

## SPINAL GYMNASTICS

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This course allows you to develop a so-called muscle corset. With a range of toning, stretching and flexibility exercises, your entire core musculature is improved. Your trainer will use a range of small

equipment which will strengthen and mobilise your spine – helping you to prevent back injuries.

## STRETCH & RELAX / MOBILITY

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All of the muscles in your body will be actively or passively stretched through a range of stretching exercises. These will help you to gain full mobility and prevent injury.

Joints and tendons are kept supple, and the calming music allows you to relax fully. In

addition, mobility exercises and self-massage are carried out with the Black-roll®, to stimulate the circulation to your fasciae and connective tissues and to ensure the full range of movement in the respective joints.

## BALANCE / FIT INTO OLD AGE

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This balance course improves your health and well-being. Balance is a full body training class, which focuses on health, mobility and equilibrium. It includes toning, coordination and balance exercises, to keep

you fit for everyday life and help prevent injuries as you grow older.



## OUR OFFERS: COSMETICS

Our cosmetic treatments are personalised to you and we guarantee an overall feeling of well-being after each treatment. We take your personal requests into account so that we can offer you a lasting treatment with high-quality ingredients.

### Facial cosmetics

After deep skin cleansing, the treatment is personalised to your particular skin type and wishes. Our products are made from high-quality, natural ingredients combined with the latest cutting-edge technology

molecules and carrier systems. Our common goal is to achieve a visible improvement in the condition of the skin.

## YOUR EXPERT CARE

50 min ..... EUR 79.00

A wonderfully soothing facial treatment, personalised to your skin type and needs. The power of the naturally active ingredients in combination with an exclusive massage will stimulate your sense of well-being and your awareness of body and mind.

80 min ..... EUR 105.00

This special treatment includes a welcome ritual, skin cleansing, deep cleansing with exfoliation, eyebrow shaping, a concentrate of natural active ingredients, a personalised facial, a soothing mask and moisturiser to finish.

## FACE INTENSE

50 min ..... EUR 85.00

During this skin treatment, dead skin cells are removed from the skin through exfoliation and diamond abrasion. The gentle removal of the dead skin cells stimulates the circulation and encourages the formation of new, functional skin cells. It's an ideal preparation for the active

ingredients that are delivered by ultrasound. This treatment includes deep skin cleansing including diamond abrasion, delivery of the active ingredient concentrate by ultrasound and a deep-acting moulded algae mask.

## BEST AGING

80 min ..... EUR 119.00

A refreshing, firming and lifting treatment. In combination with an active massage, it has a cell-regenerating, firming and lifting effect. The targeted effect is based on the

Double Peel in combination with vitamin C and the Biphasic Peel-Off mask. This treatment includes a welcome ritual, deep cleansing of the skin, a Double Peel with

milk and fruit acids, eyebrow shaping, application of the active ingredient concentrate, and Active Lift Massage and a Peel-Off mask.

In addition to your facial treatment, you can also book:

Diamond abrasion (10 min) ..... EUR 25.00

Ultrasound – delivery of active ingredients (10 min) ..... EUR 20.00

## Extras for beautiful eyes

Eye lash tinting (15 min) ..... EUR 14.00      Eyebrow shaping (15 min) ..... EUR 9.00

Eyebrow tinting (15 min) ..... EUR 11.00      Eye lash and eyebrow

Eye mask (20 min) ..... EUR 25.00      tinting (20 min) ..... EUR 21.00

## EXQUISIT EYE TREATMENT

35 min ..... EUR 46.00

Intensive treatment for the sensitive eye area (including cleansing, eyelash and eyebrow tinting, eye mask, eye massage and moisturiser)

## Gentle hair removal with hot wax

Half leg wax (20 min) ..... EUR 35.00      Whole face (15 min) ..... EUR 15.00

Full leg wax (25 min) ..... EUR 45.00      Upper lip wax (10 min) ..... EUR 8.00

Bikini wax (15 min) ..... EUR 15.00      Chin wax (10 min) ..... EUR 8.00

Under arm wax (15 min) ..... EUR 15.00

## Hands and feet

### SPA MANICURE

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Hand exfoliation, hand bath, nail shaping and filing, removal of excess cuticles, massage with moisturising cream – if desired: nail polish

Manicure without polish (40 min) .....	EUR 48.00
Manicure with polish (50 min) .....	EUR 53.00
Manicure with peel-off polish (50 min) .....	EUR 68.00

### SPA PEDICURE

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Foot exfoliation, foot bath, nail shaping and filing, removal of excess cuticles, removal of excess calluses, massage with moisturising cream – if desired: nail polish

Pedicure without polish (50 min) .....	EUR 58.00
Pedicure with polish (55 min) .....	EUR 63.00
Pedicure with peel-off polish (60 min) .....	EUR 78.00
Nail polish (15 min) .....	EUR 19.00
Peel-off polish (30 min) .....	EUR 35.00

REASON TO EXERCISE NUMBER SEVEN

Because  
Move & Relax was  
developed in  
collaboration  
with sports  
scientists.



It might look easy, but exercise and regeneration are a science. At least, if you want to do things right. That's why we work closely with sports doctors and scientists from the University of Innsbruck. Move & Relax offers you expertise from top-class sport, customised to your personal needs.