

MEDICAL & WELLNESS 2026

Experience health like never before

FEEL AT EASE,
FEEL BEAUTIFUL



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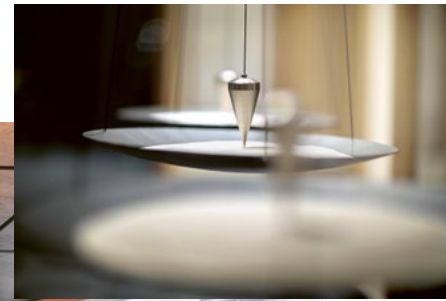


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THE FIVE PILLARS



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.



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.



FROM THE BOTTOM OF OUR HEARTS

*Your host families,
Schädler & Burkhart*

Three generations taking care of your well-being: is there anything better than making people happy? For us, your hosts at ROSENALP, this is our greatest joy and passion. We – the Schädler and Burkhart families – have been providing you with our services from the bottom of our hearts for over 50 years. We want you to have a revitalising break that stimulates your body and mind. Together, we strive to offer you a home from home that helps you to lead a healthy and happy life.

Three generations of hosts with heart – supported by a dedicated team of 70 members of staff. The large ROSENALP family can't wait to make your stay truly special.



*"Family means being part
of something wonderful
and unique."*

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

Book
now!

Make sure you secure
your treatment.

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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.



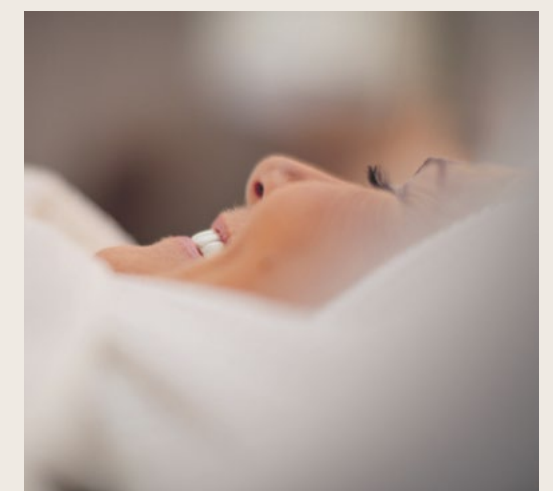
THERAPEUTIC FASTING

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 light meals.

ROSENALP'S LIGHT CUISINE PLAN

Start your day at ROSENALP with a varied breakfast buffet rich in vitamins that caters to everyone's tastes. Enjoy freshly baked bread, freshly squeezed juices, a selection of full-fibre mueslis, homemade spreads and delicious egg dishes that are guaranteed to get your day off to a healthy and enjoyable start.

For the rest of the day, our low-carbohydrate, **light meals** will delight your taste buds and provide your body with all the nutrients it needs. The focus is on healthy ingredients prepared with the utmost care that preserve every last ounce of flavour. With a balanced mix of vegetables, fruit and protein-rich foods, such as fish, meat, dairy products, nuts and legumes, a whole host of light and wholesome dishes are conjured up by our kitchen staff under the leadership of Executive Chef Helmut Beng.

Whether you opt for our **half-board** plan, which includes a delicious four-course meal at dinner, or our **full-board** plan, which includes a three-course meal at lunch in addition to a two-course meal at dinner, enjoy healthy fine dining with the ROSENALP light cuisine plan. Every day, you have a choice between meat, fish and a vegetarian alternative – prepare to be amazed by our creative dishes.



"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

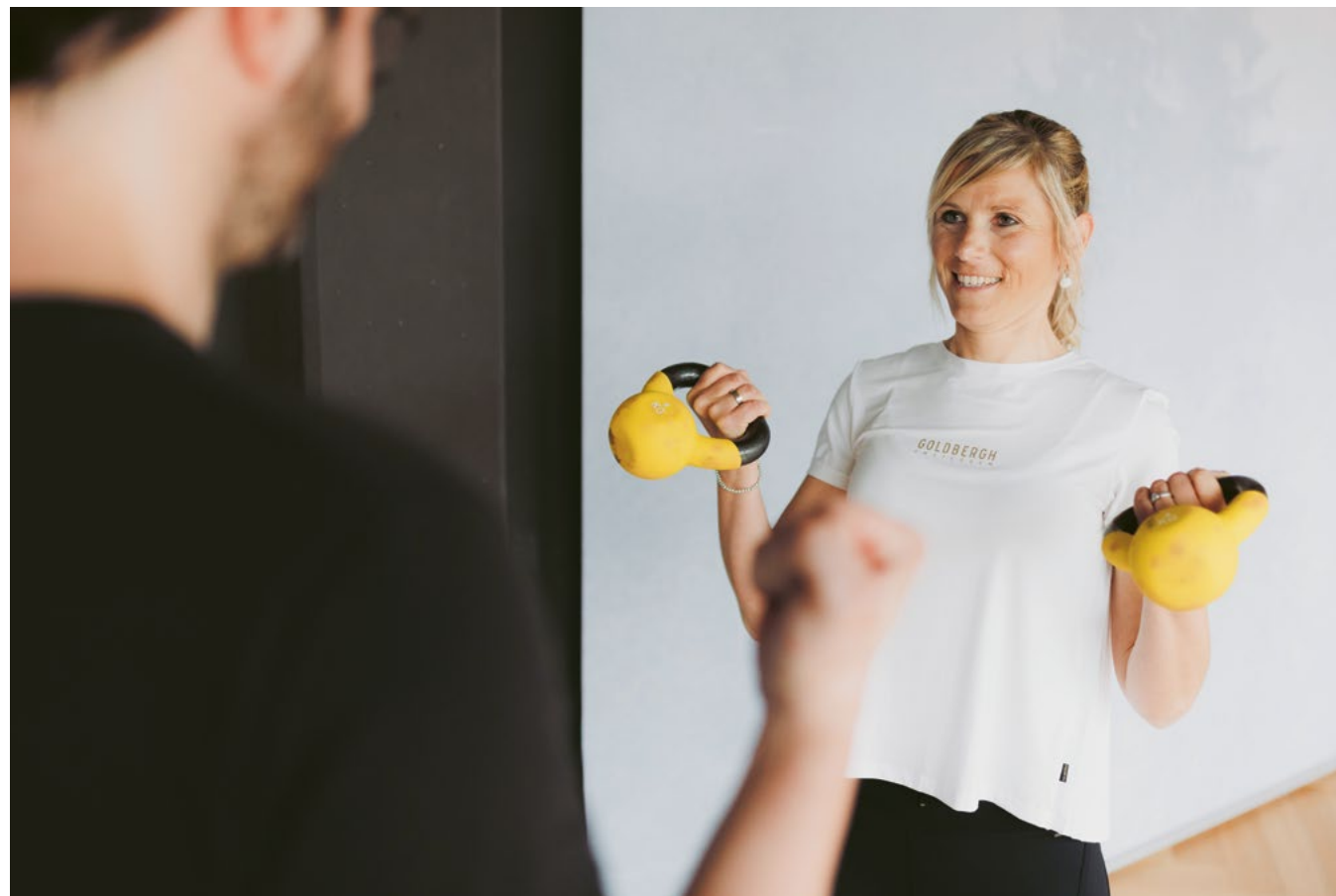


Exercise & Mental Balance



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

(included in the price
of your accommodation)

With almost 70 courses per week, ROSENALP invites you to get your body, mind, and soul moving. Whether gentle and mindful or powerful and dynamic, our varied activity and sports program offers something for every fitness level and preference.

From yoga, qi gong, and movement meditation to aqua fitness, spinal exercises, and fascia training to Latin aerobics, cardio hour, TRX full-body training, circuit training on the Queenax, Pure abs, or Move & Stretch – experience the whole range of modern forms of exercise, complemented by soothing courses such as Be Balanced or the Heart Chakra Meditation. This not only promotes your vitality, but also your holistic well-being.

Guided hikes and guided Nordic walking tours are also available.

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. 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.

30 mins EUR 49
60 mins EUR 89

BIOELECTRICAL IMPEDANCE ANALYSIS

Measuring your personal body composition – consisting of muscle cell mass, body fat percentage, visceral fat, and water balance – gives you valuable insights into your current state of health. This so-called BIA measurement shows how effective your training and dietary changes are – or serves as motivation for a more active lifestyle.

The measurement is followed by an individual evaluation by our trainers, who will explain your results in an understandable way and give you valuable tips for your personal health goals.

1 BIA measurement EUR 75
2 BIA measurements EUR 105
(Minimum gap of 2 weeks
between measurements)

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. 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."



**CHRISTIAN
VILSMEIER**
Fitnesscoach



FITNESS CENTRE

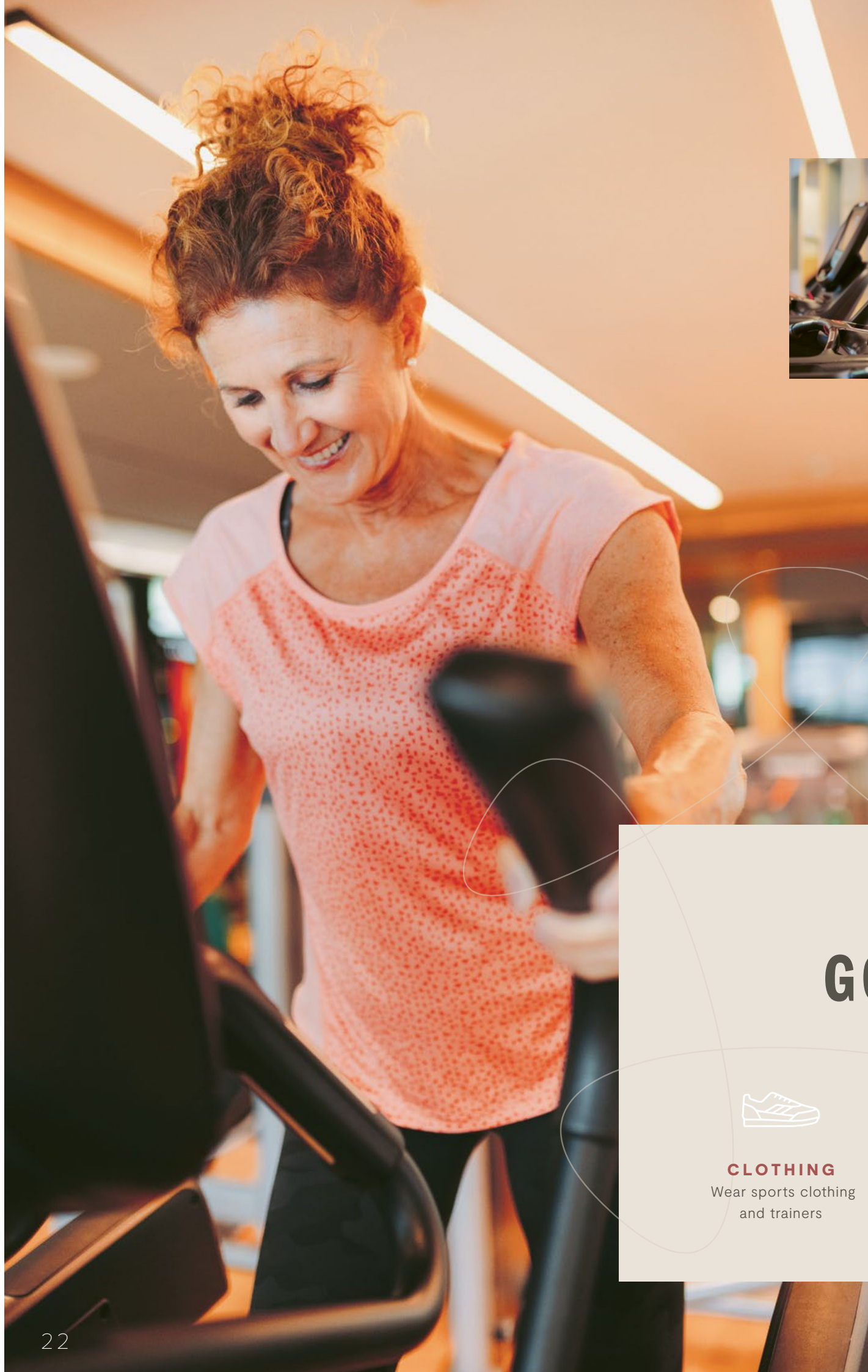
ROSENALP’s fitness centre stands for state-of-the-art fitness equipment and personalised fitness strategies. Easy to use and extremely effective, our strength and cardio machines have been perfectly selected to help you reach your personal goals. Whether you’re using strength or cardio machines, equipment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

STRENGTH EQUIPMENT

- Abdominal/Back Extension
- Rear Delt/Pec Fly
- Pulldown/Seated Row
- Leg Press/Calf Extension
- Leg Extension/Leg Curl
- Inner/Outer Thigh
- Back Extension
- 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 EQUIPMENT

- 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 technique for silencing the inevitable thoughts that arise and connecting with one's own essence.

MOVING HEART CHAKRA MEDITATION

Serves to open oneself internally to what is and leads to relaxation and inner connection through movement, sound, and rhythm.



MELANIA WOPPERER-JARA

Fitness coach



ANJA TIETZ

Life & Yoga coach





Medical





NUTRITIONAL COUNSELLING

Our diet has a huge impact on our health. We will show you how you can increase your energy and quality of life with a personalized, health-oriented diet.

EAT GOOD. FEEL GOOD.

Nutritional counselling 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 counselling

30 mins EUR 49

60 mins EUR 95

"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."





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

A detailed medical history is obtained through our holistic diagnostic system, resulting in an individualized therapy recommendation and initial treatment.

approx. 50 mins EUR 110*

PHYSIOTHERAPY

Targeted physiotherapy treatment to improve your mobility and relieve pain. Our experienced therapists select the techniques that will be most beneficial for you from proven methods such as manual therapy, physiotherapy, massage, and lymphatic drainage.

approx. 25 mins EUR 57*

approx. 50 mins EUR 110*

MANUAL THERAPY

Targeted manipulations to restore optimal joint and spinal function. Manual therapy relieves pain, improves mobility and supports the healing process after injuries or overexertion.

approx. 25 mins EUR 57*

THERAPEUTIC EXERCISE

Individually tailored active and passive exercises to correct impaired movement patterns and strengthen your muscles. Our therapists will guide you with targeted techniques

and give you practical exercises for everyday life.

approx. 25 mins EUR 55*

SPINAL MANIPULATION

Holistic treatment method for correcting joint misalignments, especially in the spine. Inspired by the Dorn method and Chinese meridian theory, this technique can not only relieve pain but also have a positive effect on the function of internal organs.

approx. 25 mins EUR 62*

THERAPEUTIC EXERCISE USING GYM EQUIPMENT

Targeted training on modern equipment under the guidance of a physical therapist to increase strength, endurance, and stability. Ideal after surgery, injuries, or for general performance enhancement.

approx. 45 mins EUR 75*

FITTING FUNCTIONAL INSOLES

Custom-made insoles to support your feet and relieve strain on the musculoskeletal system. The precise fit can alleviate discomfort in the back, hips, knees, and feet and noticeably improve your quality of movement.

Price on demand, from EUR 187*

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



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

Proven technique for relieving muscle tension and promoting blood circulation. Targeted stretching, pulling, and pressing movements make the massage pain-relieving and relaxing. It is ideal for regeneration and stress reduction.

Back approx. 25 mins EUR 53*

Full body approx. 50 mins EUR 102*

SPECIAL HEAD AND NECK
TREATMENT

Treatment of the head, neck, and shoulder region using a combination of various therapeutic techniques. It has a relieving, pain-reducing, and mobilizing effect and is particularly recommended for headaches, migraines, or so-called stiff necks.

approx. 50 mins EUR 108*

MANUAL LYMPHATIC
DRAINAGE

A special massage technique that stimulates lymph flow with gentle, rhythmic movements and reduces swelling and fluid accumulation in the tissue. It has a decongestant and pain-relieving effect and supports the immune system. It is particularly suitable after operations, for lymphoedema or for general detoxification of the body, e.g. as part of a fasting program.

Partial treatment

approx. 25 mins EUR 53*

Full body

approx. 50 mins EUR 102*

“With every treatment, a little more joy and freedom of movement.”

ALTERNATIVE
TREATMENT METHODS

OSTEOPATHY

A holistic form of manual therapy that identifies and treats functional disorders in the body using targeted manipulation techniques. It is based on the principle that the body functions as a whole and has self-healing powers. By treating muscles, joints, fascia, and internal organs, blockages are released and physical balance is promoted.

approx. 50 mins EUR 145*

CRANIOSACRAL THERAPY

Gentle manual treatment that harmonizes the rhythmic interaction between the skull (cranium), spine, and sacrum. Gentle techniques are used to release tension in the connective tissue and activate the body's self-healing powers. The method is particularly suitable for stress, chronic pain, sleep disorders, and emotional blockages.

approx. 50 mins EUR 129*

FASCIAL TESTING
AND THERAPY

Fascia runs throughout the entire body, connecting muscles, organs, and joints. Adhesions can cause pain and restrict movement. Through targeted testing, the therapist can identify the exact cause of these tensions and asymmetries and treat them effectively using various techniques and tools, restoring the body to its natural balance.

approx. 25 mins EUR 65*

approx. 50 mins EUR 120*

PENZEL ACUPUNCTURE
MASSAGE

Energetic meridian therapy based on the principles of traditional Chinese medicine. A stick is used to release interference fields in the energy flow (e.g., caused by scars) along the meridians in order to restore physical and mental balance.

approx. 50 mins EUR 104*

COLONIC HYDROTHERAPY

An intensive form of colon cleansing in which the large intestine is gently and thoroughly rinsed with water.

The elimination of accumulated toxins and waste products stimulates bowel function. The therapy is often used to treat digestive problems or as a supplement to fasting cures.

approx. 50 mins EUR 110*

FOOT REFLEXOLOGY THERAPY

Based on the idea that certain zones on the feet are connected to organs and body systems. When there are disturbances, the corresponding zones can react with extreme sensitivity to pain. Targeted pressure on these reflex zones activates the body's own defenses and improves the regenerative capacity of the tissue.

approx. 25 mins EUR 55*

MATRIX RHYTHM THERAPY-

Treatment method that acts on cells using rhythmic micro-vibrations. It aims to normalize disturbed cell and tissue functions by supporting the natural rhythm of the muscles and nervous system. It is particularly effective for pain and restricted movement in muscle and fascia tissue.

approx. 25 mins EUR 65*

approx. 50 mins EUR 120*

TCM MEETS PHYSIO

This treatment combines three therapeutic methods from the millennia-old tradition of Chinese medicine (TCM): the combination of cupping, scraping (Gua Sha Fa), and vigorous pushing techniques (Tuina) helps to activate the metabolism and self-healing powers and is therefore particularly recommended as part of a fasting program.

50 mins EUR 129*

KINESIO TAPING

Elastic, skin-friendly tapes are applied to specific areas of the body to provide targeted support for muscles and joints. The tapes promote blood circulation, relieve pain, improve mobility, and stimulate the healing process. They are recommended, for example, after sports injuries, for tension or poor posture, as a supplement to manual therapy.

approx. 10 mins EUR 25*

THERMAL
APPLICATIONS

ULTRASOUND DIAGNOSTICS
OF THE MUSCULOSKELETAL
SYSTEM

High-resolution sonography makes muscles, tendons, ligaments, and joints visible – without any strain or radiation. This allows changes to be detected precisely and the course of therapy to be optimally supported. The examination can be booked as part of physiotherapy treatment.

EUR 25*

NEW

NEW



Nothing can beat
a good gut feeling

The gut is quite a strong and clever organ in our body. It is not only responsible for our digestion and absorbing important nutrients, but for our immune system too, since 80% of the immune system is located in the gut. Our gut also has its very own abdominal brain containing 100–200 million nerve cells.

Stress, poor nutrition, lack of exercise and environmental factors, which unfortunately are difficult to avoid in today's world, can have a negative impact on our intestinal flora in the long run. In turn, this can lead to metabolic disorders, constipation or diarrhoea, allergies, skin problems, recurring infections, as well as fatigue and even depression.

To maintain and improve our health and well-being, gut health should be promoted in a holistic manner.

To achieve the best results and increase your vitality, we recommend the following package:

Gut health package

1x colonic hydrotherapy, approx. 50 mins

1x matrix rhythm therapy, approx. 25 mins

1x foot reflexology therapy, approx. 25 mins

NATURAL MUD PACK

The warmth slowly spreads from your back throughout your entire body. It promotes blood circulation and relaxes your muscles.

approx. 20 mins EUR 29*

INFRARED LIGHT THERAPY

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

approx. 15 mins EUR 13*

ULTRASOUND THERAPY

Physical treatment method in which deep tissue is heated and stimulated using high-frequency sound waves. It promotes blood circulation, relieves pain, and supports healing in cases of muscle, tendon, and joint complaints.

15 mins EUR 19*

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



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
- Longevity Labor

LONGEVITY | ORTHOMOLECULAR MEDICINE

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

INFUSION THERAPIES

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 1.100

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 1.300

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 120

We would be happy to advise you and create an infusion therapy plan that is tailored to your needs!

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 400

Lip modelling with hyaluronic filler
from EUR 400

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

Biorevitalisation
1 ml, from EUR 350 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, Longevity, 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

(Can be booked with stays of 5 nights or more)
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

(Can be booked with stays of 5 nights or more)
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

(Can be booked with stays of 5 nights or more)
Check-up plus: comprehensive risk factor analysis and effective cancer screening; for men: urological cancer screening (ultrasound scan of kidneys, bladder, prostate) 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 surgical, orthopaedic and cardiological procedures.

**You will settle the bill directly with the lab.
Prices comply with anti-corruption legislation*

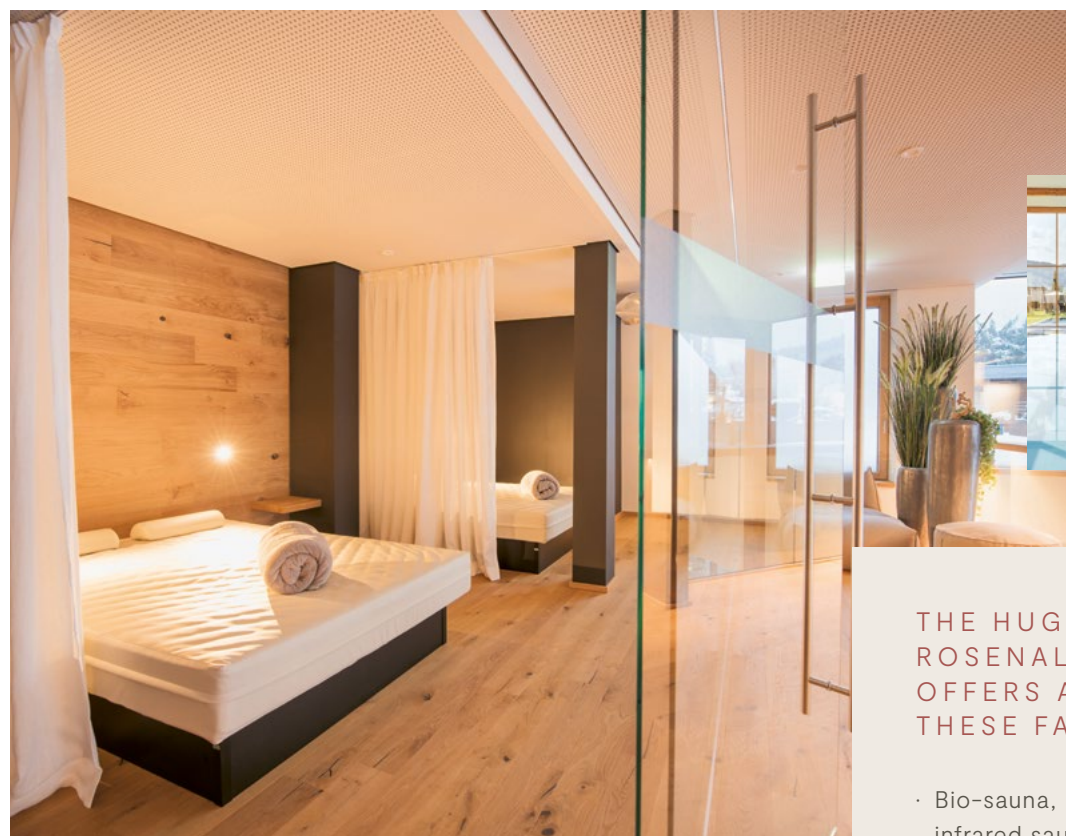
*Our Medical Centre is open for
you from Monday to Friday.*

*Please contact us to arrange
your appointment.*





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Spa



THE HUGE 2,000 M² ROSENALP SPA OFFERS ALL OF THESE FACILITIES:

- Bio-sauna, Finnish sauna, infrared sauna and steam room
- Plunge pool, ice fountain and sauna footbaths
- Indoor swimming pool (18 x 6 m) connected to a year-round heated outdoor pool (8 x 7 m) 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

Welcome 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 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 22 for a 15 mins session) can be purchased from the spa or hotel reception.

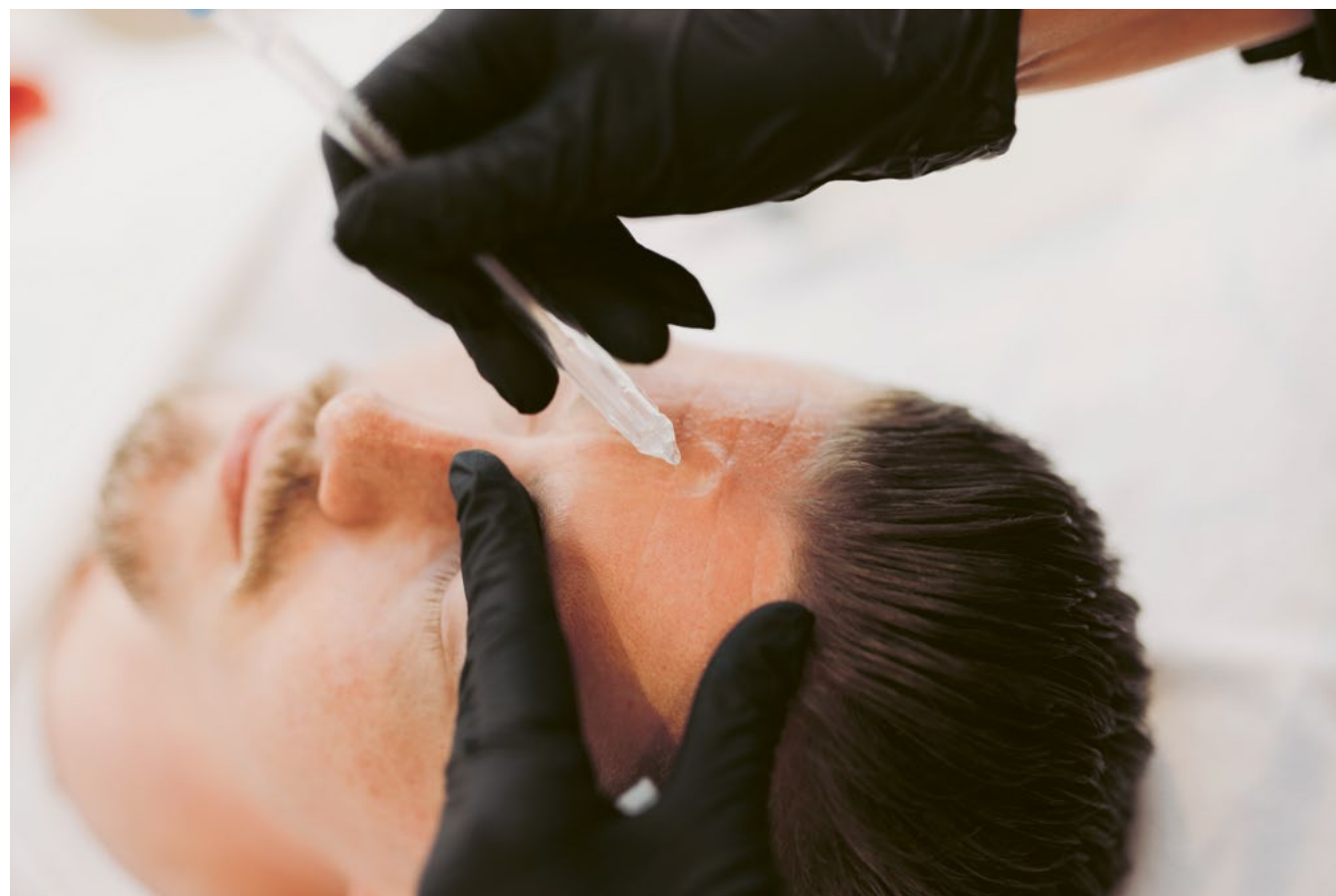


*Our
spa team*



MED SPA

Wellness with results. Our medical beauty treatments deliver visible results. Innovative technologies and high-quality products such as the needle-free botulinum peptide system cosmetics by AROCELL™, the dermatological skincare by TAO Cosmetics and the scientifically based skincare by Environ, combined with the many years of expertise of our employees.



TREATMENTS TECHNOLOGY & AESTHETICS

VISIA® SKIN ANALYSIS

This sophisticated analysis accurately assesses the current condition of your skin – tailored to your age, gender, and skin type. It not only takes visible characteristics into account, but also reveals hidden skin changes such as sun damage, redness, or hyperpigmentation. At the same time, the analysis also highlights your skin's strengths and forms the basis for targeted, effective care.

30 mins EUR 79

HYDRAFACIAL™

HydraFacial™ is the beauty treatment that cleanses deep into the pores of the skin for a radiant glow. With Vortex technology, HydraFacial™ deeply cleanses your skin and supplies it with antioxidants, vitamins, minerals and hyaluronic acid, which stimulate skin regeneration and leave it with a fresh and healthy glow.

HYDRAFACIAL™ EXPRESS
Cleansing | Extraction | Hydration
30 mins EUR 169

HYDRAFACIAL™ DELUXE
Cleansing | Extraction | Hydration | Booster
50 mins EUR 199

HYDRAFACIAL™ PLATINUM
Cleansing | Extraction | Hydration | Booster | Décolletage
70 mins EUR 279

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™ LIGHT
Face
50 mins EUR 199

JETPEEL™ PROFESSIONAL
Face | Neck | Décolletage
70 mins EUR 269

JETPEEL™ INTENSE PLUS
Face | Neck | Décolletage
70 mins EUR 299

Buy 3 JetPeel™ treatments and get 1 x Visia® skin analysis free.

JETCARE™ MED
Maximum effect for visibly firmer and more vital skin! The innovative Osmolyt formula specifically activates collagen and elastin formation and provides intensive hydration with medical-aesthetic standards. Through the highly concentrated infusion via hydroporation, active ingredients are introduced deep into the skin, where they immediately unfold their regenerative power. A special fascia sculpting massage complements the treatment and gives your face defined contours and new elasticity.
90 mins EUR 349
3 x 90 mins EUR 945

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 – CLASSIC
Classic facial treatment with enzyme peeling and targeted infusion of an individual active ingredient through TDA (transdermal application). The combination of proven care and modern, non-invasive technology ensures fresh, well-cared-for skin.
60 mins EUR 129

TDA – OXYGENE
A gentle fruit acid peel (AHA) removes dead skin cells, optimally prepares the skin, and enhances the effect of the ampoule that is then applied. This is tailored to your individual skin type and accompanied by care and finishing treatments – for a fresh, radiant complexion.
60 mins EUR 189

TDA – EVER YOUNG
Innovative 2-phase premium treatment with BIOBTX for the targeted treatment of expression lines, sagging, and dull skin. For visibly smoother skin, an even complexion, and beautifully defined facial contours.
50 mins EUR 199
As a course of 3 x 50 mins EUR 540

TDA – GLOW TO GO
• Face | Neck | Décolletage
30 mins EUR 89
3 x 30 mins EUR 235
• Eye | Lip
20 mins EUR 62



SLIMYONIK® AIR BODYSTYLER

Gently activates your lymph system, stimulates your metabolism and increases the flow of blood to your skin and fat tissue.

40 mins EUR 65
3 x 40 mins EUR 189

FEATHER TOUCH™ NANO NEEDLING

FEATHER TOUCH™ stimulates regeneration processes, enhances cell communication and activates collagen and elastin synthesis. Using patented Trans Dermal Delivery System (TDDS) Nano-Technology, highly concentrated active ingredients are delivered into deeper layers of the skin in a targeted manner. The skin is renewed, and the production of the essential proteins elastin and collagen is stimulated. These are the key to smooth and healthy skin.

The result is a youthful, vital appearance of the skin.

FEATHER THOUCH™
Lymphatic drainage | Scrub |
Nanoporation | Collagen Hydrating Mask
60 mins EUR 199

LPG ALLIANCE® - ENDERMOLOGIE®

LPG® Endermologie naturally activates skin cells to combat unwanted signs of aging such as wrinkles, sagging skin, stubborn fat deposits, and cellulite without causing any pain.

LPG® FACE + TDA SKIN BOOSTER
Smoothing | Firming | Cell stimulation | Deep hydration | Mask

60 mins EUR 189

LPG® BODY
Smoothing | Firming |
Localised fat reduction | Detox

50 mins EUR 159
3 x 50 mins EUR 430
6 x 50 mins EUR 859

Breathe deeply,
exhale slowly – for
radiant skin.



UPGRADE

THERMOREPAIR® TDA

The ideal supplement for weak connective tissue: intensively moisturizes, tightens the tissue, and refines the skin's surface.

20 mins EUR 39



Perfectly tailored MEDICAL SPA PACKAGES

Specifically developed
for your individual
skin needs

ULTIMATE GLOW

*for radiant skin &
a fresh complexion*

1x Hydrafacial Express
1x Feather Touch™ Glow
1x JetPeel™ Green-Glow
Present: ANP Skin Vit C
Package price EUR 460

HYDRO BOOST

*for hydration &
regeneration*

1x LPG® Face
1x Hydra-Boost Treatment
1x Feather Touch™ Deep-Hydration
Present: Hydrogel Shot Maske
Package price EUR 370

YOUTH RESET

*for a sculpted &
radiant complexion*

1x JetPeel™ Intense Plus
1x Feather Touch™ DNA Repair
1x Lip Volume Treatment
1x Eye Lift Treatment
Present: TAO Retinal Serum
Package price EUR 580

CALM & REPAIR

for soothed & relaxed skin

1x TDA – Dermacool
1x Feather Touch™ Barrier Protect
1x JetPeel™ Ayurveda
Present: TAO NeuroSense Serum
Package price EUR 440

DETOX & DESTRESS

for detoxification & lightness

1x LPG® Body
1x Slimyonik® Air Bodystyler
1x Feather Touch™ Detox
1x TDA – Matcha
Present: BitterKraft Spray
Package price EUR 390

ADD-ONS

DERMADROP®:
TDA Eye- & Liptreatment
10 mins EUR 39

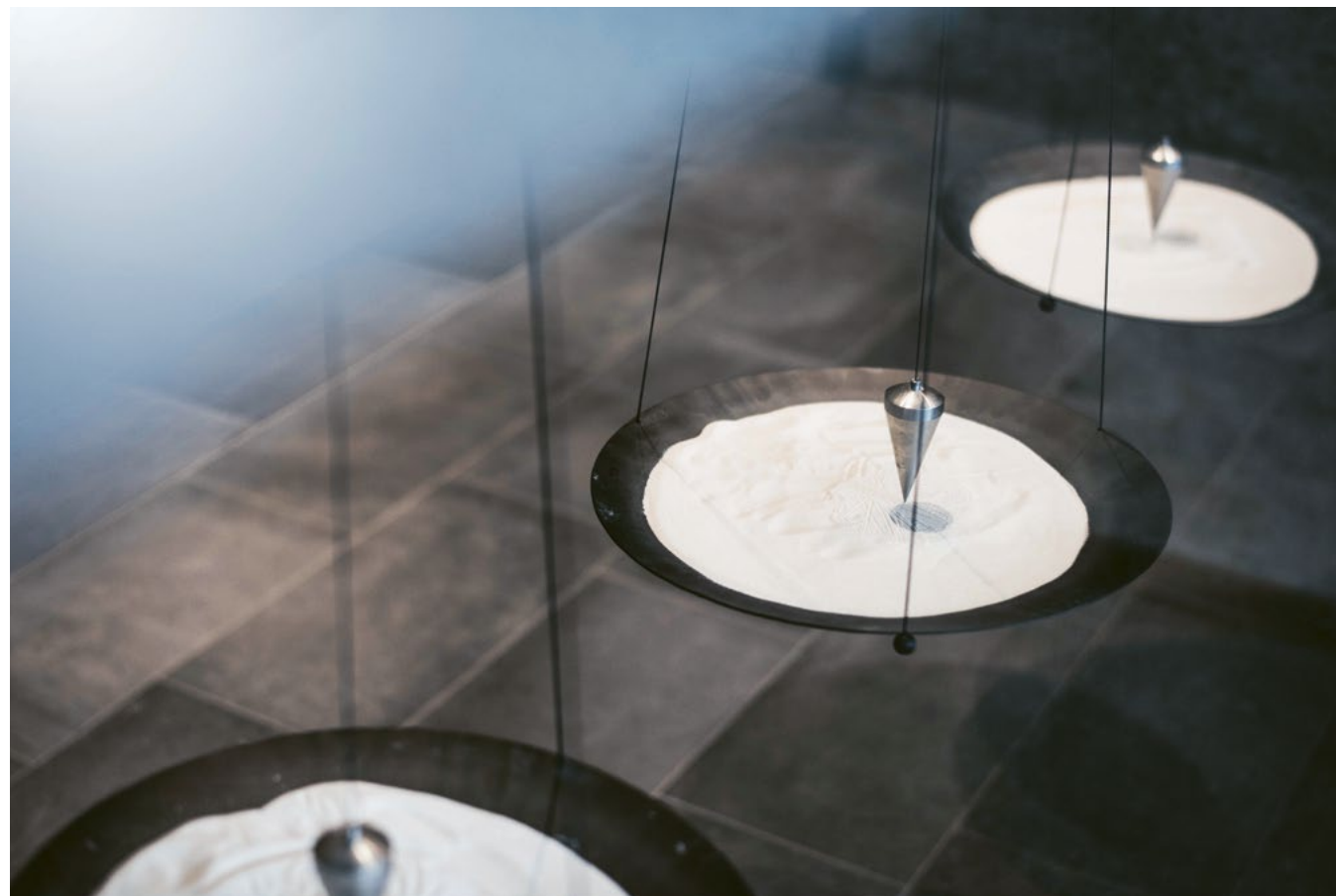
TDA Scalp
10 mins EUR 39

LPG FACE
20 mins EUR 39



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 MASSAGE

A full-body massage using the ROSENALP Spa's signature oils.

25 mins EUR 60

50 mins EUR 102

SCULPTING TREATMENT

Tailored to your problem zones and skin condition, this treatment defines contours with effective fascia massage. This strengthens connective tissue and boosts collagen formation and skin firmness. 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.

50 mins EUR 115

3 x 50 mins EUR 322

Includes fascia cup to take home

"PANTAI LUAR"

HERBAL STAMP MASSAGE

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 68

60 mins EUR 120

HOT VOLCANIC STONE MASSAGE

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 170

THAI YOGA MASSAGE

This centuries-old technique harmonizes body, mind, and soul and brings you back into inner balance. Stretching and targeted acupressure release blockages, loosen muscles, activate the lymphatic system, and promote new mobility.

70 mins EUR 145

Please note: This application is not suitable for osteoporosis, herniated discs, severe osteoarthritis, or similar conditions.

MOUNTAIN SALT STAMP MASSAGE

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 120

ROSENALP SIGNATURE MESSAGES

RELAXING-MASSAGE

A soothing massage to help you relax and unwind. Pure pleasure for all of your senses!

80 mins EUR 165

METABOLIC BODY FIRMING

In this exclusive treatment, Metabolic Body Firming Care combines relaxation, firming and detoxification in a unique way. A highly stimulating body massage activates your metabolism. To intensify the effect of the active ingredients, you relax on a soft pack bed.

90 mins EUR 170

3 x 90 mins EUR 510 inclusive Clarins body care products, value from EUR 60

Tip: Make use of the infrared cabin or bio-sauna before the treatment to enhance its effect.



JACQUELINE HÄUSSLER

Head of the ROSENALP Sense Spa & Cosmetics Expert

TREATMENTS
RELAXED & BEAUTIFUL

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.

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 170

SHIROABHYANGA

A relaxing head, neck, shoulder, arm and back massage. The perfect introduction to Ayurvedic treatments and a first taste of the outstanding results they can have.
50 mins EUR 118

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 118

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 72

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 75
3 x 25 mins EUR 202

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.
25 mins EUR 75

EVENING PRIMROSE OIL PACK

A relaxing treatment to replenish and moisturise your skin. Suitable for extremely dry skin.
20 mins EUR 70

ROSENALP PACK

A soothing treatment that provides your skin with intensive moisture and valuable nutrients. Enveloped in gentle warmth, the rose alpine wrap unfolds its full effect, leaving your skin feeling noticeably supple and nourished.
20 mins EUR 70

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 stimulate the lymphatic flow

Firming wrap

Anti-cellulite and stimulates collagen synthesis

1 wrap, 55 mins EUR 102
3 wraps, 55 mins each EUR 306
Thermo-Gel included worth EUR 50 (150 ml)

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

Treatment packages

ANTI-CELLULITE

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

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

Package price EUR 455

DETOX & MORE

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

- 1 x Thalasso pack
- 1 x Detoxifying alkaline wrap
- 1 x Mountain salt stamp massage (full-body massage)

Package price EUR 269

INTRODUCTION TO THALASSO

- 1 x Thalasso pack on the soft pack bed followed by a hydrojet bath

Package price EUR 126

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 65

ALKALINE BATH

After an invigorating sisal brush massage, enjoy a soothing alkaline bath that deacidifies the body and leaves your skin wonderfully soft. Includes a sisal glove for use at home.
50 mins EUR 90

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 60

BODY SCRUB

with alkaline salt followed by application of warm oil
50 mins EUR 100

ROSENALP SIGNATURE COSEMTICS FOR HER

TIMELESS HARMONY

The Future Solution LX line, which has won the SPA Award, maximises the beauty of your skin. This facial ritual involves a massage using pleasantly warm Yutaka® porcelain stones, which kick-starts regeneration.
80 mins EUR 170

ROSENALP SIGNATURE COSEMTICS FOR HIM

TIME-FIGHTING FACIAL

This highly effective facial treatment targets fine lines, while combatting any traces of skin ageing. It will intensely hydrate your skin and make it feel significantly firmer.
70 mins EUR 149

Perfectly coordinated treatments for visible results.

TREATMENTS WITH
CLARINS



FACE FOR HIM & HER
WITH CLARINS PRODUCTS

Facial treatments for every skin type and every skin need – with exclusive products based on plant extracts. Experience Clarins' treatment expertise in PRO Expert Facial Treatments, a synergy of professional treatment techniques and highly concentrated PRO products.

TIME-OUT – HYDRATING PURE

Treatment with moisturizing power | Cleansing | Serum & mask | Sheet mask | Roller massage | Final treatment
30 mins EUR 62

TIME-OUT – CLASSIC

Treatment including exfoliation | Deep cleansing | Eyebrow shaping | Serum & mask | Massage | Final treatment
60 mins EUR 110

CLARINS MEN

CHECK-UP CLASSIC

Basic treatment including exfoliation | Deep cleansing | Eyebrow shaping | Massage | Mask | Final treatment
60 mins EUR 110

MEN SKIN PERFECTOR

This energizing facial treatment offers the optimal level of care specifically for men's skin. It cleanses, moisturizes, reduces wrinkles and dark circles under the eyes, and revitalizes your skin. The care formulas are specifically tailored to the needs of male skin and reduce irritation caused by shaving and external influences. Experience the CLARINS MEN SKINPERFECTOR care treatment, which recharges your skin's batteries and leaves you feeling powerful, rested, and relaxed for the rest of the day.
75 mins EUR 149

CLARINS LADIES

CLEAN SKIN REFINER PRO
TREATMENT

This purifying facial treatment is the perfect ally for oily and combination skin that needs balancing. Your skin will be clarified and balanced, shine will be minimized, and pores will be refined. Look forward to fresh, balanced skin and a new radiance. Experience the CLARINS CLEAN SKIN REFINERPRO treatment, which deeply cleanses and relaxes your skin at the same time – is that possible? Oh yes, see and feel for yourself.
75 mins EUR 149

Clarins – the best of more than 70 years of research, experience and knowledge of nature's beauty secrets!



AGE EXPERT PRO
TREATMENT

This anti-aging facial treatment is tailored to the specific and individual needs of your skin. Stress that shows on your face, loss of elasticity, hormonal changes – all of these leave their mark. The treatment combines exclusive CLARINS massage techniques with innovative, highly concentrated product formulas that make your skin appear “ageless”. Your skin will enchant you with new elasticity, greater density, and radiance. You will see the ultimate lifting effect. Experience the CLARINS AGE EXPERT PRO skincare treatment, which gives you a sense of well-being and relaxation while making your skin look younger.
75 mins EUR 149
105 mins EUR 189 inclusive head and foot massage and energy circulation for complete well-being and deep tension relief

GLOW BOOSTER PRO
TREATMENT

This energizing facial treatment has been specially developed for anyone who wants an optimized, even, and radiantly beautiful complexion. Pigmentation spots are reduced, dark areas are diminished, and your skin's natural radiance is revived. Skin renewal is stimulated and optimally supported. Experience the CLARINS GLOW BOOSTER PRO skincare treatment that makes your skin glow!
75 mins EUR 149

HYDRA SENSITIVE PRO
TREATMENT

This moisturizing facial treatment intensively pampers dry and weakened skin. It restores well-being and suppleness through the synergy of perfectly coordinated massage techniques and highly effective product formulas. Dehydrated areas of the face are gently plumped up

and feelings of tightness disappear. Experience the CLARINS HYDRA-SENSITIVE PRO care treatment that pampers your skin all over.
75 mins EUR 149

CLARINS COACHINGS

CLARINS-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.

TREATMENTS

HANDS & FEET



The final touch to make
you feel beautiful!

SPA MANICURE

Hand scrub | Trim, file and polish |
Cuticle correction | Short hand
massage | File to take home
40 mins EUR 75

SENSE SPA MANICURE

Includes application of nail polish
and nail polish to take home
OR
includes hand massage, warm hand
wrap and hand cream to take home
55 mins EUR 90

SPA PEDICURE

Foot bath | Trim, file and polish |
Cuticle correction | Hard skin
removal | Foot massage
40 mins EUR 75

SENSE SPA PEDICURE

Includes application of nail polish
and nail polish to take home
OR
includes relaxing foot massage and
foot cream to take home
55 mins EUR 90

Note: We ask for your understand-
ing that we cannot offer pedicures
for medical reasons in cases of
pathological changes to the feet
or toenails. We would also like to
point out that we do not perform
manicures or pedicures on gel or
acrylic nails.



Discover our BEAUTY BOXES

Your personal care ritual for
during and after your stay
with us at Rosenalp!

ALKALINE FASTING *Supporting your cure*

Contains products that help
to reduce acid stress on
the skin, such as dryness,
cornification and dandruff.

SCHROTH CURE *Supporting your cure*

Contains products with balan-
cing properties for the skin
that improve the appearance
of parts of the body.

*All Beauty Boxes
are available
from the Sense
Spa reception!*

THERAPEUTIC FASTING *Supporting your cure*

Contains products that help
to improve the elasticity
and firmness of your skin.

ANTI-CELLULITE *For an even and firm complexion*

Contains products that
firm, lift and improve the
appearance of your skin.

BEAUTIFUL SILHOUETTE *For smooth and firmer skin*

Contains a range of products
with dual-action formulas – for
skin that looks and feels firm.

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.

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.

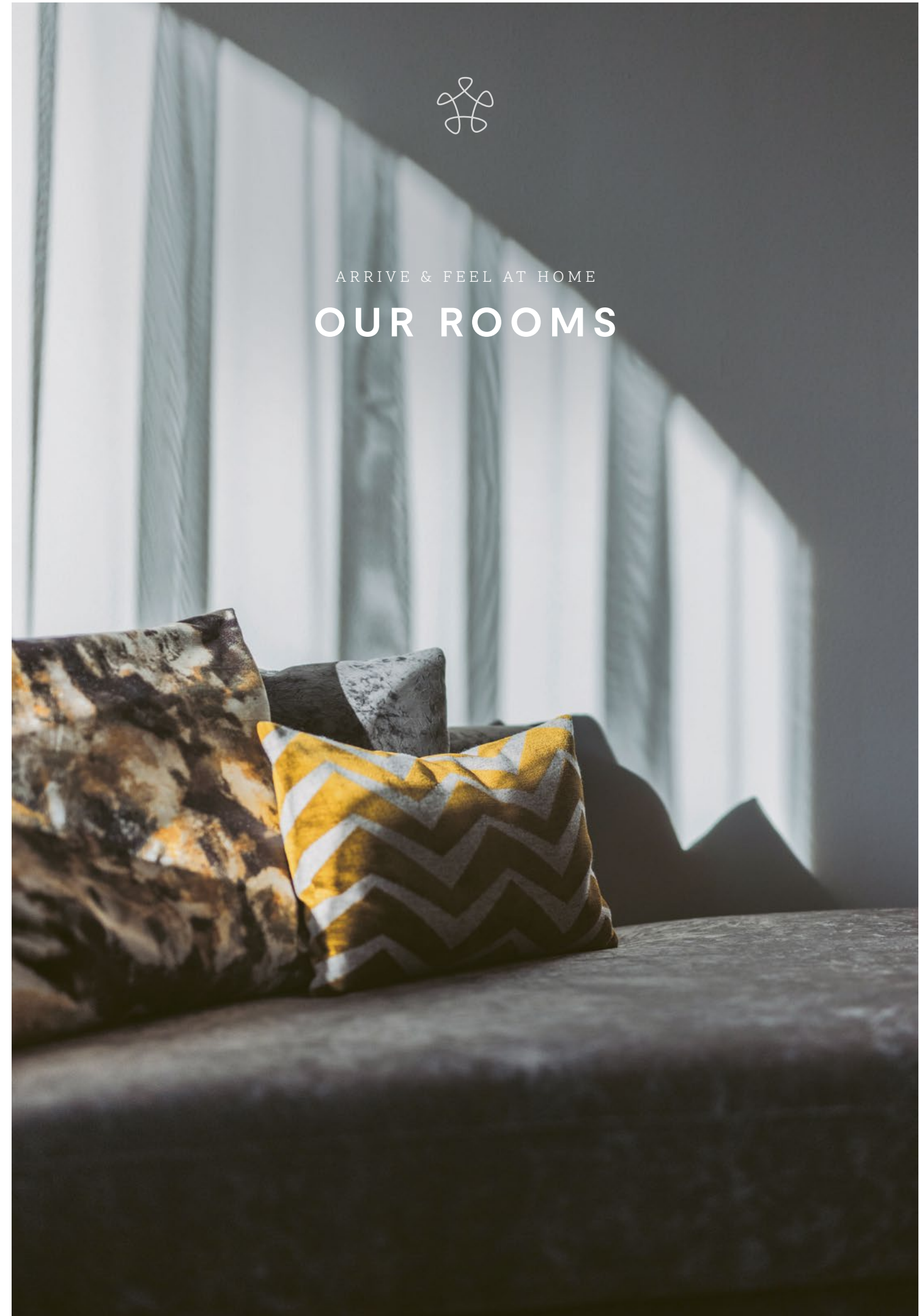
General information

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.



ARRIVE & FEEL AT HOME

OUR ROOMS

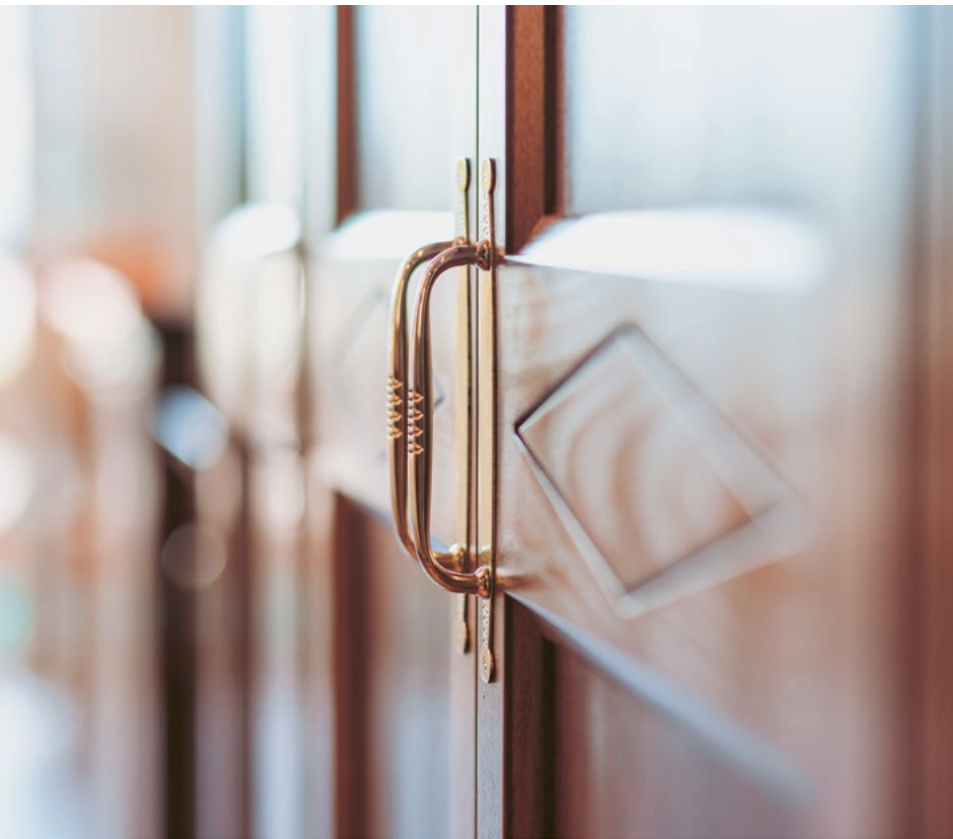




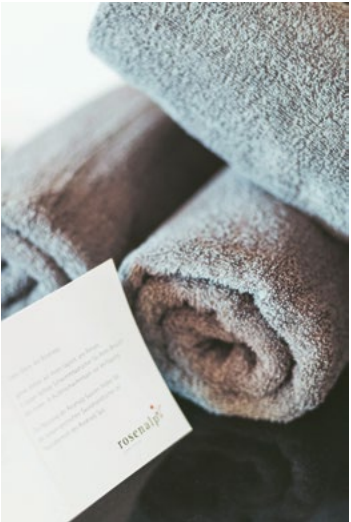
SINGLE & DOUBLE ROOMS



“BACCARA” SINGLE ROOM



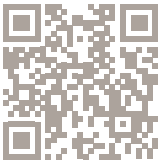
DOUBLE ROOM
“FINESSE”



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



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 state-of-the-art 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.



“ALBA” JUNIOR SUITE



“FLORENCE” JUNIOR SUITE

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



