



SPA
BROCHURE

**'RELAXATION AND ABSOLUTE BLISS
— MORE THAN JUST SKIN DEEP'**



Beauty is more than the body, more than the mind. Beauty is an expression of overall harmony. Beauty is in the moment. Beauty lies in the smallest pleasures. It far exceeds mere physical appearance as it reflects one's inner constitution, feelings and action. And last but not least, beauty is in the eye of the beholder. At our Rosengarten SPA, our aim is to capture your beauty in its entirety, express it through rituals and affirm it with soothing treatments. These are tailored to your needs and executed with sublime products by natural cosmetic brands SUSANNE KAUFMANN™ and [comfort zone].

*Beauty and wellbeing:
more than skin deep.*

CONTENTS

FACILITIES & SPA ETIQUETTE	5
SUSANNE KAUFMANN™	6
Natural anti-ageing treatments	8
À la carte facials	9
Treatments for men	10
Body treatments	11
COMFORT ZONE	12
Special face treatments	14
EXTRAS	
For your eyes only	16
Hair removal	16
BODY TREATMENTS	18
ROSEN PRIVATE SPA SUITE	21
MASSAGES	
Classic massages	22
Special massages	24
DAY SPA	25
FITNESS & PERSONAL TRAINING	27

OPENING HOURS

Indoor pool

8am to 8.30pm

Gym

8am to 8.30pm

Beauty & massage

10am to 7pm

Rosen Private SPA Suite

Enjoy relaxation for two in an unforgettable setting.
Available on request.

Emotion SPA

Experience total relaxation on the Emotion SPA soft pack lounger.
Available on request.

FACILITIES

Spa reception

Our skilled team look forward to advising you. If you would like to make an appointment, please call +43 5357 420175, or send an email to welcome@rosengarten-taxacher.com

Finnish sauna

Heat and wellbeing: high temperatures and humidity stimulate circulation and metabolism.
Opening hours: 2pm to 8pm

Marble steam room

Particularly beneficial to airways and circulation.
Opening hours: 2pm to 8pm

Relaxation area with waterbeds

Our Rosengarten relaxation area is a haven for rest and relaxation.
Opening hours: 2pm to 8pm

Tea bar

Soothing teas for wellbeing from within.

SPA ETIQUETTE

Welcome pack

Bathrobe and slippers are available in your room. Towels are available in the SPA. The hotel's public areas and restaurants are bathrobe-free zones.

Medical conditions

Before your treatment begins, please inform your therapist of any medical issues.

Running late

Should you arrive late, we would ask for your understanding that it may be necessary to alter or shorten treatment times.

Cancellations

Please note our cancellation policy: treatments cancelled within seven hours of the start of the treatment are charged at 70% of the booked treatment price.

SUSANNE KAUFMANN™

Susanne Kaufmann was born and raised in the Bregenz Forest, a pristine Alpine valley. From early childhood, she was fascinated by the idea of using the intense effects of the Alpine plant world for beauty, health and wellbeing.

Together with a team of pharmacists and dermatologists, she has developed effects-oriented products using precious natural active ingredients for use in spas. Susanne Kaufmann™ organic treats are produced with the utmost care in a small operation in the Bregenz Forest and bottled, sealed and packaged by hand.

Product lines are perfectly tailored to the skin's individual needs, leading to visible results within a very short time:

- Improved skin hydration
- Radiant, healthy skin, even for skin with problems such as acne, neurodermatitis and allergies
- Flawless appearance of skin
- Improved elasticity
- Reduction of wrinkle depth
- Repair of skin damage

PRECIOUS ACTIVE INGREDIENTS

SUSANNE KAUFMANN™ products contain only valuable natural essences, oils and pure substances with an especially high percentage of active plant ingredients. Energy-rich oils such as rosehip and cuckooflower oil serve as carriers.

SPECIFIC FUNCTIONS

All ingredients have been selected for their specific effects with various plant-sourced substances chosen that complement and enhance each other. These plant compounds have a powerful effect that can be felt immediately.



UNCOMPROMISING TOLERABILITY

The highest quality ingredients combined with gentle processing and years of experience with plant ingredients means that the products are highly tolerable. All ingredients are dermatologically tested and we use non-allergenic fragrances.

SUSANNE KAUFMANN™ PRINCIPLES

- We use only natural preservatives
- We use only natural colourings
- Free from Vaseline, silicones and paraffin oil
- Not tested on animals and free of animal-derived ingredients
- Free of PEG compounds

The plant-based active ingredients are rich in vitamins, minerals and nutrients and exhibit an astonishing regeneration potential on the cellular level. Plants are natural moisture boosters which provide a natural anti-oxidant system and stimulate the regeneration and growth of collagen fibres. They act as surfactants that protect, nourish and strengthen our cells against environmental damage, promoting healing and regeneration of the skin.

BEAUTY TREATMENTS BY SUSANNE KAUFMANN™

NATURAL ANTI-AGEING FACIAL

Susanne Kaufmann developed methods of natural anti-ageing during her many years of experience at her SUSANNE KAUFMANN™ Spa. From a purely scientific standpoint, the skin begins to age when we are in our mid-twenties. This is a good reason for developing healthy skincare habits early on. The rewards become apparent many years later, as regular care helps your skin appear younger for longer. Natural anti-ageing treatments aim to protect the skin, to strengthen it, and to diminish the symptoms as well as delay the appearance of the first signs of ageing.



- // Thorough cleansing of face, neck and décolleté
- // Enzyme peel for gentle removal of dead skin
- // Incorporation of a powerful antioxidant combined with a short fascia massage
- // Followed by a jade roller massage to assist absorption of active ingredients
- // Highly concentrated lifting mask for an instant firming effect
- // Skincare for day

70mins **€165**

À LA CARTE FACIAL – tailored for you

An extremely effective personalised facial treatment consisting of gentle exfoliation, deep cleansing, nourishing mask, indulgent massage and deep-acting products. The skin's condition is improved, cells are re-energised and the skin retains a wonderfully harmonious feeling.

Moisturising

A regenerating and smoothing moisture boost with super-concentrated, highly moisturising active ingredients. The skin is nourished with key minerals, vitamins and trace elements. Instant improvement of skin elasticity and reduction of dry skin lines.

Clarifying

This deep cleansing and revitalising enzymatic peel has an antibacterial pore-refining effect. The exfoliation readies the skin, making it receptive to highly concentrated active ingredients. Gentle lymph drainage and deep-cleansing mask restores and clarifies.

80mins **€135**



TREATMENTS FOR MEN BY SUSANNE KAUFMANN™

Because men's skin requires specialised care and protection Susanne Kaufmann developed a range of skincare products specifically tailored to their needs: Line M for fast, simple and efficient daily skincare. Effective treatments target the specific problems of male skin.



MEN'S SIGNATURE TREATMENT

Cleansing and moisturising treatment for the specific needs of male skin. Effective ultrasound and a firming mask make skin feel brand new.

- // Thorough cleansing of face, neck and upper chest
- // Enzyme peel for gentle removal of dead skin
- // Deep cleansing
- // Incorporation of a powerful antioxidant with a jade roller massage to assist absorption of active ingredients
- // Highly concentrated lifting mask for an instant firming effect
- // Skincare for day

80mins **€145**

MEN'S CLEANSING FACIAL

A basic clarifying treatment tailored to your individual needs with a gentle peel, deep cleansing and highly effective products. Skin feels clean and fresh.

55mins **€85**

BODY TREATMENTS BY SUSANNE KAUFMANN™

Our harmonising treatments release stress and restore inner balance. Soothing massage techniques, warming oils and potent essences. Refreshing and invigorating or balancing and relaxing. Take some time out for yourself and enjoy sublime wellbeing.

DEEP BALANCING DELUXE

A gentle full body exfoliation removes dead skin cells, and the soothing witch hazel bath pampers skin and relaxes the mind. The body's balance is restored with a harmonising massage.

90mins **€149**



RELAX TREATMENT HEAD

This head and neck massage releases tensions, headaches and blockages, and supports the flow of energy in preparation for further concentrated healing work. Warm sesame oil is gently applied to the scalp and massaged in. A heated oil turban harmonises energy centres.

50mins **€85**

[comfort zone]

Skin Science Soul. Italian roots with multicultural vision. The research laboratory and manufacturing facility owned by the Bolati family has become an internationally recognised manufacturer of award-winning spa treatments and products.

In the pursuit of excellence, [comfort zone] is always guided by the latest multidisciplinary scientific research results. Only the highest quality, naturally-sourced ingredients are chosen to ensure maximum effectiveness and enjoyment. Silicones have been replaced by natural oils and fats, ensuring active skincare for incomparably silky skin.

All treatments start with our Tranquillity™ ritual, a welcoming ceremony. Sensual fragrances, aromatic teas and relaxing music are an integral part of your experience.

[comfort zone] PRINCIPLES

SKIN. Focus on skin: explore the processes of change with the aim of maintaining beauty and vitality

SCIENCE. Science guides the continuous development of products and treatments

SOUL. Sustainable manufacture and research: for humanity and the environment

[comfort zone] PHILOSOPHY

Skin mirrors our physical and emotional wellbeing. Scientifically sound solutions and vegan products mean that [comfort zone] visibly improves the appearance of skin while at the same time promoting an environmentally-aware lifestyle and a balance between body and mind. Facials are designed for specific skin types and needs. Body treatments and rituals are inspired by traditional methods and are based on the latest scientific findings.



[comfort zone] PRODUCTS ARE

- 100% vegan
- Rich in naturally-sourced products
- Silicon-free and paraben-free
- Free of mineral oils
- Free of synthetic fragrances and colourings

[comfort zone] PRODUCTS CONTAIN

- The latest high-tech molecules and carrier systems
- Premium natural oils and fats

[COMFORT ZONE] SPECIAL FACE TREATMENTS

HYDRAMEMORY – the source of moisture

Optimal hydration for weather-related dry skin. Moringa oil and hyaluronic acid penetrate deep into the skin with this paintbrush massage.

// Tranquillity™ ritual – cleansing – peel – removal of hair or blemishes
– manual massage of face, décolletage, neck and shoulders – hyaluronic power mask including paintbrush massage

ACTIVE PURENESS – clarity

A cleansing and detoxifying treatment defined by a mattifying spirulina algae mask.

// Tranquillity™ ritual – cleansing – peel – deep cleansing, extractions
– removal of hair or blemishes – manual massage of face, décolletage, neck and shoulders – spirulina peel-off face mask

REMEDY – skin balance

An innovative, strengthening and resistance-boosting treatment for sensitive skin with sugar beet prebiotics.

// Tranquillity™ ritual – cleansing – peel – removal of hair or blemishes
– marula foam mask – detox massage

SUBLIME SKIN – age perfection

An exclusive anti-ageing treatment for fresh, vibrant skin. High-quality ingredients and the Active Lift Massage™ provide a rejuvenating and firming effect.

The Active Lift Massage™ is inspired by Kobido, a Japanese form of massage. The technique relaxes the muscles and boosts skin firmness and volume.

// Tranquillity™ ritual – cleansing – lactic acid booster, fruit acid peel – Active Lift mask, hand or foot massage – Active Lift Massage™

SACRED NATURE FACE TREATMENT – organic anti-ageing

Pure, organic, clean. A wonderful anti-ageing treatment for sensitive and problem skins. This treatment brings about profound and sustainable results and a refreshed complexion.



SPECIAL FACE

Tranquillity™ ritual, cleansing, deep cleansing with peel, active agent concentrate, massage, mask

85mins **€125**

SPECIAL FACE

Tranquillity™ ritual, cleansing, deep cleansing with peel, active agent concentrate, massage **or** mask

55 min **€90**

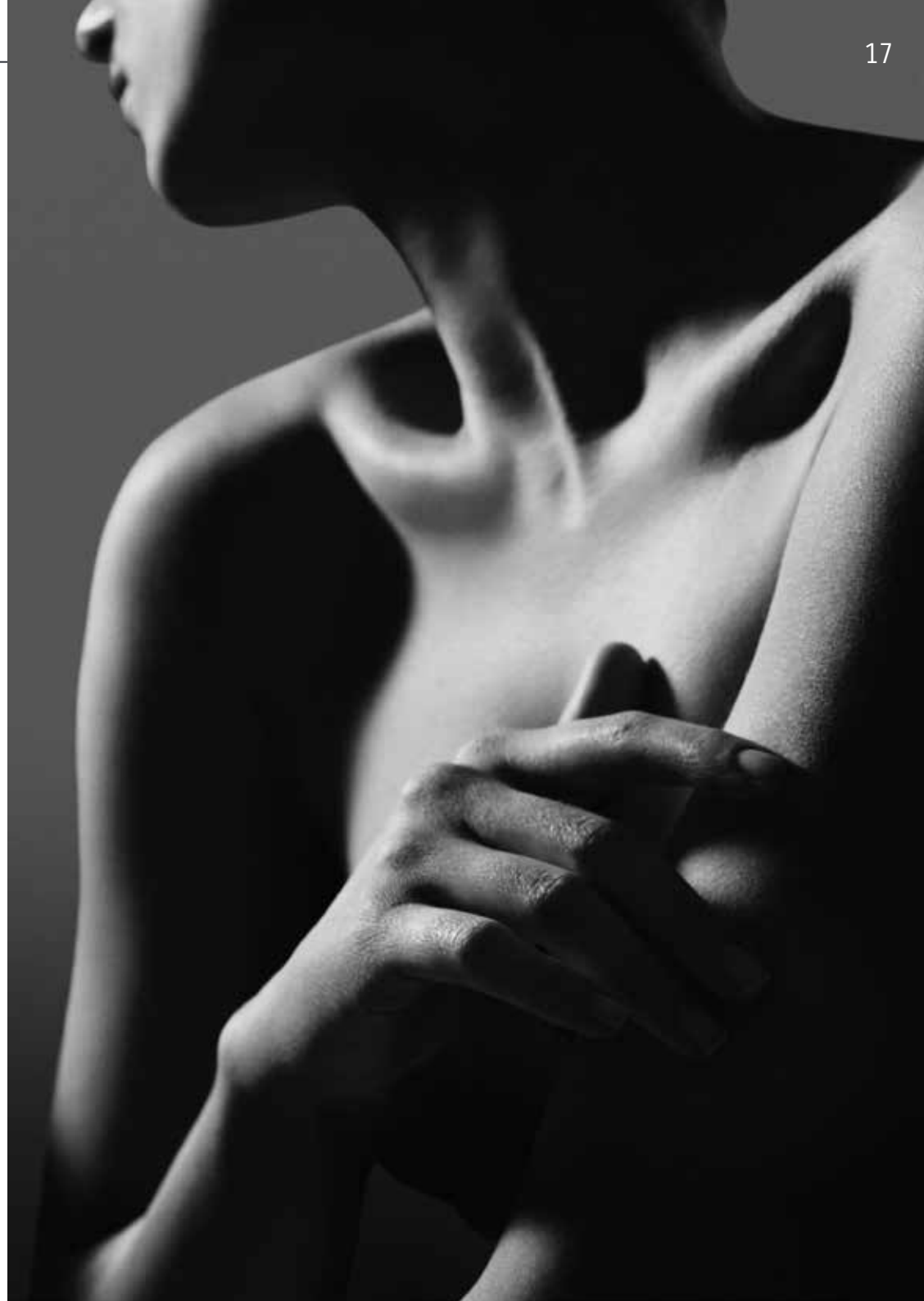
EXTRAS

FOR YOUR EYES ONLY

Eyebrow tinting	€16
Eyelash tinting	€19
Eyelash & eyebrow tinting	€31
Eyebrow shaping	€19
Eyebrow tinting & shaping	€31

HAIR REMOVAL WITH WARM WAX

Eyebrows, upper lip, chin	€15
Underarms	€20
Bikini	€26
Half leg	€32
Full leg	€49



[COMFORT ZONE] BODY TREATMENTS ON THE EMOTION SPA SOFT PACK LOUNGER

Immerse yourself in the complete relaxation experience on our Emotion SPA soft pack lounger. Spread on a bed of warm water at 37°C this is the epitome of enjoyment! Colour light therapy, a full body aroma steam session and a brush massage are included subject to the chosen treatment.

FRUIT PEELING

Assisted by the power of citric and lactic acids, papaya and kiwi extracts, we gently massage and exfoliate the entire body, leaving your skin velvet soft and as smooth as a peach. You will be delighted with the results!

// Peel and brush massage, aftercare, colour light therapy

35mins **€45**

GROTTA GIUSTI - thermal mud

Warm calcium and magnesium-rich mud from the Grotta Giusti thermal spa benefits the entire body: relaxing, cleansing, mineralising and nourishing. The treatment stimulates energy flow, providing a sense of ease, wellbeing and vitality.

// Full body peel, hydro pack, colour light therapy

50mins **€82**



BODY STRATEGIST FIRMING

- treatment delight

This restorative treatment improves skin elasticity and harmonises moisture balance. An adventure for the senses and perfect for delicate skin. Ideal for dry or tight skin, and after sunbathing.

// Full body peel - brush
massage - firming hydro
body mask

50mins **€82**

BODY STRATEGIST CELLULITE

Deeply effective treatment enriched with Bagni di Pisa thermal water detoxifies and combats cellulite. A blend of essential oils promotes thorough tissue cleansing, while fucus and laminaria seaweed promote lipolytic activity.

// Full body peel - problem
zone hydro pack

60mins **€89**

[COMFORT ZONE] INDULGENT BODY TREATMENTS

AROMASOUL

Pure volcanic particles from the island of Stromboli in the Tyrrhenian Sea provide a thorough exfoliation while nourishment is provided by shea butter and beta-glucan. Choose your fragrance: Orient, Mediterranean, Arabia or India. A relaxing body massage follows.

75mins **€95**



TRANQUILLITY™ PRO SLEEP MASSAGE

TIME FOR ME! When your mood, vitality and beauty are affected by stress, lack of sleep and the hectic pace of life, it's time to try our Tranquility™ pro sleep massage. This treatment was developed in collaboration with scientists and focuses on the three senses of smell, touch and hearing to put us in the same brain state as when we sleep. This brings about a sense of deep and complete relaxation, balance and energy. An ideal treatment for stress and insomnia. An experience of complete wellbeing for body and mind.

60mins **€95**



ROSEN PRIVATE SPA SUITE

Enjoy some cosy one-on-one time in your own private area of the SPA. Soothe body and mind in the duo-whirlpool, relax on the wellness bed, unwind with tea and fruit or seek inspiration with a glass of Champagne.

60mins **€150**

LUXURY ROSENGARTEN COUPLES' PACKAGE

...enjoy some one-on-one time. All treatments are performed in parallel.

- // Smoothing full body exfoliating treatment with fruit extracts
- // Natural aromatherapy bath for two with Champagne and fruit sorbet
- // Enjoy a full body massage in parallel
- // While you rest, we serve culinary delights from the Rosengarten's kitchen

120mins **€345**

CLASSIC MESSAGES

FULL BODY MASSAGE

Harmonising, relaxing and re-energising full body massage for intense wellbeing.

50mins **€75**

MASSAGE MIX

Composition of two classic massage elements, e.g. back massage plus foot reflex zones or head and shoulder massage plus foot reflex zones.

50mins **€79**

AROMATHERAPY MASSAGE

Relaxing, gentle body massage with essential oils – a balm for body and soul.

50mins **€79**

SPORTS MASSAGE WITH EMBROCATION

Powerful, regenerating deep muscle massage with refreshing embrocation – best after strenuous physical activity, improves performance capacity.

50mins **€75**

PARTIAL BODY MASSAGE – LYMPHATIC DRAINAGE

This special and gentle type of massage has a soothing and relaxing effect on body and mind.

50mins **€76**



REFLEXOLOGY **plus neck compress**

Tension is released and self-healing is activated by stimulating foot reflex zones.

40mins **€65**

PARTIAL BODY MASSAGE

Partial body massage for head and neck or back or legs.

25mins **€45**

FACIAL LYMPHATIC DRAINAGE MASSAGE

Experience a unique lifting and cleansing effect with this gentle, bio-energy facial drainage.

25mins **€45**

SPECIAL MESSAGES

ENERGY STONE MASSAGE **with warm and cool gems**

The interaction of a beneficial massage with the powerful intensity of crystal facilitates equilibrium and deep relaxation.

75mins **€118**

THAI MASSAGE

NUAD THAI YOGA means healing touch. It is an ancient South-east Asian form of bodywork that involves gentle pressure along the meridians to calm the breath and relax muscles and tendons. Blockages are removed and energy channels opened. The body is brought into balance and the result is a feeling of lightness as vital energy flows through the body unencumbered.

Nuad is given on a mat on the floor and does not require oils. Please wear comfortable, loose-fitting sportswear for this massage.

105mins **€145**



DAY SPA

SPEND A DAY AT THE ROSENGARTEN SPA

- // Bathrobe, slippers, towels
- // SUSANNE KAUFMANN™ organic treats bodycare products
- // Use of the spa area with sauna, steam room, relaxation room, pool and gym
- // Aperitif and 2-course lunch at Bistro-Restaurant Rosengarten
- // One SPA treatment of your choice (50mins)

1 day **€115**

DAY SPA

ANTI-AGEING DAY AT THE ROSENGARTEN SPA

- // Bathrobe, slippers, towels
- // SUSANNE KAUFMANN™ organic treats bodycare products
- // Use of the spa area with sauna, steam room, relaxation room, pool and gym
- // Aperitif and 2-course lunch at Bistro-Restaurant Rosengarten
- // SUSANNE KAUFMANN™ anti-ageing intensive facial (70mins)
- // Deep balancing deluxe: gentle full body peel, soothing witch hazel bath, harmonising massage (90mins)

1 day **€299**

DELUXE RELAXATION DAY AT THE ROSENGARTEN SPA

- // Bathrobe, slippers, towels
- // SUSANNE KAUFMANN™ organic treats bodycare products
- // Use of the spa area with sauna, steam room, relaxation room, pool and gym
- // Aperitif and 2-course lunch at Bistro-Restaurant Rosengarten
- // Facial treatment (55mins)
- // Aromatherapy massage (50mins)

1 day **€188**

FITNESS & PERSONAL TRAINING

A healthy mind feels at home in a healthy body. Super-professional personal training and state-of-the-art TechnoGym equipment for effective cardio and strength exercises await at the Rosengarten Gym.



WELCOME TO THE ROSENGARTEN GYM

Equipment:

- Excite Run 600 TV
- Excite Synchro TV
- Excite Bike TV
- TechnoGym Unica Evolution
- Dumbbells

Contact us to arrange an appointment with your personal trainer!

CONTACT

Hotel Restaurant Spa Rosengarten

Aschauer Strasse 46

6365 Kirchberg | Tyrol | Austria

T +43 5357 4201

welcome@rosengarten-taxacher.com

rosengarten-taxacher.com