



EDELWEISS

BERCHTESGADEN
FAMILIE HETTEGGER

EDELWEISS Spa



Wellness & Spa

Enjoy absolute peace

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ENJOY - RELAX - FELL WELL

A Warm Welcome to our Edelweiss Spa!

Look forward to unique pampering moments of a special kind and treat yourself to a break for body, mind and soul.

In the EDELWEISS Spa you can expect a diverse and extensive range of services, leaving no desire unmet. It is a matter close to our hearts to offer every guest their perfectly tailored feel-good program.

For our cosmetic treatments and massages, we rely on a combination of complex, medical QMS Medicosmetics products and the natural care line from Kurland.

Take a little with you, far away from stress and the hectic pace. Enjoy absolute peace and relaxation. Our well-trained beauticians and masseurs provide a new feeling of well-being and let your inner self shine again.

You can reach us at the EDELWEISS Spa:

+49 8652 9799-290

or by email at spa@edelweiss-berchtesgaden.com

*Yours, the Hettegger family
and the Edelweiss Spa Team*

Edelweiss Nature - "Your Life's power"

The purity of the air, the originality of nature and the power of the mountains invigorate body, mind and soul. These advantages combines our partner hotel DAS EDELWEISS Salzburg Mountain Resort in their specially developed and handmade natural cosmetics line „EDELWEISS Nature - Your Life's Power“.

Effective essences from the Großarl mountains respect the individuality of each skin type: From edelweiss, lavender and chamomile, to mountain pine and arnica, to peppermint and lemon balm, alpine medicinal herbs and plants of the highest processing quality form the basis of the handmade cosmetic products.

Holistic rituals have been developed from this cosmetics line, which can be booked as treatments at the EDELWEISS hotel.

EDELWEISS-Nature Body Peeling

The deep cleansing walnut shell peeling from our EDELWEISS-Nature cosmetics line is gently massaged into the skin. Thus the skin is freed from old skin flakes, supplied with blood and soft to the touch.

45 mins | € 61,-

„Shine anew“ body ritual

Walnut shell body peeling | mountain salt body wrap | body cream

This high-quality beauty ritual provides the skin with exquisite nutrients and care substances of natural origin, which prevent skin aging, mitigate wrinkles and promote the youthful appearance and radiance of your skin. Discover new vitality and resilience for your skin and feel the delicate revival of youthful beauty that harmonises Your Life's Power..

65 mins | € 94,-

„Get rid of that ballast“ body ritual

Walnut shell body peeling / mountain salt body wrap / body cream

This unique “detox ritual” activates holistic detoxification processes with the natural power of concentrated medicinal herbs and creates new impulses for the optimal energy flow in all of your body's organs. Feel the profound cleansing that frees you from stress and let yourself and all your senses journey on a renewal process that strengthens “Your Life's Power”!

65 mins | € 94,-





Massages



*What man sometimes needs,
is just a place where his soul
can come to rest.*

Esragül Schönast

Aroma Oil Wellness Massage

Give your body and mind a break with a full body wellness massage. Due to the fragrance and the relaxing effect of the aromatic oil, this application becomes a massage fragrance experience for your senses. Choose one of our high-quality oils yourself.

50 mins | € 83,-

Head Massage Mix

A special massage mix of the deep muscles of the head, shoulder & neck area and a facial lymphatic drainage leads to a general feeling of well-being and lets you relax completely.

50 mins | € 83,-

Hot Stone Massage

Let yourself be pampered by the combination of warm stones and noble oil. The Hot Stone Massage is an ancient treatment method. It combines massage, energy treatment and the soothing effect of warm stones. This special combination has a balancing and relaxing effect and eases **the muscles**.

50 mins | € 83,-



EDELWEISS Massage

The EDELWEISS massage is a full-body massage that is performed with firm, special massage handles.

Vigorous kneading, stroking and targeted stretching release tension and bring the muscles back into balance. This massage is ideal for tired and stressed muscles.

50 mins | € 83,-

Partial Body Massage

In this partial body massage, depending on your wishes, the back, legs, neck or feet are massaged and loosened with warm oil.

25 mins | € 44,-

Honey Massage back special

Through this special combination of three different massage techniques: connective tissue massage, honey massage and classic massage, the tissue and muscles of the back can be intensively loosened and supplied with blood. So, you can start the day with new freedom of movement.

50 mins | € 83,-

Lomi Lomi Nui

This Hawaiian massage is a pampering program for all your senses. Enjoy long flowing massage strokes in a relaxed atmosphere to Hawaiian sounds. Warm massage oil, the loosening of the joints as well as swaying movements guarantee a balanced body, mind and soul.

75 mins | € 127,-
(incl. 15 mins rest time)

Herbal Stamp Massage

This Far Eastern treatment method nourishes the skin, relieves tension and has a refreshing and stimulating effect through the scent of the herbs. Steam-heated herbal pads are moved in different massage movements along the meridians on your back. The massage is adapted to the body region in different movements and intensities.

80 mins | € 132,-

Foot Reflexology Massage

The foot reflexology massage is based on the theory that the body is reflected in our feet. Through a targeted massage of the pressure points on the foot, the body can be brought back into harmony. It supports detoxification of the body and has a very relaxing and beneficial effect.

In order to achieve an all-round feeling of well-being, you will receive a mud pack on your back or a liver wrap at the same time.

50 mins | € 94,-

Time For Me Massage

Choose for yourself what does you good.

In coordination with the therapist, your wishes and massage techniques will be discussed, and we will create your own individual treatment. A mix of aromatic oil and hot stone massage or powerful massage handles - anything is possible.

50 min. | € 88,-
80 min. | € 132

Facial Lymphatic Drainage

The gentle massage technique according to Dr. Vodder.

Due to the special grip sequences, the lymphatic vessels and provide a deconstructive, relieving and relaxing effect. In manual lymphatic drainage, we always start with the opening and stimulating of the neck lymph nodes.

25 mins | € 44,-


Partner Massage

Let yourself be pampered together with a simultaneous massage with two therapists. As a sparkling conclusion, enjoy a glass of sparkling wine.

Partial body massage incl. 15 mins rest time (total 40 mins)
€ 99,00 - for 2 people

Wellness massage incl. 15 mins rest time (total 60 mins)
€ 176,00 - for 2 people





Cosmetic treatments





QMS Medicosmetics

QMS Medicosmetics is an exceptional anti-aging system and was founded about 30 years ago by Dr. Erich Schulte. Thanks to QMS' high-quality and very effective ingredients, you can see visible treatment effects in the shortest possible time.

This beauty concept can also be easily integrated into your everyday care process. Revolutionary cosmetic treatments fix small blemishes, so that nothing stands in the way of your radiant appearance.

With our EDELWEISS-QMS treatments, you design your individual application together with our cosmeticians which is tailored to your skin type.

The basic building block of every QMS treatment includes:

- Cleansing
- Peeling
- Collagen serum
- Algae modelling
- Final care

You have the possibility to choose between the different application lengths.



EDELWEISS QMS Core-Treatment

This cosmetic basic treatment includes the five QMS basic building blocks, in addition, you can choose between the following points in this treatment:

- Cleansing
- or facial massage

60 mins | € 99,-

QMS-Personalized-Treatment

With this personalised treatment, you provide your skin with the five basic building blocks of QMS and additional special care tailored to your skin type.

This treatment is rounded off with a face and neck massage or a facial lymphatic drainage.

75 mins | € 127,-

QMS-Signature-Treatment

This individual treatment, tailored to your skin needs, includes the five QMS basic building blocks. In addition, enjoy a detailed facial massage and special care such as a foam mask or the oxygen boost.

90 mins | € 168,-

THALGO SPA



Thalgo - The power of the sea for your beauty

The sea has always been a source of vital energy for man, revitalising both the body and the mind.

Just as the sea invigorates body and mind, **THALGO** has always combined efficacy and well-being and makes use of the active ingredients from the sea.

The minerals, trace elements and vitamins contained in the algae can be absorbed particularly well by the skin and are also extremely well tolerated.



Thalgo Sea Deep Treatment

This refreshing facial treatment is specially designed for dehydrated, low energy as well as sensitive skin. In this application, our trained beauticians choose the active ingredients from Thalgo that are individually suitable for you, thus bringing your skin back into balance. This treatment includes: cleansing, peeling, active ingredient serum, mask and facial massage.

75 mins | € 108,-

Thalgo Detox Spirulina Treatment

Experience a perfect detox treatment and give your skin more radiance and glow. The effect of the algae stimulates the metabolism in the cells, revitalises the skin and fights the first signs of fatigue. This treatment includes: cleansing, peeling, active ingredient serum, mask and facial lymphatic drainage.

90 mins | € 143,-

Cosmetics of your choice

Based on the wishes and needs of your skin, care products with maximum effect are combined for you. Our professional cosmeticians pamper your skin according to your skin conditions and provide noticeably and visibly for a well-groomed skin with natural radiance.

60 min. | € 99,-

90 min. | € 168,-

Beneficial for the soul – for beautiful moments

EDELWEISS facial massage	25 mins € 44,-
Eyebrow correction	15 mins € 17,-
Eyebrow correction and colour	20 mins € 24,-
Eyebrows and eyelashes colour	30 mins € 35,-
Eyelashes colour	20 mins € 19,-
Day make-up	30 mins € 39,-



Beautiful hands and feet

Classic manicure

Hand and nail care	45 mins € 54,-
incl. nail varnish	50 mins € 65,-

Classic pedicure

Foot and nail care	50 mins € 65,-
incl. nail varnish	60 mins € 76,-

EDELWEISS pamper manicure

- Hand and nail care
- Hand peeling and pack
- Hand massage
- Nail varnish
- A glass of sparkling wine

85 mins | € 88,-



EDELWEISS pamper pedicure

- Foot and nail care
- Foot peeling and pack
- Foot massage
- Nail varnish
- A glass of sparkling wine

85 mins | € 94,-

Specials for expectant mothers

Baby Moon pleasure time

Take a seat, enjoy and relax. Immerse yourself in a feel-good experience and use the time just for yourself.

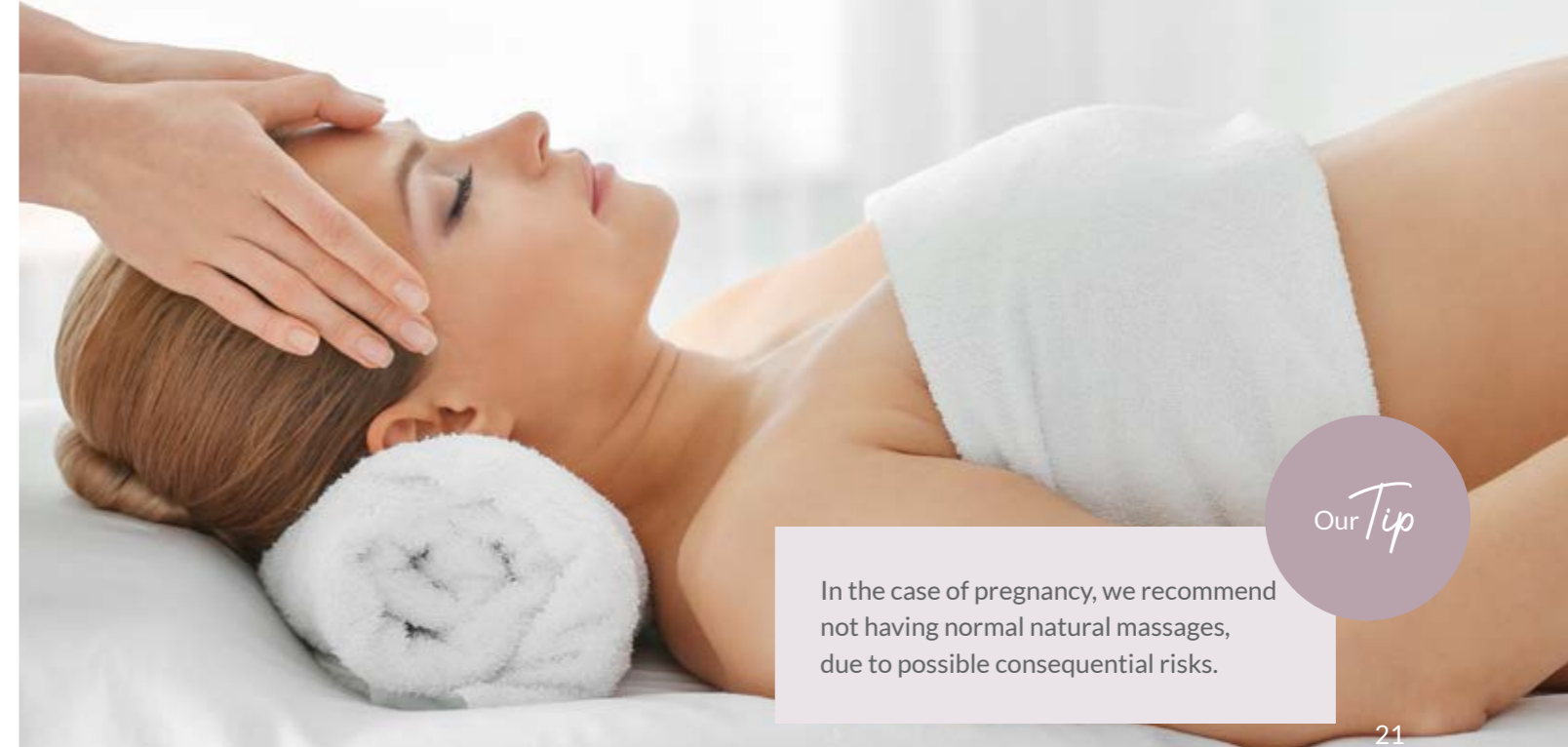
- Individual facial treatment incl. head and neck massage
- Manicure and pedicure with nail polish,

110 mins | € 218,-

Massage for expectant mothers

With warm oil in a relaxed atmosphere, depending on your wishes and needs, the back and neck or the legs and feet are gently massaged. This massage can be performed, as you wish, while sitting, lying down or in a lateral position.

25 mins | € 44,-



Our Tip

In the case of pregnancy, we recommend not having normal natural massages, due to possible consequential risks.

Specials for kids & teens

Children's and Teen's massage

The children's and teen's massage is similar to a wellness massage, depending on your wishes, on the back or on the whole body.

25 mins | € 44,-

Facial „EDELWEISS-Nature Junior“ (until 16 years old)

This individually adapted feel-good facial is ideal for young people under the age of 18. incl. deep cleansing and care.

50 mins | € 94,-

Pamper program for girls up to 12 years old

Every girl's dream includes:

- Facial treatment with nourishing and natural products, individually designed and coordinated
- Small manicure with nail varnish

50 mins | € 94,-



EDELWEISS time-out for the whole family

A time-out in our steam bath promises pure enjoyment for both parents and children. Soothing muds with cocoa smell, soap foam, chocolate fruits in the resting period and a massage at the end promise relaxation and well-being.

- Mud packs in the steam bath
- Rest period with kid's sparkling wine and fresh fruits
- 20 mins massage

85 mins | € 143,-

Relax time for your child in the floating water lounger

A pleasant skin and body experience with a fragrance mixture of your choice for all children's senses. A nourishing base cream is massaged into the skin. Afterwards, your child is gently rocked in the water lounger and thus experiences an absolute fragrance and relaxation experience.

Chocolate tiger: Pleasant scent of chocolate

Sleeping Beauty: Pleasant scent of roses

20 mins | € 43,-



Wellness



Sound relaxation - wellness for the soul

The vibrations of sound instruments have been used for over 5,000 years and are becoming increasingly important in the Western world. The sound and its vibrations will quickly immerse you in a deep relaxation. It is recommended to drink a lot after the sound treatments.



Singing Bowl Massage

In the singing bowl massage, the bowls are brought into vibration and gently placed on the body. The vibrations of the bowls are clearly noticeable on the body. By regularly striking different bowls the sound and vibrations pass through the room and caress your body, mind and soul.

Let yourself be led into a deep relaxation, peace and contentment.

50 mins (incl. 10 mins rest time) | € 88,-

Liver Relaxation

The liver is the largest organ in our body and has many tasks. In order to relieve the liver, we have developed a great offer especially for you:

- Tone puncture with the tuning fork
- Liver hay wrap
- Sound relaxation with overtone-rich sound instruments
- Purification tea

90 mins (inc 15 mins rest time) | € 143,-

Spine Balancing

Spine balancing is an application with the tuning fork, which is mainly carried out on the back and spine. The swinging tuning fork is placed on the body. Due to the fine vibrations, the cells are enlivened and tensions dissolve.

50 mins | € 88,-

Softly caressed skin & relaxation experience

Relaxing in the floating lounger

Our floating lounger gives you an indescribable feeling of weightlessness. The packs are applied directly to the skin. Due to the heat, the active ingredients of the respective package can be optimally absorbed by the body.



EDELWEISS cuddle pack with Evening Primrose Oil

Pamper your skin with a rich Evening Primrose Oil cream pack. The various ingredients of the Evening Primrose Oil care for and relax the skin all over the body. The valuable vitamins and minerals give the skin vitality and freshness.

Treatment time 45 mins | rest time 30 mins | € 58,-

Hay Flower Wrap

A special way to detoxify, purify and relax. Feel and smell the power of alpine herbs from Berchtesgadener Land. Nestled in hay, you can take a deep breath in the floating lounger and completely relax.

Treatment time 45 mins | rest time 30 mins | € 58,-

Salzburg Healing Moor Pack

Relaxes and detoxifies the body in a natural way. The Salzburg Healing Moor is rich in natural ingredients. It has an analgesic, detoxifying effect and supports your immune system. The warmth of the floating lounger enhances the healing effect of the moor pack.

Treatment time 45 mins | rest time 30 mins | € 58,-

Detoxification and purification

Detox Footbath

Purifying, dissipating, deacidifying

A foot bath supports the body in detoxification. The soles of the feet are used to extract toxins from the body. A foot bath helps against acidification, exhaustion, indigestion, as well as headaches.

To achieve an improved effect, it is recommended to enjoy a foot bath every other day.

25 mins | € 41,-

Detox Package

In order to detoxify and relax your body holistically, we have put together a special package for you. It is recommended to divide the applications over several days. In addition, with hikes, sauna sessions and visits to the infrared cabin, as well as drinking a lot helps to detoxify your body.

Day 1: Detox foot bath and “Get rid of that ballast” body ritual (90 mins.)

Day 2: Detox foot bath and foot reflexology massage (75 mins)

Day 3: Detox foot bath (25 mins)

Package price € 286,-



Soothing baths in the whirlpool

Bathing dream EDELWEISS

An absolute dream for relaxing.

A goat's milk bath relaxes the skin and ensures more suppleness and elasticity. It is moisturising, has a calming effect and supports the skin's own healing process. Enjoy this bath in a pleasant atmosphere with a glass of sparkling wine and fresh fruit. After the bath, a goat's butter cream is available for creaming.

30 mins | € 47,-

Pine Bath

Calming for body and mind

The essential Pine oil has a calming effect on the nervous system and thus contributes to relaxation, well-being and restful sleep. As a final care, a cool or hot cream for the muscles is available. A herbal tea and a stamp of Pine Schnapps make the bath a true experience.

30 mins | € 47,-

Salt Oil Bath

Beneficial for the skin

This nourishing bath is very beneficial for your skin. The salt oil peeling that you apply to your skin yourself leaves your skin soft and spreads a soothing fragrance. Enjoy this bath with a herbal tea or fruit water.

30 mins | € 47,-



Wellness package for women

Treat yourself to a break in our EDELWEISS Spa.

To ease away from everyday life, we have put together an EDELWEISS feel-good package as follows:

Time for me – Time to relax

- Salt oil peeling incl. rest time in the floating lounge
- Individual facial treatment incl. head and neck massage
- Manicure and pedicure with nail polish,
- 1 glass of sparkling wine

165 mins | € 271,-

Edelweiss - Time-out for one or two people

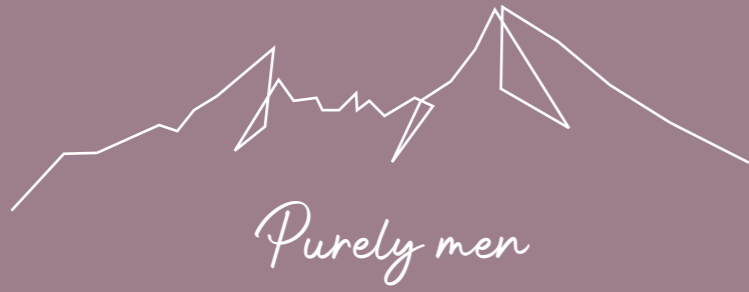
Relax in the steam bath with a peeling and mud pack and gently caress your skin. Delicacies from our patisserie, and fresh fruit & sparkling wine make this time-out an experience of a special kind. As the crowning finale, you will enjoy a soothing (partner) aroma oil massage.

- Peeling and mud mask in the steam bath
- Rest phase with sparkling wine and fresh fruits
- 50 mins aroma oil massage

120 mins | 1 Person € 116,-

2 People € 219,-





Massages for men

EDELWEISS Massage

The EDELWEISS Massage is a full-body massage that is performed with firm, special massage handles. Vigorous kneading, stroking and targeted stretching release tension and bring the muscles back into balance. This massage is ideal for tired and stressed muscles.

50 mins | € 83,-

Time For Me Massage

Choose for yourself what does you good.

In coordination with the therapist, your wishes and the massage techniques will be discussed and reateill creat your own individual treatment. Special massage techniques combined with e.g. hot stones or a tuning fork make this treatment a special experience.

50 mins | € 88,-

80 mins | € 132,-

Foot Reflexology Massage

A foot reflexology massage is based on the theory that the body is reflected in our feet. Through a targeted massage of the pressure points on the foot, the body can be brought back into harmony. It supports the detoxification of the body and has a very relaxing and beneficial effect. In order to achieve an all-round feeling of well-being, you will receive a mud pack on your back or a liver wrap at the same time.

50 mins | € 94,-

Partial Body Massage

In this partial body massage, depending on your wishes, the back, legs, neck or feet are massaged and loosened with warm oil.

25 mins | € 44,-

Facial treatments especially for men

Thalgo Sea Deep Treatment

Moisturising treatmen' for men's skin.

This refreshing facial treatment is specially designed for dehydrated, low-energy as well as sensitive skin.

In this application, our trained beauticians choose the active ingredients from Thalgo that are individually suitable for you, thus bringing your skin back into balance.

This treatment includes: cleansing, peeling, active ingredient serum, mask and facial massage.

75 mins | € 108,-

Cosmetics of your choice

Based on the wishes and needs of your skin, care products with maximum effect are combined for you.

Our professional cosmeticians pamper your skin according to your skin conditions and provide noticeably and visibly for a well-groomed skin with natural radiance.

90 mins | € 168,-

Relaxing in the floating lounge

Our floating lounge gives you an indescribable feeling of weightlessness.

Salzburg Healing Moor pack in the floating lounge

Relaxation for body and muscles.

The Salzburg Healing Moor is rich in natural ingredients. It has an analgesic, detoxifying effect and supports your immune system. The warmth of the floating lounge enhances the healing effect of the moor pack.

Treatment time 45 mins | rest time 30 mins | € 61,-

„Stay active and invigorated“ body ritual.

Do something good for your body after sport.

The cleansing walnut shell body scrub prepares the skin for the intensive wrap for tense muscles.

Medicinal herbs such as arnica, peppermint and mountain pine have a natural effect on stimulating blood circulation, relieving pain and revitalising the muscles.

65 mins | € 94,-

Our Tip

Combine these treatments with a massage. Through the heat of the floating lounge, your muscles will be well supplied with blood and pre-loosened.

Body applications for men

Pine Bath in the whirlpool

Calming for body and mind.

The essential Pine oil has a calming effect on the nervous system and thus contributes to relaxation, well-being and restful sleep. As a final care, a cool or hot cream for the muscles is available.

A herbal tea and a stamp of Pine Schnapps make the bath a true experience.

30 mins | € 47,-

Beautiful hands and feet

Classic manicure for men

45 mins | € 54,-

Classic pedicure for men

50 mins | € 65,-



Wellness packages for men

For body and muscles

To start, enjoy our “Stay active and invigorated” body ritual in the floating lounger.

This special EDELWEISS ritual perfectly prepares the muscles for the following EDELWEISS Massage.

This EDELWEISS Massage is a powerful massage combined with turning the muscles. Your body feels relaxed and loose all over.

- „Stay active and invigorated” body ritual
- EDELWEISS Massage

115 mins | € 160,-

Wellness for men

- Manicure and pedicure, at the same time
- Pure Oxygen for men

140 mins | € 264,-



Yoga

The holistic health of our guests is important to us. Increase your well-being by bringing body, mind and soul back into balance with yoga sessions and thus balancing you out to the stressful everyday life.

Further information on the individual units can be found in our activity program or at the reception.

Hikes

We also offer various hikes and tours for our guests. Short hikes around the Kälberstein and a circular tour to the Weinfeldkapelle over the Soleleitungsweg are just as popular with our guests as the longer tours to the beautiful Königssee and Malerwinkel.

In summer there is also the possibility to do Nordic Walking tours.

Information and details about the yoga sessions and various hikes can be found in our activity program, or at the reception.

Our Tip

Ideal after a sporting day.



Qi Gong

Qi Gong is a traditional movement practice from China, which gives the body and mind a deep rest. Immerse yourself in these gentle, swaying movement flows and treat yourself to rest for the soul. The Qi Gong practice promotes deep and calm breathing and brings body and movement in harmony.

Gentle activation of the muscles combined with deep breathing invigorates body and mind.

Qi Gong regenerates the body after a sporting activity and makes the muscles supple again.

Our Tip

Ideal after a sporting day.

Aqua Gym

The various movements in the water improve strength, mobility and coordination in a way that is easy on the joints. The training has a positive effect on the cardiovascular system and metabolism. The water resistance tones our tissues and increases blood circulation.

Aquafitness exercises increase strength and endurance as well as flexibility, making it an ideal fitness workout.

The training times vary weekly depending on occupancy and can be inquired at the reception.



FAQs - Good to know

When should I book a treatment?

In order to secure your desired appointment, we recommend booking the desired application / massage with us before your arrival.

What should I wear?

Ideally, you should come in a bathrobe or comfortable clothes. In order to protect your privacy, only the areas to be treated are revealed and one-time slippers are ready for you if necessary.

Should I pay attention to anything specific?

We recommend that you come to our spa reception about 10 minutes before your appointment and enjoy a healthy cup of tea or a glass of fresh spring water. Please understand that in the event of a delay on your part, we must stick to the treatment time out of consideration to the following guests.

Which treatment is right for me?

If you cannot decide because of the extensive selection, we are of course happy to advise you.

What if I'm late?

Of course, we strive to offer you optimal treatments and, if possible, to grant you your full treatment time. Out of consideration for others, we ask for your understanding that in the event of a delay on your part, the treatment time is shortened accordingly and the treatment price in these cases cannot be reduced.

What if I have to cancel my appointment?

If you are unable to meet a treatment appointment, we ask you to cancel at least 12 hours in advance. Otherwise, we will have to charge 80% of the treatment price. We ask for your understanding.

Spa & Peace:

Everyone wants to enjoy their treatment in peace, so we ask you, out of consideration for other guests, to turn off your mobile phone and talk at an appropriate volume.

Health questions:

Your individual care is very important to us. Therefore, we ask you to inform us when reserving your spa treatments about any health complaints such as injuries, allergies or other things. We want to tailor our treatments to your needs in the interests of your well-being and state of health.

Your well-being is important to us – your opinion, too!

We make every effort to meet your expectations and needs, and are aware that every treatment is an individual experience. We look forward to your feedback.

Opening times:

Open daily from 9:00 am - 7:00 pm

Contact EDELWEISS Spa:

Telephone: +49 8652 9799-290 or spa@edelweiss-berchtesgaden.com



EDELWEISS

BERCHTESGADEN
FAMILIE HETTEGGER

Your pleasure & wellness hotel
in the heart of Berchtesgaden

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