



# Amber Spa

Cosmetic  
Classic  
Energetic

english edition



# Philosophy

## Amber Spa

Your safe haven in the mountains to recover in a safe atmosphere. That is what the amber stands for – its original effect as a healing stone and a place in our Alpen-Karawanserai. Arrive at your sheltered room, full of warmth and hospitality, in a secure refuge that is the perfect place to recharge your batteries, gather your strength and find your bearings.

We will accompany you all throughout your journey. Experience circumspect attention and a few relaxing moments of withdrawal here at the Amber Spa.

Our Amber Spa symbols are your companions and should help you find your bearings in choosing your treatment.



**Finding peace**



**Recharging your batteries**



**Experience time in a new way**



**Experience mysticism**

**Karawanserai healing oils** For us, using of natural active ingredients is a way of expressing honesty and individuality. That is one reason why we make our oils together with our regional pharmacies in order to save resources. Our recipes are based on natural aromas such as almond oil, frankincense and cardamom oil and we don't use any synthetic additives. To recharge with positive energy, we use healing stones such as rock crystal, rose quartz or amber. Depending on the composition, our healing oil treatments can be invigorating or relaxing, and give you a feeling of nurturing or fill you with new energy.

**Babor** for the highest demands and sustainably for healthy skin.

We use the finest, natural ingredients from the Alps to give you luxury skin care that is both highly effective and gentle.

**Reviderm** Microdermabrasion was originally developed for the medical sector. The upper, callous cells are gently removed to ensure the products designed by Cellucur reach the deepest layers of the skin with the greatest possible effect.

**Healing Energy:** The purpose of all treatments is creating a space in which you can reconnect your core self to the true source of healing and beatitude. The use of pure ingredients and time-honoured techniques that stimulate mind, body, soul and the instructions from highly qualified, attentive and caring therapists all combined, so that the treatments can achieve the deep healing results.



Alpen-Karawanserai

BODY OIL  
الاب خور  
WEIHPAUCH



Alpen-Karawanserai

BODY OIL  
الاب خور  
WEIHPAUCH



Alpen-Karawanserai

BODY OIL  
الاب خور  
WEIHPAUCH

# Private Spa

## Yaman

*Relax as a pair*



- Switch off in the bio sauna
- Herbal relaxation tank in the jacuzzi
- Relaxing massage with our calming lavender healing oil

*Pampering time: 80 minutes, per pair* € 190,-

## Time for two

*Romantic Dream*



- Cuddle up in the dream bio-sauna
- Enjoy a shared honey and milk bath in a large jacuzzi, enjoying your Prosecco
- Afterwards, you will both enjoy a Jannah / body balm massage. The massage will enrich your skin with beeswax and the scent of roses, enliven your spirit and let you enjoy some vital precious moments.

Love is sharing an experience

*Pampering time: 100 minutes, per pair* € 240,-

## Find your strength together

*Recharge your batteries in the bio sauna*



- Energising rose-thyme bath in the jacuzzi
- Invigorating full-body massage with our alm quendel oil

*Pampering time: 100 minutes, per pair* € 230,-





# Cosmetics



*Skin advice, cleaning, peels, short deep tissue cleansing, final phase care, active ingredient extracts, massage, masks, hand massage*

## **Bahiyya**

*Your desires fulfilled*

Precious serums, extracts and creams are individually customised to your skin condition to bring out that „Bahiyya“ feeling: Beautiful, glowing and radiant!

*Zaman: 50 minutes*



€ 68,-

## **Zakat**

*Microdermabrasion*

„Zakat“ – purity the top priority  
Following the enzyme phase of the microdermabrasion, the active ingredients can really take effect as they penetrate deep – the result is wonderfully pure and cared-for skin.

*Zaman: 50 minutes*



€ 68,-

## **Ulfa**

*Beautiful without the wait*

If you're after particular attention, „Ulfa“ (harmony) is the right treatment for you, tackling inflammatory impurities, skin irritations and redness.

*Zaman: 50 minutes*



€ 68,-

## **Madani**

*For the modern man*

Specially designed for a man's skin, „madani“ is urban and modern through and through. For fresh skin, full of vitality, energy, balance and dynamism!

*Zaman: 50 minutes*



€ 68,-

*Skin consultation, cleansing, eyebrow shaping, deep tissue cleansing, active agent concentrates, lavish face, neck and décolleté massage, masks, hand massage or foot massage and customised final care phase*

## **Rafa**

*A burst of freshness*

Customised, extensive care is the top priority here, with therapy entirely tailored to your needs. For extra freshness, calming, balance or revitalisation.

Pure „Rafa“ – for happy skin!

*Zaman: 80 minutes*



€ 98,-

## **Nafisa**

*Luxurious facial treatment*

„Nafisa“ – valuable yet affordable – this luxury facial treatment has one clear goal: strengthening contours and smoothing your skin.

*Zaman: 80 minutes*



€ 110,-

## **Sabahat**

*Large microdermabrasion*

This treatment will support you on the way to a radiant „sabahat“ (good) glow – perfect to produce more even, radiant and protected skin. Includes enzyme phase, circulation mask or microdermabrasion, active ingredient supply and wrap.

*Zaman: 110 minutes*



€ 125,-



# Cosmetics

## Baha

### Special facial

When you really need a burst of freshness or a little respite, the freshness of „Baha“ really packs a punch. After cleansing, your skin will be nourished with 2-3 ampoules or a deep-reaching face massage.

*Zaman: Approx. 30 minutes*

## Maha

### Eye treatment

„Maha“ (beautiful eyes) are shaped step by step. Eyebrow shaping, tailored active agent concentrate, moisturising eye mask and balancing massage for eye ring muscles.

*Zaman: Approx. 25 minutes*

## Musaafaha

### Spa manicure

„Musaafaha“ – shake hands with confidence – for all-round care with a hand bath, peel, wrap, nail care and finally a massage running past the elbows.

*Zaman: Approx. 50 minutes*

*Zaman: Approx. 30 minutes (with skincare)*



## Masum

### Spa pedicure

A real treat for your feet! With foot bath, peel, nail care, wrap and massage past the calves.

*Zaman: Approx. 50 minutes*

*Zaman: Approx. 30 minutes (with skincare)*



€ 48,-

### Amber recommendation:

We would be happy to give personal advice on offers such as eyebrow shaping, eyelash colouring and depilation.



€ 30,-







# Body

## Scharia

*Your own beauty bath*



Bathing – in the sense of cleansing both body and soul – has always been part of Karawanseraien tradition. Enjoy the warm feeling of the water and let the effects of the wide variety of herbs and salts unfold.

- Lavender and orange
- Rose and thyme
- Hay flowers
- Mint and cocoa

*Zaman: Approx. 25 minutes* € 30,-  
per pair € 40,-

## Wadi

*Body wrap*



Wrapped in a warm water bed, „wadi“ means relax in peace and quiet as you allow one of the following active ingredients to take effect:

- Evening primrose wrap to make sensitive skin harmoniously soft
- Hay flowers to stimulate your metabolism and relax your muscles
- Salt-mud for skin revitalisation and purification
- Moor wrap from the Salzburg Moor prevents spasms and restores your muscles' natural balance

*Zaman: Approx. 30 minutes* € 39,-

## Saphira Sakina

*„Dreamboat“ for the journey inwards*



Sometimes the right thing to do is to look inside yourself and listen to your body ... We have created a safe place for you – a refuge of warmth, held in blue, all accompanied by flowing music and light vibrations. This is the place to take a dip, relax deeply and just be yourself

*Zaman: Approx. 25 minutes* € 28,-  
per pair € 39,-

## Tahara

*Peel and marma point massage*



After this combination of purity and energy, you will feel as if you have been born again. One particular peel with rustic salt and the treatment of several marma energy points helps produce a unique feeling of „Tahara“ –purity.

*Zaman: Approx. 50 minutes* € 67,-

## Mutahhira

*Peel, energy point treatment, wrap, face mask*



Holistically mixed with the aim of „mutahhira“ – being ritually cleansed. The peel, the energy point treatment, body wrap and face massage are all diligently performed. Revitalised and full of new energy, you can start your next tour of discovery ...

*Zaman: Approx. 80 minutes* € 97,-

## Tamima

*Body forming*



Problem zones are actively targeted here. The connective tissue massage is invigorating and stimulates circulation so that the tightening wrap can immediately get to work afterwards. „Tamima“ – fully focused!

*Zaman: Approx. 50 minutes* € 58,-  
Our Tamima 5+1 package





# Massage Classic

## Saide Ahlam

*Book your time*



The Karawanserai has always been an oasis of rest and a great spot to regather your strength. When you also need some peace and quiet, we would recommend that you get up and book your „resting period“. Afterwards, you can discuss the aims of your treatment and the techniques to be used with your therapist.

*Zaman: Approx. 25 minutes (partial body) € 37,-*

*Zaman: Approx. 50 minutes (full body) € 67,-*

## Istiqama

*Classic massage*



Our massage oils have been specially created for you. Therefore we would like you to be the first to make a selection from our oil bar and then feel the full effects throughout the partial body or full-body massage. „Istiqama“ – well-being will spread – through the muscles and the mind.

*Zaman: Approx. 25 minutes (partial body) € 37,-*

*Zaman: Approx. 50 minutes (full body) € 67,-*

*Zaman: Approx. 80 minutes (full body) € 89,-*

## Sakina

*Anti-stress massage*



Let your worries fly away! Treat yourself to a breather and enjoy the peace and quiet. A wide variety of holistic treatment techniques will help you achieve „sakina“ – inner peace!

*Zaman: Approx. 25 min. (shoulder, neck, head) € 37,-*

*Zaman: Approx. 50 minutes (back) € 67,-*

## Tasawuf

*Lymph drainage*



The flow of lymph nodes is gently and rhythmically supported on its „tasawuf“ – inner journey. Reduces swelling to create softer legs and deeper relaxation.

*Zaman: Approx. 25 minutes (partial body) € 37,-*

*Zaman: Approx. 50 minutes (full body) € 67,-*

## Dwash

*Honey massage*



„Dwash“ (honey) has been used for holistic body applications since the earlier days of body treatments. We use it in this powerful connecting tissue massage and pumping actions to invigorate and stimulate the body and promote circulation. The connecting tissues are stretched as the blood flows through them as the body's own regenerative processes are triggered.

(This may cause redness and bruises in weak tissues.)

*Zaman: Approx. 50 minutes € 67,-*

## Our tip:

Select your preferred healing oil from our oil buffet. Our therapists will then pamper you with the oil, combined with your favourite fragrance or essence.





# Energetic



## Nafs mutmainnah

*Scen Tao*



... a soul that has found peace and satisfaction – that's what we're inviting you to. Hot lava stones and refreshing scents will accompany you on this relaxing journey of treatment for face and body.

*Zaman: Approx. 70 minutes* € 87,-

## Al Hagaru

*Hot stone back massage*



Hot lava stones are carefully placed to loosen tense muscles and reinvigorate them through massage.

*Zaman: Approx. 40 minutes* € 57,-

## Jannah

*Body balm massage*



Flowing strokes and targeted acupressure with beeswax and a rose fragrance care for the skin, enliven the spirit and give you a few precious pleasant moments. Sometimes pleasure comes from the simplest things!

*Zaman: Approx. 50 minutes* € 67,-

## Jannah Chakra

*Chakra treatment*



... paradise for the chakras. Kundalini energy is carefully selected for use. It embodies the dormant energy at the base of the spine that, once awoken, becomes the third eye of the spinal column and increases energy. The ritual begins with a foot bath peel to ground you and put you in the right mood for what's to come. Time-honoured massage techniques and chakra balancing have a deep, calming and relaxing effect to give you a few precious moments of bliss.

*Zaman: Approx. 60 minutes (back)* € 78,-

*Zaman: Approx. 80 minutes (back, legs, head, face)* € 98,-

## Baraka

*Full-body*

*energy treatment*



The solar plexus – the third chakra – is our body's centre of fire and solar energy, igniting our health and vitality.

By stimulating and balancing the sun's vitality within ourselves, through marma point massage, a draining effect and carefully placing hot Himalayan herbal stamps on the ten petals of the solar plexus, you can allow your full energy to unfold.

*Zaman: Approx. 60 minutes* € 78,-

## Tariqa

*Oriental massage*



„Tariqa“ – knowledge of the mystical path – is used to balance the five elements to regenerate the harmonious flow of energy and vitality.

A mixture of five essential oils to balance the five elements combines holistically with the Oriental techniques of tapping, kneading and acupressure with hot herbal stamps and stones.

*Zaman: Approx. 60 minutes (full body)* € 78,-

## Masel Tov

*For mums-to-be*



For this really special time, we want to give you circumspect attention! Lavender and rose extract, combined with almond oil, bring about peace, balance, calm and harmony. With hot Himalayan salt and lavender herbal stamps, the marma and meridian points are stimulated to achieve deep relaxation with music specially produced for mum-to-be and baby.

*Zaman: Approx. 50 minutes* € 67,-



# Hammam / Turkish Bath



## Spa packages

### A diverse range of infusion creams for you in the hammam

*Monday – yoghurt and Arabian mint*  
*Tuesday – salt and olive oil*  
*Wednesday – chocolate*  
*Thursday – sugar*  
*Friday – natural yoghurt*  
*Saturday – honey*  
*Sunday – coffee*

#### Recharge your batteries



- Relaxing & invigorating 50-minute facial treatment
- Soothing 50-minute „Istiquama“ full-body massage
- Saphir Sakina „Blue Box“ deep relaxation

*Pampering time: 130 minutes*

€ 130,-

#### Zahra

*Radiant and glowing*

- Body balm massage
- Full-body peel
- Relaxing facial care

*Pampering time: 100 minutes*



€ 110,-

#### Strengthen your back

*The power pack for your back muscles*

- 3x back massage
- 1x relaxing rosemary bath
- 1x shoulder, neck and head massage

*Pampering time: 130 minutes*

€ 140,-



#### The blue wonder



- Saphir Sakina „Blue Box“ Deep relaxation
- Shariah – relaxing herbal bath
- Jannah Chakra – chakra treatment

*Pampering time: 120 minutes*

€ 120,-

#### Find yourself

*The spa package for your back muscles*



- Saphir Sakina „Blue Box“ Deep relaxation
- Baraka – full-body energy treatment
- Bahiyya – relaxing facial treatment

*Pampering time: 140 minutes*

€ 160,-

#### Beauty from head to toe



- Relaxing facial treatment
- „Istiquama“ full-body massage
- Manicure or pedicure

*Pampering time: 130 minutes*

€ 160,-





# Our saunas

at the Alpen-Karawanserai  
(open daily from  
10 a.m. to 8 p.m.)

Late Night Spa  
(Thursday and Friday  
to 10 p.m.)

## **Finnish sauna 80 - 90 °C**

The classic sauna: dry & hot!

## **Herbal sauna 60 °C**

For gentle relaxation and purification: with genuine Alpine herbs

## **Infrared sauna**

Deep-reaching warmth to relax your muscles – ideal before a massage.

## **Salt room 25 °C**

Rub in the ginger and mint salt water to regenerate your skin – a real treat for lungs and airways

## **Hammam / Turkish Bath**

Oriental vapour bath with a new infusion cream every day.

## **Panorama Spa on the sky deck**

Mature timber panoramic sauna 80 - 90° C on the sky deck with cold water tub to cool off and open-air showers. Cosy Oriental panoramic relaxation room and sky beds in the reed garden on the sky deck. Sweat above the roofs of Hinterglemm!

## **Textile sauna 70 °C**

Sauna in your bathing costume

## **The perfect way too cool off**

Natural bathing pond in the garden  
Cold water shower in the Amber Spa  
Cascade jet shower in the  
Oriental divan in the fresh air  
Cold water tub and open-air shower  
on the sky deck

# Sauna rules

- 1.** The main thing is to feel at ease. For example, beginners may want to leave the sauna earlier than recommended. You have to rely on your own feelings in the sauna.
- 2.** Give yourself enough time. A complete sauna bath lasts around two hours. It should be relaxing – „working through“ the exercises in the heat is more likely to stress your body than relax it.
- 3.** First clean yourself in the shower and then dry yourself off well, as dry skin will sweat more quickly.
- 4.** In the sauna, lay your towel beneath your entire body. Your stay in the sauna should be short, but the effects should be intense. 8 to 15 minutes should be enough.
- 5.** Do not go straight into the shower, cold water tub or Karawanserai Lake. First, cool off in the fresh air, as your body will need oxygen. Only then should you spray yourself down with a Kneipp hose.
- 6.** After you have cooled off, a warm foot bath will create a pleasant warming feeling as your body can then completely balance out its temperature. Apply further cold water to give your blood vessels particularly intense stimulation and increase your body's resistance.
- 7.** Following this, we recommend that you take a short break to completely recover.
- 8.** When in the sauna, you should not drink, otherwise the purging effects of the sauna will not take effect.
- 9.** Follow the same procedure when going back into the sauna, but note that three visits to the sauna in a row are enough to achieve the desired holistic effect.
- 10.** A sauna bath is particularly good to relax and recover your body. To maintain the effects of the sauna and prevent unwanted circulation reactions, sporty activities should therefore be avoided after the sauna, whereas a massage between or after visits to the sauna will improve its effects.

# Dictionary



Al Hagaru	black stone
Baha	wonderful, prime of life
Bahiyya	beautiful, radiant
Barcka	blessing
Dschanna / Jannah	paradise, garden
Dwash	classic honey
Istigama	good order
Jannah Chakra	paradise for the chakras
Karim Massa	craniosacrale balancing
Maab	the place to which you return
Madani	urban, modern
Maha	with beautiful eyes
Masel Tov	good luck
Masum	peace
Musaafaha	shake hands
Mutahhira	ritual cleansing
Nafisa	valuable, precious
Nafs mutmainnah	a soul at peace
Rafa	happiness
Sabahat	good looking
Saide Ahlam	sweet dreams
Sakina	inner calm
Saphir sa Kina	the blue peace
Schana	way to the watering hole
Tahara	purity
Tamima	complete
Tanga	the mystical path
Tasawuf	inner path
Ulfa	harmony
Wadi	calm, peaceful
Yaman	glad tidings
Zahra	vibrant, radiant
Zakat	purity
Zaman	time



# Spa etiquette

## Take your time

So that your therapist can prepare for your own personal application and you can enjoy the full treatment time, we would ask you to come to the spa reception around 10 minutes before the start of your appointment. Out of respect for subsequent guests, we would ask you to understand that if you are late, this time will be deducted from your treatment time.

**Beauty reception 1st floor:** Fountain of Youth, Saphir Sa Kina „Blue Box“, Source of Beauty and Nail Technician

**Spa reception:** 1001 Nights, Healing Room, Private Spa

## Last Minute Board

Our last minute board will be hanging in the lobby, listing the remaining treatments available for the day.

## Clothing

Please come to your appointment in your bathrobe or comfortable clothing. To protect your modesty, we would be happy to offer you a disposable slip for each treatment and work with various covered techniques.

## Book your treatments early

To secure your desired treatment, we would recommend that you make your booking before you come to the spa reception. You will receive a confirmation when you arrive at the hotel.

## Your wishes fulfilled

We want to really tailor the treatment to your wishes. Therefore, we will ask you what is particularly important to you before your treatment. Competent advice is part of the treatment and is very close to our hearts.

## Cancellations

We have carefully prepared for your reserved appointment. We would ask you to understand that in the case of a cancellation less than 12 hours before the treatment, we will have to charge 50% of the costs. In the case of a cancellation less than 6 hours before your appointment, 100% of the costs must be paid.

## Open hours

Treatments and by appointment	from 9 a.m. to 8 p.m.
Fitness & indoor pool	from 6 a.m. to 0 p.m.
Sauna in winter	from 2 p.m. to 8 p.m.
Sauna in autumn	from 10 a.m. to 8 p.m.
Panorama Spa	from 2 p.m. to 8 p.m.

## Children

The Amber Spa and Panorama Spa are the places to relax and recover and are largely nude areas. We would ask you to understand that children under the age of 16 are not permitted in these areas.

## Nude area and clothed area

Please wear a bathing costume in the indoor pool and clothed sauna.

The nude area starts after the salt room. In the outdoor pool and Karawanseraï Lake you can swim with or without a costume to your heart's desire.

To give you a boost between visits to the sauna and spa treatments, we will be happy to welcome you to the wellness and snack buffet in your bath-robe.





# Amber Spa Overview



Beauty oasis on the 1st floor

- 1 Fountain of Youth:  
Facial treatments and health spa
- 2 Nail studio:  
Manicures and foot care
- 3 Source of beauty:  
Facial treatments and cosmetics
- 4 Saphir Sa Kina „Blue Box“:  
„Dreamboat“ journey within



Panorama Spa on the 5th floor

- 1 Entry to Panorama Spa
- 2 Panorama lounge
- 3 Sky deck with sun loungers
- 4 Wooden cold water tub
- 5 Open air showers  
left – cold, right – hot
- 6 Panorama sauna





# Alpen- Karawanserai

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