

# lebenberg spa





Dear guests,

Welcome to our spa at the Leberberg Schlosshotel.  
It's nice that you listened to your feeling and found your way to us.  
A world of rest and relaxation awaits you.  
Arrive and get to know our attractive wellness offer. Let our experts  
advise you and enjoy one of our special treatments. We are glad  
that you are our guest!



SPA  
Sanus per aquam  
Healthy through water



# Cosmetics

## 50 Min **DEEP THERAPY ANTI AGING INTENSE FOR THE PERFECT GLOW**

Regenerates and revitalizes the skin. The treatment gives your skin new energy and resilience and helps to sustainably prevent premature skin aging. For a well-groomed, radiantly fresh appearance and a wonderfully soft, silky skin feeling.

- Wrinkles are reduced
- Facial features look more relaxed
- Gives new energy and resistance
- The skin gains elasticity and firmness

SPI TECHNOLOGY with cosmetic  
Ultrasound | Galvanic | Light therapy

## 50 Min **DEEP THERAPY YOUTH BOOST HYALURON**

A maximum of hydration and firming. The skin is noticeably hydrated and toned. This treatment is pure luxury for your skin.

- Strong moisture depot for the skin
- Wrinkles are reduced
- Hyaluron in highly concentrated bi-molecular form
- Noticeably firmer and plumper skin feeling

SPI TECHNOLOGY with cosmetic  
Ultrasound | Galvanic | Light therapy

## 80 Min **REGENERATIVE CARE**

For radiant skin with more resistance. The skin is thoroughly and deeply cleansed. For a lasting restoration of the skin's natural balance.

- The skin is freed from impurities and irritations are alleviated
- The natural moisture balance is supported
- The complexion looks clear and fresh

SPI TECHNOLOGY with cosmetic  
Ultrasound | Galvanic | Light therapy

## 50 Min **CLARIFYING TREATMENT FOR YOUTHFUL SKIN**

A cleansing and balancing treatment for young skin. Anti-inflammatory combinations of active ingredients regulate the complexion and prevent impurities.

*The Rex-Kara Premium SPI Beauty System enables the simultaneous use of sonophoresis, photon therapy and iontophoresis in combination with specially developed, ionized care products.*



## Facial treatments

### 50 Min CLASSIC FACIAL TREATMENT

A classic facial treatment with deep pore cleansing, exfoliation, moisturizing wrap, facial massage and finishing treatment.

### 80 Min INTENSIVE FACIAL TREATMENT

An intensive facial treatment with pore-deep cleansing massage, intensive peeling, moisturizing pack and effective final care. For calming and recovery of the skin.

### 50 Min TIME OUT FOR HIM

This treatment gives new energy and sustainably fills the skin's reserve tanks. For a fresh and pure men's skin.

### 50 Min BEST AGE FACIAL TREATMENT

The firming facial treatment includes a nourishing face mask made from alginates that smoothes, revitalizes and mineralises the skin. Rich active ingredients in argan oil help to increase elasticity and resilience.

*At the Leberberg Spa, we use products from MARIAS® Organic Care for facial treatments, an organic cosmetics brand with over 30 years of tradition from Pieper Biokosmetik in Salzburg.*



## Hands and feet

### BEAUTIFUL HANDS

- Manicure without nail polish
- Manicure with nail polish
- Manicure with gel nail polish (Shellac)

### BEAUTIFUL FEET

- Pedicure without nail polish
- Pedicure with nail polish
- Pedicure with gel nail polish (Shellac)

*At the Leberberg Spa we use OPI products for manicures and pedicures. The Nail Lacquers impress with their intensive opacity and long durability. The exclusive ProWide™ brush ensures easy and even application.*

## Body treatments

### DEPILATION

- Legs to knee
- Legs complete
- Back
- Arms complete

## Your personal extra treatment

In addition to our soothing facial and body treatments, we offer the following treatments.

- Eyebrow correction
- Eyebrows tinting
- Eyelashes tint

### DEPILATION

- Upper lip & chin
- Armpit

# Massages

## 50 Min **LEBENBERG MASSAGE - „THE FEEL-GOOD“**

A full-body treatment individually tailored to you, if desired with nourishing MARIAS shea butter for stress-stricken skin. Gentle massage techniques loosen the muscles and lead to complete relaxation.

## 80 oder 50 Min **PERFECT SYMBIOSIS - „THE FLEXIBLE“**

A combination of foot massage and full body or partial body massage, according to your wishes. By activating the reflex zones in your feet, your body achieves an energetic balance and equilibrium. The relaxing massage relaxes the muscles and stimulates blood circulation.

## 50 Min **SPORT MASSAGE - „THE SPORTY“**

A strong, classic full body massage. Tension and blockages are released, blood circulation stimulated and the metabolism promoted. The pressure of the massage handles is adjusted to your current feeling. After this massage you are ready for physical activity.

## 20 Min **HEAD FREE - „THE LIBERATING“**

A shoulder and neck massage for a clear head. Let the burden of everyday life be massaged from your shoulders and enjoy complete relaxation. You will feel liberated and relaxed afterwards.

## 20 oder 50 Min **LYMPHDRAINAGE - „THE DECONGESTANT“**

A treatment performed with gentle lymph movements and special techniques to stimulate the lymphatic system. Especially with sore muscles, swelling or water retention, you will feel lighter and more flexible afterwards.

## 80 Min **LOMI LOMI MASSAGE - „THE ROYAL“**

A head-to-toe holistic oil massage by Hawaiian shamans. The flowing movements relieve tension and activate the self-healing powers. Afterwards you will feel the harmony of the soul in harmony with your body.

## 80 Min **LA STONE - „THE WARMING“**

A back and leg massage with warm stones. The deep heat promotes blood circulation and relaxes the muscles. You will then feel a particularly positive feeling of well-being for body, mind and soul.

## 50 Min **CUTE MASSAGE - „THE CHARMING ONE“**

With this stimulation therapy, which can also be somewhat painful, the connective tissue is strengthened and the metabolism is positively influenced. The vacuum of the suction head loosens adhesions, stimulates blood circulation and promotes detoxification. Afterwards you will feel the warmth and looseness in the treated areas.



**50 Min PARTIAL MASSAGE WITH MUD PACK  
„THE RELAXING ONE“**

During this treatment, your back and neck will be prepared for a soothing back massage with natural moor from Leopoldskron near Salzburg. The warming power of nature has a positive effect on your skin and muscles. Afterwards you will experience a feeling of complete relaxation.

**50 Min PARTIAL MASSAGE WITH PEELING – “THE CLEANSING”**

In this back massage, a fine salt scrub with various herbs from the Alps is used in addition to the oil. The skin is cleansed and supplied with blood, the massage relieves tension and stimulates the metabolism. You will feel the pleasant state for some time after the treatment.

**KINESIOTAPING – “THE SUPPORTING ONE”\***

In this form of therapy, an elastic tape is attached to the corresponding area of the body to support the healing process. It can be used to support joint ligaments, muscle pain or lymphedema. Kinesiotape can also be used to improve posture.

\*In combination with a treatment or as a single treatment



## For our little guests up to 12 years

### 25 Min **MASSAGE FOR MOUNTAINEERS & CLIMBERS**

We pamper your feet and legs with a soothing massage so that our younger guests have an optimal grip when hiking or to bring the necessary strength to the skis when skiing.

### 25 Min **BACK MASSAGE FOR PRINCESSES & PRINCES**

### 50 Min **CHILD FACIAL TREATMENT**

### 25 Min **MASSAGE FOR MOUNTAINEERS & CLIMBERS**

### 25 Min **CHILD MANICURE**

### 25 Min **CHILD PEDICURE**





## For our mommies-to-be

### 50 Min **LEBENBERG MASSAGE - „THE FEEL-GOOD“**

Even if you are pregnant without any problems, you do not have to do without a pleasant and relaxing massage. From the 4th month of pregnancy we will spoil you with a full body treatment individually tailored to you, sitting or lying on your side or back. Gentle massage strokes to loosen the muscles and complete relaxation.

### 20 Min **LYMPHDRAINAGE FOR THE LEGS „THE DECONGESTANT“**

A treatment performed with gentle lymph movements and special techniques to stimulate the lymphatic system. From the 4th month of pregnancy and after consultation with your doctor, we can carry out this beneficial treatment. Your legs will feel lighter and more flexible afterwards.

## Swimming pool

Our exclusive water world and sauna area on the 7th floor of our hotel offer you a place of deep relaxation and recreation. Float in the 46 meter long pool, which is filled with high-quality Grander water, and enjoy the breathtaking view of the Hahnenkamm above the roofs of Kitzbühel.

## Steam bath

## Organic herbal sauna

## Infrared sauna

## Panoramic sauna

In our brine steam bath you open your airways and actively strengthen your body's defences. Temperature: 42°C, with a humidity of 42-45%.

Daily changing herbs await you in our organic herbal sauna. Temperature: 55°C.

In order to give the deep-seated muscles a pleasant warmth, we recommend a visit to our infrared sauna. Temperature: 40-60°C.

End the evening with exotic infusions in our Finnish panorama sauna and marvel at the Kitzbühel sea of lights. Temperature: 85-90°C, with a humidity of 10-25%.







## Spa Etiquette

In order to make your treatment as relaxed as possible, we ask that you arrive 10 minutes before your appointment.

Unfortunately, missed treatment time cannot be made up for.

Treatments can be canceled free of charge until 7 p.m. the day before. Unfortunately, we then have to charge you for the entire treatment price.

We ask you to wear appropriate clothing and a bathrobe in our spa area.

Before the treatment, inform our therapists about possible health and physical restrictions so that we can take them into account.

To protect your privacy, we offer you panties before the massage.

## Book treatment

As a house guest you choose: 850

External Guests: +43 5356 6901 850

E-Mail: [spa@daslebenberg.com](mailto:spa@daslebenberg.com)

## Opening hours

Spa 10:00 - 19:00

Panorama Pool 07:00 - 21:00

Sauna 12:00 - 20:00

Fitness 07:00 - 22:00

Treatments By appointment

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SCHLOSSHOTEL - KITZBÜHEL