



feel
at ease
feel
beautiful

2019

The place
to feel beautiful.



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 healthy way of life.

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Being at ease and well being are best friends

On the one hand, Rosenalp's excellent light cuisine or the form of nutrition you choose, the fasting or Schroth cure, will reduce the burden for your body and thus lead to well-being. On the other hand, purifying the body helps to let some mental patterns go and thus actively contributes to passive recovery. 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. Moreover, physical activity is fun, keeps you fit, and refreshes both body and mind. They will fuel each other when a healthy mind is in a healthy body. Step by step, breath by breath, you will feel how you finally return to your true self.

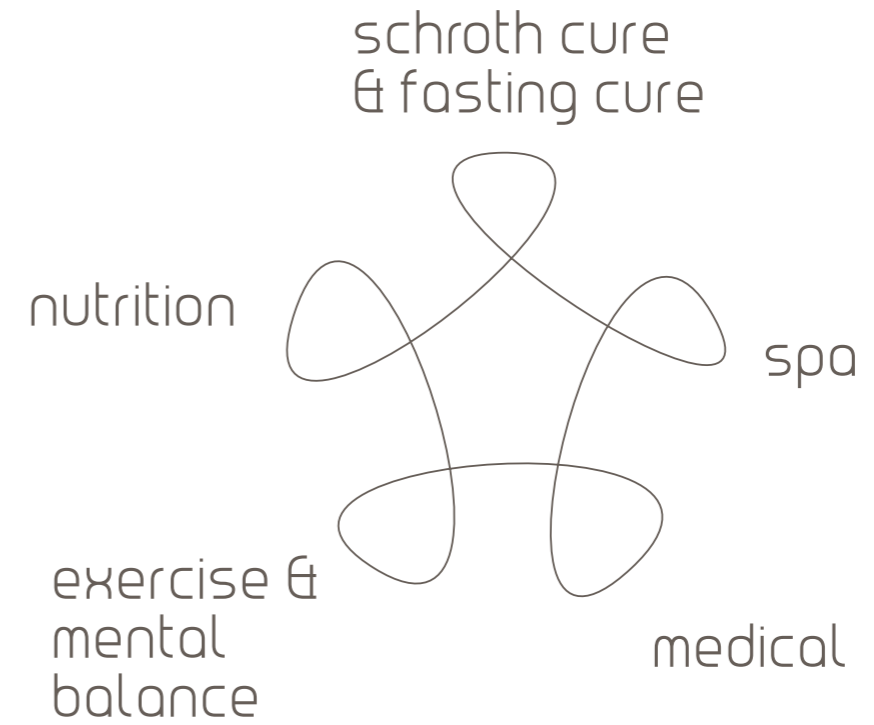
Getting spoilt makes problems go away

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.

The Rosenalp sentiment

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 Dr. Wörner in our own practice and the Klarmann family with their physiotherapeutic team as well as naturopath Ms Schantini, 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.



SPA

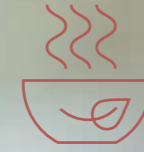
The completely renewed spa and beauty area will encourage you to have a temporary time-out. Put yourself in the experienced care of our competent team, enjoy the generosity of the entire area, strengthen your inner balance and let your beauty shine with the help of our therapists.



This is how you will feel when you leave Rosenalp.

Healthy

and specific renunciation
strengthens our inner healing
powers and leads to more
energy and vitality.



schroth cure &
fasting cure

rosenalp

Wellness - Spa - Fitness - Kur

www.rosenalp.de

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, alkaline fasting and therapeutic fasting, Rosenalp provides you with three especially effective cures.

SCHROTH CURE

Being the only Schroth health spa in Germany, Oberstaufen is considered the German Schroth cure centre per se. Rosenalp, a "recognised Schroth cure centre", is among the best addresses for the naturopathic treatment which has been in use for more than 180 years for detoxification and purification. The Schroth cure is based on four pillars: Schroth cure diet, Schroth cure sweating packs to stimulate metabolism, the rhythmic alternation between drinking plenty and drinking little as well as the 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.

TIP

Lectures on nutrition & cure in the meeting room at Rosenalp every Tuesday
 10.00 a.m.-11.00 a.m.:
 General lecture on Schroth cure & fasting cure
 11.00 a.m.-12.00 p.m.:
 Lecture on "acid-base-balance"



Optimum medical support not only is particularly important for detoxification and purification cures but also can increase the cure's success. Dr. Cornelia Wörner, experienced specialist for general & nutrition medicine as well as for diabetology, will accompany you from the very beginning of your stay until the final 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

- Decléor aromatic massage (relaxing body anointment)
- Decléor basic / check-up (cleansing facial treatment)
- Energy massage with moor stamp (relaxation with heat)
- Cucurbita body pack (vitalising and replenishing)
- Body scrub with alkaline salt (promotes detoxification)
- Mountain salt stamp massage
- Rosenalp body pack

DURING THE THERAPEUTIC FASTING CURE

- Thalasso pack (detox pack)
- Evening primrose oil pack (skin care)
- Yin-Yang body massage (harmonising massage)
- Decléor luxury (facial treatment)
- Herbal stamp massage (relaxation)

DURING THE ALKALINE FASTING CURE

- Moor stamp / salt stamp massage (purifying)
- Alkaline bath (including brush massage)
- Liver wrap (promotes the detoxification of the liver)
- Body scrub with alkaline salt (promotes detoxification)
- Decléor relax facial treatment (to reduce stress)
- Detox algae wrap (for tissue tightening)
- Cucurbita body pack (vitalising and replenishing)

Creative
& tasty
delicacies



nutrition



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

METABOLIC BALANCE

There are many reasons why you should decide in favour of Metabolic Balance® during your stay at Rosenalp in Oberstaufer. Our focus on healthy nutrition, our own nutritionist and our well-equipped health centre allow us to support you during the four Metabolic Balance® phases in the best possible way. You will receive tasty, protein-based, carbohydrate-reduced food 3 times a day and will be delighted at how you can regain fitness and health without foregoing much. We recommend you send your existing nutrition plan before you arrive at the Rosenalp so our kitchen team can prepare in the best possible way.

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 serve you five coordinated courses. With half-board, you can choose between meat, fish or a vegetarian alternative every day.

SPA-RECOMMENDATIONS

WITH METABOLIC BALANCE

- Metabolic body firming care (firming Shiseido body treatment)
- Fat burn & slim wrap (body wrap to reduce body fat)
- Detox algae firming wrap (body wrap for tissue tightening)
- Thalasso pack / aromatic oil bath (detoxifying)
- Decléor classic / check-up (deep cleansing facial treatment)

WITH THE ROSENALP LIGHT CUISINE

- Body wraps "Fat burn & Slim" and "Detox Algae"
- Thalasso pack with subsequent aromatic oil bath
- Shiseido body polish & moisture (body scrub with anointment)
- Shiseido classic / check-up (deep cleansing facial treatment)
- MedContour (fat reduction at the problem zones)

Fit for body and mind
At Rosentalp, we have
numerous ways for you to
achieve more balance with
more exercise and relaxation.

④
exercise &
mental
balance



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. Or 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 coach will develop a training routine specifically adjusted to your individual needs for your stay and will also provide advice for further training at home and in everyday life. You can also book both indoor and outdoor training sessions with our coach.

30 min. EUR 34

45 min. EUR 51

60 min. EUR 68

90 min. EUR 102

BIO-IMPEDANCE-ANALYSIS

Measuring the individual composition of your body (muscle cell mass, body fat percentage and water balance). Interpreting your values will show the efficiency of your training and change of diet.

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



Included sports classes

ACTIVE & FIT PROGRAMME Included in the overnight price

From Monday to Saturday

- Aqua fitness, aqua jogging and aqua aerobics
- Various exercise classes (see weekly programme), e. g.: pilates, fascia pilates, back balance, yoga, stretch & relax, etc.
- Guided hikes (see weekly programme)

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

Melania Fink
Fitness Coach

POWER PLATE®

The secret of Power Plate® lies in multi-dimensional 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 sports person 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 coach will support you to achieve a perfect result.

10 min. EUR 17

20 min. (for advanced) EUR 34

Active & fit



MUSCLE BUILDING

PILATES

A holistic physical training which lifts and forms the body, connecting exercise with strength and awareness, posture with flexibility, tension with relaxation. Supporting breathing techniques provide for smooth movements. Pilates also addresses the deep, smaller and often weaker groups of muscles. A training which will get your silhouette in shape.

BACK BALANCE

A balanced back means finding our centre and having the right posture. Training muscles equally to prevent disbalances, thus building up a strong back. The spine should be flexible and smooth – this is why mobility is part of this lesson.

BODY FORMING BELLY-LEG-BOTTOM

Gymnastic exercises to build up muscles and tighten the connective tissue.

BARRÉ CONCEPT AT THE BAR

"Barré Concept" is a demanding training for the entire body with the help of classic workout exercises. In addition to rhythms of modern hits, dumbbells, pilates balls and the ballet bar in our gymnastics room are used.

ENDURANCE WORKOUT

LATIN AEROBIC

Lose weight with hot rhythms and a good mood! "Latin Aerobic" is a combination of Latin-American steps such as Merengue, Mambo or Cha Cha Cha, which will improve your stamina, coordination and mobility.

FLOW MOVEMENT

Flowing movements with soft music (e.g. three-four-time music). The entire body is trained. So are stamina and mobility.

FASCIAE TRAINING

What are fasciae?

Fasciae are involved in every move we make and are regarded as a sensory organ. Fasciae run through the body like a net, they envelop every muscle and therefore influence posture, elasticity, stretchability and body perception. Fasciae are a sensory organ. This means that if you have back pain, for instance, the pain usually comes from the fasciae and not from the muscles.

FASCIAE PILATES

The Pilates method supports fasciae training, making it safer and especially efficient. Correct fasciae training makes your muscle tone healthy and your body shape toned.

FASCIAE ROLLS

Fasciae react like a sponge which is squeezed and becomes saturated in the relief period. Based on this process, nutrients are exchanged through the connective tissue.

FASCIAE TRAINING FOR THE PELVIC BASE AND THE BACK, SPECIFICALLY FOR WOMEN

Menopause, births, chronic strain on the pelvic base due to asthma or cough, overweight or hormonal fluctuations can lead to a weakened pelvic base. Fasciae training for the pelvic base & the back is a holistic training for women of all ages that trains fasciae and core muscles as well as breathing and also includes the perception of the pelvic base.

PHYSIOMOVE FUNCTIONAL TRAINING

In this training, we stimulate the fasciae, which results in the production of fresh, elastic collagen in the three days following the training. The PhysioMove Functional Training combines effective, functional fitness training with exercises from sports therapy.

*Strengthens
body and
mind*

FROM THE FAR EAST

YOGA

Promotes the strength and mobility of the entire locomotor system. Improves posture and promotes the building and strengthening of the back muscles. Keeps the connective tissue firm. Strengthens the psyche and can counteract consequences of stress. The blood pressure returns to normal.

Yoga dissolves tensions and blockades, counteracts nervousness, makes stress reduction easier and counteracts sleep problems. The entire body awareness improves. Breathing exercises and relaxation techniques increase concentration and lead to balance and inner peace.

YOGA FLOW

Training for body, strength and vitality, fluently from one asana to the next. Breathing and movement merge in a way that brings you into a dynamic flow.

RELAXATION

PURE RELAXATION & STRETCHING

Relaxation techniques from autogenic training, progressive muscle relaxation, breathing exercises, imaginary journeys and yoga in combination with "soft stretching".

BREATH YOURSELF FREE

Breathing exercises, breathing is life. Our breath reflects our physical, emotional and mental condition. With the right breathing technique, we can relax, purify and harmonise our body. The right breathing technique is combined with soft stretching of muscles and the respiratory tract.

STRETCH & RELAX

Shortened muscles and tensions are not only a problem in the old age but are often caused by wrong posture and stress nowadays. Stretching means "expanding and loosening" which is good for the entire body. This lesson particularly focuses on muscles which tend to shorten.

RELAXATION & HARMONY

Lie quietly and comfortably while letting go with the help of various relaxation techniques.



Mental Balance

Gratitude and attentive compassion for yourself are healing and give you inner peace. Gratitude comes as soon as we are attentive and consciously take note of all the beautiful things in life.



In harmony with myself



"At Rosenalp, we have a varied offer of relaxation techniques. Find yourself again and sensitise your body awareness."

Petra Schantini
Naturopath

MENTALE BALANCE

BREATHING THERAPY
Leads you to conscious body awareness.

MEDITATION
Relax, rest, feel and free your mind. Charge your batteries.

PROGRESSIVE MUSCLE RELAXATION AFTER JACOBSEN
Relaxation through tensing and relaxing all muscles in the body.

Single session 60 min. EUR 85

TIP

Come to see Petra Schantini during her free consultation hour every Tuesday from 12.00 p.m. to 1.00 p.m. to make an individual appointment.



"The best investment in the future is sports."

Melania Fink
Fitness Coach



"The power lies in simplicity: from movement to rest. Whether in the water or in the fresh air, alternating between physical activity and relaxation leads to balance."

Janina Zawichowski
Fitness Coach

Fitness Centre

TECHNOGYM

You can only feel good when you are fit. And you need to do something for your fitness! Our fitness center will help you overcome your laziness easily. All machines allow for easy handling. And nobody will expect you to copy Arnold Schwarzenegger. Maybe a bit – and if you want, also a bit more. It will really do you good. We also provide free introduction on how to use the machines.

TECHNOGYM MACHINES

Weights |

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

Cardio |

Run, spinning bikes, bike, crossover, vario, wave, recline

DR. WOLFF

In addition to the back training courses, Dr. Wolff 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 1 national disease – problems with the back – as preventive measure or as 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.

TECHNOGYM MACHINES

Power I

Cervex (cervical vertebrae training), rhomb flex (thoracic spine training), lateral trainer, abdominal trainer, Lower abdominal trainer, lumbar trainer, gluteus trainer, rotary spine for inner muscles

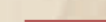


"Those who do not
find some time for health every
day must sacrifice a lot of time for
illness one day."

Sebastian Kneipp



medical



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 result. Generous therapy rooms and a pleasant atmosphere will also contribute to your well-being.

PHYSICAL CHECK-UP WITH INITIAL TREATMENT

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 last, but not least, individual initial treatment.

about 50 min. EUR 85 *

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 50 min. EUR 80 *

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 40 *

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 40 min. EUR 59 *

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 38 *

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 *



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 35 *
FULL BODY MASSAGE
about 50 min. EUR 70 *

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 74 *



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 *
EXTENSIVE TREATMENT
about 25 min. EUR 37 *
FULL BODY TREATMENT
about 50 min. EUR 70 *



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

Moritz und Stefan Klarmann
Physiotherapists and
Manual Therapists

* Prices are valid for treatments prescribed by a physician or alternative practitioner. For treatments without prescription, a surcharge of 19% is to be paid.

ALTERNATIVE TREATMENT METHODS

BIODYNAMIC MANUAL THERAPY

A treatment method combining traditional manual therapy and osteopathy. Since the focus is on the holism of the human being we make an impact on the nervous, organ and myofascial systems. Based on the perception that body, mind and soul have a mutual influence on each other, we would like to raise patients' awareness for the fact that their thoughts, emotions, attitudes, and actions have a direct effect on fascial tissue.

about 50 min. EUR 98 *

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 85 *

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 75 *

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 90 *

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 30 min. EUR 39 *

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. We will be glad to give individual advise.

about 25 min. EUR 50 *

about 50 min. EUR 100 *

THERMAL TREATMENTS

NATURAL MOOR PACK

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

about 20 min. EUR 20 *

INFRARED LIGHT IRRADIATION

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

about 15 min. EUR 10 *

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 12 *

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 15 *

** Prices are valid for treatments prescribed by a physician or alternative practitioner. For treatments without prescription, a surcharge of 19% is to be paid.*



My place to be well

Holistic rehabilitation concepts and a holiday feeling

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 private rehabilitation. On the one hand, the spoiling ambience guarantees a holiday atmosphere which accompanying partners or family members 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.

Practice Dr. Wörner

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 CHECK-UP

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 Central Europe. Controlling the risk factors for coronary vessel diseases and checking your heart function can save you. 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 detect the smallest changes indicating potential illness.

PRECAUTIONARY CHECK-UP

Serious illnesses do not involve problems at the beginning. The sooner they are detected, 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
- Autohemotherapy
- Thymus therapy
- Orthomolecular therapy
- Electro therapy
- Diabetes coaching
- Injection- and infusion therapy

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 your physical performance, stimulate your circulation and achieve inurement.

AESTHETIC MEDICAL TREATMENTS

- Botox therapy
- Anti-wrinkle injection
- Lip modelling
- Thread lift

SPECIAL PROGRAMME FOR DIABETICS

Diabetes mellitus is the most common metabolic disease in Germany. 8 million German citizens are suffering from it, but many do not know it. If not detected 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-up
- Laboratory test
 - ECG stress test
 - Ultrasound of neck vessels
 - Ultrasound of abdominal organs

RISK REDUCTION

- based on individual therapy plans with weight reduction
- Medicine
 - Instructions on blood sugar control
 - Extensive autohemotherapy if desired

CONSULTATION ON DIABETES-RELATED PROBLEMS

- Coronary heart disease
- Polyneurotherapy
- Peripheral vascular disease
- Erectile dysfunction

With the publication of the current price list, any previously existing price lists will become invalid. Changes and printing errors reserved. All prices, offers and information are non-binding. Legal claims excluded.



"The Schroth cure is the diamond in naturopathy. Make use of this offer at the Schroth cure spa Oberstaufer, which is unique in the world. Rosenalp is the perfect location."

Dr. med. Cornelia Wörner,
Experienced specialist for general medicine, nutrition medicine and diabetology

Naturopathy Practice

Petra Schantini

Being a naturopath, I focus on human beings in their holistic nature. My priority is to rebalance the unity of "body – mind – soul". Everyone is unique. I will see and embrace you as a unique human being and will accompany you on your way to health with therapeutic measures.



"It's easy to get thousands of recipes but difficult to attain real healing. The reason is that problems are often healed where they emerge, and not where they originate."

Petra Schantini
Naturopath, nutritionist and cosmetics specialist



MY MOTIVATION

I want to support people with health problems and I am grateful for being able to accompany you. With various therapeutic approaches, I will provide your body with the opportunity to awaken its own healing powers.

Please book your appointment at the reception or directly with Ms Schantini during the "free consultation hours" (in the meeting room on Tuesday 12.00 p.m. – 1.00 p.m.).

MEDICAL TREATMENTS

Initial treatment

Evaluation of the medical history (about 60 min.)

Initial interview (about 90 min.)

Drug prescription **EUR 165**

Laboratory analysis

Evaluation of the laboratory analysis, medication plan and medication prescription **from EUR 65**

Follow-on treatments (30 min.) **EUR 55**

Telephone consultation (10 min.) **EUR 15**

Short messages via e-mail flat **EUR 10**

Follow-up prescription **EUR 5**

Material costs **from EUR 10**

INDIVIDUAL NUTRITION COUNSELLING

Our nutritionist and naturopath Petra Schantini will provide you with individual nutrition counselling.

Included: Questionnaire and analysis to determine the nutrition type as well as individual nutrition plan as a hand-out. Testing of homeopathic detoxification cure on request. (60 min.) **EUR 110**

CELL SCREENING

Cell check (ca. 45 min.) **EUR 149**

MICRO NEEDLING ANTI-AGING

Depending on body part and treatment time **from EUR 450**

OVERVIEW OF TREATMENTS

BACH FLOWERS THERAPY

Heal yourself with Bach flowers.

CELL SCREENING

A medical innovation for your health. Measurement of minerals, heavy metals and oxidative stress. Immediate therapeutic remedies are possible thanks to instant measurement results.

COLONIC IRRIGATION / COLON CLEANSING

The intestine is the source of well-being. There is a lot you can do for your "centre of the body": taking care of the intestine, treating and healing it.

CLEANSING / DETOXIFICATION

"Finding your own strength"

The main problem of today's affluent diet – which is the basis of many diseases – is that it is simply too much and too mixed up. This causes waste products, mucous congestion and over-acidification in our bodies. The aim of detoxification is to cleanse the body.

FEMALE HEALTH

Harmony for soul and body. Support during all three stages of a woman's life:

- first stage of life birth to puberty
- second stage of life fertile years
- third stage of life menopause

EAR ACUPUNCTURE

The human being consists of three systems: "body, energetics, soul". Every disease concerns all systems. Ear acupuncture is used in pain therapy, addiction therapy, in case of allergies, and much more.

ENERGY PSYCHOLOGY / KINESIOLOGY

Psycho-Kinesiology is used in case of psychosomatic problems and is an efficient therapy for:

- panic disorders
- traumas
- depressions
- stress reduction
- stress management
- performance increase

Let tranquillity
return, step by step
and deliberately.



SPA





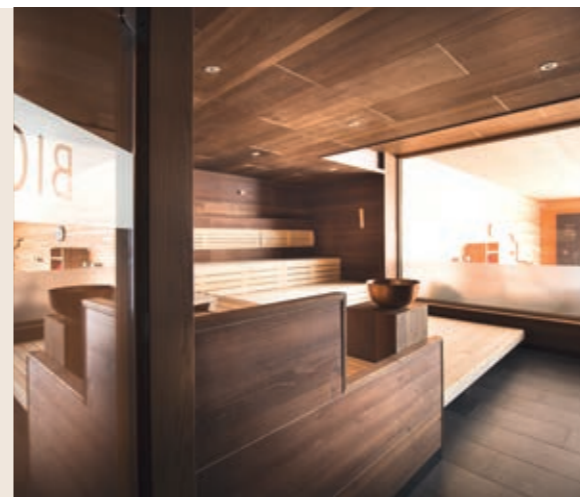
We are looking forward to you

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 spoiled 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 M², 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

TIP

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 3-4 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*



"Our professionalism will make you enjoy each treatment in a state of deep relaxation."

Jacqueline Häußler
Head of the Rosenalp spa and cosmetics specialist

FACE & DÉCOLLETÉ

QUICK RELEASE "THE QUICK BEAUTIFIER"

Mousse cleansing | relaxing massage | hydration with bio matrix fleece | quick make-up
50 min. EUR 91

ANTI-DARK RITUAL

"Perfect aura"
Intense enzyme scrub | aromatic massage | skin-perfecting effect mask with vitamin C | sun protection factor
60 min. EUR 102

DEKOLLETÉ SUPRÊME

Mousse cleansing | AHA scrub | macromolecular hyaluronic acid incl. ultrasound | specific manual massage | décolleté-"booster" pad
60 min. EUR 113

BODY

ROSENALP SIGNATUR WRAP

The thermo-active body treatments start with a sisal body massage. Bandages saturated with effective natural substances, caffeine and alkaline salts 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
To reduce weight

Detox Algae
For purification & tissue tightening

1 wrap 60 min. EUR 89
3 wraps 60 min. EUR 265
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.

TIP

Exercise intensely before the wrap treatment as this will increase the effect. Use the thermo-active gel for your skin on days without treatments!

YIN-YANG MASSAGE

A full body massage with energetically gently strokes. The balance of Yin & Yang provides for harmony of body and mind. The treatment will supply your body with energy and vitality.

60 min. EUR 92

BACK PURÉTÉ TREATMENT

"Intense back treatment" Cleansing | scrub | deep cleansing | balance mask
50 min. EUR 85

SCRUBS

BODY SCRUB WITH ALKALINE SALT OR SEA SALT SCRUB

For velvet and smooth skin. Perfectly purified and detoxified, the skin will absorb subsequent care better.

25 min. EUR 40
With subsequent warm oil anointment
50 min. EUR 82

EXPERIENCE MASSAGES

HERBAL STAMP MASSAGE "PANTAI LUAR" – FULL BODY

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.

60 min. EUR 95 | 30 min. EUR 48

VOLCANIC STONE MASSAGE „HOT STONE" – FULL BODY

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.

90 min. EUR 137

ENERGY MASSAGE WITH MOOR STAMP

The heat of the permanently vaporised moor stamp loosens and relaxes muscles in the back and legs and builds them up for new activities.

30 min. EUR 50

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 95

SINGING BOWL MASSAGE

Deep relaxation with a special sound vibration which makes our cells resonate and removes blockades from the deep cell consciousness. In the holistic sense, the singing bowl massage has a regenerating and vitalising effect on body, mind and soul. Also improves body awareness and positively influences self-confidence, creativity and creative power.

60 min. EUR 82



"I care for effective treatments with a visible result very much."

Romy Rohowsky
Masseurin and balneotherapist



DYEING

Eyelashes	15 min. EUR 18
Eyebrows	10 min. EUR 16
Combi-treatment	25 min. EUR 32

DEPILATION

Full legs	55 min. EUR 79
Legs up to knee	30 min. EUR 42
Bikini zone	15 min. EUR 25
Armpits	10 min. EUR 15
Upper lip *	10 min. EUR 15
Chin *	10 min. EUR 15
Eyebrow shaping *	15 min. EUR 18

* can be booked in combination with a facial treatment only

HANDS & FEET

SPA MANICURE

Hand scrub | nail cutting, filing and polishing | cuticle removal | short hand massage | nail file to take home

45 min. EUR 57

LUXURY SPA MANICURE

Including nail varnish | nail varnish to take home or intense hand massage | hot hand pack | hand lotion to take home

60 min. EUR 78

SPA PEDICURE

Foot bath | toe nail cutting, filing and polishing | cuticle removal | callus removal | foot massage

45 min. EUR 57

LUXUS SPA PEDICURE

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

60 min. EUR 78

Please understand that we do not make a spa pedicure for medical reasons in case of pathological alterations of feet or toe nails. We will gladly book a medical pedicure for you. Please refer to the spa reception.

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 51
3 x Thalasso pack EUR 142

THALASSO INTRODUCTORY

1 x Thalasso and
1 x Aromatic oil

total EUR 78

CUCURBITA PACK

The power of the cucurbit spoils the skin with valuable vitamins and minerals. The treatment is highly efficient due to its dehydration and replenishing effects.

25 min. EUR 51

EVENING PRIMROSE OIL PACK

Relaxation with strongly replenishing and moistening skin care.

20 min. EUR 51

ROSENALP BODY PACK

Float in the feeling of excellently cared for skin – with natural elixirs and balms.

20 min. EUR 37

BATH

HYDRO JET THE SOFT POWER OF WATER

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. Aromatic oil bath in the hydro-jet

20 min. EUR 37

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 78



"Enjoy the time at close quarters! Precious hours of infinite relaxation and tranquillity."

Yasmin Höger
Wellness therapist



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. Covered in warm oil and spoiled by the soft touch, your body, mind and soul will start travelling. Suddenly, it will be easy to let go. Also, your metabolism and purification will be stimulated, and your energy will flow again.

ABHYANGA

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

90 min. EUR 125

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.

60 min. EUR 99

PADABHYANGA

Harmonising foot and leg massage, particularly suitable in case of nervousness and disturbed sleep. Complete with a warm foot bath and an additional salt-oil scrub. Feel the firmness of the ground under your feet and how Mother Nature gives you strength and new stability.

60 min. EUR 99

GARSHAN

Full body massage with raw silk gloves; activates your metabolism and stimulates circulation. The effect is increased with a purifying scrub and, finally, a steam bath.

60 min. EUR 108



"Ayurveda oil massage means: letting yourself in for this art of massage and immerse yourself into it. It is a return to yourself which makes you feel yourself again. You will see what is essential in your life again in a free, unembellished and magical way."

Eva-Maria Pusch
Ayurveda masseur

Rituals in package

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



My unforgettable moment

SCHROTH CURE & MORE ...

(bookable as of 7 overnight stays)

- Mountain salt stamp massage
- Yin-Yang massage
- Decléor classic / check-up (facial treatment)

Package price: EUR 235

ANTI-CELLULITE

(bookable as of 7 overnight stays)

- Thalasso packs
- 3 x Detox algae lifting wraps
- Body scrub with alkaline salt
- Present: lifting gel to take home

Package price: EUR 345

DETOX & MORE ...

(bookable as of 4 overnight stays)

- Thalasso pack / algae bath
- Detox algae wrap
- Pantai Luar – full body

Package price: EUR 225

ALKALINE TREATMENTS

(bookable as of 3 overnight stays)

- Alkaline bath / brush massage incl. body brush as present
- Mountain salt stamp massage
- Cucurbita body pack

Package price: EUR 190

GLAMOUR

(bookable as of 3 overnight stays)

- Shiseido wrinkle lifting - LX
- Shiseido glamour basic make-up or product worth EUR 40
- Shiseido relaxing massage

Package price: EUR 285

TIMELESS

(bookable as of 3 overnight stays)

- Singing bowl massage
- Pantai Luar – full body
- Decléor luxury facial treatment

Package price: EUR 265

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!



*For beauty
and harmony*

SEYO

The key to better skin

BODY RADIO FREQUENCY & ULTRASOUND

Pregnancies, diets and hormonal fluctuations leave their marks. Radio frequency with integrated ultrasound counteracts this with depth effect! We recommend at least 3 treatments at intervals of at least 1 day to achieve visibly firmer body skin.

Legs / Thighs 50 min. EUR 115
3 Treatments + Environ Body Care EUR 328

Bottom / Belly 50 min. EUR 115
3 Treatments + Environ Body Care EUR 328

Upper arms 30 min. EUR 79
3 Treatments + Environ Body Care EUR 225

MEDCONTOUR & MEDIDRAINAGE

Everyone has their small private "problem zones". With MedContour, however, it does not have to stay this way. The patented method reduces your girth carefully and specifically. Without surgery – with gentle vacuum and ultrasound only! A lymphatic drainage removes liquid from the body and completes the treatment. The result: a well-shaped, tighter and leaner silhouette.

90 min. EUR 185
3 Treatments 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 anti-blood-clotting medication, patients with medical transplants or metallic prostheses, or pregnant women.

TDA stands for Transdermal Application and thus for the world's first dermatological-aesthetic therapy system which transports hyaluronic acid and anti-aging active substances into the deepest skin layers without a needle but with the power of oxygen pressure only, so they can form active substance deposits there. With a sensational visible and perceptible instant effect!

TDA OXYGENE+

For radiantly beautiful skin that makes an impression through the pressure of oxygen!

We recommend this treatment as a spa treatment to increase the effect of the medical beauty treatments.

3 x 30 min. EUR 190 €
or as a "quick beautifier"
30 min. EUR 69 €

TDA – AQUADERMABRASION

Immediately visible improvement of the skin structure – a booster treatment to your delight.

With the innovative combination of ENVIRON active agents cosmetics, a particularly gentle wet dermabrasion, followed by a lymphatic, vacuum and pulsating massage, your skin is perfectly prepared for the TDA Oxygen+ therapy.

60 min. EUR 149€

TDA – RADIO FREQUENCY & ULTRASOUND

Safe and effective method for skin tightening without surgical intervention.

Safe and effective method for skin tightening without surgical intervention. The mechanical effect of the ultrasound waves and the thermal high-frequency energy gently tightens your skin, counteracts the contour loss and stimulates the formation of collagen fibres. The subsequent TDA Oxygen+ therapy soothes your skin and, with the energy of oxygen & active agents, is the perfect combination for a long-lasting result.

Face 60 min. EUR 199€
Neck & Décolleté 45 min. EUR 148€
Hands 30 min. EUR 99€

Please remember to drink enough water before the treatments to make sure that the energies can get in well.

NEW &
EXCLUSIVE

ENVIRON[®]
stockist

ENVIRON SKIN CARE

With the power of vitamins and AHAs – for a permanently healthy-looking beautiful skin!

Environ starts where the effects of classic skin care cosmetics end. The treatment with cosmeceuticals is according to the "Vitamin-Step-up-Principle" for clear and firm facial skin, in combination with fruit acids, ultrasound and dermabrasion, among others. ENVIRON Skin Care can revive and refresh your skin and can turn back time.

Enjoy these exceptional facial treatments exclusively by our skin care experts – specifically tailored to your skin needs.

60 min. EUR 105
90 min. EUR 158

TIP

Pure beauty comes from within. Let our beauty experts advise you about the Advanced Nutrition collection!

PERMANENT MAKE-UP, THE PERMANENTLY DURABLE BASE MAKE-UP

We are happy to arrange permanent make-up treatments with our expert for permanent make-up for you.

Angelika Hägele is at your disposal for free consultation each Wednesday afternoon. Please make your individual appointment at the spa reception.

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.



*For beauty
and harmony*



"Make-up does not create beauty but emphasises beauty as given by nature."

Melanie Hägele
Make-up artist

SHISEIDO LADIES TREATMENT COLLECTION FOR THE FACE

SHISEIDO CLASSIC

Basic treatment including enzyme-scrub | deep cleansing | eyebrow correction | massage | mask | final care
60 min. EUR 87

NOURISHING FACIAL

Your skin looks tired, dull and it lacks radiation? It shows signs of lacking moisture and is sensitive? This treatment will bring balance back to your skin, hydrate and smoothen it and will also refill resources with the Shiseido know-how.
70 min. EUR 118

WRINKLE LIFTING

You would like to counteract the signs of the times? You would like to have a young, vital appearance? This treatment tightens, smoothen and firms your skin and, at the same time, spoils you with luxurious, nourishing textures and the award-winning premium line of Shiseido.
80 min. EUR 149

FUTURE SOLUTION EYE & LIP CONTOUR CEREMONY

You love luxury and the exclusive care products of Future Solution? You would like to do something specifically, so your eye and lip areas become radiating and smooth? Enjoy our exceptional special treatment.
45 min. EUR 72



SHISEIDO MAKE UP TREATMENTS

Shiseido make-up products are among the high-class products in decorative cosmetics. Expert make-up artists work with these innovative products every day and are enthusiastic about the textures and colour intensity of this brand.

BASIC MAKE UP

A fast 10-minute day make-up with the basic balancing technique.
25 min. EUR 38

GLAMOUR MAKE-UP

A perfect evening make-up with the make-up artist's know-how for your glamorous appearance.
30 min. EUR 45

COACHING

Individual consulting by our make-up artists – to learn the art of a perfect day / evening make-up in an easy way. Innovative – can be selected specifically for the anti-aging segment.
50 min. EUR 75

TIP

Following these professional treatments, you will receive a 10 % discount on decorative cosmetics and DaVinci brushes.

SHISEIDO MEN TREATMENT COLLECTION FOR THE FACE

CHECK UP

Basic treatment for men's skin including scrub | deep cleansing | eyebrow correction | massage | mask
60 min. EUR 87

TIME FIGHTING FACIAL

The high-performance facial treatment specifically is against wrinkles, as well as fine lines and has an extensive anti-aging effect. It will intensely hydrate and considerably firm your skin.
70 min. EUR 118

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 advanced technology have synergy effects and strengthen the skin from inside.
70 min. EUR 118

JAPANISCHE BATHING CEREMONY

SCULPTING BATHING CEREMONY

The smoothening, strengthening and stimulating bathing ceremony with foot bath, Japanese sea salt scrub, active agent care bath and activating full body massage.

120 min. EUR 149



SHISEIDO SPA BODY TREATMENTS

The highlight of the Shiseido body is the quartz lounger. The fine sand can store heat intensely. The soft heat of the fine quartz sand surrounds the embedded body, thus leading to fast & intense deep relaxation without putting a strain on circulation.

Combined with SHISEIDO Body Care – traditionally with Japanese active substances such as yuzu, hawthorn and rice extracts – this treatment will make your skin smooth, tighten and lift it and hydrate it intensely.

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 135

JAPANESE SCALP & SHOULDER MASSAGE

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

45 min. EUR 68

JAPANESE JET LAG & NEW ENERGY MASSAGE

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

60 min. EUR 89

BODY POLISH & MOISTURE

For smooth, soft and radiating skin! Shiseido's Body Polish particularly combines a spoiling massage with refining the skin surface for a skin like velvet and silk.

45 min. EUR 72

METABOLIC BODY FIRMING CARE

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 Care especially 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 117

3 treatments EUR 362 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



Beauty by innovation

The competent hands of our beauty experts will lead to exceptional experience and absolute well-being for you. Carita is a specialist in the field of anti-aging care, innovative and progressive. Based on the latest technology and science, Carita provides for exclusive care products – perfectly tailored to your skin's needs.



FACIAL TREATMENTS

CARITA PROGRESSIF – CINETIC LIFT EXPERT

The basis of this treatment is the classic "Le Renovateur" with ground sunflower seeds and the finest essential oils. With this treatment, Carita makes history in the professional field. The combination of micro current, ultrasound and LED is innovative. The tailored concept refines, replenishes and regenerates your skin.

ANTI-AGE GLOBAL

Immerse your skin in perfection! Carita technology combined with luxury active substances for firm, noticeably lifted and replenished facial skin.

105 min. EUR 175

NEOMORPHOSE

NEOMORPHOSIS stands for the transformation of the skin, sustainably improving its look suffering from everyday stress, lifestyle and aging. The "botox effect" without invasive procedure

90 min. EUR 159

CARITA „À LA CARTE"

Ideal for sustainability or as "fresh-up" for in-between.

60 min. EUR 98 | 30 min. EUR 52

BODY TREATMENT

CARITA – PEAU DE SATIN

Body scrub with "Le Renovateur", Carita ritual massage

50 min. EUR 71



"Treat yourself to the most beautiful moments every day."

Helena Schramm
Cosmetics specialist

The pure power of nature

Treat yourself to the unique spoiling experience which draws its beauty secret from the power of nature. The 100 % pure, natural essential oils, which form the essence of a Decléor treatment, promise immersion into the world of senses: Well-adjusted aromatic essences are absorbed via skin and the sense of smell and will convey the feeling of being embedded in a cocoon of fragrances. At the same time, the valuable essential oils unfold their effect on the organism – and will be calming, relaxing, inspiring or stimulating, according to your wishes.



*With
pleasant
fragrances*



DECLÉOR LADIES

Natural beauty secrets with the power of essential oils, a new dimension of care treatments in the beauty spa. A well-being experience you should not miss.

HYDRATION EXPRESS „PURE HYDRATION“

Cleansing | aromatic pressure | expert mask | final care
30 min. EUR 45

CLASSIC

Basic treatment for your skin including scrub | deep cleansing | eyebrow correction | massage | mask
60 min. EUR 87

RELAX

A back digi-pressure is followed by deep relaxation with a pleasant facial aromatic massage.
50 min. EUR 75

LUXURY

The spoiling treatment – the Decléor care experience of the special kind. Your individual care ritual which we specifically tailor to your wishes and skin requirements. Exclusive special masks, spoiling aromatic essences and massages will revive your facial skin and make the signs of tiredness caused by everyday life go away. Pure luxury!
90 min. EUR 132

DECLÉOR MEN

Decléor has developed a complete care system adjusted to the specific care requirements of men's skin in the best possible way. We kindly ask you to shave before the treatment.

ÉNERGIE EXPRESS

"Makes tired men's skin alive again" Cleansing | aromatic pressure | expert mask | final care
30 min. EUR 45

CHECK-UP

Basic treatment for men's skin including scrub | deep cleansing | eyebrow correction | massage | mask
60 min. EUR 87

WELLNESS MESSAGES

Treat yourself to the unique spoiling experience which draws its beauty secret from the power of nature.

DECLÉOR BODY

Skin · Body · Mind
Return to the balance of body, mind and soul with deep relaxation!

RELAX

A pleasant massage with the body balm from essential oils such as vanilla, ylang ylang and tonka bean, combined with oils from macadamia & shea butter.
50 min. EUR 75
25 min. EUR 39

FLOW

An activating massage which improves micro circulation and stimulates energy flow. Lymph circulation is stimulated, too, due to the body balm from essential oils such as savoury, lemon, pepper, cypress, angelica and lavender, combined with oils from macadamia, beeswax & shea butter.
50 min. EUR 75
25 min. EUR 39

Spa Etiquette Good to know



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. 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 body 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, acrylic or gel polished nails.

MOBILE PHONES

The entire Rosenalp spa is a mobile phone-free zone to guarantee relaxation and out of respect for other guests. 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 glass of ginger-lemon water or 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.

DAY SPA for 1-day guests



DAILY OPENING HOURS OF THE ROSENALP SPA

8.00 a.m.–8.00 p.m.: Pool & light therapy
10.00 a.m.–8.00 p.m.: Bio and infrared sauna,
Kneipp area
2.00 p.m.–8.00 p.m.: Finnish sauna
steam bath



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

BOARD

Please note that treatments as well as lunch and dinner are not included in our day spa package and will be charged separately. Also, please bear in mind to wear comfortable clothes if you would like to eat in our restaurant (access in bathrobe is not possible).

SPOILING PROGRAMME FOR ONE DAY

Even without booking an overnight stay, you can let yourself get spoiled at the Rosenalp spa. The sauna area with Finnish sauna, bio sauna, steam bath, infrared sauna, plunge pool and ice fountain as well as the indoor pool, the heated outdoor pool and the relaxation rooms will be available to you as day spa guest. Forget your everyday life for a few hours. Enjoy precious moments and recharge your batteries during that time – alone or with someone you care about dearly.

Your feel-good day includes:

- Breakfast from our rich breakfast buffet until 10.30 a.m.
- Use of the Rosenalp spa with sauna area and pools
- We will provide you with bathrobe, towels and disposable bathing shoes during your stay
- A selection of tea varieties as well as lemon-ginger-water in our wellness lounge
- A small selection of healthy snacks (fresh fruit and nuts)

Price per person EUR 59

FEEL LIKE A FEW SPOILING EXTRAS?

If you feel like capping your feel-good day in the day spa off, we recommend a marvellous feel-good treatment. A beauty treatment, ayurveda or wellness – we will be happy to advise you on the ideal treatment for you.

And what would a perfect day be like without the perfect end?

With a dinner in the restaurant at Hotel Rosenalp, for instance?

We will be happy to reserve a table for you!

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