



time for happiness

SPA & Wellness folder

Hotel Klammer's Kärnten

Please read our „feel good“ offers like a menu. Choose, ask for advice from our SPA staff and relish their professional competence, who capture your individuality.

Our therapist waits for you in the health center.

- › Please come clothed in your bath robe and take a seat in our waiting room. You will be called in by your spa therapist.
- › For massage services you may wear your swim wear or undergarments.
- › In order to clarify the features of your care, please come, when possible, a few minutes early to your appointment.

Thermal Bath

GASTEINER THERMAL RADON BATH

Elixirs and fountains of youth that assuage your pain!

For a better general wellbeing, more vitality and more of nature's energy. This bath regenerates cells in a wholly natural way. The body's defenses are mobilized and recovery through the powers of the human organism is set in motion

1 trial bath to enjoy – invitation on behalf of the Klammer family

Each additional Thermal Radon Bath € 22,00 (based on doctor's prescription)

Doctors consult ca. € 67,00

COSMETICS „The best of me“

BABOR

Enjoy the experience of a HOLISTIC COSMETIC TREATMENT.

Treat yourself to true relaxation and optimal provision to your skin with natural products. You will be thrilled by the result and quality. Our products are readily available for you in our beauty shop.

Our beautician will happily assist you with your selection.

SKIN CARE SYSTEM GOLD

The Babor systematic treatment. Designed with the needs of your skin in mind, individual and multilateral as humans themselves.

CLASSIC

Purification, peeling, cleansing, concentrated activating agent, face massage, mask, eyebrow shaping, finishing treatment

Treatment duration: 60 min.

Treatment price: € 72,00

SPECIAL

Purification, vitality test, peeling, cleansing, concentrated activating agent and ampule, prolonged face massage or facial lymphoid drainage, mask, eyebrow shaping, finishing treatment

Treatment duration: 90 min.

Treatment price: € 98,00

Well-groomed hands - your best business card

Manicure without varnish

Treatment duration: 50 min.

Treatment price: € 38,00

Manicure with varnish

Treatment duration: 55 min.

Treatment price: € 43,00

Manicure with peeling and wrap

Treatment duration: 60 min.

Treatment price: € 53,00

Pedicure

Pedicure without varnish

Treatment price: € 42,00

Pedicure with lacquer: € 47,00



TRADITIONAL AND SPECIFIC MESSAGES

Your back carries all the burdens of everyday life
For this your spine deserves a special treatment.
These therapies are covered by the health insurance fund.

CLASSIC MASSAGE

Also known as a healing massage, this massage relieves stress points in the musculature and boosts the entire body's blood circulation and its waste breakdown process in order to accelerate muscle regeneration.

Part Massage (throat and neck)

Treatment duration: 15 min.

Treatment price: € 22,00

Full Massage (back)

Treatment duration: 25 min.

Treatment price: € 32,00

Whole Body Massage

Treatment duration: 50 min.

Treatment price: € 54,00

WELLNESS MASSAGE

From head to feet

A full body massage from the head to the feet with classic massage and the best holistic therapies. Give your body this wonderfully relaxing treatment with gentle, soothing massage techniques.

Duration of treatment: 75 min

Treatment price: € 79,00

SPORTS MASSAGE

Legs

Especially recommended after skiing to regenerate your muscles faster and to increase the efficiency.

A classic, therapeutic treatment for the legs or back, but more intense.

Treatment duration: 25 min.

Treatment price: € 32,00



HOT STONE MASSAGE

A combination of massage and energy treatment, ideal for sleep disorders and digestive problems. The healing power of the heat in combination with oil and special massage techniques also solve persistent tensions and pain points.

Treatment duration: 50 min.

Treatment price: € 57,00

Treatment duration: 25 min.

Treatment price: € 35,00

VITALITY COMBI MASSAGE

Back and feet

A combination of a back massage and either a classic or foot Reflexology massage.

Back tensions are relieved and afterwards your entire body becomes activated and harmonized. An ideal massage that not only works from the outside-in, but also from the inside-out, leading ultimately to a deep relaxation.

Treatment duration: 50 min.

Treatment price: € 54,00

LYMPHDRAINAGE

Body

The main purpose of lymphatic drainage is to cleanse the body by eliminating rheumatic problems that reduce the swelling caused by the accumulation of water in the body. It helps to improve the immune system and nervous system, combat cellulite and the appearance of the lower limbs and after operations and fractures, which allow for faster healing.

Treatment duration: 50 min.

Treatment price: € 56,00

Treatment duration: 30 min.

Treatment price: € 34,00

FOOT REFLEX MASSAGE

Feet

Our feet are considered a reflection of the body. With this method, the reflex zones, which are in connection with the whole organism, blocks are recognized and solved.

The self-healing powers - internal doctor - are activated.

Treatment duration: 25 min.

Treatment price: € 32,00

Treatment duration: 50 min.

Treatment price: € 54,00



TREATMENTS

ALMZAUBER

Neck & shoulders or back

The bag of herbs or hay is applied between the heated waterbed and the aching body area where the temperature rises slowly and gently. Therapy continues with an aromatic neck and shoulder massage or back massage. The therapy is suitable for people who are overloaded with the upper body and do not adhere to the natural anatomical shape.

Treatment duration: 40 min.

Treatment price: € 43,00

FANGO PACK

Back

Fango is a muddy substance of lava rock in solid form, which heats up to 52 ° C and contributes to relaxation in strong muscle tension. The fango promotes circulation and soothes pain. Heat treatment for rheumatic complaints, osteoarthritis and inflammatory diseases of the musculoskeletal system. In addition, the natural moor serves the regeneration of the acid protection mantle of the skin. Ideal before a back massage!

Fango pack on the massage table

Treatment duration: 20 min.

Treatment price: € 22,00

Treatment duration with back massage: 45 min.

Treatment price: € 54,00

Fango pack in a waterbed

Treatment duration: 40 min.

Treatment price: € 43,00

Treatment duration with back massage: 65 min.

Treatment price: € 75,00

BALI

Island of gods

This Balinese SPA treatment strengthens the body's defenses, creates inner balance, supports the treatment of problem areas and activates fat metabolism.

BALINESE PEELING

The Balinese scrub consists of cranberry granules and coconut extracts.

The wonderfully scented scrub is applied to your skin, the whole body is peeled and then showered.

BALINESE CREAM PACK IN THE WATERBED

To stimulate the lymphatic system and warming of the entire body and to promote microcirculation now follows the cream pack of olive oil, fruit oil, coconut extracts and vitamins. The body is supplied with power and energy and the degradation of fat cells is stimulated. The result is intensive care of problem areas and activation of lipid metabolism.

Treatment duration: approx. 50 min.

Treatment price: € 69,00

