



BREMSEEHOF

Resort | Familie & Sport

i BRENN für di



Beauty | Massage | Lake Wellness



BRENNSEEHOF
Resort | Familie & Sport

**FAMILY & SPORTS RESORT
BRENNSEEHOF**

Seestraße 19, 9544 Feld am See
+43 4246 2495
hotel@brennseehof.com
www.brennseehof.com



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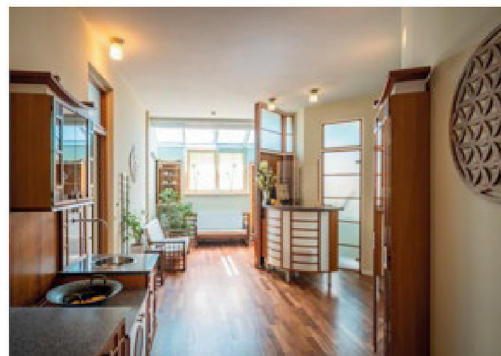
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EVERYDAY MORE BEAUTIFUL

Beauty | Massage | Lakewellness

**GENTLE TOUCHES,
TARGETED MASSAGE TECHNIQUES
AND FAR EASTERN
TREATMENT METHODS:
OUR WELLNESS TEAM IS
7 DAYS A WEEK THERE FOR YOU!**



Almost every person today has to consume very large quantities to process stimuli in order to and personal requirements. A fast, profound physical and mental relaxation is therefore the key to a far to develop a better attitude to life possibility of our wellness oasis.

Wellness ETIQUETTE

**Seewellness Oasis -
Massage & Beauty Center**
Opening hours: 09.00 a.m. - 07.00 p.m.

Well-being for body, mind and soul. Forget space and time.

Enjoy your holiday and give
yourself me-time!
Wellness treatments beautify
your holiday and let you forget
the everyday stress.

SUNBATHE & PERSONAL HYGIENE

We kindly ask you to
pay attention on your personal hygiene
before you have your wellness-
treatment.
Please shower after the sunbathe and
take off your jewelry.
Liability in SPA area is excluded.



DATES FOR YOUR LAKEWELLNESS- TREATMENTS

In order to respond to your requests as
best as possible
we recommend to book before your
arrival. We can be reached by phone
(+43 42 46 / 24 95) or by e-mail
hotel@brennseehof.com.

MEDICAL INFORMATION

Please inform us in advance if your
health condition requires special
attention. Whether you are diabetic or
allergic, taking blood-thinning drugs or
cortisone, having thrombosis or a
herniated disc, breastfeeding or being
pregnant.

ABOUT YOUR PERSONAL TREATMENT

Please take a seat in the waiting area 10 minutes before your
treatment starts. In case of delay, the treatment time is shortened
due to the subsequent appointments. If an appointment cannot be
met, please let us know up to 24 hours before the treatment. In
case of short-term cancellations we have to charge you 70% of the
price of your booked treatment. Booked but unused services will be
charged with 100% of the treatment price.




RELAX

Regenerate

CLASSIC MASSAGE*

Full body massage

 50 min. € 69,-


CLASSIC MASSAGE*

Partial body massage


 25 min. € 39,-

AROMA OIL MASSAGE

Full body massage

 50 min. € 78,-

Partial body massage

 25 min. € 44,-

Massage with essential oils of your choice.


MASSAGE-MIX


 50 min. € 69,-

Combine 2 classic massages each 25 minutes (e.g., back & foot reflexology).

*The massages can be tailored to your individual needs.

MANUAL LYMPH DRAINAGE

 25 min. € 39,-

 50 min. € 69,-


Promotes lymphoedema, swelling and water retention.

FOOT REFLEXOLOGY

 25 min. € 39,-


Feet are the reflection of the body. Self-healing powers are stimulated. Organs, psychic and energetic levels are activated.

FACIAL-HEAD-MASSAGE

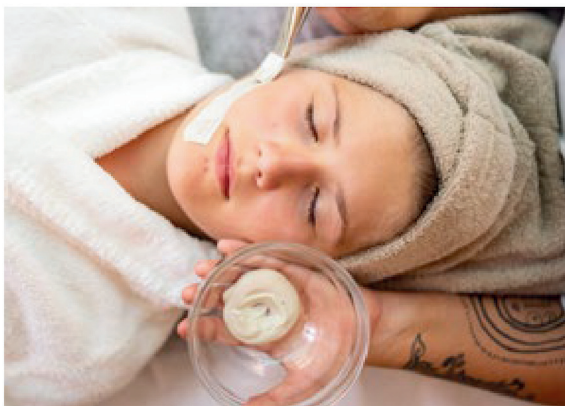
 25 min. € 39,-

Switch off and relax.


SPORTS MASSAGE

 50 min. € 78,-

Powerful full body massage with sports massage oil.




FOR EXPECTANT MOTHERS

 25 min. € 39,-

 50 min. € 69,-

Individual massage to improve your well-being.

CONNECTIVE TISSUE/ SEGMENTAL MASSAGE

 25 min. € 46,-


It works without oil via a nerve reflex arc through the skin inwards to the blood vessels, organs, nerves and bones.



MENTALLY SWITCH OFF

PANTAI LUAR

Herbal stamp massage


 50 min. € 89,-

Warm Alpine herbal oil is applied to the whole body and massaged with stamps filled with herbs.

The self-healing powers are stimulated via the skin.

HOT STONES MASSAGE

Back only


 25 min. € 42,-


Full body massage

 80 min. € 98,-

Feel the power of hot stones on your body for holistic deep relaxation.


HONEY MASSAGE

 25 min. € 40,-

 50 min. € 79,-


Due to the skin-like pH value of the honey, it has a healing effect on the skin (e.g. acne etc.). Reflex zones and the body's self-healing power are activated.

FASCIA MASSAGE

 25 min. € 42,-

Adhesions in the fascia (connective tissue) are often the main cause of back pain. The collagenous connective tissue system that surrounds the muscles is made supple again through pressure stimulation and hardened connective tissue is loosened.

ART-REUM

 50 min. € 78,-

Special back treatment with herbal oil massage, warm mud pack and massage balm.



BALANCING & supportive

REIKI



50 min. € 78,-

Through the healing power of the hands, balance and harmony can be transferred on various levels. The therapist places her hands in a targeted manner, brings energy centers into balance and reduces stress. You can come to the treatment in light clothing, as it is an efficient energy treatment without massage techniques or massage oil.

SHIATSU



50 min. € 78,-

The literal translation means finger pressure. Shiatsu is a Japanese form of bodywork that combines elements of traditional Asian acupuncture with modern western massage techniques. Techniques such as pressing, stretching, holding and shifting the body weight to certain areas of the body comprise the treatment. Shiatsu improves the flow of energy, mobility and posture as well as relaxation and inner peace. Shiatsu takes place in comfortable clothing on a floor mat.

CRANIO SACRALE OSTEOPATHY



50 min. € 88,-

The functional unit between the skull and sacrum is known as the cranio-sacral system. Mobility restrictions in these areas can lead to disorders and symptoms throughout the body. Using the finest techniques, it is possible to treat these restrictions, such as migraines, disc and shoulder problems, etc.. You can wear comfortable clothing during the treatment.

SINGING BOWL MASSAGE

The sound of silence



50 min. € 78,-

Your body and mind are brought into harmony and you feel soothing, gentle vibrations throughout your body. Releases tension and blockages and allows energy to flow again.

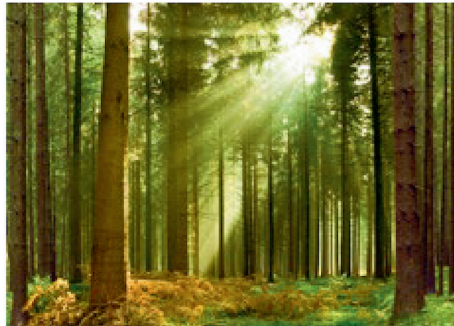
THOUGHT-JOURNEY

into the woods

DIVE INTO YOUR THOUGHTS, LET GO, TAKE A DEEP BREATH.

MOUNTAIN PINE

This essential oil promotes blood circulation and therefore has a pleasantly warming and soothing effect on muscle and joint complaints. It is also very supportive for muscle tension.



Be in harmony & find yourself. Enjoy the individual tree- and herbal fragrance oils. Choose from the following essences.

PINE

Pine oil has a positive effect on sleep and breathing, as well as physical and mental well-being. It is also mood-enhancing and relaxing.

SPEICK

It's a plant from the Carinthian Nockberge mountains. The harmonizing healing powers of Speick extract unfold in its precious oil. Speick is a valerian plant that only grows in the Nock Mountains at over 1800 meters above sea level.



JUNIPER BERRY

Particularly effective for muscle pain, sore muscles, lumbago and skin inflammation. It also helps with low blood pressure, gout and rheumatism.

WOOD-BODY MASSAGE

Full body massage



50 min. € 78,-

Wood peeling

€ 34,-

Partial body massage



25 min. € 44,-

Wood poultice

€ 39,-

DEEPLY EFFECTIVE

KEY ZONE MASSAGE

according to Dr. Marnitz



50 min. € 85,-

This deep-massage builds on classic massage, refines and expands with essential techniques that enable a small, targeted effect on muscles, tendons, joints and ligaments.

It is particularly effective for deep-seated disorders, orthopaedic problems or long-term complaints. Either the upper or lower half of the body is treated!

KINESIO TAPING



15-25 min. € 35,-

The Kinesio Taping method is a targeted taping technique to stimulate and support the natural healing process of the human body. The aim is to treat pain and improve the feeling of movement as well as body posture.

BREUSS-MASSAGE



50 min. € 78,-

The Breuss massage is a gentle, energetic vertebral and joint regulation massage that activates the flow of energy along the spine. The treatment relieves physical tension, while the St. John's wort oil regenerates nerves and intervertebral discs.

DORN-BREUSS TREATMENT



80 min. € 98,-

Effective vertebral and joint regulation according to the Dorn Breuss method. This massage helps to alleviate spinal and joint problems in order to restore and maintain pain-free mobility.

EAR CANDLE THERAPY




20 min. € 35,-

Ancient Indian healing method. Effective for headaches, sinus and frontal sinus problems and colds. Can also be used on children. Also to take away: 1 pair of ear candles € 18,-


WELLNESS for kids

Hot Stone massage „FRED FEUERSTEIN“

 20 min. € 27,-

Soothing massage with warm stones.

Foot massage “PINK PANTHER”

 20 min. € 27,-


This massage has a calming and sleep-promoting effect on your little ones.

„NEMO“ massage

 20 min. € 27,-

Pleasant massage with evening primrose oil for sensitive children's skin, very suitable for psoriasis and neurodermatitis.

BABY massage


 20 min. € 27,-

Under the guidance of a masseuse, you will learn how to gently massage your baby with precious oils.




TEEN COSMETIC TREATMENT

(up to the age of 16)

 50 min. € 75,-

Individually tailored to pubescent skin. Deep cleansing, mask & final care included.


“COLORFUL BUTTERFLY”

 20 min. € 27,-

Colorful, trendy nails. You'll be thrilled! Sitting still is important!

“SPORTY”

Relaxation massage

 20 min. € 27,-

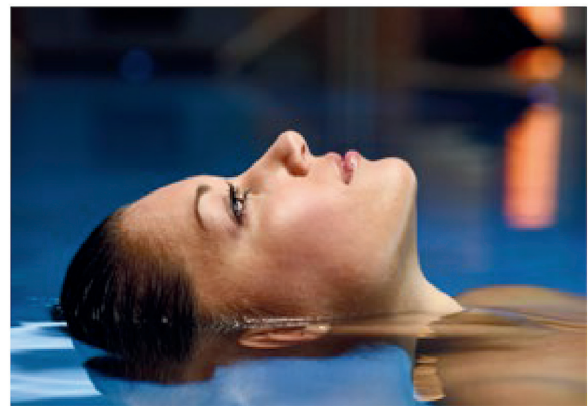
A relaxing back massage with warm oil.

DIVE IN & float

The protected environment, the warmth and the feeling of being carried by the water quickly **dissolve stress** and the hectic pace of everyday life. Simply let yourself drift in the water, enjoy the **feeling of weightlessness** and complete relaxation.

Choose a soothing bathing experience that suit your needs:

BREATH DEEPLY Peace of mind
Good mood **FOREST BATHING**
MUSCLE RELAXATION



 20 min. € 29,-

Oil blend tailored to your individual needs.

FLOATING


A special form of bathing culture

Today, almost everyone has to process large amounts of stimuli in order to cope with the daily demands of work and private life. This sensory overload causes stress and can make you feel overtired and tense. Quick, deep physical and mental relaxation is therefore the key to developing a far better attitude to life. Take the opportunity to let go of your everyday life for a while, switch off and simply relax!

Poultice


IN THE FLOATING BED & peelings

PEELINGS

 20 min. € 34,-


Sea salt - full body scrub
Coffee - full body scrub
Pine - full body scrub

COOL LEGS

 20 min. € 34,-


Pack for tired, heavy and swollen legs. Cooling, anti-inflammatory and decongestant effect.

POULTICE

 20 min. € 34,-


Aloe vera poultice
Fango poultice

EVENING PRIMROSE OIL POULTICE

 20 min. € 39,-

Beneficial for flaky, dry, irritated or blemished skin - also for the treatment of neurodermatitis or psoriasis.

MILK & HONEY POULTICE

 20 min. € 39,-

The natural substance made from goat's milk butter and oil nourishes and cares for the skin in the best possible way. This pack works wonders, especially for dry and stressed skin.



PEELINGS remove dead skin cells, have an invigorating and refreshing effect, tighten and increase the skin's elasticity. By sinking into the "water floating bed", the active ingredients penetrate even more intensively. The lounge adapts to your spine, making it seem as if your body is floating relaxed and weightless, away from stress and hectic. Peelings increase the absorption of active ingredients for subsequent care products in the form of poultice. These provide the skin with lasting moisture and minerals.

COSMETIC treatments

96,90% BIO
Regional ingredients
& production
FRESHLY PRODUCED
Vegan & cruelty-free
LIPIDE instead of
emulsifiers

With the Carinthian company CA&LE, we offer our guests treatments with organic high-quality cosmetic products. The natural cosmetic products in organic quality are made, using innovative processes in the factory in Klagenfurt, with selected plant-based active ingredients - naturally free from mineral oils and preservatives and without chemical emulsifiers.

FACIAL TREATMENT

with deep cleansing **or** massage



50 min. € 90,-

with deep cleansing **and** massage



80 min. € 115,-

TEEN COSMETIC

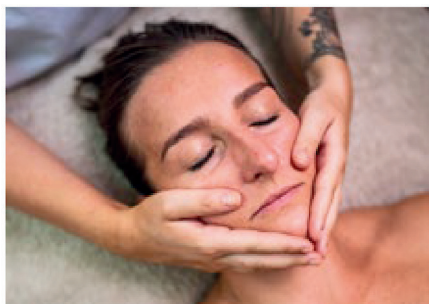
(up to 16 years)



50 min. € 75,-

Individually tailored to pubescent skin. Cleansing, deep cleansing, mask & final care.

Including care set for at home.



COSMETICS EXPRESS



45 min. € 69,-

Particularly suitable for blemished skin. Cleansing of face and décolleté, peeling, vapozone, intensive removal of skin impurities, toning and finishing with type-appropriate care.

**Products from the "CA&LE" cosmetics line are available
in our beauty center!**

Let yourself be **pampered** and enjoy a **facial treatment** tailored to your skin type with skin analysis, cleansing, eyebrow shaping, serum, eye mask, skin type-specific mask and finishing treatment.



MAGICAL EYE-CATCHER

Shaping eyebrows

€ 17,-

Eyebrows tinting

€ 17,-

Eyelashes tinting

€ 17,-

Eyelashes and eyebrows
coloring and shaping

€ 45,-

RESIN OF HAIR

Upper lip/chin

€ 15,-

Armpits

€ 35,-

Total legs

€ 60,-

Legs up to the knee

€ 40,-

Total legs including bikini area

€ 65,-

Forarms

€ 25,-

Back

€ 50,-

Bikini area

€ 35,-







WELLNESS

for hands and feet

MANICURE
with nourishing balm


 45 min. € 48,-

PAINTING NAILS

 15 min. € 8,-

Hands or feet. Please note that nail painting can only be booked in conjunction with a manicure or pedicure and must be announced in advance when booking!

PEDICURE
deluxe

 50 min. € 54,-

with aromatic foot bath, gentle exfoliation, cuticle treatment, nail shaping, callus care, finishing treatment with foot vitality cream



AYURVEDA

the knowledge of life

The task of Ayurveda is to bring any existing imbalance of life energies back into balance. It is based on the 5 great elements of ether, air, fire, water and earth. If you form pairs from these 5 elements, you contain the 3 basic energies Vata, Pitta and Kapha, which are called Dosha's in Ayurveda. The human being is seen as an inseparable unity of body, mind and soul.

MUKABYANGA



25 min. € 45,-

Gentle stimulation of the energy points & relaxation of the facial muscles. The sensitive stroking improves blood flow to the face. The complexion becomes rosier, firmer and younger.

GARSHAN



50 min. € 88,-

A gentle full-body massage with silk gloves, especially to stimulate the lymphatic system and circulation. Very suitable as an anti-cellulite measure.

SHIRODHARA



120 min. € 120,-

Gentle oiling of the entire body, including the head and face, with warmed, purely plant-based oils tailored to the respective dosha type. Soothing, revitalizing and cleansing effect. Ideal for people suffering from stress, lack of energy and sleep problems.

ABYANGA

with nourishing balm



50 min. € 78,-

Forehead infusion with a calming effect on the autonomic nervous system, balancing effect on both hemispheres of the brain. For the treatment of chronic headaches, burn-out symptoms, exhaustion, sleep disorders, depression, high blood pressure, disturbances in day and night rhythms, jet lag and states of tension.

WHERE IT'S STEAMING

Our lakeside wellness with fireplace corner is a relaxation and quiet area. Children are always welcome here to relax quietly under the supervision of an adult! The pool saunas are available to our guests aged 16 and older (nudist area).
In the basement of the Brennseehof you will find our family area.

FAMILY-SAUNA

The family sauna area with Swiss stone pine sauna, steam grotto and infrared cabin forms the starting point of our wellness trail. The family swimming pool and toddler pool are also located here

RELAX GUIDE SPA AWARD 2023

The Relax Guide has subjected the Brennseehof Family & Sports Resort to a strict, anonymous hotel test and awarded us the Spa Award 2023 with "1 Lily".



LAKE PAVILLON

The "bathrobe corridor" leads to the lake pavilion, our indoor/outdoor area. Here you can relax with the whole family by the fireplace, get yourself some refreshments in the beach café or soak up the soothing infrared heat.



THE NEW SAUNA HOUSE "SEEKINO"


Our brand new sauna house by the lake takes the wellness experience to the next level. The heart of our "Seekino" is the spacious Finnish sauna. The breathtaking panorama of Lake Brennsee and the Mirnock is comparable to the experience of a large movie screen!

WELLNESS PACKAGES

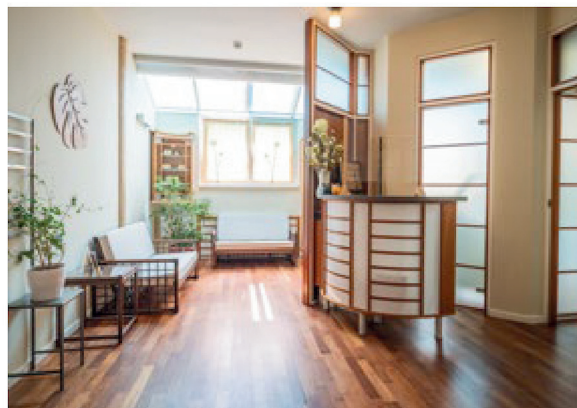
Our expertly arranged wellness packages make it easier for you to find the perfect combination of treatments. Treat yourself from time to time to the peace and relaxation that everyday life demands of you.

The result: vitality, a dazzling appearance and absolute well-being.

FROM HEAD TO TOES

 190 min. € 225,-

Facial treatment (50 min.),
Manicure, pedicure deluxe,
sea salt full body peeling,
floating tub. This package is
divided over several vacation
days.




LIKE NEWBORN

 70 min. € 105,-


Coffee peeling, evening
primrose oil pack,
Fascia massage (25 min.)

FOUNTAIN OF YOUTH

 95 min. € 134,-


Cosmetics express,
milk & honey poultice,
full body massage

SORE MUSCLES S.O.S

 70 min. € 100,-

Fango poultice,
sports massage 50 min.

COSMETICS SERVICE

 145 min. € 175,-

Facial treatment (50 min.),
Manicure, pedicure deluxe.
Nail painting optionally
bookable for an extra charge.

You are welcome to divide your treatment over different days of holiday. We are happy to help you arrange your appointments so that you can enjoy your moments of relaxation at different times. Please note that the treatment times are approximate and may differ slightly.

