



SINGER'S SPA MENU

★★★★S
SINGER
Our heart, your holiday



Our philosophy

Hotel Singer at 1,336 metres above sea level is a natural haven. Berwang's plateau is renowned for its scenic beauty, abundant sunshine, and as the home to the greatest diversity of flora in the Western Alps. Botanical treasures of immense power and worth flourish here thanks to the area's pristine environment. Minerals, herbs, and aromas assist relaxation, rejuvenate, and invigorate. Our range of vinotherapy treatments promise a feast for the senses, providing a boost to vitality and a thorough detox for heavenly skin. Enter Singer's SPA and discover the beauty of nature – the source of your energy. Give yourself the gift of time, become aware of your surroundings. Your stay will be an excursion into the world of enjoyment.

The experience of nature with Tyrolean herbs

Berwang's high altitude, clean air, and intense sunlight provide ideal conditions for forests and plants. In summer, the mountain meadows bloom in the most beautiful colours. Regional plants like Alpine roses and Swiss stone pine are now at their most magnificent and pamper us with their fragrance and their healing properties. Experience the purest ingredients of nature with our natural care rituals and pamper yourself with the nourishing products of the Piroche Cosmétiques line.





Vinothérapie by Caudalie

With the greatest care, we use high-quality products with active ingredients from grapes, grape seeds, and vines in our treatment for your well-being. Let go and drift into a world of profound aromas with invigorating elegance and velvety richness. Caudalie skincare products transport you to a blissful world of wine that is as pleasing to your skin as it is to your health and senses.



Minerals and aromas

Minerals are among nature's most valuable elixirs of well-being. Treatments using a range of locally sourced Tyrolean shale oil products allow your body to absorb and process the active ingredients, releasing fresh energy. Revitalise, relax, and detoxify with Tyrolean minerals at Singer's SPA.

We would be delighted to schedule a personal consultation with a member of our experienced SPA team for you and look forward to providing you with a customised wellness programme in our three worlds.





TAKE YOUR TIME

Please arrive on the 1st floor of Singer's SPA five minutes before the start of your treatment and enjoy a cup of tea in our SPA lounge while you wait. A heated neck pillow will prepare you for the subsequent treatment. If you are late for your appointment, we will be unable to extend your treatment beyond the agreed time. This means that if you arrive late, your treatment time will be shortened accordingly.

SHOWER

A warm shower taken shortly before a treatment relaxes, cleanses, and prepares your skin for our high-quality and highly nourishing care products and oils.

YOUR HEALTH MATTERS TO US

When you book an appointment, please inform us about any medical conditions, allergies, and possible pregnancy or if you suffer from claustrophobia. This will help us provide you with a perfectly tailor-made treatment and choice of products.

CLOTHING

Feel free to wear your soft bathrobe and slippers to SPA treatments and throughout Singer's SPA. We will be happy to hand you disposable briefs to protect your swimwear and underwear during body treatments. The pool areas are only accessible with swimwear. For hygienic reasons, the entire sauna area is a textile-free zone. Towels are freely available for use in the saunas.

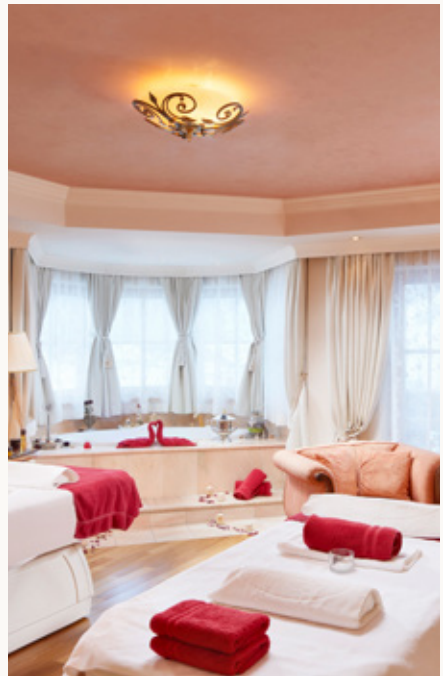
CONSULTATION WITH YOUR THERAPIST

Prior to any treatment, our therapists will ask you to specify your requirements. Please also communicate your preferences and any discomfort during the course of your treatment so that we can ensure the best possible results. Our Singer's SPA team includes both male and female therapists; if you have a preference, please let us know at the time of booking.

CANCELLATION

If you are unable to attend your appointment for personal reasons, please cancel it at least six hours before the start of your

treatment. In case of later cancellations, we will have to charge 50% of the booked treatment. In case of no-show without prior cancellation, the entire cost of the booked treatment will be charged.



Our facilities on three floors

- **Indoor pool** with direct access to the **year-round heated outdoor pool**
- **Panoramic sun terrace** by the pool
- **Spacious sauna area** with:
 - Tiroler Stub'n sauna (90°C)
 - Alpine herb sauna (60°C)
 - Saltwater steam bath (40°C)
 - Waterfall grotto
 - Spring water Kneipp basin
 - Glacier ice fountain
 - Relaxation oasis with waterbeds
- **Relaxation room with open fireplace**
- **Fitness & cardio room** with a view of the mountain world
- **Yoga room and gym** for free use
- Light-flooded **bath, beauty, and massage floor**
- **Ergoline sunbed**
- **SPA Bistro with sunny terrace**
- **Alpine Relaxation Garden** across over 10,000m²



OPENING TIMES

Indoor pool

7.30 a.m. – 7.30 p.m.

Outdoor pool

depending on the weather
in summer

3 p.m. – 7 p.m. in winter

Sauna landscape

11 a.m. – 7.30 p.m.

SPA treatments

9 a.m. – 7 p.m.

Facial treatments

Like an open book, your face reflects the way you feel. The natural product lines by Caudalie and Piroche Cosmétiques allow us to respond individually and appropriately to the needs of your skin in every treatment.

ALPINE POWER

50 minutes €80

80 minutes €120

Protect, pamper, prevent

This treatment strengthens the skin's natural defences with targeted care to protect and increase resilience against stress and the effects of sun, cold, and wind.

PURE MOUNTAIN

50 minutes €80

80 minutes €120

Intensive care, also suitable for teenagers

After a Vapozone steam treatment to open the pores, your skin is deeply cleansed and purified. The special requirements of irritated skin are met with exceptional products, individually tailored to suit you. The result is a visibly improved, clear complexion.

MAGIC SOURCE

50 minutes €90

80 minutes €130

Tightening and rejuvenating

Let our magic source treatment melt away some of the signs of the times, restoring your skin's freshness with specially developed masks and firming products. Your skin will appear smoother and feel profoundly nourished.

A PURE MAN THING

50 minutes €80

Cleansing and revitalising

After a deep cleansing treatment, fresh minerals and vitamins are gently massaged into the tired skin, leaving it relaxed, refreshed, and energised. Also suited for bearded men.

In addition to the facial treatment

Extend your facial treatment individually, depending on your wishes:

EYELASH OR EYEBROW TINTING

15 minutes €19

EYELASH AND EYEBROW TINTING

20 minutes €27

EYEBROW SHAPING

15 minutes €19

**included in all 80-minute treatments*

EYEBROW SHAPING AND TINTING

30 minutes €35

UPPER LIP WAXING

10 minutes €15

Remove unwanted hairs in the upper lip area quickly and easily with waxing.

FACE WAXING

20 minutes €27

Remove unwanted hairs in the mouth, chin, and cheek area with waxing.

INTENSIVE FACE MASK

15 minutes €19

To enhance the effect of your cream mask

**included in all 80-minute treatments*

FOOT PEELING AND MASK

15 minutes €19

Wonderfully refreshing and relaxing

FOR ALL FACIAL TREATMENTS:

In 50 minutes you will be pampered with cleansing, peeling, mask, and a small massage.

In 80 minutes, we also offer you a hand or foot massage, a special ampoule, and brow shaping.



Hands and feet

Our hands and feet work hard for us. Show them your appreciation with our special feel-good programme.



SINGER'S SPA MANICURE

50 minutes (without nail varnish) €73

Soak, peeling, cuticle treatment, nail shaping, hand massage

SINGER'S SPA PEDICURE

50 minutes (without nail varnish) €80

Peeling, foot bath, rough skin removal, nail shaping, cuticle treatment, foot massage

WITH STANDARD NAIL VARNISH

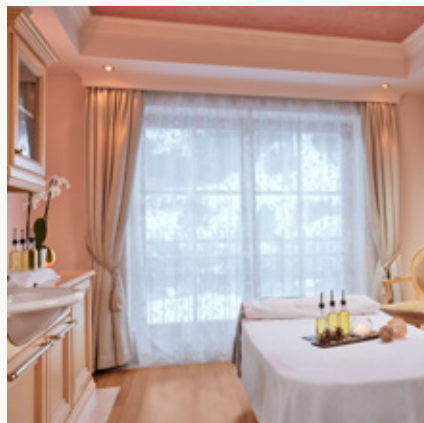
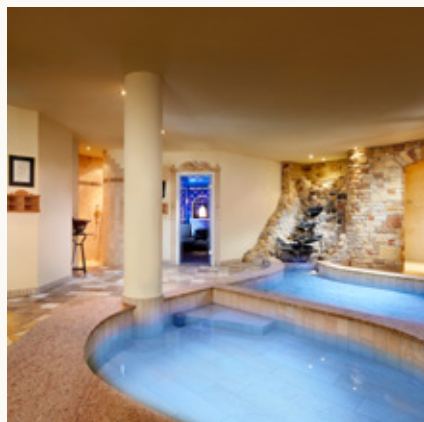
+ 15 minutes + €10

The nail varnish is applied and air-dried in approx. 15 minutes

WITH SEMI-PERMANENT UV NAIL VARNISH

+ 25 minutes + €20

Dries immediately under a UV lamp, lasts approx. 2 to 3 weeks



SINGER'S SPA MENU

Body packs

25 MINUTES EACH

Our sumptuous, heated soft pack lounge allows the skin to absorb the active ingredients and their full effects to unfold, while the weightless support relieves joints and relaxes muscles.

MOUNTAIN FRESHNESS €40

Tyrolean herbs for intensive moisture and velvety soft skin

FLOWER MAGIC €40

Stimulates self-protection

Flowers like rose and marigold soothe and harmonise

STONE PINE THERAPY €40

Soothing

Swiss stone pine aromas soothe your skin and senses

TYROLEAN HAY PACK €40

Relaxing Alpine scent and warmth

The essential oils of mountain hay loosen the muscles, purify, and open the respiratory tract.

SINGER'S CARE DUET

50 minutes € 80

Since the skin is very receptive after a body peeling, packs have a more intensive and lasting effect. Therefore, combine your personal care programme (peeling and pack) for double effect.

TYROLEAN VITALITY PACK €40

Revitalising

Relief for sore muscles and limited range of motion

LIVER COMPRESS €45

The liver is our body's largest cleansing organ. Purify and detoxify it with the help of regional herbs.

PIROCHE CELLULITE WRAP

50 minutes €80

Active natural ingredients and essential oils stimulate the metabolism, decongest the connective tissue, and strengthen the blood vessels.

Body peeling

25 MINUTES EACH

We reinvent ourselves every day – and our skin also benefits from occasional rituals of renewal. With a body peeling, your skin becomes soft again. Active ingredients are gently massaged in and better penetrate the skin to renew and strengthen it.

STONE PINE PEELING €45

Relaxing and nourishing

Pine salt crystals and nourishing stone pine oil

DETOX PEELING €45

Detoxifies and promotes blood circulation

Jentschura alkaline salt and ginger oil

HERB PEELING €45

Harmonising and protecting

Alpine herb salt and almond oil

GOMMAGE CRUSHED €45

CABERNET

Draining and firming

Crushed grape seeds, brown sugar, and honey



Baths

25 MINUTES EACH

Water is the elixir of life – a refreshing and relaxing aromatherapy bath in our whirlpool tub is a delightful way to loosen muscles, relax the mind, and rejuvenate the whole body. Let yourself float on a sea of wellness.

RELAXING HERBAL BATH *or*
TYROLEAN HONEY & PINE BATH €42

Dreamy and soothing

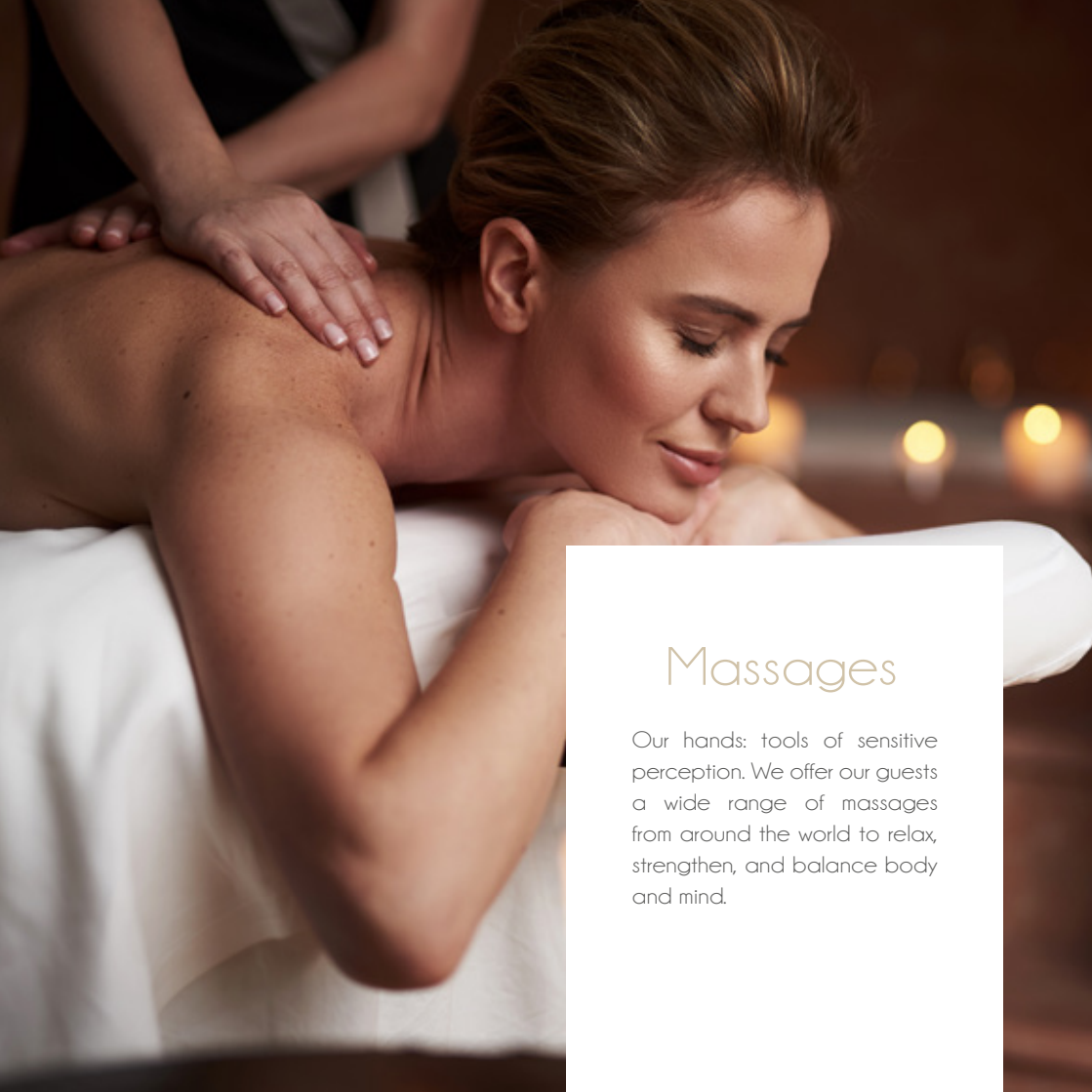
ENERGISING HERBAL BATH *or*
TYROLEAN SHALE OIL BATH €42

Strengthening and revitalising

CLEANSING HERBAL BATH *or*
JENTSCHURA ALKALINE SALT BATH €42

Cleansing and purifying





Massages

Our hands: tools of sensitive perception. We offer our guests a wide range of massages from around the world to relax, strengthen, and balance body and mind.

SINGER'S SPA MENU

OUR CLASSICS

CLASSIC MASSAGE

Relaxing or revitalising massage, as desired

LEGS or BACK

25 minutes €45

FULL BODY

50 minutes €80

AROMATHERAPY MASSAGE

A soothing and gentle massage with organic aroma oils

LEGS or BACK

25 minutes €45

FULL BODY

50 minutes €80

ANTI-STRESS MASSAGE

The focus of this treatment is on releasing tension in the back or neck area and reducing everyday stress.

BACK, SHOULDERS, NECK

50 minutes €85

BACK, SHOULDERS, NECK, FEET

80 minutes €125

HEALING HEAD MASSAGE

Pressure point massage of the head and neck area using essential oils to impart a sense of uplifted liberation.

25 minutes €48

HEAD AND FOOT MASSAGE

Combine the soothing foot reflexology massage with a relaxing healing head massage.

50 minutes €85

MASSAGES WITH REGIONAL FLAIR EXCLUSIVELY AT SINGER'S SPA

TYROLEAN MASSAGE

Powerful stretching and loosening massage with Tyrolean shale oil to promote muscle regeneration.

LEGS or BACK

25 minutes €48

FULL BODY

50 minutes €85

FULL BODY

80 minutes €125

ALPINE HERB MASSAGE

Energising massage with Alpine rose and herb essences. Relaxation and skin care perfectly combined.

FULL BODY

50 minutes €85

PINE VITALITY MASSAGE

Using warm pine woods and the hands, the muscles and fasciae are loosened and calmed.

FULL BODY

50 minutes €90

FULL BODY

80 minutes €130

HEALTH-PROMOTING MESSAGES

MANUAL LYMPHATIC DRAINAGE

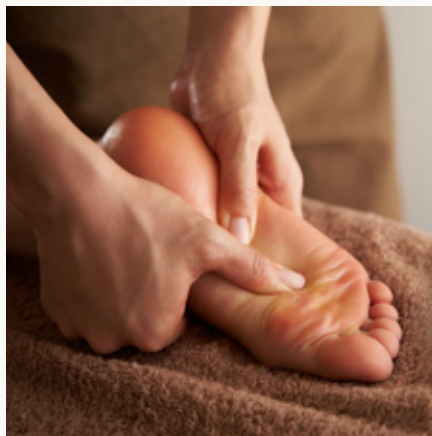
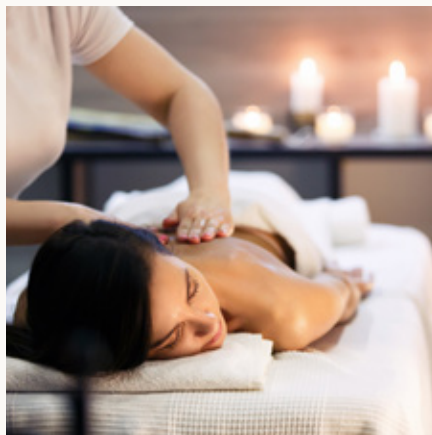
Gentle removal of waste products in the lymphatic system. Decongesting, purifying, detoxifying.

LEGS, ARMS, or FACE

25 minutes €45

FULL BODY or LEGS

50 minutes €80



SINGER'S SPA MENU

FOOT REFLEXOLOGY MASSAGE

This pressure point massage stimulates the various reflex points on the sole of the foot.

25 minutes €48

50 minutes €85

DORN BREUSS MASSAGE

For back problems and pelvic obliquity

Has a regenerating effect on the intervertebral discs and straightens the spine. Leg length discrepancies are corrected and the vertebral bodies are gently brought back into their ideal position according to the Dorn method.

50 minutes €90

SILHOUETTE DELUXE

Concentrates and oils are gently worked into the lymphatic system. Afterwards, your body will feel light and sculpted.

FULL BODY

50 minutes €90

PREGNANCY MASSAGE

Gentle and tension-relieving individual massage for expectant mothers

50 minutes €85

MASSAGES FROM FAR AWAY

HOT & COLD STONE MASSAGE

Hot lava and cold marble stones provide deep relaxation, while stimulating the metabolism and circulation. Afterwards you will feel recharged with the energy of the stones and full of zest for life.

BACK

30 minutes €60

FULL BODY

80 minutes €135

ABHYANGA

The full-body massage with sesame oil stimulates the metabolism and energy flow through gentle strokes. Afterwards you will feel deeply relaxed, balanced, and freed from the old.

FULL BODY

50 minutes €95

FULL BODY

80 minutes €135

LOMI LOMI NUI

The queen of massages with rhythmic massage strokes

Based on Hawaiian bodywork, the muscles are stretched and loosened. Afterwards you will feel connected to yourself, deeply relaxed, and strengthened.

FULL BODY

110 minutes

€170



ROMANTIC TOGETHERNESS

SPA rituals for precious moments with your loved one

For special moments, book our exclusive Singer's SPA Suite with 50m² of feel-good space. Either for individual treatments or for the following soothing rituals with your sweetheart:



You can also enjoy selected treatments for two in Singer's SPA Suite – our SPA team will be happy to advise you.

ROMANTIC BATHING EXPERIENCE

A romantic bath for two with rose petals and rose oil accompanied by sound and light effects, plus two glasses of Lanson Black Label Champagne.

35 minutes **€75**

LOVE & LIGHTNESS

90 minutes **€155**

Enjoy the real luxury of today: time away from the hustle, bustle, and stress together with your loved one. Let us pamper you!

This ritual includes:

- Private herb sauna session (approx. 15 minutes)
- Herbal salt peeling on the warm marble lounger (approx. 20 minutes per person)
- Bath for two with natural essential oils in the sound tub (approx. 30 minutes)

This SPA ritual is rounded off with a refreshing herbal tea.

ROMANCE & INDULGENCE

130 minutes **€250**

Enjoy even more time together.

This ritual includes:

- Private herb sauna session (approx. 15 minutes)
- Crushed Cabernet peeling on the warm marble lounger (approx. 20 minutes per person)
- Bath for two with natural essential oils in the sound tub – optionally with red wine (approx. 30 minutes)
- Simultaneous full-body massage for couples (40 minutes)

This ritual is rounded off with a refreshing herbal tea and a Tyrolean snack platter.

Alternatively, we are happy to serve you a half bottle of Austrian red wine and a cheese platter. (Surcharge €25)

SINGER'S SPA MENU



For our little guests

You are welcome to enjoy all treatments with your parent in our double room.

CHILDREN'S MASSAGE

25 minutes €39

CHILDREN'S FACE TREATMENT

25 minutes €39

CHILDREN'S MANICURE OR PEDICURE

25 minutes €39

Sunbed

Get a beautiful tan with our Ergoline sunbed.

12 minutes €15

3 x 12 minutes €35





Day SPA

Day SPA

DAILY ADMISSION IN SUMMER

ADULTS	€29
CHILDREN	€18
FROM 4 P.M.	€19

DAILY ADMISSION IN WINTER

ADULTS	€40
CHILDREN	€22
FROM 4 P.M.	€30

If you book a minimum of €70 worth of SPA treatments per person, we will give you free entrance for the day.

INCLUDED SERVICES:

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

Ideally combined with a gourmet breakfast in our restaurant.

€25 per person



Day SPA packages

BEAUTY SPA PACKAGE

Day SPA admission
Body peeling of your choice
Alpine Power face treatment
Vitamin cocktail

Total 75 minutes €115

RELAX SPA PACKAGE

Day SPA admission
Relaxing bath
Anti-stress massage
Herbal tea

Total 75 minutes €115

PEAK BAGGER SPA PACKAGE

Day SPA admission
Tyrolean back massage
Foot reflexology massage
Sports drink

Total 50 minutes €90

PINE POWER SPA PACKAGE

Day SPA admission
Pine vitality massage
Pine water
Pine salt peeling for your sauna session

Total 50 minutes €95



Our Day SPA packages can be booked from 8 a.m. to 3 p.m. (subject to availability) and include free entry to Singer's SPA on the treatment day from 7.30 a.m. to 7.30 p.m.

