TORGGLER HOF

Spa Menu

ENGLISH







# Don't Want to Leave

Swim outdoors in our infinity pool, treat yourself to a beauty treatment or just read a book in the small library.

24 steps separate you from a place of silence, where a sauna and steam bath with a view await.

Breathe the fresh air of the valley on the terrace, or barefoot in the grass to our biosauna and enjoy the quiet in the "Silence" pool.

In the "Room for Me", dedicate yourself to yoga and movement, isolated and surrounded by the apple orchards or work out in the fitness room.





#### OUR COSMETIC LINES

# Welcome to TEAM DR JOSEPH

Two worlds meet in our products: the ancient wisdom of folk medicine and the latest scientific findings, the purest materials and the finest technology, the genius of nature and sophisticated know-how. For us, "quality" means connecting these two worlds with respect, to connect the natural balance of the skin with harmonious and synergistic products.

That is why every package from TEAM DR JOSEPH says hightech natural cosmetics. It is our commitment to curiosity and experience, to past and future. We connect them with passion and respect, with logic and intuition - the best of both worlds.



HIGHTECH NATURAL COSMETICS

TEAM DRJOSEPH

SÜDTIROL

# Classic Massages

#### CLASSIC FULL BODY MASSAGE

Feel the difference! A full body massage relieves tense muscles and stimulates blood circulation, leaving your skin radiant.

APPROX. 50 MIN. INCLUDING RESTING

75,00€

#### PARTIAL BODY MASSAGE

Targeting your aches and pains. Where does it hurt? Your back or legs? Whichever part of your body needs attention, we'll fix it with one of our intensive treatments.

APPROX. 25 MIN. INCLUDING RESTING

45,00€

#### INTENSIVE BACK MASSAGE

This special treatment is aimed at unblocking your back, relieving muscle tension and restoring your posture. To end off, your back receives an oil balm massage to prolong the relaxing effect.

APPROX. 50 MIN. INCLUDING RESTING

85,00€

#### SPORTS MASSAGE

For those who love a bit more powerful massage. Tapping, kneading and pressure point massages loosen muscles and tissues. Perfect for the best possible regeneration after or even before sports.

APPROX. 50 MIN. INCLUDING RESTING

85,00€

#### AROMA OIL MASSAGE

With soothing, warm aromatic oils and a gentle massage you may relax.

APPROX. 50 MIN. INCLUDING RESTING

85,00€

#### COMBO: BACK AND FOOT MASSAGE

For those who want to be completely relaxed. Combine a soothing foot and back massage.

APPROX. 50 MIN. IINCLUDING RESTING

80,00€

#### **HEAD & FACE MASSAGE**

A soothing, releasing and liberating massage. It has an appropriate effect on stress, fatigue and tension.

| APPROX. 25 MIN. IINCLUDING RESTING | 40,00€ |
|------------------------------------|--------|
| APPROX. 50 MIN. IINCLUDING RESTING | 80,00€ |

# **Energizing Massages**

#### ABHYANGA

"Excellent Oils Applied with Loving Hands" - in Ayurvedic health science, the Abhyanga is one of the most beneficial and effective forms of massage. With flat strokes and circular rhythmic movements applied using hot, natural oils, the whole body is harmonised. The full body massage promotes a state of deep relaxation: revitalizing, cleansing and nourishing the skin and muscles, strengthening the immune system, the mind and soul.

APPROX. 75 MIN. INCLUDING RESTING

130,00€

#### LOMI LOMI NUI

Letting go of the old and being open to the new before us: this encapsulates the idea of this Hawaiian wellness treatment. Using a special manipulation technique with the application of hot coconut oil, long strokes perform a gentle massage for total relaxation. This helps to strengthen the nervous system to stimulate the lymph system, boosting blood circulation and activating the metabolism.

APPROX. 75 MIN. INCLUDING RESTING

130,00 €

#### **HOT STONE**

This type of massage has a calming effect on the heart, circulation, and well-being with the help of warm stones and high-quality oils. A state of deep relaxation is induced. In addition, the warmth also has a relaxing effect on the muscles.

| APPROX. 50 M | IIN. INCLUDING | RESTING | 89,00€  |
|--------------|----------------|---------|---------|
| APPROX. 75 M | IN. INCLUDING  | RESTING | 130,00€ |

# **Dynamic Rituals**

#### CONSTRUCTIVE BACK TREATMENT

In this constructive back treatment, the technique and intensity are adapted to your needs. The combination of massage oils, cupping glasses and tibetan singing bowls support the release of tension and improve the dynamics of the spine.

APPROX. 50 MIN. INCLUDING RESTING

80,00€

#### HEAD, NECK & SHOULDER MASSAGE

In this massage head, neck, shoulders and also the back are being treated. The daily stress evaporates and the massage has a deeply liberating effect. With special grip techniques and active plant extracts, tensions are released. In addition, the microcirculation is promoted and vessels, sensory organs and nerves are strengthened.

APPROX. 50 MIN. INCLUDING RESTING

75,00 €

#### FOOT & LEG MASSAGE

The combination of massage with a copper glove and expert manual techniques rejuvenates and invigorates tired legs, providing a more relaxed and relieved feeling to carry you through the day.

APPROX. 50 MIN. INCLUDING RESTING

80,00€

# Peeling/Pack

#### FIRMING BODY SCRUB

A body scrub with coffee powder and phyto-squalane firms and tightens the contours, leaving the skin velvety-soft. Finally, the skin is gently massaged with a toning, firming body cream to tighten the skin and counteract the appearance of cellulite.

APPROX. 50 MIN. INCLUDING RESTING

70,00 €

#### COMBINATION: PEELING AND WRAP

The body scrub with hay flowers and apricot kernels gently cleanses the skin and stimulates microcirculation. The skin is ideally prepared for the subsequent absorption of active ingredients during the cream wrap.

APPROX. 50 MIN. INCLUDING RESTING

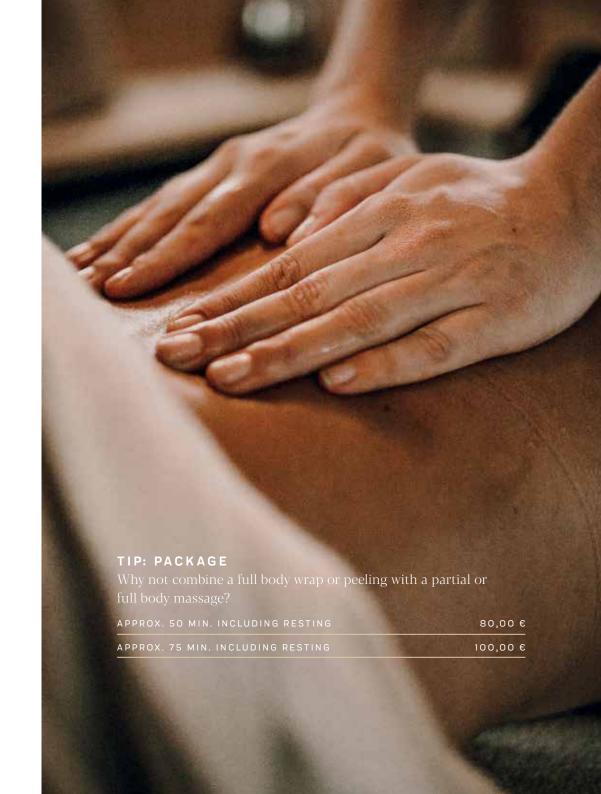
75,00 €

### DETOXIFYING CELLULITE TREATMENT

This effective cellulite treatment optimizes the appearance of your skin. The combination of highly effective natural products and cupping techniques has a decongestant effect on the body tissue, visibly alleviating cellulite. An activating foot bath, a stimulating body scrub, and a special massage support this treatment. In combination with an algae pack, you can enhance and optimize the results.

APPROX. 50 MIN. INCLUDING RESTING

85,00€



# Facial treatments TEAM DR JOSEPH

#### INTENSE PURIFYING FACE TREATMENT

Skin type specific deep cleansing according to the "TEAM DR JOSEPH" method. The focus of this facial treatment is deep cleansing of the skin. The skin is cleansed deep into the pores with exquisite, plant-based active ingredients. Blockages are gently released and sebum production is normalized. The treatment ritual is rounded off with a toning face pack and the peel-off mask for optimal hydration. For a visibly fresh, cleansed and even complexion.

APPROX. 50 MIN. 90,00 €

#### CELLAR RECREATION FACE TREATMENT

A wonderfully natural active ingredient care specially tailored to your skin needs with an immediate effect and a deeply relaxing pampering program according to the "TEAM DR JOSEPH" method: skin diagnosis, eyebrow setting, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, Spezia serum, modulated facial massage, intensive mask and a final individual day care. Highly effective natural active ingredients ensure healthy and intensively cared for skin.

APPROX. 80 MIN. 120,00 €

#### SUPREME EYE FACE LIFT

This intensive lifting treatment with Gua Sha massage ensures a visibly firmer eye area, tighter facial contours and a radiant glowing effect. Puffiness and dryness around the eye area are reduced. The skin becomes visibly firmer, more radiant and more even.

APPROX. 80 MIN. INCLUDING RESTING

110,00€

#### EXPRESS POWER LIFT FOR MEN

"TEAM DR JOSEPH" method for him. Powerful, natural, effective: skin diagnostics, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing, special serum, intensive mask with facial massage and a final individual day care. Natural high-tech power for a powerful and well-groomed appearance.

APPROX. 50 MIN. 90,00 €

## **Cosmetic Treatments**

#### MANICURE

Just because your hands work hard, it doesn't mean they can't still look beautiful. After our manicure with nourishing creams and a brief hand massage, your hands will become velvety soft again.

| APPROX. 50 MIN   WITHOUT POLISH | 55,00€ |
|---------------------------------|--------|
| APPROX. 50 MIN   WITH POLISH    | 65,00€ |
| APPROX. 75 MIN   WITH SHELLAC   | 80,00€ |

### PEDICURE (WITH FOOT BATH)

Enjoy a tingling footbath followed by a pedicure. End off with a brief foot massage.

| APPROX. 50 MIN   WITHOUT POLISH | 55,00€ |
|---------------------------------|--------|
| APPROX. 50 MIN   WITH POLISH    | 65,00€ |
| APPROX. 75 MIN   WITH SHELLAC   | 80,00€ |

#### **EYEBROW CORRECTION**

| APPROX. 20 MIN. | 20,00€ |
|-----------------|--------|
|                 |        |

### TINTING OF THE EYEBROWS

| APPROX. 15 MIN. | 16,00 € |
|-----------------|---------|
|                 |         |

### TINTING THE EYELASHES

| APPROX. 20 MIN. | 20,00€ |
|-----------------|--------|
|-----------------|--------|

#### TINTING EYEBROWS AND EYELASHES

| APPROX. 20 MIN. | 30,00 € |
|-----------------|---------|
|                 |         |

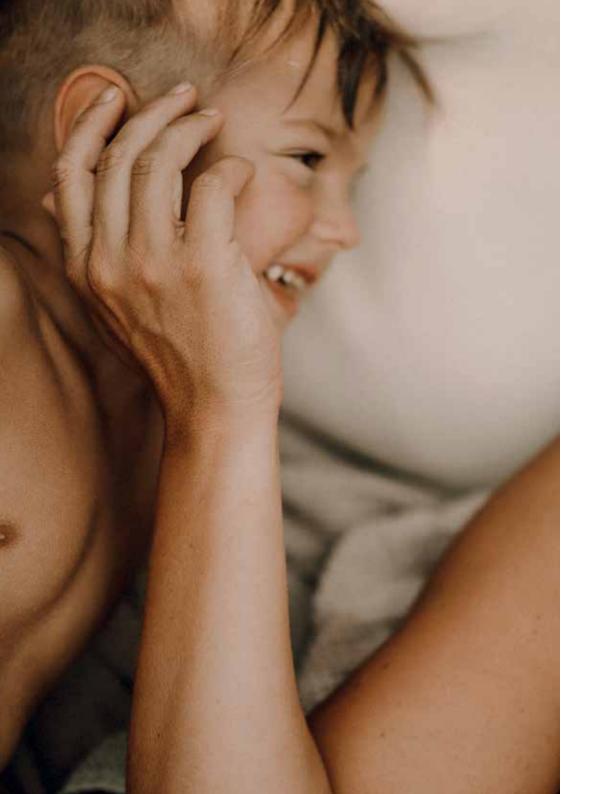
#### **DEPILATION UPPER LIP**

| APPROX. 15 MIN. | 15,00 € |
|-----------------|---------|
|-----------------|---------|

### EYE PACKAGE

Eyebrow correction with tinting of eyelashes and eyebrows.

APPROX. 45 MIN. 40,00 €



# Small treatments for the little ones

### KIDS MASSAGE

Relaxing massage with a soothing massage cream.

| APPROX. 45 MIN. INCLUDING RESTING | 50,00€ |
|-----------------------------------|--------|
| APPROX. 25 MIN. INCLUDING RESTING | 25,00€ |

### JUNIOR FACIAL TREATMENT

Cleansing, relaxing facial treatment with a moisturizing mask, followed by finishing care.

| APPROX. 45 MIN. IN | CLUDING RESTING | 60,00€  |
|--------------------|-----------------|---------|
| APPROX. 25 MIN. IN | CLUDING RESTING | 35,00 € |

### MANICURE OR PEDICURE WITH POLISH

Shaping nails and cuticles, including nail polish.

| APPROX. 25 MIN. | 30,00 € |
|-----------------|---------|
|-----------------|---------|

Treatments available for children up to 12 years old.

# Spa Info

Please keep the Pool and Spa area as a mobile phone free zone, after all, it's here we come to forget about daily life!

Share our love of the environment and please use the bath towels sparingly, when you're finished we kindly ask you to place used towels in our laundry basket.

Please cover your lounge chair in the relaxation area by using the grey towel in your wellness bag.

Please do not reserve deck chairs with towels and be sure to take all your belongings and towels away when leaving the relaxation room.

For reasons of hygiene food is not allowed in our spa.

Please do not go naked in the pools.

#### CONSULTATION & APPOINTMENTS

You are welcome to book spa appointments at the hotel reception. We want our treatments to be just right for you. Tell us what your wishes and expectations are, and we will be pleased to offer advice. Be sure to inform us of any problems like high blood pressure, heart disorders etc. or pregnancy.

#### DO IT COZY

With a bath robe and slippers you are well dressed for a visit to the spa facilities. Come to your treatment five minutes earlier and enjoy a cup of tea for a relaxed start to your feel-good programme.

#### CANCELLATIONS

If you have to change or cancel your appointment, please do so 24 hours prior to the appointment at the latest. Otherwise the treatment will be charged.

APFELHOTEL



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