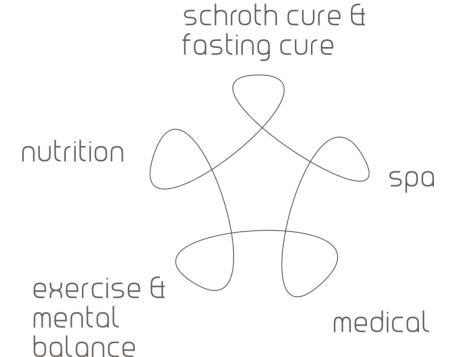
## SCHROTH CURE & FASTING CURE

It is up to you, whether you decide in favour of the Schroth cure, alkaline fasting or therapeutic fasting, hence temporary dietary nutrition, or in favour of a change in diet within the scope of our light kitchen, a tasty, balanced and contemporary half-board. In any case, you will find it easy to relax and let go in our well-being environment and, by doing so, leave some excess pounds here.



#### NUTRITION

We will show you how to prepare appealing – also dietary – dishes and how to spend your time in a relaxing and pleasant way without a bad conscience or worrying about additional pounds, while being more attentive to yourself and returning home with more self-awareness.





## EXERCISE & MENTAL BALANCE

Well-being includes, of course, also our balanced sports and active programme for moderate exercises. A varied guided hiking programme moreover provides for a gentle increase in vitality and encourages pleasant talks and experience exchange with each other.



#### MEDICAL

The medical team, represented by our new doctors Dr. med. Benedikt Fink and Dr. Aliia Fink in our own practice and the Klarmann family with their physiotherapeutic team as well as nutritionist Michelle Eschenbacher, will help you get a grip on your pain and get fit again as fast as possible with accurate diagnoses and treatments. The medical team will also support you with preventive measures.



CDV

The completely renewed spa and beauty area will encourage you to have a temporary time-out. Put yourself in the experienced care of our competent team, enjoy the generosity of the entire area, strengthen your inner balance and let your beauty shine with the help of our therapists.



This is how you will feel when you leave Rosenalp.



## Effective cures for your health

Rid yourself of old baggage from an unhealthy lifestyle. Strengthen your immune system and stimulate your metabolism. Find your feel-good weight and do your health good. A cure is ideal to achieve all this. After all, healthy and specific renunciation strengthens your inner healing powers and leads to more energy and vitality. With the Original Oberstaufen Schroth cure, acid-base balance fasting after Wacker®, Rosenalp provides you with three especially effective cures.



The original Schroth cure from Oberstaufen is a vegan detox cure after Johann Schroth. It is a programme for detoxification of the body lasting several weeks. The goal of the Schroth cure is to purge the body of toxins and excess acids. To do this, the Schroth cure relies on four pillars: a specific Schroth diet, Schroth sweating packs which stimulate metabolism, rhythmic alternation between drinking plenty and drinking little as well as a mixture of rest and activity. The Schroth cure is suitable as preventive measure but can also support recovery in case of existing illnesses. The most important indications for the Schroth cure are, among others metabolic disorders, rheumatism, high blood pressure, thyroid insufficiency, migraine, and gastrointestinal disorders. The Schroth cure can be especially recommended for diabetics. Medication intake or insulin injections can often be prevented, delayed or reduced significantly.

#### **ALKALINE FASTING AFTER WACKER®**

Alkaline fasting is a type of fasting cure which will make you eat almost only fruit, vegetables, salads, fresh germ buds and some nuts. It is suitable for everyone who wants to do something good for themselves and their health or reduce their weight permanently. Those being healthy can maintain their health – those being ill can regain their health with alkaline fasting. Naturopathy has known for decades that most chronic diseases go along with the body's acidification. If you pay attention to a healthy diet and keep the share of acidic food low, the acid-base balance can be regulated naturally. Deacidify your body thoroughly with alkaline fasting according to the original Wacker method®.

#### THERAPEUTIC FASTING

A similarly purifying effect for the body can be reached with therapeutic fasting which is also offered at Rosenalp. By renouncing solid food, you will start a purification process in your body: residue and toxics dissolve and leave the body. You can even get rid of emotional ballast with therapeutic fasting. And, as a side effect, you will shed a few pounds! This is pleasing but only one of the reasons for the increase in your physical well-being due to therapeutic fasting. After all, you will supply your body with less energy, but nevertheless you will have more energy! The fasting cure will make you feel more balanced and more efficient – and you will feel better completely.



Talks by our nutritionist Michelle Eschenbacher in the Rosenalp meeting room! Every Tuesday, 11.30 a.m. to 12.30 p.m.: Basics of mindful nutrition Every Thursday, 11.30 a.m. – 12.30 p.m.: Shopping training: How to shop well





Optimum medical support not only is particularly important for detoxification and purification cures but also can increase the cure's success. Dr. med. Benedikt Fink and Dr. Aliia Fink are at your side from the start of your stay right up to your final physical examination. In addition, our Schroth cure pack experts will provide you with the Original Schroth cure sweating packs to support detoxification. The sweating packs are recommendable not only with the Schroth cure but also with therapeutic fasting.

#### SPA RECOMMENDATIONS

#### **DURING THE SCHROTH CURE**

- New: Salt pack (deacidification, fluid drainage)
- Body scrub with alkaline salt (promotes detoxification)
- Mountain salt stamp massage (promotes purification)
- Rosenalp wellness massage
- Evening primrose oil pack (skin care)
- Shiseido / Clarins (cleansing facial treatments)

#### DURING THE THERAPEUTIC FASTING CURE

- Thalasso pack (detox pack)
- Rosenalp body pack (skin care)
- Liver wrap (promotes liver detoxification)
- Herbal stamp massage (relaxation)
- Rosenalp body scrub
- Slimyonic Air Bodystyler (lymphatic drainage)
- Clarins Relax Gesichtsbehandlung (relaxation)

#### DURING THE ALKALINE FASTING CURE

- Mountain salt stamp massage
- Alkaline bath (including brush massage)
- Liver wrap (promotes liver detoxification)
- Body scrub with alkaline salt
- Detox alkaline wrap (for tissue tightening)
- New: Salt pack (deacidification, fluid drainage)
- Clarins Rebalancing Massage Body (relaxation)



## Relish without remorse

The Rosenalp kitchen conjures refined dishes with high-quality ingredients – mainly from regional suppliers – fresh herbs and much fantasy, making you look forward to healthy food. The meals are so delicious that many guests have a change in thinking and want to cook healthy food in their everyday life in the future as well.



"Healthy nutrition does not mean you cannot enjoy it."

Helmut Beng Head Chef

#### **BREAKFAST**

For many the best meal of the day, because everything is allowed, from sweet to savoury. You not only enjoy great-tasting food, our large breakfast buffet also offers you a vitamin-packed and healthy start to your day. Freshly baked bread, freshly squeezed juices, a selection of full-fibre mueslis, homemade spreads and delicious egg dishes. In short, everything you could want!

If you suffer from any allergies or food intolerances, we do of course offer healthy alternatives for your feel-good breakfast. Please let us know of your intolerances before you arrive.

#### ROSENALP LIGHT CUISINE

With the carbohydrate-reduced light cuisine at Rosenalp, it is possible to maintain your desired weight and supply the body with all necessary nutrients. We focus on healthy ingredients and gentle preparation. You will be surprised at how much scope the Rosenalp light cuisine allows for healthy relish. Almost everything that tastes good is allowed. Focusing on vegetables, fruit and highprotein food that such as fish, poultry, meat, dairy products, nuts and legumes, makes it possible to conjure a large number of light, easily digestible dishes. In the evening, you should only forego carbohydrates - mainly white bread, sweets, potatoes or noodles. Imagination has hardly any limits.

#### HALF-BOARD

We recommend half-board if you want to start your day at Rosenalp with a rich breakfast buffet and end it with a delicious 5-course dinner. Starting with our breakfast, we make sure that nothing is left to be desired. The dinner will provide you with one culinary delicacy after another: The team of Chef Helmut Beng will kreiert you five coordinated courses. With half-board, you can choose between meat, fish or a vegetarian alternative every day.

#### **SPA-RECOMMENDATIONS**

#### WITH THE ROSENALP LIGHT CUISINE

- Body wraps "Fat burn & Slim" and "Detox alkaline"
- Shiseido classic / check-up (deep cleansing facial treatment)
- MedContour (fat reduction at the problem zones)
- Rosenalp body pack



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## Exercising refreshes body and mind

Rosenalp provides for many opportunities: Varied programmes which – adjusted to your individual needs – will help you get your body in shape and keep it fit. Small, efficient steps which, after a longer break, will help you stabilise, strengthen, stretch and strain your body. You can exert yourself or find pleasant relaxation after days full of stress. Your body's signals will show you the right way towards balance.

### ADJUSTED TO YOUR INDIVIDUAL NEEDS

#### PERSONAL TRAINING

Personal training is an individual training and health programme focusing on your individual aims. This includes the improvement of body shape and weight reduction, relaxation, and an increase of your fitness level. The personal trainer will accompany your training sessions to control and, if required, correct each of your moves. This is how we make you reach your individual fitness targets quickly and efficiently.

### Which advantages does a personal trainer have

Efficient and target-oriented training under guidance as well as competent advice to increase the quality of your life and your well-being.

Our trainers draw up a training plan tailored to your needs for your whole stay. They also give you tips for continued training at home during everyday life. You can book both indoor and outdoor training with one of our trainers.

30 min. EUR 34 45 min. EUR 51 60 min. EUR 68 90 min. EUR 102

#### BIO-IMPENDANCE-ANALYSIS

Measuring the individual composition of your body (muscle cell mass, body fat percentage and water balance).

The BIA will give you information about the effectiveness of your training and your dietary change. Or take it as the starting point for a more active lifestyle.

1 BIA-measurement EUR 42 2 BIA-measurement EUR 62 (Minimum time between two measurements is two weeks)

#### CARDIOVASCULAR CHECK

It consists of a fitness check and determination of the composition of your body with the help of a body analysis scale and a cardiovascular test, including evaluation and calculation of your ideal training pulse.

45 min. EUR 51



#### **POWER PLATE®**

The secret of Power Plate® lies in multidimensional vibrations. The different directions of movement reflexively activate muscles and tendons in the human body, thus efficiently training inner muscles which are barely strained with common training.

#### POWER PLATE – SHAKING UNTIL THE FAT BURNS

10 minutes of Power Plate corresponds to one hour of weight training with machines!

Efficiency by comparison: With conventional training, an amateur sportsperson trains about 40% of their muscle fibres. With Power Plate® training, however, it is 97%. All areas of the body can be efficiently trained in very short training intervals of a maximum of 60 seconds for each exercise. Moreover, Power Plate® is perfectly suitable to massage e.g. problem zones or to relax and stretch muscles. It is the optimum addition for amateur and top athletes, e.g. for golf players. You form your body with Power Plate training. Our trainers will support you to achieve a perfect result.

10 min. EUR 17

20 min. (for advanced) EUR 34

Included sports classes

#### ACTIVE & FIT PROGRAMME

From Monday to Saturday (Included in the overnight price)

- Gymnastics course, e.g. pilates, aqua fitness, fascias pilates, body work-outs, stretch & relax, back training, yoga, etc.
- Guided hikes and Nordic Walking tours

"Listen to your body – it will tell you what it needs!"

Melania Wopperer-Jara Fitness Coach



## Active & fit



#### **MUSCLE BUILDING**

#### **BACK BALANCE**

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> Balancing your back means finding your inner balance and the correct posture. Inner and outer muscles are trained equally to prevent imbalance and strengthen the back. Specific exercises for flexibility and mobility also incorporate the spine in this balance programme.

#### EXERCISES FOR LEGS, BUM AND TUM

These exercises train large groups of muscles, continue to burn fat even after the training session and firm up your body. Men and women benefit equally from this workout. Our tip: this is also a perfect training programme for skiers!

#### SPINAL GYMNASTICS

The purpose of spinal gymnastics is to prevent and reduce back problems. You learn exercises for mobilisation, strengthening and stretching which help you to minimise or eliminate the consequences of lack of movement, stress and forced postures.

#### **THERAPEUTIC** SPINAL GYMNASTICS

With this therapy, we aim to hone your consciousness of your deep support musculature with enhanced body awareness and small movements. This supports stability, mobility and the interactions of the individual vertebrae and can ease or prevent back pain.

#### **PILATES**

A holistic physical training which lifts and forms the body. The perfect combination of mobility and strength, posture and perception, tension and relaxation. Pilates specifically addresses deeper muscles. Moreover, supporting breathing techniques lead to smooth movements.

#### BE BALANCED

Muscular coordination produces a stable body state with a balanced weight distribution, both at rest and in motion. Targeted, destabilising exercises train balance and fast reactions.

#### CIRCUIT TRAINING WITH EQUIPMENT

Here, you train different muscle groups in sequence without any breaks. This activates both the cardiovascular system and all muscle groups within a short time. It's efficient and effective.

#### **EXPLANATIONS AND INSTRUCTIONS** ON THE EXERCISE EQUIPMENT

A brief introduction to the various machines without going into too much detail.

#### TIP

Of course, all active and fit lessons can be booked as part of the personal training.

#### AQUA FIT I AQUA GYM

Work-out in the water means both effective and joint-friendly training. Feel light and weightless with specific exercises in the water and train all of your muscles as well as your endurance. The training is always rich in variety since various swimming devices are used.

#### **FUNCTIONAL TRAINING**

Functional training is a type of training that uses complex exercises to improve quality of movement and prevent injuries. It trains movements that require several muscles to act together.

#### **ENDURANCE**

#### LATIN AEROBIC

You will shed pounds with hot rhythms and a good mood. Latin Aerobic is an energetic combination of Latin-american dancing steps, such as merengue, mambo or cha-cha-cha, and aerobic elements. It improves your condition, coordination and mobility, and it is also much fun.

#### CARDIO HOUR

In 15-minute bursts, you row, cycle, jog, and work out on the cross trainer to boost your body condition. The programme always includes a warm-up, an intensive exercise phase and a cool-down phase.

#### FLOW MOVEMENT

With this training, flowing movements are made with soft music (e.g. threefour music). The entire body is involved, training endurance, coordination and mobility. Since you will pay full attention on the course of motions, it will be easy for you to leave your everyday thoughts behind and let go.

#### INFO

These lessons make up our weekly sports programme. Please note that the activity and fitness programme varies. You can get the current programme at the Rosenalp reception anytime or online at https://rosenalp.guestnet.info.



#### **FASCIAE TRAINING**

#### **FASCIAS PILATES**

Fasciae are involved in every move. They run through your entire body, enclose every muscle and influence your posture, stretchability and body perception. The pilates method supports fascias exercises and makes the training both safer and more efficient. If you train your fascias correctly, you will be rewarded with a healthy muscle tone and a firm body shape.

#### FOAM ROLLS

Fascias are a sensory organ. If your back hurts, for example, the pain usually is not caused by muscles but by fascias.

The reason: tissue hardening. Using the roll, fascias will react like a sponge which you wring and which will then become saturated in the phase of relief. In this process, nutrients are exchanged through the connective tissue.

#### MOVE & STRETCH

Swinging movements combined with active stretching mobilise the entire body in all directions. This promotes natural posture, mobility and flexibility.

#### **OUTDOORS**

#### NORDIC WALKING

Moving around in fresh air is good for your heart and your circulation. With the right technique and the correct sequence of movements, Nordic Walking also improves your posture, tightens your arms and shoulders, and strengthens the muscles in both your belly and your bottom. Give it a try and walk with us!

#### HIKING

During our numerous guided hikes you can enjoy the Allgäu mountains. Based on the respective level of easy, moderate and difficult, we are either on a walking discovery tour, we briskly hike on mountains and through valleys, or we specifically aim for the summit. Each season will provide hikers with unique experiences in nature.



#### FROM THE FAR EAST

#### HATHA-YOGA

This type of yoga strengthens your entire locomotor system and also improves your mobility and perception. Your posture becomes straighter, thus strengthening your back muscles. Hatha yoga also tightens the connective tissue, normalises your blood pressure, strengthens your mind and can counteract symptoms caused by stress. During a period of fasting, this form of yoga supports the cleansing of your body up to deep cell level.

#### YOGA-FLOW

A full-body training for power and vitality. One asana follows the other in a flowing way. Breath and movements melt into each other and you will achieve a dynamic flow. With this training, your entire body perception will improve. Focused breathing moreover increases your concentration and eases your mind.

#### SAHAM

Saham is about gentle, slow movement routines for mobilisation and suppleness of joints. Starting with the neck, moving down the spine, and right down to the ankle joint.

#### QIGONG MOTION MEDITATION

This motion meditation method has been practiced for more than 5,000 years. It helps our life energy (qi) flow. It straightens up external and internal posture, and breathing flows through the whole body. At the same time, we activate our meridians, organs and all functional circulatory systems such as blood circulation and the lymphatic system.

#### **RELAXATION**

#### PURE RELAXATION & STRETCHING

An intense combination: relaxation methods from autogenic training, progressive muscle relaxation techniques, breathing exercises and DO-IN exercises (meridian energy flow) are combined with gentle stretching. An imaginary journey will moreover help you get at ease, find your inner balance and rest your mind.

#### BREATHE YOURSELF FREE I BREATHING EXERCISES

Breath means life. Our breath reflects our physical, emotional and mental condition. With the right breathing techniques, we can relax better as well as cleanse and harmonise our body. The breathing technique combines correct breathing with gentle stretching of both muscles and the respiratory system.

#### MENTAL RELAXATION

Mental relaxation means interrupting the constant stream of thoughts in our heads. Your pulse and breathing frequency slow down, your muscle tone and your blood pressure drop.

#### FEET AND FASCIAE

The human upright posture starts at the soles of the feet. The flexibility of our toes determines our gait. The fascia in the foot is the thickest in the whole body. The longest myofascial energy conductor leads from the tips of the toes through the entire back and over the head. So there's plenty to do ...

### PROGRESSIVE MUSCLE RELAXATION ACCORDING TO JACOBSON

Conscious tensing and relaxing of specific muscles can make you reach a state of absolute deep relaxation. The focus primarily is on the alternation of tensing and relaxing. Moreover, your mindfulness and perception of yourself will be raised, and you will relive sensations occurring in the respective states. In our quiet room, you can let go and relax. You can let go and relax.

#### TRAVELS IN THE IMAGINATION

Travels in the imagination are guided daydreams in which you learn to associate specific images in your own imagination that help you switch off.



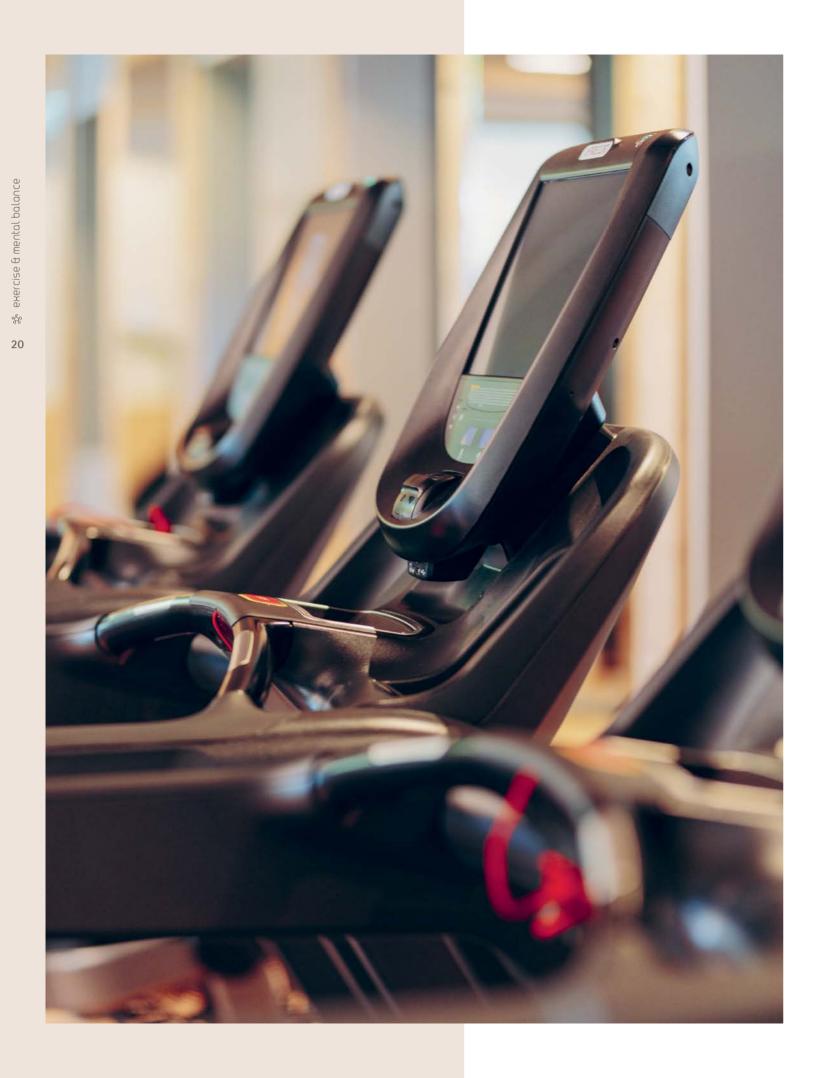
"It's not about breaking any records. We simply want to achieve a more relaxed daily (working) life – and maybe a little more."

Christian Vilsmeier Fitness coach

#### STRETCH & RELAX

Muscle shortening and tensions are not only a problem in the old age but are often caused by wrong posture and stress. Stretching means "expanding and loosening", which is good for the entire body. In this course, we specifically focus on muscles which tend to shorten as well as on intense leg stretching.





## Place of Strength

#### **PRECOR**

The new Rosenalp partner stands for most state-of-the-art fitness equipment and individual fitness strategies. Easy to use and effective in its impact, our new weight and cardio equipment has been perfectly selected to support you in your individual requirements perfectly. The Precor devices are especially designed for ergonomic and fluid movements, both in strength and cardiovascular training.

#### PRECOR MACHINES

#### Strength

Vitality abdominal muscle / erector spinae machine Vitality butterfly combination Vitality lat pull-down / rowing machine Vitality leg press / calf raise Vitality leg extension / leg curl Vitality adductor / abductor machine erector spinae machine, AB-X Crunch, Queenex, W325 functional training unit (adjusted for Rosenalp), FTS Glide cable pull machine, dumbbell rack, multi-function bench, Shoulder Press, Chest Press, Biceps Curl / Triceps Extension

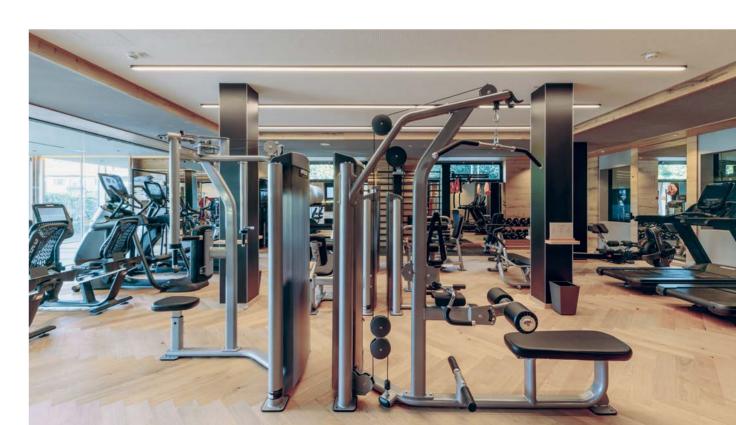
#### Cardiovascular

Treadmill (Assault AirRunner), rowing machine (Assault AirRower Elite), Spinner® (Chrono™ Power), seated ergometer, recumbent ergometer, cross trainer, Adaptive Motion Trainer



"Only if you are able to apply the strength of regeneration can you apply strength in training."

Melania Wopperer-Jara & **Christian Vilsmeier** Fitnesscoaches





### Mental balance

Numerous individual building blocks make up our lives. When they are in balance, we're happy; but if they are out of balance, our body reacts and we lose our composure. Together we learn to listen to our thoughts and return them to equilibrium and balance.





"Use the power of your thoughts to influence your life positively."

Melania Wopperer-Jara Fitness coach

## In harmony with myself

#### **MENTAL BALANCE**

#### **BREATHING FREELY**

Conscious breathing as a key to awareness, grounding, thought calming, centring, creativity and increased performance.

#### YOGA AND BREATHING EXERCISES

Ancient Indian philosophical teaching focusing on the unification of body, mind and soul.

#### MENTAL RELAXATION

Interrupt the constant flow of thoughts in your head, reduce your pulse and breathing frequency, lower your blood pressure.

## TRAVEL THROUGH THE BODY / IMAGINATION

Guided daydreams in which we learn to associate and develop images in our imagination.

#### PROGRESSIVE MUSCLE RELAXATION

Alternate tensing and relaxation of individual muscle groups to achieve a deeper feeling of calmness.

#### RELAXATION TRAINING

Lying motionless and focusing your thoughts to achieve calmness and relaxation.

#### **MEDITATION**

A mental method of silencing the incessant stream of thoughts in order to connect with yourself and the Universe.

#### WHAT IS MEDITATION?

Meditation refers to a range of exercises that increase consciousness and concentration. They all aim to achieve a state of inner peace. We can imagine this state as consciousness without thoughts. We are awake and fully aware of our surroundings, but our focus is on our inner self and away from the outer world.

## "Those who do not

find some time for health every day must sacrifice a lot of time for illness one day."

Sebastian Kneipp



## Physiotherapy & osteopathy Stefan & Moritz Klarmann

Professional care by the physiotherapy & osteopathy team at Rosenalp is the perfect prerequisite for your way towards new vitality. Both classic and modern therapies will help you achieve the best possible result. We will be glad to advise you individually. Generous therapy rooms and a pleasant atmosphere will also contribute to your well-being.



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Our entire competence will be applied to the physical check-up. Following a comprehensive medical history, we will use our own results system which consists of various methods. First comes the analysis, then follows our therapy recommendation and individual initial treatment.

about 50 min. EUR 100 \*

#### **PHYSIOTHERAPY**

Our aim is to reduce your pain and improve the functionality of your locomotor system with manual mobilisation and other treatment methods. Put yourself in the care of our physiotherapists who will choose the best for you from their extensive options: manual therapy, medical gymnastics, massage, lymphatic drainage, electro- and ultrasound therapy. about 25 min. EUR 48 \*

about 50 min. EUR 96 \*

#### MEDICAL GYMNASTICS

Medical gymnastics is used to treat impaired and/or painful motions with specific active or passive therapies as well as with gymnastic instructions for self-help.

about 25 min. EUR 45 \*

#### MANUAL THERAPY

The manual therapy is an ergo-therapeutic method which aims to find and treat malfunctions on the spine and joints. Special movements are used for mobilisation and pain relief in case of restricted mobility. about 25 min. EUR 48 \*

#### SOFT MANUAL SPINE THERAPY

Like the spine therapy after Dorn, this therapy is based on Chinese acupuncture and meridian theory. The therapy is a comprehensive, efficient method to find and correct dislocated joints, particularly spinal column joints. The aim is to heal illness and relief pain directly or indirectly linked with the spine. Working on the spine often has a positive impact on the functionality of the associated organs. We use this therapy in case of joint blockades but also in case of problems or impairments regarding the stomach, heart or respiratory tract as well as in case of migraine or tinnitus.

about 25 min. EUR 52 \*

#### MACHINE-SUPPORTED MEDICAL **GYMNASTICS**

Machine-supported medical gymnastics is an essential part of rehabilitation following joint injuries, fractures and surgery. The physiotherapist will train motor control and stability as specifically and individually as strength and stamina. According to the respective syndrome and results, each patient will receive their individual training schedule.

#### FITTING FUNCTIONAL **INSOLES**

about 45 min. EUR 66 \*

If you suffer from back, hip, knee or foot pain, special support for your feet could mitigate your problem. A specially qualified, experienced therapist custom-fits insoles for your shoes. This can support your physiotherapy, increase your comfort and quality of life and restore your enjoyment of movement.

Please contact us! Price according to cost, from EUR 155 \*



"Trust us with your health – we are looking forward to seeing you!"

#### **PHYSIOTHERAPEUTIC** MASSAGES

#### CLASSIC MASSAGES

The classic massage aims to manually influence muscles, skin and connective tissue based on stretch, tensile and pressure stimuli. The massage's effect ranges from the treated body part to the entire organism, including the psyche.

**BACK MASSAGE** about 25 min. EUR 44 \* **FULL BODY MASSAGE** about 50 min. EUR 88 \*

#### **HEAD-NECK SPECIAL TREATMENT**

Treatment of head, neck and shoulders. Has a relaxing, pain-relieving, mobilising and stabilising effect. We will combine various techniques individually adapted to you. We recommend this treatment in case of headache, migraine or the socalled "stiff neck".

about 50 min. EUR 92 \*



#### MANUAL LYMPHATIC DRAINAGE

Perfectly suited for removing congested lymph. The lymphatic drainage has a purifying effect, thus strengthening your immune system. The relaxing treatment will sustainably support the effect of the Schroth cure.

PARTIAL TREATMENT about 25 min. EUR 44 \* **FULL BODY TREATMENT** about 50 min. EUR 88 \*



"We do not treat the symptom but the reason."

#### Moritz Klarmann

Physiotherapist, manual therapist, osteopath, naturopath (physiotherapy)

#### Stefan Klarmann

Physiotherapist and manual therapist



\* Prices are valid for treatments prescribed by a physician or alternative practitioner.

#### **ALTERNATIVE TREATMENT METHODS**

#### OSTEOPATHY

Osteopathy assumes that body, mind and soul are a unity and influence each other. When this system is unbalanced, the inner flow in your body (blood, lymph. cerebrospinal fluid) is in disorder and self-healing powers are lost. With gentle hand movements, the osteopath feels and removes these malfunctions, brings back the flow to the body and reactivates the patient's self-healing powers. about 50 min. EUR 130 \*

#### CRANIOSACRAL THERAPIE

The cranio sacral therapy aims to check and treat muscle fasciae, bone and organic systems. This therapy will bring fascial and connective tissue tensions into balance, thus relieving tension in the rhythmically pulsating system between cranium and sacrum, and finally also improving the cranio-sacral rhythm. We thus use this therapy to treat physical malfunctions, diseases and mental problems. about 50 min. EUR 105 \*

#### ACUPUNCTURE MASSAGE AFTER PENZEL

Treatment of the unbalanced energy cycle based on Chinese energy doctrine. The APM treatment influences not only the symptoms but also the entire organism. The therapy also includes the treatment of interference fields (e.g. scars). about 50 min. EUR 90 \*

#### KINESIO TAPING

In this treatment, a breathable, highly elastic, waterproof tape is applied to tense or sore muscles. The tape facilitates movements, relieves the muscle and prevents relieving postures.

We recommend Kinesio Taping in combination with other treatments, for example manual therapy.

about 10 min. EUR 25 \*

#### COLON HYDRO THERAPY

A naturopathic method to purify the colon intensely. An inner Kneipp cure for the bowels, so to say. Toxic agents and waste products are removed from your body and as a result, the intestine will be stimulated, and your immune system will be strengthened. Supporting method for Schroth and fasting cures.

about 50 min. EUR 99 \*

#### SEGMENTAL REFLEX MASSAGE ON THE FOOT

Each organ and tissue in our body has a reflectively connected segment on our feet. In case of problems, those segments will react very sensitively to pressure. The segmental reflex massage improves circulation, activates resistance, and improves the tissue's ability to regenerate. about 25 min. EUR 46 \*

#### MATRIX-RHYTHMUS THERAPIE

Our body cells swing rhythmically – as long as they are healthy. If this no longer works. the matrix – i.e. the cell environment - will face a slow-down and congestion. As a result, the concerned parts of the body will not be supplied sufficiently on the one hand; and on the other hand, toxic agents can no longer be removed. First, this will lead to slight irritations hardly registered by the patient. Soon, however, it will lead to serious – and mainly painful – problems which, step by step, might have an impact on the entire muscle, bone, cartilage, vascular and nerve tissues. The matrix rhythm therapy counteracts this process.

about 25 min. EUR 55 \*

about 50 min. EUR 110 \*

#### **THERMAL TREATMENTS**

#### NATURAL MOOR PACK

The pleasant heat of the natural moor pack will slowly spread across your body. This strongly stimulating effect on your blood circulation will relax your muscles. about 20 min. EUR 26 \*

#### INFRARED LIGHT IRRADIATION

Heat radiating light stimulates your metabolism and circulation. The treatment has a relaxing and pain-relieving effect. about 15 min. EUR 11 \*

#### **ELECTRO THERAPY**

Electro therapy is the medical application of electric power. Depending on the respective problem, the physiotherapist applies different forms of electric power to one or more parts of the body. The electric power's impact is varied: stimulation of circulation, muscle activity and metabolic processes as well as pain relief. about 15 min. EUR 13 \*

#### **ULTRASOUND THERAPY**

In a broader sense, the ultrasound therapy belongs to electro therapy. Electric power is converted into high-frequency sound waves. Known effects include improved cell metabolism and increased circulation in deep tissue. Moreover, the pain threshold can be raised. Therefore, injuries in muscle and tendon tissues can heal faster; spine and joint-related problems can be relieved.

about 15 min. EUR 18 \*

\* Prices are valid for treatments prescribed by a physician or alternative practitioner.







## Holistic (p)rehab concepts and a holiday feeling

After surgery, many patients take advantage of the opportunity to get fit for their everyday lives again with rehabilitation. The approach of working on the physical constitution already before surgery, on the other hand, is relatively new. This concept is called preoperative habilitation or prehabilitation. The first pilot studies have proven the effect of conscious and active preparation for surgical interventions. It appears to be a comprehensible measure to get fit, both physically and mentally, for a forthcoming surgery: those who do strength, mobility or cardiovascular training beforehand, not only will be stronger ahead of the surgery but also will have more resources for the post-operative phase of recovery. The concept of rehabilitation is much more familiar.

Become fit again as fast as possible after orthopaedic surgery. Get a grip on pain. And, preferably, bring mobility to a normal level. These targets can be reached best with rehabilitation.

Rosenalp is an excellent address for both concepts. On the one hand, the spoiling ambience of Rosenalp guarantees (p)rehab stays in a holiday atmosphere which accompanying partners can enjoy as well. On the other hand, and primarily, the holistic concept of Rosenalp stands for comprehensive and excellent competence when it comes to health – not only in the therapeutic and medical fields.

## Our practice in the Rosenalp the Dr. Fink family

Health means so much more than just "not being ill". We provide you with a comprehensive check-up programme and therapy concept to detect and treat health-related risks in time.





#### **MEDICAL HEALTH CHECKS**

#### CHECK-UPS

30

Use your time at Rosenalp to the max and let us check you from head to toe. Through comprehensive anamnesis and clinical examination combined with state-of-the-art technology, we are able to identify your personal risk factors and draw up solution concepts together with you.

#### STRESS PREVENTION

How high is your stress level and what effect does it have on your health? We offer you a complete check-up with supplementary stress-reducing treatments.

#### PERSONALISED LIFESTYLE AND NUTRITIONAL MEDICINE

A healthy lifestyle to keep you healthy. This is only possible when you consider a person as a complex unit composed of body, mind and soul. We carry out a thorough status check with you. Our personalised lifestyle and nutritional medicine plays a key role.

#### SPORTS MEDICINE

Without sufficient physical exercise, a healthy lifestyle is barely possible. That is why sports and physical exercise medicine play a vital role in our health philosophy. At our spa, you benefit from holistic treatment under one roof. For decades, we have enjoyed the trust of top sports professionals as well as amateur athletes.

#### INFUSION THERAPIES

In today's world of increasing physical and mental stress and the resulting symptoms (fatique, susceptibility to infections, sapped strength), many patients benefit from high doses of selected vitamins and nutrients. Intravenous injection makes blood concentration possible which can not be achieved by taking tablets. Based on your symptoms, we tailor your personal infusion. You will notice an improvement in your wellbeing even after the first treatment.

#### DIAGNOSTIC PROFILE

- Anamnesis consultation / risk factor identification / prevention
- Examinations and check-ups
- Post-treatment examinations
- ECG, stress ECG with oxygen and lactate measurement
- Lung function test
- Long-term ECG and long-term blood pressure measurement
- Mobile sleep laboratory (sleep apnoea screening)
- VAS heartrate measurement the tool to make stress visible
- Ultrasound diagnostics with a high-end machine (abdomen / vessels / thyroid gland / carotid artery / heart)
- Determination of the ankle-brachial index (ABI measurement)
- Clinical chemical laboratory

#### THERAPEUTIC PROFILE

- Ozone-oxygen therapy
- Injection therapies
- Infusion therapies
- Autohaemotherapy
- Coaching (metabolism / heart)
- Telemetric post-treatment support

#### TIP

Regular check-ups help early detection of e.g. cardio-vascular disorders. Then they can be mitigated or even prevented.





"If you don't do something for your health every day, you will one day have to sacrifice a lot of time for your sickness."

#### Dr. Benedikt Fink

Cure doctor and doctor of:

- Internal medicine
- Emergency medicine
- Nutrition medicine (DAEM / DGEM)
- Hypertensiology (DHL)

#### **MEDICAL HEALTH CHECKS**

#### CHECK-UPS

Thorough medical consultation on arrival, determination of personal risk factors, physical examination, blood pressure measurement, resting ECG and oxygen saturation, blood analysis, final medical consultation, written report on findings with recommendations.

approx. 60 min. EUR 399

#### CHECK-UP PLUS

Check-up plus: stress ECG on the bicycle ergometer with lactate measurement, blood analysis, ultrasound scan of the heart, ultrasound scan of the vessels supplying the brain (carotid), lung function test, ultrasound scan of the abdominal organs, ultrasound scan of the thyroid gland. approx. 100 min. EUR 990

#### CHECK-UP PLUS CANCER SCREENING

Check-up plus: comprehensive risk factor analysis and effective cancer screening, skin cancer screening; for men: urological cancer screening (ultrasound scan of kidneys, bladder, prostate and testes; tumour markers in the blood and urine, urine test).

approx. 120 min. Women: approx. EUR 1.050 Men (incl. urological screening): approx. EUR 1.320

#### PERFORMANCE CHECK

Thorough medical consultation on arrival, resting ECG, physical examination, blood pressure measurement at rest and under stress, stress ECG including lactate measurement on the bicycle ergometer, final medical consultation, written report on findings with training areas and anaerobic threshold.

approx. 60 min. EUR 499

#### ADVANCED PERFORMANCE CHECK

Performance check plus: extensive blood analysis (athlete profile) including diff. blood count, electrolytes, kidney values, liver values, thyroid gland function, muscle enzyme, fat metabolism, iron metabolism, long-term blood sugar (HbA1c), vitamin-D level. approx. 90 min. EUR 625

#### PREMIUM PERFORMANCE CHECK

Performance check advanced plus: ultrasound heart scan (determination of heart performance, cardiac valve system function, heart muscle evaluation) and the brain supplying vessels (carotid, stroke risk). approx. 120 min. EUR 765

#### **AESTHETIC MEDICINE**

#### 4 = CT | I = T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T | C | T

AESTHETIC TREATMENTS	
Consultation /	EUR 60
facial analysis	
(is offset against the following	
treatments)	
Wrinkle treatment with	from EUR 350
botulinum toxin	
Migraine treatment	from EUR 500
Hyperhidrosis therapy	from EUR 500
Bruxism therapy	from EUR 400
Filler therapy	from EUR 350
(hyaluronic acid 1 ml)	
Lip modelling with	from EUR 350
hyaluronic filler	
Liquid lifting with	from EUR 400
Sculptra or Radiesse 1 ml	
Biorevitalisation	from EUR 250
1 ml per product	
Nose correction	from EUR 500
without surgery	
with botox, hyaluronic acid	I
or threads	
Mesotherapy	from EUR 200
per substance used	
Plasma therapy (autologous blood / EUR 350	
vampire facelift) per session	

Dr. Aliia Fink Doctor of:

- General medicine
- Anti-aging and prevention
- Aesthetic medicine

"Everything about a person should be beautiful: face, clothes, soul and thoughts." (quotation from Anton Chekov, Russian author & doctor)

(10 treatments)

("fat-busting injection") per region

from EUR 800

from EUR 350

from EUR 800 Premium thread lift

(4 treatments)

Injection lipolysis

PDO thread lift

## Nutritional medicine consultation and nutritional therapy with Michelle Eschenbacher

If you permanently improve your personal nutrition, you do your body a huge favour. A medically-based nutritional therapy can not only promote the curing or mitigation of an illness, but also retain or improve your quality of life.

#### **NUTRITIONAL THERAPY ...**

- ... can promote the curing or mitigation of a disease,
- ... helps achieve a sustained improvement of your personal
- ... is based on medical necessity,
- ... helps retain or improve quality of life.

#### **CONSULTING RANGE**

#### **NUTRITION FOR** METABOLIC DISORDERS

- Diabetes mellitus
- Fat metabolism disorders
- High uric acid levels
- High blood pressure

#### GASTROINTESTINAL DISORDERS

- Food intolerances: lactose, fructose, sorbitol, histamine
- Irritable bowel symptoms
- Chronic inflammatory bowel diseases (Crohn's disease and colitis ulcerosa)
- Diverticulosis / diverticulitis
- Constipation
- Heartburn
- Celiac disease
- Gastritis

#### **OTHER**

- Nutrition for osteoporosis
- Anti-inflammatory nutrition (rheumatism)

#### REACHING YOUR IDEAL WEIGHT

There are many different approaches to reaching your personal ideal weight. Together we can find the right path for you without strict diets.

**Nutritional therapy** 60 min. EUR 85 Follow-up consultation 30 min. EUR 49



"A healthy diet is a way of life. That is why it's important to establish routings that are simple, realistic and ultimately easy to live with."

#### Michelle Eschenbacher Nutritional medicine consulting and nutritional therapy







## Rosenalp Spa Team

We, the team of the Rosenalp spa, are very happy to accompany you on your way towards more well-being. Forget your everyday life during your spa journey and have time for yourself. Immerge into the exclusive atmosphere of the Rosenalp spa and let yourself be spoilt with, for instance, a wonderful well-being treatment at the highest level, gaining new energy. Breathe deeply, slow down, succumb to a new awareness of life. We will be happy if you place your trust in us and enjoy the tranquillity and relaxation at Rosenalp spa, so you can feel at ease and beautiful soon. Get inspired by our authentic spa offer.

## The power of tranquillity and relaxation

When everyday life seems to crush you, your timetable rules your day and obligations become prevalent, it is about time to enjoy a time-out: Free your mind and allow relaxation. Let tranquillity return, step by step and deliberately. Listen to your inner voice which always knows exactly what is good for you and take all the time in the world to enjoy the spoiling programme for body, mind and soul. At least during the time-out you enjoy at Rosenalp.





#### ON A TOTAL AREA OF 2.000 M<sup>2</sup>, OUR ROSENALP SPA HAS

- Bio sauna, Finnish sauna, infrared sauna, steam bath
- Plunge pool, ice fountain, sauna footbaths
- 25 m x 7 m pool: 110 m² pool connected with an all-the-year heated outdoor pool of 65 m² and bubble loungers
- Kneipp area for Kneipp foot baths and arm baths
- Light therapy with UV light and collagen light more than just a tan
- Gallery and retreats
- Waterbeds
- Relaxation rooms / area



## Light therapy at the highest level – anti-aging & tanning

The new light therapy at the Rosenalp spa is more than just a solarium. The near-infrared encourages the skin's cells to form collagen, hyaluronan and elastin, thus having an anti-aging effect.

Wrinkles are reduced, the skin gets firmer and aging spots fade. Moreover, the light therapy improves the mood and relaxes muscles – and as a side effect, it leads to a natural tan and velvet skin.

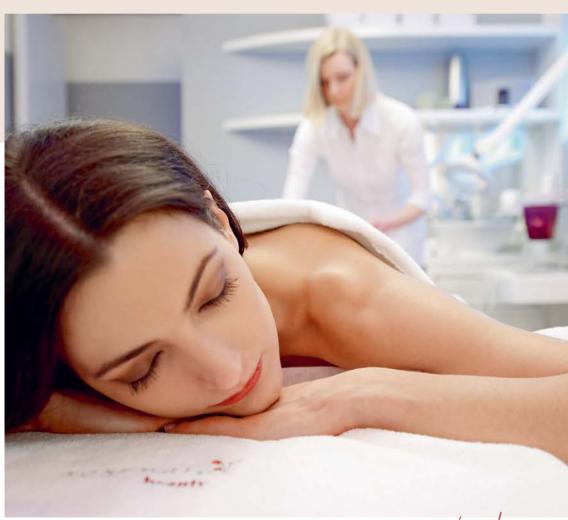
#### Have a go!

We recommend 2 – 3 treatments a week. The token coins (12 minutes for EUR 15 each) are available at the spa reception as well as at the hotel reception.



## Rosenalp Signature Treatments

Treat yourself to the luxury of an exclusive well-being treatment at the Rosenalp spa. We leave nothing to chance with our allround spoiling packages. After all, only if the total package is good, you will be able to let go completely. And only if you can factor out everyday life, you will relax appropriately and let yourself being led by your senses. With the pleasant atmosphere in our spa, the first-class products we work with and our excellent team, we make sure that you will be successful in doing so.



For beauty and harmony





#### WRAPS

"Our professionality will make

you enjoy each treatment in

a state of deep relaxation."

Head of the Rosenalp spa &

Exercise intensely before the wrap

treatment as this will increase the effect. Use the thermo-active gel for

your skin on days without treatments!

Jacqueline Häußler

cosmetics specialist

TIP

#### ROSENALP SIGNATURE WRAP

The thermo-active body treatments start with a sisal body massage. Bandages saturated with effective natural substances, caffeine and alkaline salt are wrapped tightly around the problem zones stomach, legs, bottom and upper arms. After 30 minutes of reaction time, a strong thermic superficial stimulus develops. Your body will counteract this stimulus and will attack its "fat reserves". Pure power.

#### FATBURN & SLIM-WRAPS

To reduce weight

#### DETOX ALKALINE WRAP

For purification & tissue tightening

1 wrap 60 min. EUR 98 3 wraps 60 min. EUR 289 including thermic gel (150ml) We recommend 3 wraps a week.

Please note that the thermo-active treatments are not suitable for guests with varicose veins, spider veins and low blood pressure.

#### MASSAGE

#### WELLNESS MASSAGE

Body massage with the signature oils of the Rosenalp Spa. The classic massage for your "well-being moments"!
25 min. EUR 51
50 min. EUR 92

#### TIP

Book this treatment in the Duo Spa Oasis for a parallel treatment for two.

#### **SCRUBS**

### BODY SCRUB WITH ALKALINE SALT OR SEA SALT SCRUB

For velvet and smooth skin which can absorb subsequent care better 25 min. EUR 51
With subsequent warm oil anointment 50 min. EUR 92

#### **EXPERIENCE MASSAGES**

#### HERBAL STAMP MASSAGE "PANTAI LUAR"

A vitalising hot oil massage (120 °C) for the entire body with herb-fruit stamps. Muscle tensions and hardening are removed; cell activation and cell regeneration are stimulated. The herb mixtures have a detoxifying and purifying effect. 30 min. EUR 59 | 60 min. EUR 108

#### **VOLCANIC STONE MASSAGE** "HOT STONE"

80 min. EUR 158

The massage stimulates metabolism and aims at deep relaxation with changing stimuli by hot and cold volcanic stones. A massage ritual for body, mind and soul which removes blockades in the entire body and leads to an incomparable feeling of tranquillity and security.

#### MOUNTAIN SALT STAMP MASSAGE

This salt stamp massage has a strongly detoxifying and purifying effect. Based on the high share in mountain salt, the massage supports skin problems such as neurodermitis, psoriasis, dry skin ... and is absolutely relaxing!

60 min. EUR 108



"The soothing effect of the experience massages is perceptible and lasting."

Roshdi Sabah Wellness therapist & Ayurveda masseur



#### HANDS & FEET

#### SPA MANICURE

Hand scrub | nail cutting, filing and polishing | cuticle removal | short hand massage | nail file to take home 40 min. EUR 62

#### LUXURY SPA MANICURE

Including nail varnish | nail varnish to take home or intense hand massage | hot hand pack | hand lotion to take home 55 min. FUR 79

#### SPA PEDICURE

Foot bath | toe nail cutting, filing and polishing | cuticle removal | callus removal | foot massage 40 min. EUR 62

#### LUXUS SPA PEDICURE

Including nail varnish | OPI nail varnish to take home or relaxing foot massage | foot lotion to take home

55 min. EUR 79

Please understand that we do not make a spa pedicure for medical reasons in case of pathological alterations of feet or toe nails.

#### **PODIATRY**

In case of pathological changes on your foot or toenails as well as when you take blood thinners, in case of diabetes, etc. 50 min. EUR 76 | with polish on request

#### **DYEING**

Evelashes\* 15 min. EUR 20 Evebrows\* 15 min. EUR 20 Combi-treatment\* 30 min. EUR 36

#### **DEPILATION**

55 min. EUR 89 Full legs 30 min. EUR 52 Legs up to knee Armpits 10 min. EUR 18 10 min. EUR 18 Upper lip \* Chin \* 10 min. EUR 18 15 min. EUR 22 Eyebrow shaping \*

\* can be booked in combination with a facial treatment only

#### SOFT PACK BED

Just like in a heated waterbed, you lie floating at a pleasant temperature of 38° C. The consistent temperature opens the skin pores and as a result, active substances can be absorbed much better. A soft water jet massage supports this well-being effect.

#### THALASSO PACK

The freshly mixed heat algae pack has a detoxifying, anti-inflammatory, mineralising effect and stimulates metabolism considerably.

1 x Thalasso pack 25 min. EUR 62 EUR 178 3 x Thalasso pack

#### SALT PACK



A successful treatment that effectively promotes fluid removal and de-acidification of the body. Wrapped in cosy, warm salt covers, you support your cure and relieve your body.

30 Min. EUR 62

#### **EVENING PRIMROSE OIL PACK**

Relaxation with strongly replenishing and moistening skin care.

20 min. EUR 62

#### ROSENALP BODY PACK



Enjoy the aroma of Swiss pine, the Queen of the Alps, in a cream-oil pack. A luxurious care experience especially for sensitive and drv skin.

20 min. EUR 58

#### **BATH**

#### **HYDRO JET** THE SOFT POWER OF WATER

Hydro jet bath: The massage tub has 100 jets which massage your body vibrantly in warm water. The tissue is supplied with blood and tightened – muscles are loosened and relaxed – the metabolism is stimulated.

20 min. EUR 52

#### ALKALINE BATH

The intense brush massage increases the effect of the bath – the body brush to take home motivates you to stick to this ritual at home as well - for a deacidified body & a pleasantly soft, smooth skin Brush massage | alkaline bath | Including body brush

50 min. EUR 88



"It is easier to promote health than to heal an illness!" "I love to counsel, treat and support our Rosenalp guests."

Petra Schierstaedt Spa concierge & naturopath





#### **AYURVEDA**

Dive in the fascinating world of this old Indian form of healing. Flowing and stroking movements make an Ayurveda massage a very special experience. An experiences of all senses. Covered in warm oil, your body, mind and soul will start travelling. Suddenly, it will be easy to let go. Letting go is suddenly easy, your energies are able to flow.

#### **ABHYANGA**

Probably the most popular form of Ayurvedic massage. A unique sensual journey to your inner being. Give yourself into our experienced hands. Warm oil will surround your body and the soft touch will make new energy flow. The feeling of being held and supported makes your mental burden go away.

80 min. EUR 158

#### SHIROABHYANGA

Relaxing head, neck and shoulder massage to remove basic tensions and slightly reduce the burden on your shoulders. The ideal way to discover Ayurvedic treatment and get a first experience of the excellent effects.

50 min. EUR 102

#### **PADABHYANGA**

Harmonising foot and leg massage, particularly suitable in case of nervousness and disturbed sleep. Feel the firmness of the ground under your feet and how Mother Nature gives you strength and new stability.

50 min. EUR 102

#### MUKABHYANGA NEW



Calming head, face and upper body massage. Relaxing when you are uneasy, have a headache or having trouble keeping to a fast - balance for body, mind and soul. 50 min. EUR 102

Nena Jelic

Ayurveda therapist and cosmetician

## Rituals in package

Our selection of unforgettable moments – adjusted to your needs and at the highest level.



#### ANTI-CELLULITE

(bookable as of 7 overnight stays)

- 3 x Detox alkaline wrap
- Body scrub with alkaline salt
- Present: lifting gel to take home
- Slimyonik® Air Body Styler

Package price EUR 372

#### DETOX & MORE ...

(bookable as of 4 overnight stays)

- Thalasso pack / algae bath
- Detox alkaline wrap
- Mountain salt stamp massage (full body massage)

Package price EUR 279

#### MEDICAL BEAUTY RITUAL

(bookable as of 3 overnight stays)

- TDA AHA FACE (facial treatment)
- Slimyonik® Air Body Styler
- TDA FACE 30 min.

Package price EUR 272

#### **GLAMOUR**

(bookable as of 3 overnight stays)

- Shiseido Yutaka (facial treatment)
- Rosenalp Signature-Massage (body massage)
- Beauty present

Package price EUR 259

#### **TIMELESS**

(bookable as of 3 overnight stays)

- "Pantai Luar" (full body massage)
- Clarins Relax (facial treatment)
- Light therapy

Package price EUR 186

#### THALASSO INTRODUCTORY

- 1 x Thalasso pack in the soft pack bed
- 1 x Algae bath in the hydro jet tub

Package price EUR 95

## Medical Beauty

The medical beauty treatments at the Rosenalp spa are more than just pampering and soothing. The treatments, which open up effective possibilities completely without surgical intervention, promise wellness with effect. The Rosenalp spa team has innovative technologies and products at their disposal to achieve outstanding results, some of which are immediately visible. What an enticing prospect to combine a relaxing holiday with rejuvenating beauty treatments!



TDA - AHA - FACE: **OUR GUESTS' FAVOURITE** IN 2021

> To make your skin feel wonderful



#### MED TDA - OXYGENE+

#### For radiantly beautiful skin that makes an impression due to the pressure of oxygen!

TDA stands for Transdermal Application and therefore for the world's first dermatological-aesthetic therapy system that transports hyaluronic acid and anti-aging active agents without needles, with the power of oxygen pressure, into the deepest skin layers to form depots of active agents there. With a sensational, visible and noticeable instant effect!

#### TDA - AHA - FACE

The "beauty to go" treatment for a visibly refined complexion – radiantly beautiful with a rejuvenating glow effect. TDA AHA scrub | TDA Oxygen+ active agent | Hydra mask | pressure point massage

60 min. EUR 149

#### TDA - FACE

as "quick beautifier" Face | neck | décolleté 30 min. EUR 78 Eye or lip area 20 min. EUR 52 We recommend a cure treatment for more effective results. 3 x 30 min. EUR 220

#### TDA - AQUA DERMABRASION Immediately visible improvement of your skin structure - a booster treatment that will delight you.

The innovative combination of Environ active agent cosmetics and a particularly gentle and effective wet dermabrasion perfectly prepares the skin for the TDA Oxygen+ therapy. 60 min. EUR 149

#### **MED VISAGE**

#### TDA - RADIO FREQUENCY & ULTRASOUND

#### Safe and efficient method for firmer skin without surgical intervention

The mechanical effect of the ultrasound waves and the thermal high-frequency energy make your skin tighter, counteract the loss of shape and stimulate the formation of collagen fibres (collagen shrinking). The subsequent TDA Oxygen+ therapy soothes your skin and, with the energy of oxygen and active agents, provides the perfect combination to achieve long-lasting results.

60 min. EUR 199 Face Neck & décolleté 50 min. EUR 135 Hands 30 min. EUR 89

Please remember to drink enough water prior to the treatments to make sure the energies are well absorbed.



#### SLIMYONIK® AIR BODYSTYLER

Individual compression wave massages and simultaneous inhalation of oxygenated respiratory air gently mobilise your lymph system, decongest and stimulate your metabolism as well as the blood circulation of skin and fat tissue.

45 min. EUR 58 3 x 45 min. EUR 165

#### **MED BODY**

#### TDA - BODY RADIO FREQUENCY & ULTRASOUND

#### For visibly firmer body skin

Welcome to a new body feeling! For visible skin firming from the deep effect of radio frequency and integrated ultrasound, in combination with TDA-Bodystyle oxygen+ therapy.

Legs / thighs 75 min. EUR 148 3 treatments & Environ Body Care product EUR 429

Upper arms 40 min. EUR 88

3 treatments &

Environ Body Care product EUR 254

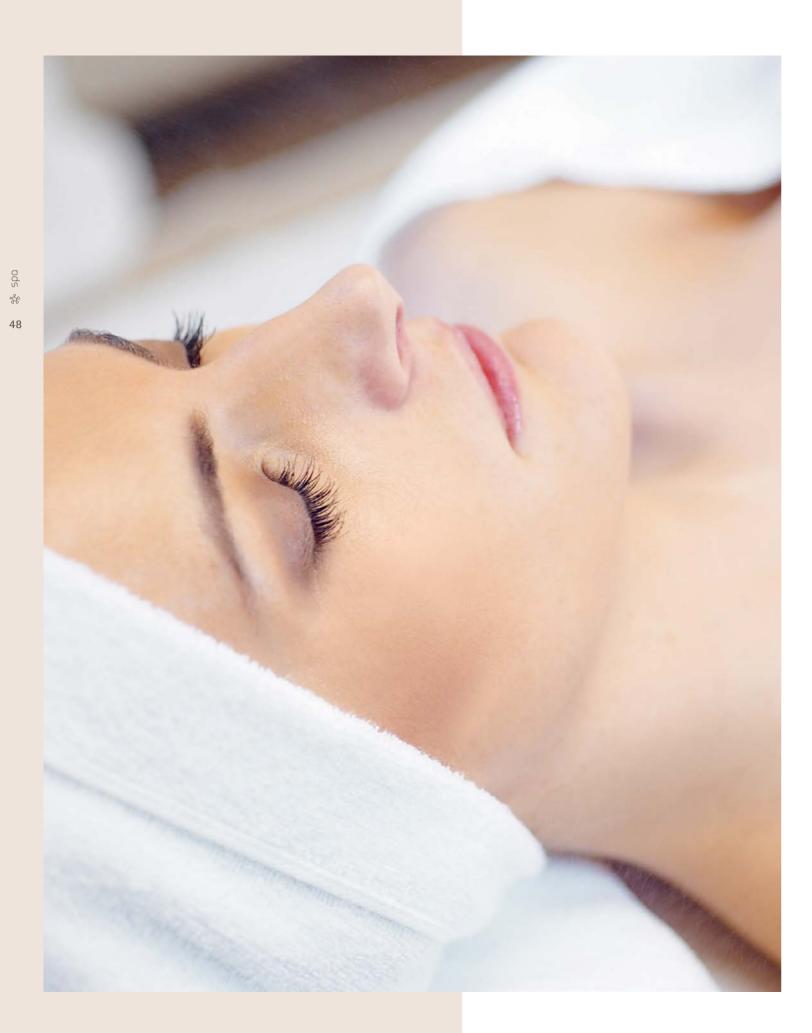
We recommend a minimum of three treatments at an interval of at least one day.

#### TDA - SLIMYONIK® NEW



The body beauty styler for your legs – for great-looking skin.

3 Treatments & 60 Min. EUR 110 **EUR 325** Environ body care product





#### **MEDCONTOUR**

#### MFDCONTOUR-**CAVITATION WITH ULTRASOUND**

#### Body Shape – non-invasive body fat reduction and tissue tightening

Everyone has their own small, individual "problem zones". With MedContour, however, it does not have to be that way. The patented method reduces your girth carefully and specifically. Without surgery – with the power of the ultrasound! A Slimyonic® Air Bodystyler lymphatic drainage concludes the treatment. The result: a well-shaped, firmer and leaner silhouette. This procedure has been selected the best method in the US for the second time in a row.

80 min. EUR 185 3 x 80 min. EUR 525 (for a visible result)

Please note the following contraindications: cardiac pacemaker, thrombosis, thrombophlebitis, serious metabolic disease, diabetes, liver diseases, kidney diseases. Moreover, we do not recommend this treatment to patients taking blood thinners, patients with medical transplants or metallic prostheses, and pregnant women.

#### TIP

We recommend drinking 2 – 2.5 litres of water on the days ahead of the treatments to achieve the best results. Avoid carbohydrates on days with treatments.

#### **ENVIRON SKIN CARE** With the power of vitamins and AHAs – for permanently healthy looking, beautiful skin!

Environ stands for scientifically backed cosmeceuticals based on medical expertise and highly effective formulas. They offer every skin condition a tailored care solution. Vitamin A as the main ingredient of Environ skin care firms the lateral skin layer and is therefore ideal for minimising small wrinkles. In combination with antioxidants, AHAs, peptides and the latest developments from anti-aging research, the treatment offers a perfect result for every skin type.



"Give yourself the most beautiful moments every day."

#### Helena Schramm Deputy head of the Rosenalp Spa Et cosmetics specialist

#### ENVIRON - FACE



#### **MOISTURE BOOST**

(Environ Essential Basic Treatment) This basic treatment focuses on revitalising dry, tired skin. It restores a healthy glow. A combination of powerful peptide complexes and hyaluronic acid ensures an overall freshened and hydrated appearance.

30 min. EUR 55 60 min. EUR 94

#### VITAMIN TOUCH

A luxurious, relaxing treatment that delivers essential vitamins for a visible revitalisation of the skin. The skin is strengthened and the complexion looks refreshed. The magic of this treatment lies in the combination of power effective ingredients and a deeply relaxing gemstone massage.

70 min. EUR 128

#### YOUTH RESET

(Cool-peel method and ultrasound) This peptide and vitamin-rich treatment helps mature skin to achieve a fresh, youthful glow. The innovative cool-peel method helps reduce the symptoms of premature aging, small wrinkles, sun damage and uneven complexion. The skin is refreshed and gains a youthful appearance. 80 Min. EUR 146



## Exclusive Spa Treatments

In addition to highly efficient care products, well-being specialist Shiseido also provides you with a unique treatment method. Body, mind and soul will find new harmony. Experience the Shiseido lifestyle treatments – an exceptional combination of Western massage elements and Far Eastern Tsubo pressure point techniques. These treatment rituals will lead to holistic well-being, reduce stress and strengthen your body's self-healing powers.





#### **SHISEIDO LADIES** TREATMENT COLLECTION FOR THE FACE

#### SHISEIDO CLASSIC

Basic treatment including scrub | deep cleansing | eyebrow correction | massage | mask | final care

60 min. EUR 94

#### WASO FACIAL

Natural ingredients – without parabens & mineral oils – less is more! This treatment for the young skin of "millennials" brings the skin back into balance – provides turbo hydrating, smoothens the skin and replenishes resources.

70 min. EUR 132

#### YUTAKA - WRINKLE LIFTING

The SPA-award winning Future Solution LX line maximises the beauty of your skin. The Facial Ceremony with the pleasantly warm Yutaka stone massage kicks off regeneration. This causes a wow effect! 80 min. EUR 158

FOR EYES & LIPS

#### FUTURE SOLUTION EYE & LIP CONTOUR CEREMONY

Do you love luxury and the exclusive Future Solution care products? Would you like to target your eye and lip areas to make them more radiating and smoother? In this case, enjoy this extraordinary special treatment. 40 min. EUR 78

#### **SHISEIDO** MAKE-UP **COACHINGS**

The Shiseido make-up products belong to the high class of decorative cosmetics. Make-up artists work with these innovative products every day and are delighted with the textures and colour intensity of this brand.



#### SHISEIDO MAKE-UP EVENT

SHISEIDO make-up professionals provide coaching for our guests several times a year – the make-up artists will masterfully put your personal "highlight" in the spotlight.

Please find the dates of these events on our website rosenalp.de/events

#### SHISEIDO MEN TREATMENT COLLECTION FOR THE FACE

#### CHECK-UP

Basic treatment for men's skin including scrub | deep cleansing | eyebrow correction | massage | mask | final care 60 min. EUR 94

#### TIME FIGHTING FACIAL

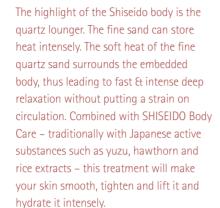
The high-performance facial treatment specifically counteracts wrinkles as well as fine lines and also has an extensive anti-aging effect. It will intensely hydrate and considerably tighten your skin. 70 min. EUR 132



"Make up doesn't create beauty, but underlines the beauty nature has provided."

Melanie Hägele Visagist

#### SHISEIDO SPA **BODY TREATMENTS**



#### RELAXING MASSAGE

You are nervous, hectic and stressed by everyday life? Treat yourself to tranquillity, relaxation and pure pleasure for all senses with this pleasant ritual massage! 90 min. EUR 152

#### "JAPANESE SCALP & SHOULDER"-MASSAGE

Pure well-being and total relaxation for head, shoulders and neck. 45 min. FUR 82



#### METABOLIC BODY FIRMING CARE

52

#### METABOLIC-BODY-FIRMING-CARE PAKET

You desire a smooth, tightened and modelled silhouette? You are on a diet or have just ended one? Metabolic Body Firming Metabolic Body Firming Careespecially combines relaxation, tightening and purification in this exclusive treatment method. A strongly stimulating body massage activates your metabolism. To intensify the agents' effect, you relax in a soft pack bed – the cooling firming gel makes this treatment so efficient.

90 min. EUR 153 3 treatments EUR 445 including an original Body Creator Sculpting Gel product

TIP

Make use of the steam sauna or the infrared cabin before the treatment to increase the effect.



"Tranquillity, balance and deep relaxation are the aims of every Shiseido body treatment."

Donna Weiland Wellness therapist

#### CLARINS

## Take a journey with Clarins

Enjoy a treatment individually tailored to your needs with the exclusive "La Méthode Clarins" in our spa. Experience your moment of absolute well-being for all senses with the best of over 65 years of research, experience and knowledge of nature's beauty secrets!



#### MY CLARINS SPA MOMENTS FOR HER & HIM

Individual facial treatment for every skin type. Exclusive products based on plant extracts, professional treatment techniques – enjoy your feel-good moments in a state of deep relaxation! Downtime - Hydrating pure 30 min. EUR 52

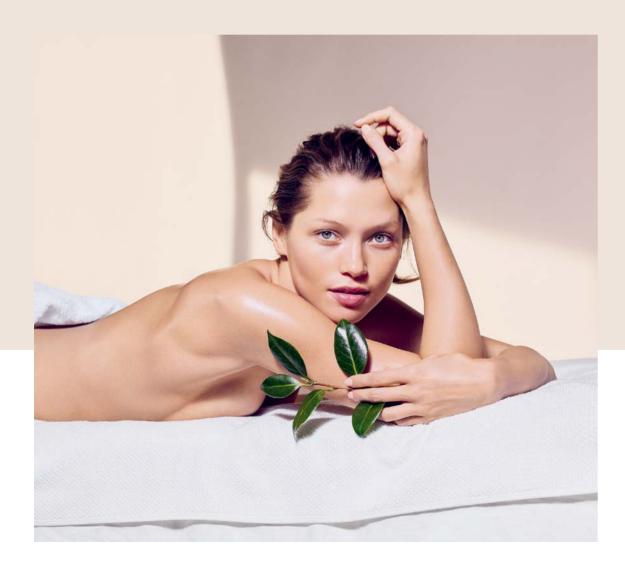
Downtime - Classic 60 min. EUR 94

Downtime - Relaxation 90 min. EUR 152

#### CLARINS

## Noticeable expertise, visible results.

Our secret lies in the combination of highly effective formulas enriched with plant extracts and a treatment concept based on more than 65 years at the Clarins Institute, "La Méthode Clarins".









#### ANTI-AGE

Regardless of age, this treatment visibly reduces wrinkles and fine lines and smoothens your facial features. Your skin becomes firmer and invigorated and your complexion glows.

60 min. EUR 119

#### RADIANCE & ANTI-SPOT

The care treatment for a perfect and smooth complexion returns natural radiance to your skin. Pigmented spots are softened, shadows are reduced, and the skin's natural radiance is activated. Your even skin tone is beautiful. 60 min. EUR 119

SOS & MOISTURE

This care treatment indulges dry and sensitive skin. It provides comfort, relaxes the skin and makes it soft and radiant. Wrinkles as a result of dryness are smoothened out and feelings of tension subside. Your skin feels incredibly soft and smooth.

60 min. EUR 119



#### CLARINS -TREATMENTS FOR MEN

#### **CLARINS MEN POWER & ENERGY**

This energising facial treatment was developed especially for men's skin. The treatment cleanses and moisturises your skin. It reduces wrinkles and dark shadows under your eyes and vitalises your skin: you will feel rested and relaxed as well as full of power and energy! 60 min. EUR 119



Tailored to your problem zones and skin condition, this treatment defines contours - with the "Gua Sha" or the effective "Sculpt Treatment" fasciae massage. This strengthens connective tissue and boosts collagen formation and skin firmness. Thanks to the Expert Clarins body care products, this treatment gives you a youthful, firm and elastic body feeling. The perfect anti-aging concept that also comes with a powerful wellbeing boost.

60 min. EUR 119 Recommended as a cure package for even more effectiveness. 3 x 60 min. EUR 349 Including Clarins Huile with 100-percent plant extracts for your personal care ritual at home.



"It is easier to promote health than to heal an illness! I love to counsel, treat and support our Rosenalp guests."

**Annette Duffner** cosmetician & naturopath

## Spa Etiquette: Good to know



"It is very important to me to give you individual advice and recommend treatments that are specifically adapted to your needs."

Romy Rohowsky Spa receptionist, massage therapist / balneotherapist

#### SPA-RECEPTION

Our spa team is looking forward to advising you individually to book a spa treatment or a package tailored to your needs. In addition, the team at the spa reception will inform you about our products and token coins for the light therapy.

#### **APPOINTMENTS**

Our treatments are very popular because we put an emphasis on professional treatments & rituals. We recommend booking your desired spa treatments prior to arrival so you have a relaxed stay from the very beginning. You will receive your schedule from the hotel reception staff upon your arrival. You can contact the Rosenalp spa team on the phone +49 8386/706-447 or via e-mail spa@rosenalp.de. Treatments bookable on short notice will be shown on our screen at the spa reception and can be booked there directly.

#### POSTPONEMENT / CANCELLATION

We would like to ask you to postpone appointments early, at least 24 hours prior to the planned spa treatment. Please understand that we have to charge you with 100 % of the treatment price if you miss an appointment. Same terms apply to cancellation or postponement on the day of the treatment. Treatments, which are included in a package or prescription, expire.

#### WE CARE ABOUT YOU

Please tell us known intolerances, diseases and allergies ahead of each treatment so we can adjust the treatment exactly to your needs. Please let us know by all means in case you have symptoms of a cold or cough so we can arrange an alternative appointment for your treatment. We recommend our Schroth cure and fasting cure guests to use the bio sauna instead of the Finnish sauna since temperatures of more than 70 °C could overstrain the circulation which might already be weak because of the fasting cure. Please pay attention to possible warning signals in any case: In case of nausea or dizziness, please leave the sauna immediately.

#### **BODY TREATMENTS**

For body treatments, please wear your bathrobe and underwear or swimwear underneath as well as bathing shoes. Our wellness therapists are instructed to cover you accordingly during the treatments. Please note that some treatments involve a resting period afterwards. In single cases, the combination of treatment and sauna /steam bath might increase or reduce the results of the treatment. Our therapists will be glad to inform you correspondingly.

#### COSMETIC TREATMENTS

We recommend foregoing light therapy immediately after cosmetic treatments. We would like to ask men to shave a few hours before the facial treatment so that the treatment result is as good as possible. If you are booking a manicure or pedicure, please let us know if you have gel, arcylic or gel polished nails.

#### MOBILE PHONES

The entire Rosenalp spa is a mobile phonefree zone to guarantee relaxation and out of respect for other quests. We would like to ask you to leave your mobile phone in your room or switch it off during your stay at the spa.

#### TAKE YOUR TIME

We recommend arriving at the Rosenalp spa 10 minutes before the treatment starts so you can enjoy your treatment fully. Get in the right mood for your treatment with a cup of tea in the wellness lounge. A member of the spa team will welcome you for your subsequent treatment. Out of respect for other guests, please note that the length of your treatment will be reduced if you are late.

#### **GENERAL INFORMATION**

Please make sure to shower before using the outdoor pool, indoor pool, saunas or steam bath. Please pay attention to information on nude bathing areas and those where swimwear is required. Please understand that access to the nude area is only permitted for adults and young people aged 16 or older.





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#### DAILY OPENING HOURS OF THE ROSENALP SPA

06.30 a.m. - 08.00 p.m.:

08.30 a.m. - 08.00 p.m.: Bio and infrared sauna, Kneipp area

01.30 p.m. - 08.00 p.m.: Finnish sauna



Give happiness! With our Rosenalp spa vouchers, you will give a spoiling programme for body, mind and soul.