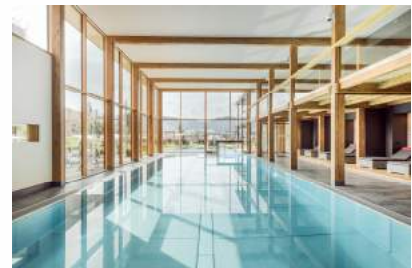


Rosenalp Gesundheitsresort & Spa



Feel at ease, feel beautiful, can be the way to a greater well-being

In today's hectic, fast moving times it's extremely important to be careful with your own health and actively take care of your well-being. We have realised this at Health & Spa Resort Rosenalp in Oberstaufen and have created our offers accordingly.

Health & Spa Resort Rosenalp **** Superior is located in a quiet, spacious park in one of the most beautiful places in Oberstaufen. It almost looks like the hotel is on a throne on a sunny plateau with a view of the charming Allgäu spa town that is Germany's only Climatic Health & Schroth Spa Town. The view of Oberstaufen and the Nagelfluh mountain range in the background is fantastic. This part of the Earth is ideal for focusing on yourself and spoiling yourself. The host families Schädler and Burkart that run the hotel as a family hotel in the second generation, have realised this. They haven't just created the perfect well-being ambience in the hotel but have also developed offers that make it easy to forget your daily life and to concentrate on your health and well-being.

The Rosenalp Med Concept

A holistic concept has been developed at the 4-star superior hotel in Oberstaufen to help you to realise a new, healthy lifestyle: it's called Rosenalp Med, based on more than 50 years of knowledge and experience and includes offers from the areas of nutrition, Schroth Cure and fasting, movement and mental health, medical as well as the Rosenalp Spa. The aim is to provide the guests of the hotel with the opportunity to put an individual focus on their health and well-being at all levels and therefore to gain a better quality of life.

The main focus healthy nutrition

One of the most important pillars of this concept is healthy nutrition. This is of great importance at the Rosenalp. You will feel totally looked after if you partake in one of the cures at the Rosenalp. The hotel is known as one of the best addresses for doing the Schroth Cure and is extremely competent in it. This holistic, natural healing remedy has been offered for decades at the hotel. A Healing Fasting Cure and Acid-Base Fasting Cure according to the Wacker-method® extend the cures offered. Hotel guests that don't want to take part in a cure can choose between half-board, Rosenalp's light cuisine or a Metabolic Balance® nutrition. Catering for different forms of nutrition or allergies and intolerances are no problem for the team of professional chefs.



Keeping fit

Allgäu's countryside is one of the points that tempts the guests of the Rosenalp to keep fit and to be active, but on the other hand it is the extensive offer of the hotel in the areas of movement and mental health, one of the other important pillars at the Rosenalp Med that entices the guests. An extensive active and fitness programme is offered on six days of the week with courses such as yoga, Pilates, back exercises or other relaxation programmes such as "breathe freely". In the afternoons you can explore Allgäu on guided walks. Also Nordic walking tours are offered on a regular basis. The hotel also has an excellently equipped fitness centre: an area of over 200m² offers all the equipment you need for endurance and weight training. If you would like a personal programme you can ask in the gym for a tailor-made training programme to be developed or you can calculate your fitness level with a fitness check.

Medically and therapeutically the best

The best care and attention is offered at the Rosenalp from a medical and therapeutically point of view, due to the hotel's own health centre with the practice for physiotherapy and natural remedies. As an experienced cure doctor Dr. Cornelia Wörner guarantees cure guests professional care. You can also combine your holiday with a medical check-up thanks to the excellently equipped surgery with its own laboratory. Klarmann uses classical forms of physiotherapy as well as alternative treatment therapies. It is also the ideal place to do an orthopaedic rehabilitation due to the combined physiotherapy and medical competencies. Alternative therapist Petra Schantini concentrates in her naturopathy practice on seeing the body and soul as a whole entity. She accompanies the guests with a wide choice of treatments and natural therapies with a holistic approach towards better health.

Spacious well-being oasis

The name Rosenalp Spa has been given to the over 2.000m² well-being oasis at the Rosenalp: here you can take part in well-being and beauty treatments or visit the spacious saunas and swimming area – the main focus here is to treat your body, mind and soul to something pleasant. The spacious indoor swimming pool is flooded with daylight and from it you can directly swim into the outdoor pool which is heated all year round, with loungers. The sauna area offers as well as a Finnish sauna, a steam bath, a bio-sauna as well as an infra-red sauna. Relaxing areas, well-being islands and the large wellness garden invite you to relax or sun-bathe. You will be pampered from head to toe by Jacqueline Häußler and her team in the beauty department. If you so wish, even with rejuvenating treatments. The beauty treatments with exclusive brands such as Shiseido, Decléor or Carita are offered, as well as innovative treatments such as MedContour, Aquadermabrasion or Ultra sound therapy which have amazing results, even after just one treatment session. After that you can return back home not just relaxed but also looking visibly younger.



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