

ALMDORF  
*Seinerzeit*<sup>®</sup>  
1st CLASS CHALET RESORT

Almdorf SEINERZEIT BetriebsGmbH  
Fellacheralm | 9564 Patergassen | Austria  
Tel.: +43/4275/7201 | Fax: +43/4275/7201-6  
office@almdorf.com | www.almdorf.com

*House of Senses*  
Wellness & Selfness of the Highest Standard



... be yourself!

## ... „be yourself“,

... „be yourself“ is our principle in the Almdorf SEINERZEIT. This means that we combine originality and luxury in a genuine way making it possible for you to devote yourself totally and utterly to your own person.

Our HAUS DER SINNE („House of Senses“) is wellness as a really sensual experience, which we refer to as selfness and well-being. Here you may find relaxation and enjoyment in a rather unique atmosphere.

...please do come in - find out that comfort and luxury need not be complete opposites. The pleasant feeling of warmth provided by herb teas and the flavour of alpine fragrances are waiting to give you a warm and cosy welcome.

Experience the combination of haybath, massage and thermal therapies - a healthy pleasure and a delight for all senses.

We release you from muscular pain, we reduce tension, and we improve your blood circulation and help you with your stress management.

Our well-skilled and well-trained staff awaits you with genuine warmth and friendliness.

### *Opening Hours:*

daily from 11.00 a.m. to 07.00 p.m.

Please make reservation for your treatment at the reception.

Bathrobe and bathroom slippers are made available for you in the Haus der Sinne.



### *Herbal Haybath:*

Seinerzeit - in those days when hay was brought in on alpine pastures, reapers and maidens used to sleep in the fresh hay. Even then it was already known that afterwards hard work could be done much easier and that many minor daily illnesses and ailments would be eased thereby.

Today it is widely known that hay from alpine pastures has its own therapeutic effects. Traditional knowledge and modern up-to-date therapy build up a genuine symbiosis in our herbal haybath. Make use of an old tradition we have given a form of revival for you!

Of course, our hay and the important herbs used in connection therewith have their origin on an alpine pasture where it is brought in by hand. The mountain farmer Franz Gruber supplies our HAUS DER SINNE directly with the hay, which is manually and laboriously brought in from the pastures!

We are - in a healthy form - committed to a really genuine attitude towards tradition that has been, however, put up to a modern standard.

### *Herbal Haybath*

Herbal haybath with combined neck massage. Duration of treatment: approx. 1 hour.

single person  
two persons

€75.-  
€125.-

## Massages:

### Classic Massage

Loosening up of muscles, stimulation of blood circulation and expulsion of toxins.

25 min	€29.-
50 min	€56.-

### Classic Massage with Cranio-Sacral Techniques

The original mobility may be recovered by means of finest mobilisation of the cranial bone and the sacrum. This technique has its origin in osteopathy and will provide you with valuable stimuli for your overall well-being, especially in the case of states of stress and tension in connection with head and muscle pains.

50 min	€56.-
--------	-------

### Aroma Massage

By means of a gently „flowing“ body massage and high-standard essential oils the natural body rhythm will be stimulated and strengthened. Body, soul and spirit will be harmonised through these fragrances. You receive message and essences of the oils via your skin, breath and sense of smell that and they will then distribute their effect.

You are invited to choose your favourite oil yourself.

50 min	€56.-
--------	-------

### Chinese Foot Reflex Zone Massage

50 min	€56.-
--------	-------

### Manual Lymph Drainage (partial body)

By means of soft strokes and pumping grasps the tissue will be drained, detoxified and purified.

50 min	€56.-
--------	-------

### Herb Stamps (partial body)

In the case of strong muscular tensions, the massage will be performed with the help of hand-made herb stamps previously heated in herbal oils.

50 min	€56.-
--------	-------

All treatments include relaxation time!

These treatments are NOT suitable for our pregnant guests!

## Ayurveda Feelgood Services:

This is an ancient Indian tradition offering a harmonic appreciation of ourselves and our health. This very complex medical system approaches your individual needs and demands in a rather careful way. The three life energies are set back into balance with you and your nature. Your personal energy equilibrium will be restored. Our selfness and well-being team would like to inform you in greater detail about mechanism and tradition of these very effective treatments.

### Ayurveda Whole-Body Oil Massage

special massage individually adapted according to Ayurveda

80 min	€90.-
--------	-------

### Nuad/ Yoga Massage

Massage along the energy meridians. This massage will be performed with the patient lying completely dressed on the floor. For this reason, please wear long and comfortable trousers!

80 min	€90.-
--------	-------

### Shiro Dara–Forehead Oil Flow

Prior to the forehead oil flow, the guest's entire body is rubbed with oil, and finally the forehead oil flow is celebrated.

60 min	€95.-
--------	-------

### Ayurveda Massage & Shiro Dara

110 min	€160.-
---------	--------

### Bottali Sveda

neck, back  
whole body

45 min	€64.-
70 min	€72.-

In this heat treatment, a carefully prepared herb stamp is heated in special oil and afterwards used for a massage with quick movements. This massage technique with thermo-physical components is successfully used for muscular relaxation and skin treatment.

## Wellness Packages

### On Cloud Nine

[3-day-package]

Find peace and relax with the element air

Aroma massage	50 min	
Manual lymph drainage	50 min	
Reiki	25 min	€125.-

### Lovers' Tryst

Enjoy cosy warmth with the elements fire and water

Herbal haybath for 2 persons in total privacy		
2 whole-body massages		€198.-

### ... be yourself

[3-day-package]

Feel free like the element space and let yourself be pampered

Bottali Sveda	45 min	
Ayurveda Massage	80 min	
Nuad/ Yoga Massage	80 min	€220.-

### Alpine Energy

Refuel energy with the element earth and be positively recharged

Partial massage	25 min	
Foot reflex zone massage	50 min	€79.-



... be yourself!