

LONG EVNITY

A woman with blonde hair, seen from behind, stands in a long, curved hallway. She is wearing a white, flowing, backless dress. The walls of the hallway are made of vertical wooden planks, and the floor is a smooth, light-colored material. The lighting is soft and even, creating a serene atmosphere. The hallway curves to the right, and the woman is positioned in the center of the frame, looking towards the end of the path.

BY
KRALLER
HOF

SPA MAGAZINE

Spa-Etiquette.

FOR A RELAXING STAY

PEACE AND RELAXATION
Please respect the tranquility of other guests.

NO PHOTOGRAPHY OR FILMING
To protect the privacy of all guests, photography and filming are prohibited in spa areas, particularly in saunas.

DRESS CODE IN SAUNAS
The saunas (with the exception of the family sauna in the Refugium) are designated as nude areas. Sauna kilts can be borrowed at the Refugium reception. To maintain hygiene, please use a towel as a base during your sauna session.

BATHING SLIPPERS ARE MANDATORY
Access to the spa areas is only permitted with bathing slippers to ensure hygiene and safety.

HYGIENE IN FACILITIES
It is mandatory to shower before using pools, whirlpools and saunas.

RESERVING LOUNGERS
Reserving loungers with towels is not permitted to ensure fair use for all guests.

AGE RESTRICTIONS
Access to ATMOSPHERE by Krallerhof and the Refugium is permitted for guests aged 15 and older. The family sauna and the family indoor and outdoor pools are also available for children.

Learn more about

| | | | |
|---|-------|-------|----|
| REGENERATION & LONGEVITY | | | |
| AT KRALLERHOF | | | |
| In conversation with Michaela Altenberger | _____ | 6–7 | |
| 6 elements for regeneration & longevity | _____ | 8–9 | |
| OUR OFFERS | | | |
| Retreats & focus areas | _____ | 10–11 | |
| ABOUT KRALLERHOF | | | |
| Powerplace Leogang | _____ | 12–13 | |
| WELLNESS & SPA | | | |
| ATMOSPHERE | _____ | 14–15 | |
| Luxury of the future | _____ | 16–17 | |
| Refugium | _____ | 18–19 | |
| INNOVATIONS | | | |
| LONGEVITY & REGENERATION | | | |
| Red light therapy | _____ | 20 | |
| IHHT oxygen therapy | _____ | 20 | |
| Cold therapy/cryotherapy | _____ | 20 | |
| The healing power of heat and cold | _____ | 21–23 | |
| 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 | |



A wide-angle photograph of a mountain resort. In the foreground, a large, modern swimming pool with a curved edge is visible, surrounded by lounge chairs and umbrellas. In the middle ground, there are several traditional Swiss-style houses with dark roofs and light-colored walls. In the background, majestic mountains with patches of snow rise against a clear blue sky. The image is split vertically down the middle.

Holistically
regenerate
in a magical place.

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

Fjodor Michailowitsch
Dostojewski,
Russian writer



IN CONVERSATION WITH MICHAELA ALTENBERGER

HEAD OF „REGENERATION & LONGEVITY
BY KRALLERHOF“

What was the inspiration behind
„Regeneration & Longevity by Krallerhof“?

Our concept was born from the firm belief in promoting the long-term well-being of our guests. Inspired by the growing significance of biohacking and the desire to approach health holistically, we have created a unique program that combines vacation with profound regeneration and renewal.

How is the concept implemented at Krallerhof?

Holistic well-being is a core part of our philosophy. With „Longevity by Krallerhof“, we deepen this commitment by creating a comprehensive experience that addresses the body, mind and soul equally.

The program integrates cutting-edge methods and timeless practices to provide our guests with the perfect balance between relaxation and regeneration – fully aligned with our vision of a healthy and mindful lifestyle.

What methods and activities does the program offer and how were they selected?

We combine highly effective techniques such as cryotherapy, IHHT altitude training and red light therapy with immersive retreats that allow for a deeper dive into the themes of longevity. Each method has been carefully selected based on its scientifically proven effectiveness to specifically promote regeneration, enhance cellular health and boost performance.

Regeneration & Longevity by Krallerhof.

IMAGINE IMMERSING YOURSELF
IN THE SECRETS ELITE
ATHLETES USE TO MAXIMIZE
THEIR PERFORMANCE
WHILE EXPERIENCING DEEP
REGENERATION. DISCOVER
THIS UNIQUE PROGRAM,
INSPIRED BY THE WORLD OF
BIOHACKING. WE INTERVIEWED
MICHAELA ALTENBERGER, THE
PROGRAM'S DIRECTOR, ABOUT
THE JOURNEY FROM CONCEPT
TO IMPLEMENTATION.

How is the „Longevity & Biohacking
Retreat“ structured?

Our retreats are much more than a simple getaway – they are an inspiring journey toward greater health, joy and personal growth.

Workshops and lectures provide fascinating insights, while time spent with like-minded individuals creates space for inspiration, treatments and new perspectives.



LONGEVITY FOR THE EARS

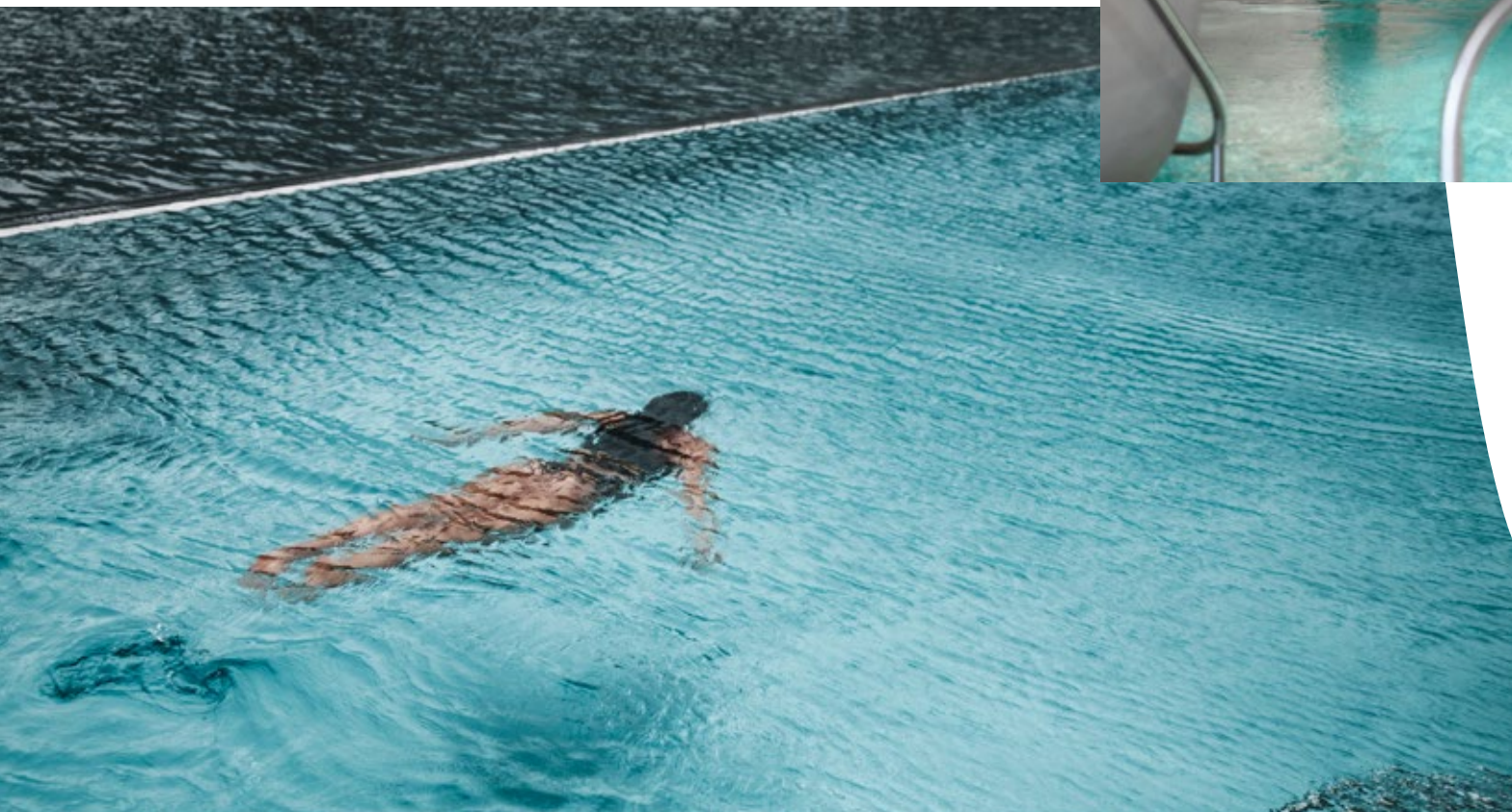
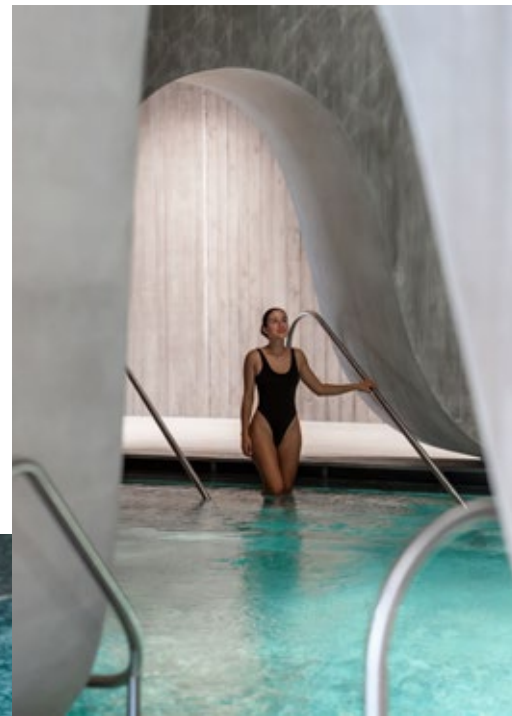
Discover our new podcast and delve into the secrets of fascinating personalities from the fields of biohacking and health.

TUNE IN NOW!

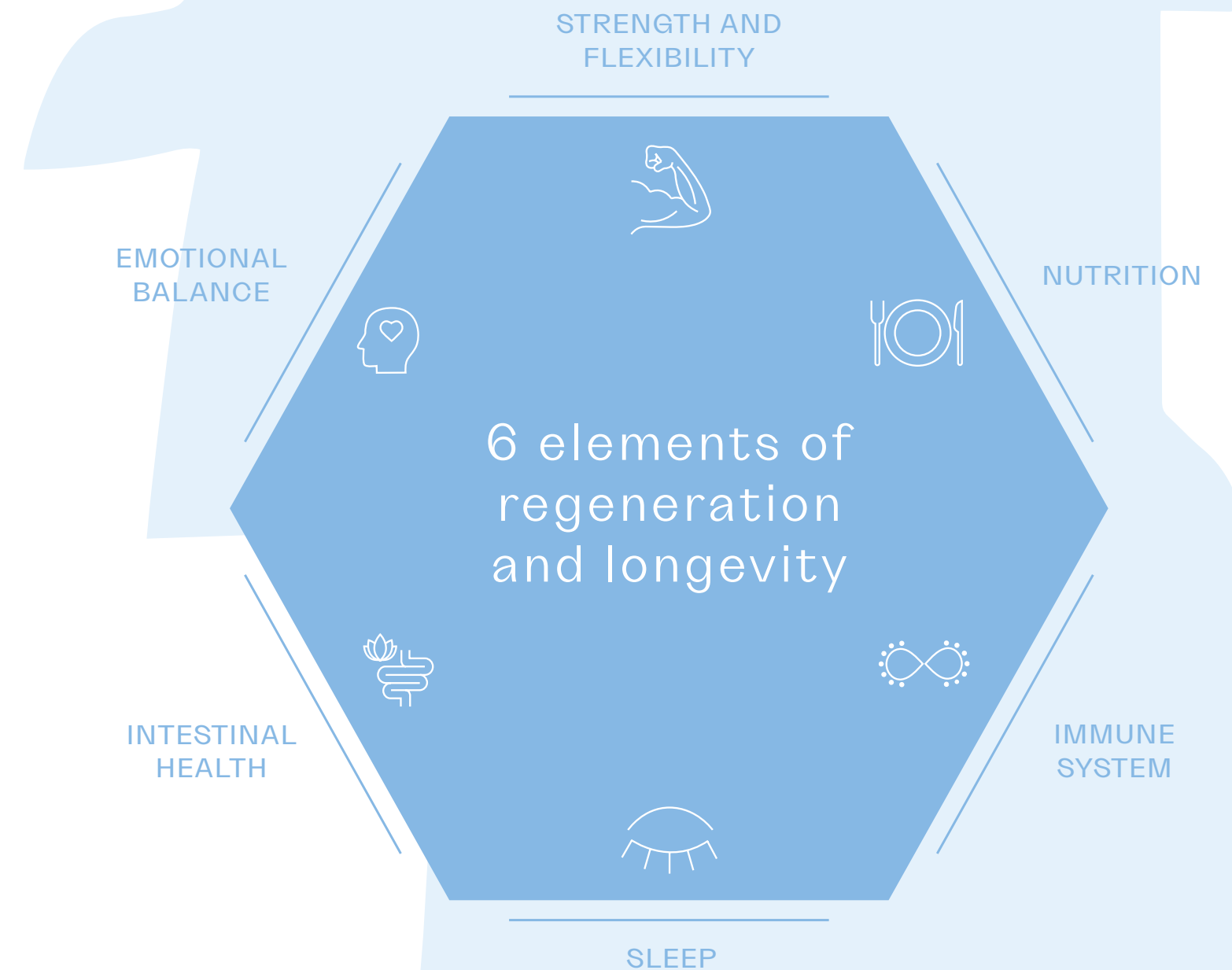


Our 6 elements of regeneration & longevity by Krallerhof.

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.



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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

PURIST AND SPACIOUS:
THE SPA WORLD ATMOSPHERE
BY KRALLERHOF

BREATHE FREELY IN THE LIGHT-FILLED,
OPEN SPHERE OF REGENERATION.
EXPERIENCE UNDERSTATED LUXURY IN
NUMEROUS SAUNAS, THE 50-METER
SWIMMING POOL IN OUR NATURAL POND,
AND THE TRANQUIL RELAXATION AREAS
– YOUR PERFECT RETREAT FOR SLOWING
DOWN.

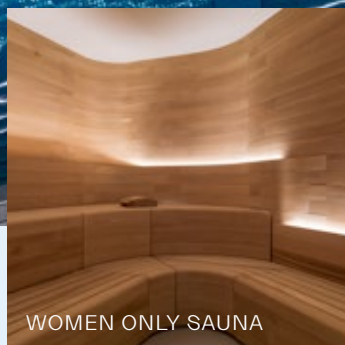
SPACE – THE LUXURY OF THE FUTURE
THIS SPATIAL OPENNESS, HARMONIOUSLY
BLENDING WITH THE ELEMENTS OF
WATER AND MOUNTAINS AND ELEVATED
BY NATURAL LIGHT, CREATES AN
ENVIRONMENT FOR PROFOUND RECOVERY.

A SPECIAL HIGHLIGHT IS THE CAFÉ AM SEE
WITH ITS ADJOINING RELAXATION AREA
– THE PERFECT PLACE FOR CAREFREE
RELAXATION AMIDST NATURE, ESPECIALLY
IN SUMMER.

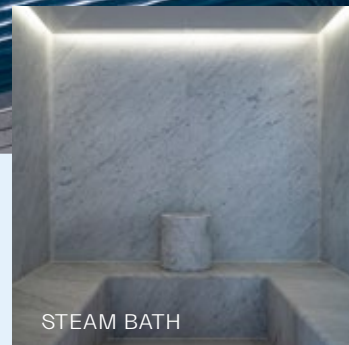
Highlights.

_Café am See with a spacious relaxation area
_Sea view relaxation room
_Ice grotto
_Blue grotto
_Yoga room
_Sauna world ATMOSPHERE:
Infrared salt room, women-only sauna,
steam bath, finnish Meerblick sauna, herbal
Meerblick sauna

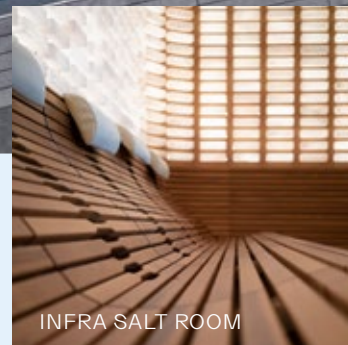
_Outdoor cold plunge pool
_Yoga platform by the lake
_5,500 sqm natural swimming lake
_Outdoor whirlpool
_50-meter infinity pool
integrated into the lake



WOMEN ONLY SAUNA



STEAM BATH



INFRA SALT ROOM

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 5,500M² 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.

BLUE GROTTO

The energetic center of
ATMOSPHERE.

LUXURY OF THE FUTURE —



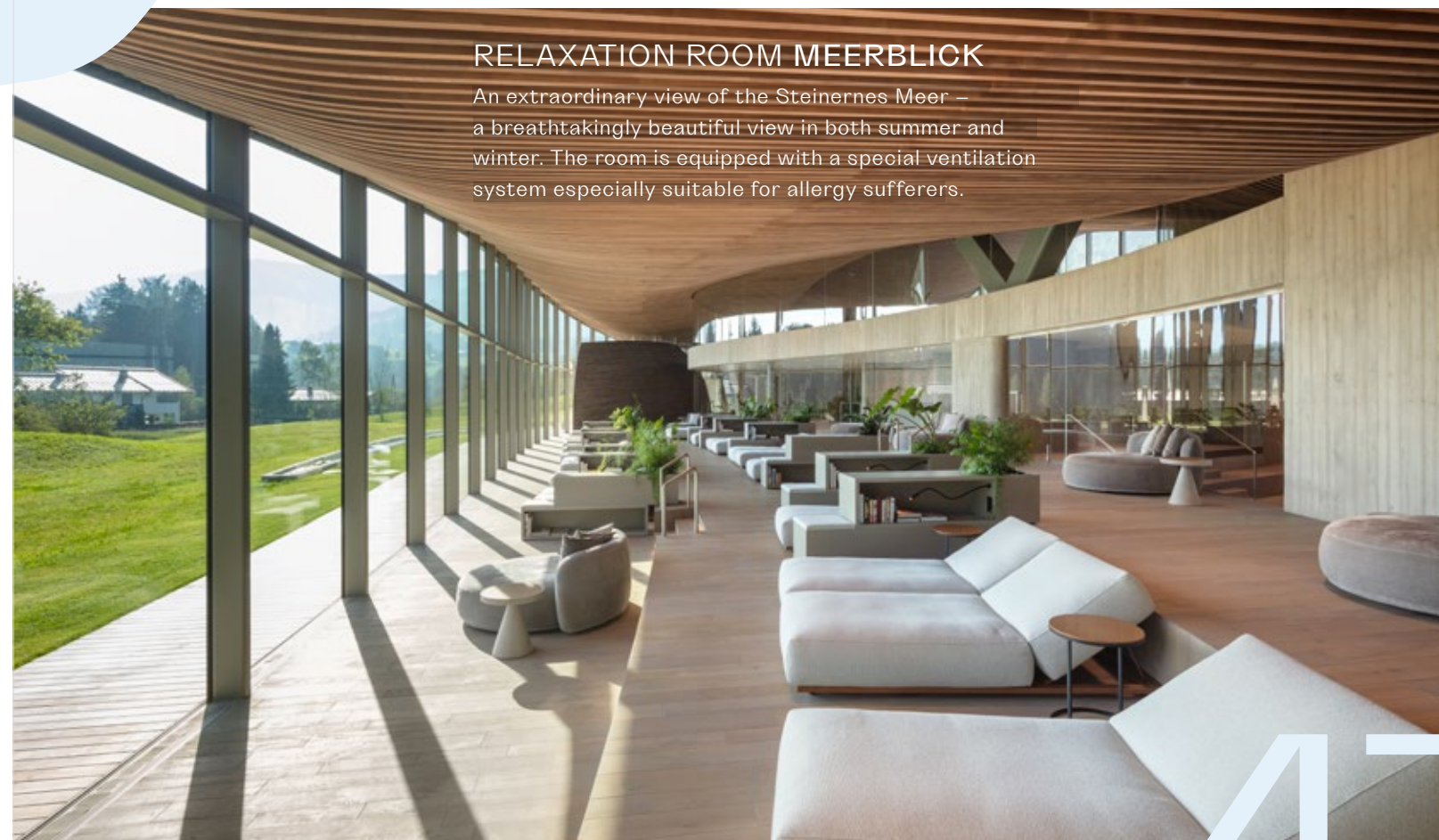
ICE GROTTO



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

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.

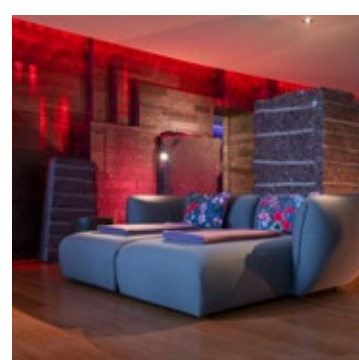
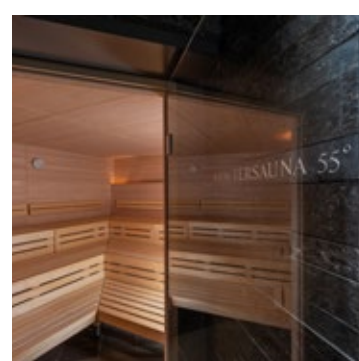
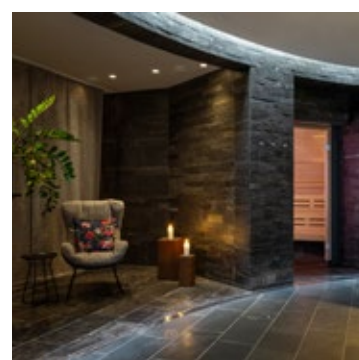
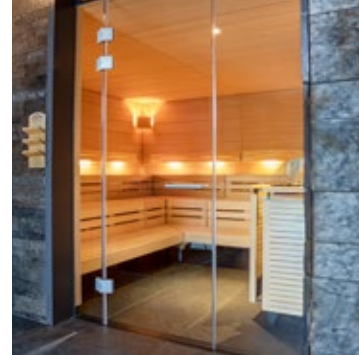




Refugium feel & experience.

Our Refugium spa offers unique treatments that blend the essence of holistic Eastern and Western wellness philosophies. Experience a variety of treatments, including massages, beauty treatments, personal training, soothing hot stone applications, Shiatsu, Ayurveda, as well as exclusive body treatments and baths featuring premium product lines.

The newly designed saunas and relaxation rooms in the refuge provide an oasis of tranquility and comfort. Soft lighting, natural materials, and minimalist design create an intimate space for deep relaxation and meditation. A retreat that harmonizes body and mind.



DISCOVER OUR SPA WORLD
REFUGIUM – COZY, INTIMATE,
TRADITIONAL.

LET OUR SPA RECEPTION TEAM
GUIDE YOU AND ENJOY EXCLUSIVE
MASSAGES AND COSMETIC
TREATMENTS. AFTERWARDS, UNWIND
IN ONE OF THE THREE RELAXATION
ROOMS, OFFERING PEACE AND
RECOVERY, OR BASK IN THE SOOTHING
WARMTH OF THE SPACIOUS SAUNA
AREA.

A SPECIAL HIGHLIGHT IS OUR NUDE
SWIMMING POOL, DESIGNED TO
REVITALIZE BOTH BODY AND MIND.
ADDITIONALLY, VISIT OUR LONGEVITY
LOUNGE, WHERE INNOVATIVE
WELLNESS OFFERINGS PROVIDE
SUSTAINABLE REGENERATION AND
ENERGY RENEWAL.

Highlights.

- _4 saunas & steam baths
- _Infrared cabin
- _Whirlpool and outdoor sauna pool
- _Plunge pool filled with fresh spring water
- _Private spa with partner treatments
- _3 exceptional and spacious relaxation rooms
- _Refugium spa reception
- _7 treatment rooms for massages and therapies
- _Tea and vital snack bar
- _Fitness area with professional equipment
- _Longevity Lounge with cryotherapy chamber, IHHT altitude training, red light cabin

In the family outdoor pool, indoor pool, family sauna and on the waterbeds, all children are warmly welcome.



I N N O V

N E W 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.

N E W 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.



N E W 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.

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The healing power of cold and heat.

AT KRALLERHOF, YOU'LL FIND A VARIETY OF TREATMENTS DESIGNED TO HELP YOU DISCOVER AND ENJOY THE BENEFITS OF COLD AND HEAT. BOTH ARE HIGHLY EFFECTIVE LONGEVITY TOOLS THAT SUSTAINABLY STRENGTHEN BODY AND MIND, ELEVATING YOUR WELL-BEING TO A NEW LEVEL. MANY MODERN AILMENTS CAN BE IMPROVED WITH TARGETED HEAT AND COLD STIMULI.

THE REVITALIZING POWER OF COLD

In today's world, we rarely challenge our bodies – yet this holds the key to better health and well-being. Cold therapies such as ice bathing, cold showers, or using a cryotherapy chamber apply targeted stimuli that promote vital adaptive processes in the body.

Cold acts through the nervous system, triggering invigorating responses in the body. The sympathetic nervous system is activated, stimulating the heart and circulation, while the vagus nerve contributes to long-term relaxation and pain relief. Studies show that regular exposure to cold strengthens the immune system, improves insulin sensitivity and has anti-inflammatory effects.

1. CRYOTHERAPY CHAMBER (-85 °C)

Experience the intense cold of a cryotherapy chamber – a proven method renowned for its positive effects on regeneration, pain management and athletic recovery.

_Temperature and application: In the cryotherapy chamber, you'll experience temperatures as low as -85 °C for three minutes.

Despite the intensity, the session is safe and deeply rejuvenating.

_Mechanism: The extreme cold activates the sympathetic nervous system, releases endorphins and provides a refreshing, energizing sensation. Blood circulation is stimulated, inflammation is reduced and muscles relax noticeably.

_Scientific evidence: Studies confirm that regular cryotherapy sessions can alleviate pain associated with chronic conditions such as arthritis, support athletic recovery and sustainably strengthen the immune system.

2. ICE BATHING IN THE LAKE

Our swimming pond offers a unique opportunity to embrace nature and the raw power of cold through ice bathing.

_Temperature and setting: Accessible year-round, the lake is especially invigorating during winter months with its ice-cold water temperatures, offering an intense and refreshing experience.

_Mechanism: Cold water strengthens the cardiovascular system, stimulates the release of endorphins and improves cold tolerance. It enhances stress resistance, reduces inflammation and sustainably boosts the immune system.

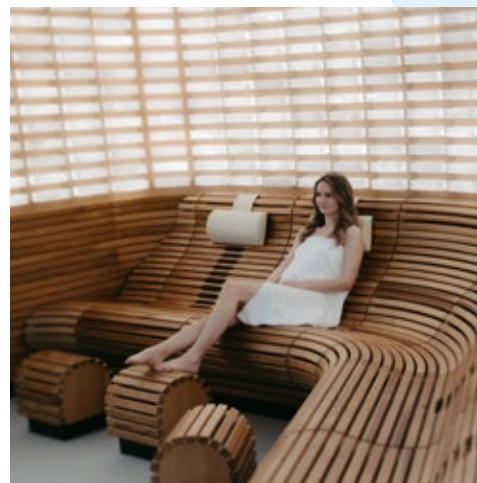
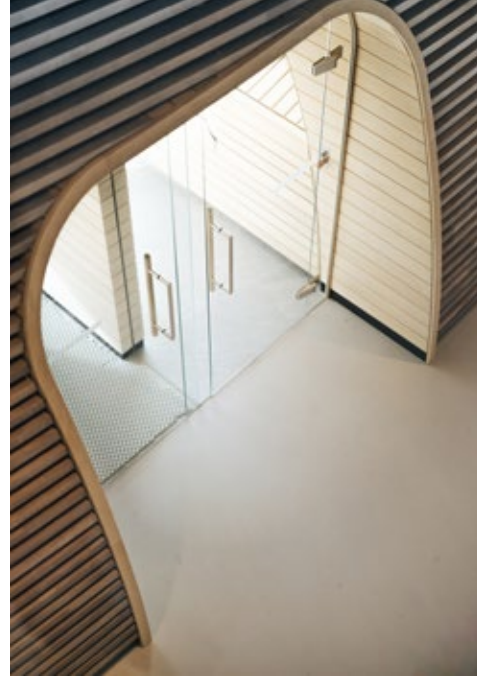
_Scientific evidence: A large-scale study involving over 3,000 participants demonstrated that regular ice bathing or cold showers can reduce susceptibility to illness by 29%.

3. COLD PLUNGE POOL

Our cold plunge pools are the perfect complement to your spa experience, providing targeted refreshment and regeneration after a sauna session.

_Temperature and application: With water temperatures of approximately 10–15 °C, the pools offer a gentle yet effective cooling experience, ideal after a sauna or heat treatment.

_Mechanism: Alternating between warm and cold stimulates blood circulation, strengthens connective tissue and delivers a revitalizing sensation. Additionally, cold-water applications can relieve muscle soreness and support recovery after physical exertion.



THE SOOTHING POWER OF HEAT

Heat is more than just comforting – it's an essential element for health and longevity. It enhances circulation, stimulates metabolism and relaxes the body and mind. Whether through traditional saunas, infrared cabins, or red light therapy, each method offers unique benefits.

1. TRADITIONAL SAUNA, STEAM SAUNA AND HERBAL SAUNA

_Temperature and humidity: The Finnish sauna operates at temperatures of 70–100 °C with low humidity. The herbal sauna provides moderate heat of 55–60 °C, enhanced by soothing herbal aromas, while steam baths impress with lower temperatures and high humidity.

_Effect: Sauna heat stimulates blood circulation, enhances cardiovascular and immune responses, promotes blood flow, relaxes muscles and releases endorphins.

_Scientific findings: The Finnish KIHDL long-term study, involving over 1,600 men and women aged 53–74, shows that frequent sauna visits can significantly reduce the risk of dying from cardiovascular diseases. Individuals who use the sauna four to seven times per week have a 70% lower mortality risk, while those visiting two to three times per week see a 29% reduction. The regulatory effects of sauna sessions on blood pressure and heart rate variability significantly contribute to this risk reduction. Particularly beneficial is a total weekly sauna time of over 45 minutes. These positive results apply equally to men and women. Further research aims to explore how the combination of sauna use and physical activity affects health.

2. INFRARED CABIN

For gentle and deeply effective warmth, the infrared cabin is ideal.

_Temperature and radiation: Infrared cabins operate at temperatures of 30–60 °C and generate deep heat through three types of radiation (IR-A, IR-B, and IR-C), penetrating 1 to 5 mm into the skin, depending on the wavelength.

_Effect: The deeply penetrating heat improves circulation, alleviates muscle and joint pain, regulates blood pressure and strengthens the immune system. Additionally, it supports skin cleansing and detoxification through increased sweating and can improve skin conditions such as acne or eczema.

_Scientific Findings: A study conducted by the company Physiotherm shows that the application increases basal metabolic rate, tends to lower resting pulse and blood pressure and produces effects comparable to light cardiovascular training – all without negative side effects.

3. RED LIGHT THERAPY

Modern red light therapy, also known as photobiomodulation (PBM), delivers targeted impulses using cold, red light.

_Temperature and radiation: The combination of red light (660 nm) and near-infrared light (850 nm) mirrors the spectrum of morning sunlight and is particularly effective in stimulating mitochondria and ATP production, providing more energy for our cells.

_Effect: Red light promotes cell regeneration, relieves pain and supports collagen production. It is ideal for muscle and joint complaints, anti-aging treatments, or general regeneration.

_Scientific Basis: Over 4,000 studies confirm the positive effects of red light in medicine, cosmetics and sports therapy. Photobiomodulation (PBM) also shows promising results in the treatment of eye and neurological disorders. Studies document improvements in conditions such as Alzheimer's, Parkinson's and depression.



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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

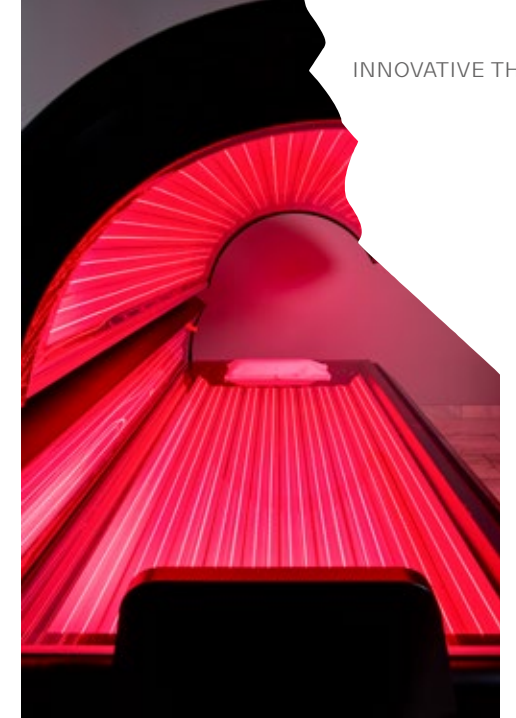
SINGLE SESSION & CONSULTATION 25 MIN. | 45 €
5-SESSION PACKAGE | 190 €
10-SESSION PACKAGE | 360 €

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 | 190 €
10-SESSION PACKAGE | 360 €



INNOVATIVE THERAPIES —

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 | 320 €
10-SESSION PACKAGE | 590 €

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 LYMPHATIC DRAINAGE

This method is a gentle form of massage characterized by stroking movements. Its main goal is to promote the body's detoxification by improving lymph flow and optimizing immune function. It is ideal for addressing water retention, cellulite, skin issues, chronic fatigue, digestive disorders, and migraines.

FACE 25 MIN. | 45 €
BODY 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

40 MIN. | 72 €

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. | 89 €

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. | 90 €

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 €



FACIAL

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 €

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 TREATMENT

Discover more youthful and firmer skin with our innovative ultrasound device, which allows active ingredients to penetrate deeper into the skin. The 10 MHz ultrasound waves specifically target the skin, stimulating the production of collagen and elastin. This results in visibly tightened skin.

50 MIN. | 85 €
80 MIN. | 136 €

PURE NATURE FACIAL TREATMENT WITH BALANCE ALPIN 1000+ NATURAL COSMETICS

Experience a facial treatment that pampers your skin with the power of alpine nature. The treatment includes cleansing, exfoliation, spagyric hydration, a harmonization ritual, eye care, massage of the neck, décolleté, and face, a moisturizing mask, and finishing care. The products used are free of artificial colorings, preservatives, mineral oils, paraffins, and parabens, making them suitable for all skin types, especially sensitive and irritated skin.

50 MIN. | 85 €



Treatment for glowing skin

QMS MEDICOSMETICS STANDS OUT FROM CONVENTIONAL COSMETIC BRANDS DUE TO ITS FOUNDATION 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 ENHANCE THE SKIN'S SELF-REGENERATION BY FACILITATING THEIR ABSORPTION, RESULTING IN VISIBLY REVITALIZED SKIN.

QMS CLASSIC COLLAGEN

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

- _Deep Cleaning
- _Peeling
- _Algae Mask
- _Freshening Tonic
- _Collagen
- _Massage
- _Final Care

80 MIN. | 153 €



QMS ACTIVATOR

Perfect for dry and sensitive skin. Using a special fleece mask enriched with high-molecular hyaluronic acid, this treatment enhances your skin's moisture retention. It harmonizes skin functions, boosts blood circulation, and provides intense hydration. Your skin will appear refreshed and rejuvenated after the treatment.

- _Deep Cleaning
- _Peeling
- _Algae Mask
- _Collagen
- _Activator + Tab Mask
- _Final Care

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

QMS PURE OXYGEN

This top-tier anti-aging treatment delivers ingredients effectively and sustainably into the skin. Using 98% pure oxygen applied with an Oxygen Energy Applicator, combined with stem cells, collagen, and hyaluronic acid, it gives your skin an extraordinary freshness boost. Carbon dioxide is efficiently broken down, while new oxygen penetrates deep into the cells to regenerate them. The result is a healthy, fresh-looking complexion.

- _Deep Cleaning
- _Peeling
- _Algae Mask
- _Firming Collagen Serum
- _Oxygen Boost with HO2 Hyaluron Oxygen Serum
- _Infusion of 98% pure oxygen using the Oxygen Energy Applicator
- _Massage
- _Final Care

80 MIN. | 165 €

CUSTOM FACIAL TREATMENT

Our focus is entirely on the unique needs of your skin. This tailored treatment is individually designed to meet your personal requirements and includes skincare products perfectly suited to your skin type.

50 MIN. | 99 €
80 MIN. | 149 €

RADIANT SKIN IN JUST 2 DAYS

Our exclusive 2-day program combines the most effective treatments for visible and tangible results.

Day 1: Reviderm Microdermabrasion

50 MIN.

A gentle yet highly effective method for skin renewal that removes dead skin cells and refines the skin's surface. Benefits: Refined skin texture, reduced fine lines and wrinkles, 400 times improved absorption of skincare products.

- _Peeling
- _Microdermabrasion
- _Purifying algae mask
- _Nutrient-rich cream mask
- _Shoulder, head and neck massage

Day 2: QMS Pure Oxygen Treatment

50 MIN.

Following microdermabrasion, your skin is optimally prepared to deeply absorb valuable active ingredients and actively regenerate cells. Your skin will be treated with pure oxygen and highly effective ingredients. Benefits: Accelerated cell regeneration, intensive deep hydration and care, fresh and youthful appearance.

- _Cleansing
- _Peeling
- _Purifying algae mask
- _Firming collagen serum or plumping hyaluronic serum
- _Extra oxygen boost
- _Stimulating detox mask
- _Shoulder, head and neck massage
- _Decongesting eye-lifting pads

Hydro foam recovery mask in travel size included for aftercare.

100 MIN. | 190 €



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

45 MIN. | 80 €
55 MIN. WITH POLISH FOR HOME | 95 €

PEDICURE

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

POLISH APPLICATION

with polish for home
15 MIN. | 30 €

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 TWO INDULGE IN A LUXURIOUS RETREAT EXCLUSIVELY FOR YOU AND YOUR COMPANION. THIS PRIVATE SPA EXPERIENCE OFFERS A SERENE AND UNIQUE ATMOSPHERE DEDICATED TO TRANQUILITY, RELAXATION, AND WELL-BEING. THE PACKAGE INCLUDES 2-HOUR ACCESS TO THE PRIVATE SPA, A 50 M² AREA EQUIPPED WITH A STEAM SAUNA, FINNISH SAUNA, AND A DOUBLE BATHTUB – PERFECT FOR UNWINDING TOGETHER.

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 PERSONS) | 70 € P.P.

KIDS PERSONAL COACHING

Training coordination, strength and endurance as a foundation for many sports such as tennis, football and skiing, tailored specifically for children.

50 MIN. (1 CHILD) | 85 €
50 MIN. (2–3 CHILDREN) | 70 € P.P.

PRIVATE YOGA SESSION

Yoga is the path to bringing body, mind, and soul into harmony. It helps mobilize life energy (Prana) and stimulates the energy centers (chakras). The effect: a significant increase in strength and energy. The goal of every yoga practice is to achieve a state of Samadhi (oneness with the divine). Everyone can benefit from yoga's many positive effects, restoring inner balance and enjoying a sense of centeredness.

50 MIN. (1 PERSON) | 85 €
50 MIN. (2–3 PERS.) | 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 €

BODY

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 €



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 €

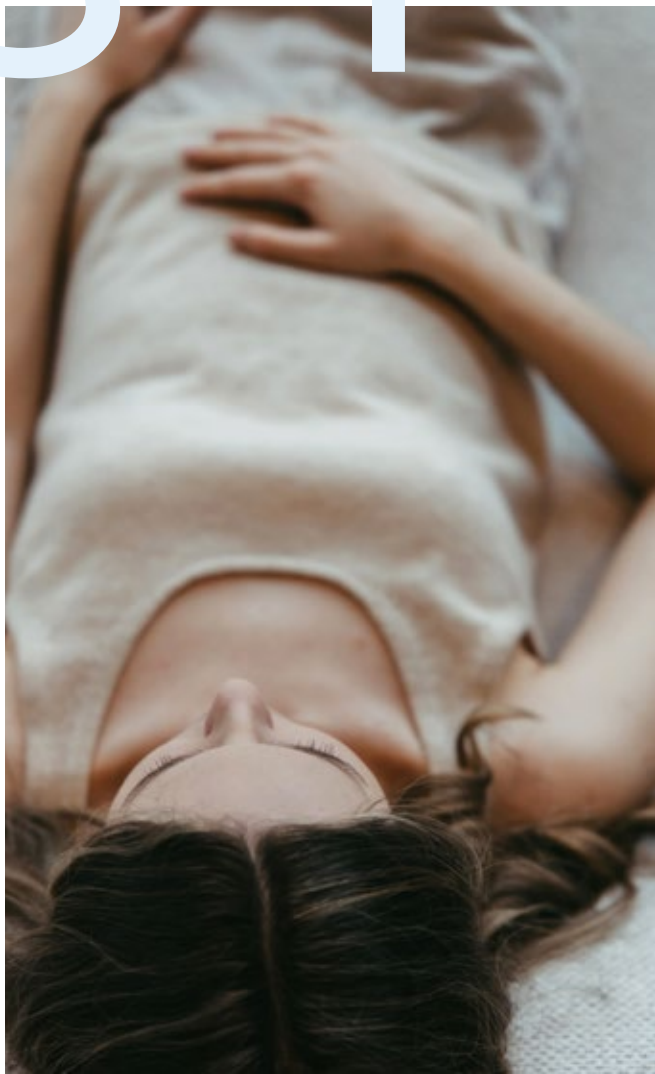
Anti cellulite treatment

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

A LITTLE ESCAPE

This holistic regeneration program feels like a brief getaway from everyday life.

- _Care bath (20 Min.)
- _Facial treatment (55 Min.)
- _Manicure (50 Min.) or pedicure (60 Min.) without polish
- _Full-body massage (50 Min.)

235 MIN. | 268 €

„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.)
- _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

- _Customized facial treatment for radiant skin (50 min)
- _Cold therapy or red light therapy (25 min)
- _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

- _Cold therapy (25 min)
- _Red light therapy (25 min)
- _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:

NASAL BREATHING FOR MORE ENERGY

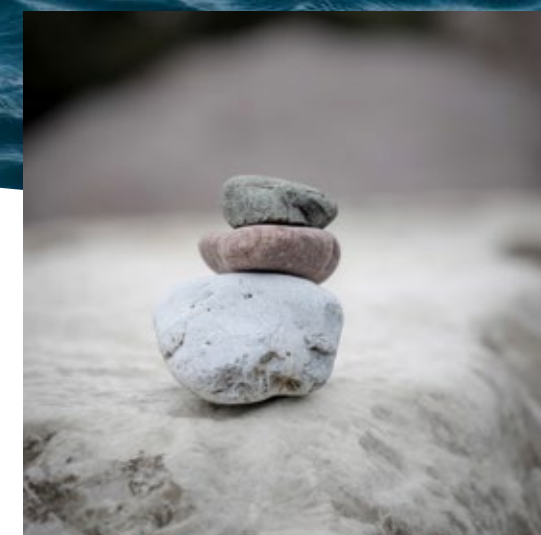
Breathe consciously through your nose – it filters and humidifies the air better than the mouth. For quick relaxation, try the 4:4:4:4 breathing technique: inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds and hold again for 4 seconds. This activates the relaxation mode.

NUTRITION FOR A HEALTHY GUT FLORA

Your gut thrives on whole fiber-rich foods and probiotic-rich options like kimchi, sauerkraut, yogurt or kefir, which help maintain the balance of your gut microbiome. A healthy gut boosts your immune system and provides more energy for your daily life!

GROUNDING FOR STRESS REDUCTION AND ANTI-INFLAMMATION

Walking barefoot, ideally in the morning on wet grass or along the beach, helps lower stress hormones like cortisol, promotes restful sleep, and reduces inflammation by balancing the body's electrical charge. Just 10–20 minutes a day can noticeably benefit your health and longevity.



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

2025

KRALLERHOF.COM

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