



Crystal Spa

Crystal Spa Menu

Altitude Brings Power

Spa, Sport & Regeneration – the 3 Pillars of Berghof Crystal Spa & Sports

Countless high alpine treasures – untouched nature, eternal ice, crystal clear air and ideal, year-round training possibilities at high altitudes on the Hintertux Glacier. Build up your red blood cell count, be inspired by the luxurious alpine architecture and pamper yourself with high quality spa facilities and unique treatments. Experience a unity of crystal beauty and natural power at the new ‘**Crystal Spa & Sports**’; the embodiment of pure energy and desire. Visit the Berghof, where the sky meets the peaks and enjoy the spectacular alpine panorama ... simply breathtaking.

A healthy body, glowing skin and sparkling eyes are captivating attributes. Feel young whatever your age when body and soul align.

Experience, enjoy and profit from the harmony between physique and psyche at **Crystal Spa & Sports** – located 1,500 metres above sea level at the foot of the Hintertux Glacier.

Crystal is our Trademark

It is our source of power and its presence is felt throughout our hotel.

Crystal with its minerals, intensity and luminosity is the focus of our Crystal Spa Collection and defines our signature treatments. During an active day on the glacier your skin is exposed to the elements; strong sunshine, wind and fresh mountain air. At Crystal Spa & Sports we offer tailor-made treatments that counteract these effects. Our specialist team will apply natural elements to your body to optimally enhance your skin, pampering you with happiness and professionalism.

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The peak of panoramic wellbeing
combined with a unique view into the world
of the Hintertuxer Glacier



Spa with a view

1. Crystal Spa & Sports

9th floor

The peak of water worlds

The showpiece of Crystal Spa & Sports is the spacious Crystal Source with 25 metres of bathing enjoyment. Facilities include an indoor and outdoor pool, hot outdoor whirlpool and countless possibilities to relax on a comfortable lounge to turn off from everyday life.

Textile sauna

Natural wood and stone are combined in our new textile sauna to create a warm environment for rejuvenating relaxation. Cool down under our experience showers or in the outdoor area on our extensive roof terrace, which is snow-covered in winter. Between visits to the sauna you can relax in our refuge on comfortable loungers.

This area includes:

- Swiss pine sauna
- Crystal steam room
- Experience showers
- Relaxation refuge with a view
- Extensive roof terrace

Spa buffet



1. Crystal Spa & Sports

2nd floor

Vitality world – Nude area

Deceleration saunas and steam rooms at a temperature of approx. 45 to 100°C. The heat has immediate effects on the body – detoxifying, relaxing, refining the skin and stimulating metabolism. Vitality World may not be visited in swimsuits for hygiene reasons. Towels are available and may be used as required.

This area includes:

- Tyrolean sauna with oven
- Rose bath
- Roman marble steam room
- Brine steam room
- Experience showers
- Kneipp wading circuit
- Indoor and outdoor whirl-pools (year round)
- Relaxation refuge with a view

5th floor

Fitness

The fitness room at Crystal Spa & Sports has the latest Technogym equipment.

Light-flooded 'Crystal' beauty and massage department

Our beauty and massage programme consists of a holistic concept based on natural products.

2. Water as a Source of Life

'The view of the glacier is unparalleled.'

The **panoramic indoor swimming pool is the showpiece** of Crystal Spa & Sports. Located at literally the highest level, with 25 metres of bathing enjoyment, this pool offers a unique view of the mysterious world of the Hintertux Glacier. Encased in glass walls, the indoor swimming pool is linked with a year round heated outdoor pool and offers direct access to the roof terrace and outdoor whirlpool. Relax and recuperate with spectacular panoramas after days full of enjoyment, whether skiing, hiking or unwinding.

'Be at one with this unique glacier world, when swimming in the pool or relaxing in the heated whirlpool.'

3. Warmth & Power

Our saunas

Saunas have a long tradition. The overheating of the body and the resulting perspiration cleans the body from inside, strengthening the immune system and the body's defences while simultaneously training the cardiovascular system.

Textile sauna – 9th floor

- Swiss pine sauna
- Crystal steam room
- Experience showers
- Relaxation refuge with a view

Vitality world – nude area – 2nd floor

- Tyrolean sauna with oven
- Rose bath
- Roman steam room
- Brine steam room
- Experience showers
- Kneipp wading circuit
- Indoor and outdoor whirlpools (year round)
- Relaxation refuge with a view



4. Facials & Body Treatments

Philosophy Piroche Cosmétiques Method



A comprehensive concept that invokes a new vision of beauty and health care!

More than 20 years of experience, gathered from the formation of a thousand year old culture to the most innovative avant-garde techniques from the cosmetic industry.

The philosophy of Piroche Cosmétiques begins with the individuality of each person. Every category, skin type and organism has its own needs, demands and characteristics. Treatment following the Piroche Cosmétiques method is based on three essential elements:

- Lymph drainage
- Traditional Chinese Medicine (TCM)
- Aromatherapy

FACIAL TREATMENTS

Skin cleansing and scrub is followed by bio-energy lymph drainage in combination with aromatherapy and a special algae product. This intensifies, detoxifies and deacidifies the skin and tissue and improves blood flow, leaving the skin optimally prepared and receptive. Another highlight is an energising face massage with precious essential oils, which revitalises, tones and tightens facial tissue while stimulating sluggish energy flow. Facial tissue is further detoxified, deacidified and mineralised with a toning alumina algae mask that seeps deep into the skin. The facial treatments are crowned off with beauty stimulation, which excites and stimulates energy points in the face, strengthening facial muscles and visibly improving facial contours.

4. Facials & Body Treatments

Basic Relaxation Care Treatment

55 mins

€57

Basic Relaxation Care Treatment

Plus ampoule and a face massage with relaxing organic scents

90 mins

€75

Noesis Vitamin Relaxation Treatment

Plus vitamin power ampoule, modelage face mask and a multivitamin serum & face massage with relaxing organic scents

90 mins

€95

Expressions Lifting Relaxation Treatment

Plus intense serum lift, lifting hydro-active mask and a face massage with relaxing organic scents

90 mins

€95

Regeneration Treatment

Plus back massage, regeneration ampoule, face massage with regenerating organic scents and beauty stimulation

115 mins

€115

Bio-Energy Face Massage

Micro massage of acupuncture points with a vitamin ampoule, e-stimulation of acupuncture points and a Maschera modelage face mask

55 mins

€48

ENERGY POINT HEAD TREATMENT

This treatment is a blessing for body, mind and soul. The head is the source of many energy points, which are often blocked through stress and burdens. This creates increased tension, which can be dissipated with a relaxing head massage and drainage of the neck and shoulder regions, improving blood flow and waste removal. Organic scents are specifically tailored to each guest. A nourishing head and skin algae wrap rounds off this treatment to increase relaxation and wellbeing.

Energy Point Head Treatment

55 mins

€43

4. Facials & Body Treatments

HANDS & FEET

Hand scrub, relax hand pack & hand massage
25 mins

€29

Foot scrub, relax foot pack & foot massage
25 mins

€29

Manicure
Spa Pedicure with nail varnish

€30

€35

Spa Pedicure
Spa Pedicure with nail varnish

€40

€45

FOR BEAUTIFUL MOMENTS

Eyebrow shaping €8 – €10
Eyelash tinting €13
Eyebrow tinting €11
Combined eyebrow & eyelash tinting €21

Noesis vitamin power ampoule €12
Noesis retinol ampoule €12
Plasmamarin ampoule €15
Maschera modelage face mask €17
Eye lifting mask €8
Expressions hydro-active mask €9

DEPILATION WITH WARM WAX

Facial depilation €21
Upper lip €9
Chin €7
Eyebrows €7
Underarms €14
Bikini line €17
Chest or back €27
Legs to knee €35
Full legs €49

4. Facials & Body Treatments

BIO-ENERGY BODY TREATMENTS

The effective combination of active, natural substances with drainage and massage of muscle passages promotes holistic detoxification, relaxation and regeneration of the skin. Bio-energy lymph drainage efficiently removes waste and produces new energy through the use of selected organic scents and further active, natural products. WEI energy circulating through the muscle passages is primarily responsible for the skin, connective tissue, muscular system, tendons, joints and bones. Blockages in the muscle passage can restrict energy flow, causing discomfort, deposits and painful areas.

Bio-Energy Muscle Passages Body Treatment

Production of energy with energising organic scents. Energy drainage and e-stimulation of the acupuncture points excites energy flow and improves metabolism. The elasticity of tissue and the muscular system is simultaneously strengthened.

55 mins €57

90 mins €75

Bio-Energy Back Treatment

Production of energy in the back, drainage with energising organic scents and e-stimulation. Energy blockages are released, muscles strengthened and tissue toned.

55 mins €43

Body Treatment

Energising body scrub, bio-energy lymph drainage/massage with energising organic scents.

75 mins €72

5. Body Packs in the Soft Pack System

For deep infiltrating effects, float on our water-filled soft pack loungers. Surround your body with the warmth of the water without it touching your skin. This way the active substances can penetrate the skin even better.

For all packs, it is recommended that guests first visit the sauna. This will open the pores and lead to a faster effect.

OUR TIP:

Book your body pack in combination with a full body scrub!

50 mins

€55

PIROCHE COSMÉTIQUES

Energising Body Pack

25 mins

€27

'Yin/Yang' Full Body Pack

Detoxifying patchwork algae pack. Well suited for muscle relaxation after sport.

25 mins

€27

'Relax' Full Body Pack

25 mins

€27

5. Body Packs in the Soft Pack System

CHRYSTAL

Beneficial for an overworked muscular system

CHRYSTAL body packs use natural products from the alpine region that are unique in their natural composition and the way in which they work. Crystal, mountains and power – alpine nature in its purest form. In accordance with traditional methods, substances are processed from plants, valuable cold-pressed oils, natural vitalised water from clear mountain brooks, natural alcohol from home-distilled fruit & berries and honey & propolis products from the local alpine bees.

CHRYSTAL Detoxification Pack

Contents: beeswax, birch leaf extract, juniper, orange oil.

Effects: purging, detoxifying and draining.

25 mins

€35

CHRYSTAL Sport and Vitality Pack

Contents: beeswax, marmot oil, gentian root extract, peppermint oil. **Effects:** can regenerate cells, reduce cellulite, improve blood flow and tighten the skin.

25 mins

€35

CHRYSTAL Regeneration/Anti-Aging Pack

Contents: beeswax, beer yeast-biotin-St John's wort extract, clary sage. **Effects:** can regenerate cells, reduce cellulite, improve blood flow and tighten the skin.

25 mins

€35

CHRYSTAL Vitality Salt Wrap

Contents: salt, honey, gentian root extract, marigold.

Effects: cell regenerating, improves blood flow, muscle relaxing, anti-inflammatory.

- Natural salt scrub with arnica
- Vitality salt wrap
- Rub with an arnica tonic

50 mins

€55

CHRYSTAL
THE HEALING MOUNTAINS



100% nature with nature.

Chrysal is a climate partner and certified with the Bio Austria seal.



6. Massages

Classic Partial Massage

Partial massage for the head & neck, back or legs.

25 mins

€32

Foot Reflexology Massage

Tension is released and self healing powers are activated through stimulation of the reflex zones.

25 min

€32

Revitalising & Relaxing Foot Programme

Foot zone treatment with St. John's wort oil. Improves blood flow and is anti-inflammatory. Ideal for muscle ache and light contusions after sport.

40 mins

€47

Revitalising Back Massage with marmot massage oil

Improves blood flow, regenerates skin cells, releases tension & muscle cramps and strengthens the immune system. The whole body is massaged with marmot oil. Warm wraps are placed on the joints and back and guests enjoy special massage techniques.

40 mins

€41

Classic Full Body Massage

With arnica or St. John's wort oil. Harmonising and relaxing full body massage for deep relaxation, increasing wellbeing and finding new energy.

50 mins

€52

Vitalising Sport Massage

Powerful, regenerating muscle massage with arnica sport lotion. Optimised for individual burdens – increases potential.

50 mins

€52

Relaxing Full Body Treatment with warm aroma oil

A harmonious combination of soft strokes and gentle kneading with natural organic scents. This treatment calms the nerves, offering particularly deep relaxation and soft purging.

50 mins

€52

Bio-Energy Lymph Drainage with aromatherapy

The methods of Piroche Cosmétiques combined with high quality natural aromatic essences. This treatment purges and detoxifies the body and strengthens the immune system.

50 mins

€58

Individual Massage

Individual massage, tailored to your needs.

50 mins

€63

Après Sport with Vital Effect

Recommended after strenuous physical exercise. This is a powerful muscle massage (50 mins) with cooling arnica milk followed by a CHRYSTAL Sport and Vitality Pack (20 mins). Improves blood flow, releases tension and stimulates metabolism.

70 mins

€72

7. Crystal Spa Collection

Hintertux Glacier Stone Treatment®

Warm and cold stones from the glacier world are alternately moved over the body in smooth, circular massaging movements. The exciting hot-cold effect stimulates blood flow, leading to vitality and a deep sense of wellbeing.

55 mins €69

Berghof Crystal Spa Treatment

Mobilising and regenerating full body treatment. Exclusive to Crystal Spa! Our aim is relaxation for your body – bringing your body into balance. A full body scrub with aromatherapy and a purging massage with natural organic scents release diverse blockages and mobilise physical energy. Our ‘Mineral Body Mask’ full body pack then revitalises and refreshes, supplying cells with valuable minerals that will make you feel young and rejuvenated.

75 mins €93

Fire & Ice Body Special

Two worlds collide and merge to form a harmonic symbiosis. One hour of bio-energy body drainage, based on varying cool and warm principles, mobilises bodily energy. A full body pack then combines a patchwork of cool and warm substances – the highlight in our Crystal Spa.

90 mins €93

Fire & Ice Face Special

A facial cleansing and an energetic face massage based on the principles of Yin (cooling) and Yang (warming). The crowning aspect of this treatment is a modelage facial mask.

45 mins €53

8. Deceleration

Immediately fit for all activities!

‘Relaxing’ Head Treatment

- Shoulder/neck massage with a relaxing herb essence
- Energetic head massage with ‘Anti Stress’ organic scents

25 mins €29

Optional Extra with the Head Treatment

- Energising head & skin scrub
- Relaxing head & skin pack

25 mins €29

Deceleration Massage

- Relaxing back massage/drainage with relaxing organic scents. Releases blockages.

25 mins €32

Body Treatment

- Energising body scrub plus bio-energy lymph drainage/ massage with relaxing essential oils.

75 mins €74

‘Relax’ Full Body Pack

- Emplatre D’Algues Relax (rich in minerals, for relaxing regeneration)
- Individual finishing care

25 mins €29

‘Anti Stress’ Body Wrap

- Relaxing organic scents
- Relaxing, deacidifying tonic
- Wrap
- Individual finishing care

40 mins €39

‘Relaxing’ Regeneration Facial

- Cleansing
- Scrub for deep cleansing
- Massage/drainage with relaxing essential oils
- Regeneration mask
- Individually tailored finishing care

55 mins €59

‘Relaxing’ Face Massage/Drainage

- Massage/drainage with relaxing essential oil
- Moisturising mask

45 mins €45

... increase your energy levels!

9. After all Types of Activity

Follow the RIGHT regeneration techniques!

'Balance' Head Treatment

- Energising head & skin scrub
- Shoulder/neck massage
- Head massage based on the principles of Yin and Yang
- Energising head & skin pack
- E-stimulation of the energy points

45 mins €45

Body Treatment

- Energising body scrub
- Bio-energy lymph drainage/massage with deacidifying essential oils
- E-stimulation of the acupuncture points

90 mins €91

'Yin/Yang' Full Body Pack

- Emplatre Yin+Yang (deacidifying patchwork body pack, specifically for muscle relaxation)
- Individual finishing care

25 mins €29

'Deacidifying' Body Wrap

- Detoxifying organic scent
- Deacidifying and muscle relaxing tonic
- E-stimulation of the energy points
- Wrap
- Individual finishing care

40 mins €39

'Regeneration' Vitamin Power Facial

- Cleansing
- Scrub
- Vitamin serum
- Massage/drainage with a vitamin ampoule
- Modelage vitamin mask
- Vitamin finishing care

90 mins €91

'Regenerating' Face Massage/Drainage

- Massage/drainage
- Moisturising mask
- E-stimulation of the acupuncture points

45 mins €45

... Sport and regeneration – maintain the right balance!

10. Energy Workout

Free energy passages for increased potential!

'Energising' Head Treatment

- Shoulder/neck massage
- Meridian head massage based on the principles of Yin and Yang
- E-stimulation of the energy points

25 min €29

Optional Extra with the Head Treatment

- Energising head & skin scrub
- Relaxing head & skin pack

25 mins €29

Bio-Energy Meridian Muscle Body Treatment

- Energy build-up/drainage with energising organic scents
- Energy drainage, for example of the regeneration zone and lung passages
- *E-stimulation of the acupuncture points

55 | *90 mins €59 | *€77

Bio-Energy Back Treatment

- Build up of energy in the back
- Drainage (regeneration zone, assimilation zone and elimination zone) with energising organic scents
- E-stimulation of the valves

45 mins €45

'Energising' Full Body Pack

- Strong warming and cooling algae packs in coordinated combinations

25 mins €29

Body Treatment

- Energising body scrub
- Bio-energy lymph drainage/massage with energising organic scents

75 mins €74

'Energetic' Foot and Hand Treatment

- Energising foot bath
- Foot reflexology massage & energising foot pack
- Hand scrub
- Hand massage – stimulation of the energy points
- Energising hand pack

55 mins €59

'Energising' Facial Treatment

- Cleansing
- Scrub for deep cleansing
- Yin+Yang massage/drainage with organic scents
- *Micro acupuncture point massage with a vitamin ampoule
- *E-stimulation of the acupuncture points
- Energising mask – Cataplasma
- Individually tailored finishing care

55 | *90 mins €59 | *€77

'Energising' Face Massage

- Micro acupuncture point massage with a vitamin ampoule
- E-stimulation of the acupuncture points
- Maschera modelage mask

55 mins €50

... energy is fuel for the body!

11. For Cold Winter Days

Warming regeneration from head to toe!

'Warming' Regeneration for the Face

- Cleansing
- Hydro scrub
- Massage/drainage with blood flow promoting essential oils
- Metabolism activating mask
- Individual finishing care

55 mins €59

'Metabolism Activating' Face Massage/Draining

- Massage/drainage with blood flow promoting essential oils
- Metabolism activating mask

45 mins €45

'Metabolism Activating' Head Treatment

- Shoulder/neck massage with oxidising organic scents
- Energetic head massage with oxidising organic scents

25 mins €29

Optional Extra with the Head Treatment

- Head & skin scrub
- Stimulating head & skin pack
- E-stimulation of the acupuncture points

25 mins €29

Body Treatment

- Body scrub
- Bio-energy lymph drainage with oxidising essential oils

75 mins €74

'Yang' Full Body Pack

- Warming organic scent
- Emplatre Yang – a warming algae pack
- Individual finishing care

25 mins €29

Deceleration Massage

Relaxing back massage/drainage with relaxing organic scents, releases blockages

25 mins €32

... for an active metabolism and inner warmth!

12. For Hot Days

Cooling regeneration from head to toe!

'Cooling' Regeneration for the Face

- Cleansing
- Cooling hydro scrub
- Massage/drainage with refreshing essential oils
- Hydro and remineralising mask
- Individual finishing care

55 mins €59

'Cooling' Special Face Mask

- Cleansing
- Refreshing essential oil
- Cooling modelage mask

25 mins €29

'Cooling' Head Treatment

- Shoulder/neck massage with relaxing herb essence
- Energising head massage with cooling organic scents

25 mins €29

Optional Extra with the Head Treatment

- Cooling head & skin scrub
- Stimulating head & skin pack

25 mins €29

Body Treatment

Cooling body scrub plus bio-energy lymph drainage with cooling/purging essential oils

75 mins €74

'Cooling' Full Body Pack

- Cooling organic scents
- Emplatre D'Algues (rich in minerals for regeneration of the skin and tissue)
- Specific finishing care

25 mins €29

'Cooling' Leg Wrap

- Vessel strengthening organic scent
- Cooling & decongesting tonic
- Leg wrap (vessel strengthening, remineralising, toning and purging)
- Cooling and vessel strengthening leg gel

40 mins €39

... keep a cool head on a hot day!

13. 'Helios' Sun Care Concept

... for sunbathing without regrets!

BEFORE sunbathing

UVA and UVB protection, tested against the strictest criteria. For the whole family – protection and care based on nature.



The skin is provided for with valuable substances while sunbathing and protected and preserved from drying out.

AFTER sunbathing

'After Sun Aloe Gel' provides the skin intensively with minerals and moisture.

Spa Etiquette & Useful Information

Welcome Pack

A bathrobe and bag are available in your room. We recommend that you arrive at the spa reception a few minutes prior to your appointment. Help yourself from our tea bar and we will collect you for your treatment.

Running Late

If you are running late, please understand that we may need to change or shorten your treatment.

Cancellation

Please note our cancellation policy: cancellations less than 24 hours before the appointment will be charged 70% of the cost of the booked treatment.

Book your treatments in the Crystal Spa & Sports when you book your room in order to secure your preferred dates.

Hotel Berghof
6293 Hintertux • Tyrol • Austria
Tel.: +43 5287 8585
Fax: +43 5287 87321
E-mail: info@berghof.at

www.berghof.at
