

ENGLISH



HAUSHIRT

Alpine Spa Hotel / Bad Gastein

APPOINTMENTS

You are welcome to book your spa appointments directly at the reception or from the phone in your room (extension 20). You can also, if you like, book your treatments before you arrive:

AVEDA SPA

Second floor

spa@haus-hirt.com

0043-6434-2797 20

SPA OPENING TIMES

> Steam room and pool

07:00 – 20:30

> Sauna

14:00 – 20.30 (early birds please call extension 45)

> Our Spa team is there for you daily:

09:00 – 12:00 (at lunchtime on request)

15:00 – 20.00

WELLNESS PACKAGES

Why not treat yourself to one of the special wellness packages listed in this brochure, or put together your own special package.

5 or more treatments: 10 % discount when booked as a package for morning appointments.

You will find our “Spa Etiquette” at the end of this brochure.

You can also download this brochure at www.haus-hirt.com/en/aveda_spa

Valid from May 1st, 2010.

WELCOME TO THE HAUS HIRT AVEDA SPA

Small but special, our Alpine spa boasts a health-giving fountain of youth, Aveda’s holistic philosophy, and a spectacular view.

Here at 1000 metres above sea level you will find an atmosphere of tranquillity and relaxation and the expert hands and advice of our devoted therapists.

Relax and enjoy the clear air, the energy of nature and our wonderful spa treatments.

CONTENTS

> Healing Gastein Thermal Water	05
> The Aveda Philosophy	07
> Aveda Facials	09
> Beauty Extras	10
> Hand & Foot Care	11
> Massage	13
> Therapy	14
> Body Treatments	15
> Body Treatments Detoxing & Slimming	17
> Prenatal – Wellness for Expectant Mothers	19
> Mums with Babies	21
> Mens' Favourites	23
> Packages	27
> Spa Etiquette	31



HEALING GASTEINER THERMAL WATER

Rainwater which trickled down into the depths of the Tauern mountains more than 3000 years ago, today rises to the surface as healing mineral water. Every day some 5 million litres of fresh thermal water gush out. Reinforced over the millennia with natural radon, this thermal water bubbles right into hotel and is always on tap for our guests.

The legendary water is regenerating, anti-inflammatory, vitalising, relieves pain of the joints and muscles, cell rebuilding and detoxifying for the whole body. And, rumour has it, the waters even enhance fertility...

Thermal Water Ritual:

Still warm and damp after your thermal bath, wrap yourself in a large cosy bathrobe, treat yourself to one hour of rest and enjoy the full stimulating effect of the radon.

THERMAL BATHS

- > Gastein thermal bath 20 minutes € 19
- > Doctor's check-up € 65
- > Intensive course of treatment only possible with a medical prescription.

THE CLASSIC GASTEIN THERMAL "KUR"

For the ideal classic "Kur" (course of treatment) for specific aches and pains, our thermal baths are complemented by massages and Fango packs (Salzburg mineral mud packs). Please book doctor's check-up together with a "Kur" Packet.

- > MINI-"KUR" FOR 5-7 DAYS € 215
 - 3 partial massages, 3 thermal baths, 3 fango packs
- > CLASSIC "KUR" PACKAGE FOR 18-21 DAYS € 799
 - 12 partial massages, 12 thermal baths, 12 fango packs



The Aveda Philosophy

The roots of the AVEDA PHILOSOPHY lie in the traditional Indian Ayurveda system of medicine that takes a holistic approach to our well-being, bringing body, mind and spirit into balance.

PLANT -BASED PRODUCTS

Based on a holistic approach to beauty and health, we believe that ingredients of plant origin bring out the natural healing power of the human body to maximum effect.

PERSONALISED CARE

Each treatment has time scheduled for a consultation to find the right products to suit the individual needs of each guest. After the treatment, we can create a home-care package for you to continue the Aveda experience in the comfort of your own home.

THE INGREDIENTS

Aveda products are derived from pure flower and plant essences and the ingredients sourced from traditional communities around the world. Aveda connects its mission of environmental and social responsibility with its products and spa philosophy.

FINDING BALANCE

Aveda's spa and skincare philosophy is grounded in the belief that everything in the universe — including the skin and the body — is composed of five elements.

Infinity (or space), air, fire, water and earth. Aveda believes in restoring balance to these five elements through pure aromas, plant-based products, nurturing high-touch treatments and unique sensory experiences



infinity



air



fire



water



earth



AVEDA FACIALS

60 minutes - includes exfoliation, massage & mask

90 minutes - facial with all round relaxation

> ELEMENTAL NATURE FACIAL

Balancing treatment – the classic

This customised facial is based on your specific needs and will leave your skin feeling fresh and renewed. Essential oil and aromas containing pure flower and plant essences are used to re-balance your skin.

60 minutes € 70

90 minutes € 95

> OUTER PEACE BLEMISH RELIEF

Cleansing treatment

A deep cleansing customised facial. A total solution for blemished skin that treats not only the symptoms, but also their causes, so that skin stays clear.

60 minutes € 70

90 minutes € 95

45 minutes – teenager special € 50

> GREEN SCIENCE SKIN RENEWING

Anti-aging treatment

Combines high-tech plant technology with a high-touch service to maximize the benefits of Green Science skin care system, reduced appearance of lines and wrinkles, improved visible firmness.

60 minutes € 79

90 minutes € 104

ADDITIONAL FACIAL TREATMENTS

> REVITALIZING EYE ZONE TREATMENT

(can be booked as part of your facial)

Focus on diminishing fine lines, puffiness and dark circles in the delicate eye area.

15 minutes € 18

BEAUTY ROUTINE

- > Eyebrow shaping 10 minutes € 8
 - > Eyebrow and eyelash treatment 25 minutes € 18
 - > Eyelash colouring (add-on to a facial) 15 minutes € 11
 - > Daytime make-up or make-up for a special occasion 25 minutes € 25
-

> FACE MASSAGE

Massage with Aveda balancing infusion ampule

25 minutes € 35

HAND & FOOT CARE

> MANICURE BASIC

Shaping and cuticle treatment for beautiful looking hands.

25 minutes € 28

> SPA MANICURE

Let your hands enjoy a soak, exfoliation, shape & cuticle work, application of cream and clear polish, and a relaxing hand massage.

50 minutes € 46

> PEDICURE BASIC

Nail and cuticle shaping and treatment for beautiful looking feet.

25 minutes € 32

> SPA PEDICURE

Treat your feet to a warm footbath, exfoliation, gentle removal of hard skin and nail shaping & cuticle work. Followed by application of cream and clear polish and a relaxing foot massage.

50 minutes € 49

- > Nail varnish of your choice 15 minutes € 10
-

> FOOTBATH

Relaxation for the feet with exfoliation and foot massage.

25 minutes € 25

> WAX HAIR REMOVAL

each 10 minutes € 10



MASSAGE

> AVEDA ELEMENTAL NATURE MASSAGE

A personalised massage experience using your favourite Aveda aromas. Depending upon your needs, a variety of massage techniques will be used with either energizing or calming effect.

55 minutes

€ 52

> AVEDA CHAKRA BALANCING MASSAGE

An innovative massage experience combining deep tissue massage, reflexology and chakra energy work. Balancing the entire chakra system the treatment will relieve stress, decrease muscular tension and increase energy.

55 minutes

€ 62

> AVEDA FUSION STONE MASSAGE

Your chosen aroma will encompass the senses, while opposing sensations of warm and cold stones combined with massage techniques, balance, soothe and invigorate your body.

55 minutes

€ 69

85 minutes

€ 92

> BACK MASSAGE

The classic massage to relieve tension in the neck, shoulders and back.

25 minutes

€ 30

> REFLEXOLOGY FOOT MASSAGE

Gentle pressure is applied to the foot reflex zones to relieve stress throughout the body. Reflexology releases energy blockages, reduces tension and energises the whole organism.

25 minutes

€ 30

> BACK AND REFLEXOLOGY FOOT MASSAGE COMBINATION

A popular stress-relieving combination.

55 minutes

€ 52

Our massages include time to stay put and rest after your treatment.

BODY THERAPY

> AYURVEDA ABHYANGA OIL MASSAGE

Pure luxury. Regenerating full body massage with warm sesame oil and an individually chosen plant essence according to your needs. Completely relaxing as well as helping strengthen body tissue.

60 minutes €77

> SHIATSU

A traditional Japanese healing hands-on therapy, this full body massage uses a combination of gentle pressure and movement to stimulate acupuncture points. The aim of Shiatsu is to improve both physical and emotional well-being through touch.

50 minutes €64

> CRANIOSACRAL THERAPY

A gentle therapy used to help treat neck and back pain as well as mental stress. This hands-on session releases blockages, brings about a deep relaxation, and helps bring the body and soul back into balance.

60 minutes €72

> THE "SCHIELE" WARM FOOT AND CIRCULATION BATH

Using a slow increase of temperature circulation is improved in both the skin and the inner organs. This can have a positive effect on many types of ailment such as migraine, colds, urinary inflammation, heart and circulation problems. 5 treatments are recommended for circulation training.

Each 20 minutes €16

BODY TREATMENTS

Our special thermal water is used where possible in treatments.

> AVEDA BODY SCRUB

An exfoliation treatment using your choice of product – from a mineral-rich fine sea salt to a stimulating Caribbean mixture or ground walnut shell. This experience will leave your skin feeling smooth, nourished and pure.

25 minutes €29

50 minutes including a relaxing massage €58

> AVEDA BODY WRAP

A dry exfoliation is followed by a comforting and aromatic body wrap of your choice: revitalising Rosemary Mint or the nourishing Caribbean Therapy. Sink into the softness and enjoy the beneficial effects of this wrap's ingredients.

50 minutes €52

> AVEDA BACK TREATMENT

A wonderful deep cleansing of your back, neck and shoulders.

Followed by a massage and a nutritious mask which leaves your skin silky smooth and relaxed.

60 minutes €60

> SALZBURG MUD WRAP (FANGO)

Fango is a heat therapy using mineral-rich mud, and is recommended for deep relaxation, improved circulation of the tissue and muscles, and to help relieve aches and pains. Highly recommended before a massage.

Partial body 25 minutes €31



BODY TREATMENTS - DETOXING & SLIMMING

> ALPINE HAY AND HERB WRAP

A stimulating treatment using warm soft pillows of alpine flowers and herbs. Float in the special soft pack bed and the resulting detoxifying mild sweat will leave you feeling fresh and revitalised for days to come.

25 minutes

€ 29

> LYMPH DRAINAGE

For vitality, purification and aftercare following injury. This treatment uses gentle circular pressure, helps against water retention and bruises, and compliments our Beauty Line treatments.

25 minutes

€ 32

50 minutes

€ 56

> BEAUTY LINE DETOX AROMA WRAP

Essential active ingredients in the body wrap support purification and elasticity of the skin, and improve circulation. Helps against fat deposits and cellulite.

We recommend a series of 3 to 5 treatments.

45 minutes

€ 40

> THALASSO DETOX WRAP

The power of the sea – algae, salt, iodine and trace elements – give your body a new vitality. Covered in the wrap, relax on the soft bed and let the ingredients get to work – anti-cellulite, breakdown of fat deposits and improved elasticity of the skin. You will see and feel an improvement of the skin texture.

45 minutes

€ 40

50 minutes with sea-salt body scrub

€ 56

> OUR TIPS TO HELP KEEP YOUR BODY IN TOP FORM

Use a body massage brush daily (available in our Spa shop), 5 Elements muesli with fresh fruit from our breakfast buffet, drink plenty of purifying teas (nettle, green tea,...) etc.



PRENATAL - WELLNESS FOR EXPECTANT MOTHERS

If you are expecting a baby Haus Hirt is the perfect hotel to rest, relax and prepare for the big event – as a couple, single or with your best friend or a relative.

For your overall relaxation enjoy music, a special pillow and pregnancy tea in the comfort of your room. Just take some time for yourself...
... relax, be pampered and cared for by our experts.

PRENATAL PACKAGE

- > 1 Aveda Elemental Nature facial 90 minutes
- > 1 Spa pedicure 50 minutes
- > 1 Lymph drainage for legs 25 minutes
- > 1 Back massage 25 minutes
- > 1 Massage oil to help prevent stretch marks

€199

PRENATAL DE LUXE PACKAGE

- > 1 Aveda Elemental Nature facial 90 minutes
- > 1 Spa pedicure 50 minutes
- > 1 Lymph drainage for legs 25 minutes
- > 1 Back massage 25 minutes
- > 2 Prenatal treatments of your choice:
Shiatsu, yoga, craniosacral therapy *or*
Ayurveda Abhyanga massage 50-60 minutes each

€299

We recommend the Ayurveda Abhyanga massage for the second trimester of pregnancy (4th - 6th month).

> BIRTH PREPARATION

For course dates please check our website.

Consultation with a certified midwife (on request)

60 minutes

€50

At our Spa Shop we offer a range of products by midwife Ingeborg Stadelmann, author of "Die Hebammensprechstunde".



MUMS WITH BABIES

Mums with small babies need some well-earned care and attention of their own. It will not only benefit them, but the whole family. So enjoy some special treatments, rest and relaxation in the spa while your baby is in the capable hands of one of our nannies (bookable for €10 per hour). To tank up your energy we especially recommend:

> BALANCING TREATMENTS

Shiatsu or Craniosacral Therapy

After a consultation with our therapist you can choose which treatment suits your needs best.

50 / 60 minutes

€64 / 72

> OSTEOPATHY FOR MOTHER AND BABY

With our Osteopath Katja – please ask for availability.

After having a baby you can feel exhausted and stressed. Osteopathy can help you regain some energy, find your balance as well as help you train the pelvic floor muscles.

Birth trauma or other problems in babies can also be relieved with osteopathy, using gentle craniosacral techniques.

90 minutes (approx. 15 min. baby & 75 min. mum)

€120

BODY FORMING PACKAGE

Get your body back into shape after the birth and breast feeding.

> 5 x 45 minutes Beauty Line detox aroma wraps *or alternatively*

> 5 x 45 minutes Thalasso detox wraps

plus

> 3 x 25 minutes Lymph drainages

> 1 Aveda body scrub 25 minutes

> 1 Aveda Elemental Nature facial 90 minutes

Our recommendation for 5 - 7 days

€369



MENS' FAVOURITES - MASSAGE

Welcome! Simply enter a place of peace, care and perfect maintenance. Here are some of our favourite treatments we recommend for you:

> HEAD AND NECK MASSAGE

Simply switch off and relax.

25 minutes

€30

> BACK MASSAGE

The classic massage to relieve tension in the neck, shoulders and back.

25 minutes

€30

> BACK AND REFLEXOLOGY FOOT MASSAGE COMBINATION

A popular stress-relieving combination.

55 minutes

€52

> AVEDA ELEMENTAL NATURE MASSAGE

A personalised massage experience using your favourite Aveda aromas. Depending upon your needs, a variety of massage techniques will be used with either energizing or calming effect.

55 minutes

€52

> AYURVEDA ABHYANGA OIL MASSAGE

Pure luxury. Regenerating full body massage with warm sesame oil and an individually chosen plant essence according to your needs. Completely relaxing as well as helping strengthen body tissue.

60 minutes

€77

Our massages include time to stay put and rest post-treatment.



MENS' FAVOURITES - BODY

> AVEDA BODY SCRUB

An exfoliation treatment using your choice of product – from a mineral-rich fine sea salt to a stimulating Caribbean mixture or ground walnut shell. This experience will leave your skin feeling smooth, nourished and pure.

25 minutes € 29
50 minutes including a relaxing massage € 58

> ALPINE HAY AND HERB WRAP

A stimulating treatment using warm soft pillows of alpine flowers and herbs. Float in the special soft pack bed and the resulting detoxifying mild sweat will leave you feeling fresh and revitalised for days to come.

25 minutes € 29

> GASTEIN THERMAL BATH – A FOUNTAIN OF YOUTH

Please find more details on page 5.

20 minutes € 19

MENS' FAVOURITES - GROOMING ROUTINE

> ELEMENTAL NATURE FACIAL FOR MEN

This is a customised facial designed specifically for men, based on your specific needs and includes a relaxing neck and shoulder massage.

60 minutes €70

90 minutes €95

> AVEDA BACK TREATMENT

A wonderful deep cleansing of your back, neck and shoulders. Followed by a massage and a nutritious mask which leaves your skin silky smooth and relaxed.

60 minutes €60

> PEDICURE BASIC

Nail and cuticle shaping and treatment for beautiful looking feet.

25 minutes €32

> BODY WAX

for men €10-50

PACKAGES - ONE DAY

Spoil yourself for a day or two, or better still dedicate a week to regenerating the body and the mind. Have a look at some of our ideas below, or just ask us if you have any special needs or wishes or want to put your own package together.

AVEDA LADIES' DAY

> 1 Aveda body scrub with massage 50 minutes

> 1 Thermal bath 20 minutes

> 1 Aveda Elemental Nature facial 60 minutes

> Spa manicure or spa pedicure 50 minutes

€175

AVEDA MENS' DAY

> 1 Back and reflexology foot massage combination 55 minutes

> 1 Thermal bath 20 minutes

> 1 Aveda body scrub 25 minutes

> 1 Aveda Elemental Nature facial for men 60 minutes

> 1 Pedicure basic 25 minutes

€182

LOVERS' SPECIAL - A PERFECT DAY FOR 2

> 2 x 55 minutes Aveda Elemental Nature massages

> 1 Aveda body scrub for HER 25 minutes

> 1 Alpine hay and herbal pack for HIM 25 minutes

> 2 x 60 minutes Aveda Elemental Nature facials

> Relax side by side in adjacent candlelit thermal baths 20 minutes for two

€305

OUR SPECIAL TIP:

Take yourself and your partner on a unique nature adventure – book our ski or hiking guide for an unforgettable experience.

PACKAGES - BEAUTY & HEALTH

Can you feel relaxed, fitter and more beautiful just by reading? You can, if you read the right thing. Such as this spa brochure. Give yourself up to our experienced professional hands and you will be amazed at the difference!

AVEDA BEAUTY & HEALTH

- > 1 Aveda Chakra Balancing massage 55 minutes
- > 1 Thermal bath 20 minutes
- > 1 Aveda body scrub with massage 50 minutes
- > 1 Aveda body wrap 50 minutes
- > 1 Aveda Elemental Nature facial 60 minutes
- > 1 Spa manicure or spa pedicure 50 minutes

Our recommendation for 3 - 5 days € 275

AVEDA BEAUTY & HEALTH DE LUXE

- > 1 Foot reflexology massage 25 minutes
- > 1 Aveda Chakra Balancing massage 55 minutes
- > 1 Thermal bath 20 minutes
- > 1 Aveda body scrub with massage 50 minutes
- > 1 Aveda body wrap 50 minutes
- > 1 Aveda Elemental Nature facial 90 minutes
- > 1 Manicure basic 25 minutes
- > 1 Spa pedicure 50 minutes

Our recommendation for 5 - 7 days € 345

BODY FORMING

- > 5 x 45 minutes Beauty Line detox aroma wraps *or alternatively*
- > 5 x 45 minutes Thalasso detox wraps
- plus*
- > 3 x 25 minutes Lymph drainages
- > 1 Aveda body scrub 25 minutes
- > 1 Aveda Elemental Nature facial 90 minutes

Our recommendation for 5 - 7 days € 369

PACKAGES - ANTISTRESS & REGENERATION

Take a deep breath and just lie back and relax. Then read the spa offers very slowly and carefully. Even reading the wonderful treats on offer will start to make the stress melt away and lift your mood. Well, can you feel it yet?

AVEDA REGENERATION

- > 1 Aveda Chakra Balancing massage 55 minutes
- > 1 Aveda Elemental Nature massage 55 minutes
- > 1 Back and foot reflexology combimassage 55 minutes
- > 1 Thermal bath 20 minutes
- > 1 Aveda Elemental Nature facial 90 minutes
- > 1 Spa manicure or spa pedicure 50 minutes

Our recommendation for 3 - 5 days € 289

AVEDA REGENERATION INTENSIVE

- > 1 Aveda Chakra Balancing massage 55 minutes
- > 1 Aveda Elemental Nature massage 55 minutes
- > 1 Aveda Fusion Stone massage 55 minutes
- > 1 Foot reflexology massage 25 minutes
- > 1 Thermal bath 20 minutes
- > 1 Aveda body scrub 25 minutes
- > 1 Mud pack partial body 20 minutes
- > 1 Aveda Elemental Nature facial 90 minutes
- > 1 Spa manicure or spa pedicure 50 minutes

Our recommendation for 5 - 7 days € 389

With our wellness packages you enjoy a discount of 10 – 12 % compared to the single treatments.



SPA ETIQUETTE

THE PERFECT START

Please arrive in your cosy bathrobe 10 minutes before your appointment – this will give you time to relax with a cup of tea before your treatment. Men, please shave a few hours before a facial!

CANCELLATIONS

In case you need to cancel your appointment for any reason, please give us at least 12 hours notice. Otherwise we will have to charge 50% of the cost of the treatment.

IMPORTANT INFORMATION

Please inform us before you enter the spa if you have any medical conditions such as high blood pressure, heart or circulation problems, allergies or a metabolic disorder. Also let us know if you are pregnant or have recently been operated on.

PEACE AND QUIET

To ensure peace and quiet for all our guests, mobile phones are not to be used in the spa area. Children can go wild in the pool at "splash time", but at all other times please make sure they are considerate of other spa guests.

greenprint*
carbon neutral printed



HAUS HIRT

Kaiserhofstraße 14
5640 Bad Gastein
Österreich

Tel.: (+43) - 6434-2797
Fax: (+43) - 6434-2797-48
info@haus-hirt.com
www.haus-hirt.com