



Q!HOTEL
• Maria Theresia

FOR ALL YOUR SENSES –
OUR BEAUTY TREATMENTS



“BIG THINGS HAVE SMALL BEGINNINGS.” Lao-Tse, 6th century BC

In our technology-driven and fast-paced times, we yearn more and more for the ultimate origin. With our spa, we have created a space that will fulfil your wish for peace and relaxation.

On the following pages, you can piece together a personal wellness program for your holiday – our spa team is happy to offer you assistance and suggestions.

Dial the extension -9 to book your own personal time out.
We hope we can help you feel good!



Q! MESSAGES

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| Full body massage | 50 min. | 79 Euros |
| Partial body massage | 25 min. | 42 Euros |
| Back and foot reflexology massage | 50 min. | 85 Euros |
| Sports massage | 50 min. | 89 Euros |

Relaxing head and neck massage | 40 min. | 75 Euros

Head massage induces inner balance. The body's energy points come together at the head, face and ears. This massage can help ease blockages and stimulate a self-healing process. Additional soothing strokes both for body and soul, this massage is not only pure relaxation, but also the reassurance of stress relief.

Foot reflexology massage | 50 min. | 85 Euros

As well as with other types of massage, your body's circulatory system is stimulated with this foot reflexology treatment. This can have positive effects on your whole organism. Furthermore, discomforts on areas such as kidneys or gastric tract can be focally alleviated through the reflex zones. Additionally to the internal organs, also bones, joints and muscles benefit from this therapy.

Aromatic Oil Massage à la Q! | 50 min. | 85 Euros

Enjoy a body massage with natural oils, soothing, gentle strokes and diverse massage techniques.

Herbal oil massage | 50 min. | 85 Euros

This massage is inspired by the forces of nature. Let us pamper you with our natural active oils. Rose oil for indulgence; St. John's Wort for brittle, sensitive skin; Calendula oil for soothing and stress relief; Lime tree oil for delicate skin.



Q! SPECIAL TREATMENTS

Ear Candle Ritual | 50 min. | 85 Euros

This traditional ritual was already used in the ancient civilisations of Rome, Greece, Asia, and India to treat stress, anxiety, and flu. It also has a decongesting effect on the sinuses. The ear candle creates negative pressure, similar to a fireplace, which makes its inner air column vibrate, gently massaging the eardrum. Afterwards, we will pamper you with a fragrant, soothing facial massage.

DETOX TREATMENTS

Alkaline Facial | 50 min. | 79 Euros

Skin cleanse and soft exfoliation with facial washing cream made with wheat bran, followed by either a soft facial massage or a deep intensive cleansing, according to your choice. For a pampering finish, we will treat your skin with a wild rose face mask.

Hot Summer | 50 min. | 89 Euros

Enjoy an invigorating cooling treatment for »tired« legs. A soothing alkaline foot bath followed by a lymph activation massage with alkaline gel for decongestion. The cold compress afterwards will make you feel like walking on clouds.



FACIAL TREATMENTS

Dermacosmetic Treatments

All our treatments are tailored to your skin's individual requirements. Each facial treatment includes cleansing, peeling, skincare recommendations, and adjustment to the condition of your skin.

- Skin Basic 50 min. 79 Euros
- Skin Classic 70 min. 109 Euros
- Skin Deluxe 80 min. 129 Euro

Micro-needling Basic

Basic treatment with the Skin Needler for all skin types: for individual optimization of a healthy skin. The treatment includes cleansing, pre-peeling phase, disinfection, micro-needling, aftercare and light protection.

- Face and neck ca. 50 min. 175 Euros
- Face, neck and cleavage ca. 65 min. 210 Euros

Booking possible only in combination with a treatment

Cleansing, active ingredients, mask and aftercare.

- Eye care 15 min. 27 Euros
- Neck 15 min. 27 Euros
- Neck and cleavage 20 min. 37 Euros



REVIDERM





HANDS AND FEET

Eyelashes and Eyebrows

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|---|----------|
| • Eyelash and eyebrow colouring and profiling | 39 Euros |
| • Eyelash colouring | 15 Euros |
| • Eyebrow colouring | 15 Euros |
| • Eyebrow profiling | 15 Euros |

Warm Wax Hair Removal

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|----------------------|---------|----------|
| • Bikini area | 25 min. | 29 Euros |
| • Leg to knee | 25 min. | 35 Euros |
| • Full leg | 50 min. | 59 Euros |
| • Upper lip and chin | 15 min. | 19 Euros |
| • Face / arms | 25 min. | 29 Euros |
| • Chest / back | 40 min. | 49 Euros |
| • Armpits | 15 min. | 19 Euros |

Q! Spa Manicure | 50 min. | 59 Euros

Additional bookable services:

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|-------------------|---------|------------|
| • Shellac | 70 min. | + 29 Euros |
| • Shellac removal | 70 min. | + 24 Euros |
| • Nail polish | 70 min. | + 15 Euros |

ENERGY THERAPY

The Energy Therapy is practiced with comfortable clothing and without oil. Please be advised that Prana therapy is not medically recognized and cannot replace medical treatments.

Prana Therapy | 50 min. | 89 Euros

The term »Prana« derives from ancient Sanskrit and means »vital energy«. Prana therapy is an effective, non-contact healing technique. The transmission of vital energy, which is the fundamental principle of Prana therapy, activates the body's self-healing power and accelerates its balance towards harmony. Following an assessment of the recipient's aura, gentle hand movements cleanse problem areas and provide vital energy. Prana therapy can be used to treat acute and chronic discomforts of any kind, both for body and soul.

Craniosacral Energy Balance | 50 min. | 90 Euros

The craniosacral energy therapy is a light variation of osteopathy. Body and soul reveal a story.

Energy flow impulses are released with soft strokes to activate a healing state thanks to the fine art of listening with all the senses and recognition of blockages through the hands. Physical and emotional blockages smoothly give way in their own rhythm: everything is set in motion towards transformation and well-being.

Nuad | 90 min. | 120 Euros

The synergy of soft, flowing movements, deep stretching, tension and relaxation helps release physical and emotional blockages. Furthermore, the local circulation of the skin and muscles improves. While working on the so called energy lines, blood flow and metabolism are stimulated at the same time the immune and nervous systems are strengthened.



FOR MOMS-TO-BE

We recommend treatments only from the 16th pregnancy week onwards. Please inform yourself prior to arrival whether the treatments can be carried out safely from a medical point of view. Please understand that we cannot assume any liability for the treatments. The exact details can be discussed locally with our trained therapists.

Pregnancy Relaxing Massage | 50 min. | 89 Euros

The pregnancy massage is comfortably performed in a lateral position. This soothing massage caresses the senses and induces deep relaxation both for mother and child.

Decongesting Leg Massage | 40 min. | 69 Euros

The gentle leg massage helps prevent water retention in the tissues, relieves the feeling of heaviness and gives your legs a feeling of lightness!

Head & Neck Massage | 40 min. | 75 Euros

The head massage promotes inner balance, since the energy balance points of the body converge on the head, face and ears. This massage can release blockages and stimulate the body's self-healing processes. It is an additional pampering for the whole body and soul. This massage is not just pure relaxation, but also relieves stress.





SPA ETIQUETTE

General

The spa area is a place for silence and relaxation. Please refrain from using mobile phones, cameras and any other devices in the entire spa area. Please store your valuables in your room's safe. The spa assumes no liability for lost items. Please note that the entire spa area is garment-free.

Health Issues

Please inform the spa team about any health problems or conditions –such as allergies, previous accidents and injuries- which could affect you during the treatments or while using the spa area. Please contact and notify our staff about your health conditions or pregnancy. Looock Hotels Austria GmbH & Co KG assumes no liability for health damage nor allergic reactions. After each treatment we recommend 20 minutes rest, which you can enjoy in our Q! Spa.

Spa Experience

To fully enjoy your spa time and the full range of your treatments' benefits, please arrive to the spa well in advance before your scheduled appointment. Towels, slippers, shower caps and toiletries are provided. We will appropriately cover you up during all treatments, 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 be happy to offer you spontaneous appointments as well. To schedule an appointment, please call the spa reception using the extension -9.

Minimum Age

You should be at least 16 years old to use the fitness and spa areas, as well as for receiving any treatment.

Gift Certificates

Vouchers are a suitable gift for every occasion. You can find out more at the spa reception.

Delays and Cancellation Policy

We ask for your understanding that a delay on your part can affect the duration of your treatment. We kindly ask you to inform us at least 24 hours before the start of the treatment if you wish to cancel your appointment. If an appointment is cancelled less than 24 hours in advance, the full price of the treatment will be charged. If appointments are made prior to your arrival at the hotel, the spa cancellation policy will be the same as the cancellation policy specified on your hotel reservation.





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