



ÜBERGOSSENE
ALM RESORT

HOCHKÖNIG | *****

**WELLNESS
AT THE ALM**





*Of milk baths &
natural beauty*

WELCOME TO THE
ÜBERGOSSENE ALM

YOUR BURGSCHWAIGER FAMILY
WITH THE DAIRYMAIDS AND FARMHANDS

#MY ALPINE LIFE BALANCE



MY ALPINE SPA CONCEPT

As human beings, we constantly strive to regain balance, just like alpine nature does. The needs of every individual are as different as their personal notions of balance. And that, of course, also applies to the paths that take them there. In addition to this, one's wishes and desires are ever changing. They might, for instance, be influenced by the seasons, current sensitivities, or simply be based on spontaneous impulses. That's why it is so important to find your own path to ensure your personal well-being.

In light of all these facts, the Best Alpine Wellness Hotels has developed a spa concept utilising the power of the mountains, which both gives you a choice and guides you along the way. The different applications and packages, using herbal essences, are marked by these symbols: The wave refers to an application that has cooling and liberating effect. The mountain stands for an activating and relieving effect. The drop represents cleansing and calming applications, and the tree symbolises treatments that help to ground and centre your inner self. This is why we invite you to choose for yourself!



**COOLING &
RELAXING**



**DETOXING &
ENERGISING**



**CLEANSING &
CALMING**



**GROUNDING &
CENTERING**

BALANCE ALPINE¹⁰⁰⁰⁺



With Balance Alpine 1000+, the Best Alpine Wellness Hotels offer you exclusive products that have the power of the Alps themselves. Precious herbal essences taken from sustainably grown mountain herbs form the basis of the products. The result is precious, unique creams, oils and lotions for facial and body treatments that are deeply nourishing for your skin, help to rebuild it and therefore naturally emphasise your unique beauty.

Balance Alpine 1000+ body treatments help to shift tension and blockages, providing relief for the musculoskeletal system. Balance Alpine 1000+ facial treatments have a far-reaching, nourishing effect and strengthen our skin's foundations.

The natural cosmetics have no artificial colourings, preservatives, mineral oils, paraffins or parabens. So they are suitable for all skin-types; even very sensitive or irritated skin.

Additional information is available via:
www.balancealpine.at



MOUNTAIN DANDELION

Dandelion has a cooling effect for over-exerted muscles and supports regeneration. It also has a soothing, cleansing effect.



Λ
WILD THYME

Thyme provides warmth and strength for the respiratory system and supports relaxation. Giving you inner peace.



◊
YARROW

Yarrow invigorates connective tissues and alleviates and strengthens the veins. It is also balancing and regulating.



⚡
ANGELICA

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



Fabulous world of products

NATURE AS OUR ROLE MODEL

BALANCE ALPINE¹⁰⁰⁰⁺ 

BALANCE ALPINE 1000+

The unique vitality concept of Best Alpine Wellness Hotels is based on natural sources of power found in the Alps. Only those healing herbs of the Alps that are grown, tended and harvested at elevations above 1,000 meters are ever processed. Based on the principles of Traditional European Medicine, products and applications are thus created that are tailored to your personal needs, selected according to holistic methods.

The body's own balance plays a vital role. Natural beauty, deep-seated wellbeing and revitalization are the ultimate goal.

alpienne
KRAFT DER ALPEN

ALPIENNE

In places where nature unfolds in all its glory, at high elevations where plants develop their special powers, this is where the resources of Alpienne grow. Alpienne manufactures natural cosmetics and skincare products that promote wellbeing and beauty. What nature gives us, according to famous physician Paracelsus, can also cure what ails an entire land. In order to do justice to the incomparable purity of nature's treasures, Alpienne harvests and processes healing plants exclusively by hand, always doing so in their natural setting. Processing is conducted according to special Alpienne recipes that unite the knowledge provided by culture and research. Only in this way is it possible to ensure that all products by Alpienne contain the best of the best, and meet every expectation with respect to quality and sustainability.



BABOR

In a world of increasing environmental burdens and air pollution, the skin longs for care that protects it from external stresses, allowing you to rediscover an ideal balance and radiate pure beauty. With this goal in mind, BABOR developed SKINOVAGE PX.

Our modern environment places additional demands on our skin. It requires effective protection from light- and environmentally-caused skin aging produced by UV radiation and free radicals. In addition, it is important to support the skin's own intrinsic mechanisms. With this in mind, all SKINOVAGE PX products contain, in addition to special skin type-specific active ingredients, the two innovative plant-based ingredients Alpine Stem Cells and OsmoTec.



PINO

Due to its more than 100 years of experience and its exceptional expertise, PINO has since become an expert in top-quality body treatments with preventative health benefits. Based on their expertise in the field of physiotherapy, the scientifically-based, health-oriented wellness treatments have been developed for which PINO is now famous worldwide.



ALESSANDRO

Alessandro has led the way in nail cosmetics since 1989. Inspired by the mission 'Beautiful nails for all', the company offers both innovative products and customised treatment concepts. Developed with passion, the masks, colour and care products offer millions of customers worldwide a trend-inspired range for beautifying hands, nails and feet.



Alm baths

You can enjoy these baths alone or with your loved one in a double tub.

HERBAL BATH

TO STRENGTHEN THE IMMUNE SYSTEM

A beneficial bathing experience, perfect for combating cold symptoms and generally strengthening the immune system.

20 min.€ 35.–
Double tub incl. fruit bowl &
2 glasses of sparkling wine.....€ 55.–

MILK AND HONEY BATH

COMBATS DRY AND SENSITIVE SKIN

Allow yourself to be whisked away into the fabulous world of the Hochkönig, as you bathe in milk and honey just like the dairymaids and cowherds did in the olden days – for especially soft skin.

20 min.€ 35.–
Double tub incl. fruit bowl &
2 glasses of sparkling wine.....€ 55.–

PINE AND HONEY BATH

FOR DEEP RELAXATION

Enjoy the soothing, deep relaxation for your cardiovascular system that comes from pine, while a bath with lipid replenishing oil pampers your skin.

20 min.€ 35.–
Double tub incl. fruit bowl &
2 glasses of sparkling wine.....€ 55.–

Exfoliations

Choose the freshly prepared, naturally pure full-body peel that's right for you.

HONEY BODY SCRUB

Enjoy a soothing body scrub for tired and dry skin.

20 min.€ 35.–

MOUNTAIN HERB BODY SCRUB

Soft and gentle body scrub for sensitive and delicate skin.

20 min.€ 35.–

SALT-OIL BODY SCRUB

Spoil your skin with the cleansing essences of Atlantic sea salt.

20 min.€ 35.–

DAIRYMAIDS & SHEPHERDS

Enjoy our homemade, natural nut body scrub to remove dead skin flakes. Then you will be treated to an Alpine herb cream pack that tightens and tones the skin.

50 min.€ 60.–



Softpack- treatments

Treat your skin to something good as you lie on a Softpack bed and lose yourself in dreams. As you sink into this special bed, you will find yourself floating in soothingly warm water, though without ever coming into contact with it. Fabulous enjoyment, pure and simple ...

MUDDY ENJOYMENT

COMBATS PAINFUL JOINTS, TENSE MUSCLES

Known from pain therapy, this mud pack in combination with marmot oil relieves pain in affected joints and tired muscles.

20 min.€ 35.–

JOHN'S WORT CREAM PACK

FOR DRY SKIN

The pure St. John's wort oil contained in our pack doesn't only calm body, mind and soul, it also intensively moisturizes and tones soft tissue.

20 min.€ 35.–

Tip: For a better effect, we recommend you first enjoy one of our fabulous body scrubs (see page 11).

ALPINE HERB CREAM PACK

ANTI-AGING

Using gentian, edelweiss, blueberries and vitamin E, we protect the skin against free radicals to help prevent the skin from aging due to light exposure.

20 min.€ 35.–

PROPOLIS CREAM PACK

SELF-PROTECTION FOR THE SKIN

Propolis, which is extracted from beeswax, helps your skin to recover from external environmental influences and strengthen itself.

20 min.€ 35.–

Massages

THE STUFF OF DREAMS ...

CLASSIC MASSAGE

The classic massage is the oldest form of treatment to relieve muscle tension, stimulate metabolism and promote the blood circulation. After the massage you feel completely comfortable and wonderfully relaxed.

approx. 25 min.....€ 40.–
approx. 50 min.....€ 70.–

FREEDOM OF THOUGHT

Your metabolic typology and current physical state determine the massage technique used in this décolleté-neck-facial massage. The massage leads to deep relaxation, inner calm and clearer thinking.

approx. 25 min.....€ 40.–

LEG AND FOOT MASSAGE

Especially after hiking or skiing, your legs often need a bit of time to recover so as to prevent aches & pains. Massage with arnica milk incl. intensive arnica wrap for deep relaxation of your calf muscles.

approx. 50 min.....€ 70.–

BALANCE ALPINE 1000+

"PEAK OF ENJOYMENT"

After an individual evaluation, you are massaged with a special warming or cooling massage oil, in combination with active spagyric ingredients. The result is restoration of deep-seated balance within the muscles, tissue and soul.

approx. 50 min.....€ 70.–
approx. 80 min. incl. facial
and head massage€ 100.–

FASCINATION OF MOTION

Through the combination of fascia therapy and other specific techniques, tension and adhesion in the muscles and tissue is relieved. Blockages dissolve, muscle recuperation is accelerated, and your body feels lighter, cleansed and rejuvenated. Feel a whole new freedom of motion.

approx. 50 min.....€ 70.–


COOLING &
RELAXING


DETOXING &
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FOOT REFLEXOLOGY MASSAGE

By stimulating specific points on the soles of the feet, all of the body's internal organs and processes can be stimulated or calmed.

approx. 50 min.....€ 70.–

LYMPHATIC DRAINAGE

Lymphatic drainage is a gentle massage to stimulate the lymphatic system and drain the lymphatic fluid in our body. It provides relief and support for vein problems following an operation or with water retention. Within the 50 minutes, we focus on specific points.

approx. 50 min.....€ 70.–

PHYSIOTHERAPY-BASED JOINT TECHNIQUES

Body balance is the prerequisite for health-promoting physical activity. It can be improved using physiotherapeutic training forms and special techniques. Physiotherapy is the optimal method for pain relief, treatment of complaints, as well as for functional and mobility-related restrictions.

approx. 25 min.....€ 45.–

PERSONAL TRAINING

Our highly qualified trainers will support you on your way to reaching your personal fitness and health goals with targeted, supervised training measures – whether in the form of fitness training with or without equipment, during a yoga lesson or with motivation training.

approx. 50 min.....€ 65.–



Moments of alpine pampering

ENJOY ALONE OR IN PAIRS. NATURAL THERAPIES, SUCH AS HERBAL STAMPS, PINE WANDS AND SALT CRYSTALS PRODUCE DEEP RELAXATION.

HERBAL DREAM

Immerse yourself in the glorious fragrance of our native herbs. Enjoy a relaxing tea ceremony with footbath, foot massage and then a full-body massage with our warm herbal stamps.

approx. 80 min.

incl. rest afterwards.....€ 110.–

THIS MESSAGE IS ALSO POSSIBLE AS A TREATMENT FOR A COUPLE IN OUR PRIVATE SPA: This treatment is rounded off with a deeply relaxing face and head massage. Treat yourself to some fresh fruit and a glass of sparkling wine in our Marmot burrow.

approx. 110 min.

incl. rest afterwards..... total € 260.–


COOLING &
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PINE VITALITY MASSAGE ♀♂

The warmth of the pine wands, in combination with the pine massage milk, penetrates deep into the deeper muscle layers, improving circulation throughout the entire body, promoting energy flow and removing tension as well as blockages.

approx. 80 min.
incl. rest afterwards.....€ 110.–

THIS MESSAGE IS ALSO POSSIBLE AS A TREATMENT FOR A COUPLE IN OUR PRIVATE SPA:

This treatment is rounded off with a deeply relaxing face and head massage. Treat yourself to some fresh fruit and a glass of sparkling wine in our Marmot burrow.

approx. 110 min.
incl. rest afterwards..... total € 260.–

TIME FOR TWO ~ ~ ~ ♀♂

Begin your time together with a relaxing herbal bath in our private spa. And then indulge in a soothing back massage. This treatment finishes with some quiet time in our Marmot burrow with fresh fruit and a glass of sparkling wine.

approx. 50 min. incl. two therapists,
incl. rest afterwards..... total € 130.–





Kinesiotape

FIRST AID FOR MUSCLES AND JOINTS.

Taping isn't only used by athletes. Due to a wide range of potential applications, it has now proven itself as post-treatment therapy for many muscle and joint complaints. Taping can enhance therapies focused on the following complaints:

- shoulder and back pain
- problems with the cervical spine
- knee and calf problems
- lymphedema
- etc.

Based on the length of tape required, we charge:

JOINT, LARGE:

e. g. shoulder, knee and back€ 20.–

JOINT, MEDIUM:

e. g. elbow, ankle and wrist€ 15.–



Fabulous facial treatments

BALANCE ALPINE 1000+

Balance Alpine 1000+ is a purely plant-based source of energy. It leads to radiance, skin tone and visible balance. Due to its powerful ingredients, the treatment has deep-reaching effects, nourishing and restoring valuable substances to the body.

VITAL POWER

This treatment begins with a determination of your individual skin type using a special Balance Alpine 1000+ method, followed by a cleansing, peel, removal of deep-seated impurities, spagyric moisturizing of the skin, eye care, moisture mask and end-of-treatment care.

50 min.€ 85.–

In addition to the 50-minute facial treatment, this also includes eyebrow shaping and an extensive décolleté-neck-facial massage.

80 min.€ 120.–

BABOR

In a world of ever increasing environmental stress and pollution, our skin longs for a treatment that protects it from environmental strains and helps it regain its ideal balance, allowing it to again radiate pure beauty. For this purpose, BABOR developed SKINOVAGE PX.

FRESHNESS BOOST

Enjoy something special with this all-round, rejuvenating facial care. It starts with cleansing, a stimulating body scrub, cleaning and active agent ampoule. Finally, we pamper you with a special mask. A soothing final treatment will give your skin new radiance.

50 min.€ 85.–

In addition to the 50-minute facial treatment, this also includes eyebrow shaping and an extensive décolleté-neck-facial massage.

80 min.€ 120.–

DELUXE ANTI-AGING TREATMENT

For an immediately visible, taut, smooth and youthful effect, our intensive deluxe anti-aging care treatment includes facial cleansing and peeling, in-depth pore cleansing as well as a mask and the use of Babor's active ingredient ampoules. A soothing facial massage, eyebrow-shaping and a glass of sparkling wine round off the treatment.

80 min.€ 140.–



Fabulous beauty applications

PERFECT ...

Eyebrow shaping	€ 10.–
Eyebrow tint.....	€ 12.–
Eyelash tint	€ 15.–
Combo tint.....	€ 24.–
Polish incl. polish to take home.....	€ 18.–

MANICURE

Treat your hands to perfect, all-round care. Nail and skin care and a hand massage.

approx. 45 min.....	€ 42.–
With nail polish incl. polish to take home	€ 52.–
With Striplac*, approx. 60 min.....	€ 75.–

* Striplac is the first UV/LED polish in the world that can also be applied at home. Perfectly polished nails last up to twice as long as conventional nail polish.



PEDICURE

Enjoy soothing foot care with a herbal foot bath. Callus removal, nail trimming and shaping, nail bed care, rounded off with a foot massage.

approx. 55 min.....	€ 52.-
With nail polish incl. polish to take home	€ 62.-
With Striplac*, approx. 60 min.....	€ 85.-

NO HAIR LEFT STANDING

Enjoy our professional hair removal with warm wax, for silkily smooth skin lasting as long as six weeks.

Chin or upper lip	€ 8.-
Underarms or bikini zone	€ 15.-
Legs below the knee	€ 30.-
Legs, full.....	€ 40.-

For the well-groomed man

FABULOUS FACE AND BEAUTY TREATMENTS

BABOR

QUICKSTART

This treatment is an individual beauty booster for demanding male skin. We begin with a peel that cleanses and stimulates and a concentrate of pure active ingredients. Finally, allow us to give your skin a pampering that includes eye care, cream mask and end-of-treatment skincare.

50 min.€ 80.–

In addition to the 50-minute facial treatment "Quickstart", this also includes eyebrow shaping and an extensive décolleté-neck-facial massage.

80 min.€ 110.–

BALANCE ALPINE 1000+

VITALITY

The treatment begins with determining the individual type according to Balance Alpine 1000+ methods. This is then followed by cleansing, a body scrub, cleaning, spagyric moisturising of the skin, eye care, moisturising mask and a final treatment.

50 min.€ 80.–

In addition to the 50-minute facial treatment "Vitality", this also includes eyebrow shaping and an extensive décolleté-neck-facial massage.

80 min.€ 120.–

MANICURE

Treat your hands to perfect, all-round care. Nail and skin care and a hand massage.

approx. 45 min.€ 42.–

NO HAIR LEFT STANDING

Enjoy long-lasting, silky smooth skin with our professional hair removal with warm wax.

Back or chestfrom € 30.–

PEDICURE

Enjoy soothing foot care with a herbal foot bath. Callus removal, nail trimming and shaping, nail bed care, rounded off with a foot massage.

approx. 55 min.€ 52.–



COOLING &
RELAXING



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Wellness for grown-ups and young guests alike



For your kids up to age 16

WELLNESS FOR THE WHOLE FAMILY

Up to age 12, please always accompany your children at least until they begin the massage.

RELAXING MASSAGE

During children's massages we focus on the special needs of your children. A very gentle massage with fragrant aromatic oils will leave your youngsters feeling as relaxed as the grown-ups.

20 min.	€ 30.-
40 min.	€ 50.-

FACIAL TREATMENT

Cleansing, peel, deep cleansing, cream mask and end-of-treatment care designed to pamper young skin. Special skincare tips to help back at home.

40 min.	€ 55.-
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MANICURE OR PEDICURE

The nails are filed, cared for and polished beautifully.

30 min.	€ 30.-
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*For
mothers-
to-be*

Family specials

FEELING GOOD TOGETHER ~~~~~ FOR ONE ADULT AND ONE CHILD

Begin this togetherness experience with a bath of your choosing, fresh fruits and fruit juice. Afterwards you can look forward to a relaxing massage with aromatic oils.

40 min. with two therapists€ 90.–

SHARED MESSAGE ~~~~~ FOR ONE ADULT AND ONE CHILD

Alternate relaxation for you and your child. Let your soul relax with a soothing aromatic-oil partial body massage, whilst your child is being treated to a relaxation massage suitable for children.

50 min. with one therapist€ 68.–

PREGNANCY MESSAGE

Every woman experiences her pregnancy individually. Together with you, we tailor our massages to your personal needs. No matter in which position you feel most comfortable, with our pregnancy massage we can relieve pain and relax body and mind.

50 min.€ 70.–

ESPECIALLY FOR MOTHERS-TO-BE

Very individualized and based on the week of your pregnancy, we offer various options including facials, manicures, pedicures, lymph drainage, and gently relaxing massages, all with soothing benefits.

PLEASE ALLOW OUR HOCHKÖNIG
SPA TEAM TO CONSULT WITH YOU.

Beauty packages

PERFECTLY COMBINED FOR MAXIMUM BEAUTY BENEFITS

A BEAUTIFUL LOOK FOR THE EYES

- Shape the eyebrows
- Colour the eyebrows and eyelashes (approx. 40 min.)

regularly € 35.– for only€ 32.–

BEAUTIFULLY GROOMED FROM HAND TO FOOT

- 1 manicure with polish (approx. 45 min.)
- 1 pedicure with polish (approx. 55 min.)

regularly € 114.– for only€ 100.–

MESSAGE TRILOGY

- 2x 50 min. massage of your choice
- 1x 25 min. massage of your choice

regularly € 180.– for only€ 168.–

3 DAYS LIKE "MILK AND HONEY"

Enjoy with all your being this skincare ritual once used by dairymaids and cowherds.

- 1 milk & honey bath (approx. 20 min.)
- 1 honey peeling massage (approx. 20 min.)
- 1 Propolis cream pack (approx. 20 min.)
- 2 partial massages (each approx. 25 min.)

regularly € 185.– for only€ 165.–

ALL AROUND DAIRYMAIDS PACKAGE

- 1 revitalizing facial treatment (approx. 50 min.)
- 1 hair removal, leg below the knee
- 1 "Peak of Enjoyment" massage (approx. 50 min.)

regularly € 185.– for only€ 170.–

ALL AROUND SHEPHERDS PACKAGE

- 1 revitalizing facial treatment (approx. 50 min.)
- 1 hair removal, chest or back
- 1 "Peak of Enjoyment" massage (approx. 50 min.)

regularly € 180.– for only€ 170.–



The Alm's hot stoves



HOCHKÖNIG SAUNA

80 - 90° C

Experience multi-sensory sweating including video-enhanced sauna infusions, colorful light effects, fascinating sound & music, as well as a big panoramic window in our modern Hochkönig Sauna.

DEVIL'S SAUNA

80 - 95° C

Infusions of powerful natural aromas stimulate your cardiovascular system, support the detoxification process, while simultaneously nurturing your skin and respiratory organs. A uniquely "devilish" sauna experience!
15 - 20 min.

SALTWATER GROTTO

30 - 40° C

A health experience as fresh as the ocean with pure essential eucalyptus and mint extracts. A fountain of youth for your breathing. In our Saltwater Grotto, a fine solution of sea salt is nebulized at regular intervals. A session lasting about 15 to 20 minute will cleanse and nurture your respiratory organs.
15 - 20 min.

LACONIUM

30 - 40° C

This exceptional method of cleansing and detoxification once used by the ancient Romans will give you a marvelously effervescent sensation. Heat radiating from the walls will cause you to sweat as your body gradually warms up. Then, as you cool down using a Kneipp hose, your circulation will really kick into.
15 - 20 min.

Our sauna master treats you to a variety of theme infusions. If you have special wishes or concerns, please feel free to talk to him.



HERBAL BATH

50 - 60° C

Warmth and select herbs enhance the overall wellbeing of body and soul.

20 - 30 min.

STUBEN SAUNA

70 - 80° C

The ambience and fragrance of native high-alpine woods and the cozy warmth of the tile stove radiate a sense of ultimate sauna comfort.

15 - 20 min.

INFRARED CABIN

45 - 55° C

The alternative to a sauna, perfect for people who are sensitive to heat. Sweating at lower temperatures in a dry room climate results in deep relaxation as well as effects that help combat rheumatism symptoms. We also recommend a 30-minute session of colored-light therapy.

30 min.

MOUNTAIN QUARTZ STEAM BATH

45 - 55° C

Infusions of powerful natural aromas stimulate your cardiovascular system, support the detoxification process, while simultaneously nurturing your skin and respiratory organs.

20 - 30 min.

CALDARIUM

40° C

At a temperature of 38 to 40° C, you can relax wonderfully on ceramic heat benches with breathtaking views of the Hochkönig. The ceramic benches are located next to the indoor pool.



Alpine vitality world

SONNALM

Where you will discover peace and relaxation. Unwind on waterbeds – with views of our fascinating mountain landscapes. Free drinks at the tea bar from 10 a.m. until 7 p.m.

ROOM OF THE SENSES

Awaiting you is an exciting combination of fire, wood and rock. All of the natural elements in this relaxation room come from the surrounding region.

TANNING STUDIO

A "Turbo Tanner" (tokens € 7.– each for 12 min./ 6 sessions for € 35.–) is available for you to use. Tokens can be obtained at the reception or in the Hochkönig SPA.

HOCHKÖNIG SUN GARDEN

Awaiting our guests in search of peace & quiet is an exclusive open area on 2,000 m² with stylish lounge chairs and a beautiful footpath that is even lit up in the evening. Our guests can also kick back in our Sitting Lounge, which features sun sails. The ideal place for interesting discussions and entertaining chats.

SWIM BIOTOPE

Enjoy a refreshing dip amid the mountains! In our heated biotope, from mid-May until the beginning of October you will be able to swim in pleasant temperatures.

Gently into shape

Get back into great shape and improve fitness – by hiking, biking or skiing. But also by taking advantage of the fitness program offered in our vitality world. Our experienced vitality and fitness trainers are glad to provide advice and introduce you to the latest approaches to health training. Our modern cardio-fitness room features a wide range of cardio equipment for optimal cardiovascular training. The refreshing Aquacise program will strengthen your muscles gently and smoothly. You will give your muscles a workout, be kind to your joints, and be clambering to the top of our highest peaks like a mountain goat before you even know it.

CARDIO TRAINING

In our outstandingly equipped cardio-fitness room, which is open for you to use from 6 a.m. until 7.30 p.m.

EXERCISE AND ACTIVE AWAKENING

Gentle, targeted exercise for body and mind during Power CrossFit, back exercises or during an Aquacise session. Daily program highlights are published in our Alpmast guest newspaper.

HIKING - THE JOURNEY IS THE REWARD

Discover the most beautiful hiking routes right outside the hotel's front door: Schneeberg – Kollmannsegg, Erichhütte – Pichlalm, Filzensattel – Grünegg. If you head off on your own, we have a few route and weather tips ready for you at reception. Or you can opt for a guided walk with our fitness trainer.

WINTER HIKING PATHS

Take full advantage of our wide selection of winter hiking routes. You can borrow snowshoes right here at the hotel. Information is available at the reception.

CROSS-COUNTRY SKIING

Whether classic or skating, on the 8 km Hochkönig Panorama Trail there is something on offer for every cross-country skier. The XC trail runs from the Dachegg lift (approx. 5 minutes' walk from the hotel) to the Birgkarhaus. Take in the wonderful panoramic views of our fairy-tale winter countryside.

SLEIGH RIDES

Enjoy our winter countryside wrapped up warm and snug in blankets. Information is available at the reception.

BIKES

Explore the mountains around your holiday destination on two wheels. You can hire mountain bikes from us free of charge. We also have e-mountain bikes available for hire (for a fee).

TENNIS

Two indoor courts are available for you to enjoy free of charge. Please contact the reception for reservations.

FIT EXTRA

Table tennis, table football and air-hockey in our chill area.

Sauna village



Spa etiquette

OPENING HOURS

We are here for you daily:
Hochkönig SPA 9 a.m. – 7 p.m.
Sauna Village 10 a.m. – 7.30 p.m.
Indoor pool 6 a.m. – 7.30 p.m.
A variety of saunas are open daily
from 10 a.m. to 7.30 p.m.

YOUR HEALTH IS IMPORTANT TO US

So that we can tailor your SPA treatments ideally to your personal needs, please inform us about any potential health-related problems at the same time you set up your appointment. We would also be happy to provide a personal consultation regarding special treatments for expectant mothers.

TAKE TIME

In order to be able to enjoy your treatment time to the fullest, we request that you register at the SPA reception about 5 minutes before your treatment is scheduled to begin. Out of consideration for guests to follow, please note that, should you arrive late, we will be obliged to shorten your treatment time.

YOUR PREFERRED APPOINTMENT TIME

Reserve treatments times well in advance and before arrival, making it possible for us to set up appointments that best meet your personal wishes. You are also welcome to book your desired appointment online at any time via our homepage.

CANCELLATIONS

In the event of cancellations received 24 hours or more prior to the scheduled start of treatment, there will be no charge. If you cancel at shorter notice, we will be obliged to charge the full treatment price.

You can reach our

SPA-reception via:

T. +43 (0)6461 230-55

M. beauty@uebergossenealm.at

CLOTHING

Please come to your treatment in a spa robe. In order to protect personal intimacy, you will be covered appropriately during treatment. In our training area, please wear appropriate workout clothes and shoes.

RESERVING LOUNGE CHAIRS

We ask that you not reserve lounge chairs. You will also find a spacious area with many lounge chairs in the Sonnalm on the top floor of the Hochkönig SPA.

CHILDREN AND TREATMENTS

The Sauna Village is a place of peace and relaxation. Please note, therefore, that admission is only permitted for ages 14 and up. The Hochkönig Spa offers special "Kids and Teens" treatments to children and teenagers.

INDOOR POOL & SAUNA AREA

We ask that you wear swimsuits and swim shoes in the pool area. In the sauna area we recommend wearing no clothing due to hygiene reasons. If you don't feel comfortable, you are welcome to use a sauna towel.

PHONE-FREE ZONE

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

**ÜBERGOSSENE ALM
RESORT *******
Burgschwaiger Family

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