



**BRENNSEEHOF**

Resort | Familie & Sport

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Your time out - our  
"KRAFTQUELLE"



**Beauty & Massage**

# Good TO KNOW

**OPENING HOURS**    daily from 9:00 AM to 7:00 PM

## TERM

for your well-being

You are welcome to let us know your preferred times and treatments before your holiday begins - by phone at +43 4246 2495 or by email to [hotel@brennseehof.com](mailto:hotel@brennseehof.com).

You can book your appointment at the hotel reception on site.

## MEDICAL information

Please inform our staff when booking and before the start of treatment if any health condition requires special attention (e.g., diabetics, allergy sufferers, thrombosis, taking blood thinning medication, herniated disc, pregnancy, breastfeeding, etc.).

## Before your TREATMENT

- W **Freshly showered**, you can start your treatment in a relaxed state.
- W Please remove **jewelry and valuables** beforehand.
- W We ask for your understanding that we cannot accept any liability in the spa area.
- W **Please turn off your mobile phone** - better leave it in your room.

## Around your APPOINTMENT



- W Please arrive in the waiting area approximately **10 minutes before** your appointment.
- W If you **arrive late**, your treatment time will be shortened due to subsequent appointments.
- W **Appointment cancellations** are free of charge up to 24 hours in advance.
- W For **short-notice cancellations** or reserved but unused treatments, 100% of the booked service will be charged.

# Massage CLASSICS

## PARTIAL BODY MASSAGE

 25 min. € 40,-

Additional option:  
with **essential aroma oil**

€ 45,-

## FULL BODY MASSAGE

 50 min. € 70,-

Additional option:  
with **essential aroma oil**

€ 79,-

## FOOT REFLEXOLOGY MASSAGE

 25 min. € 40,-

Feet are a reflection of our body. Through reflex points, the internal organs are "massaged" as well and self-healing powers are stimulated.

## LYMPH DRAINAGE

Face

 25 min. € 40,-

Body

 50 min. € 70,-

## TRY REGIONAL PRODUCTS

How about a **SPEIK** massage?  
The medicinal plant from the "Nockberge" Mountains has a calming effect on the nervous system, but at the same time also invigorates body, mind & soul.



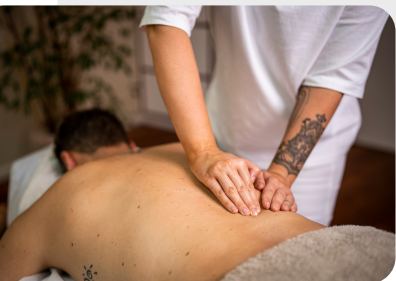
## FACE AND HEAD MASSAGE

 25 min. € 40,-

## "KRAFTQUELLE" MASSAGE

A massage as **individual** as you are:  
tailored to your current needs

 50 min. € 70,-



# SPECIAL Massages

## HOT STONES MASSAGE

 25 min. **€ 45,-** back only

 80 min. **€ 99,-** Full body



## SEGMENT MASSAGE

 25 min. **€ 46,-**

Segmental massage works without oil via reflex zones of the skin and specifically targets organs, nerves, blood vessels and tissues inside the body.

## CRANIO SACRALE OSTHEOPATHIE

 50 min. **€ 89,-**

Craniosacral osteopathy is a subfield of osteopathy. Using various techniques, it can treat complaints throughout the musculoskeletal system with gentle to quite noticeable sensations.

*Please come to your appointment in comfortable clothing.*

## HONEY MASSAGE

 25 min. **€ 46,-**

The detox massage with honey supports the body's natural detoxification, promotes blood circulation and provides a pleasantly revitalizing skin feeling.

## HERBAL STAMP MASSAGE

 50 min. **€ 89,-**

Warm herbal oil is applied to the entire body and then massaged with herb-filled stamps.



## FOR EXPECTANT MOTHERS

 25 min. **€ 40,-**

 50 min. **€ 70,-**

Individual massage tailored to the needs of the expectant mother

# MASSAGE

## Experiences

### BACK DELUXE



50 min.

€ 79,-

Special back treatment: herbal oil massage (25 min.), fango pack and massage balm



### FASCIA TREATMENT



25 min.

€ 49,-

Fascial adhesions and hardening of the connective tissue are released through pressure stimulation.

### SPORTS MASSAGE

vigorous massage with sports massage oil



50 min.

€ 79,-

### BREUSS MASSAGE



50 min.

€ 79,-

A gentle, energetic back massage along the spine. It releases tension, promotes relaxation, and supports well-being.

### KEY ZONE MASSAGE

according to Dr. Marnitz



50 min.

€ 86,-

Deep tissue massage expands upon classic massage by incorporating targeted techniques for muscles, tendons, ligaments, and joints. It is particularly suitable for deep-seated tension, orthopedic problems, and persistent discomfort. Treatment can be applied to either the upper OR lower half of the body.

### DORN-BREUSS MASSAGE



75 min.

€ 99,-

It combines the gentle Breuss back massage with the Dorn method, in which vertebrae and joints are carefully aligned. It can release tension and support body balance.

### KINESIO TAPING



Kinesio taping is a method that uses taping techniques to specifically support the natural healing process through stimulation. The goal is pain relief, but also improvement of the sense of movement and posture.



15-25 min.

depending on the body part (back, neck, knee)

€ 35,-

# Holistic WELLBEEING

## REIKI

 50 min.

€ 79,-

In this holistic treatment, energies are balanced and the body's self-healing powers are stimulated by placing the hands on the body. The treatment takes place while wearing comfortable clothing, as no massage techniques or oils are used.



## SINGING BOWL EXPERIENCE

 50 min.

€ 79,-

The gentle vibrations of the singing bowls bring body and mind back into harmony. Tension and blockages are released, allowing energy to flow freely again.

## EAR CANDLES

 20 min.

€ 36,-

A traditional treatment that provides relief from headaches, sinus and frontal sinus problems, and colds. Also suitable for children.

Take-home: 1 pair €18,-

## ACUPUNCT MERIDIAN MASSAGE after Penzel

 50 min.

€ 78,-

It is an energetic-holistic form of therapy based on the principles of Traditional Chinese Medicine (TCM). It releases blockages in the energy pathways (meridians) using a special metal rod to balance the energy flow and stimulate self-healing powers.

## AYURVEDIC FACIAL MASSAGE

 25 min.

€ 46,-

Facial massage of energy points for relaxation and increased blood circulation



## AYURVEDIC FULL BODY OIL MASSAGE

 110 min.

€ 120,-

90 min. treatment  
20 min. rest

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

## AYURVEDIC SILK GLOVE MASSAGE

 50 min.

€ 89,-

Gentle full-body massage with silk gloves, specifically to stimulate the lymphatic system and as an anti-cellulite treatment.

# WELLNESS

UP TO 12 YEARS **for children**



## **"SPORTY" RELAXATION MASSAGE**

 20 min. € 29,-

Relaxing back massage with warm oil

## **"LITTLE HEROES" NIGHT CANDLE OIL MASSAGE**

 20 min. € 35,-

Especially for sensitive children's skin,  
particularly soothing for neurodermatitis  
and psoriasis.

## **LAVA STONE MASSAGE**

 20 min. € 29,-

Soothing massage with warm stones

## **"HAPPY FEET" FOOT MASSAGE**

 20 min. € 29,-

It has a calming and balancing effect.



## **"SWEET DREAMS" COCOA MASSAGE**

 20 min. € 29,-

Sweet, soothing massage with warm  
cocoa oil, specially for kids

## **"COLORFUL BUTTERFLY"**

 20 min. € 29,-

Paint your fingernails with bright colors of  
your choice. But be careful, for beautiful  
nails you have to sit still. 😊



# PACKAGES

## & peelings

### PEELING



20 min.

€ 35,-

Full body scrub, optionally with  
**sea salt** or **coffee**

or with **essential aroma oil**

€ 40,-

### ALOE VERA PACK



20 min.

€ 35,-

Moisturizing full-body wrap after a long  
sunbath

### "COOL LEGS" FOR FAST SOLES



20 min.

€ 35,-

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

### MILK & HONEY PACK



20 min.

€ 39,-

Natural substances from goat's milk  
butter and oil optimally nourish and care  
for particularly dry and stressed skin.

### NIGHT CANDLE OIL PACK



20 min.

€ 39,-

A blessing for flaky, dry, irritated or  
blemished skin - excellent for  
neurodermatitis and psoriasis

### MOOR PACK FOR THE BACK



20 min.

€ 35,-

Relaxing pack specifically for strained  
back muscles

### "FOREST BATHING"



20 min.

€ 35,-

Full body wrap with the scents of the  
forest such as Swiss pine, pine,  
spikenard...



# COSMETICS

## Treatments



**96.90%**  
**ORGANIC**

Regional ingredients &  
production

**FRESHLY PRODUCED**

Vegan & Cruelty-free

**NO CHEMICALS OR  
MICROPLASTICS**

Lipids instead of  
emulsifiers

With the Carinthian company CA&LE, we offer our guests treatments with high-quality organic ingredients.

Fresh cosmetic products from local production.

Your facial treatment is individually tailored to your skin type. Here's what you can expect:

### FACIAL TREATMENT

with deep cleansing **OR** massage



50 min.

€ 90,-

with deep cleansing **AND** massage



80 min.

€ 115,-

- ✎ Skin analysis, cleansing,
- ✎ eyebrow shaping, serum,
- ✎ skin-type-appropriate
- ✎ face mask, final care



### "FRESH KICK"

COSMETICS FOR IN BETWEEN



25 min.

€ 40,-

Cleansing, invigorating mask for freshness & glow with massage and finishing care

### TEEN COSMETICS

UP TO 16 YEARS



50 min.

€ 75,-

Individually tailored to the needs of pubescent skin. Includes deep cleansing, mask and finishing care, plus a home care kit



# BEAUTY

## from head to toe

### MANICURE



50 min.

€ 49,-

with nourishing balm

### PEDICURE



50 min.

€ 55,-

including aromatic foot bath, cuticle treatment, nail shaping, callus care, and final care with foot vitalizing cream.



### PAINTING THE NAILS



15 min.

€ 8,-

only in combination with a manicure or pedicure



### A SMOOTH MATTER RESIN



Upper lip/chin 15 min. € 15,-

armpits 30 min. € 35,-

forearms 30 min. € 25,-

Back 40 min. € 50,-

Bikini-Zone 30 min. € 35,-

Legs up to the knees 30 min. € 40,-

Legs (total) 50 min. € 60,-

Legs (total) including bikini line 60 min. € 65,-

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### MAGICAL EYE-CATCHER

Shaping eyebrows

Eyebrow dyeing

Eyelash tinting



15 min.

€ 17,-

Eyelash tinting and eyebrow tinting & shaping



30 min.

€ 45,-

# Wellness PACKAGES

## "KRAFTQUELLE" LIGHT

€ 119,-

- W "Kraftquelle" Massage 50 min.
- W Pedicure or manicure

## NOCKBERGE TOTAL

€ 139,-

- W Speick Massage 50 min.
- W Forest bathing pack
- W Swiss pine scrub

## "KRAFTQUELLE" DELUXE

€ 235,-

- W "Kraftquelle" Massage 50 min.
- W Package of your choice
- W Facial treatment 50 min.
- W Pedicure or manicure

## "KRAFTQUELLE" PREMIUM

€ 265,-

- W Facial treatment 80 min.
- W Body scrub of your choice
- W Body wrap of your choice
- W Pedicure or manicure
- W Partial body massage (25 min.).

## VENOUS FLATTERER

€ 98,-

- W "Cool legs for lively feet"
- W Lymphatic drainage leg pack 50 min.

## TIME OUT FOR THE SOUL

€ 195,-

- W Singing bowl experience
- W Herbal stamp massage
- W Face and head massage





# “KRAFTQUELLE”

Welcome to our “Kraftquelle” –  
your retreat for renewed energy and deep  
well-being.

After the renovation, our beauty and  
massage area shines in new splendor and  
offers an atmosphere that invites you to  
relax and let go.

Whether it's soothing massages –  
including those specifically for children –  
nourishing wraps, cosmetic treatments or  
manicures and pedicures: your well-being  
is our top priority.

Feel how new energy is created – the  
name “Kraftquelle” is our mission  
statement.

