

SUSANNE KAUFMANN

SPA

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Susanne Kaufmann, founder of the cosmetics line and Susanne Kaufmann™ Spa at the Hotel Post in Bezau, Austria, is a pioneer in herbal active cosmetics and innovative treatment concepts. The origins of the internationally successful brand are deeply rooted in the spa itself. All products are developed and tested for use here. Susanne is committed to including only the finest active ingredients in her products, whilst using tailored, innovative treatments to significantly improve the skin.

STEPHANIE RIST



Stephanie Rist, who was born in Vorarlberg, has been working with Susanne Kaufmann for over a decade now. Having started her training at the Susanne Kaufmann™ Spa in Bezau, she has been closely involved with the development of the Susanne Kaufmann™ cosmetics brand and international spa brand over the past decade. Her diverse training background, her extensive experience as a beauty specialist over the years, and her interest in new holistic lifestyle concepts have allowed her to play a major part in shaping the new POST BEZAU. Stephanie Rist is looking forward to welcoming you to the Hotel.

SPA BEZAU



Austria's
Best Wellness Retreat



Austria's
Best Wellness Retreat



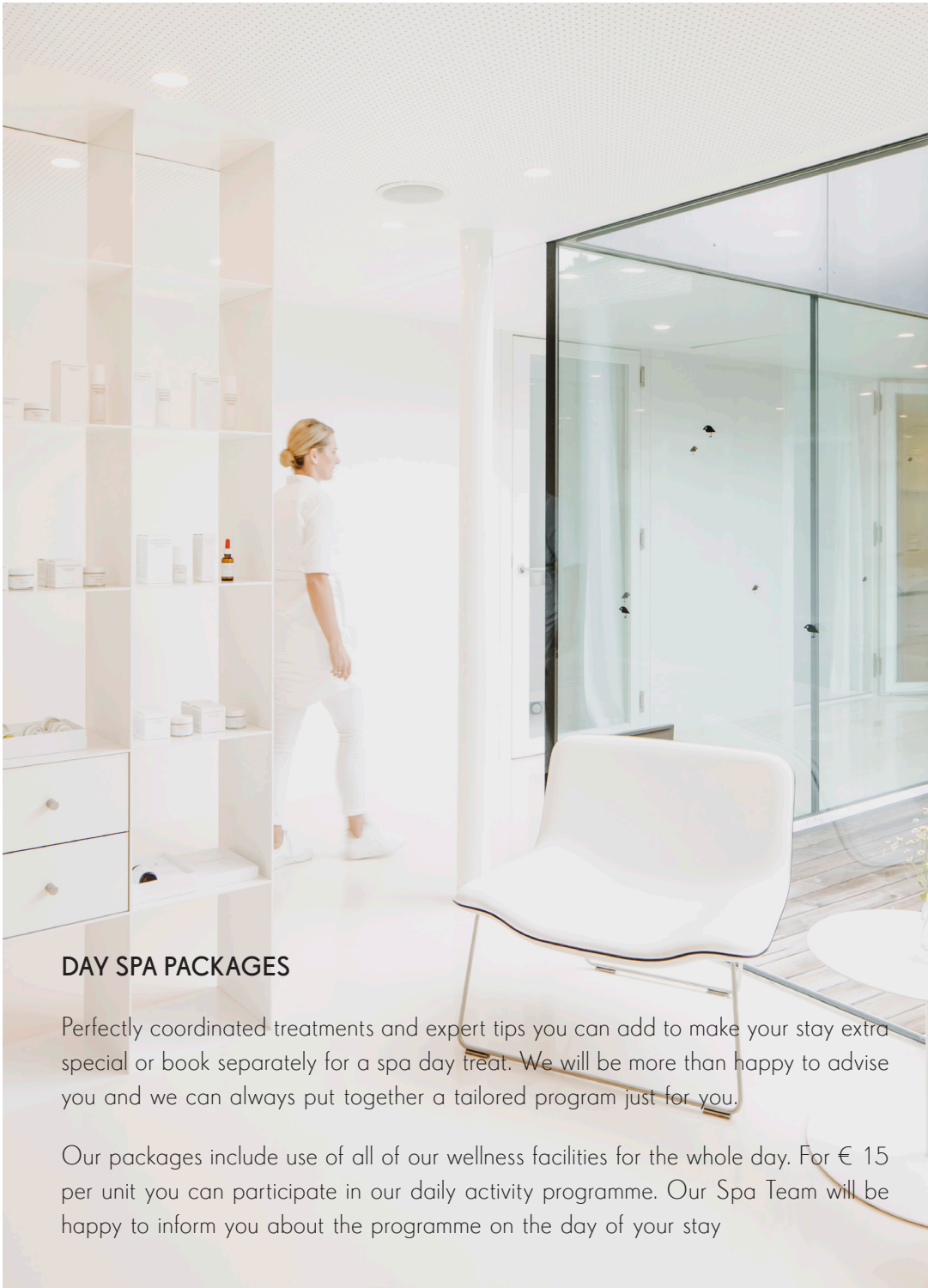
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The Susanne Kaufmann™ Spa at POST BEZAU is a place of beauty, relaxation, and holistic well-being. We have a wide range of treatments, massages, and rituals to offer you, with a focus on TCM Detox and Natural Anti Aging concepts. Our team of doctors, highly qualified therapists, and beauticians are on hand to cater to your every need. The highly effective products in the Susanne Kaufmann™ cosmetics line are at the heart of our soothing pamper treatments. We will be very happy to offer you a one-to-one consultation before you pay us a visit. You can contact the Susanne Kaufmann™ Spa on the phone:

+43 (0)5514 2207-58 or by email: spa@hotelpostbezau.com.



DAY SPA PACKAGES

Perfectly coordinated treatments and expert tips you can add to make your stay extra special or book separately for a spa day treat. We will be more than happy to advise you and we can always put together a tailored program just for you.

Our packages include use of all of our wellness facilities for the whole day. For € 15 per unit you can participate in our daily activity programme. Our Spa Team will be happy to inform you about the programme on the day of your stay

Holistic Beauty	€249
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Personal Skin Case History and Consultation Transformative Signature Treatment (80 min) Back Fascia Treatment (25 min)	
Beauty	€341
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Transformative Signature Treatment (80 min) Medical Pedicure with Foot Massage (55 min) Manicure with Hand Massage (40 min)	
Discovery	€188
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Back Massage (25 min) Alkaline Detox Signature Treatment (50 min)	
Destress	€333
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Relax Treatment Face (50 min) Reflexology with Baldrian Foot Bath (60 min) Full-Body Massage (50 min)	
Detox	€305
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Signature Treatment Detox (90 min) Facial Treatment Detox (40 min)	
Regeneration	€257
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Relax Treatment Head (50 min) Preliminary Body Scrub (30 min) Choice of Body Wrap (35 min)	

There is a €30 reduction on package prices for guests staying at the hotel overnight

NATURAL ANTI AGING



Susanne Kaufmann developed her Natural Anti Aging approach on the basis of her many years of experience at the Susanne Kaufmann™ Spa. Treatments at the Susanne Kaufmann™ Spa are an integral part of this holistic concept. From a purely scientific perspective, the skin starts to age once we reach our mid-20s. What better reason to develop a conscious skin ritual at an early stage – after all, the consequences usually only become visible years later. Through early and consistent care, the skin looks younger for longer.

Our Anti Aging Preventive Treatments are a form of preventative action that protects the skin against the first signs of aging and boosts its resilience so that symptoms are minimized and delayed.

Anti Aging Repair Treatments focus on the needs of mature skin, with a view to keeping the skin looking healthy and attractive during the later years of life.

Anti Aging Treatments

Our Natural Anti Aging Treatments have highly effective Anti Aging products from Susanne Kaufmann™ at their core to reduce the early signs of aging on the skin with lasting effect. Ultrasound penetrates deep into the skin, applying active ingredients deep down, stimulating tissue purification, and supporting the body's own collagen synthesis process. Stimulating fascial deep-tissue techniques and a facial massage support lymph flow and microcirculation so as to keep the facial connective tissue looking and feeling firm.

Anti Aging Signature Treatment (120 min)

€273

The Anti Aging Signature Treatment has been specially developed with the needs of demanding skins in mind. It softly purifies hands, feet, face, neck and neckline with targeted movements and fine peelings. After the removal of dead skin particles, active ingredients penetrate deep into the skin using ultrasound treatment. Blood circulation is activated, new cell growth is promoted, and powerful anti-oxidative compounds and highly concentrated care products give your skin back its natural radiance. Meanwhile, detox massages to the back and arms relax the musculature, streamline the connective tissues, and invigorate the skin.

Anti Aging Signature Treatment (80 min)

€202

The Anti Aging Signature Treatment relaxes the facial muscles and gives a youthful complexion. Targeted movements and highly effective antioxidant care products work together against the skin's aging process. This preventative treatment involves the purification of face, neck and neckline areas, giving the skin a new suppleness through the use of various care products. Meanwhile, with the help of ultrasound treatment, a special range of masks and powerful active compounds are worked into the skin, imbuing it with renewed radiance and elasticity.

Express Anti Aging Signature Treatment (40 min)

€97

The Express Anti Aging Signature Preventative Treatment is ideal as an initial treatment, where demanding skin can obtain a radiant appearance in a short time. Face, neck, and neckline are purified and relaxed, while special massage and ultrasound techniques promote blood flow and the suppleness of the skin. Powerful antioxidant compounds and care products penetrate deep below the surface, rapidly leaving the skin looking youthful and radiant.

Glow Treatment (50 min)

€117

The Glow Treatment brings a radiance to the face and complexion: Tailor-made treatment techniques and highly effective care products ensure better blood circulation in the skin. The deep cleansing of face, neck, and décolleté prepares the skin to absorb the subsequent nurturing ingredients. As the glow mask works its magic, a head and neck massage provide further relaxation. An exceptional serum supplies the skin with moisture, worked in with a short fascia massage, improving the skin's vitality. Further streamlining is provided by a highly-concentrated Power Mask, before the Spa Team rounds off the treatment with a Susanne Kaufmann™ Face Roller.

Eye Treatment (25 min)

€61

The Eye Treatment smooths and lifts the fine lines around the eye area. This begins with an intensive cleansing of face, neck, and décolleté, before the highly effective Eye Rescue Serum is worked in with a special fascia massage and lymphatic-activating grips. Dark eye rings and puffy eyes are visibly reduced, while a highly-concentrated Power Mask grants an immediate lifting effect. A neck massage is then given while the cooling rose water pads work their magic. An exquisite final touch is provided by the application of the Susanne Kaufmann™ Face Roller.

Boosting Hydration Treatment (50 min)

€127

Visibly plump, brighten, and revitalise your skin with our Boosting Hydrating Treatment. This highly effective facial combines potent botanical concentrates with targeted massage techniques and modern technology to nourish, firm, and plump the skin. The facial begins with a deep and refreshing double cleanse and gentle exfoliation using our award-winning Enzyme Exfoliator to perfectly prime the skin. While the mask treats the skin, a soothing head massage will help you to escape the chaos and unwind, promoting a deep sense of relaxation. This is followed by a specialised ultrasound application of our Boosting Liquid Mask, an intensive, cooling mask treatment developed to instantly infuse the skin with moisture and revitalise the complexion, while delivering long-lasting age-defying benefits. The skin will feel firmer, revitalised and more resilient for both immediate and long-lasting results.

Bespoke Rejuvenating Facial Treatment

The Bespoke Rejuvenating Facial is the result of 15 years of beauty and spa experience. They unite the finest products with effective massage techniques and expert methods to noticeably improve the skin. An additional skin analysis provides information on the current condition of the skin, thus creating the basis for a holistic care system recommended by the expert.

Bespoke Rejuvenating Facial (90 min)

€189

The treatment combats signs of aging, reduces the effects of harmful environmental influences, and releases deep tension in the facial muscles. Fascial techniques, lymph drainage, and deep-tissue massage stimulate the skin metabolism and transform the skin structure. The result is a radiant, relaxed, and youthful complexion that can withstand today's environmental influences.

- The ideal care program for demanding skin starts off with a detoxifying foot bath and a detailed case history of the skin.
- The face is then gently cleansed and the revitalizing enzyme peel is applied. While the peel is left on to work its magic, you will be treated to a soothing head massage that will leave you feeling calm and relaxed as your inner balance is restored.
- A vitamin C complex is worked in with a special massage technique to release a powerful antioxidant effect.
- The nutrient concentrate is then worked in to stimulate cell regeneration and collagen production and to supply the skin with intensive moisture. Together with the active ingredients of the lifting mask, the nutrient concentrate penetrates to the deep layers of the skin.
- A connective tissue massage follows, giving the skin's natural repair function an extra boost.
- Finally, the hyaluron serum is worked in with the Obsidian Face Roller, which penetrates into the deep layers of the skin and locks the skin's own moisture. The result is elasticity, fewer lines and wrinkles, and a youthful appearance.



Collagen Renewal Treatment

Rejuvenate and repair from head to toe. Our Collagen Renewal Treatment showcases the restorative benefits of our Age Restorative Skincare range and contains a unique complex of minerals, precious rock crystal, amethyst gemstone essences, specialised waters, and the nutrient-rich power of tree bud extracts to restore the natural health of damaged skin. The use of individual body and facial massage techniques, paired with our high-performance body and skincare, are designed to rejuvenate, repair, and encourage lymphatic drainage while boosting collagen in the skin for a youthful, renewed complexion.

Collagen Renewal Treatment (60 min)

€173

This unique, holistic treatment has been developed alongside the pioneering Age Restorative Skincare range, a new generation of care for the skin that celebrates a healthy approach to aging: one that harnesses local medicinal plants with scientific knowledge to teach the skin how to renew its own natural processes and restore skin health. Through years of research, the range celebrates cutting edge physics combined with regionally sourced ingredients to make the skin work harder for itself. These products are combined with highly efficient toning body products and potent concentrations from the award-winning Susanne Kaufmann™ range, each applied using specialised massage techniques to promote deep relaxation and firmer, more toned skin.

- An opening ritual balances the body's natural breath rhythm and relaxes the senses.
- The body and mind are connected through special application of the Toning Body Serum and Toning Body Cream. This invigorating massage encourages circulation and firms the skin.
- Soothing massage techniques are applied to the décolleté, shoulders, and neck to release tension in the face and promote flexibility.
- The arms are then engaged with soothing application of the Toning Body Serum followed by the firming Pomegranate Body Oil.
- A deep facial cleanse primes the skin to lift away impurities and maximise absorption of the renewing care to follow.
- A potent concentration of Ectoin is worked into the skin with stimulating massage techniques to support the regeneration of skin cells and skin's natural protective barrier.
- The best-selling Rejuvenating Eye Cream and pioneering Renewing Complexion Serum and Renewing Day Cream are applied with our signature facial massage techniques, resulting in a skin that radiates with health and a youthful glow that shines from within.



BEAUTY TREATMENTS



Susanne Kaufmann joined forces with renowned dermatologists and pharmacists to develop highly concentrated and effective skin-care products to be used at the spa. The products in each of the lines are tailored perfectly to the skin's needs and the results can be seen immediately:

- Improved skin moisture levels
- A healthy and radiant complexion – even in the case of issues such as acne, neurodermatitis, and allergies
- A more refined complexion
- Improved elasticity
- Reduced depth of wrinkles
- Repaired skin damage

Face Treatments for Women

The unique facial treatments are perfectly matched to our own cosmetic products. The key to the success of the treatments can be found in the energetic rituals developed by Susanne Kaufmann and her team of experts, coupled with the combination of old and new therapy methods to create a truly unique experience.

Alkaline Detox Signature Treatment (50 min)

€106

An effective treatment that is tailored to cleansing and detoxifying the skin. The Susanne Kaufmann™ Alkaline Detox Signature Treatment includes a case history of the skin, deep cleanse, peel, lymph drainage, and cleansing mask. A gentle enzyme peel is applied to the face, neck, and chest. This stimulates the skin's own regeneration process and restores its natural balance. The skin is left looking radiant and harmonized. The treatment includes personalized aftercare.

Transformative Signature Treatment (80 min)

€151

A customized treatment tailored to your skin's needs, guaranteed to transform its condition as desired. After a thorough case history of the skin, carefully selected products and tailored massage techniques are combined to improve the skin condition. This treatment helps to alleviate concerns such as dryness, impurities, and rosacea. The complexion is left clear and radiant once again, enriched with energy and a feeling of harmony.

Facial Treatment Detox (40 min)

€79

During the detox treatment, the tissue is decongested and purified using manual lymph drainage. The facial contours are left feeling firm and taut. The gentle massage also helps to relieve swollen eyelids and eliminate minor skin blemishes.

Deep Cleansing Back Treatment (50 min)

€106

This treatment is specifically designed for the needs of the skin of the back. A peeling technique ensures a deep cleansing right at the outset. Then, through the application of the Purifying Clay Mask, the skin's pores are cleansed and the complexion is refined. A final caring treatment soothes the skin and supplies plenty of moisture.



Face Treatments for Men

Men's skin needs intense care and special protection. We have developed a product range specifically for these requirements. The effective treatments focus on the concrete problems of men's skin.

Alkaline Detox Signature Treatment for Men (50 min)

€106

An effective treatment that is tailored to cleansing and detoxifying the skin. The Susanne Kaufmann™ Alkaline Detox Signature Treatment for Men includes a case history of the skin, deep cleanse, peel, lymph drainage, and cleansing mask. A gentle enzyme peel is applied to the face, neck, and chest. This stimulates the skin's own regeneration process and restores its natural balance. The skin is left looking radiant and harmonized. The treatment includes personalized aftercare.

Transformative Signature Treatment (80 min)

€151

A customized treatment tailored to the needs of men's skin, guaranteed to transform its condition as desired. After a thorough case history of the skin, carefully selected products and tailored massage techniques are combined to improve skin condition. This treatment helps to alleviate concerns such as dry, sensitive skin or impurities. The result is a clarified, revitalized, and youthful complexion.

Deep Cleansing Back Treatment (50 min)

€106

This treatment is specifically designed for the needs of the skin of the back. A peeling technique ensures a deep cleansing right at the outset. Then, through the application of the Purifying Clay Mask, the skin's pores are cleansed and the complexion is refined. A final caring treatment soothes the skin and supplies plenty of moisture.



Beauty Add ons Face

Susanne Kaufmann™ offers an effective range of extra treatments that can intensify the results of the original treatment, allow results to be delivered even more quickly, or have a beneficial effect in their own right.

Extra Facial Treatments

Eyelash Tinting	€19
Eyebrow Tinting	€18
Eyebrow Shaping	€22
Eyebrow Shaping, Eyebrow and Eyelash Tinting	€44
Upper Lip Hair Removal (Hot Wax)	€15
Chin Hair Removal (Hot Wax)	€15

Ultrasound Treatment (20 min)

Coupled with intensive active serums, the vibrations of the ultrasound penetrate deep into the skin layers to optimize the success of the treatment. This process activates the dermal tissue and significantly improves various skin problems such as acne, rosacea, and scars.

Alkaline Fleece Mask (10 min)

A balanced pH is the fundamental basis for clear skin. Hyperacidity can lead to allergies and impurities. The alkaline fleece mask balances the pH level and has a calming effect.

Anti Aging Eye Treatment (10 min)

Our eye treatment is ideal for restoring radiance and sparkle in the eyes. The sensitive skin around the eyes is left firmer and swelling is reduced when the Power Mask is applied.

Hand Mask with Nutrient Concentrate (10 min)

Our hands say a lot about us, so pamper them with some extra care during your treatment. The hand serum provides lasting nourishment, rejuvenating the delicate skin.

Foot Mask (15 min)

Pamper your feet with a nourishing foot mask during your treatment. According to TCM, a foot mask is an essential element in true relaxation.

Manicures and Pedicures

Choose our manicures and pedicures to give your hands and feet a real treat. Professional treatments and carefully tailored products leave your skin and nails looking healthy and well cared for once again. The latest nail polishes we have on offer make for the perfect finishing touch.

Standard Manicure with Hand Massage (50 min) €75

Deluxe Manicure (70 min) €99

- Standard manicure with hand massage
- Hand scrub
- Nourishing active ingredient mask
- Relaxing neck massage

Standard Medical Pedicure with Foot Massage (60 min) €85

Deluxe Pedicure (85 min) €118

- Standard medical pedicure with foot massage
- Foot scrub
- Nourishing active ingredient mask
- Indulgent hand massage

Extra Option for Manicures/Pedicures

Nail polish in a color of your choice €12

Nail Polish Only

Nail polish in a color of your choice €23

Detox Pedicure with Foot Massage (60 min) €95

The feet are an effective part of the body when it comes to eliminating pollutants. They are even sometimes referred to as "auxiliary kidneys". Alkaline foot baths provide gentle detoxification, leaving the feet looking and feeling beautiful.

- Standard medical pedicure with foot massage
- Welcome Acid Alkalizing Tea
- Relaxing alkaline foot bath
- Foot scrub with alkali salt
- Alkali wrap for the legs
- Medical pedicure for foot massage

We do not include Shellac or gel nails as part of our manicures or pedicures. We can remove Shellac for an extra charge but we cannot remove gel nails at all.

TCM AND TCM DETOX



Traditional Chinese medicine (TCM) aims to restore harmony and balance within the body, promoting inner peace and health rather than healing illnesses and conditions.

TCM Detox is an incredibly effective and comprehensive detox concept based on methods used within Traditional Chinese Medicine. This innovative approach to detox frees the body from whatever is holding it back and feeds it with new energy. The metabolism is boosted, the connective tissue tightened, and the complexion cleared, while blood pressure, cholesterol, and blood sugar levels can drop.

Dr. Brigitte Klett and Dr. Joachim Lohmann, doctors specializing in general and Chinese medicine, have been heading up the medical side of things at Hotel Post Bezau by Susanne Kaufmann for many years. Susanne Kaufmann worked with them to develop the TCM Detox concept and the treatments. Simply ask about our TCM Detox treatments to find out more.

TCM Doctor – Individual Services

A select team of doctors who have been trained in general and traditional Chinese medicine take care of diagnoses and treatments. Their specialisms include detox, food intolerances, and sleep problems.

TCM Consultation with Doctor €191

After a detailed consultation about the treatments available under traditional Chinese medicine, the treatment is tailored to your specific wants and needs. The focus is on tongue and pulse diagnosis, which is used to identify syndromes and define further treatment, such as acupuncture or dietary advice.

TCM Acupuncture with Doctor (60 min) €191

Originating from Traditional Chinese Medicine (TCM), the art of acupuncture involves needles being used to activate the body's own self-healing power.

TCM Acupuncture with Doctor and anamnesis (75 min) €239

Originating from Traditional Chinese Medicine (TCM), the art of acupuncture involves needles being used to activate the body's own self-healing power. One's medical history is a useful starting point for the acupuncture.

TCM Therapist – Individual Services

Our therapists are fully qualified and trained in traditional Chinese medicine. Over a number of years, they have built up knowledge and experience in cupping therapy, and qigong movements.

Cupping

This intense treatment uses cups to start the healing process, activating or strengthening the body's own self-healing power.

Single Treatment (25 min)	€52
Combination Treatment (10 min)	€26

One-to-one qigong Lesson (45 min) €68

Movement and breathing exercises to help overcome stress-related symptoms. The exercises stimulate the flow of energy, help prevent illness, and maintain overall health.

TCM Therapist – Individual Services

Nutrition is the basis of our health – body and soul. Our TCM therapist Sabine Erath-Stark is our expert for basic diagnostics, mindfulness training, and meditation.

Basis diagnosis including nutritional advice for at home (60 min) €161

After our TCM therapist Sabine Erath-Stark ascertains your current state through a tongue and face diagnosis and subsequent individual consultation, she will give you nutritional advices for at home. The goal of the basic diagnosis is a diet which promotes health and a lifestyle change which is specifically tailored to you and your needs.

Nutrition plan and recipes for at home after basis diagnosis €107

After your basis diagnosis with our TCM therapist Sabine Erath-Stark you will receive a nutrition plan and recipes for at home.

1:1 Meditation (60 min) €100

Mindfulness meditation is a tool for training the mind to pay attention to the present moment. It is a non-judgmental practice, involving being totally at ease with what is happening right now. Regular mindfulness meditation reduces stress reactions and thus has a positive effect on the healing process of stress-related illnesses. Meditation strengthens our resilience in the long term, helping us over time to achieve more serenity, inner peace, and contentment.

1:1 Coaching (60 min) €161

Let our trainer in stress management Sabine Erath-Stark advise you in individual coaching regarding the topics of stress management, resilience and relaxation techniques.

TCM Detox Treatments

We have developed a number of targeted treatments as part of our TCM Detox concept. These include full-body massages, exfoliating scrubs, eliminating soaks, and liver cleansing packs. The excretion of toxins through the skin is stimulated and the entire energy flow is improved.

Signature Treatment Detox (90 min) €196

The Detox Signature Treatment is perfect for liberating the entire body from hyperacidity and pollutants.

- An alkaline foot bath kick-starts the purification process
- The Detox Oil Scrub is massaged in to stimulate the circulation and make it easier for the skin to eliminate pollutants
- The stimulating deep-tissue massage along the meridians loosens up the fasciae and stimulates lymphatic circulation

TCM Detox Massage (50 min) €113

This detoxifying massage stimulates the deep tissue to flush out released pollutants. The TCM Detox Massage influences the flow of energy and has a positive effect on the metabolism.

TCM Detox Oil Scrub (50 min) €106

The Detox Oil Scrub opens the channels of the dermis, enabling toxins to be flushed out. Special eliminating points are stimulated to promote tissue perfusion and the removal of waste products. Subsequent application of firming pomegranate oil with gentle, flowing massage techniques.

Detox Soak (25 min) €59

The Detox Soak with regional hay flowers supports the body in its efforts to eliminate toxins and absorb nutrients and minerals. The pH balance is restored. The regional Detox Soak is the perfect way to finish up a Detox cure.

Facial Treatment Detox (40 min) €79

During the detox treatment, the tissue is decongested and purified using manual lymph drainage. The facial contours are left feeling firm and taut. The gentle massage also helps to relieve swollen eyelids and eliminate minor skin blemishes.

TCM Detox Liver Cleansing Pack (25 min)

A liver cleansing pack boosts blood supply to the liver and helps detoxify the organ, with liver function being supported. The treatment has a calming effect for a good night's sleep. You can combine this treatment with others if you wish.

Single Treatment	€34
Combination Treatment	€22

BODY TREATMENTS



Beauty is an expression of holistic well-being. It is important to take time out to care for, invigorate, and refresh your body, mind, and senses. Botanical active ingredients are combined with traditional methods and massage techniques to create our body treatments, which are intensive experiences with lasting effects. Some of our techniques have close ties to the local area, including our herbal masks, wraps, and soaks, but we do incorporate natural treatments that are traditional in other cultures too.

Therapeutic Massages

Our highly qualified therapists offer a wide range of massages and other special treatments to overcome niggles that make it difficult to move around as normal. We cover everything from traditional massages to lymph drainage and reflexology.

Tailored Massages

After running through a thorough diagnosis, one of our highly qualified therapists will adapt the treatment in line with your specific needs. The aim is to create a holistic treatment using a range of massage techniques.

50 min	€109
80 min	€166

Traditional Massages

Traditional Back and Neck Massage (25 min)	€52
Traditional Full-Body Massage (50 min)	€98
Traditional Full-Body Massage (80 min)	€152

Reflexology with Foot Bath (50 min)

Every body part is linked to corresponding energy zones on the soles of the feet. Massaging specific zones improves the flow of energy throughout the whole body.

Reflexology with Valerian Foot Bath (60 min)

Every body part is linked to corresponding energy zones on the soles of the feet. Massaging specific zones improves the flow of energy throughout the whole body. The foot bath with valerian has an relaxing effect on body and mind.

Kinesio Taping

Taping relieves pain and helps overcome acute or chronic symptoms. After an initial diagnosis, tape is applied to the affected areas.

Single Treatment (25 min)	€58
Combination Treatment (10 min)	€22

Sports Massage (50 min)

Deep-tissue techniques and stretches are used to mobilize the entire motor system and all the muscles. The massage has an invigorating effect on the body and is ideal above all for relieving tension, painful joints, and aching muscles.

Fascia Treatment

Our stimulating deep-tissue fascial techniques stimulate lymphatic circulation. Loosening off the fasciae kick-starts the regeneration process and eliminates painful symptoms.

25 min	€68
50 min	€136

Lymph Drainage

Applying pressure to the skin in gentle circular motions allows accumulated lymphatic fluid, waste, and toxins to be removed from the tissue.

Face (25 min)	€55
Partial-Body Treatment (40 min)	€87
Full-Body Treatment (80 min)	€155

Visceral Therapy (40 min)**€102**

Visceral therapy brings together the motor system and the internal organs. Our abdominal organs are connected to the motor system, which supports them and gives them their place in the body. This therapy relieves strained organs and the resulting tension within the motor system.

Craniosacral Therapy (50 min)**€124**

Craniosacral therapy is a gentle yet incredibly effective way of allowing the body to eliminate pain and blockages itself. It focuses on the gentle pulsation of the cerebrospinal fluid.

Dorn Breuss Massage (50 min)**€124**

A gentle treatment for the vertebrae and joints. Simple grips are used to balance out joint blockages, displaced vertebrae, pelvic misalignment, or leg length discrepancy.

Breuss Massage (25 min)**€64**

Specific grips are used to stretch out the spine and relax the muscles along the spine. Regeneration of the vertebral discs is stimulated using St. John's wort oil.



BODY SHAPE



The new and effective Body Rejuvenation concept provides a foundation for losing weight and inches (and keeping them off), detoxifying and improving the connective tissue, and rejuvenating the entire body. The treatment concept developed exclusively for the Susanne Kaufmann™ Spa works on three levels: tailored treatments, a customized nutritional plan, and exercise based on the latest medical research.

Body Shape Treatments

The Body Shape Treatments stimulate the burning of fat cells, improve the skin's elasticity, and tauten the silhouette. The use of highly effective ultrasound and active agents helps to keep the skin firm and beautiful with lasting results.

Signature Body Shape Treatment (95 min) €211

A highly effective treatment that is ideal if you are looking to tauten your silhouette.

- The Detox Oil Scrub activates blood circulation and gets the purification process going.
- Through compression, the film wrap that follows pushes the fat cells together, squeezing out water and toxins, with pumping actions being used for drainage.
- A fascia massage ends the treatment, loosening agglutinations in the tissue, boosting the metabolism, and supporting collagen formation. As a result, the links in the connective tissue are strengthened. The silhouette looks firmer on the whole.

Body Shape Ultrasound Treatment

Ultrasound waves take the Anti Cellulite Serum deep into the tissue, where they activate the metabolism. This aids the elimination of fat cells and optimally prepares the skin for the absorption of the active agents. Anti Cellulite Cream is then massaged in.

Legs and Buttocks (50 min) €137

Legs, Buttocks, Abdomen, and Arms (80 min) €203

Body Shape Wrap (45 min) €106

Highly effective, firming body mask that acts as a drainage to eliminate toxins. Through compression, the film wrap pushes the fat cells together, squeezing out water and toxins. Targeted pump techniques help to eliminate these waste products. The Anti Cellulite Cream in the wrap serves to enhance the effects of the treatment's complex processes even further.

Body Shape Lymph Drainage Partial-Body Treatment (40 min) €87

Lymph drainage stimulates the metabolism of the tissue and allows for fat cells to be eliminated more effectively. Protein cells that are stuck together can be separated, meaning that they will once again be able to fulfill their tissue-tightening and firming function. We recommend combining ultrasound and lymph drainage on a daily basis for the best results.

Preliminary TCM Detox Oil Scrub (40 min) €81

The Detox Oil Scrub opens the channels of the dermis, enabling toxins to be flushed out. Special eliminating points are stimulated to promote tissue perfusion and the removal of waste products.

Well-Being Treatments

Our harmonizing treatments whisk you away from the stress and hustle and bustle of everyday life, bringing you back to inner balance. Soothing massage techniques, warming oils, and effective essences. Refreshing and invigorating or harmonizing and relaxing. Take time to enjoy this premium form of well-being.

Deep Balancing Signature Treatment (120 min) €261

Pure beauty, intense care, and wonderfully deep relaxation from head to toe. Let us invigorate and pamper your body, mind, and skin for 120 minutes.

- Warm foot bath for relaxation to get started
- Detox Oil Scrub to remove dead skin cells
- Fragrant and relaxing Oil Bath for the Senses
- Relaxing deep body massage to activate the flow of energy

Deep Balancing Deluxe (100 min) €196

- A gentle full-body scrub removes excess dead skin cells
- A soothing Witch Hazel Bath pampers the skin and clears the mind
- The harmonizing massage restores the body's balance

Body Culture Deluxe (100 min) €196

- Gentle full-body scrub with soft herbal exfoliating particles
- Intensely nurturing St. John's Wort Bath with a cup of tea
- Indulgent full-body massage with an aromatic oil of your choice

Lomi Lomi Nui Massage (75 min) €172

This traditional Hawaiian form of massage stimulates layers deep in the tissue. Long massage strokes connect every region of the body, offering a holistic massage experience. Blockages are relieved, the mind is harmonized, and energy is encouraged to flow again. The muscles relax and you begin to let go on all levels.

Body Scrub (40 min) €76

Luxurious body scrub with active agents from echinacea and St. John's wort. Followed by the application of a tailored product from the Susanne Kaufmann™ cosmetics line.

Ear Candle Treatment

A traditional natural remedy for anxiety and symptoms of stress. The treatment leaves the whole body feeling refreshed and liberated.

Single Treatment (25 min) €49

Combination of Ear Candle Treatment and Face Lymph Drainage (50 min) €99

Most of our treatments are also available for couples. We will be happy to provide you with further information.

Relax Treatment Body (50 min) **€106**

Warm aromatic oils are rubbed into the whole body. Jojoba wax exfoliating particles stimulate the circulation, remove waste, and help detoxify the body. The treatment boosts vitality, while regenerating and deeply relaxing the body.

Relax Treatment Head (50 min) **€106**

This head and neck massage relieves tension, headaches, and blockages, promotes the flow of energy, and enhances concentration for more efficient work afterwards. Warm sesame oil is applied to the scalp and massaged in. A warm oil-infused turban harmonizes the energy centers.

Relax Treatment Face (50 min) **€99**

This holistic treatment for face, head, and neck releases tension in the body and clears the mind. New energy is liberated; strength and vitality are restored.

Relax Treatment Back (35 min) **€68**

A foot mask takes care of the feet, while the massage soothes and unblocks the veins in the legs. The energetic back massage relieves tension and loosens up the muscles.

Relax Treatment Feet (35 min) **€68**

A warming and invigorating foot bath followed by a foot massage. A proven method from TCM to achieve a balanced flow of energy throughout the body.

Rituals for Two

Special treatments in your own personal little spa. The bright rooms are equipped with a steam bath or a double bathtub and two wellness loungers. Two therapists perform the treatments.

Duo Regeneration (100 min) **€384**

- Welcome cup of tea to get started
- Gentle body scrub to remove dead skin cells, revitalize, and stimulate circulation
- Mallow Blossom Bubble Bath
- Relaxing full-body massage with an aromatic oil of your choice (50 min)

Duo Destress (100 min) **€398**

- Welcome cup of tea to get started
- Gentle body scrub to remove dead skin cells, revitalize, and stimulate circulation
- Fragrant Oil Bath for the Senses – for soft and smooth skin
- Relax Treatment Body – involves stretching and rubbing warm aromatic oils into the whole body to boost vitality and regenerate with deep relaxation

Duo Detox (100 min) **€478**

- Welcome cup of tea to get started
- Alkaline bath – helps the skin to deacidify
- Detox Oil Scrub – opens the channels of the dermis, enabling toxins to be flushed out
- Detox Massage – this detoxifying massage stimulates the deep tissue to flush out released pollutants. The TCM Detox Massage influences the flow of energy and has a positive effect on the metabolism

Soaks and Baths

Since antiquity, bathing has had a beneficial effect on the body and mind. Bath products can be added to warm soaks to reinforce the effect in a targeted way. Susanne Kaufmann has developed a special range of soaks and baths tailored to suit different requirements.

Oil Bath for the Senses (35 min)

One person €56 / Two people €92

Fragrant, relaxing, and aphrodisiac, the essential oils of lavender, ylang-ylang, and patchouli are a wonderful combination, leaving the skin feeling supple and smooth.

Herbal Whey Bath nourishing (35 min)

One person €56 / Two people €92

Whey is one of the oldest skin-care products for beauty. The Herbal Whey Bath nourishing is rich with lime blossom and chamomile, giving you skin that is soft and smooth.

St. John's Wort Bath (35 min)

One person €56 / Two people €92

The soothing properties of St. John's wort care for the skin and counteract negative influences such as stress, dry air from the heating, or sunburn.

Witch Hazel Bath (35 min)

One person €56 / Two people €92

This healing herbal complex has anti-inflammatory properties and balances the moisture and oils of the skin, soothing even very dry and flaky patches.

Mallow Blossom Bubble Bath (35 min)

One person €56 / Two people €92

The active ingredients from mallow, mountain pine oil, and juniper berry oil provide support for the immune system. Delicate bubbles and relaxing aromas nourish and pamper the skin.

Alkaline Bath (35 min)

One person €56 / Two people €92

Helps the skin to deacidify, detoxifies, and releases blocked energy, all while having a pleasant relaxing effect. This treatment is particularly recommended for skin that is prone to dryness and dandruff, as well as for after sports activities.

Body Wraps

Film wraps are incredibly effective, making it easier for the skin to absorb the nourishing active ingredients. With all of our wraps, you have the option of adding a Preliminary Body Scrub if you wish.

Preliminary Body Scrub (30 min) €48

A luxurious body scrub with herbal ingredients. It improves the skin's ability to absorb the effective active agents contained in the wrap.

Anti Aging Body Wrap (35 min) €78

The Anti Aging Body Wrap stimulates the metabolism of the connective tissue and makes it easier for toxins to be eliminated. The skin is left feeling more supple with improved elasticity, while the silhouette looks firmer and more toned.

Sports Wrap with Rosemary (35 min) €73

New vitality for joints and muscles. The active ingredients in this wrap reduce stress, relieve tension, and stimulate the circulation.

Cream Wrap with Evening Primrose Oil (35 min) €73

Moisturizing and nourishing, this treatment is ideal for those who suffer from neurodermatitis, psoriasis, inflamed skin, and allergies.

Lavender Wrap (35 min) €73

Calms the nerves and balances the mind, helps to counteract fatigue, difficulty sleeping, a nervous stomach, and intestinal disorders.



Add ons Body

Susanne Kaufmann™ offers effective methods to tailor the treatments even better to different skin types and optimize their results.

Preliminary Detox Oil Scrub (40 min) €81

The Detox Oil Scrub opens the channels of the dermis, enabling toxins to be flushed out. Special eliminating points are stimulated to promote tissue perfusion and the removal of waste products.

Preliminary Body Scrub (30 min) €48

A luxurious body scrub with herbal ingredients. It improves the skin's ability to absorb the effective active agents contained in the subsequent care product.

Alkaline Bath (35 min) €56

Helps the skin to deacidify, stimulates the elimination of waste products, releases blocked energy, and has a relaxing effect. This treatment is particularly recommended for skin that is prone to dryness and dandruff, as well as for after sports activities.

Ultrasound Treatment (20 min) €55

Ultrasound boosts cell metabolism, while the texture of the skin is purified and smoothed. The vibrations of the ultrasound help highly potent active ingredients to penetrate into the skin cells on deeper levels, thereby optimizing the success of the treatment. The result is strong connective tissue and a toned silhouette.

Foot Mask (15 min) €28

Pamper your feet with a nourishing foot mask during your treatment. According to TCM, a foot mask is an essential element in true relaxation.

Body Shape Wrap (45 min) €106

Highly effective, firming body mask that acts as a drainage to eliminate toxins. Through compression, the film wrap pushes the fat cells together, squeezing out water and toxins. Targeted pump techniques help to eliminate these waste products. The Anti Aging products in the wrap serve to enhance the effects of the treatment's complex processes even further.

Hair Removal for Women (Hot Wax)

Hair Removal, Half Leg (to Knee) €45

Hair Removal, Whole Leg €76

Hair Removal, Underarm Pits €32

Hair Removal for Men (Hot Wax)

Hair Removal, Back €57

Hair Removal, Chest €57

Hair Removal, Whole Leg €76

Treatments for Kids and Teenagers

Growing up is an exciting time. Experiences from childhood accompany us throughout our entire lives. The aim of the massage for children is to heighten their awareness of sensations. Facial treatments help to combat the first signs of impurities and acne.

Teenager Facial (50 min) €83

A facial treatment specially tailored to the specific condition of the skin using natural care products. Consisting of cleansing, mild exfoliation, gentle face massage or deep cleansing, mask, and useful tips for young, teenage skin.

Pedicure for Teenagers (40 min) €55

- Foot bath
- Toenail trim and cuticle treatment
- Indulgent foot massage
- Nail polish

Manicure for Teenagers (25 min) €38

- Fingernail trim and file
- Hand massage
- Nail polish

Massage for Children (25 min) €45

A massage using warm oils that is adapted depending on the age of the child, ranging from gentle strokes for tiny little ones to proper massages that release tension for bigger kids.

Treatments for Pregnant Women

During the nine and a bit months of pregnancy, the female body achieves a miracle. We have developed a range of skin-care treatments that are suitable during pregnancy to ensure that mums-to-be can still feel happy in their own skin. Take time to look after yourself and indulge in some pampering.

Mama Time Deluxe (95 min) €164

- Welcome cup of tea
- Aromatic foot bath for relaxation to get started
- Relaxing neck massage
- Standard medical pedicure with nail polish
- Foot and leg massage with arnica oil

FITNESS



Physical activity plays a key role in preventing various disorders or illnesses. Regular exercise keeps the body and its systems performing as well as possible, and brings stillness to the mind. In this way, keeping fit is a big contributor to both physical and mental wellbeing – now and into the future. The impacts of regular exercise on the entire organism are pretty complex. Physical activity is about so much more than just fat burning, weight loss goals, or muscle building. Our personal trainers concentrate on the human body as a whole unit – the focus is on prevention and highly-effective exercise sequences. In this way, the entire movement system can benefit from more stability and flexibility.

FITNESS BODYCHECK

Physical activity and a balanced diet are essential ingredients when it comes to your personal well-being. Our Personal Trainers are on hand to work with you to help you improve your exercise technique and get you moving your body more effectively. Together, you can draw up a tailored programme that suits you and your goals perfectly.

Bodycheck (55 min)	€161
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Training Plan, 6 Weeks	€214
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Group Training for At Least Two People	55 min	70 min	85 min
	€209	€257	€304
Personal Training	55 min	70 min	85 min
	€161	€197	€220



The Susanne Kaufmann™ Spa

Reservations

We ask that you book all appointments as far in advance as possible. It is, unfortunately, highly unlikely that you will be able to make last-minute bookings on arrival. We are always happy to offer you advice over the phone – just call +43 (0)5514 2207-58. We can work with you to draw up a programme that is tailored to your specific requirements. Don't forget to let us know if you would prefer not to have a male therapist give you your treatment.

Music

Our therapists recommend that you do not listen to music during your treatment. If, however, you would rather listen to your favorite tunes, we will be happy to lend you one of our docking stations.

Late Arrivals

Make sure that you arrive at the spa a few minutes before your appointment time. That way, you will be able to relax with a nice cup of tea and get in the zone. Unfortunately, if you are running late, we will not be able to carry on with your treatment beyond the time it was originally due to finish. In this case, your treatment time would have to be reduced accordingly.

Cancellation terms and conditions

If you are no longer able to keep your appointment, we ask that you cancel it with at least 24 hours' notice. Please note that we have to charge in full for appointments canceled with less than 24 hours' notice.

Spa etiquette

Please consider our other guests and turn your cell phone off when you are using our spa. Make sure that conversations with other guests are kept as quiet and discreet as possible.

Privacy

You will need to get undressed for the majority of our body treatments. You will have your own private space to do this in your own time. Make sure you remove any jewelry too. Any body parts that are not included in the treatment will be covered with towels throughout.

Health

Please let us know when you arrive at the spa if you suffer from high blood pressure, a heart condition, a metabolic disorder, or any allergies. You should also inform us if you are pregnant or if you have recently had an operation.