

FEEL AT EASE,  
FEEL BEAUTIFUL

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# THE FIVE PILLARS



## Our recipe for success

For over 50 years, we have been helping our guests to learn about healthy living and how to lead a healthy lifestyle when they return home. The five pillars form the basis of our work and reflect the services we offer to promote all-round health. You'll see... after a stay with us, you'll feel so at ease, and so beautiful!



Do you want to free yourself from the legacy of an unhealthy lifestyle, strengthen your immune system and get your metabolism going again? Or is your goal to reach your ideal weight and improve your health? With the Original Schroth Cure from Oberstaufen, the Wacker® method Alkaline Fasting Cure and Therapeutic Fasting, ROSENALP offers three extremely effective cures that will boost the healing powers within you and leave you feeling re-energised.



Feel incredible inside and out! A healthy, balanced diet plays a key role in making it happen. Providing your body with the nutrients it needs has many positive effects – these include more energy, a greater sense of well-being, improved health, as well as reaching and maintaining your ideal weight. ROSENALP specialises in healthy nutrition and offers you a wide range of delicious dishes as part of its light cuisine and half-board plans.



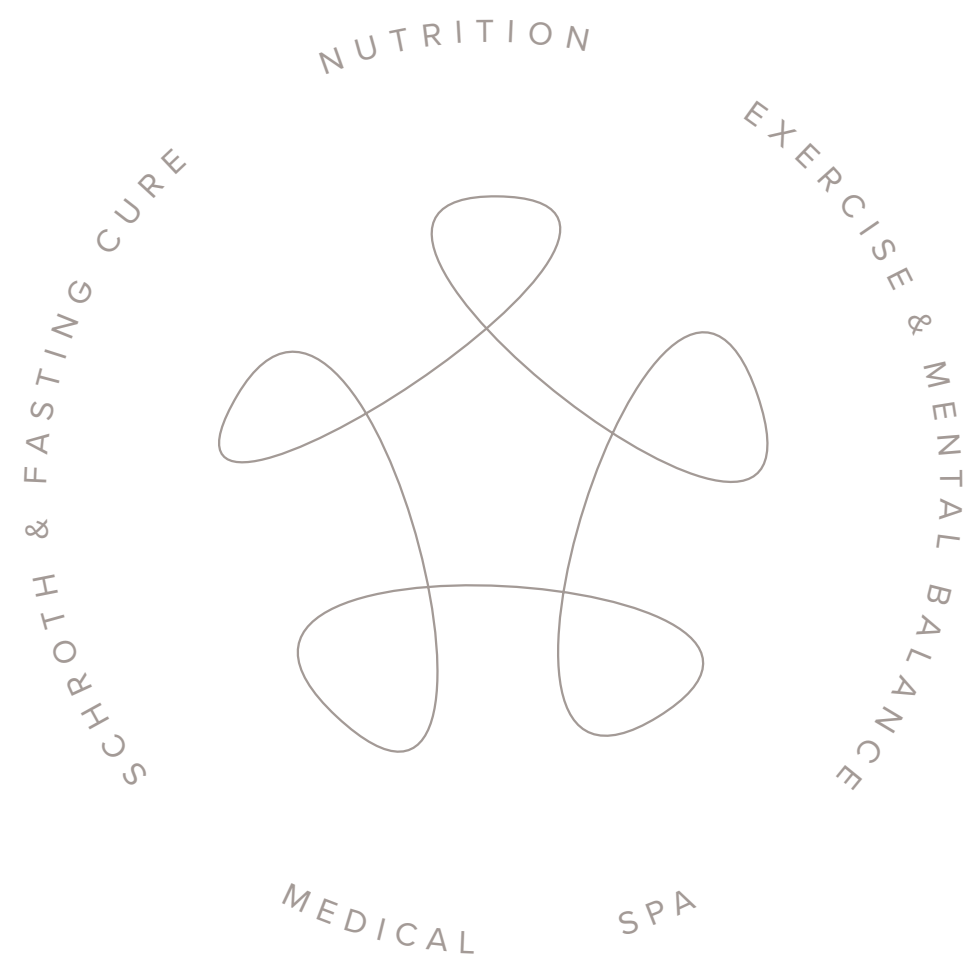
Exercise works wonders to help you feel good in your own body. Whether it's gentle exercise to increase vitality or strenuous weight and endurance training – we have the perfect activity for you, whatever your fitness level. For an all-round healthy lifestyle, you can participate in classes including yoga, meditation and mindfulness.



Experience a holiday with a difference. A holiday where you focus on your body and your health. Perhaps pay a visit to our very own Medical Centre for a thorough check-up from head to toe, or our Physiotherapy & Osteopathy Practice to get to the bottom of your physical ailments. Our medical team will also be happy to help you with any preventive or rehabilitation therapy.



Enjoy our lavish spa facility, which includes an indoor and outdoor pool, saunas, relaxation spaces and a wellness garden. Luxurious massage experiences, relaxing baths and nourishing cosmetic treatments await you in our Sense Spa. Make the most of the state-of-the-art technology and highly effective products in our Med Spa to gently counteract natural skin ageing, among other things.





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**Key:** 1. Requires a prescription | *Recommended during* 2. Schroth Cure 3. Therapeutic Fasting 4. Alkaline Fasting Cure 5. Light Cuisine

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# Schroth & Fasting Cure





# SCHROTH & FASTING CURE

*Free yourself from the legacy of an unhealthy lifestyle and allow your body's own power of healing to get to work. For a stronger immune system, a healthy new weight and more energy!*



## SCHROTH CURE

The Original Schroth Cure from Oberstaufen is a vegan detox cure developed by Johann Schroth. It is a programme lasting several weeks, aimed at detoxification and cell renewal. The goal of the Schroth Cure is to purge the body of toxins and excess acids. It is based on four pillars: the Schroth Cure diet, the Schroth Cure sweat packs, which stimulate the metabolism, the regulated intake of fluids, as well as a mix of rest and exercise. The Schroth Cure is ideal as a preventive therapy, but can also assist with recovery from existing illnesses. The Schroth Cure is primarily recommended as a course of treatment for metabolic disorders, rheumatism, high blood pressure, hypothyroidism, migraines and gastrointestinal disorders. The Schroth Cure is recommended for diabetics in particular to reduce their intake of medication and insulin injections.



## WACKER® ALKALINE FASTING

Alkaline fasting is a form of fasting where you only eat fruit, vegetables, salads, freshly sprouted seeds and shoots, and nuts. It is suitable for anyone who wants to take care of themselves and their health or sustainably reduce their weight. Alkaline fasting can help anyone who is already healthy to maintain their health, while those who are ill can regain it. Practitioners of naturopathy have been aware for many decades now that most chronic illnesses are associated with hyperacidity of the body. If you stick to a healthy diet and keep the proportion of acid-forming foods you eat to a minimum, you can regulate your acid-alkaline balance in a completely natural way. Thoroughly purge your body of excess acids with the help of the original Wacker® alkaline fasting method.



## THERAPEUTIC FASTING

Therapeutic fasting has a number of benefits for you and your body. It will significantly improve your physique, whilst also boosting your body's defences and self-healing powers. Avoiding solid food triggers a cleansing process within your body: waste products and toxins are dissolved and excreted. Therapeutic fasting can even help you to rid yourself of worries. But that's not all – you'll shed the pounds too! This is great news, but just one of the reasons why therapeutic fasting will improve your sense of physical well-being. Even though your body is being supplied with less energy, you can expect to feel more energetic! Fasting will leave you feeling more balanced and powerful – simply healthier all round.

## Making life easy

Benedikt and Aliia Fink, our resident doctors, are at your side from the start of your stay right up to your final physical examination. In addition, our Schroth Packers offer the original Schroth sweat packs to help with your detoxification. As well as being part of a Schroth Cure, we also recommend using them during therapeutic fasting.

**ROSENALP offers two courses of treatment involving low-calorie, balanced diets – the Original Schroth Cure from Oberstaufen and therapeutic fasting. In accordance with EU law, medical advice must be sought before taking part in these treatments!**







# Nutrition





# NUTRITION

*Healthy, light and above all delicious! A fitting description of the exquisite meals created just for you using the best ingredients and freshest herbs in the ROSENALP kitchen.*

## BREAKFAST

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

## ROSENALP'S LIGHT CUISINE PLAN

The low-carbohydrate, light cuisine offered by ROSENALP can provide your body with all the nutrients it needs. The focus is on healthy ingredients prepared with the utmost care. You'll be amazed by how tasty and healthy ROSENALP's light cuisine can be. That's because virtually everything that tastes great is allowed. A whole host of light and wholesome dishes are conjured up by our chefs, with the focus on vegetables, fruit and protein-rich foods such as fish, poultry, meat, dairy products, nuts and legumes. Carbohydrates are the only thing you should avoid in the evening – white bread, sweet treats, potatoes and pasta in particular. Let your imagination run wild.

## HALF BOARD

If you want to start your day at ROSENALP with a copious breakfast buffet and end it with a delicious five-course meal, then we recommend our half-board plan. At breakfast, we make sure you have everything you could possibly want or need. For your half-board meal in the evening, one culinary delight follows another – Executive Chef Helmut Beng's team creates five perfectly orchestrated courses. The half-board plan includes a choice between meat, fish and a vegetarian alternative each and every day.



"It doesn't take much to create a delicious meal. Conscious eating means rediscovering flavour."



## NUTRITIONAL CHOICES & INTOLERANCES

Here at the ROSENALP, following a vegetarian or vegan diet is a pleasure. If you suffer from food intolerances or allergies we can offer you healthy alternatives at every meal. Please tell us about your intolerances and preferences before your arrival.



**HELMUT BENG**  
ROSENALP Executive Chef





# Exercise & Mental Balance





## EXERCISE

*A healthy body means a healthy mind. That's why we offer you a wide range of different activities during your stay. Choose the activity that best suits you – from personal training and gentle exercise classes to more challenging endurance training, anything goes.*



## TREATMENTS

### ACTIVE & HEALTHY

#### ACTIVE & FIT PROGRAMME

From Monday to Saturday  
(included in the price  
of your accommodation)

- Exercise classes, e.g. Pilates, water aerobics, fascia Pilates, body workouts, stretch & relax, back-strengthening exercises, yoga etc.
- Guided hikes and Nordic walking tours

#### PERSONALLY TAILORED TO YOU

##### PERSONAL TRAINING

Personal training is a custom exercise and health plan that focuses on your personal goals. It includes improving your physique, weight loss, relaxation, as well as increasing your strength, fitness, flexibility and stamina. It will help you to reach your personal fitness goals quickly and effectively.

##### The benefits of personal training

With guidance and professional support, goal-oriented exercises will help you to reach your goals faster and more effectively, helping you to regain a better quality of life and a greater sense of well-being. Our trainers draw up a training plan tailored to your needs for your whole stay. They also give you tips for continued training at home when you get back to everyday life. You can book both indoor and outdoor training with one of our trainers.

30 mins EUR 39  
45 mins EUR 59  
60 mins EUR 79  
90 mins EUR 118

#### BIOELECTRICAL IMPEDANCE ANALYSIS

The measurement of your personal body composition (muscle mass, body fat percentage and water balance), called BIA, provides you with an insight into how effective your exercise and dietary changes are. Or take it as the starting point for a more active lifestyle.

1 BIA measurement EUR 62  
2 BIA measurements EUR 92  
(Minimum gap of 2 weeks between measurements)

#### THE CARDIOVASCULAR CHECK

This includes a fitness check and measurement of your body composition using a body analyser scale, as well as a cardiovascular test that evaluates and calculates your ideal training pulse rate.

45 mins EUR 72

#### POWER PLATE®

The secret of the Power Plate® lies in its multidimensional vibrations. The plate moves in different directions, producing a reflexive activation of muscles and tendons in the human body. This enables not just the outer muscles to get an effective workout, but the internal muscles that are hardly used during normal exercise as well.

#### POWER PLATE® – SHAKE THE FAT AWAY

Using the Power Plate® for ten minutes is equivalent to one hour of strength training using gym equipment! To compare, whereas around 40% of the muscle fibres are activated by an amateur athlete during a conventional workout, the Power Plate® activates a staggering 97%. In very short intervals lasting no

more than 60 seconds per exercise, all areas of the body can be worked out extremely efficiently. The Power Plate® is also ideal for massaging problem areas, for example, or simply for relaxing and stretching out your muscles. It's perfect for amateur and competitive athletes alike, e.g. golfers. The Power Plate® will help you to get your body in shape. Our trainers will be happy to help you get perfect results.

10 mins EUR 19  
20 mins EUR 38 (Advanced)

*"If you want to be a mover and shaker, then you need to get moving. We want to help you make use of exercise to feel active and balanced."*



**MELANIA WOPPERER-JARA & CHRISTIAN VILSMEIER**  
Fitness Coaches





## FITNESS CENTRE

### PRECOR®

ROSENALP's new partner stands for state-of-the-art fitness equipment and personalised fitness strategies. Easy to use and extremely effective, our new strength and cardio machines have been perfectly selected to help you reach your personal goals. Whether you're using strength or cardio machines, Precor® equipment is all about fluid, ergonomic movement.

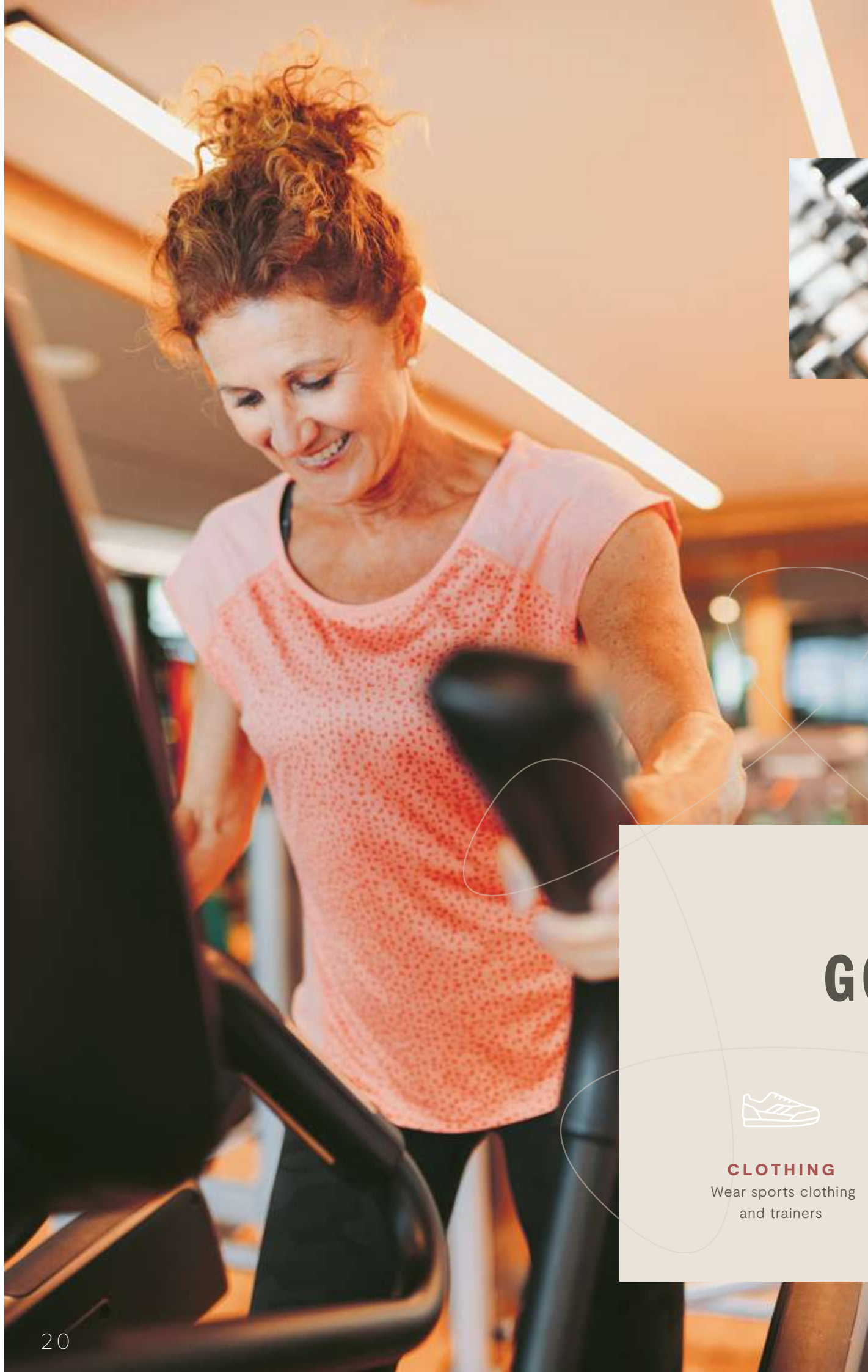
### PRECOR® EQUIPMENT

#### Strength

- Vitality® Abdominal/Back Extension
- Vitality® Rear Delt/Pec Fly
- Vitality® Pulldown/Seated Row
- Vitality® Leg Press/Calf Extension
- Vitality® Leg Extension/Leg Curl
- Vitality® Inner/Outer Thigh
- Back Extension
- Ab-X-Crunch
- Queenax W325 Functional Training Unit (adapted for the ROSENALP)
- FTS Glide (cable pull)
- Vertical Dumbbell Rack
- Multi-Purpose Bench
- Shoulder Press
- Chest Press
- Biceps Curl/Triceps Extension

#### Stamina

- Treadmill (Assault AirRunner)
- Rowing machine (Assault AirRower Elite)
- Spinner® (Chrono™ Power)
- Upright Bike
- Recumbent Bike
- Cross-Trainer
- Adaptive Motion Trainer



We're not sure whether or not Goethe was sporty. But he did famously say that success has two letters: DO!



### Gym Etiquette

## GOOD TO KNOW



#### CLOTHING

Wear sports clothing and trainers



#### TOWEL

Please use a towel in the gym



#### SANITISING

Sanitise the equipment after exercising





# MENTAL BALANCE

*Stress and worry can cause psychological issues. If you constantly have thoughts running through your head, then breathing techniques, relaxation exercises and meditation are great ways to help you relax.*

## RELAXATION

### BREATHING FREELY

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

### YOGA AND BREATHING EXERCISES

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

### MENTAL RELAXATION

Interrupt the constant flow of thoughts in your head, reduce your pulse and respiration rates as well as your muscle tone, and lower your blood pressure.

### A JOURNEY THROUGH THE BODY/A JOURNEY OF THE IMAGINATION

Guided daydreams in which we learn to bring the images in our imagination to life.

## PROGRESSIVE MUSCLE RELAXATION

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

## RELAXATION TRAINING

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

## MEDITATION

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

## WHAT IS MEDITATION?

Meditation refers to a range of exercises that increase mindfulness and concentration. They all aim to achieve a state of inner peace. We can imagine this state as consciousness without thoughts. We are awake and fully aware of our sur-

roundings, but our focus is on our inner self and away from the world around us.



**MELANIA WOPPERER-JARA**

Fitness coach







Medical







# NUTRITIONAL THERAPY

*Our diet has a huge impact on our health. We would be happy to advise you on how medically oriented nutritional therapy can help your body to enjoy increased vitality.*

## EAT GOOD. FEEL GOOD.

Nutritional therapy can promote the alleviation and curing of a disease. Medical necessity is the key here. What's more, a change in diet can help you to maintain or improve your quality of life.

## CONSULTING SCOPE

### NUTRITION FOR METABOLIC DISORDERS

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

### GASTROINTESTINAL DISORDERS

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

### MISCELLANEOUS

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

### REACHING YOUR IDEAL WEIGHT

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

#### Nutritional therapy

60 mins EUR 85

#### Follow-up consultation

30 mins EUR 49

*"When you change your diet, everything is new at first. Together, we will develop realistic dietary routines that you will be able to stick to from day today."*

## MICHELLE ESCHENBACHER

Nutritional medicine consultation  
and nutritional therapy







# KLARMANN PHYSIOTHERAPY & OSTEOPATHY PRACTICE

*Make your health goals easier to reach with personalised treatments and discover alternative forms of therapy that will do your body a world of good.*



## TREATMENTS NATURAL & HEALTHY

### PHYSICAL CHECK-UP

initial treatment included

The physical check-up is informed by our wide-ranging expertise. After looking at your medical history in detail, we use our own holistic diagnostic system, which employs a variety of different techniques. Once we have analysed the results, we will recommend a course of therapy including the initial treatment recommended for you.

approx. 50 mins EUR 104\*

### PHYSIOTHERAPY

Our aim is to improve your pain symptoms as well as the function of your musculoskeletal system using manual manipulation and other treatment techniques. You can trust our physiotherapists to choose the best course of treatment for you from the wide range of options at their disposal, including manual therapy, therapeutic exercise, massage and lymphatic drainage.

approx. 25 mins EUR 52\*

approx. 50 mins EUR 104\*

### THERAPEUTIC EXERCISE

Therapeutic exercise involves the treatment of impaired and/or painful movements with the help of targeted active or passive therapies as well as guided exercises you can do to aid your own recovery.

approx. 25 mins EUR 49\*

### MANUAL THERAPY

Manual therapy is a physical treatment used to identify and treat functional disorders of the spine and joints. For patients with limited mobility, particular manipulations can be employed for mobilisation and the relief of pain.

approx. 25 mins EUR 52\*

### SPINAL MANIPULATION

Similar to Dorn spinal therapy, this treatment is based on Chinese acupuncture and meridian theory. It is an efficient holistic method that identifies and corrects any misaligned joints, especially those of the spine. It is used to treat diseases and relieve pain, either directly or indirectly related to the spine. Working on the spine often has a positive impact on the function of associated organs. We therefore use this therapy to treat restricted joints and problems or impairments connected with the stomach, heart or respiratory tract, as well as migraines and tinnitus.

approx. 25 mins EUR 56\*

### THERAPEUTIC EXERCISE USING GYM EQUIPMENT

Using gym equipment as part of therapeutic exercise is an essential part of rehabilitation following joint injuries, bone fractures and operations. It enables the physiotherapist to help the patient train motor control and stability in the same targeted and individual way as strength and stamina. An individual exercise plan will be drawn up depending on symptoms and diagnosis.

approx. 45 mins EUR 71\*

*"We listen, ask questions and get to the root of the problem. With us, you're in the very best hands."*

### FITTING FUNCTIONAL INSOLES

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

Price on demand, from EUR 179\*



### MORITZ KLARMANN

Physiotherapist, Manual Therapist,  
Osteopath & Practitioner of  
Complementary Medicine  
(Physiotherapy)

### STEFAN KLARMANN

Physiotherapist & Manual Therapist



\* These prices apply to treatments that have been prescribed by a doctor or practitioner of complementary medicine.



PHYSIOTHERAPEUTIC  
MASSAGES

CLASSIC MESSAGES

The aim of the classic massage is to manually manipulate the muscles, skin and connective tissue using stretching and pulling techniques, as well as the application of pressure. In addition to the area of the body that is treated, the massage also has an effect on the body as a whole – including the mind.  
Back approx. 25 mins EUR 48\*  
Full body approx. 50 mins EUR 96\*

SPECIAL HEAD AND NECK  
TREATMENT

A treatment for the head, neck and shoulders. It is relaxing, provides pain relief and has a mobilising or stabilising effect. We use a combination of different techniques tailored to your personal needs. We recommend this treatment if you suffer from headaches, migraines or a “stiff neck”.  
approx. 50 mins EUR 99\*

MANUAL LYMPHATIC  
DRAINAGE

Excellent for removing accumulated tissue fluid. Lymphatic drainage detoxifies the body and boosts your immune system in the process. This relaxing treatment helps to prolong the effects of a Schroth Cure.  
Partial treatment  
approx. 25 mins EUR 48\*  
Full body  
approx. 50 mins EUR 96\*

ALTERNATIVE  
TREATMENTS

OSTEOPATHY

Osteopathy is a gentle healing technique for sustained health. Ideally, the tissues of the human body function harmoniously together. If the mobility of individual body structures such as bones, muscles, tendons or organs is re-

stricted, this can lead to disorders, pain, discomfort and illness. Using gentle manual techniques, the osteopath identifies and resolves any problems, gets the body moving freely again, and reactivates the patient’s own powers of self-healing.  
approx. 50 mins EUR 140\*

CRANIOSACRAL THERAPY

Craniosacral therapy primarily treats the skull (cranium), the spine, the sacrum and the nervous system. Problems in these areas are corrected using gentle techniques, enabling balance to be restored to the skeletal, connective tissue, neural and fluid structures, and harmony to be re-established between body, mind and soul. Craniosacral therapy combines energetic and manual techniques. This means that, in addition to improving your physical well-being, the therapist can also help to restore your emotional balance.  
approx. 50 mins EUR 113\*

PENZEL ACUPUNCTURE  
MASSAGE

Treatment of disrupted energy flow based on the Chinese theory of energy. APM treatment has an impact not only on the symptoms of illness, but on the body as a whole. This therapy also includes the treatment of problem areas such as scars.  
approx. 50 mins EUR 97\*

KINESIO TAPING

In this treatment, a breathable, highly elastic, waterproof tape is applied to tense or sore muscles. The tape facilitates movement, relieves the strain on muscles and prevents poor posture as a result of trying to avoid pain. Kinesio taping is recommended in combination with other treatments, such as manual therapy.  
approx. 10 mins EUR 25\*

COLONIC HYDROTHERAPY

A natural remedy for thorough cleansing of the colon – in a sense, an internal Kneipp water cure for your gut. Toxins and waste products are removed from your body, stimulating your gut and boosting your immune system. Can help with Schroth and fasting cures.  
approx. 50 mins EUR 105\*

FOOT REFLEXOLOGY THERAPY

There are reflex zones on our feet that correspond to every organ and tissue in the human body. If there are any problems, these areas can be very sensitive to pain caused by pressure. Foot reflexology therapy counteracts this by improving the circulation, activating the immune system and improving the tissue’s ability to regenerate.  
approx. 25 mins EUR 50\*

MATRIX RHYTHM THERAPY

Our body cells vibrate rhythmically – as long as they are healthy. When they stop working correctly, the vibrations slow down, which can lead to blockages in your matrix – the area around your cells. This results in the affected parts of the body no longer receiving everything they need, and toxins cannot be removed from the body either. At first, this may cause mild irritation, which the affected person will barely notice. Soon, however, this can lead to serious – and painful – problems, which over time will have an impact on all of your muscle, bone, cartilage, vascular and nerve tissue. Matrix rhythm therapy can counteract this process.  
approx. 25 mins EUR 59\*  
approx. 50 mins EUR 118\*

HEAT TREATMENTS

NATURAL MUD PACK

The pleasant warmth of the natural mud pack will spread slowly throughout your body. This treatment boosts your circulation and relaxes your muscles.  
approx. 20 mins EUR 28\*

INFRARED LIGHT THERAPY

Infrared light radiates heat which boosts both your metabolism and circulation. This treatment is relaxing and provides pain relief.  
approx. 15 mins EUR 12\*

ELECTROTHERAPY

Electrotherapy involves the application of electric current as a medical treatment. Depending on the ailments targeted, the physiotherapist will apply varying currents to one or more parts of the body. The application of electric current has many positive benefits: it boosts circulation, stimulates muscle activity and metabolic processes, and also provides pain relief.  
approx. 15 mins EUR 14\*

ULTRASOUND THERAPY

In the broadest sense, ultrasound therapy is a treatment that also falls under the heading of electrotherapy. In this case, the electric current is converted into high-frequency sound waves. Well-known benefits include improved cellular metabolism and increased blood flow within deep tissue. It can also raise your pain threshold. As a result, injuries involving muscle and tendon tissue can heal faster, and problems with the spine or joints can be alleviated.  
approx. 15 mins EUR 19\*

\* These prices apply to treatments that have been prescribed by a doctor or practitioner of complementary medicine.



Comprehensive surgery  
preparation and rehabilitation  
that feels like a holiday

We can help you to prepare for a surgical procedure and provide you with support in the period that follows.

Recovering from surgery and strengthening the body through targeted rehabilitation measures is a well-known concept. But prior to surgery, we can also help you to physically and mentally prepare for an upcoming operation with a personalised training programme. Improving strength, mobility or circulation before undergoing surgery will not only put any patient in a stronger position, they will also have more resources at their disposal for the post-operative recovery phase.

ROSENALP is the perfect place for both preparation and rehabilitation. Thanks to our therapeutic and medical expertise as well as the first-class pampering experience we offer, you and your companion will be able to fully enjoy your time here during your treatment.





# DOCTOR'S FINK MEDICAL CENTRE

*Most people only go to the doctor when they have a problem. But being healthy means more than “not being ill”. Allow us to give your body a thorough check-up and provide you with a course of personalised treatment, should you need it. Any risks detected at an early stage can prevent serious illness.*



## TREATMENTS DIAGNOSIS & THERAPY

### SERVICES

We are here for you! In addition to assisting you with your Schroth or fasting cure, we also have a wide range of diagnostic tools and treatments at our disposal, which we can adapt to your personal needs.

#### DIAGNOSTIC PROFILE

- Taking of medical history/Identification of risk factors/Prevention
- Examinations and check-ups
- Post-treatment examinations
- ECG, exercise ECG
- Lung function test
- Long-term ECG and long-term blood pressure measurement
- Mobile sleep laboratory (sleep apnoea screening)
- VAS heartrate measurement – the tool that makes stress visible
- Ultrasound diagnostics with a high-end machine (abdomen/vessels/thyroid gland/carotid artery/heart)
- Determination of the ankle-brachial index (ABI measurement)
- Clinical chemical laboratory

#### THERAPEUTIC PROFILE

- Ozone-oxygen therapy
- Injection therapies
- Infusion therapies
- Autohaemotherapy
- Coaching (metabolism/heart)

### INFUSION THERAPIES NEW

Boost your immune system and reduce the impact of physical and mental strain, such as stress and fatigue. Unlike taking tablets, by administering selected vitamins and nutrients intravenously, your body will benefit from the highest possible blood concentration – and

you will be able to see the results in no time at all.

#### DETOX

- Cleanses and detoxifies the body of pesticides, colourants and heavy metals
- Improves your mental and physical performance
- Combats fatigue and intensifies sleep

package from EUR 720

#### FATIGUE (LONG COVID)

- Vitamin C activates the body's own defences and stimulates the immune system
- Anti-oxidising effect combined with amino acids
- Accelerates the body's ability to heal itself
- Promotes normal collagen formation and boosts energy metabolism

package from EUR 860

#### OXYGEN-OZONE THERAPY

- Activates the body's own antioxidants and radical scavengers as well as the metabolism of red blood cells – this improves the supply of oxygen to the tissue
- Stimulates the immune system
- Recommended for the treatment of rheumatism, neurodermatitis, inflammatory bowel diseases, osteoarthritis, chronic fatigue and muscle pain.

from EUR 90

### PAIN THERAPY

Chronic pain is a huge burden for those who suffer from it. We will compile a personalised course of treatment to help you manage your pain in the long term by means of infusions, acupuncture, neural therapy and injections.

package from EUR 980

*“If you don't do something for your health every day, one day you will have to sacrifice a lot of time to your ill health.”*



#### DR ALIIA FINK

Doctor of:

- General medicine
- Anti-ageing and prevention
- Aesthetic medicine
- Spa cure medicine
- Orthomolecular medicine

#### DR BENEDIKT FINK

Doctor of:

- Internal medicine
- Emergency medicine
- Nutritional medicine (DAEM / DGEM)
- Hypertensiology (DHL)
- Spa cure medicine



AESTHETIC MEDICINE

Consultation/  
facial analysis  
EUR 60 (offset against  
subsequent treatments)

Wrinkle treatment  
with botulinum toxin  
from EUR 380

Migraine treatment  
from EUR 500

Hyperhidrosis therapy  
from EUR 500

Bruxism (teeth grinding) therapy  
from EUR 400

Filler therapy  
(hyaluronic acid, 1 ml)  
from EUR 350

Lip modelling with hyaluronic filler  
from EUR 350

Liquid lifting with  
Sculptra® or Radiesse®  
1 ml, from EUR 500 per product

Biorevitalisation  
1 ml, from EUR 250 per product

Non-surgical nose correction,  
with botox, hyaluronic acid  
or threads  
from EUR 500

Mesotherapy  
per substance used  
from EUR 200

Plasma therapy  
(autologous blood/vampire facelift)  
EUR 350 per session

Injection lipolysis  
("Fat-busting" injection)  
from EUR 800 per region

PDO thread lift (10 treatments)  
from EUR 380

Premium thread lift (4 treatments)  
from EUR 850

MEDICAL  
HEALTH CHECKS

Your health is your most precious asset! Make the most of your stay at ROSENALP and pay a visit to our very own Medical Centre for a thorough check-up. Whether you're interested in stress prevention, sports and exercise medicine or personalised lifestyle and nutritional medicine – by taking a thorough medical history and carrying out clinical examinations using state-of-the-art technology, we are able to identify your personal risk factors and develop appropriate solutions for you.

BASIC CHECK-UP

Thorough medical consultation on arrival, determination of personal risk factors, physical examination, blood pressure measurement, resting ECG and oxygen saturation, blood analysis, final medical consultation and written report on findings with recommendations.  
approx. 60 mins EUR 390  
plus lab costs

CHECK-UP PLUS

Check-up plus: exercise bike stress test, blood analysis, ultrasound scan of the heart, ultrasound scan of the vessels supplying the brain (carotid), lung function test, ultrasound scan of the abdominal organs, ultrasound scan of the thyroid gland.  
approx. 100 mins EUR 990  
plus lab costs

CHECK-UP PLUS CANCER  
SCREENING

Check-up plus: comprehensive risk factor analysis and effective cancer screening, skin cancer screening; for men: urological cancer screening (ultrasound scan of kidneys, bladder, prostate and testes; tumour markers in the blood and urine, urine test).  
approx. 120 mins  
Women: approx. EUR 1,050  
plus lab costs  
Men: approx. EUR 1,380  
plus lab costs

REHABILITATION CARE

Medical care following hip, knee or spinal surgery  
· Wound care  
· Personalised pain therapy  
· Adjustment of medications  
· Prescription of physiotherapy

Prices comply with anti-corruption legislation

Health is not a goal in itself, but a way  
of life. We will help you to focus on what  
really matters!

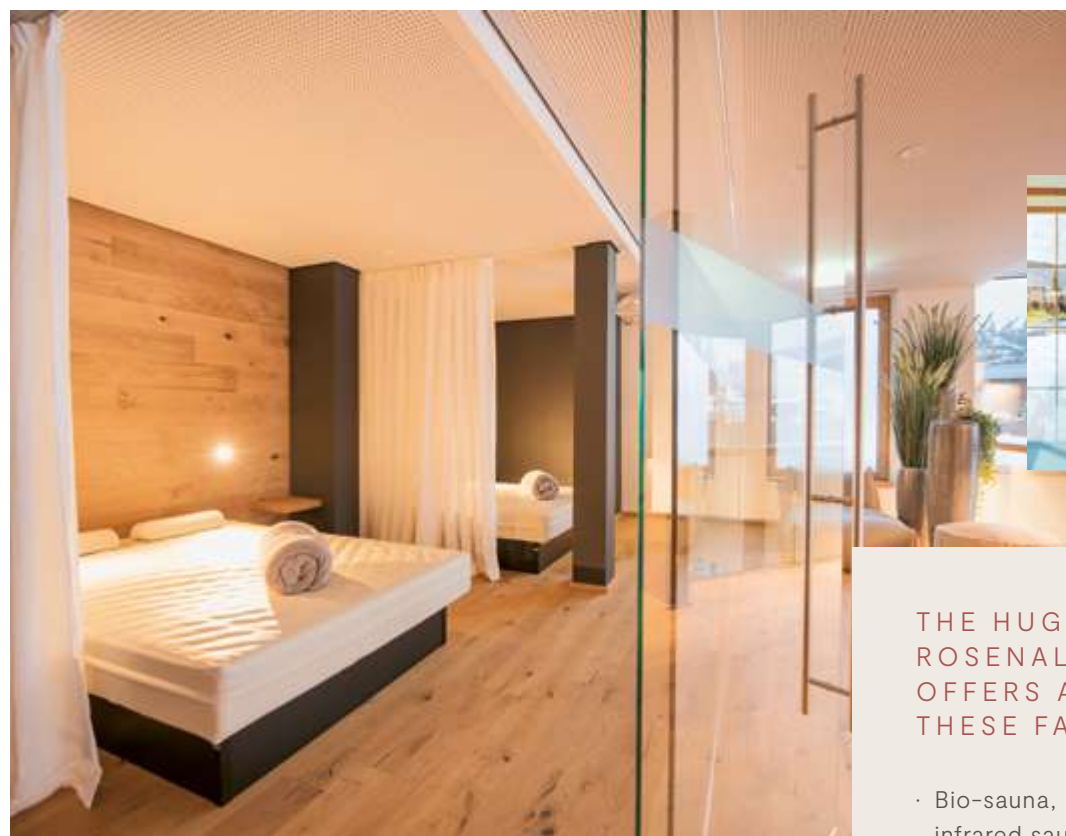






—  
Spa





#### THE HUGE 2,000 M<sup>2</sup> ROSENALP SPA OFFERS ALL OF THESE FACILITIES:

- Bio-sauna, Finnish sauna, infrared sauna and steam room
- Plunge pool, ice fountain and sauna footbaths
- 110 m<sup>2</sup> swimming pool (25 x 7 m) connected to a year-round heated outdoor pool (65 m<sup>2</sup>) with bubble loungers
- Kneipp therapy walkway with foot showers and arm baths
- Light therapy using UV and collagen light – more than just tanning
- Gallery and relaxation areas
- Waterbeds
- Relaxation rooms and zones

**W**elcome to the ROSENALP Spa!  
Let us take care of your well-being while you enjoy some precious me-time in our oasis of calm. Let go, recharge your batteries and feel beautiful.

#### The power of peace and relaxation

When everyday life threatens to overwhelm you, your diary is jam-packed with appointments and your obligations get out of hand, it's time to take a break – clear your head and make some room for relaxation. Restore some peace and quiet in your life, little by little and with purpose. Listen to your inner voice, which knows exactly what you need, and devote all the time in the world to pampering your body, mind and soul. For the duration of your stay at ROSENALP, at least.

#### Light therapy of the highest standard – Anti-ageing & tanning

The new light therapy offered by the ROSENALP Spa is more than just a solarium. It stimulates the skin's own cells to produce collagen, hyaluronic acid and elastin using near-infrared light, which has an anti-ageing effect. It reduces wrinkles, tightens the skin and fades liver spots. Light therapy also helps to improve your mood and relax your muscles – whilst also giving you a completely natural tan and silky-soft skin. Try it yourself! We recommend two to three treatments per week. Tokens (EUR 15 for a twelve-minute session) can be purchased from the spa or hotel reception.







# MED SPA

Effective treatments. Some medical beauty treatments enable you to achieve immediately visible results without requiring any form of surgery. The secret? Innovative technologies, premium products and our team's many years of experience. Combine a relaxing holiday with a rejuvenating beauty treatment and drive home beautiful.



## Treatment packages

### MEDICAL BEAUTY SPOT ON

- 1 x TDA Oxygene
- 1 x LPG Face
- 1 x TDA Eye & Lip Treatment
- Gift: Medical cosmetic treatment

Package price EUR 299

### MEDICAL BEAUTY RITUAL

- 1 x Hydrafacial Basic
- 1 x Jetpeel Professional
- 1 x LPG Body
- Gift: Medical cosmetic treatment

Package price EUR 459

## TREATMENTS TECHNOLOGY & AESTHETICS

### VISIA® SKIN ANALYSIS

The deepest layers of your skin are scanned and analysed using highly efficient technology. This enables us to recommend the perfect treatments for your personal skin type.  
40 mins EUR 79

### JETPEEL™

Oxygen, vitamins and nutrients are delivered into the skin at 720 km/h. This treatment stimulates collagen production, tones facial muscles, removes waste products and recovers moisture. Fine lines are smoothed, making the skin appear much fresher and more youthful.

#### JETPEEL™ PROFESSIONAL Face

50 mins EUR 189

#### JETPEEL™ INTENSE Face | Neck | Décolletage

70 mins EUR 249

#### Feather Touch add-on:

- Zone treatment  
10 mins EUR 39
- Whole face  
20 mins EUR 79

Buy 3 JetPeel™ treatments and get 1 x Visia® skin analysis free plus the Environ® Skincare gift set.

### HYDRAFACIAL™

HydraFacial™ is the beauty treatment that cleanses deep into the pores of the skin, leaving you with the ultimate in fresh and radiantly glowing skin. Thanks to the multifunctional Vortex technology, after treatment your skin will appear youthful, radiant and healthy. The skin is not only cleansed from the corneal layer on the surface right down to the upper epidermis,

it is also supplied with the best ingredients such as antioxidants, vitamins, minerals and hyaluronic acid, which also stimulate skin regeneration.

#### HYDRAFACIAL™ BASIC Cleansing | Extraction | Hydration 30 mins EUR 139

#### HYDRAFACIAL™ DELUXE Cleansing | Extraction | Hydration | Booster 50 mins EUR 179

#### HYDRAFACIAL™ PLATINUM Cleansing | Extraction | Hydration | Booster | Décolletage 70 mins EUR 229

Add-ons: TDA Eye + Lip Treatment  
EUR 39

### DERMADROP® TDA SYSTEM/INFUSION

The pleasant, needle-free administration of active ingredients reaches the cellular structures, supplying them with key active substances. The results are stunning: visibly smoother skin, an even complexion and beautifully defined facial contours.

#### TDA BIOBTX PREMIUM TREATMENT 50 mins EUR 179 As a course of 3 x 50 mins EUR 498

#### TDA – OXYGENE 60 mins EUR 149

#### TDA – GLOW TO GO · Face | Neck | Décolletage 30 mins EUR 78 · Eye | Lip 20 mins EUR 52 3 x 30 mins EUR 220

#### PROFACE – MEN'S FACIAL 60 mins EUR 149

### LPG ALLIANCE®

We use the latest technology to treat three common problems with the appearance of the skin: orange peel skin, fat deposits and sagging connective tissue. Available as a treatment for both face and body.

#### LPG® FACE 40 mins EUR 119

#### LPG® BODY 50 mins EUR 149 3 x 50 mins EUR 405 6 x 50 mins EUR 805

#### LPG® ZONE TREATMENT 30 mins EUR 89

### SLIMYONIK® AIR BODYSTYLER

Tailored pressure therapy massages combined with the inhalation of air enriched with oxygen gently activate your lymph system, stimulate your metabolism and increase the flow of blood to your skin and fat tissue.

#### 40 mins EUR 58 3 x 40 mins EUR 165

#### TDA – SLIMYONIK® The body beauty styler for your legs – for great-looking skin. 60 mins EUR 110 3 x 60 mins EUR 325

When we're not trying  
to please anyone else,  
that's when we're  
at our most beautiful.





## SENSE SPA

*Our professional spa team ensures every treatment is a deeply relaxing experience for you. Enjoy indulgent moments that will leave you feeling like you're floating on air. Massages that will relieve tension and physical stress. Relax during a gentle facial that will leave you looking radiant. In our Sense Spa, we will take care of all your needs and tailor the treatments to your individual requirements.*



## TREATMENTS

### RELAXED & BEAUTIFUL

#### MASSAGES

##### WELLNESS MESSAGE

A full-body massage using the ROSENALP Spa's signature oils. The classic massage for a little self-indulgence!

25 mins EUR 55  
50 mins EUR 95

##### "PANTAI LUAR"

##### HERBAL STAMP MESSAGE

This is a revitalising hot oil massage (120°C) for the entire body using fruit and herb stamps. Tense and knotted muscles are loosened, while cell activation and renewal are stimulated. The blends of herbs have a detoxifying and purifying effect.

30 mins EUR 62  
60 mins EUR 116

##### HOT VOLCANIC STONE MESSAGE

This deeply relaxing massage stimulates your metabolism using alternating hot and cold volcanic stones. A massage treatment for the body, mind and soul that relieves blockages throughout the body, leaving you feeling more peaceful and settled than ever before.

80 mins EUR 165

##### MOUNTAIN SALT STAMP MESSAGE

This salt stamp massage has a strong detoxifying and purifying effect. Due to the high mountain salt content of the stamps, it can help to resolve skin problems including neurodermatitis, psoriasis and dry skin – it's also wonderfully relaxing!

60 mins EUR 116

#### AYURVEDIC MESSAGES

Immerse yourself in the fascinating world of this ancient Indian healing technique. The flowing massage strokes make an Ayurvedic massage a truly unique experience. An experience for your senses. Covered in warm oil, your body, mind and soul will embark on an epic journey. Letting go is suddenly easy, your energies are able to flow again.

##### ABHYANGA

Probably the best known form of Ayurvedic massage. A unique journey of self-discovery for your senses. Leave everything to our experienced staff. Your body is enveloped in warm oil and gentle massage will have your energies flowing once more. The feeling of being held and supported will make your worries melt away.

80 mins EUR 164

##### SHIROABHYANGA

A relaxing head, neck and shoulder massage to relieve tension and take some of the weight off your shoulders. The perfect introduction to Ayurvedic treatments and a first taste of the outstanding results they can have.

50 mins EUR 108

##### PADABHYANGA

A wonderful foot and leg massage, particularly suitable for people who are tense or suffer from insomnia. Feel the firmness of the ground beneath your feet and how Mother Earth has given you strength and new stability.

50 mins EUR 108

#### PRISTABHYANGA

A soothing back, shoulder and neck treatment that relieves stress-related blockages and tension using flowing massage techniques and warm oils.

30 mins EUR 65

#### SOFT PACK BED

Similar to a heated waterbed, your body floats and is kept at a pleasant temperature of 38°C. The constant temperature opens the pores of your skin, helping the active ingredients to be absorbed much more effectively. A gentle water jet massage will help to relax you even further.

#### THALASSO PACK

The freshly prepared, warm algae pack has a detoxifying, anti-inflammatory and mineralising effect and stimulates the metabolism.

25 mins EUR 65

3 x 25 mins EUR 182



**JACQUELINE  
HÄUSSLER**

Head of the ROSENALP Sense  
Spa & Cosmetics Expert





SOFT PACK BED

SALT PACK

A successful treatment that effectively promotes fluid removal and de-acidification of the body. Cocooned in delightfully warm salt wraps, this treatment will help with your cure and bring relief to your body.

30 mins EUR 65

EVENING PRIMROSE OIL PACK

A relaxing treatment to replenish and moisturise your skin. Suitable for extremely dry skin.

20 mins EUR 65

BATHS

HYDROJET – THE GENTLE POWER OF WATER

Hydrojet bath: The massage bathtub has 100 jets, which massage the body with pulsating warm water. This firms the tissue and supplies it with blood, loosens and relaxes your muscles, and stimulates your metabolism.

20 mins EUR 55

ALKALINE BATH

The intense brush massage enhances the effect of the bath – the body brush you get to take home with you will give you the incentive to stick to this ritual. Purges your body of excess acids and leaves you with pleasantly soft, smooth skin. Brush massage and alkaline bath. Body brush included.

50 mins EUR 88

WRAPS

ROSENALP SIGNATURE WRAP

Thermo-active body treatments start with a sisal body massage. Bandage wraps soaked in effective natural substances, caffeine and alkaline salt are wrapped tightly around problem areas, such as the stomach, legs, bottom and upper arms. After 30 minutes, the skin experiences a marked thermal stimulus. Your body counteracts this and attacks its “fat reserves”: pure power! We recommend three wraps per week.

Fat burning & slimming wrap

Helps with weight loss

Detoxifying alkaline wrap

Helps to detoxify and firm the tissue

1 wrap, 60 mins EUR 98  
3 wraps, 60 mins each EUR 292  
Thermo-Gel included (150 ml)

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

SCRUBS

For silky-soft and smooth skin that is easier to take care of following treatment.

SISAL BRUSH MASSAGE

Includes alkaline lotion to take home

25 mins EUR 55

BODY SCRUB

with alkaline salt followed by application of warm oil

50 mins EUR 95

Treatment packages

Perfectly coordinated treatments for visible results.

ANTI-CELLULITE

(Can be booked with stays of 7 nights or more)

- 3 x Detoxifying alkaline wraps
- Alkaline salt body scrub
- Slimyonik® Air Bodystyler
- Gift: Firming gel to take home

Package price EUR 376

DETOX & MORE

(Can be booked with stays of 4 nights or more)

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

Package price EUR 285

INTRODUCTION TO THALASSO

- Thalasso pack on the soft pack bed
- Algae bath in the hydrojet bathtub

Package price EUR 110



SHISEIDO® MESSAGES

The highlight of the Shiseido® body spa is the quartz crystal bed. The defining property of the fine sand is its ability to store an intense amount of heat. The mild heat of the fine quartz sand surrounds your body and ensures fast and intensely deep relaxation, without putting any strain on your circulation. Combined with the Shiseido® Body Care line – which traditionally includes Japanese ingredients such as yuzu, hawthorn and rice extracts – these essences nourish your skin, making it feel silky-soft, while also lifting, firming and hydrating it.

RELAXING MESSAGE

Are you tense, in a rush and stressed out by your everyday life? Treat yourself to some peace and quiet with this soothing massage – pure pleasure for all of your senses!

90 mins EUR 152

“JAPANESE SCALP & SHOULDER” MESSAGE

Pure luxury and total relaxation for your head, shoulders and neck.

45 mins EUR 85

TREATMENTS



SHISEIDO® LADIES

Shiseido® lifestyle treatments for the body, mind and soul will help you to find a new sense of harmony.

SHISEIDO® CLASSIC

Basic treatment including scrub | Deep cleansing | Eyebrow correction | Massage | Mask | Finishing treatment

60 mins EUR 98

WASO FACIAL

Natural ingredients with no parabens or mineral oils – less is more! This treatment for millennials restores balance to the skin, has a turbo-hydrating and smoothing effect, and replenishes resources.

70 mins EUR 136

YUTAKA® – WRINKLE LIFTING

The Future Solution LX line, which has won the SPA Award, maximises the beauty of your skin. This facial treatment involves a massage using pleasantly warm Yutaka® stones, which kick-starts regeneration. Prepare to be amazed!

80 mins EUR 165

FUTURE SOLUTION® EYE & LIP

Do you love luxury and the exclusive care products from the Future Solution® line? Are you looking for a targeted treatment that will leave you with a smooth and radiant eye and lip area? Then don't miss out on this exceptional special treatment.

40 mins EUR 82

Allow your body, mind and soul to find a new sense of harmony and experience an exceptional combination of elements of Western massage and tsubo pressure point techniques from the Far East.



TREATMENTS WITH  
**CLARINS**

**SHISEIDO® MEN**

**SHISEIDO® CLASSIC MEN**

Basic treatment including scrub |  
Deep cleansing | Eyebrow  
correction | Massage | Mask |  
Finishing treatment  
60 mins EUR 98

**TIME-FIGHTING FACIAL**

This highly effective facial treat-  
ment targets wrinkles and fine  
lines, while combatting any traces  
of skin ageing. It will intensely  
hydrate your skin and make it feel  
significantly firmer.  
70 mins EUR 136

**SHISEIDO®  
COACHING SESSIONS**

**SHISEIDO® MAKE-UP EVENT**

Shiseido® make-up professionals  
offer coaching sessions for our  
guests several times a year – the  
make-up artists will help you  
to shine the spotlight on your  
best feature.

Scan the QR code  
to find out the  
latest dates on  
our website



NEW

**BODY WITH  
CLARINS® PRODUCTS**

**SCULPTING TREATMENT**

Tailored to your problem zones and  
skin condition, this treatment defines  
contours with effective fascia  
massage. This strengthens connec-  
tive tissue and boosts collagen  
formation and skin firmness. Thanks  
to Clarins® Expert Body Care  
products, this treatment makes your  
body feel youthful, firm and elastic.  
The perfect anti-ageing concept  
that also comes with a powerful  
boost to well-being.  
60 mins EUR 119

Recommended as a cure package  
for even more effectiveness.

3 x 60 mins EUR 349  
Clarins® Treatment Oil with  
100-percent plant extracts  
included for your personal  
care ritual at home.

**FACE WITH  
CLARINS® PRODUCTS**

Facial treatment for any skin type,  
whatever your needs. Exclusive  
products that contain plant  
extracts, professional treatment  
techniques – go on, relax and  
enjoy a little self-indulgence!

**TIME-OUT – HYDRATING PURE**

30 mins EUR 55

**TIME-OUT – CLASSIC**

60 mins EUR 98

**TIME-OUT – RELAXATION**

90 mins EUR 155

**CLARINS® LADIES**

**ANTI-AGEING**

Regardless of your age, this treat-  
ment visibly reduces fine lines and  
wrinkles, and smooths facial fea-  
tures. Skin is firmer and more toned,  
the complexion simply glows.  
60 mins EUR 124

**NATURAL GLOW & ANTI-SPOT**

This treatment for a perfect and  
even complexion restores the natu-  
ral glow to your skin. Pigmentation  
and shadows are reduced, while  
the natural glow of your skin is  
enhanced. Your even skin tone will  
look stunning.  
60 mins EUR 124

**SOS & MOISTURISATION**

This treatment is ideal for dry and  
sensitive skin. It will increase your  
comfort and relax your skin, making  
it soft and radiant. Fine lines  
caused by dryness are evened out  
and any feeling of tightness is  
reduced. Your skin will feel won-  
derfully soft and supple.  
60 mins EUR 124

**CLARINS® MEN**

**POWER & ENERGY**

This energising facial treatment  
has been specially designed for  
men's skin. The treatment clarifies  
and moisturises the skin. It reduces  
wrinkles and dark shadows under  
the eyes and revitalises the skin,  
leaving you feeling not just rested  
and relaxed, but full of power  
and energy!  
60 mins EUR 124

Clarins® – the best of more than 65 years  
of research, experience and knowledge of  
nature's beauty secrets!

welcome home



feel at ease  
feel beautiful





## TREATMENTS

### SKIN & HAIR



The final touch to make  
you feel beautiful



#### HANDS & FEET

##### SPA MANICURE

Hand scrub | Trim, file and polish |  
Cuticle correction | Short hand  
massage | File to take home  
40 mins EUR 68

##### LUXURY SPA MANICURE

Includes application of nail polish  
and OPI nail polish to take home  
OR  
includes hand massage, warm hand  
wrap and hand cream to take home  
55 mins EUR 85

##### SPA PEDICURE

Foot bath | Trim, file and polish |  
Cuticle correction | Hard skin  
removal | Foot massage  
40 mins EUR 68

#### LUXURY SPA PEDICURE

Includes application of nail polish  
and OPI nail polish to take home  
OR  
includes relaxing foot massage and  
foot cream to take home  
55 mins EUR 85

**Note:** Please understand that for  
medical reasons we will be unable  
to perform spa pedicures if we  
discover any abnormalities with  
your feet or toenails.

#### MEDICAL PEDICURE

For people with any abnormalities  
with their feet or toenails, as well  
as those who take blood thinners  
or have diabetes, etc.  
50 mins EUR 82  
Polish included on request

#### TINTING

Eyelashes or eyebrows\*  
15 mins EUR 40

Combined treatment\*  
30 mins EUR 78

#### DEPILATION

Legs  
full leg 55 mins EUR 95  
half leg 30 mins EUR 58

Chin\*  
10 mins EUR 36

Upper lip\*  
10 mins EUR 36

Eyebrow shaping\*  
10 mins EUR 44

\* 50% discount when combined with  
a facial treatment



## *Spa Etiquette*

# GOOD TO KNOW

### **SPA reception**

Our spa team will be happy to provide you with personalised advice to help you book a spa treatment or a bespoke package that is tailored to your individual needs. Furthermore, at the spa reception our team members will be pleased to provide you with information on our products as well as tokens for light therapy.

### **Making appointments**

Our treatments are extremely popular as we attach so much importance to providing a professional service. We recommend booking your preferred spa treatments prior to your arrival to ensure you have a relaxing stay from the very beginning. You will be handed a list of your appointments upon arrival at the hotel reception. You are welcome to contact the ROSENALP Spa team by phone (+49 (0)8386 706 447) or by e-mail (spa@rosenalp.de). Treatments available for booking at short notice can be seen on the screen in the spa reception area, where you can also book immediately.

### **Changing appointments/ Cancellations**

Please make any changes to your appointments as early as possible, up to 24 hours before the treatment is due to start. We ask for your understanding that we will have to charge 100% of the treatment price for missed appointments. This also applies to cancellations or changes made to the appointment on the day of the treatment. Treatments included in a package or requiring a prescription shall be forfeited.

### **Your health is important to us**

Please inform us of any known intolerances, illnesses or allergies prior to each treatment so that we can tailor them perfectly to your needs. Please also make sure you let us know if you have any cold symptoms or a cough so that we can find an alternative date for your treatment. To avoid any unwanted problems with your circulation that may arise while following a low-calorie, salt-free diet, we advise our guests taking part in a Schroth Cure or therapeutic fasting against using the sauna due to their lowered blood pressure during the treatment. Pay attention to any warning signs from your body. If you feel nauseous or dizzy, you must leave the sauna immediately.

### **Body treatments**

Please attend any body treatments wearing a bathrobe with underwear or swimwear underneath, as well as slippers. Our wellness therapists have been instructed to cover you appropriately during your treatment. Please note that some treatments include a period of rest. Combining a treatment with a trip to the sauna or steam room may increase or limit treatment results in certain cases. Our therapists will be happy to advise you.

### **Cosmetic treatments**

We advise against using light therapy immediately following a cosmetic treatment. We ask gentlemen to shave a few hours before facial treatments to achieve the best results. Please note that we do not perform any manicures or pedicures on gel or acrylic nails!

### **Mobile phones**

To ensure a relaxing environment and out of consideration for other guests, mobile phone calls are prohibited anywhere in the ROSENALP Spa. Please leave your mobile phones in your room or turn them off during your trip to the spa.

### **Take your time**

To enjoy your full treatment time, we recommend that you arrive at the ROSENALP Spa approximately ten minutes before the start of your treatment. Unwind and get ready for your upcoming treatment with a cup of tea in the lounge. A staff member will collect you from here and take you to your treatment room. Out of consideration for the next guest, we ask for your understanding that your treatment time will have to be cut short if you are late.

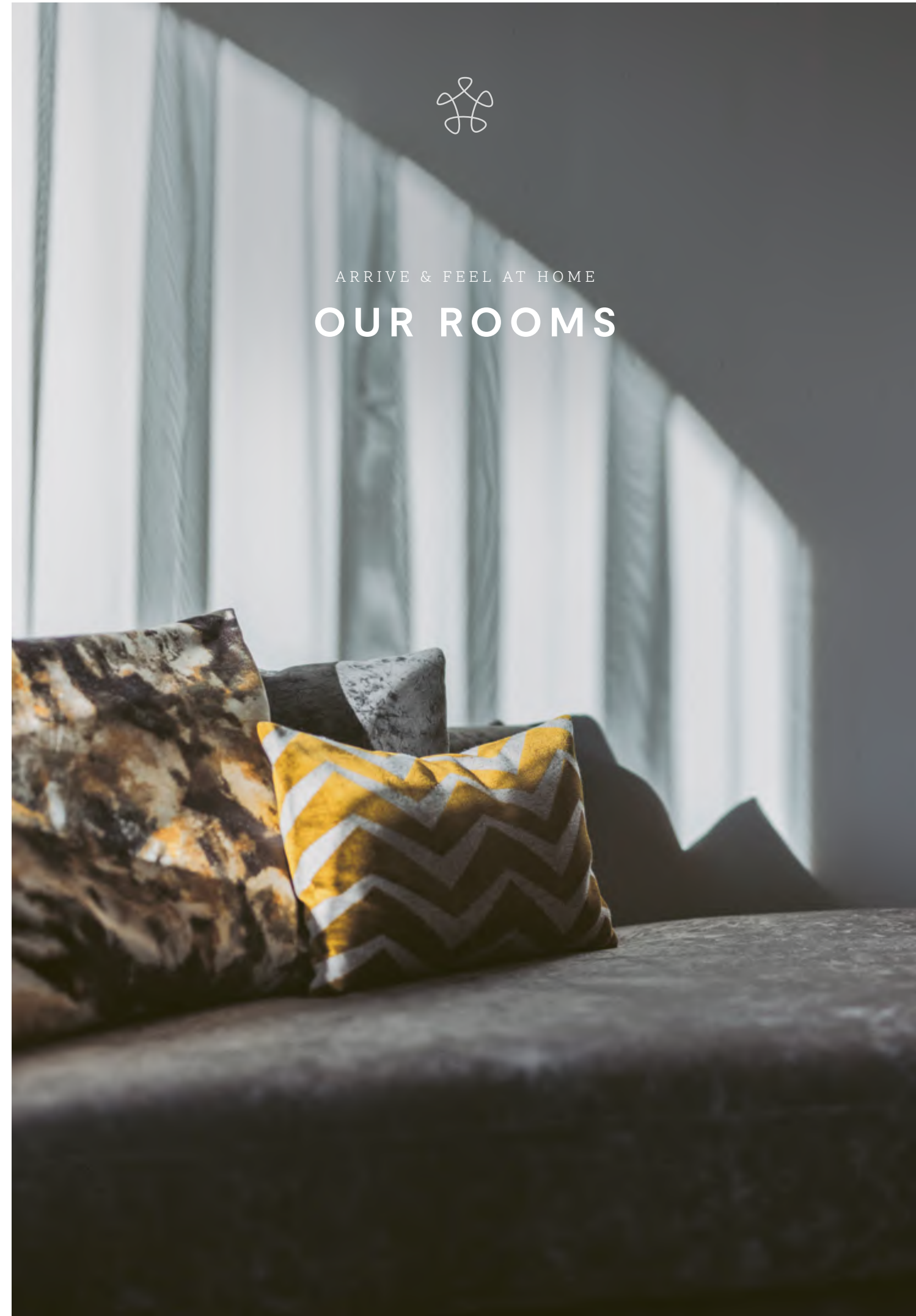
### **General information**

Please note that you are required to take a shower before entering the outdoor or indoor swimming pools, as well as before using the saunas and steam room. Please follow the rules for the nude area of the sauna as well as areas where swimwear is required. Please understand that only adults and young people over the age of 16 are permitted to access the nude area.



ARRIVE & FEEL AT HOME

## OUR ROOMS







# SINGLE & DOUBLE ROOMS



“BACCARA” SINGLE ROOM



DOUBLE ROOM  
“LA ROYALE”

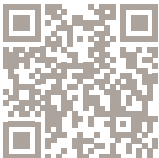


Our beds are a dream.  
The views belong on a postcard.  
100% relaxation.  
You are on holiday, after all.



“SYMPATHIE” SINGLE ROOM

More information and current prices can be found on our website.





# JUNIOR SUITES & SUITES



“BEL AMOUR” SUITE



“TIMELESS” SUITE



WHAT'S INCLUDED

- ROSENALP Sense Spa with indoor and outdoor pool, relaxation rooms, various saunas and a wellness garden
- Fitness centre with Precor® equipment
- Active & Fit Programme, from Monday to Saturday
- Oberstaufen PLUS card with complimentary benefits during your stay
- Free WiFi
- And much more besides



Room to dream. To take a break and unwind. To recharge your batteries. To restore your health – inside and out.



“LA NOBLESSE” JUNIOR SUITE



“FLORENCE” JUNIOR SUITE

More information and current prices can be found on our website.

