



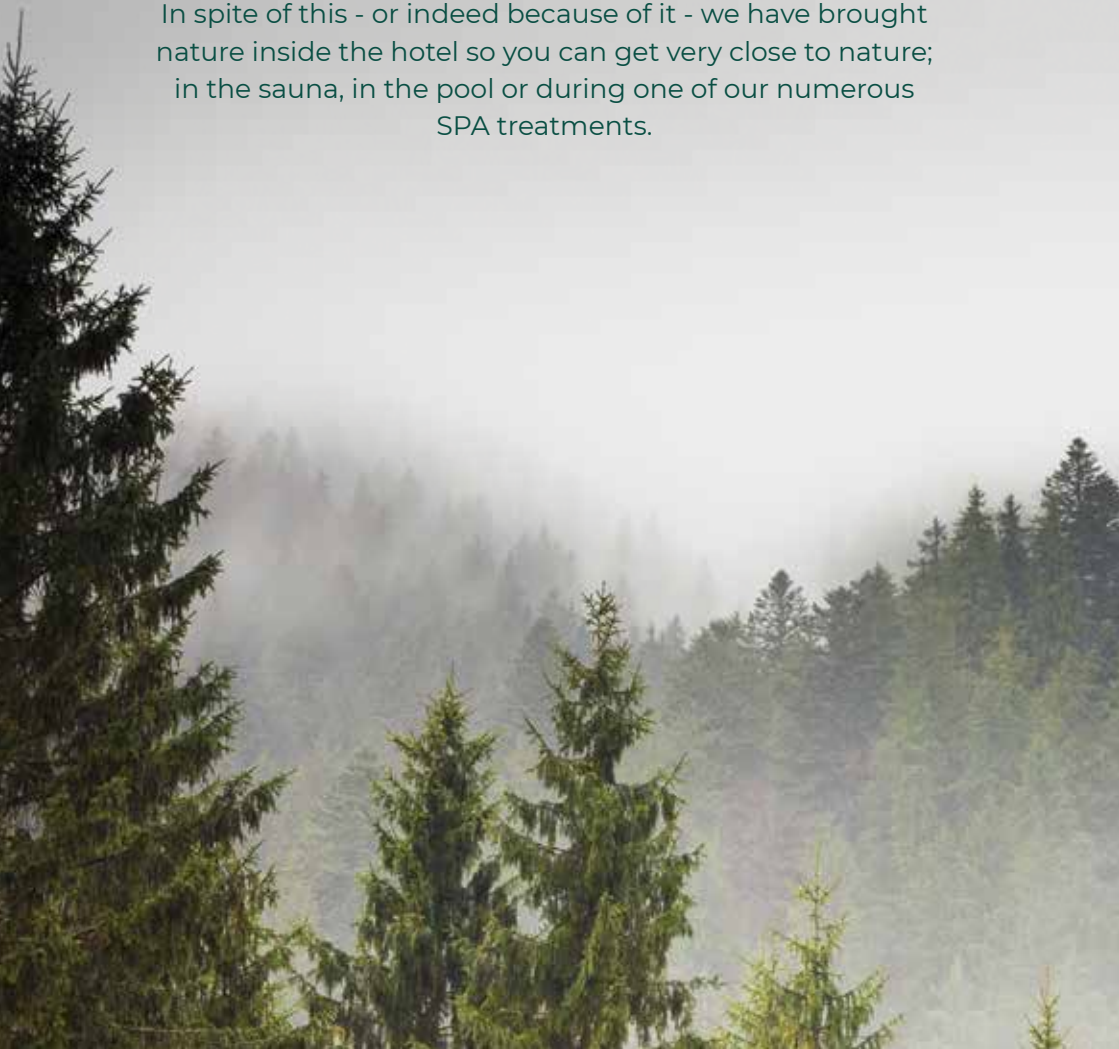
DRUMLERHOF
feel nature

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Spa Menu

Learn from Nature how to relax

In our Wellness Hotel this is very easy.

In fact, the splendid natural scenery surrounding our Wellness Hotel Drumlerhof is a giant wellness area itself. It is relaxing, calming, provides wellbeing and new strength. In spite of this - or indeed because of it - we have brought nature inside the hotel so you can get very close to nature; in the sauna, in the pool or during one of our numerous SPA treatments.



Forest Bathing

Discover the health benefits of the forest.

A forest bathing trip involves visiting a forest for relaxation and recreation. A review from Japan found that forest environments promoted lower concentrations of cortisol, a lower pulse rate, lower blood pressure, greater parasympathetic nerve activity and lower sympathetic nerve activity than city environments.

The forest is our neighbour & friend.

Ask Stefan and our team where to go for „forest bathing“.



Our Stone Pine Wood SPA

Dear guests,

we would like to invite you to take part in the wellness programme in our Pine Wood Spa, with one of our signature treatments to help you enjoy your holiday even more! Please make sure book your desired appointments early enough to avoid any disappointment!

Please note that you can postpone or cancel your appointments as long as you do so at least 5 hours before.

In case of non - appearance without a cancellation, the total price of the treatment will be charged.



-10%

Book your feel-good package – you won't regret it!
On package bookings with three treatments or more, we give you a **10%** discount off the total price.

(The discount is valid only if all spa treatments are taken by the same person.)

Feel Nature Package

Active guests who love to spend a long time in the fresh air, enjoy the sun and head out on long hikes or cycling tours know it all too well:

Everything that does you good also puts a lot of pressure on your body.

Give your heavy legs, stressed skin and tired body a reward for their efforts!

ACTIVE PACKAGE (80 min.) 80,00 €

Ideal after a challenging hike and a busy day.

- LEG WRAP
- FULL BODY MASSAGE

VELVET & BALM (TWO-DAY PACKAGE) 140,00 €

Make your body and soul shine again!

1st day: (80 min.)

- FACIAL CARE:
Face compress, cleansing, peeling, mask and daytime moisturiser
- HAND CARE:
Dip your hands in warm wax for skin as soft as velvet.

2nd day:

- FULL-BODY HONEY PEELING (25 min.)

Massagges with South Tyrolean Herbal Oils

PARTIAL MASSAGES (25 min.) 42,00 €
Head-neck / Back / Legs

FOOT MASSAGE (15 min.) 20,00 €
Revitalise your tired feet.

FULL BODY MASSAGE (50 min.) 64,00 €
Soothing relaxation massage.

MASSAGE WITH HOT STONES (50 min.) 78,00 €
This massage stimulates the blood circulation, reduces back pain, reduces stress and loosens tensions.

HERBAL STAMPS (50 min.) 84,00 €
Heathens and loosens muscles, tendons and connective tissues.

REVITALISING STONE PINE MASSAGE (50 min.) 84,00 €
The warmth of the pine sticks penetrate deep into the muscle layer, facilitating energy flow and relaxing any contractions and blockages.

SPORTS MASSAGE (50 min.)

69,00 €

Powerful massage with joint mobilisation.

LYMPH STIMULATING MASSAGE (25 min.)

42,00 €

Gentle pumping massage techniques to decongest, drain and relax your legs.

STIMULATING FOOT ZONE MASSAGE (25 min.) 42,00 €

Targeted pressure massage to stimulate the corresponding areas of the body.



THAI YOGA MASSAGE (80 min.)

115,00 €

Thai yoga massage focuses on stretching, pulling and rocking movements without oil. It helps promote circulation, health & well-being. It is profoundly healing for both giver and receiver.



Vitalpina Treatments

BRUSH EXFOLIATION (25 min.)

42,00 €

Full-body exfoliation and brush massage to counter water retention.



Beauty

FACE CARE FOR HER AND HIM (50 min.) 74,00 €
Facial compress, pre-wash with cleansing milk, exfoliating,
mask, day cream.

FACE CARE DELUXE (85 min.) 95,00 €
Facial compress, pre-wash with cleansing milk, exfoliating,
mask and day cream, eyebrow correction, upper lip depilation,
eyebrow and eyelash tinting.

PERFECT EYES (15 min.) each 20,00 €
• Eyelash tinting
• Eyebrow tinting
• Eyebrow correction

DEPILATION

Whole leg (40 min.) 45,00 €
Half leg (20 min.) 25,00 €
Armpits (15 min.) 20,00 €
Bikinizone (15 min.) 20,00 €
Upper lips or chin (15 min.) 20,00 €
Back or chest (15. min) 35,00 €

PARAFFIN (35 min.) 45,00 €
Dip your hands or feet in warm wax for skin as soft as velvet.
Includes peeling, pack and short relaxing hand or foot massage.

MANICURE WITHOUT NAIL POLISH (30 min.) 47,00 €
Hand bath, nail care, cream.

Optional including paraffin (50 min.) 80,00 €

MANICURE WITH NAIL POLISH (45 min.) 53,00 €
Hand bath, nail care, cream, nail polish.

PEDICURE WITHOUT NAIL POLISH (40 min.) 57,00 €
Foot bath, nail care, cream.

Optional including paraffin (70 min.) 90,00 €

PEDICURE WITH NAIL POLISH (50 min.) 63,00 €
Foot bath, nail care, cream, nail polish.

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