… have a good time …

THERMENWELT Hotel PULVERER***
9546 Bad Kleinkirchheim – Carinthia – Austria
Tel: 0043 (0)4240 744 www.pulverer.at Email: hotel@pulverer.at**

Introducing
our Vital-Oasis Team …

- **Supervisor Dr. Eckart Waidmann**
  His profession is general practitioner.
  Further education: degree for sports medicine and degree for manual medicine

- **Ms Christina „Nina“: Manager Departement Cosmetics**
  Her profession is beautician and pedicurist.
  Further education: nail design and nail cosmetics, body compress therapy, reflexology – feet massage, make-up counsellor and specialist for energetic masks.

- **Mr Günther: Manager Departement Massages**
  His profession is qualified medical masseur, balneotherapist and acupuncture massage therapist
  Further education: reflexology – feet massage, BGM-massage, electrotherapy, body compress therapy, Dorn-Breuss vertebral correction, segmental massage, lymph drainage and Nordic Walking Basic Instructor, Shen-Shiatsu massage, bell therapy massage

- **Ms Tina**
  Her profession is qualified masseur with national degree.
  Further education: Ayurveda and and La Stone therapy

- **Mr Rainer**
  His profession is qualified masseur with master craftsman’s diploma.
  Further education: Reiki, Prana, vertebral correction according to Dorn-Breuss, Trigger points, sciantica special treatments

PULVERER'S SPA

- Classic around the massage
- Floating on our soft-pack bed
- Baths

ORIENTAL SPA

- Ayurvedian treatments
- La Stone
- Two in one – Bell therapy massage & Shirodara
- Shiatsu
- Acupressur
- Reiki, Prana

FOREVER YOUNG

- Classic around cosmetic
- Phytomer facial treatments
- Feel good packages

WHAT A FEELING

- Practical and sensuous partner applications
- Feel good body packages
- Body compress and Agyptos compress
- Soap lather massage
- Alpienne-treatments
- Kiddy – Spa

GENTLEMAN's SPA

- For men only
- Wellness packages especially for HIM

Opening hours:
daily from 8.00 a.m. – 7.00 p.m.

PULVERER's SPA

CLASSICS around massage

CLASSICAL MASSAGE
Feel how your muscular tensions are relieving. The classic massage deepens your breathing, harmonises your well being and helps you to get a physic and psychic balance…

ANTICELLULITE MASSAGE
A gentle massage to drain the lymphatic system and to disperse lymphatic congestions.

FOOT REFLEX MASSAGE
The foot reflects our whole body….a complimentary therapy which works on the feet to help heal the whole person.

HEAD MASSAGE
increases the blood circulation of your scalp – relieves stress and bad thoughts, relaxes – you will be filled up with energy afterwards.

Full body massage	ca. 45 min	€	49,00
Anticellulite massage	ca. 45 min	€	49,00
Partial body massage	ca. 20 min	€	29,00
Reflexology – feet massage	ca. 20 min	€	30,00
	ca. 45 min	€	57,00
Lymph drainage	ca. 20 min	€	30,00
	ca. 45 min	€	57,00
Combined massage	ca. 45 min	€	49,00
Head massage	ca. 20 min	€	29,00

„Float away" on our SOFT-PACK-BED

all € 38,00 Duration: 20 minutes

In complete relaxation you will enjoy 20 minutes of weightlessness on the water bed. Due to the constant temperature and being wrapped in a film, the soft-pack system supports the perfect incorporation of active agents in the skin … Float with your body, mind and soul to new states of relaxation and let go. Choose between skin-caring, skin-cleansing and detoxifying body packs!

MUD PACK € 38,00/ MUD PACK PARTIAL BODY € 30,00
is mainly applied to joints- for muscles problems , skin care; ph-value regulating with an additional soft peeling-effect. The ideal treatment before a massage!

CLEOPATRA PACK
it is the secret of beauty for a silky skin, for which the Egyptian queen was famous. With the Cleopatra-bath a mixture of different oils is used for the 5 penetration zones of your skin, to reach selectively different layer-depths of your skin and balance your PH-value.

EVENING PRIMROSE CREAM PACK
very greasing back, cell activating, stimulating and moisturising. Recommended for dry and sensitive skin.

"RÜGENER" HEALING CHALK PACK
is a skin-care-treatment with an intensive cleansing effect. Your tissue is removed of water, fat and high-fibre. Afterwards you feel completely purified.

THALASSO-DETOXIFYING BODY PACK € 38,00/ PARTIAL BODY € 30,00
the outgoing and draining characteristics of algae as well as the purifying effect of the healing earth ensure a profound cleansing and detoxifying result.

HAY FLOWER PACK
Is a type of thermal warmth treatment – the whole body will be embedded in fresh mountain hay and gently heated up. During this treatment you feel your muscles relax, your immune-system is strengthened and your body is purged.

THALASSO-DETOXIFYING PACK (ALGAE PACK)
the outgoing and draining characteristics of algae as well as the purifying effect of the healing earth ensure a profound cleansing and detoxifying result.

AROMA PACK „MAGIC SCENT"
this pack activates all senses. The scents and active substances of fine essential oils are assimilated through skin and sense of smell and have a stimulating, regenerating, encouraging, refreshing effect - it is simply pleasant. Select your own fragrance and salutary scents. In this delightful way spoil yourself.

BLISSFULL BATHING …

B A T H S

all € 27,00
duration: 20 minutes

THALASSO-ALGAE BATH
Has a detoxifying and skin-caring effect – for a really good feeling!

LAVENDER BATH
Is pleasantly relaxing and soothing for mental strain!

NOCKALM AROMA HAY BATH
The hay from our Nockalm pasture has a detoxifying effect, stimulates the circulation and, depending on the aroma essence added, has a stimulating or relaxing effect.

SEA SALT AROMA BATH
Lavender, rose, lemongrass or orange depending on your choice. The combination of salt from the Dead Sea caresses your skin and has a balancing and detoxifying effect.

SWISS STONE PINE–HONEY BATH
Wonderful, fragrant relaxation bath for body and mind!

BEAUTY WHEY-HONEY BATH
The combination of whey and honey is beneficial and caring for dry and sensitive skin; a bath of a special kind.

ORIENTAL SPA

„Kindness for body and soul“

AYURVEDA

comes from India and means
“knowledge of life“

The aim of Ayurveda is to correct any existing imbalance of life energy. It is based on the five big elements ether/space (Akasha), air (Vayu), fire (Tejas), water (Jala) and earth (Prthivi). Making out of these 5 elements particular pairs, you get 3 types of life energy:
VATA, PITTA and KAPHA, that, in Ayurveda, is called Dosha’s. These Dosha’s appear however in mixture, though one is predominating.

ABYANGA
Full body massage ca. 90 min € 110,00
Abyanga is a soft rubbing of oil into the whole body, including head and face with warmed up, pure vegetable oils, adjusted to the particular Dosha-type. The massage is carried out by hand and provides a complete relaxation of body, mind and soul. The massage has a sedative, rejuvenating, vitalizing and purifying effect and stimulates skin, muscles and the nervous system. It is ideal for persons with a lot of stress in their life, with sleep disorders, restlessness, lack of energy and who tend to have dry or any problematic skin

…. accordingly recommended - SVEDAKARMA - sweat therapy ca. 20 min
An Abyanga should be followed by a sweat therapy to stimulate your circulation, though your body may wash out waste products as sweat.
This process leads to an external cleaning of the whole body, which can be supported by warm tea.

SHIROABYANGA
Head massage ca. 20 min € 32,00

Shiroabyanga is a gentle head contact with warmed, harmonizing oil, that leads to an increasing circulation of your skin of head and to an absolute recreation of your whole body. Who suffers from headache, migraine, insomnia or restlessness or who just wants to throw off emotional and mental burdens, discovers now his peace of mind

MUKABYANGA
Face massage ca. 20 min € 32,00

Mukabyanga is a gentle stimulation of energy points and a simultaneously relaxation of your facial muscles. By sensitive stroking, your face has better circulation and your skin becomes rosier, tightened and younger looking

SHIRODHARA
Warm oil flow on the fore head
ca. 30 min € 60,00
„Feel like heaven!“

The stimulation of the third eye. A stream of warm oil is poured very slowly onto the centre of the forehead (the location of the "third eye"). The effect is indescribable .You will loose tension, stress, inner turmoil and nervousness

BELL THERAPY MASSAGE ca. 45 min € 57,00

meditative relaxation

Tibetian singing bowls, to be layed down on your body are going to be vibrated with a special clapper. You listen to greatful tones and you feel pleasant tingles inside of your body

SHEN-SHIATSU-MASSAGE ca. 45 min € 57,00

Frist aid for your spinal column

This treatment is performed on the floor on a special mattress and is a method to correct your spinal column and to set joint blockades and shortening of ligaments. Through gentle movements, distensions and balancing there are muscle tenseness to be resolved

ACUPUNCTURE-MASSAGE ca. 20 min/ ca. 45 min € 37,00/ € 57,00

Energetic treatment – traditional chinese medicine

Similar to the acupuncture the meridians and meridian-points (acupuncture-points) are going to be stimulated – energy is going to be circulated.

DORN-BREUSS-MASSAGE ca. 45 min € 57,00

A gentle back massage with mobilisation of joints and spinal column. There are mental and emotional blockades to be resolved and the regeneration in case of „Ischias-Lumbago“ can be started.

LA STONE ca. 45 min € 57,00

Empire of senses

In order to bring your body and your mind in balance the hot stones are placed on your energy centres. With hot and oily stones the therapist massages your body in pleasant movements. Between the hot stones cold stones are placed in order to stimulate your blood circulation. A wonderful feeling with tingly relaxation is spread throughout your whole body and your mind becomes peaceful …

REIKI ca. 20 min/ ca. 45 min € 30,00/ € 57,00

Reiki is an energetic therapy that serves to restore the balance between body, mind and soul (emotions). During the treatment you can let go of “straining” issues and indulge in the Reiki flow of energy.

PRANA ca. 45 min € 57,00

Prana means energy of life; it is a contact-free Far Eastern type of energetic healing. Your quality of life and physical well-being are supported.

FOREVER YOUNG

CLASSICS around cosmetic

Hands – feet - face			
Eylash tinting		€	16,00
Eyebrow tinting		€	9,00
Eyebrow and Eyelash tinting		€	21,00
Eyebrow plucking		€	5,00
Face massage	20 min	€	23,00
Manicure	without nail polish 50 min	€	30,00
	with nail polish	€	33,00
Pedicure	without nail polish 50 min	€	38,00
	with nail polish	€	41,00
Make-Up			
Day-Make-Up	20 min	€	20,00
Evening-Make-Up	20 min	€	25,00
Warm waxing hair removal			
Underarm and bikini area	20 min	€	27,00
Underarm	15 min	€	17,00
Bikini area	15 min	€	17,00
Legs up to knee	20 min	€	27,00
Legs	30 min	€	42,00
Upper lip	10 min	€	10,00

Ear candle treatment 20 min € 35,00

Turning off, relaxing, letting go …

Based on traditional Indian medicine, used to clear and harmonize various energy centers. The application of warm ear candles improves blood circulation and clears the head region and the ears giving a relaxing effect. Recommend to counteract insomnia, migraine and sinusitis.

NEW

SKIN-CARE LINE

PHYTOMER

The unique cosmetics with marine agents
for face and body

Only seawater contains all 104 trace elements that are indispensable for our life and well-being.
These are particularly important for a beautiful, glowing skin
and a slim, firm figure.

Facials with 80 minutes begin with a short back massage
by means of which the reflex zones are stimulated.
After that, self-warming marine mud is applied along the spine.

The individual products are perfectly adjusted to your skin type:

Eye treatment ca. 30 min € 35,00
For brilliant moments – against dark rings under the eyes, swellings and wrinkles.

Hydratant the perfect treatment for dry skin lacking in moisture
Facial (app. 50 min): cleansing, moisture peeling, serum, facial massage, active agent serum and moisturising mask.

Apaisant the best care for sensitive skin
Facial (app. 50 min): cleansing, soft peeling, serum, facial massage, active agent serum and recreative mask

Accept the velvety soft treatment for irritated skin
Facial (app. 50 min): soft cleansing, light peeling, serum, facial massage, active agent serum and relaxing mask (Treatment only available with 50 min.)

Purifiant clean and clear – for blemished skin
Facial (app. 50 min): cleansing, enzyme peeling, serum, facial massage, active agent serum and purifying mask)

Jeunesse the ultimate, top lifting treatment for mature skin
Facial (app. 50 min): cleansing, peeling, serum, facial massage, active agent serum and lifting mask

app. 50-minute-treatment € 57,00

ca. 80-minute-treatment € 79,00
in addition with deep cleansing

NEW

!QMS BODYCARE LINE

!QMS is an extraordinary ANTI-AGING SYSTEM with active ingredients

!QMS stands for Quick Magic Skin Formula, a system of active ingredients used in medical cosmetics that is now also available for everyday beauty care.

Both women and men will benefit from this revolutionary body care line that makes skin appear smoother and younger.

Within only a short period of time, !QMS can
- stop the skin's aging process
- reverse the aging process
- solve age-related skin problems.

!QMS **Classic Treatment** approx. 120 min € 120,00

Slip into a new skin with this sensational beauty treatment that stimulates cell formation and supplies the deep layers of the skin with precious collagens, leaving your skin smooth, radiant and toned.
The Classic Treatment includes:
Facial cleansing, tonic, peeling (fruit acid), deep cleansing, algae thermal mask, collagen treatment, facial massage, hydrolage mask (concludes the treatment).
This treatment improves the skin's ability to retain moisture and is ideally suited for dry, stressed, grey-looking skin that lacks moisture. The Anti-Aging effect of this exclusive treatment is visible immediately.

!QMS **Body Effect Treatment** approx. 90 min € 80,00

If you are looking for a quick way to tone and smooth your stomach, legs, buttocks and upper arms, the Effect Treatment could be the answer. The treatment works in three ways:

- by getting rid of toxins,
- by increasing the blood flow to the area,
- by tightening and smoothing the skin.

The intense detox effect of this treatment can be felt straightaway and results in tightened connective tissue and smoother body contours, leaving you feeling refreshed and more attractive – guaranteed!

WHAT A FEELING

PRACTICAL & SENSUOUS PARTNER TREATMENTS

ROMANTIC BATH FOR TWO ca. 30 min (excluding resting time) € 75,00
The romantic bath experience for two begins with a journey of perfumes, where you together choose your individual bathing fragrance. Enjoy a sensual perfume bath by candle light …

OUR DUET ca. 75 min (excluding resting time) € 155,00
„FOR YOU AND ME“
Experience your sensual passion in a shared bath in our „champagne tub“ with an essence of fruity-sweet orange. Your skin feels softly fresh and radiantly young. The foot reflex massage and has a stimulating effect and with the shoulder- and neck massage you gain pure energy

MAGIC ROSE FOR TWO ca. 70 min (excluding resting time) € 139,00
Take the bath together in our “champagne bath tub” in rose blossoms and be enchanted by fragrance. Enjoy the deeply soothing effect of a rose oil massage (there are two therapists!) and let your flow of energy be stimulated

And after the partner treatments our cosy bed with canopy invites you for a rest!
The bed is reserved for you for half an hour!

With all partner treatments we serve you a glass of champagne per person …

WELLBEING BODY TREATMENTS

ANTI STRESS ca. 90 min € 90,00
one herbal whirlpool bath, one reflexology (feet) and one aroma full body massage

BODY PURIFYING ca. 35 min € 48,00
Through a body peeling and a salt-mud-pack any tension in your muscles will be lost and you will have a purifying and skin-cleansing effect.

„YOUNG & BEAUTIFUL“ ANTI CELLULITE ca. 80 min € 85,00
purifying and tightening with a lymph drainage, peeling and algae pack

RELAX TOTAL ca. 50 min € 52,00
full body peeling followed by a full body massage with relaxing oil

STRESS-LESS ca. 60 min € 48,00
a herbal whirlpool bath is followed by a massage of 25 minutes of your own choice

HARMONY ca. 60 min € 57,00
you start with a CO2 bath, which stimulates your metabolism and prepares you for the following aroma full body massage of 40 minutes – your choice of balancing balancing, relaxing or activating oils.

MOMENTS OF RELAXATION ca. 85 min € 98,00
Perfect for 2 days… one lavender bath, one honey-milk pack „Cleopatra“, one partial body massage and one reflexology (feet)

HEAVENLY DAY FOR HER ca. 110 min € 105,00
A brush massage; a head massage with eye modelling, an aroma pack “magic scent” and an aroma full body massage 40 min.

Enjoy ALPIENNE with all senses:

Feel - the fresh wind
Touch - the variety of nature
Smell - the clear air of the Alps
See - the rich colouring of the meadows
Hear - the singing of the birds

Alpienne relaxation massage with steam heated herbal stamps	ca. 50 min	€ 58,00
Alpienne neck massage with St John's wort oil combined with a herbal foot bath	ca. 25 min	€ 32,00
Alpienne honey treatment honey stone pine bath followed by a honey-peeling massage	ca. 50 min	€ 58,00
Sun spell The healing power of St John´s Wort illuminates and warms up your mind. The head-, neck- and shoulder massage with St John´s Wort oil makes you happy and has a warming effect, like sunrays on a marvellous summer day.	ca. 25 min	€ 37,00
Alpienne – fit from top to toe hay flowers foot bath with foot massage and a head- and face massage	ca. 50 min	€ 58,00
Alpienne relax honey stone pine bath, head- and face massage, foot massage	ca. 55 min	€ 62,00
Alpienne sport relax alpine herbal bath with following partial massage with marmot oil	ca. 40 min	€ 49,00
Alpienne sport vital hay flowers bath and following full massage with marmot oil	ca. 60 min	€ 66,00

SALT COMPRESS

Alpienne Salt compress "ANTI AGE" ca. 80 min € 110,00
The active substances of this salt compress are rock crystal salts, honey, St John's wort, stone pine and biotin out of brewer´s yeast. The untreated salt contains all the minerals and trace elements your body needs. Honey has an intensive, moisturing, cleansing, calming effect and gives your skin smoothness. St John´s wort has a nerve calming, mood clearing and cell regenerating effect (anti ageing). Stone pine has a positive effect on circulation, sleep condition and vegetative regulation. Biotin has huge influence on skin appearance and resistance of skin and connective tissue, because it supports our cell regeneration.

Alpienne Salt compress "PURIFICATION" ca. 80 min € 110,00
The active substances of this salt compress are rock crystal salts, honey, juniper, birch leafs and orange oil. Juniper has a purifying and detoxifying effect – birch leafs activate the liquidity organism of your body – orange oil stimulates circulation and fat burning through its fragrance.

ÄGYPTOS – COMPRESS
follow in Cleopatra's tracks …

1 bodycompress without peeling ca. 120 min € 130,00

Even in the Ancient World human beings made use of the healing powers of the Dead Ocean. This knowledge about the Middle Eastern fountain of youth has been taken up and with the help of the newest findings further developed. The result is the Ägyptos-vital pack out of finest vital earth, salt and minerals of the Dead Ocean – a pure wellness treatment with exceptional results

- rejuvenates and tightens your skin even with the first treatment
- detoxifying and purifying
- strengthens resistance and health
- works exactly on your problem zones
- shapes your figure
- new energy and well-feeling to stressed individuals

Allow yourself the extra ordinary!

SOAP LATHER MASSAGE

„SNIFFING THE MIDDLE EAST " ca. 20 min € 45,00
You start with an extensive shower – on your wet skin you produce a lot of foam. With a fine brush the meridians are "brushed out", through this you receive energy and drive for every day life.

„MIDDLE EASTERN TOUCHED" ca. 50 min € 75,00
The lather massage is followed by a relaxing cream-body pack on the soft pack couch – a weightless floating …

„SOAK UP THE MIDDLE EAST" ca. 70 min € 97,00
You start with a full body peeling and a shower and afterwards there is a special honey-lemon-shower gel massaged into your body for 40 minutes. The foam is going to be washed away and afterwards you are going to be spoiled with a hydrating cream.

ENERGY ISLAND

with all senses …. gain energy

Duration: 30 min € 24,00

Enjoy the energy island with all senses ….
The secret is the cooperation of established methods of treatment which are simply relaxing, vitalizing and regenerating. Your body is simultaneously effected by colour- and phototherapy, long-wave warmth, precious fragrances and relaxing music. After this treatment you feel completely well and beam with new energy …

Colours are light - light is life !

KIDS – PRETTY GREAT

For kids up to 14 years

What is good for grown-ups, cannot be bad for our kids …
We offer for your kids relaxation in an exceptional manner
with our Wellness-specials

PICCOLO – Clear skin ca. 40 min € 39,00
The cleansing and peeling of pores makes this treatment unique (very recommendable with acne therapy). The following ampoule and mask calm and relax the skin!

SO COSY – Full body massage for kiddies ca. 30 min € 30,00
The massages are carried out with soft and slow movements - harmonizing, vitalizing or concentration supporting …

AROMA FULL BODY MASSAGE „Dufti“ ca. 30 min € 35,00
The whole body is treated with caring almond oil and essential oils. The magic of the fragrances relaxes, balances and has a calming effect.

CUDDLY BODY PACK “ ca. 20 min € 30,00
„Kuschelix“ in our special warm water bed
carried on ocean waves… pack by request

KIDDY SURPRISE ca. 30 min € 35,00
gentle brush- and oil massage - right for relaxing …

GENTLEMAN SPA

A man's job

Men should also relax and be cared for – for stressed and strained men's skin

FACIAL app. 50 min € 57,00
Cleansing, peeling, serum, pleasant facial massage, active agent serum and a toning mask to finish.

FEEL-GOOD DAY FOR HIM approx. 130 min € 155,00
Pampered from tip to toe …
Feel-good facial 40 min followed by head massage, body peeling followed by aroma wrap 40 min and one lymph drainage with 20 min to finish.

TASTER PACKAGE FOR HIM approx. 90 min € 105,00
Starting with Nockalm aroma hay bath, followed by a relaxing partial body massage 20 min and a facial 50 min to finish

GOLDEN EYE perfect for 2 nights or more € 155,00
Treatment for the cultivated man …
Consisting of a facial 50 min, a manicure, a pedicure and one antistress-massage for facial and head 20 min to finish

MAN'S WORLD perfect for 3 nights or more € 165,00
Soft relaxation and highly efficient skin care for strong man …
Consisting of a deep facial cleansing 40 min, a manicure, a pedicure, a herbal bath and a partial body massage 20 min

THE HERO perfect for 3 nights or more € 265,00
All the best for the man – with special products for the man …
Consisting of a full body massage 40 min, a ägyptos body compress 120 min, a thalasso-algae-bath, a deep facial cleansing 40 min and a manicure

Our own thermal healing water consists of

in 1 liter water of source water 1/74 are contained in a dissolved manner

Kations	*Milligramme (mg)*	*Millival (mval)*	*Millival-% (mval-%)*
Sodium	*5,1*	*0,2218*	*6,28*
Potassium	*1,65*	*0,0422*	*1,20*
Magnesium	*15,96*	*1,230*	*34,84*
Calcium	*40,68*	*2,030*	*57,51*
Iron	*0,053*	*0,0019*	*0,05*
Copper	*0,0114*	*0,00036*	*0,01*
Zinc	*0,0165*	*0,00050*	*0,01*
Lead	*0,00415*	*0,00004*	*0,00*
Cadmium	*0,00011*	*0,0000*	*0,00*
Mercury	*0,000016*	*0,0000*	*0,00*
Aluminium	*0,032*	*0,00356*	*0,10*
Sum Kations:	*62,5*	*3,530*	*100,00%*

Anions	*Milligramme (mg)*	*Millival (mval)*	*Millival-% (mval-%)*
Fluoride	*0,60*	*0,0316*	*0,90*
Chloride	*4,10*	*0,1156*	*3,29*
Iodide	*0,06*	*0,00047*	*0,01*
Nitrate	*0,62*	*0,0100*	*0,29*
Nitrite	*0,18*	*0,0039*	*0,11*
Sulphate	*52,95*	*1,1024*	*31,37*
Hydrogenphosphate	*0,012*	*0,00025*	*0,01*
Hydrogenarsenate	*0,0052*	*0,00007*	*0,00*
Hydrogencarbonate	*137,3*	*2,250*	*64,02*
Total sum of Anions:	*195,8*	*3,514*	*100,00%*

SPORTING PROGRAMMe
„fit through your holiday “

MORNING GYMNATICS

WATER GYMNASTICS – AQUA FIT

STRETCHING

SPINAL GYMNATICS

BREATING EXERCISES

RELAXING EXERCISES

GUIDED WALING TOURS

NORDIC WALKING

WHAT WHEN WHERE ?
Please have a look in our weekly programme!
Our vital oasis staff is looking forward for your active participation!!