



SUPERIOR

healthy & beautiful

at

WELLNESS NATUR RESORT  
GUT EDERMANN

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A BALM FOR THE FEET  
AND THE SPIRIT:

Relax and regenerate with  
alternating cold and warm  
water foot baths and  
therapeutic foot baths.

## HEALING WITH WATER

### KNEIP AFFUSIONS

Affusions are a simple form of therapy yet they are known for having a significant impact. The unique thing about this type of affusion is that a bound, almost zero-pressure jet of water triggers a temperature stimulus across the skin's pressure receptors with almost no irritation.

### SEGMENT AFFUSIONS

knee/thigh-hip-arm affusions

8 mins.

12,- €

### FLASH AFFUSIONS

cold-warm alternating affusion

8|10 mins.

12,-|16,- €

### FULL-BODY AFFUSIONS

10 mins.

16,- €

### FOOT BATHS

25 mins.

21,- €

# M A S S A G E

SPORT MASSAGE CURE	50 mins.	82,- €
PARTIAL BODY MASSAGE	25 mins.	42,- €
INDIVIDUAL MASSAGE back/neck/shoulders/arms/legs	50 mins.	82,50 €
FULL-BODY MASSAGE	80 Min.	126,- €
OLYMPIC MASSAGE exclusively with Michael Stöberl	50 mins.	92,50 €
LYMPHATIC DRAINAGE This treatment stimulates lymphatic flow, helping to eliminate waste and toxins from the body.	25 50 mins.	45,- 82,50 €

The classic massage originating from Sweden. This is one of the oldest ways of keeping the body healthy. It eases tensions, stimulates circulation and helps achieve overall wellbeing.



FOOT REFLEX ZONES MASSAGE	25 50 mins.	42,- 77,50 €
COMBI FOOT REFLEX	50 mins.	83,- €
Foot and back massage		
HOT STONE MASSAGE	25 50 mins.	45,- 89,- €
A massage technique with hot basalt stones		
THE RAINDROP TECHNIQUE	60 mins.	105,- €
An aromatic oil massage in which pure natural essential oils are worked into the foot reflex zones and the spine using gentle movements.		
STRESS ADE	110 mins.	170,- €
Combines a face / head /neck massage and a foot reflex zone massage with our balance therapy and aromatic oil with segment heat treatment.		
VITALTHERAPIE	50 mins.	82,50 €
A detox pack on a soft-pack bed with an aromatic oil massage strengthens the connective tissue and relaxes the senses.		
LOMI LOMI NUI	80 mins.	132,- €
A special Hawaiian temple massage for your physical and mental balance.		

## BALANCETHERAPIE

50 mins.

85,- €

Blockages in the body are removed through the use of warm stones and various massage techniques.

## AROMAÖLMASSAGE

50|80 mins.

95,-|124,- €

including fragrance for home.

## NATURAL OIL MASSAGE

25|50 mins.

52,-|98,- €

Our oils are produced seasonally from the plants in the cottage and medicinal herb garden.

## MAMA MASSAGE

50 mins.

92,- €

This massage is specially tailored to the individual needs of the expectant mother.

### OUR TIP:

Book a very special break as a couple and enjoy the massage of your choice with your loved one in our couple's massage room.

# PREVENTION AND PAIN THERAPY

## CUPPING MASSAGE

40 mins.

62,- €

This massage technique involves the placement of special vacuum cups on the skin. The resulting suction stimulates the circulation in the affected tissues and promotes the release of toxins.

This method is a stimulation therapy and has a positive effect not just on the treated skin but on the entire organism.

## FASCIA THERAPY BASED ON THE TRIGGER POINT MASTER CONCEPT

40 mins.

63,- €

This invigorating deep-action muscle and fascia massage eases pain in the musculoskeletal system and provides deep relaxation. Special grips and tailored fascia aids break down agglutinations and hardening in the tissue, promoting a feeling of physical relief and revitalisation.

## MILTA TREATMENT

5|10 mins.

23,-|38,- €

This innovative soft laser therapy is based on the fundamental principles of quantum medicine. The combination of the emission of polychromatic infrared diodes with a constant magnetic field makes the emissions of the soft laser appropriate for many therapies including wound and scar healing, tendinitis, sleep disturbances, skin conditions and arthritis.

Therapy special: Combine a fascial and cupping massage with MILTA technology for 79,- €

## DER SO/CHECK TEST

45 mins.

135,- €

This test analyses minerals, trace elements, vitamin ratios and toxic metals in the tissue quickly and accurately in real time. The measurement is carried out directly in the wellness area using the scientifically recognised method of spectral photometry with a hand scanner, taking into account your blood group.

## CRANIOSACRAL BALANCE

70 mins.

98,- €

90 Craniosacral therapy is an alternative treatment method involving gentle manipulation of the skull to release blockages. It is typically used to treat headaches, back pain, sinus and jaw issues, as well as inflammation of the middle ear and tinnitus.

## SOMETHING EXTRA SPECIAL

Almyurveda combines the tradition of Indian Ayurveda and the ancestral wisdom of the Berchtesgadener Land region's farmers. At its heart are the herbs and plants of the local alpine regions.

## ALMYURVEDA MASSAGE

80 mins.

126,- €

A highly effective equilibrium-restoring massage that uses personalised oils to achieve a soothing effect.

## F L O A T I N G

Embedded in our floating water lounger, you can experience the feeling of weightlessness in a particularly relaxing way.

Cleopatra - balancing

Green tea - vitalising

Aloe vera - soothing

je 25 mins.

49,- €

Organic hay pack

Mud pack

je 40 mins.

66,- €

## B A T H I N G

Valerian oil - soothing

Rosemary oil - circulation boosting

Lavender oil - anti-inflammatory

je 20 Min.

39,- €

Swiss pine oil - soporific

Beer bath

OUR TIP:

Relax your  
muscles before a massage with  
a treatment in our floating water bed.



# SKIN & HAIR

## PEELING

25 mins.

42,- €

Full-body peeling removes dead skin cells, enhances complexion and promotes the absorption of important nutrients. For a pleasantly soft and silky skin sensation.

## DEPILATION

Enduringly smooth skin through the removal of irritating little hairs

Face

10 mins.

8-15,- €

Legs, back, armpits  
or chest

on request

### OUR TIP:

Combine your selected beauty treatment or facial with a massage of your choice and get a 20% discount on the cheapest treatment when you book three.

\*cannot be combined with other discounts and offers

# HANDS & FEET

PEDICURE 50 mins. 59,- €

With soothing foot bath, nail care, removal of calluses and concluding care

DETOX FOOT BATH 30 mins. 59,- €

Deacidification - purification of the body

MANICURE 35 mins. 42,- €

Treatment is based on needs and advice

NAIL VARNISHING \* 10 mins. 16,- €

inc. complimentary bottle of nail polish

NATURAL NAIL STRENGTHENING WITH GEL\* 20 mins. 27,- €

SHELLAC\* 20 mins. 27,- €

SHELLAC ODER OR GEL REMOVAL 20 mins. 19,- €

## OUR TIP:

Take advantage of our 10-treatment cards and get your 10th treatment free of charge.

\*Bookable exclusively in combination with a manicure

# FAREWELL, CELLULITE & CO!

DRAIN TECH 3 PRESSOTHERAPIEGERÄT 25 mins. 42,- €

This treatment involves the use of soothing pressure wave massage to stimulate circulation of the skin and fat tissue, thus promoting activation of the lymphatic system.

The result is a reduction of cellulite, the prevention of varicose veins and spider veins, and promotion of the elimination of toxins.

ANTI-CELLULITE-TREATMENT 55 mins. 80,- €

A special active ingredient ampoule promotes the systematic breakdown of adipocytes and counteracts fat deposits in the tissue.

The combination of active ingredient-infused bandages and the effective wrapping technique supports the biochemical processes in a particularly gentle yet effective manner.

DETOX-TREATMENT 55 mins. 80,- €

Beginning with a glycolic acid peeling as part of optimum preparation for active ingredient absorption, a special active ingredient ampoule is then used to aid the removal of toxins in the tissue. Stimulating active ingredient bandages then furnish the skin with purifying and connective tissue-strengthening ingredients. For a visibly smoother skin complexion.



## MADERO THERAPY

25 mins.

62,- €

Originating in South America, Madero therapy is a popular full-body massage technique which strengthens the connective tissue and can help reduce cellulite. The traditional full-body massage involves rolling a ribbed wooden roller over the skin. This works powerfully in all areas and stimulates the circulation. The massage stimulates the lymphatic system and metabolism.

Combine:

ANTI-CELLULITE TREATMENT WITH  
DRAINTECH 3 PRESSOTHERAPY DEVICE

60 mins.

117,- €

DETOX TREATMENT WITH DRAINTECH 3  
PRESSOTHERAPY DEVICE

60 mins.

117,- €

# FACIALS

## FRUIT ACID AND AQUA FACIAL

55 mins.

135,- €

A fruit acid peeling is effective against skin impurities, small wrinkles and pigmentation disorders. At the same time the fruit acid treatment reduces the size of the pores, resulting in a smoother, more even complexion. Combined with an aqua facial, the skin is especially receptive to moisture.

## BB GLOW TREATMENT

55 mins.

124,- €

During the treatment the innovative BB Glow active ingredient cocktail is injected carefully into the skin using the soft needling procedure, leaving the skin complexion looking smoother, finer and more even, even after it's applied for the very first time. This state-of-the-art method is appropriate for every skin type. The treatment is ideal for anyone seeking a smooth, even complexion with no make-up whatsoever.

## MICRONEEDLING

55 mins..

109,- €

A gentle and highly-effective treatment to rejuvenate the skin and reduce wrinkles. Microneedling involves perforating the skin with miniature fine needles, creating micro-injuries to the skin surface. This allows active ingredients to penetrate deep into the skin in a targeted manner and stimulate the skin's own regenerative processes. The result? A fresh and toned skin complexion. This treatment includes cleansing of the skin, enzyme peeling, a serum and active ingredient mask and concluding care. Choose between the active ingredients hyaluronic acid, collagen and ginkgo. We'll be happy to advise you!

## MICRONEEDLING HAIRGROW

55 mins.

109,- €

Here the Hairgrow serum is worked into the scalp using a microneedling applicator in order to achieve the maximum effect.

This treatment supports the growth of thicker, fuller hair.

## BEAUTY-GIRLS

35 mins.

59,- €

For girls and young women up to 12 years of age. Cleansing, peeling, face mask, moisturising cream, short face massage.

## COOL BOYS FACIAL

35 mins.

59,- €

54 For young men up to the age of 12. Cleansing, peeling, purifying mask, short face massage, concluding care.

## RELAXING FACE MASSAGE

35 mins.

52,- €

After a brief freshening-up of the face with a skin tonic, a moisturising ampoule is applied, together with a relaxing face/head/neck massage.

## GESICHTSLYMPHDRAINAGE

25 mins.

49,- €

This particularly gentle treatment enhances lymphatic flow, especially in the facial skin. It aids better supply and regeneration – making it a first-choice anti-ageing treatment.

# DR. SPILLER NATURAL COSMETICS

These fantastic beauty products are manufactured in the nearby village of Siegsdorf, with an emphasis on and commitment to nature and organic ingredients. The high quality and exclusivity of the selected ingredients are unmistakable and are what make the products so unique.

## TRAWENMOOR LUXURY TREATMENT

80 mins.

125,- €

This treatment includes Vapozon steaming, a cleansing, a peeling (enzymatic and mechanical) and a face tonic. The Pure Beauty key is then used to activate micro circulation. A subsequent luxury massage stimulates the skin by targeting acupressure points. The concluding finish furnishes the skin with its luxurious glow.

## TRAWENMOOR BASIC TREATMENT

55 mins.

95,- €

Included are Vapozon steaming, cleansing, an individual enzymatic or mechanical peeling, tonic, a massage with the Pure Beauty key to activate micro circulation and a finish appropriate to the skin condition to round off the treatment.

## TRAWENMOOR QUICKTREATMENT

50 mins.

79,- €

Vapozon steaming and a cleansing are followed by a peeling and tonic as well as use of the Pure Magic key to activate the micro circulation.  
Finally an ampoule, a serum and an eye cream are applied.

## ALPINE ALOE

50 mins.

82,50 €

With this intense and powerful facial treatment (cleansing, peeling, intensive serum, mask, concluding care) the skin is reinvigorated with long-lasting moisture and freshness. A face and hand massage provide that little extra portion of relaxation.

## CELLTRESOR-BEHANDLUNG

70 mins.

115,50 €

Wellness anti-ageing for relaxed facial features and ultimate skin volume. An enzyme peeling mask and a Celltresor serum deliver intense skin moisturisation, in a treatment which provides an even, youthfully smooth complexion through massive volume build-up.

## THALASSO HYDRO-MARIN TREATMENT

70 mins.

112,- €

The powerful effect of the sea ensures that the skin is replenished with new fresh energy and moisture. The skin is revitalised through the hydrating effect of the marine active ingredients. The treatment includes various steps (cleansing, peeling, hydro-marine elixir, hydro-marine fleece mask, face and hand massage) which bring about a noticeably smooth and full skin complexion.



## “MANAGE” FACIAL TREATMENT

70 mins.

115,- €

This treatment is tailored specifically to the needs of stressed male skin and provides an extra touch of freshness. A free eyebrow correction can be carried out on request.

In addition to cleansing, a peeling and a facial cleansing, this treatment includes a face and hand massage and a moisturising fleece to round it off.

## DETOX BACK TREATMENT

40 mins.

66,- €

The metabolism-stimulating treatment of the Ocean Detox thalassotherapy back treatment was specially designed to intensively purify the back area and remove toxins. Included is a cleansing with a thalasso peeling and an Ocean Marin pack with Hydro Marin Complex.

PLEASE KEEP AN EYE ON OUR MONTHLY OFFERS TOO!

TO TAKE AWAY:

All of the Dr. Spiller products used in our treatments are also available in our shop.

# M O M E N T

Radiantly beautiful eyes – rounded off with perfectly shaped eyebrows and an impressive eyelash lift

## EYEBROWS AND LASHES

30 mins. 34,- €

Eye-brow correction, colouring of lashes and eyebrows.  
Only bookable with a facial.

## EYELASH LIFTING

60 mins. 69,- €

## SILK EYELASH EXTENSIONS

### 1:1 TECHNIK

### VOLUMEN TECHNIK

New Filling

110,- €

170,- €

3 weeks Filling

55,- €

75,- €

4 weeks Filling

65,- €

85,- €

5 weeks Filling

75,- €

95,- €

# PERMANENT MAKE - UP

PHI BROWS

2 hrs. 300,- €

LIP SHAPING WITH SHADING

3 hrs. 500,- €

EYELINER

2 hrs. 280,- €

upper

EYELINER

3 hrs. 380,- €

lower

AFTER-TREATMENT

depending on  
original cost

Your appointment includes a consultation and the drawing of the contour. This is followed by the pigmentation of the marked area. You receive a nourishing cream for after-care. For the first few weeks you should not visit a solarium, sauna or swimming pool. Please also avoid direct sunlight. Our team will happily advise you with any questions and requests.

## C o n s u l t a t i o n

Our experienced and expert colleagues under the direction of Michael Stöberl are always readily available to deal with questions and requests and listen to suggestions. Our trained colleagues will be happy to advise you about individual treatments and products. It is a pleasure to be able to pamper you.

## G i f t v o u c h e r s

Our vouchers can be purchased on the premises or via our website.

We will be happy to advise you about our diverse offering.

Please note that our vouchers are exclusively face value vouchers.

## P u n c t u a l i t y

Please take a seat in the waiting area of the beauty and massage department 10 minutes before your treatment starts and enjoy a cup of tea or a glass of fresh Elisa water. We will collect you. If you are late, we will shorten your treatment time accordingly out of consideration for the following guests. The full price will nevertheless still be charged.

## C a n c e l l a t i o n c o n d i t i o n s

If you are unable to attend an appointment, please notify us at least 24 hours before your treatment. If you do not do so, you will be charged 50% of the treatment price.

## I n t o l e r a n c e s

Please inform your therapists if you are pregnant or if you suffer from diabetes, allergies or any other conditions relevant to your treatment.