



SPA

POST BEZAU





POST BEZAU

SPA

The Susanne Kaufmann SPA Bezau is a place of beauty, relaxation, and holistic well-being. We offer a wide range of treatments, massages, and rituals with a focus on TCM detox and natural anti-ageing. You will be accompanied by a team of doctors, highly qualified therapists, and beauticians. Our nourishing and pampering treatments are based on highly effective products from the Susanne Kaufmann ™ cosmetics line. We look forward to advising you personally before your visit.

You can reach the Susanne Kaufmann SPA by telephone (+43 5514 2207-58) and by e-mail (spa@hotelpostbezau.com)



EXPERTS

At Hotel Post Bezau, we rely on our in-house experts to offer you a holistic experience.

Susanne Kaufmann Spa

Tamara Waldner I Spa Manager
Margot Fuchs I Rezeption

Health

Jan Wägele I Health Concierge & Nutrition Expert

Medical

Dr Mira Fink I Visceral surgeon & intestinal expert





HEALTHY SKIN

Immerse yourself in the world of Susanne Kaufmann cosmetics, a brand known for its natural, highly effective products. The treatments in our spa exclusively use these high-quality care products, which are based on alpine medicinal herbs and advanced science. Our specially developed rituals deeply moisturise your skin, promote regeneration, and leave a radiant, healthy complexion. Discover the power of nature combined with state-of-the-art care for unparalleled skin health and well-being.

POST BEZAU





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HEALTHY SKIN

DETOX FACIAL TREATMENT (40 MIN) | 81 €

The ideal treatment to reduce excess water retention or the perfect complement to a detox treatment

- Cleansing face, neck, and décolleté
- Manual lymphatic drainage decongests and purifies, the facial contours become taut and firm
- Perfect for decongesting swollen eyelids and minor skin blemishes

BESPOKE REJUVENATION FACIAL (90 MIN) | 194 €

20 years of beauty and SPA experience in one treatment

- Detoxifying foot bath
- Cleansing, peeling, head massage
- Incorporation of highly effective serums
- Incorporation of various cell-regenerating products such as lifting mask and nutrient concentrate and hyaluron with a connective tissue massage
- Final treatment tailored to your skin type
- Result: elasticity, fewer wrinkles, and a youthful radiance

SUSANNE KAUFMANN SIGNATURE TREATMENTS

GLOW TREATMENT (50 MIN) | 120 €

Brightens the face and makes the complexion glow

- Cleansing of the face, neck, and décolleté
- During the application time of the glow mask, a head and neck massage provide relaxation
- Short fascia massage with serum and the power mask
- Final treatment tailored to your skin type
- Result: radiant, well-perfused skin for a great appearance

BOOSTING ECTOIN TREATMENT (60 MIN) | 144 €

Gives the skin a plump, radiant and revitalised appearance

- Double cleanse, followed by a gentle enzyme peeling
- Pampering scalp massage during the application time of the enzyme peeling
- Incorporation of the Ectoin Repair Serum in combination with our Nutrient Serum or Hyaluron Serum
- Eye massage and subsequent lymphatic drainage with our Ectoin Repair Serum
- Final treatment tailored to your skin type
- Result: the skin looks smooth and radiant and feels firm and resilient – a result to last



POST BEZAU SIGNATURE FACIALS

HOLISTIC POWER TREATMENT (FACE & BODY) (60 MIN) | 175 €

The new treatment, specially designed for our house, for holistic well being. Experience a new dimension of relaxation and skincare: a unique therapy that combines innovative techniques with high-quality natural products, pampering both skin and senses.

- Gentle double cleansing for deep pore clarification
- Immediate effect through a bio-cellulose mask tailored to your individual skin needs
- Deep absorption of the mask with ultrasound for maximum active ingredient penetration
- Device-based lymphatic drainage using a gentle pressure wave massage for detoxification and regeneration of the legs

Result: The skin appears plump, intensely nourished, and refreshed – with effects that last for several days. The legs feel light, relaxed, and revitalized. A unique skincare experience for both body and face.

ADVANCED LIFT TREATMENTS

THE ADVANCED LIFT TREATMENT (90 MIN) | 237 €

A highly effective facial treatment concept that combines deep manual techniques with advanced active ingredient and device technology – for visibly firmer skin, more defined contours, and a renewed complexion.

The treatment includes:

- Deep double cleanse
- Deep cleansing with microdermabrasion
- Exfoliating mask to refine the skin
- Targeted Kobido-inspired lifting massage to support firmness and contours
- Bio-cellulose mask applied with ultrasound
- Cupping for visible tightening
- LED light therapy to soothe the skin
- Finishing with Susanne Kaufmann skincare tailored to your skin’s individual needs

Result: visibly lifted and redefined contours, improved skin texture, and an immediate lifting effect for a youthful, fresh, and revitalized complexion.

THE ADVANCED LIFT SHORT (50 MIN) | 120 €

For those seeking a targeted refresh with immediate visible results, this treatment is also available in a Short Version. This compact facial combines selected active ingredients and effective techniques to revitalize, smooth, and restore the skin’s natural radiance in less time – ideal as a beauty boost between treatments or as part of a regular skincare routine.

The treatment includes:

- Deep double cleanse
- Exfoliating mask to refine and smooth the skin
- Targeted Kobido-inspired lifting massage to support firmness
- and facial contours
- Lymphatic drainage to help reduce puffiness
- Facial cupping for a visible tightening effect
- Finishing application of Susanne Kaufmann skincare tailored to your skin’s individual needs

NEW

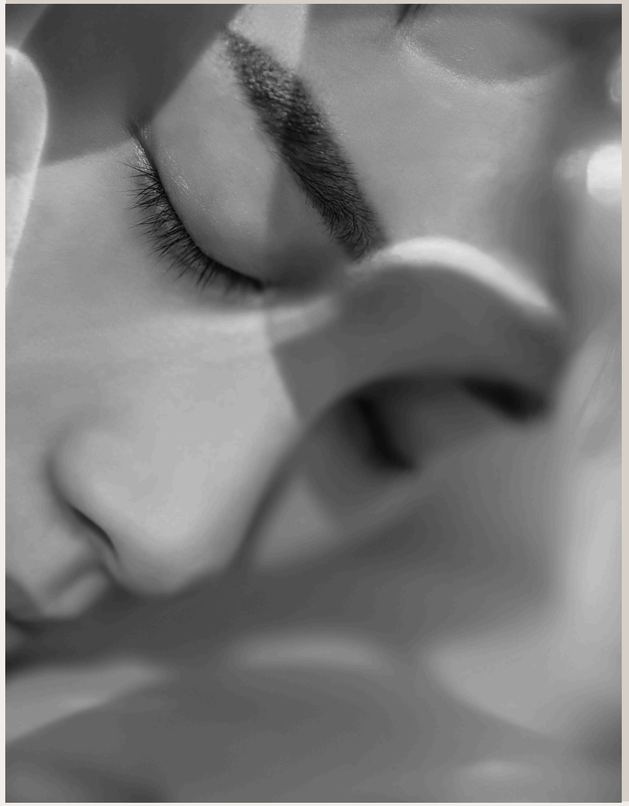
FACE

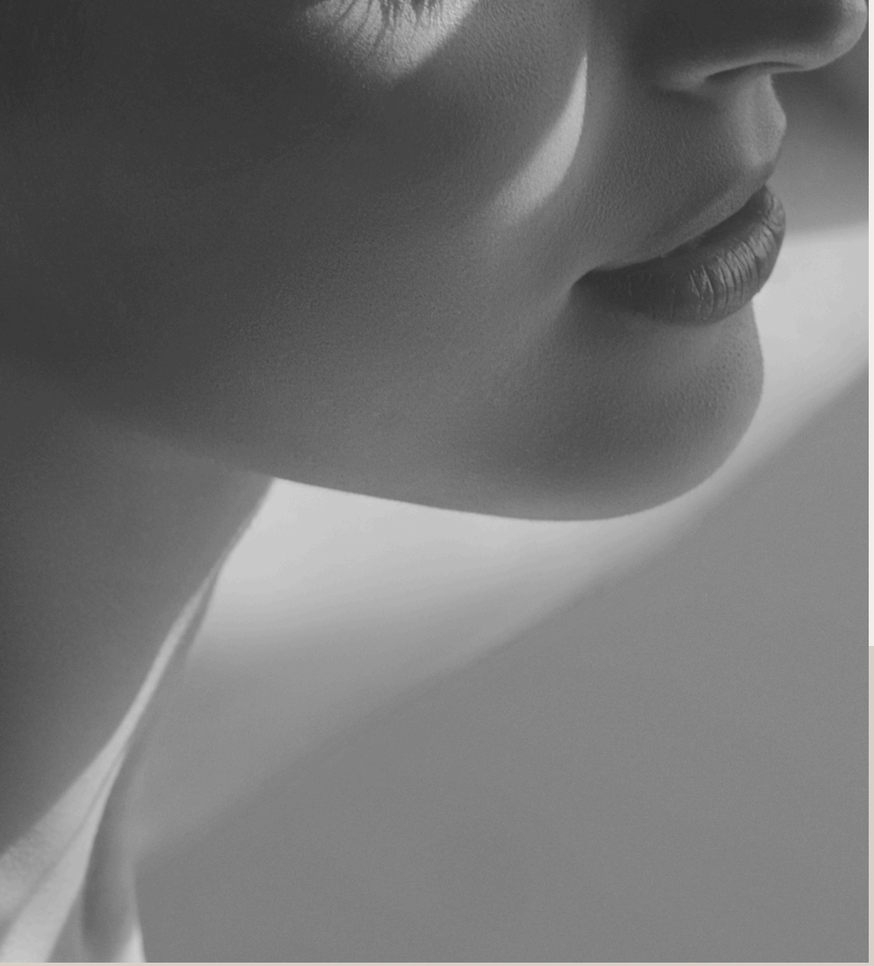
INDIVIDUAL



CLEANSING FACIAL TREATMENT (50 MIN)	109 €
INDIVIDUAL FACIAL TREATMENT (80 MIN)	155 €

Cleansing or individual facial treatment
Experience a deep cleansing treatment that revitalises your skin and removes impurities. This customised facial combines gentle exfoliation, tailored masks, and soothing massages to refresh, clarify, and nourish your skin. Perfect for all skin types to achieve a radiant, clear complexion. Let yourself be pampered by nature and enjoy tailor-made care that will make your skin glow with new radiance.





HEALTHY AGEING

At the Susanne Kaufmann SPA Bezau, beauty means a harmonious combination of radiance and well-being in your own body.



POST BEZAU

HEALTHY AGEING

Healthy ageing treatments aim to prevent and strengthen the skin against the first signs of ageing in order to reduce and delay the symptoms. The treatments focus on the needs of mature skin and aim to keep the skin beautiful, healthy, and attractive at an older age.



HEALTHY AGEING TREATMENT (120 MIN) | 281 €

Developed especially for the needs of demanding skin

- Facial
- Ultrasound treatment
- Detox back and arm massage
- Result: the skin gains tone and elasticity

HEALTHY AGEING TREATMENT (80 MIN) | 208 €

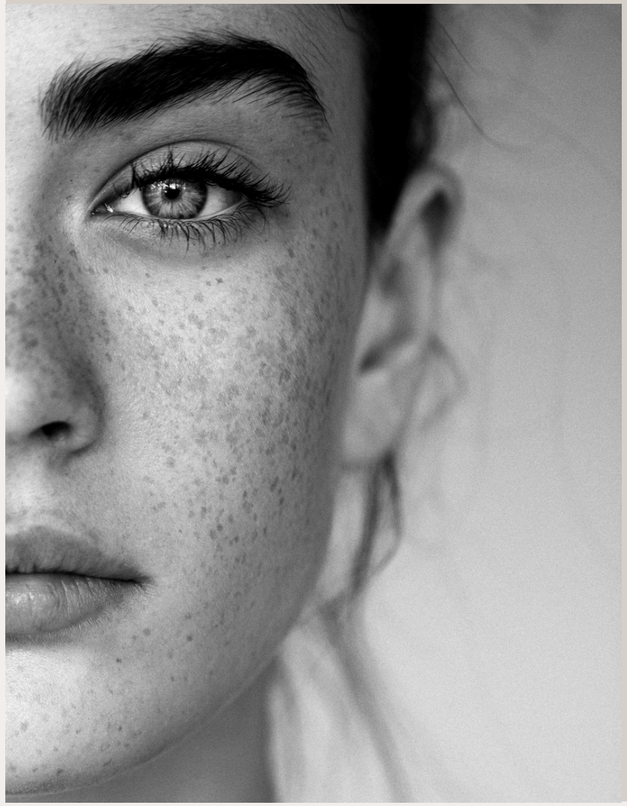
Developed especially for the needs of demanding skin

- Facial
- Ultrasound treatment
- Result: the skin gains tone and elasticity

HEALTHY AGEING EXPRESS TREATMENT (40 MIN) | 100 €

Ideal as a build-up treatment

- Cleansing of the face, neck, and décolleté
- Ultrasound treatment
- Result: the skin immediately looks radiant and rejuvenated



BEAUTY ADD ONS

MIKRODERMABRASSION (~20 MIN) | 57 €

A gentle, non-invasive treatment to refine the skin's texture. Dead skin cells are precisely removed, leaving the skin smoother, fresher, and more receptive to active ingredients.

- Refines skin texture and pores
- Stimulates cell renewal
- Promotes a radiant, even complexion
- Enhances absorption of skincare actives

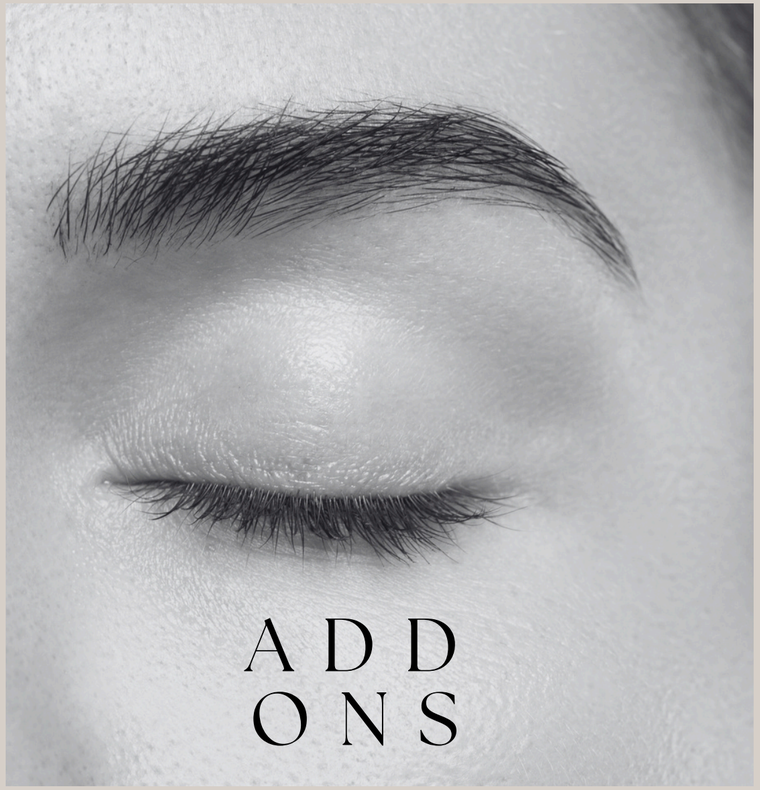
ULTRASOUND TREATMENT (~20 MIN) | 57 €

- The vibrations of the ultrasound penetrate deep into the skin layers
- Combined with intensive active ingredient serums, they optimise the success of the treatment
- Activation of the skin tissue and a significant improvement in various skin problems such as acne, couperose, or scars

DEEP CLEANSING BACK (50 MIN) | 109 €

Developed especially for the needs of the skin on the back

- Thorough cleansing and exfoliation for a deep clean skin complexion
- Clarifying healing clay mask for additional cleansing of the pores
- Final care soothes and moisturises the skin



ADD ON TREATMENTS

- Eyelash tinting | 19 €
- Eyebrow tinting | 18 €
- Eyebrow shaping | 22 €
- Eyebrow shaping and tinting + eyelash tinting | 45 €
- Depilation of upper lip or chin (warm wax) | 15 € each
- Hair removal: Legs | 78 € Legs up to the knee | 46 € Armpits | 33 €

POST BEZAU

HANDS AND FEET

During the manicure and pedicure, we take intensive care of your hands and feet. Expert treatments and coordinated products make your skin and nails look healthy and well-groomed again. Finally, we offer the latest nail polish colours.



CLASSIC MANICURE WITH HAND MASSAGE (50 MIN) | 75 €

Nail painting as part of treatment | 12 €

MEDICAL PEDICURE WITH FOOT MASSAGE (60 MIN) | 85 €

Nail painting as part of treatment | 12 €

NAIL PAINTING WITHOUT TREATMENT | 23 €

We do not use shellac or gel for manicures and pedicures. Shellac can be removed for an additional charge, but unfortunately, gel nails cannot be removed.

h a n d s & f e e t



POST BEZAU

MOTHERS TO BE & TEENAGERS



MAMA TIME DELUXE (95 MIN) | 169 €

- Aroma foot bath for a relaxing start
- Neck massage
- Classic medical pedicure with foot massage and nail polish
- Foot & leg massage with arnica oil

TEENAGER FACIAL (50 MIN) | 85 €

Facial treatment tailored to the skin's condition with natural skincare products. Includes cleansing, gentle exfoliation, soothing facial massage and/or deep cleansing, mask, and skincare tips for young teenage skin.

FOOT TREATMENT FOR TEENAGERS (40 MIN) | 56 €

- Luxurious foot bath
- Nail trimming and cuticle treatment
- Relaxing foot massage
- Nail painting

HAND CARE FOR TEENAGERS (25 MIN) | 39 €

- Nail trimming and filing
- Hand massage
- Nail painting

Mums & Teenagers



We do not use shellac or gel for manicures and pedicures. Shellac can be removed for an additional charge, but unfortunately, gel nails cannot be removed.



DETOX

Traditional Chinese Medicine (TCM) aims to create a harmonious balance within the body and maintain inner harmony and health.

TCM Detox is a particularly effective and comprehensive detox concept based on the principles of Traditional Chinese Medicine. This special form of detox not only frees the body from toxins but also revitalises it with new energy. It stimulates the metabolism, lowers blood pressure, cholesterol, and blood sugar, tightens the connective tissue, and clarifies the complexion.

POST BEZAU



DETOX

Targeted treatments have been developed for TCM Detox. These include full-body massages, scrubs, detoxifying baths, and liver wraps. The elimination of toxins through the skin is promoted and overall energy flow is enhanced.

SIGNATURE TREATMENT DETOX (90 MIN) | 202 €

The perfect treatment to cleanse the entire body of acidity and toxins

- Alkaline foot bath to kickstart the detoxification process
- Detox oil scrub to stimulate circulation
- Stimulating deep tissue massage along the meridians, which loosens the fascia and encourages lymph circulation

DETOX MASSAGE (50 MIN) | 116 €

This detoxifying massage stimulates the deep tissue to release and eliminate toxins. The TCM Detox massage influences the energy flow and has a positive effect on metabolism.

DETOX FACIAL TREATMENT (40 MIN) | 81 €

During the detox facial treatment, the tissue is drained and detoxified through manual lymphatic drainage and the facial contours are tightened and firmed. Perfect for reducing swollen eyelids and mild skin blemishes.

DETOX BATH (25 MIN) | 60 €

The detox bath with regional hay flowers helps support the body in eliminating toxins and absorbing minerals and nutrients. It balances the skin's acid-base levels.

DETOX OIL PEELING (50 MIN) | 109 €

The Detox Oil Peeling opens the channels of the dermis, allowing toxins to drain away. Specific detox points are stimulated to promote circulation in the tissue and the breakdown of waste products. This is followed by the gentle massaging of firming pomegranate oil using smooth, flowing massage techniques.

DETOX LIVER WRAP (25 MIN)

The detox liver wrap promotes circulation and detoxifies the liver, supports liver function, soothes, and promotes sleep.

Single treatment | 38 €
Combination treatment | 25 €

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INTENSE BACK | 109 €

The treatment begins with the “hot roll” – two towels soaked in hot water, rolled up and gently applied or dabbed onto the skin. The intense heat penetrates deep into the muscles, preparing the tissue optimally for the subsequent back massage.

Tension is released, blood circulation is stimulated, and the back feels noticeably relieved.

FASCIA STRETCHING

The stimulating deep tissue fascia techniques promote lymph circulation. By loosening the fascia, the regeneration process is stimulated, and existing pain patterns are alleviated.

Fascia stretching (25 min) | 70 €
Fascia stretching (50 min) | 140 €

THERAPEUTIC

INDIVIDUAL MASSAGE

After a thorough diagnosis by highly qualified therapists, the treatment will be tailored to your individual needs. The goal is a holistic therapy combined with various massage techniques.

Individual Massage (50 min) | 112 €
Individual Massage (80 min) | 170 €

CLASSIC MASSAGE

Classic Back-Neck Massage (25 min) | 54 €
Classic Full Body Massage (50 min) | 102 €
Classic Full Body Massage (80 min) | 156 €

FOOT REFLEXOLOGY MASSAGE

Every part of the body is connected to corresponding energy zones on the soles of the feet. A targeted massage of these zones improves the energy flow of the entire body.

Foot Reflexology Massage with Foot Bath (50 min) | 101 €
Foot Reflexology Massage with Valerian Foot Bath (60 min) | 112 €

SPORTS MASSAGE (50 MIN) | 109 €

Through the use of deep tissue techniques and stretching, the entire musculoskeletal system and muscles are mobilised. The sports massage has a revitalising effect on the body and is particularly effective for tensions as well as joint and muscle pain.

POST BEZAU

THERAPEUTIC

LYMPHATIC DRAINAGE

Gentle, circular pressure movements on the skin help transport accumulations of lymphatic fluid, waste products, and toxins from the tissue.

Face (25 min) | 56 €
Partial body treatment (40 min) | 89 €
Full body treatment (80 min) | 159 €

APPARATIVE LYMPHATIC PANTS / LYMPHATIC JACKET | 58 €

The gentle lymphatic massage in the Ballancer system stimulates lymphatic flow, enhances circulation in the skin and muscles, and accelerates the removal of retained tissue fluid. It is ideal for athletes as well as relaxation enthusiasts.

Combination treatment | 48 €

DORN BREUSS MASSAGE (50 MIN) | 127 €

Gentle spinal and joint treatment. With simple techniques, joint blockages, misaligned vertebrae, pelvic imbalances, or differences in leg length can be corrected.
*Preferably in comfortable clothing

BREUSS MASSAGE (25 MIN) | 66 €

With targeted techniques, the spine is stretched, the muscles along the spine are relaxed, and the intervertebral discs are stimulated to regenerate using St. John's Wort oil.

ENERGETIC

CRANIO SACRAL THERAPY (50 MIN) | 127 €

Cranio Sacral Therapy is a gentle yet highly effective method that gives the body the opportunity to free itself from pain and blockages. It is based on working with the subtle pulsation of the cerebrospinal fluid and helps bring the body into a deep state of relaxation.

VISCERAL THERAPY (40 MIN) | 105 €

Visceral Therapy is the integration of the musculoskeletal system with the organ system. Our abdominal organs are attached to the musculoskeletal system, which gives them support and position in the body. Through this therapy, stressed organs are relieved, and corresponding tensions in the musculoskeletal system are addressed.

BODY SHAPE

The effective Body Shape concept forms the foundation for sustainable weight and circumference reduction, detoxification, improvement of connective tissue, and overall body rejuvenation.



SIGNATURE BODY SHAPE TREATMENT (90 MIN) | 217 €

An optimal deep-acting treatment for a firmer, more defined silhouette.
A detoxifying oil scrub stimulates blood circulation and kick-starts the body's natural cleansing process. This is followed by a body wrap, where gentle compression helps tighten the appearance of the treated areas while supporting the release of excess fluid and metabolic waste, which is then encouraged through targeted pumping movements.
The treatment concludes with a deep connective tissue massage designed to release tension and adhesions within the tissue, stimulate circulation and support the skin's natural collagen production. This helps strengthen and firm the connective tissue, leaving the overall silhouette looking smoother, tighter and more toned.



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BODY SHAPE ULTRASOUND TREATMENT (50 MIN) | 141 €

The ultrasound waves deliver the anti-ageing body serum deep into the tissue, activating metabolic activity. The removal of fat cells is promoted, and the skin is ideally prepared for the absorption of active ingredients. This is followed by the application of anti-ageing body cream.

BODY SHAPE WRAP & LYMPHATIC DRAINAGE FOR THE FACE (45 MIN) | 109 €

Highly effective firming body wrap that acts like a drainage system to eliminate toxins. The body wrap compresses the fat cells, causing water and toxins to be released from the cells. These waste products are then drained using targeted pumping techniques. The anti-aging body cream in the wrap supports the complex processes of the treatment.

During the application time of the highly effective firming body wrap, the tissue in the face is decongested and detoxified through manual lymphatic drainage. The facial contours become firm and tightened. This is followed by the gentle massaging of firming body cream.

RELAX



SUSANNE KAUFMANN SIGNATURE TREATMENT

SIGNATURE TREATMENT BODY (60 MIN) | 130 €

The SUSANNE KAUFMANN Signature Body Treatment offers a relaxing stretch & relax massage that reflects the holistic approach and origins of Susanne Kaufmann in the Alps. Individually applied massage techniques guide you into a state of deep relaxation, while precious natural plant oils help lock in moisture and provide protective benefits. This treatment creates a sense of well-being.

BODY (50 MIN) | 109 €

The entire body is gently stroked with warm aromatic oils. Jojoba wax exfoliating particles stimulate circulation, eliminate waste products, and promote detoxification. This treatment enhances vitality and provides a deeply regenerating relaxation.

DESTRESS HEAD & BACK (50 MIN) | 109 €

This massage of the head, neck, and back relieves tension, headaches, and blockages, promotes the flow of energy, and optimises focus for subsequent work. Warm sesame oil is applied and massaged into the scalp from the crown.

RELAX FACE (50 MIN) | 109 €

The holistic treatment of the face, head, and neck helps the body relax and clears the mind. New energies are released, helping to restore strength and vitality.

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BATH MOMENTS

Bathing has had a soothing effect on the body and mind since ancient times. The benefits of warm baths can be specifically enhanced with bath additives. Susanne Kaufmann has developed special baths for various needs.

BATHS (35 MIN) AS A SOLO TREATMENT | 57 € AS A DUO TREATMENT | 94 €

HAYFLOWER BATH

A composition of precious essential oils, including lavender and pine needle oil, helps the body and mind relax. Astaxanthin, a natural antioxidant, gives the bath oil its beautiful red colour. When mixed with water, it creates a silky, milky bath.

OIL BATH FOR THE SENSES

Fragrant, relaxing, and aphrodisiac essential oils from lavender, ylang-ylang, and patchouli uplift the mood and leave the skin feeling soft and smooth.

MALLOW FLOWER BUBBLE BATH

The active ingredients from mallow, as well as pine and juniper berry oil, support the immune system.

PINE BATH

The fine essential oils of the pine bath help relieve tension and indulge the senses. For a moment, feel properly connected to the Austrian Alps.

ST. JOHN'S WORT BATH

The soothing properties of St. John's Wort nourish the skin and have a balancing effect on stress, dry indoor air, or sunburn.

POST BEZAU x JOSEF P

REFORMER PILATES

THE OFFERING

The collaboration with JOSEF P introduces a modern Reformer Pilates concept to Hotel Post Bezau, expanding its holistic movement offering. At the core is a precise and mindful training approach that enhances strength, mobility, and body awareness.
Reformer Pilates can be experienced through individual private sessions, guided classes as part of the activity program, or within upcoming retreat formats. Each session follows a clear focus on quality of movement and the sustainable activation of the deep muscles – creating a strengthened and balanced body feeling.



COMING SOON

PERSONAL TRAINING I SPECIAL OPENING PRICES

Individual Session | €103
Training for Two | €75 per person
Registration via the spa reception.

NOW AVAILABLE

INDEPENDENT REFORMER TRAINING

€20 per person
Supported by guided screen instructions.
Registration via the spa reception.

Please note: The Reformer is exclusively available for guests with prior experience.

POST BEZAU

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BODY HEALTH

Physical activity and a balanced diet are essential components of personal well-being. Our personal trainers are available to provide individual guidance to improve movement quality and enhance the functionality of your body, working with you to develop a personalised training programme.

PRIVATE YOGA SESSION (55 MIN) | 120 €

PRIVATE QI GONG SESSION (45 MIN) | 70 €

REFORMER PILATES

Personal Training | 103 €
Training for two | 75 € per Person

BODYCHECK (55 MIN) | 165 €

PERSONAL TRAINING

55 min | 165 €
70 min | 203 €
85 min | 226 €

GROUP TRAINING FOR 2 OR MORE PEOPLE

55 min | 215 €
70 min | 266 €
85 min | 313 €



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.

DAY SPA INCLUDING AFTERNOON SNACK | €97

Additionally, the following services can be booked in advance.

BREAKFAST BUFFET | 32 €

AFTERNOON SNACK | 28 €

EVENING MENU | 68 €

PARTICIPATION IN THE ACTIVITY PROGRAMME | 17 €

POST BEZAU

PROGRAMMES & EXPERT TIPS

Our expert tips are also available as a Day Spa experience.
For €97, enjoy full-day access to our entire wellness area, including a spa basket with towels, slippers and a bathrobe, as well as our afternoon snack with a selection of homemade cakes.

DAY SPA INCLUDING AFTERNOON SNACK | €97

DISCOVERY | 193 €

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

DESTRESS | 323 €

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

BEAUTY | 345 €

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

D A Y S P A



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 | 323€

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

healthconcierge@hotelpostbezau.com
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www.hotelpostbezau.com