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CERVOSA
Serfaus Gourmet & Spa Resort

Spa Information



Time to relax.

*With this brochure we want to guide you through
our Wellness & Spa Centre.*



Opening hours daily

| | | |
|------------------------|--------------|------------|
| Swimming pool | 07.00 a.m. - | 07.00 p.m. |
| Out-door swimming pool | 08.00 a.m. - | 07.00 p.m. |
| Spa Centre | 10.00 a.m. - | 07.00 p.m. |
| Sauna area | 01.00 p.m. - | 07.00 p.m. |
| Fitness World | 08.30 a.m. - | 07.00 p.m. |

Our sauna area is a nudist area.
For using the sauna you can borrow a "Saunakilt" at our Spa-reception.
deposit EUR 30,-- per piece

*We are kindly asking for your understanding that our wellness-area
with out-door swimming pool is exclusively for adults and teenager
from the age of 16 available.*

For your personal refreshment we are providing a selection of different flavoured teas,
fruit juices and especially our "fresh well water fountain" in our VITAL CORNER.

In all areas of the Vital-Centre we supply enough towels.

To acknowledge: Please use only slippers around the swimming pool,
saunas and in the whole "Vital-Temple".

To make an appointment for a bath, massage or cosmetic treatment,
please contact the SPA reception
(Phone 529)

Please pay attention to cancellation!
Cancellations within 24 hours have to be charged with 70%
of the originally booked treatment.

Privat Spa

Our spa suite is one of the highlights of our wellness area. It is not only popular due to the size, luxury and ambience, but also thanks to the therapies and treatments which are offered by our wellness specialists.

Enjoy this LUXURY up close on this private spa, and let us pamper you from head to toe. Luxury for your spirit and soul.

My time - Time for yourself

Find your inner peace and calmness. Relax and enjoy the pleasant and unique atmosphere.

- Relaxing in the spa-bathtub
- Hot temperature stone massage, ca. 30 min.
- After that, relaxing with a candles massage
- Dreaming with an Espresso and a sweet temptation

Duration: 90 min

EUR 145, -- per person

Privat Spa Cervosa

Relaxing and Calmness is guaranteed. Take your time and unwind your soul.

- Cleaning in the steam bath with a sea salt peeling
- Relaxing in the aroma- colour light- Spa Jacuzzi
- afterwards pure relaxing at a full body massage with hot stones, approx. 80 min
- Regenerate at the relaxation area with a fresh glass of sparkling wine

Duration: 150 min.

EUR 345, -- for 2 persons

Privat Spa Romeo & Julia

Enjoy the togetherness – Only you & your partner



- Aromatic steam bath with herb peeling
- Relaxing in the spa-bathtub with agreeable bathing accessories.
- Excellent aroma candle massage or full body massage matching to your bathing experience, ca. 50 min
- For a “grand finale” you can relax with a fruity surprise

Duration: 120 min.

EUR 285,-- for 2 persons

Privat Spa - Romantic Time out

Enjoy romantic hours with your partner.

Escape the daily routine and be together.

- Fragrant steam bath with candle shine
- Relaxing full body massage
- with your type
- For a “ grand finale” you can relax with a glass of sparkling wine

Duration: 90 min.

EUR 230, -- for 2 persons

Privat Spa Suite

Expect an exclusive and wonderful flair in our unique Private Spa.

Enjoy- relax- and fill up new energy in togetherness.

- Enjoy together a steam bath with alga peeling.
- We will serve you a glass of sparkling wine or a fruity surprise
- Afterwards enjoy your time with a relaxing full body massage
- Relaxing Time on the canopy bed

Duration: 90 min.

EUR 180, -- for 1 Person

EUR 295, -- for 2 persons

Relax pure

Causes the improvement of the head blood circulation by stimulating important acupuncture points circulation and through loosen up the neck muscles as by resolution of tensions in the back of the head.

Soothing - Relaxing - balance - energy massage.

Duration: 25 min

EUR 45,--

Lymphatic drainage

The pumping and circulating massage techniques help to remove any build up of fluids. At the same time, the body will be stimulated to produce new cells that strengthen the immune system.

Duration: 25 min

EUR 45,--

Duration: 50 min

EUR 75,--

Duration : 75 min

EUR 110,00

Massage mix

Give your body a special treatment with this great massage package. Includes foot reflex zone massage, back massage and facial lymph drainage.

Foot-back and face massage.

Duration: 80 min

EUR 115,--

Ear candles treatment

Unwind, relax and refuel.

Duration: 25 min

EUR 40,--

Soap brush massage «Hamam»

A special massage to remove dead skin cells.

Duration: 25 min

EUR 45,--

Shoulder and neck treatment

Back and neck massage followed by a heat pack to relax the muscles.

Duration: 50 min

EUR 75,--



Alpienne - The power of the alps

Head massage with Arnica Tonic

Duration: 25 min

EUR 45,--

Alpienne face massage with honey

Duration: 25 min

EUR 45,--

Partial body massage

Duration: 25 min

EUR 45,--

Whole Body Massage

Duration: 50 min

EUR 80,--

Relaxing massage with heated herbal bags

Duration: 50 min

EUR 75,--

Alpienne salt stone massage

Energetic massage with warm and cold salt stones

Duration: 50 min

EUR 90,--



Alpienne Packages

Alpienne Relax & Harmony

- 1 head and face massage with arnica tonic and arnica cream
- 1 relaxing massage with steam heated herbal stamps

Duration: 80 min

EUR 115,--

Herbal Dream from Alpienne

- 1 Massage with a warm Mountain Herb Stamp
- 1 Relaxing Swiss Stone Pine & Honey Bath

Duration: 80 min

EUR 110,--



Thalgo

Thalgo basic facial treatment

Duration: 50 min EUR 85,--
Duration: 80 min EUR 105,--

Hydra Mask vitalizing

Duration: 80 min EUR 130,--

Cold anti stress treatment

Duration: 80 min EUR 130,--

Anti-age special moisture treatment

Duration : 50 min EUR 95,--
Duration : 80 min EUR 135,--

Facial Treatment for Men

Basic facial treatment for men with Thalgo

Duration: 50 min EUR 85,--
Duration: 80 min EUR 105,--

Relax facial treatment for men

Duration: 50 min EUR 85,--
Duration: 80 min EUR 105,--



Thalasso Treatments with Thalgo

Seafoam washing

Duration: 20 min

EUR 40,--

Sea Salt Peeling

Duration: 20min

EUR 40,--

Duration: 50min in combi of a massage

EUR 75,--

Alga-gel-body packing & peeling

Treatment against water accumulation

Duration: 50 min

EUR 75,--

Body wrapping

Treatment against cellulite

Duration: 50 min

EUR 65,--

Body Sculpt

Treatment for fat burning

Duration: 80 min

EUR 125,--

Duration: 3er Package

EUR 235,--

Spa Break -Velvet & Silk

Treatment for smoothy skin

Duration: 50min

EUR 75,--

Spa Break- Bodyshape

Treatment for recovering the skin

EUR 80,--

Duration: 50min



Treatments with Maria Galland

Classic facial treatment

Cleansing, peeling, vapozone, skin diagnosis, skin purification, eye brow shaping, ampule, mask, cream.

Duration: 50 min

EUR 85,--

Duration: 80 min

EUR 105,--



Face treatment deluxe

A unique treatment for mature and sensitive skin.

Duration: 80 min

EUR 135,--

Therapy Cocoon

Refreshing cleansing, balancing massage, ampule, cream pack, foam mask, special cream.

Duration: 80 min

EUR 130,--

Thalasso masque

With the power of the sea!

Extra treatment for vitality and power, with a relaxing facial massage

Duration: 50 min

EUR 95,--

Power for your eyes

Power concentrate and algae mask for the sensitive eye area.

Duration: 20 min

EUR 40,--

In combination of a facial treatment

EUR 32,--

Lifting Absolut Jeunesse

Facial treatment against anti-aging

Duration: 80 min

EUR 130,--

Detox Facial Treatment (for men & women)

A treatment for detox & refreshing and recovering the skin.

Duration: 50min

EUR 85,--

MARIA GALLAND
PARIS

L'ÉNERGIE DE LA BEAUTÉ

Spa Baths

Serail bath

Indulge yourself by smoothing an individually-made mud pack over your skin in a thin layer, and then simply lounge and relax. In the radiating heat of this sauna, the mud mask will start to dry and absorb the toxins from your body. You will leave the serail bath with smooth, silky skin. Available for 1-4 guests.

Duration: 20 min

| | |
|---------------------|-------------|
| Price for 2 person: | à EUR 29,-- |
| Price for 3 person | à EUR 27,-- |
| Price for 4 person: | à EUR 25,-- |

Kaiserin Sissi bath

In the Sissy Bath, you'll be massaged by thousands of air bubbles. Also available with various scents.

| | | |
|--|----------------------|-----------|
| Duration: 30 min | Rose bath: | EUR 30,-- |
| | Camomile bath: | EUR 30,-- |
| | Orchideen bath | EUR 30,-- |
| | Molke protein bath: | EUR 30,-- |
| Extras: | | |
| wheat germ, orange- or almond oil, avocado | | |
| | jojoba and honey oil | EUR 4,50 |

Traditional Serfaus hay bath

During a traditional Hay Bath, you'll be massaged by electronically controlled air jets. This spa treatment is good for your blood flow, strengthens your circulatory system and gives your immune system a boost against common colds.

| | | |
|------------------|----------------------------|-----------|
| Duration: 30 min | Hay bath: | EUR 30,-- |
| | Lavender bath: | EUR 30,-- |
| | Mountain herbal bath: | EUR 30,-- |
| | Stone oil bath with tonic: | EUR 35,-- |
| | Thalasso Sea salt bath: | EUR 27,-- |
| | Beer bath: | EUR 32,-- |

Cervosa baths

AROMA Oil-BATH

Jump into a sea of luxurious care and feel the effect of alga and plants in connection with 100% natural oils in a delicious smelling bath. Precious essences tighten your skin and built up a lot of fat.

Duration: 25 min

EUR 35,--

SEA SALT BATH

During relaxing, revitalising of skin, tightening of canvas.

Duration: 25 min

EUR 30,--



Care for Hands and Feet

| | |
|------------------------------|-----------|
| Pedicure without nail polish | EUR 57,-- |
| Pedicure with nail polish | EUR 62,-- |
| French pedicure | EUR 68,-- |
| Manicure without nail polish | EUR 55,-- |
| Manicure with nail polish | EUR 60,-- |
| French manicure | EUR 65,-- |
| Nail Polish | EUR 15,-- |

Cocktail for hand and base

Ideal also for cracking skin. Helpful for drying out a lot of moisture.

Duration: 50 min EUR 65,--

Hand Wax Pack

Nail forming, hand peeling cream, moisturizing ampule, nail oil, bees' wax pack.

Duration: 60 min EUR 68,--

Comfort Foot Programme

Herbal Foot Bath, Medical Foot Care, Foot Peeling and Pack, and Massage

Duration: 80 min EUR 95,--



Beauty & Co

Depilation:

| | | |
|---------------|---|-----------|
| Legs to knees | | EUR 40,-- |
| Legs complete | | EUR 60,-- |
| Armpit | | EUR 20,-- |
| Upper lip | p | EUR 15,-- |

Dyeing of the eyebrows

Duration: 10 min EUR 10,--

Dyeing of the eyelashes

Duration: 20 min EUR 15,--

Eyebrow shaping

Duration: 10 min EUR 10,--

Eyebrow & Eyelashes dyeing & shaping.

Duration: 30 min EUR 30,--

Wellness Packages

Beauty package by Maria Galland

- 1 Classical Facial Treatment
- 1 Cocoon Facial Treatment
- 1 Power Eye Treatment
- 1 Eyebrow and Eyelashes Colouring & Shaping
- 1 Pedicure without polish
- 1 Manicure without polish
- 1 Whole Body Massage
- 1 Aromatic Wellness Massage for 50 min.
- 1 Vital Bath

EUR 536, -- per person

Treat yourself Package

- 1 Vital bath
- 1 Sea Foam Washing
- 1 Relaxing aroma whole body massage
- 1 Facial Treatment

EUR 252, -- per person

Cervosa Spa Day

- 1 Facial Treatment
- 1 Hot Stone Massage
- 1 Pedicure without polish
- 1 Manicure without polish
- 1 Body Peeling & Moisture Package
- 1 Vital Bath

EUR 392, -- per person

Energy and health

- 1 Lomi Lomi Massage
- 1 Massage with candle
- 1 Foot reflexology massage (25 min.)
- 1 Vital Bath



EUR 240,-- per person

Foot Experience pur

- 1 Foot reflexology massage
- 1 Comfort Foot Programme

EUR 160, -- per person

Only for men

- 1 Beer bath
- 1 Back Massage
- 1 Manicure without polish
- 1 Pedicure without polish

EUR 171, -- per person

Spa Day for women

- 1 Facial Treatment
- 1 Manicure with polish
- 1 Pedicure with polish
- 1 Relaxing aroma whole body massage

EUR 292, -- per person

Shining Face Package

- 1 Facial Treatment
- 1 Eyebrow & Eyelash dyeing & shaping
- 1 Power Eye Treatment

EUR 162, -- per person

Beauty Bath with Package

- 1 Whey-Protein Bath additive
- 1 Aroma-Moisture Package

EUR 70, -- per person

Fitness @ Top Alpine View

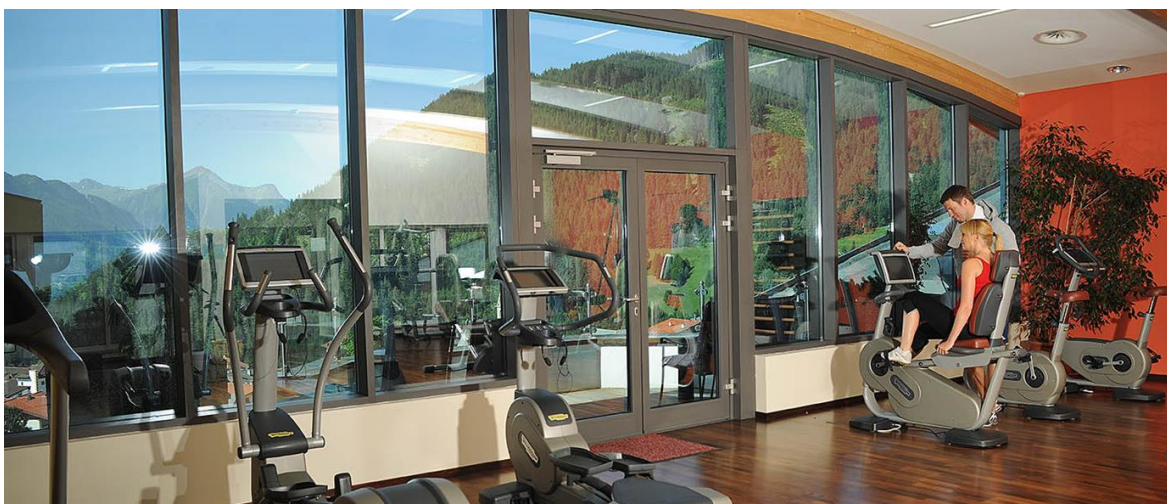
Panorama Fitness Room on our top storey has been a special highlight for guests at our Spa Hotel since it was built in summer 2008. The large fitness area offers guests modern equipment and a unique view of Austria's most beautiful mountains.

Choose your favourite machine, listen to music, and enjoy the view. In this room, fitness is pure pleasure!

Our Vitality and Exercise trainer, will be happy to show you how to use the machines, and he offers special courses and provides helpful tips and personal training.

The fitness area has modern Technogym machines from their new Hotel Series:

- 1 Excite Bike 700 Act-WTV iPod
- 1 Excite Recline 700 Act-WTV iPod
- 1 Excite Synchro 700 Act-WTV iPod
- 1 Excite Run 700 Act-WTV iPod
- 1 Excite Cardio Wave 700 Act-WTV iPod
- 1 Element Line Chest Press
- 1 Element Line Vertical Traction
- 1 Element Line Leg Extension
- 1 Element Line Ercolina
- 1 Element Line Crunch Bench
- 1 Element Line Lower Back Bench
- 1 Personal Kinesis Heritage - Black





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