



Host Lech



**BEAUTY & SPA**

# Wellness Massages



## CLASSIC MASSAGE

Muscle tensions are relieved, the blood flow and metabolism are stimulated. A massage can have different focal areas – vigorous, intensive and activating or soft and relaxing.

Enjoy an individual massage tailored to your needs.

25 min	€78.-
50 min	€140.-
80 min	€200.-

## SPORTS MASSAGE

With an additional stretching and relaxation, the sports massage is an optimum supplement. Particularly suited before and after sports activities in order to restore the maximum capabilities of the muscles.

25 min	€85.-
50 min	€155.-
80 min	€215.-

## HEAD, NECK AND FACE MASSAGE

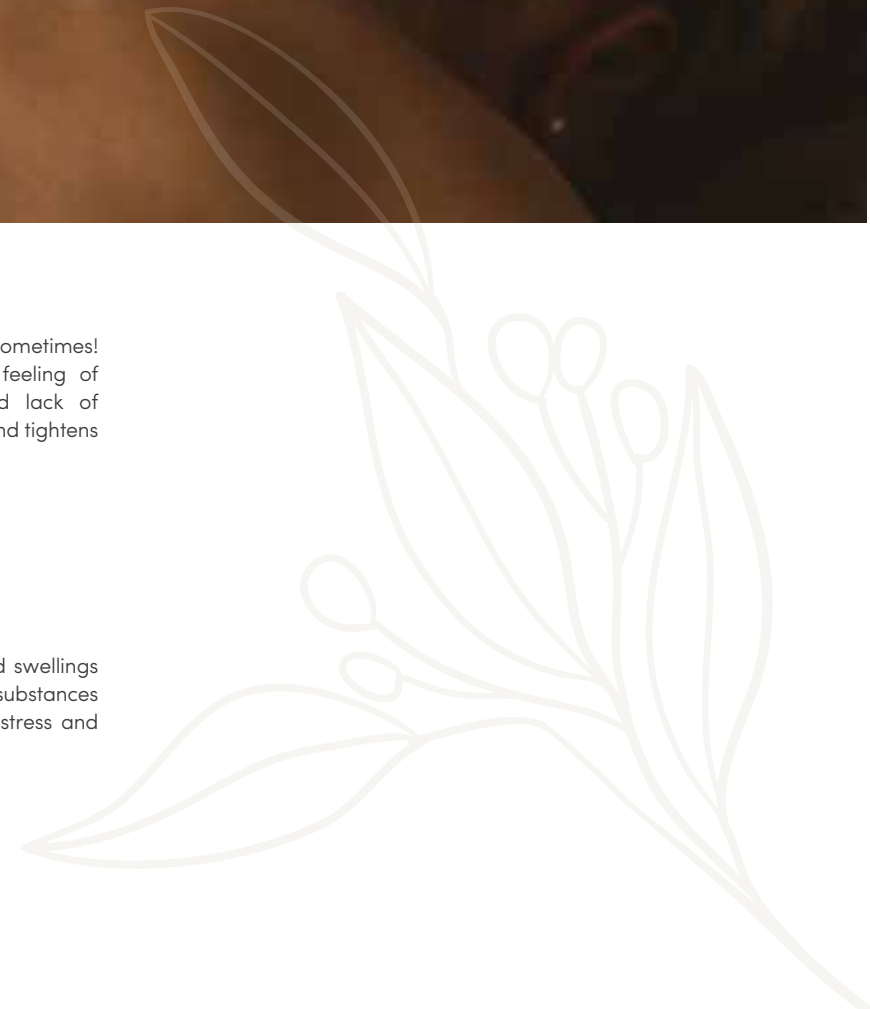
A nice head, neck and face massage can work miracles sometimes! Already after a few minutes there is an absolute feeling of relaxation, blockades are dissolved, headache and lack of concentration are treated. Furthermore, it invigorates and tightens the skin and results in a radiant complexion.

25 min	€78.-
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## MANUAL LYMPH DRAINAGE

During the treatment of the lymph water deposits and swellings are treated and in this way waste products and toxic substances are better removed. It has a relaxing effect, reduces stress and swellings around the eyes.

50 min	€140.-
80 min	€200.-



### FASCIA MASSAGE

Tensions and adhesions within the muscle and the tissue structure are relieved. The results are long-lasting mobility and freedom of movement, relief of the locomotor system and of blockades as well as an accelerated rate of muscle recovery. The treatment is very intense and stimulates the metabolism.

100 min €250.-

### FOOT REFLEXOLOGY MASSAGE

Feet reflect the condition of the whole body. Organs and their systems are activated and calmed at the same time through individual pressure. Digestive disorders, stress, emotional complaints and also migraine can be treated this way.

25 min without foot bath €78.-  
50 min with foot bath €140.-

### BACK FIT

Muscle-relaxing back mud wrap on the floating lounge followed by an Alpine back massage or a detoxifying back massage with cupping.

50 min €148.-

### RELAXING AROMA OIL MASSAGE

A soothing aroma massage during which the essential oils are softly massaged into the skin. For all who want to take a relaxing break from daily routines.

25 min €85.-  
50 min €155.-  
80 min €215.-

### LA STONE MASSAGE

A holistic, energetic treatment with hot lava and cooled marble stones. The changing application of hot and cold stones stimulates the blood circulation and the lymph flow. Tensions are relieved and the energy system is recharged.

80 min €215.-

### HOT STONE

This massage is a fascinating combination of full body massage, energy work and the soothing effect of hot stones. The stones relieve tensions, the whole body is charged with new energy and vitality.

50 min €155.-  
80 min €215.-

### LECHER BODY STAMP MASSAGE

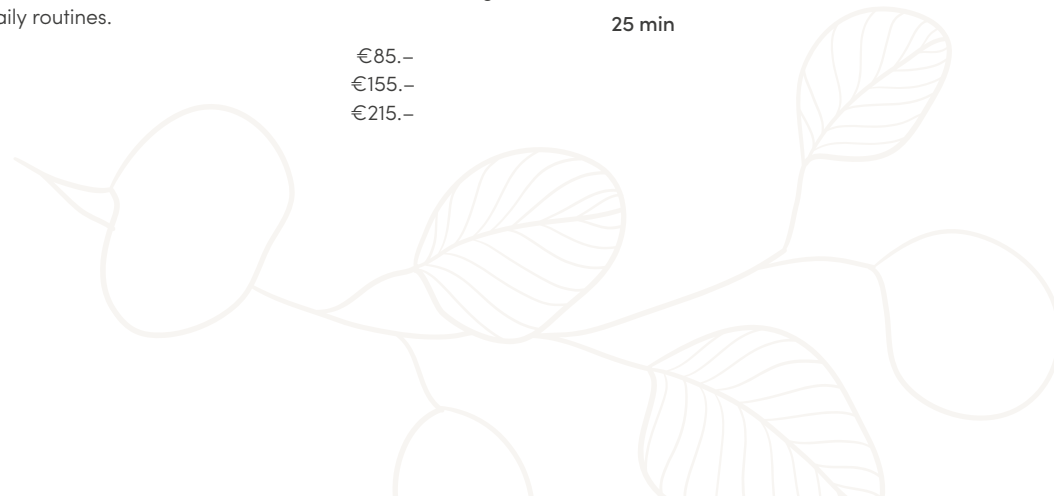
Enjoy wonderful relaxation, letting go and a sense of warmth. You will be thrilled by the unique combination of fragrant, warm herb stamps, which not only leave your skin feeling smooth, but which also penetrate deep into the muscle structure!

50 min €155.-

### EAR CANDLE TREATMENT

The burning of the ear candle at the outer ear canal creates a chimney effect. This causes through the heat a cleaning of the ear canal and reduces stress.

25 min €60.-



# Professional Treatments for ladies

## INTENSIVE FACE AND NECK LIFT

Absolute deluxe programme based on Cellcosmet's advanced cellular technology. Intensive skin activation and revitalisation with cellular serum, a two-phase lifting mask, customised eye care and targeted cellular treatment for visibly firmer and more radiant skin. A pampering hand and foot wrap ensures deep relaxation. Enjoy a glass of piccolo champagne to round off a comprehensive, luxurious treatment.

110 min €320,-

## ESSENTIAL MOISTURE OR GLOW INFUSION

Anti-aging and pure energy! With extracts of collagen, kombucha, and edelweiss, this treatment gives your skin a youthful radiance. Facial treatment includes cleansing, exfoliation, mask, active ingredient concentrate, and finishing care.

50 min €250,-

## HYDRA-FIRMING COLLAGEN BOOST

Intensively effective collagen treatment for a fresh complexion, healthy skin, and firming of facial contours. The treatment rebuilds the skin through gentle cleansing, clarifying exfoliation, activator gel, active ingredient concentrate, facial massage, mask, and personalized finishing care.

80 min €275,-

cellcosmet  
SWITZERLAND

## STONE OR UNWIND - FULL BODY RITUAL

Targeted care for visibly improved skin

By combining the latest skincare formulations with relaxing treatment elements, Cellcosmet body treatments support skin regeneration and promote a smooth, healthy-looking appearance.

The treatment consists of two coordinated phases:

- » **Skin Preparation:** Gentle exfoliation and toning to optimally prepare the skin's surface.
- » **Care and Regeneration:** Application of a highly effective serum, complemented by targeted massage techniques and the application of an intensive nourishing body cream. The treatment concludes with a feeling of deep well-being and visibly cared-for skin.

80 min €275,-

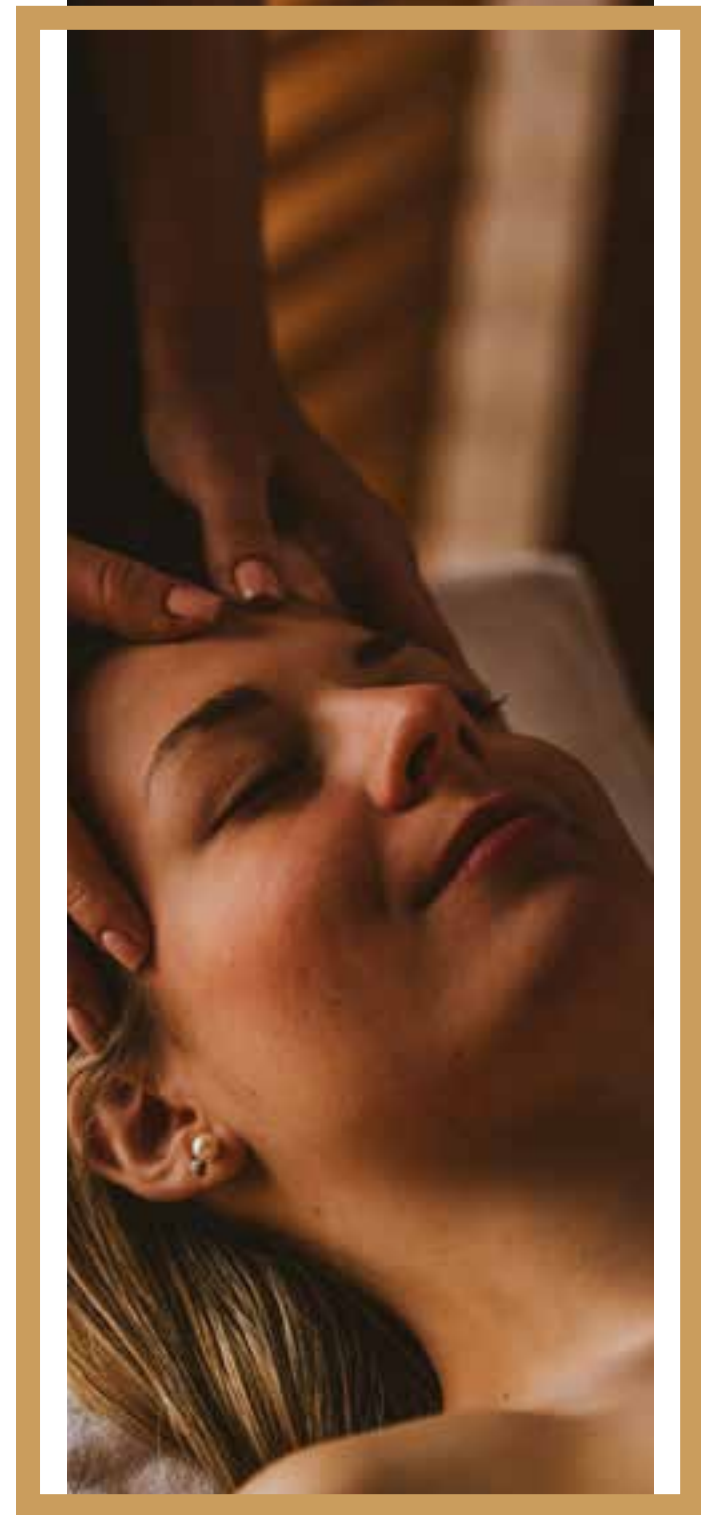
For optimal results, following the individually designed, strategic skincare treatment plan is recommended.

### Each of these facial treatments includes:

- Relaxing massage for face and neck
- Bespoke cellular cream
- Special care mask

Add-on at all treatments with  
80 or 110 minutes:

- Deep cleansing or exfoliation



# Professional Treatments for men

## INTENSIVE FACE AND NECK LIFT

Absolute deluxe programme based on Cellmen's advanced cellular technology. Intensive skin activation and revitalisation with cellular serum, a two-phase lifting mask, customised eye care and targeted cellular treatment for visibly firmer and more radiant skin. A pampering hand and foot wrap ensures deep relaxation. Enjoy a glass of piccolo champagne to round off a comprehensive, luxurious treatment.

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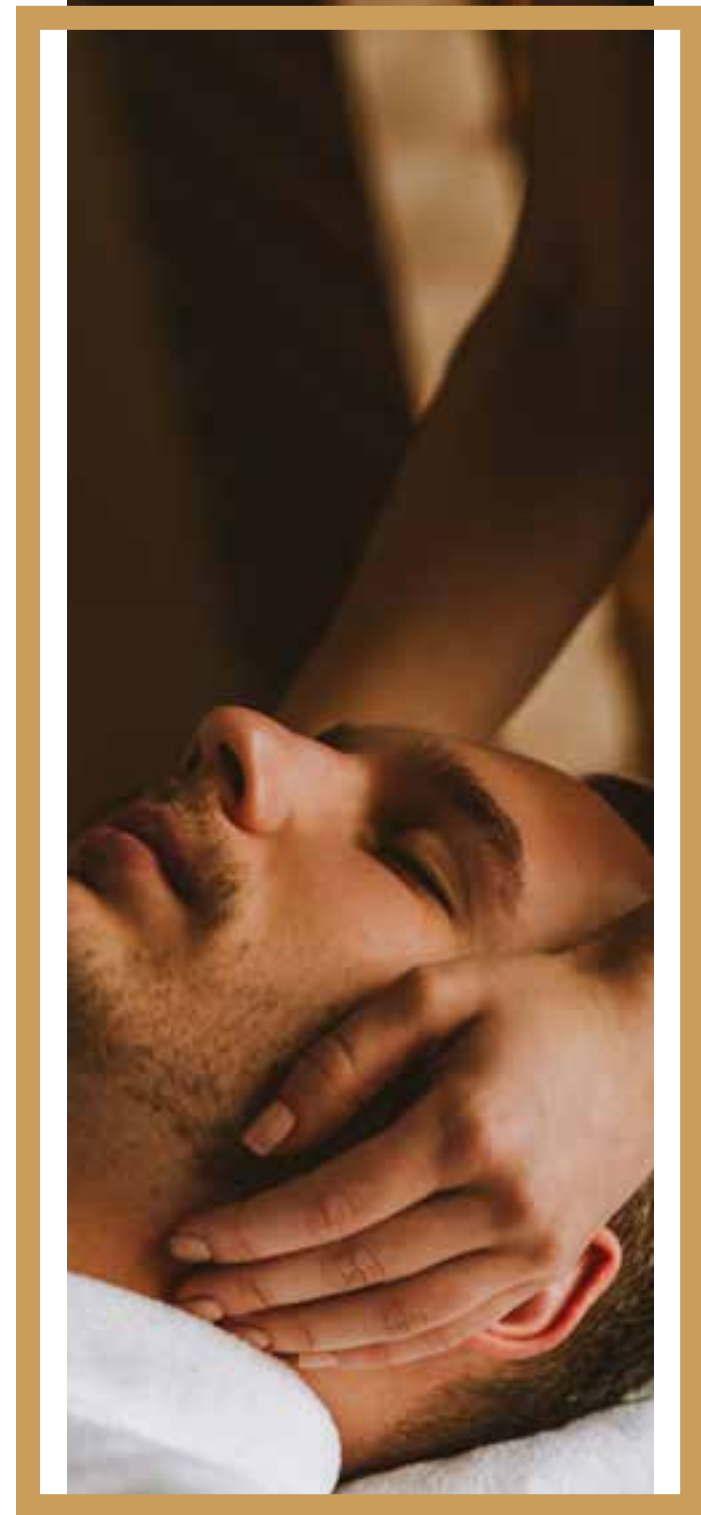
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# JetPeel™

JetPeel™ is the non-invasive revolution for healthy, beautiful skin. Hydroporation technology without injections, without pain and with an immediate effect.

JetPeel™ is a skin treatment option that, combined with natural active ingredients, achieves outstanding results. Small wrinkles are tightened and the face and décolleté glow with youthful freshness. A special nozzle uses a jet of air to moisturise the skin. The results are immediately visible and noticeable, and the serums have a long-lasting effect thanks to the retarding function. The special treatment gradually rebuilds the skin:

Step 1 - LYMPHDRAINAGE - a pleasant and relaxing lymphatic drainage that detoxifies the skin and stimulates microcirculation

Step 2 - EXFOLIATION - the removal of dead skin cells prepares the skin to absorb the nutrients from the following infusion step

Step 3 - INFUSION - ensures effective and deep delivery of the active ingredients into the skin

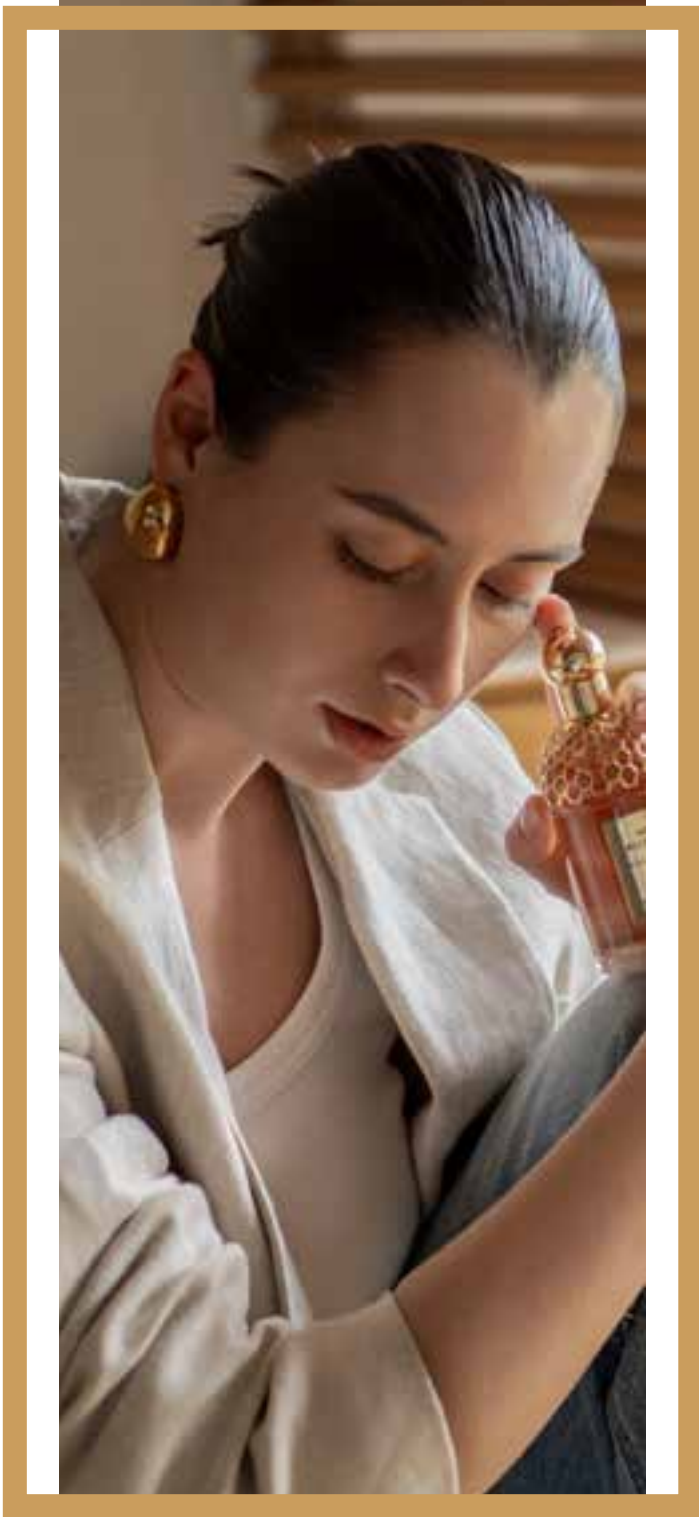
Step 4 - BOOSTER INFUSION - is another recommended infusion step to improve the treatment result.

A course of treatment is recommended to achieve the desired results in the long term.

The spa team will be happy to provide you with further information.

Face	€255.-	app. 40 min
Face, neck and décolleté	€325.-	app. 50 min
Hands	€ 85.-	app. 20 min
3x face	€575.-	
3x face, neck and décolleté	€735.-	
3x hands	€190.-	



A top-down photograph of various spa products arranged on a light grey surface. There are three small glass perfume bottles with gold caps, some containing yellow and some green liquids. There are also dried lavender sprigs, a white textured towel tied with a string, a small white round dish, and a piece of light-colored sponge. The surface is scattered with small white stones or beads.

## Extras for women & men

Dye eyelashes	€25.-
Dye eyebrows	€25.-
Trim eyebrows	€21.-
Dye eyelashes and eyebrows, trim eyebrows	€50.-

### MAKE-UP

Day make-up	€50.-
Evening make-up	€68.-
Bride make-up with test make-up and including artificial eyelashes	€135.-

# Manicure & Pedicure

## MANICURE OR PEDICURE

Let your hands or feet be pampered, our treatments includes:

- a soothing hand bath
- cuticle removal
- cutting
- filing of the nails
- relaxing hand massage

Without polish 50 min €85.-

With polish 65 min €110.-

With OPI-Gel colour 80 min €135.-

(OPI-Gel colour removing not included)

## MANICURE OR PEDICURE DELUXE

The exclusive care begins with a cleansing peeling followed by a manicure/pedicure and a paraffin pack. As a special gift, you get a CHANEL nail polish of your choice.

Duration 80 min €135.-



## Waxing

Epilation with hot wax is used for the whole body. The hot wax is applied in the hair growth direction and removed with a fleece strip in the opposite direction.

Upper lip	€11.-
Armpits	€28.-
Arms	€45.-
Legs to the knee	€65.-
Legs completely	€82.-
Bikini line	€45.-
Chest	€45.-
Back	€45.-
Face	€35.-



# Body Treatments

## SPORTS & REPAIR PACK

For healthy flexibility of muscles and joints. The bioactive power of gentian, peppermint and marmot oil promote blood flow, dissolve tension, ease cramps and stimulate metabolism.

50 min €105.–

## PURIFYING PACK

Strengthens the tissue, stimulates fat burning and supports detoxifying in a natural way. As an ideal enhancement we recommend a partial body massage.

50 min €105.–

## MOOR ALPINE HERB PACK

The Moor-Alpine herbs body pack has a muscle-warming and pain-relieving effect. In addition to many minerals and vitamins, spelt also provides valuable silicic acid and intensifies the circulation-promoting and metabolism-stimulating effect. Recommended before a massage.

50 min €105.–

### Each body wrap includes:

1. Body peeling – 25 Minutes
2. Body wrap in floating lounger – 25 Minutes

# Wellness Bath

## HONEY-AROLLA PINE BATH

Has a smoothing and moisture-regulating effect, calms and influences general wellbeing.

50 min €105.–

## HAY FLOWER BATH

Stimulates the blood flow and has a simultaneous soothing effect on the whole body, with the fragrances of flowery mountain meadows.

50 min €105.–

## MARIGOLD BATH

A well-known healing plant, marigold eases cramps, is purifying and calming.

50 min €105.–

## MILK BATH

Treats the skin and provides it with moisture and valuable minerals, vitamins and trace elements. The milk bath works real wonders in particular for dry and stressed skin.

50 min €105.–

### Each wellness bath includes:

1. Bath – 25 Minutes
2. Peeling or massage – 25 Minutes



# Facial Treatments

## ANTI-AGING BIOPIR

Let yourself be pampered by Austrian natural products. This skin type-specific care programme by Alpienne is the ultimate beauty boost for your face, neck, décolleté, and hands. The treatment includes cleansing, exfoliation, a wonderful serum, facial massage, and a mask – for a visibly fresher complexion and a vital radiance.

50 min €205.–



# (Day) SPA Offers

## Pure relaxation

### ROMANTIC HOURS FOR TWO

- » 1x Cleopatra milk bath for both
- » 2x 50 minute aroma oil massage
- » 1x 25 minute vitalising facial massage for women
- » 1x 25 minute foot massage for men
- » Wellness snack: Wellness cocktail and fresh fruits

Pampering time 120 min €435.-

### MAN'S WORLD

- » 1 x 50 minute pampering facial treatment
- » 1 x 50 minute muscle relaxing full body massage
- » 1 x Piccolo bottle of Champagne

Pampering time 120 min €305.-

### ALPINE POWER

- » 1x relaxing Arolla pine bath
- » 1x Alpine herbal stamp massage
- » 1x foot massage
- » 1 x herb tea

Pampering time 125 min €305.-

### APHRODITE "GODDESS OF BEAUTY"

- » 1x Soothing milk bath for a silky, radiant skin with  
1x piccolo of champagne
- » 1x 50 minute relaxing aroma oil massage
- » 1x 50 minute pampering facial treatment with eyebrow correction

Pampering time 125 min € 335.-

### SPARKLING PLEASURES

- » Use of the entire spa and wellness area with heated outdoor pool, kids pool, fitness room and sauna space.
- » (Lent) bathrobe, bath shoes and towels; moreover, you can use our fruit and juice bar at any time.
- » 1x 50 minute facial treatment with the exclusive product line "Cellcosmet"
- » 1x 50 minute aroma oil massage
- » 1x Piccolo bottle of Champagne

Pampering time 2 hours €355.-

### CARIBBEAN DREAMS

- » Use of the entire spa and wellness area with heated outdoor pool, kids pool, fitness room and sauna space.
- » (Lent) bathrobe, bath shoes and towels; moreover, you can use our fruit and juice bar at any time
- » 1x cleansing sea salt peeling followed by exotic milk bath
- » 1x 80 minute American Hot Stone massage
- » Wellness snack: South Sea cocktail and fresh fruit plate

Pampering time 2 - 3 hours €325.-

### DAY SPA AT THE POST

DAY SPA GUESTS –  
ADMISSION FEE PER PERSON

- » Adult € 74.- from the age of 15
- » Children € 33.- from 3 to 14 years

When booking a 50-minute massage or facial treatment until 3 p.m., you get a reduction of € 24.- on the day ticket.



## Opening hours

The "Post Beauty & Spa" is open daily.  
It's use is included for hotel guests.

- » Pool and fitness 7.00 am – 8.00 pm
- » Beauty and massage 9.00 am – 8.00 pm
- » Sauna centre 2.00 pm – 8.00 pm

Available earlier on request!

If you have any wishes or want to change your appointments, we will be pleased to be available on +43-5583-2206-831 or on the internal extension 831. spa@postlech.com, www.postlech.com

## About our therapists

The **strong and intense massages** are performed by an experienced male therapist, whose professional expertise guarantees a deep and effective treatment.

The **relaxing and regenerating massages** are performed by a female therapist, who will ensure your physical and mental well-being and complete relaxation.

### INSPIRING & EXCLUSIVE

We will be pleased to welcome you in our own perfumery where we have decorative cosmetics by CHANEL and GUERLAIN, as well as pampering and care products by ALPIENNE and CELLCOSMET. For your very personal needs. The qualified team advises and pampers you with individually co-ordinated beauty and care programmes based on our exclusive product lines.

## SPA Etiquette

### RESERVATIONS

We are happy to advise you personally at the Spa reception to put together your treatment programme and explain the applications to you. For the best results during your vacation, it is recommended to follow an individual strategic application plan.

### CANCELLATIONS

Out of consideration for other guests, we kindly ask you to make any changes or cancellations at least 24 hours in advance. Otherwise we will unfortunately be forced to charge the treatment to the full amount. We thank you for your understanding!

### TAKE YOUR TIME!

We kindly ask our guests to come 10 minutes before the appointment in order to ensure a relaxed course of the treatments.

### CHOOSE THE FITTING ATTIRE!

Please wear clothes corresponding to the different areas:

Fitness area: sports attire and sports shoes.

Pool: swimwear.

Beauty & Spa: bathrobe and slippers and enjoy the sauna area "as God created you"!

### HYGIENE

In the Beauty & Spa area dogs are not permitted. Please also do not enter the area with street shoes.

### MOBILE PHONE

We kindly ask you to switch off mobile devices throughout the "Post Beauty & Spa". If their use is unavoidable, please keep them on silent mode and refrain from using the speaker.

### VALUABLES

In order to avoid any possibility of confusion, we kindly ask you not to place any valuables or personal items into the pockets of the bathrobe. We recommend that you leave the valuables in the room safe or at the reception.

Changes, print and punctuation errors and other errors reserved.

