



Romantik Hotel & Restaurant

**Oberwirt**



AMADEA SPA

# EVERY PERSON IS UNIQUE.

In the AMADEA SPA, the focus is placed fully on to the person. Our spa team devotes individual attention to each guest, caring for your mind, body and soul. Just switch off, forget everyday life, reflect on yourself, and enjoy something good for yourself.

In the AMADEA SPA, the body can gather new defenses.  
Let our spa team pamper you with expert treatments!

Feel good all around!

Refresh and relax in our pool and sauna area!  
Or come and explore our spa for men and women which contains a vast variety of activities: gymnastics, fitness, soothing massages, sensitive facial treatments, peelings, or cosmetics for hands and feet – our spa is place for pure rest and deep relaxation.

Enjoy your time in the AMADEA SPA!  
Your Family Waldner, with the entire Oberwirt team.





## OUR 5 PILLARS

### THE FOCUS IS ON THE PEOPLE

Sensual – balancing

#### THE ROSE

It enchants with its fine, delicate fragrance and its effect bring harmony on all levels.

soothing – relaxing

#### THE LAVENDER

Its intense scent has a calming and clarifying effect and enables deep mental relaxation.

Revitalizing – strengthening

#### THE MOUNTAIN HERBS

Their valuable medicinal herbs, with their variety of essential oils and minerals give the body well-being and vitality.

rejuvenating – constructive

#### THE GRAPE

Its antioxidant active ingredients are an excellent protection for keeping the skin young and support the detoxification of the body.

## FULL BODY TREATMENT

# AMADEA

### 5 PILLAR RITUAL

*A journey through the world of fragrances.*

The particularly valuable essences of rose, lavender, mountain herbs and grapes are used specifically in our AMADEA 5-pillar ritual. Let yourself be pampered and inspired. For sense of beauty, sensuality, and vitality.

**Intense head and neck massage**

**Face pack with stamp massage (Rose and Lavender)**

**Soothing foot massage**

**Aroma oil massage with herbal stamps**

*approx. 80 Min. 120 Euro*

## COSMETIC FACIAL TREATMENTS



### AMADEA facial treatment with Thalgo cosmetics

Enjoy an exceptionally gentle treatment of the face, neck and décolleté. High-quality, maritime products, rich in minerals and trace elements from the depths of the sea, have a clarifying, refreshing and revitalizing effect on the skin.

#### AMADEA Basic

approx. 50 Min 82 Euro

Cleansing, peeling, deep cleansing, eyebrow corrector or facial massage, mask, final care.

#### AMADEA Deluxe

approx. 80 Min 120 Euro

Cleansing, peeling, deep cleansing, eyebrow corrector, intense face, neck, and décolleté massage, mask, final care.

#### AMADEA MEN- age defence

approx. 50 Min 82 Euro

A facial treatment that was specially made for demanding men's skin. The skin is intensively moisturized. A soothing massage of the neck, head, and face which gives you renewed energy.





### The Mediterranean Skincare

100% natural – without preservatives – without parabens and emulsifiers. DEMARES combines the best natural ingredients such as the rare pure oil of pistachio resin. The skin is ideally protected against free radicals, while being strengthened and cared for.

#### pure sensitive

approx. 80 Min 120 Euro

Gentle care for very sensitive skin. Also suitable for Couperose.

#### pure advance

approx. 80 Min 120 Euro

Moisturizing care for dry skin that leaves your face looking fresh.

#### high intense

approx. 80 Min 120 Euro

Care for demanding skin with a lifting effect. Experience the feeling of smoother, firmer, and fresher skin.



## COSMETIC EXTRAS

### FACE AND BODY

<b>Tint Eyelashes</b>	<b>18 Euro</b>
<b>Tint Eyebrows</b>	<b>10 Euro</b>
<b>Tint Eyebrows and Eyelashes</b>	<b>25 Euro</b>
<b>Regulate Eyebrows</b>	<b>15 Euro</b>
<b>Depilation Face, Upper Lip</b>	<b>15 Euro</b>
<b>Depilation Bikini zone or Shoulder</b>	<b>21 Euro</b>
<b>Depilation Leg to Knee</b>	<b>35 Euro</b>
<b>Depilation of entire Leg and Bikini Zone</b>	<b>50 Euro</b>

## COSMETIC

### HANDS AND FEET

#### AMADEA Spa Manicure

approx. 50 Min 60 Euro

A feel-good treatment that pampers and intensively cares for your hands.

#### AMADEA Spa Pedicure

approx. 50 Min 60 Euro

A pampering care highlight for your feet.

<b>+ Painting Nails</b>	<b>10 Euro</b>
<b>+ Permanent Nail Polish</b>	<b>30 Euro</b>
<b>+ Remove Permanent Nail Polish</b>	<b>25 Euro</b>

## CLASSIC MASSAGES

AMADEA full body massage with exquisite aromatic oils 50 Min 78 Euro

Relaxing massage from head to toe.

AMADEA partial body massage with exquisite aromatic oils 25 Min 49 Euro

head, neck, back or leg massage.

Lymph stimulating massage 50 Min 78 Euro

A gentle, stroking type of massage with a draining and dust-removing effect – stimulates the lymph flow and strengthens the immune system.

Foot Zones Stimulating Massage 25 min. 49 Euro / 50 min. 78 Euro

Reflex zones on the soles of the feet and toes are stimulated by pressure points. The metabolism is stimulated, blockages are gently released and the self-healing powers are strengthened. A blessing not only for the feet.

## BODY CARE PEELINGS AND PACKAGES

Sea salt peeling with aromatic oils 25 Min 48 Euro

nourishing and soothing – suppleness for very dry skin.

Grape seed honey cream peeling 25 Min 48 Euro

Regenerating and rejuvenating – for velvety soft skin.



### Cream care-package

25 Min 48 Euro

Sensually beautiful and intensively moisturizing – for dry, sensitive and irritated skin.

### Moor-Package

40 Min 55 Euro

Deeply warming and stimulates blood circulation – for muscle tension and rheumatic complaints.

### Algae-Fango-Package

40 Min 55 Euro

Draining and purifying – a detox treatment for the body.

### Hay-Package

40 Min 55 Euro

Invigorating and detoxifying – activating the circulatory system and strengthening the immune system and positive for the entire musculoskeletal system.



## SPECIAL

Choose one of our classic massages in combination with a peeling or a package

You will receive a bonus of 15 euros on your selected package.

## PURE WELLNESS FOR THE BODY

### SPECIAL MESSAGES

#### Traditional Thai Massage with soothing oils

50 Min. 82 Euro / 80 Min. 115 Euro

The energy channels in the body are activated using special pressure techniques, grips and stretching, so that life energy, the Qi, can flow freely again. Tensions, stress and strains can be released as a result.

#### Shiatsu

50 Min. 82 Euro

A holistic Japanese acupressure technique. Body, mind and soul are calmed and harmonized by means of a gentle, deep-acting massage on the energy channels. Shiatsu is performed in comfortable and casual clothing on a mat located on the floor.

#### Herbal stamp massage

50 Min. 84 Euro

Gentle massage movement with warm oils and fragrant herbal stamps relieve physical tension and create a feeling of soothing balance.

#### Singing bowl massage

50 Min. 78 Euro

Draw strength from the stillness and find harmony with yourself and the world. The sounds of the singing bowls, combined with the resulting vibrations, lead to deep relaxation.

#### Lomi Lomi Nui – Hawaiian full body massage

80 Min. 120 Euro

Flowing, gentle strokes combined with warm, fragrant oils which provide deep relaxation, balance and holistic harmony.

### Hot Stone Massage

80 Min. 115 Euro

relaxation massage with warm volcanic stones and valuable essential oils. Muscle tension is gently relieved and a feeling of holistic well-being sets in.

### Dorn-Breuss massage

80 Min. 120 Euro

Bei der Dorn-Methode werden Wirbelsäule und Hüfte sanft wieder in ihre korrekte Position gebracht. Die Breuss-Massage entlang der Wirbelsäule, löst energetische und körperliche Blockaden. In Kombination können diese beiden Methoden bei Rückenbeschwerden, Ischias leiden, Nacken-und Kreuzschmerzen sehr wirksam.

### DETOX – PURIFYING, DETOXIFYING



### Back treatment

50 Min. 82 Euro

The cupping massage technique specifically relieves tension in the neck, shoulder and back area.

### Body Treatment

80 Min. 115 Euro

A unique and effective full body treatment using cupping massage technique to activate metabolism and strengthen the immune system.

### Tightening and draining leg treatment

50 Min. 82 Euro

Cooling, decongesting leg wrap followed by a toning connective tissue massage. We especially recommended this for heavy legs or on hot summer days.



Solarium  
Zona Relax  
Piscina Tappeto





## FOR A CLEAR HEAD AND CLEAR PATH METHOD ACCORDING TO HARALD KITZ

The Haki method is a holistic and tailor-made concept for top-heavy people and focuses specifically on the shoulder, neck and head area. The pressure in these areas is relieved and the body can regain its strength.

### Haki® Sacral Deluxe

50 Min. 84 Euro

Starting with the neck, going down the back and the loins, tension is released and the center of the body reactivated with conscious mindful touches.

### Haki® Stretch & Relax

50 Min. 84 Euro

Feeling good begins mentally. This treatment focuses specifically on the shoulder, neck and head area. They are consciously made to vibrate with targeted tension, pressure and stretching.

### Haki® Purna

80 Min. 120 Euro

A full body treatment for the headstrong person. Anyone who sits at a desk a lot or has shortened muscles after long sports or professional challenges will be noticeably stretched and activated by this treatment.

## AMADEA FOR THE LADY



200 Euro

AMADEA Full Body Massage

AMADEA Basic Facial Treatment

AMADEA Spa Manicure

## AMADEA FOR THE GENTLEMAN



200 Euro

AMADEA Full Body Massage

Age Defense Facial Treatment

AMADEA Spa Pedicure

*Our gift tip!*

## AMADEA COUPLES TREATMENT

50 Min. 168 Euro

AMADEA – Romance

Enjoy a soothing aromatic oil massage together with oils of your choice. A gift of relaxation and harmony for two – a glass of sparkling wine awaits you at the end.



## A STRONG BODY THROUGH HEALTH AND FITNESS

### Personal treatment

50 Min. 82 Euro

A massage tailored to you, in which various massage techniques are used: fascia treatment, taping, cupping, trigger points. Put yourself in our trained hands to improve your state of health.

### Personal treatment intensive

80 Min. 120 Euro

...with additional advice and fitness tips for at home.

### Personal training

45 Min. 75 Euro

your own personal training tailored to you.

## BE ACTIVE IN THE AMADEA SPA FITNESS PROGRAM

### **From Monday to Friday**

We invite you (Alternating) to:

Water Aerobics

Functional Full-Body Training

### **Everyday**

In our fitness room you train on high-quality  
fitness  
equipment from Technogym.













## OPENING HOURS

### AMADEA SPA

Daily 08:00-12:00 & 15:00-19:00

### SAUNA AREA

Daily 3:00pm-7:00p

(Also at other times available per request)

## AMADEA

### AMADEA SPA ETIQUETTE AND INFORMATION

#### Information and appointment bookings

You can get information about the offer personally at the SPA & Hotel Reception. We recommend that you book your wellness treatment 7 to 14 days before arrival at [amadea@oberwirt.com](mailto:amadea@oberwirt.com). Please come to the SPA reception a few minutes before the start of the treatment. If you are late and your masseuse or the room is booked again after your original appointment, we will unfortunately have to shorten your treatment accordingly. Stornierungen/Terminänderungen...Wir bitten Sie uns eventuelle Stornierungen einen Tag vor der Behandlung mitzuteilen. Ansonsten werden 50% des Gesamtpreises verrechnet.

#### Cancellations/appointment changes

We ask that you inform us of any cancellations one day before the scheduled treatment. Otherwise 50% of the total price will be charged.

#### Clothing

Please enter the sauna zones, pool areas and treatment rooms in your bathrobe. The sauna zone is a nude zone area and is not accessible to children under the age of 16.

#### Medical specifics

Please inform us of any medical specifics, as well as your masseuse, before the treatment begins.

#### General

Out of consideration for other guests, we kindly ask you to put your mobile devices on silent.

We look forward to pampering you in our AMADEA SPA.



Romantik Hotel & Restaurant

**Oberwirt**

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