



ÜBERGOSSENE
ALM RESORT

HOCHKÖNIG | ****S

*Wellness from the
mountain pastures*





*Enter &
let go*

In the midst of the mountains, carried by the power of nature, a place that touches your soul awaits you.

Our Hochkönig SPA is a retreat, a place of strength and a temporary home. With treatments that offer more than just care. With products that combine naturalness with effectiveness. And with moments that stay with you.

Genuine. Cosy. Rooted. Touching.

Welcome to the Übergossene Alm Resort

Familie Burgschwaiger

THE BURGSCHWAIGER FAMILY
AND THE ALPINE DAIRY PEOPLE



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Please refer to the enclosed leaflet for the treatment prices.



VINOBLE COSMETICS

VINOBLE COSMETICS – THE POWER OF GRAPES & THE TRANQUILLITY OF THE MOUNTAIN PASTURE

At the Übergossene Alm Resort, alpine originality meets cosmetics with modern active ingredients. With the premium VINOBLE COSMETICS brand, we use a natural cosmetics line that delivers what it promises. It is sustainable, vegan, certified, intensively nourishing, highly effective – and deeply rooted in Styria. It is right here, in a small production facility, that the power of the grape is used to create products that pamper skin and senses alike.



VINOBLE COSMETICS combines Traditional European Medicine (TEM) with state-of-the-art research. The results are noticeable vitality, intensive care and a skin that breathes a sigh of relief.

VINOTHERAPY – NATURALLY EFFECTIVE

You will experience the regenerating effect of the vines in every treatment:

- grape seed oil strengthens the skin barrier
- polyphenols have an antioxidant effect
- gentle aromas create a centred feeling

Creating care that lasts and an experience that moves you.

BALANCE ALPINE 1000+



BALANCE ALPINE 1000+ REGENERATION THROUGH ALPINE PLANT POWER

When medicinal herbs thrive at over 1,000 metres above sea level, they develop a special energy. This energy flows into every treatment with Balance Alpine 1000+ – the exclusive product line of the Best Alpine Wellness Hotels, the renowned association of Alpine wellness pioneers, to which the Übergossene Alm Resort also belongs.

Balance Alpine 1000+ is developed and manufactured by Vinoble Cosmetics, which transforms the power of alpine herbs into effective natural cosmetics.

SHAPED BY THE ALPS. CREATED FOR YOUR INNER BALANCE.

What once grew by the wayside now unfolds its effect in the form of mindful care – deeply rooted, soothingly genuine.



MOUNTAIN DANDELION

Dandelion has a cooling effect, for example when the muscles are overstrained, and supports regeneration. It also has a calming and diuretic effect.



WILD THYME

Thyme warms and strengthens the respiratory system and supports relaxation. It promotes inner calm.



YARROW

Yarrow strengthens connective tissue, provides relief for and strengthens the veins. It also has a balancing and regulating effect.



ANGELICA ROOT

Angelica root supports regeneration and has a generally strengthening, invigorating, but also harmonising effect. It increases energy and vitality.

Facial treatments

Show your face – and everything that goes with it.



Every skin tells its own story. And we meet you right where you are – with treatments that are customised, naturally effective and beneficial down to the deepest layers. Our facial treatments are aimed at anyone who wants to give themselves the gift of time – women and men alike. Because every skin deserves attention, care and a moment of pause.



SKIN REVITALISING FACIAL TREATMENT BALANCE ALPINE 1000+

For all those who want to make their skin glow – from the inside out. Skin type and current condition are analysed on the basis of Traditional European Medicine. After cleansing, exfoliation, cleansing and spagyric moisturising, a moisturising mask and eye and finishing care are applied.

50 minutes

80 minutes (incl. eyebrow shaping and décolleté/neck/face massage)

SKIN CARE FACIAL TREATMENT VINOBLE COSMETICS

For skin that appreciates direct care. Cleansing, exfoliation, facial massage with serum, cream mask (antioxidant or regenerating) and final care. While the mask is working, you will be pampered with a relaxing hand massage.

50 minutes

SKIN TIGHTENING FACIAL TREATMENT
VINOBLE COSMETICS

For skin that wants more. Here, we go deep: cleansing, exfoliation, highly effective concentrate cocktail, facial massage, eye care, special mask (lifting effect or peel-off for an intensive anti-ageing effect), eye treatment with energising grape seeds and final care. 80 minutes

SKIN REJUVENATING 4D
LASER LIGHT THERAPY
VINOBLE COSMETICS

The Longevity treatment supports the skin's natural regeneration processes and ensures a visibly smoother, firmer complexion. The combination of 4D laser mask and high-dose molecular cosmetics targets and activates repair mechanisms. Fine lines, pigmentation spots and redness appear reduced and the skin texture is noticeably refined. 80 minutes

VINOBLE COSMETICS PURE

The COSMOS-certified skincare line is ideal for sensitive skin and environmental stress. It contains special plant stem cells to strengthen the cell walls and revitalise the skin, improve its circulation and balance its vital energy.

SKIN REGENERATING FACIAL TREATMENT
VINOBLE COSMETICS PURE

A gentle cleansing scrub prepares the skin for the high-dose essences and concentrates; warm compresses maximise the penetration of the active ingredients. The highlight of the treatment is a 2-phase transformation mask: Phase 1 focuses on anti-ageing and regeneration, while the detox effect of the mask unfolds in phase 2. The final step is a moisturising active ingredient cream. This facial treatment also involves special rituals that stimulate the vagus nerve and thus bring about deep relaxation. 50 minutes

*Add-
 Ons* 

ARGETED SUPPLEMENTATION & IN-DEPTH CARE

Treat yourself to that little bit extra: our four modules deepen your VINOBLE COSMETICS and BALANCE ALPINE 1000+ facial treatment and extend your time-out by about 20 minutes.

HIGHLY EFFECTIVE CONCENTRATE COCKTAIL as an ideal supplement for signs of skin ageing.

INTENSIVE TREATMENT FOR THE EYE AREA with VINOBLE COSMETICS eye mask.

GENTLE FACIAL MASSAGE with regenerating oil serum from VINOBLE COSMETICS.

4D LASER LIGHT THERAPY incl. cleansing.

Body treatments

Naturally groomed from head to toe.



The skin is our largest sensory organ — and it longs for touch, care and small moments of attention. Our body treatments combine alpine ingredients with deep-acting effects. Between warming wraps, fragrant baths and revitalising scrubs, you can simply leave everyday life outside.

Alpine baths

Immerse yourself in warm moments of well-being with natural essences from the region. Our alpine baths care for your skin, soothe your senses and give you valuable time for yourself.

MILK AND HONEY BATH

Let yourself be whisked away into the legendary world of the Hochkönig and bathe in milk and honey just like the dairymaids and dairymen used to do — for particularly soft skin. This bath is ideal for dry and sensitive skin.
20 minutes

ROSE FOAM BATH

The rose has been considered the “queen of flowers” since ancient times and has a guardian function in the vineyard. Rose water revitalises and smoothes dry skin. The delicate fragrance of the natural perfume oil has a harmonising effect. The bath ensures velvety-soft skin.
20 minutes

GRAPE BATH

A bath that smells of summer and vineyards: flavonoids and polyphenols from the vine leaves have an antioxidant effect and protect the skin. Aloe vera moisturises, fresh grapes gently tauten — for a noticeably revitalised skin feeling.
20 minutes

Soft-Pack treatments

Floating instead of lying down: the Soft Pack couch provides particularly intensive care. Enjoy the soothing warmth while high-quality active ingredients are absorbed deep into the skin.

DETOX BODY WRAP

This detoxifying and purifying full-body wrap is particularly suitable in combination with exfoliation. It moisturises, stimulates detoxification and leaves the skin firm and even.
20 minutes

STRUCTURE DELUXE DETOX BODY WRAP

After this treatment you will experience an immediate effect: your body is sculpted and you feel lighter, clearer and more vital afterwards. The special body wraps stimulate the lymphatic system and tauten the tissue.
50 minutes

Book three Structure Deluxe detox body wraps in one week for new lightness and a visibly optimised figure!



Scrubs

Gently rid your skin of what it no longer needs. Our scrubs cleanse, smooth and perfectly prepare the skin for further care.

MOUNTAIN HERB SCRUB

A gentle exfoliator with Balance Alpine 1000+ essences for sensitive and delicate skin. Selected alpine herbs cleanse the skin in a natural way.
20 minutes

SALT AND GRAPE SEED OIL SCRUB

Pamper your skin with the clarifying essences of Atlantic sea salt combined with nourishing grape oil. The scrub removes dead skin cells, stimulates blood circulation and leaves the skin feeling velvety soft.
20 minutes

WINE DETOX SCRUB

The treatment includes a special scrub made from salt and grape seeds, which is mixed with a detox body oil. It stimulates blood circulation, supports detoxification and leaves the skin noticeably clearer, smoother and more vitalised.
20 minutes



CARE FROM HEAD TO TOE: MANICURE, PEDICURE & DEPILATION

Whether it's well-groomed nails or silky smooth skin: our manicures, pedicures and gentle hair removal ensure an all-round harmonious appearance. For our manicure and pedicure treatments, we rely on Alessandro – a brand that has stood for professional nail care at the highest level for decades.

Manicure

Treat your hands to perfect all-round care for nails, cuticles and skin, including a hand massage. A manicure including nail polish or Striplac* can be booked as an option.
45 minutes (optional with polish)
60 minutes with Striplac*

Pedicure

Your feet deserve attention: a herbal foot bath, gentle callus removal, a relaxing foot massage and rich care make your skin feel well cared for. The pedicure is optionally available to book with nail polish or Striplac*.
55 minutes (optional with polish)
60 minutes with Striplac*

* Striplac is a UV/LED lacquer for use at home. It guarantees long-lasting, perfectly painted nails.

Depilation

Our professional warm wax hair removal gives your skin a long-lasting smoothness and a silky, nourished feeling.

Chin or upper lip

Armpits or bikini line

Lower leg to knee

Full leg

Back or chest

Cosmetics

Eyebrow shaping

Eyebrow tinting

Eyelash tinting

Combination tinting

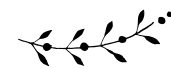
Nail polish



Massage

Arrive in your
own body

Sometimes all it takes is two steady hands to bring you back to yourself. Our massages don't just work on muscles and fascia – they touch, warm and connect. Each treatment is tailored to individual needs – whether soothingly classic, deeply activating or holistically relaxing. For more mobility, more lightness – and simply more you!



CLASSIC MASSAGE

The classic massage is the oldest form of treatment to relieve muscle tension, stimulate the metabolism and improve blood circulation. The desired body area can be selected individually. After the massage you feel completely at ease and wonderfully relaxed.

25 minutes
50 minutes

SUMMITS OF PLEASURE

BALANCE ALPINE 1000+

A special massage oil, either warming or cooling, is used to meet individual needs and massaged in in combination with spagyric active ingredients. This creates a profound balance of muscles, tissues and soul.

50 minutes
80 minutes (incl. facial and head massage)

FREE YOUR MIND

BALANCE ALPINE 1000+

Metabolic typology and your current state of health determine the massage technique for this décolleté, neck and face massage. The massage leads to deep relaxation, inner calming and the ability to set your mind free.

25 minutes

FOOT REFLEX ZONE MASSAGE

By selectively stimulating various organ points on the soles of our feet, all organs and processes in our body can be stimulated or calmed.

50 minutes

FASCINATION OF MOVEMENT

BALANCE ALPINE 1000+

The combination of fascia therapy and other specific techniques releases tension and adhesions in the muscles and tissue structures. Blockages are released, muscle recovery is accelerated and your body feels light, decongested and relaxed. Feel a new freedom of movement.

50 minutes

LYMPH DRAINAGE

Lymphatic drainage is a gentle massage to stimulate the lymphatic system and drain accumulated lymph fluid in the body. It relieves and supports vein problems after an operation or water retention.

50 minutes

PHYSIOTHERAPY JOINT TECHNIQUES

Balance in the body is the prerequisite for healthy movement behaviour. It can be achieved through physiotherapy-based training and special techniques. Physiotherapy is the ideal method for pain relief, the treatment of complaints, impairments of function and restrictions of movement.

25 minutes

PERSONAL TRAINING

Our highly qualified trainers will help you achieve your personal fitness and health goals with targeted, guided training – whether as fitness training with or without equipment, a yoga class or motivational training.

50 minutes



WHERE MESSAGES, CARE AND AUTHENTICITY COMBINE

Our Alpine moments of indulgence combine the best of vinotherapy, traditional healing powers and modern natural cosmetics – and celebrate the power of the grape as a source of natural regeneration and pleasure for the senses.



VINOTHERAPY ESSENCE OF THE VINE

This intensive treatment combines a dry glove massage, an activating oil massage and targeted fascia and reflex point manipulation. It stimulates the lymph flow, detoxifies, boosts the metabolism and gives your body a new lightness – for a noticeably liberated, revitalised feeling.

50 minutes

80 minutes (incl. body powder and wrap)

WARMTH OF THE VINE

FULL BODY RITUAL WITH GRAPE SEED BAGS

This balancing massage combines soothing warmth, high-quality oils and the regenerating power of the grape. Even, rhythmic massage movements release tension, promote inner balance and strengthen the immune system – externally and internally. And because good things can have a lasting effect, you are welcome to take the warm grape seed bags home with you.

80 minutes

Family treatments

Wellness for all ages.



Our treatments for children, teens and mums-to-be have been developed with a lot of sensitivity and experience. Gentle touches, natural products and a good feeling for all ages ensure that everyone feels well looked after here.

The treatments are suitable for children and adolescents up to the age of 14. We ask you to accompany children under the age of 12 at least until the start of the massage.

All treatments in this area are carried out with the plant-based products from Balance Alpine 1000+ – soothing, skin-friendly and customised to each individual's needs.

FOR KIDS AND TEENS (UP TO 14 YEARS)

ALMI'S RELAXING MASSAGE

Our children's massages are specially tailored to our younger guests. This very gentle massage with fragrant aromatic oils allows your child to feel like an adult and relax.

20 minutes

40 minutes

ALMI'S FACIAL TREATMENT

Cleansing, exfoliation, gentle purification, cream mask and finishing treatment gently pamper young skin. We teach age-appropriate care steps and give practical tips for the daily skin routine at home – in an understandable, uncomplicated and effective way.

40 minutes

MINI MANICURE OR PEDICURE

Filing, caring for and painting nails – child-friendly, mindful and lots of fun. For a little beauty experience with a big impact – and the feeling of being really grown up.

30 minutes

SHARED-TIME MASSAGE FOR ONE ADULT & ONE CHILD

Relax together, enjoy in turns: first you can relax with a soothing aromatic oil partial body massage, followed immediately by a gentle, child-friendly relaxation massage for your little ones. A shared experience that is good for the body and soul – for a little time out with a big effect. This shared-time massage is performed by one therapist.

50 minutes

PREGNANCY MESSAGE

Every pregnancy is unique – and we customise your massage just as individually. You decide which position you feel most comfortable in. With gentle massage, attentive support and techniques tailored to your needs, we alleviate discomfort and provide soothing relief for body and mind – at every stage of your pregnancy.

50 minutes

GENTLE CARE FOR SPECIAL TIMES

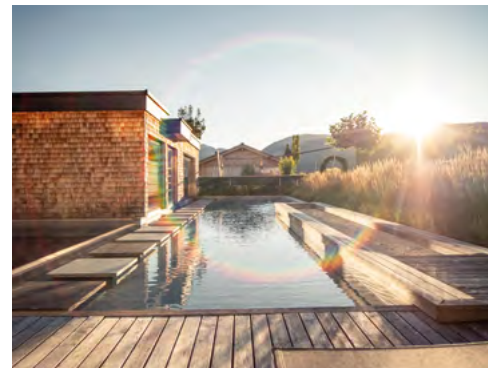
Depending on the week of pregnancy, we also offer a range of personalised options such as facial treatments, manicures, pedicures, lymphatic drainage and light relaxation massages, all of which have a beneficial effect.





Our sauna village

Rooted in the power of warmth.
Nestled in calm.



Our sauna village is more than just a place to sweat.

It is a retreat for anyone who wants to let go, take a deep breath and rediscover themselves. With a view of the Hochkönig, the legendary guardian of the region, you can find a deep sense of peace here amidst wood, steam and natural energy. Sometimes with savoury herbs, sometimes with salty freshness – always genuine, always soothing.

Our sauna masters will spoil you with a variety of themed infusions.

01 HOCHKÖNIG-SAUNA
80 – 90° C
Experience multi-sensory sweating with sauna infusions accompanied by video, colourful light effects, fascinating sound effects and a large panoramic window in our modern Hochkönig sauna. Automatic infusions await you here daily at 3, 4, 5 and 6 p.m. – or our sauna master is on duty and personally takes care of the infusion experience.

02 DEVIL'S SAUNA
80 – 95° C
Powerful natural aroma infusions stimulate your circulation, support the detoxification process and care for the skin and respiratory organs at the same time. A uniquely devilish sauna experience!
15 – 20 minutes

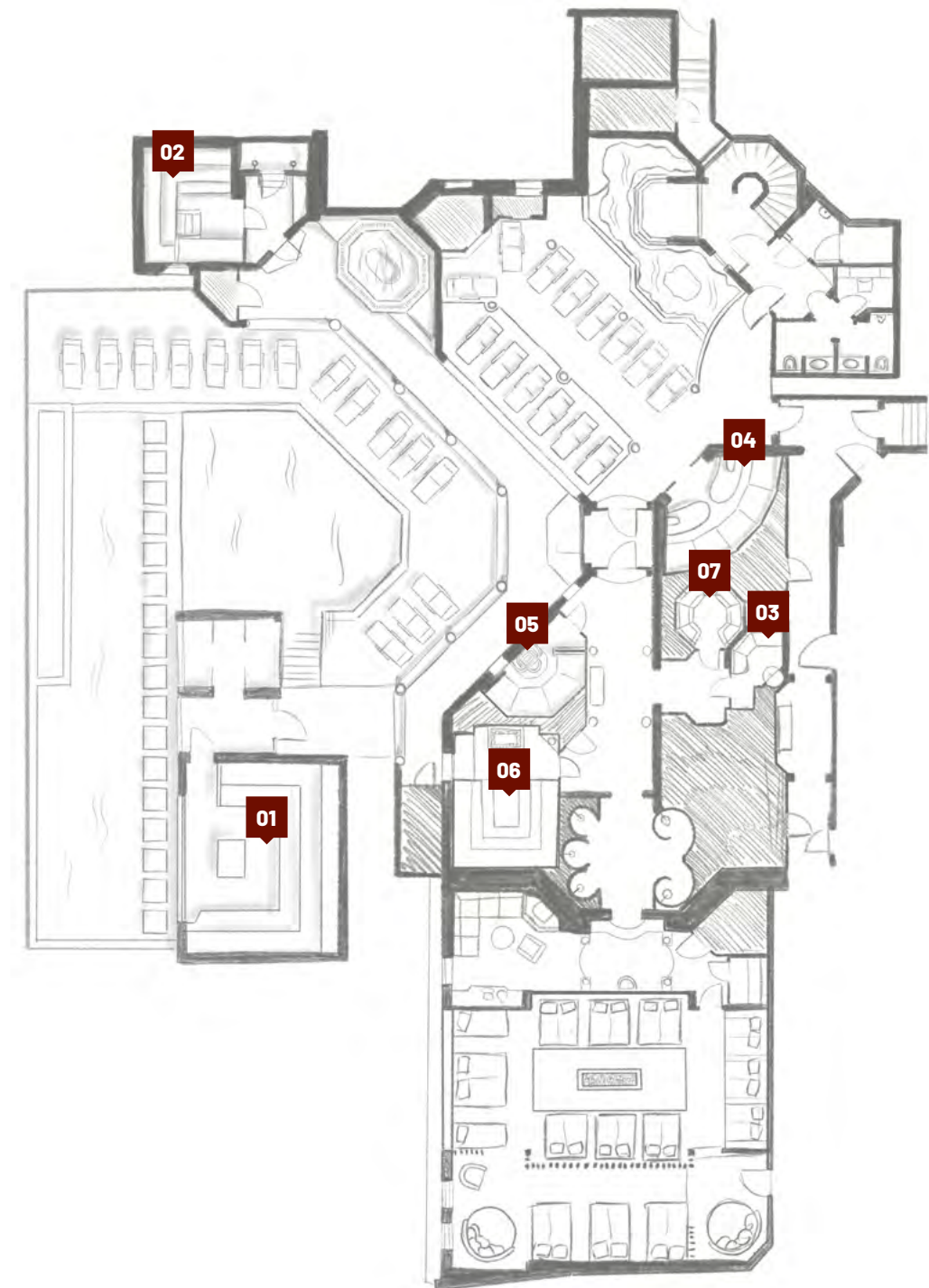
03 SALT GROTTO
30 – 40° C
The sea-fresh health experience with pure essential eucalyptus and mint extracts is a fountain of health for your bronchial tubes. Finely dissolved sea salt brine is atomised at regular intervals in the "salt grotto". Your respiratory organs are cleansed and cared for during a 15 to 20-minute session.
15 – 20 minutes

04 LACONIUM
30 – 40° C
The excellent purification and detoxification method practised by the Ancient Romans gives you a wonderfully tingling feeling. Radiant heat from the walls causes you to begin sweating and the body warms up slowly. A cool down with the Kneipp hose gets your circulation going.
15 – 20 minutes

05 HERBAL BATH
50 – 60° C
Warmth and exquisite herbs ensure well-being for body and soul.
20 – 30 minutes

06 STUBENSAUNA
70 – 80° C
The ambience and the smell of natural local high mountain timbers and the cosy warm tiled stove radiate the highest sauna comfort.
15 – 20 minutes

07 MOUNTAIN CRYSTAL STEAM BATH
45 – 55° C
Powerful natural aroma infusions stimulate your circulation and support the detoxification process, simultaneously caring for the skin and respiratory organs.
20 – 30 minutes



Hochkönig Day Spa

A day out at 1,250 metres.



Sometimes it doesn't take much – just a few hours on the mountain pasture to re-centre yourself. Our Day Spa offer invites you to leave everyday life behind for a moment and immerse yourself in the power of the Hochkönig.

OUR DAY SPA INCLUSIVE SERVICES

- Use of the entire Hochkönig SPA
- Participation in the Alm activity programme
- Access to the gym
- Tea, spring water and vitamin drinks in the SPA area
- Bathrobe & spa bag on loan
- Access to the swimming biotope, Almsee lake and sun garden (in summer)

MORNING DELIGHT

08.30 a.m. – 01.00 p.m.

A relaxed start to the day

- Breakfast from the sumptuous buffet with everything your heart desires (until 10.30 a.m.)
- Optional bookable treatments

FEEL-GOOD DAY

08.30 a.m. – 07.00 p.m.

A day just for you

- Breakfast from the sumptuous buffet with everything your heart desires (until 10.30 a.m.)
- Hearty alpine snack from 01.00 p.m. – 04.00 p.m.: Hot buffet, snack board, cake, desserts, coffee & juices
- Optional bookable treatments

EVENING ENJOYMENT

04.00 p.m. – 09.30 p.m.

Enjoyable evening hours

- Use of the entire Hochkönig SPA (until 07.30 p.m.)
- Optional bookable treatments
- 5-course evening meal (arrival at the table by 08.30 p.m.)

FAMILY FRIENDLY

Children up to the age of 12 receive a 50 % discount and free access to our Kinderalm, including childcare from the age of 3. Our indoor swimming pool, outdoor pool, swimming biotope and alpine lake also invite little guests to enjoy themselves and explore. Please note that access to our sauna area is permitted from the age of 14.



RESERVATIONS

Please book your day spa stay and your optional treatments in advance – we recommend booking early, especially at weekends, on public holidays and during holiday periods. You are also welcome to supplement your time out with personalised treatments. We will be happy to advise you in advance.

You can reach our spa reception on:

T. +43 (0)6461 230-55

M. beauty@uebergossenealm.at

Spa etiquette.

Fine gestures.
Big impact.

It is important to us that you can be completely at peace with yourself. The Hochkönig SPA is all about mindfulness – for yourself and for each other. To ensure that everyone feels comfortable, we ask you to observe the following instructions.

OPENING HOURS

Massages and beauty treatments in our Hochkönig SPA are available daily from 09.00 a.m. – 07.00 p.m.

Daily opening hours:

Sauna village 10.00 a.m. to 07.30 p.m.,

indoor swimming pool

06.00 a.m. to 07.30 p.m.

Various saunas are open daily from 10.00 a.m. to 07.30 p.m.

YOUR HEALTH IS IMPORTANT TO US

In order to be able to optimise your SPA treatments, please inform us of any health conditions when you make your appointment. We will be happy to advise you personally on special treatments for expectant mothers.

MAKE TIME FOR YOURSELF

In order to enjoy your full treatment time, we ask you to arrive approx. 5 minutes before the start of the treatment at our SPA reception. Out of consideration for guests arriving after you, we ask for your understanding that, in the event of your late arrival, your treatment time will need to be shortened.

YOUR PREFERRED DATE

Book your treatment appointments early and before your arrival so that we can fulfil your preferred times. You are also welcome to book your preferred date online at any time via our website.



Go here
to book!

CANCELLATIONS

Cancellations up to 24 hours before the start of treatment are free of charge. If you cancel your treatment at short notice, we will charge the full treatment price.

You can reach our spa reception on:

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CLOTHING

Please come to your treatment in your bathrobe. To protect your privacy, you will be perfectly covered up during the treatment.

RESERVING THE LOUNGERS

We kindly ask you not to reserve any loungers. You will also find a spacious area with plenty of loungers in the Sonnalalm on the top floor of the Hochkönig SPA.

CHILDREN AND TREATMENTS

The Saunadörfel is a place of tranquillity. We therefore ask for your understanding that access is only permitted from the age of 14. There are special “kids and teens” treatments for children and teenagers in the Hochkönig Spa.

INDOOR POOL & SAUNA AREA

We ask you to wear swimwear and non-slip bathing shoes in the pool area. For reasons of hygiene, we ask you not to wear any clothing but non-slip bathing shoes in the sauna area. If you feel uncomfortable with this, you are welcome to use a sauna towel.

MOBILE PHONE-FREE ZONE

Our Hochkönig Spa with its relaxation rooms is a mobile phone-free zone. Please refrain from making telephone calls in these areas.

LEGAL INFORMATION: Media owner:



Alois Burgschwaiger GesmbH, 5652 Dienten.

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ÜBERGOSSENE ALM
RESORT ****s
Burgschwaiger family

Sonnberg 23
5652 Dienten am Hochkönig
Salzburg / Austria
T. +43 (0)6461 230-0

 @UebergosseneAlm.at
 @uebergossenealmresort
M. urlaub@UebergosseneAlm.at
W. UebergosseneAlm.at

