

# MOUNTAIN SPA



EN



FEUERSTEIN  
MOUNTAIN SPA

## Being one with nature

Sense it. The energy of nature, of the surrounding mountains, of the energising forests, of rushing waters. Sense our origin, the earth. Here at the Feuerstein, we know how to harness the elemental force of the Alps and incorporate this power into our understanding of well-being.

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## Opening hours



**Pools**  
7 a.m. – 7 p.m.

**Water slides**  
9 a.m. – 7 p.m.

**Adults-only spa**  
10 a.m. – 7 p.m.

**Family sauna**  
10 a.m. – 7 p.m.

**Treatments**  
10 a.m. – 7 p.m.

### BOOK YOUR TREATMENT

Book your beauty treatment or massage well in advance from home. This allows us to meet your wishes in the best possible way. Our spa team will be happy to assist you.

Tel. +39 0472 770 126 20  
[mountainspa@feuerstein.info](mailto:mountainspa@feuerstein.info)

Treatments may also be booked directly at the spa reception.

### CANCELLATION OF A TREATMENT

We kindly ask you to give us 12 hours notice if you are unable to show up for your appointment. Otherwise, we reserve the right to charge the full amount of the treatment.

## Mountain Spa

Our 3,000 m<sup>2</sup> Mountain Spa is a place for everyone as it offers not only relaxation, well-being as well as peace and quiet, but also lots of fun and action. Swim and have a splash in the four indoor and outdoor pools or speed

down the water slides. The adults-only area invites you to enjoy the soothing warmth of our saunas and relish some togetherness or me-time. Treat yourself to a massage, to a beauty treatment as well as to a yoga, medi-



tation or fitness session. You may also enjoy a healthy sauna or relax in the Snoezelen corners with your loved ones at the family sauna. The choice is yours!

## Water fun for all ages

Splashing around, diving, floating on the gentle waves, having a great time – our three indoor pools, the outdoor infinity pool with its amazing panoramic view and the speed water slides are already waiting to provide you with lots of fun.



**OUTDOOR INFINITY POOL**  
7 x 20 m  
31-32°C

**ACTION POOL**  
with a 100 m long speed water slide and timekeeping  
32-33°C

**DIDACTIC POOL**  
7 x 10 m  
33°C

**BABY POOL**  
2.5 x 6 m  
34-35°C

## Family sauna

Our family saunas are the perfect place for both young and adult alike to enjoy a joint sweat and unwind in the comfortable Snoezelen corners amidst gentle sounds and play of lights.



**FLAMMI'S PARADISE**  
Steam bath  
40-45°C

**HOT ZONE**  
Finnish sauna  
70-90°C

**HAY PLACE**  
Hay sauna  
50-60°C

## Time for adults only



### WELLNESS WANDERLUST

The adults-only area extends over four floors and features a variety of saunas, relaxation rooms as well as a pleasant whirlpool on the roof terrace. The area is designed like a hike, which makes the sauna experience reminiscent of climbing a mountain. However, this is where you can achieve a feeling of pure bliss and enjoy magnificent views without any hiking boots – yet with even more peacefulness and relaxation.

### GROUND FLOOR

Start the “wellness wanderlust” experience at our gentle saunas, the steam bath and stone pine sauna.

### FIRST FLOOR

Have a break. Enjoy some peaceful time in our relaxation rooms overlooking the surrounding mountains!

### SECOND FLOOR

Up you go. Just before reaching the top, it gets quite hot: sweat it out in the Finnish sauna!

### THE ROOF TERRACE

You're at the top! The roof terrace treats you to gorgeous panoramic views and great moments of relaxation.



## Adults-only saunas

### STEAM

Steam bath  
40-45°C

### ZIRM

Stone pine sauna  
60-65°C

### FINNISH

Finnish sauna  
80-100°C



## Fitness

Increase your fitness and health with the perfect workout. You can either exercise all by yourself, alongside a personal trainer or join one of the training sessions in our fitness lounge.

## Yoga & more

Feel your life force. The yoga classes and meditation sessions in the yoga loft or on the panoramic rooftop terrace provide an energising embrace to the self.



## Spa information

Please note the following information in order to enjoy your visit at our Mountain Spa to the fullest.

### PLANNING YOUR BEAUTY TREATMENT

When booking your appointment, please let us know about any health issues or pregnancies to help us customise your beauty treatments to your necessities. We strive to best meet your individual needs and therefore check what is particularly important to you before starting the treatment. After all, we attach the utmost importance to providing you with professional advice.

### CHECK-IN AT THE SPA RECEPTION

Please check-in at our spa reception 5 minutes prior to your scheduled treatment. Out of respect for our other guests, arriving late for your appointment may result in your treatment being cut short as timings for subsequent appointments have to be maintained.



### WHAT TO WEAR TO THE SPA

You should only wear a bathrobe when accessing the spa area (remember not to wear any jewellery, too). Your privacy will be respected by covering you up during the treatment. Please wear swimwear and slippers at the pool area, the family saunas as well as on the loungers. Within the adults-only saunas you are kindly asked not to wear swimwear as this is a “no textile” sauna area.

### TOWELS

We have provided a spa bag with bathrobes and towels in your room to ensure you have everything you need for a visit to the Mountain Spa. If required, you can ask for additional towels at the spa reception. However, to support our commitment to sustainability, we kindly ask you to use this service responsibly.



### LOUNGERS

Do not occupy any loungers if you need to leave the relaxation area for a beauty treatment, lunch, afternoon snack or any other reason.

### RELAXATION AREA

The adults-only area is a place of peace and quiet. The access to this area is therefore only for guests aged 16 and above – thank you for your understanding. Treat yourself to the luxury of thoroughly experiencing this haven, escape from everyday life and embrace a state of pure relaxation. Out of respect for the other guests, we kindly ask you not to use your mobile phone within this area.

# WELL-BEING TAILORED TO YOUR NEEDS



## Philosophy

*Within this brochure, each of our beauty treatments features symbols that represent the elemental forces from which our therapies draw their characteristics: Water, the ever-flowing source of life and always in motion, symbolises treatments which purify and renew. The earth represents inner balance and serenity, both of which are recreated with detoxifying and energising treatments. Rock, as a symbol of the mountain, embodies strength and vitality. Then there's wood, which provides a wonderful feeling of warmth and deep relaxation.*

Each of our treatments invites you to experience the energy of nature. The energy of the mountains, of water, of the forest and of the earth. We translate this power into each and every of our treatments. This is not only due

to carefully selected natural products and organic cosmetics, but also as a result of our staff's expertise. We individually provide you with advice and care, because every person is truly unique in his or her being.

**WATER** ∞  
Purifies and renews

**EARTH** =  
Detoxifies and energises

**ROCK** ^  
Strengthens and revitalises

**WOOD** >  
Warms and relaxes



# Natural products

SUSTAINABLE. PURE. POWERFUL.

## TEAM DR JOSEPH

Team Dr Joseph, a South Tyrolean manufacturer of certified organic cosmetics, embodies the timeless fascination for plants and their active ingredients. Their focus is on harnessing the power of nature – with its natural active ingredients – for the wellbeing of people by means of state-of-the-art processing techniques that blend harmoniously with traditional knowledge, resulting in holistic products and treatments.



### A promise for more than 35 years

Team Dr Joseph is committed not only to developing products that benefit the body but also our planet, as quality and efficacy are inseparably tied to a relationship with nature and its resources. With its corporate philosophy, Team Dr Joseph represents our same sustainable, value-conscious and nature-loving spirit.

## PHYTO ART COSMETICS

Phyto Art Cosmetics, a further certified natural cosmetics line, has recently joined our range of products. Developed and manufactured in South Tyrol, all products are designed with a great emphasis on quality, sustainability, wellbeing and utmost efficacy.

### The philosophy of Phyto Art

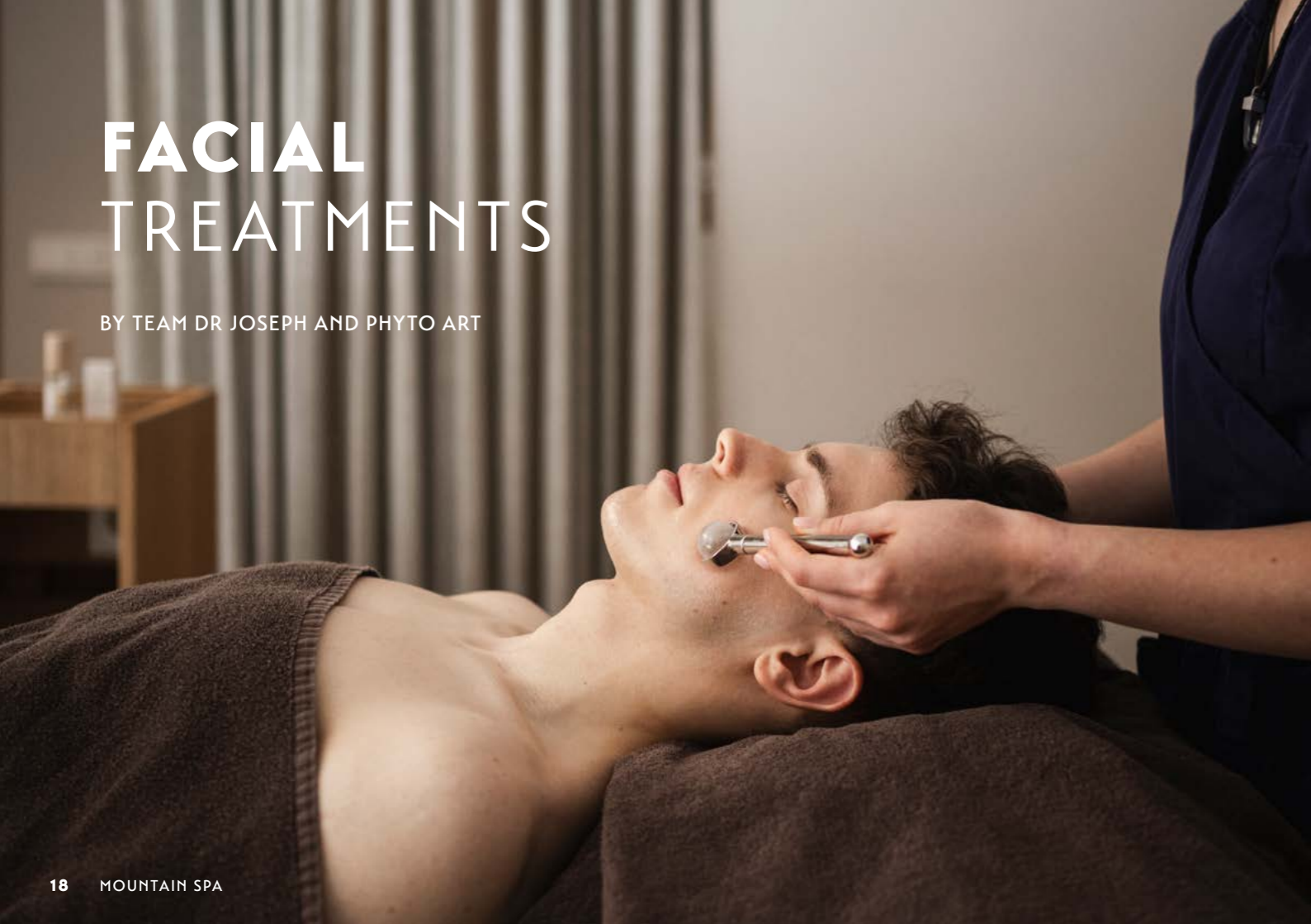
Being human, from the root to the blossom. Mankind and nature form a powerful bond, with the four elements dwelling within every living soul: water, fire, air and earth. Inexhaustible sources of energy that keep body, mind and soul in a natural balance. If any of these elements predominate in the human body, it will also have an impact on the skin, among other things. By utilising medicinal plants and crystals, Phyto Art restores this delicate natural balance.

*Both cosmetic lines are free from PEGs, parabens, synthetic fragrances and artificial colours as well as cruelty-free and dermatologically tested. The packaging is completely recyclable and becoming increasingly free of plastic.*



# FACIAL TREATMENTS

BY TEAM DR JOSEPH AND PHYTO ART



## CLEANSING FACIAL TREATMENT

BY TEAM DR JOSEPH

A special peel-off mask purifies your skin into its deepest layers and hydrates thoroughly. Enlarged pores are visibly reduced. The result: a radiant, clear and revitalised skin tone.

*Skin analysis, lymph stimulation, steam compresses, peeling, cleansing, serum, peel-off-mask, moisturiser*

**50 MIN. | 92 EURO**



## HARMONISING FACIAL TREATMENT

BY TEAM DR JOSEPH

The bundled power of natural ingredients synergises with selected essences to provide a long-lasting effect. An intensive serum with energising active agents lastingly nourishes and strengthens the damaged and tired skin. The personalised facial massage, combined with a nourishing mask, provides relaxation and care as well as a high level of moisture for an all-over radiant look.

*Skin analysis, lymph stimulation, steam compresses, peeling, cleansing, intensive serum, neck and facial massage, intensive mask, moisturiser*

**80 MIN. | 138 EURO**



## INTENSIVE ULTRASOUND BEAUTY CARE

BY TEAM DR JOSEPH

Treat your skin to the attention it deserves. The nourishing active agents are penetrated into the deeper skin layers by means of ultrasound frequencies. We aim at maximum care, for a radiant and smooth skin feeling.

*Skin analysis, lymph stimulation, steam compresses, enzyme and ultrasonic profound exfoliation, cleansing, ultrasonic facial lift, moisturiser*

**50 MIN. | 98 EURO**



## REGENERATING FACIAL TREATMENT

BY TEAM DR JOSEPH

The stimulating pistils facial massage supports the skin's natural regenerating capacity. The skin appears smoother, relaxed and revitalised. This results in a youthful glow which makes you feel and look absolutely marvellous.

*Skin analysis, lymph stimulation, steam compresses, peeling, cleansing, customised serum, pistils, neck and facial massage, soothing mask, moisturiser*

**110 MIN. | 178 EURO**



## PREMIUM ULTRASOUND LIFT THERAPY

BY TEAM DR JOSEPH

The royal class of ultrasound lifting. This treatment involves the application of active agents, tailored to your individual type of skin, which are penetrated into the deeper skin layers by means of ultrasound frequencies. This luxurious therapy refreshes and celebrates you at the peak of your beauty.

*Skin analysis, lymph stimulation, steam compresses, enzyme and ultrasonic profound exfoliation, cleansing, alginate mask, ultrasonic facial lift, neck and facial massage, moisturiser*

**80 MIN. | 148 EURO**



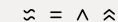
## EXPRESS EYE & FACE LIFT

BY TEAM DR JOSEPH

This express facial treatment based on a Gua Sha massage creates a toned eye area as well as a radiant and pleasant skin tone. It strengthens and firms your skin, improves the elasticity around the eyes, rehydrates and minimises under-eye bags. For a radiant and fresh complexion.

*Lymph stimulation, steam compresses, scrub, rejuvenating essence and oil, Gua Sha massage, moisturiser*

**50 MIN. | 125 EURO**



## SUPREME EYE LIFT

≈ = ^

BY TEAM DR JOSEPH

An intensive lifting treatment with Gua Sha massage that tightens the eye area, improves its elasticity, rehydrates and reduces under-eye bags.

*Lymph stimulation, steam compresses, rejuvenating essence and oil, Gua Sha massage, eye care*

**25 MIN. | 68 EURO**

## EYE CARE

≈ =

BY TEAM DR JOSEPH

An efficient comprehensive treatment for eyes that will sparkle like diamonds. The natural active agents of the intensive care serum are delicately massaged into the sensitive eye area. The moisturising skincare, which can be combined with a shaping and tinting of your eyebrows upon request, enhances the effect. In addition, you can also decide to round off this treatment by tinting your eyelashes to create an all-over radiant look.

*Serum, massage, eyebrow shaping and tinting, eyelash tinting, eye care*

**40 MIN. | 62 EURO**

## EYELASH LIFTING

≈ =

Sleek lashes that shimmer from the roots to the tips in a luminous, dark tone are a beauty must-have. During this treatment, gel pads and various lotions are used to darken and curve the lashes upward. The perfectly curved lashes remain in the lifted position for 6 to 8 weeks.

**Important: After the treatment, the eyelashes must not get wet for 24 hours!**

*Eyelash tinting, eyelash lifting, eye care*

**50 MIN. | 82 EURO**

## PHYTO ART BALANCE FACE CARE

≈ ^

BY PHYTO ART

A holistic treatment, individually adapted to your skin. This long-lasting care combines carefully selected herbs with a profound crystal massage to restore the balance of your skin and activate its self-renewal. For an enhanced radiant glow.

*Skin analysis, steam compresses, scrub, crystal massage, serum, mask, moisturiser*

**50 MIN. | 89 EURO**

*Skin analysis, steam compresses, scrub, cleansing, stimulating Gua Sha massage, crystal massage, manual massage, serum, mask, moisturiser*

**80 MIN. | 122 EURO**



## PHYTO ART HOLISTIC LIFTING TREATMENT

≈ = ^

BY PHYTO ART

By combining various massage techniques, this holistic well-aging facial treatment achieves excellent results to reduce wrinkles and rejuvenate the skin in a natural way: hyaluronic acid, cress and aromatic herbs have a lasting effect on diminishing wrinkles and provide a smooth skin texture.

*Skin analysis, steam compresses, scrub, cleansing, Gua Sha massage, crystal massage, honey massage, serum, mask, moisturiser*

**80 MIN. | 132 EURO**

FOR A RADIANT AND SPARKLING LOOK.

# BEAUTY SERVICES



## SPA MANICURE



Treat yourself to a regenerating manicure. After removing the cuticles and shaping your nails as desired, a delicate exfoliation and intensive hand cream provide perfectly groomed hands and nails.

**45 MIN. | 72 EURO**

### MAY BE BOOKED WITH:

*Polishing of your nails*  
10 min. | 8 Euro

*Shellac nail polish*  
20 min. | 30 Euro

*Shellac removal*  
20 min. | 15 Euro

## SPA PEDICURE



A well-being treat to revitalise your feet. We will take care of your nails and remove cuticles and calluses. A final exfoliating scrub provides your feet with a renewed and energised sensation.

**45 MIN. | 72 EURO**



## WAXING

Full leg  
50 min. | 62 Euro

Half leg  
25 min. | 42 Euro

Arms  
25 min. | 42 Euro

Back or chest  
25 min. | 42 Euro

Chin or upper lip  
10 min. | 18 Euro

Underarms  
20 min. | 25 Euro

Bikini area  
20 min. | 25 Euro



FOR A DEEP SENSE OF WELLBEING.

## EYES

Brow shaping  
10 min. | 15 Euro

Brow tint  
10 min. | 18 Euro

Lash tint  
20 min. | 20 Euro



# MASSAGES AND BODY TREATMENTS



## RELAXING MASSAGE <sup>^</sup> <sup>⋈</sup>

Soft touches and massage techniques interact with natural essences sourced from forests and meadows. Experience the soothing warmth and the deep sense of comfort. For a cosy and caressing sensation.

**50 MIN. | 89 EURO**

## PRENATAL MASSAGE <sup>≈</sup> <sup>⋈</sup>

This specialised massage focuses on the needs of moms-to-be offering an ultimate stress-relieving treatment. Carried out by a medical massage therapist, it fosters inner peace and provides a comfortable body feeling.

**50 MIN. | 89 EURO**

## FOOT & LEG MASSAGE <sup>^</sup> <sup>⋈</sup>

Our feet and legs carry us through life. This massage revitalises tired and exhausted legs and stimulates the blood circulation whilst providing a deeply grounding effect, relieving at the same time muscular discomfort and pain.

**50 MIN. | 89 EURO**

## STIMULATING FOOT MASSAGE <sup>^</sup> <sup>⋈</sup>

A special foot massage designed to relax and strengthen the immune system. It stimulates the blood supply to the organs and reduces tension. Look forward to renewed strength and vitality.

**25 MIN. | 48 EURO**





### PHYTO ART LIGHT LEGS = ^

For tired and heavy legs. This combination of leg massage, cupping massage and leg wrap revitalises and soothes tired and heavy legs. Finally herbal essences such as birch, dandelion, nettle and buckeye provide your relaxed and smooth legs with a long-lasting energising effect.

**50 MIN. | 98 EURO**

### BACK, NECK & SHOULDER MASSAGE ^ ^

This massage combines selected massage techniques and natural herbal extracts to alleviate tensions of back, neck and shoulders. Feel the release and allow yourself to create space for a renewed ease and zest for life.

**50 MIN. | 89 EURO**

### BACK MASSAGE ^ ^

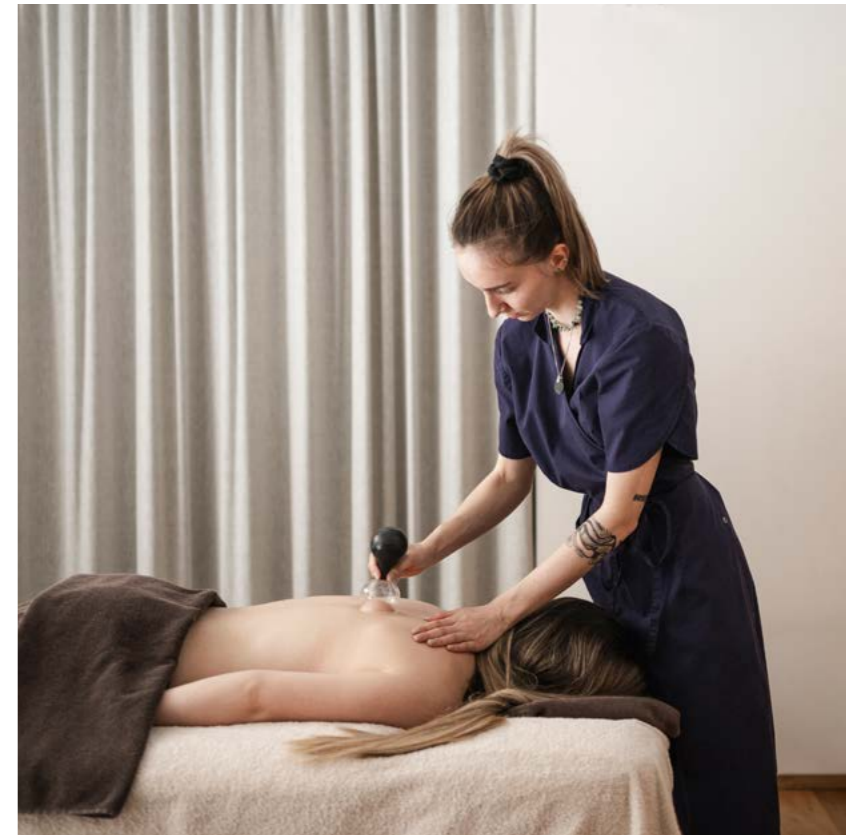
Focused massage techniques specifically address the back muscles whereas cupping glasses remove blockages from the tissue. The subtle vibrations of the singing bowl harmonise the body and release tension – for a thoroughly relieved back.

**50 MIN. | 89 EURO**

### SHORT BACK MASSAGE ^ ^

This intense back massage with deep-acting effect relaxes the stressed back, eases tension and allows you to unwind.

**25 MIN. | 48 EURO**





### INDIVIDUAL MASSAGE WITH A MEDICAL MASSAGE THERAPIST

This special, powerful massage relaxes muscles and tissues and relieves tension. Focusing on your individual needs, this treatment involves specific techniques to counteract any problems with your musculoskeletal system. As a result, you will feel relaxed, revitalised and full of energy.

50 MIN. | 98 EURO



### SPORTS MASSAGE

A powerful massage designed to relax the muscles of sports enthusiasts which promotes blood circulation, relieves joint pain, soothes the tissue, improves flexibility, prevents hyperacidity and restores the muscle tissue. You will immediately feel revitalised and energetic. The massage has an especially beneficial effect after exercise.

50 MIN. | 89 EURO



### REVITALISING SWISS STONE PINE MASSAGE

This massage is performed by using Swiss stone pine sticks. By penetrating deep into the muscle layer, the body's blood circulation is improved and the energy flow is promoted whilst tensions and blockages are released.

*Full body massage*

50 MIN. | 98 EURO

*Full body and facial massage*

75 MIN. | 142 EURO

### HOT STONE MASSAGE

A beneficial massage with warm volcanic stones to stimulate the body's own sources of energy and blood flow. The heat of the stones penetrates deep into the body, providing an exceptional sense of wellbeing, thus relaxing the entire body.

75 MIN. | 142 EURO

### MOTHER-CHILD OR FATHER-CHILD MASSAGE

Enjoy a massage together with mum or dad: With simultaneous massages in the same room, relaxing together is the order of the day.

40 MIN. | 106 EURO FOR BOTH PERSONS



### SINGING BOWL MASSAGE

The body is carefully guided into a state of utter relaxation. Subtle sounds harmonise body, soul and mind for moments of deep serenity and wellbeing. The singing bowls transmit their vibrations to the body by means of fine sound waves which help to release tension and blockages while revitalising and strengthening the body's own self-healing capabilities.

50 MIN. | 89 EURO

## RESTORATIVE MASSAGE

≈ =

This gentle detox massage stimulates the lymphatic system and boosts the immune system. Enjoy the harmonising yet invigorating feeling of ease and freedom.

50 MIN. | 89 EURO

## CELLULITE TREATMENT

≈ =

This exceptionally stimulating treatment removes excess water retentions from the body's problem areas and strengthens the connective tissue. Your skin appears visibly smoother and more supple.

50 MIN. | 89 EURO



## THAI YOGA MASSAGE

^

Combining the Orient and the sheer power of the mountains, this acupressure massage focuses on the body's suppleness. Self-healing is stimulated and body posture is enhanced – for a renewed mobility and youthful vitality. **Please remember to wear sports clothing.**

75 MIN. | 142 EURO

CUSTOMISED TREATMENTS.

## PHYTO ART HONEY DETOX

≈ = ^

This honey based massage is designed to remove toxins and waste products from the connective tissue. The special massage technique allows the bee honey to penetrate deeply into the connective tissue and remove adhesions. Moreover, it increases the blood circulation in both tissue and muscles and stimulates the body's regenerative processes.

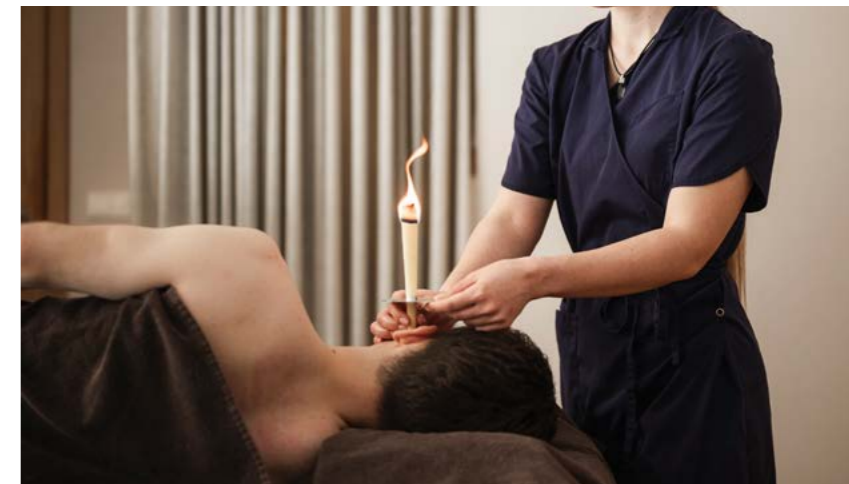
75 MIN. | 142 EURO

## EAR CANDLE TREATMENT

^

As part of the treatment, the ear candle is carefully placed on the outer ear canal and lit, which causes a “chimney effect” and creates a gentle negative pressure and vibration wave that results in a delicate massage of the tympanic membrane. A pleasant warmth arises and creates a “relieving” equalization of pressure in the area around the ear, forehead and paranasal sinuses.

25 MIN. | 54 EURO





# PEELINGS AND BODY WRAPS

## DRY PEELING FOR SENSITIVE SKIN

≈

This scrub is carried out with a natural linen glove to stimulate the metabolism and remove dead skin cells as the skin better absorbs the natural active agents and oxygen – for a good body sensation and radiant skin.

25 MIN. | 48 EURO

## HERBAL PEELING WITH HAY FLOWERS

≈

Our efficient herbal peeling with hay flowers and apricot kernels gently purifies your skin with delicate exfoliating crystals and stimulates its microcirculation. Enjoy a refreshed and radiant look.

25 MIN. | 48 EURO



## COFFEE TONING BODY SCRUB

≈ =

This body scrub, based on ground coffee and pink peppercorn, is the ideal remedy to treat cellulite and loss of elasticity as it supports the skin's blood circulation and provides toned silhouettes and a silky soft skin.

25 MIN. | 54 EURO

## PHYTO ART HERBS BODY SCRUB

≈ ≈

This skin-friendly treatment based on a herbal exfoliating cream is the perfect choice for a beautifully moisturised skin. Finely grounded pomace, nettle and edelweiss remove dead skin cells and nourish the skin.

25 MIN. | 54 EURO

### BODY WRAP WITH ALPINE MUD

≈ =

This firming treatment with alpine mud stimulates the blood circulation and strengthens the connective tissue. Valuable minerals enhance the lymphatic circulation and drain the body.

**25 MIN. | 48 EURO**

### ALGAE BODY WRAP

≈ =

All-natural seaweed stimulates cell metabolism and removes toxins from the connective tissue. Body contours appear smoother and firmer while the skin is richly moisturised.

**25 MIN. | 48 EURO**

### AGE-WELL BODY WRAP

≈ = ^

A warm wrap moisturises and nourishes the skin to its deepest layers. Cell renewal is boosted making the treatment feel like a spring of youth for your skin.

**25 MIN. | 48 EURO**



# KIDS' SPA



## Treatments for the face, hands and feet

IDEAL FOR YOUNG SKIN.

### KIDS MANICURE OR PEDICURE INCL. POLISH

Our little guests also love to be spoiled. On top of that, the pop-coloured nail polish looks just adorable.

**40 MIN. | 48 EURO**

### FACIAL TREATMENT FOR KIDS

Young skin also loves to be pampered. This facial treatment allows the natural substances to penetrate deep into the skin while a soothing massage adds a further treat.

*Herbal steam compresses, face mask, facial massage*

**40 MIN. | 48 EURO**

### FACIAL TREATMENT FOR TEENS

Teenage skin requires and deserves special care as it produces more sebum. This facial treatment is therefore specifically designed to purify and strengthen the skin of young adults.

*Herbal steam compresses, scrub, cleansing, face mask, moisturiser*

**45 MIN. | 52 EURO**



## Massages

### FLAMMI MASSAGE

A gentle massage, pleasant warmth and fragrant aromatherapy provide a thoroughly snuggly experience, as soft and caring as a hug.

**40 MIN. | 48 EURO**

### DELICATE HONEY OIL MASSAGE

The children are gently and lovingly massaged with honey oil which allows them to learn to relax. The propolis contained in the honey oil enhances the body's defence system while the sweet scent of honey provides a sense of comfort and serenity.

**40 MIN. | 52 EURO**

### KIDS SWISS STONE PINE MASSAGE

An energising and relaxing massage that pampers your precious little ones with gentle touches and the soothing warmth of the Swiss stone pine sticks.

**40 MIN. | 52 EURO**

### KIDS HOT STONE MASSAGE

The techniques of this gentle massage stimulate energetic vibrations while the heated stones provide a pleasant warmth, wellbeing and comfort.

**40 MIN. | 52 EURO**



# YOGA AND SPORTS



## INDIVIDUAL YOGA SESSION



The slow Asanas physical and breathing exercises of Hatha yoga are a great way to forget the world outside, focus on yourself and develop a better self-awareness. Improve your flexibility and achieve a well-balanced state of being. Meeting point: yoga loft.

**50 MIN. | 85 EURO**

## INDIVIDUAL WORKOUT SESSION



Exercising is the secret to achieve your goals. Supervised by our qualified fitness instructors you will be introduced to the advantages of the cardio and fitness equipment and identify your current physical condition. We will develop tailored and motivating approaches to achieve feasible goals.

**50 MIN. | 85 EURO    80 MIN. | 125 EURO    110 MIN. | 160 EURO**



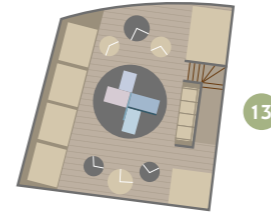
# OUR MOUNTAIN SPA AT A GLANCE

WELCOMING FOR THE ENTIRE FAMILY.

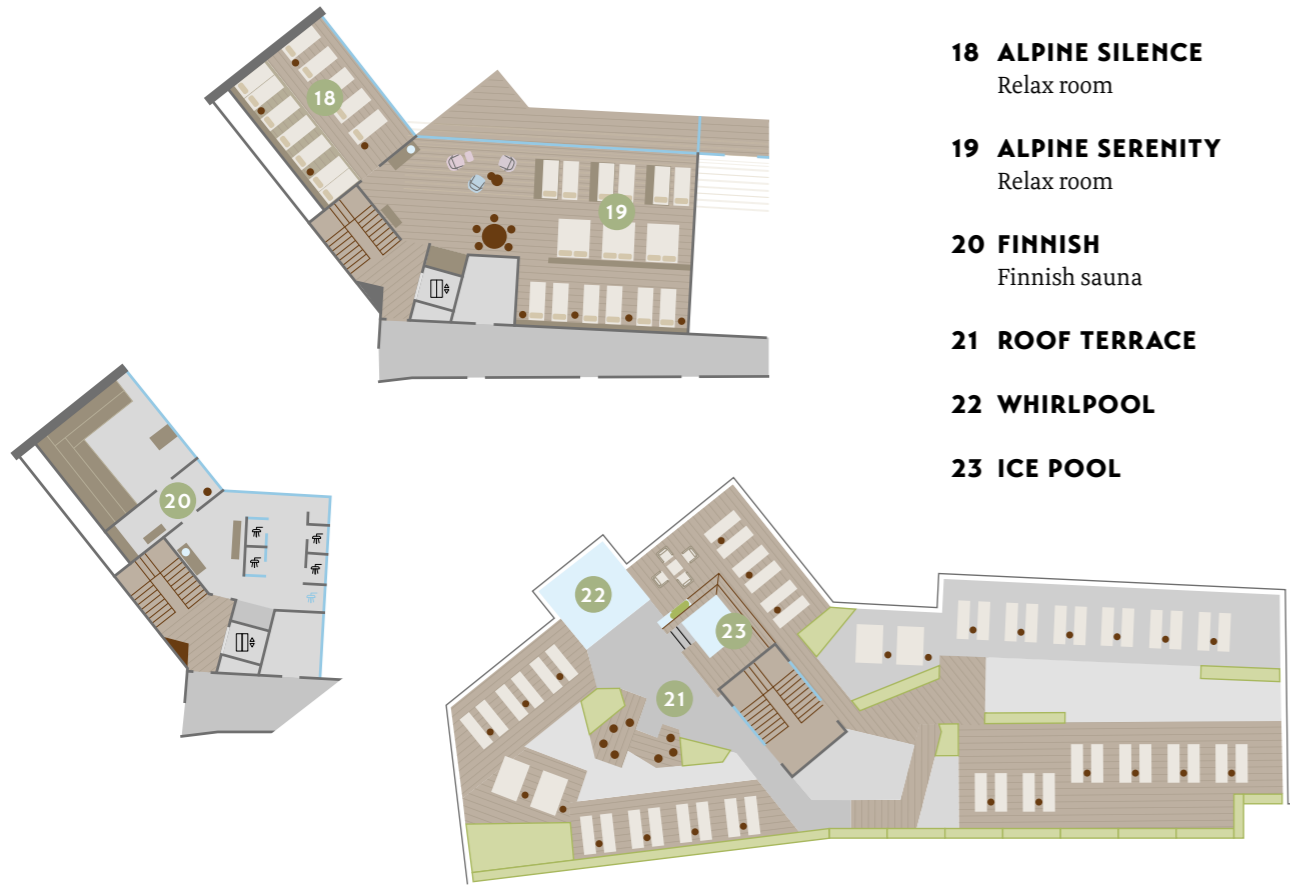
- 1 MOUNTAIN SPA ENTRANCE**
- 2 SPA RECEPTION**
- 3 SHOP**
- 4 TREATMENT ROOMS**
- 5 DIDACTIC POOL**
- 6 BABY POOL**
- 7 ACTION POOL WITH WATER SLIDES**

- 8 OUTDOOR INFINITY POOL**
- 9 FAMILY SPA**
- 10 FLAMMI'S PARADISE**  
Steam bath
- 11 HOT ZONE**  
Finnish sauna
- 12 HAY PLACE**  
Hay sauna
- 13 SNOEZELEN ROOM**

- 14 ADULTS-ONLY SPA**
- 15 FOREST CALM**  
Relax room
- 16 STEAM**  
Steam bath
- 17 ZIRM**  
Stone pine sauna



*Starting from shared family moments to time as a couple or for yourself – our Mountain Spa spoils guests of all ages.*



**18 ALPINE SILENCE**

Relax room

**19 ALPINE SERENITY**

Relax room

**20 FINNISH**

Finnish sauna

**21 ROOF TERRACE**

**22 WHIRLPOOL**

**23 ICE POOL**

IMPRINT

**FEUERSTEIN  
NATURE FAMILY  
RESORT**

[www.feuerstein.info](http://www.feuerstein.info)

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Slow down for a moment.  
Encounter yourself.  
Focus on what's most important.  
Our Mountain Spa is waiting for you!





# FEUERSTEIN

NATURE FAMILY RESORT

**FEUERSTEIN  
NATURE FAMILY  
RESORT**

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**WWW.FEUERSTEIN.INFO**