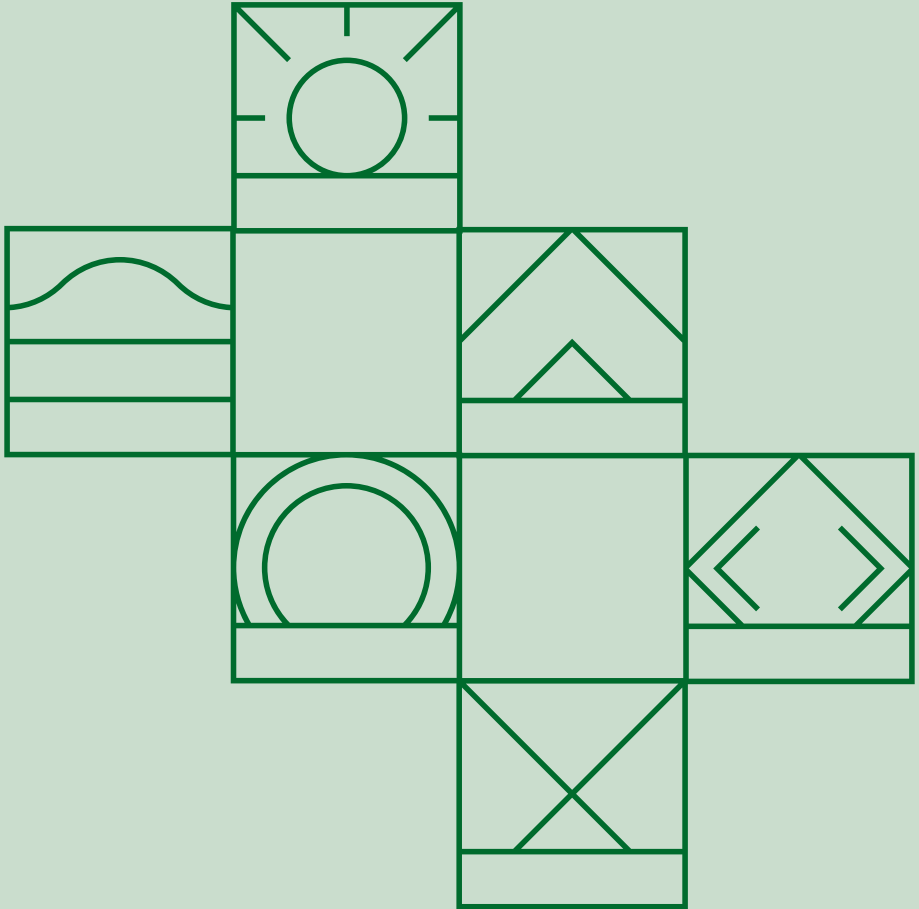


Herbarium[®]Z

Beauty & Longevity



Valid as of December 2023 | EN



SHARE YOUR EXPERIENCE

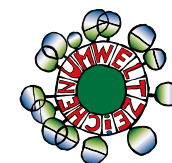
#zillorseasons #malisgarten

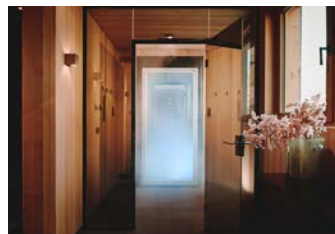
Herbarium[®] 

Green Spa

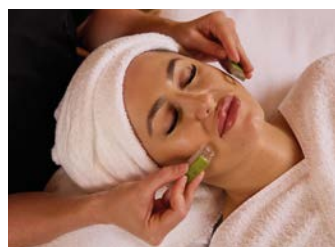


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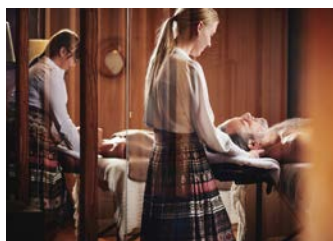
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Place of power and relaxation: Herbarium Spa

Perhaps you are familiar with this saying: *modern man has a watch; earlier man had the time.*

And there is some truth to that because we often forget to take time for ourselves due to the hectic pace of everyday life, and the pressure to perform.

When did we forget how important it is for our well-being to ground ourselves and connect with nature?

Nature doesn't need any likes, or e-mails, or meetings. It is enough for itself.

During your vacation at MalisGarten, you can *reflect on this elemental force.*

Holistic and oriented for your pure enjoyment from head to toe:

In MalisGarten, the natural power of herbs reinvigorates you from the inside out.

Whether in the gourmet kitchen or in the Green Spa: the effect of the plants, based on the herbalism of traditional European medicine, provides well-being in every cell of the body.

With each step, you will immerse yourself deeper in a world of pure enjoyment that is rooted in nature: the many botanical treasures in and around MalisGarten, the herbal worlds in harmony with nature, and the biospheres that serve as places of power in the Zillertal restore balance to mind and body.

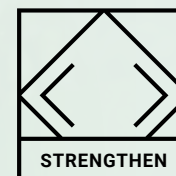


Herbal power tailored to individual needs



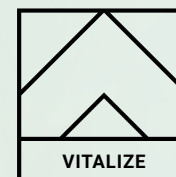
Whether you seek fortification, revitalization, harmonization, or calming, is crucial in determining which herbs can provide the best support for your specific phase of life.

Choose from the various therapeutic fields to decide which one is suitable for your treatment. This way, we harness the unique, carefully selected herbal powers that are tailored specifically to you, enriching your experience to the fullest.



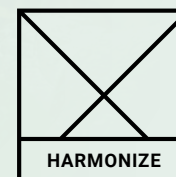
STRENGTHEN

With their stimulating effect, our **"bringers of strength"** enhance ability and vitality: an activating panacea.



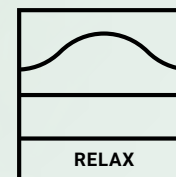
VITALIZE

With their soothing power to nourish, the **"bringers of protection"** care for the skin and hair and strengthen the entire body with their tonic effect.



HARMONIZE

The subtle fragrances and harmonizing formulations of the **"bringers of love"** are balancing and create energizing moments that bring peace.



RELAX

With their gentle power, the **"bringers of comfort"** such as mallow, melissa, and valerian provide for deep relaxation and bring mind and body into balance.



Cryotherapy

Art of Cryo cold chamber:
-85 °C for beauty, health, sports, and wellness.

Cryotherapy is highly popular among medical professionals and athletes due to its numerous positive effects. In the Herbarium Spa, you now have access to an innovative high-performance cryotherapy chamber by "Art of Cryo", providing you with stable and guaranteed ultra-low temperatures of up to minus 85 °C.

Seize the opportunity to strengthen your body and mind with the impressive effects of cryotherapy on beauty, health, sports, and wellness.

Your individual treatment time will be calculated using the digital RemediCool anamnesis questionnaire. Our spa therapists provide you with a hat, gloves, a face mask, and maintain visual contact with you during the cryotherapy treatment. Upon request, you can receive your personal access to the free RemediCool app, where you can view your calculated treatment duration and repetition.

You will experience a very high energy level and a sense of euphoria that continues for several hours after the treatment. It is important to consume an adequate amount of fluids afterward.

Recommended are **two sessions per week in the cryotherapy chamber** and **two sauna sessions per week** on different days.

A treatment in the cryo cabin can:

- + have **anti-inflammatory** effects
- + positively support **fitness** (regenerative effect, vascular training and muscle training)
- + stimulate **metabolism** (fat burning) and support **diets**
- + release **fresh energy**
- + strengthen the **immune system**
- + promote good **sleep**
- + have a **stress-reducing** effect
- + have a **rejuvenating effect** on tissue, and skin (**anti-aging**)



Rates

1 unit	49
3 units	136
5 units	199

Please clarify with your general practitioner, whether the recommendations are suitable for you.



Facial treatments for *her* and *him*

Take time for yourself.

Our experienced cosmetologists let your beauty shine. Tailored to your individual needs, we harness the power of herbs and advanced cosmetic technology to achieve the desired results.



Individual facial treatment

Nourish and strengthen – individually customized. The facial treatments based on medicinal herbs conform to the current needs of your skin. You can select the focus and the intensity of your treatment. Your skin will glow – from the inside out.



Choose the desired effect of your treatment from the following results:

- + calming & strengthening
- + moisturizing
- + clarifying & reducing
- + vitalizing & regenerating
- + oil and moisture balancing

A 50-minute treatment includes:

- skin diagnosis
- cleansing
- peel
- active agent serum
- deep cleaning or short massage of face and neck
- facial mask
- application of care products

An 80-minute treatment additionally includes:

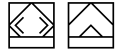
- deep cleansing
- intensive massage of face, neck, and décolleté
- special mask
- special intensive eye care

Determine the duration of your treatment:

50 min | 92
80 min | 139



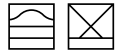
Facial treatments



Skin-tightening rejuvenation treatment

Discover the power of rejuvenation through natural avellana oil serum and aloe vera fresh plant leaf application. The anti-aging oil strengthens the connective tissue. Collagen improves skin density. Your skin becomes firmer and smoother. Fine lines are reduced. This treatment gives you a pleasant sensation and soft, youthful-looking skin.

80 min | 139



Relaxation treatment

A revitalizing care oil made from black sesame calms and protects sensitive skin. Organic aloe vera juice provides intense moisture and has a cooling effect. The result? Visibly soothed skin. Ideally suited for sensitive, stressed, and irritated skin.

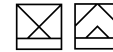
80 min | 139



Detox treatment

This facial treatment relies on the natural ingredients of the valuable babaco papaya and the mountain papaya. These have a detoxifying and cleansing effect. The sebum production of your skin is regulated. A skincare oil made from sesame, juniper, immortelle, laurel, and cypress is a true blessing for stressed skin.

80 min | 139



Revitalizing moisture treatment

Pamper your skin with an intense freshness boost. Nourishing organic rose oil with natural antioxidants promotes skin regeneration and cell protection. Elasticity is increased. A rich moisturizing cream has a pleasantly cooling effect, leaving the skin soft. Ideal for dry skin in need of moisture.

50 min | 98



Balance treatment

Your skin is revitalized with a refreshing moisturizing spray. Aloe vera and tulsi oil provide moisture and have anti-inflammatory properties. A regenerative skincare oil protects the skin and promotes cell protection. This soothing treatment cleanses impure skin down to the deep layers.

50 min | 98



Eye treatment

Experience our soothing treatment designed specifically for the eyes. Signs of fatigue, swelling, and tension are effectively addressed. Dark circles and bags under eyes are reduced for a refreshed appearance and radiant eyes.

20 min | 49



Face



Lash lift

Our effective lash lift results in longer, thicker eyelashes. Proteins, vitamins, and keratin-rich care products vitalize the eyelash structure. Lip and eye care products, which are based on pure natural cosmetics, provide harmonizing, soothing relaxation. The eyelash lift includes lash lamination, lip and eye care, and a short hand or foot massage.

Can be booked in addition to any treatment.

60 min | 79



Aloe vera

TIP

The effective essence of *aloe vera*



The aloe vera plant is considered one of the oldest medicinal plants, thanks to its wholesome properties. It protects the skin and promotes a healthy complexion.

The gel of aloe vera supports the plant in its own healing process by reducing and sealing injuries to its leaf. Due to its rich content of minerals, vitamins, and antioxidants, the gel of the desert plant, when applied to the skin, has the following effects:

- + soothing
- + strengthening
- + moisturizing.

We use precious organic aloe vera in numerous facial and full-body treatments. Feel free to ask us about it – we are happy to advise you.

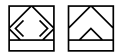




Visible *skin tightening* without invasive intervention

Our comprehensive range of beauty treatments also includes the revolutionary methods of radiofrequency treatment and microneedling.

These treatments gently, and delicately contribute to restoring a youthful appearance to your skin.



Radiofrequency treatment

Functionality:

Radiofrequency therapy is based on extensive medical knowledge and relies on the targeted action of radio waves. These waves stimulate the fibroblasts in the deeper layer of the skin to produce new collagen and elastin. The result is tighter and smoother skin without burdening the epidermis.

This gentle method of radiofrequency treatment is particularly suitable for addressing bags under eyes, fine skin folds, and loss of elasticity in the facial, neck, and décolleté areas. Acne can also be effectively treated with this method.

Video:
radiofrequency
treatment:



Our spa therapists use the high-quality, monopolar radiofrequency device from the brand SKINthings. In contrast to bipolar radiofrequency treatment, the monopolar treatment penetrates deeper into the layers of the skin.

The radiofrequency treatment includes:

- Step 1:** Cleansing
- Step 2:** Peeling
- Step 3:** Application of the electrode
- Step 4:** Radiofrequency treatment
- Step 5:** Targeted introduction of active ingredients
- Step 6:** Application of a hyaluronic mask
- Step 7:** Final care

The ingredients used are selected based on your individual skin condition. Let yourself be inspired by the radiofrequency treatment and enjoy a noticeably smoother skin texture!

Determine the scope and duration of your treatment:

Facial treatment	50 min	119 1 session
		320 3 sessions
Double chin treatment	30 min	85 1 session
		225 3 sessions
Face and décolleté (tightening treatment)	80 min	185 1 session
		490 3 sessions

Treatment recommendation:

Already the first treatment will convince you: Your skin texture will visibly appear firmer and smoother. Your therapist will be happy to advise you personally.



Microneedling

Functionality:

Microneedling is a gentle method for skin tightening, performed with a needling pen. The superficially numbed skin is treated with light pressure, creating micro-injuries. These micro-injuries trigger a wound healing response, stimulating cell division and the formation of new collagen, elastin, and hyaluronic acid. The result is visibly firmer skin, smoothed fine lines, and a more even-looking complexion.

Through the small channels created by microneedling, serums with valuable ingredients such as hyaluronic acid or plant-based skin stimulants can penetrate deeper into the skin, allowing them to fully exert their effects.

In addition to the skin-tightening anti-aging effect, microneedling reduces superficial skin discolorations. Thinning skin is firmed through stimulation. Effective counteraction can be achieved against a sagging chin area. Bags under eyes, dark circles, and skin imperfections can be visibly reduced.

The microneedling treatment includes:

- Step 1:** Cleansing
- Step 2:** Needling
- Step 3:** Targeted introduction of active ingredients
- Step 4:** Mask
- Step 5:** Final care

Discover the gentle method of microneedling for radiant and youthful skin:

Individual areas *	30 min	75		1 session
		135		2 sessions
Facial treatment	50 min	110		1 session
		198		2 sessions
Face and décolleté	80 min	175		1 session
		315		2 sessions

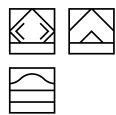
Recommended treatment:

The first treatment will already convince you and deliver visible results. Your therapist will be happy to advise you personally.

* e.g.
nasolabial fold,
frown lines,
laughter lines.

Video:
microneedling:





Face and back treatment

A mental boost during your well-deserved relaxation time. Following a gentle cleansing, an intensive massage with the soothing aloe vera plant leaf and an effective mask are applied.

50 min | 92

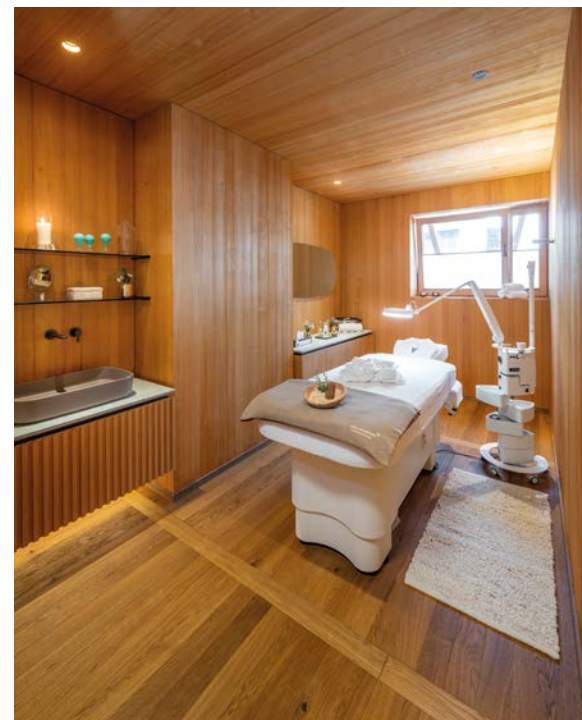
Beauty extras

These extras can be booked in addition to a treatment. In order to plan for the additional time needed, we kindly ask you to inform us about your desired extras when making your booking.

- **Eyelash coloring** 15 min | 22
- **Eyebrow tinting** 10 min | 16
- **Eyebrow shaping** 10 min | 16
- **Complete eye area according to your wishes** 25 min | 45

Hair removal with warm wax:

- **Upper lip/ face** 10 min | 16
- **Individual face or body parts** 25 min | 45
- **Large parts of the body** 40 min | 62



Manicure, pedicure, foot bath

Our care programs and relaxing hand and foot baths ensure well-groomed hands and feet.

We enjoy pampering both ladies and gentlemen with a manicure and pedicure, including a hand and foot massage.



Manicure

Nourishing and pampering treatment for the hands. A hand bath pampers the skin. Nails will be cut and shaped according to your wishes, and the cuticles will be treated. With the application of relaxing cream, we achieve a well-manicured appearance. Finally, we pamper you with a short hand massage.

50 min | 78



Pedicure

Nourishing and pampering treatment for the feet. After a soothing foot bath, the nails will be cleaned and shaped according to your wishes. Cuticles and calluses will also be treated. The application of cream results in refreshed, well-manicured feet. The concluding short foot massage creates relaxing moments of well-being.

50 min | 78

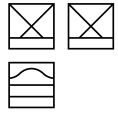
Painting and polishing nails

These extras can be booked in addition to a treatment. In order to plan for the additional time needed, we kindly ask you to inform us about your desired extras when making your booking.

- **Selection of individual color** 10 min | 15
- **Gel polish after a manicure or pedicure** 25 min | 42
- **Removal of gel polish**
prior to a manicure or pedicure 25 min | 39
- **Removal of gel polish and application of new gel polish** 30 min | 60



Longevity



Ionic detoxification foot bath

**Those who have tried it love it:
the alkaline electrolysis foot bath.**

The ionic detoxification foot bath gently activates a variety of basic functions in the body. Basically, it sends out stimulation that helps the self-regulation processes of the body find balance. The alkaline electrolysis foot bath is the only known method through which uric acid can be directly eliminated through the soles of the feet.

It can trigger the following reactions, among others:

- + **reduction of acidosis**
- + **toxins** and **free radicals** are eliminated and neutralized more easily
- + **detoxification of the body** and **diuretic effect**
- + **organ activity** is strengthened
- + **metabolism** and **performance capability** are increased
- + **sleep** and **mood disorders** are improved

During the electrolytic process, the salt water solution may take on an intense color. In general, the degree of discoloration tends to increase at first over the series of treatments, but the color may decrease again at the end.

The alkaline electrolysis foot bath is well-suited for people of all ages, even for children (not suitable during pregnancy, breastfeeding, chemotherapy, with organ transplants, fever, acute kidney problems, or open wounds on the feet).

Treatment recommendation:

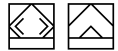
The first treatment will already convince you and provide visible results. Your therapist will be happy to advise you personally.

40 min	72		1 session
	129		2 sessions
	185		3 sessions





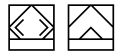
Massages



Relaxing massage

A massage tailored to your needs. Enhancing well-being and relaxation, or invigorating your muscles are the focal points. Using natural care oil or effective lotions and various massage techniques, we customize the treatment according to your preferences and needs.

Partial-body massage	20 min 49
Full-body massage	50 min 82
Full-body massage	80 min 139



Back-head-neck massage

An ideal combination of special massage techniques and potent herbal oils to relieve muscles and release tension. Loosens, relaxes, and revitalizes. For fresh life energy and grounding.

Choose the duration of your treatment:

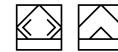
- 20 min | 49
- 45 min | 96
- with rest period



Foot reflex zone massage

The reflex zones in the foot affect the entire body. This type of massage has a positive effect on the physical and energetic levels of the body as well as the organ system. The perfect good deed for tired and exhausted legs.

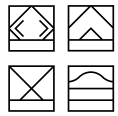
20 min | 49



Sports massage

The combination of fascia treatment, cupping massage technique, and classic massage with the application of rock oil supports regeneration, relieves tension, and improves the performance capability of the muscles. A powerful treatment for true sports enthusiasts!

50 min | 98



Individual massage

In this massage you coordinate your individual treatment with the therapist.

50 min | 98



Manual lymph drainage

Lymph drainage removes blockages and has a diuretic effect on the entire body. It unburdens the connective tissue and strengthens the body's own immune system. It takes tension away from the muscles, removes lactic acid, and makes the muscles more capable and efficient. For a light and fluid physical feeling.

Ideal in the morning to support the natural metabolic rate of the body.

50 min | 98



Back and feet combo

A powerful combination to relieve tension. Regain strength with a soothing, intensive back massage. The following foot reflex zone massage vitalizes the entire body.

You will feel strengthened and full of energy.

50 min | 98



Kinesio taping

A good deed for the body but not a massage in a classic sense. The application of elastic, breathable Kinesio tape made of cotton alleviates pain, promotes circulation, and stimulates metabolism. For improved muscle function and mobility!

Ideal in combination with or after a massage.

10 min | 27



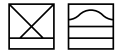
Foot massage

Our feet often get neglected.

They support us on active days in splendid nature. After skiing or hiking in the beautiful Zillertal, there is nothing more wonderful than recharging your batteries and letting yourself be pampered with a soothing foot massage.

20 min | 49

Holistic massages



Hot stone massage

This deeply relaxing massage method is very effective for the entire body and contributes to well-being. The energy centers of the body are treated in combination with warm stones and herbal oils. The targeted placement of warm stones dissolves energy blockages along the energy pathways. Tension is alleviated to create a state of complete and pure relaxation. You will feel strong and full of energy.

Back massage	20 min 49
Full-body massage	50 min 98
Full-body massage	80 min 149



Aromatic candle massage

The warm natural oils from natural candles and their pleasant aromas form the basis of this relaxing massage. Choose your own personal fragrance and its effect. The special oil will give your skin a velvety soft feel. Tension in the muscles will be dissolved, and your mind will be calmed. Enjoy pampering for even more joie de vivre.

+ For warming moments of pure wellness at home, we will gift you with the candle you selected.

Choose the duration of your treatment:

50 min 104
80 min 162



SPECIAL: SIGNATURE MASSAGE[®] ZillerSeasons pine massage

Discover the scientifically confirmed healing effects of Swiss pine wood. The ZillerSeasons Swiss pine massage is a special treat for body and mind. This is how pure relaxation feels.

For centuries, pine from the Alpine region has been valued for its positive effect on the cardiovascular system. The pleasant fragrance of pine calms the heartbeat. The entire body can thus totally relax. The intensity of the massage will be individually tailored to your needs. In harmony with the power and rhythm of nature.

80 min | 154





Herbal stamp massage

A special massage technique with pressing and tapping techniques using warm herbal stamps loosens the muscles. You will gain new energy from the natural ingredients of the herbal stamps. Your metabolism will be stimulated and fascial adhesions gently dissolved. You can directly feel the physical relaxation.

+ Together with our spa therapists, you choose your personal favorite scent before the massage begins. The selected essence indulges your senses during the pleasantly warming herbal stamp massage. Our self-made room fragrances, crafted from delightful herbs fresh from our herb garden, are free from any additives. For your me-time at home, we gift you your personal herbal hydrosol.

Choose the duration of your treatment:

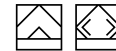
- 50 min | 104
- 80 min | 162



Detoxing cupping massage

A combination of well-balanced and deep-reaching massage movements. Gentle cupping techniques with massage cups using highly effective natural herbal oils remove blockages and promote circulation. The body will be detoxified and the elasticity of the skin restored. For a visible effect.

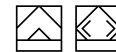
50 min | 98



Trigger point massage

With the trigger point massage, muscle stiffness that has been caused by overstressing the muscles is loosened and reduced. In addition, nerve impulses are activated and new energy released. This treatment can lead to fast alleviation of discomfort. Targeted and effective relief.

20 min | 62



Fascia treatment

This massage takes effect via stimulation with special techniques. The fascia treatment dissolves tension in the connective tissue. It stimulates circulation, reduces muscular tension, and frees the fascia from adhesions. Overall mobility and well-being are considerably improved. For higher performance capability and a deep feeling of muscle and body mobilization.

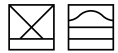
50 min | 98



Ear candling treatment and facial lymph drainage

This is a draining and cleansing treatment for the ears and nasal cavity. It is especially beneficial for blockages and congestion in the facial area. Take a deep breath!

50 min | 98

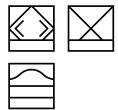


Lomi-lomi-nui massage

A special journey of discovery according to old traditions that treats mind, body, and spirit.

This traditional Hawaiian temple massage conveys a unique sense of well-being with fluid movements. The inner attitude is as important as the ritual of movement, rhythm, stretching, mobilization, and stroking. Tension will be alleviated and the flow of life energy activated. This holistic body ritual is an impressive experience. Aloha to all senses.

80 min | 162 with rest period



Honey massage

The various components of honey penetrate deep into the skin, aiding in the removal of old toxins and residues from the tissue. Honey massage strengthens the immune system, dissolves adhesions in the connective tissue, and has a positive impact on the nervous system. This massage technique is vigorous and intense. The activating pulling movements with the palm provide an exfoliating effect, detoxification, and elimination of impurities. Your skin becomes pleasantly soft thanks to the honey, and the entire body is revitalized and invigorated.

Determine the duration for your treatment:

50 min | 98
80 min | 149



Prenatal massage

Gentle massage in side position:

Can reduce muscle pain, increase awareness of postural issues, prevent edema, improve blood and lymph circulation, help reduce water retention, activate the parasympathetic nervous system, may enhance placental blood flow, and provide emotional support.

The time of pregnancy is a particularly intense phase during which the maternal body faces unique challenges. A prenatal massage, performed in a side-lying position, can help support the changes in the body and provide inner relaxation for both mother and baby.

Supported by a side-lying pillow, this special form of massage is tailored to the needs of expectant mothers. It combines various techniques derived from classical massage, lymphatic drainage, trigger point therapy, stretching techniques, and elements of traditional Chinese medicine. Contraindicated acupuncture points and massage techniques are completely avoided.

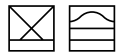
Tailored oils addressing specific needs nourish the skin and help prevent stretch marks. The goal of the treatment is harmonization and relaxation. Gentle, connecting, and sweeping touches and strokes are applied. The massage is customized to the mother's individual needs.

Determine the duration for your treatment:

50 min | 98
80 min | 149



Wellness treatments & full-body treatments



Detox – Full-body treatment

Pamper your body with a soothing detoxification. Through effective activation of the lymphatic system, toxins in the body are systematically eliminated. Congestions and skin swellings are relieved. Precious plant essences and organic aloe vera activate metabolism, regulate sebum production, and firm the connective tissue. Cellulite is reduced.

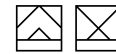
80 min | 162



Balance – Full-body treatment

Find peace and relaxation. This soothing treatment with organic aloe vera and tulsi oil indulges the senses and provides deep relaxation to your skin. Redness of the skin is reduced. This treatment refreshes, invigorates, and has anti-inflammatory effects. The harmonizing oil calms sensitive skin and promotes cell protection. An aloe vera fresh plant leaf application is included in the treatment.

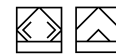
80 min | 162



Moisture – Full-body treatment

The healing exfoliating cream, the aloe vera plant leaf, and fresh aloe vera juice provide intense moisture and remove excess skin flakes. An ideal freshness boost for dry, dehydrated skin.

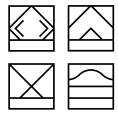
80 min | 162



Rejuvenation – Full-body treatment

Soothing care for dry, mature skin. Revitalizing oil from black sesame seeds and refreshing citrus oils invigorate the skin. An anti-aging balm with aloe vera, argan oil, and hyaluronic smooths wrinkles and tightens the skin. The protective, regenerating effect ensures a pleasant feeling of well-being. The result is visibly rejuvenated, smoothed skin.

110 Minuten | 192



Body peel

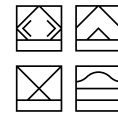
An invigorating and deep-reaching experience. A peel involves a gentle renewal, and letting go. It brings forth natural, new energy. Rediscover yourself and blossom. For a clear and radiant complexion.

Choose your desired focus:

- + **strengthening** peel with herbal oil and salt
- + **recharging** peel with pine
- + **vitalizing** peel with birch
- + **balancing** peel with honey-ginger
- + **relaxing** peel with lavender

The cleansing and stimulating effect of a peel is the ideal preparation for a massage or body wrap. It opens the pores so that active ingredients can be absorbed and results in a clear complexion.

20 min | 49



Body wrap

Body wraps strengthen and promote health. They improve the complexion, dissolve tension, and harmonize the flow of energy in the body. Enjoy valuable essential oils and high-quality plant extracts. For a nourished complexion, relaxation, and well-being.

Choose your desired focus:

- + **strengthening** soft & silky cream with herbal oil and salt
- + **recharging** soft & silky cream with pine
- + **vitalizing** soft & silky cream with birch
- + **balancing** soft & silky cream with honey-ginger
- + **relaxing** soft & silky cream with lavender

20 min | 49



Alkaline leg wrap

The alkaline leg wrap restores the acid-base balance in your body. Highly recommended for a clear complexion. It activates the metabolism and immune system and reduces the appearance of fatigue. During the treatment time, you can enjoy an individual massage. This is an energizing balance of elements for mind and body.

35 min | 62

Enjoying togetherness



MalisGarten couple ritual

A memorable shared experience:

Enjoy a pampering aromatic candle massage together, side by side. Experience relaxing hours by candlelight in our cozy oasis of tranquility – a place of relaxation and happiness. Your personal retreat for well-being.

In this ritual, we pamper you with:

- an etagere featuring homemade chocolates from our Eden Patisserie
- two glasses of ZillerSeasons Sparkling
- an aromatic candle massage for two

Monday to Thursday 90 min | 254

Friday to Sunday 90 min | 274

+ For warming moments of well-being at home, we gift you the selected aromatherapy candle.



RECOMMENDATION

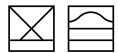
Almost all treatments from our spa menu can be experienced together in the couple's room. Please feel free to ask us about it – we are happy to advise you.



SPECIAL

For the gentlemen

All of our treatments are, of course, suitable for all genders. Our special treatments for gentlemen are specifically tailored to the needs of men's skin.

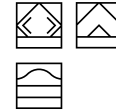


Manicure and pedicure



A care program for stressed hands and feet. Nails are shaped and groomed, cuticles are removed. Finally, you will be pampered with soothing care including a hand and foot massage.

80 min | 89

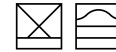


Face and neck treatment



A mental boost of freshness and well-deserved relaxation time. Relax with a back and neck massage. With the lifting mask, and the anti-stress balm, this treatment calms your facial skin.

50 min | 92

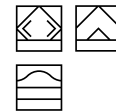


Refreshing facial treatment



The invigorating neck massage, the mask, and the tightening eye serum create a relaxing balance with a noticeable effect. Natural high-tech power for men. Lively and invigorating for an immediately fresh appearance.

20 min | 49



Unique body and facial treatment



A soothing massage of the back, neck, arms, and hands calms the mind and body. The facial treatment with cleansing, peel, and massage is complemented by a lifting mask, and care products. The result is a strong, dynamic feel and fresh, relaxed appearance.

80 min | 139



Wellness training and fitness training

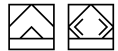


Personal training



For an active vacation! A physical and mental balance is important for quality of life in order to conquer the challenges of everyday. Enjoy a 1:1 training that can be flexibly and individually tailored to you whether indoors or outdoors or on fitness equipment or with your own body weight. Detailed, personal coaching ensures that your session is customized to your personal fitness goals.

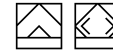
60 min | 80



Fascia training

Increase your performance capability with regenerative fascia training. With fascia training, tissues become more flexible and the muscles more relaxed. This helps prevent injuries, release tension, and alleviate pain.

60 min | 80



Neuro athletic training

The goal of neuro athletic training is to train the brain to release movement-limiting protective mechanisms.

Balance is improved, injuries are prevented, and performance is enhanced. Highly valuable for anyone aiming to return to everyday life more capable and coordinated.

Learn essential exercises one-on-one from our coach which you can continue at home for 6-8 weeks.

60 min | 80



Fitness room with outdoor area



Our fitness room includes the following equipment: cross trainer, functional trainer, treadmill, rowing machine, ergonomic bike, rings, wall bars, leg curl and press machine, smith machine, barbells, various dumbbells, etc. You can exercise 24 hours a day.

Exercise studio



Whether fascia training, yoga, pilates, or classic aerobic exercises, our bright studio is the perfect space to work off some energy and let loose. Wall bars made of walnut, TRX bands, exercise balls, gym mats, yoga straps, and yoga blocks are available.



Outdoor sports facilities

Enjoy the numerous sports opportunities in the Zillertal and recharge your energy.





Day spa treatments

Comfy and cozy in the Herbarium Spa

- Day spa admission including rental spa bag with towels for the stay
- Cozy ZillerSeasons bathrobe and bath slippers for the stay
- A pampering breakfast with a lavish buffet selection, freshly prepared dishes from the kitchen, and a delicious drinks menu
- Or a light lunch in 2 courses (excluding drinks)
- **20-minute partial body massage** (available upon availability between 10:30 am and 2:30 pm)
- Use of the tea bar and snack bar
- Free participation in our infusions (subject to availability)

Monday to Thursday:

135 | together, 2 persons: 260

Friday to Sunday:

145 | together, 2 persons: 280

Flourishing time in the Herbarium Spa

- Day spa admission including rental spa bag with towels for the stay
- Cozy ZillerSeasons bathrobe and bath slippers for the stay
- A pampering breakfast with a lavish buffet selection, freshly prepared dishes from the kitchen, and a delicious drinks menu
- Or a light lunch in 2 courses (excluding drinks)
- **50-minute full-body massage** (available upon availability between 10:30 am and 2:00 pm)
- Use of the tea bar and snack bar
- Free participation in our infusions (subject to availability)

Monday to Thursday:

175 | together, 2 persons: 340

Friday to Sunday:

185 | together, 2 persons: 360

A small break in the Herbarium Spa

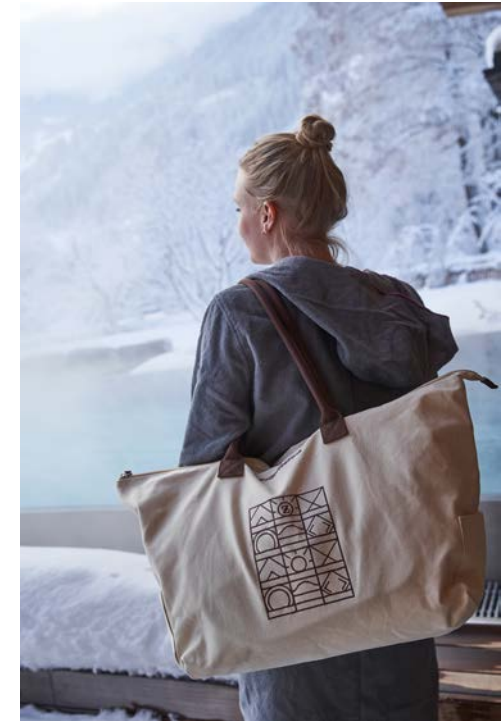
- Day spa admission including rental spa bag with towels for the stay
- Cozy ZillerSeasons bathrobe and bath slippers for the stay
- A pampering breakfast with a lavish buffet selection, freshly prepared dishes from the kitchen, and a delicious drinks menu
- Or a light lunch in 2 courses (excluding drinks)
- Use of the tea bar and snack bar
- Free participation in our infusions (subject to availability)

Monday to Thursday:

105 | together, 2 persons: 200

Friday to Sunday:

115 | together, 2 persons: 220



SUSTAINABILITY

OUT OF RESPECT FOR *Mother Nature*

If you bring your cozy slippers from home, you help us avoid waste and protect the environment. We greatly appreciate it.

Spa etiquette

Booking treatments

In order to guarantee your desired treatment, we recommend that you make your booking prior to your arrival. We can thus personally advise you and cater to your individual requests. All of our treatments include a preliminary talk and short relaxation time after the treatment.

Please book your treatment in advance at herbarium-en.zillenseasons.at, via email at spa@zillenseasons.at, or by phone at **+43 5282 2236 2010**.

Prices subject to change.

Enjoyment for two

Ask about treatments that you can enjoy as a couple in our partner cabins. Please let us know if this is something you would like when making a booking so that we can reserve it for you.

Treatment duration

The specified treatment times include the greeting and farewell from our staff as well as the relaxation period after the treatment in order to allow for an unhurried, carefree experience. We therefore ask that you register at the spa reception desk ca. 10 minutes prior to the beginning of your treatment. Out of respect for the guests after you, we ask for your understanding that for a late arrival, your treatment time will be correspondingly shortened. In order to cater to your individual preferences, we will inquire about your personal preferences before the beginning of the treatment.

Cancellation

Please let us know in advance if you are unable to keep your appointment. You can cancel your appointment for free up to 24 hours in advance. In case of later cancellation, however, we must charge 100% of the treatment price. If you have booked one of our arrangements, you can read the corresponding cancellation conditions in our terms and conditions at www.zillenseasons.at/en/general-terms-conditions

Clothing

Freshly showered and in comfortable clothing or in a bathrobe and slippers, you will be perfectly dressed and ready for your spa visit. During your treatments, we will provide you with appropriate coverings.

In addition...

Most guests are looking for peace and quiet in our spa area. Please leave your cell phone outside so that you can truly relax and enjoy your time here with us.

Pool, relaxation rooms, sauna area, and garden

For use of the pool and relaxation rooms, we kindly ask you to wear swimwear or spa clothing. Please note that we offer nude areas in our sauna facility. The MalisGarten spa is exclusively reserved for adults.

Fitness area

In the fitness area, we kindly ask you to wear athletic shoes and appropriate sportswear.

Appointment

If you did not schedule an appointment, we will plan for your treatment during the timeframe of your stay (arrival day from 3 p.m./ departure day by 11 a.m.). If you should arrive after 3 p.m., please inform us at **T. +43 5282 2236 2010**

Opening times

Spa reception	09:00 am – 07:00 pm
Spa treatments	10:00 am – 07:00 pm
Sauna first floor	11:00 am – 09:00 pm
Garden sauna	4:00 pm – 09:00 pm
Pool summer	07:00 am – 8:00 pm
Pool winter	2:00 pm – 7:00 pm
Fitness room	24/7

Our partners

SKIN**things**®

The SKINthings® brand is based on over 40 years of professional experience of the company founder and natural health practitioner Heike Schnitzler.

SKINthings® relies on modern, potent ingredients in the necessary concentrations to fulfill its efficacy promise. Additionally, the highest possible compatibility is an absolute must for SKINthings®.

SKINthings® stands for a vegan, cruelty-free ingredient cosmetics.


PHARMOS
NATUR

Pharmos Natur represents nature that is potent and sustainable. Like nature itself, Pharmos Natur Green Luxury considers itself as a living system with a clear sense of purpose: giving priority to humans and nature.

The high quality is achieved through the right, energy-rich cultivation location, fertile, healthy soils, tender care by small-scale farmers, careful processing methods, and through fair, collaborative partnerships with all individuals involved in the production.


EBEN
HOLZ

Fresh, healthy-looking skin not only makes you beautiful but also leaves behind a lasting impression. The development of all EBENHOLZ care products is based on this simple insight. Five highly effective, natural skin care tools are tailored to the special needs of men's skin and restore a fresh appearance.

The treasures of nature are further developed into revolutionary formulations and high-quality products.

Natural products, uncompromising sustainability, certified vegan, 100 % made in Germany, proven effectiveness, glass and wood instead of synthetic materials.


PINO

The success of the PINO brand originates in the "Schwarzwald", where initially, using traditional essential oils, high-quality health products and herbal remedies were developed for European spa and wellness applications

Over the years, PINO GmbH has been able to add an increasing number of therapeutic aids, equipment, and cosmetic products to its comprehensive range, tailored to the current needs of professional users in the fields of physiotherapy, massage, and balneotherapy.



Printed on environmentally friendly,
FSC-certified recycled paper.

ZillerSeasons

Luxury Hotel Collection

RELAX



HARMONIZE



VITALIZE



STRENGTHEN



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 +43 5282 2236 2010 |  spa@zillerseasons.at