



OUTSIDE

Mitten im Draußen

NATURE  
SPA

REVIDERM



# A-Z

## PRICES

DAY SPA	21.- EUR
schwimmung - adults	7.- EUR
schwimmung - kids until 14	5.- EUR
towel rent	3.- EUR
robe rent	5.- EUR

## OPENING TIME

pool	07:00 - 20:00
sauna	15:00 - 20:00
treatments	MON-SAT   09:00 - 19:00

## YOUR SPA APPOINTMENT

We kindly ask you to book your desired treatments in advance. Please arrive five minutes prior to your appointment at the spa reception. Late arrivals will result that the booked treatment will end as originally appointed.

## DRESSCODE

The sauna is a nude-area. For hygienic reasons a towel must be used in the sauna.

## SPA-ETIQUETTE

Everyone wants to relax in our SPA, therefore we kindly ask our guests to respect the privacy of others. Please mute your mobile phone in the SPA area.

## CANCELLATION

Until 5 pm the day before the treatment, no cancellation fee will be applied. Later cancellations will be charged at a cancellation-fee of 50%.

## HEALTH

Please inform our staff in advance about any health issues, allergies or injuries as these might affect your treatment.

## KIDS & TEENIES

Kids and teenies are welcome at the pool and garden area. The sauna is accessible for kids above 14 years. We also offer special treatments for kids.



# SAUNA AREA

## BRINE SAUNA 45°C

The brine sauna has a positive effect on the respiratory system and works miracles. Those suffering from allergies, hay fever and bronchial illnesses will love our salt grotto.

## STONE PINE SAUNA 90°C

Enjoy the beguiling scent of stone pine and benefit from the curative power on the cardiovascular and respiratory system. The heat of the stone pine sauna allows muscles to relax and stimulates blood circulation.

## AROMA-STEAM SAUNA 40°C

In contrast to the hot sauna, the aroma steam sauna with a humidity of 100% and its moderate heat is perfect to relax.

## INFRARED SAUNA 30-40°C

Regain your natural life energy as your body gets heated by infrared light. The infrared sauna stimulates blood circulation and body purification allows to release toxins. Other effects include restoring the energy balance and relieving muscle tensions especially after exercising.





# MASSAGES

## CLASSICAL TREATMENTS

### CLASSICAL MASSAGE

#### PARTIAL BODY

 25 min.  36.-

#### FULL BODY

 50 min.  62.-

### COMBINED MASSAGE

Combined treatment of head and neck massage.

 50 min.  62.-

### OUTSIDER-MASSAGE

Ideal for sore muscles - mobilizes and regenerates legs.

 25 min.  39.-

### AROMA MASSAGE

Massage with essential oils - incl. facial massage.

 50 min.  69.-

### FOOT REFLEXOLOGY

Strengthens organs, activates self-healing

 25 min.  36.-

### LYMPHATIC DRAINAGE

This treatment detoxifies, drains and regenerates the body.

#### PARTIAL BODY

 25 min.  36.-

#### FULL BODY

 50 min.  62.-



## HYDRO-MASSAGE

Tempered water bubbles underneath a natural rubber mattress massage your body. You can leave your clothes on while relaxing and enjoying your hydro massage.

### Benefits:

- Increase of blood circulation
- Relaxation of the musculature
- Relief of back and joint pain
- Strengthening of the connective tissue
- Boosting your energy

 15 min.

 15.-



# MASSAGES

## SPECIAL TREATMENTS

### LOMI LOMI NUI

Lomi is a simple but intense body treatment in a Hawaiian ritual. Fragrant aroma oil is massaged in with hands and forearms. Lomi Lomi Nui stimulates self-healing, is deeply relaxing, relieves physical and mental health issues.

BACK

 45 min.  69.-

FULL BODY

 85 min.  129.-

### ALPINE STONE

La Stone is a combination of massage, energy work and the beneficial effect of warm stones. The heat of the stones penetrates into deeper areas of the body and stimulates blood circulation.

### HERBAL STAMP MASSAGE

The peculiarity of this thermal treatment is the combination of high quality oils and heated herbal stamps. This method activates cell regeneration, stimulates blood circulation and relaxes back muscles. The entire body is detoxified and purified.

BACK

 25 min.  45.-

FULL BODY

 50 min.  78.-

BACK

 40 min.  64.-

FULL BODY

 70 min.  119.-



# MASSAGES

## SPECIAL TREATMENTS

### THALGO BODY PALP

The THALGO Body Palp is a new, patented method that combines the classic anti-cellulite massage with traditional cupping technique. The special suction glasses create negative pressure via a manual pump mechanism. The resulting vacuum between the glass and skin creates a suction that stretches connective tissue and subcutaneous fatty tissue and thereby strongly stimulates lymphatic flow and lipolysis. At the same time, it stimulates new collagen formation.

Thanks to its patented technology, the new de-energized “Lift & Roll” method is ten times more efficient than conventional anti-cellulite massages.

 45 min.  80.-

### THALGO MERVEILLE ARCTIQUE

Let the new THALGO spa ritual Merveille Arctique take you on a breathtaking journey through endless ice landscapes with shimmering lights and emerald green water.

At the beginning you dive into an arctic foot bath including a relaxing head massage. Then your entire body is refreshed with an invigorating peeling. Enveloped in the delicate scent of powder snow, relax now with a body massage with arctic massage oil in a perfect symbiosis of warm hands and cooling ice balls.

 90 min.  130.-



# BATHS AND COMPRESSES

## GOAT BUTTERMILK BATH

This bath is nourishing and soothing your skin. The result is a soft, well cultivated skin all over the body.

 25 min.  39.-

## MOORPACK

Moor has thermophysical attributes and is an excellent heat conductor. It is ideal for treating rheumatic conditions.

 25 min.  39.-

## OUTSIDE BATH

The tub used for the Outside Bath produces a micro-fine mixture of air and water. Bath additives with natural essential oils extracts complete the treatment.

- Relieves tensions
- Reduces cellulite, rheumatism, arthritis
- Increases blood circulation
- Stimulates lymph channels
- Tightens skin and connective tissue

 25 min.  30.-

## HEALING WATER BATH

Feel the healing effects of the local thermal water - an iodine sodium chloride brine. Ideal for skin-, respiratory- and joint complaints.

 25 min.  48.-

3 BATHS  130.-

## EVENING-PRIMROSE-BATH

The Evening Primrose Bath regulates your skins moisture balance and has a soothing effect. This treatment is recommended for skin issues like eczema.

 25 min.  39.-

## CLEOPATRA BATH

The Cleopatra bath smoothes and tones the skin. Ideal for dry skin: the milk fat moistures your skin.

 25 min.  39.-



## VENUS PACK

The Venus Pack is a whole body health wrap to renew the skin tone, firm, detoxify, remineralise the dermal tissue and to reduce fat stores. This wrap also helps to fight cellulite, stretch marks and supports butt and breast lifting.

PARTIAL BODY

🕒 85 min. 💰 98.-

FULL BODY

🕒 145 min. 💰 158.-

## SEAWEED PACK

The pack has a tightening and detoxifying effect. It rejuvenates and regenerates your skin.

🕒 25 min. 💰 39.-

## BASE BATH

Accumulation of acids in the skin and connective tissue cause cells to lose elasticity which results in cellulite, wrinkles and blemishes. It helps to break down acids and cleanse the body.

🕒 25 min. 💰 34.-

## MOUNTAIN SALT PEELING

The perfect preparation for all body treatments. Dead skin cells are removed, cell metabolism and blood circulation stimulated.

🕒 25 min. 💰 34.-

# FOR YOUR SKIN

**REVIDERM - EFFECTIVE • SECURE • PROVEN**



Photo: Reviderm AG

**REVIDERM is known for responsible skin care at the highest level of apparative care and decorative cosmetics. All REVIDERM products are free of plasticizers, synthetic dyes, hormones and are characterized by their good skin compatibility and effect.**

With the apparative cosmetics of REVIDERM we are able to address different skin types as well as skin problems like acne, wrinkles and scars. Each REVIDERM treatment starts with a professional skin analysis. Based on this analysis, we apply the appropriate product onto your skin.

Tip: Depending on the extent of the REVIDERM treatment, we differentiate between SILVER / GOLD / DIAMOND. Please talk to our professional staff to find the perfect treatment for you.

## REVIDERM SILVER

🕒 55 min.

💰 75.- to 105.-

## REVIDERM GOLD

🕒 85 min.

💰 105.- to 125.-

## REVIDERM DIAMOND

🕒 125 min.

💰 135.- to 175.-

# OUR REVIDERM EQUIPMENT



## MICRODERMABRASION

Microdermabrasion is a modern technique that improves skin function and specific skin problems through gentle peeling. The painless procedure refines your pores visibly – for a smooth and delicate skin relief.

**It has been used with great success since the mid-80s.**



## ULTRASOUND CELLJET

It helps to fight visible skin problems effectively and has proven to be an all-rounder in the long term. You can also perform this treatment at home with the “cellJet Home”.

**Please contact our trained staff to find your suitable treatment.**

## MICRO-NEEDLING

REVIDERM's Micro-Needling is considered as an effective anti-aging method for the treatment of aesthetic skin problems. This state-of-the-art device treats your skin surface with ultrafine needles without straining it. It stimulates cell division and strengthens the skin's resistance.

**This method is ideal for treating wrinkles, lines, and age-related loss of elasticity.**

175.- | 6 treatments including care for afterwards 1.050.-



# BEAUTY

## MAKE-UP FOR EVERY OCCATION



Photo: Reviderm AG

**Refine your skin with the SKINCARE-INSPIRED MAKE-UP by REVIDERM in collaboration with the international make-up artist GIOVANNI FASIELLO.**

Developed at the highest standard of intelligent skin care, the new make-up line combines just the best for your skin: VALUABLE MINERALS and SELECTED INGREDIENTS emphasize the anti-aging effect with their moisturizing hyaluronic acid. This pure and nourishing make-up can even be applied on sensitive skin and may be used in conjunction with cosmetic treatments like microdermabrasion. Its light texture allows the skin to breathe and leaves it with a healthy glow.

### MAKEUP - GOLD

Day- or evening-make-up



25 min.



45.-

### MAKEUP - DIAMOND

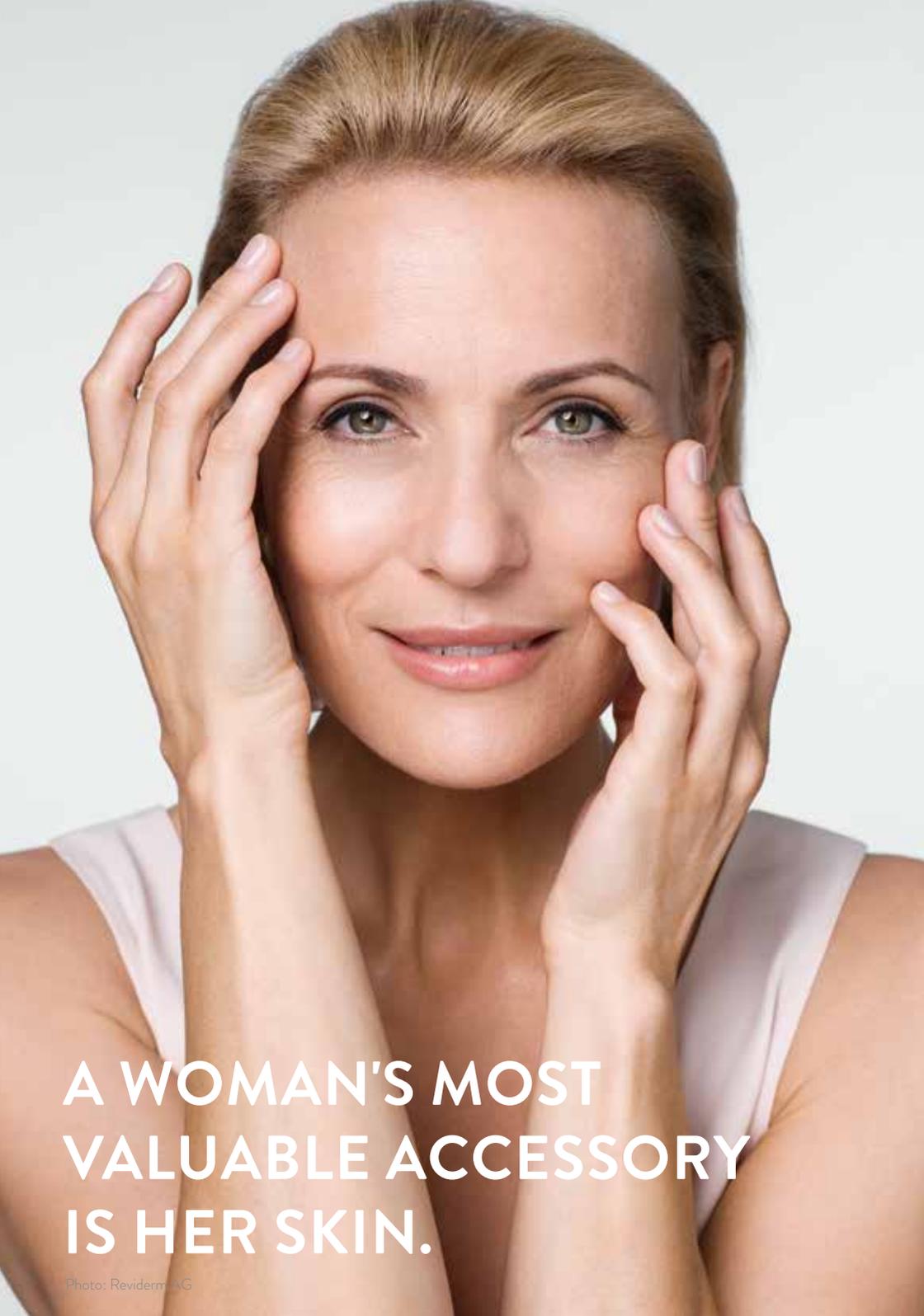
Skin Type and make-up advice from our professional staff.



50 min.



65.-



**A WOMAN'S MOST  
VALUABLE ACCESSORY  
IS HER SKIN.**

# BEAUTY

## SINGLE TREATMENTS

### MANICURE

Hand bath, manicure.

 25 min.  36.-

### MANICURE DELUXE

Hand bath, manicure, hand peeling, paraffin wrap, hand massage, and one glass of Prosecco.

 50 min.  62.-

### WELLNESS FOR THE FEET

Foot bath, peeling, and massage.

 25 min.  36.-

### PEDICURE

Foot bath, medical pedicure.

 45 min.  42.-

### EYES

Dye eyelashes	15 min.	15.-
Dye eyebrows	15 min.	15.-
Shape eyebrows	15 min.	12.-

### POLISH

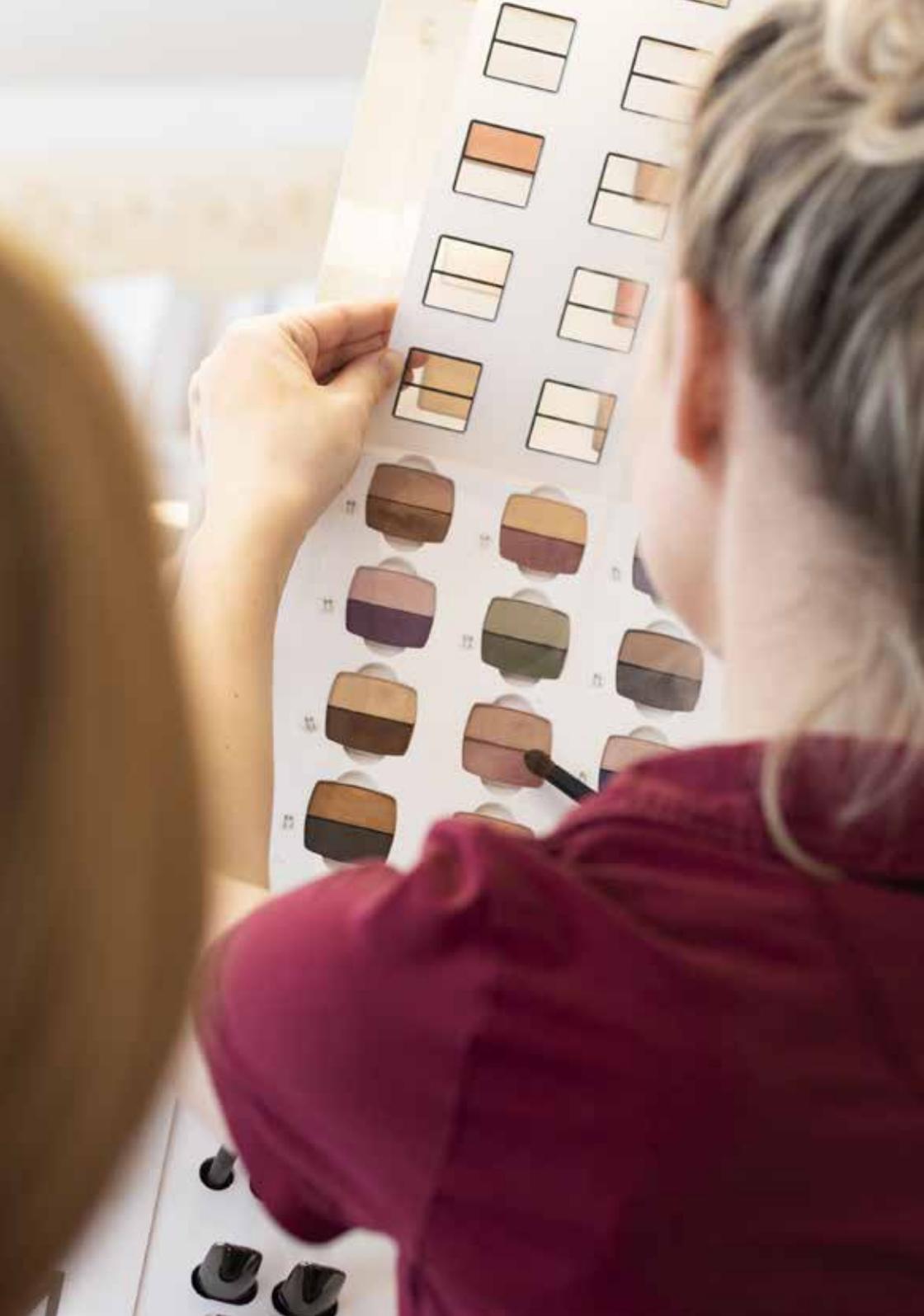


Polish incl. one nail polish flask to take away	9.-
French nails	12.-
Shellac Pedicure	60.-
Shellac Manicure	50.-

### HAIR REMOVAL

Warm wax removes hair roots in the long term.

eyebrows	10 min.	11.-
upper lip	10 min.	11.-
face	20 min.	22.-
chin	10 min.	11.-
underarm	15 min.	17.-
arm	25 min.	28.-
armpit	15 min.	16.-
bikini zone	15 min.	16.-
abdomen	20 min.	22.-
back	25 min.	28.-
lower legs	25 min.	28.-
legs	40 min.	44.-



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|-----------------------|------------------|
| 1 Reception   Tea bar | 14 Hydro Massage |
| 2 Indoor Pool         | 15 Massage I     |
| 3 Relaxation Room I   | 16 Baths         |
| 4 Winter Garden       | 17 Beauty        |
| 5 Shower              | 18 Massage II    |
| 6 Changing Room       |                  |
| 7 Brine Sauna         |                  |
| 8 Aroma Steam Sauna   |                  |
| 9 Stone Pine Sauna    |                  |
| 10 Relaxation Room II |                  |
| 11 Aroma Showers      |                  |
| 12 Heat Bench         |                  |
| 13 Baths              |                  |

PLUS  
2.000 m<sup>2</sup>  
Garden



## NATURHOTEL OUTSIDE GMBH

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## IMPRINT

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