DAY SPA PROGRAMME

Specially coordinated treatments and expert tips that enhance your stay or can be booked as a Day Spa. We are happy to advise you and will of course put together a personalised programme for you.
Our packages include all-day access to the entire wellness area. A packed bath basket with towels, slippers, and a bathrobe will also be provided for you.

Additionally, the following services can be booked in advance.

BREAKFAST BUFFET | 32 €

AFTERNOON SNACK | 28 €

DETOX LUNCH VEGETARIAN | 40 € WITH FISH / MEAT | 46 €

EVENING MENU | 68 €

PARTICIPATION IN THE ACTIVITY PROGRAMME | 17 €

POST BEZAU

PROGRAMMES & EXPERT TIPS

DISCOVERY DAY SPA | 193 € – HOTEL GUESTS | 163 €

Classic Back Massage (25 min)
Relax Treatment Face (50 min)

DESTRESS DAY SPA | 353 € – HOTEL GUESTS | 323 €

Relax Treatment Face (50 min)
Foot Reflexology with Valerian Foot Bath (60 min)
Classic Full Body Massage (50 min)

BEAUTY DAY SPA | 345 € – HOTEL GUESTS | 315 €

Individual Facial Treatment (80 min)
Medical Pedicure with Foot Massage (60 min)
Manicure with Hand Massage (50 min)

DAY SPA

POST BEZAU

DETOX DAY SPA

Amid the idyllic Bregenzerwald, surrounded by crisp mountain air and inspiring nature, Hotel Post Bezau offers the opportunity to experience the world of detox in just one day.

The Detox Day Retreat is designed for those who want to do something beneficial for their body, step away from everyday life for a few hours, and discover the hotel's holistic detox concept—without committing to a multi-day retreat.

DETOX DAY SPA | 284€

The package includes:

- TCM Detox Massage (50 min)
- Detox Facial Treatment (40 min)
- Informational session covering all detox-related topics at Hotel Post Bezau
- Detox lunch & afternoon juicing (optional breakfast available)
- Full-day access to the entire wellness area

RESERVATIONS

We kindly ask that you book all appointments as far in advance as possible. Last-minute bookings upon arrival are only possible to a very limited extent. We are happy to assist you by phone at +43 (0) 5514 2207-58 and will create a programme tailored to your individual needs. Please let us know if you prefer not to be treated by a male therapist.

DELAYS

Please arrive a few minutes before your appointment to enjoy a cup of tea and prepare for your treatment. In case of delays, we regret that it will not be possible to extend the treatment beyond the agreed time. Unfortunately, we will need to shorten the treatment time accordingly. We appreciate your understanding.

CANCELLATION POLICY

If you are unable to attend your appointment, we kindly ask that you cancel at least 24 hours in advance. Please understand that appointments cancelled on the same day will be charged 100 % of the treatment price. Thank you for your understanding.

SPA ETIQUETTE

We kindly ask that you turn off your phone out of consideration for other guests during your time at the SPA. Please also ensure that any conversations with other guests are kept quiet and discreet.

PRIVACY

Most body treatments are enjoyed while undressed. You may change in private, undisturbed. Please also remove any jewelery. During the treatment, all areas of the body not involved in the treatment will be covered with towels for your comfort and privacy.

MUSIC

The therapists recommend refraining from music during the treatment. However, if you prefer to listen to your favourite music, we are happy to provide one of our docking stations for you.

HEALTH

Please inform us at the beginning of your SPA visit about any current conditions such as high blood pressure, heart diseases, metabolic disorders, allergies, pregnancy, or any recent surgery.

POST BEZAU

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