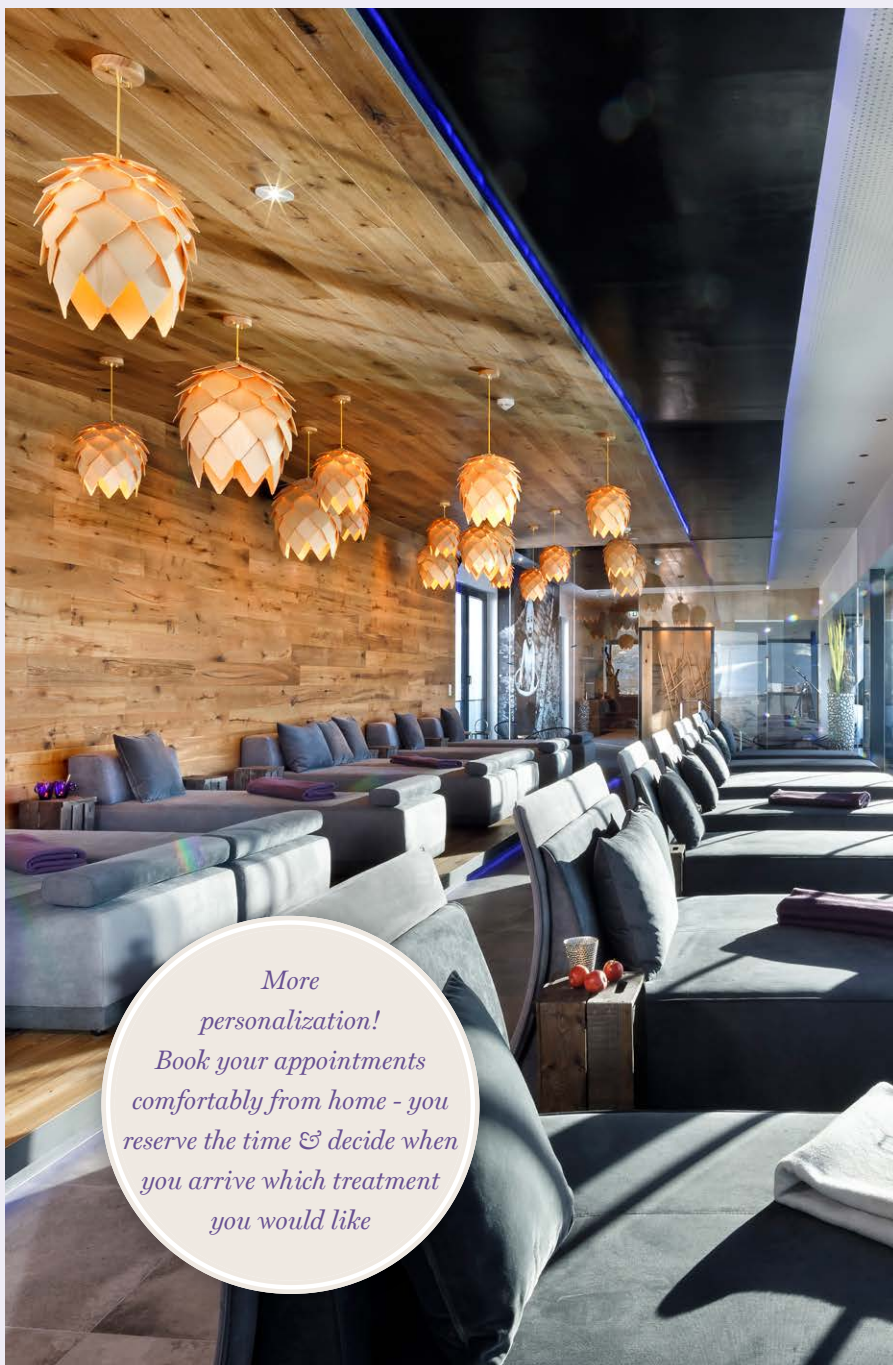


LAVENDER SPA

« A Place of Power for Free Spirits »

*For our Hotel
guests, a visit to the
Lavender Spa with
Infinity Pool is included
in the price!
Your host Christine and
the Lindner Family!*



*More personalization!
 Book your appointments comfortably from home - you reserve the time & decide when you arrive which treatment you would like*

Our lavender spa therapists ...

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

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

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

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

- » 18-meter infinity pool with massage loungers, clothed family sauna 60 ° C
- » Panoramic relaxation room, chat corner, sun terrace with a view

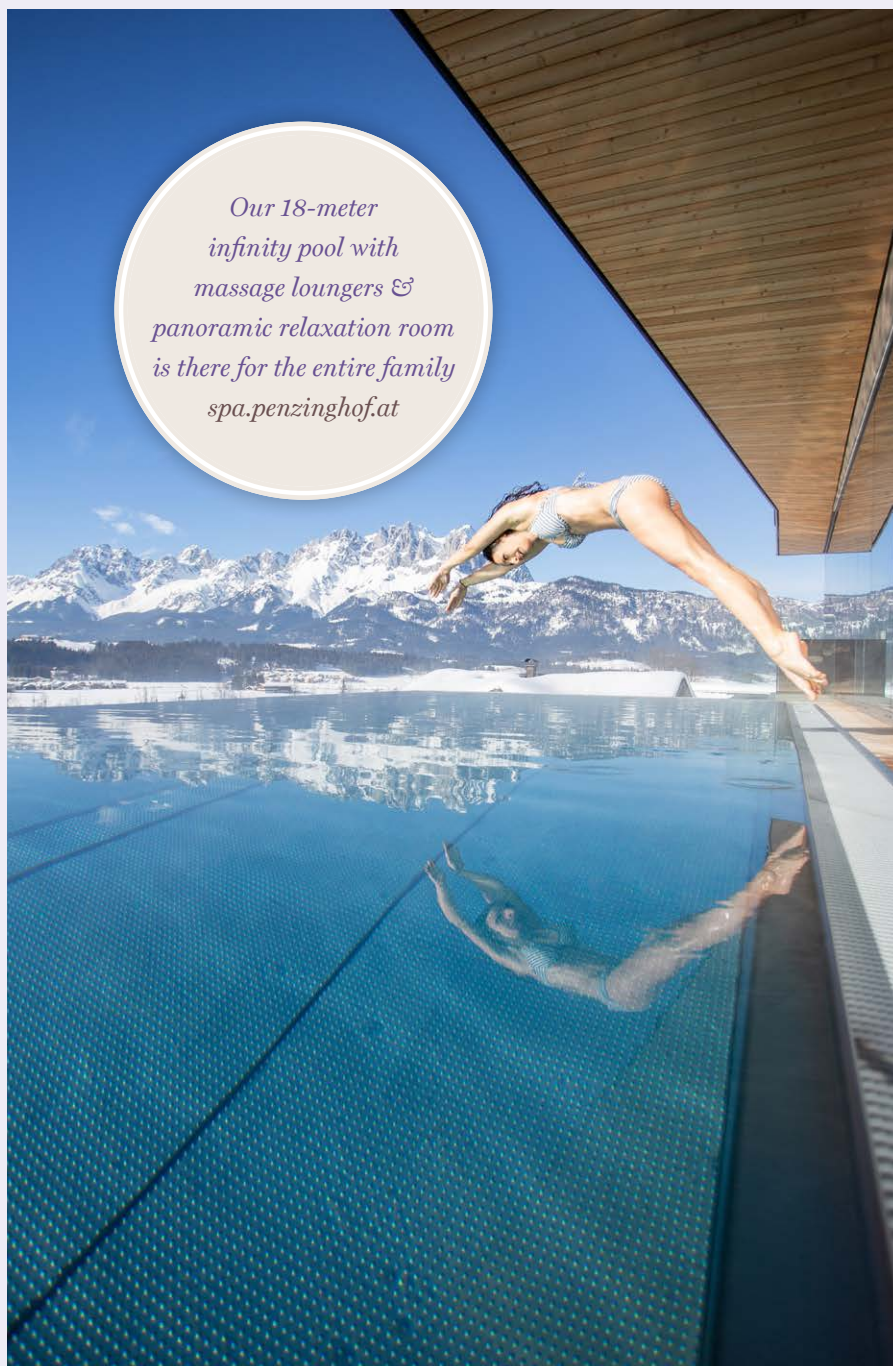
Enjoy

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

Lavender Spa Open Hours

- 07:00 - 22:00 Uhr Panorama Fitnessraum
- 7:00 a.m. - 10:00 p.m. Panoramic gym
- 7:30 a.m. - 7:00 p.m. Infinity pool with massage loungers, panoramic relaxation room
- 9:00 a.m. - 7:00 p.m. Wellness & pampering treatments
- 10:00 a.m. - 7:00 p.m. Swiss pine sauna, bio sauna, steam bath & infrared booth, clothed family sauna, solarium, magnetic mat, ...

>> Wednesday and Saturday we have our Lavender Spa open until 9:00 p.m. for you! <<



*Our 18-meter
infinity pool with
massage loungers &
panoramic relaxation room
is there for the entire family
spa.penzinghof.at*

Lavender Spa Guests

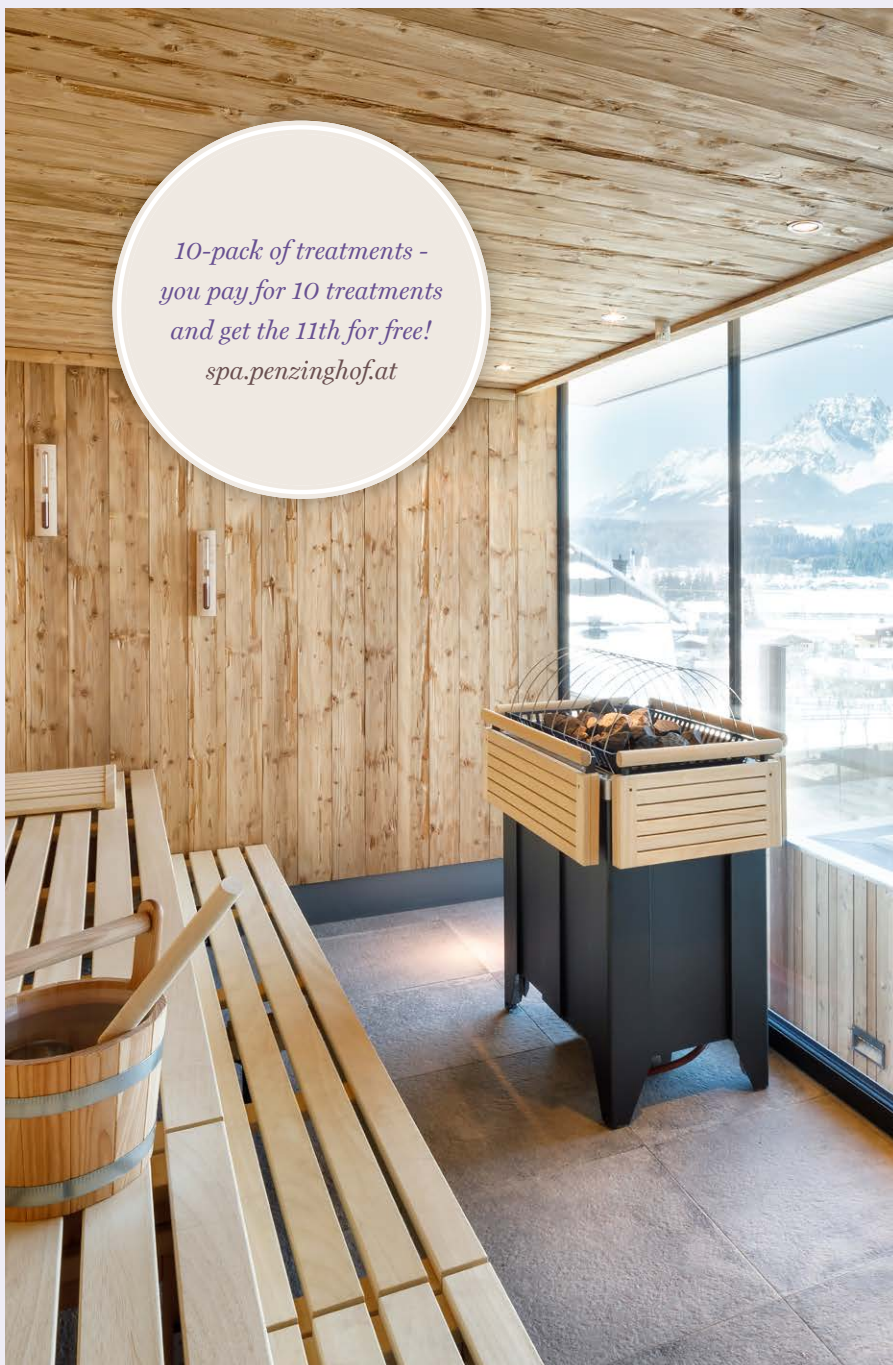
Day Holiday (infinity pool, sauna center & gym) + 1 towel	€ 38
Infinity pool + 1 towel (10:00 a.m. to 2:00 p.m.) / € 11 per child	€ 22
"Sauna World" day pass + 1 towel	€ 17
"Sauna World" evening pass after 5 p.m. + 1 towel	€ 12
Panoramic gym	€ 7
Magnetic field	12 min. € 9
Magnetic field	24 min. € 18
Solarium	7 min. € 9
10-Pack Day Holiday "Infinity Pool, Sauna World"	€ 370
10-Pack Infinity Pool – 10:00 a.m. to 2:00 p.m.	€ 210
10-Pack "Sauna World" day passes	€ 160
10-Pack "Sauna World" evening passes	€ 110
10-Pack Gym passes	€ 63

Penzinghof Bath Kit Rental

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

Treatment Appointments

You can get an appointment at the spa reception "telephone number 46" or at reception "telephone number 9". From abroad you can reach us at telephone number +43 (0) 5352 62905 or on info@penzinghof.at. Please come a few minutes before 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. Gentlemen please shave before a facial.



What you should know ...

CLOTHING

In your room you will find a bath bag with towels, slippers and bathrobe. Please come to your appointment in bathrobe and slippers. You may simply leave the wet bath towels in the Lavender Spa. Your bath bag will be refilled with towels every day.

TEA AND SNACKS

For the duration of your spa stay, there are a variety of teas and fresh Grander water available at our tea bar. As vitamin bombs you will also find a basket of 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 center in the basement is reserved exclusively for adults (admission from age 14). For kids and teenagers we have put together special massages & facials. Children's bathrobes are available at the reception.

CANCELLATION

That's too bad! You won't be making use of your wellness treatment. Please duly inform us prior to 5 o'clock the evening before. Otherwise we charge 75% of the treatment price.

IMPORTANT

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

Massages – For Your Health

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

Aromatic Oil Massages

For deep relaxation and well-being. Essential oils have inherent beneficial vibrations that elevate, complement and balance our own energy levels.

For you to choose from:

- » Lavender: for restlessness, nervousness - harmonizing, calming
- » Mountain pine: for tension - works against stress
- » Rose: for stress & tension - stimulates your senses, opens the heart
- » Lemon Balm: for insomnia - relaxing, soothing, cheer
- » Rosemary: for nervousness and tiredness - anti-inflammatory
- » Orange: in stressful situations - exhilarating, stimulates the circulation

Back treatment	25 min.	€ 37
Whole body treatment	50 min.	€ 57

Classic Massages

To relax the muscles from everyday tensions.

Whole body massage with face and head	75 min.	€ 83
Whole body massage	50 min.	€ 56
Combined massage (back & feet)	50 min.	€ 61
Partial body massage	25 min.	€ 34
Facial massage	25 min.	€ 34
Foot massage	25 min.	€ 34

- ① Massages with high-quality goat butter cream - for dry, sensitive skin additional charge € 7

Banding - small	€ 23
Banding - large	€ 30

Powerful Intensive Massages

For deep-seated tension and blockages.

Intensive back massage	25 min.	€ 37
Head, neck and back massage	50 min.	€ 56
Sports massage - individual treatment area	25 min.	€ 37
Calf massage	25 min.	€ 31

Honey Massage

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

25 min. € 37

Lymphatic Drainage

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

Face, neck, décolleté	25 min.	€ 35
Individual treatment area	50 min.	€ 56

Foot Reflexology

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

25 min. € 35
50 min. € 56

Penzinghof Individual Treatment „Insider Tip“

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

50 min. € 59



Gift Certificate!
We are happy to issue you certificates for a wellness day, wellness treatments or vouchers!
We sell the products we use in the Lavender Spa: nail polish by Jessica, face creams by Payot, ear candles, ...
penzinghof-shop.at

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 and metabolism and relaxes the muscles. The whole body experiences an extraordinary sense of well-being.

75 min. € 99

Warm Indulgence

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

50 min. € 55

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 lounger and a full body massage with wonderfully scented Cleopatra goat butter lotion.

Including rest

85 min. € 87

Pure Relaxation

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

85 min. € 113

Fire Meets Wind

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

50 min. € 61

Peels on the Hammam Table

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 and cane sugar peel: for a younger, fresher look
- » Lavender-rosemary-sugar peel: lavender - soothing and balancing, rosemary - promotes blood circulation and has a cramp-relieving effect

Whole body peel 25 min. € 35

Mixed Doubles

For two - each alternately enjoy a regenerating peel and a relaxing magnetic field therapy session 50 min. € 96



Girlfriends in Bliss

- » *Penzinghof pampering breakfast with a glass of Prosecco*
- » *Sauna center entry with towel*
- » *Scrub of your choice & Cleopatra pack*
- » *Refreshment drink in the Harmony relaxation room*

All-inclusive - € 66 per person

Packs in the Soft-Pack Lounger

You are floating in a 38°C warm waterbed. The temperature opens the pores and 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 skin a long-lasting, silky soft feeling. 25 min. € 37

Lavender Pack

Has a calming, relaxing and regenerating effect on body, mind and soul. Inhibits inflammation! 25 min. € 37

Rose Pack

Inhibits the aging process of the skin, is cell-activating, invigorating and at the same time moisturizing. 25 min. € 37

Swiss Pine Pack

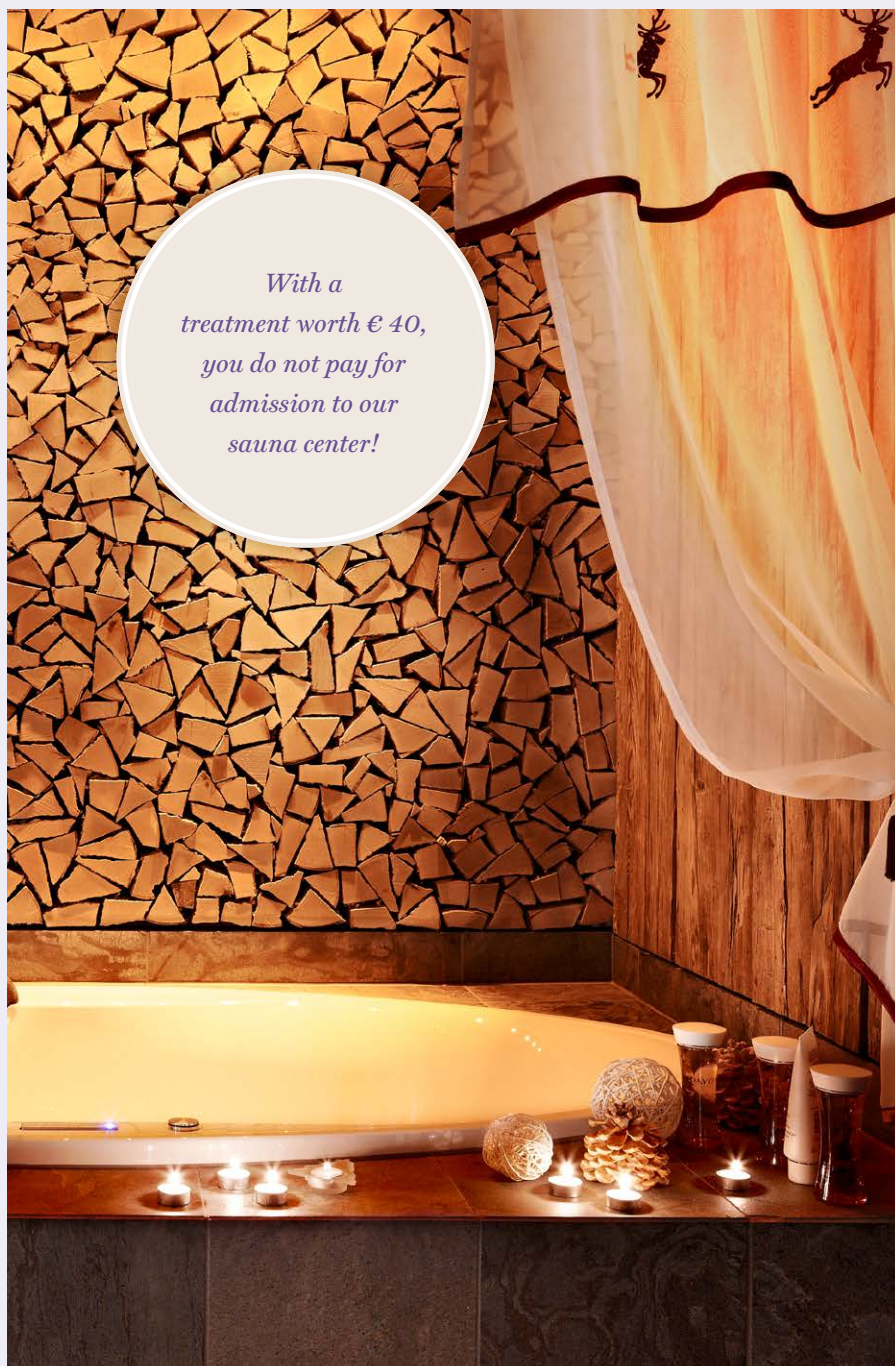
Soothing, relaxing and stimulating mode of action for body, mind and soul. 25 min. € 37

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. € 59
Individual treatment area 25 min. € 37

Seaweed Pack

Has a purifying, draining and detoxifying effect. The high iodine content stimulates cell metabolism and blood circulation. 50 min. € 59



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

Enjoy for two

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

TIME TOGETHER

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

- » Cuddle bath in the whirlpool tub with your favorite bath essence by candlelight
- » Enjoy the heat 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

150 minutes including rest in the four-poster bed for two people € 245

CUDDLE BATH

Relax in the whirlpool tub for two - choose your favorite bath essence and enjoy fresh fruit and two glasses of bubbly sparkling wine by candlelight.

50 minutes including rest in the four-poster bed for two persons € 47

CLOUD 7

Enjoy the heat together in the private steam bath with a peel of your choice, followed by two partial massages and a bottle of bubbly sparkling wine in a four-poster bed.

90 minutes including rest afterward € 107



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

Baths in the Whirlpool Tub

Enjoy your feel-good bath with a high-quality goat milk emulsion and your favorite bath essence in the whirlpool tub. 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 and 10 min. rest for 1 person

€ 36

20 min. bath and 10 min. rest for 2 people

€ 41



Time Out from the Everyday

- » *Day Holiday admission with towel*
- » *Facial massage 25 minutes*
- » *12 minutes magnetic field lounge - relaxes the body and strengthens the immune system*
- » *Antipasti plates as good as they get*

All inclusive - € 76 per person



Virtual Spa Tour
hoteltour.penzinghof.at



Eyes, Hands, Feet

Soft hands, supple skin and perfectly groomed nails - enjoy our hand and foot treatments.

Eyes

Eyelash tinting	€ 15
Eyebrow tinting	€ 13
Eyebrow shaping	€ 13
Eyelash and eyebrow tinting	€ 23

Hair Removal, Warm Wax, Depilation

Upper lip, chin or eyebrows	€ 13
Leg to knee	€ 30
Whole leg	€ 43
Bikini line or underarms	€ 22
Back or chest	€ 32

Hands

Manicure	45 min. € 39
Manicure with polish	50 min. € 45

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

25 min. € 35

Feet

Pedicure without polish	45 min. € 43
Pedicure with polish	50 min. € 47

Happy Feet - Foot soak with healing chalk, lavender peel and foot massage

25 min. € 35



... eyelash and
eyebrow tinting bookable
upon request!

Cosmetics

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 bioenergetic drainage with our new color-light drainer for more vitality and tone.

Stop(s) Signs - Effective Anti-Aging Treatment

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

90 min. € 98

Naturally Pure & Beautiful

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

75 min. € 86

Thirst Quencher - Intensive Moisturizing Treatment

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

75 min. € 86

Fresh Kick - Express Treatment

Cleansing and exfoliation, facial treatment, cream mask, daily care tailored to your skin type.

50 min. € 61



*Also bookable for
women, of course!*

Cosmetics for Him

REAL GUY – “STRONG, CLEAR AND LIMITLESS”!

Just Men Things

Cleansing and exfoliation with Vapozon, brow shaping, relaxing facial, effect mask, hand massage and daily care tailored to your skin type.

75 Min. € 86

For Him - Lots of results in a little time

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

155 Min. € 159

Children 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 soak, nail filing, massage and nail polish with the polish of your choice.

25 Min. € 28

Partial Massage – Pinocchio

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

25 Min. € 28

Choco-Massage

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

25 Min. € 28



*Be a human being,
not a human doing!*

Penzinghof Wellness Packages

FROM A STAY OF 4 DAYS!

Lavender Spa Massage Package

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

€ 221

Energy Package

- » 2x magnetic field - 12 min.
- » Foot Reflexology - 25 min.
- » Swiss pine pack - 25 min.
- » Honey massage - 25 min.

€ 120

Mama or Papa & ME Package

- » Partial massage (Mom or Dad) - 25 min.
- » Wellness bath of your choice with chocolate fondue (Mom or Dad and ME) - 30 min.
- » Pinocchio partial massage (child) - 25 min.

€ 99

Men's Package

- » Sports Massage- 25 min.
- » Just Men Things - 75 min.
- » Moor Mud Pack - 25 min.

€ 152

Regeneration Package

- » Alpine Scrub - 25 min.
- » Seaweed pack - 50 min.
- » Happy Feet - 25 min.
- » Facial massage - 25 min.

€ 149



Panoramic Gym

① OPEN HOURS FROM 7:00 a.m. - 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 little movement? Maybe you want to get in shape, strengthen your muscles and burn calories - then our Panoramic Gym is for you!

Natural Swimming Pond

Rest and relaxation in the fresh air. The wonderfully designed swimming pond with children's pool, lawn and fragrance garden invites you to immerse yourself and linger.

The swimming pond, the purest pleasure for our hotel guests - you bathe in invigorated Grander water! Experience how beautiful the use and protection of nature can be!

Whether bathing, sunbathing, relaxing, watching nature or just enjoying the good feeling of having a piece of pure nature around you. You bathe without chemicals and enjoy yourself the whole year, right up close to the seasonal growth of nature in spring, summer or fall.

- » Cooling, swimming, enjoyment, sunbathing, resting, ...
- » Water surface 680 m², water depth 1.39 meters
- » Lounging area approx. 2000 m², infant area 30 m²
- » Tell-A-Vision - experience and observe nature with 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 lounger

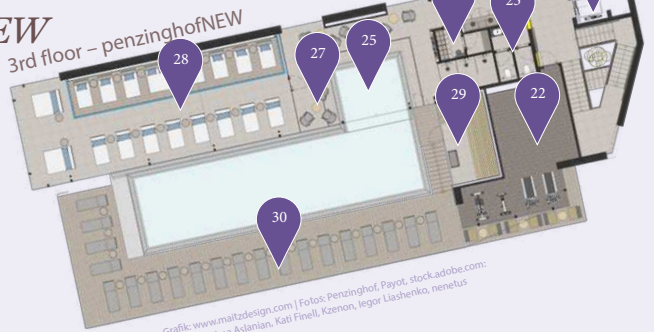


Upstairs

- 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

- 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



Grafik www.maltadesign.com | Fotos: Penzinghof, Payot, stock-adobe.com:
blackday, Dima Aslanian, Kati Finell, Kzenon, Igor Liaschenko, nenetus

HOTEL PENZINGHOF • WIRTSHAUS • LAVENDEL SPA • FERIEWOHNUNGEN

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