

Lavender Spa

« Lavender Spa – A Place of Power for Free Spirits »

*For our
hotel guests the visit
to the Lavender Spa with
infinity pool is included
in the price! Your host
Christine with family
Lindner*

Overview

Visitors – Day Spa	4
Appointments for treatments	4
What you should know ...	6
Massages	7
Pampering Treatments	10
Peelings	11
Packages	12
Body Wrapping	13
Enjoy together	14
Wellness baths	16
Eyes, hands, feet	18
Cosmetics for Her	20
Cosmetics for Him	22
Kids & Teens wellness	22
Wellness Packages	24
Gym	26
Swimming pond	26



For all the cosmetic products we have special prices. Buy them directly at the spa reception, we love to help/advise you!

Our lavender spa therapists

The work with the highest quality, natural products to pamper your body and soul.

Sauna world of over 600m² - „Clothing free area – age 14 and older“

- » Swiss pine sauna 90C°, bio sauna 60 C°
- » Brine steam bath 50 C°, infrared booth 45 C°
- » Solarium, magnetic field lounger
- » Fresh air room with crushed-ice fountain & waterfall shower
- » Chat corner, relaxation room "Harmony" with waterbeds

Infinity pool over 400m² - „for the whole family“

- » 18 m infinity pool with massage lounger, clothed family sauna 60 C°
- » Panoramic relaxation room, chat corner & sun terrace

Enjoy

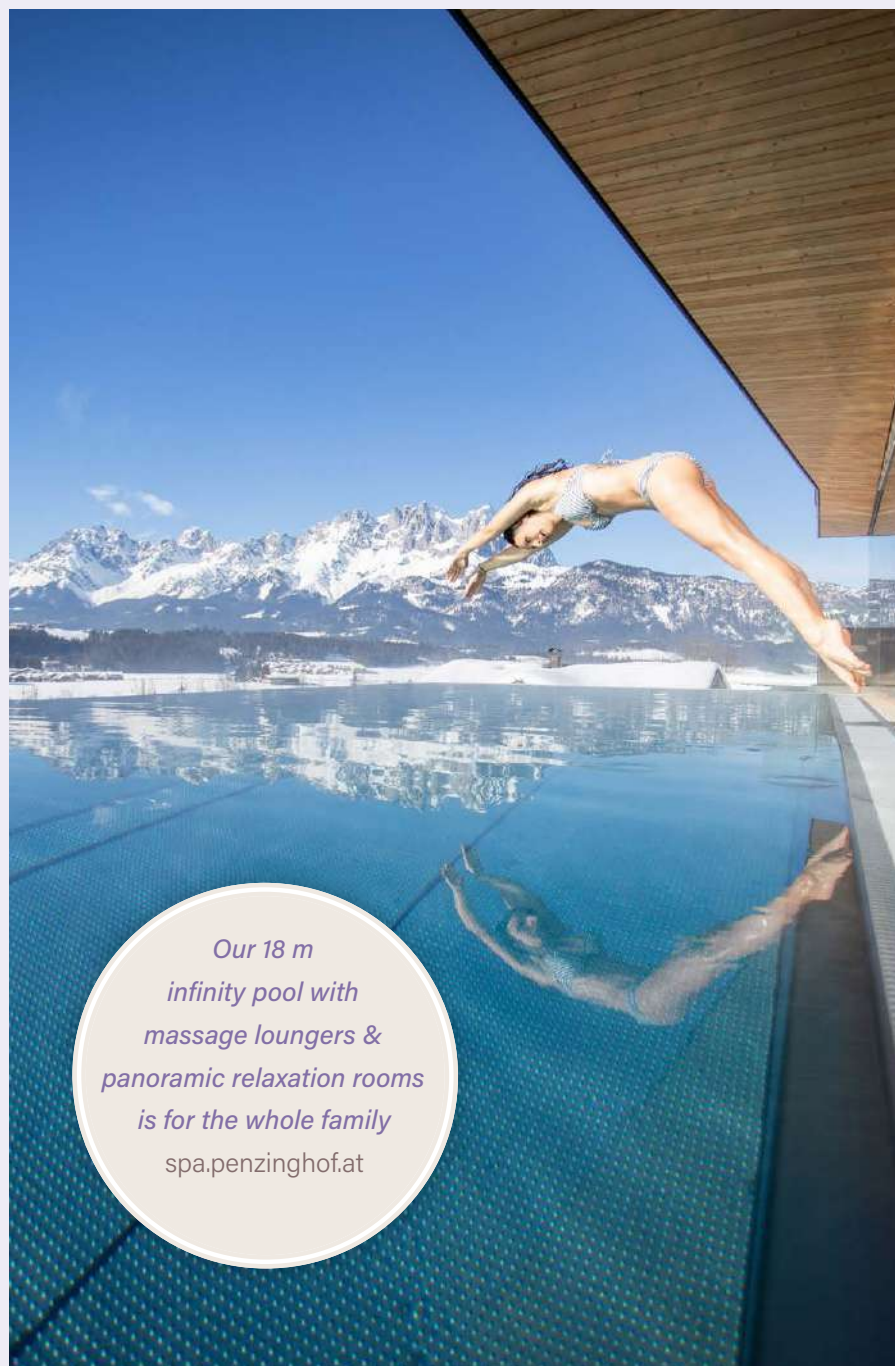
- » Massages, individual sessions & pamper treatments
- » Peels, packs & partner treatments
- » Wellness baths in the whirlpool
- » Pedicure & manicure
- » Cosmetics for her & him
- » Kids & teens wellness

*More individuality!
Book your treatment
comfortable from home –
reserve your time slot and
decide the treatment you
would like on site*

Lavender Spa opening hours

- | | |
|-------------------------|--|
| 07:00 a.m. – 10:00 p.m. | Panoramic gym |
| 07:30 a.m. – 07:00 p.m. | Infinity pool with massage loungers,
panoramic relaxation room |
| 09:00 a.m. – 7:00 p.m. | Wellness & pampering treatments |
| 10:00 a.m. – 07:00 p.m. | Swiss pine sauna, bio sauna, steam bath &
infrared booth, clothed family sauna, solarium, ... |

*» Wednesday and Saturday we have the
Lavender Spa open until 9:00 p.m. for you! <<*



Lavender Spa "Day Spa"

Day Holiday (infinity pool, sauna world & gym) + 1 towel	€ 38
Infinity pool + 1 towel (10:00 a.m. to 2:00 p.m.)/ per child € 11	€ 22
Day pass "sauna world" + 1 towel	€ 17
Evening pass "sauna world" after 5:00 p.m. + 1 towel	€ 12

Panoramic gym	€ 7
Solarium	7 min. € 9
Magnetic field	12 min. € 9
Magnetic field	24 min. € 18

10-pack day holiday "infinity pool, sauna world"	€ 370
10-pack infinity pool – 10:00 a.m. to 02:00 p.m.	€ 210
10-pack day pass "sauna world"	€ 160
10-pack evening pass "sauna world"	€ 110
10-pack gym	€ 63

Penzinghof rental bath-bag

Rental bath-bag with bathrobe, 2 towels and shower sandals	€ 9
Bathrobe	€ 3
Shower sandals	€ 3
Bath towel	€ 3

Treatment Appointments

You can make an appointment either at the spa reception "telephone number 46" or at the reception "telephone number 9". From your private phone you can reach us under the number +43 (0)5352 62905 or under info@penzinghof.at. Please arrive a few minutes prior to your appointment and enjoy a cup of tea or a glass of Grander water. Your wellness therapist will meet you at the Lavender Spa reception. We kindly ask the gentlemen to shave before a facial.



What you should know ...

Clothing

In your room you find a bath bag with towels, shower sandals and bathrobe. Please come to your treatment with bathrobe and shower sandals. The wet towels can be left in the Lavender Spa. We refill your bath bag daily with fresh towels.

Tee & snacks

For the duration of your spa stay, we offer you a variety of teas as well as fresh Grander water at the tea bar. As vitamin bombs you can find a basket filled with organic apples and nuts.

Children in the Lavender Spa

Our infinity pool with panoramic relaxation room and the clothed family sauna are there for the whole family. The sauna world in the basement is reserved for adults only (age 14 and older). For kids and teens we put together a variety of massages and facials. Children's bathrobes are available at the reception.

Cancellation

That's too bad! You won't make use of your wellness treatment. Please inform us prior to 5 o'clock the day before. Otherwise we have to charge you 75% of the treatment price.

Important

Please inform us of any health problems or restrictions. Pacemakers, high bloodpressure, surgery, blood thinners, varicose veins, pregnancy, other illnesses, or if you are taking medication.

Massages – For Your Health

Enjoying a massage means relaxing, recharging, regenerating, and coming to rest.

Aromatic Oil Massage

For deep relaxation and well-being. Essential oils have their own, beneficial vibrations which elevate, complete, and balance our own energy-level.

Back treatment - 25 min. € 42

Whole body treatment - 50 min. € 65

Classic Massages

To relax the muscles from everyday tensions.

Whole body massage *50 min. € 64*

Whole body massage with face & head *75 min. € 95*

Combined massage (back & feet) *50 min. € 69*

Partial body massage *25 min. € 39*

Facial massage *25 min. € 39*

Head massage *25 min. € 39*

Foot massage *25 min. € 39*

Banding – small *€ 25*

Banding – large *€ 32*

Powerful Intensive Massages

For deep-seated tension and blockades

Intensive back massage *25 min. € 42*

Head-neck-back massage *50 min. € 65*

Sports massage – individual treatment area *25 min. € 42*

Calf massage *25 min. € 35*



Massages with a high-quality goat

butter cream – for dry, sensitive skin additional charge € 9

Penzinghof Individual Treatment „insider tip“

Our body mirrors possible organic and physical imbalances outward through the reflex zones of our skin. Your concerns are individually discussed in detail with our spa therapists and your personal treatment concept is developed. You will then receive a tailor-made treatment with selected oils and essences.

50 min. € 67

Honey Massage

Honey is rich in vitamins, minerals, and enzymes. This massage has a detoxifying, relaxing, circulation-promoting effect, and dissolved adhesions in the connective tissue.

25 min. € 42

Relaxation for the Stomach

Spoil your stomach with warm herbs, which have a calming and antispasmodic effect on your organs. Afterwards follows a light massage that has the function to regulate your bowel and is beneficial for your stomach.

50 min. € 59

Lymphatic Drainage

Rhythmic pressure pulses increase the outflow of tissue fluid through the lymphatic and venous system.

Face, neck, décolleté - 25 min. € 40

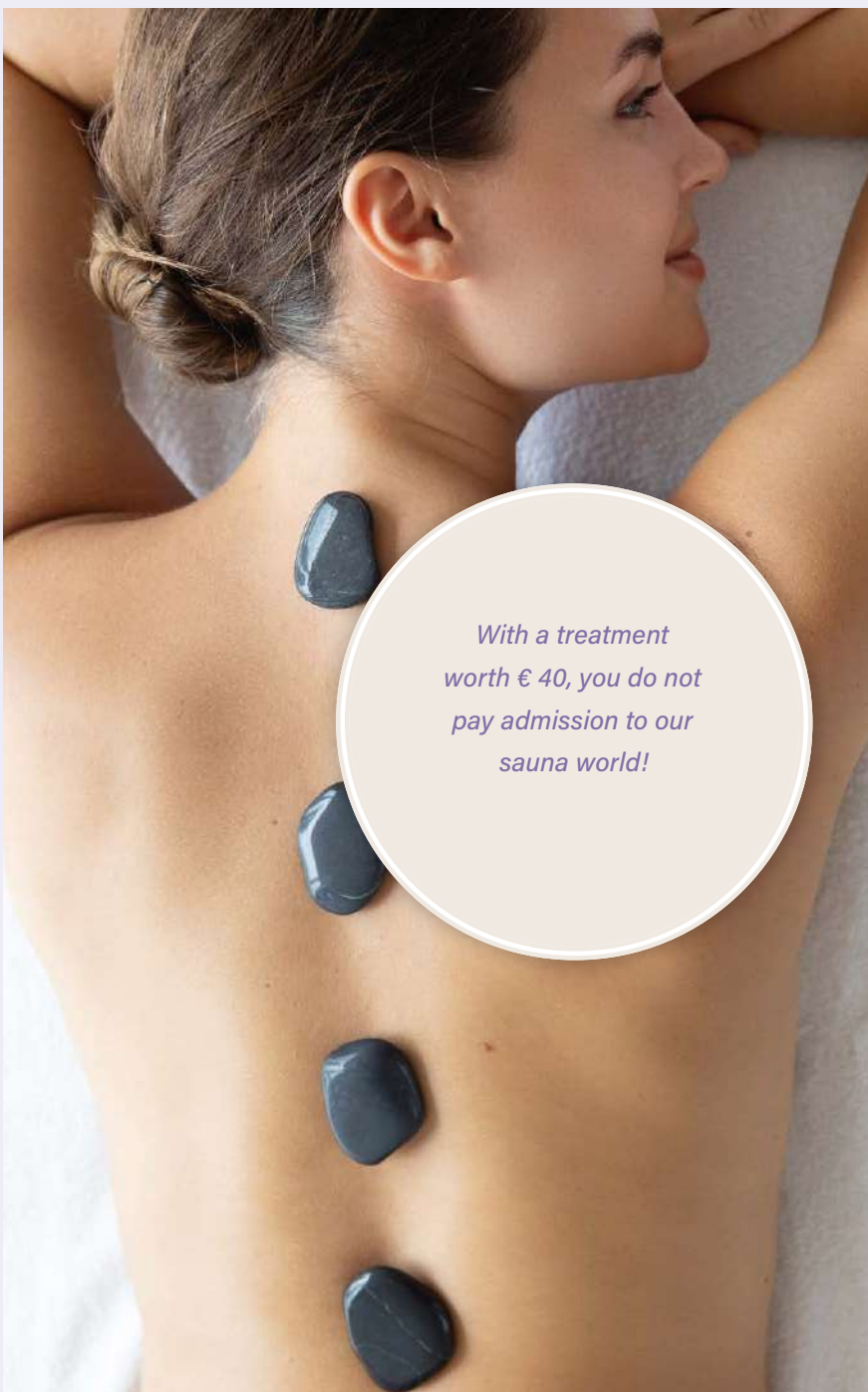
Individual treatment area - 50 min. € 64

Foot Reflexology

Strengthens the physical constitution and strengthens the immune system. Any existing strained areas of the body are discovered and treated.

25 min. € 40

50 min. € 64



*With a treatment
worth € 40, you do not
pay admission to our
sauna world!*

Pampering Treatments

Hot Stones „insider tip for deep relaxation“

Here, warm basalt stones are placed on the energy points of the body. The massage with warm stones leads to deep relaxation. The treatment activates the circulation, metabolism and relaxes the muscles. The whole body experiences an extraordinary sense of well-being.

75 min. € 102

Warm Enjoyment

Full body massage with warm sesame ginger oil. Used to activate the metabolism and stimulate the energy centers.

50 min. € 69

Anti-stress

Do you need more time for yourself? Then take some time to let us pamper you. With a Cleopatra pack in the Haslauer relaxation lounge and a full body massage with wonderfully scented Cleopatra goat butter lotion.

Including rest afterwards - 85 min. € 90

Pure Relaxation

Wellness bath in the whirlpool with your favorite bath essence, peel of your choice and partial massage with aromatic oil.

85 min. € 116

Fire Meets Wind

Ear candle with facial lymph drainage! For colds, headaches, insomnia & hyperactivity.

50 min. € 69

Only ear candle - 20 min. € 42

Peels on the Hamman

Removes the superficial dead skin cells, promotes blood circulation and the ability to absorb high-quality active ingredients through the skin. It becomes wonderfully smooth again, feels delightfully supple and tender.

For you to choose from:

- » Almond peel: rich, nourishing exfoliation
- » Alpine peel: with Rügen healing chalk, detoxifying, purifying
- » Rose-cane sugar peel: for a younger, fresher look
- » Lavender-rosemary-sugar peel: Lavender – soothing & balancing, rosemary – promotes blood circulation and has a cramp relieving effect

Whole body peel - 25 min. € 40

Mixed double

For two – each alternately enjoy a regenerating peel and a relaxing magnetic field therapy session.

For two persons - 50 min. € 108

Champagne peel & pack „hit“

Treat your skin to a little luxury. At the end of the treatment you get a little but fine surprise.

50 min. € 83



Girlfriends in bliss

- » Pampering breakfast with a glass of prosecco
- » Sauna world entry with a towel
- » Peel of your choice & Cleopatra pack
- » Refreshment drink in the relaxation room Harmony

Per person € 72

Included Infinity Pool per person € 94 € 89

Packs in the Soft-Pack-Lounger

You are floating in a 38°C warm waterbed. The temperature opens the pores and the high quality, natural products can be better absorbed by the skin. Before a pack or a relaxation bath, we recommend a full-body peel.

Cleopatra Pack

Moisturizes, balancing and lightly emollient effect. It gives your skin a long-lasting, silky soft feeling.

25 min. € 42

Lavender Pack

Has a calming, relaxing and regenerating effect on body, mind & soul. Inhibits inflammation!

25 min. € 42

Rose Pack

Inhibits the aging process of the skin, is cell-activating, invigorating and at the same time moisturizing.

25 min. € 42

Swiss Pine Pack

Smoothing, relaxing and stimulating mode of action for body, mind & soul.

25 min. € 42

Moor Mud Pack

A soothing treatment for tensions, injuries and rheumatic diseases. Moor mud has a circulation-promoting, relaxing, anti-inflammatory and analgesic effect

50 min. € 63

Individual treatment area - 25 min. € 42

Seaweed Pack

Has a purifying, draining and detoxifying effect. The high iodine content stimulates cell metabolism and blood circulation.

50 min. € 63

Body Wrap

Our body wraps detoxify, purify and tighten the skin, and therefore achieve a skinnier silhouette of the body. The special body wraps out of high-quality herbal mixtures together with an exact wrapping method lead already to visible changes after the first treatment.

Purification

A purifying body wrap with Bolus Alba, an enzymatic soil which has a purifying and detoxing effect on your body.

Single treatment - 50 min. € 46

Combined treatment of lymph drainage & body wrap - 100 min. € 107

Tightening

A tightening body wrap with grape marc, enriched with essential oils that have an anti-aging effect.

Single treatment - 50 min. € 46

*Body wrap Purification &
Tightening (arranged on 2 days) - 100 min. € 89*



*Gift certificate! With pleasure we write you a gift certificate for a wellness day, wellness treatment or a voucher! We sell the products we use in the Lavender Spa: Nail polish from Jessica, facial cream from Payot, ear candles, ...
penzinghof-shop.at*

Enjoy Together

To experience perfect relaxation and happiness together in the partner room "Bliss" – what could be better? By us you will find romantic wellness offers for couples.

Time Together

Too seldom you get to focus only on your partner and yourself. We offer you the perfect setting to do so! Take your time together, and really recharge your batteries.

- » Cuddle bath in the whirlpool with your favorite bath essence by candlelight
- » Enjoy the warmth together in the private steam bath with a peel of your choice
- » 2x full body aromatic oil massage
- » Chocolate fondue with fresh fruit and a bottle of champagne in a four-poster bed

Including rest in the four-poster bed for two people - 150 min. € 249

Cuddle Bath

Relax in the whirlpool together – choose your favorite bath essence and enjoy fresh fruit along with two glasses of sparkling wine by candlelight.

Including rest in the four-poster bed for two people - 50 min. € 49

Cloud 7

Enjoy the warmth together in the private steam bath along with a peel of your choice, relaxing in the whirlpool with your favorite bath essence, followed by two partial massages and a bottle of sparkling wine in the four-poster bed.

Including rest - 120 min. € 137



*Tip for
partners and friends!
Everyone for themselves
and still together. Many
of our treatments can be
enjoyed in pairs!*

Wellness Baths

Enjoy your feel-good bath with a high-quality goat milk emulsion and your favorite bath essence in the whirlpool. You can choose from:

- » **Lavender-Sea Salt Bath**
soothing, harmonizing, and mood-lifting
- » **Chamomile-Lemon Balm-Sea Salt Bath**
calms inner restlessness, cramp-relieving, and anti-inflammatory
- » **Rose-Sea Salt Bath**
balancing, harmonizing

20 min bath & 10 min rest for 1 person € 41

20 min bath & 10 min rest for 2 people € 46



Time Out from Everyday Life

- » Day Holiday admission with towel
- » Facial massage 25 min
- » 12 min magnetic field lounge –
relaxes the whole body and strengthens
the immune system
- Delicious antipasti plates

All inclusive – per person € 79





Virtual Spa Tour
hoteltour.penzinghof.at



Eyes, Hands, Feet

Soft hands, smooth skin, and perfectly groomed nails – enjoy our hand and foot treatments.

Eyes

Eyelash tinting	€ 16
Eyebrows tinting	€ 14
Eyebrows shaping	€ 14
Eyelashes & eyebrows tinting	€ 24

Hair Removal, Warm Wax, Depilation

Upper lip or eyebrows	€ 14
Leg to knee	€ 31
Bikini line or armpits	€ 44
Whole leg	€ 23
Back or chest	€ 33

Hands

Manicure without polish	45 min.	€ 43
Manicure with polish	50 min.	€ 49

Happy Hands - hand soak with healing chalk, lavender peel and hand massage

25 min. € 39

Feet

Pedicure without polish	45 min.	€ 47
Manicure with polish	50 min.	€ 51

Happy Hands - hand soak with healing chalk, lavender peel and hand massage

25 min. € 39



Cosmetics for Her

With special sensitivity our beauty experts touch body and soul. Perfectly tailored to your needs, these treatments provide for a beautiful complexion and invigorating skin sensation.

For more effect with cosmetics, we spoil you with our colored light drainer bioenergetic drainage for more vitality and tone.

Stop(t)sign - effective anti-aging treatment

Welcome ritual, cleansing and exfoliation with Vapozon, regenerating facial, brow shaping, individualized special mask, acupressure for the relaxation of facial lines, eye care tailored to your skin type.

90 min. **€ 101**

Naturally Pure & Beautiful

Cleansing and peel with Vapozon, deep pore cleansing, relaxing facial, brow shaping, optimizing active ingredient mask, hand massage, serum, daily care tailored to your skin type.

75 min. **€ 89**

Thirst Quencher - intensive moisturizing treatment

Cleansing and peel with Vapozon, relaxing facial massage, brow shaping, intensively moisturizing special mask, hand pack, serum, daily care tailored to your skin type.

75 min. **€ 89**

Fresh Kick - express treatment

Cleansing and peel, facial massage, cream mask, daily care tailored to your skin type.

50 min. **€ 63**



*If possible, please
come shaved to the
appointment*

Cosmetics for Him

REAL MEN – "STRONG, CLEAR AND LIMITLESS!"

Just Men Things

Cleansing and peel with Vapozone, brows shaping, relaxing facial, effect mask, hand massage and daily care tailored to your skin type. **75 min.** **€ 89**

For him – Lots of results in a little time

Wellness bath of your choice, manicure, Just Men Things, calf massage.

155 min. **€ 165**

Kids and Teens Wellness

Our infinity pool with panoramic relaxation room and the clothed-family sauna are there for the whole family!



"Snow White" Manicure

Hand bath, nail filing, massage, and nail polish of your choice.

25 min. **€ 32**

Partial Massage – Pinocchio

With this massage, the muscles are gently relaxed with fragrant oils.

25 min. **€ 32**

Choco-Massage

With this massage, the muscles are gently relaxed with chocolate.

25 min. **€ 32**



Penzinghof Wellness Packages

LET YOUR MIND WANDER!

Lavender Spa Massage Package

- » Individual treatment – 50 min
- » Whole body massage with face/head – 75 min
- » Aromatic oil massage – 50 min
- » Partial massage – 25 min

€ 269

€ 256

Energy Package

- » Foot reflexology – 25 min
- » Swiss pine-pack – 25 min
- » Honey massage – 25 min
- 2x Magnetic field – 12 min

€ 142

€ 135

Mum or Dad & ME Package

- » Partial massage (mum or dad) – 25 min
- » Wellness bath of your choice with chocolate
fondue (mum or dad and ME) – 30 min
- » Partial massage Pinocchio (child) – 25 min

€ 117

€ 111

Men's Package

- » Sports massage – 25 min
- » Just Men Things – 75 min
- » Moor Mud Pack – 25 min

€ 173

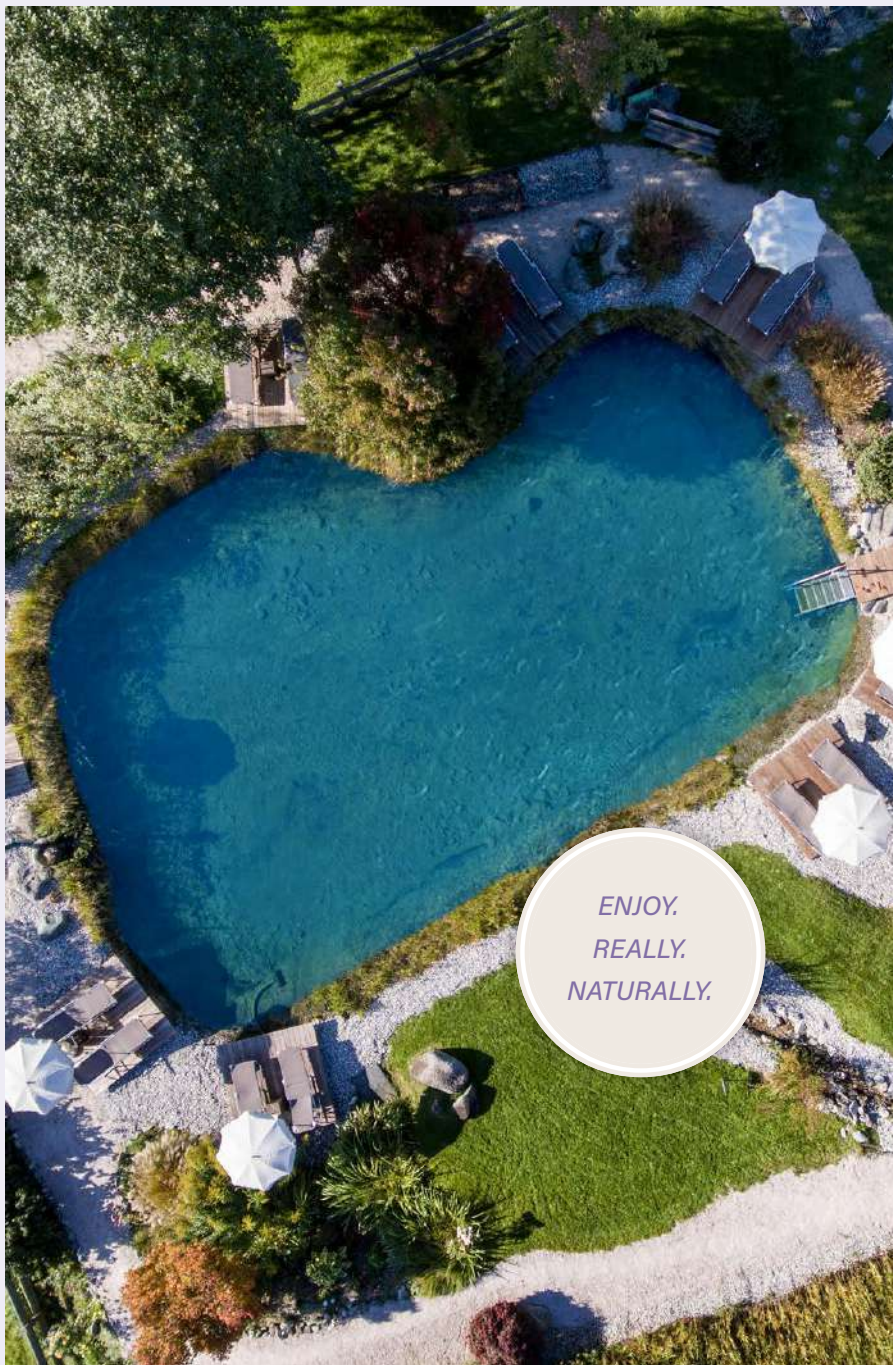
€ 164

Regeneration Package

- » Alpine-Peel – 25 min
- » Seaweed-Pack – 50 min
- » Happy Feet – 25 min
- » Facial massage – 25 min

€ 160

€ 152



Panoramic Gym



OPEN FROM 07:00 A.M. TO 10:00 P.M.

For a life full of health, energy and performance, we recommend our panoramic gym with equipment from Technogym!

Do you want to stimulate your circulation and get it going after a day with not much moving around? Maybe you want to start getting in shape, strengthen your muscles and burn some calories – then our panoramic gym is the right place for you!



Swimming Pond “in Summer, Spring & Fall”

Rest and relaxation in the fresh air. The wonderfully designed swimming pond, with children's pool, sunbathing area and fragrance garden invites for immersion and linger. The purest pleasure for our hotel guests – you bath in invigorated Grander water! Experience how beautiful the use and protection of nature can be!

Whether while bathing, sunbathing, resting, watching nature or just enjoying the good feeling of having a piece of nature around you. You are bathing without chemicals and enjoy yourself the whole year, right up close to the seasonal growth of nature.

- » Cooling, swimming, enjoyment, sunbathing, resting,...
- » Water surface 680 m², water depth 1.39 m
- » Sunbathing area approx. 2000 m², infant area 30 m²
- » Tell-A-Vision – experience and observe the nature in its seasons

General Map

Basement

- 1 Reception in the spa
- 2 Changing rooms
- 3 Showers
- 4 Bio sauna
- 5 Pine sauna
- 6 Fresh air room,
crushed ice fountain
- 7 Brine steam bath
- 8 Relaxation room
- 9 Tea buffet
- 10 Restrooms
- 11 Infrared booth, solarium
- 12 "Harmony" treatment room
- 13 "Bliss" partner room
- 14 "Touch" Hammam table
- 15 "Security" soft-pack lounge

Upstairs

- 16 "Harmony" relaxation room with waterbeds
- 17 "Arnica" treatment room
- 18 "Marigold" treatment room
- 19 "Lemon Balm" cosmetics
- 20 "Mountain pine" pedicure & manicure

3rd floor – penzinghofNEW

- 16 "Harmony" relaxation room with waterbeds
- 17 "Arnica" treatment room
- 21 Elevator
- 22 Panoramic gym
- 23 Restrooms
- 24 Dressing rooms
- 25 Panoramic infinity pool
- 26 Tea buffet
- 27 Chat corner
- 28 Panoramic relaxation room
- 29 Clothed family sauna
- 30 Sun terrace with panoramic views

3rd floor – penzinghofNEW

Grafik: www.lenik.at | Fotos: Penzinghof, Payot, stock.adobe.com: Dima Aslanian, Kati Finell, Kzenon, Igor Liashenko, Studio Romantic, Irina Sujewa, nenetus, blackday, zenina

HOTEL PENZINGHOF • Wirtshaus • Lavendel Spa • Ferienwohnungen

Penzingweg 14, A-6372 Oberndorf in Tirol • +43 (0)5352 62905 • info@penzinghof.at • penzinghof.at