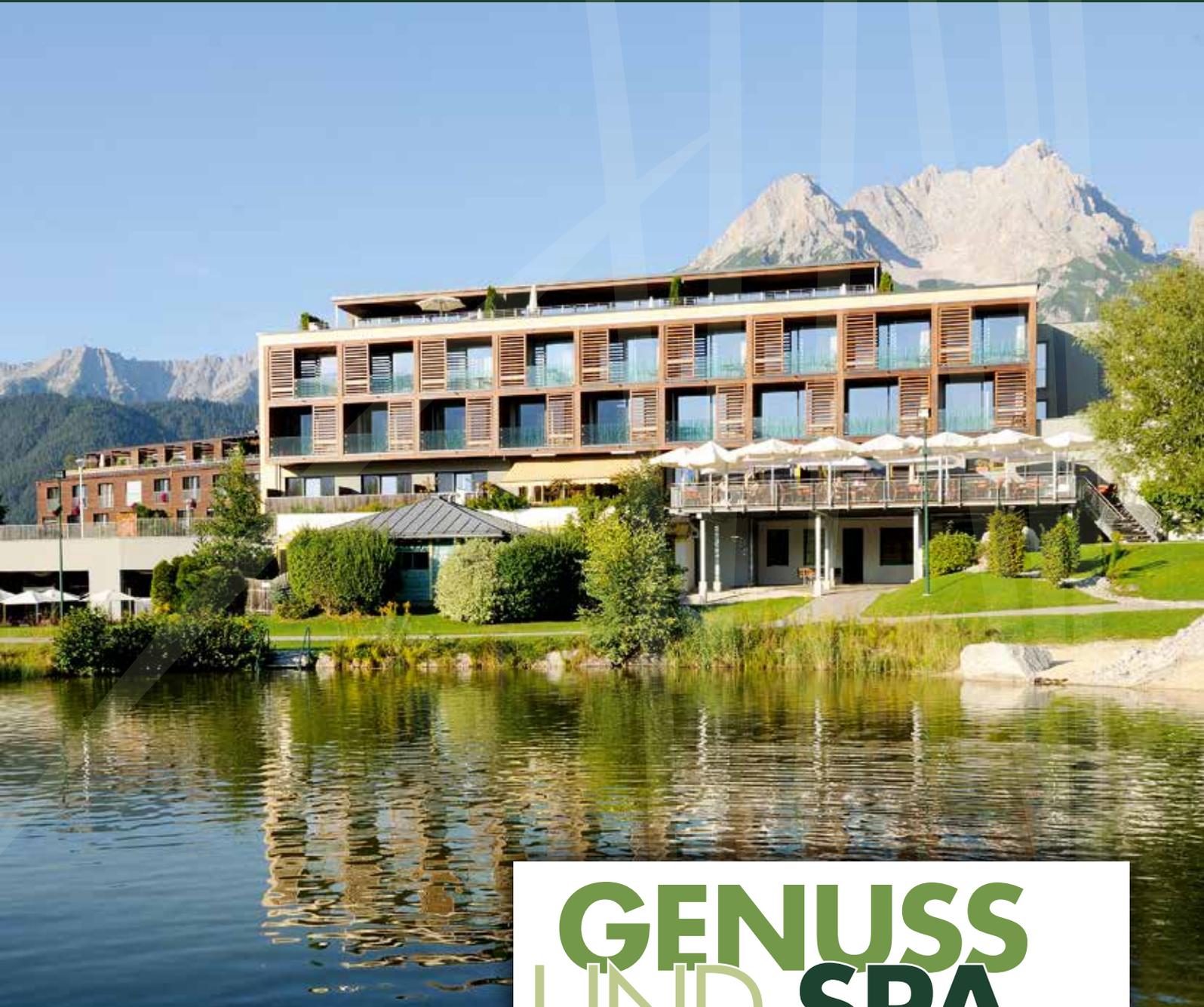


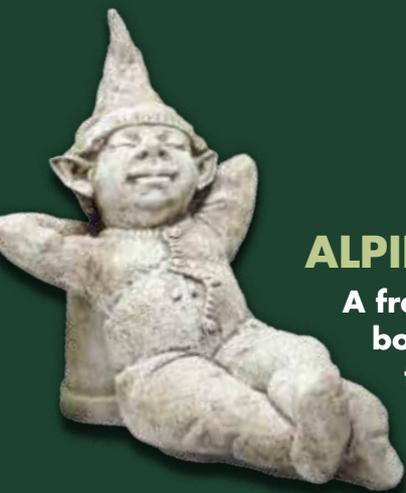
RITZENHOF
HOTEL UND SPA AM SEE ★★★★★

ALPINE HOLISTIC



GENUSS UND SPA AM SEE

Issue 01
Summer 2017

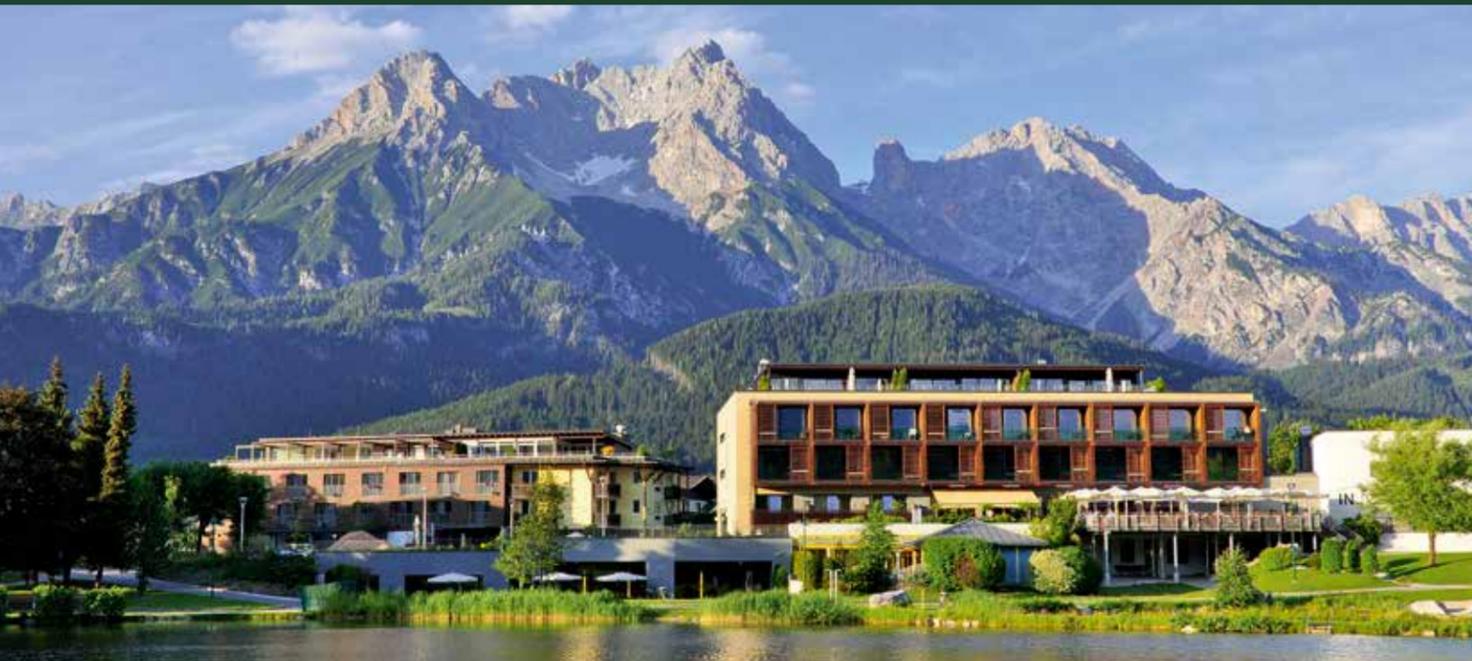
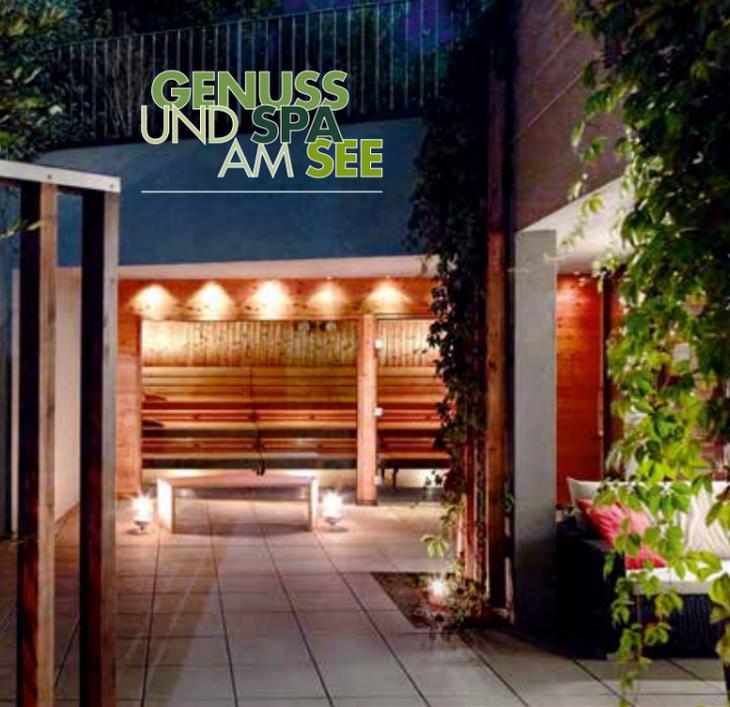


ALPINE HOLISTIC®

A fresh holiday concept for
body, mind and soul: only at
the RITZENHOF - HOTEL
UND SPA AM SEE – page 4

ALPINE SUMMER

A summer of pleasures: flavours,
sensations, emotions. Summer
offers – page 16



DEAR FRIEND of the Ritzenhof!

This issue of our magazine is dedicated to ALPINE HOLISTIC® – our integrated wellbeing concept. We developed ALPINE HOLISTIC® at the Ritzenhof in close collaboration with physicians, sports scientists and spa experts, and it is only available here. Our exclusive concept combines traditional Alpine medical practices that have been handed down over centuries with a contemporary Zeitgeist and the latest scientific findings. It provides a basis for a sustainable and type-appropriate holiday experience in which body, mind and soul benefit equally.

'Enjoy life with all your senses' is how we sum up ALPINE HOLISTIC®, and it is what we celebrate throughout the hotel. In the comfortable ambience of the Ritzenhof restaurant, our guests experience ALPINE CUISINE; defined by regional, seasonal produce and a contemporary interpretation of classic Alpine dishes. Join our ALPINE FITNESS coaches, and discover the pleasure of exercise as well as your favourite spots in the forests, meadows and mountains that encircle the hotel. Made-to-measure ALPINE WELLNESS treatments are offered at our SPA AM SEE, where everything is customised to suit the individual needs of the guest, and is either energising, detoxifying, calming or balancing.



Life and love – passionate hosts: Michaela, Hannes senior, Martina & Hannes junior Riedlsperger.

A summer-fresh lake and mountain holiday!

There is plenty to do around Saalfelden in the Salzburg region: hiking, biking, swimming, golfing or dolce far niente – a holiday in the Steinernes Meer mountains means experiences to suit everyone. There are so many event highlights to choose from this summer, so we thought we'd make things easier for you by selecting some of our favourites. Here's to a restorative summer at the RITZENHOF - HOTEL UND SPA AM SEE!

Your Riedlsperger family

RITZENHOF VOUCHERS: Alpine zest for life – an unbeatable gift

Restorative hours, energising treatments, relaxing experiences, indulgent flavours – Ritzenhof vouchers are the gift of holistic wellbeing. For friends, family and partners. From breakfast, romantic hours for two, day spas and overnight stays to ALPINE WELLNESS treatments or vouchers issued to a monetary value, we can provide the perfect gift.





attitude towards our own bodies and the environment is our focus', explains Hannes Riedlsperger Sr.

Dip your feet in the lake, breathe in the clear mountain air, and leave your cares behind

At the beginning of this year, the ALPINE HOLISTIC® concept added another dimension to the above invitation. 'ALPINE HOLISTIC® is based on the interaction of nature, the seasons, customs, traditional knowledge, design and the spirit of the times. It represents symmetry, balance and harmony, affects the whole person, and creates a lasting sense of wellbeing that results from even a short stay at the Ritzenhof', emphasises Martina Riedlsperger.

For two years, the Riedlsperger family worked in close collaboration with doctors, sports scientists and spa experts to develop and test the ALPINE HOLISTIC® concept, which is based on three mainstays. Now the tailor-made approach to wellbeing is offered exclusively at the Ritzenhof, so that you too can 'enjoy life with all your senses'. **R**

ALPINE HOLISTIC® – wholesome and wholly delicious!

ALPINE HOLISTIC® means...

- ... feeling the magic of the Alps
- ... experiencing the power of the elements
- ... enjoying with every breath
- ... taking in the beauty of the moment
- ... becoming aware of your own biorhythm
- ... living in harmony with the time of day and the seasons
- ... rediscovering the wisdom of the ancients
- ... breaking new ground
- ... slowing down at every level
- ... recognising the unity of body, mind and soul

Rediscovering a sense of you, absorbing the power of nature, and living in tune with your biorhythms – seven years ago when Hannes and Martina Riedlsperger opened the Ritzenhof, they knew that their approach to the hotel would have to be holistic. Even back then, staying at the Ritzenhof – where the people, environment, architecture and lifestyle form a unique symbiosis – was so much more than just a holiday.

The Ritzenhof is all about subtle and sophisticated sensuality – natural and sustainable. This is reflected in the deliberately stripped-down ambience of the stylish hotel where the distinction between 'inside' and 'outside' is blurred, creating a sense of freedom and space. 'The Ritzenhof was created to offset the overstimulation so prevalent today. We wanted it to be free of distraction. A mindful

ALPINE HOLISTIC®: three mainstays of wellbeing



Mainstay 1:
ALPINE CUISINE

The Ritzenhof kitchens use only the best and freshest ingredients from across the Alpine region, brought to them by local farmers and selected suppliers. These fabulous ingredients go into creating delicious dishes influenced by traditional recipes as well as international culinary trends and the findings of modern nutritional science.



Mainstay 2:
ALPINE FITNESS

Standup paddleboarding on the lake, running in the forest or early morning exercise classes on the lawn – the whole of Saalfelden and half of Pinzgau turn into an open-air gym when our outdoor fitness coaches are on the move with our guests. Fitness sessions take into account each person's own biorhythm and fitness level to ensure that everyone gets the full health benefits and enjoyment from their outdoor exercise.



Mainstay 3:
ALPINE WELLNESS AM SEE

Relax, switch off, recharge: the Ritzenhof SPA AM SEE – perfect for a new, holistic treatment concept. Highly skilled SPA therapists help guests determine the kind of treatment that is best for them. Treatments are as individual as our guests and their needs: activating, detoxifying, calming or balancing.

FROM AB.SCHALTEN / SWITCH.OFF TO WIRBEL.SEELE / FULL.SPEED: ALPINE FITNESS gets you moving!

Pursuits in nature are Head Outdoor Fitness Coach Philipp Bacher's passion. Why? We asked the sports scientist from Pinzgau to explain.

You started working with the Ritzenhof's guests this year – what's so special about the ALPINE FITNESS concept?

'The ALPINE FITNESS services that were developed specifically for the Ritzenhof are designed to deliver the enjoyment of exercise and the stunning scenery that surrounds us simultaneously. This is why nearly all classes take place outdoors and are tailored to the natural conditions around the Ritzenhof. In the summer, for instance, we focus very much on exercising in and around the lake; although the nearby forests and meadows also serve as a scenic outdoor gym. The holistic idea behind it is that it's not just about the workout; it's also

about experiencing nature: fresh air, sunshine, the perfume of flowers and herbs, being barefoot in the water or in the forest.'

Full.speed, Mind.boxing and Slack.lining – the names of some of these classes sound pretty wild



Head Outdoor Fitness Coach Philipp Bacher gets your circulation, muscles and joints in motion whilst bringing balance to body and mind.



and heavy going. Are they really suitable for all abilities?

'In principle, the classes are appropriate for any guest. No prior experience or special fitness level is required to participate. Each guest works out within the parameters of their own capabilities and with personal supervision from us. The programme's objectives are to improve stamina, coordination, concentration and the sensorimotor system, energise the cardiovascular system, and boost body awareness.'

Biorhythms play a major role in the new ALPINE HOLISTIC® concept. Do they feature in ALPINE FITNESS too?

'Biorhythms are major! This is why we run strength and endurance sessions in the morning, and focus more on promoting relaxation, flexibility and mobility in the afternoon. The objective is to achieve a balance, so we always

aim to establish what could benefit a guest in advance. We also take the participants' individual constitutional types into account when we compile the exercises for a class.'

What are your favourite ALPINE FITNESS activities?

'I am hugely into water! So, I like all the classes that take place by the lake. Standup.paddeln / Standup.paddle, for instance, is such good fun! But it also exercises all kinds of muscle groups and is superb for balance. The Frisch.wasser / Fresh.water class is – as its name implies – hugely refreshing. This takes place in knee-deep water in the lake and is based on small, energising movements. When it comes to relaxing activities I really enjoy Bogen.schießen / Arch.ery, and if I really need to burn off energy I go for a round of Mind.boxing in the woods.'

ALPINE FITNESS: a selection of our classes

Naturraum.fitness / Nature.fitness

Experience the natural world as you walk and exercise – boost stamina, strength and your sense of balance.

Work.outside

Full body strength workout with the forest as your outdoor gym.

Frisch.geschmiert / Oiled.joints

This workout gets everything going: stretches and mobilisation exercises encourage flexibility.

Wirbel.seele / Spine.soul

Energise your back – and your soul – with relaxation exercises borrowed from Yoga and Pilates. Feel obstacles disappear as smooth energy flow is restored.

Mind.boxing

The perfect coordination and speed workout for burning off energy.

Slack.linen / Slack.lining

Slackline training boosts balance, puts a whole load of muscles through their paces, and is so much fun!

Poached chicken
with a duo of
pumpkin and apple.

ALPINE CUISINE

The key ingredients
of our ALPINE CUISINE
are authenticity,
professionalism and an eye for
quality. Add a dash of zest for life,
a pinch of passion and love for
Alpine culinary heritage, and you
have healthy meals created
with respect for each
ingredient.



Alpine
herbs

The culinary and medicinal
properties of **ALPINE CUISINE HERBS:**

LEMON BALM: Calms and soothes the nerves and gastrointestinal tract. Delicious as a homemade syrup or in sweet mousses.

WILD THYME: Also known as creeping thyme. A warming herb that promotes digestion and purifies the blood. Wonderful with hearty stews, it is also used to make herbal tea.

SAGE: Cooling, calming and anti-inflammatory.

A mouth-watering classic: saltimbocca alla Romana – veal with sage and Parma ham.

WATERCRESS: Helps the liver to release toxins, and clears the airways. Must be used when still very fresh – delicious in soups, salads and risottos.

MUGWORT: A drying and warming herb that stimulates digestion. Used dried as a herbal tea, or fresh to flavour duck or goose.

LOVAGE: An excellent all-rounder – soothes colds and coughs, and is found in most Alpine kitchen gardens. A tasty replacement for parsley!

ROSEMARY: Has long since found its way from the Mediterranean to the Alps. The herb is an energising mood enhancer. Tip: use as a skewer for kebabs.

DILL: Appetising, digestive and soothing. Partners well with all fish dishes. Mix with yoghurt and oil to make a dip or the perfect cucumber salad dressing.

MARJORAM: Makes heavy foods easier to digest and strengthens the immune system. Delicious in stews.

HELLO FROM THE KITCHEN – the RITZENHOF'S ALPINE CUISINE

The peak of good taste: the Ritzenhof's new ALPINE CUISINE focuses on seasonal and regional products, creative interpretations of traditional Alpine recipes, and sophisticated menus influenced by the 'four elements' theory of nutrition. The result: culinary delights with a profound approach that is not only about great flavour, but also focuses on health and individual biorhythms.

Fabulous flavours from dawn to dusk

A day at the Ritzenhof starts with a balanced, high-energy buffet breakfast: freshly baked wholegrain pastries, hot porridge and selected mueslis deliver carbohydrates and fibre. Milk, eggs, yoghurt and cheese from nearby organic farms supply valuable protein. Speciality cold cuts from the region, vegetarian spreads and local fruit and vegetable juices

provide the freshest, healthiest choice around.

Lunch offers crispy salads and two tasty soups – one to energise and one to relax – depending on what's best for your biorhythm. The cake buffet with its selection of homemade pastries, tray bakes and cakes is a delight and, in addition, fresh fruit and nuts are served in the SPA area every afternoon.

Your 5-course dinner begins with an amuse-gueule of concentrated protein to stimulate the digestion without taxing the metabolism. Then you either choose from various menu suggestions – our knowledgeable service personnel will be delighted to offer advice – or simply go for whatever takes your fancy... **R**

Alpine culinary delights served with a smile in stylish surroundings.



OLIVIER VAN DEN BEEK shares his favourite recipe

A delicious RITZENHOF ALPINE CUISINE treat for you to cook at home: braised knuckle of veal with red wine shallots and potato and cress mash – serves four

Season a knuckle of veal and brown in a roasting pan with a little oil.

Lift the meat from the pan, and add 300g of cubed onions, carrots and celery to the oil. Fry until golden, then stir in a tablespoon of tomato purée.

Sprinkle with flour, deglaze with 0.5 l red wine, bring to the boil and add 0.5 l beef stock.

Stir in 2 tablespoons of tarragon mustard, 400g peeled and halved shallots, 1 teaspoon of juniper berries, 1 teaspoon of black peppercorns and 2 bay leaves, bring back to

the boil and place the meat back in the roasting pan.

Cook in the oven at 180°C for about 1 hr 30 mins. Keep an eye on the cooking juices, and top up with water if necessary.

When the meat is cooked, strain the sauce through a coarse sieve. The sauce is thickened by the onion and vegetables.

While the meat is cooking, peel and boil 0.5kg of potatoes.

Blanch 100g of watercress leaves, drain and refresh with iced water, place in the blender and purée.

Mash the potatoes, add butter and cress paste, and mix well. Stir in some milk if required. Season with salt.

Braised knuckle of veal with red wine shallots and potato and cress mash.



Interview with HEAD CHEF OLIVIER VAN DEN BEEK

As the Ritzenhof's Chef de Cuisine, Olivier is in charge of the selection and preparation of all meals. He collaborated with prominent nutritionists to develop the ALPINE CUISINE concept.

What makes ALPINE CUISINE so distinctive?

'The first thing to mention is that ALPINE CUISINE is based on top-quality, regional and seasonal products. Also, we focus on dishes from the Alpine area with modern interpretations, and use the best cooking methods for retaining the food's nutrients and vitamins. We believe that food is all about love, a sense of home and good health.'

The ALPINE HOLISTIC® concept places each guest's constitutional type at the heart of their stay. To what extent is this also true of ALPINE CUISINE?

'We start the day with energising and fortifying foods, and in the evening we serve foods that will not strain the body and metabolism. Guests can see straight away which dishes they most benefit from, and make their

choice accordingly. On the menu, we also describe the effects of the herbs and other ingredients in each dish. Plus, we let our guests know exactly where the ingredients originate from.'

Choosing producers and suppliers is one of your major preoccupations, isn't it?

'Absolutely. We want to know exactly where our meat, dairy products, eggs and vegetables come from. Concerns like animal welfare, organic farming and supporting family-owned farms are important to us.'

As the Head Chef, do you have any favourite ALPINE CUISINE dishes?

'To be honest, I think I love them all. Although, one of my top favourites has to be braised knuckle of veal with red wine shallots and potato and cress mash.'



By the lake and in the lake, indoor and outdoor – an exceptional wellbeing experience: ALPINE WELLNESS at the Ritzenhof SPA AM SEE.



Relax, switch off, recharge – THE EXPERIENCE OF ALPINE WELLNESS!

An indoor pool, sauna world and spacious indoor and outdoor relaxation areas: the Ritzenhof SPA AM SEE offers guests abundant space for thorough indulgence – especially in the summer when the hotel's direct access to the lake comes into its own, and you can daydream under the shady pergola on our private sunbathing lawn.

It is in this unique ambience that we celebrate your tailor-made ALPINE WELLNESS treatments. The concept: Alpine medical lore handed down by generations combined with the power of locally picked herbs and cutting-edge scientific findings.

What makes a SPA truly unique, beneficial and sustainably effective? This question occupied Martina Riedlsperger and her team as they worked on translating the ALPINE HOLISTIC® concept for the SPA, and on refining their existing SPA strategy. Their conclusion: 'Our treatments must not only be superficially good, they need to go deep, and always follow the individual needs of our guests', says the hotelier – adding 'that's why we decided that our SPA therapists would spend time talking to their clients prior to any treatment. This helps



OUR TIP: SPA in a cup – the Ritzenhof's Vital & Relax tea!

Enjoy during your stay or at home after your holiday: our energising and relaxing tea contains apple, wild strawberry leaves, rosehip,



blackberry leaves, lime blossom, lemon myrtle and lavender – delicious and refreshing. A perfect souvenir. Buy your beautifully packaged tea bags at reception – in packs of 10.





HUNGRY FOR MORE? A few highlights from our new ALPINE WELLNESS SPA menu in four delicious courses:

- 1. ENERGISING HERBAL COMPRESS MASSAGE**
A powerful full body treatment with precious oils, organic herbal blends, and the synergy of active ingredients. The herbal compresses are applied all over the body with sufficient pressure to mobilise tissues. Fires up the system for harmony and energy.
- 2. BALANCING SOFT PACK TREATMENT WITH APPLE AND ROSEHIP**
Sensually fruity: extracts of apple and rosehip supply moisture and result in visibly smoother, plumper skin. The comforting heat and fine fragrance are deeply relaxing.
- 3. CALMING FULL BODY EXFOLIATION WITH AROMATIC ALPINE SALT**
A gentle rubdown with aromatherapy massage oil and locally mined salt that soothes your soul, supports skin renewal, and encourages tissue metabolism.
- 4. DETOXING AND INTENSE PURIFYING FACE TREATMENT**
In-depth cleansing based on the method of TEAM D^R JOSEPH with a moisturising and clarifying peel-off mask.

VITALIS DR JOSEPH: the Ritzenhof's new ALPINE WELLNESS partner

Hundreds of plants from the Alpine region (some of them rare) grow in the herbarium tended by South Tyrolean phytomedical expert Dr Franz Joseph. His mission in life is to research their effects and transform them into highly effective cosmetics and SPA products in which the terms 'organic' and 'high-tech' complement rather than mutually exclude each other. 'The most expensive laboratory on earth cannot keep pace with the intelligence of plants', says Dr Franz Joseph. The TEAM D^R JOSEPH beauty and SPA lines can look back on decades of award-winning expertise, and are available only in selected SPAs and beauty institutes worldwide.



them to identify individual focal areas, and tailor treatments and packages to the needs of each guest. To facilitate this, we have divided the treatments into four categories. The new SPA menu reflects this helpful and ground-breaking approach in its design.

Treatments conclude with a massage using fragrant herbal compresses, hot Alpine stones

Selected TEAM D^R JOSEPH products are available for purchase at the SPA reception.

or ancient cupping techniques. Exfoliating treatments with locally sourced salts, ground apricot kernels or aromatic hay are gentle and effective. Treatments on the soft pack bed are enriched with Alpine mud, calendula extract or St John's wort extract. 'ALPINE WELLNESS is based on unique methods that focus on centuries-old wisdom and the healing power of nature. VITALIS DR JOSEPH, experts in holistic Alpine cosmetics and health, are our celebrated and innovative SPA brand partners for this concept. Together we have developed health-promoting SPA rituals that go appreciably deeper as they understand people as a complex unity of body, mind and soul. It is this understanding that makes our ALPINE WELLNESS such an extraordinary and important component of the overall ALPINE HOLISTIC® philosophy', says Martina Riedlsperger.

ALPINE WELLNESS treatments – as individual as each guest

- ENERGISING** for increased energy and resilience
- CALMING** for unreserved relaxation and complete inner peace
- BALANCING** for inner balance and ease
- DETOXIFYING** for vitality, lightness and health



Generous interiors for superb sleep and wellbeing in the Ritzenhof rooms and suites.

ROOMS – staying at the Ritzenhof

The Ritzenhof's interiors and outdoor areas exude an elegant purism that focuses on the essentials. The architecture, furnishings and décor are the visible expression of a holistic and sustainable attitude that permeates the entire hotel. The local timber façade naturally stores carbon dioxide, and is a gesture to the region's traditional construction methods.



All around the hotel, large windows create a light and airy ambience in which interior/ exterior boundaries seem to blur. Nature is within reach; the architecture is visionary. The Haus am Schloss and Haus am See are linked by an underground passage that features a planted atrium and a transparent wall of water. One building houses the lobby, lounge bar and three restaurant zones, the other the unique SPA AM SEE with direct access to the lake. The hotel's 72 rooms and suites are spread out between the two buildings. Inside, warm colours and natural materials contrast with rectilinear forms. Stylised reed leaves reflect the hotel's proximity to water and its connection with the neighbouring lake. Oak, felt and loden add regional accents, and combine with lustrous

velvet and soft organza for a sophisticated feeling of harmony. Decorations are arranged with skill and precision to please the eye, not to distract. The walls are deliberately free of pictures.

'Arrive, unwind and relax...'

This mantra is promoted by the rooms and suites. Most of the windows run from floor to ceiling for an unobstructed view of the lake, as well as the surrounding meadows, forests and mountains. The sheltered recessed balconies of the Haus am See greet guests with the scent of sun-warmed wood. Inside, Swiss pine humidifiers developed specifically for the Ritzenhof ensure a healthy indoor climate. As well as adding a pleasant fragrance, they reduce the sleeping heart rate by up to 3,500 beats per day. All eight accommodation categories offer spacious layouts with a high-quality ambience. 

ALPINE HOLISTIC® – inclusive services

- Vitality breakfast buffet with freshly prepared ALPINE CUISINE delicacies
- Lunch with crispy salads and two tasty soups, plus homemade cakes or strudel in the afternoon
- Fruit, nuts, tea and juices from the SPA bar
- 5-course dinner menu with gourmet half board options for each course
- Fresh salad buffet with a large choice of fruit vinegars, healthy oils and fine dressings
- A fine selection of cheeses and bread at the buffet
- Reserved parking space in the hotel's own car park
- Free high-speed internet throughout the hotel
- Welcome drink
- Choice of pillows
- Complimentary Nordic Walking and hiking pole, backpack and umbrella rental
- Free pick-up service from the Postbus or train at Saalfelden
- All-day use of the RITZENHOF SPA AM SEE with indoor pool, various saunas and large beauty treatment area (including on arrival and departure days)
- Unrestricted, direct access to Lake Ritzensee with 12,000sqm lido and private nudist area
- Beach bag with soft bathrobe, towels and beach sliders for use during your stay
- Sumptuous sauna rituals and steam bath body scrubs
- Free access to the adjoining INJOY gym on three floors with complete range of workout equipment, circuit training and all classes at advertised times
- Children's adventures with the Löwen Alpin Card – a day on an alp, bread baking, etc. – in July and August (€6 charge for lunch)
- Fantastic children's playground at the lido
- Textile sauna for the whole family in the indoor pool area
- Specially designed children's SPA treatments
- Accommodation with separate children's sleeping area
- Easy guided walks to the region's most beautiful spots
- Mountain bike route advice
- Bicycle room with CCTV, quick-release stands, cleaning materials and tools
- Washing station for bikes
- Hotel shuttle to the Brandlhof and Urslautal golf courses
- 30% reduction on green fees at Brandlhof Golf Club, tee-time coordination at all Golf Alpin courses
- Network of running trails and Kollinwald fitness course on the hotel's doorstep
- Löwen Alpin Card benefits from mid-May to the end of October, including free travel on the Leogang and Saalfelden cable car



From the vitality breakfast and Löwen Alpin Card to guided walks that take in the region's most beautiful spots – the Ritzenhof ALPINE HOLISTIC® inclusive services.

OVER 1,300SQM OF WELLBEING

- 1 SPA RECEPTION
- 2 SOFTPACK TREATMENT ROOM
- 3 – 8 SPA TREATMENT ROOMS
- 9 COUPLES' TREATMENT ROOM
- 10 VITALITY BAR
- 11 SUNBED
- 12 SANARIUM
- 13 INFRARED CABIN
- 14 STEAM ROOM
- 15 + 16 SEATING AREAS
- 17 RELAXATION AREA
- 18 SHOWERS
- 19 EXTERIOR FINNISH SAUNA
- 20 FAMILY SAUNA
- 21 STAINLESS STEEL POOL

RITZENHOF SPA AM SEE

