

SUSANNE KAUFMANN™

spa bezau





Welcome to the **SUSANNE KAUFMANN™** spa bezau

The **SUSANNE KAUFMANN™** spa in Hotel Post Bezau is a place of beauty, relaxation and holistic comfort. We offer you a wide selection of treatments, massages and rituals with a focus on **TCM DETOX** and natural anti aging. You will be accompanied by a team of doctors, highly qualified therapists and cosmeticians. The foundation of our nourishing and pampering treatments are the highly effective products of the cosmetic line **SUSANNE KAUFMANN™** organic treats. We look forward to personally advising you during your visit. You can reach the **SUSANNE KAUFMANN™** spa by telephone at +43 (0)5514 2207-58 or send us an email at [spa@susannekaufmann.com](mailto:spa@susannekaufmann.com).



## TCM and **TCM DETOX** at Hotel Post

The goal of TCM is to achieve a harmonic balance in the body. Traditional Chinese medicine seeks to preserve inner harmony and health instead of only curing diseases.

**TCM DETOX** is an especially effective and comprehensive detox based upon the methods of traditional Chinese medicine. This innovative form of **TCM DETOX** not only frees the body of ballast, it also provides it with new energy. The metabolism is sparked, the blood pressure, cholesterol and blood sugar can be reduced and the complexion is clarified.

Dr Brigitte Klett, doctor of general and Chinese medicine, has overseen the medicinal programme of Hotel Post Bezaú for many years. The **TCM DETOX** concept and the treatments were developed by her and Susanne Kaufmann. Ask about our **TCM DETOX** regimens.

## TCM doctor services

A selected team of general practitioners qualified in the traditional Chinese medicine is responsible for the diagnostics and therapies. The main focus lies among other things on Detox, de-stress, food intolerances and sleeping problems.

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**TCM consultation** 160 €

Following a detailed consultation on the treatment options offered by traditional Chinese medicine, the therapy is specifically aligned to your needs and wishes. Special focus is placed on tongue and pulse diagnosis, followed by syndrome diagnosis and treatment such as acupuncture, nutritional advice or moxibustion therapy.

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**Facial rejuvenation by Virginia Doran** 255 €

Natural face lifting that causes a rejuvenation of the face. The method accelerates the circulation of the life energy ,qi' and simultaneously stimulates collagen production and the lymphatic flow. The muscle and skin tone as well as the moisture of the skin and its texture improve significantly.

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**TCM Individual Doctor Service**

Acupuncture treatment including tongue and pulse diagnosis 160 €

## TCM therapist services

Our therapists are educated and trained in traditional Chinese medicine. Their many years of experience include tui na massage, the cupping method and qigong movement treatments.

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**Tui Na massages according to the rules of Traditional Chinese Medicine**

During a tui na massage, the meridians are activated, energy flows are strengthened and blocks are released. The balance, yin and yang, is restored.

Tui na back massage (25 min) 51 €

Tui na face and head massage (50 min) 99 €

Tui na full body massage (50 min) 99 €

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**Cupping**

Effective treatment with cupping balls that start the healing process and activate or strengthen the self-healing forces of the body.

Individual application (25 min) 53 €

Combination application (10 min) 20 €

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**Individual Instruction in Qigong (45 min)** 65 €

Movement and breathing exercises to avoid stress-related illnesses. The exercises stimulate the flow of energy, maintain the health and help to prevent diseases.

**TCM DETOX treatments**

Specific applications have been developed for **TCM DETOX**. These include full body massages, peelings, medicinal baths and liver wraps. The elimination of toxins via the skin is supported and the overall energy flow is improved.

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**SUSANNE KAUFMANN™ signature treatment detox (90 min) 157 €**

Perfect treatment to free the entire body from acidification and toxins.

- Start with an alkaline footbath to begin the detoxification process
- The massaging in of the detox oil peeling stimulates the circulation and makes it easier for the skin to eliminate toxins
- Stimulating deep tissue massage along the meridians relax the fascia and stimulate lymph circulation

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**TCM DETOX massage (50 min) 91 €**

The subsequent massage stimulates the deep tissue in order to eliminate the toxins released.

The massage manipulates energy flow and has a positive effect on the metabolism.

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**TCM DETOX oil scrub (50 min) 85 €**

The scrub begins the elimination of toxins via the skin. Special grip techniques are used in order to promote the circulation of the tissue and the elimination of toxins. Pomegranate oil is subsequently massaged in with soft, fluid massage techniques.

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**TCM DETOX wrap (25 min) 42 €**

The horsetail compress is detoxifying, deacidifying and stimulates the metabolism. Collections of water and fat deposits in the body are broken down. The wrap phase increases the absorption capacity of the active substances by up to 50%.

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**TCM DETOX bath (25 min) 47 €**

A **TCM DETOX** bath helps to support the body in the elimination of toxins as well as to absorb minerals and nutrients. The acid-base balance is adjusted. The tcm detox bath is the perfect ending to a **TCM DETOX** regimen.

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**Detox facial (40 min) 63 €**

During the detox treatment, the tissue is unblocked and detoxified through manual lymph drainage, making the facial contours taut and firm. The gentle massage also helps with the unblocking of swollen eyelids and minor skin impurities.

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**TCM DETOX liver wrap (25 min)**

The liver wrap promotes the circulation and detoxification of the liver, supports the functions of the livers, is relaxing and promotes healthy sleep. This is also available as an accompanying measure during other treatments.

Individual application 27 €

Combination application 17 €

## Body rejuvenation treatments

The body rejuvenation treatments stimulates the burning of fat cells, increases the resilience of the skin and firms the silhouette. The use of deep-working ultrasound and effective active ingredients provide sustainable support for achieving firm and beautiful skin.

**SUSANNE KAUFMANN** signature body rejuvenation treatment (95 min) 177 €

Optimal, deep-acting treatment for a firm silhouette.

- A detox oil scrub improves blood circulation and stimulates the detoxification process
- The subsequent film wrap pushes the fat cells together through compression, forcing water and toxins out of the cells, which the therapist drains away during the wrap with gentle pumping movements.
- The final fascia massage releases accumulations in the tissue, improves the metabolism, supports the creation of collagen and thus consolidates the cross-connections of the connective tissue. The silhouette undergoes overall firming.

## Body rejuvenation ultrasound treatment

The ultrasound waves deliver the anti cellulite serum deep into the tissue to support metabolic activity. The removal of fat cells is supported and the skin is ideally prepared to absorb active ingredients. anti cellulite cream is subsequently massaged in.

Legs and bottom (50 min) 110 €

Legs, bottom, stomach and arms (80 min) 162 €

**Body Rejuvenation wrap (45 min) 85 €**

Highly effective firming body pack that works like a drainage treatment to remove toxins. The film wrap pushes the fat cells together through compression, pushing water and toxins out of the cells. These toxins are drained away with the aid of targeted pump movement techniques. The anti cellulite cream in the wrap supports the complex processes of the treatment.

**Body rejuvenation lymph drainage partial body treatment (40 min) 69 €**

Lymphatic drainage stimulates the metabolism in the tissue and enables better removal of fat cells. Accumulated protein cells are relaxed and can resume their tissue-tautening and firming function.

**Preparative TCM DETOX oil scrub (30 min) 49 €**

The detox peeling opens the channels of the dermis from which the toxins can escape. Special elimination points are stimulated in order to promote the circulation of the tissue and the elimination of toxins.

## Alkaline applications

A good acid-alkaline balance is the prerequisite for the well-being of the body and beautiful skin. Today's lifestyle often leads to an excess acidity. Alkaline body care neutralises acids and helps the skin to naturally excrete toxic substances. This promotes stress relief, general regeneration and releases blocked energy. This is also ideal for hypersensitive skin and neurodermatitis.

**Alkaline facial treatment (80 min) 121 €**

An extremely effective facial treatment especially recommended during a **TCM DETOX** regimen, consisting of an intensive cleansing, deacidifying fleece mask, pampering massage and deeply effective products. The treatment helps the skin to free itself from acidic remnants and brings it back to its natural balance. The regeneration process of the skin is supported, the appearance of the skin is significantly improved, the cells are filled with new energy and the skin retains a feeling of wonderful harmony.

**Alkaline medical foot care with foot massage (55 min) 74 €**

The feet can be seen as useful elimination organs and auxiliary kidneys. Alkaline footbaths gently detoxify and make the feet beautiful.

- Welcoming alkaline tea
- Alkaline footbath for relaxation
- Alkaline wrap for the legs
- Medical foot care with foot massage

**Alkaline bath (25 min) 32 €**

It helps the skin to deacidify, stimulates the elimination of toxins and releases blocked energy, whilst simultaneously having a relaxing effect. Particularly recommended for skin prone to dryness and flakes, as well as after sporting activities.

## Natural Anti Aging



Susanne Kaufmann has developed the methods of natural anti aging during her many years of experience at the **SUSANNE KAUFMANN**™ spa. An important part of this holistic concept are the treatments in the **SUSANNE KAUFMANN**™ spa. From a purely scientific standpoint, the skin begins to age in one's mid-twenties. This is a good reason to develop an awareness for healthy skin early on, as the result are generally first visible years later. The skin will appear younger for longer with early, consistent care.

Natural Anti Aging Treatments have the goal of preventively protecting the skin against the first signs of aging and strengthening it in order to weaken the symptoms and delay their manifestation.

Natural Advanced Anti Aging treatments concentrate on the needs of mature skin and have the goal of keeping the skin beautiful, healthy and attractive in the second half of life as well.



## Natural Anti Aging Treatments

The Natural Anti Aging Treatments are based on the following focuses: highly effective products from the Anti Aging Facial Care Line A by **SUSANNE KAUFMANN**™ which improve all premature signs of skin aging. Deeply effective ultrasound takes the active ingredients deeper, encourages the detoxification process and stimulates the body's own collagen synthesis. Stimulating fascia deep tissue techniques and a facial massage support the lymphatic flow and the microcirculation in order to preserve the firmness of the facial connective tissue.

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### **SUSANNE KAUFMANN**™ anti aging signature treatment (115 min) 219 €

A pampering programme for the specific needs of demanding skin. Effective ultrasound, high-quality active ingredients and a massage leave behind a rejuvenated skin appearance.

- Aroma footbath for relaxing attunement
- Smoothing hand compress
- Careful cleaning of the face, throat and décolletage
- Enzyme peeling for the gentle removal of dead skin
- Through deep cleaning
- Deep tissue massage for the improvement of the microcirculation
- Work in an antioxidant power active ingredient with a special fascia short massage
- Followed by ultrasound treatment to work in the active ingredients
- Highly concentrated lifting mask for an immediate firming effect
- Relaxation phase with extended head and hand massage
- Daily care with the Anti Aging Line A

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### Anti aging intensive facial treatment (80 min) 161 €

- Careful cleaning of the face, throat and décolletage
- Enzyme peeling for the gentle removal of dead skin
- Thorough deep cleansing
- Work in an antioxidant power active ingredient with a special fascia short massage
- Followed by ultrasound treatment to work in the active ingredients
- Highly concentrated lifting mask for an immediate firming effect
- Daily care with the Anti Aging Line A

### Anti aging facial treatment (70 min) 131 €

- Careful cleaning of the face, throat and décolletage
- Enzyme peeling for the gentle removal of dead skin
- Work in an antioxidant power active ingredient with a special fascia short massage
- Followed by ultrasound treatment to work in the active ingredients
- Highly concentrated lifting mask for an immediate firming effect
- Daily care with the Anti Aging Line A

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### Anti aging short treatment (40 min) 77 €

- Careful cleaning of the face, throat and décolletage
- Work in an antioxidant power active ingredient with a special fascia short massage
- Followed by ultrasound treatment to work in the active ingredients
- Daily care with the Anti Aging Line A



## Natural Advanced Anti Aging Treatments

The Natural Advanced Anti Aging treatments are the perfect combination to successfully combat the signs of time such as the slowing of the metabolism, the scarcity of the collagen fibres, the lack of moisture, the regression of the natural synthesis of the skin lipids hyperpigmentation and the resulting wrinkles. The new Advanced Anti Aging product system is the basis for the treatments.

### Advanced anti aging facial treatment (80 min) 197 €

A special programme for mature and demanding skin. The treatment helps to visibly reduce hyperpigmentation, reduce wrinkles and refine the complexion. The jade roller harmonises the complexion and, in traditional Chinese medicine, is the symbol of beauty, grace and longevity.

- Careful cleaning of the face, throat and décolletage.
- Enzymatic peeling for the gentle removal of dead skin
- Massage in the skin lightening and radiance complex for the removal of hyperpigmentation with a special fascia short massage
- Followed by ultrasound treatment to work in the active ingredients
- Massage in the moisturising hyaluronic serum with the jade roller
- Highly concentrated lifting mask provides an immediate firming effect
- Daily care with the Advanced Anti Aging System

### Advanced anti aging hand treatment (65 min) 125 €

A special programme for the sensitive, stressed skin on the hands to remove the first signs of aging. The treatment helps to visibly reduce hyperpigmentation and smooth the skin of the hands. In order to prevent wrinkles and liver spots on the hands, the skins needs substances that form collagens, vitamins and antioxidants. These are found in the special, highly effective hand care products from **SUSANNE KAUFMANN**™ organic treats.

- Immediate cleansing of the hands
- Mild peeling for the gentle removal of dead skin
- Massage in the skin lightening and radiance complex for the removal of hyperpigmentation with the help of deeply effective ultrasound
- Massage in the moisturising hyaluronic serum with the jade roller
- Highly concentrated lifting wrap for an immediate firming effect
- Subsequent care with nail oil and hand cream

## **SUSANNE KAUFMANN**™ Bespoke Rejuvenating Facial

The new beauty treatment by **SUSANNE KAUFMANN**™ is the essence of 15 years of experience, luxury and skin care. The treatment counteracts the signs of aging and reduces the effects of harmful environmental influences. Three active vitamin complexes are applied in combination with fascia massages to defuse the influence of harmful pollution, strengthen microcirculation, stimulate collagen production and accelerate the regenerative process to rejuvenate the skin. The result is a beautiful, healthy skin and a youthful, radiant complexion.

- The perfect indulge program for the demanding skin begins with a purifying base foot bath and an accurate skin history. According to the diagnosis is started on the fascia in the neck.
- Then the face carefully cleaned and applied the revitalizing enzyme peeling. During the exfoliation gently unties the dead skin, you will receive a relaxing cosily head massage to put you in a state of complete calm and inner balance.
- A unique vitamin C complex is incorporated with a special massage technique and acts as a highly effective radical catcher.
- The vitamin A complex strengthens the connective tissue and works together with the lifting mask into the deep skin layers.
- A connective tissue massage strengthens the natural repair function of the skin.
- Finally, a Q 10 complex is incorporated with the Jaderoller. The result is an improved resilience, softened wrinkles and youthful look.

### Bespoke Rejuvenating Facial (90 min) 183 €

Bespoke Rejuvenating Facial (90 min) and the ampoule set  
 Pollution Skin Defence System for use at home (12 ampoules) 375 €  
 Pollution Skin Defence System (15 ampoules) 265 €



## Beauty Treatments

**SUSANNE KAUFMANN™** has developed deeply effective and highly concentrated care products for use in your spa together with renowned dermatologists and pharmacists. The products of the individual lines are perfectly tailored to the needs of the skin and lead to visible results within a very short time, such as:

- Improved skin moisture
- Radiant, healthy skin, even in the event of skin problems such as acne, neurodermatitis and allergies
- Refinement of skin appearance
- Improvement of the elasticity
- Reduction of the depth of wrinkles
- Repair of skin damage

## Facial Treatments for Women

The professional knowledge and empathy of our certified spa therapists will bring your outer and inner beauty into balance. In order to achieve an optimal result and the desired sustainability, the treatments and products are perfectly tailored to your skin's needs.

### Cleansing facial treatment (55 min) 85 €

A basic treatment individually tailored to the skin's needs where the skin is clarified with steam, a mild peeling, deep cleansing and effective products. These treatments leave behind skin that feels clear and fresh.

### Individual facial treatment (80 min) 121 €

An extremely effective facial treatment tailored especially to the condition of the skin consisting of a mild peeling, intensive cleansing, nourishing mask, pampering massage and deeply effective products. The condition of the skin is improved, the cells are filled with new energy and the skin retains a feeling of wonderful harmony.

### Sensitive

A treatment tailored to the needs of facial skin that is sensitive, irritated or prone to couperose. The use of a calming active ingredient compound and lymph drainage reduces redness and gently brings the skin back into a natural balance.

### Moisturising

A regenerating and smoothing moisture kick through the application of highly concentrated moisturising active ingredients. The skin is supplied with important minerals, vitamins and trace elements. The resilience and mild moisture wrinkles are improved immediately.

### Clarifying

The intensive cleansing and vitalising enzymatic peeling refines the pores and has an antibacterial effect. After the peeling, the skin is ready to absorb highly concentrated active ingredients and is regenerated and clarified through the gentle lymph drainage and deep-cleansing mask.

### Alkaline

The treatment brings it back to its natural balance. The regeneration process of the skin is supported, the appearance of the skin is significantly improved and the cells are filled with new energy.

### Detox facial (40 min) 63 €

During the detox treatment, the tissue is unblocked and detoxified through manual lymph drainage, making the facial contours taut and firm. The gentle massage also helps with the unblocking of swollen eyelids and minor skin impurities.

### Individual ultrasound treatment for facial treatment (20 min) 43 €

The vibrations of the ultrasound penetrate into the deep layers of the skin and, combined with intensive ingredients and serums, optimise the success of the treatment. The applications lead to an activation of the skin tissue and a significant improvement of various skin problems such as acne, couperose or scars.

### Bookable in addition to facial treatments

Eyelash tinting	14 €
Eyebrow tinting	12 €
Eyebrow sculpting	17 €
Eyebrow sculpting, eyebrow and eyelash tinting	35 €
Depilation, upper lip (warm wax)	12 €
Depilation, chin (warm wax)	12 €

### Back care (55 min) 89 €

- Careful cleansing and peeling of the back
- Thorough deep cleansing and healing earth mask
- Final care

### Hair removal for women (warm wax)

Depilation, lower leg	37 €
Depilation, whole leg	61 €
Depilation, bikini zone	29 €
Depilation, armpits	25 €

## Treatments for men

Men's skin requires special care and protection. This is why we have developed care products specifically tailored to these needs – Line M. It makes daily skin care fast, simple and efficient. The effective treatments are targeted for the specific problems of men's skin.

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**SUSANNE KAUFMANN® signature treatment men (80 min) 161 €**

Cleansing and moisturising treatment for the specific needs of men's skin. Effective ultrasound and a tightening mask result in a completely new feeling to the skin.

- Careful cleansing of the face, neck and décolleté
  - Enzyme peel for the gentle removal of dead skin and thorough deep cleansing
  - The working in of an anti-oxidising active ingredient with the help of deep-working ultrasound
  - Highly concentrated lifting mask for an immediate tightening effect
  - Daily maintenance with the men's face care Line M
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**Cleansing facial treatment (55 min) 85 €**

A basic treatment individually tailored to the needs of the skin where the skin is clarified with steam, a mild peeling, deep cleansing and effective products. These treatments leave behind skin that feels clear and fresh.

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**Individual ultrasound treatment for facial treatment (20 min) 43 €**

The vibrations of the ultrasound penetrate into the deep layers of the skin. The applications lead to an improvement of various skin problems such as acne.

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**Back care (55 min) 89 €**

- Careful cleansing and peeling of the back
  - Thorough deep cleansing and healing earth mask
  - Final care
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**Hair Removal for Men (Warm Wax)**

Depilation, back	45 €
Depilation, chest	45 €
Depilation, whole leg	61 €

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**Eyebrow sculpting (in addition to facial treatments) 17 €**


Manicures and foot care

We provide intense care for your hands and feet during the manicures and pedicures. Expert treatment and perfectly tailored products help care for skin and nails to make them healthy again. At the end, we offer the newest nail polish colours.

Classic manicure with hand massage (40 min) 51 €

Deluxe Manicure (70 min) 83 €

- Classic manicure with hand massage
- Hand peel
- Caring ingredient pack
- Relaxing neck massage

Classic medical foot care with foot massage (55 min) 67 €

Foot care deluxe (85 min) 99 €

- Classic medical foot care with foot massage
- Foot peel
- Caring ingredient pack
- Relaxing neck massage

Also bookable in addition to manicure/foot care  
Nail polishing with a nail polish of your choice 12 €

Varnish only  
Nail polishing with a nail polish of your choice 19 €







## Body treatments

Beauty is an expression of holistic well-being. Allow yourself time to care for, invigorate and regenerate your body, mind and senses. With our body treatments, plant ingredients, traditional applications and massage techniques complement each other to produce intensive, lasting experiences. Some of the techniques have close, regional affiliations, such as herbal packs, wraps and baths. We also integrate traditional, natural forms of therapy from other cultures.

## Therapeutic massages

Our highly qualified therapists offer a wide spectrum of massages and special treatments for the removal of functional problems with the musculoskeletal system. These range from classic massages to lymph drainage to feet reflex zone treatments.

### Individual massage

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

50 min	87 €
80 min	133 €

### Classic massage

Classic back and neck massage 🖐🖐 (25 min)	41 €
Classic full body massage 🖐🖐 (50 min)	79 €
Classic full body massage 🖐🖐 (80 min)	122 €

### Facia massage

Fascia and deep tissue techniques stimulate the lymphatic circulation. By loosening the fascias the regeneration process is stimulated and existing pain symptoms are deleted.

25 min	51 €
50 min	99 €

### Individual physio therapy treatment

Recommended after injury phases and functional disorders of the musculoskeletal system, but also for deficits in coordination and strength. The aim of the treatment is to eliminate pain and restore the optimal balance of the body.

25 min	55 €
50 min	109 €
50 min	172 €

### Foot reflex zone massage with footbath (50 min) 79 €

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

### Dorn Breuss massage (50 min) 103 €

Gentle treatment of the spinal column and joints. With the use of simple grips, joint restrictions, displaced vertebrae, pelvic obliquity or leg length discrepancies can be compensated for.

### Breuss massage (25 min) 51 €

Using specific grips, the spinal column is stretched, the musculature at the spinal column is relaxed and the intervertebral discs are supported in regeneration through the St John's wort oil.

### Lymph drainage

Accumulations of lymph fluid and toxins are transported away from the tissues with gentle, circular motions over the skin and a special holding technique.

Facial treatment (25 min)	43 €
Partial body treatment ((40 min)	69 €
Full body treatment (80 min)	123 €

### Sports massage (50 min) 85 €

The entire musculoskeletal system and the musculature are mobilised through the use of deep tissue techniques and stretching. The massage has a revitalising effect on the body and is particularly effective for tension, joint and muscle pain.

### Cranio Sacral Therapy (50 min) 99 €

The Cranio Sacral Therapy is a gentle but effective method of giving the body the chance to rid itself of pain and blockages. It is based on working with fine pulsation of cerebrospinal fluid.

### Kinesio-Taping

Taping helps to relieve pain and stimulates the healing process for acute or chronic complaints. The tape is applied to the affected areas following the diagnosis.

Individual application (25 min)	53 €
Combination application (10 min)	20 €



## Comfort Treatments

Our harmonising treatments free you from the stress and hectic of the everyday and restore your inner balance. Beneficial massage techniques, warming oils and highly effective essences. Refreshing and invigorating or balancing and relaxing. Take the time to enjoy this highest form of comfort.

<b>SUSANNE KAUFMANN™</b> deep balancing signature treatment 🖐️🖐️ (120 min)	219 €
Pure beauty, intensive care, wonderfully deep relaxation from head to toe. Let yourself, your skin and your whole body be cleansed, nourished, invigorated and pampered for 120 minutes.	
<ul style="list-style-type: none"> <li>• Warming footbath for relaxing attunement</li> <li>• Detox oil scrub for the gentle removal of dead skin</li> <li>• Fragrant oil bath for the senses</li> <li>• Relaxing deep massage for body and head to activate the flow of energy</li> </ul>	
Deep balancing deluxe 🖐️🖐️ (90 min)	149 €
<ul style="list-style-type: none"> <li>• Soft body peeling with smooth herbal peeling particles</li> <li>• Relaxing, intensively moisturising witch hazel bath with a cup of tea</li> <li>• Pampering full body massage with an essential oil of your choice</li> </ul>	
Body cult deluxe 🖐️🖐️ (90 min)	149 €
<ul style="list-style-type: none"> <li>• Soft body peeling with smooth herbal peeling particles</li> <li>• Nourishing St. John's Wort bath with a cup of tea</li> <li>• Pampering full body massage with an essential oil of your choice</li> </ul>	
Bregenzerwälder herbal stamps (75 min)	125 €
<ul style="list-style-type: none"> <li>• Skin soothing and calming herbal whey bath</li> <li>• Targeted treatment of the meridians with hot Bregenzerwälder herbal stamps</li> <li>• Gentle massaging in of warm oils with special massage techniques</li> </ul>	
Lomi-lomi-nui body work (75 min)	138 €
The traditional Hawaiian body therapy stimulates deep layers of tissue. Long massage strokes connect all areas of the body and respond to the whole person. Blocks are resolved, the spirit is harmonised and energy brought back into flow. The muscles relax and you begin to let go on all levels.	

Relax treatment body 🖐️🖐️ (50 min)	85 €
The whole body is spread with warm essential oils. Jojoba wax peeling particles stimulate the circulation, flush out waste products and promote the detoxification of the body. The treatment increases vitality and bestows a regenerating deep relaxation.	
Relax treatment head (50 min)	85 €
This head and neck massage releases tensions, headaches and blockades, supports the flow of energy and then optimizes concentrated work. Warm sesame oil is applied part by part to the scalp and massaged in. A warm oil turban harmonizes the energy centers.	
Relax treatment face (50 min)	79 €
The holistic treatment of face, head and neck allows the body to relax and the gaze to become free again. New energies are released in order to return to strength and vitality.	
Relax treatment back 🖐️🖐️ (35 min)	55 €
A foot compress nourishes the feet and the massage causes a helpful purification of the leg veins. The energetic back massage releases tensions and eases the musculature.	
Relax treatment feet 🖐️🖐️ (35 min)	55 €
Warming and invigorating foot bath followed by foot massage. A proven method from TCM to allow energy to flow evenly through the body.	
Body scrub (35 min)	57 €
Luxurious body scrub with active ingredients echinacea and St John's wort. A massage with an individual product from the <b>SUSANNE KAUFMANN™</b> cosmetic line.	
Ear candle treatment	
An old natural remedy for nervousness and stress symptoms. Leaves you with a fresh, free feeling throughout the head.	
Individual application (25 min)	39 €
Combination of ear candle treatment and face lymph drainage (50 min)	79 €
Combination of ear candle treatment and Relax Treatment Face (75 min)	113 €



## Body rituals for two

Special applications in your own small spa. The bright rooms are equipped with a steam bath or a double tub and two wellness loungers. The treatments are conducted by two therapists.

### Duo Oriental (75 min)

Duo 167 €

- Welcome tea to get you in the mood
- Steam bath with an aetheric aroma of your choice
- Relax treatment body: Gentle stretching and covering of the whole body with hot aromatic oils increases vitality and leaves you with wonderful, regenerative deep relaxation.

### Duo Occidental (90 min)

Duo 235 €

- Welcome tea to get you in the mood
- Gentle body peel, removes dead skin cells, vitalises and promotes the circulation
- Steam bath with an aetheric aroma of your choice
- Pampering full body massage with an essential oil of your choice (50 min)

### Duo Relax (90 min)

Duo 235 €

- Tea for welcoming and attuning
- Gentle body peel, removes dead skin cells, vitalises and promotes the circulation
- Fragrant oil bath for the senses gives skin a velvety smoothness
- Relax treatment body: Gentle stretching and covering of the whole body with hot aromatic oils increases vitality and leaves you with wonderful, regenerative deep relaxation.

## Baths

Baths have exercised a beneficial effect on the body and soul since antiquity. The effect of warm baths can be strengthened by the use of bath supplements; **SUSANNE KAUFMANN™** organic treats have developed special baths for various needs.

Oil bath for the senses (25 min) Solo 32 € / Duo 53 €  
Aromatic, relaxing and aphrodisiac aetheric oils made from lavender, ylang-ylang and patchouli put you in a positive mood, heighten the senses and leave you with velvety-feeling skin.

Herbal whey bath nourishing (25 min) Solo 32 € / Duo 53 €  
Whey is one of the oldest beauty care products. The herbal whey bath nurtures with lime blossoms and camomile to ensure wonderfully smooth and soft skin.

Herbal whey bath calming (25 min) Solo 32 € / Duo 53 €  
The herbal whey bath calming helps to relax the body and resolve blocks with its active ingredients of lavender and balm. Whey also has a purifying effect.

St John's Wort bath (25 min) Solo 32 € / Duo 53 €  
The relieving properties of St John's Wort care for the skin and have a balancing effect on negative factors such as stress, dry indoor air or sunburn.

Witch hazel bath (25 min) Solo 32 € / Duo 53 €  
The healing herbal complex reduces inflammation and balances the moisture and oil content.

Mallow blossom bubble bath (25 min) Solo 32 € / Duo 53 €  
Active ingredients from mallow, pine oil and juniper berry oil support the immune system. Fine foam and relaxing aromas care for and pamper skin without drying it out.

## Packs

The highly effective film wrap increases the ability of the skin to absorb caring ingredients. We offer you the packs either with or without a preparatory body scrub.

Preparatory body scrub (20 min) 26 €  
Luxurious body peeling with plant-based active ingredients. It improves the skin's ability to absorb effective care substances that are contained in the soft-pack lounge.

Sports compress with rosemary (25 min) 42 €  
New vitality for joints and muscles. The active ingredients of the compress reduce stress, relieve tension and stimulate circulation.

Cream pack with evening primrose oil (25 min) 42 €  
Moisturising and re-oiling can help relieve neurodermitis, psoriasis, inflamed skin and allergies.

Lavender pack (25 min) 42 €  
Calms the nerves and restores balance in case of exhaustion, sleep disturbances, nervous gastrointestinal disorders.

## Treatments for Pregnancy

The female body must perform the unbelievable during pregnancy. Take the time to allow yourself to be completely cared for and pampered. The treatments relax the musculature, strengthen the body's defences and stimulate a release of water collections in the tissue.

Mommy time (70 min)	115 €
<ul style="list-style-type: none"> <li>• Alkaline leg wrap</li> <li>• Extended shoulder and neck massage</li> <li>• Skin nourishing poultice for the baby belly</li> <li>• Foot and leg massage with arnica oil</li> </ul>	
Mommy time deluxe (95 min)	131 €
<ul style="list-style-type: none"> <li>• Welcome tea</li> <li>• Aroma footbath for relaxing attunement</li> <li>• Relaxation massage</li> <li>• Classic medical foot care with nail polish</li> <li>• Foot and leg massage with arnica oil</li> </ul>	

## Treatments for Kids and Teens

Growing up is an exciting time. The events of our childhood accompany us throughout our entire lives. The goal of children's massage is to sharpen the awareness for sensitivity. The facial treatment help to counteract the first impurities of the skin and acne.

Facial treatment for teenagers (50 min)	67 €
<p>Treatment specially tailored to skin condition with natural care products. Comprising cleansing, mild peeling, gentle facial massage or deep-cleansing, masks and useful care tips for young teenage skin.</p>	
Foot treatment for teenagers (40 min)	43 €
<ul style="list-style-type: none"> <li>• Footbath</li> <li>• Nail trimming</li> <li>• Pampering foot massage</li> <li>• Nail varnishing and nail art stickers</li> </ul>	
Hand care for teenagers (25 min)	31 €
<ul style="list-style-type: none"> <li>• Nail trimming and filing</li> <li>• Hand massage</li> <li>• Nail varnishing and nail art stickers</li> </ul>	
Children's massage (25 min)	37 €
<p>A massage individually tailored to the age of the child with warm oils. From fine contact for the very little to massages to relieve tension for older children.</p>	
Children's tui na massage (40 min)	73 €
<p>Children's tui na is an important component of Chinese medicine. After a diagnosis by the therapists, blocks in the meridians are relieved and the physical constitution is stabilised.</p>	

Day Spa

A whole day at the **SUSANNE KAUFMANN™** spa in Bezau with a themed focus of your choice. Give yourself this time out from everyday life, either regularly as a well-earned reward, as preparation for a special occasion or just because you can. We are happy to advise you and can also put together a personalised programme for you.

1-day active regeneration 257 €

- Relax treatment face
- Full body massage with aromatic oil (50 min)
- Foot reflex zone massage with footbath
- Bath with a bath essence of your choice and whole-day use of the wellness area
- Welcome cocktail

1-day all-round healthy 157 €

- Relaxing treatment head
- Back and neck massage
- Bath with a bath essence of your choice
- Whole-day use of the wellness area
- Welcome cocktail

1-day pure beauty 249 €

- Cleansing facial treatment
- Classic manicure with hand massage
- Medical foot care with foot massage
- Gentle, regenerating and pore-refining body scrub
- Whole-day use of the wellness area
- Welcome cocktail

1-day relaxation deluxe 191 €

- Cleansing facial treatment
- Bath with a bath essence of your choice
- Full body massage (50 min)
- Whole-day use of the wellness area
- Welcome cocktail

1-day TCM DETOX 265 €

- **SUSANNE KAUFMANN™** signature treatment detox
- Alkaline facial treatment
- Whole-day use of the wellness area
- In the afternoon juicing (fights against free radicals)

1-day anti aging 346 €

- **SUSANNE KAUFMANN™** Anti Aging Signature Treatment
- Deep balancing deluxe
- Whole-day use of the wellness area
- In the afternoon juicing (fights against free radicals)

Also bookable in addition to your day spa package

Breakfast	21 €
3-course lunch	30 €
3-course dinner	35 €



### Reservation

Please make all appointments as far in advance as possible. Unfortunately, short-notice bookings upon arrival can only be accepted in very limited circumstances. For advice, please call tel. +43 (0)5514 2207-58. We would be pleased to compile a programme tailored to your individual needs. Please inform us if you do not wish to be treated by a male therapist.

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### Music

The therapists recommend refraining from listening to music during the treatments. If you would like to listen to your favourite music, we are happy to provide you with one of our docking stations.

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### Delays

Please arrive at the spa a few minutes ahead of your appointment so that you have time to drink a cup of tea in peace and quiet and prepare for your treatment. If you arrive late, we regret it will not be possible to extend the treatments beyond the agreed time. In this case, the treatment will unfortunately have to be shortened accordingly and finish at the schedule time.

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### Cancellation Terms

If you are unable to attend an appointment, please cancel it at least 24 hours in advance. Please note that same-day cancellations of appointments will be charged at 100% of the treatment price.

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### Spa Etiquette

For the sake of other guests, please turn off your mobile telephone while in the spa and speak quietly and discretely with other guests.

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### Privacy

You will enjoy most of the body applications unclothed. You can change in private, without being disturbed. Please also remove your jewellery. Ladies decide for themselves whether the chest area should be included in full body treatments.

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### Health

Please tell us at the beginning of your visit to the spa about any current impediments, such as high blood pressure, heart ailments, metabolic disorders and allergies, whether you are pregnant or have recently undergone an operation.

## SUSANNE KAUFMANN™ organic treats

SUSANNE KAUFMANN™ organic treats use the intensive effect of the Alpine plant world in a modern manner for beauty, health and comfort. Skin-specific formulas and the greatest possible compatibility were part of the concept from the very beginning. Today, the internationally renowned care line comprises more than 90 functional products.

**Precious ingredients.** SUSANNE KAUFMANN™ products are made from precious natural essences, oils and single substances. The percentage of active plant ingredients is especially high.

**Specific functions.** All ingredients have been specifically selected for their effect. Combinations of plant ingredients that mutually complement and strengthen each other are used here.

**Uncompromising compatibility.** The highest quality of ingredients, careful processing and years of experience with plant ingredients result in excellent compatibility.

