



Gold Spa Menu

GOLD SPA



PHILOSOPHY

In our Gold Spa, we guide you through activities and treatments that strengthen your awareness of your own body. In harmony with nature, we care for your skin with cosmetic treatments and nurture your soul with a soothing massage. When designing our spa area, we have placed particular emphasis on using regional materials.

We look forward to pampering you and wish you plenty of time to relax in the Gold Spa.

FACIAL TREATMENTS



alpienne
Kosmetiklabor
**Propolis
Massagemilch**
Mit Schafgarbe
& Vanille
e 400ml / 14 FL OZ

alpienne
Kosmetiklabor
**Augenpads
entspannend**
Augenrost
& Zuckeln
2 Stück
Smoothing eye pads. Caring with
chamomile, lavender oil
Creme nach Brügelles. Luffa für extra
Creme nach Brügelles.

PRODUCT LINES

Alpienne

Alpienne pursues a holistic, 100% natural approach. The ingredients are carefully selected according to aspects of effectiveness, purity, optimal skin and environmental compatibility. The cosmetics label from Tyrol has invested in years of years of development work to create modern active ingredient cosmetics.

QMS

We have been using the successful care system with high-quality active ingredients for firmer skin for over 20 years in the Gold Spa for body treatments.

Isabelle Lancray Paris

The epitome of innovation and cosmetic expertise for more than 65 years. A guarantee for the best quality, which is characterized by professional full-body cosmetics with French flair and tradition. State-of-the-art technologies, bio-intelligent high-tech raw materials and scientifically refined active ingredient concepts pave the way for the development of new care products at Puls.

Dr. Rimpler

The demands on high-quality cosmetics are constantly increasing. The focus is on individualized skin care with immediately visible results with maximum compatibility. Dr. Rimpler products are the perfect combination of natural and medical active ingredients and therefore offer a quick sense of achievement when it comes to skin care.

Jessica Gellack

GEleration is a professional, synergetic product line with a shelf life of 3 to 4 weeks that offers outstanding results. The high standards of the Jessica philosophy lie in the protection and growth of natural nails.

FACIAL TREATMENTS

ALPIENNE



Alpine freshness – for dehydrated and normal skin

Cleansing - peeling - serum - Swiss stone pine heart massage - mask - finishing treatment

Wild mallow, rosemary and elder accompany you through this classic facial treatment.

Moisturizing and revitalizing.

50 min

97,-

Pure nature – for dehydrated and normal skin

Cleansing - peeling - gentle cleansing - short massage - mask - final treatment

We give your skin time to lock in moisture and leave your complexion glowing.

Balancing, moisturizing and revitalizing.

50 min

89,-

A clear treatment – for youthful or blemished skin

Cleansing - peeling - intensive cleansing - mask - finishing treatment

Propolis, camomile and zeolite: steam cleansing to remove unpleasant impurities from the skin.

Deacidifying, cleansing, soothing and anti-inflammatory.

50 min

85,-

80 min

114,-

Fountain of youth – for skin stressed by everyday life

Cleansing - peeling - gentle cleansing - Swiss stone pine heart massage - mask - finishing treatment

Brewer's yeast, barley extract, lady's mantle and orange: active ingredients from the Alps enable the cell renewal of your skin. The most natural anti-ageing treatment in the world.

Activating, invigorating and stimulates cell metabolism.

80 min

131,-

FACIAL TREATMENTS

ISABELLE LANCRAY & DR. RIMPLER



Isabelle Lancray Pro VITAMINA – vitalizing special treatment for dehydrated, tired, stressed and sun-damaged skin. Invigorating, hydrating, anti-irritant. Supports the regeneration process of your skin.

Traitement classique: stimulating, cell-stimulating

Cleansing - peeling - cleansing - serum - mask - massage - final treatment 50 min 104,-

Traitement intensif: regenerative, moisturizing, activating

Cleansing - peeling - cleansing - serum - 2 masks - extended facial massage - final treatment 80 min 143,-

Isabelle Lancray Pro L'AGE D'OR – special anti-ageing treatment, a product line that opens up a new era in anti-ageing cosmetics. of anti-aging cosmetics. A fragrant bouquet of fresh cells from exquisite flowers such as the rose of Damascus, Arabian jasmine and blue iris is always at work in the formulators, literally enchanting the skin. literally enchants the skin. The exclusive skincare line opens up a sensual superlative for the lasting regeneration of the skin and offers an immediate feeling of wonderful rejuvenation.

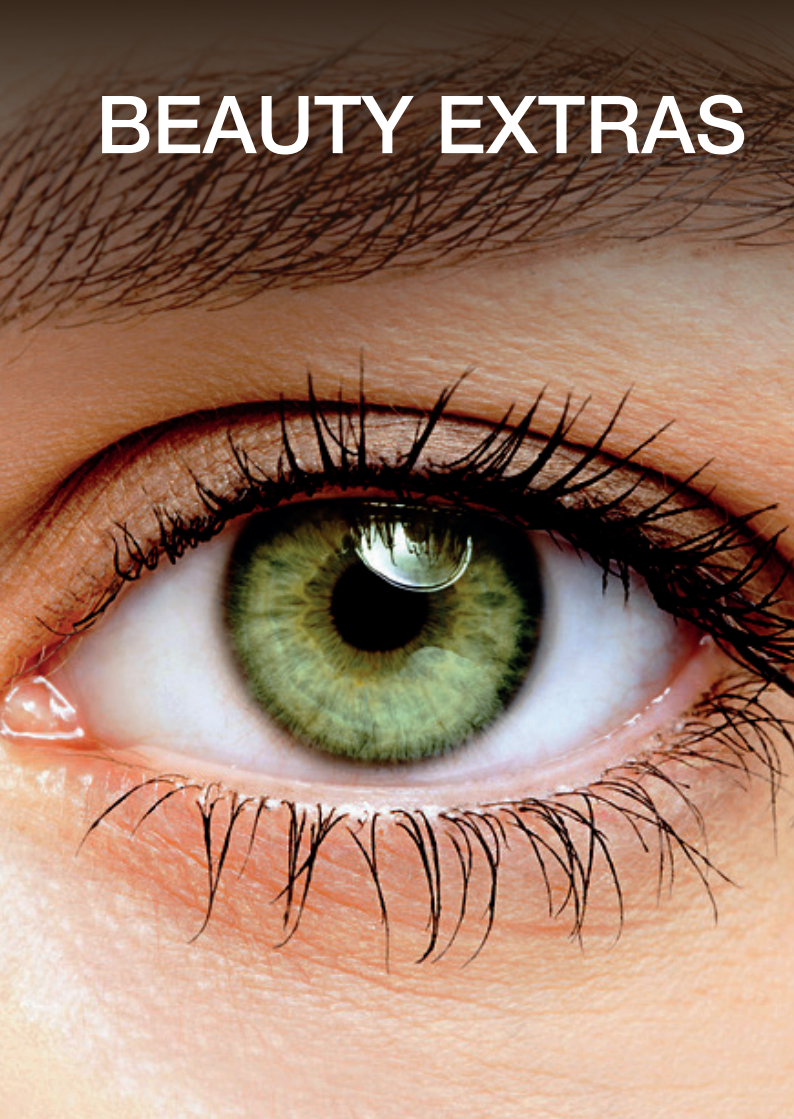
Traitement supérieure - sensational, immediately visible lifting effect

Cleansing - intensive enzyme peeling - highly concentrated anti-age active ingredient serum - intensive facial massage warming face cushion - cooling algae mask - final care - final serum 80 min 179,-

Dr. Rimpler Fruchtsäurebehandlung – For large-pored, blemished skin and to reduce fine wrinkles

Cleansing - fruit acid peeling - serum - massage - mask - finishing treatment 50 min 102,-

BEAUTY EXTRAS



EYES

Eyelash tinting		15,-
Eyebrow tinting		12,-
Shaping eyebrows		17,-
Eyelash and eyebrow package		
Eyelash tinting - Brow tinting and shaping		35,-
Eye impact – your pampering treatment for radiant eyes		
Facial cleansing - eyelash tinting - eyebrow shaping and tinting -		
Eye mask - final treatment	45 min	58,-

HAIR REMOVAL

with warm wax

Upper lip/brows/chin		7,- each
Legs full		49,-
Legs to knee		34,-
Back		39,-

HAND AND FOOT CARE



Treat your hands and feet to some time out and let yourself be pampered!

Manicure

Hand bath - professional hand and nail care 25 min 44,-

Luxury manicure

professional hand and nail care - hand peeling - hand and arm massage - hand pack 50 min 69,-

Pedicure

Foot bath - professional foot and nail care 25 min 49,-

Luxury pedicure

Foot peeling - professional foot and nail care - foot and leg massage - foot wrap 50 min 73,-

Extras

with customized polish 10 min 10,-

with French polish 15 min 12,-

with gel polish 20 min 31,-

with French gel polish 25 min 36,-

only gel polish coating on hand or toenails 25 min 41,-

MASSAGES



Classic alpine herbal massage

During a full body massage, the Alpine herbs work deep into your muscles.

50 min

81,-

Short alpine herbal massage

Die Durchblutung der Muskulatur wird durch die Wirkungsweise unserer Alpenkräuter spürbar.

Nach Wunsch am Kopf, Nacken, Rücken oder an den Beinen.

25 min

47,-

Special back massage

In order to loosen all the tension in your back muscles, we work directly on your hardened muscles during the massage and release them. Afterwards, experience the healing power of nature with a relaxing back wrap.

50 min

85,-

Health and vitality massage

We use a combination of propolis massage milk and our laurel marble oil to stimulate the production of joint lubricant. Highly recommended to support the immune system.

50 min

92,-

Stone pine sports massage

During a sports massage, specific muscle areas are consciously worked on in order to improve performance or to reduce discomfort and pain. The blood circulation and lymphatic fluid are activated.

Also available with a fascia roller on request.

50 min

88,-

Stone pine vitality massage

We use Swiss stone pine hand softeners, which are specifically used to activate certain acupuncture points.

In addition to the soothing fragrance, Swiss stone pine has a mood-lifting and relaxing effect and is therefore used in aromatherapy for anxiety or depression.

50 min

86,-

MASSAGES



Relaxing massage

You can choose the massage milk to suit your mood and condition.

The effect on the skin can be felt for a further 6-10 hours after the treatment

50 min

88,-

Individual massage

We cater to your wishes and needs and apply various special massages.

You can also choose the massage lotion yourself.

50 min

88,-

75 min

113,-

Herbal stamp massage

Steam releases the essential oils from our homemade herbal stamps, which have a balancing and relaxing effect on the skin (including resting afterwards).

50 min

102,-

Foot reflexology massage

Every muscle and every organ interacts with the reflex pathways in the feet.

Through the massage and a herbal foot bath, we bring your body into balance.

50 min

86,-

Shiatsu acupressure massage

Combination massage using 2 different massage techniques from traditional Chinese medicine.

Acupressure techniques and shiatsu stretches are used along the meridians. This treatment supports your self-healing powers, relaxes, strengthens self-awareness and promotes body awareness.

50 min

96,-

BODY TREATMENTS



Honey and yoghurt peeling pack

The skin cells are gently loosened and the honey unfolds its healing effect.

The anti-inflammatory St. John's wort oil does the rest for sensitive skin.

20 min

39,-

Revitalizing body scrub

The grainy rock salt loosens your skin cells so that you can experience your skin in a completely new way.

The result is radiant, rosy skin with excellent circulation. The active ingredients arnica and rosemary

ensure that your muscles are optimally supplied with blood.

20 min

49,-

Clarifying body scrub

After this cleansing scrub with rock salt, Biopir and St. John's wort,

you will have a clarified and rosy complexion.

20 min

49,-

QMS belly, legs and bottom wrap

Cleansing of the relevant areas of skin, activating massage in the problem areas,

warming firming wrap for stomach, legs and bottom or cooling algae modeling.

50 min

73,-

from the 2nd treatment 25 min

43,-

BODY TREATMENTS PACKAGES



Wraps in the water floating bed - feel weightless!

Honey pack

The skin is intensively nourished and relaxed. The diverse ingredients of our honey have a healing effect on the skin and provide it with valuable nutrients.

This gives your skin vitality and freshness.

20 min

42,-

Repair pack

The Alpienne „Repair“ body pack not only promotes the skin's regeneration processes, but is also good for your muscles and joints. The high proportion of marmot oil and gentian extract stimulates the skin's metabolism and wheat bran supplies the tissue with vitamins and minerals.

The pack is moisturizing and moisturizing and relieves sore muscles.

20 min

47,-

Detoxifying body wrap

The Alpienne „Purifying“ body wrap helps the skin to rid itself of harmful substances in the long term.

Extracts of young birch leaves and juniper wood have a deep cleansing effect, promote blood circulation and stimulate the detoxification processes in dry, impure, oily, sensitive and irritation-prone skin.

20 min

49,-

PRIVATE GOLD SPA SUITE



Bathing in happiness

For one person. You can choose between the relaxing bath „Mountain honey with stone pine and mullein“ or the invigorating bath „Hay flower with dandelion and nettle“.

20 min 44,-

Time for two

A romantic bath with Prosecco and fruit in absolute togetherness.

50 min 84,-

Mountain meadow pleasure for two

A massage with arnica lotion improves blood circulation in the back or leg muscles (25 min partial body massage). A hay flower bath in absolute togetherness, with Prosecco and fruit, awaits you directly afterwards.

80 min 158,-

Honey dreams for two

Enjoy a full-body honey peeling massage for delicately groomed skin (40 min full-body peeling massage)
A honey bath in absolute togetherness, with Prosecco and fruit, awaits you immediately afterwards.

80 min 182,-

Golden time for two

Enjoy a honey peeling full body massage (20 minutes) side by side. This is followed by a nourishing, healing and regenerating yoghurt-honey wrap (20 minutes) and to finish, we pamper you with a honey-milk bath, including Prosecco and fruit.

80 min 192,-

CHILDREN'S AND YOUTH SPA



We have a great wellness offer for children and teenagers aged 7-14. Your well-being is very important to us, which is why we are delighted when moms and dads accompany their little ones. Our staff will be happy to answer any questions you may have.

Teen facial treatment

Get to know your skin and feel what it can do.

25 min

39,-

Facial treatment for teenage impure skin

See and feel what is good for your skin and your beautician will show you how you can easily care for your skin at home.

50 min

63,-

Children's massage

The pleasant-smelling oils nourish your skin all over your body and you can choose the oil you like best from your therapist.

25 min

39,-

Chocolate treatment

Feel like a chocolate cake, because the chocolate wrap will cover your whole body and you can relax in the floating lounge. Afterwards there is a full body oiling with chocolate scent, so that you can smell the chocolate all day long.

45 min

63,-

MEN'S SPA



Isabelle Lancray men's treatment

Vitalizing special treatment for dehydrated, tired, stressed and sun-damaged skin. Invigorating, hydrating, anti-irritant. Supports the regeneration process of your skin.

50 min

104,-

Dr. Rimpler men's treatment

Cleansing - fruit acid peeling - serum - massage - mask - final treatment
For large-pored, blemished skin and to reduce fine lines.

50 min

102,-

Alpienne „Pure men's care“

Cleansing - peeling - serum - massage - mask - finishing treatment
Active ingredients from our nature, especially for men, with lasting relaxation.

50 min

97,-

Head and beard care

During an intensively nourishing face, head and neck massage, valuable care products are used for skin and hair. for skin and hair

25 min

56,-

2000 m² SPA AREA



Sauna world

One thing is certain: the heat experience in the Gold Spa. Hang your bathrobe on the hook and discover the six different saunas: Black Scorpion Sauna, Bio Sauna, Finnish Sweating Room, Infrared Sauna, Ladies Sauna and Steam Sauna.

Relaxation rooms

The four relaxation rooms with different characters are an experience: the Gold(t)raum with the tree of life, the Heustoba with solid wood beds, the Zirbenstoba with stone pine beds and the Meditation Bergsee relaxation room with swinging loungers.

Tepidarium

Gentle radiant heat surrounds you from all sides and relaxes you from the inside. It strengthens your immune system while protecting your circulation. The tepidarium is both a relaxation room and a body-warm sauna, which improves blood flow in the blood vessels and purifies and detoxifies the body. The plunge pool or the foot Kneipp pool are the ideal complement to your sauna visit.

Crystal pool

It revives your soul with its color alone, like a crystal - shimmering and clear. It is embedded in natural, light gray fine stone, like a treasure in the mountains. Dive into the 14 m long and 7 m wide crystal pool and let yourself drift.

Fitness room

The view is motivating. The endorphins rejoice. Build up your strength and fitness on the cross trainer, bike, treadmill, leg extension, abdominal trainer, shoulder press, chest press or with weights from 2-20 kilograms. And then: out into the mountains!

Active and relaxation program

Find your inner peace with meditation and bring your body and soul into balance.

OPENING HOURS AND TIPS



Opening hours

Fitness/indoor pool:	07.00 a.m. - 08.00 p.m.
Sauna and relaxation areas:	12.00 p.m. - 08.00 p.m.
Massage and beauty treatments:	10.00 a.m. - 07.00 p.m.

We are happy to be there for you: T +43 5558 8888-615 or goldspa@silvretta-montafon.at

Recommendations for your pleasant stay

Booking dates

It is best to book before your arrival to get your preferred date. We ask you to give 24 hours' notice of cancellations. In the event of cancellation at short notice, 80% of the treatment value will be charged if the appointment cannot be passed on.

Take time for yourself

Please arrive for your treatment calmly and without haste approx. 5 minutes beforehand. Men should shave approx. 3 hours before a facial treatment (unless the beard is longer than 5 millimetres).

What we should know

If you have any health problems, restrictions or are pregnant, please let us know and we will be happy to advise you.

For the little ones

Your children are very welcome in the indoor pool. We ask you to be considerate of other guests. Especially between 04.00 p.m. and 06.30 p.m the sauna and relaxation area is permitted from the age of 16.



Sporthotel

Silvretta Montafon

Sporthotel Silvretta Montafon GmbH & Co KG

Dorfstraße 11b – 6793 Gaschurn – T +43 5558 8888

goldspa@silvretta-montafon.at – sporthotel-silvretta-montafon.at