



Q!HOTEL
• Maria Theresia

FOR ALL SENSES -
OUR BEAUTY TREATMENTS



**“THE WORLD’S GREAT
THINGS ALWAYS BEGIN
WITH THE SMALL.”**

Lao-Tse, 6th century BC

In our technology driven, rapidly paced age, we yearn more and more for the ultimate origin.

With our spa, we’ve created a space that will satisfy your wish for peace and relaxation. From the following pages, you can piece together a personal wellness program for your vacation - our spa team is happy to offer you assistance and suggestions.

Book your own personal break from the everyday under phone extension -9. We’re glad we can do you some good!

Q! MESSAGES

Aromatic Oil à la Q! Massage | 50 min | 79 Euros

With soothing, gentle pressure and massage techniques, enjoy a body massage with the natural oils of your choice.

» SCENT SOOTHING WARMTH SILKY SKIN

Foot Bath with Foot Reflexology Massage | 50 min | 79 Euros

Your feet are the mirror of your body. For you, a vitalising foot bath with rose petals followed by a foot reflexology massage. Afterwards, gentle massage techniques apply a soothing foot lotion.

» REFLEXOLOGY VITALISING EFFECT

Relaxing Head and Neck Massage | 40 min | 69 Euros

Warm organic oil is massaged into the scalp, part by part, embracing you in comforting warmth. This treatment releases tension, stimulates the metabolism and relieves headaches. It also activates the parasympathetic nervous system.

» CLARITY OF MIND WELLNESS

Partial Body Massage | 25 min | 39 Euro

Full Body Massage | 50 min | 75 Euro

» MUSCLE LOOSENING ANTI-STRESS WELLNESS



Q! SPECIAL TREATMENTS

Prana therapy | 50 min | 69 Euros

The term prana derives from Sanskrit and means vital energy. PRANA THERAPY is an effective, non-contact energy healing technique. The transmission of vital energy - the fundamental principle of Prana therapy - activates self healing powers and enables accelerated re-harmonisation of the body.

Following an assessment of the recipients' aura, gentle hand movements cleanse problem areas and provide vital energy. Prana therapy can be used to treat acute and chronic health problems of any kind. Please be advised that Prana therapy is not a therapy in the medical sense and cannot replace medical treatment.

» SOOTHING WARMING BALANCING

Manual Lymphatic Drainage - Gentle Decongesting Massage | 50 min | 98 Euros

Gentle pressure and broad strokes help drain lymph nodes. This massage is particularly recommended for swollen legs, cellulite, fasting weeks and as a follow-up treatment for colds. Gentle methods - great effect!

Please note: Don't go to the sauna before having a manual lymphatic drainage. This could cause circulatory disturbance. We recommend to relax afterwards.

» CALMING RELAXING PURIFYING

Garshan Silk Glove Massage | 50 min | 79 Euros

With soothing, rhythmic pressure, dead skin cells are sloughed off with natural organic silk gloves. This treatment is ideal for blemished skin, fasting, and cellulite. It stimulates the metabolism and leaves your skin silky smooth. A gentle massage with an alkaline lotion rounds off the treatment.

» SILKY SOFT SKIN METABOLISM STIMULATING

Dynamic Cupping | 50 min | 98 Euros

Following an initial oiling of the skin, the cup is placed on the skin until it reddens. The goal of the massage is to improve circulation in the body. It is a general stimulation therapy that assists with purification, diets, cellulite and fasting. This procedure does not result in hematomas.

» STIMULATING PURIFYING FIRMING

Ear Candle Ritual with Gentle Facial Massage | 50 min | 79 Euros

This traditional ritual was already being used in the ancient civilisations of Rome, Greece, Asia, and India to treat stress, anxiety and influenza. It also has a decongesting effect on the sinuses. The ear candles create a negative pressure, similar to a fireplace, and the vibrations of the inner air column gently massage the eardrum. Afterwards, we pamper you with a fragrant, soothing facial massage.

» CLEANSING RELAXING CALMING

Q! SPEZIAL ANWENDUNGEN

Energy Ionic Brush Massage | 25 min | 39 Euros

TCM Energy Ionic Brushes assist you in reaching physical and spiritual well-being. A massage with these brushes restores energy balance while simultaneously vitalising, relaxing, reducing cellulite, and stimulating circulation.

This treatment is particularly recommended for fasting.

» ENERGY CHANNEL STIMULATING LIGHTNESS

Sweet Detox - Let Go of Toxic Substances | 80 min | 129 Euros

Slip into the right frame of mind with purifying ginger green tea, followed by a soothing back massage with organic honey ginger oils. Honey is spread along the spine and powerfully massaged into the back. Afterwards, your back muscles are loosened with classic massage techniques. For the finishing touch, indulge in an invigorating head massage with warm organic oil of St. John's Wort. Harness the healing power of honey.

» PURIFYING UNWINDING METABOLISM STIMULATING DETOXIFYING

Herbal Liver Pack | 25min | 15 Euros

A liver pack is ideal for detoxifying the liver. It significantly improves the liver's circulation and thus also its effectiveness.



VINOBLE COSMETICS

NATURE AND SCIENCE IN PERFECT HARMONY.

Let yourself be inspired by the grape's anti-ageing effects! The Austrian line of cosmetic products VINOBLE COSMETICS does not use parabens, paraffins, synthetic colours, or synthetic preservatives. All products are free of mineral or silicon oil based substances and are produced without animal testing. Vinoble Cosmetics are vegan cosmetics.

» BOOK YOUR INDIVIDUAL APPOINTMENT AND EXPERIENCE
MAXIMUM RESULTS AND PURE RELAXATION!

The "Classic" | 50 min | 69 Euros

A fresh complexion in no time! Exquisite extracts from grape skins and vines protect and smooth your skin. Round molecules of grape seeds and walnuts gently exfoliate your skin and the face mask, specifically attuned to the needs of your skin, has an immediate revitalising effect.

The "Selected" | 80 min | 109 Euros

The pampering experience for radiantly beautiful skin! Masks and serums are attuned to your skin type to provide intensive care and a radiant glow. The accompanying eye treatment smoothes fine lines and restores vitality and freshness.

Intense Anti-Ageing | 90 min | 129 Euros

Anti-ageing has never felt so luxurious! Let yourself be pampered with this intensive treatment that includes an enzymatic exfoliating scrub, an eye treatment and a massage. The massage is performed with a mixture of ampoules, specifically selected to suit your skin type, that wipes out fine lines and intensely tightens your skin. Choose between a warm contour-enhancing mask or a cooling polyphenol peel-off mask, and feel how your skin becomes noticeably more radiant and toned.

Indulgent Herbal Facial | 50 min | 79 Euro

Let us pamper you with local herbs, warm compresses and organic cosmetics from our herbal specialist. Find inner harmony and a naturally radiant beauty with a fragrant treatment that stimulates your energy channels through vital point massage. Awaiting you are aromatic herbal compresses, wild mountain flower oils, exfoliation, herbal masks, and a face, décolletage and hand massage.

Facial Treatment for Men | 50 min | 69 Euros

A balancing, revitalising facial treatment with relaxing facial, neck, and shoulder massage. Grape seed antioxidants protect and stimulate your skin cells and restore the skin's vitality in an instant. Choose your tailored procedure and indulge in maximum care for your skin!



Base Facial | 50 min | 69 Euros

Pamper yourself with our unique basic gemstone cosmetics. Without chemical dyes and fragrances, no animal substances, without silicones and petroleum derivatives in a very natural basis. Gems such as rose quartz, rock crystal and the exquisite aquamarine leave your skin naturally again it shine.

Your skin will be gently cleaned with a face wash cream of wheat bran and free of dead skin cells. Depending on the choice follows a gentle facial massage or an intense deep cleaning. At the end your skin will be spoiled with a face mask with wild rose oil.

FROM HEAD TO TOE

Q! Spa Pedicure | 50 min | 59 Euros

Ihre Luxuspediküre beginnt mit einem belebenden Fußritual. Nach dem Barrique Fußbad genießen Sie einer kompletten Fuß- und Nagelpflege inklusive Hornhautentfernung. Abschließend werden Sie mit einer Fußmassage verwöhnt.

Including a nail varnish the pedicure takes 70 min, + 15 Euros.

Q! Spa Manicure | 50 min | 49 Euros

Your luxury manicure starts with a gentle peeling and a hand bath. After exfoliation and nail care your nails will be treated with a gentle hand massage.

Including a nail varnish the manicure takes 70 min, + 15 Euros.

MAKING EYES

Lashes and Eyebrows

- Lashes and eyebrow colouring and shaping | 39 Euros
- Lashes colouring | 15 Euros
- Eyebrow colouring | 15 Euros
- Eyebrow shaping | 15 Euros

SPA-ETIKETTE

General

The spa area is a place dedicated to silence and relaxation. We kindly ask our guests to respect this. Please refrain from using mobile phones, cameras or other technical devices. Please store your valuables in your room safe. The spa accepts no liability. Please note that the spa is a garment-free area.

Health Issues

Please inform the spa-team about any health issues or health problems like allergies, accidents or previous injuries that might impact your treatment or your stay at the spa. We do ask for your understanding that all our treatments are not made for pregnant women.

Spa Experience

Please arrive a couple of minutes early for your treatment. This gives you time to make yourself comfortable and get the most out of your spa stay. At your disposal are towels, bath slippers, shower caps and care products. For all treatments we will appropriately cover you up to make you feel comfortable and ensure your privacy.

Reservations

Please make your reservations in time, especially if you would like to schedule several appointments during your stay. If available, the spa team will of course be happy to offer spontaneous appointments as well. To schedule an appointment, please call the reception at telephone extension -9.

Minimum Age

You may use the fitness- and spa areas if you are at least 16 years of age.

Gift Certificates

Gift certificates fit every occasion. Please inquire at the reception.

Cancellation and Late Policy

We kindly ask for your understanding that arriving late might affect the duration of your treatment. If you need to cancel an appointment, please let us know with at least 24 hours notice. Arriving late without this notice will result in full charges. For appointments scheduled before your arrival at the hotel the hotel's reservation policy applies.



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