

NUTRITION
EXERCISE
MEDICAL
SPA
MENTAL BALANCE



rosenalp 
Feel at ease. Feel beautiful.



NUTRITION
EXERCISE
MEDICAL
SPA
MENTAL BALANCE



4-5	NUTRITION
6-11	EXERCISE
12-17	MEDICAL
18-35	SPA
36-37	MENTAL BALANCE



Nutrition

“Mens sana in corpore sano” – a sound mind in a sound body, the famous Latin phrase says. So it not only is important but also feels good to get your body into shape from time to time, remove waste products and old problems. You will soon get used to more energy and joie de vivre.



“EATING AND NUTRITION CAN BE WORLDS APART.”

Author unknown



Schroth cure

Being the only Schroth cure spa in Germany, Oberstaufen is considered the German Schroth cure centre per se. Rosenalp, a “recognised Schroth cure spa” is one of the best addresses for the naturopathic treatment which has been practiced for more than 180 years for detoxification and purification. The Schroth cure is based on four pillars: Schroth cure diet, Schroth cure sweating packs stimulating the metabolism, the rhythmic alternation between drinking plenty and drinking little as well as the mixture of rest and activity. Optimum medical supervision not only is particularly important for detoxification and purification cures but also can increase the cure’s success.

Fasting cure

The fasting cure offered at Rosenalp provides for a similarly purifying effect. Optimum medical supervision not only is particularly important for detoxification and purification cures but also can increase the cure’s success.

Logi method

Reducing carbohydrates, reducing weight: the Logi method will help you control your weight in a sustainable and healthy way; moreover, you will prevent type II diabetes. Logi means “low glycemic and insulinemic index”. It actually is no common diet but a comprehensive

nutrition method. Forget craving and yo-yo effect! White bread, potatoes and sweets are taboo as they contain much sugar and starch – i. e. carbohydrates. But you can eat fruit and vegetables, dairy products, eggs, fish and meat without bad conscience. The result: You will lose weight and gain joie de vivre. The ideal diet to be used at home as well!

Metabolic balance

Based on your individual blood test results, we will compile a nutrition programme which will regulate your metabolism and will help you reach your individual desired weight in the long term through 4 phases. You will receive tasty, low-carbohydrate food rich in proteins three times a day and will experience how easy it easy to become fit and healthy again without too much abstinence.

Rosenalp Light Cuisine

You want to reduce weight and nevertheless provide your body with essential nutrients? The key to permanent feel-good weight is whole food but low-fat nutrition. Our chef at Rosenalp, Helmut Beng, prepares sophisticated meals which will provide you with nutrients and calories in an optimum way and which will leave nothing to be desired.



Exercise

Exercise is fun, keeps you fit and refreshes body and mind. Rosenalp offers many exercise options: A varied programme, tailored to your personal needs, that whips your body into shape and keeps you fit. Small, effective steps that help you stabilise your body after a long break, strengthen it, stretch it and put pressure on it. Or soothing relaxation after stressful days. Your body's signals will show you the right way to achieve balance. All you have to do is pay attention to them.



“SOMETIMES, A SMALL STEP CAN TRIGGER A MAJOR CHANGE.”

Hermann Lahm, 09/07/1948
Writer

Personal training

Personal training is an individual training and health programme that focuses on your personal goals. This includes improving your figure and losing weight, relaxation and increasing fitness. The personal trainer accompanies your workouts in order to monitor each movement and correct it if necessary. This way, you achieve your personal fitness goals quickly and effectively.

Individual Coaching

Our trainer Melania will create a training schedule especially adapted to your needs and problems for the duration of your stay and will also advise you on further training at home and every day. Joint sporting activities such as Nordic walking, or Power Plate, and so on can be part of the unit, too.

Which advantages does the personal trainer offer you?

Effective and goal-oriented supervised training as well as competent advice not just when it comes to exercising, but in all areas that affect your health, such as diet and lifestyle. It takes into account your level of fitness and general lifestyle, and provides you with mental and emotional support to allow you to improve your quality of life and well-being.

30 min. with Melania	EUR	34.00
45 min. with Melania	EUR	51.00
60 min. with Melania	EUR	68.00
90 min. with Melania	EUR	102.00
Nutritional advice with Susanne Gass	30 min.	EUR 51.00

TIP Bioimpedance analysis

Measuring your personal body composition (muscle cell mass, body fat percentage and water balance). The interpretation of your values provides information about the effectiveness of your workouts and your new diet.

1 BIA measurement	EUR	42.00
2 BIA measurements (at least two weeks between two measurements)	EUR	62.00

The cardiovascular check

It comprises a fitness check and an assessment of your body composition using a body composition monitor and a cardiovascular test including evaluation and calculation of the training pulse that's right for you.

45 min. EUR 51.00

Power Plate®

The secret of the Power Plate® lies in its multidimensional vibrations. The different directions it moves in activate reflexes in the muscles and tendons of the body and also effectively train the inner muscles, which are hardly used at all during normal exercise.

Power Plate – shake until the fat melts.

10 minutes of Power Plate is the same as a one-hour workout using normal equipment! A comparison of the effect: While an amateur activates about 40 % of muscle fibres during conventional training, exercising using the Power Plate® activates as much as 97 %. Very short training intervals of up to 60 seconds per exercise efficiently trains all parts of the body. The Power Plate® is also ideal for massaging, for example your problem zones, or just for relaxation and stretching the muscles. It is ideal for amateur and professional athletes such as golfers. Even though the exercises on the Power Plate® are performed without moving, you are nonetheless supervised by our trainer Melania Fink.

10 min.	EUR	17.00
20 min. (more experienced users)	EUR	33.00

 **Included sports courses**

(included in the room rate)

Active & Fit Programme (from monday to friday)

- Aqua fitness, aqua jogging & aquarobics,
- Various gymnastics courses (see weekly schedule)
 - e. g.: Pilates, Back Balance, Stretch and relax, Pure Relaxation, Yoga ...
- Guided hiking tours (see weekly schedule)

Active & fit group

Muscle building

Pilates

Comprehensive body training mainly focusing on deep, smaller and usually weaker muscle groups which are responsible for a correct and healthy posture. The training includes power and stretching exercises in connection with conscious breathing. Flowing and harmonic moves are made in concentration and in connection with breathing in order to bring body and mind into line. **60 min.**

Fascia Pilates (from October 2016)

Fascias – the connective tissue that supports your body. In addition to a healthy diet and plenty of fluids, exercise plays a major role in keeping your fascia tissue healthy. Exercising your fascias ensures a healthy and pain-free back. Fascia Pilates creates stimuli that strengthen the connective tissue, release tension and loosen agglutination. **45 min.**

Back Balance

The back in balance means first finding our centre and having a correct posture. Training the muscles evenly in order to avoid an imbalance and thus building up a strong back. The spine ought to be supple and lithe – for this reason, flexibility also constitutes part of this hour. **60 min.**

Body Forming | Abs-Thighs-Butt

Gymnastic exercises, which build up the muscular system and tighten the tissue. **45 min.**

Barré Concept at the barre

"Barré Concept" is a demanding exercise for the whole body that employs classic workout exercises. In our gymnastics room we combine the rhythms of the latest hits with dumbbells, Pilates balls and the barre. **60 min.**

Latin Aerobics

Hot rhythms and a good mood will melt the pounds away! "Latin Aerobics" is a combination of Latin American steps, such as the merengue, mambo or cha-cha-cha, which will improve your, stamina, coordination and flexibility. **45 min.**

Flow Movement

Flowing movements accompanied by gentle music (e. g.: music in three-four time). Demands are made upon the entire body. In addition, stamina and flexibility are trained. **45 min.**

Flexi-Bar

Flexible, swinging sticks are used in this course. As the stick is swung by you permanently, the strain on your muscles is higher (mainly deep muscles) and several muscle groups are activated at the same time. **45 min.**

**Active & fit group**

Relaxation courses

Pure Relaxation and stretching

Relaxation techniques from autogenic training, progressive muscle relaxation, breathing exercises, imaginary journey and Yoga combined with gentle stretching **45 min.**

Breathe Yourself Free

Breathing gymnastics... breath is life. Our breathing reflects our physical-emotional-spiritual state. By means of relaxed and deep breathing we are able to relax, purify and harmonise the body. **45 min.**

Stretch & Relax

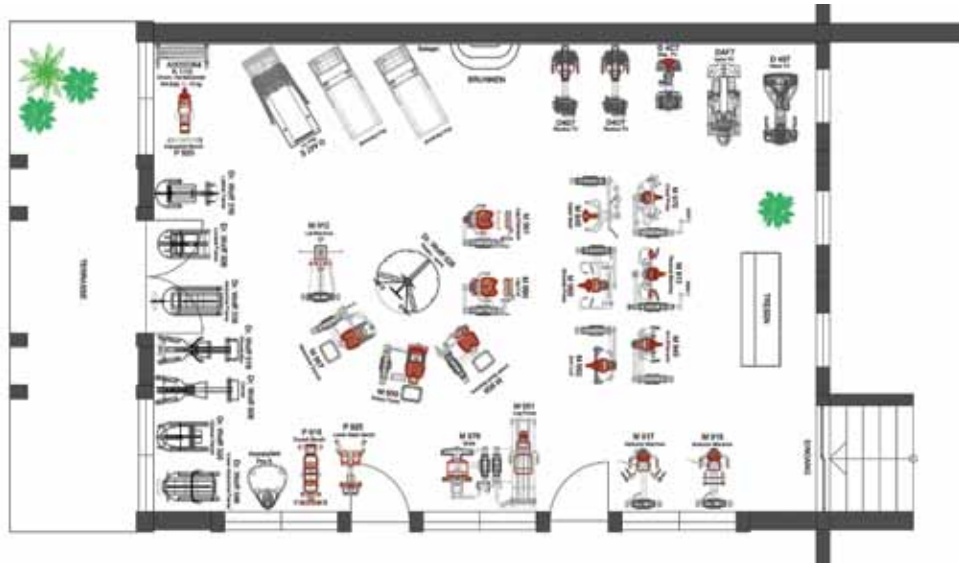
Muscle shortening and tensions are not only a problem of the elderly but also often caused by the wrong posture and stress today. Stretching also includes loosening up muscles which is good for your whole body. The unit specifically focuses on muscles which tend to shortening. **30-45 min.**

Active & fit group

Sessions from the far east

Yoga

Promotes the strengthening and mobility of the entire locomotor system. Improves your posture and also aims to build up and strengthen all back muscles. Keeps connective tissue firm. Strengthens your mental state and can counteract consequences of stress. Normalises your blood pressure. Yoga also removes tensions and blockades, counteracts tenseness, facilitates stress reduction and helps in case of disturbed sleep. Improves the entire body awareness. Breathing exercises and relaxation techniques improve your concentration and lead to balance as well as inner calm. **60-90 min.**



Technogym

You can only feel good when you are fit. And you need to do something for your fitness – so you can enjoy wellness. Our gym will help you overcome your laziness easily. All machines allow for easy handling. And nobody will expect from you to copy Arnold Schwarzenegger. But just a bit – and if you want maybe a bit more. It will really do you good.

Free introductory sessions take place in which the use of the fitness equipment is explained.

Technogym machines

Power | adductor, abductor, glute, leg curl, leg extension, leg press, arm curl, arm extension, chest press, pectoral machine, shoulder press, upper back, abdominal crunch, rotary torso, pull down, lat machine, lower back, power bench, crunch bench, dumbbell set

Ergometer | run, spinning bikes, bike, crossover, vario, wave, recline

Dr. Wolff

In addition to the back training courses, Dr Wolff's machines – especially designed to be easy on the back – will provide you with the ideal opportunity to do good to your back (even spinal surgery following a slipped disc, for instance, or similar is no excuse!). No matter whether you want to counteract the number one national disease – problems with the back – as preventive measure or rehabilitation – this training is for everyone.

With instructions, of course! For the time of the free introductory course, please take a look at our respective weekly schedule.

Dr. Wolff machines

Power | cervex (cervical vertebrae training) | rhomb flex (Thoracic spine training) lateral trainer | abdominal trainer | lower abdominal trainer | lumbal trainer | gluteus trainer | rotary-spine for inner muscles





Medical

Rosenalp has a health centre with modern equipment led by Dr. Cornelia Wörner, experienced specialist for general medicine, nutrition medicine and diabetology. A new physiotherapeutic practice, a generous spa and a varied range of well-being and leisure time offers at Rosenalp make the ambience perfect for your cure treatments, with peace and relaxation being particularly important.



“IF YOU DON'T DO SOMETHING FOR YOUR HEALTH EVERY DAY, YOU WILL ONE DAY HAVE TO SACRIFICE A LOT OF TIME FOR ILLNESS.”

Sebastian Kneipp, 17/05/1821 – 17/06/1897
Germany church minister and hydrotherapist

Physiotherapeutic practice Stefan & Moritz Klarmann

Professional care by the physiotherapeutic team at Rosenalp is the ideal prerequisite for your way towards new vitality. Both classic and modern therapies will help you achieve the best possible success. Large therapy rooms and a pleasant atmosphere will also contribute to your well-being.

Treatments

Physical check-up incl. initial treatment

Our entire competence will be applied to the physical check. 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 last but not least individual initial treatment.

about 50 min. EUR 80.00 *

Physiotherapy

Our aim is to improve your pain as well as the functionality of your locomotor system with manual mobilisation and other treatment methods. Just trust in the hands of our physiotherapists who will select the best for you from their extensive options: manual therapy, physiotherapy, massage, lymphatic drainage, electro- and ultrasound therapy.

about 50 min. EUR 78.00 *

Soft manual spine therapy

Similar to the spine therapy according to Dorn, this therapy is based on Chinese acupuncture and meridian theory. The therapy is a comprehensive, efficient method to find and correct dislocated joints, in particular spinal column joints. The aim is to heal illness and relieve pain directly or indirectly linked with the spine. Working on the spine often has a positive impact on the functionality of the respective 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 40 min. EUR 53.00 *

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 39.00 *

Medical gymnastics

Treatment of impaired and / or painful motions with specific active or passive therapies as well as with gymnastic instructions for self-help.

about 25 min. EUR 37.00 *

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.

about 45 min. EUR 55.00 *

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 34.00 *
Full-body massage	about 50 min.	EUR 68.00 *

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 so-called "stiff neck."

about 50 min.	EUR 72.00 *
----------------------	--------------------

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.

Facial treatment	about 25 min.	EUR 30.00 *
Extensive treatment	about 30 min.	EUR 37.00 *
Full-body treatment	about 50 min.	EUR 68.00 *

Rosenalp fit massage

The brilliant combination of various techniques. Soft manual spine therapy, intense warmth with hay flower pack or natural moor pack, and classic massage. Optimises the success of treatment – mobilising, reducing tensions, pain-relieving.

about 80 min.	EUR 95.00 *
----------------------	--------------------

Alternative treatment methods

Acupuncture massage by 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 45 min.	EUR 55.00 *
----------------------	--------------------

Cranio sacral therapy

The cranio sacral therapy aims to check and treat muscle fascia, bone and organic systems. This therapy will bring fascia 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 malfunction, diseases and psychological problems.

about 50 min.	EUR 80.00 *
----------------------	--------------------

Biodynamic manual therapy

This is a treatment method that combines traditional manual therapy and osteopathy. Biodynamic manual therapy focuses on the individual as a whole – which is why it has an effect on the nervous system, organ system and the myofascial system.

Based on the knowledge that body, mind and soul influence one another, we want to make patients aware that their thoughts, feelings, attitudes and actions have a direct impact on the fascial tissue.

about 50 min.	EUR 98.00 *
----------------------	--------------------

Matrix-Rhythm Therapy

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 your 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. But soon 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 counteract this process. We will be glad to provide you with individual consultation.

about 30 min.	EUR 50.00 *
about 60 min.	EUR 100.00 *

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 55 min.	EUR 85.00 *
----------------------	--------------------

Foot reflexology massage

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 pain caused by pressure. The segmental reflex massage improves the circulation, activates the resistance, and improves the tissue's ability to regenerate.

about 30 min.	EUR 37.00 *
----------------------	--------------------

Thermal treatments

Infrared light irradiation

Heat radiating light will stimulate your metabolism and circulation. The treatment has a relaxing and pain-relieving effect.

about 15 min.	EUR 10.00 *
----------------------	--------------------

Natural moor pack

The pleasant warmth of the natural moor pack will slowly spread across your entire body. As circulation will be increased, muscle relaxation will be promoted, too.

about 25 min.	EUR 20.00 *
----------------------	--------------------

Electrotherapy

Electrotherapy 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, stimulation of muscle activity and metabolic processes as well as pain relief.

about 15 min.	EUR 12.00 *
----------------------	--------------------

Ultrasound therapy

In a broader sense, the ultrasound therapy belongs to electrotherapy. 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 15.00 *
----------------------	--------------------

 Practice of Dr. Wörner

Health means much more than "not being ill." In order to recognise and treat risks for your health in time, we provide you with a comprehensive check-up and therapy programme.



Medical health checks

Metabolic check-up

Metabolic disorders slowly but constantly damage organs and often lead to serious illness like diabetes, gout or rheumatism. It is necessary to recognise such disorders in time to prevent irreversible damage.

Heart check-up

Cardiovascular diseases are the number 1 cause of death in Germany. Controlling the risk factors for coronary vessel diseases and checking your heart function can limit the risks of dying. Protect your heart and yourself.

Lung check-up

Toxic agents like waste gas, cigarette smoke and fine dust put a strain on our respiratory system. The results are bronchitis, asthma and lung cancer. Special check-ups of lung function and blood can recognise the smallest changes indicating potential illness.

Precautionary check-up

Serious illness do not involve problems at the beginning. The sooner they are recognised, however, the better is the chance to survive. Our precautionary check-up will help you.

Diagnostic profile

ECG and ECG stress test
Lung function test
Long-term ECG
Long-term blood pressure reading
Vascular diagnostics with colour Doppler
Ultrasound (Sonography)
Comprehensive clinical / chemical laboratory
Precautionary check-up

Therapy profile

Ozone-oxygen therapy
Oxygen multi-step therapy "Ardenne method"
Autohemotherapy
Acupuncture
Thymus therapy
Orthomolecular therapy
Phytotherapy
Electrotherapy
Diabetes coaching
Injection and infusion therapy

Special programme for diabetics

Diabetes mellitus is the most common metabolic disease in Germany. 8 million German citizens are suffering from it, many do not know it. If not recognised or treated badly, diabetes will definitely lead to damages of your vascular system with results such as heart attack, circulatory problems, kidney disease, loss of eye sight and much more. Our treatment and care programme can protect you.

Risk profiling

based on extensive physical check
Laboratory test
ECG stress test
Ultrasound of neck vessels
Ultrasound of organs in the stomach

Risk reduction

based on individual therapy plans with
weight reduction
medicine
instructions how to control your blood sugar on your own
extensive autohemotherapy if desired

Consultation on problems regarding diabetes

Coronary heart disease
Polyneurotherapy
Peripheral vascular disease
Erectile dysfunction

Oxygen-ozone therapy

Make use of the extensive autohemotherapy completed by vitamins and trace elements to activate your immune system, support and optimise your Schroth metabolic cure, increase the efficiency of your body, promote your circulation and achieve basic strengthening.

Aesthetic medical treatments

Botox therapy
Anti-wrinkle injection
Lip modelling



CARITA
PARIS



Spa

If the everyday pressures become too much, if your appointment calendar shapes your day and your obligations get out of hand, then it's time to take a break: time to free your head and make room for relaxation. Gradually and step by step allowing yourself to be calm again. Listening to your inner voice, which knows exactly what's good for you, and indulging in the pampering programme for body, mind and soul. At least while you are on a break at Rosenalp.



**“THE BEST IS
RELAXING WITHOUT
BEING BORING.”**

Author unknown

Carita – Beauty durch Innovation

No matter whether it is the legendary Renovateur, which makes your skin incredibly refined and radiant, or the Cinetic™ Lift Expert, a unique and exclusive high-tech treatment with immediately visible results and immediate lifting effect: You will have an extraordinary experience and find absolute well-being under the experienced hands of our beauty experts. Carita is expert in the field of innovative and progressive anti-aging care. Based on the latest technology and science, Carita provides for exclusive care products – perfectly adapted to your skin's needs.



CARITA
PARIS

Carita – Le Renovateur

“Le Renovateur” facial treatment individually adapted to your skin type. The extraordinary luxury treatment based on ground sunflower seeds and the finest ethereal oils, plus an unmatched massage-drainage technique. Fine-tuned to your skin type.

80 min. **EUR 98.00**

Extreme Facelift

Cinetic™ Lift Expert is a revolution in the beauty treatment sector. With a completely innovative combination of micro current, ultrasound and LED, the face immediately becomes visibly smoother, noticeably tauter and the contours are clearly redefined.

Cinetic™ Lift Expert treatments

Hydratation des Lagons, for her & him

The “thirst-quencher” for weary and dry skin. Pure agents build a depot which makes your skin feel fresh and firm.

90 min. **EUR 129.00**

Douceur de Coton

Pre-aging treatment for sensitive skin; will bring your sensitive skin into line with itself and the environment. Your skin will get into a state of balance and will learn to control its natural protective function again. Care and attention for your skin.

90 min. **EUR 129.00**

Éclat de Cristal

After this treatment, your skin will look regular and will be radiant and beautiful again, refreshed by the treatment and purified by products which lift the veil of tiredness and paleness. Your complexion will be crystal clear and regular; the treatment will also counteract pigment formation.

90 min. **EUR 129.00**

Lift Fermeté

Anti-aging treatment: stabilises, lifts and improves the structure of your skin. Leads to a transparent-shining complexion and young freshness. A short break for exhausted, weary skin.

90 min. **EUR 149.00**

Or Parfait Sculptant

Pure luxury! A unique beauty experience with agents such as gold and diamond dust, embedded in care-intensifying effect fleece and wonderful anti-aging creams.

90 min. **EUR 169.00**

Carita – Peau de Satin body treatment

Body scrub with Le Renovateur, Carita ritual massage

50 min. **EUR 65.00**

 Decléor – The pure power of nature

Treat yourself to the unique pampering experience, which draws its beauty secret from the power of nature. The 100 % pure, natural essential oils, representing the essence of a Decléor treatment, promise an immersion in the world of senses: Finely-tuned aroma essences are absorbed via the skin and the sense of smell, conveying the feeling of being wrapped in a cocoon of scent. Simultaneously, the precious essential oils unfurl their beneficial effect on the organism – calming, relaxing, exhilarating or stimulating, as desired.

DECLÉOR
PARIS
SKIN · BODY · MIND

Face

Natural beauty secrets with the power of ethereal oils – a new dimension in beauty spa care treatments. A feel-good experience simply not to be missed.

Decléor Classic

Basic treatment for your skin including scrub | deep cleansing | eyebrow correction | massage | mask

60 min. EUR 82.00

Decléor Relax

Ideal treatment to relieve stress, pure relaxation.

50 min. EUR 75.00

Decléor Luxury

The pampering treatment – a very special Decléor care experience. Your personal care ritual is put together based on your wishes and tailored to your skin. Special and exclusive masks, indulgent aroma essences and massages enliven your facial skin and let you forget the stresses of everyday life. Pure luxury!

90 min. EUR 109.00

Decléor Men

Decléor has developed a complete care system which is fully adapted to the special treatment needs of men's skin. We ask you to shave prior to the treatment.

Énergy Express

Makes tired men's skin alive again.

30 min. EUR 40.00

Traitement Énergisant Visage

Specific mask energy pure for vivid, purified and matt men's skin.

90 min. EUR 105.00

Traitement Énergisant Corps

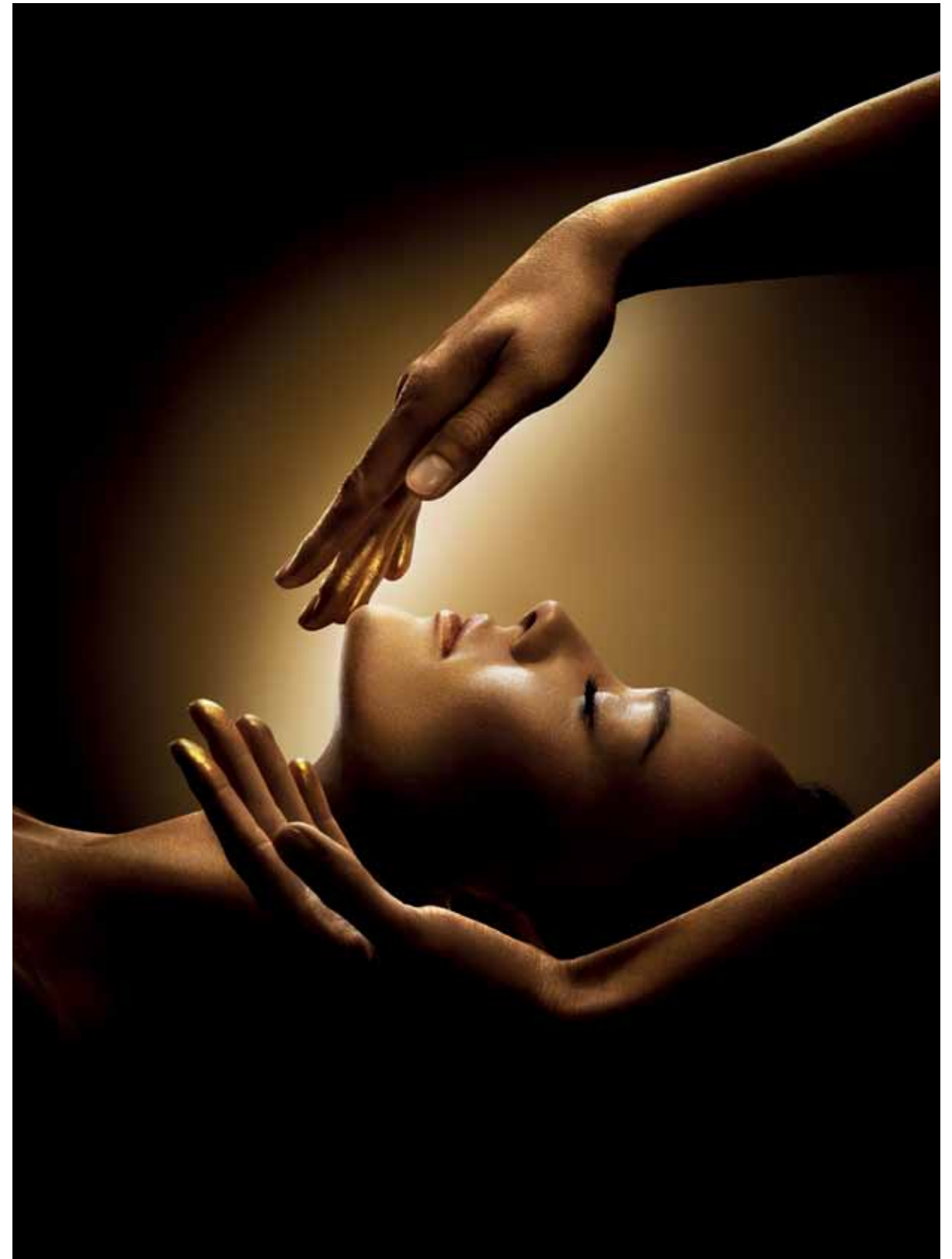
Vital & fit from head to toe. The treatment with the energy kick.

60 min. EUR 77.00

Check-up

Basic treatment for men's skin including scrub | deep cleansing | eyebrow correction | massage | mask

60 min. EUR 82.00





Body – Aroma blend

Skin · Body · Mind

A world's first by Decléor for a permanently beautiful body. Following a detailed medical history, a plant-based power cocktail is mixed exclusively for you. Energetic massage techniques are performed on the body parts that obstruct the flow of energy. This loosens blockages, promotes blood flow and specifically targets the tissue. Four innovative body sculpting rituals to stimulate your energies and redefine the body.

Honing

Smooths cellulite and refines skin texture.

1 treatment with Minceur and Active Oil

60 min.

EUR 90.00

Flat tummy

Flat tummy and a defined waist, calms a bloated abdomen. 1 treatment with Vantre and Active Oil

30 min.

EUR 60.00

Tightening

Tightens the body and gives it definition.

1 treatment with Fermeté and Active Oil

60 min.

EUR 90.00

Light legs

Light feelings in the legs.

1 treatment with Jambes and Active Oil

30 min.

EUR 60.00

Shiseido – 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. Try the Shiseido Qi massage and experience an extraordinary combination of Western massage elements with Far Eastern Tsubo pressure point techniques. This treatment ritual will lead to complete well-being, reduce stress and strengthen your body's self-healing powers. The Rosenalp is one of only six hotels in Germany permitted to bear the name "Shiseido spa".

SHISEIDO
GINZA TOKYO

Shiseido Ladies

Qi facial treatment collection

Shiseido Classic

Classic facial treatment with Shiseido products.

60 min. EUR 82.00

Future Solution LX Facial Ceremony

You just want the best for you? Pure luxury and absolutely pleasant sensation on your skin? Feel and see the unrivalled performance of Future Solution LX – Shiseido's prizewinning premium line for perfect skin – now and in the future!

120 min. EUR 217.00

Future Solution LX Eye & Lip Contour Ceremony

You love luxury and the exclusive care products of Future Solution LX? You would like to receive a treatment especially for radiant and smooth eye and lip areas? Then you should enjoy this exceptional special treatment.

45 min. EUR 98.00

Future Solution LX Facial & Eye & Lip Ceremony

Luxury in combination. The absolute feeling of well-being with the Future Solution LX Facial Ceremony is combined with intense recovery, strengthening, smoothening and an intense massage of the eye and lip areas. Enjoy pure luxury in its pleasant perfection.

135 min. EUR 243.00

Wrinkle Lifting Facial

You would like to counteract the signs of the times? You would like to have a young, vital appearance? Qi-Wrinkle Lifting lifts, smoothenes and firms your skin and at the same time spoils you with luxurious, nourishing textures.

90 min. EUR 145.00

Super Refining Facial

Your skin is lacking energy? Your skin's texture is irregular and scaly? With Qi-Super Refining Facial, all energy reserves will be refilled and the skin's surface will be refined in a soft way. A "new", soft skin will be the result.

80 min. EUR 124.00

Ultimate Radiance Facial

Your skin seems tired, matt and it is also lacking radiation? Qi-Ultimate Radiance will be the perfect solution for you! Your skin will regain its radiation and perfect complexion, pigment changes will be balanced. For a regular, flawless complexion!

80 min. EUR 114.00

Hydro Nourishing Facial

Your skin has signs of lacking moisture and is sensitive? This Qi treatment will bring balance back to your skin with the right Shiseido products. Also, your skin will be hydrated and smoothened, and resources will be refilled.

80 min. EUR 114.00



Shiseido Men

Qi facial treatment collection

Shiseido Classic

Classic facial treatment with Shiseido products.

60 min. EUR 82.00

Time Fighting Facial

The high-performance facial treatment specifically is against wrinkles as well as fine lines and also has an extensive anti-aging effect. It will intensely hydrate and considerably firm your skin.

75 min. EUR 124.00

Damage Defence Facial

Damage Defence specifically focuses on the typical problems of men's skin such as lack of moisture, gloss and skin suffering from daily shaving. Most modern agents and the latest technology will have synergy effects and strengthen your skin from inside.

75 min. EUR 114.00

Deep Cleansing Detox Facial

Deep cleansing and the "detoxification treatment" for facial skin has a regulating and balancing effect and also restores your skin's moisture. Your skin will thus be thoroughly clearer.

75 min. EUR 93.00



Ladies & Men

Body

Relaxing massage

You are nervous, hectic and stressed by daily routine? Treat yourself to calmness, recovery and pure pleasure for all senses with this pleasant Qi massage!

90 min. EUR 129.00

Japanese Scalp & Shoulder Massage

Pure well-being and total relaxation for head, shoulders and neck.

45 min. EUR 64.00

Japanese Jet Lag & New Energy

You feel tired and urgently need new energy? This stimulating massage for back, scalp and legs will help you gain new power!

60 min. EUR 85.00

Quick Tension Release

The treatment focuses on critical zones like back, neck and shoulders. It will reduce tension, pain and stress and will lead to absolute well-being.

30 min. EUR 51.00

Deep Cleansing Back

The special treatment for your back. The perfect treatment for spots and blackheads as well as rough skin on your back.

60 min. EUR 92.00

Ladies & Men

Japanese bathing ceremonies

Replenishing Bathing Ceremony

The replenishing, caring and relaxing bathing ceremony with footbath, smoothing body scrub, spoiling treatment bath and relaxing whole-body massage.

150 min. EUR 191.00

Sculpting Bathing Ceremony

The smoothing, strengthening and stimulating bathing ceremony with footbath, Japanese sea salt scrub, agent treatment bath and activating whole-body massage.

150 min. EUR 191.00

ZEN Bathing Ceremony

The fragrant and sensual bathing ceremony with footbath, body scrub, luxurious and aromatic bath, and whole-body massage with the extraordinary ZEN luxury body cream.

150 min. EUR 191.00



Ladies & Men

The perfect combinations of Qi treatments

Journey of Relaxation

Combines the Relaxing Massage with the Hydro Nourishing Facial treatment.

· Relaxing massage

You are nervous, hectic and stressed by daily routine? Treat yourself to calmness, recovery and pure pleasure for all senses with this pleasant Qi massage!

· Hydro Nourishing Facial

Your skin has signs of lacking moisture and is sensitive? This Qi treatment will bring balance back to your skin with the right Shiseido products. Also, your skin will be hydrated and smoothed, and resources will be refilled.

Total price
150 min. EUR 201.00

Journey of Senses

Combines the Relaxing Massage with a pleasant head massage and a Qi facial treatment of your choice (80 min.).

· Relaxing massage

You are nervous, hectic and stressed by daily routine? Treat yourself to calmness, recovery and pure pleasure for all senses with this pleasant Qi massage!

· Shoulder massage

Pure well-being and total relaxation for head, shoulders and neck. Revitalising scalp massage.

· Qi facial treatment

For dry, bad or tired and matt skin.

Total price
180 min. EUR 243.00



Ladies

Qi treatment collection for the body

Kuroho

A Japanese tradition! The following "spa journeys" are made with body products containing Kuroho – the fragrance of Japanese aristocrats of the 9th century, still used today.

Kuroho Body Polish

For a smooth, soft and radiant body skin! Shiseido's Body Polish combines a spoiling massage with a refinement of the skin's surface in a very special way, for a skin soft as velvet! The treatment is thus perfectly suited for preparing the skin to get a tan.

45 min. **EUR 72.00**

Kuroho Body Moisture

Experience the Qi whole-body massage in combination with Shiseido's Body Care products. Traditional Japanese agents such as yuzu extract, whitethorn and rice extract will make your skin soft as velvet, and will also strengthen, lift and moisten it intensively.

90 min. **EUR 129.00**

Kuroho Body Bliss

Get spoiled! This treatments combines a thoroughly purifying body scrub for luxurious, smooth skin with a pleasant Qi whole-body massage with the Replenishing Body Cream.

120 min. **EUR 155.00**

Metabolic Body Firming Care

You would like to have a smooth, firm and shaped silhouette just now? You are on diet or have been? The exclusive Qi Metabolic Body Firming Care treatment combines relaxation, firmer skin and detoxification in a special way.

90 min. **EUR 109.00**

Metabolic Body Firming Care Package

3 treatments (incl. one original product Body Creator Sculpting Gel or Cream)

EUR 336.00

Total Zen Delight

Experience the Qi whole-body massage in combination with Shiseido's ZEN. A fragrance – bright, sparkling, radiant. A sensual experience!

90 min. **EUR 129.00**





Hands & feet

Business manicure 30 min. EUR 40.00
1 x hand scrub | 1 x nail filing and polishing |
1 x cuticle removal

First Class manicure 60 min. EUR 74.00
1 x hand scrub | 1 x nail filing and polishing | 1 x cuticle
removal | 1 x hand massage | 1 x hand mask | 1 x nail
varnish | 1 x nail varnish of your choice to take home

Manicure including 60 min. EUR 89.00
UV varnish
Chip-proof UV nail varnish, strong like gel nails – without
damaging the nail plate. 1 x intense varnish |
1 x remover and varnish pads with gloves to take home

Nail painting 20 min. EUR 33.00
Including varnish of your choice to take home

Eco-pedicure 30 min. EUR 40.00
1 x foot bath | 1 x shortening and filing of toenails |
1 x finishing treatment

First-class pedicure 60 min. EUR 74.00
1 x foot bath | 1 x shortening and filing of toenails |
1 x cuticle removal | 1 x toenail polish | 1 x cornea
removal | 1 x foot massage | 1 x nail painting |
1 x varnish or intense foot massage and 1 x foot care
cream to take home

Medical foot care 50 min. EUR 57.00

Hair removal

Full legs 55 min. EUR 62.00
Legs up to knee 30 min. EUR 34.00
Chest 20 min. EUR 23.00
Bikini zone 15 min. EUR 17.00
Armpits 10 min. EUR 12.00
Back 20 min. EUR 23.00
Upper lip 10 min. EUR 12.00
Chin 10 min. EUR 12.00

Eyebrows shaping 15 min. EUR 15.00

Dyeing

Eyelashes 15 min. EUR 17.00
Eyebrows 10 min. EUR 15.00
Cambined treatment 25 min. EUR 30.00

Spa treatments

Treat yourself to a luxurious feel-good treatment in the Rosenalp spa. With our all-round pampering programme we leave nothing to chance. Because only if the whole package is right will you be able to really let go. And only if you can leave behind the stresses of everyday life will you be able to truly relax and be guided by your senses. The cosy and relaxed atmosphere in our spa, the first-class products we use and our outstanding team all help you relax.

Scrubs

Sea salt peeling

For silky, soft and smooth skin. Perfectly purified and detoxified, your skin will absorb subsequent care better.

25 min. EUR 32.00

with subsequent warm oil anointing

50 min. EUR 72.00

Massages

Pantai Luar whole-body

A hot oil massage (120 °C) for your entire body with herb-fruit stamps. Muscle tensions and calluses will be removed; cell activation as well as cell regeneration will be stimulated.

60 min. EUR 91.00

Pantai Luar back-legs 30 min. EUR 46.00

Volcanic stone massage

Massage stimulating your metabolism with varying stimuli through warm and cold volcanic stones.

90 min. EUR 96.00

Energy massage with moor stamp

The warmth of steamed moor stamp will loosen up your muscles in back and legs, relax them and build them up for new activities.

30 min. EUR 44.00

Scented salt stamp treatment

You will be spoiled with warm lavender-salt stamps, and tensions will be removed. A wonderful scrub will relieve your body from the daily ballast of our fast-moving times.

60 min. EUR 85.00

Soft pack bed

Thalasso-Algae pack **25 min.** EUR 49.00

Body pack **20 min.** EUR 34.00

Evening primrose **20 min.** EUR 49.00

oil cream bath

Hydro jet aromatic oil bath 20 min. EUR 32.00

Thalasso Introductory total EUR 75.00

1 x Thalasso pack

1 x Aromatic oil bath

Ayurveda

Dive into the fascinating world of this old Indian form of healing. Flowing and stroking motions make an Ayurveda massage a very special experience. An experience of the senses which makes it easy for you to "feel yourself", forget your daily routine and achieve balance and peace. Covered in warm oil and spoiled by the soft touch, your body, mind and soul will start travelling. Suddenly, it will be easy for you to let go. Also, your metabolism and purification will be stimulated, and your energy will flow again.

Abhyanga

Probably the most well-known form of Ayurvedic massage. A unique sensual journey into your inner being. Let it go and put yourself in our hands. Warm oil will surround your body, a gentle touch will make new energy flow. The massage ceremony will end with a pleasant herbal steam bath.

90 min. EUR 119.00

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 effect.

60 min. EUR 96.00

Padabhyanga

Harmonising foot and leg massage, particularly appropriate in case of tenseness and disturbed sleep. Complete with a warm footbath and an additional salt-oil scrub. You will feel the firmness of the ground under your feet and that Mother Nature will give you strength and new stability.

60 min. EUR 96.00



Garshan

Whole-body massage with raw silk gloves; activates your metabolism and stimulates your circulation. The effect is increased with a purifying scrub and a final steam bath.

60 min. EUR 101.00

 Medical beauty

"Real beauty comes from within", as the saying goes. But Rosenalp provides for a number of innovative treatments which specifically and successfully support your "inner beauty." Not only our latest technology and machines used by our beauty experts will lead to visible results. What is even more important is the team of experts in whose hands you will be for your medical beauty treatment: from confident, responsible consultation in the beginning to professional treatment and aftercare.

Aqua dermabrasion

Through the innovative combination of an especially gentle wet dermabrasion, followed by a lymph, vacuum and pulsation massage, as well as a subsequent mesotherapy treatment, sensational results may be achieved with an immediately visible 25 % improvement of the skin structure.

60 min. **EUR 139.00**

Ultrasound

Pure agents will be infiltrated into the depth of your skin with the latest ultrasound technology – pure hydration!

25 min. **EUR 42.00**

MedContour

Everyone has their small "problem areas". But Med-Contour can help ... The patented method will carefully and specifically reduce your girth. Without surgery – with soft vacuum and ultrasound only! A lymphatic drainage will remove fluid from your body and will be the end of the treatment. The result: a well-shaped, firmer and slimmer silhouette.

60 min. **EUR 154.00**

Medi Drainage

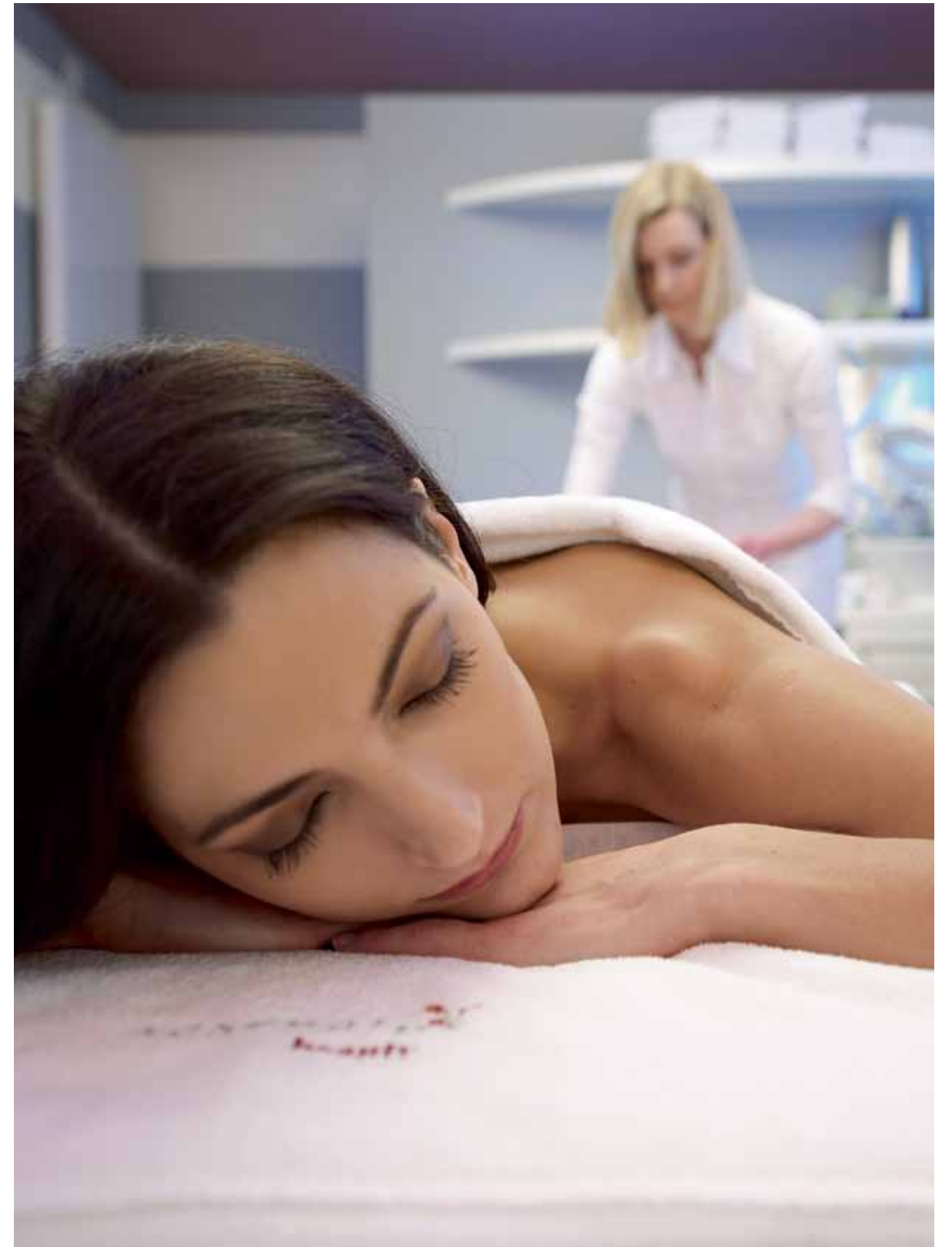
A lymphatic drainage is always considered extremely pleasant as it basically is a very soft and rhythmic method. With gentle movements of varying pressure, the lymphatic fluid is brought to the corresponding lymph vessels, leading to decongestion of the tissue. The lymphatic drainage treats secondary and primary lymph oedema as well as various swelling problems (strains, sprains, and so on), migraine or any other neuro-vegetative symptom. The lymphatic drainage moreover improves the result of the MedContour treatment.

30 min. **EUR 41.00**

Combined treatment

EUR 185.00
(MedContour and Medi Drainage)

Curious? If yes, please fix an appointment for consultation!





Mental Balance

Experience the feeling of inner balance! Do something for yourself and feel the weight vanish into thin air. At Rosenalp all the strengthening elements of a healthy lifestyle, both mental and physical, come together. By letting go of excess weight and stressful thoughts, you are sure to break some bad habits. During your stay at Rosenalp you will learn new behaviours. Enjoy your time in our health resort, and we enhance your experience with a varied programme! With so much tender loving care, both physically and mentally, you will feel wonderful, and you will feel and see it for a long time to come: Feel at ease. Feel beautiful!



“FEEL THE PULSE OF YOUR OWN HEART. PEACE ON THE INSIDE, PEACE ON THE OUTSIDE. LEARN HOW TO BREATHE AGAIN, THAT'S WHAT IT IS.”

Christian Morgenstern, 06/05/1871 – 31/03/1914
German poet and author

Physical & mental well-being

Lightness and well-being are the best of friends: The excellent and light Rosenalp cuisine or the diet plan of your choice (such as fasting or the Schroth diet) reduces physical burdens and imparts well-being. Cleansing your body also helps you let go of mental patterns – thus actively helping you to passively relax. Our guests will be pampered on a physical and mental level! The effects will be particularly beneficial if the treatments are combined with being active. They help you relieve tension and stress simply by breathing away dark thoughts. A stay at Rosenalp is ideal if you want to integrate exercise and workouts into your daily life.

Here you will be at ease and feel beautiful!

Finally you are at peace again

Relaxation is good: but combined with regular physical activity, you will feel even better. Our beautiful Allgäu countryside is a very special treat. Being at one with the beautiful natural environment gives you energy and balance – and it helps you to listen to yourself and your own needs. Exercise is fun, keeps you fit and refreshes body and mind. A healthy mind in a healthy body mutually reinforce each other. And you can feel it, step by step and breath by breath, as you find a sense of contentment.

Do something for yourself and feel the weight vanish into thin air.

By letting go of excess weight and stressful thoughts, you are sure to break some bad habits. During your stay at Rosenalp you will learn new behaviours. Enjoy your time in our health resort, and we enhance your experience with a varied programme!

Our "Stretch & Relax", "Breathe yourself free", "Yoga" and "Pure relaxation" courses help you let go, cast off negative thoughts and slow down and relax. Here you will be at ease and feel beautiful!

Mind and body treatments with Australian living essences (Bach flowers) with Barbara Siegers by Wildflower Energy (flower therapist)

The individual mind-body applications with Australian living essences allow you to gently find inner peace and harmony.

At the beginning we always talk to you. Based on this meeting, we choose your individual mind-body treatments:

- The destressing–pain-relieving–vitalising method is used to release inner pressure, anxiety, tension and pain.
 - The Baihui method is used for emotional, mental and emotional pain (e.g. grief, fears, hyperactivity etc.).
 - The Meridian-Chakra method is used if you have deep-seated stresses, either mental-emotional or physical ones.
 - The meditation coaching method is used to give you a deeper understanding of yourself and others.
- (several appointments a year – for the current dates, see our website or ask us!)

120 min.

price on request

To make an appointment please contact Sonja Schädler – in person, over the phone (08386/7060) or by email (info@rosenalp.de).

TIP



Picture credits: © TOPÉAL Deutschland GmbH, istockphoto.com

