

The Olympiaregion Seefeld meets the highest quality demands in terms of wellness

One of the many reasons in favour of spending time in the Olympiaregion Seefeld is the chance to benefit from some quality wellness and activity: the wide range of classic wellness treatments along with fitness and medical procedures are guaranteed to satisfy the most demanding guest.

The fantastic location – a protected, south-facing high plateau at 1200m – enjoys a climate which has actually been scientifically proven to be good for you. Numerous establishments have been specialising professionally in the field of wellness for years now and they test any new trend critically so that they can then put together the best possible package for their guests. And since exercise is more or less synonymous with well-being, it's good to know that the region has lots to offer in this area too. The fabulous countryside transforms the region, summer and winter alike, into an oversized outdoor fitness centre for hikers, golfers, mountain bikers, cross-country skiers, Nordic walkers and all those other fresh air enthusiasts.

In summer, in addition to any health benefits, the stress of daily life will simply fade away as your mind soaks up the towering mountains in the background, the calming green of the seemingly never-ending forests and the shimmering waters of the mountain lakes. In winter too, when it's dull and grey in town, that feeling of 'well-being' that you experience from the clear, pure, mountain air combined with the winter sun (or the delights of a snow storm) is incomparable. Qualified trainers and guides are on hand to help you achieve your ultimate training goal.

Highest concentration of wellness hotels in the Alps

Nowhere in the Alps have so many establishments tackled the themes of well-being, relaxation and regeneration with such professionalism and dedication than here on the Seefeld high plateau. One 5-star superior hotel, two 5-star hotels, fifteen 4-star hotels (four in the new 4-star superior category) and three 3-star hotels provide a wide range of wellness treatments to cater for any guest's every desire. And there are also numerous smaller specialist properties, from bio-bed & breakfasts to wellness apartment houses, offering more innovative ideas. For many guests it's becoming more and more important to actively do something for their health while on holiday and not to simply pamper themselves. That makes the Olympiaregion a great choice:



The **Interalpen-Hotel Tyrol** on the Seefeld high plateau is sure to leave a lasting impression with its magnificent Luxus-Spa. At over 5,000 m², it's one of the largest wellness oases in the Alps and the focus is very much on the individual. You are the centre of attention – that's the philosophy of the experienced team on hand to pamper guests with tailor-made treatments and therapies. The renovation of the indoor and outdoor pools in the summer of 2011 and the creation of a new relaxation area have raised the Interalpen Hotel to a new level in luxury. What's available:

- **Aches and pain therapy, physiotherapy**
- **Remedial & wellness massage**
- **Neck and shoulder therapy**
- **Craniosacral therapy**
- **Cromotherapy**
- **Fango**
- **Micro-dermabrasion**
- **Summer and winter activity programme**
- **Wellness, beauty & cosmetic treatments (Sisley, Dermalogica and OPI)**

The **Hotel Klosterbräu** with its "Spiritual Spa" – ITB award in March - has as its motto **"God gave us time – he said nothing about hectic"**.

In order to create a genuine feel of the former monastery, even in the sauna and wellness area, there are 10 'monastic relaxation commandments' for spa users to follow. The 4.000m² wellness complex has various swimming pools, whirlpools, quiet rooms, different saunas, open fires and 3 private spas. The latest attraction, since summer 2011, is the indoor and outdoor pool facility complete with garden bistro. And, since February 2012, daily yoga instruction is also a regular feature. The prize-winning cuisine is supplemented with the so-called monastery-range. The herbs required are carefully and attentively selected by the chef straight from the monastery garden. Stroll along the monastery paths of the 150,000 m² private garden. What's available:

- **Various wellness treatments**
- **Remedial & wellness massages**
- **Monastic baths such as gold baths, Augustinian beer baths, Champagne baths, herbal baths, rose baths etc.**
- **Various packs such as hay, hops, herbal, and chocolate packs...**
- **Thalasso and wraps**
- **Cosmetic treatments with Maria Galland and Éminence organic cosmetics**

The **AlpenMedHotel Lamm** in Seefeld offers sport-specific, physio-therapeutic analysis as well as general medical check-ups. This innovative establishment has a cold chamber for cryo-therapeutic



procedures, something which until now could only be found in clinics or sports medicine. What's available:

- **Private hospital AlpenMed Seefeld**
- **Centre of excellence for skeletal and locomotor system**
- **Surgery with Dr. Eva Dirnberger – orthopaedist, orthopaedic surgeon, sports orthopaedics**
- **Burn-out**
- **Coaching**
- **Whole body cryotherapy**
- **Spine liner**
- **Beauty & wellness treatments (Environ line)**

After a break of 6 years, the **Falkensteiner Hotel & Spa** Royal in Reith started in summer 2011 to offer traditional Chinese medicine again, under the direction of Dr. Stefan Ulmer: the **ChinaMed-Group**, west Austria's biggest TCM centre, has years of experience and practical know-how and can offer a complete range of healing processes, some of which date back over a thousand years, under one roof. What's available:

- **Acupuncture**
- **Shiatsu**
- **Qi-Gong**
- **Chinese herbal therapy**
- **Nutrition according to the 5 elements**
- **Facial rejuvenation – with facial acupuncture und facial shiatsu – unique in Europe**

Additional treatments in the 3,500 m² Acquapura SPA

- **Classic massage**
- **Asian luxury cabin / private spa**
- **Sole grotte, Rasul**
- **Beauty & cosmetic wih Babor, Baborganic , HSR de Luxe**
- **Slimming wrap treatments – stop cellulite**

The **Quellenhof** in Leutasch has concentrated on traditional Chinese medicine for several years now and has a TCM specialist, qualified in China, to perform the procedures – under medical supervision of course. **Moreover**, there's a 1600 m² wellness facility with 18 therapists responsible for massage, cosmetic treatments and baths! What's available:

- **Indian Aryurveda**
- **Aromasoul**
- **Reiki**
- **Singing bowl treatments**
- **Qi-Gong**
- **Chinese procedures**



- **Far Eastern health treatments**
- **Traditional Tyrolean bathing culture**
- **Thalasso therapy**
- **Beauty & cosmetic & wellness treatments (Cellcosmet products)**

The extremely spacious Relax & Spa Refuge of the **Relax & Spa Hotel Astoria in Seefeld** encompasses over 2000m². At the centre is the lavish connected indoor and outdoor pool facility. The spa area combines modern features with the bathing culture of the ancient world to provide the ultimate experience for body, mind and soul. This hotel is part of the Hotel Sacher Group. New: **Welltain** = a programme combining activity with nature and wellness (led by: Prof. Humpeler) proven to significantly improve one's sense of well-being. What's available:

- **Shiastu**
- **La Stone therapy**
- **Dorn method**
- **Various baths**
- **Thalasso therapy**
- **Anti-cellulite programme (Biosel)**
- **Anti-aging programme (!QMS)**
- **Beauty & wellness treatments (St. Barth products)**
- **Original Sacher chocolate treatment**
- **Day spa**

The **Hotel Eden** in Seefeld has a professional and comprehensive wellness programme. Whether you want to relax, take care of yourself or just be pampered – the Eden SPA is the place for you! Alongside classic and medicinal massages, you'll find a wide range of cosmetic procedures on offer. We use products from Piroch Cosmetics for our treatments and you'll be sure to notice a difference. What's available:

- **Massages**
- **Baths and packs**
- **Manicure and pedicure**
- **Cosmetic treatments for face and body**

The Wellness Center Tirol in the **Hotel Alpenpark Sonnenresidenz** in Seefeld, has everything for your well-being from classic manicures and pedicures to revitalising facial treatments, massages, baths, mud baths, aroma-slimming-wraps, clarifying sea-salt packs and depilation. Guests are sure to find what they're looking for among the genteel quiet rooms, saunas and steam baths or in the pleasantly warm whirlpool and other tempting waters – there's even a separate wellness area for adults and families. What's available:



- **Aryurveda**
- **Thalasso therapy**
- **Various baths**
- **Hot stone Mer & Sens**
- **Daily activity coaching**
- **Health and well-being massages**
- **Hairdresser**
- **Beauty & cosmetic treatments (Maria Galland, Thalgo)**

The spa and wellness oasis of the **BERGRESORT SEEFELD** stretches over 1.400 m² and exudes a sense of tranquillity which is much appreciated by hotel guests looking for wellness. The numerous wellness facilities ensure a sense of harmony and this top class oasis of well-being provides relaxation at the highest level. What's available:

- **Slim Line**
- **Various baths**
- **Soft pack system**
- **Sport and well-being massages**
- **Beauty & cosmetic treatments (Maria Galland)**

The heart of the exclusive 4-star **Wellnesshotel Schönruh** in Seefeld is made up of the spa areas and the beauty and vitality oasis. Here you'll enter into a world of total peace and quiet where you can choose from a wide range of wellness treatments for your very own day of pampering. What's available:

- **Private spa**
- **Various baths**
- **Hot stone Mer & Sens**
- **Thalasso therapy**
- **Hamam**
- **Sport and well-being massages**
- **Beauty & cosmetic treatments (Thalgo)**

The **Hotel Lärchenhof** in Seefeld not only has its Aquarena with sauna, solarium, steam bath, swimming pool, cold pool, fitness room, it also has the Lärchenhäusl medical spa. Here guests can take advantage of a relaxing rose petal bath, various massage possibilities or medicinal-cosmetic treatments. In cooperation with Dr. Martha Storz guests have the chance to try out the very latest beauty procedures such as anti-ageing therapies, biological hyaluronan injections, micro-dermabrasion. Detailed holistic health advice is on hand as well. What's available:

- **Private spa**
- **Various baths**



- **La Stone**
- **Singing bowl therapy**
- **Skin jet dermabrasion**
- **Thalasso therapies with Phytmer**
- **Sport and well-being massages**
- **Beauty & cosmetic treatments (Monteil)**

The **Krumers Posthotel & Spa** in Seefeld can offer a 2200m² large spa area over 3 floors with different sauna possibilities, steam baths, panorama quiet rooms with water beds, a spa lounge, treatments rooms, a beauty and massage centre, a separate sauna for ladies and a panorama indoor swimming pool. All-in-all, sheer relaxation in an 'Alpine Lifestyle' exclusively for adults (from aged 16). What's available:

- **Pinotape using kinesiology**
Shoulder and back pain
Problems with cervical vertebrae
Knee and calf complaints
Lymphadenopathy
- **New fitness room with the latest Techno-Gym machines**
- **Sport and wellness massages (Pino products) Aryurveda**
- **Activity and fitness programme (5 Tibeter, Pilates, Smovey Workout, Zumba)**
- **Beauty and cosmetic treatments (Babor)**
- **Day spa, private romantic spa**

Wellness & Spa in the Inntaler Hof in Mösern, a Tyrolean wellness hotel which regularly undergoes anonymous testing in order to guarantee top quality for guests. What's available:

- **Panorama pool and extensive sunbathing area with breathtaking view of the mountains & the Inn valley**
- **NEW: day spa package, also for non-house guests incl. bathrobe and daily board**
- **Cosmetic & beauty: basic facial care and special treatments (Thalgo & Ego individual cosmetics according to the Dr. Vitalis method and the healing power of the Alps)**
- **Soft pack divan treatments to unwind – relaxing and soothing**
- **Cleansing programme – detox & problem areas, e.g. Alpine hay bath & Thalasso therapies**
- **Classic massage & special treatments (e.g. Dorn-Breuss, singing bowl massage, hot stone)**
- **Massage package, wellness & beauty arrangements**
- **Mind –Body programme from Mon-Fri as per weekly list and personal training and fitness check**

In the wellness hotel **Zum Gourmet** you can enjoy some well-earned peace & quiet and some well-deserved TLC for body, mind and soul. The inviting sauna complex is the ideal place to find your inner balance as a basis to general good health and well-being. Enjoy relaxation and pleasure in approx. 220 m² complete with steam bath, bio-sauna, Finnish sauna, infra-red cabin, crystal room and large idyllic quiet room with a view over the garden. What's available:



- **Aryurveda**
- **Tuina**
- **Thalasso**
- **Shaolin Qi Gong**
- **Health and wellness baths**
- **Health and wellness massages**
- **Beauty & cosmetic treatments (Jean D'Arcel)**

The **Leutascherhof** on the other hand is all about bio: as a certified bio hotel, this family-run 4-star property uses purely bio products – from bio bread from a regional bakery to tasty beer from a renowned Austrian brewery. In 2010 the hotel received the European Ecolabel and the Austrian Environment symbol. These seals of approval confirm that environmentally-friendly behaviour and sustainable economy are all-important in this establishment. What's available:

- **Award-winning organic cuisine**
- **Lumi Lumi**
- **Various well-being and health massages**

In the **Hotel Diana in Seefeld** you can experience the first ever beer-barrel-bath in Tyrol. The natural content of the amber nectar does wonders for the skin and the aromatic scent and foam bath have a relaxing effect. What's available:

- **Beer-Barrel-Bath**
- **Oat straw beds**
- **Various baths**
- **Infrared light therapy**
- **Sport and wellness massages**
- **Beer menus**

Sheer relaxation in the two wellness swimming pools and sauna paradises

But it's not just in the hotels that you can unwind: the Olympia Sport and Congress Centre and the Erlebnisbad Alpenbad in Leutasch, which has only recently undergone a major renovation and been fitted with many new attractions, invite you to enjoy a first rate bathing and sauna experience.

The 4 and 5 star wellness hotels in the Olympiaregion:

5-star-superior – the only one in Tyrol



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Interalpenhotel Tyrol / Mösern/Buchen www.interalpen.com

5-star

Astoria Relax & Spa Hotel / Seefeld www.astoria-seefeld.com

Hotel Klosterbräu / Seefeld www.klosterbraeu.com

4-star-superior

Bergresort Seefeld / Seefeld www.kaltschmid.info

Alpenpark-Sonnenresidenz / Seefeld www.kaltschmid.info

Hotel Eden/Seefeld www.eden-seefeld.at

Falkensteiner Hotel & Spa Royal Seefeld/Reith b. Seefeld www.falkensteiner.com/de/seefeld

4-star

AlpenMedHotel Lamm / Seefeld www.alpenmedhotel.com

Wellnesshotel Schönruh/Seefeld www.kaltschmid.info

Krumers Posthotel/Seefeld www.krumers.at

Wellnesshotel zum Gourmet www.zumgourmet.at

Hotel Lärchenhof /Seefeld www.marcati.at

Hotel Inntalerhof / Mösern/Buchen www.inntalerhof.com

Hotel Quellenhof/ Leutasch www.quellenhof.at

Biohotel Leutascherhof/Leutasch www.leutascherhof.at

3-Stern

Hotel Diana /Seefeld www.hotel-diana.at

Alpenbad Leutasch www.alpenbad-leutasch.at & Olympiazentrum Seefeld www.seefeld-sports.at

Information about the Olympiaregion

The Olympiaregion Seefeld with its five quite distinctive resorts of Leutasch, Mösern, Reith, Scharnitz and Seefeld, lies at around 1200 metres above sea level. Bordered by the Hohe Munde, the Wetterstein mountains, the Alpenpark Karwendel and the Wildmoos nature preserve, this south-facing high plateau offers all-year round holiday opportunities for any taste: some of the sporting highlights include 279 kilometres of cross-country trails, 48 kilometres of downhill runs with around 30 lifts (incl. cable-cars, chair-lifts and drag-lifts), 140 kilometres of cleared winter walking paths, 30 Nordic walking routes, natural and artificial ice rinks and - in summer - there are 2 golf courses, numerous tennis courts (indoor & outdoor), 650 km summer walking paths, 200 km of mountain bike trails, E-bike routes, a running circuit, a new summer roller track and 3 bathing lakes as well as 2 public leisure pools offering a variety of sauna facilities. There is accommodation in every category –





from luxury 5-star hotels to family bed & breakfasts – numerous restaurants, Alms, mountain huts and above all the region has a long tradition and history of hospitality which is what makes it such a popular holiday destination.



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