

ROMANTIK HOTEL

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Böglerhof

*Well being,
Fitness & Beauty
in Bögler's Vitalquell*

„The perfect place to restore your equilibrium. Leave behind the ordinary and immerse yourself in luxury and indulgence!”

Sleeping, relaxing, just doing nothing or working out in our gym or with our fitness programme... enjoy some carefree hours and let yourself be pampered by our trained staff in Bögler's Vitalquell!

Find out about our fascinating offers for your body, mind & soul!

Bögler's



Bögler's Vitalquell in the Romantikhof Böglerhof

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Our packages for men and women

Purifying vitality package

- Whey- horsetail pack
- pleasant footbath with foot peeling
- foot reflexology massage (35min)
- afterwards you will be served a purifying whey drink

Approx. 1 – 1,5 hours € 77.–

Freshness for body and face

We will pamper you with a body peeling, afterwards you can enjoy a daisy pack, at the same time you will be given a relaxing facial massage. Afterwards you will be served a delicious vitality drink.

Approx. 1 hour € 79.–

Health package

- witch-hazel bath
- Medicinal Massage (35 min)

Approx. 1 hour € 59.–

Your recovery day

- Vitality bath
- Partial massage
- Facial treatment Maria Galland (85 min.)

Approx. 2,5 – 3 hours € 110.–

Egyptian-Vitality Week

- 3 Egyptian-Vitality wraps (à 120 min.)
- 1 Lymphatic drainage (50 min.)
- 1 Sea salt bath
- 1 Seaweed pack

Our suggestion: please spread your treatments over 3 – 4 days € 409.–

Relax day

For ladies and gentlemen – Wellbeing and Care

- 1 Evening primrose oil bath
- 1 Facial treatment Maria Galland (55 min.)
- 1 Full Body Massage

Approx. 2,5 hours € 125.–

Wellness day for ladies

- 1 Facial treatment (55 min.)
- 1 Manicure
- 1 Pedicure
- 1 Evening primrose oil bath

Approx. 3,5 hours € 155.–

„Steinöl (Rock oil)” treatment

Recommended: for the whole musculoskeletal system

- 1 „Steinöl (rock oil) bath”
- application of rock oil tonic followed by a rest period
- 1 full body relaxation massage

Approx. 1,5 hours € 70.–

„Feel good” package

- 1 Hay bath on the water bed
- 1 Partial massage
- 1 Facial massage

Approx. 1 – 1,5 hours € 89.–

Package for pregnant women

- Treatment for pregnant women (from the 4. month onwards)
- Pedicure
- Facial treatment Maria Galland (55 min.)

Approx. 2 – 3 hours € 149.–



Especially for men

RELAXATION FOR HIM

- Basic facial treatment
- Hydro bath with effervescent water massage
- Relaxing neck and back massage (25 min.)
- Manicure with hand peeling

Approx. 2,5 hours € 130.–

JUST FOR MEN

- 1 Facial treatment (55 min.)
- 1 „Steinöl (rock oil) bath”
- 1 Full body relaxation massage

Approx. 2 – 2,5 hours € 120.–



Vitality baths in the Hydroxeur

Our luxury whirl tub

AROMA BATH

With wonderful soothing herbs Approx. 25 min. € 25.–

OIL BATH FOR THE SENSES

Aromatic, relaxing and aphrodisiac aetheric oils made from lavender, ylang ylang and patchouli put you in a positive mood, heighten the senses and leave you with velvety-feeling skin. Approx. 25 min. € 26.–

ST. JOHN'S WORT BATH

The relieving properties of St. John's Wort care for the skin and have a balancing effect on negative factors such as stress, dry indoor air or sunburn. Approx. 25 min. € 29.–

WITCH-HAZEL BATH

The healing herbal complex reduces inflammation and balances the moisture and oil content of very dry and flaky skin. Approx. 25 min. € 29.–

„STEINOIL (ROCK OIL) BATH“

helps to improve well being; afterwards some Steinöl tonic will be applied to your skin – an old home remedy for an aching body. Approx. 25 min. € 25.–

Peelings

BODY PEELING

With a mixture of seasalt and nourishing oils Approx. 30 min. € 29.–

DRY-BRUSH MASSAGE

A brush-massage improves circulation and softens the skin. Approx. 15 min. € 21.–

FRUIT PEELING INCLUDING A SOFT PACK WRAP

Perfect for tired and dry skin! The pineapple and papaya enzymes give your skin a radiant velvet soft complexion. The result is beautiful and fresh skin Approx. 40 min. € 47.–

Body Packages in the thermal water bed

MUD PACK

Relaxing, loosens up the muscles and is ideal as preparation before a massage Approx. 25 min. € 29.–

Decontaminating and metabolism stimulating treatments:

HAY BATH

You are packed into wet hay and surrounded by its aroma; you sweat in the heat bed with minimal strain on your circulation. Ideal to detoxify the whole body. The treatment is especially recommended for rheumatism, colds and for stress relief, detoxifies and activates the metabolism. Approx. 30 min. € 46.–

SEAWEED PACK

Enjoy the warmth of the seaweed pack on the heated water bed, ideal for strengthening the skin tissue of the legs, the hips and the belly: improves the skin's overall look, purifies and also stimulates metabolism. Approx. 30 min. € 46.–

WHEY AND HORSETAIL PACK

Detoxifying, deacidifying and stimulating for the metabolism. Water retention and fat deposits are broken down. Approx. 30 min. € 41.–

Re-moisturizing treatments

DAISY PACK

Caring effect that stimulates the metabolism. The skin becomes velvety and smooth. Approx. 30 min. € 41.–

EVENING PRIMROSE OIL PACK

Ideal for dry skin; your skin soaks up the moisture. After the application of these valuable substances, you'll relax in a body wrap and enjoy the beauty pack. Special dermatological treatment, can aid neurodermitis, psoriasis, inflamed skin and allergies. Approx. 30 min. € 39.–

Sensational: EGYPTIAN VITALITY WRAP

Your body gets wrapped up and the wrap gives you new energy. It rejuvenates, refines and tightens the skin and reduces Cellulite. It shapes the body and works on your problem zones
1 treatment Approx. 120 min. € 118.–
3 treatment € 305.–

To take advantage of the rest period, while you are in the wrap, we recommend: a relaxing facial massage, a facial lymphatic drainage, a head massage... Please make appointments for any treatments when arranging your appointment for the Egyptian wrap.

TREATMENT FOR PREGNANT WOMEN

Treatment for pregnant women (from the 4. month onwards) Let us pamper you!! Lifting, soothing oils and active substances pamper your sensitive skin, prevent stretch marks treatment includes a special back massage Approx. 60 min. € 69.–

IMMEDIATE Mini facial treatment:

One of the newest innovations is the facial treatment with an "AHA effect". 25 min. € 39.–





Facial treatments Maria Galland

Experience individual beauty – with pampering and caring treatments from MARIA GALLAND PARIS. Many different treatments respond to your requests and needs and result in a wonderful feeling of relaxation, perfect care and well-being.

Maria Galland for ladies

FACIAL, NECK AND DÉCOLLETÉ TREATMENT

Skin diagnosis, Vapazon treatment (opens pores) cleansing, peeling, eye brow correction, deep cleansing, mask and day care Approx. 55 min. € 63.–

COMPLETE FACIAL, NECK AND DÉCOLLETÉ TREATMENT

skin diagnosis, cleansing, peeling, Vapazon treatment (opens pores), deep cleansing, mask, refining and relaxing face massage, eye brow correction and day care Approx. 85 min. € 78.–

THALASSO TREATMENT

Concentrated moisture facial treatment with special Thalasso mask, includes cleansing, peeling, Vapazon treatment (opens pores), deep cleansing, facial massage, eye brow correction and day care Approx. 85 min. € 82.–

PROFILIFT 3-D-EFFECT FACIAL TREATMENT

Discover a very intensive care program which softens and improves the skin tone and in a matter of no time you will be looking radiant. Includes deep cleansing, peeling, special facial massage, mark, eye brow correction and day care Approx. 85 min. € 89.–

EYE LIFTING SPECIAL TREATMENT

During the facial treatment € 24.–

Maria Galland for gentlemen

FULL BODY TREATMENT FOR MEN

Aromatherapy massage with facial peeling, facial massage and day care Approx. 75 min. € 69.–

BASIC FACIAL TREATMENT FOR MEN

We start the treatment with a short neck massage, afterwards skin diagnosis, cleansing, peeling, warm steam opens the pores, eyebrow correction on demand, mask and day care Approx. 55 min. € 63.–

COMPLETE FACIAL TREATMENT FOR MEN

We start the treatment with a short neck massage, followed by skin diagnosis, cleansing, peeling; warm steam opens the pores, eyebrow correction on demand Ampoule, mask, facial massage and day care Approx. 85 min. € 78.–

Wellness and Beauty for Kids and Teenagers (up to 17 years)

FOR GIRLS & BOYS -

SENSITIVE FACIAL TREATMENT

For all skin types with useful tips for daily homecare Approx. 55 min. € 41.–

TEENAGER BACK MASSAGE..... Approx. 25 min. € 22.–

SPECIALLY FOR GIRLS - FROM HEAD TO TOE

Sensitive facial treatment for all skin types with useful tips for daily homecare and soothing manicure Approx. 85 min. € 66.–

SPECIALLY FOR BOYS - FROM HEAD TO TOE

Sensitive facial treatment for all skin types with useful tips for daily homecare and relaxing foot reflexology massage Approx. 85 min. € 67.–

FOOT TREATMENT FOR TEENAGERS

Footbath, nail trimming, pampering foot massage and nail polish Approx. 40 min. € 31.–

HAND CARE FOR TEENAGERS

nail trimming and filing with hand massage and nail polish Approx. 35 min. € 27.–



Facial treatments Susanne Kaufmann

Susanne Kaufmann organic treats, a pure natural, active cosmetic made according to strict ecological principles. The proportion of active plant extracts from wild collection and organic farming is particularly high in all Susanne Kaufmann products. The recipes focus on a few substances, which complement and reinforce each other.

FACIAL TREATMENT BASIC

Careful cleansing of the face, neck and the décolleté, a soft peeling removes dead skin cells and smoothes the skin, warm steam opens pores, thorough deep cleansing, eyebrow correction caring ingredients pack and individual daily care Approx. 55 min. € 69.–

FACIAL TREATMENT BASIC PLUS

Careful cleansing of the face, neck and the top of the chest, a soft peeling removes dead skin cells and smoothes the skin, warm steam opens pores, thorough deep cleansing, extended, vitalising, relaxing facial massage, effective herb extract mask, eyebrow correction caring ingredients pack and individual daily care Approx. 85 min. € 87.–

FACIAL TREATMENT DELUXE

For a good start a herb stamps massage for your back, afterwards careful cleansing of the face, neck and the décolleté, a soft peeling removes dead skin cells and smoothes the skin, warm steam opens pores, thorough deep cleansing, eyebrow correction caring ingredients pack and individual daily care Approx. 115 min. € 138.–

ANTI-AGING Susanne Kaufmann

The base of the Susanne Kaufmann natural anti aging programme is the care range A which has been developed in many years of research of active plant extracts from the Alps. Even after just a few treatments you can see successes. Wrinkles disappear and the skin is smooth, soft and tight. The effect has been proved in many dermatological tests.

ANTI-AGING SIGNATURE TREATMENT

The treatment begins with a singing bowl massage for relaxation of the back and a smoothing hand pack, careful cleansing of the face, neck and décolleté vitalising fruit acid peel and eyebrow correction warm steam opens pores, thorough deep cleansing nutrient concentrate with intensive nutrition to promote the creation of collagen relaxing face massage with activation of six acupuncture points highly concentrated lifting mask for an immediate tightening effect, relaxation phase with extended head and hand massage daily care, freshly squeezed fruit juice Approx. 115 min. € 198.–

LIFTING TREATMENT FOR THE FACE

Careful cleansing of the face, neck and décolleté, vitalising fruit acid peel, nutrient concentrate with intensive nutrition to promote the creation of collagen, manual activation of 6 acupuncture points, highly concentrated lifting mask with immediate tightening effect, daily care Approx. 45 min. € 68.–

LIFTING TREATMENT FOR THE EYES

Careful cleansing of the face, neck and décolleté, Massaging in of the nutrient concentrate with intensive nutrition, highly concentrated lifting mask with immediate tightening effect gentle working in of the eye cream Approx. 25 min. € 44.–

*"Everything you enjoy doing...
is good for you!"*

Extras

FACIAL MASSAGE With cleansing, relaxes the face, head and neck and warms the heart Approx. 25 min. € 28.-
BACK TREATMENT FOR PROBLEM SKIN Clarifies and purifies the skin Approx. 40 min. € 42.-
AMPOULE € 10.-
EYEBROW TINT € 8.-
EYELASH TINT € 11.-
EYEBROW AND EYELASH TINT € 15.-
EYEBROW SHAPE € 8.-
UPPER LIP DEPILATION € 9.-
CHIN DEPILATION € 9.-
LEG DEPILATION (COMPLETE) € 36.-
LEG DEPILATION (UP TO THE KNEES) € 26.-
BIKINI ZONE DEPILATION € 17.-
ARMPIT DEPILATION € 17.-
BACK OR BUST DEPILATION € 26.-
MAKE UP € 22.-

For soft and supple hands and feet

MANICURE without nail polish Approx. 45 min. € 30.-
MANICURE with nail polish..... Approx. 60 min. € 34.-
FRENCH MANICURE Approx. 70 min. € 37.-
NAIL VARNISH Approx. 15 min. € 10.-
FRENCH NAIL VARNISH Approx. 20 min. € 13.-
PEDICURE without nail polish Approx. 60 min. € 34.-
PEDICURE with nail polish Approx. 60 min. € 37.-
FRENCH PEDICURE Approx. 70 min. € 40.-
HAND AND PARAFFIN or during the facial treatment Approx. € 16.-



Massage Offer

Our special offer:

LOMI LOMI NUI

„a short holiday for the body and soul“

... is a more than thousand year old massage technique and body work. This massage ceremony touches body and soul and is extremely relaxing. Warm oils, aromas and music accompanies this ceremony. Improves the lymphatic system circulation, clears blockages and relieves tensions
..... Approx. 70 min. € 87.-
..... Approx. 100 min. € 115.-

Therapeutic massages

INTENSE NECK AND SHOULDER TREATMENT

Addresses to your individual neck and shoulder problems. We treat your areas of pain with different massage techniques Approx. 35 min. € 38.-

MEDICINAL MASSAGE

Everyday life causes posture errors, this massage helps alleviate physical aches and achieves lasting improvement Approx. 35 min. € 38.-
We recommend booking three treatments € 105.-

COLONMASSAGE - very good if you

have problems with your digestion. The massage of your stomach stimulates the nerves in the colon which brings better activity ... Approx. 25 min. € 31.-

MANUAL LYMPHATIC DRAINAGE

This soft massage technique stimulates the lymphatic circulation, is detoxifying, relaxing, regenerates and strengthens the immune system
..... Approx. 25 min. € 32.-
..... Approx. 55 min. € 56.-

Our suggestion

To increase the effect of all the massages we recommend the use of the infrared cabin for 10 min. before your message. We also recommend a MUD PACK or a STEINÖL BATH to prepare your body for the massage.

Our classic massages

FULL BODY MASSAGE

During this relaxing massage, expert fingers loosen and tighten your muscles and re-energize your body, soul and skin tissue Approx. 45 min. € 46.-

PARTIAL MASSAGE

Dedicated to your problem zones .. Approx. 25 min. € 30.-

VERTEBRAL COLUMN MASSAGE

Here we work with special massage techniques for your vertebral column or back area Approx. 35 min. € 40.-

AROMATHERAPY

Let yourself be pampered during this smooth and gentle massage with assorted essential oils... very relaxing and calming for body and soul Approx. 45 min. € 49.-

SPORT MASSAGE

A classical massage, which concentrates on your legs and back ...the ideal treatment after a days hiking or skiing Approx. 25 min. € 32.-

MASSAGE MIX

Addresses your individual problems and works with different massage techniques Approx. 55 min. € 56.-





Our health and well being programme

Back Training, Stretch and Mind, Water Work Out, Yoga Pilates-for a good body feeling. Qi Gong with movement meditation... or discover Alpbachs' romantic beauty during a snow shoe bike ...we will find a suitable programme for everybody! Our health and well being programme is free of charge

PERSONAL TRAINING OR FITNESS TRAINING

With explanations regarding our fitness equipment, individual fitness programme and a lot of tips for your health and fitness!

Twice a week: Monday and Thursday: 15.30-17.30
our fitness instructor awaits you!

Extended Massage offer

EAR CANDLE TREATMENT

An old natural healing method from the "Hopi" Indians.

- Loosens all tension in head and ears
- effective against cold Approx. 40 min € 36.-

HEAD MASSAGE

Helps relieve body tension and improves mental clarity, prevents migraine. You get back your energy and power. Approx. 15 min. € 22.-

SINGING BOWL MASSAGE

Pure Relaxation!

Softly striking bowls, gongs and tuning forks releases oscillation in your body resulting in calmness, harmony and security Approx. 55 min € 64.-

FOOT REFLEXOLOGY

All the organs are connected to the feet through nerves, the reflexology are influenced positively (stimulating or calming down) Approx. 35 min. € 39.-
Including a foot bath Approx. 45 min. € 46.-

PINDA-SVEDA

Sveda means sweating and helps your body to purify and to detox. It is a full body massage with two hot herb stamps, which are filled with ginger, mustard oil and curcuma affecting both body and mind: relieves tension and has a relaxing effect. This treatment is recommended to reduce problem zones (especially the belly area) as well as scars and cellulite. Approx. 75 min. € 83.-

ASIAN HOT STONE MASSAGE

Smooth meridian full body massage with selected natural oils and warm lava stones from Arizona
...the feel good miracle
...pure relaxation Approx. 55 min. € 69.-

REIKI

Reiki is known as a very old complementary medicine. Reiki translated means "healing with universal (God's) energy". The healing energy comes with soft touches through the Reiki healer's hands Approx. 35 min. € 39.-

SOLARIUM Approx. 15 min. € 10.-



SPA Etiquette

Here are the answers to frequently asked questions by our guests. If you have any further questions do not hesitate to ask, our Vitalquell team is always at your service.

Clothes

Please leave your clothes for every day wear in your room. Come to our spa in your bathrobe, which you can find in your room in the cupboard. It is best if you come to your treatments freshly showered and with no make up – men with their face freshly shaved – so as to optimise the effect of the treatments on your body and skin.

Your Reservation

We recommend you book your appointments when booking your room so as to ensure that the appointment times suit you. Concerning the Böglerhof packages there might be changes in the time of the appointments - thank you for your understanding.
Treatments included in packages will be booked between 09.00 am and 04.30 pm.

Short notice cancellation

We try to be very flexible with changing or cancelling treatments. It is always a pity to turn away a guest who would have liked to enjoy a relaxing treatment and then unexpectedly the appointment is free after all. We kindly ask you to inform us about cancellations as soon as possible. In case of cancellations within 24 hours of your appointment we regret we will have to charge 50% of the treatment cost.

Your arrival in the spa

To achieve a good result and maximum effect of your treatment we recommend starting as relaxed as possible. Have a seat in Bögler's Vitalquell and take five or ten minutes to relax - we invite you for a cup of tea. If you arrive late we cannot guarantee that you can have the full time of your treatments, as other people may have appointments after you.

Important

If you are taking medication, suffer any complaints, if you have recently had an operation or if you are diabetic, haemophiliac or pregnant, please let our Vitalquell team know before the treatment. They know best what's best for you.

Mobile phones

For your own relaxation and out of respect for other guests we kindly ask you to turn off your mobile phone in the whole spa area.

Your wishes...

... are very important to us. Let our therapists know your preferred music, fragrance or pressure of massage so that every treatment becomes a special experience.

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*It is a great pleasure for us
to welcome you in Bögler's
Vitalquell and we wish you
relaxing hours in our spa!!*

*your Böglerhof
Vitalquell Team*

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