

L

O

N

G

KRALLER  
HOF

E V I T Y

## Learn more about

### REGENERATION & LONGEVITY

#### AT KRALLERHOF

In conversation with Michaela Altenberger	_____	7
6 elements for regeneration & longevity	_____	9

#### OUR OFFERS

Retreats & focus areas	_____	10–11
------------------------	-------	-------

#### ABOUT KRALLERHOF

Powerplace Leogang	_____	13
--------------------	-------	----

#### WELLNESS & SPA

ATMOSPHERE, Refugium & saunas	_____	14–15
Luxury of the future	_____	16–17

#### INNOVATIONS

##### LONGEVITY & REGENERATION

Cold therapy/cryotherapy	_____	18
In conversation with Max Gotzler	_____	19
Red light therapy	_____	20
IHHT oxygen therapy	_____	20
Infrared	_____	20
In conversation with Andreas Breitfeld	_____	21

##### TREATMENTS

Cold therapy/cryotherapy	_____	25
IHHT oxygen therapy	_____	25
Red light therapy	_____	25
Classic massages	_____	26
Feel-good massages	_____	27
Massages with a deep effect	_____	27
Massages from around the world	_____	28

##### FACIAL

Treatments for glowing skin	_____	29–31
-----------------------------	-------	-------

##### BEAUTY

Nail care, waxing	_____	32
-------------------	-------	----

##### PRIVATE SPA

	_____	33
--	-------	----

##### FITNESS

	_____	33
--	-------	----

##### BODY

Peelings	_____	34
Body packs	_____	34
Anti cellulite treatment	_____	35
Skincare baths	_____	35

##### SPECIALS

Wellness packages	_____	36
Packages longevity & regeneration	_____	37

##### CONCLUSION

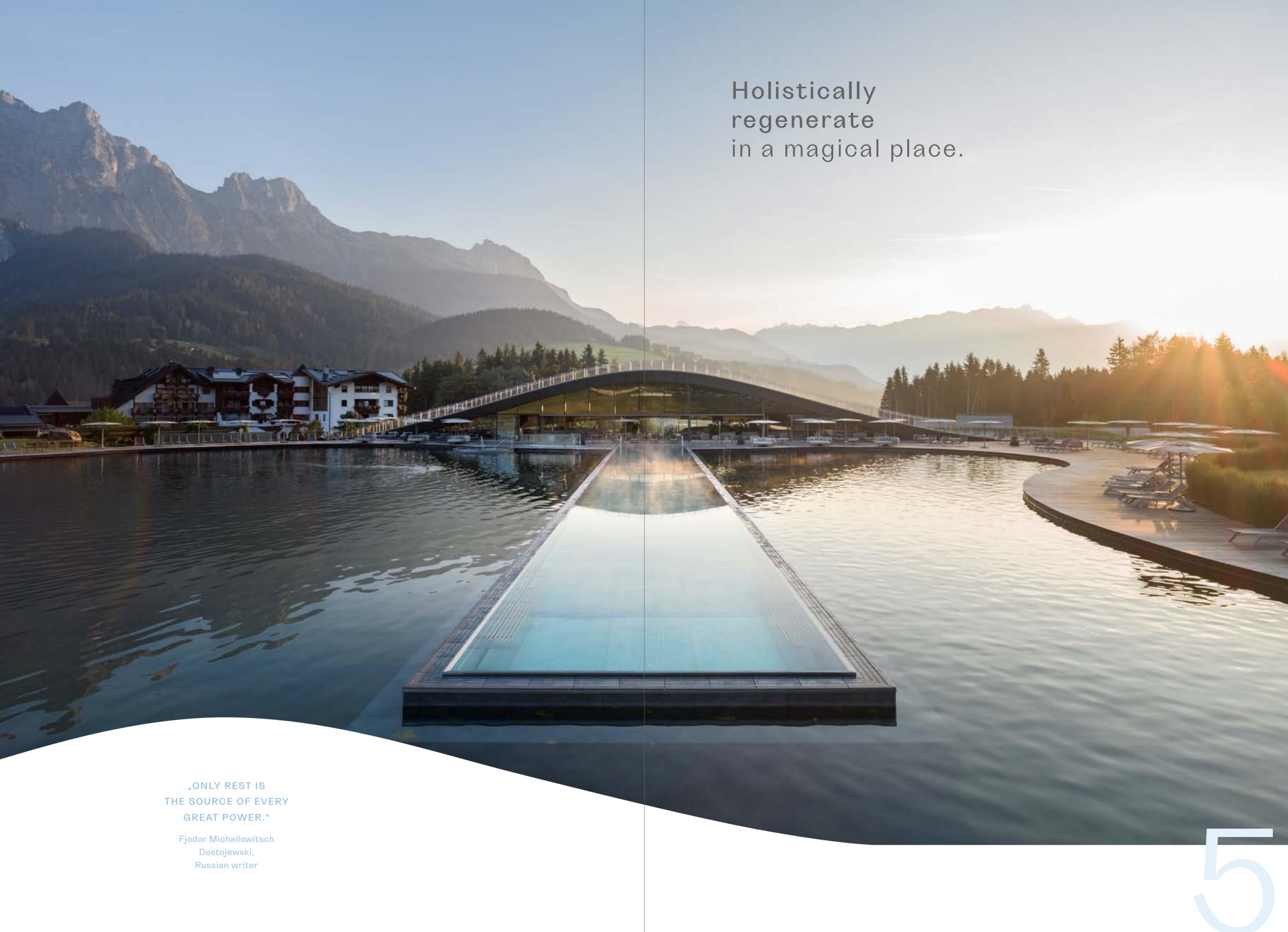
Biohacking take aways	_____	38
-----------------------	-------	----



Produced according  
to the guidelines  
of the Austrian  
Ecolabel, RB Druck  
GmbH



Druckprodukt mit finanziellem  
Klimabeitrag  
ClimatePartner.com/46302403-1006



Holistically  
regenerate  
in a magical place.

„ONLY REST IS  
THE SOURCE OF EVERY  
GREAT POWER.“

Fjodor Michailowitsch  
Dostojewski,  
Russian writer

# Regeneration & Longevity by Krallerhof.

IMAGINE IF YOU COULD DELVE INTO THE SECRETS THAT TOP ATHLETES USE TO MAXIMIZE THEIR PERFORMANCE AND EXPERIENCE DEEP REGENERATION AT THE SAME TIME. DISCOVER THIS UNIQUE PROGRAM INSPIRED BY THE WORLD OF BIOHACKING. WE ASKED MICHAELA ALTENBERGER, HEAD OF THE PROGRAM, ABOUT THE JOURNEY FROM IDEA TO IMPLEMENTATION.

## All about regeneration & longevity at Krallerhof.

### IN CONVERSATION WITH MICHAELA ALTENBERGER

HEAD OF „REGENERATION & LONGEVITY BY KRALLERHOF“

**When did you first encounter the topic of biohacking and longevity?**

Our travels, especially to the USA, sparked my fascination with the topic of health about 10 years ago. I was intrigued to learn that our lifestyle determines our health by 90%. This highlights how much power we have in our own hands to face daily challenges with vitality and joy.

**Why is relaxation and regeneration so important to you?**

Some believe that for stress management, a short outing, a book, or a meal with friends is sufficient. But true and sustainable relaxation requires a comprehensive and regular practice – a daily, conscious commitment to one's well-being. It's important to continuously train oneself in peace and serenity – both on a physical and emotional level alike.

**How did the idea of creating such an innovative concept for the Krallerhof come about?**

Our vision is for our guests to increasingly recognize the true value of a holiday at Krallerhof – not just as a getaway, but as a profound experience that has a lasting impact. Guests should integrate small techniques and treatments they've learned



with us into their everyday lives, thereby experiencing tangible improvements in their energy, sleep quality and vitality. The Krallerhof effect, so to speak.

**Where in the hotel does guests come into contact with the topic of „regeneration & longevity“?**

Throughout the entire year, our new „Longevity Lounge“ offers treatments derived from elite sports such as cold therapy, red light therapy, or IHHT oxygen therapy. The focus here is on individual regeneration and longevity and these therapies can be added to your ski or golf holiday, among other options.

For those guests looking to delve deeper, we offer retreats lasting between three and seven days, each focusing on one of the core themes of our six elements: nutrition, strength and flexibility, sleep, emotional balance, intestinal health and immune system.

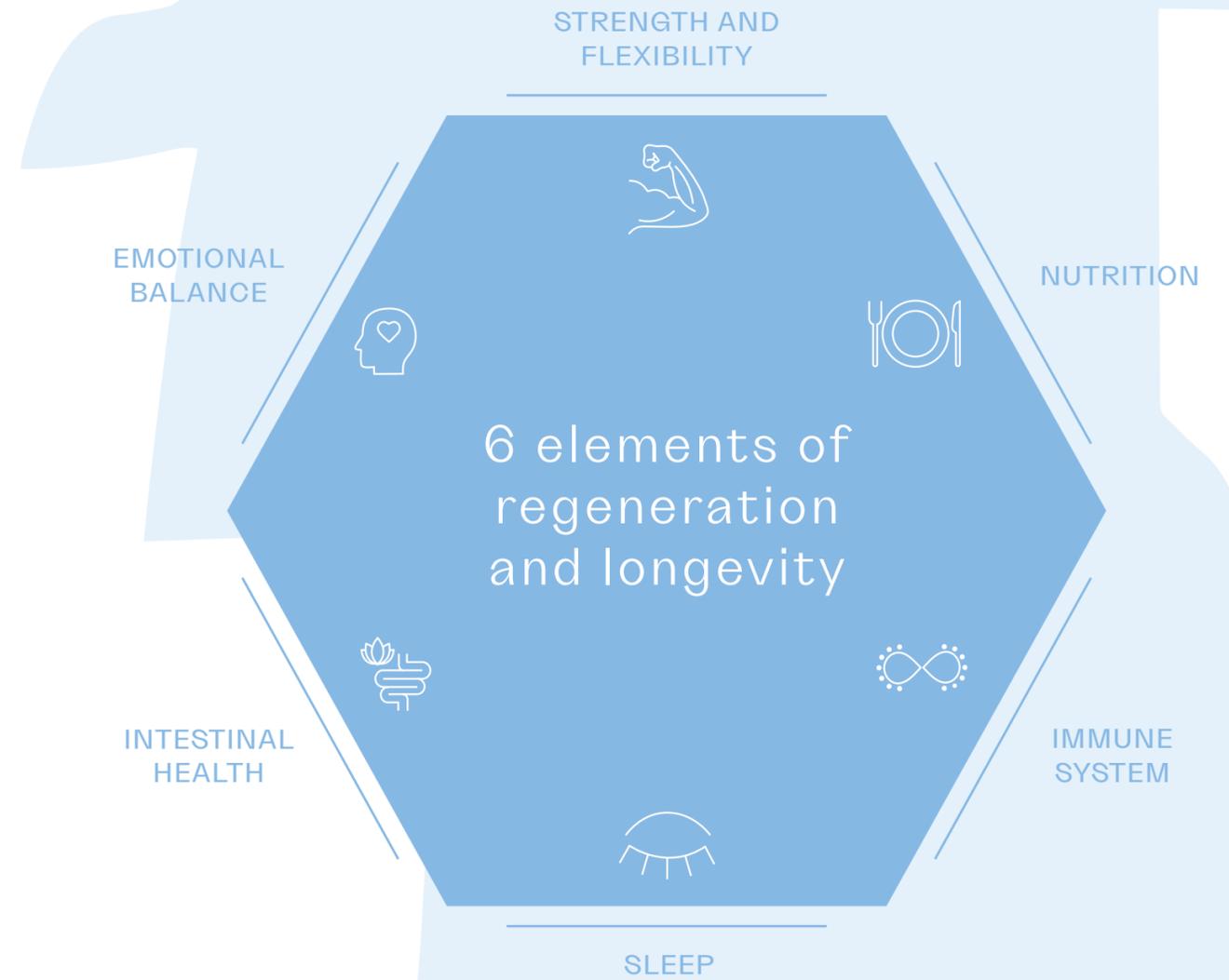


# Our 6 elements of regeneration & longevity by Krallerhof.

THE KRALLERHOF UNIQUELY COMBINES THE LUXURIES OF A 5-STAR HOLIDAY EXPERIENCE WITH THE MOST ADVANCED METHODS FOR PROMOTING HEALTH AND LONGEVITY. GUESTS CAN LOOK FORWARD TO AN UNPARALLELED EXPERIENCE THAT NOT ONLY PROVIDES RELAXATION AND REJUVENATION BUT ALSO CONTRIBUTES SUSTAINABLY TO A HEALTHIER, MORE VIBRANT LIFESTYLE.



„WE AIM TO INSPIRE YOU TO LEAD A LIFE WITH MORE SELF-RESPONSIBILITY AND SELF-DETERMINATION REGARDING YOUR HEALTH.“



Retreats & focus areas –  
choose your favorite and  
get inspired.

RESTFUL  
SLEEP



This program is for you if you have trouble falling asleep or staying asleep, wake up feeling unrested, or if you want to improve the quality of your sleep to optimize regeneration and slow down the aging process. It's especially recommended for individuals looking to enhance their cognitive function and emotional balance.



INTESTINAL  
HEALTH



This program is for you if you value optimal gut health or want to strengthen your immune system. It's ideal if you're looking for ways to reduce chronic inflammation, decrease your risk of diabetes and neurodegenerative diseases and enhance your overall vitality and mental clarity.



HEALTHY  
IMMUNE SYSTEM



This program is for you if you want to strengthen your immune defense, increase your resilience to stress and promote your overall health and longevity. It's suitable for individuals seeking comprehensive well-being through holistic approaches such as nutrition optimization, regular exercise and mindfulness practices.



O  
F  
F  
E  
R  
S

STRENGTH AND  
FLEXIBILITY



This program is for you if you want to slow down the natural aging process, maintain or improve your muscle mass and increase your flexibility and stability. Ideal for individuals looking to maximize their physical performance and lead an active, independent life.

EMOTIONAL  
BALANCE



This program is for you if you often feel stressed or overwhelmed, have difficulty regulating your emotions, or are seeking methods to strengthen your mental resilience. It's ideal for those looking to increase their emotional intelligence and learn how to transform negative influences into strength.

HEALTHY  
NUTRITION



This program is for you if you want to optimize your nutrition, influence the aging process and improve your mental clarity and energy levels. Ideal for individuals interested in stable blood sugar regulation and looking to enhance their quality of life through targeted nutrition intake.



„OUR GOAL:  
TO BUILD MORE RESILIENCE  
FOR YOUR FUTURE THROUGH TARGETED  
IMPULSES AND STIMULI.“

THE KRALLERHOF IS ONE OF THE LEADING WELLNESS AND LUXURY HOTELS IN AUSTRIA, NESTLED IN THE PICTURESQUE LANDSCAPE OF LEOGANG. FOR YEARS, IT HAS BEEN SETTING STANDARDS IN THE HOTEL INDUSTRY WITH ITS COMPREHENSIVE OFFERINGS THAT BLEND TRADITIONAL HOSPITALITY WITH INNOVATIVE HEALTH AND WELLNESS SERVICES.

A V A N T  
G A R D E

SINCE  
1956

## Power Place

In Leogang, the incomparable power of nature reveals itself in all its splendor. The Krallerhof is situated in an impressive power spot in the Salzburg region. Those who gaze out the window here are not only greeted by the majestic mountain scenery of the Leoganger Steinberge, but also by the most important source of energy for us: nature. It gives without asking for anything in return, enriches without overwhelming. These are potentials that are meant to be experienced.



13

Wellness stay  
in a new dimension.

# ATMOSPHERE



## ATMOSPHERE.

We believe that space is the luxury of the future. This spatial expansiveness, combined with the elements of water and mountains and enhanced by light, creates an environment that offers ideal conditions for profound relaxation.

## REFUGIUM.

In our spa area, guests can expect a wide range of tried-and-tested treatments, from relaxing massages to exclusive cosmetic treatments. We enrich our offerings with innovative concepts from high-performance sports and inspirations from biohacking, opening up new health-promoting routines for our guests that promise long-term effects.

## SAUNA WORLD.

Our special sauna infusions stand out for their diversity. Discover beneficial aromas and oils of natural origin and give your body the opportunity to indulge in the holistic effects of these infusions.

- \_9 saunas
- \_2 infrared saunas
- \_3 steam saunas
- \_Ice grotto

- \_Blue grotto
- \_4 relaxation rooms
- \_5,500m<sup>2</sup> natural bathing lake
- \_50m infinity pool in the lake
- \_Whirlpool in the lake
- \_Whirlpool in the retreat
- \_2 cold plunge pools
- \_Sauna pool
- \_Family indoor pool
- \_Family outdoor pool

# 15



WOMEN ONLY SAUNA



STEAM BATH



INFRA SALT ROOM

### BLUE GROTTO

The energetic center of ATMOSPHERE.



ICE GROTTO



Luxury of the future.  
Nature. Space.  
Place of power.

HEALTH THROUGH WATER. THE IDEA IS AS OLD AS HUMANITY ITSELF. THAT'S PRECISELY WHY THE ELEMENT OF WATER PLAYS A CENTRAL ROLE AT THE KRALLERHOF – SHOWCASED BY A 50-METER-LONG INFINITY POOL SEAMLESSLY INTEGRATED INTO THE 5,500M<sup>2</sup> NATURAL BATHING LAKE.

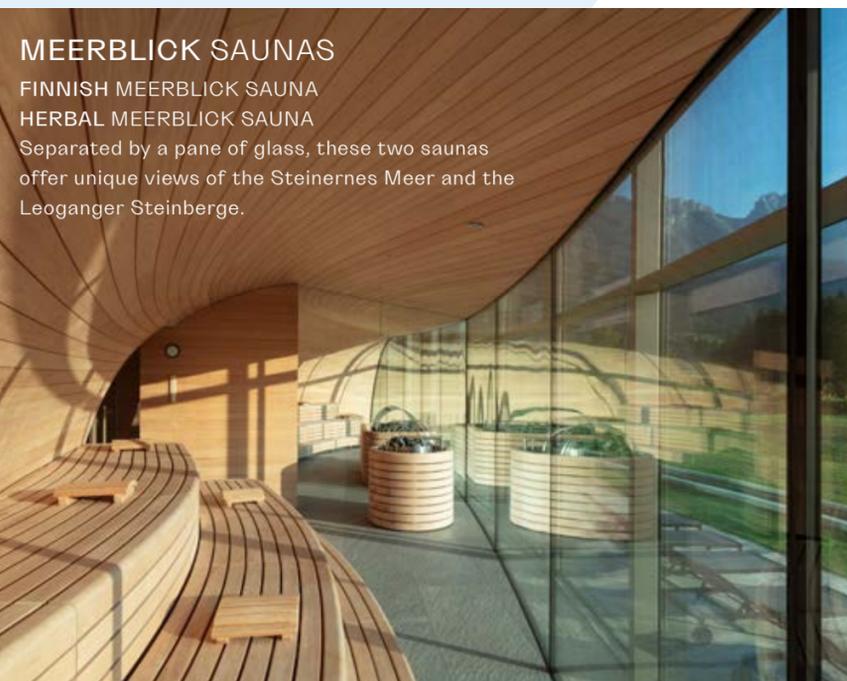
THE SPECIAL THING ABOUT IT IS THAT IT IS ONLY FILLED ONCE BY THE HOTEL'S OWN SPRING AND THE WATER LEVEL IS REGULATED BY THE NATURAL CYCLE OF EVAPORATION AND PRECIPITATION. IN THE WINTER MONTHS, THE NATURAL BATHING LAKE BECOMES A HIGHLIGHT FOR ICE BATHING FANS.

### RELAXATION ROOM MEERBLICK

An extraordinary view of the Steinernes Meer – a breathtakingly beautiful view in both summer and winter. The room is equipped with a special ventilation system especially suitable for allergy sufferers.

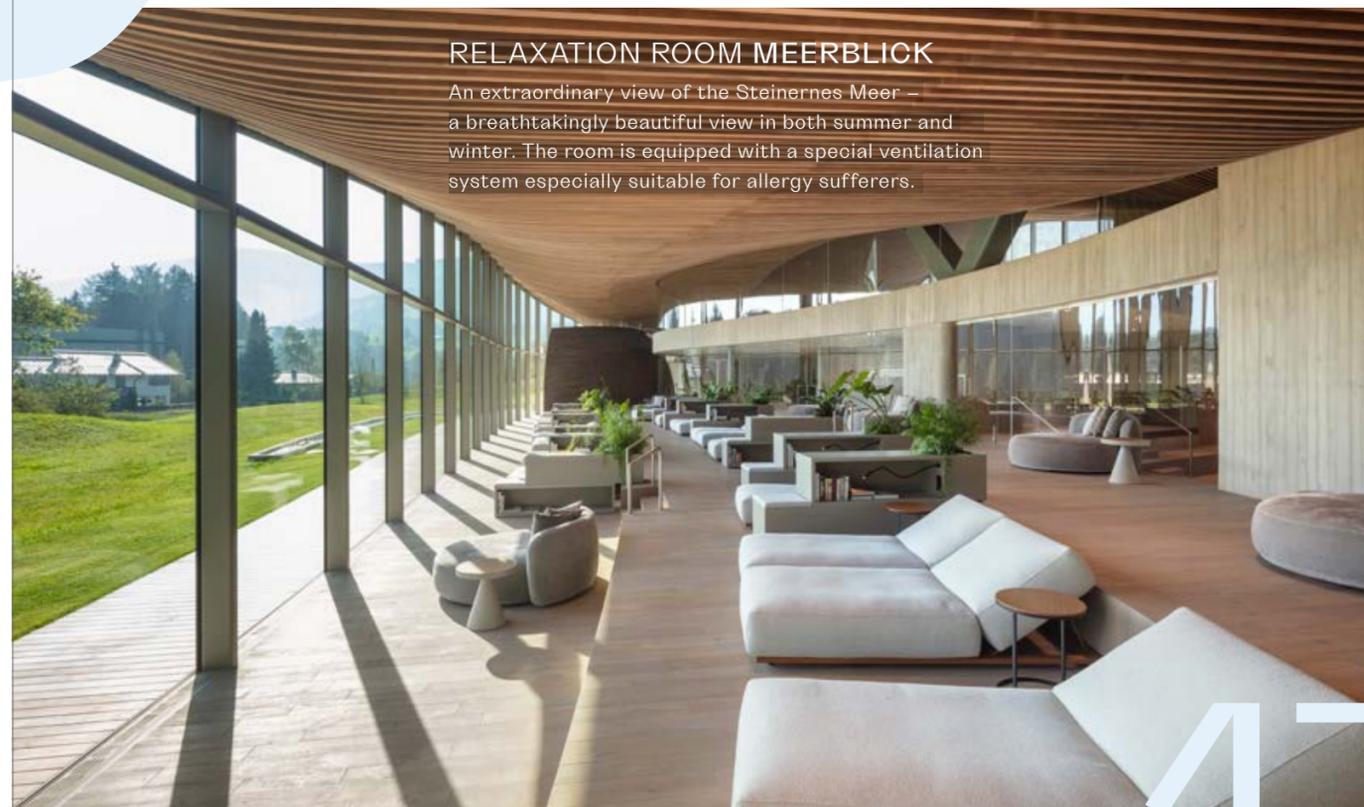


REFUGIUM



### MEERBLICK SAUNAS

FINNISH MEERBLICK SAUNA  
HERBAL MEERBLICK SAUNA  
Separated by a pane of glass, these two saunas offer unique views of the Steinernes Meer and the Leoganger Steinberge.



# Innovations from the world of holistic regeneration.

## NEW Cold Therapy/Cryo

Cold therapy serves as an effective stimulus for cells and the immune system. It promotes blood circulation, which in turn supports pain relief, fat reduction and stimulation of cellular metabolism. It is particularly beneficial for individuals with rheumatism, arthritis, skin problems or those looking to improve their skin texture.



### IN CONVERSATION WITH MAX GOTZLER

SPEAKER AT KRALLERHOF

Voluntarily exposing yourself to the cold is a hurdle for many people. How do you motivate people to get involved in cold therapy?

I always say that overcoming resistance to cold starts in the mind. I motivate people by presenting them with the scientifically proven benefits and sharing real success stories that illustrate the power of cold exposure. The release of adrenaline and dopamine, improved mood, more energy and strengthened resilience. These are just a few of the immediate rewards that create a deep and personal experience.

What exactly happens to the body when you go into ice-cold water or a cryogenic chamber?

When we expose ourselves to cold, our body undergoes a fascinating cascade of reactions. Initially, the blood vessels at the surface of the skin constrict to preserve body heat – a process known as vasoconstriction. This, in turn, leads to increased blood flow to vital organs. Simultaneously, a hormonal response is triggered, releasing adrenaline and noradrenaline, resulting in increased heart rate, increased alertness and a surge in energy. On a cellular level, cold activates the conversion of white fat into brown fat – a metabolically active tissue that burns calories to generate heat and boost metabolism. These psychological

changes not only strengthen the immune system but also enhance stress resilience and promote deeper self-awareness.

What are the three most valuable effects of cryotherapy for you?

- \_Increase in mental clarity and well-being.
- \_Improvement of physical health and performance.
- \_Development of resilience and stress management.

### VITA

MAX GOTZLER, A FORMER COMPETITIVE ATHLETE AND FOUNDER OF FLOWGRADE, IS A LEADING FIGURE IN THE GERMAN BIOHACKING SCENE AND AN EXPERT IN PERFORMANCE. WITH AN ACADEMIC BACKGROUND IN PSYCHOLOGY AND ECONOMICS, MAX COMBINES SCIENTIFIC INSIGHTS WITH PRACTICAL STRATEGIES TO HELP PEOPLE REACH THEIR FULL POTENTIAL. THROUGH HIS BOOKS „BIOHACKING – OPTIMIERE DICH SELBST“ (BIOHACKING - OPTIMIZE YOURSELF), „DER TÄGLICHE BIOHACKER“ (THE DAILY BIOHACKER) AND „DAS FLOW JOURNAL“ (THE FLOW JOURNAL), AS WELL AS REGULAR CONTRIBUTIONS TO FOCUS MAGAZINE, HE SHARES HIS COMPREHENSIVE KNOWLEDGE OF SELF-OPTIMIZATION AND FLOW STATES. WITH FLOWGRADE, HE PROVIDES A PLATFORM THAT OFFERS PRODUCTS, KNOWLEDGE AND A COMMUNITY FOR ANYONE EMBARKING ON THE JOURNEY OF PERSONAL TRANSFORMATION AND SELF-OPTIMIZATION.

INNOVATIONS

ON 19

# I N N O V A

## NEW Red Light Therapy

The effects of red light therapy are impressive and diverse: it specifically supports cell health, combats inflammation, alleviates pain and strengthens the immune system. Additionally, red light stimulates collagen production, improves sleep and enhances cognitive performance.

## NEW IHHT Oxygen Therapy

To stay vital throughout life, a healthy cellular metabolism is crucial. Intermittent Hypoxia-Hyperoxia Therapy (IHHT) promotes cell renewal and supports recovery, revitalization and improvement of physical performance by strengthening health at the cellular level.



# T I O

## Infrared

Our 12 saunas, including those with infrared heat, offer diverse health benefits: by penetrating beneath the skin layer, infrared stimulates blood circulation, can lower blood pressure and supports skin cleansing by eliminating toxic substances. The various saunas provide effective relaxation for stress, strengthen the immune system and alleviate tension.

# N

## IN CONVERSATION WITH ANDREAS BREITFELD

SPEAKER AT KRALLERHOF



What can be expected from therapies with red light?

Photobiomodulation or red light therapy utilizes the same light frequencies that we encounter in the morning and evening sun. During a „session“ in the red light shower, we use various red light and infrared frequencies. The effects of these frequencies have been known since ancient Egyptian times. Imagine a sunset by the sea – that’s how it feels.

What achievements can be made if one only has access to red light therapy during their vacation?

Even after a single session of photobiomodulation, we feel euphoric! The production of various hormones such as dopamine and serotonin is stimulated. In addition, there is a noticeable energy production in the cells (ATP). Collagen deposition in the skin is improved, wounds heal faster, etc. Most effects are immediately noticeable or occur after a few sessions.

Can external changes also be observed?

Indeed, yes! Photobiomodulation is also used to stimulate follicles in the scalp, thus promoting hair growth. In conjunction with improved collagen deposition in the skin, the application can lead to fewer wrinkles and better hair growth.

## VITA

ANDREAS BREITFELD, BORN IN MUNICH IN 1973, IS ONE OF GERMANY’S BEST KNOWN BIOHACKERS AND THE FOUNDER OF THE FIRST BIOHACKING LAB IN THE GERMAN-SPEAKING SPHERE. SINCE 2014, THE HEALTH JOURNALIST HAS WORKED AS A PROFESSIONAL BIOHACKER, PUBLISHING HIS OWN BIOHACKING COLUMN MONTHLY IN THE „RED BULLETIN“ AND, TOGETHER WITH CO-HOST STEFAN WAGNER, REACHING OVER 10,000 LISTENERS EVERY WEEK WITH THE RED BULL PODCAST „DIE BIOHACKING-PRAXIS.“ AS A COACH AND MENTOR, HE GUIDES BIOHACKING ENTHUSIASTS ON THEIR JOURNEY AWAY FROM ILLNESS AND TOWARDS BETTER PERFORMANCE, INCREASED RESILIENCE AND SUSTAINED PRODUCTIVITY, DRAWING ON NOTABLE REFERENCES IN PROFESSIONAL SPORTS. WITH HIS TWO BOOKS „BIOHACKING FÜR SPORTLER“ (BIOHACKING FOR ATHLETES) AND „AB JETZT BIOHACKING“ (FROM NOW ON BIOHACKING), HE HAS MADE SIGNIFICANT ASPECTS OF HIS WORK ACCESSIBLE TO A WIDE CLIENTELE. TODAY, HE GLADLY SHARES HIS KNOWLEDGE AS A SPEAKER AND CONSULTANT.





R  
E  
G  
E

N

E R A T I O N

25

## Innovative therapies

### COLD THERAPY/CRYO

Just 3–5 minutes in the cold chamber offer a variety of health benefits that are backed by scientific studies. This treatment is also valued in elite sports for its stimulating effect on cells and the immune system. The use of the cold chamber promotes blood circulation, which in turn has positive effects on pain relief, fat burning, activation of cellular metabolism and support for inflammatory processes.

- \_Improves skin appearance
- \_Beneficial for rheumatic diseases and arthritis
- \_Helps with psoriasis and eczema
- \_Reduces stress hormones
- \_Increases collagen production
- \_Supports sleep

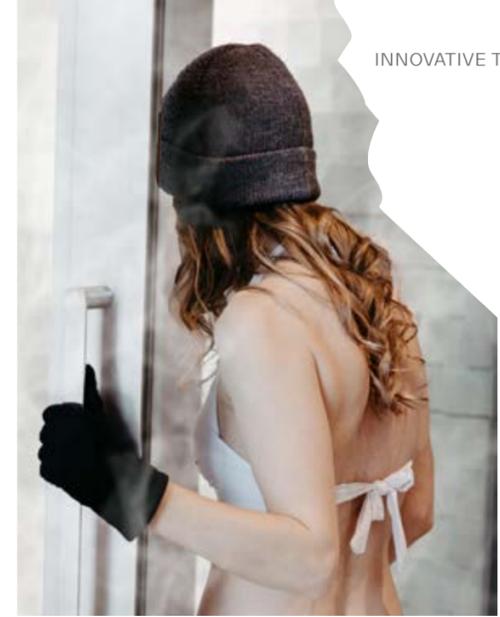
SINGLE SESSION & CONSULTATION 25 MIN. | 45 €  
5-SESSION PACKAGE | 180 €  
10-SESSION PACKAGE | 350 €

### RED LIGHT THERAPY

Our cells are powered by mitochondria, our body's energy sources. This light therapy contributes to the production of ATP, THE key energy for our bodily functions. A 25-minute session with our red light therapy can offer various health benefits, including::

- \_Anti-aging and improved skin health through collagen synthesis
- \_Accelerated recovery after physical activities and support for muscle repair
- \_Reduction of inflammation, pain and acceleration of healing processes
- \_Increase in cellular energy by stimulating cellular respiration and ATP production
- \_Improvement of sleep quality through the regulation of serotonin and melatonin
- \_Strengthening of the immune system by activating white blood cells

SINGLE SESSION & CONSULTATION 25 MIN. | 45 €  
5-SESSION PACKAGE | 180 €  
10-SESSION PACKAGE | 350 €



### IHHT OXYGEN THERAPY

IHHT, known as Interval Hypoxia-Hyperoxia Therapy, is an innovative procedure that trains the body by alternating between low and high oxygen concentrations, thereby increasing physical performance. In the hypoxia phase (low), the body adapts to oxygen scarcity by increasing the production of red blood cells, which improves oxygen supply throughout the body. The subsequent hyperoxia phase (high) provides the body with an abundance of oxygen, stimulating mitochondria and promoting cell division, which in turn optimizes energy metabolism. This training, which simulates conditions at high altitudes and is also used in elite sports, has various positive effects on the body:

- \_Strengthens the immune system
- \_Can boost fat burning
- \_Improves oxygen utilization in the body
- \_Helps reduce stress
- \_Strengthens the cardiovascular system and lung function
- \_Generally enhances performance

SINGLE SESSION & CONSULTATION 50 MIN. | 75 €  
5-SESSION PACKAGE | 300 €  
10-SESSION PACKAGE | 562 €

## Classic massages

### PARTIAL BODY MASSAGE

A partial body massage focuses on specific areas of the body to target tension and improve circulation. It's ideal for individuals with localized tension. Choose your focus area:

- \_Back
- \_Neck and head
- \_Legs and feet

25 MIN. | 45 €

### FULL BODY MASSAGE

A full body massage provides a comprehensive treatment that includes the entire body, from head to toe. This type of massage aims to release overall tension, promote circulation and create a deep sense of relaxation and well-being.

50 MIN. | 89 €

### FASCINATION OF MOVEMENT

The newly developed „Fascination of Movement“ treatment is part of the Balance Alpine 1000+ method based on the latest sports and movement scientific principles. By combining fascia treatment with classic massage techniques, tensions and adhesions of the muscles and fascia are released.

50 MIN. | 89 €

### FULL BODY MASSAGE BALANCE ALPINE 1000+

This treatment uses a special Balance Alpine 1000+ massage oil (warming or cooling) in combination with spagyric agents with particularly profound effects.

50 MIN. | 89 €

### SPORTS MASSAGE

Whether with warming or cooling sports oil, the sports massage alleviates or resolves physical issues caused by unilateral strain in certain sports.

50 MIN. | 89 €

### INTENSIVE BACK MASSAGE

Combining classic back massage with hot stone therapy, the entire back including the neck is treated. The heat of the stones provides intense deep penetration, relaxes the muscles and enhances circulation. Stubborn tensions dissolve and the acid-base balance is optimized.

50 MIN. | 89 €



## Deep tissue massages

### MANUAL LYMPH DRAINAGE

This method is a gentle form of massage characterized by stroking movements. Its main goal is to promote detoxification of the body by improving lymphatic flow and optimizing immune function. Ideal for water retention, cellulite, skin problems, chronic fatigue, digestive disorders and migraines.

50 MIN. | 89 €

### FOOT REFLEXOLOGY MASSAGE

The feet, rich in nerve endings and fine branches, are particularly receptive to stimulation. This type of massage improves blood circulation and aims to promote the body's natural healing powers. Helpful for:

- \_Headaches and migraines
- \_Fatigue and stress
- \_Digestive problems
- \_Inner restlessness and nervousness
- \_Sleep problems

50 MIN. | 89 €

### COMBINATION: PARTIAL BODY & FOOT REFLEXOLOGY MASSAGE

The ideal combination of foot reflexology and partial body massage (choice of: back, neck/head, legs/feet) offers a holistic treatment that addresses both deep-seated and superficial tensions in the body.

50 MIN. | 89 €

## Feel-good massages

### RELAXATION MASSAGE

Slow and rhythmic movements ensure holistic relaxation.

50 MIN. | 85 €

### AROMATHERAPY MASSAGE

In this treatment, a form of full body massage, all parts of the body are treated using a variety of massage techniques. Tensions and tightness are specifically loosened. The experience is enriched by the use of special essential oils. Their active ingredients are absorbed through the skin and the nose, acting on the entire body via nerve pathways and the circulatory system. We use high-quality aroma and herbal oils such as:

- \_Rose & vanilla – relaxes and soothes
- \_Lemongrass & mint – provides energy
- \_Orange & grapefruit – refreshes

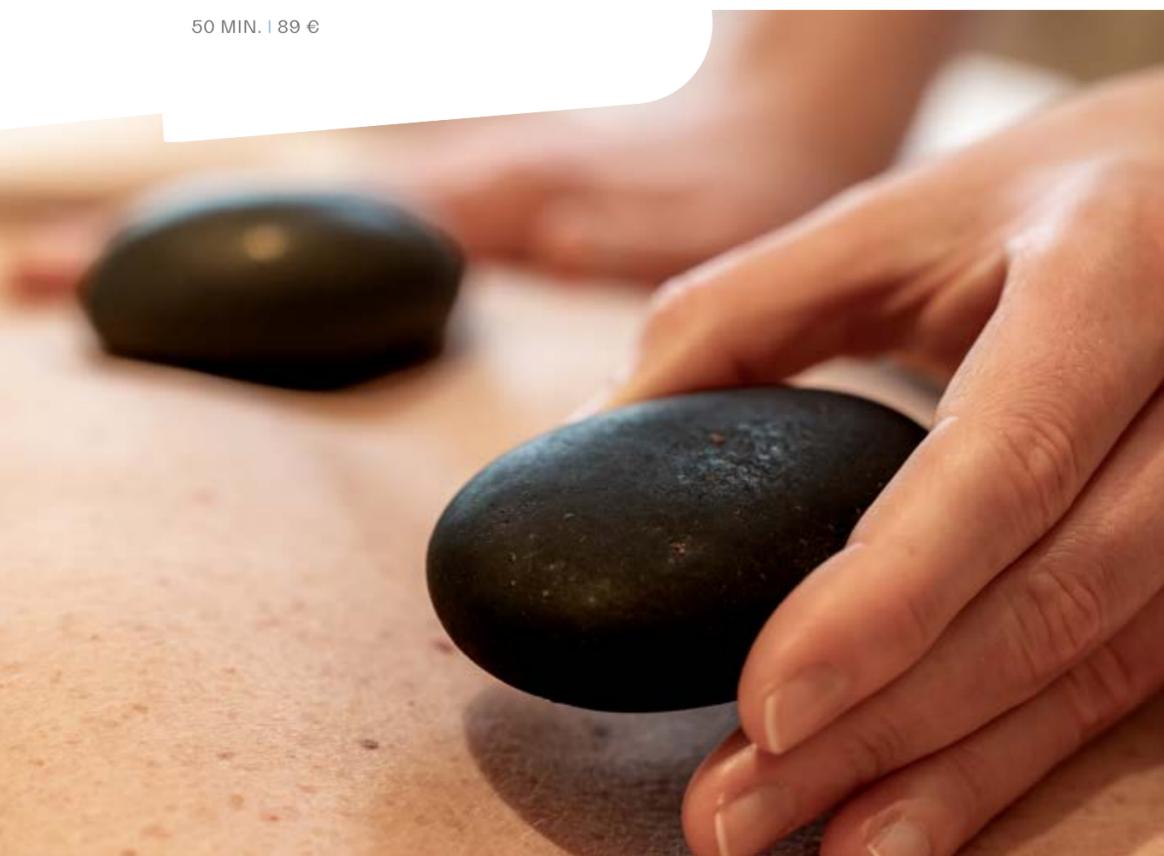
50 MIN. | 85 €

### ST BARTH PAMPERING MASSAGE

A gentle body massage with intensively nourishing oils from Ligne St Barth, specially tailored to your needs. Choose between:

- \_Coconut oil – for intensive care of particularly dry skin
- \_Avocado oil – for fine skin to support function

40 MIN. | 70 €



# F A C I A L

## HOT STONE MASSAGE

This massage utilizes naturally shaped basalt stones heated to approximately 50°C. The deep penetration of heat into the body enhances the relaxing effect. Muscle cramps dissolve, oxygen supply to the cells improves and the removal of acids is promoted. Simultaneously, there is also a mental and emotional release from stress and inner tension. Well-being is heightened and inner balance is restored. This massage is also ideal for joint problems, muscle soreness, digestive issues and boosting fat and tissue metabolism.

80 MIN. | 136 €

## PADABHYANGA

Ayurvedic massage on the feet, calves and knees. This treatment focuses on your feet, gently stretching and massaging them.

50 MIN. | 98 €

## MUKABHYANGA

Gentle Ayurvedic head, neck and face massage. Gentle stroking movements achieve a calming effect on the mind (Vata). Tensions in the neck and shoulder area caused by stress are relieved and can noticeably diminish.

50 MIN. | 98 €

## ABHYANGA

An Ayurvedic full-body oil massage from head to toe. Flat stroking movements and circular massages are performed in a rhythmic pattern to encourage energy flow throughout the body.

80 MIN. | 153 €

## ABHYANGA WITH SHIRODARA

Shirodhara, the forehead oil stream, is a special treatment where warm oil is poured evenly and gently over the forehead. This combination of full-body oil massage and forehead oil stream helps to release both physical and emotional blockages, promotes blood circulation and supports bringing the body and mind into harmony.

110 MIN. | 195 €

## SHIATSU

The Japanese technique addresses energy blockages. Shiatsu literally translates to finger or thumb pressure. In practice, this technique can also be performed with the palm, elbow, foot, or knee on pressure points. Simple stretches, rotations and pressure activate life energy and self-healing capabilities. Additionally, Shiatsu includes techniques from the physiotherapeutic, osteopathic realm and thus positively impacts joint problems, spinal and back issues, digestive problems, etc. Please wear comfortable sportswear.

50 MIN. SHIATSU CLASSIC | 89 €  
80 MIN. SHEN-SHIATSU | 136 €

## Massages from all over the world

## Treatment for glowing skin

### MEDICAL BEAUTY TREATMENTS FOR HER AND HIM

SINCE 1986, REVIDERM HAS BEEN AT THE INTERSECTION OF MODERN DERMATOLOGY AND GROUNDBREAKING ACTIVE INGREDIENT RESEARCH TO OFFER ADVANCED SKINCARE SOLUTIONS TO BOTH WOMEN AND MEN. WITH INNOVATIVE DEVICES, TREATMENT METHODS AND TOP-NOTCH PRODUCTS FROM DERMACEUTICALS, THE SKIN'S APPEARANCE IS REFINED AND IMPROVED IN THE LONG TERM.

### REVIDERM SKINPEELER MIKRODERMABRASION

Discover the key to radiant skin – microdermabrasion. This highly effective deep peeling treatment uses fine microcrystals to gently rejuvenate your skin, without any pain. Experience how your pores become finer and your skin texture noticeably smoothens and softens after just one treatment. With this gentle yet effective technique, you can target:

- \_Sun-damaged and aged skin
- \_Heavily cornified skin
- \_Pigmentation disorders
- \_Impurities

50 MIN. | 120 €  
80 MIN. | 164 €

## ULTRASOUND

Discover younger and firmer skin with our innovative ultrasound device. The 10 MHz ultrasound waves penetrate the skin, promoting the production of collagen and elastin. This results in visible tightening while simultaneously strengthening your skin's natural protective functions for enduring beauty and resilience.

50 MIN. | 85 €  
80 MIN. | 136 €

## VITAL BEAUTY

A facial treatment that ensures natural beauty, deep well-being, revitalization of energies and sustainable balance. The exclusive products of the Balance Alpine 1000+ line are used during this treatment.

50 MIN. | 85 €  
80 MIN. | 136 €



# Treatment for glowing skin

QMS MEDICOSMETICS DISTINGUISHES ITSELF FUNDAMENTALLY FROM CONVENTIONAL COSMETIC BRANDS AS IT HAS ITS ROOTS IN MEDICAL RESEARCH. THE FOCUS IS ON HIGH-QUALITY ANTI-AGING INGREDIENTS SUCH AS SKIN-IDENTICAL COLLAGEN AND HYALURONIC ACID. THESE NATURAL COMPONENTS OF THE BODY PROMOTE THE SKIN'S SELF-REGENERATION BY SUPPORTING ITS ABSORPTION, THUS CONTRIBUTING TO VISIBLY REVITALIZED SKIN.

## QMS CLASSIC COLLAGEN RECOVERY TREATMENT

This customized anti-aging treatment uses the exclusive QMS Medicosmetics Collagen System to meet high skincare demands. It starts with deep cleansing using the Deep Gentle Cleanser, followed by peeling with Active Exfoliant 11% to prepare the skin for an algae mask. The treatment significantly increases skin moisture through 70% naturally soluble collagen, which intensely hydrates and promotes cell regeneration. Designed to rejuvenate and revitalize the skin, this treatment is also excellent for sensitive skin.

- \_Deep Cleansing
- \_Exfoliant Fluid
- \_Algae Mask
- \_Freshening Tonic
- \_Collagen
- \_Massage
- \_Plaster Mask
- \_Finishing Care

80 MIN. | 153 €  
100 MIN. WITH DEEP CLEANSING | 180 €

## QMS ACTIVATOR TREATMENT

Perfect for dry and sensitive skin. By applying a special fleece mask enriched with high-molecular hyaluronic acid, the moisture binding of your skin is improved. This treatment harmonizes skin functions, promotes blood circulation and provides intense moisture supply. Experience how your skin appears fresh and revitalized after the treatment.

- \_Deep Cleansing
- \_Exfoliant Fluid
- \_Algae Mask
- \_Freshening Tonic
- \_Collagen
- \_Activator + Tab Mask
- \_Finishing Care

50 MIN. | 99 €  
80 MIN. WITH MASSAGE | 149 €

## QMS PURE OXYGEN

This top anti-aging treatment effectively and sustainably introduces active ingredients into your skin. Thanks to the use of 98% pure oxygen, generated with a special device, combined with stem cells, collagen and hyaluronic acid, your skin receives an extraordinary freshness boost. Carbon dioxide is efficiently eliminated while new oxygen penetrates deeply into the cells and regenerates them. The result is a healthy-looking, fresh complexion.

- \_Deep Cleansing
- \_Exfoliant Fluid
- \_Algae Mask
- \_Tonic
- \_Oxygen Boost with HO<sub>2</sub> Hyaluron Oxygen Serum
- \_Massage
- \_Activator Mask
- \_Finishing Care

80 MIN. | 160 €  
100 MIN. WITH DEEP CLEANSING | 195 €

## INDIVIDUALIZED FACIAL TREATMENT

With the individualized facial treatment, we focus entirely on the unique needs of your skin. This tailored treatment begins with a thorough analysis of your skin to understand its specific requirements. Based on this assessment, we select targeted skincare products and treatment techniques that are perfectly tailored to your skin type and its current conditions.

50 MIN. | 99 €  
80 MIN. | 149 €

## Add-on services

OPTIONAL ADD-ONS FOR EVERY FACIAL TREATMENT:

### EYELASHES

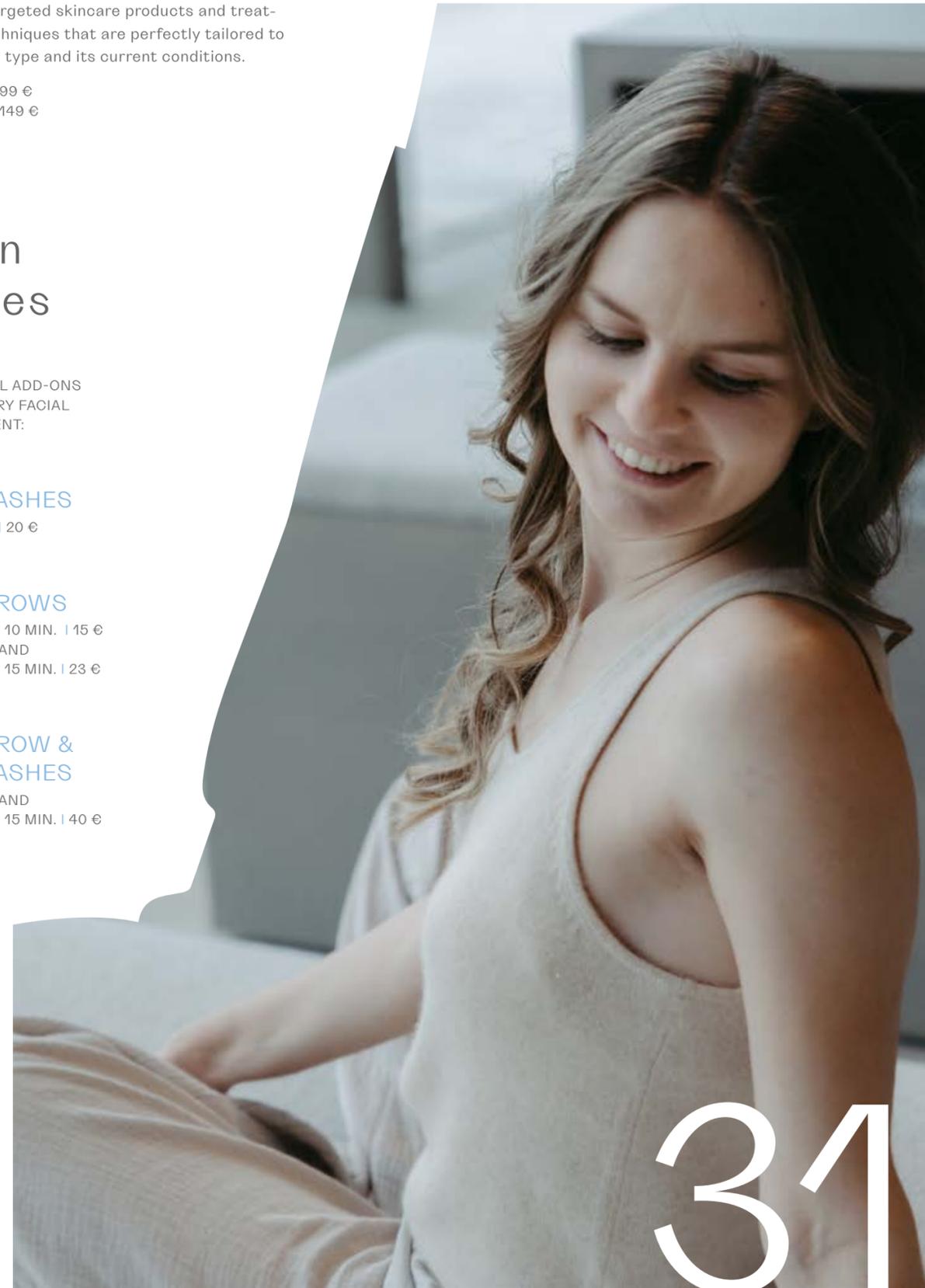
TINTING | 20 €

### EYEBROWS

SHAPING 10 MIN. | 15 €  
TINTING AND SHAPING 15 MIN. | 23 €

### EYEBROW & EYELASHES

TINTING AND SHAPING 15 MIN. | 40 €



## Nail care

### MANICURE

50 MIN. | 80 €  
WITH POLISH FOR HOME | 95 €

### PEDICURE

60 MIN. | 80 €  
WITH POLISH FOR HOME | 95 €

### POLISH APPLICATION

with polish for home  
25 MIN. | 30 €

### NAIL CARE FOR GENTLEMEN

including hand massage  
40 MIN. | 65 €

## Waxing

### LOWER LEGS

25 MIN. | 39 €

### FULL LEGS

55 MIN. | 60 €

### UPPER LIP

15 MIN. | 20 €

### UNDERARMS

20 MIN. | 29 €

### BACK MEN

45 MIN. | 69 €

### CHEST MEN

25 MIN. | 39 €

## Private Spa

EXPERIENCE A PRIVATE SPA GETAWAY FOR 2 PEOPLE. THIS LUXURIOUS AREA IS EXCLUSIVELY AVAILABLE TO YOU, PROVIDING A UNIQUE ATMOSPHERE FOR TRANQUILITY, RELAXATION AND WELL-BEING. THE PACKAGE INCLUDES 2-HOUR ACCESS TO THE „PRIVATE SPA.“ THE 50 M² SPA AREA FEATURES A STEAM SAUNA, A FINNISH SAUNA AND A DOUBLE BATHTUB, INVITING YOU TO UNWIND AND RELAX.

### PRIVATE MOMENTS

\_2 hours Private Spa access  
\_0.375l bottle of champagne and water  
\_Fruit platter

120 MIN. 2 PERSONS | 179 €

### ADDITIONAL SERVICES

\_Massages (see pages 26–28)  
\_Baths (see page 35)

## Fitness

### PERSONAL COACHING

50 MIN. (1 PERSON) | 85 €  
50 MIN. (2–3 PERSONES) | 70 € P.P.

### YOGA PRIVATE SESSION

Yoga is the path to balance body, mind and soul, mobilizing life energy (Prana) and stimulating energy centers (Chakras). The effect is a tremendous increase in strength and energy, aiming for a state of Samadhi (union with the divine) and feeling it. Everyone can benefit from the many positive effects of yoga, restoring inner balance and enjoying the feeling of centeredness.

50 MIN. (1 PERSON) | 85 €  
50 MIN. (2–3 PERSONES) | 70 € P.P.

## Peeling

### LIGNE ST BARTH SOFTNESS

Relaxing Papaya Sea Sand Peeling massage for a soft, velvety and more even skin: The fruit enzymes of fresh papayas, coconut and avocado oil and a special sea sand complex remove dead skin cells.

30 MIN. | 51 €

## Body pack

### MUD BODY PACK

It releases tension and is therefore particularly suitable for preparing massages.

30 MIN. | 36 €

## Peeling & body pack

THE SOFT PACK BED ALLOWS FOR AN ALMOST WEIGHTLESS LYING EXPERIENCE, ENSURING COMPLETE RELAXATION. BEFORE THE TREATMENT, YOU'LL ENJOY A SCRUB, WHICH OPTIMALLY PREPARES THE SKIN FOR THE SUBSEQUENT CARE PACK.

### MILK AND HONEY BODY PACK

Both milk and honey contain vitamins A and E, which have a positive effect on the skin condition. Additionally, the milk fat has a soothing and smoothing effect on the skin, making it particularly suitable for very dry skin.

60 MIN. | 79 €

### „HASLAUER“ ALGAE BODY PACK

Highly detoxifying and cleansing, the marine algae positively influence metabolism. They soften and smooth the skin while exerting their detoxifying effects.

60 MIN. | 79 €

# B O

### LIGNE ST BARTH SENSATION

Following a relaxing Papaya Sea Sand Peeling, you will be pampered with an avocado treatment. This particularly moisturizing treatment ensures visibly refined and velvety skin texture all over the body.

60 MIN. | 93 €

### LIGNE ST BARTH HARMONY

After the Papaya Sea Sand Peeling, treat yourself to a „little break“: the gentle and relaxing Harmony full-body stroking with ivy gel concludes with firming menthol oil and a choice of nourishing body lotion.

80 MIN. | 139 €

### EVENING PRIMROSE OIL CREAM BODY PACK INCLUDING PEELING

After a full-body peeling, the creamy essence is applied to your body. You will be enveloped in a soft veil and „immersed“. At approximately 38 °C, you will relax while the precious oil mixed with high-quality creams takes effect.

60 MIN. | 85 €



# D Y

## Skincare bath

### DREAM BEAUTY BATH LIGNE ST BARTH

An individual beauty bath with a special care and fragrance composition made from three ingredients: Mild shower gel is mixed with a body oil and a body lotion from Ligne St Barth to create a nourishing bath additive according to your preference. A ritual of purity and sensual experience: The bath nourishes the skin, leaving it fragrant and with a silky sheen.

25 MIN. | 29 €

### SEA SALT BATH

This bath detoxifies, decongests and nourishes the skin with essential minerals, firms the connective tissue, revives circulation and promotes metabolism and fat burning.

25 MIN. | 29 €

### ALKALINE BATH

Discover the revitalizing effect of our alkaline bath: It alleviates muscle pain, supports skin conditions and promotes overall well-being. Rich in minerals, it helps the skin to regenerate and appear firmer. Cracked skin becomes supple again, oily skin is soothed and regulated. Even with eczema and psoriasis, the skin benefits from the effects of alkaline baths.

25 MIN. | 29 €

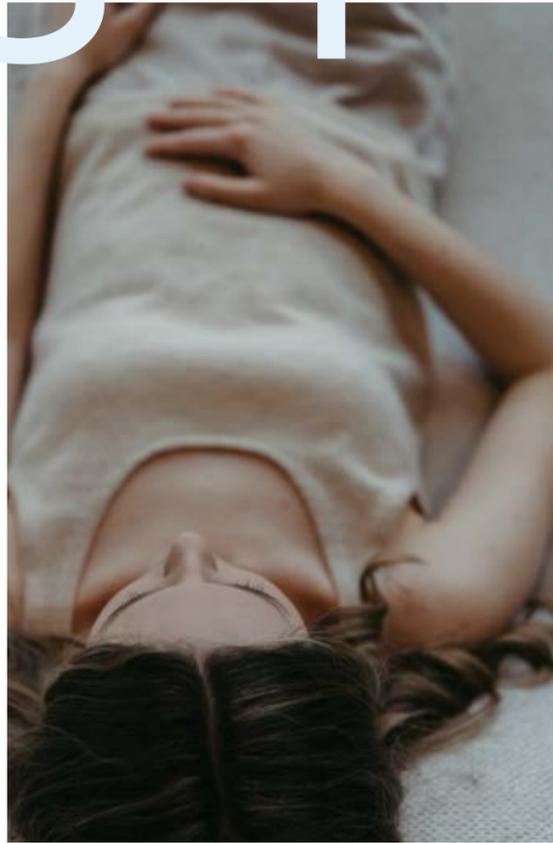
## Anti cellulite treatment

### QMS ANTI CELLULITE CONTOURING TREATMENT

Highly effective & exclusive. Make a statement in terms of well-being and body awareness with the shaping Anti-Cellulite Contouring Treatment from QMS. The combination of three revolutionary products targets specific areas such as the abdomen, thighs and hips. An excellent treatment that visibly refines skin texture and tightens body contours.

50 MIN. QMS TREATMENT | 92 €  
(ABDOMEN, HIPS, THIGHS)  
60 MIN. QMS TREATMENT PLUS | 113 €  
(ABDOMEN, HIPS, THIGHS, UPPER ARMS)

## SPECIALS



## For her

## SHORT BREAK

This holistic regeneration program is like a little escape from everyday life.

- \_Nourishing bath (20 Min.)
- \_Facial treatment (55 Min.)
- \_Manicure (50 Min.)
- \_Pedicure (60 Min.)
- \_Full body massage (50 Min.)

235 MIN. | 228 €

## „LIGNE ST BARTH“ BEAUTY DAY

Experience pure relaxation! With the exquisite products from the Caribbean, you'll forget about stress and daily life.

- \_Harmony peeling and massage (80 Min.)
- \_Freshness facial treatment (80 Min.)

160 MIN. | 205 €

## For teens

## GLOWMANIA

The special for young ladies up to 16 years old.

- \_Facial treatment (30 min.)
- \_Hand or foot care with polish

50 MIN. | 85 €

## TEENS SPEZIAL

- \_Peeling
- \_Cleansing
- \_Facial Massage
- \_Mask
- \_Final Care

50 MIN. | 85 €

## For him

## PAMPERING DAY FOR HIM

Comprehensive grooming program for men.

- \_Facial treatment (50 Min.)
- \_Manicure (50 Min.)
- \_Full body massage (50 Min.)
- \_Fango body pack (20 Min.)

170 MIN. | 245 €

## PIT STOP

A special skincare experience.

- \_Facial Treatment (50 Min.)
- \_Nail Check

80 MIN. | 119 €

## Explore the world of longevity and regeneration.

## GLOW

- N \_Customized facial treatment for radiant skin (50 min)
- E \_Cold therapy or red light therapy (25 min)
- W \_Evening primrose oil cream body pack including peeling (60 min)

The facial treatment refines the skin's texture and gives your skin a fresh, youthful glow. Lymphatic drainage helps reduce swelling and congestion in the tissues, supports the body's detoxification and strengthens the immune system. The cold chamber stimulates cell regeneration and collagen production. Body peeling and body pack nourish and nurture your body.

You can enjoy the treatments individually during your stay. Reservation is recommended.

135 MIN. | 199 €  
EARLY BOOKING (7 DAYS BEFORE ARRIVAL) | 149 €

## ENERGY

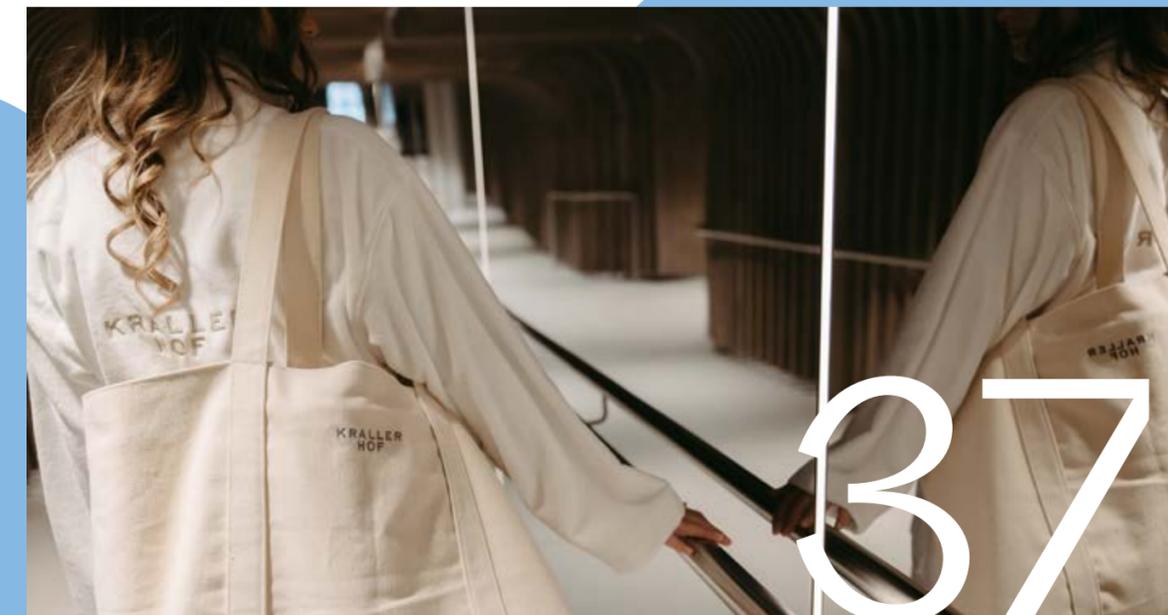
- N \_Cold therapy (25 min)
- E \_Red light therapy (25 min)
- W \_Full body massage (50 min)

Both treatments promote cell regeneration and the red light therapy also stimulates collagen production and has anti-inflammatory properties. The massage relieves tension.

You can enjoy the treatments individually during your stay. Reservation is recommended.

100 MIN. | 150 €  
EARLY BOOKING (7 DAYS BEFORE ARRIVAL) | 110 €

„PREVENTION  
IS EASIER  
THAN HEALING.“

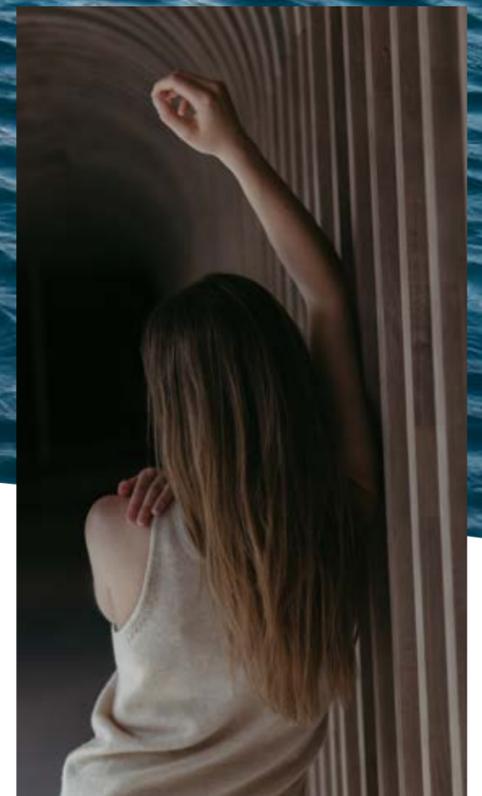


## The three most important Biohacking takeaways for your everyday life:

**WALK MORE:** WALKING IS STILL HIGHLY UNDERRATED. IT'S A LOW-INTENSITY EXERCISE THAT IS EXCELLENT FOR FAT LOSS, AEROBIC CAPACITY AND EMOTIONAL BALANCE.

**A GREAT START TO THE DAY:** TAKING A COLD SHOWER AND SPENDING 15 MINUTES IN SUNLIGHT BEFORE BREAKFAST CAN TRULY BOOST YOUR DAY!

**A HELPFUL COMPANION:** DRINK A GLASS OF WATER WITH A SPLASH OF APPLE CIDER VINEGAR BEFORE MEALS! IT STABILIZES BLOOD SUGAR LEVELS.



IMMERSE YOURSELF IN THE WORLD OF  
KRALLERHOF AND LEARN MORE ABOUT LONGEVITY  
AND REGENERATION AT KRALLERHOF.

# 39

2024

KRALLERHOF.COM

HOTEL KRALLERHOF  
RAIN 6 | 5771 LEOGANG  
URLAUB@KRALLERHOF.COM  
+43 6583 82 46