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SCHMELZHOF SPA

WINTER 2023/2024

SCHMELZHOF
LECH

Discover our 400 m² SCHMELZHOF SPA with Finnish sauna, sanarium, saline steam bath and infrared cubicle. In the two massage rooms our therapists soothe you into a state of relaxation. In addition the spa features a tranquillity room with comfortable loungers, a gym and a room for chatting over a cup of tea or a glass of fresh fruit juice, or simply for relaxing with a newspaper or magazine.

You're in expert hands with us.

Spa manager Carola is a massage therapist, therapeutic bath specialist and chiroprapist. She draws on her many years of experience in rehabilitation centres, a therapeutic fasting institute, private practices and various hotels to provide you with tailored treatments. Your relaxation and well-being are Carola's top priority.

When it comes to sports injuries and the like, we can arrange appointments with our long-standing, experienced physiotherapists.

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Book or cancel a treatment:

Please book your massage in advance at reception. You can cancel your appointment free of charge up until 9:00 am on the day of the treatment. We kindly ask for your understanding that should you fail to cancel a treatment before 9.00 am, this treatment will be charged to your account, unless another guest can take over your appointment at short notice. Thank you!



A touch of the French Caribbean can now be enjoyed in the Schmelzhof. Ours is one of the selected hotels that enjoys the privilege of offering the exclusive LIGNE ST BARTH products and using them in our treatments.



In our SCHMELZHOF SPA our main priority is on offering quality of the highest standard. Our exquisite sauna area – on the right you can see the Finnish sauna with wooden log-effect wall and indirect lighting – was planned together with experts from the company KLAFS.

DISCOVER THE SCHMELZHOF SPA



ST BARTH SPECIALS

ST BARTH SOFTNESS

Relaxing peeling massage for velvety soft and smooth skin. The fruit enzymes gained from the fresh papaya and a special sea-sand polish complex remove dead skin cells. Pure coconut oil provides lasting care for the skin while pampering it with valuable nutrients. This is the ideal base for an especially long-lasting and even tan.

Body Peeling Massage with
Coconut Oil & Papaya Mousse 50 mins. 98.–

ST BARTH ELASTICITY

The intensive body mask cares for skin and improves its appearance. Valuable minerals and vitamins from the clay and fresh cucumber mousse nourish the skin. Ivy, menthol and camphor activate and strengthen the body tissue while cold-pressed avocado oil supplies important nutrients.

Body Mask with Clay
and Cucumber Mousse 50 mins. 105.–



ST BARTH SCHMELZHOF SPECIAL

Treat yourself to some truly royal pampering. A journey through the exclusive products of LIGNE ST BARTH.

The facial treatment: warm, fragrant compresses, cleansing with frangipani cleansing milk, melon tonic to neutralise, gentle facial exfoliation, passion fruit mask with pink clay, the velvety-soft texture of which will get you and your skin in the perfect holiday mood. To finish off, we nourish your face with lavish mango butter cream.

We treat your body in accordance with your personal preferences, e.g. your legs as part of a ST BARTH SLIMNESS treatment or your entire body with an oil of your choice. Thereafter, we'll pamper you with a luxurious body lotion.

Oanalao Sereneti - this special relaxation ceremony will leave you feeling deeply relaxed. And our vibrantly coloured, vitamin-rich beauty drink rounds off the treatment perfectly.

Feel like royalty and surrender yourself to the magic of the
ST BARTH SCHMELZHOF SPECIAL! 80 mins. 146.–

ST BARTH SLIMNESS

For a rapid relief and relaxation of heavy legs, for instance after extended periods of sitting, standing or after long flights, or for simply beautiful, slim legs. Our ivy gel releases blockages and drains excess water while strengthening veins and stimulating the lymphatic system. Menthol and camphor promote micro-circulation, refresh and vitalize.

As a special finish treat your legs to a spot of Caribbean pampering. Select your favourite body lotion with cold-pressed avocado oil and the Fragrance of pure bourbon vanilla, the Caribbean tiaré flower or the especially feminine scent lily.

Soothing and
Relaxing Leg Massage 25 mins. 65.–

ST BARTH SENSATION

This pampering body mask provides the skin with an intensive moisture boost and is a pleasure for all of the senses. Select your favourite scent from bourbon vanilla, delicate tiaré flowers or exotic lily. A creamy, silky mask is gently applied to your entire body. After the body mask, your skin has been supplied with intensive nutrients and lipids from high-quality plant oils. Your entire skin takes on a visibly improved appearance and velvety smooth texture.

Luxurious Body Mask with
Pampering Relaxation Massage 50 mins. 105.–

ST BARTH HARMONY

Enjoy a relaxing, gentle body massage with intensive care products specially tailored to your needs. Choose pure, slightly warmed coconut oil for intensive conditioning of especially dry skin, cold-pressed avocado oil to support the functioning of particularly delicate skin or ivy gel and menthol oil for strengthening tissue and skin layers. To round off the experience, let yourself be pampered with a touch of the Caribbean. Choose your favourite body lotion with cold-pressed avocado oil and the scent of West Indian vanilla, Caribbean tiaré flower or alluringly fragrant lily.

Pampering Body Massage 50 mins. 105.–



Carola's beauty tip:

Start your holiday with a ST BARTH SOFTNESS treatment. Designed to free your skin from impurities and toxins, you'll feel refreshed and your skin will be much more receptive to the nourishing products used, e.g. as part of the popular ST BARTH SENSATION or ST BARTH HARMONY treatments.



Before your treatment:

We kindly request that you take a shower before your treatment. The high-quality oils from ST BARTH work more effectively on cleansed skin. Only then can they deliver their optimal nourishing effect. Our tip: after a sauna session followed by sufficient rest, you'll benefit even more intensely from the treatment.

SCHMELZHOF CLASSICS

CLASSIC MESSAGES

Back massage 25 mins. 65.–

Full-body massage 50 mins. 98.–

Foot reflexology massage 50 mins. 98.–

Taping as part of therapy 12.–

Taping as a stand-alone treatment 19.–

Combination massages

Tailored to your needs and wishes. Combine them as you wish - whether you prefer a back massage combined with foot reflexology or a back and facial massage, your wishes are our guiding principles.

50 mins. 98.–

HEAT APPLICATIONS BEFORE A MASSAGE

... enhance the benefits for your wellbeing.

Kneipp hot roll 25 mins. 48.–

Hay wrap as part of a therapy 25 mins. 55.–

You can even combine the heat applications with a part-body or full-body massage.

Hay wrap as a stand-alone treatment

accompanied by a cup

of Alpine herbal tea 45 mins. 65.–

BRUSH MASSAGE

Enhance your well-being with a brush massage to revitalise, balance, regenerate and care for your skin. We use soothing, quality body brushes for this whole-body treatment. Afterwards, you will be pampered with warm coconut oil from LIGNE ST BARTH.

50 mins. 115.–

AROMA BODY WRAP

Lavish body wrap for the improvement of problem areas on the abdomen, legs, bottom and arms.

An algae extract accelerates the detoxification process. **Cinnamon oil** and caffeine stimulate fat reduction, blood circulation and lymphatic flow.

The special wrapping technique enhances the effect.

During the rest phase in the wrap, we pamper your face with special products from Ringana Fresh Cosmetics – Austrian natural skincare products at their finest.

50 mins. 98.–

WELLBEING - RELAXATION MASSAGE

Nourishing, high-quality almond oil blended with essential oils of your choice in organic quality.

Combined with gentle massage techniques and harmonious strokes, you'll be whisked away to a dream world of deep relaxation.

25 mins. 68.–

50 mins. 115.–

SCHMELZHOF HONEY MASSAGE

A unique treatment focusing on connective tissue and fascia, this massage is carried out using warm organic forest honey. The special plucking and pulling techniques promote the blood circulation and stimulate the metabolism. The body is cleansed and detoxified. After removing the honey from your back, a liberal amount of St. John's wort oil (the so-called 'carrier of light') is applied to the skin, acting as a kind of heat transfer wrap. While you're resting and relaxing, we continue the massage by working on your feet. Finally, we apply and massage in St. John's wort oil using special techniques (lymphatic, Dorn-Breuss), which have a gently warming and relaxing effect on the nervous system and muscles. The oil is also said to have an anti-inflammatory, relaxant and pain-relieving effect.

50 mins. 115.–

NEW HERE



FULL BODY EXFOLIATION

During the winter months, the skin is particularly stressed by the cold and by the dry air from heating systems. Treat your skin to a well-earned break and nurturing care with our high-quality products followed by a finishing treatment using almond oil. The mechanical scrub is made from natural exfoliants including loofah, pomegranate seeds and bamboo, as well as freshly pureed apples for enzymatic exfoliation – an exceptional combination which includes the more than 100 ingredients and active agents found in our beloved apple.

50 mins. 105.–

FACIAL SPECIAL

We begin with a moisturising hand pack before moving on to your face:

- Cleansing with the soothing cleansing milk
- Gentle facial exfoliation
- Neutralising with a purifying or calming tonic
- Face mask
- After removing the mask, we apply special serums which are worked into the skin using rose quartz stones.
- Facial massage using our intensively nourishing products

While the mask is doing its cleansing work, we treat you to a relaxing foot massage.

50 mins. 115.–

PEDICURE FOR HIM AND HER

We begin with a pleasant foot exfoliation and a soothing foot bath before grooming and shaping your nails and tending to the nail folds. Excess callus is removed followed by some foot pampering with a relaxing massage. We use only the best products for this treatment.

50 mins. 55.–

with nail polish 65.–

Pedicure appointments are available in the morning only. We appreciate your understanding.

FOR OUR YOUNG GUESTS ...

SCHMELZHOF 'WURZELMANN' MASSAGE

Carried out using tangy, spicy, woody aromas, the massage has a revitalising, antiseptic effect relieves tiredness and relaxes spirit and soul.

25 mins. 52.–

SCHMELZHOF ROSE FAIRY MAGIC

Has a harmonising, uplifting, relaxing effect and nourishes the skin.

25 mins. 52.–

LIGNE ST BARTH SHOP

CORPS & BAIN – BODY CARE



<u>Sea Breeze Premium Avocado oil</u>	200 ml	75.00
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<u>Huile d'avocat – Avocado oil</u>	125 ml	48.00
	200 ml	73.50



<u>Huile solaire au roucou SPF 4</u>	125 ml	43.00
	200 ml	62.00



<u>Gel d'aloès – Aloe Vera gel</u>	125 ml	39.00
	200 ml	56.50



<u>Huile de coco – Coconut oil</u>	125 ml	35.00
	200 ml	48.00



<u>Crème douche à la papaye – Peeling</u>	125 ml	46.00
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<u>Lait corporel – Vanilla, Lilie or Tiaré</u>	125 ml	35.00
	200 ml	53.00



<u>Gel au lierre – Ivy gel</u>	125 ml	41.50
	200 ml	56.50



<u>Huile mentholée – Menthol oil</u>	125 ml	41.50
	200 ml	56.50



<u>Crème main à la banane – Hand cream</u>	50 ml	54.00
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<u>Lip balm with sugar cane extract</u>	15 ml	44.00
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FACIAL SKINCARE



<u>Lait démaquillant Frangipany – Cleansing milk</u>	125 ml	46.00
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<u>Tonic Lotion Melon</u>	125 ml	30.00
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<u>Crème gommante à la papaye – Exfoliation cream with papaya</u>	50 g	73.00
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<u>Crème masque au fruit de la passion – Cream mask with pink clay and passion fruit</u>	50 g	79.50
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<u>Crème au beurre de mangue – Mango butter cream</u>	50 g	99.50
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<u>Crème au beurre de mangue enrichie – Enriched mango butter cream</u>	50 g	125.00
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All prices in Euro stated include VAT.



A touch of Hawaii at the Schmelzhof

ALOHA! CAROLA RECOMMENDS ...

Lomi Lomi Nui

The queen of treatments

Mindful and attentive and inspired by the sea waves, Carola goes in search of tensions, blockages and any other issues affecting your body that prevent you from feeling free and energised. The movements are fluid, sometimes slow, sometimes faster and slightly rocking. Plenty warming oil is massaged into the body (Hamo), the deepness of the motions bringing you closer to your own soul. After a Lomi Lomi Nui treatment you feel reborn, a new you, freed from long-carried burdens.

Lomi Lomi Nui

Full-body special treatment

80 mins. 146.–



SCHMELZHOF SPA

FINNISH SAUNA

Did you know that the culture of the Finnish sauna has been a UNESCO Intangible Cultural Heritage since 2020? The Finnish sauna is heated to a temperature of between 80°C and 100°C. The recommended time per session is 8 to 15 minutes. Depending on how you're feeling, you can enjoy up to three sessions - alternating with steam bath or sanarium sessions if you wish. The original purpose of the sauna was to deeply cleanse the body. However, saunas also have a positive effect on the vegetative nerve system and general well-being. They also boost the immune system and help prevent colds in particular.

SALINE STEAM BATH

The temperature in the saline steam bath is between 42°C and 45°C. We recommend spending between 10 and 20 minutes in the steam bath. What's special about a steam bath is the humidity, which is almost 100%. The hot steam opens the pores of the skin, stimulates the blood circulation and boosts the metabolism. Moreover, the salt content has a beneficial effect on the respiratory tract. The steam bath also has a particularly relaxant effect on the muscles after sport.

TRANQUILLITY ROOM

Strength lies in serenity - especially after a sauna session. Allow yourself plenty of time to rest and relax in our tranquillity room. Whether you prefer to sit or lie down, it's best to keep your legs elevated. Remember to drink plenty of fluids before and after your rest. A selection of exquisite teas and fruit juices, as well as good Lech spring water, is available for this purpose.

ATRIUM

Take advantage of our small outdoor atrium to cool off after your sauna sessions. You might even be lucky enough to enjoy a little snow.

SANARIUM

The sanarium is heated to a temperature of between 55°C and 70°C. We recommend that you spend between 10 and 20 minutes in the sanarium. For beginners in particular, this is a gentle way to familiarise themselves with the practice of sauna bathing. The somewhat lower temperatures promote a more comfortable sweat. The sanarium is therefore ideal for our guests who struggle with the extreme heat of a Finnish sauna or the high humidity of the saline steam bath.

INFRARED HEAT CABIN

With a temperature of between 38°C and 42°C, you can relax in the infrared cabin for up to 30 minutes. An infrared cabin basically works in a similar way to our sun. In contrast to the sauna, where it's the environment that is heated, the infrared radiation hits the skin directly. The molecules in the skin begin to vibrate causing it to become warmer. Infrared deep heat has a beneficial effect on the body, particularly in the treatment of muscle aches and tension, joint and back pain, concentration problems, arthritis, skin disorders and ear, nose and throat complaints.

CHATTING ROOM

As the name suggests, the chatting room is designed as a space where you can enjoy a conversation in the Schmelzhof Spa. You'll also find some lovely books and a selection of up-to-date newspapers and magazines offering interesting reading while you relax.

GYM

In addition to the sauna, you can also work up a sweat in our gym but here with plenty of exercise instead of high temperatures. Equipped with a cross trainer, ergometer and dumbbells in all sizes, you can pump a few weights here if you still have energy left after a day on the ski slopes.



TAKE A VIRTUAL PRE-HOLIDAY
TOUR OF THE SCHMELZHOF SPA.

“When the toils of everyday life simply melt away for a while and you forget the world around you. When you drop off to sleep simply because you feel so safe and relaxed, then we are satisfied. Then we can give you what your body and soul need, namely a TIME-OUT.”

CAROLA AND HER SCHMELZHOF SPA TEAM



DO YOU HAVE ANY QUESTIONS
OR REQUESTS?

Dear Guests,

Do you have any wishes or requests that we haven't anticipated? Do you have any questions regarding our treatments or the LIGNE ST BARTH products?

If so, don't hesitate to ask or tell us if you have any special needs or requests. We want our guests to enjoy the ultimate feel-good experience here in the SCHMELZHOF SPA.





LIGNE ST BARTH

The manufacturer of LIGNE ST BARTH is based on one of the most beautiful islands in the Caribbean: St Barthélemy. This is where the cosmetic products and perfumes are exclusively produced. The family business was established in 1983 but the history of the founding family goes back much further to the year 1648, closely tied to the history of the Caribbean island itself.

The LIGNE ST BARTH combines the traditional knowledge of the Caribbean Arawak Indians with the latest scientific findings and cutting-edge technology using the highest quality standards. Up until a few years ago these unique elixirs from the Caribbean were only known to insiders and are only offered in selected hotels and perfumeries worldwide.



L I G N E[®]
ST BARTH
The Spirit Of Nature