

ENGLISH



HELD

HOTEL & SPA

★★★★

SUPERIOR

FEEL GOOD. ENJOY. AND THE MOUNTAINS.

WELLNESS & BEAUTY



FEEL GOOD PURE RELEXATION

Treat yourself to something that will make you feel good:
relaxing massages and beauty treatments through the sensitive hands from our professionals.



| | |
|-------------------------------|----|
| Our brands..... | 4 |
| Facials | 6 |
| Massages | 8 |
| Combination treatments..... | 10 |
| Our packages | 11 |
| Beauty 4 Kids & Teens..... | 11 |
| Body treatments & baths | 12 |
| Beauty Extras | 13 |

To guarantee your personal appointment and treatment wishes,
we recommend to book in time.





OUR BRANDS

ONLY THE BEST FOR YOU



Finding our way back to balance is an important part of our well-being. Often life gets us out of balance in such a way that we need support. The E&M Vital basic concept specifically supports this internal balance, which is so important for well-being, and promotes holistic well-being in harmony with the achievement of a sustainable quality of life.



For about 50 years, Haslauer and its brand „Kurland“ have been synonymous with an extensive range of natural products. From tried-and-tested bogs and valuable oils to perfectly skin-matched cosmetic lines and care products. Kurland acts according to the principle „Mother Earth is not only a perfect guide, she also has a long and valuable list of treasures ready for us“.



Phytomer uses natural concentrates of seawater, algae and mineral-rich sea mud to effectively combat cosmetic problems. The unique basis of all treatments is the patented „Reflexo-thermal Method“. There the organ reflex zones are getting stimulated with self-heating sea sludge stimulates. This exclusive method promotes relaxation and optimizes the effectiveness of marine active ingredients.





FACIALS

SHINE BRIGHT

Anti-stress treatment 60 min 89,-
Cleansing, peeling, plucking eyebrows, massage or purification,
mask and day care

HELD's recommendation:

„All inclusive“ cosmetic treatment 105 min 144,-
Cleansing, peeling, steaming with vapozone, purification,
concentrate, massage, mask and day care. During the
cosmetics affects the body pack. For a very soft feeling.

Intensive facial treatment 80 min 109,-
..... 90 min 119,-
Cleansing, peeling, plucking eyebrows, steaming with vapozone,
purification, concentrate, massage, mask and day care

Pampering treatment 90 min 124,-
Cleansing, peeling, steaming with vapozone,
purification, plucking eyebrows, concentrate, massage, mask with
hand pack and day care

**Phytomer Anti-Aging
facial treatment** 70 min 104,-
For more strength, lines and wrinkles are visibly reduced.
Cleansing, peeling, plucking eyebrows, firming concentrate, massage
with firming serums and filling wax, plasticizing mask, day care

Phytomer Acne treatment 75 min 104,-
Cleaning, peeling by a self-heating sea sludge, if still necessary stea-
ming with vapozone, intensive purification, plucking brows, day care

„Man, oh Man“ facial treatment
with special care products for men 60 min 89,-
Cleansing, massage, day care

Classic facial treatment 30 min 48,-
Cleansing, massage, day care



VIE-COLLECTION

The VIE-Collection research team works closely with a consultant beauty physician.

The VIE-Collection offers advanced care treatments for wrinkles, which deliver convincing results from the very first treatment.

Manual Microdermabrasion80min..... 126,-

Highly effective, gentle dermabrasion of the skin for the effective treatment of all kind of skin problems.

The top layers of skin are renewed, the new formation of vessels is stimulated. The skin takes on a fresher, younger appearance, scars and pigmentation marks are removed or considerably toned down.

Cleansing, plucking eyebrows, manual microdermabrasion with silica, fruit acid, neutralization mask, day care

3D wrinkle treatment 105min.....138,-

Cleansing, plucking eyebrows, manual microdermabrasion with silica, fruit acid, massage with the neutralization mask, incorporation of special sera with massage rollers, special mask, day care.

Retinopur treatment 105min.....138,-

Special anti-aging treatment for impure skin

Cleansing, plucking eyebrows, manual microdermabrasion with silica, fruit acid, massage with the neutralization mask, incorporation of special sera with massage rollers, special mask, day care. Please do not go into the sun afterwards!

HELD's recommendation:

Combine facials with our self-heating sea mud 19,- in combination with a treatment.



MASSAGES

FEEL YOUR BODY

CLASSICAL MESSAGES:

Partial massage..... 25 min..... 49,-
(back or legs)

Special offer: 3 partial massages per person (must be booked as a package) for 108,-

**Luxury back massage
with warm sea mud pack**..... 50 min..... 89,-

Intensive back treatment in which a warming sea mud is applied for 15 minutes. Through its muscle-relaxing, detoxifying and blood circulation stimulating effect your muscles will be optimally prepared for the massage.

Vital massage 40 min..... 69,-
(back and legs)

Full body massage..... 50 min..... 79,-

HELD's recommendation:

Element massage 60 min..... 89,-
(fire, air, water & earth)

Footbath with sea salt, full body massage with the appropriate oil (The Relax-Emotion-Oils by Kurland are specially designed for people who suffer from sleep disorders, stress, restlessness and depressive moods).

Footbath with footmassage 30 min..... 49,-

The classic massage is especially suitable for the treatment of acute muscle pain and also prevents tension and cramps of strained muscles. It is the ideal massage technique to feel yourself again.

**Foot reflexology
with invigorating footbath** 45 min..... 74,-

Special offer: 3 foot reflexology massages with foot bath per person for only 176, - (must be reserved as a package)

Foot reflexology is a reflex treatment (stimulation treatment). It causes a local and intense circulation and thus an improvement of all organ and tissue functions and is therefore considered as a whole method.

Hot Stone therapy..... 70 min..... 114,-

Part Hot Stone therapy 35 min..... 64,-

A fascinating combination of full body massage, energy work and the beneficial effects of hot stones and warm sesame oil. The whole organism will get charged with new energy and vitality, your energy field becomes harmonized and strengthened: a valuable and unique treatment.



Phytomer Mudpack for the back

as a single treatment15 min25,-
in combination with another treatment 22,-

The self-heating sea sludge pack for the back is an exclusivity of Phytomer. The sea mud heats up to 42°C by itself, bubbles and actively contributes to relaxation. This partial body pack can be booked to and before each treatment and has a muscle-relaxing effect – detoxifying – promotes blood circulation – dehydrating – stimulation of the reflex zones.

Ear candle treatment

(including rest period)..... 30 min43,-

The ear candle treatment helps with stress and imbalance. It promotes natural relaxation and healthy sleep. It is also highly recommended for colds.

Energy point facial massage 25 min 42,-

As with the body, there are also meridian tracks in the face of internal organs. With light pressure points, the tracks are getting massaged and stimulated. The facial massage has a very relaxing effect on body, mind and soul.

HELD's recommendation:

DETOX treatment from head to foot

During these times nowadays our bodies are often acidified. This leads to bad mood, water retention, fatigue and headaches. Give yourself a little time out and feel your body regain more vitality.

- basic body peeling
- detoxifying sea mud pack for the face
- basic bath (we offer a cup of base herbal tea)
- complete your detox treatment with a special basic body and facial care

75 min.....98,-

Health restrictions

If you suffer from diseases
or are in medical treatment,
please let us know before.
In the case of a flu infection,
we do not perform massages.



COMBINATION TREATMENTS

| | | | |
|--|-------|---|-------|
| Anti-Stress treatment with Element massage..... | 160,- | Full body massage & Energy point massage..... | 108,- |
| Power point facial massage & Ear candle treatment | 75,- | Foot reflexology (25 min.) & Partial massage..... | 76,- |
| Luxury back massage & Part hot stone therapy | 140,- | Stone pine bubble bath & Full body massage with stone pine oil | 97,- |
| Pedicure without varnish with footbath & massage ... | 100,- | Stone oil vitality bath & Vitality massage | 87,- |
| „Man, oh man“ facial treatment & Vitality massage | 143,- | Basic body scrub & Goat butter wrap..... | 83,- |
| Basic body scrub & Thalasso Algae pack..... | 106,- | Classic facial massage & Partial massage | 85,- |

Notice:

The applications can be divided over several days.



APPLICATIONS FOR TWO TIME TOGETHER

Zillertaler wood pine dream for two..... 247,-

- Zillertaler farmer's scrub (with special sisal glove)
- romantic bath in our hydrobath
- goat butter lotion (with pine flavour) for senses and skin
- relaxing moments on our waterbed with pine pillow
- small Zillertaler snack with pine liquor
- 2 partial body massages

Time together 179,-

- romantic bath in our bathtub for two
- „Time Together“ body pack in our waterbed with a glass of sparkling wine and fresh fruits
- 2 partial body massages

Bath with roses 52,-

- in our bathtub for two
- harmonizing - balancing - mood-enhancing
- with a glass of sparkling wine and skin oil for rubbing

BEAUTY FOR KIDS & TEENIE`S MIRROW, MIRROW ON THE WALL...

FOR KIDS (until 14 years)

Bambini massage 20 min.....37,-

Manicure

with rhinestone nail polish..... 25 min..... 34,-

„Snow white“ facial treatment..... 20 min..... 32,-

FOR TEENS (until 19 years)

Teens facial treatment 40 min.....57,-

Cleansing, self-heating sea mud for the face, small massage, day care with tips for home care



BODY TREATMENTS & BATHS

NATURAL BEAUTY

BODY TREATMENTS

Basic body scrub 30 min (incl. shower time).... 46,-

Phytomer scrub..... 30 min (incl. shower time).... 46,-

Goat butter body wrap 30 min 46,-

**Phytomer Thalasso
sea weed wrap** 50 min.....71,-

This whole-body algae pack has a detoxifying, draining and tightening effect. Afterwards, the skin is treated with a contour cream.
(Not suitable for iodine allergy and hyperthyroidism)

Oligomer SPA 70 min 94,-
Holistic and constructive care with full-body peeling and subsequent massage

**Thinness &
Cellulite treatment**..... 50 min71,-

Special offer: 3 treatments per person for only 167,- (must be reserved as a package)

The cellulite and slimming sensation! By applying the self-heating thermo-reduction mud, visible results are achieved on belly, legs and buttocks. After only a few treatments significant reduction in size.

BATHS

in our single bathtub

Basic DETOX bath 34,-

Stone pine bubble bath (with calming effect)..... 27,-

Cold bath..... 27,-

Melissa bubble bath (with relaxing effect))..... 27,-

Goat milk bath (with skin-care effect) 27,-

Stone oil vital bath (muscle relaxant)..... 27,-

HELD's recommendation for men:

Beer bath..... 34,-

Connective tissue-fixing, skin-refining and strengthening for joints and bones. Improvement of metabolic processes, we serve a glass of Zillertal beer with it.



BEAUTY-EXTRAS

| | |
|--|------|
| Eyelash colouring | 20,- |
| Eyebrew colouring..... | 16,- |
| Eyebrew and eyelash colouring..... | 31,- |
| Eyebrew correction | 16,- |
| Manicure without varnish..... | 57,- |
| Manicure (with varnish for home) | 68,- |
| French manicure | 70,- |
| Nail polish | 23,- |
| Pedicure without varnish..... | 63,- |
| Pedicure (with varnish for home)..... | 74,- |
| French nail pedicure..... | 76,- |

PACKAGE FOR EXPECTANT MOTHERS:

| | |
|---|-------|
| Anti-stress treatment.....60 min | |
| Cleansing, peeling, plucking eyebrows, massage or purification,mask and day care | |
| Pedicure without varnish..... | |
| Foot bath with Foot massage.....30 min..... | |
| Package price | 180,- |

DEPILATION

For women:

| | |
|------------------------|------|
| Lower legs..... | 39,- |
| Full legs..... | 59,- |
| Bikini zone | 22,- |
| Armpits..... | 21,- |
| Arms | 23,- |
| Upper lip or chin..... | 11,- |

For men:

| | |
|-------------|------|
| Back | 37,- |
| Chest | 31,- |



Cancellation

If you arrive too late for a treatment, the time will be shorter accordingly. In case of postponing or cancelling your appointment, please let us know 12 hours before the start of your treatment. In case of cancelling at short notice, we will charge the full price of the treatment.

Jewellery & clothing

We kindly ask you to keep your valuables in the room safe. For day spa guests, lockers are available in the changing rooms.
Please wear dry clothes.

Health restrictions

If you suffer from diseases or are in medical treatment, please let us know at the time of the appointment reservation.
In the case of a flu infection, we do not perform massages.

Pregnancy

We ask you to inform us about existing pregnancies before the appointment, because not all applications are suitable for pregnant women.

Sale items

Much of the cosmetic products used are also available for sale. For specific questions about the mode of action and prices please contact our staff.

Prices and treatments valid until further notice.

Valid from February 2024. This price list will become invalid as soon as a more recent version is available.



Kleinbodenerstraße 6 | 6263 Fügen/Zillertal | Tel.: +43 (5288) 62386 | Fax: +43 (5288) 623867 | info@held.at | www.held.at