



WINKLER PREMIUM SPA



Nature has the power to bring us back to our roots and let our spirit soar high at the same time. Feel that power in our spa world, with premium treatments tailored to your needs for an exclusive wellness experience.

A person wearing a grey apron is shown from the chest down, pouring a stream of sand from their cupped hands onto the back of a person lying on a massage table. The background is a soft, out-of-focus grey. The scene is lit with warm, natural light, creating a serene and calming atmosphere.

WINKLER BALANCE TREATMENTS

Breathe in. Breathe out. Unwind. Draw inspiration from nature.
Recharge. Let your body and mind come into perfect balance.

/ ACTIVATING / ENERGIZING HERBAL STAMPS POWER TREATMENT

Invigorating herbal stamp massage

50 min. _____ **€86**

A massage experience that activates and restores your muscles and musculoskeletal system. The all-natural herbal stamps are guided over the body with a gentle pressure and tapping technique to create an exfoliating effect on your skin. Blood circulation is improved and the metabolism is stimulated. The fragrance of the finest aromatic oils helps to reduce stress and gives you renewed energy and vitality. You'll leave feeling energetic and well-balanced.

/ DETOXIFYING / LINEN GLOVE DRY BODY PEEL WITH DETOXING ALPINE FANGO

Activating Linen Glove Dry Peel

50 min. _____ **€86**

This activating full-body peel with a raw linen glove and powerful essences improves your blood and lymph circulation and supports the metabolism. It has a cleansing effect and ensures a clear and radiant complexion. Experience new energy and a sense of restorative strength.

/ RELAXING / MIND RELAXING AROMA MASSAGE

Deep relaxation massage ritual

50 min. _____ **€86**

Experience a relaxing massage that has a calming effect both physically and mentally. The fragrance of selected organic aromatic oils and the gentle massage technique are designed to deeply affect you. Treat yourself to a multi-sensory treatment that restores balance to your muscles and soothes your soul. It's as effective as it is traditional.

/ LEG MASSAGE

Relaxing foot massage

50 min. _____ **€89**

On your feet all day? This is a restorative massage for fatigued feet and legs that stretches tissues, boosts circulation, and clears the mind. A relaxing treat for your legs and feet that induces a state of deep well-being.

HIGHTECH NATURAL COSMETICS
TEAM DR JOSEPH
SÜDTIROL

VITALIS
DR. JOSEPH
V

More than just ingredients: natural raw materials from South Tyrol are processed into high-tech active ingredients and perfected using advanced microtechnology. The cosmetic line by Team Dr Joseph is highly effective and 100% natural, with premium products made from purest ingredients selected for top quality and eco-sustainability. Local company Team Dr Joseph brings together solid know-how, innovative technologies, and environmental awareness.

Nature is in fact a key element to the concept developed by Vitalis Dr Joseph:

“We strive to create holistic products and treatments by using natural active ingredients perfected through cutting-edge techniques in the field of microtechnology and combined with traditional knowledge. Our whole vision is based on a holistic approach. Our synergy is inspired by the interaction of natural elements, ancient know-how, and modern technologies in idyllic Val Pusteria/Pustertal.”





Our Alpine region is full of natural treasures and powerful medicinal plants that draw their nourishing, vital active ingredients from deep within our earth. With the unique South Tyrolean organic natural cosmetics from Art of Care, these invigorating resources are gently transferred to the skin. The goal: to reveal the natural beauty of each person with the help of the power of nature.



For more than 30 years, LIGNE ST BARTH has been offering innovative products that stand out for maximum effectiveness and top quality. Named after the island of St. Barth, the brand taps into nature's generous gifts to create exclusive formulas enriched with the alluring scents of the Caribbean.





/ FACE TREATMENTS

Gentle movements and wholesome essences for a radiant appearance. Let your natural beauty shine through.

/ INTENSE PURIFYING FACE TREATMENT

Purifying face treatment

50 min. _____ **€89**

An intensive, deep-cleansing facial treatment consisting of: cleansing, peel, massage and cupping, deep pore cleansing, mask, and daytime skincare product.

/ CELLULAR RECREATION FACE TREATMENT

Deep-reaching face treatment

80 min. _____ **€115**

A deep-reaching skincare ritual: cleansing, peel, massage and cupping, deep pore cleansing, eyebrow shaping, special serum, face massage, intensive mask, and daytime skincare product.

/ ADVANCED BIO LIFTING FACE TREATMENT

Intensive face treatment

110 min. _____ **€145**

An intensive facial with a biodynamic lifting effect: cleansing, peel, massage and cupping, deep pore cleansing, eyebrow shaping, special serum, lifting massage with herbal compress, intensive mask, and daytime skincare product.

/ ST BARTH PURENESS

80 min. _____ **€115**

An exceptional, fresh-scented facial treatment that induces a state of deep, wholesome relaxation.

/ ULTRASONIC FACELIFT

Ultrasonic express face treatment

50 min. _____ **€99**

Ultrasound helps the high-tech natural ingredients to safely reach the deepest layers of skin, gently stimulating the synthesis of collagen and elastin. The result: skin that is immediately visibly smoother, firmer, and plumper.

/ SUPREME ULTRASONIC FACELIFT

Intensive ultrasonic face treatment

80 min. _____ **€131**

Intensive ultrasonic facial lift: cleansing, enzymatic and ultrasound peel, mask, ultrasonic repair & lifting treatment, revitalising face and neck massage, and daytime skincare product.

/ VISIBLE ANTI-AGEING-PACKAGE

3 days _____ **€312**

- 1 Intensive ultrasonic face treatment
- 2 Ultrasonic express face treatment

SPA TEAM
TIP



A MAN'S WORLD

Tensions are released. The body feels recharged.
The mind is free to wander. Just what a gentleman needs.

W WINKLERHOTELS
PREMIUM SPA RESORTS DÖLZL

/ EXPRESS POWER LIFT FOR MEN

Men's face treatment

50 min. _____ **€89**

This intensive treatment for men gives a healthy, well-groomed, and glowing appearance. It includes: deep cleansing, peel, massage, and a special skincare product.

/ WINKLER MEN'S WORLD

Price _____ **€211**

1 Pedicure

1 Dynamic Feet and Legs Massage

1 Dynamic Recreation Back Massage

/ MEN'S SPA - MEN'S CARE

Manicure _____ **€50**Pedicure _____ **€55**Back hair removal _____ **€33**Chest hair removal _____ **€33**

A woman with long, straight brown hair is shown in profile, looking out a large window. She is wearing a light-colored, possibly white, top. The background is a bright, modern interior with a lamp and a window. The overall mood is serene and contemplative.

SHEER BEAUTY

Little treats for great results. Make time for yourself.

/ EYE AREA

Eyebrow shaping _____	€15
Eyebrow and eyelash tint _____	€33
Eyelash tint _____	€20
Eyebrow tint _____	€15

/ HAIR REMOVAL WITH WARM WAXING

Combo (legs, underarms, or bikini line) _____	€55
Full leg _____	€39
Lower leg _____	€29
Arms, underarms, or bikini line _____	€19
Upper lip or chin _____	€9

/ HANDS AND FEET

Manicure _____	€50
• with nail polish _____	€58
• with semi-permanent nail polish _____	€75
Pedicure _____	€55
• with nail polish _____	€63
• with semi-permanent nail polish _____	€78
File and polish _____	€20



/ PEELS & PACKS

Only the best will do. Natural ingredients, a velvety touch, an entirely new skin sensation.

/ AROMATIC PEEL

20 min. _____ **€41**

A body peel with fine, pure essential oils that revitalises the skin leaving it perfectly moisturised.

/ ALPINE POWER PEEL

20 min. _____ **€41**

Enriched with fine mountain salt, this hay peel stimulates cell regeneration and cleanses the skin in depth leaving it brighter, smoother, and radiant.

/ DETOXIFYING PACK

20 min. _____ **€41**

A body wrap to detoxify and strengthen body tissues.

/ MUSCLE RELAXATION PACK

20 min. _____ **€41**

A muscle relaxing body pack with the essence of arnica. Ideal after sports activities to relax the muscles.

/ WINKLER HAY FLOWERS PACK

40 min. _____ **€62**

Warm South Tyrolean hay packs can reduce stress and improve physical well-being, as well as strengthen the immune system. Especially recommended in cases of rheumatic disorders.

/ SPA TEAM'S TIP:

Complete your treatment with the Winkler back or leg massage (€43) or the Winkler wellness massage (€75)!



WINKLER PAMPERING BATHS

Immerse yourself in a world of Alpine scents. Let water welcome you into a warm embrace. Precious moments to reconnect to your true self.

/ ENERGISING ALPINE BATH

25 min. _____ **€43**

A revitalising bath with active ingredients extracted from conifer trees. With its invigorating fragrance, this bath feels like a walk in the woods of South Tyrol and is just as effective in refreshing the body and mind.

/ WINKLER FEEL-GOOD BATH

25 min. _____ **€43**

Let fragrant oils and pampering essences caress your skin.

/ ALKALINE DETOX BATH

25 min. _____ **€43**

Coupled with an invigorating peel, this alkaline bath cleanses the skin in depth and has a relaxing effect.

/ RELAXING COUPLE'S BATH

25 min. _____ **€53**

Enjoy precious moments for two.
Toast to love with a glass of Prosecco.

SPA TEAM'S
TIP



/ BOTANICAL SPA HIGHLIGHTS

In our holistic treatments, we focus on your bio-dynamic rhythm and help you find a dynamic flow balance on all levels of sensuality and beauty.

/ DETOXIFYING CELLULITE

Innovative cellulite treatment

80 min. (Seaweed pack and massage) - €120

50 min. _____ €85

This anti-cellulite treatment is in a league of its own for effectiveness. It combines a firming body peel with a fango bath, a stimulating cupping massage, and a sculpting anti-cellulite massage.

/ ST BARTH SLIMNESS

50 min. _____ €90

A combination of pack and massage with ivy gel and camphor menthol oil for the fast relief and relaxation of heavy legs.

/ REVITALISING ABDOMEN-FIRMING TREATMENT

Winkler's abdomen massage

50 min. _____ €85

This effective body treatment helps to purify the abdominal area, gently reduce the abdominal girth, and tighten the abdominal wall. The aim of this intensive massage is the gentle stimulation of the abdomen, which improves the skin's elasticity and tightens the contours.

/ FIRMING AND TONING BODY TREATMENT

Firming body treatment

50 min. _____ €85

An individual body treatment that tightens and firms the silhouette. Active ingredients and innovative massage techniques activate metabolism and lymph circulation. This powerful body therapy has a slimming effect and your contours will be optimised to a dream figure.

NEW



/ KIDS & TEEN TREATMENTS

Little ones have big needs. Physical contact helps children build their basic sense of trust and confidence.

TREATMENTS FOR CHILDREN (UP TO 11 YEARS)

/ WINKI'S KIDS' MASSAGE

25 min. _____ **€39**

The sweetest treat of all: a massage with chocolate oil.

/ COOL NAILS

25 min. _____ **€36**

Fit for a princess: get fabulous hands with nail polish and stickers.

/ PARENT & CHILD TIME

80 min. _____ **€115**

For two people (each additional person €43)
Enjoy your family treatment. Soothing Cleopatra bath, Winki's Kids' massage, Winkler back or leg massage for mum or dad, and relaxation with a fruit cocktail.

TREATMENTS FOR TEENAGERS (12 TO 16 YEARS)

/ TEENS' MASSAGE

50 min. _____ **€65**

A wholesome full-body massage with aromatic oils.

/ TEENS' FACIAL TREATMENT

50 min. _____ **€75**

Specially developed for teenage skin: cleansing, peel, deep pore cleansing, mask, and daytime skincare product.



TIME TOGETHER

Enjoy the moment together in the Luxury Spa Lounge.

“Our hearts beat as one ... we love these unforgettably beautiful moments.”

SPA TEAM'S
TIP

/ JOURNEY THROUGH SOUTH TYROL

140 min. _____ **€265**

Experience South Tyrolean tradition with a full-body honey peel, a stone pine bath, and a 20-minute relaxation massage with arnica oil. Ending with South Tyrolean delicacies and time to rest.

/ SECRETS OF INDIA

140 min. _____ **€315**

Your journey starts with a chai tea and a unique sound bath with Tibetan singing bowls. The highlight of this deeply relaxing journey is the Ayurvedic massage, Abhyanga, in which your body is sensitively massaged with warm oil. Relax afterwards with a lassi and fruit.

/ ROMANTIC LOUNGE

140 min. _____ **€265**

Enjoy unforgettable moments together during a soothing sauna session, a wonderful bath with rich nutrients, and a relaxing aroma massage rounded off with Prosecco and snacks.

/ WINKLER PRIVATE SPA

110 min. _____ **€130**

Enjoy your private wellness treatment. Body peel, sauna/steam bath, luxurious bath in a whirlpool/duo bath, oiling, and Prosecco with snacks.

/ ST BARTH LUXURY CARIBBEAN

140 min. _____ **€415**

A touch of the Caribbean: body peel with ocean sand, coconut oil, and papaya, feel-good bath with essences from St Barth, and duo full-body massage with warm clamshells. Afterwards, relax with exotic fruits and Champagne.



/ MASSAGES

A feeling of security and confidence. Our massages help you let go and enjoy a sense of weightlessness as gentle massage techniques lead you into a world of regeneration and well-being. During our holistic treatments, we focus on the biodynamic rhythm of our guests so that they can regain a dynamic balance on all levels of beauty and sensuality.

/ HOLISTIC LIFESTYLE TREATMENTS

/ WINKLER BACK OR LEG MASSAGE

25 min. _____ **€43**

A massage paired with cupping to release tensions in the legs or back.

/ LYMPH STIMULATING MASSAGE

Lymphatic stimulating massage

50 min. _____ **€75**

Liberated and exhilarated: this particularly light massage treatment improves circulation, relieves the connective tissue, supports the lymph flow with gentle pulsating movements, and strengthens the immune system. It provides a sense of weightlessness and all-round well-being.

/ WINKLER SPORT MASSAGE

50 min. _____ **€79**

A combination of heat pad, massage, and cupping to release tensions in the legs and back.

/ REFLEXOLOGY FOOT MASSAGE

25 min. _____ **€43**

50 min. _____ **€76**

A combination of pressure point massage and the finest energy work. The stimulation of the foot reflex zones positively affects organs and the entire body. The energy flow is stimulated, the immune system is strengthened, and your body comes back into balance. This foot reflexology massage helps you to feel alive as well as grounded.

/ RELAXING HEAD AND NECK MASSAGE

Head, neck, and shoulder massage

50 min. _____ **€79**

A massage delight that invigorates the senses: special grip techniques for the head, neck, and shoulder area as well as highly effective plant extracts release tension and clear the mind. This massage promotes microcirculation and strengthens blood vessels, sensory organs, and nerves. The deep-reaching moves and the gentle fragrance allow you to fade away from everyday stress and experience a feeling of liberation.



/ HONEY MASSAGE

50 min. _____ **€79**

Combined with the wholesome properties of honey, this special massage releases even deep-set tensions. This treatment includes a full-body massage with honey oil that relaxes the muscles and improves tissue tone.

/ ST BARTH HARMONY

50 min. _____ **€89**

Treat yourself to a relaxing body massage with exclusive cosmetics chosen to meet your needs.

/ WINKLER WELLNESS MASSAGE

50 min. _____ **€75****75 min. (with face and head massage)** _____ **€118**

A full-body massage tailored to your needs.

/ DYNAMIC RECREATION BACK MASSAGE

Uplifting dynamics –
sustainable spine concept

50 min. _____ **€79**

An uplifting back treatment with an individually tailored massage. The highly effective, natural active ingredients of the massage oil optimise the result. Tibetan singing bowls and cups relieve tensions in the back muscles and improve spinal dynamics, leaving you feeling relaxed and liberated from any tightness.

SPA TEAM'S
TIP

/ WINKLER'S "JOURNEY AROUND THE WORLD" MASSAGES

/ LOMI LOMI NUI

75 min. _____ **€125**

This full-body massage comes from Hawaiian traditional medicine. Its gentle moves and fragrant essences help restore the energy flow and rebalance the body, mind, and soul.

/ TIBETAN BOWL MASSAGE

50 min. _____ **€89**

The body is gradually put into a state of deep relaxation – a necessary condition to restore its self-healing abilities.

/ ST BARTH CHILL OUT

75 min. _____ **€115**

A relaxing, de-stressing massage performed with self-heating shells and cold-pressed avocado oil.



ONLY AT
HOTEL WINKLER

/ A STONE MASSAGE FOR DEEP
RELAXATION

Primal stone power – basalt stone massage

50 min. _____ €89

At the beginning of this deeply relaxing treatment, warm basalt stones stimulate the seven energy centres of your body. The following gentle aromatic oil massage stimulates the lymph flow and has a calming effect on the nervous system. The special fragrance and warmth relieve physical and mental stress for deeper relaxation. The elemental power of the stones affects both body and mind.

/ INNER BALANCE CHAKRA TREATMENT

Inner strength – energetic chakra massage

50 min. _____ €89

Your personal path to harmony and inner balance. This combination of gently fragranced and pure chakra oils, targeted massage techniques acting on your seven energy centres, and the use of gemstones has a deeply relaxing effect, increasing body awareness.

/ DORN METHOD

50 min. _____ €89

The Dorn Method is designed to restore balance by gently realigning the vertebrae back into their natural position.

/ BREUSS MASSAGE

25 min. _____ €50

Gentle back-and-forth strokes along the spine, energy channels, acupuncture points, and meridians give immediate relief.

As the energy flow is restored, aches and disharmonies subside.

/ DORN & BREUSS COMBINATION

75 min. _____ €139

The combined Dorn-Breuss treatment uses targeted impulses to bring vertebrae and joints back into their natural position. The subsequent Breuss massage regenerates undersupplied intervertebral discs and relaxes the muscles along the spine.



BOWTECH®

The Original Bowen Technique

RELAXING STIMULI FOR MORE WELL-BEING

Your body has the innate ability to balance itself under the right conditions. **Bowtech®** supports this process with **gentle but precise massage techniques**. Dynamic **muscle and connective tissue therapy** is performed on specific parts of the body in a **set sequence**. The **fasciae** and the upper tissue layer are stimulated with light strokes. **Breaks** give your body time to process the stimuli and activate your **self-healing powers**.

/GENTLE YET SO EFFECTIVE

/Bowtech® is used to support medical treatments in the following areas, among others:

EXCLUSIVELY AT **HOTEL LANERHOF**
AND **CHALET PURMONTES**

/INDIVIDUAL TREATMENT

50 min. _____ **€74**

MUSCULOSKELETAL SYSTEM

- /Cervical spine and spinal column
- /Shoulders, arms, elbows, and hands
- /Pelvis, thighs, knees, and feet
- /Sport-related and other injuries

ORGANS

- /Stomach, intestines, liver, kidneys, gall bladder, and all other abdominal organs
- /Heart and circulation
- /Skin and respiratory tract

FOR STRESS AND TENSION

- /Your psychological well-being is positively influenced due to the relaxing stimuli.

/COUPLE'S TREATMENT

50 min. _____ **€120**

AYURVEDA

A world of exotic charm, profound relaxation, and heavenly lightness.
An exclusive experience to re-centre your life.



/ ABHYANGA**75 min.** _____ **€125**

The most popular of all Ayurvedic massages inspires a sense of elating wholeness. Warm oil is poured onto the skin for a gentle massage with energising and revitalising effects.

/ SHIRODHARA**35 min.** _____ **€60**

A constant flow of warm oil poured onto the forehead stimulates the central nervous system inducing a state of deep relaxation.

/ MUKABHYANGA**45 min.** _____ **€65**

A head, neck, and face massage that rejuvenates the skin and soothes the mind.

/ SHIRODHARA & MUKABHYANGA**75 min.** _____ **€121****/ SHIRODHARA & ABHYANGA****100 min.** _____ **€175**



/ HAIR STYLING

Beautiful, luscious hair as an expression of my well-being. I shine from within. I simply feel good.

/ LONG HAIR

Wash & blow dry

Price _____ €39

Cut

Price _____ €28

Root tint

Price _____ €48

Full-head tint

Price _____ €58

Hair pack & head massage

Price _____ €32

/ SHORT HAIR

Wash & blow dry

Price _____ €34

Cut

Price _____ €28

Root tint

Price _____ €45

Full-head tint

Price _____ €55

Hair pack & head massage

Price _____ €32

/ OTHER

Men's cut

Price _____ €28

Children's cut

Price _____ €30

Children's cut with accessories

Price _____ €25

Updo/Plait

depending on style _____ €20 to €40

Bridal hairstyling

Price _____ €100

Balayage full colour

Price _____ €175

Streaks

Price _____ €2/streak

Make-up

Price _____ €45

Type consultation (30 minutes)

Price _____ € 25

ONLY AT
HOTEL WINKLER



/WINKLER SPA PACKAGES

Choose from our creative packages for an exclusive wellness experience. Because a bit of pampering is what makes life worth living!

/ TIME OUT FOR EXPECTANT MUMS

Price _____ **€332**

- 1 pedicure with nail polish
- 1 manicure with nail polish
- 1 Mukabhyanga
- 1 purifying face treatment
- 1 Winkler wellness massage or lymphatic drainage

Important: After completion of the 12th week of pregnancy, we are happy to spoil you with a soothing massage.

/ WINKLER WOMEN'S WORLD

Price _____ **€347**

- 1 deep-reaching face treatment
- 1 pedicure with nail polish
- 1 manicure with nail polish
- 1 aroma peel
- 1 St Barth Harmony

/ WINKLER "AROUND THE WORLD" PACKAGE

Price _____ **€346**

- 1 Lomi Lomi Nui
- 1 Abhyanga
- 1 St Barth Chill-out

/ MOUNTAINEER'S PACKAGE

Price _____ **€229**

- 1 dynamic recreation back massage
- 1 Winkler sports massage
- 1 Winkler back or leg massage
- 1 muscle relaxation pack

/ WINKLER WELLNESS PACKAGE

Price _____ **€312**

- 1 deep-reaching face treatment
- 1 inner balance chakra treatment
- 1 Lomi Lomi Nui

/ ROMANTIC PACKAGE

Price _____ **€292**

- 1 Winkler private spa
- 1 St Barth Harmony massage for two



/ SPA GUIDE

Opening hours

Winkler Premium Spa	9 a.m. – 7.30 p.m.
Sauna area	11 a.m. – 7.30 p.m.
Indoor pool	7 a.m. – 8 p.m.
Outdoor pool, summer	7 a.m. – 8 p.m.
Outdoor pool, winter	11 a.m. – 8 p.m.
Fitness facilities	7 a.m. – 9 p.m.

/ Booking your treatment

You are kindly advised to secure the date and time of your preference by booking your treatments in advance, preferably before your date of arrival.

/ Make time for your treatment

We ask that you arrive five minutes prior to your appointment in order to prepare for the treatment and relax beforehand. We ask for your understanding that in the event of a delay on your part, the treatment time will be shortened accordingly out of respect for the subsequent guests.

/ Cancellation policy

Bookings can be cancelled at no cost until 12 hours before the appointment. For cancellations made with less than 12 hours' notice, you will be charged 70% of the treatment price.

/ What to wear

We ask that you enter the treatment room wearing a bathrobe and spa slippers. During treatments, suitable coverage will be provided in order to protect your modesty.

/ Health

Please inform our spa staff about any illnesses, pregnancy, or allergy, so that we can offer you a treatment tailored to your needs.

WWW.WINKLERHOTELS.COM

W/
LANERHOF
ACTIVE / SPA / BALANCE

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