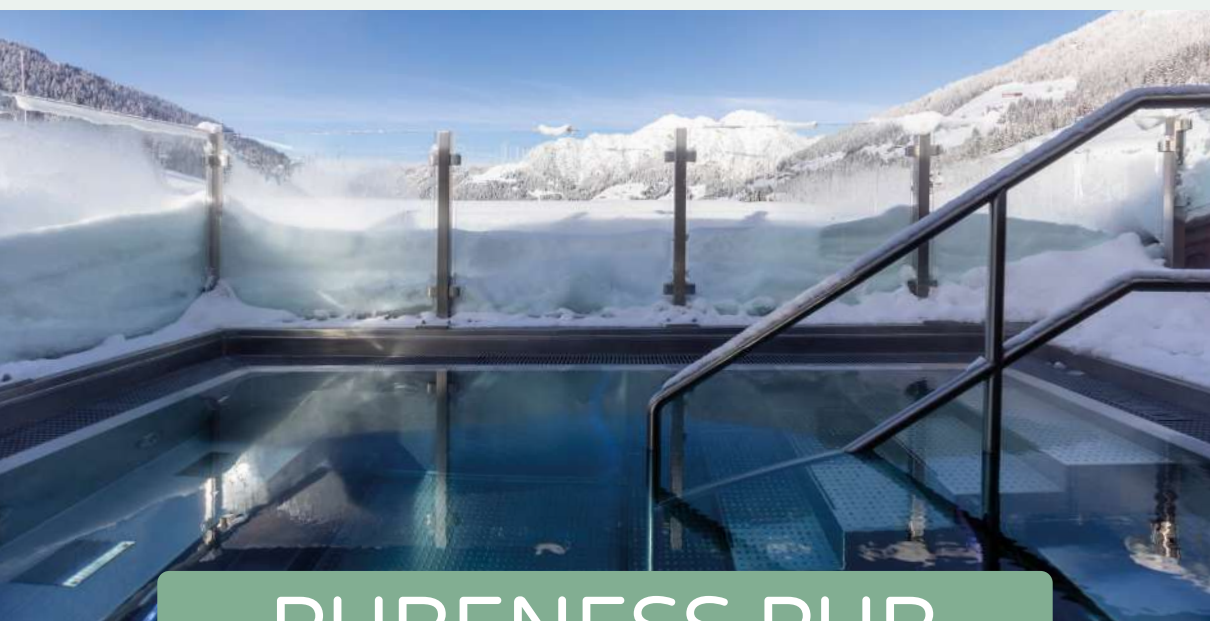


Valid from December 2023



# Galtenberg<sup>★★★★S</sup>

FAMILY & WELLNESS RESORT



PURENESS PUR



## 7HEAVEN Pureness: Wellness area

*Access from  
16 years*

### 2500 m<sup>2</sup> pure relaxation

Spaciously distributed over 2 floors you can choose between countless possibilities for your individual relaxation. Treat yourself and your family to a break from everyday life. The only hurdle on this path is your imagination!

In our beauty department on the 7<sup>th</sup> floor there is a sauna which leaves nothing to be desired as well as various treatment rooms. The 8<sup>th</sup> floor with the 36°C warm relaxation outdoor pool and the 28°C still warm indoor swimming pool as well as plenty of resting and sunbathing areas is reserved for the mere being. Recreation at the highest level!





## 8<sup>th</sup> Floor

- ① Staircase
- ② Elevator
- ③ Entrance
- ④ WC Gents
- ⑤ WC Ladies
- ⑥ Deckchairs
- ⑦ Showers
- ⑧ Vestibule
- ⑨ Relax outdoor swimming-pool (36°)
- ⑩ Indoor swimming-pool (28°)
- ⑪ Deckchair, balcony
- ⑫ Resting-room/Deckchairs

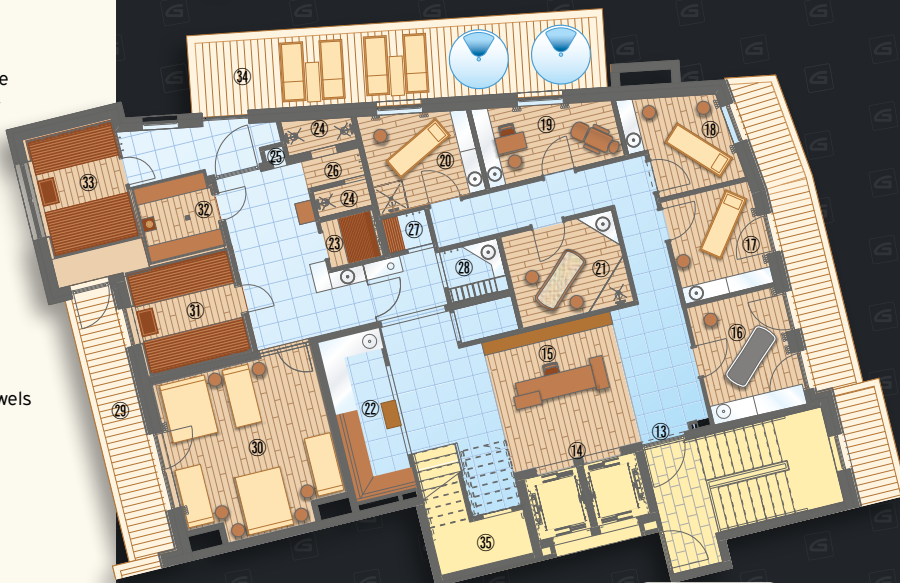


8<sup>th</sup> Floor



## 7<sup>th</sup> Floor

- ⑬ Entrance staircase
- ⑭ Entrance elevator
- ⑮ Reception desk
- ⑯ Hydrojet
- ⑰ Cosmetic
- ⑱ Massage
- ⑲ Cosmetic
- ⑳ Massage
- ㉑ Softpack
- ㉒ Pureness buffet
- ㉓ Infra-red cabin
- ㉔ Showers
- ㉕ Shaft for used towels
- ㉖ Wardrobe
- ㉗ Changing room
- ㉘ Wardrobe, locker
- ㉙ Balcony
- ㉚ Relaxing room
- ㉛ Bio Sauna bath
- ㉜ Steam bath
- ㉝ Finnish Sauna
- ㉞ Terrace with lounge area
- ㉟ Staircase to floor 8



7<sup>th</sup> Floor

## Our team of therapists

Our hotel therapists truly perform their work with body and soul.

The ongoing attendance of new courses and training, the love of detail, many years of practice and an unbridled joy in working with people - these are the characteristics that make our staff perfect therapists.

Millenia-old forms of healing as well as the latest findings of conventional medicine flow through their fingertips.

Be bold, let yourself go and join them on the path to a world full of trust and rest.



## Dear guests!

The exclusive "7 Heaven Pureness:Wellness-area" in the Hotel Galtenberg is located in the 2015 newly built wing of our house on the 7<sup>th</sup> and 8<sup>th</sup> floor. A place of complete peace, relaxation and recreation, maximum distance from the "Family-Therme" at the other end of the building complex and only accessible from the age of 16.

In addition to an indoor swimming pool (20 x 5 m), an outdoor relaxation pool (36 °C), several relaxation rooms, a sauna facility with outdoor, Finnish, infrared and steam saunas as well as Kneipp and bucket showers, the over-complete beauty department with reception, tea and drink station and treatment rooms is waiting to be discovered by you.

We look forward to seeing you!



## Precision cosmetics

Reviderm is unique specialist cosmetics system based on the latest research in modern dermatology and cosmetology. Hypoallergenic active agents penetrate the skin for lasting results, in a range of treatment based on controlled microdermabrasion. This state – of- the-art approach to skin rejuvenation is intensive yet gently.

### The microdermabrasion with Reviderm “Skin Peeler”

Gentle power for skin that is as good as new “peeling with microcrystals”.

By tiny crystals the top dead skin (stratum corneum) and calluses removed, new cell formation is stimulated and active substances applied afterwards can be better absorbed by the skin. Microdermabrasion is very effective against wrinkle formation, various signs of ageing.

- the skin will have finer pores and visibly more elasticity
- the depth of the wrinkles is visibly reduced
- age and pigment spots are lightened
- the skin's own production of collagen and elastin will be activated
- the skin is better able to absorb active substances

**Information:** Before the microdermabrasion is necessary to fill the Personal Information Sheet. Available in 7Heaven – Pureness Spa.





# REVIDERM

skintelligence

## Mikrodermabrasion BASIC

Reviderm Super Peel "first experience" – skin essential.

The Reviderm treatment where the focus is on microdermabrasion. Hyperkeratosis is removed and the cells receive an energy-push.

*(Preliminary talks, cleaning, enzyme phase peeling, microdermabrasion, active age concentrates, final care)*

approx 60 min (incl. facial mask for home usage)  
€ 105,-

## Mikrodermabrasion INTENSIV

REVIDERM Cell Regeneration – skin boost.

A treatment for the regeneration and stimulation of demanding skin. Following care products applied can better penetrate the skin.

*(Preliminary talks, cleaning, enzyme phase peeling, microdermabrasion, active age concentrates, facial mask, final care)*

approx 75 min € 115,-

## Mikrodermabrasion DELUXE

Reviderm Rebalance Hydro Impact – skin balance.

The calming treatment with intensive moisturizing brings your skin quickly and long-lastingly back in balance – for an even, calm complexion. Due to the detoxifying and anti – inflammatory effects sensitive, irritated and rough skin regains a velvety complexion.

*(Preliminary talks, cleaning, enzyme phase peeling, microdermabrasion, rebalance hydro brush massage, active age concentrates, facial mask, final care)*

approx 90 min € 135,-



Only for men



### Galtenberg Gentleman's "EXPRESS" Facial Treatment

A short and crisp facial treatment for men.

**Our services:**

Cleansing, peeling, refreshing face mask, small shoulder, neck and head massage during the mask time.

35 min € 61,-

### Ocean Care Men – Facial Treatment

Algues Bleau Vitale stimulates the skin with the energy of blue and green algae and promotes its anti-aging properties of cell renewal. After this treatment skin is visible refreshed and smooth.

60 min € 95,-

We would like to ask all men to shave before the skin treatment, in order to achieve the best results.

### Galtenberg Gentleman's "FRESH KICK" Facial Treatment

Everything a man's heart (or skin) desires. For clear, pure and fresh male skin.

**Our services:**

Cleansing, peeling, deep cleansing, active substance serum, facial massage and mask.

65 min € 101,-



### Galtenberg Gentleman's "STRONG BODY" Body Treatment

Strong men need strong care. A treatment ideal for the male body to recharge your batteries.

**Our services:**

Refreshing full body peeling, body wrap of your choice, foot massage and final care.

65 min € 101,-

### Galtenberg Gentleman's Manicure

35 min € 45,-

### Galtenberg Gentleman's Pedicure

Including peeling and massage. 50 min € 61,-

Thalgo is composed together of the Greek word for sea (Greek: thalasso) and the French word for algae (French: algues). Active marine ingredients are pure natural, well tolerated by the skin and highly effective. During the treatments the essential minerals of the sea water, that are absorbed by the algae, can be easily absorbed by the body. Marine algae are an irreplaceable component of the Thalgo treatments and cosmetic products. They contain a lot of iodine that stimulates your metabolism and they regenerate, stimulate and nourish the skin – individually tailored to your needs.

The treatments relax the musculature, moisturize and firm the body. The skin feels soft and comfortable. Take advantages of the benefits of the treatments, revitalize and improve your shape!

## Thalgo – Universal Treatments

### Facial Treatment Basic “first experience”

All skin types – all ages – all year round.

This facial treatment brings your skin back into balance. You will be treated individually with high quality marine extracts. Without neck and décolleté.

*(Cleaning, peeling, active agent concentrates, short face massage, facial mask, final care)*

50 min € 77,-

### Cold Cream Marine Ritual

Calming face treatment for dry and sensitive skin.

Our skincare formulas contain high concentration of Cold Cream marine with effective replenishing, soothing and repairing benefits. This treatment helps restore a long term and ideal quality to the skin in a short time.

*(Relaxing ritual, cleaning, peeling, active agent concentrates, face-dekolleté and neck massage, facial mask with Marine Powder, eye mask, final care)*

80 min € 115,-

### Pureté Marine Ritual

Pure Freshness Ritual for fresh, clear skin.

Specifically designed for combination to oily skin, this treatment uses the power of marine ingredients to restore the beauty of healthy skin. Imperfections are visibly reduced, pores are refined and shine is controlled.

*(Relaxing ritual, cleaning, peeling, active agent concentrates, face-dekolleté and neck massage, facial mask with Marine Powder, eye mask, final care)*

80 min € 115,-

### Aquarell Treatment

An ideal cleansing ritual.

A mixture of pure micronized marine algae with essential oils, that is ideal for blemished or impure skin. Marine vitamins, trace elements and minerals guarantee optimum results due to the application of warmth. An individually selected complex of active agents based on marine and plant extracts work below in order to balance, moisturize and clear...the choice is yours.

*(Relaxing ritual, cleaning, peeling, micronized marine algae mask, vaporizing with compressions, active agent concentrates, facial mask, eye mask, final care)*

80 min € 115,-





## Thalgo - Anti-Aging Treatments

### Spiruline

First Wrinkles and Detox.

The ingredients Spirulina and Marine Magnesium helps the skin to gain it's natural radiance and smooths fine lines and first wrinkles. It makes the skin look more energised. This treatment works of pollution, fatigue and stress. The skin is being detoxified and looks fresh, healthy and energetic.

80 min € 115,-

### Hyalu-Procollagene

Visible wrinkles.

The innovative active ingredient complex of three hyaluronic acids of different sizes and maritime pro-collagen not only perfectly protects the skin's surface but also stabilises and fills it from the inside. The skin appears immediatly plumped up and wrinkles are visibly reduced.

80 min € 125,-

## Thalgo - Luxury Treatment

### Anti-Aging Treatment with Marine Silicium

Anti Aging against visible wrinkles – super lift facial.

This treatment firms your skin, and gives it more elasticity, whilst also filling deep wrinkles. Your complexion is left ultra-radiant, your skin appears lifted, and your wrinkles less marked.

80 min € 135,-

### Prodige des Océans – Signature Treatment

Pure luxury for your skin in the mountains.

Enjoy the ultimate treatment experience where innovation und technical expertise merge with luxury and sensoriality. These professional products, with luxurious textures, combine with exclusive Thalgo massage techniques, including the Kobido-inspired Signature Massage, to regenerate and reactivate total youthfulness. Attention to detail, a perfected method of application, a tailor-made treatment and specific tension-releasing movements all combine to allow you to deeply relax and let go.

70 min € 141,-

## Beauty Extras

### BEAUTIFUL EYES

Eye brow correction	€ 24,-
Eye brow shaping	€ 15,-
Lash colouration	€ 16,-
Eye brow colouration	€ 18,-
Eye pads after eyelash tinting	€ 21,-
Lash + eye brow colouration	€ 26,-
Eye brow correction and lash + eye brow colouration	€ 42,-

### DEPILATION

Upper lip	€ 14,-
Chin	€ 16,-
Armpit	€ 21,-
Bikini zone	€ 26,-
Lower leg	€ 36,-
Legs complete	€ 51,-

### ONLY FOR MEN

Depilation: upper part of the body	
Chest	€ 41,-
Back	€ 51,-

## Body Treatments ...

### ... on Water Beds & Body Scrubs

#### VITALIS Dr. Joseph

We have found our ideal partner with VITALIS Dr. Joseph. Internationally successful and at home in South Tyrol, VITALIS Dr. Joseph stands for the principles that also guide our hotel Vitalis Dr. Joseph has made it a mission to respect nature in its purity and diversity, to capture it carefully, and to reflect it in sustainable and effective quality products. A sense of responsibility and respect for natural resources is both a concern and commitment that we share with VITALIS Dr. Joseph.

#### Full Body Scrub with hay extracts

Optimal Purity-Full Body Scrub with Apricot Pits and Hay Extracts.

The gentle, efficient, organic body scrub with hay-flower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

30 min € 45,-

#### Aroma Salt Body Scrub

Intensive Tenderness-Full Body Aroma Salt Scrub.

This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism and makes your skin silky smooth. For an intense, fresh feeling.

30 min € 45,-

#### Marine Algae Body Wrap

Freshly prepared, 100% pure, natural, micronized algae vitalize, remineralize and hydrate. The skin is supplied with valuable vitamins, trace elements and minerals. Sustaining your wellbeing and regenerating your body.

30 min € 55,-

60 min incl. Body Scrub € 78,-

#### Detoxifying & activating Alpine Fango Body Wrap

Deep Alpine Strength – Detoxifying Bath with Alpine Mud.

A "wellness must have" for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin – both invigorating and restorative. Deep, strong care, natural and powerful.

30 min € 55,-

#### Hay Pack (part body)

Stimulates the metabolism, removes excess water and purifies.

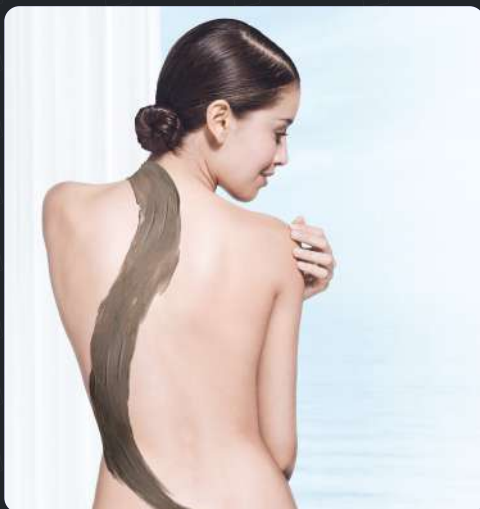
25 min € 41,-

#### Moor Wrap (part body)

Stimulates the metabolism and circulation, relaxes the muscles and eliminates cramps. Highly recommended before a classic massage.

25 min € 41,-

**Our tip:** Moor wrap is especially effective together with combi massage.





## Body Treatment Special

### Detoxifying Cellulite Treatment

Straightforward Body Modification – Innovative Cellulite Program.

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation.

50 min € 75,-

## Hand care

Galtenberg “SPA Manicure” without varnish

Including peeling and massage € 49,-

Galtenberg “SPA Manicure” with varnish

Including peeling and massage € 59,-

Varnish only € 35,-

## Feet care

Galtenberg “SPA Pedicure” without varnish

Including peeling and massage € 59,-

Galtenberg “SPA Pedicure” with varnish

Including peeling and massage € 69,-

Varnish only € 35,-

Please understand that we do not and can not treat or heal any fungal disease on nails or skin and refuse foot care in case of any fungal disease.



## Galtenberg Treatments

### Galtenberg "PURENESS" Facial Treatment

This classic facial treatment will revive your skin. You choose the appropriate products together with your therapist in order to respond perfectly to the needs of your skin.

**Our services:**

Cleansing, peeling, deep cleansing, serum, facial massage and mask including brow faconing.

65 min € 101,-

### Galtenberg "DELUXE" Facial Treatment

Would you like a little more luxury? Our Galtenberg Deluxe Facial offers everything your heart (or skin) desires.

You choose the appropriate products together with your therapist to perfectly meet the needs of your skin. Eyebrow faconing included.

**Our services:**

Cleansing, peeling, deep cleansing, active ingredient ampoule, massage, eye mask, face mask, jade stone massage and hand massage.

80 min € 141,-

### Galtenberg "BEAUTIFUL EYE LOOK" Eye Treatment

A treatment for a beautiful eye look!

**Our services:**

Eyebrow tinting and shaping, eyelash colouring, eye mask and jade stone massage especially for the eye area.

50 min € 71,-

### Galtenberg "BODY CULT" Body Treatment

The Galtenberg body cult treatment, lets your body shine in new splendour and well-being.

**Our services:**

Full body peeling of your choice, body wrap of your choice, small face mask and final care.

65 min € 101,-



## Time with the family

With us not only the adults get their money's worth, but so do our younger guests...

Voilà - our pampering program for kids and teenagers:

### Beauty for Kids & Teens

#### Teenie Facial Treatment

Pure skin including peeling, deep cleansing, special serum, mask and final care.

50 min € 81,-

#### Bambini Facial Treatment

Pure skin appearance incl. peeling, short facial massage and final care.

25 min € 51,-



### Massages for Kids & Teenagers

#### Teen Aroma Oil Massage

with aromatic oil of your choice

25 min € 45,-

#### Bambini Chocolate Massage

with chocolate aroma oil and a bar of chocolate

20 min € 41,-

#### Bambini Vanilla Coconut Massage

with vanilla aroma oil and a bar of chocolate

20 min € 41,-

#### Kids & Teen Ear Candle Treatment

Made of pure cotton and beeswax. Especially recommended in case of sinus blockage and colds.

25 min € 51,-



### "Let me see your hands"

#### Kids & Teen Manicure

Small manicure incl. nail polish

35 min € 51,-

### "Show me your feet"

#### Kids & Teen Pedicure

Small pedicure incl. nail polish

35 min € 51,-

## Massages

### Classic Massages

Classic massages stimulate the circulation down to the smallest blood vessels (capillaries), as well as the metabolic processes. Toxins are released and discharged via the kidneys. The muscles get more oxygen and absorb important nutrients. In addition, endorphins are released.

**Facial Massage** 25 min € 44,-

**Partial Massage** 25 min € 48,-

**Neck and Shoulder** 20 min € 41,-

**Full Body Massage** 50 min € 81,-

**Luxury Body Massage** 80 min € 117,-

### Combi Vital Massage with Swiss stone oil

(Partial massage and foot reflexology)  
50 min € 71,-

### Combi Relax Massage with herbal cream

(Partial massage and foot reflexology)  
50 min € 71,-





## Relax Massages

### Scented Oil Massage “Aromatic Oil”

Soft, gentle hands will make you relax and feel good all over. The scented oil massage is a wonderful way to regenerate and harmonize you.

Partial Massage 25 min € 51,-

Full Body Massage 50 min € 85,-

### Hot Stone Massage

Hot stone therapy is a fascinating combination of a massage, an energy treatment and a pleasant feeling creating by hot stones. This treatment helps alleviate pain, boost your circulation, release stored tension, recharge your energy level and relax you on a physical, mental and spiritual level.

Partial Massage 45 min € 63,-

Full Body Massage 70 min € 123,-

### Herb Stamp Massage

Gentle and relaxing massage techniques combined with soothing, hot aromatic herbal stamps filled with mountain herb. An exceptional massage with the power of nature – true enjoyment.

Partial Massage  
(Back, legs, arms) 45 min € 69,-

Full Body Massage 70 min € 123,-

### Intensiv Back Massage/cupping

This intensive back massage starts with long strokes. Techniques with the lower arms are combined with cupping massage techniques. Using the lower arm and hands, the back, neck and shoulder muscles are prepared for the cupping massage. The result is a deep relaxation and regeneration for your body, spirit and soul.

Partial Massage 40 min € 65,-

### Ear Candle Treatment

Ear candles are handmade candles made of cotton and beeswax in the style of the Hopi Indians with many positive characteristics. They conduct the heat directly into the ear canal and produce a local activation of the blood circulation. They have a calming effect on hyperactivity, stress and insomnia. They draw deposits from the auditory canal and the sinuses.

Classic Treatment 35 min € 51,-

**Our tip:** Ear candle treatment is especially effective together with the facial lymphdrainage.



## Massages

### Reflexology Massages – our powerful massages.

#### Foot Reflexology Massage

This 4000 year old massage technique is mostly used to detect blockages and simultaneously treat the reflex zones. It promotes blood circulation in the foot, the cells are supplied with oxygen again and regenerate quickly.

25 min € 47,-

#### Honey Massage

The honey massage has its roots in Tibet and Russia, where it is used for numerous problems. Especially for rheumatic complaints and strong muscle tensions with numerous positive side effects. It promotes the removal of toxins and waste products. (Very intensive massage)

30 min € 51,-

#### Thai Massage with oil

A mix of yoga, acupressure and TCM. Through pressure and stretching of the energy pathways the body becomes free of blockages - relaxation occurs. Thai Massage is a very powerful massage and should not be used on people taking blood-thinning medication, pregnant women or osteoporosis patients.

Partial Body Massage

30 min € 51,-

Full Body Massage

60 min € 81,-



## Special Massages

### Individual Massage

With this treatment, after consultation with the guest, special problem zones (tenseness) are examined and treated.

60 min € 87,-

### Lymph Drainage

Lymph drainage is a delicate form of massage that stimulates the body's lymphatic system. Oedemas, waste products, etc. are removed. This massage is also an ideal way to relax.

Partial Massage (legs) 30 min € 49,-

Full Body Massage 60 min € 79,-

Facial Massage 30 min € 43,-

**Our tip:** For an even better detox effect, we recommend an algae pack beforehand!

### TuiNa An Mo

One of the five main pillars of TCM is a 2000 year old massage therapy at acupuncture points, meridians and local points of pain using special manual massage techniques. During a TuiNa treatment, deep relaxation is achieved, which harmonizes problems such as nervousness. Musculoskeletal pain can also be alleviated during the TuiNa massage.

Partial Body Massage 25 min € 45,-

Full Body Massage 60 min € 91,-

### Chair Massage

Particularly suitable for pregnant women, those who have problems lying on their stomach and during a TuiNa treatment. The combination of acupressure, joint loosening and massage releases tension in the neck, shoulders, back, arm muscles and open your energy paths.

Classic 25 min € 43,-

Aroma/TuiNa 25 min € 45,-

### Myofascial Release

Myofascial Release is an individual body therapy treatment that balances the entire organism by manipulating deep-seated connective tissue restrictions via the fascial system and helps it to achieve new balance and vitality. A full body palpation points to the large problem zones and connective tissue changes within the fascial system. The myofascial problem zones are determined locally and system-wide.

30 min € 55,-  
50 min € 81,-

More offers  
and treatment packages  
can be found on our website:  
[www.galtenberg.com](http://www.galtenberg.com)





## Massages

### Sport Massages

#### “After” Sports Massage

In this massage, after strenuous sporting activity, tense areas are stretched and relaxed with special techniques and massaged with Tyrolean rock oil tonic.

Partial Massage

30 min € 45,-

Full Body Massage

60 min € 87,-



### Electro Massages

#### Electrotherapy

Electrotherapy is the use of electrical energy as medical treatment. Treatment with electrotherapy is recognized in the field of physiotherapy and involves the introduction of physical energy into a biological system. This energy leads to one or more physiological changes that are used for therapeutic purposes.

- Effective stimulation of cell effects to promote healing
- Quick and effective pain relief

20 min € 45,-





### Book treatments

In order to secure your desired treatment, we recommend that you make a reservation before your arrival at the reception. You will receive a confirmation of your appointment(s) immediately upon your arrival.

### Be on time

To ensure that your treatment specialist can prepare your custom treatment and that you can enjoy your full treatment time, we kindly request that you arrive at the spa reception about 5 minutes before the start of your treatment. Out of respect for the following guests, we ask for your understanding that in case of delay on your part, this will be reduced by the treatment time.

### Clothing

Please come to your application in the bathrobe. In order to protect your privacy, we offer you a disposable slip for each treatment and work with different covering techniques.

### Cancellations

Appointment cancellations should be made at least 24 hours before the start of the treatment. We must unfortunately charge full price for cancellations any later than this.

### Children and treatments

The treatment area is a place of rest. We ask for your understanding that children in these areas are only admitted from 16 years of age, with the exception of specially designated treatments. Children must be brought to treatment by their parents as 7Heaven is only accessible from the age of 16.

### Pool/Sauna Area

Please wear swimwear in the pool area. In the sauna area „7Heaven“ we ask you not to wear any clothes for hygienic reasons.

“Time for yourself is time for the soul.”



# Galtenberg<sup>★★★★s</sup>

FAMILY & WELLNESS RESORT

6236 Alpbach • Inneralpbach 40

☎ +43-5336-5610 • [info@galtenberg.com](mailto:info@galtenberg.com)

🌐 [www.galtenberg.com](http://www.galtenberg.com)



Printed according to the "Print Products"  
guideline of the Austrian Ecolabel.  
Druckerei Aschenbrenner GmbH, UW-Nr. 873

Concept & design: MITTELPUNKT advertising agency.

Photos: Thalgo Cosmetic, Reviderm skintelligence, VITALIS Dr. Joseph, SHOOT+STYLE

Price changes, misprints and mistakes reserved.