

A couple in white bathrobes are embracing on a large rock by a lake. The man is holding the woman, and they are both smiling and looking towards the right. The background features a calm lake, lush green grass, tall reeds, and a range of mountains under a blue sky with scattered white clouds.

SPA MENU

Lakeside zest for life

RITZENHOF
HOTEL UND SPA AM SEE ★★★★★

R

A good life
is a collection
of happy moments.

Denis Waitley







It all starts here!

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Our pledge to you

An unforgettable and unique experience.

We pride ourselves on providing professionalism, unique quality and visible results.

We aim to re-activate positive energy within you and enhance your feeling of wellbeing.

We aim to exceed your expectations.

We meet your needs with care, security, sensitivity and a zest for life.

Your Ritzenhof spa team

Our concept

With our ALPINE WELLNESS AM SEE programme, we offer a unique, exclusive and holistic concept for body, mind and soul.

Our treatments are based on the following 4 pillars:



BOOST

Boost muscular strength, performance and energy.



CALM

Based on relaxation both mentally and physically.



HARMONY

Based on balancing, strengthening and mental relief.



DETOX

Based on purification, detoxification and clarification.

Our partners

VITALIS DR JOSEPH

Vitalis by Dr Joseph is an internationally renowned and highly regarded programme.

It aligns with the principles and philosophy that guide us at Ritzenhof:

- Respect and love for nature in its purity and diversity
- Solidarity with the region and its traditions
- Sense of responsibility and respectful use of natural resources
- Quality at all levels - sustainable and effective

For Vitalis Dr Joseph, nature comes first. By combining only natural ingredients and the

latest technology in harmony with traditional knowledge they create holistic products and treatments.

PINO

Is a leading market partner in the fields of physiotherapy, massage and balneotherapy and specializes in medically effective spa treatments with 'Natural Spa Therapy'.

In partnership with Pino we developed exclusive applications to strengthen personal performance, enhance regeneration after sports and boost overall health.

HIGHTECH NATURAL COSMETICS
TEAM D^R JOSEPH
 SÜDTIROL



Ultrasonic Glow

TRY OUT OUR NEW ULTRASONIC TREATMENTS FOR TIGHTENED, CLEAR AND FRESH SKIN

By choosing the option „ultrasonic“ you will not only get great but **amazing results!** Nearly all of our facial treatments may now be upgraded for an extra charge. The ultrasonic device by TEAM DR. JOSEPH will get you:

- gentle deep peel thanks to ultrasonic vibration
- ideally suiting your skin, natural functional ingredients will be transported to the deeper skin layers. This allows the full development of the functional ingredients' potential.

The result? Gentle face lifting and deeply cleansed skin - for every skin type!





Facials

CLASSIC FACIAL TREATMENT

The focus of this facial treatment is the **deep cleansing of the skin**. The skin is deeply purified with exquisite, plant-based functional ingredients. Clogged pores are gently freed and sebum production is normalized. The treatment ritual is concluded with a toning face wrap and the peel-off mask for optimal hydration. For a visibly fresh, cleansed and even complexion.

50 min. // 82 Euro

50 min. incl. ultrasonic device* // 97 Euro



BOOST

DETOX

UNIQUE FACIAL TREATMENT

Wonderfully natural care with functional ingredients **specially formulated for your skin needs with an immediate effect and a deeply relaxing pampering programme**: skin diagnosis, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, modulated facial massage, intensive mask and final individual daycare. Highly effective natural functional ingredients ensure healthy and intensively nourished skin.

80 min. // 122 Euro

80 min. incl. ultrasonic device* // 142 Euro



BOOST

CALM

HARMONY

DETOX

*see page 9 for more information

Facials

ANTI AGE BOOST

An intense treatment with maximum anti-aging effect thanks to a biodynamic lifting massage.

Experience a truly unique beauty treatment with skin diagnosis, eyebrow shaping, lymph stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, bioenergetic flower stamp lifting massage, intensive mask and a final individual daycare and stabilization. Nature's high-tech for lasting effect, immediate visibility and a maximum result.

110 min. // 152 Euro

110 min. incl. ultrasonic device* // 172 Euro



BOOST



CALM



HARMONY



DETOX

SHINING EYES

The sensitive **skin around the eyes** needs special attention. With refreshing active ingredient concentrates and a lifting eye serum, we meet this requirement. Your eyebrows will be shaped and your eyelashes and brows tinted if you wish. Maximum care for maximum charisma!

25 min. // 52 Euro



BOOST



DETOX

ULTRASONIC FACIAL TREATMENT

This face treatment with ultrasound provides a rejuvenated and flawless appearance.

With the help of ultrasound frequencies, the innovative procedure safely transports the natural functional ingredients to the deeper skin layers. This allows the full development of the functional ingredients' potential and the skin is strengthened to the maximum. The effect of the ultrasound frequencies manifests itself immediately in visibly smoother and firmer skin. Depending on the skin condition, the treatment is individually adapted to your needs: lymph stimulation, steam compresses, cleansing, enzyme & ultrasound deep peeling, ultrasonic repair & lifting, daycare.

*see page 9 for more information

To maintain the result and the wow effect for as long as possible, we recommend booking a follow-up treatment.

50 min. incl. ultrasonic device* // 96 Euro

80 min. incl. ultrasonic device* // 138 Euro

The 80 minute treatment is the premium class of ultrasonic lifting!

It contains an additional alginate mask and a vitalizing massage of neck and face.



BOOST



CALM



HARMONY



DETOX



Men treatment

FULL POWER

A powerful, natural and effective facial treatment: skin diagnosis, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing, special serum, intensive mask with facial massage and a final individual daycare.

Natural high-tech power for a vital and well-groomed look.

50 min. // 82 Euro

50 min. incl. ultrasonic device* // 97 Euro



BOOST

*see page 9 for more information



Beauty services

MAKE MY HANDS

A nourishing hand bath is followed by peeling, nail care and a final hand and forearm massage. A pampering experience!

50 min. // 78 Euro – without nail polish

65 min. // 92 Euro – with nail polish*

MAKE MY FEET

Foot bath, peeling, pedicure and a foot massage. A pampering experience for the feet!

50 min. // 78 Euro – without nail polish

65 min. // 92 Euro – with nail polish*

HAIR REMOVAL

30 min. // 47 Euro

LASH OR BROW TINTING

15 min. // 18 Euro

BROW SHAPING

15 min. // 18 Euro

*You choose your favourite nail polish colour and take it home with you! (5 ml)

Wellbeing body-treatments

FEEL FREE

Improve your health while floating in the **softpack lounger**, which is filled with warm water and relieves the load on all supporting structures of the body and spine. While you float you will experience relaxation of the muscles and soul. Our health and care pack treatments are applied directly to the skin and wrapped in a pleasantly warming film for maximum absorption of the active ingredients.

Choose your desired outcome:

- Detox: purification, detoxification and clarification
- Harmony: calming & balancing
- Calm: sensual, nourishing & caring
- Boost: strengthening, activating and muscle relaxing

25 min. // 52 Euro

50 min. incl. massage // 82 Euro



BOOST



CALM



HARMONY



DETOX

FEEL FRESH

Our specially developed **peelings** will make your skin glow and activate the skins metabolism. The active ingredients of the subsequential treatment will be better absorbed. This gentle treatment will make you feel clear and fresh from head to toe!

Choose your desired outcome:

- Aromatic salt: metabolism activation and a refreshed overall feeling
- Whey & herbal oil: cleansing, clarity and luminosity

25 min. // 52 Euro

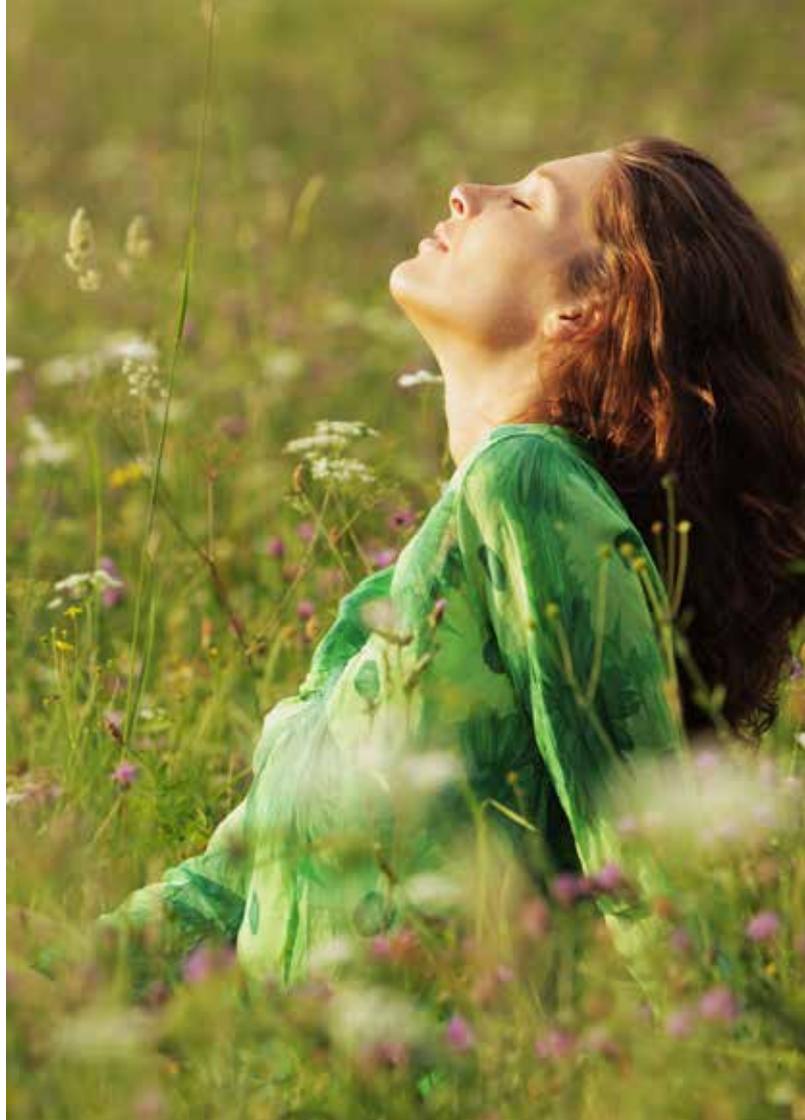
50 min. incl. massage // 82 Euro



HARMONY



DETOX





Classic massages

BODY CLASSIC

Suitable for everyone! By **relaxing and strengthening the muscle tissue** you will be able to breathe deeper. We use highly effective natural oils. Massage techniques and intensity are tailored to your constitution and your treatment goal.

25 min. partial massage // 52 Euro

50 min. full body massage // 82 Euro



BOOST



DETOX

BODY VITALIZE

Is the perfect **massage for active people!** It is tailored to relieve muscular tension and supports muscular regeneration. You will leave feeling revitalized!

25 min. partial massage // 52 Euro

50 min. full body massage // 82 Euro



BOOST



CALM



DETOX

Classic massages

BODY TOP

Focus is on **head, shoulder and neck mobility**. The combination of special massage techniques and effective natural oils relieves neck strain, soreness, tension and clears the head. You will feel improved mobility, relaxation and leave revitalized!

25 min. // 52 Euro



CALM



HARMONY

BODY REFLEX

A massage programme with a profound effect! The **reflexology treatment of the feet** will stimulate the entire body and organ system. From deep relaxation to activation: this foot reflex zone massage will increase energy, relaxation and enhance the feeling of being grounded.

50 min. // 82 Euro



BOOST



CALM



HARMONY



DETOX

BODY DETOX

Detox massage tailored to your needs. Aromatic alpine scented oils and special massage techniques promote circulation, detoxification and cleansing of the body. A very effective treatment to detox and regenerate the system.

50 min. full body massage // 82 Euro



BOOST



DETOX

BODY HARMONY

An **aromatic massage experience** for mind, body and metabolism: you choose the natural aroma oil for your individual massage. The aromatic scent, high-quality oil and the harmoniously flowing massage techniques have a deeply relaxing and harmonizing effect. Effective - holistic - sustainable.

25 min. partial massage // 52 Euro

50 min. full body massage // 82 Euro



CALM



HARMONY





Classic massages

BODY FLOW

This **lymphatic-stimulating massage** is especially recommended for tired, congested legs, cellulite, physical exhaustion or during pregnancy. Gently pumping movements support natural decongestion, tissue cleansing and the detoxification processes of the body. Lightness, noticeable decongestion and vitality are the result!

50 min. // 82 Euro



CALM



HARMONY

Holistic massages

ENERGETIC BACK

This is a **specialized back programme** for lasting relaxation and energizing the back. Singing bowls, cupping glasses and highly effective natural products relieve tension in the back muscles, activate the flow of energy and improve your spine dynamics.

50 min. // 82 Euro



BOOST



HARMONY

CENTRAL BALANCE

This **abdominal resonance massage** releases congestion and blockages in the abdominal area of the body. Abdominal tissue, organs and intestines are gently stimulated and supported in their natural function. Relief, decongestion and a tightened feeling in the core of the body enable a deep, centered feeling of wellbeing and renewal.

50 min. // 82 Euro



HARMONY



DETOX

STAND STRAIGHT

The **very gentle treatment of the vertebrae and joints using the Dorn & Breuss massage technique**, that brings your back into balance.

The spine is corrected using gentle techniques and blockages are released. The subsequent St. John's wort oil massage stretches the spine and supports the musculature recovery process. This is a holistic and gentle treatment.

50 min. // 92 Euro



CALM



HARMONY

MUSCLE RELEASE

The **fascia treatment** is a deep treatment for adhesions in muscles and tissues. The overall mobility, muscle and body mobilization and well-being will improve considerably. For a relaxed and free body feeling!

50 min. // 92 Euro



BOOST



DETOX



Holistic massages

HERBAL POWER

An intensive full-body application with herbal pouches and rich natural oils, which create a synergistic effect. The herbal pouches are moved all over the body with mobilizing pressure.

Get off to a good start – you will experience energy and balance!

50 min. // 92 Euro



BOOST



HARMONY

HOT STONES

The body's energy centres are stimulated with **warm basalt stones**, the subsequent massage with essential chakra oils strengthens lymphatic activity and detoxifies. As a result, extraordinary deep warmth and relaxation set in.

80 min. // 134 Euro



BOOST



CALM



DETOX

Holistic massages

SENSUAL CANDLES

Enjoy a **relaxed aromatic candle massage!**

The warm beeswax oil and its aromas form the basis of this relaxation massage.

Calm, harmony ... depending on the aroma, this special massage ritual ensures a holistic experience, mental balance and a true source of energy for body and soul!

50 min. // 92 Euro



CALM



HARMONY



Spa Packages

RELAX CAREFULLY - BELLY BUTTON

Our Belly Button package is specially **tailored for the changing needs of mothers-to-be**. It offers a pleasant and relaxing experience for the entire body.

This package includes three treatments:

- Make My Hands or Feet – pedicure or manicure without polish (50 min)
- Body Classic – relaxing partial body massage (25 min)
- Shining Eyes (25 min)

100 min. // 149 Euro



CALM



HARMONY

JUST FOR ME

Our packages are a perfect opportunity to treat your body, mind and soul!

- Feel Fresh – full body peeling (25 min)
- Feel Free – softpack treatment (25 min)
- Body Classic – partial body massage (25 min)
- The Ritzenhof tea box with our own herbal tea to take home with you

Can be booked over 1 or 2 days.

75 min. // 135 Euro



BOOST



CALM



HARMONY

JUST FOR US

Pampering programme for couples – this spa experience is carried out in synch by two therapists. Start with a sea salt peel/scrub and then enjoy a fragrant full body massage with an aromatic oil of your choice. A deeply relaxing head and neck massage rounds off this treatment. A sensual and beneficial experience for two.

80 min. // 115 Euro per person



CALM



HARMONY





Everything you want to know about the Spa am See

APPOINTMENTS

To ensure that all of our guests can enjoy the full treatment time, please report to the spa reception 10 minutes prior to the start of the treatment.

BOOKING YOUR TREATMENTS

We recommend that you book your treatments prior to arrival via our spa reception. We aim to accommodate your requests as best as possible. You will receive your appointment confirmation upon check-in at the hotel reception.

CANCELLATIONS

Please inform us about your appointment cancellation at least 24 hours prior to treatment. Otherwise a cancellation fee will occur.

DRESSCODE

Our fluffy Ritzenhof bathrobes are the perfect item of clothing for your spa treatment.

FAMILY SAUNA

Our textile sauna is perfect for all ages and is located in the indoor pool area.

FINNISH OUTDOOR SAUNA

Take in the sauna experience with a view of the beautiful outdoors and the opportunity to cool off in the lake right afterwards. The Finnish sauna is located outside in front of the sauna area.

GIFT VOUCHERS

Are you looking to spoil a loved one? Ritzenhof SPA vouchers make the perfect gift. Our reception team will be delighted to assist.

HEALTH MATTERS

When booking an appointment, please ensure to advise the staff about all health concerns (musculoskeletal, allergies, medications, high blood pressure, heart disease ...). This will ensure that we can tailor your spa applications to your individual needs. We treat this information with the utmost confidentiality.

INDOOR POOL

Our 7x10 m indoor pool is open daily from 7 a.m. to 9 p.m. We invite you to float in the 30 ° C water or to enjoy the air bubble loungers and benches.

INFRARED CABIN

Perfect for everyone who wants gentle yet effective radiant energy warmth. You can find our infrared cabin in the Ritzenhof sauna area.

OPENING HOURS

Indoor pool: 7 a.m. – 9 p.m.
Family sauna: 10.00 a.m. – 9 p.m.
Naked area at least: 2 p.m. – 7.30 p.m.

RELAXATION AREAS

Deliberately designed places to daydream, soak up the sun and enjoy peace and quiet. Both the sauna area and the pool area have spacious relaxation zones. In addition, hotel guests enjoy our outdoor area with our sunbathing lawn and pergola. You are also welcome to use the 12,000sqm public lido with lake access and a separate nudist area free of charge.

SANARIUM

Unwind with soothing sounds at 60°C. The sanarium is located in the sauna area.

SOLARIUM

The solarium is located in front of the entrance to the spa. You can use it with your room card for a fee or purchase tokens at reception.

SPA RECEPTION

Book your appointments and get treatment advice at the reception desk. Please register approx. 10 minutes before the start of your appointment. Spa reception can be reached through telephone extension 99 from your room or direct dial spa reception at + 43 6582 738 06 99 or by email: spa@ritzenhof.at

STAND-UP PADDLES

If you want to explore our beautiful Ritzensee on stand-up paddle you can rent boards and oars at the spa reception.

STEAM BATH

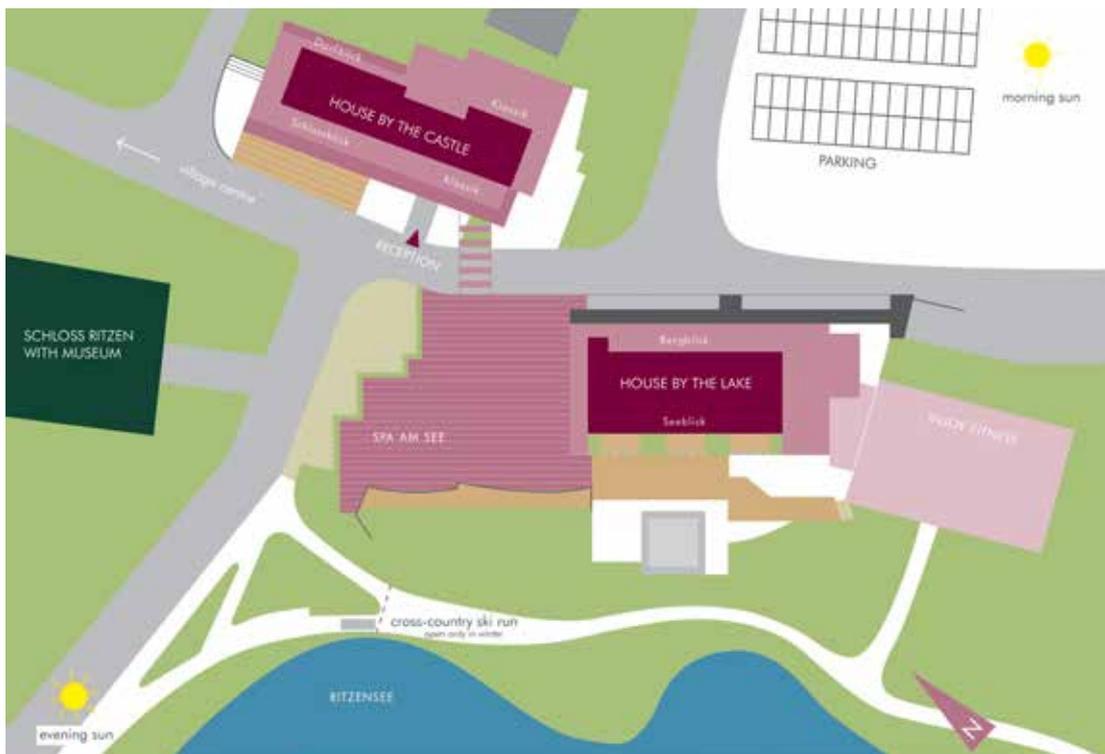
100% humidity and pleasant temperature ensures physical regeneration and beneficial effects on the skin and respiratory tract. The steam bath can be found in the sauna area.

TOWELS

We have prepared a spa bag in your room. There you will find towels, bath robes and slippers for your visit to the spa am see.

The Ritzenhof

- 4 panoramic suites
- 69 double rooms and family rooms
- 3 restaurant areas
- 1 lounge with hotel bar
- 2 seminar rooms
- 1.300 m² SPA with direct access to the lake
- Indoor infinity pool with light design
- Separate treatment area
- Infrared cabin, steam bath
- Sanarium
- Family textile sauna
- Finnish outdoor sauna
- Relaxation rooms
- Free parking
- Shuttle service to 2 golf courses, in winter to 2 skiing regions
- Situated only 500 m from the village centre



Spa am See

- 1 SPA reception
- 2 Softpack room
- 3 - 8 Treatment rooms
- 9 Couple treatment room
- 10 Solarium
- 11 Sanarium
- 12 Infrared cabin
- 13 Steam bath
- 14 Seating area
- 15 Relaxation room
- 16 Showers
- 17 Finnish outdoor sauna
- 18 Family sauna
- 19 Indoor pool





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RITZENHOF****S - HOTEL UND SPA AM SEE

Ritzenseestraße 33, 5760 Saalfelden, Austria
Telefon +43 6582 73806
www.ritzenhof.at | info@ritzenhof.at