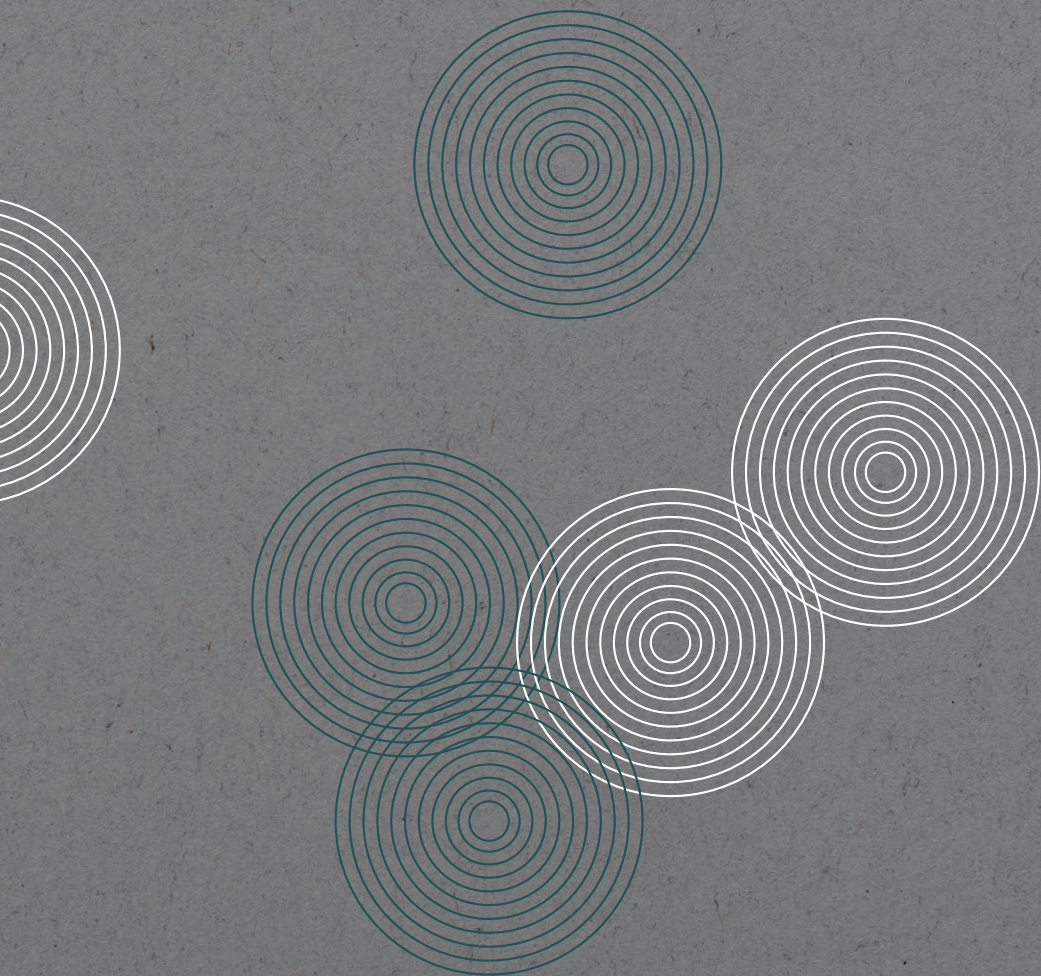


# Stroblbad



**SPA**

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## TEAM D<sup>R</sup> JOSEPH

The award-winning high-tech cosmetics by TEAM DR JOSEPH combine select natural active ingredients with the latest in skincare technology. Since 1986, this family-run company has been drawing inspiration from the world of plants, and tapping into the power of their active ingredients.

In them, we have found a trusted partner to offer you a range of cosmetics that dovetails with our philosophy – natural, made in South Tyrol and internationally successful.



# PAMPERING

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## Cellular Recreation Face Treatment

### **DEEP-REACHING SKINCARE**

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Selected active ingredients with immediate effects for a healthy, glowing complexion and intensively nourished skin. This deep-reaching facial treatment includes a face massage tailored to your individual needs. Thanks to its highly effective natural active ingredients, the skin looks visibly healthier and more radiant.

*80 min. 128,00*

## Intense Purifying Face Treatment

### **INTENSIVE CLEANSING FACIAL**

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This facial treatment is suitable for all skin types. It reaches deep into the skin, purifying it intensely without stripping away the moisture and oils that constitute its protective barrier.

Pores are minimised, tissues are cleansed and the skin is primed to optimise the absorption of active ingredients.

The ideal in-depth cleansing treatment for a clear, even and visibly refreshed complexion.

*80 min. 128,00*

## Advanced Bio Lifting Face Treatment

### **INTENSIVE BIODYNAMIC LIFTING FACIAL**

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This intensive facial treatment is tailored to your needs and gives immediately visible results. The biodynamic massage works in depth to provide a lifting effect for plumper, firmer face contours and reduced fine lines.

The skin is hydrated and the complexion appears fresh, supple and rejuvenated. Nature meets high-tech for immediate, long-lasting effects that make a real difference.

*110 min. 176,00*

## Express Power Lift for Men

### **HIGH-PERFORMANCE SKINCARE FOR MEN**

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A potent synergy of natural ingredients and high-tech skincare for clearer skin and improved texture. This treatment is specially designed to pamper men's skin with rapid and effective results. It reduces the appearance of pores and cleanses the skin, leaving your complexion immediately and noticeably brighter – no more compromises between time and performance.

*50 min. 80,00*

# REVITALISING

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Firming & Toning Body Massage

## **REDEFINE CONTOURS – BODY-SHAPING MASSAGE**

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An individually adaptable concept for tighter, firmer body contours. Active ingredients administered through innovative massage techniques stimulate metabolism and the lymphatic system, while an intensive body peel leaves your skin velvety soft and silky smooth. A highly effective body programme with a slimming effect.

*50 min. 80,00*

Detoxifying Cellulite Treatment

## **BODY CULT – AN INNOVATIVE ANTI-CELLULITE PROGRAMME**

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A new anti-cellulite treatment with potent, long-lasting effects on your skin and connective tissue. It consists of a cupping session combined with highly effective natural products, which together visibly reduce the appearance of cellulite and have a decongestant and detoxing effect on body tissues. This is strengthened by a stimulating body peel, a special massage and an algae pack.

*80 min. 128,00*

Linen Glove Dry Body Scrub

## **REFRESHING & STIMULATING – LINEN GLOVE DRY PEEL**

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This revitalising full-body peel is performed with a raw linen glove and powerful essences to improve blood and lymph circulation and support metabolism. It boosts vital energy while also cleansing the skin and giving it a clearer, radiant appearance. Our recommendation: strengthen the effects of this peel by following it with a cream body pack tailored to your skin's needs.

*25 min. 40,00*

*with pack: 50 min. 80,00*

# RELAXING

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## INDIVIDUAL-MASSAGE

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A tailored full-body massage, with herbal oils individually chosen to loosen up tense muscles and stimulate blood circulation.

*50 min. 75,00*

*75 min. 113,00*

Ayurveda Massage

## MINDFUL RELAXATION – AYURVEDIC MASSAGE

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Abhyanga is an ancient Indian word meaning “great oiling with loving hands”. It consists of gentle, harmonious massage strokes to soothe the body, combined with the stimulation of Marma massage points.

An effective treatment for clearing the mind and rebalancing the energy flow throughout the body.

*75 min. 120,00*

Deep Relax Stone Massage

## PRIMAL POWER – BASALT STONE MASSAGE

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Pamper yourself and feel all physical and mental tensions melt away thanks to the pleasant warmth of volcanic stones.

*50 min. 80,00*

*75 min. 120,00*

## FOOT REFLEXOLOGY MASSAGE

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By targeting specific pressure points on the soles of your feet, your entire body is indirectly stimulated and soothed.

*50 min. 75,00*

# UNWINDING

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## Dynamic Recreation Back Massage

### **RESTORATIVE DYNAMICS – LASTING RELIEF FOR THE BACK**

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The techniques and intensity used for this rejuvenating back treatment are chosen based on your individual needs, and their effect is enhanced by a massage oil rich in potent, natural active ingredients. A unique combination of cupping glasses and singing bowls helps to release tension and improve the dynamics of the spine.

*50 min. 80,00*

## Relaxing Head & Neck Massage

### **MEANINGFUL CLARITY – HEAD, NECK AND SHOULDER MASSAGE**

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A special massage that awakens the senses. The head, neck and shoulder areas are treated through targeted massage grips and effective plant extracts to release tension and clear the mind.

The deep-reaching touch and gentle scents will help you unwind and unplug from everyday life – an unforgettable moment of deep relaxation.

*50 min. 80,00*

## Sport & Vitality Body Massage

### **MUSCLE VITALITY – SPORTS MASSAGE**

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Through a combination of special massage stretching, tapping and gripping manoeuvres, tensions are loosened and the fascia and muscles are free to relax. The ideal treat before or after any sports activities.

*50 min. 80,00*



# CARE

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PEDICURE	60 min. 65,00
WITH NAIL POLISH	75 min. 75,00
MANICURE (WITH NAIL POLISH)	60 min. 65,00
SPA PEDICURE	80 min. 95,00
Foot scrub, Pedicure, Foot massage, Foot wrap	
SPA MANICURE	80 min. 95,00
Hand scrub, Manicure, Hand massage, Hand pack	

## DEPILATION

FACE	15 min. 15,00
HALF LEG	30 min. 35,00
WHOLE LEG	45 min. 50,00
BIKINI LINE	30 min. 35,00
BACK AND CHEST	30 min. 35,00
UNDERARMS	15 min. 20,00

## EYEBROWS & EYELASHES

EYEBROW COLOURING	15 min. 15,00
EYELASH COLOURING	15 min 20,00
EYELASH AND EYEBROW COLOURING	30 min. 30,00
EYEBROW SHAPING	15 min. 15,00

# WELL-BEING

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## APPOINTMENT TIME

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We recommend that you arrive at the Stroblbad spa approximately 10 minutes before your appointment. This will give you time to fill out our confidential guest information form, so you can enjoy your treatment to the fullest and without delay.

We will collect you from the seating area opposite the bar at the appropriate time for your treatment. Please understand that if you arrive late, your treatment time will be reduced to accommodate the following guests.

## ATTIRE

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Please come to your treatment wearing a bathrobe or light clothing. If required, you may use the changing room in the wellness area. Disposable underwear and other coverage options are available to protect your privacy before and during treatment.

## CANCELLATION

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If you cannot make it to your appointment, please cancel your booking at least 24 hours in advance. Cancellations after this time are subject to a full charge.

## **TOWELS**

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A spa bag with towels for the sauna and pool areas is provided in your guest room. Please remember to bring your towels back with you – they are replaced daily.

## **POOL AND SAUNA AREAS**

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Swimwear is required in the pool area, while we kindly ask you not to wear any clothes in the sauna area for hygiene reasons. Our relaxation rooms are designed as quiet places – please observe silence.

## **BOOKING YOUR SPA TREATMENTS**

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You are welcome to book the treatments of your choice directly at reception or in the spa area. If desired, our spa staff will be happy to assist and advise. By filling out our online wish list, you can secure your preferred date in advance. Alternatively, you can contact us by telephone.

Stroblbad opening times: 7.00 am – 7.00 pm

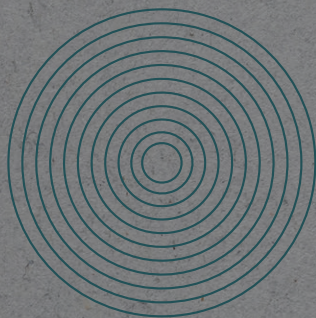
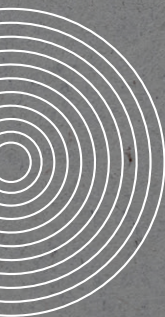
Treatments: Monday to Saturday

Pool: daily from 7.00 am to 7.00 pm

Sauna: daily from 3.00 pm – 7.00 pm







# STROBLBAD WELLNESS & SPA

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STROBLBAD AT STROBLHOF

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