



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 | € 69.– |
| 50 min | € 119.– |
| 80 min | € 175.– |

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.

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|--------|---------|
| 25 min | € 75.– |
| 50 min | € 135.– |
| 80 min | € 182.– |

HEAD, NECK AND FACE MASSAGE

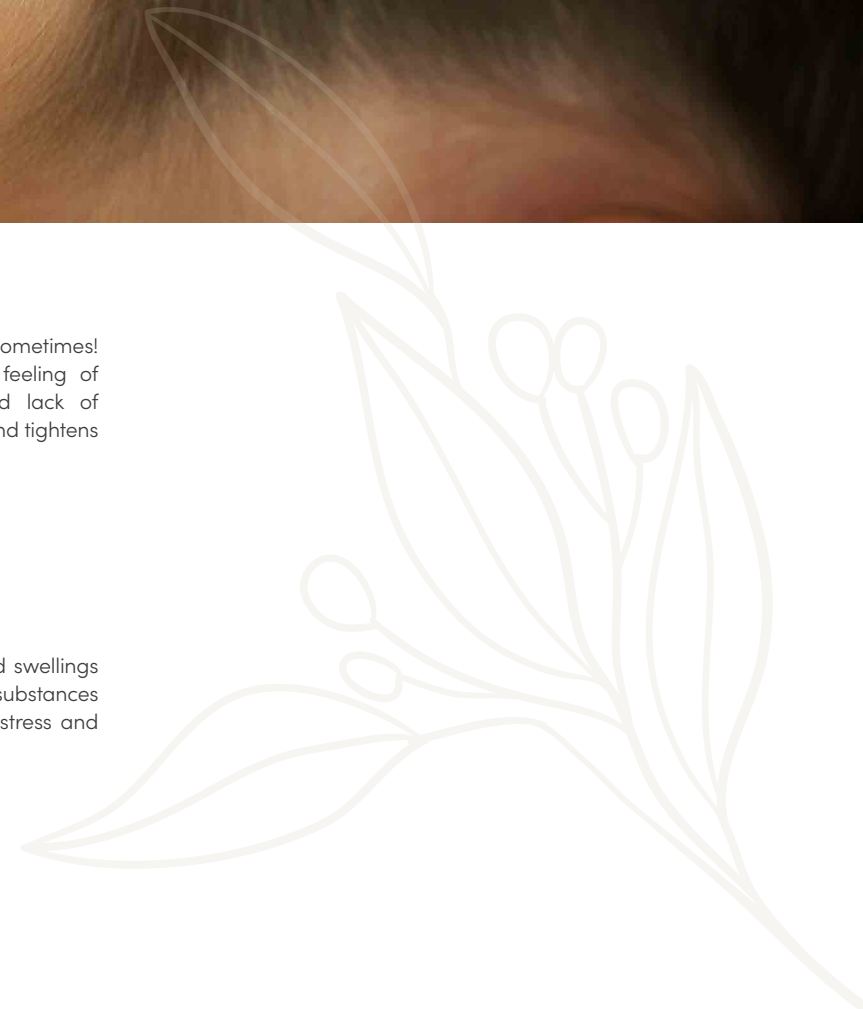
A nice head, neck and face massage can work miracles sometimes! Already after a few minutes there is an absolute feeling of relaxation, blockades are dissolved, headache and lack of concentration are treated. Furthermore, it invigorates and tightens the skin and results in a radiant complexion.

| | |
|--------|--------|
| 25 min | € 69.– |
|--------|--------|

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 | € 119.– |
| 80 min | € 175.– |



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 | € 72.- |
| 50 min | € 122.- |
| 80 min | € 178.- |

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 | € 198.- |
|---------|---------|

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 | € 69.- |
| 50 min with foot bath | € 119.- |

BACK FIT

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

| | |
|--------|---------|
| 50 min | € 125.- |
|--------|---------|

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 | € 182.- |
|--------|---------|

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 | € 125.- |
| 80 min | € 182.- |

LECHER BODY STAMP MASSAGE

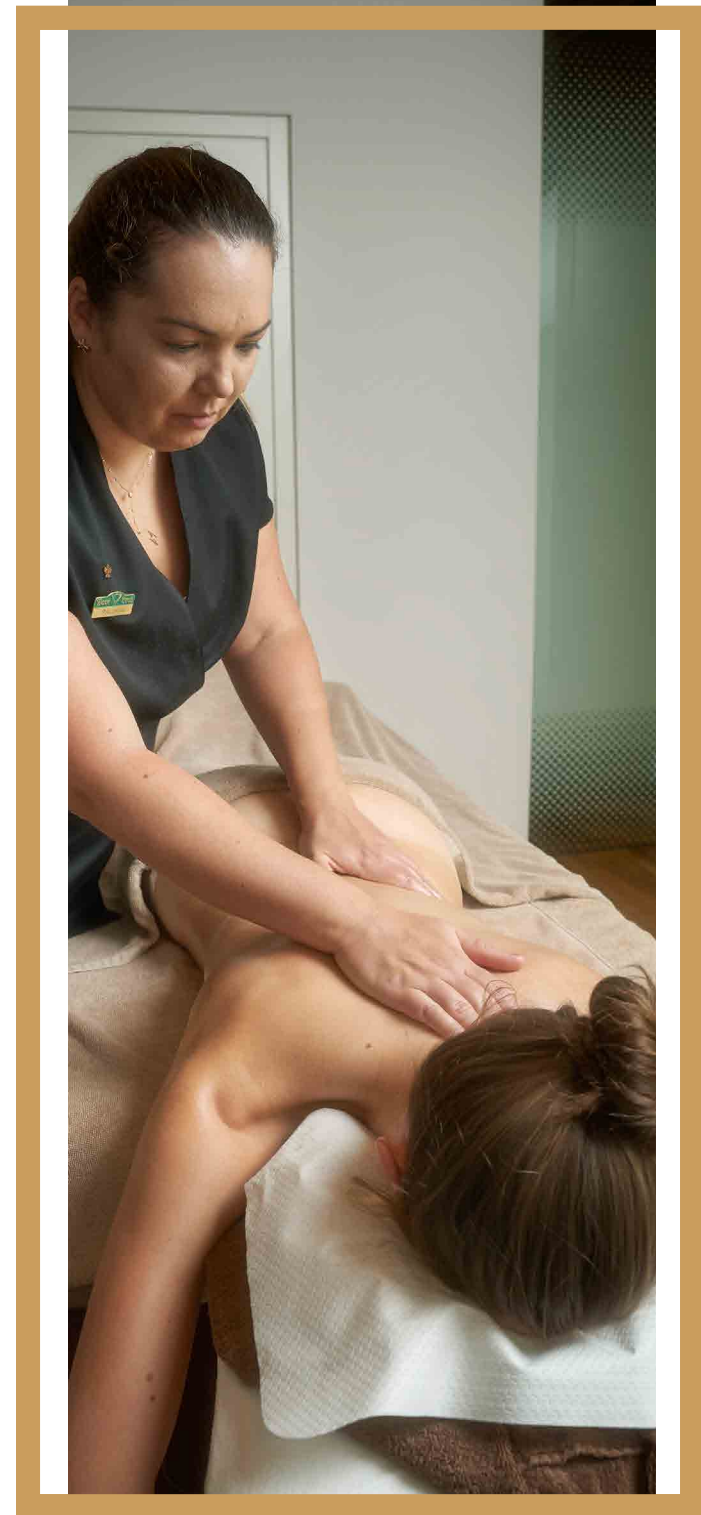
Enjoy wonderful relaxation, letting go and a sense of warmth. You will be thrilled by the unique combination of fragrant, warm herb stamps, which not only leave your skin feeling smooth, but which also penetrate deep into the muscle structure!

| | |
|--------|---------|
| 50 min | € 182.- |
|--------|---------|

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 | € 52.- |
|--------|--------|



Professional Treatments for ladies

BEAUTY DELUXE

Absolute deluxe programme on the basis of cellular therapy: Skin activation with the cellular serum, 2-phase mask, customised eye care and cellular treatment. Paraffin wrap for hands and feet included. At the end you enjoy a piccolo of champagne.

110 min € 258.-

REVITALISING

Anti-Age Cell Facial. Luxurious classic guarantees maximum revitalisation of all skin functions. Individual care with cleansing, peeling, mask, relaxing facial massage, active ingredient concentrate and final care. Your skin regains its elasticity and vitality.

80 min € 215.-

RADIANCE REVEALER

Pure anti-aging and energy! Intense youthful radiance for your skin, with extracts from collagen, kombucha and edelweiss. Facial treatment with cleansing, peeling, mask, active substance concentrate and final care.

50 min € 175.-

PRO COLLAGEN

Intensive collagen treatment to restore the elasticity and firmness of the facial contours. The treatment revitalises the skin through gentle cleansing, clarifying peeling, activator gel, active ingredient concentrate, facial massage, mask and individual finishing care.

80 min € 215.-

MICRODERMABRASION

First the skin is cleansed and prepared for the treatment with a caring exfoliation. Then the upper skin layer is removed by means of a diamond tip. At the end, a care product is applied onto the skin.

50 min € 185.-

ANTI AGING BIOPIR

Let yourself be pampered by Austrian natural products. This treatment includes a cleansing, a peeling, a face massage as well as a mask.

50 min € 175.-

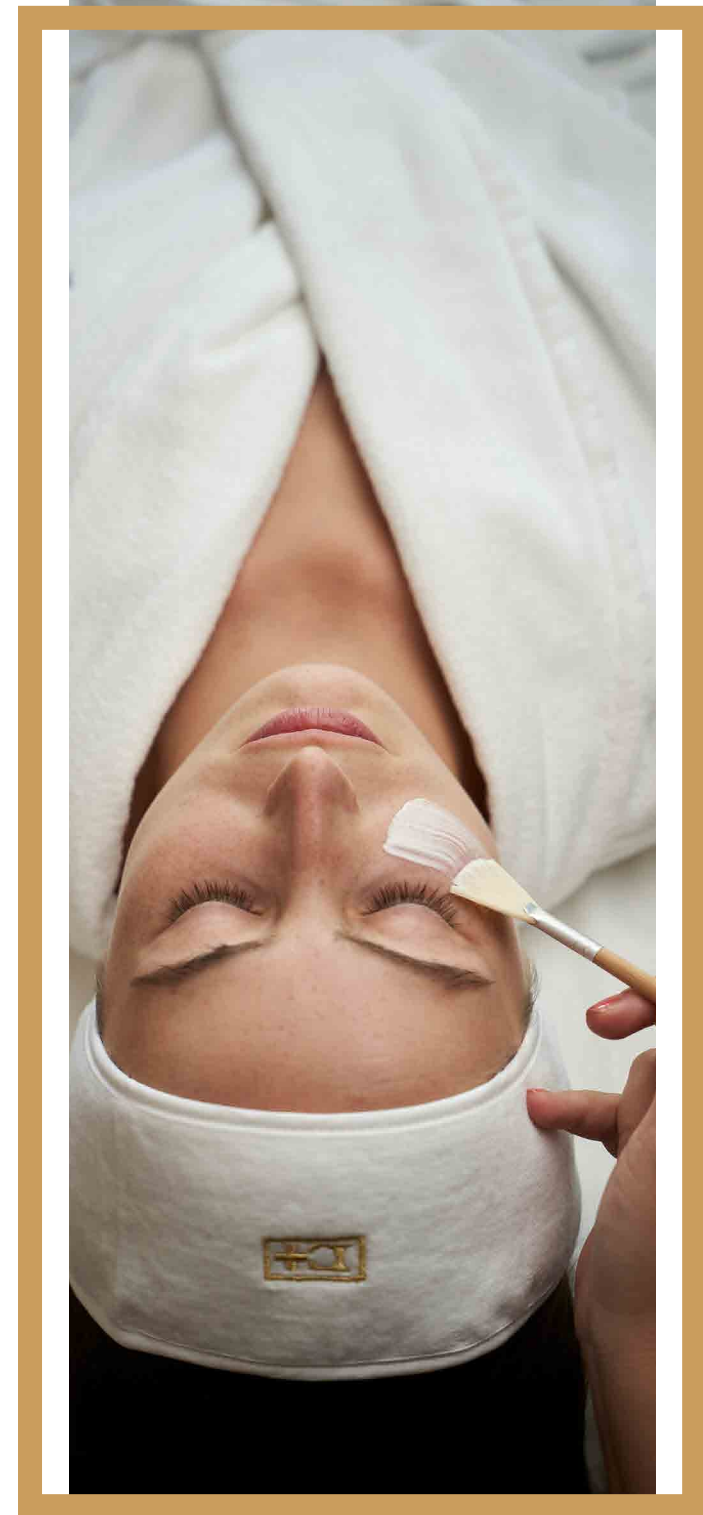
For optimum results we do, however, recommend following the personal strategic facial treatment plan.

Each of these facial treatments includes:

1. Special care mask
2. Relaxing massage for face and neck
3. Bespoke cellular cream

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

- Deep cleansing or exfoliation



Professional Treatments for men

BEAUTY DELUXE

Absolute deluxe programme for male skin. Skin activation with the cellular serum, 2-phase mask, customised eye care and cellular treatment. Paraffin wrap for hands and feet included. At the end you enjoy a piccolo of champagne.

110 min

€ 258.-

REVITALISING

Anti-Age Cell Facial. Luxurious classic guarantees maximum revitalisation of all skin functions. Individual care with cleansing, peeling, mask, relaxing facial massage, active ingredient concentrate and final care. Your skin regains its elasticity and vitality.

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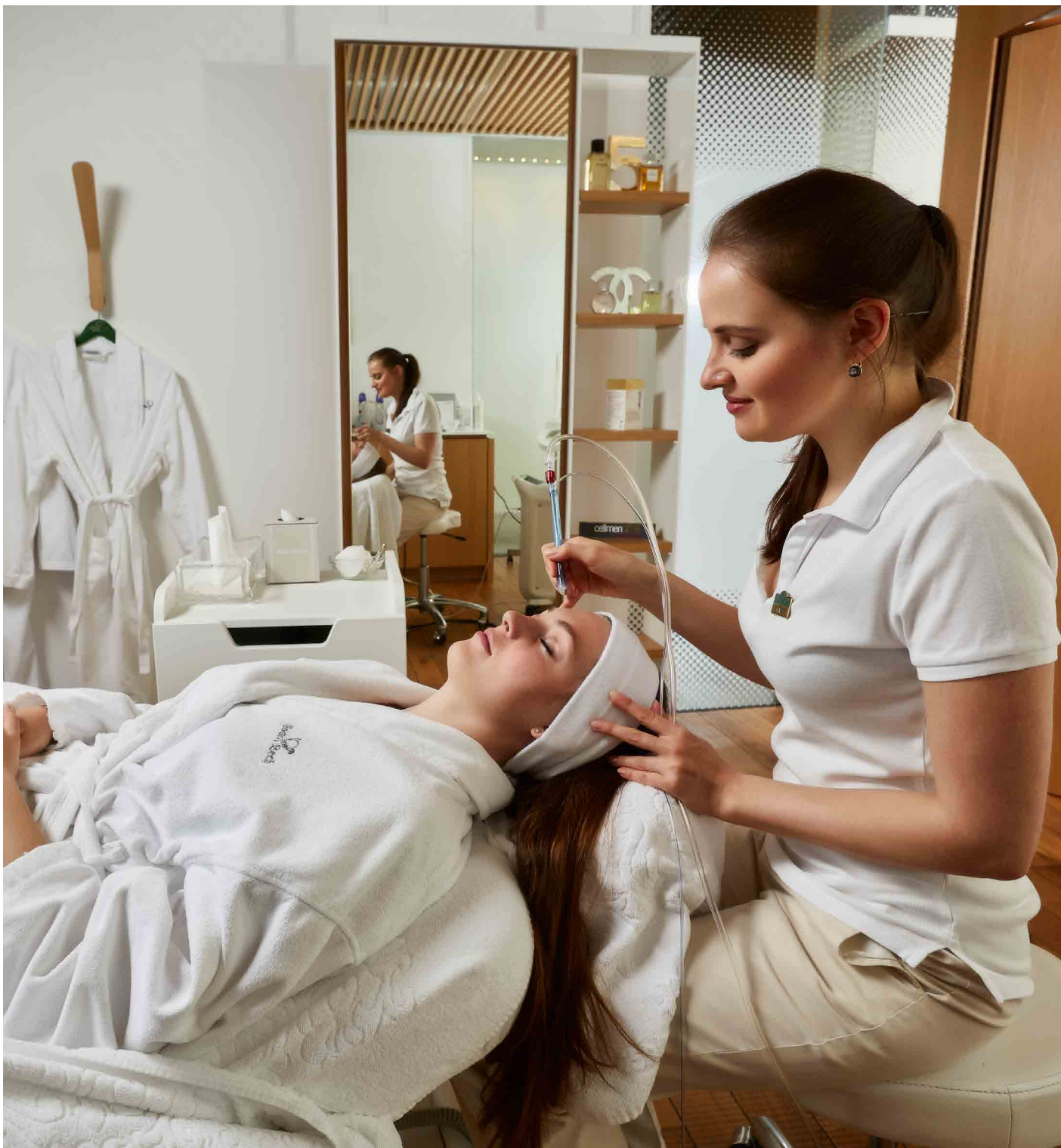
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Jet Peeling

Hydrodermabrasion without needles, without chemistry, without pain, with immediate effect! The Jetpeel technology is a new treatment for the skin, which achieves outstanding effects in combination with natural ingredients. Small wrinkles are tightened and the face and décolleté shine in youthful freshness. With a special nozzle moisture is applied to the skin by means of an air jet. The cooling effect supports the circulation and stimulates collagen production. Depending on the type of skin, enriching substances are then applied to the skin in the same way without touching it. No needles are used. The introduction and penetration of the substances is exclusively based on the jet air stream. You can literally feel how deep the ingredients get into the skin. For an optimum result it is recommended to carry out three treatments in short intervals at the beginning. For further information, our Spa team is at your disposal.

| | | |
|------------------------------|---------|-------------|
| Face | € 238.- | app. 40 min |
| Face, neck and décolleté | € 322.- | app. 50 min |
| Hands | € 78.- | app. 20 min |
| 3 x face | € 525.- | |
| 3 x face, neck and décolleté | € 698.- | |
| 3 x hands | € 175.- | |



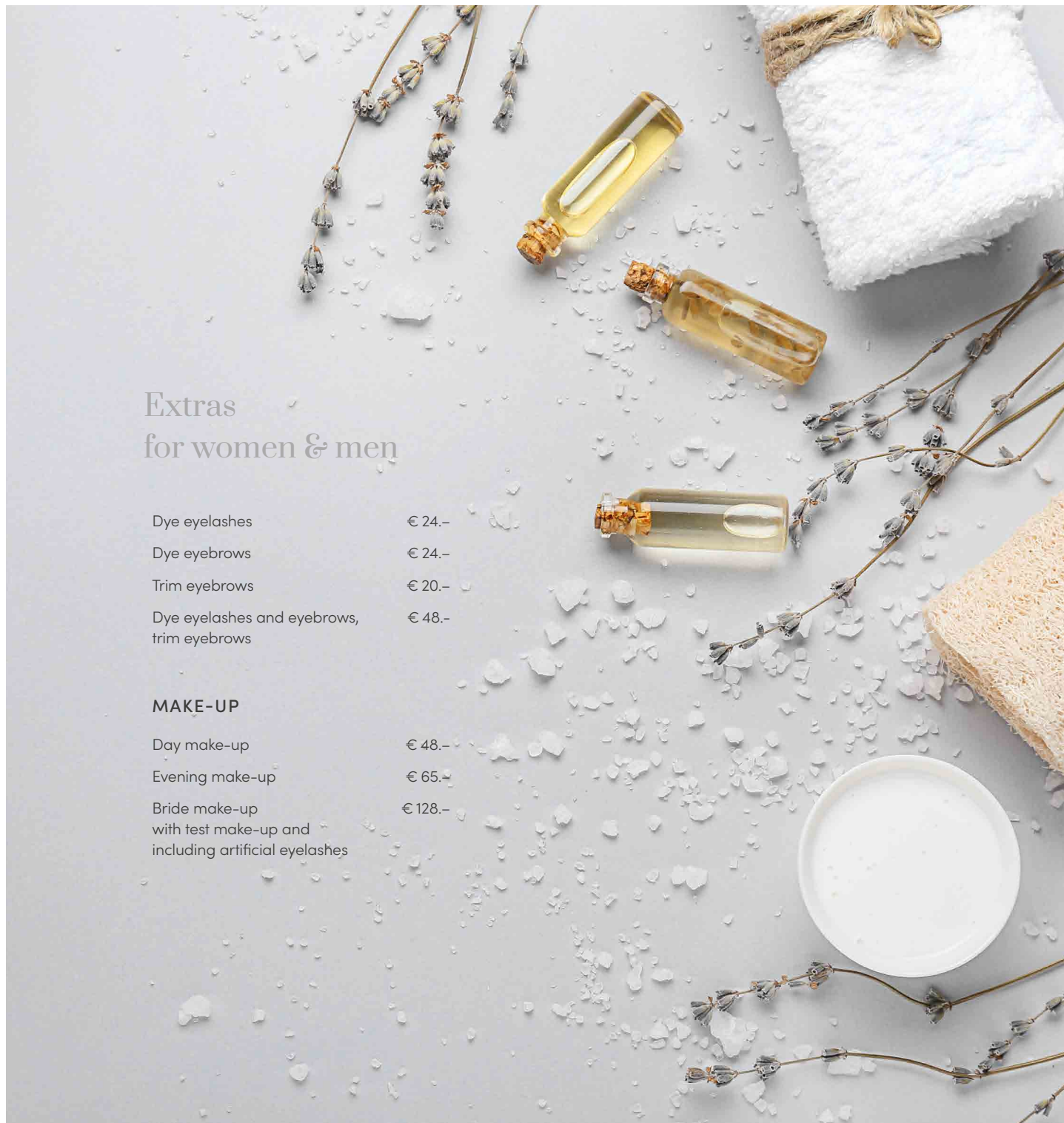


Extras for women & men

| | |
|--|--------|
| Dye eyelashes | € 24.- |
| Dye eyebrows | € 24.- |
| Trim eyebrows | € 20.- |
| Dye eyelashes and eyebrows, trim eyebrows | € 48.- |

MAKE-UP

| | |
|--|---------|
| Day make-up | € 48.- |
| Evening make-up | € 65.- |
| Bride make-up with test make-up and including artificial eyelashes | € 128.- |





Body Wraps

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 € 95.–

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 € 95.–

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 € 92.–

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 € 92.–

MARIGOLD BATH

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

50 min € 92.–

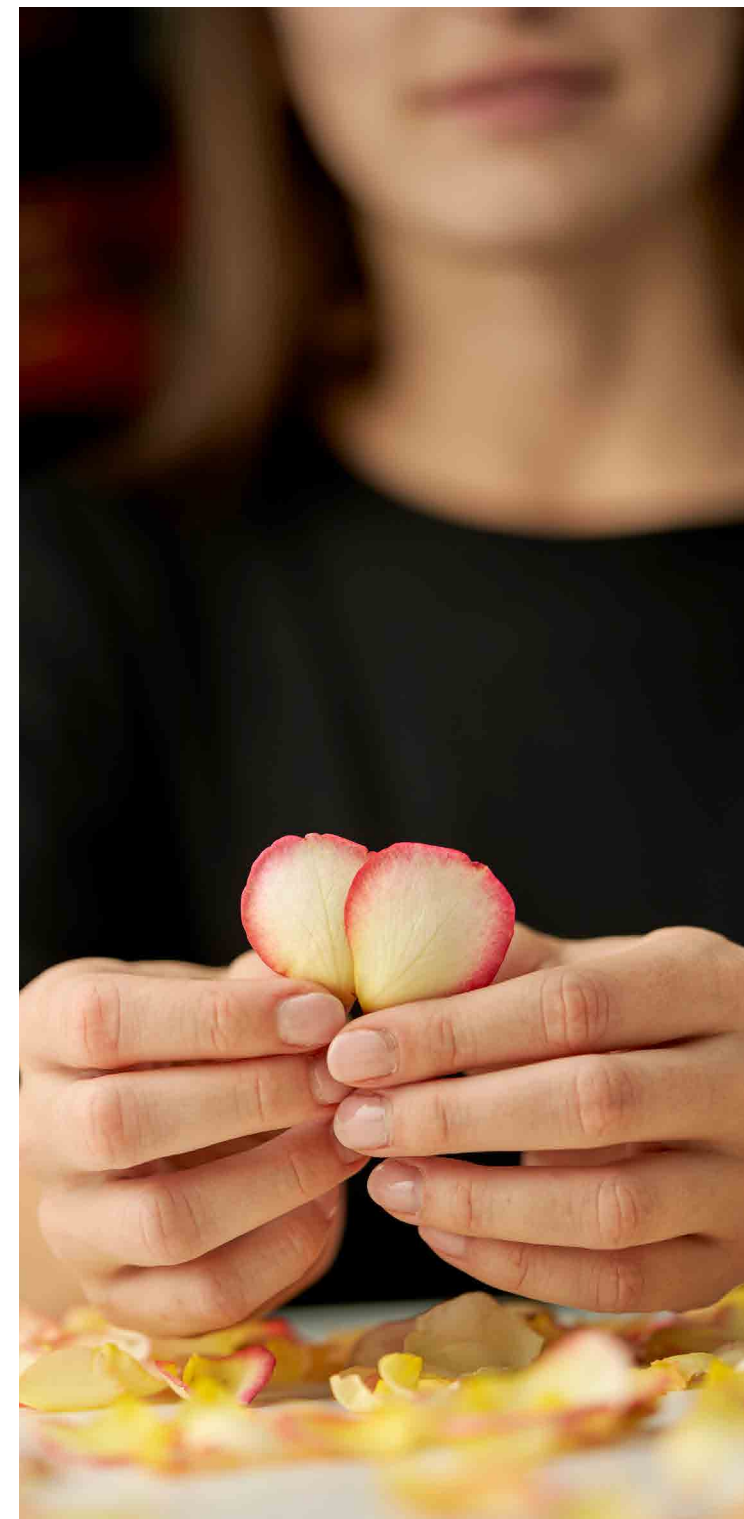
MILK BATH

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 € 92.–

Each wellness bath includes:

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



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 € 72.-

With polish 65 min € 92.-

With shellac 80 min € 108.-

(Shellac removing not included)

MANICURE OR PEDICURE DELUXE

The exclusive care begins with a cleansing peeling followed by a manicure/pedicure and a paraffin pack.

Duration 80 min € 105.-

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 | € 10.- |
| Armpits | € 25.- |
| Arms | € 42.- |
| Legs to the knee | € 62.- |
| Legs completely | € 75.- |
| Bikini line | € 42.- |
| Chest | € 42.- |
| Back | € 42.- |
| Face | € 32.- |



(Day) SPA Offers Pure relaxation

ROMANTIC HOURS FOR TWO

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

Pampering time 120 min € 385.-

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 € 269.-

ALPINE POWER

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

Pampering time 125 min € 265.-

APHRODITE "GODDESS OF BEAUTY"

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

Pampering time 125 min € 295.-

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.
- » 1 x 50 minute facial treatment with the exclusive product line "Cellcosmet"
- » 1 x 50 minute aroma oil massage
- » 1 x Piccolo bottle of Champagne

Pampering time 2 hours € 325.-

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
- » 1 x cleansing sea salt peeling followed by exotic milk bath
- » 1 x 50 minute American Hot Stone massage
- » Wellness snack: South Sea cocktail and fresh fruit plate

Pampering time 2 - 3 hours € 289.-

DAY SPA AT THE POST

DAY SPA GUESTS – ADMISSION FEE
PER PERSON

- » Adult € 65,- from the age of 15
- » Children € 30,- from 3 to 14 years

When booking a 50-minute massage or facial treatment until 3 p.m., you get a reduction of € 20,- 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

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 5 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.

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.

