

# BÄDER SPA



## WHERE?

The Bäder Spa is located a  
short distance away  
between the hotel and the spa.

# FEELINGS OF HAPPINESS

Baths, massages, beauty -  
For many guests, a visit to our Bäder Spa is an  
integral part of their stay at our resort.  
It's all about health and beauty, but also about  
pain relief and prevention. It is a place of  
relaxation, well-being and happiness.  
We are an ambitious team and look forward to  
welcoming you to the cozy atmosphere  
of the Bäder Spa, to provide you with the  
best and non-binding advice and individual  
support.

Your Allegria Bäder Spa Team

# Massages

TREATMENTS

# KNOW HOW!

Not all massages are the same.

A highly trained team offers you a wide range of treatments in our Bäder Spa.

Based on the classic full-body massage, which calms the nervous system, improves circulation and stimulates the metabolism through to special massages and energetic treatments.

We will be happy to advise you and work with you to find the best possible treatment for you.



## CLASSIC MESSAGES

<b>NECK FIT</b>	20 min	€ 39
<b>BACK</b>	30 min	€ 53
<b>WHOLE BODY</b>	50 min	€ 76
<b>BACK &amp; FOOT REFLEX ZONES</b>	60 min	€ 88
<b>FOOT REFLEX ZONES</b>	30 min	€ 53

## DRAINAGE

<b>MANUAL LYMPHATIC DRAINAGE</b>	30 min	€ 53
	50 min	€ 78

*Our bestsellers*

## SEED MASSAGE & GRAPE SEED PEELING

<b>WHOLE BODY</b>	80 min	€ 113
<b>PARTIAL BODY</b>	50 min	€ 80

## RELAXING OIL WHOLE BODY MASSAGE

<b>AROMA OIL MASSAGE</b>	50 min	€ 85
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## SPECIAL MESSAGES

### **BREUSS MESSAGE**

30 min € 55

*Mental, energetic and physical blockages can be released by loosening and gently stretching the spine and sacrum. The treatment has a relaxing, pain-relieving, calming and soothing effect. A gentle treatment of the spine that positively influences spinal and joint problems without rough pressure.*

### **HAMAM RELAXATION MESSAGE**

70 min € 106

*After a gentle warm-up in the steam bath, your body is exfoliated with the hamam glove and coated with foam during the subsequent soap massage. Energies flow, a pleasant feeling of lightness follows.*

### **HOT STONE BACK MESSAGE**

40 min € 74

*An intensive back treatment combined with the soothing warmth of black basalt stones.*

### **LA STONE THERAPY - THE MAGIC OF STONES**

90 min € 132

*Cold marble stones and warm basalt stones are moved along the body with warm massage oil. This greatly stimulates blood circulation and loosens tense muscles and the lymphatic system and energy flow are stimulated. This treatment provides a unique, soothing experience.*



**LAVENDER – STAMP MASSAGE**

70 min € 102

*Stroking, pressure and stretching movements with lavender stamps - bring the body into balance, for absolute well-being.*

**LOMI LOMI NUI**

70 min € 116

*Put yourself in the hands of a skilled therapist, whose hands and forearms glide smoothly and gently over your body. Lomi Lomi Nui helps to reduce stress blockages, relieves tension and gives you more vitality and joie de vivre.*

**AYURASAN – HEAD, FACE, NECK**

50 min € 74

*Warm forehead pouring with high-quality sesame oil - activates the senses*

**AYURASAN – BODY MASSAGE**

70 min € 96

*An Ayurvedic-style body scrub with a raw silk glove gently removes dead skin cells. This is followed by a relaxing massage with Ayurasan body oil and finally a moisturizing body balm is applied.*

**SCHUMANN 3D PLATE**

10 min € 21

20 min € 32

*The specific three-dimensional vibration pattern of our Schumann 3D plate gently straightens, organizes and rhythmizes your skeleton and body. It has a positive effect on the fasciae, nervous and muscular system and relaxes and de-stresses holistically.*

**BALANCED CENTER**

40 min € 65

- Schumann plate 10 min
- Subsequent partial massage 30 min

**FEATHERLIGHT FEET**

40 min € 65

- Schumann plate 10 min
- Subsequent foot reflex zones massage 30 min

**DETOXIFY**

40 min € 62

*Enjoy a foot reflex zones massage in combination with detoxifying liver oil and warm herbal cushions.*

**DETOXIFYING BACK TREATMENT**

40 min € 62

*Cleansing back scrub, relaxing back massage and detoxifying sea mud wrap*

## ADVANTAGE PACKAGES

### **AS KREIZ WITH 'N KREIZ BACK INTENSIVE**

90 min    € 132

- *Fango back pack*
- *Individual massage*
- *Breuss massage*

### **ME TIME**

150 min    € 184

- *Pedicure*
- *Manicure*
- *Feel-good facial treatment*  
(cleansing, peeling, massage, mask, final care)

### **DETOX – BENEFIT FOR THE BODY**

90 min    € 119

- *Steam bath*
- *Thalasso pack*
- *Lymphatic drainage*



## FIRMING BODY TREATMENTS

**ALPINE BALANCE DETOX** 70 min € 99

*The lymph flow is stimulated throughout the body.  
Exfoliation, brush massage, body wrap*

**CELLULITE-ADE** 50 min € 76

*Exfoliation with detoxifying sea mud,  
massage with slimming concentrate*

**PHYTOMER P5 - BODY TREATMENT** 60 min € 92

- Modeling, contour-shaping massage
- Slimming lotion to reduce curves
- Slimming wrap with algae jam

Beauty

BEAUTY & PAMPERING TREATMENTS

## OUR BEAUTY

Under the slogan „HEALTHY & BEAUTIFUL“,  
our beauty department is a popular part of our  
Bäder Spa.

Cosmetic lines from renowned manufacturers  
are used here and sensitive treatments ensure a  
wonderful feeling of well-being.

Treat yourself to some time just for yourself.  
Or experience together  
with your partner on one of our great pampering  
programs for two.

# SKINTHINGS

**Skin Refiner Nano 2.0 offers 3 treatment options**

## **1. Nanoneedling function**

- Moisture saturation for the skin
- Pore refinement
- Improved absorption of active ingredients

## **2. Function Photone light**

- Stimulation of collagen elastin formation
- Lightening dark shadows under the eyes
- Fabric fastening

## **3. Microcurrent function**

- Wrinkle smoothing
- Skin tightening
- Definition of contours
- Reduction of puffiness and shadows under the eyes



**THE QUICK BEAUTIFIER**

30 min € 52

*Gentle skin cleansing, working in of the active ingredient concentrate with the Skin Refiner Nano, finishing care*

**GUA SHA TREATMENT INSTEAD OF BOTOX**

40 min € 66

*This intensive lifting treatment with Gua Sha massage ensures a visibly firmer eye area, taut facial contours and a radiant glow effect. The skin is strengthened and tightened. Ideal for wrinkles, tiredness and puffiness around the eyes for a visibly radiant and fresh complexion.*

**GLOW TREATMENT**

60 min € 98

*Gentle cleansing, enzyme peeling, incorporation of the active ingredient concentrate with the Skin Refiner Nano, bio cellulose mask, ultrasound, face, neck and décolleté massage, finishing treatment*

**GLOW TREATMENT**

90 min € 133

*Gentle cleansing, enzyme peeling, micro dermabrasion, incorporation of the active ingredient concentrate with the Skin Refiner Nano, bio cellulose mask, microcurrent, face, neck and décolleté massage, finishing treatment*

# PHYTOMER

## *The cosmetics line from the sea*

Phytomer is a pioneer in the cosmetics industry in the field of marine biotechnology. This visionary cosmetic combines the benefits of the very latest, extremely powerful marine active ingredients with the comfort of experienced cosmetic hands.

### **PEELING ACIDE**

50 min € 98

*The top layer of dead skin cells is removed in a controlled manner using fine crystals in combination with fruit acid. Very suitable for small wrinkles as well as age and pigmentation spots. The result is a fresh, vital and regenerated complexion.*

### **MINI LIFTING**

50 min € 87

*Cleansing, enzyme peeling, active ingredient concentrate, facial, Neck and décolleté massage, fleece mask soaked with hyaluronic acid, finishing treatment.*

### **PRO – COLLAGEN**

50 min € 102

*Firming and tightening care for the face, neck and décolleté. Facial cleansing, skin diagnosis, peeling, special massage to relax the facial features. Plasticizing mask with pro-collagen peptides and finishing treatment.*

### **ACCEPT CICA TREATMENT**

40 min € 75

*High-grade repair care for the regeneration of sensitive skin prone to allergies. Ideal for reactive and weakened skin. Has a calming and anti-inflammatory effect.*

**CITADINE FACIAL TREATMENT** 60 min € 95

*Refreshing skin care that protects against environmental influences. Even after the first application, the skin is intensively detoxified and deeply moisturized.*

**SKIN-SCRUBBER DELUXE** 90 min € 130

*Exclusive facial treatment, particularly suitable for couperose. Skin diagnosis, cleansing, peeling, skin scrubber, deep cleansing, deep moisturizing, plasticizing mask, final care.*

**DIAMOND DERMABRASION CLASSIC** 60 min € 99

**DIAMOND DERMABRASION  
ANTI-AGE + ULTRASOUND** 90 min € 130

*Precise, gentle removal of dead skin cells stimulates the skin to produce functional skin cells. Effective for blemishes and large pores, scars and pigmentation spots and loss of skin tone.*

*Can be added to any facial treatment:*

**SPECIAL CARE EYE ZONE** 30 min € 53

*Tightens the eye area. Wrinkles, crows feet, dark circles and bags under the eyes are reduced.*



# GERTRAUD GRUBER

## *Natural cosmetics*

Valuable natural products such as herbal extracts, cold-whipped organic oils, vitamins and minerals form the basis for Gertraud Gruber cosmetics.

The extensive product range is tailored to every skin type and every age. Simply escape your everyday life and experience the wonderful effects of Gertraud Gruber treatments.

<b>CLEAR MATTER (DEEP CLEANING)</b>	60 min	€ 89
<b>INCLUDING FACIAL MASSAGE</b>	70 min	€ 99

*Peeling, cleansing, steam, deep cleansing, high frequency, wrap, final care.*

<b>PREMIUM FACIAL TREATMENT</b>	90 min	€ 129
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*Peeling, deep cleansing, ampoule, massage, skin-specific pack, final treatment: special eye treatment, hand and foot pack.*

<b>ANTI-STRESS FACIAL TREATMENT</b>	50 min	€ 87
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*Mainly massage-based pampering treatment, the skin is supplied with pure moisture. Relaxation with freeze-dried algae fleece.*



# EXTRAS

## HAND- AND FOOT CARE

<b>MANICURE</b>	€ 53
<i>optional: + paint nails</i>	€ 64
<b>PEDICURE</b>	€ 58
<i>optional: + paint nails</i>	€ 69

*Individual for every treatment*

AMPULLE	€ 11
FACIAL MASSAGE WITH AMPOULE	€ 47

## RADIANTLY BEAUTIFUL EYES

EYELASH OR BROW TINTING	€ 15
BROW SHAPING	€ 13

## GENTLE HAIR REMOVAL

UPPER LIP	€ 12
LOWER HALF OF THE LEG	€ 36
WHOLE LEG	€ 57
ARMPIT	€ 22
ARMS	€ 27

## PREGNANCY

*Only the very best for expectant moms*

**PAMPERING PROGRAM**  
FACE, FEET, BODY

130 min € 173

- Head and neck massage
- Deep cleansing treatment
- Pedicure with varnish or foot massage

## FAMILY SERAIL

*The experience for the whole family*

**FAMILY SERAIL**

20 min € 39

*Shared steam bath with honey cream  
(two adults and max. two children)*

## WITH THE CHILD IN THE SPA

*Fun for young & old*

**ADULT + CHILD SPECIAL**

40 min € 94

- Shared steam bath with honey cream, 20 minutes
- Neck massage for mom (or dad, aunt, grandpa, ...)  
  & children's massage in the same room, 20 minutes



## PACKS & SCRUBS

**SPELTENBACHER HEALING SALT** 40 min € 56  
**WHOLE BODY TREATMENT**

*Recommended for neurodermatitis, psoriasis, acne, chronic eczema and diabetic skin. Inflammatory rheumatic diseases, joint problems / as desired*

**SEA SALT FULL BODY SCRUB** 30 min € 46

*With oils of your choice:  
Lavender - calming / Rose - firming / Coconut - nourishing*

**FANGO** 30 min € 42

*Relieves chronic joint and spinal problems, muscle tension and pain*

**EVENING PRIMROSE OIL CREAM PACK** 30 min € 44

*Perfect moisture for dry, sensitive and irritated skin*

**THALASSO WRAP** 30 min € 44

*Has a detoxifying effect, stimulates the metabolism and promotes skin tightening*

**Unisex:** Most applications are available  
in a gender-neutral version.

**In addition:** Bathing in thermal water is  
always soothing and vitalizing,  
even when there are no aches and pains.



**TIP**



# OUR THERMAL WATER

There are two very different springs that are the reason for the fame of our Stegersbach thermal water.

## **Spring Thermal I**

We use the **sodium hydrogen carbonate mineral sulphur spring healing water** from our very special „Thermal I“ spring exclusively for therapies in our baths spa. It is enriched with valuable ingredients from the earth's interior, intensive and particularly effective in many applications.

## **Spring Thermal II**

The spa and hotel are supplied with the milder water from our second spring „Thermal II“.

The bath not only brings pleasure but is also a wonderful balm for body and soul.



# SPRING THERMAL I SPA

## GOOD FOR SKIN & BODY

The water from the Thermal I spring is particularly effective for dry, irritated or inflamed skin, itching and allergies. It also helps with problems with the musculoskeletal system (joints, spine, muscles) and much more. It cares for the skin, soothes, relaxes and mobilizes energy.

The water is very intense and the recommended bathing time is tailored to this.

### **AQUAFLOATING**

*Floating on air cushions*

20 min € 19

*each additional person € 10*

### **SKIN BATH**

*Care and relaxation*

20 min € 19

*each additional person € 10*

### **AQUAFLOATING MASSAGE**

*Full body massage in the thermal pool*

30 min € 65

45 min € 85

*This provides total relief for your spine and very deep relaxation. Especially for back problems and ideal for pregnant women (provided there is no high-risk pregnancy).*



# ROCK OIL BATHS

## TYROLEAN ROCK OIL BATH

with resting phase 40 min	in the single tub	€ 47
	in the double tub	€ 92

*The rock oil bath has a strong circulation-enhancing effect and shows a soothing effect on joint pain.*

*PS: A massage is recommended after this treatment, as the muscles and tissue are ideally warmed up.*

## TYROLEAN ROCK OIL BATH „VITAL“

with resting phase 40 min	in the single tub	€ 47
	in the double tub	€ 92

*To regenerate and revitalize body and mind.  
The Vitality Bath is characterized by a special composition of high-quality essential oils. The skin-toning effect and a pleasant fragrance convey a feeling of pure relaxation and recuperation, especially in times of approaching colds.*

## ALKALINE SALT DETOX BATH

40 min € 47

*Stress and poor nutrition lead to acidification of the body and thus to an imbalance.  
The alkaline salt promotes the elimination of waste products through the skin. It is also well tolerated by neurodermatitis sufferers.  
You can also use the bath at home for regular detoxification.*





# KIDS&TEENS

<b>BADOLIN-MASSAGE</b>	20 min	€ 32
<b>CHOCOLATE OIL - BADOLIN-MASSAGE</b>	20 min	€ 34
<b>SOAP FOAM - MASSAGE</b>	25 min	€ 40

<b>FOOT CARE</b>	25 min	€ 39
<b>HAND CARE</b>	25 min	€ 39

*Herbal bath with massage, care of fingernails  
or toenails incl. massage, polish as desired*

<b>BE A PRINCESS (-12 YRS)</b>	30 min	€ 44
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*Cleansing, steam, mask, final care, nail polish,  
little surprise*

<b>FACIAL TREATMENT</b>	60 min	€ 79
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*Cleansing, peeling, steam, removal of impurities,  
high frequency, mask, final care*

<b>BACK MASSAGE</b>	25 min	€ 40
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*Combination of back and neck massage*

# COUPLES

## **SWEET MOMENTS**

80 min € 163

*Feel the harmonizing and balancing properties of the „Rose“ in a shared bath with a glass of Allegría Frizzante. Afterwards, escape from everyday life with a rose oil massage.*

## **WEIGHTLESS + MASSAGE**

70 min € 158

- Aquafloating in the „Thermal 1“ therapy pool
- Individual partner massage, 50 minutes

## **HONEYMOON WITH YOU BY MY SIDE**

60 min € 129

- Honey peeling in the Serail bath
- Honey massage 30 minutes (back)



## **SUSTAINABLE & ENVIRONMENTALLY FRIENDLY**

*Sustainable and resource-conserving management is part of our philosophy. In addition to many other factors at the Allegria Resort Stegersbach, the energy production of heat & electricity using wood chips is part of this concept. Please help us as a hotel guest and together we can protect our world (water consumption, towels,...).*

## **GENERAL INFORMATION**

*Appointments can be canceled at least 8 hours before the respective treatment. Cancellations up to 3 hours before the treatment will be charged at 50% of the price.*

*Please understand that we will have to charge the full amount if you cancel later. Prices and treatments valid until further notice! Printing and typesetting errors, content changes and errors excepted.*

## **PREGNANCY & HEALTH**

*Please inform us of any existing pregnancies, health concerns, illness or allergies when booking your appointment.*

*We recommend booking appointments as early as possible.*

*Would you like an individual consultation?*

*Our qualified team is there for you seven days a week.*

*Reserve your preferred date*

- directly at the Bäder Spa reception from 08:30 to 17:00*
  - from the hotel room with the direct dial 9310*
  - from home by calling +43 (0)3326 500-9310*
- or by e-mail to [baederspa@allegria-resort.at](mailto:baederspa@allegria-resort.at)*

**ALLEGRIA RESORT STEGERSBACH**  
**A-7551 Stegersbach, Golfstraße 1**



# Day Spa

## DAY SPA

p.P. from €89

Only bookable for adults aged 16 and over!

Daily from 9 am to 10 pm

Feel good in the exclusive wellness areas of our resort accompanied by culinary delights.

With use of the exclusive Allegria Yin Yang Spa, fitness center and whispering spa in the hotel.

Day admission to Allegria Terme incl. sauna world.

5€ voucher for baths spa treatments.

Reserved lounge in the VIP lounge with setting.

Loan bathing bag with bathrobe, sauna towel & slippers.

Menu in the spa bistro (redeemable all day).

Booking up to 48 hours before arrival on 03326 500  
(limited availability). Check in at the Allegria hotel reception.

[WWW.ALLEGRIA-RESORT.AT](http://WWW.ALLEGRIA-RESORT.AT)

