RITZENHOF
HOTEL UND SPA AM SEE ★★★★S

ALPINE HOLISTIC

SPA MENU

'To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.'

Buddha

RITZENHOF SPA ON THE LAKE: welcome to a world of wellbeing

Our exclusive wellbeing area offers direct access to Lake Ritzen as well as stunning views of the surrounding mountains: **perfect for relaxing, recharging and getting thoroughly pampered.** In our 1,300sqm SPA, an indoor pool, sauna area, spacious relaxation areas and a selection of indulgent treatments await our guests.

We think you'll love our **ALPINE WELLNESS AM SEE** / ALPINE WELLBEING ON THE LAKE **holistic concept**, based on nature, traditional Alpine healing arts, and the latest scientific research.

Created in collaboration with leading SPA and health experts, our ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE treatments go deeper as they centre on your needs. VITALIS DR JOSEPH is our celebrated and innovative SPA brand partner for this concept.

Our SPA AM SEE / SPA ON THE LAKE also offers classic facials with super-effective BABOR products, as well as special massages and treatments for couples, young SPA enthusiasts and expectant mums.

Our highly knowledgeable staff will gladly create customised treatment programmes focused entirely on you and your wellbeing.

VITALIS
DR JOSEPH

OUR PARTNER: VITALIS DR JOSEPH

With VITALIS DR JOSEPH we have found a solid and dependable partner brand with decades of award-winning expertise.

Crucially, the internationally celebrated, South Tyrolean company VITALIS DR JOSEPH also shares our values:

– Love of and respect for nature in all its purity and richness

– A sense of kinship with the region and its traditions

– Respect for natural resources

– An all-embracing, sustainable and effective notion of quality

VITALIS DR JOSEPH's holistic approach finds expression in the brand's powerful, high-tech yet natural products for beauty, health and well-being.

VITALIS DR JOSEPH's philosophy:
Nature is the number one priority for VITALIS DR JOSEPH who deploy the latest micro-technological methods to refine nature's active ingredients, and then combine them to make holistic products and treatments in harmony with traditional wisdom.

THE RITZENHOF CONCEPT: ALPINE WELLBEING ON THE LAKE

Appropriate treatments for health, beauty & wellbeing

ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE offers an exclusive and holistic concept that benefits every level of the body, mind and spirit, and is only available here at the Ritzenhof.

Based on herbal and medical lore handed down by generations, our treatments restore and bolster equilibrium.

ENERGISING. CALMING. BALANCING. DETOXIFYING.

To start our ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE rituals we like you to enjoy a soothing cup of herbal tea to attune you to the treatment to come. We also lay great worth on you and our SPA therapists having an in-depth conversation that allows them to determine your medical history, identify your personal profile, and plan your tailor-made treatments and packages.

ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE is a meaningful personal experience, as well as being beneficial and leading you to a deeper understanding of your body's needs and requirements.

ENERGISING. For increased energy and resilience – a comforting boost for body, mind and spirit.

CALMING. For unreserved relaxation and complete inner peace – luxuriate in profound tranquillity and ease of mind.

BALANCING. For inner balance and ease – feel the freedom.

DETOXIFYING. For vitality, lightness and health – an invigorating and inspiring energy boost.

MASSAGES FOR YOUR NEEDS: with the power of nature

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.

50 min | 82 Euro

energising

SPORTS MASSAGE WITH ARNICA & ST JOHN'S WORT

Specifically designed for the relief of tension and to support muscular recovery following physical activity. Ideal for athletes.

25 min | 42 Euro **50 min | 72 Euro**

energising

BASALT STONE MASSAGE

The body's energy centres are stimulated with hot basalt stones in preparation for a massage with essential Chakra oils to boost lymphatic activity and aid detoxification. The result is intense relaxation and a deep feeling of warmth.

80 min | 109 Euro

calming

CALENDULA AND CAMOMILE BEAUTY MASSAGE

Ideal for sensitive skin. The active ingredients in calendula and camomile are soothing and restorative.

25 min | 42 Euro **50 min | 72 Euro**

calming

TUMMY TONING PROGRAMME

A resonance massage that targets the abdominal area to reduce waist circumference and tighten the tummy. This massage gently stimulates the tummy area, thereby improving skin tone and contours.

50 min | 72 Euro

balancing

MOISTURISING MASSAGE WITH APPLE & ROSEHIP

A special treatment for dry or mature skin. The active ingredients contained in apples and rosehips moisturise the skin, leaving it feeling fresh and invigorated.

25 min | 42 Euro **50 min | 72 Euro**

balancing

ANTI-CELLULITE PROGRAMME

This resonance massage effectively, visibly and sustainably reduces the appearance of cellulite. Combining an activating footbath, stimulating body scrub, energising cupping treatment and modulating cellulite massage, this treatment is a real all-rounder!

50 min | 72 Euro

detoxifying

DETOX MOUNTAIN & SCOTS PINE MASSAGE

Mountain & Scots pine extracts have a cleansing effect on the body. The aromatic Alpine oils encourage blood flow, boost metabolism and result in a glowing, healthy complexion.

25 min | 42 Euro **50 min | 72 Euro**

detoxifying

MASSAGES: powerful & soothing

Suitable for anyone
Breathe deeply and easily with relaxed and fortified muscles: highly effective natural oils are matched to your constitution and treatment goal, and combined with the massage techniques and intensity that are right for you. Depending on your muscular needs, massages can be either energising, balancing or relaxing – ideal and tailormade for both athletes and seekers of deep relaxation.

BACK PROGRAMME

A bespoke massage for lasting back muscle relaxation and blockage removal. Singing bowls, cups, and highly effective natural products relieve tension and improve the spine's dynamics. Be upstanding!

50 min | 72 Euro

energising calming balancing detoxifying

AROMATHERAPY MASSAGE

Choose a fragrance to suit your emotion, and have it accompany you through the treatment. The naturally therapeutic fragrance, high-grade oil, and harmoniously flowing massage result in deep relaxation.
Effective – holistic – traditional.

25 min | 42 Euro **50 min | 72 Euro**

energising calming balancing detoxifying

LYMPH STIMULATION MASSAGE

This massage is highly recommended for expectant mothers, as well as being a great treatment for tired legs and cellulite. Gentle pumping motions support the return flow of lymphatic fluid. This treatment imparts ease and vitality.

50 min | 75 Euro

FORTIFYING PROGRAMME FOR ATHLETES

If you have spent the day walking, mountaineering, playing golf or skiing, this deep tissue massage soothes muscles and restores blood flow. For an energetic, fortified and relaxed body.

50 min | 75 Euro

FACIALS: superb skincare for a glowing, lustrous you

Method TEAM D[R] JOSEPH – Face: Purity. Recreation. Protection.
Based both on the needs of your skin and scientific findings, the manual treatment method of TEAM D[R] JOSEPH starts deep in the tissue. Following the natural laws of function, the skin's metabolism is brought into balance: the nervous system is calmed, facial expressions become relaxed, the flow is harmonised and micro-circulation is normalised with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.

INTENSE PURIFYING FACE TREATMENT

In-depth cleansing specific to your skin type based on the method of TEAM D[R] JOSEPH. Your skin? Bright and soft. Your face? Radiant. Your feeling? Clear and energetic.
A moisturising peel-off mask completes the treatment ritual. For a visibly fresher complexion and vital radiance.

50 min | 74 Euro

PROFOUND EFFECTS FACE TREATMENT

A wonderfully natural treatment with active ingredients for instant effects. With a deeply relaxing, pampering programme based on the method of TEAM D[R] JOSEPH. Ideal active ingredient combinations are created after a thorough skin diagnosis, and if desired, we will shape your eyebrows. Highly effective Intensive Energizing Serum with selected active ingredient complexes naturally balances your skin. Combined with a modulating face massage and an intense mask, highly concentrated active ingredients are united deep inside the skin. For healthy and thoroughly cared-for skin.

80 min | 109 Euro

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

ADVANCED BIO LIFTING FACE TREATMENT

A holistic, maximum programme based on the method of TEAM D[R] JOSEPH: intense treatment specifically tailored to the needs of your skin. A bio-energetic lifting massage supports your skin's self-regulating function for tangible wellbeing, deep relaxation and increased skin vitality. Sustained impact is ensured thanks to an extraordinary serum and intense facial mask. High-tech and nature: working together for a smooth, relaxed and radiant complexion. Eyebrow shaping on request.

110 min | 154 Euro

EXPRESS POWER LIFT FOR MEN

The TEAM D[R] JOSEPH method for men. Powerful, natural, effective! Natural high-tech power for a commanding and well-groomed appearance.

50 min | 74 Euro

DRY FLOTATION SOFT PACK TREATMENTS: on cloud nine...

Weightless flotation
The heated soft pack bed supports the spine and musculoskeletal system, and helps bring about complete muscle relaxation. Once our health and beauty treatments are applied on the skin, we wrap you in the hug of a warming film. The resulting occlusion effect amplifies the absorption of active ingredients.

SOFT PACK WITH ALPINE MUD

A wellbeing must-have for fans of all things Alpine and traditional. Fragrant Alpine mud combines with natural sediments to detoxify the body by way of the skin. This treatment has an invigorating and restorative effect. Powerful, profound and natural.

25 min | 45 Euro
50 min including massage | 75 Euro

SOFT PACK WITH CALENDULA & CAMOMILE

A 'blooming' perfect pampering programme! Energising and soothing, calendula and camomile have a balancing effect on sensitive and irritated skin. You feel refreshed, your skin appears supple and radiant.

25 min | 45 Euro
50 min including massage | 75 Euro

SOFT PACK WITH APPLE & ROSEHIP

Sensually fruity: apple extract is rich in vitamins, minerals, pectin and waxes – ideal ingredients for mature skin. Combined with precious rosehip, wellbeing is promoted and skin dehydration significantly reduced. For plumper, smoother skin.

25 min | 45 Euro
50 min including massage | 75 Euro

balancing

SOFT PACK WITH ARNICA & ST JOHN'S WORT

The power of sun-loving plants. This wrap energises tired joints and muscles. Arnica and St John's wort reduce stress, relieve tension and support muscle performance.

25 min | 45 Euro
50 min including massage | 75 Euro

energising

EXFOLIATING TREATMENTS: a gentle rubdown

Velvety smooth and super-effective
Our specially developed peels stimulate cell activity as well as endowing your skin with a glowing appearance. They also ensure that the active ingredients in subsequent treatments are much better absorbed.

FULL BODY EXFOLIATION WITH AROMATIC ALPINE SALT

This full body exfoliating treatment makes use of aroma-therapy massage oil and locally mined salt to support skin renewal, encourage tissue metabolism and soften your skin. For intense freshness.

25 min | 45 Euro

calming balancing

FULL BODY EXFOLIATION WITH APRICOT KERNELS & MEADOW FLOWER EXTRACTS

A gentle, effective body scrub with meadow flower extracts and ground apricot kernels deep cleanses the skin for a clearer and brighter appearance.

25 min | 45 Euro

energising detoxifying

PACKAGES: for long-lasting relaxation

Me time!
We have put together personalised packages based on your individual requirements. A boon for body, mind and spirit – and perfect for a heightened experience of ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE.

ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE SHORT PACKAGE

– Full body exfoliating scrub (25 min)
– Soft pack treatment (25 min)
– Massage (25 min)
– Our gift to you: Ritzenhof herbal tea box

Over 1 or 2 days | 126 Euro

ALPINE WELLNESS AM SEE / ALPINE WELLBEING ON THE LAKE INTENSIVE PACKAGE

– Facial (80 min)
– Full body exfoliating scrub (25 min)
– Soft pack treatment followed by a massage (50 min)
– Massage (50 min)
– Our gift to you: Ritzenhof herbal tea box

Over 3 or 7 days | 298 Euro

BABOR: The art of precision skincare

The BABOR brand has been a pioneer of luxury skincare since 1956. Precision formulas devised by this family business are based on the highest standards of innovation, science and development. BABOR's products and treatments are based on premium and complementary natural ingredients and methods. We combine their products with our BABOR-trained beauticians' expertise to achieve superb, personalised results.

A treatment with BABOR products is a promise to protect your skin. BABOR pampers discerning clients in the world's best SPAs. At the Ritzenhof, we are delighted to offer BABOR's make-up products as well as BABOR's skincare and anti-ageing treatments.

BABOR FACIALS: a promise to your skin

Choice active ingredients of outstanding quality and performance maintain, regenerate and protect the skin. Experience an effective treatment that reveals your beauty, lovely complexion and long-lasting wellbeing.

BABOR

HSR® LIFTING – VISIBLE ANTI-AGEING FOR ALL SKI TYPES

A fountain of youth for your skin. HSR® Lifting counteracts the principal causes of wrinkles: loss of substance and elasticity, reduced metabolic tissue activity, and hardening of the dermal matrix. The result of the treatment is visible silkiness and elasticity, and a radiantly fresher and younger looking complexion. An exceptionally relaxing experience completes the 80 minute treatment.

50 min | 74 Euro **80 min | 109 Euro**

BABOR MEN TREATMENT

Powerful formulas based on hops, ginseng and wheat proteins refresh, invigorate and nurture male skin and boost its resilience. A balancing combination of face, neck and head massage ensures additional relaxation.

50 min | 74 Euro

MICRODERMABRASION

The special crystals in this gentle high-tech treatment get to grips with even the finest impurities in your skin. Cell division is stimulated, and the natural regeneration impulse receives a boost. Your skin looks soft and fresh. Special products to suit your skin are introduced following the microdermabrasion treatment to promote the skin's collagen production, support the process of regeneration, and inhibit skin ageing.

MICRODERMABRASION

A gentle high-tech method for a flawless complexion and radiance at any age. Microdermabrasion can bring about a visible, long-term reduction of wrinkles and fine lines, as well as age-related loss of tissue and elasticity. The effect on age spots, hyperpigmentation, minor scars, blemishes and enlarged pores is equally positive and sustainable. Microdermabrasion is also a successful treatment for tired, dull, and poorly perfused skin.

50 min | 102 Euro

CONCENTRATED AMPOULE TREATMENT

A profound face treatment using exquisite and highly effective treatment ampoules with pure and natural care substances. For visibly plumper, more toned, fresher and younger looking skin. Includes cleansing, exfoliation, personalised selection of ampoules, a mask and finishing treatment.

45 min | 74 Euro

PERFECT MAKE-UP

Perfectly customised make-up for day or evening with lifting ingredients. Offers gentle care and protection as well as glamorous highlights.

Day make-up:	**25 min | 39 Euro**
Evening make-up:	**50 min | 69 Euro**

RADIANT EYES

The skin around the eyes needs special attention as it is around four times thinner than the skin anywhere else on the face. This treatment nurtures the eye area and pampers it with a refreshing concentrate of active ingredients as well as a decongesting mask. In addition, we'll shape your eyebrows and even tint your eyelashes and eyebrows if you'd like us to.

25 min | 45 Euro

SPA CLASSICS: waxing, shaping, tinting & manicures

WAXING

10 min | 15 Euro 35 min | 45 Euro

EYEBROW SHAPING

10 min | 15 Euro

EYELASH TINT

10 min | 18 Euro

EYELASH & EYEBROW TINT

15 min | 29 Euro

SPA MANICURE

A nurturing hand bath is followed by a gently exfoliating treatment, nail care, mask, nail polish and finally a massage of fingers, hands, forearms and elbows. A complex of active ingredients derived from Sorbus terminalis fruit stem cells provides deep moisture and visible smoothness.

50 min | 72 Euro

SPA PEDICURE

This treatment includes a foot bath, exfoliation, medical pedicure, mask, nail polish and concluding massage of feet, calves and knees. An extract of the Sorbus terminalis fruit's stem cells moistures, calms, regenerates the natural lipid film and is distinguished by its soothing and astringent properties.

50 min | 72 Euro

SPA MANICURE & PEDICURE

A nurturing treatment for hands and feet. After a hand and foot bath, we pamper your nails with a medical pedicure and a manicure. Cuticles are shaped and hard skin is treated. Let us apply the polish of your choice before we finish your soothing treatment with a relaxing leg and hand massage.

80 min | 109 Euro

SPECIAL MASSAGES: a treat for body, mind & spirit

REFLEXOLOGY FOOT MASSAGE

A foot massage targeting the reflex zones that correspond to different areas and organs of the body. Soothes and releases blockages.

50 min | 75 Euro

DORN & BREUSS MASSAGE

This is an extremely gentle spine and joint treatment that aligns the body from bottom to top! Thumb pressure repositions the vertebrae and releases blockages. A subsequent massage with St John's wort oil stretches the spine and supports the muscles' recovery process.

50 min | 79 Euro

KIDS ONLY: SPA treatments for our younger guests

Relax – and be one of the big guys. Oh to be a pampered prince or princess... children love the special treatments we have developed just for them! Please note: these treatments are carried out by our female SPA therapists only, and mum and dad are also welcome to stay in the treatment room with their little ones.

WELLBEING MASSAGE FOR KIDS

A fun massage for the back, legs, tummy and arms. Being able to choose the massage's focal area helps children to unwind and relax.

25 min | 39 Euro

FACIAL FOR KIDS

Children decide what they want: cleanse, massage and/or fragrant face mask.

25 min | 39 Euro

MANICURE OR PEDICURE FOR KIDS

A classic treatment that includes nail filing, polishing and hand massage.

25 min | 39 Euro

FOR EXPECTANT MUMS:
the Belly Button package

Enjoy pregnancy.
Designed to meet the changing needs of expectant mothers, our Belly Button package provides soothing time out and enhanced body awareness.

BELLY BUTTON
This package includes the following three treatments:
– Pedicure or manicure
– Relaxing partial body massage
– BABOR radiant eyes treatment

100 min | 139 Euro

SPA FOR TWO:
relax in blissful togetherness

PAMPERING FOR COUPLES
A four-handed SPA experience: following an exfoliating sea salt scrub, you enjoy a fragrant full body massage with an aromatherapy oil of your choice. A deeply relaxing head and neck massage completes the treatment.

80 min | 109 Euro per person

SPA ON THE LAKE… A-Z

Good to know
To help you fully enjoy your Ritzenhof SPA AM SEE / SPA ON THE LAKE, please take a moment to familiarise yourself with our SPA facilities as well as our SPA dos and don'ts. We look forward to your visit!

The Ritzenhof SPA AM SEE / SPA ON THE LAKE team

APPOINTMENTS

Please come to the SPA reception 10 minutes prior to the start of your treatment. This will allow us to ensure that you enjoy every minute of your appointment. Should you arrive late for your appointment, we will have to reduce your treatment time in consideration of subsequent SPA clients.

BOOKING YOUR TREATMENTS

We recommend that you book your treatments with our SPA reception before you arrive. This will help us ensure that we can provide you with the treatments and appointments that suit you best. Confirmation of your appointment will be given to you when you check in at reception on arrival.

CANCELLATIONS

If you would like to cancel an appointment, please let us know at least 12 hours prior to your treatment, otherwise we will have to charge you.

DRESS CODE
Our fluffy Ritzenhof bathrobes are the perfect garment for your SPA treatments.

FAMILY SAUNA
Our textile sauna for young and old is located in the indoor pool area.

FINNISH OUTDOOR SAUNA
Enjoy a sauna and admire the view as well as the opportunity to cool down in the open. The Finnish outdoor sauna is located outside the sauna area.

GIFT VOUCHERS
Ritzenhof SPA vouchers make the perfect gift. Our SPA reception team will be delighted to assist.

HEALTH MATTERS
When you book an appointment, please inform us of any health issue (for example: musculoskeletal problems, allergies, high blood pressure, cardiovascular complaints etc). This information helps us to ensure that your SPA treatments are perfect for you and your health. Naturally, we and our staff treat such information with the utmost confidentiality.

INFRARED CABIN
Perfect if you enjoy gentle yet highly effective heat. You'll find our infrared cabin in the Ritzenhof sauna area.

INDOOR POOL
Our 7x10m indoor pool is open daily 7am-9pm. Swim lengths, let yourself drift in the 30°C water, or luxuriate in the pool's Jacuzzi areas.

OVERVIEW OF OPENING HOURS

Indoor-Pool: ..... 7am – 9pm

Family textile sauna: ..... 10.30am – 9pm

Textile-free area *min.*: ..... 2pm – 7.30pm

See notice for extended opening hours

SPA-treatments: ..... 10am – 7.30pm

RELAXATION ZONES
Purpose-designed areas for daydreaming, sunbathing and soaking up tranquil vibes. The sauna area and indoor pool area each have spacious relaxation zones. In addition, hotel guests enjoy our outdoor area with the lawn and pergola. During opening hours, you also have free use of the 12,000sqm public lido on the lake and its separate textile-free zone.

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

SPA BAR
Fresh fruit, nuts, our Ritzenhof herbal teas, juices and water are available throughout the day at the SPA bar.

SPA RECEPTION
This is where our helpful staff offer advice and book you in for appointments. Please arrive 10 minutes before the start of your treatment. To contact the SPA reception by telephone, please dial extension 99. From outside the hotel, you can call the SPA reception on tel +43 6582 738 06 99 or send an email to spa@ritzenhof.at.

STANDUP PADDLEBOARDING
If you would like to explore Lake Ritzen with a standup paddleboard, boards and paddles are available for hire at SPA reception.

STEAM ROOM
100% humidity and a pleasant temperature are restorative and great for both skin and the respiratory tract. The steam room is in the Ritzenhof sauna area.

SUNBED
The sunbed is by the SPA's entrance. You may use your key card or purchase tokens from reception.

TOWELS
We have filled the SPA bag in your room with towels, a bathrobe and slippers for your visit to the SPA ON THE LAKE.

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