

DERBÄR®

Beauty Treatments & Massages



BEAUTY TREATMENTS

CONSTANTINA SOIKA

Cosmetician and human energist



“The greatest gift we can give is to see, hear, understand the other...”

Virginia Satir

As an experienced cosmetician, it is my pleasure to be able to inspire you with an extensive range of high-quality beauty and wellness services. Using the numerology method (according to Pythagoras) I accompany you as a human energetic in the search of the inner energy that gives you the strength to help yourself. This is used to discover the psych energetic, informative matrix and is an instrument of controlling and maintenance health.

As a tool for modelling the present and shaping the future.

THALGO

THE BRAND

The beauty care products are based on natural active ingredients and are distinguished by their excellent skin compatibility.

For 50 years now THALGO has been specialising in conducting research into active marine cosmetics. Highly effective ingredients from the depths of the sea with revolutionary regenerating, moisturising, and revitalising properties create the basis for unique products and treatments.

THALGO
LA BEAUTE MARINE

GUINOT

THE BRAND

GUINOT is based on a very personal vision, inspired by medicine, and has been an internationally recognised brand in cosmetics for over 40 years.

Thanks to cooperation on improving the absorption capacity of active ingredients into the skin, especially in severely injured burn victims, an essential cell nutrient solution consisting of 56 biological substances called "Cellulair Life Complexe" was developed in 1986 at the Cochin Hospital in Paris. This is used for the formation and regeneration of skin cells. GUINOT's research and development laboratory tests and measures the performance of the products based on numerous parameters in order to constantly improve treatments and results.

At GUINOT, care is synonymous with high quality.



PAMPERING FOR HANDS

Nail polish € 15,-

Manicure, approx. 55 min. € 61,-

*Nails get filed, shaped, polished and cuticles
Will be removed. If desired, nail oil, nail serum
or clear coat as well as skin care cream can be applied.*

Hand Spa, approx. 75 min. € 85,-

Manicure, hand exfoliation and shooting hand massage

PAMPERING FOR FEET

Pedicure, approx. 60 min. € 69,—

Nails get cut, shaped, filed and polished as well as cuticles and horn skin will be removed. If desired, nail oil, nail serum or clear coat as well as skin care cream can be applied.

Foot Spa, approx. 75 min. € 93,—

Pedicure, foot exfoliation and soothing foot massage

FACIAL TREATMENTS

THALGO INNOVATIVE AND PROFESSIONAL

***Ingredient complex from 100%
micro pulverized seaweeds***

Has a balancing, remineralizing effect and moisturizes the skin optimally through to the minerals, vitamins and trace elements that it contains.

Will be matched individually to your skin condition.

The negative charge of the alga attracts the positive charge of the toxins.

as preparation mask

appropriate to every face treatment € 33,—

or aquarelle face treatment, approx. 90 min. € 126,—
especially for blemished skin

Source Marine Deep Sea treatment, approx. 75 min. € 129,—

with deep cleansing and face-palp, approx. 95 min. € 136,—

The power of the sea for perfectly nourished skin.

From the depths of the ocean comes SÈVE BLEUE, an extract rich in minerals and trace elements. It supplies your skin with intensive hydration leaving it soft and smooth with a radiant glow.

DETOX- facial treatment, approx. 60 min. € 99,—

with face-palp approx. 75 min. € 126,—

This facial treatment, with effects on skin and body, is a unique combination of spirulina and maritime magnesium. It combines effectiveness, naturalness and wellness. The skin gains more radiance, vitality and freshness and leads to the renewal of the epidermis by energizing the metabolism in the cells. It relieves antioxidant stress - the skin can breathe again!

Silicon treatment, approx. 75 min. € 139,—

with deep cleansing, approx. 95 min. € 163,—

Your secret weapon against the signs of the passing time.

An effective combination of marine silicon, collagen and hyaluronic acid gives your skin a 'lifted' appearance. A sculpting sheet mask infused with hyaluronic acid and silicon creates a radiant complexion and redefines facial contours. Enjoy a significantly younger appearance with a firm, smooth, even skin tone.

Exception Marine, approx. 95 min. € 179,—
with décolleté treatment, approx. 115 min. € 196,—

A cellular sensation thanks the patented AGE REVERSE complex created using natural algae hormones. A unique combination of exclusive active ingredients reactivates the cellular mechanisms reducing the visible signs of ageing and tackles both the causes and the unwanted symptoms of skin ageing. The highly effective treatment ritual achieves maximum anti-ageing effects. Even after just one application, it redefines facial contours, restores volume and lends the skin a more youthful appearance.

Description of face palp

(Included in every more detailed facial treatment)

Professional facial care with patented kneading roll massage technique for visible anti-aging results. A gentle treatment with a strong effect. The suction cup technique, developed in France, naturally restores the skin's youthfulness. The facial contours are being remodeled in a short time. Face Palp is a novel, patented method that combines classic kneading roll massage with traditional cupping technique. This technology enables tailor-made treatment that is customer-focused, and individual anti-aging issues are resolved in a non-invasive manner. At the touch of a button, the desired negative pressure can be precisely generated. The resulting vacuum between the glass and the skin creates a suction that strongly stimulates microcirculation, lymphatic flow and lipolysis, oxygenates the skin, and stimulates the production of collagen fibers.

THALGO Men treatment, approx. 75 min. € 119,—
with deep cleansing and head-neck massage, approx. 95 min. € 156,—

A range of skin care products from THALGO specially developed to meet the needs of men's skin. Marine and plant-based ingredients combined with the Ocean Blue mask result in enhanced elasticity and vitality. A facial treatment that rejuvenates and refreshes the skin with algae extracts.

GUINOT SIGNATURE

Skin renewing facial treatment

Moisture, soothing, purity, radiance, approx. 60 min. € 108,-

*Firmness and youthfulness with Hydra Peeling
and special masks, approx. 80 min. € 159,-*

Description of Hydra Peeling with Hydra PH

The alternative to medical peeling.

It stands for a particularly gentle peeling, an excellent antioxidant and protects the skin from free radicals. It also has an antibacterial and anti-inflammatory effect, as well as a hydrating effect. Reduces signs of ageing, pigmentation spots, gives the skin new radiance and produces an even complexion.

Anti-Age Treatment

Impressive and made to pamper.

Hyaluron facial treatments, approx. 95 min. € 185,-

with décolleté treatment Age Summum, approx. 115 min. € 205,-

with décolleté treatment Lift Summum, approx. 115 min. € 205,-

Age Summum

The highest in active ingredient complexes of vitamin C, Hyaluron, Cellular Life complex and Pro Collagen to immediately reduce the signs of ageing.

Lift Summum

Valuable extracts of sea buckthorn, algae extract and Energycell for a more defined facial contour and youthful appearance.

Eye Lift - Eye treatment

Draining massage with anti-age active ingredients.

Plants with a vascular strengthening effect, cornflower extract, Cellular Life Complex and Soft Focus Pigments against the signs of fatigue, wrinkles, bags under the eyes and dark circles.

Eye Lift eye mask, approx. 45 min. € 84,-

with Hydra Peeling and coordinated face mask, approx. 75 min. € 135,-

FOR A RADIANT FACE

Facial massage, approx. 20 min. € 39,-

with active-ingredient essence

Facial massage, approx. 50 min. € 79,-

with relaxing mask and serum

FOR RADIANT EYES

Eyebrow plucking € 17,-

Eyebrow shaping € 26,-

Eyebrow tinting € 21,-

Eyelash tinting € 19,-

DEPILATION WITH FILM WAX

The film wax is suitable due to its special condition ideal for hair removal for all skin types. Also for very dry and sensitive skin.

The low melting point of the film wax allows almost painless depilation.

<i>Chin, approx. 10 min.</i>	<i>€ 18,—</i>
<i>Upper lip, approx. 10 min.</i>	<i>€ 12,—</i>
<i>Armpit, approx. 15 min.</i>	<i>€ 19,—</i>
<i>Bikini area, approx. 20 min.</i>	<i>€ 36,—</i>
<i>Intimate area, approx. 30 min.</i>	<i>€ 46,—</i>
<i>Lower legs, approx. 45 min.</i>	<i>€ 60,—</i>
<i>Full legs, approx. 75 min.</i>	<i>€ 93,—</i>

DEPILATION WITH HOT WAX

<i>Lower legs, approx. 30 min.</i>	<i>€ 36,—</i>
<i>Full legs, approx. 50 min.</i>	<i>€ 60,—</i>
<i>Arms / back / chest, approx. 30-50 min.</i>	<i>from € 39,—</i>

CONNECT TO YOUR INNER SELF – SPA MASSAGES ON OUR QUARZSAND BEND

Indian-style massage

For a feeling of harmony and serenity

Face-head-neck & foot massage, approx. 75 min.

€ 123,—

Full body massage, approx. 90 min.

€ 159,—

The aim of Ayurvedic massages is to bring the body into a state of deep relaxation. The massage is blissfully soothing and the warm sesame oil penetrates deep into the tissues, releasing toxins and relaxing the muscles. The massage strengthens the immune system and activates the body's own healing powers.

Pantai Luar

Indonesian herbal ball massage

Back, approx. 50 min.

€ 93,—

Back/thighs, approx. 75 min.

€ 136,—

Relieves tension and lulls you into a state of relaxation.

The herbal ball massage boosts your mental vitality, stimulates the activity of the lymphatic system, strengthens the muscles and fortifies the body's defences. Using a special technique the massage is carried out alternately using heated, herb-filled compress balls and warm oils. The treatment also serves to stimulate the metabolism and detoxify the body. Particularly effective in treating cellulite, tiredness and fatigue. The pleasant, relaxing effects of the massage are enhanced by the sensation of warmth and the aromatic scent of the herbs.

Egyptian pharaoh sand-stamp massage

Back, approx. 45 min.

€ 73,—

Back/thighs, approx. 75 min.

€ 123,—

This gentle pressure massage carried out using heated sand-filled stamps and warm, aromatic oil, soothes and strengthens the back muscles, improves circulation and stimulates the skin's reflex zones. The healing properties of the warm sand, combined with gentle massage strokes, promote the removal of waste products and toxins. The long-lasting heat stimulates metabolism, relaxes the muscles and boosts the body's regenerative powers.

Muru Aki massage, approx. 60 min.

€ 101,—

The magic of the South Pacific — a unique beauty ritual

The combined effects of warm seashells and hot lava rocks together with silky smooth coconut oil offer you a unique experience of sensual contrasts. The alternating heat and coolness have a profound tension-relieving effect that penetrates deep into the layers of tissue. The result is an incredible sensation of relaxation and ease, a rejuvenated body and mind and wonderfully soft, moisturised skin.

KURLAND

BODY TREATMENTS

Garshan (dry massage)-oil-exfoliation, approx. 30 min. € 51,—

Body exfoliation cleanses the skin and prepares it for subsequent treatments. The treatment removed dead skin cells and rough patches, activates cell metabolism and restores smoothness and suppleness to the skin.

Choice of moisturising body packs, approx. 40 min. € 53,—

Your body will smell simply wonderful and your skin will feel soft and silky. Especially suited to dry, sensitive skin.

You can choose from the following essential oils:

- *Blackberry* (moisturising, metabolism-boosting)
- *Lemongrass* (refreshing, invigorating, cleansing)
- *Honey* (anti-inflammatory)
- *Lavender* (calming, harmonising)
- *Champagne* (crisp and invigorating)

Moor mud wrap, approx. 40 min. € 56,—

The healing power of the moor: This back wrap with moor mud warmed by the sun is perfect for soothing a tired back. It is deeply relaxing and also has a positive effect on joint complaints. Equally suited to detoxifying and pH-balancing.

Garshan (dry massage)-exfoliation € 96,—
and body wrap by choice, approx. 70 min.

For a completely strengthened and soft skin feeling we recommend a combination of a sea salt & oil exfoliation and a body wrap by choice.

Goat butter cream body wrap, approx. 50 min. € 69,—

For dry to very dry skin. Goat milk butter is rich in minerals, vitamins and enzymes. The various fatty acids contained in goat butter cream have an anti-inflammatory, nourishing effect on the skin. Natural protective substances activate the cells and enable them to defend themselves against possible diseases. With its high percentage of goat butter, combined with aloe vera, panthenol and urea, the cream provides the skin with maximum moisture. The special fatty acids contained in the goat butter have a balancing effect and can relieve itchiness (pruritus). Effective in treating atopic eczema and psoriasis.

OUR RECOMMENDATION

Thalasso seaweed body pack, approx. 45 min. € 63,—

combined with a sea-salt exfoliation, approx. 65 min. € 89,—

combined with a thigh and stomach wrap, approx. 75 min. € 103,—

The freshly blended, 100% pure, natural, micro-pulverizing seaweed used in this body pack has a detoxifying effect and helps neutralise excess acid. It stimulates the metabolism, re-mineralises and moisturises. The valuable vitamins, trace elements and minerals contained in the seaweed nourish the skin and tissues. The result is a deep, long-lasting sense of well-being and a body bursting with renewed energy.

Short Time-Out, approx. 45 min. € 72,—
approx. 60 min. € 91,—

This treatment has been specially created for clients who want to boost their skin's moisture levels and enjoy a facial treatment in a short space of time.

Ear candle treatment, approx. 40 min. € 63,—
combined with a facial lymphatic drainage treatment, approx. 60 min. € 96,—

A Native-American well-being ritual that creates a sense of inner peace and provides new-found energy. This simple, natural feel-good treatment offers you a short yet effective escape from everyday life, lulling mind and body into a state of relaxation. The effect of the candle creates a gentle eardrum massage resulting in a sensation of clarity in the head and ears (regulation of pressure between the ears and sinuses), as well as a feeling of harmony, balance and deep repose.

Garshan raw silk glove massage,
combined with a goat-milk butter cream body pack, approx. 90 min € 153,—

During this dry massage the use of gloves made from highest-quality, heavy Bourette silk, stimulates the skin, invigorates the metabolism and boosts blood flow in the tissues. The exfoliating effects of this blissfully relaxing, harmonising massage enhance your sense of overall well-being. A creamy, nourishing, moisturising body pack whilst lying on the softpack bed rounds off the treatment and offers a heavenly experience for all the senses. Leaves your skin visibly more radiant, soft and velvety to the touch.

Body Palp - wellness for tension

and the treatment of cellulite, approx. 120 min

€ 193,—

Treatment in combination with Garshan raw silk glove massage

Body Palp is a novel patented method, the classic kneading and rolling massage combines with traditional cupping technique. As a result, better circulation and healthy blood flow are promoted. The body can absorb and maintain nutrients, hormones, vitamins, oxygen and enzymes, which leads to an improvement in the overall functioning of the body. In addition to the medical and wellness benefits, this treatment has an immediate and a lasting effect!

The vacuum created between the glass and the skin creates a suction that activates lymph flow and promotes fat burning. The skin looks young, elastic, smooth and the muscles are relaxed!

Detox treatment for body and connective tissue

1 x 95 min.

€ 146,—

3 x 95 min.

€ 369,—

This treatment is highly effective thanks to the improved absorption of the active ingredients through the use of the invigorating Garshan raw silk gloves. The cleansing, detoxifying Thalasso seaweed body pack targets excess fluids and fat depots in the tissues. The tightening, firming wraps detoxify and neutralise excess acid in problem areas (stomach, legs, buttocks) and are effective in treating connective tissue weakness/cellulite.

MASSAGES

ROMAN FEYERSINGER

Massage therapist specialized in back problems

As an ambitious athlete and fivefold IRONMAN, I know how important it is to give your body the necessary relaxation and regeneration.

Let me do something good for you against tension and pain.

I look forward to meeting you.

Manual lymphatic drainage using the Dr. Vodder technique

<i>25 min.</i>	€ 46,—
<i>50 min.</i>	€ 82,—
<i>With tape application – large area</i>	+ € 11,—
<i>With tape application – small area</i>	+ € 7,—

A very gentle form of therapeutic massage that activates the lymphatic flow leading to reduced swelling, oedema and pain and to an acceleration of healing processes of various kinds. Furthermore, thanks to its draining effects, this technique is beneficial for those undergoing cleansing, detoxifying treatment. It is also used to treat cellulite and aids stress reduction. Treatment always begins with the stimulation of the cervical lymph nodes to create a suction effect. Kinesio tape can be used to prolong the results.

Classic Swedish massage

25 min.

€ 46,—

50 min.

€ 82,—

A classic-style, deeply-penetrating massage to treat tension and muscle stiffness, as well as tension headaches and restricted mobility.

Sport massage

25 min.

€ 46,—

50 min.

€ 82,—

Intensive massage strokes and gentle stretching to relax overused, tired muscles or to activate the body before sporting activities.

Foot reflexology massage, 25 min.

€ 46,—

A kind of 'remote treatment', the effects of which can influence the entire body. Massaging the pressure points on the feet has a highly stimulating effect on the entire organism.

Cupping therapy, 25 min.

€ 32,—

The vacuum created in the cup strongly stimulates the blood circulation and has a detoxifying effect. For the alleviation of local muscle tension the cupping glass is left on the same spot for approx. 10 to 15 minutes. Please note that areas treated may remain discoloured for several days until the body has processed the intense stimulatory effects of the treatment.

Suction wave massage, 25 min.

€ 46,—

The sliding movement of the suction cups over the oiled back has a strong stimulating effect on the blood circulation. The treatment loosens tissue adhesions and the skin regains its elasticity.

Full-body (aroma) massage, 50 min. € 82,—

Gentle, full-body massage with a choice of aromatic oils, each of which has different effects on the organism

- *Orange*
- *Gingko-lime*
- *Honey*
- *Camomile*
- *Lemon*

Easy Taping, 25 min. € 35,—

This form of taping alleviates movement pain and can be used to treat symptoms permanently.

Connective tissue massage, 25 min. € 46,—

The very intensive segmental back massage improves skin elasticity and stimulates the blood circulation. At the same time the massage, by stimulating the so-called Head zones of the skin, has a reflex effect on the inner organs.

Combined massage, 50 min. € 85,—

Combine two massages of your choice, e.g. a suction wave massage with a sport massage, or a back massage with a foot reflexology massage.

25 minutes per massage type. The massage treatments can be combined in any way to suit your preferences.

Intense back massage

Massage by J. Salchenegger, 25 min

€ 46,—

50 min

€ 82,—

Due to the slow rising of the intensity and the special techniques of this massage, the energy flow of your back is being activated and the mobility in your spine and head will be reached. The tonus of your back-, neck-, and loin muscles will be descended. A sense of well-being, warmth and comfort flows through your whole body.

After personal agreement and exclusion of contraindications, I allow myself to use the following (not separately bookable) aids as part of a therapeutic treatment:

Physio Flossing

Especially used for movement restrictions and nonspecific pain. Here, the joint or the muscle belly is wrapped with a flossband. Under pressure active and passive movements will be performed for about 2 to 3 minutes and then released again. It leads to improved blood circulation, faster regeneration and improved mobility.

Hypervolt vibration massage

It allows the treatment of the tissue with up to 3200 beats per minute. Muscle stiffness and soreness can be alleviated and the circulation and the range of motion can be improved.

DERBÄR®

Appointments

To make an appointment for beauty treatments or massages please contact the hotel reception desk telephone no. 800.

Our therapists are happy to take the time to offer you one-to-one advice.

HOTEL DER BÄR

Family Windisch

Kirchbichl 9, 6352 Ellmau am Wilden Kaiser, Austria

T +43 5358 2395, info@hotelbaer.com

www.hotelbaer.com