

ENGLISH



HAUS HIRT

ALPINE SPA HOTEL
BAD GASTEIN

APPOINTMENTS

You are welcome to book your spa appointments directly at the reception or by calling extension 20 from your room phone. You can also 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 – 20:00

> Sauna:

09:00 – 20:00 (please call extension 45 if you want to stay longer)

> Pool-Splash Time (a little bit of fun for our youngest visitors).

We will inform you about the exact times at the reception.

> Our Spa team is there for you daily:

09:00 – 20:00

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

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, nature's energy and our wonderful spa treatments.

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HEALING GASTEIN THERMAL WATER

Rainwater that 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. Enriched with natural radon over the millennia, this thermal water flows right into the hotel and is always on tap for our guests. The legendary water is regenerating, anti-inflammatory, vitalising, relieves joint and muscle pain, rebuilds cells and is detoxifying for the whole body. And, rumour has it, the water even enhances fertility...

Thermal Water Ritual:

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

THERMAL BATHS

- | | |
|--|------|
| > Gastein thermal bath 20 minutes | € 25 |
| > Couple thermal bath for two (2 tubs) | € 45 |

> THE CLASSIC GASTEIN THERMAL CURE („KUR“)

For the ideal classic „Kur“ (course of treatment) to treat specific aches and pains, our thermal baths are complemented by massages and Salzburg mineral mud packs.



THE AVEDA PHILOSOPHY

The origins of the Aveda PHILOSOPHY lie in the traditional Indian Ayurveda system of medicine that takes a holistic approach to our wellbeing, 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 most effectively maximise the natural healing power of the human body.

PERSONALISED CARE

Each treatment includes special time for a consultation to find the right products to suit your individual needs. 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 are 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 based on 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

> TULASARA FACIAL TREATMENT

for healthy, balanced skin

In Sanskrit, Tulasara means moving toward balance. It is inspired by Ayurveda and the Ayurvedic approach to healthy, balanced skin for both men and women.

The 2-step ritual begins by first gently brushing the dry skin with the Tulasara Radiant Facial Dry Brush to exfoliate and help bring a smooth, soft complexion to the surface. The ritual then follows with a facial massage using our nurturing plant-oil infused Tulasara Radiant Oleation Oil to help stimulate microcirculation and nourish the skin. The result - radiant, luminous skin.

Tulasara Concentrates unite traditional Ayurvedic wisdom with advanced skin care science to help accelerate your skin's natural ability to restore itself. They are available in three targeted formulas:

„Calm Concentrate“ - instantly soothes skin and makes it more resilient over time.

„Firm Concentrate“ - lifts and firms the look of skin to help restore and revitalise your skin's radiant, healthy appearance.

„Bright Concentrate“ - instantly helps restore your skin's radiance.

To protect your skin perfectly, we apply one of our Botanical Kinetics creams and an eye cream at the end of the treatment.

60 minutes

€ 94

90 minutes

€ 115

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 € 84

90 minutes € 105

> AVEDA TEENAGER FACIAL

Cleansing facial

An intensive deep cleansing facial with a focus on exfoliation and visible relief of redness. The appearance of the skin is improved and blemishes are reduced.

45 minutes - for teenagers € 65

> ELEMENTAL NATURE FACIAL FOR MEN

Personalised facial treatment for men. We will pamper you with a facial treatment tailored to your home, as well as a neck and shoulder massage.

60 minutes € 84

90 minutes € 105

BEAUTY EXTRAS

BEAUTY ROUTINE

- > Eyebrow shaping 10 minutes € 15
- > Eyebrow colouring 10 minutes € 15
- > Eyebrow and eyelash treatment 25 minutes € 25
- > Eyelash colouring 25 minutes € 21

> FACE MASSAGE

with Aveda Wedding Masque products and precious oils, inspired by the Haldi wedding ritual from India

25 minutes € 45

> HERBAL STAMP FACIAL MASSAGE

Holistic relaxation with an anti-ageing effect

Enjoy a unique and relaxing facial massage with a deep-acting effect. Steam and herbal stamps open the pores, which accelerates the absorption of the skin-caring oils and the active ingredients of the stamp. The treatment stimulates circulation, has a balancing and cell-regenerating effect.

Pure relaxation plus anti-ageing effect.

- > 20 minutes, bookable in addition to a facial € 39
- > 45 minutes € 65



HAND & FOOT CARE

> MANICURE BASIC

Shaping and cuticle treatment for beautiful looking hands.

25 minutes

€ 43

> with nail varnish

+ € 15

> 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

€ 70

> with nail varnish

+ € 15

> PEDICURE BASIC

Nail and cuticle shaping and treatment for beautiful looking feet.

35 minutes

€ 43

> with nail varnish

+ € 15

> 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

€ 70

> with nail varnish

+ € 15

> FOOTBATH

Relaxation for the feet with exfoliation and foot massage.

25 minutes

€ 35

> WAX

each 10 minutes

€ 13



MASSAGE

> AVEDA ELEMENTAL NATURE MASSAGE

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

50 minutes

€ 73

> 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

€ 75

> AVEDA FUSION STONE MASSAGE

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

55 minutes

€ 85

> BACK MASSAGE

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

25 minutes

€ 45

> 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

€ 45

> BACK AND FOOT REFLEXOLOGY COMBINATION MASSAGE

A popular, stress-relieving combination.

50 minutes

€ 73

Our massages include time to relax and rest after your treatment.

SPECIAL MASSAGE

> AYURVEDA ABHYANGA OIL MASSAGE

In Ayurveda, Abhyanga massages are considered the queen of all massages. Pure luxury. Warm, type-appropriate sesame oil is poured evenly over your body as long, wavelike strokes are worked into your skin. This massage will purify your skin, eliminate toxins from your body, stimulate lymphatic activity, tighten the skin and tissues and regenerate and relax your nerves and organs - a relaxing, meditative experience.

50 minutes € 85

> AYURVEDA OIL MASSAGE FOR CHILDREN

This gentle massage is very relaxing for children, reduces stress and symptoms of physical exertion. Children react especially sensitively to the warm oils and the gentle touches. Physiologically, this massage stimulates the lymphatic system, strengthens the immune system and calms the nerves.

45 minutes € 57

> AVEDA STRESS-FIX MASSAGE

A perfect combination of relaxation techniques.

This treatment uses an anti-stress aroma blend made from lavender, lavandin and clary sage, whose soothing effects have been documented scientifically. This Aveda full-body massage begins with a relaxing footbath.

50 minutes incl. footbath € 74

> INNOVATIVE PRESSURE POINT MASSAGE

This deep pressure massage has its origins in the old Slavic „White Bear“ massage tradition and is combined with elements from Shiatsu and Thai Massage. The treatment is performed using the therapist's feet. This releases tensions in the muscles and fascias, stimulates circulation in the extremities and the inner organs and promotes lymphatic activity. This massage can help you achieve a more natural posture and encourages the body's self-healing abilities.

50 minutes € 85

BODY TREATMENTS

Our special thermal water is used where possible for treatments.

> AVEDA BODY SCRUB

An exfoliating treatment for your whole body that uses sea and Himalayan salt, selected Aveda oils, as well as an Aveda aroma oil of your choice. Refines your complexion and smoothens out rough skin patches.

25 minutes € 42

50 minutes plus massage for additional relaxation € 74

> SALZBURG MUD WRAP

The humic acid contained in the mud has anti-inflammatory properties. This results in deep relaxation, improves blood flow in muscles and tissues and soothes joint aches. Highly recommended prior to a massage.

25 minutes € 42



BODY TREATMENTS - DETOXING & SLIMMING

> ALPINE HAY AND HERB WRAP

Warming meadow herbs combined with HAY activate the body's circulation and thereby stimulate detoxification. Refreshing and invigorating.

25 minutes € 42

> 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 € 42
50 minutes € 70

> 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 € 53

> THALASSO DETOX WRAP

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

45 minutes € 54
50 minutes with sea salt body scrub € 73



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

- > 1 Aveda Elemental Nature Facial 60 minutes
- > 1 Spa pedicure 50 minutes
- > 1 lymph drainage for legs 25 minutes
- > 1 back massage 25 minutes

€ 210

PRENATAL DE LUXE

- > 1 Aveda Elemental Nature Facial 60 minutes
- > 1 Spa pedicure 50 minutes
- > 1 back massage 25 minutes
- > 1 lymph drainage for legs 25 minutes
- > 1 Ayurveda Abhyanga oil massage 60 minutes

€ 295

- > At our Spa Shop, we offer a range of products by midwife Ingeborg Stadelmann, author of „Die Hebammensprechstunde“.



MEN´S 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

€ 45

> BACK MASSAGE

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

25 minutes

€ 45

> BACK AND REFLEXOLOGY FOOT MASSAGE COMBINATION

A popular stress-relieving combination.

50 minutes

€ 73

> 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 an energising or calming effect.

50 minutes

€ 73

> AYURVEDA ABHYANGA OIL MASSAGE

In Ayurveda, Abhyanga massages are considered the queen of all
massages. Pure luxury. Warm, type-appropriate sesame oil is poured
evenly over your body while long, wavelike strokes are worked into your
skin. This form of massage will purify your skin, free your body from
toxins, stimulate the lymph nodes, form the skin and tissues and
regenerate and relax your nerves and organs - a tranquil, meditative
experience.

50 minutes

€ 85

Our massages include time to relax and rest after your treatment.



MEN'S FAVOURITES - BODY & BEAUTY ROUTINE

> AVEDA BODY SCRUB

An exfoliating treatment for your whole body. The fine Himalayan salt combined with an Aveda aroma oil of your choice refine your complexion and smoothen out rough skin patches. You will be floating on a waterbed.

25 minutes € 42

50 minutes including a relaxing massage € 74

> ALPINE HAY AND HERB WRAP

Warming meadow herbs combined with HAY activate the body's circulation and thereby stimulate detoxification. Refreshing and invigorating.

25 minutes € 42

> GASTEIN THERMAL BATH - A FOUNTAIN OF YOUTH!

Please find more details on page 5.

20 minutes € 25

> 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 € 84

90 minutes € 105

> PEDICURE BASIC

Nail and cuticle shaping and treatment for beautiful looking feet.

35 minutes € 43



SPA ETIQUETTE

THE PERFECT START:

Please arrive in your comfortable 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. Please 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.



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