



SINGER'S SPA  
MENU  
ENG

SINGER  
Our heart, your holiday

## A WARM WELCOME TO SINGER'S SPA

Dear Guests,

take time for yourself and visit us at Singer's SPA, located in a separate building covering 1,800 m<sup>2</sup> across three floors.

### RELAXATION OPTIONS

- Indoor pool connected to the outdoor pool, heated all year round
- Sunny panoramic terrace by the pool
- SPA bistro with a sun terrace
- Relaxation room with open fireplace

### SPACIOUS SAUNA EXPERIENCE AREA

- Tyrolean Stub'n sauna (90 °C)
- Herbal sauna (60 °C)
- Brine steam bath (40 °C)
- Waterfall cave
- Spring water Kneipp basin
- Glacier ice fountain
- Relaxation room with lounge chairs

### FITNESS & EXERCISE

- Fitness room with state-of-the-art cardio and strength training equipment from Technogym, offering a stunning alpine view
- Gymnastics room for our sports and activities programmes

### IN SUMMER

A 10,000 m<sup>2</sup> Alpine relaxation garden, dotted with numerous tranquil oases and a barefoot path, is also available.

### TREATMENTS

Let our SPA team, based at **the reception on the 1st floor**, advise you on cosmetics, massages, baths and scrubs, with services tailored to your wishes.



## YOUR DESIRED APPOINTMENT

In order to best meet your individual wishes and times, we recommend that you make the appropriate reservations before your arrival.

### CONTACT

You can reach our Singer's SPA team either by calling +43 5674 8181 530 or by sending an email to [spa@hotelsinger.com](mailto:spa@hotelsinger.com).

### SPA RECEPTION OPENING HOURS

09:00 AM - 04:00 PM

## SINGER'S SPA ETIQUETTE

### ARRIVAL

Please arrive 5-10 minutes early to enjoy a cup of tea or a glass of water and a warm neck pillow, which will help you relax in preparation for your treatment.

### Important:

Out of respect for future guests, any time you are late will be deducted from your booked pampering session.

### CLOTHING

At Singer's SPA, you can relax and enjoy your treatments in a cosy bathrobe and slippers. Disposable underwear is available upon request for body treatments.

The pool area is only accessible in swimwear. Our saunas are clothing-free, but towels are available for your use.



### JEWELLERY

To ensure you enjoy your treatment to the fullest, please remove your jewellery beforehand. Please note that we cannot accept any liability for lost jewellery.

### HEALTH CONSIDERATIONS

Please inform us in advance if you have any health conditions, allergies or acute infections.

## PREGNANT

Congratulations!

Our Singer's SPA team will be happy to advise you on suitable treatments that you can enjoy in a peaceful atmosphere during your pregnancy.

## BEHAVIOUR

As pampering treatments are offered throughout the day, we kindly ask you to maintain a particularly quiet atmosphere in Singer's SPA, out of consideration for our guests. Thank you very much.

## CANCELLATION

If you are unable to attend your appointment, please inform us at least six hours in advance. For cancellations made at shorter notice, we charge 50% of the treatment price; for no-shows without cancellation, we charge 100%.

★★★★  
**SINGER**  
Spa & Wellness



## OUR SPA PRODUCTS AND PARTNERS

### CAUDALIE

The effective power of the grapevine.

### TYROLEAN STONE OIL

Nature. Herbs. Freshness.

### PIROCHE COSMETIQUES

Quality. Natural. Elasticity.

### ALPIENNE

The power of Alps. Regional. Swiss stone pine.

### SKINTHINGS

Transparent. Sustainable. Visible success.

### COSART - DECORATIVE COSMETICS

Enhances your natural radiance.

For further information on prices and details of our products, please contact our Singer's SPA team at the SPA reception at any time.

★★★★  
**SINGER**  
*Spa & Wellness*





## COSMETICS

### FACIAL TREATMENTS

Treat yourself to a relaxing break with our individually tailored facial treatments. Our high-quality products and targeted techniques ensure fresh, radiant skin and pure relaxation.

Every treatment is customized to suit your specific skin type. Each facial includes a soothing hand massage.

During our 80-minute facial treatment, we will also pamper you with a highly effective active ingredient concentrate and a nourishing décolleté treatment.

### SKIN ANALYSIS

To get an accurate picture of your skin's structure and moisture levels | € 29

### „MOUNTAIN FRESHNESS“ FACIAL TREATMENT

Protects, nourishes and strengthens your skin's natural defences.

50 minutes | € 92

80 minutes | € 135

### „BERCREIN“ - AUSREINIGUNG IHRER HAUT

Intensive Gesichtsbehandlung mit klärenden Wirkstoffen.

50 minutes | € 92

80 minutes | € 135

### VINOOTHERAPIE CAUDALIE

50 minutes | € 105

### VINOOTHERAPIE CAUDALIE DELUXE

80 minutes | € 149

Straffen Sie Ihre Haut und bauen Sie nachhaltig Feuchtigkeit auf – strahlen Sie Frische aus und lassen Sie Ihre Falten verschwinden.

## COSMETIC SPECIALS

**Eyelash OR eyebrow tinting**

15 minutes | € 23

**Eyelash AND eyebrow tinting**

20 minutes | € 33

**Eyebrow shaping**

15 minutes | € 23

**Eyebrow shaping, eyebrow and eyelash tinting – all together**

30 minutes | € 49

**Upper lip hair removal** | € 19

**Facial hair removal** | € 32

## MAKE-UP

If you're looking for beautiful daytime makeup or something for a special occasion, our spa team will be happy to advise you based on your preferences.



## „EYE TREATMENT“

Indulgence treatment  
for your eyes.

30 minutes | € 49

The sensitive eye area is cleansed, hydrated, smoothed and relaxed by powerful natural substances, with immediate effect.

## GUA SHA

This deeply effective facial treatment reduces the visible signs of ageing, relaxes the muscles, and boosts overall well-being.

The combination of traditional Gua Sha techniques with Jacobson pressure point massage stimulates microcirculation and promotes lymph flow, making it ideal for supporting the skin's natural detoxification process.

It releases tension, enhances natural radiance, and can also relieve headaches and provide a deep sense of relaxation.

50 minutes | € 129

A close-up photograph of a woman's face as she receives a facial treatment. A person's hands are visible, holding a white, ergonomic handheld device with a clear cylindrical applicator tip. The device is being used on the woman's cheek and forehead. The woman has dark hair and is looking slightly away from the camera. The background is a warm, out-of-focus orange and yellow.

## NANO NEEDLING

Perfect skin without needles.

A gentle variant of microneedling that specifically reduces and evens out fine lines and pigmentation disorders. It also visibly refines the pores. The effect is immediate and lasts for several weeks.

50 minutes | € 149

80 minutes | € 199



## BEAUTY TO THE TIPS OF YOUR FINGERS

Well-groomed nails and smooth skin are the hallmarks of elegance. They also create a sense of well-being. All of our treatments are tailored to your hands and feet.

### PEDICURE

Relaxing foot bath, foot scrub with your choice of fragrant aromatherapy, careful nail care with shaping and filing, and callus treatment for velvety soft feet:

Singer's SPA Pedicure

50 minutes | € 92

Singer's SPA Pedicure

mit klassischem Lack

65 minutes | € 102

Singer's SPA Pedicure with UV nail polish

75 minutes | € 115

### EXPRESS MANICURE

Filing and care without nail polish  
25 minutes | € 40

### MANICURE

relaxing hand bath, hand scrub with your choice of fragrant aromatherapy, careful nail care with shaping and filing:

Deluxe Manicure

50 minutes | € 85

Singer's SPA manicure

with classic nail polish

65 minutes | € 95

Singer's SPA Deluxe Manicure

with UV nail polish

75 minutes | € 110



## MASSAGES

In today's fast-paced world, massages provide a much-needed moment of respite, restoring harmony to the body and mind. Soothing scents, gentle sounds and expert touch come together to create an atmosphere of deep tranquillity. Treat yourself to an experience that will leave you feeling revitalised and at peace.

### OUR CLASSICS

#### CLASSIC MASSAGE

##### **Legs OR Back**

25 minutes | € 52

##### **Full body**

50 minutes | € 92

#### TYROLEAN MASSAGE

This powerful stretching and relaxation technique, enhanced by Tyrolean stone oil, is designed to stimulate muscle regeneration.

25 minutes | € 55

50 minutes | € 98

80 minutes | € 140

#### ANTI-STRESS MASSAGE

Relax and unwind, letting go of all your daily stresses, and enjoy the harmony of body and mind.

##### **Back, shoulders, neck**

50 minutes | € 98

##### **Full body**

80 minutes | € 140

#### SPECIAL HEAD MASSAGE

A pressure point massage on the head and neck creates space for new thoughts and ideas.

25 minutes | € 55

#### HEAD AND FOOT MASSAGE

A unique treatment combining foot reflexology massage and a special head massage

50 minutes | € 98



## WELLNESS MASSAGES WITH REGIONAL CARE LINES

### „BERGZAUBER“ AROMATIC OIL MASSAGE

A soothing and gentle massage with organic aromas from the region.

#### Legs OR Back

25 minutes | € 55

#### Full body

50 minutes | € 98

### ALPINE HERBAL MASSAGE

An energy-boosting massage with alpine rose and herbal essences. The perfect combination of relaxation and skincare.

50 minutes | € 98

### SWISS STONE PINE VITALITY MASSAGE

Various warm Swiss stone pine pine woods and hand techniques are used to loosen, soothe and revitalise muscles and fascia.

50 minutes | € 99

80 minutes | € 140

### SILHOUETTE DE LUXE

Special massage techniques enable valuable oils and concentrates to penetrate deep into the skin.

The result is a feeling of lightness, toning as well as detoxification.

50 minutes | € 99



## THERAPEUTIC MASSAGES

Our therapeutic massages are designed to relieve tension, promote mobility and enhance your sense of wellbeing. Tailored to your individual needs, they support regeneration, relief and a new lightness for body and mind.

### MANUAL LYMPHATIC DRAINAGE

Gentle movements stimulate circulation, relieve congestion, and support the body's natural detoxification processes, leaving a noticeable feeling of lightness.

#### **Legs OR Back**

25 minutes | € 52

#### **Full body**

50 minutes | € 92

### PHYSIOTHERAPY MASSAGE I

#### Manual therapy

Targeted hand movements help release tension, enhance mobility, and support the natural regeneration of muscles and joints. The treatment offers lasting support for your musculoskeletal system, promoting noticeable relief and overall well-being.

50 minutes | € 99

### DORN-BREUSS METHOD

(performed in light sportswear)

This gentle spinal and joint treatment helps release blockages, encourages natural alignment, and restores balance within the body. Combined with the soothing warmth of the Breuss massage, it promotes deep muscular relaxation, noticeable relief, and a lasting sense of well-being.

50 minutes | € 99

### FOOT REFLEXOLOGY MASSAGE

25 minutes | € 55

50 minutes | € 98

As these treatments are provided by specially trained therapists, availability may be limited. Thank you for your understanding.

## GOOD FOR YOUR JOINTS

### MOUNTAIN MIRACLE

Our intensive treatment for stressed muscles and joints combines cooling mountain arnica wraps with deep relaxation on a floating bed. The treatment soothes, cools, and releases tension, creating an overall sense of lightness and freedom.

25 minutes | € 52

### A GENTLE MURMUR

Let yourself be pampered with warming marmot and laurel oils on the floating bed. Gentle movements help loosen tense muscles, ease discomfort in the limbs, and soothe rheumatic complaints — for a deeply relaxed, balanced body feeling.

25 minutes | € 52



## INSPIRATION FROM AROUND THE WORLD

Immerse yourself in a world of relaxation and experience a deep sense of well-being and harmony throughout your body.

### HOT & COLD STONE MASSAGE

Alternating warm and cool stones help release tension, stimulate circulation, and promote deep relaxation.

#### **Back**

30 minutes | € 69

#### **Full body**

80 minutes | € 149

### ABHYANGA

A traditional Ayurvedic full-body massage using warm oil to encourage deep relaxation, harmonise the body's energies, and support the metabolism.

#### **Full body**

80 minutes | € 149

Bitte haben Sie Verständnis, dass für diese Behandlungen speziell geschulte Therapeuten erforderlich sind und daher nicht immer Termine verfügbar sind.

### LOMI LOMI NUI

*The queen of massages*

A Hawaiian full-body massage with flowing, rhythmic movements that release tension and bring body, mind, and soul into harmony.

#### **Full body**

110 minutes | € 198



## SINGER'S ALPINE HAMAM

Set in an oriental-inspired ambience, the treatment begins with an intensive exfoliation to stimulate circulation. A short stay in the private sauna prepares you for the highlight of the ritual:

a soothing massage on a heated marble stone bed, enveloped in silky soap foam. This deeply relaxing experience gently releases muscle tension and pampers the senses.

Immerse yourself in the soothing world of the Alpine Hamam ritual.

**80 minutes | € 140**





## LITTLE LUXURIES FOR KIDS

Our younger guests are warmly invited to enjoy soothing moments of care at Singer's SPA. Lovingly tailored to the needs of children, these treatments can be enjoyed independently or shared with mum or dad.

### FOR OUR YOUNGER GUESTS

**UP TO 14 YEARS OF AGE** - 25 minutes each

„SPORTS ACE“ MASSAGE - € 44

„MOUNTAIN FLOWER“ FACIAL

Gentle care and cleansing for young skin - € 44

MANICURE & PEDICURE „PRETTY PAWS“

For little mountain lovers - € 44



### FOR PARENTS & CHILDREN IN OUR SINGER'S SPA DOUBLE ROOM

#### HOUR OF WONDER

**1x massage for a parent (50 minutes)**

**1x treatment for the child (25 minutes)**

Choose a massage from our treatment selection along with a suitable children's treatment from our children's menu.

Prices vary according to the selected combination..

## FOR EXPECTANT MOTHERS

As an expectant mother, treat yourself to a peaceful break filled with calm, comfort, and loving care. Our specially tailored treatments are designed to gently accompany you through this unique time, supporting your well-being in a safe and soothing way.

## PREGNANCY MASSAGE

A gentle, tension-relieving massage individually tailored to the needs of expectant mothers.

50 minutes | € 98

Our Singer's SPA team will be happy to advise you on additional suitable treatments that you can enjoy in a tranquil and nurturing atmosphere during your pregnancy.



## SINGER'S SCRUBS & WRAPS

Pamper your skin with soothing scrubs and nourishing wraps that gently cleanse, intensively nourish and give you new suppleness. Our floating bed relieves pressure on the back and joints, helps release tension, and allows massage oils and skincare products to be absorbed optimally – creating a sensation of weightless lightness. Enjoy deep relaxation, regeneration, and an overall sense of well-being for your body regeneration and an all-round feeling of well-being for your body.

### SINGER'S EXFOLIANTS

25 minutes each | € 52 each

#### SWISS STONE PINE SCRUB

Relaxing & nourishing

#### DETOX SCRUB

Supports natural detoxification &  
stimulates circulation

#### HERBAL SCRUB

Harmonising & protective

#### CRUSHED CABERNET SCRUB

Entwässernd & straffend

### SINGER'S WRAPS

25 minutes each | € 47 each

#### SWISS STONE PINE

The calming aroma of Swiss stone pine soothes both skin and senses.

#### MOUNTAIN FRESH

Tyrolean herbs provide intense hydration and leave the skin velvety soft.

#### BLOSSOM MAGIC

Flowers such as rose and calendula soothe and harmonise the skin.

#### GRAPE CARE

Grape extract pampers the skin and provides deep moisture.

#### SINGER'S CARE DUO

Enjoy your personal care duo, combining exfoliation and a nourishing wrap for a beautifully enhanced effect.

50 minutes | € 94



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## BATH

Water calms, revitalises, and restores energy — it is pure life. A bath in our light-filled comfort tub, featuring an underwater massage and soothing bath essences, gently stimulates the body's natural functions, relaxes the muscles, and allows the mind to unwind. Lean back, immerse yourself, and enjoy moments of complete relaxation.

**20 minutes each | € 45 each**

### LAVENDER DREAM

For deep relaxation and gentle dreaming

### VITALITY BATH

To awaken the senses and restore energy

### SWISS STONE PINE WONDER

Calming & stress-relieving

### BATH OF YOUR CHOICE:

You are welcome to personalise your bath according to your individual needs in consultation with our spa therapists.

**20 minutes each | € 45 each**





## INDULGENT RITUALS

## TIME FOR TWO

Treat yourselves to romantic moments away from everyday life – a time where only the two of you matter.

Selected treatments can also be enjoyed together in the Singer's SPA Suite.

Our SPA team will be happy to advise you.

## ROMANTIC BATHING EXPERIENCE

Bathe in fragrant rose petals in our romantic sound tub, enhanced by soft lighting effects. A deeply sensual bathing experience for two, including two glasses of "Schlumberger Sparkling Brut."

### A sensual bath for two.

35 minutes | € 65



## LOVE & LIGHTNESS

A gentle ritual for couples combining soothing touch, deep tranquillity, and a sense of emotional lightness.

- Private herbal sauna (approx. 15 minutes)
- Herbal salt scrub on a warm marble bed (approx. 20 minutes per person)
- Joint bath with natural essential oils in the sound tub (approx. 30 minutes)
- Two glasses of „Schlumberger Sparkling Brut“

90 minutes | € 165

## ROMANCE & PLEASURE

A luxurious experience for couples offering deep relaxation and special intimate togetherness.

- Private herbal sauna (approx. 15 minutes)
- Crushed Cabernet scrub on a warm marble bed (approx. 20 minutes per person)
- Joint bath with natural essential oils in the sound tub (approx. 30 minutes)
- Simultaneous full-body couples massage (40 minutes)

Exclusively included: 1/2 bottle of Austrian red wine & a cheese platter for 2

130 minutes | € 320



## DAY SPA

Experience a full day of calm, restoration, and renewed energy. Let soothing massages, nourishing treatments, and revitalising rituals refresh your body, mind, and soul.

### Exclusively for you:

- Bathrobe, bath towels and slippers
- Use of indoor and outdoor pool (heated all year round, 30 °C)
- Use of the sauna area and relaxation rooms
- Use of the fitness room
- Participation in the sports and activity programme on offer

## GOURMET BREAKFAST

07:30 - 10:30 AM | € 29

Book our breakfast buffet featuring seasonal and regional products, as well as egg dishes freshly prepared to your liking. Hot drinks, juices, sparkling wine and coffee specialities included.

(Only available on request and subject to availability.)

### DAY TICKET SUMMER

**per person from**

Adults | € 35

Children | € 21

From 4 PM | € 23

### DAY TICKET WINTER

**per person from**

Adults | € 45

Children | € 25

From 4 PM | € 30

**When booking spa treatments worth at least € 80 per person, the day admission is waived.**



## DAY SPA PACKAGES

Our Day SPA packages are available daily from **9 AM to 3 PM** subject to **availability**, and include use of the entire **Singer's SPA** from 7:30 AM to 7:30 PM.

### SWISS TONE PINE MAGIC

- Day admission
- Swiss stone pine pine vitality massage
- Swiss stone pine salt scrub for the sauna

50 minutes | € 99

### SUMMIT CLIMBER PACKAGE

- Day admission
- Tyrolean back massage
- Foot reflexology massage

50 minutes | € 108

### RELAX SPA PACKAGE

- Day admission
- Relaxation bath of your choice
- Anti-stress massage

75 minutes | € 138

### SPA BISTRO

In both winter and summer, culinary delights are an essential part of your wellness experience.

Our SPA Bistro **offers fresh smoothies, light snacks and small treats** — perfectly tailored to complement your relaxing spa day.





## *Philosophy*

„Our philosophy is rooted in a deep connection to the alpine environment that has shaped the Hotel Singer for generations. The powerful flora of the Berwanger Plateau—its herbs, aromas and minerals—inspires each of our treatments and makes nature a tangible source of peace, energy and regeneration.

At Singer's SPA, we want to give you space to consciously enjoy yourself, connect with the alpine world, and discover the beauty of the mountains as a source of strength for body and mind.“

## *The Singer family*



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