



feel  
at ease  
feel  
beautiful

2021 / 2022

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.

- 06  schroth cure & fasting cure
- 10  nutrition
- 12  exercise & mental balance
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Our goal is  
your best  
possible well-  
being

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

Finally return  
to your true self

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

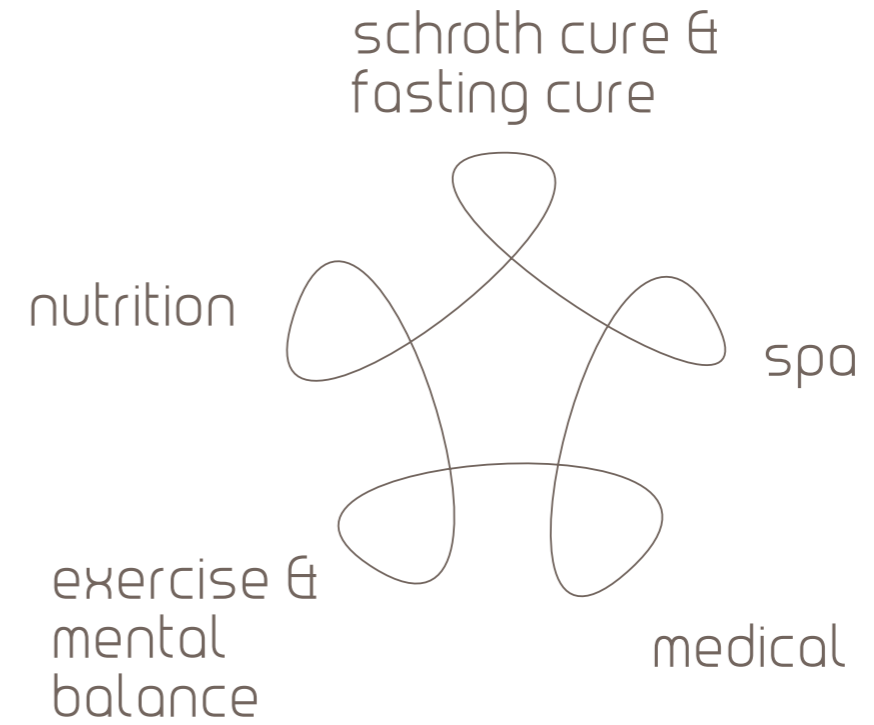
Taking care of  
yourself makes you  
feel at ease

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

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

## 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 Klarman 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

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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, acid-base balance fasting after Wacker®, 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

- Cucurbita body pack (vitalising and replenishing)
- Body scrub with alkaline salt (promotes detoxification)
- Mountain salt stamp massage (promotes purification)
- Rosenalp wellness massage
- Evening primrose oil pack (skin care)
- Shiseido / Clarins (cleansing facial treatments)

### DURING THE THERAPEUTIC FASTING CURE

- Thalasso pack (detox pack)
- Rosenalp body pack (skin care)
- Liver wrap (promotes liver detoxification)
- Herbal stamp massage (relaxation)
- Rosenalp body scrub
- Slimyonic Air Bodystyler (lymphatic drainage)
- Clarins Face Ultra Relaxing Aroma Massage (relaxation)

### DURING THE ALKALINE FASTING CURE

- Mountain salt stamp massage
- Alkaline bath (including brush massage)
- Liver wrap (promotes liver detoxification)
- Body scrub with alkaline salt
- Detox alkaline wrap (for tissue tightening)
- Cucurbita body pack (vitalising and replenishing)
- Clarins Rebalancing Massage Body (relaxation)

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

There are many reasons why you should decide in favour of Metabolic Balance® during your stay at Rosenalp in Oberstau- fen. 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 alkaline wrap (body wrap for tissue tightening)
- Thalasso pack / algae bath (detoxifying)
- Clarins Classic (facial treatment)

#### WITH THE ROSENALP LIGHT CUISINE

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

Fitness for body and mind:  
At Rosenalp, we have  
numerous ways for you to  
achieve more balance with  
more exercise and relaxation.

⊙  
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. You can exert yourself or find pleasant relaxation after days full of stress. Your body's signals will show you the right way towards balance.

### ADJUSTED TO YOUR INDIVIDUAL NEEDS

#### PERSONAL TRAINING

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

#### Which advantages does a personal trainer have

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

Our 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). The BIA will give you information about the effectiveness of your training and your dietary change.

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

*Achieve actual results fast!*



*Included sports classes*

### ACTIVE & FIT PROGRAMME

From Monday to Saturday  
(Included in the overnight price)

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

You will find the current Active & Fit Programme as well as our hiking programme at the reception desk.

"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





## MUSCLE BUILDING

### BACK BALANCE

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

### BODY WEIGHT I BARBELL & DUMBBELL TRAINING

An effective combination of strength and endurance training which addresses all main muscle groups and helps reduce fat as fast as possible. So-called negative repetitions (phase of the training in which the lifter gives in to gravity as for example when squatting) are divided into four intervals with individually adjusted weights.

### BODY FORMING I BELLY-LEG-BOTTOM-INTERVAL TRAINING

Challenging the three main problem areas: belly, leg, and bottom. In this course, we specifically build particular muscle groups with various gymnastic exercises, therefore tightening the connective tissue. The interval training makes the exercises effective at the maximum. The result: a firmer body and better fitness.

### FLEXI-BAR

Flexi-Bar is a bar which, when moved, transfers vibrations through your hands to deep muscular layers. As soon as the bar swings, the entire locomotor system has to try to balance its vibrations. This particularly addresses and strengthens the deep muscles.

### FIT WITHOUT DEVICES I HIT

The so-called High Intensity Training, in short HIT, is a muscle formation training solely based on the weight of your own body. High-intensity phases alternate with short recovery phases. A proven method to train to your own limit. This training is only suitable for practised athletes.

### PILATES

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

### TRAINING WITH SWING RINGS

This training vitalises your somatic cells and activates the muscles in your entire body. The swinging motion makes your muscles remember past activities. In a gentle way, coordination, endurance and fatburning are improved and deeper muscles can be reached as well. Moreover, the power of gentle movement helps reduce stress.

### BARRÉ CONCEPT I WORK-OUT AT THE BAR

Barré Concept is a demanding full-body work-out. Stretching exercises and traditional work-out are made at the ballet bar and become even more effective by using dumbbells and pilates balls. The training is very dynamic, and one exercise follows the other. The latest hits make things hum and heat up the atmosphere.

### AQUA FIT I AQUA GYM

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

## ENDURANCE

### LATIN AEROBIC

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

### FLOW MOVEMENT

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

## INFO

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

## TIP

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



## FASCIAE TRAINING

### FASCIAS PILATES

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

### FOAM ROLLS

Fascias are a sensory organ. If your back hurts, for example, the pain usually is not caused by muscles but by fascias. The reason: tissue hardening. Using the roll, fascias will react like a sponge which you wring and which will then become saturated in the phase of relief. In this process, nutrients are exchanged through the connective tissue.

## FROM THE FAR EAST

### HATHA-YOGA

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

### YOGA-FLOW

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

## OUTDOORS

### NORDIC WALKING

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

### HIKING

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

## RELAXATION

### PURE RELAXATION & STRETCHING

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

### BREATHE YOURSELF FREE | BREATHING EXERCISES

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

### STRETCH & RELAX

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

### AUTOGENIC TRAINING

Lying silently and comfortably, finding inner peace through concentration of thought, relaxing. Autogenic training addresses the autonomic nervous system which is responsible for the alternation of tension and relaxation. Our quiet room provides the perfect atmosphere for this course.

### MUSCLE RELAXATION TRAINING

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

*Strengthens  
body and  
mind*





## Place of Strength



### PRECOR

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

#### PRECOR MACHINES

- Strength |**  
 Vitality abdominal muscle / erector spinae machine  
 Vitality butterfly combination  
 Vitality lat pull-down / rowing machine  
 Vitality leg press / calf raise  
 Vitality leg extension / leg curl  
 Vitality adductor / abductor machine  
 erector spinae machine, AB-X Crunch, Queenex, W325 functional training unit (adjusted for Rosenalp), FTS Glide cable pull machine, dumbbell rack, multi-function bench
- Cardiovascular |**  
 Treadmill (Assault AirRunner), rowing machine (Assault AirRower Elite), Spinner® (Chrono™ Power), seated ergometer, recumbent ergometer, cross trainer, Adaptive Motion Trainer



"The best investment in the future is sports."

**Melania Fink**  
 Fitness coach

We also continue to provide our popular Power Plate® training.





## 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

#### 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.

#### ENERGY PSYCHOLOGY / KINESIOLOGY

Helps with psychosomatic problems

- exhaustion
- insomnia
- stress reduction

#### FOREST BATH – MINDFULNESS IN THE FOREST

(minimum of 3 participants)

- strengthens the immune system
- reduces blood pressure
- reduces stress hormones
- improves sleep
- improves the attention span

#### 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.

"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 & Osteopathy Stefan & Moritz Klarmann

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

## 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 individual initial treatment.

**about 50 min. EUR 95 \***

## PHYSIOTHERAPY

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

**about 25 min. EUR 45 \***

**about 50 min. EUR 90 \***

## MANUAL THERAPY

The manual therapy is an ergo-therapeutic method which aims to find and treat mal-functions on the spine and joints. Special movements are used for mobilisation and pain relief in case of restricted mobility.

**about 25 min. EUR 45 \***

## SOFT MANUAL SPINE THERAPY

Like the spine therapy after Dorn, this therapy is based on Chinese acupuncture and meridian theory. The therapy is a comprehensive, efficient method to find and correct dislocated joints, particularly spinal column joints. The aim is to heal illness and relief pain directly or indirectly linked with the spine. Working on the spine often has a positive impact on the functionality of the associated organs.

We use this therapy in case of joint blockades but also in case of problems or impairments regarding the stomach, heart or respiratory tract as well as in case of migraine or tinnitus.

**about 25 min. EUR 50 \***

## MEDICAL GYMNASTICS

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

**about 25 min. EUR 43 \***

## 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 63 \***



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

## PHYSIOTHERAPEUTIC MASSAGES

### CLASSIC MASSAGES

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

**BACK MASSAGE**  
**about 25 min. EUR 40 \***  
**FULL BODY MASSAGE**  
**about 50 min. EUR 80 \***

### 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 83 \***



### MANUAL LYMPHATIC DRAINAGE

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

**PARTIAL TREATMENT**  
**about 25 min. EUR 40 \***  
**FULL BODY TREATMENT**  
**about 50 min. EUR 80 \***



“We do not treat the symptom –  
but the reason.”

### Moritz Klarmann

Physiotherapist, manual therapist,  
osteopath, naturopath (physiotherapy)

### Stefan Klarmann

Physiotherapist and manual therapist



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

## ALTERNATIVE TREATMENT METHODS

### OSTEOPATHY

Osteopathy assumes that body, mind and soul are a unity and influence each other. When this system is unbalanced, the inner flow in your body (blood, lymph, cerebrospinal fluid) is in disorder and self-healing powers are lost. With gentle hand movements, the osteopath feels and removes these malfunctions, brings back the flow to the body and reactivates the patient's self-healing powers.  
**about 50 min. EUR 125 \***

### 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 100 \***

### 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 86 \***

### KINESIO TAPING

In this treatment, a breathable, highly elastic, waterproof tape is applied to tense or sore muscles. The tape facilitates movements, relieves the muscle and prevents relieving postures. We recommend Kinesio Taping in combination with other treatments, for example manual therapy.  
**about 10 min. EUR 25 \***

### COLON HYDRO THERAPY

A naturopathic method to purify the colon intensely. An inner Kneipp cure for the bowels, so to say. Toxic agents and waste products are removed from your body and as a result, the intestine will be stimulated, and your immune system will be strengthened. Supporting method for Schroth and fasting cures.  
**about 50 min. EUR 94 \***

### SEGMENTAL REFLEX MASSAGE ON THE FOOT

Each organ and tissue in our body has a reflectively connected segment on our feet. In case of problems, those segments will react very sensitively to pressure. The segmental reflex massage improves circulation, activates resistance, and improves the tissue's ability to regenerate.  
**about 25 min. EUR 44 \***

### MATRIX-RHYTHMUS THERAPIE

Our body cells swing rhythmically – as long as they are healthy. If this no longer works, the matrix – i.e. the cell environment – will face a slow-down and congestion. As a result, the concerned parts of the body will not be supplied sufficiently on the one hand; and on the other hand, toxic agents can no longer be removed. First, this will lead to slight irritations hardly registered by the patient. Soon, however, it will lead to serious – and mainly painful – problems which, step by step, might have an impact on the entire muscle, bone, cartilage, vascular and nerve tissues. The matrix rhythm therapy counteracts this process.  
**about 25 min. EUR 54 \***  
**about 50 min. EUR 108 \***

## THERMAL TREATMENTS

### NATURAL MOOR PACK

The pleasant heat of the natural moor pack will slowly spread across your body. This strongly stimulating effect on your blood circulation will relax your muscles.  
**about 20 min. EUR 25 \***

### 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 \***

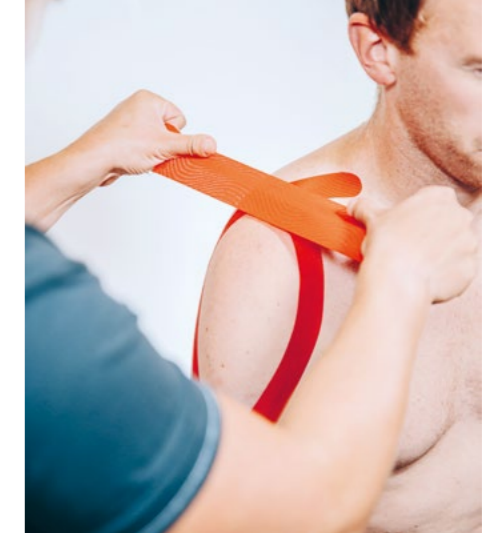
### ELECTRO THERAPY

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 17 \***

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



*My place to be well*

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

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

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

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

# 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
- 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
- Polyneuropathy
- 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.

## MEDICAL TREATMENTS

**Initial interview / initial treatment**  
(about 90 min.) **EUR 180**

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

**Follow-on treatments** (30 min.) **EUR 60**

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

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.) **EUR120**

## CELL SCREENING

Cell check ( about. 45 min.) **EUR 159**  
Analysis of minerals and heavy metals

## MICRO NEEDLING ANTI-AGING

depending on the respective body part and length of the treatment incl. an active agent productfrom **EUR 450**

## MESOTHERAPY

Building of cells in your body  
Pain treatment, anti-aging  
Price depending on material costs

## HYALURON THERAPY

Anti-aging, natural remodelling of tired, dry and slack skin  
Price depending on material costs

## 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:

- birth to puberty
- second stage of life fertile years
- 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

Help for psychosomatic problems

- exhaustion
- insomnia
- stress reduction

## MICROBIOLOGICAL AND ENTERAL DIAGNOSTICS

The laboratory results provide indications of illnesses or health risks.

- Obesity
- Allergy / Food intolerances
- Candida infestation
- Intestinal flora
- Skin / Hair / Nails
- Helicobacter
- Hormones (saliva testing)
- Metabolism

## MICRO NEEDLING (COLLAGEN INDUCTION THERAPY)

The revolution among anti-aging methods, successful treatment without surgery to achieve considerably tighter skin, the skin does not become thinner

### Fields of application:

- Skin tightening on the face, neck and décolleté
- Wrinkle treatment (e.g. crow's feet, upper lip wrinkles)
- Acne scars and other scars
- Treatment of pigment spots
- Infiltration of active agents into the skin

## HOMOEOPATHY

The "soft" medicine. Treat like alike. Homoeopathy is the holistic treatment of body, mind and soul.

## SMS LUMBAR STABILISATION OF THE SPINE

Functional stabilisation and mobilisation of the spine and the musculoskeletal system. This method can heal spinal disorders but mainly prevents them through sufficient regeneration. You will require 5-6 sessions to learn this technique.

## TIP

We recommend a cure treatment of TDA Oxygene after a Medical Face Needling.

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.).



"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.

### SPECIAL PROGRAMMES

#### WELL-BEING PACKAGE FOR A GOOD GUT FEELING

Do you suffer from digestive problems, bloating and flatulence?

- Initial interview / initial treatment about 60 Min.
  - **Lab analysis**  
(Package price: EUR 212 - intestinal flora, inflammatory markers, helicobacter, incl. evaluation)
  - Cell check-up
  - 1x Forest bath (group)
- Package price EUR 455

#### VITAL PACKAGE

Do you suffer from fatigue, insomnia, menopause, wish to have children?

- Initial interview / initial treatment about 60 min.
  - **Lab analysis**  
(Package price: EUR 215 analysis of hormones incl. evaluation)
  - Cell check-up
  - 1x Forest bath (group)
- Package price EUR 460

#### ALL-ROUND PACKAGE

- Initial interview / initial treatment about 60 Min.
  - **Lab analysis**  
(Package price: EUR 415 stool analysis, analysis of hormones incl. evaluation)
  - Cell check-up
  - 1 x Forest bath (group)
- Package price EUR 659

#### BALM FOR THE SOUL

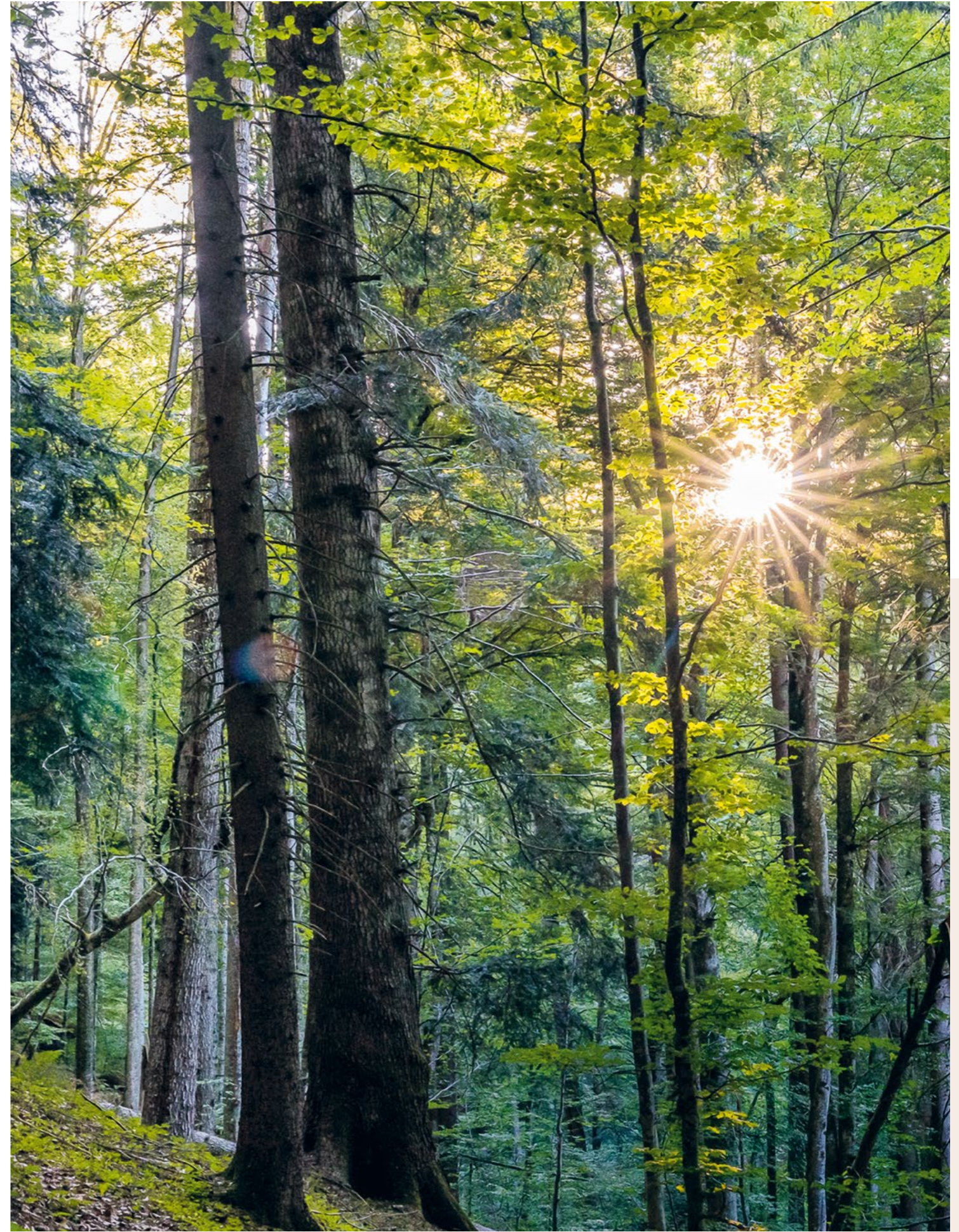
- Initial interview / initial treatment about 60 min.
  - Mental treatment
  - Forest bath (group)
- Package price 300

#### BEAUTY PACKAGE

- Initial interview about 60 min.
  - Cell check-up
  - 3 x Mesotherapy
- Package price EUR 780

#### FASTING CURE

- small health check
  - Tips for the time during the fasting cure as well as for 2-3 days after the cure 30
- Package price EUR 45



Let tranquillity  
return, step by step  
and deliberately.



SPA





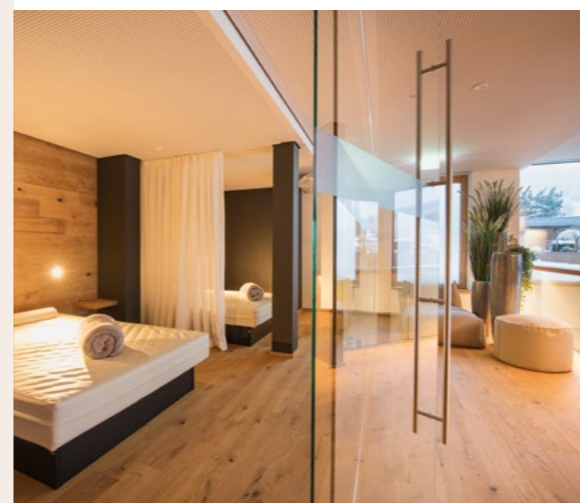
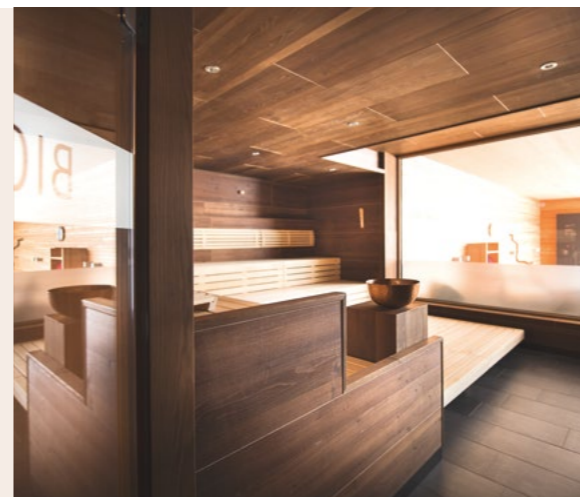
*We are looking forward to you*

## 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. Immerse 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 M<sup>2</sup>, OUR ROSENALP SPA HAS

- Bio sauna, Finnish sauna, infrared sauna, steam bath
- Plunge pool, ice fountain, sauna footbaths
- 25 m x 7 m pool: 110 m<sup>2</sup> pool connected with an all-the-year heated outdoor pool of 65 m<sup>2</sup> 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 2 - 3 treatments a week. The token coins (12 minutes for EUR 15 each) are available at the spa reception as well as at the hotel reception.



## Rosenalp Signature Treatments

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



*For beauty  
and harmony*



### BODY

#### WRAPS

##### ROSENALP SIGNATURE WRAP

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

##### FATBURN & SLIM-WRAPS

To reduce weight

##### DETOX ALKALINE WRAP

For purification & tissue tightening

1 wrap 60 min. EUR 94

3 wraps 60 min. EUR 278

including thermic gel (150ml)

We recommend 3 wraps a week.

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

#### MASSAGE

##### WELLNESS MASSAGE

Body massage with the signature oils of the Rosenalp Spa. The classic massage for your „well-being moments“!

25 min. EUR 48

50 min. EUR 88

#### TIP

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

#### SCRUBS

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

For velvet and smooth skin which can absorb subsequent care better

25 min. EUR 48

With subsequent warm oil anointment

50 min. EUR 89



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

Jacqueline Häußler

Head of the Rosenalp spa & cosmetics specialist

#### 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!

## EXPERIENCE MASSAGES

### HERBAL STAMP MASSAGE "PANTAI LUAR"

A vitalising hot oil massage (120 °C) for the entire body with herb-fruit stamps. Muscle tensions and hardening are removed; cell activation and cell regeneration are stimulated. The herb mixtures have a detoxifying and purifying effect.  
**30 min. EUR 57 | 60 min. EUR 99**

### VOLCANIC STONE MASSAGE "HOT STONE"

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 155**

### 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 99**

### 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 92**



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

**Roshdi Sabah**  
Wellness therapist &  
Ayurveda masseur



## HANDS & FEET

### SPA MANICURE

Hand scrub | nail cutting, filing and polishing | cuticle removal | short hand massage | nail file to take home  
**40 min. EUR 58**

### LUXURY SPA MANICURE

Including nail varnish | nail varnish to take home or intense hand massage | hot hand pack | hand lotion to take home  
**55 min. EUR 78**

### SPA PEDICURE

Foot bath | toe nail cutting, filing and polishing | cuticle removal | callus removal | foot massage  
**40 min. EUR 58**

### LUXUS SPA PEDICURE

Including nail varnish | OPI nail varnish to take home or relaxing foot massage | foot lotion to take home  
**55 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.

### PODIATRY

In case of pathological changes on your foot or toenails as well as when you take blood thinners, in case of diabetes, etc.  
**50 min. EUR 72 | with polish on request**

## DYEING

Eyelashes\*                   15 min. EUR 19  
Eyebrows\*                   15 min. EUR 19  
Combi-treatment\*       30 min. EUR 35

## DEPILATION

Full legs                       55 min. EUR 85  
Legs up to knee           30 min. EUR 47  
Armpits                       10 min. EUR 16  
Upper lip \*                 10 min. EUR 16  
Chin \*                         10 min. EUR 16  
Eyebrow shaping \*       15 min. EUR 19

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

## SOFT PACK BED

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

### THALASSO PACK

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

**1 x Thalasso pack   25 min. EUR 58**  
**3 x Thalasso pack       EUR 165**

### 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 58**

### EVENING PRIMROSE OIL PACK

Relaxation with strongly replenishing and moistening skin care.  
**20 min. EUR 58**

### ROSENALP BODY PACK

Float in the feeling of excellently cared for skin – with natural elixirs and balms.  
**20 min. EUR 47**

## BATH

### HYDRO JET

#### THE SOFT POWER OF WATER

Hydro jet bath: The massage tub has 100 jets which massage your body vibrantly in warm water. The tissue is supplied with blood and tightened – muscles are loosened and relaxed – the metabolism is stimulated.  
**20 min. EUR 47**

### 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 84**



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

**Annette Duffner**  
Spa concierge & naturopath



## AYURVEDA

Dive in the fascinating world of this old Indian form of healing. Flowing and stroking movements make an Ayurveda massage a very special experience. An experiences of all senses. Covered in warm oil 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, lymph 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. Give yourself into our experienced hands. Warm oil will surround your body and the soft touch will make new energy flow. The feeling of being held and supported makes your mental burden go away.

90 min. EUR 145

### 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

Your entire body will be massaged without oil but 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*

### ANTI-CELLULITE

(bookable as of 7 overnight stays)

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

Package price EUR 359

### DETOX & MORE ...

(bookable as of 4 overnight stays)

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

Package price EUR 263

### MEDICAL BEAUTY RITUAL

(bookable as of 3 overnight stays)

- Environ Cell Premium (facial treatment)
- Slimyonik® Air Body Styler
- TDA face 30 min.

Package price EUR 265

### GLAMOUR

(bookable as of 3 overnight stays)

- Shiseido Yutaka (facial treatment)
- Clarins Rebalancing (body massage)
- Beauty present

Package price EUR 242

### TIMELESS

(bookable as of 3 overnight stays)

- "Pantai Luar" (full body massage)
- Clarins Face Ultra Relaxing (facial treatment)
- Light therapy

Package price EUR 209

### THALASSO INTRODUCTORY

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

Package price EUR 89

# 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*

## MED VISAGE

### TDA – RADIO FREQUENCY & ULTRASOUND

Safe and efficient method for firmer skin without surgical intervention

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

Face	60 min. EUR 199
Neck & décolleté	45 min. EUR 135
Hands	30 min. EUR 89

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



"Give yourself the most beautiful moments every day."

**Helena Schramm**  
Deputy head of the Rosenalp Spa  
& cosmetics specialist

## MED BODY

### BODY RADIO FREQUENCY & ULTRASOUND

For visibly firmer body skin

Pregnancies, diets and hormonal fluctuations leave marks. Radio frequency with integrated ultrasound counteracts these marks through its intense deep action!

<b>Legs / thighs</b>	50 min. EUR 115
3 treatments & Environ Body Care product	EUR 328

<b>Bottom / belly</b>	50 min. EUR 115
3 treatments & Environ Body Care product	EUR 328

<b>Upper arms</b>	30 min. EUR 79
3 treatments & Environ Body Care product	EUR 225

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



### SLIMYONIK® AIR BODYSTYLER

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

45 min. EUR 55
3 x 45 min. EUR 159

## MEDCONTOUR

### MEDCONTOUR– CAVITATION WITH ULTRASOUND

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

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

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

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

### TIP

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





**TDA AQUA DERMABRASION**  
**OUR GUESTS' FAVOURITE**  
**IN 2020**

To make your skin  
feel wonderful

**SEYO**  
*The key to better skin*

**TDA – OXYGEN+**  
For radiantly beautiful skin that makes an impression due to the pressure of oxygen!

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

#### **TDA – OXYGEN+**

**TDA – AHA – FACE**  
The "beauty to go" treatment for a visibly refined complexion – radiantly beautiful with a rejuvenating glow effect.  
TDA AHA scrub | TDA Oxygen+ active agent | Hydra mask | pressure point massage  
**60 min. EUR 129**

**TDA – FACE**  
as "quick beautifier"  
Face | neck | décolleté  
**30 min. EUR 72**  
Eye or lip area  
**20 min. EUR 48**

We recommend a cure treatment for more effective results.  
**3 x 30 min. EUR 199**

**TDA – AQUA DERMABRASION**  
Immediately visible improvement of your skin structure – a booster treatment that will delight you.  
The innovative combination of Environ active agent cosmetics and a particularly gentle and effective wet dermabrasion perfectly prepares the skin for the TDA Oxygen+ therapy.  
**60 min. EUR 149**

**ENVIRON®**  
stockist

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

Environ starts where the effect of conventional care cosmetics ends. The treatment with cosmeceuticals based on the "vitamin step-up principle" for a clear and firm facial skin, in combination with, among others, fruit acids, DF technology and Environ Skin Care can revitalise your skin and freshen it up as well as turn back the clock. Enjoy these extraordinary facial treatments exclusively with our skin care experts – specifically tailored to the needs of your skin.

#### **ENVIRON – FACE**

**ENVIRON "À LA CARTE"**  
Ideal for getting to know the treatment or as a fresh-up for in between  
**60 min. EUR 98**  
**30 min. EUR 55**



"Beauty begins the moment you decide to be yourself."

**Petra Schantini**  
Naturopath & cosmetics specialist

#### **ENVIRON – FACE MED**

**CELL PREMIUM FACE**  
Provides a long-lasting wow effect! Stimulation of tired and strained facial skin. Cellular activation through enzyme scrub | cosmetic face needling | DF technology | know-how of highly concentrated Environ active agents  
**75 min. EUR 159**

**CELL PREMIUM DÉCOLLETÉ**  
For a fantastic décolleté - Enzyme scrub | cosmetic face needling | TDA Oxygen+ Canaboost | alginate mask | massage  
**60 min. EUR 115**

#### **ENVIRON – BODY MED**

**PREMIUM BODY**  
Welcome to your new body awareness! For visibly tighter skin and improved "problem zones".  
Cosmetic needling / Environ body serums | Slimyonik® Air Bodystyler  
**60 min. EUR 99**  
**3 x 60 min. EUR 310 €**  
Environ body care product (to take home)

#### **TIP**

Pure beauty comes from within. Let our beauty experts advise you on the Advanced Nutrition collection (dietary supplements)!

## 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.



*Beauty and pure well-being*

### SHISEIDO LADIES TREATMENT COLLECTION FOR THE FACE

#### SHISEIDO CLASSIC

Basic treatment including scrub | deep cleansing | eyebrow correction | massage | mask | final care  
60 min. EUR 89

#### WASO FACIAL

Natural ingredients – without parabens & mineral oils – less is more! This treatment for the young skin of "millennials" brings the skin back into balance – provides turbo hydrating, smoothens the skin and replenishes resources.  
70 min. EUR 129

#### YUTAKA – WRINKLE LIFTING

The SPA-award winning Future Solution LX line maximises the beauty of your skin. The Facial Ceremony with the pleasantly warm Yutaka stone massage kicks off regeneration. This causes a wow effect!  
80 min. EUR 156

### FOR EYES & LIPS

#### FUTURE SOLUTION EYE & LIP CONTOUR CEREMONY

Do you love luxury and the exclusive Future Solution care products? Would you like to target your eye and lip areas to make them more radiating and smoother? In this case, enjoy this extraordinary special treatment.  
40 min. EUR 75



### SHISEIDO MAKE-UP COACHINGS

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



#### SHISEIDO MAKE-UP EVENT

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

Please find the dates of these events on our website [rosenalp.de/events](https://rosenalp.de/events)

### SHISEIDO MEN TREATMENT COLLECTION FOR THE FACE

#### CHECK-UP

Basic treatment for men's skin including scrub | deep cleansing | eyebrow correction | massage | mask | final care  
60 min. EUR 89

#### TIME FIGHTING FACIAL

The high-performance facial treatment specifically counteracts wrinkles as well as fine lines and also has an extensive anti-aging effect. It will intensely hydrate and considerably tighten your skin.  
70 min. EUR 129



"Shiseido is an inspirational source of beauty. The treatments delight our guests."

Lea Haas  
Cosmetician



**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 145**

**„JAPANESE SCALP & SHOULDER“-MASSAGE**

Pure well-being and total relaxation for head, shoulders and neck.  
**45 min. EUR 78**



**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 142**  
**3 treatments EUR 425**  
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

NEW

**CLARINS**

Take a journey  
with Clarins

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



*Are you longing for relaxation and pure pleasure?*

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

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

**Downtime – Hydrating pure**  
30 min. EUR 52

**Downtime – Classic**  
60 min. EUR 89

**Downtime – Relaxation**  
90 min. EUR 145

**CLARINS**

## Noticeable expertise, visible results.

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



Discover our customised care treatments for both face and body, as well as special treatments for men. Depending on the requirements of your skin, our cosmeticians will select the products suitable for the treatment and will also adjust the manual treatment to stimulate microcirculation and lymphatic flow in the best possible way. This is how they create a special feel-good moment for you, with your skin smoothening, your complexion glowing and your facial features relaxing. This is Clarins pure.

### LA MÉTHODE CLARINS FACIAL TREATMENTS

#### ANTI-AGE

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

60 min. EUR 109

#### RADIANCE & ANTI-SPOT

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

60 min. EUR 109

#### SOS & MOISTURE

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

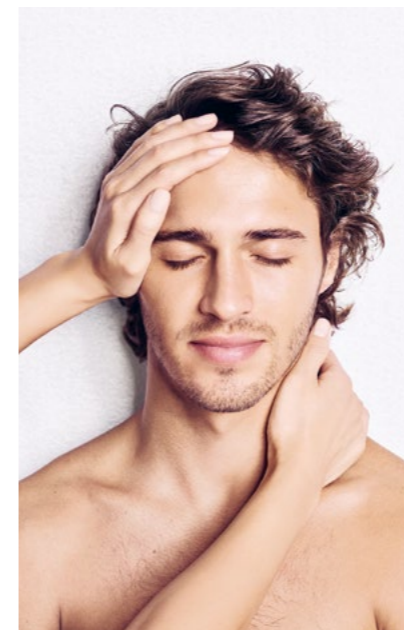
60 min. EUR 109

### LA MÉTHODE CLARINS TREATMENTS FOR MEN

#### CLARINS MEN POWER & ENERGY

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

60 min. EUR 109



### LA MÉTHODE CLARINS – WELLNESS TREATMENTS

The Clarins wellness treatment is pure relaxation and the ideal antidote to everyday stress. Thanks to the great product performance and the unique sensory experience, it releases tension, brings beauty and harmony to your face and leads body, soul and spirit into a long-lasting sense of well-being.

#### ULTRA RELAXING AROMA FACE

This unique aroma treatment will allow you to become completely detached from the outside world and will give you enough space to get a deeper connection with yourself. The "Ayuroma Touch" expert technique in combination with the power of the plants and the Clarins caring oils will invite you to relax and let go. As your face, neck and scalp are massaged, your relaxation will be deep and long-lasting. The beneficial effect of this treatment is visible and noticeable: your skin is nourished, revitalised and radiantly beautiful.

60 min. EUR 109

#### REBALANCING MASSAGE WITH ESSENTIAL OILS

Experience the five types of Clarins touch, adjusted to the needs of individual body parts, in combination with the Tuina technique, inspired by Chinese massage methods. Stimulates your blood circulation and balances your energies. The essential oils for intense relaxation complete your Clarins Rebalancing Massage.

60 min. EUR 109



# Spa Etiquette: Good to know



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

**Romy Rohowsky**  
Spa receptionist, massage therapist /  
balneotherapist

## SPA-RECEPTION

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

## APPOINTMENTS

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

## POSTPONEMENT / CANCELLATION

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

## WE CARE ABOUT YOU

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

## BODY TREATMENTS

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

## COSMETIC TREATMENTS

We recommend foregoing light therapy immediately after cosmetic treatments. We would like to ask men to shave a few hours before the facial treatment so that the treatment result is as good as possible. If you are booking a manicure or pedicure, please let us know if you have gel, 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 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 bathing shoes during your stay
- A selection of tea varieties as well as fresh, naturally flavoured Grander water in our wellness lounge
- A small selection of healthy snacks (fresh fruit and nuts)
- 15% discount on products you buy at our spa

Price per person EUR 66

## 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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Am Lohacker 5, 87534 Oberstaufen

