



Post Leech



BEAUTY & SPA

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.

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
 - » Movement studio 7.00 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.



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	€82.–
50 min	€146.–
80 min	€208.–

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	€88.–
50 min	€160.–
80 min	€225.–

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	€146.–
80 min	€208.–

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	€260.–
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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	€82.–
50 min with foot bath	€146.–

BACK FIT

A muscle-relaxing moor mud wrap for the back on a floating lounger, followed by a back massage or, alternatively, a purifying back massage with cupping.

50 min	€155.–
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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	€88.–
50 min	€160.–
80 min	€225.–

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	€82.–
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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	€64.–
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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	€160.–
80 min	€225.–

LA STONE MASSAGE

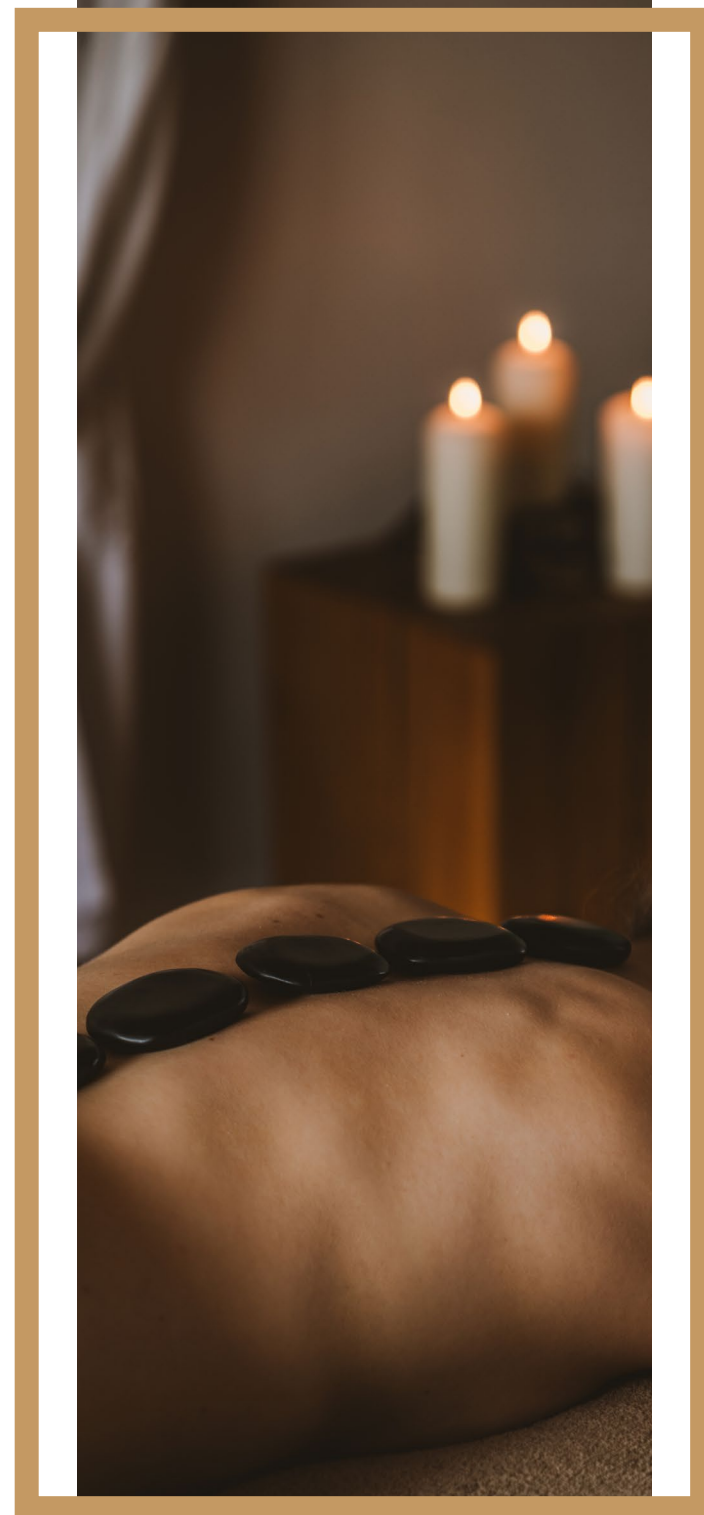
A holistic, energetic treatment with hot lava and cooled marble stones. The changing application of hot and cold stones stimulates the blood circulation and the lymph flow. Tensions are relieved and the energy system is recharged.

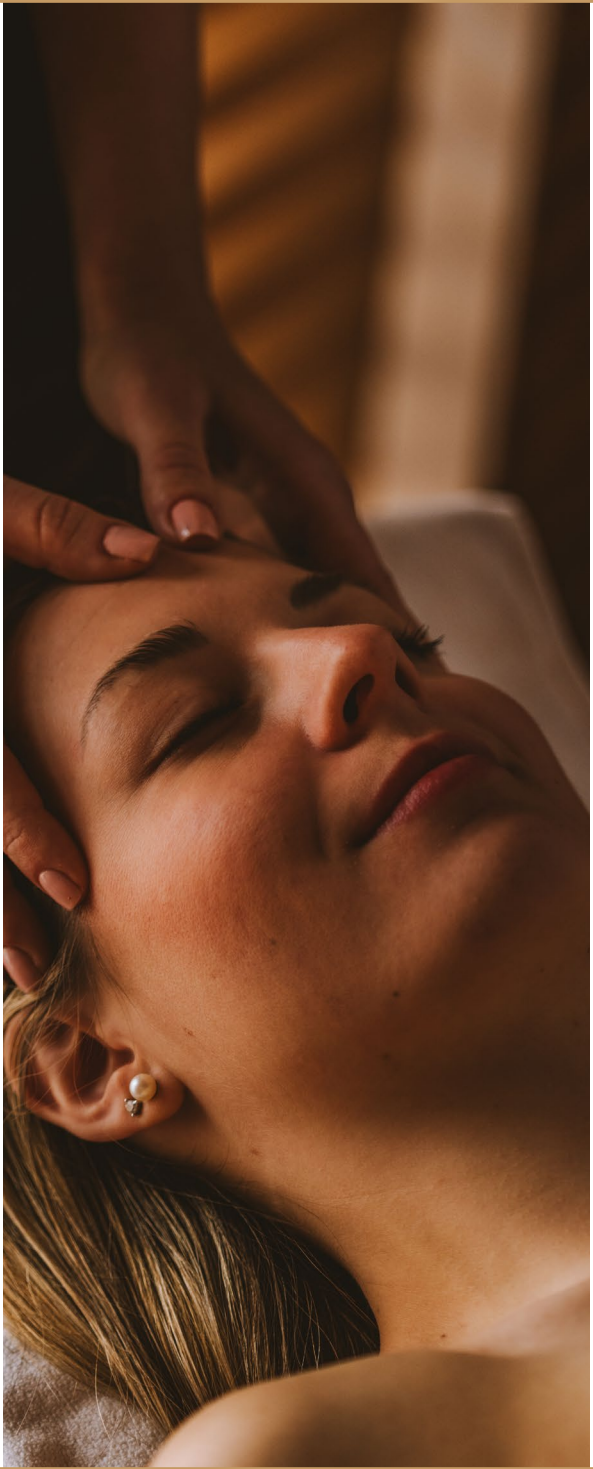
80 min	€225.–
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LECHER BODY STAMP MASSAGE

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	€160.–
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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

€330.–

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

€260.–

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

€285.–

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

€285.–

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

cellcosmet
SWITZERLAND

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.

110 min €330.–

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cellmen
SWITZERLAND

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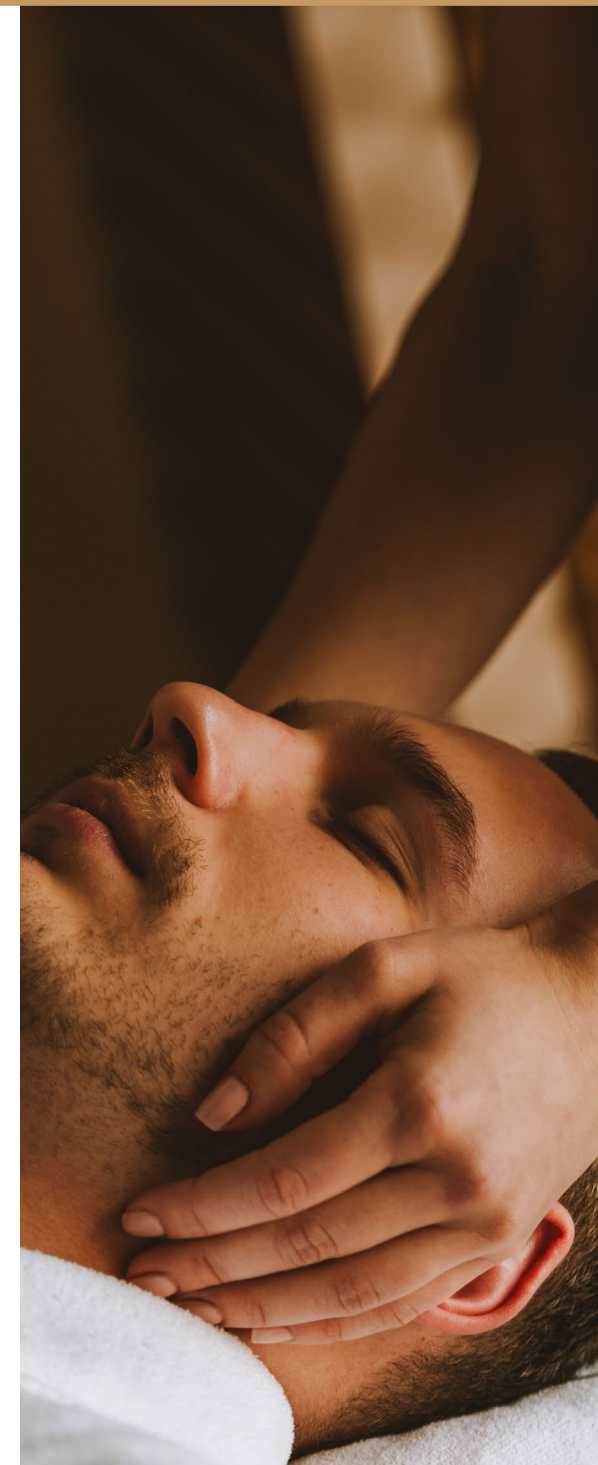
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JetPeel™

Intensive hydration. Visible freshness. No needles

JetPeel™ is an innovative, non-invasive treatment for a fresh, polished and visibly revitalised complexion. A fine, high-velocity jet stream gently delivers hydration and selected active ingredients into the skin – with no needles and no downtime.

The treatment combines several carefully coordinated steps, helping the skin to look smoother and intensely hydrated. The face, neck and décolletage can be treated, as can the hands.

Step 1 – Lymphatic Drainage

A gentle, relaxing first step that stimulates microcirculation and prepares the skin perfectly for the treatment steps that follow.

Step 2 – Exfoliation

Dead skin cells are gently removed. The skin looks refined and is ideally receptive to the care that follows.

Step 3 – Infusion

Selected active ingredients and intensive hydration are precisely delivered into the skin – leaving it feeling fresh, nurtured and revitalised.

Step 4 – Booster Infusion

As an optional addition, a booster selected especially for you complements the treatment and intensifies the experience according to your skin's needs.

ENJOY AS A SINGLE TREATMENT. INTENSIFY AS A COURSE OF TREATMENTS.

Even a single JetPeel™ treatment gives the skin deep nourishment and renewed freshness. For longer-lasting results and a more profound experience, we recommend a course of three carefully coordinated treatments.

This allows the skin to be replenished with hydration and selected active ingredients again and again – ideal as an intensive skincare course or as targeted preparation for a special occasion.

TREATMENTS & PRICES

Treatment	Single treatment	Course of 3 sessions
Face · approx. 40 min.	€265.–	€635.–
Face, neck & décolletage · approx. 50 min.	€340.–	€815.–
Hands · approx. 20 min.	€90.–	€215.–

To make your experience truly rewarding, we would be pleased to advise you personally on the most suitable sequence of treatments and on active ingredients tailored to your skin.

Beauty & Wellness Rituals

Tailored skincare. Refined touches. Timeless well-being.

Facial treatments

HYDRO REVIVAL

INTENSIVE HYDRATION AND RADIANCE

This treatment restores the skin's natural moisture balance and provides long-lasting hydration. The result is a visibly smoother, fresh, and radiant complexion.

50 min	€155.-
80 min	€225.-

DETOX YOUR SKIN

PURITY AND BALANCE

A targeted treatment for oily, blemish-prone or imbalanced skin. It helps to regulate sebum production, refines the appearance of pores and leaves the complexion clear, matte and fresh.

50 min	€155.-
80 min	€225.-

COCOONING RITUAL

SOOTHING CARE FOR SENSITIVE SKIN

A gentle skincare ritual, free from fragrance and essential oils, to soothe sensitive, dry or stressed skin. It provides intensive hydration, relieves feelings of tightness and supports the skin's natural balance.

50 min	€155.-
80 min	€225.-

FOR MEN - BUSINESS POWER

FRESH AND VIBRANT RADIANCE

An invigorating facial treatment, specifically tailored to the needs of men's skin. Targeted active-ingredient care and relaxing massage techniques leave the complexion looking rested, fresh and vibrant.

50 min	€155.-
80 min	€225.-

Wellness Rituals

NOURISHING FACE & BODY RITUAL

LUXURIOUS CARE FROM HEAD TO TOE

A nourishing face and body treatment that leaves the skin velvety soft and offers a sense of holistic renewal. A refined ritual for those who wish to combine intensive beauty care with deep relaxation.

50 min	€155.-
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BODY HARMONY RITUAL

FULL-BODY HARMONY

A luxurious full-body treatment with nourishing oils and gentle, flowing massage strokes. It releases tension, pampers the skin and leaves a long-lasting sense of soothing lightness.

80 min	€225.-
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AROMA ENERGY FLOW

DEEP RELAXATION AND RENEWED ENERGY

A holistic aromatherapy massage that releases both physical and mental tension. The body relaxes, the senses find tranquility and inner energy returns to its natural balance.

50 min	€155.-
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LA BIOSTHETIQUE®
PARIS





Extras for women & men

Dye eyelashes	€25.-
Dye eyebrows	€25.-
Trim eyebrows	€21.-
Dye eyelashes and eyebrows, trim eyebrows	€52.-

MAKE-UP

Day make-up	€55.-
Evening make-up	€70.-
Bride make-up with test make-up and including artificial eyelashes	€140.-



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	€90.-
With polish 65 min	€120.-
With OPI-Gel colour 80 min	€145.-
(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	€145.-
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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.-

Day SPA Offers

Pure relaxation

APHRODITE "GODDESS OF BEAUTY"

- » Access to the entire spa and wellness area, including the heated outdoor pool, kids pool, gym and sauna area
- » Complimentary bathrobe, spa slippers and towels. You are also welcome to help yourself at our fruit and juice bar at any time
- » 1x soothing milk bath for silky, radiant skin, accompanied by a quarter bottle of Champagne
- » 1x 50-minute relaxing aromatherapy massage
- » 1x 50-minute facial treatment with the exclusive Cellcosmet product line

Pampering time 2-3 hours €430,-

MAN'S WORLD

- » Access to the entire spa and wellness area, including the heated outdoor pool, kids pool, gym and sauna area
- » Complimentary bathrobe, spa slippers and towels. You are also welcome to help yourself at our fruit and juice bar at any time
- » 1x 50-minute pampering facial treatment with the exclusive Cellmen product line
- » 1x 50-minute classic full-body massage
- » To round off the day, enjoy a quarter bottle of Champagne

Pampering time 2 hours €390,-

ROMANTIC HOURS FOR TWO

- » Access to the entire spa and wellness area, including the heated outdoor pool, kids pool, gym and sauna area
- » Complimentary bathrobe, spa slippers and towels. You are also welcome to help yourself at our fruit and juice bar at any time
- » 1x Cleopatra milk bath for two
- » 2x 50-minute relaxing aromatherapy massage
- » 1x 25-minute vitalising facial massage "La Biosthétique" for women
- » 1x 25-minute foot reflexology massage for men
- » Wellness snack: Wellness cocktail and fresh fruit plate

Pampering time 2 hours €545,-

SPARKLING PLEASURES

- » Access to the entire spa and wellness area, including the heated outdoor pool, kids pool, gym and sauna area
- » Complimentary bathrobe, spa slippers and towels. You are also welcome to help yourself at our fruit and juice bar at any time
- » 1x 50-minute pampering facial treatment with "La Biosthétique" products
- » 1x 50-minute relaxing aromatherapy massage
- » 1x quarter bottle of Champagne

Pampering time 2 hours €315,-

CARRIBEAN DREAMS

- » Access to the entire spa and wellness area, including the heated outdoor pool, kids pool, gym and sauna area
- » Complimentary bathrobe, spa slippers and towels. You are also welcome to help yourself at our fruit and juice bar at any time
- » 1x cleansing sea salt scrub followed by an exotic milk bath
- » 1x 80-minute hot stone massage
- » Wellness snack: South Sea cocktail and fresh fruit plate

Pampering time 2 - 3 hours €345,-

DAY SPA AT THE POST DAY GUESTS – ADMISSION PER PERSON

- » Adults €78,- from 15 years
- » Children €35,- from 3 to 14 years

When you book a 50-minute massage or facial treatment until 3 pm, you will receive a €25 reduction on the day admission fee.

Inspiring & exclusive

We would be delighted to welcome you to our in-house perfumery, where we offer exquisite niche fragrances by CHANEL and GUERLAIN, alongside indulgent skincare from Cellcosmet and La Biosthétique – each selected with your personal needs in mind. Our qualified team will be pleased to advise and pamper you with tailored beauty and skincare rituals featuring our exclusive product lines.

CHANEL

PARISIAN ELEGANCE

The beauty world of CHANEL is the timeless embodiment of Parisian sophistication. Skincare rituals, iconic fragrances and elegant textures make luxury a personal experience of effortless grace – defined down to the finest detail by the Maison's clear, confident character.

CELLCOSMET

SWISS PRECISION

Cellcosmet combines the excellence of Swiss cosmetic research with the highest standards of efficacy and luxury. Its exclusive face and body care formulations pair cellular expertise with carefully selected active ingredients, supporting the skin's vitality and beauty. The result: a highly effective, personalised skincare experience that brings together scientific precision and sensual luxury in a way that is entirely its own.

GUERLAIN

THE FRENCH ART OF BEAUTY

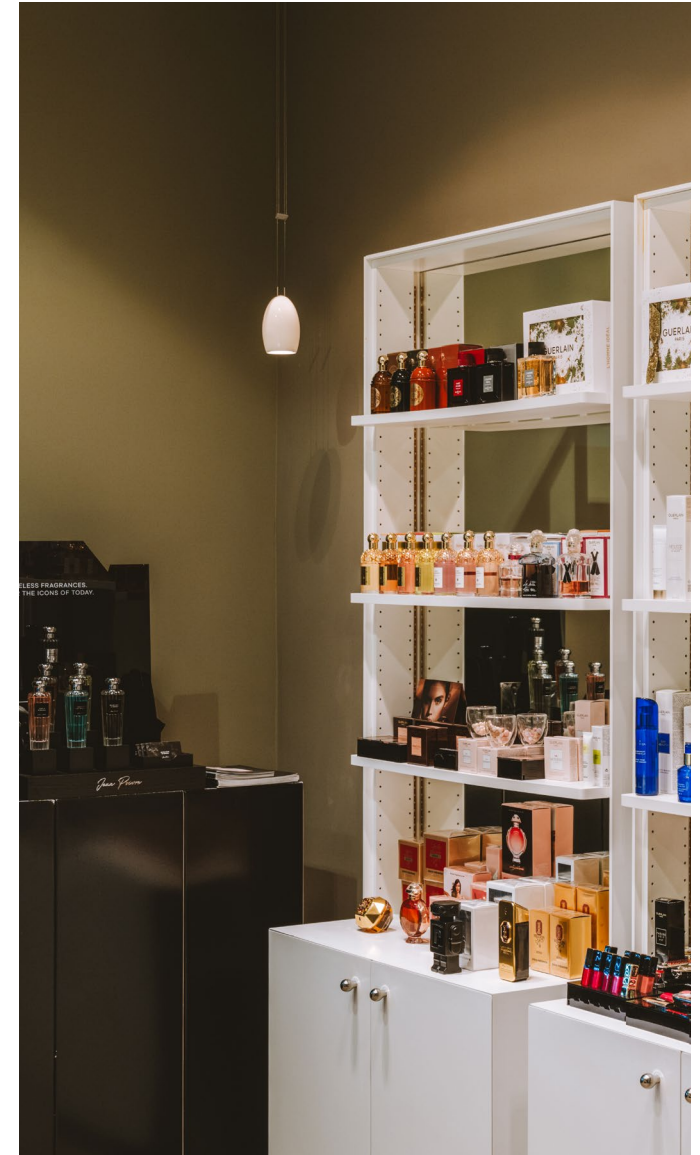
Nearly two centuries of Guerlain legacy: where rare natural essences meet the latest advances in active ingredient science. Our fragrances and skincare rituals celebrate the quintessence of French elegance – sensual, effective and continually reinvented.

LA BIOSTHÉTIQUE

THE ART OF HOLISTIC BEAUTY

Parisian inspiration meets professional expertise. La Biosthétique combines luxurious care for skin and hair with tailored beauty rituals. Highly effective formulations, sensual textures and a holistic approach to care create an exceptional experience – for beauty, well-being and those precious moments that are entirely your own.

Discover your personal luxury ritual!



Hannelore
HOELBLING.
Parfumerie

Modeboutique & Kosmetiksalon

Movement Studio

Move. Breathe. Recharge.

An exclusive space for movement, balance, and renewed energy.

In the Movement Studio, mindful movement, personal guidance and a conscious sense of well-being come together in an experience shaped around each guest.

Yoga, Pilates and Athletic Movement sessions create space for healthy movement, fresh energy and personal balance.

Alongside the weekly programme, our instructors offer private one-to-one sessions, designed together with each guest and tailored to their individual needs.

Move mindfully. Renew your energy. Reconnect with yourself.

THREE PILLARS. ONE HOLISTIC EXPERIENCE.

BALANCE	Yoga & Pilates
PERFORMANCE	Athletic Movement
PERSONAL	Private Experiences



Weekly programme

Movement. Balance. Energy.

A thoughtfully curated weekly programme.

Day	Time	Experience	Price
Tuesday	08:15-09:15	Yoga & Pilates Group · max. 6 guests	-
Wednesday	16.30-18.30 Uhr	Athletic Movement Group · max. 6 guests	-
By appointment	individually	Private Experiences	190 € / hour

Yoga & Pilates

A mindful start to the day with flowing movement, targeted strengthening and conscious breathing. Yoga and Pilates improve flexibility, stability and a balanced sense of physical wellbeing.

Athletic Movement

A dynamic session focusing on strength, mobility and coordination. Functional movement patterns promote stability, performance and a body that feels strong and supple.

Private Experiences

For guests who wish to shape their session entirely around their own needs, our instructors offer tailored Private Experiences by appointment – from yoga and Pilates to targeted performance training.