

bad schörgau

HEALTH AND FOOD RETREAT



THE MOST BEAUTIFUL PATH
TOWARDS GREATER VITALITY

We blend the Alpine spa tradition with effective, contemporary treatments. Our own spring water and pure, fermented cuisine provide the key ingredients for renewed vitality.

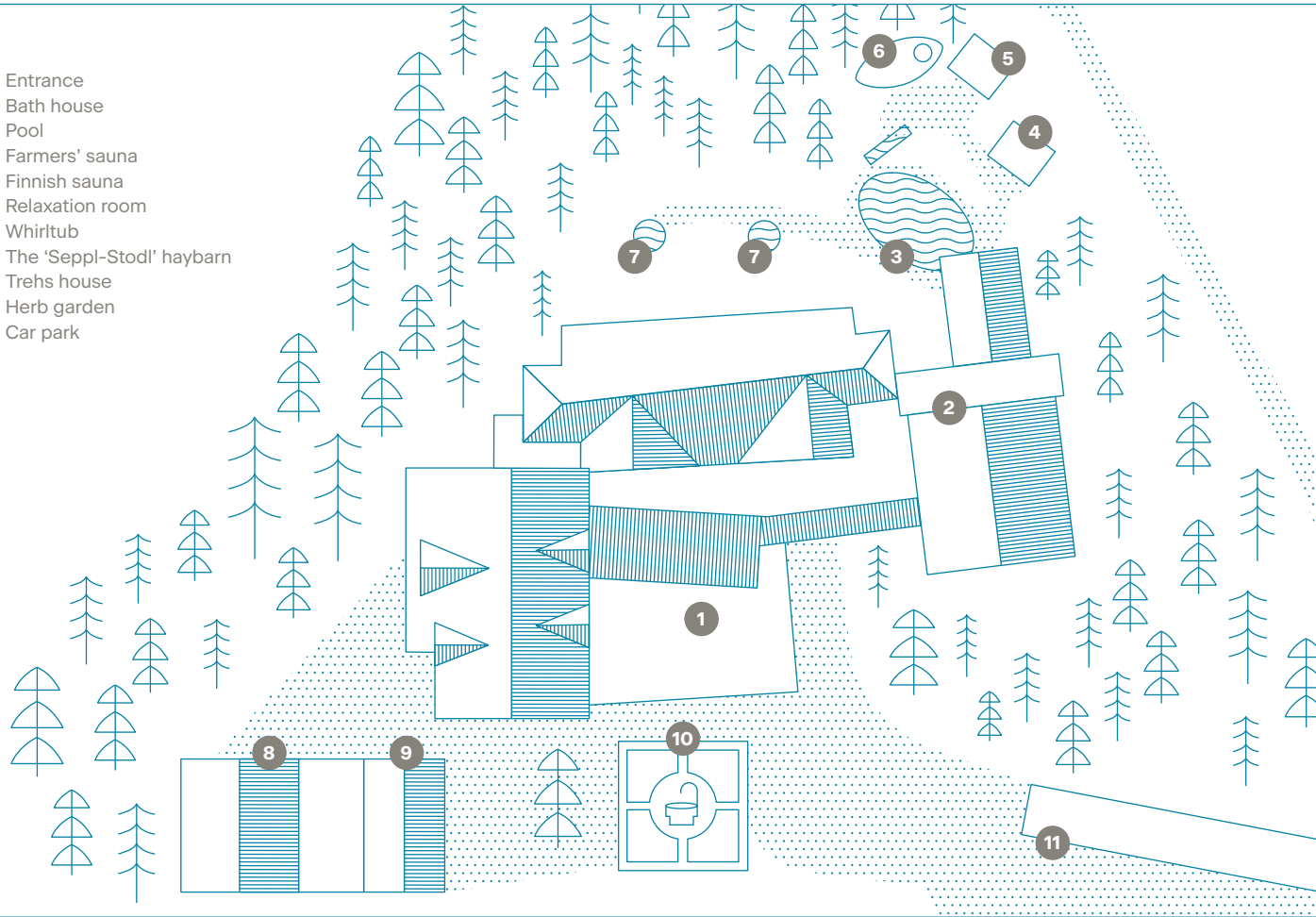


The healing power of nature blended with the most contemporary of treatments. Healthy nutrition in a relaxing atmosphere. The Bad Schörgau brings you everything that lifts the baggage from your body and soul.



Bad Schörgau Health and Food Retreat

- 1 Entrance
- 2 Bath house
- 3 Pool
- 4 Farmers' sauna
- 5 Finnish sauna
- 6 Relaxation room
- 7 Whirltub
- 8 The 'Seppl-Stodl' haybarn
- 9 Trehs house
- 10 Herb garden
- 11 Car park



CONTENTS

A vitality-packed union: Regeneration with fermented nutrition	6	Wellness in the Alpine farmers' pool	16
Treatments with the cleansing power of our own spring water	8	Baths in traditional wooden tubs	18
Purification and detoxification treatments	10	Spa treatments	20
		Spa etiquette and information	23

A VITALITY-PACKED UNION: REGENERATION WITH FERMENTED NUTRITION



Our key to a healthy diet comes in the form of fermented foodstuffs, which play an active role in fostering the healing process. As the complex components of these foods have already been broken down during fermentation, they are easy to digest and, in addition to supplying a wealth of vitamins and minerals, provide the body with living bacterial cultures which strengthen the intestinal flora, stimulate the metabolism, and flush out waste and toxins. Natural, regionally sourced products also nourish the body with a wide range of vitality-packed substances.

Our multi-award-winning kitchen team led by Mattia Baroni will treat you to a culinary voyage of the senses and a fabulous blend of healthy nutrition and superb tastes.



Culinary variety

Our guests can select the cuisine of their choice to accompany their stay.

STUBE 1988

In the evenings, you can enjoy the 4-course half-board evening meal in the comfortable dining room. For multi-day detox treatments, you can choose our detox menu which promotes detoxification of the body and facilitates weight loss.

ALPES

In our Restaurant Alpes, we treat you to our à-la-carte menu filled with the authentic tastes of South Tyrol and Italy: genuine, but with a distinctive twist. Open from Wednesday to Sunday, lunch and dinner.

LA FUGA

FuGa, the Laboratory for Future Gastronomy, welcomes you to embark on a journey through the world of all-natural food and drink. This unconventional experience can be booked for two or more people. In the laboratory, we also conduct research into food preparation and follow the principles of a zero-waste philosophy.

Treatments with the cleansing power of our own spring water



Health concept

HOLISTIC APPROACH

We see people in their entirety, respect each individual's ability to self regulate, and personalise our treatments to the specific requirements and wishes of our guests. Experienced therapists will accompany you throughout your treatment.

PERSONALISED CUSTOMISATION

Whether you've already booked a package or are planning to book your treatments when you arrive, we will provide you with a pre-treatment consultation session to discuss your physical and mental condition, any ailments or difficulties you may have and the goals you would like to reach before advising you on the most suitable applications and the most appropriate treatment cycle. Our health & retreat packages can also be personalised to your wishes and needs.



FLEXIBLE ORGANISATION

We arrange treatment appointments at the times that best suit you. Depending on when you get here, we begin treatments either on your day of arrival or the following day. You can also arrange your appointments for the mornings or the afternoons, leaving you with plenty of time to enjoy other activities.



Our treatments combine the most modern of hydrotherapy equipment and scientific knowledge with the power of our own spring water and the healing ingredients of nature. Our drainage, regeneration, revitalisation treatment cycles purge the body of waste and pollutants, stimulate the metabolism and strengthen the immune system. These treatments boost physical and mental cleansing and activate the body's own self-healing abilities; once detoxified, your body will be able to regenerate and to absorb new energy and vitality.

Highly digestible foods made with fermented ingredients and our special detox menu enhance the efficiency of our treatments. The outstanding sleeping comfort in our rooms and suites, the beauty of the Alpine countryside and the nurturing atmosphere of the Bad Schörgau come together to create the ideal setting to facilitate regeneration of the body and the spirit.

Purification and detoxification treatments



INFRATHERAPY

This detoxifying heat treatment is based on traditional Japanese Iyashi Dôme treatments. The intense heat in the Iyashi Dôme infrared capsule flushes toxins and waste substances from the body, stimulates the metabolism and strengthens the immune system. This treatment returns the elasticity to your skin and tones the contours of your body.

PHYTO-MUD THERAPY

Duration: 90 minutes

Floating weightlessly, as if you were back in the womb. In the Nuvola tub, the body is enveloped in warm water, yet shielded from the water by a watertight membrane. Thus freed from the pressure of weight, your entire body can relax to the full as all muscular and spinal tension melts away and the combination of light and warmth soothe you through to your innermost being. The phyto-mud pack boosts the supply of oxygen to the body's tissues and improves microcirculation.

HYDRO-AROMATHERAPY

Duration: 90 minutes

This underwater massage in the Unbescheiden tub begins with an effleurage massage, whereby the therapist uses gentle, smooth motions to massage the muscle and connective tissue. The treatment continues with a targeted massage of around 20 parts of the body, from the soles of your feet right up to your shoulders. 260 water jets, 50 air jets and 150 light spots in alternating colours guarantee deep, intense relaxation.

DIRECTIONAL WATER MASSAGE

The high-pressure water jets of the Charcot shower massage the entire body or separate, targeted areas of the body. The massaging effect of these alternating jets of water boosts blood and lymph circulation and helps to combat excess weight and cellulite. This treatment replenishes the body's energy reserves and alleviates physical tension and stress.

ELECTROLYSIS FOOT BATH

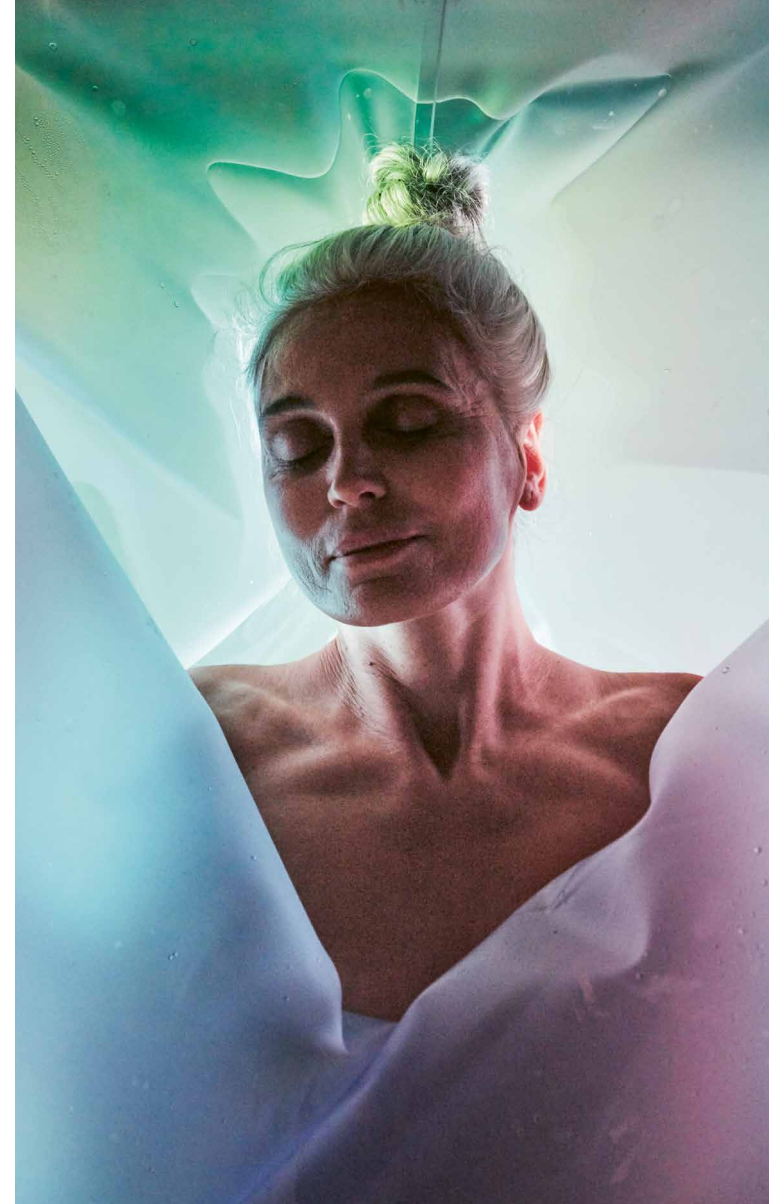
Duration: 30 minutes

The salt water of the foot bath is ionised by electrolysis and transmits a tingling sensation deep into the cell layers. This treatment drains toxins through the countless sweat glands of the soles of the feet; the electrical charge reenergises the cells of the body and purifies and stimulates body fluids, optimising their ability to circulate and cleanse the body.

ANTI-CELLULITE TREATMENT

Duration: 60 minutes

Through the negative pressure of suction, kneading, and rolling, the Starvac vacuum massage treatment works through to the deepest layers of the skin, stimulates the muscles and eliminates toxins. Cellulite, fine wrinkles, stretch marks and scars are perceptibly smoother, and the skin and body contours are visibly toned.



INFRATHERAPY AND HYDROTHERAPY EQUIPMENT

IYASHI DÔME

Infratherapy is inspired by the 'Suna Ryoho' Japanese detoxification ritual, and is a gentle, effective technique used to give the body a full detox through temperature increase and sweating. Its effectiveness has been demonstrated by a number of clinical studies.

NUVOLA TUB – FLOAT SYSTEM

Weightless water massage, with no direct water contact. The floating, warmth and the play of light come together to create an extraordinary experience for all the senses.

UNBESCHIEDEN TUB

This massage tub was designed to follow the contours of the body; underwater massages, therefore, provide an outstanding deep-tissue effect for all parts of the body.

CHARCOT SHOWER – HYDRO-JET

The entire body or individual areas of the body are treated with directional jets, contrast and massage showers. These holistic shower treatments enjoy a long tradition in physiotherapy.

FOOT DETOX® SYSTEM

The ionised water of the electrolysis foot bath promotes detoxification; as the soles of the feet contain so many sweat glands, this treatment enables an elimination of toxins which far exceeds the average.

STARVAC ANTI-CELLULITE

The patented Starvac massage combines targeted vacuum massage using suction cups with rolling stimulation techniques, treating skin and connective tissue right through to the deepest layers.



Purification and detoxification treatments

Packages vary in the number, type and sequence of treatments. Your treatment package will be finalised in its details and tailored to your specific needs on your arrival. Our retreat programmes include the health package of your choice and include accommodation and meals.

DETOX	Deep, targeted cleansing for the body and the mind. These treatments promote your body's natural cleansing and detoxification processes, and flush out waste products and toxins from the body.
REGENERATION	Long-lasting strength and regeneration for your entire body. These treatments cleanse the body, stimulate cell regeneration and boost lymph flow, strengthen the immune system and activate the body's self-healing powers.
REVITALISATION	Deep relaxation and increased vitality. These treatments boost the metabolism and enhance the performance of body and mind, improve quality of sleep, alleviate stress and ease tension and chronic fatigue.



EXPERIENCE
1 DAY / 3 TREATMENTS
- 2 hydro-energetic treatments
- 1 massage

Price: 300 Euro
(accomm. not incl.)



START
3 DAYS / 8 TREATMENTS
- 4 hydro-energetic treatments
- 2 massages
- 1 full body peel
- 1 facial

Price: 650 Euro
(accomm. not incl.)



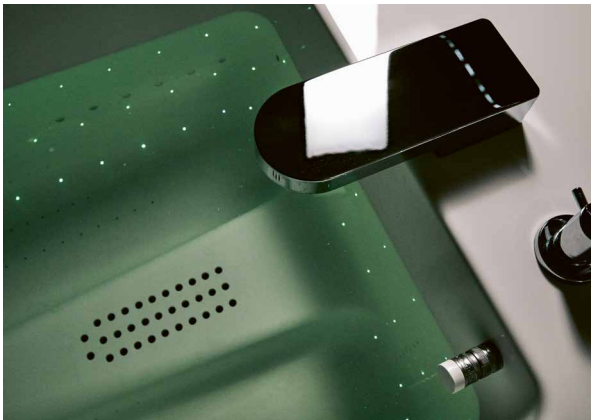
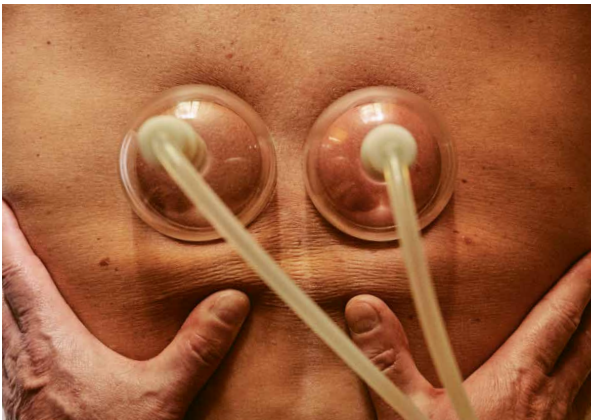
PROGRESS
5 DAYS / 15 TREATMENTS
- 8 hydro-energetic treatments
- 4 massages
- 1 full body peel
- 2 facials

Price: 1,210 Euro
(accomm. not incl.)



COMPLETE
7 DAYS / 20 TREATMENTS
- 11 hydro-energetic treatments
- 6 massages
- 1 full body peel
- 2 facials

Price: 1,620 Euro
(accomm. not incl.)



WELLNESS IN AN ALPINE FARMERS' SAUNA

As far back as the Middle Ages, the *Bauernbadl* farmers' sauna in the Bad Schörgau was a place where people would go to find relief for their ailments, and to relax. The renovations of this historical farmers' sauna were carried out with careful attention to detail, and still today the building is imbued with the atmosphere of those bygone days. The architecture, based on locally sourced materials, is the expression of essential simplicity. The water from our own spring purifies from the inside out, while the nature, the pure air and the Sarntal Valley mountains provide a powerful source of authentic energy.



The Bad Schörgau is home to its very own spring, first mentioned in documents dating back to 1624. These spring waters are high in iron and sulphur.

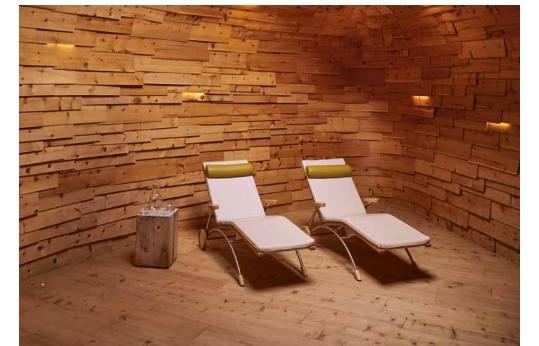
SAUNAS

Finnish organic sauna and farmers' sauna in wood and Sarntal Valley porphyry in the outdoor area.



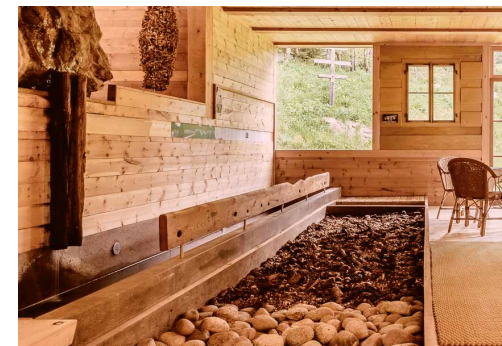
OUTDOOR RELAXATION ROOM

Relax surrounded by soothing pine wood with a view of the Sarntal mountains.



KNEIPP TRAIL

Small and large Kneipp trail with water-treading pool and barefoot path.



BATH HOUSE

Rest and relaxation area



OUTDOOR WOODEN TUB

Whirltub and heated tub, with water from our own spring.



OUTDOOR SWIMMING POOL

Natural pool in oxidised quartzite with chlorine-free salt water.



Baths in traditional wooden tubs



These treatments are carried out in our 70-year-old wooden bathing tubs, which we fill with our own spring water, enriched with natural, regionally sourced ingredients. The water temperature is one to 2 degrees above body temperature; this increase in temperature stimulates the circulation and lymphatic systems and allows the skin's pores to open up, enabling efficient elimination of pollutants and toxins and the full absorption of active ingredients. The bath is followed by rest on a bed of hay for 20 minutes or so, allowing the body sufficient time to absorb and react to the applications.

MOUNTAIN PINE BATH

Duration: 30 minutes

Sarntal Valley mountain pine grows high up in the mountains, where it develops its extraordinary resilience. Mountain pine essential oil contains over one hundred active ingredients which cleanse, invigorate and nurture the natural balance of the body.

MOON WOOD BATH

Duration: 30 minutes

When the December moon is waning, the farmers of the Sarntal Valley chop the wood of the stone pine. The essential oil and warm, resiny perfume of this 'moon wood' have a calming effect, promote a relaxing sleep and strengthen the immune system.

BADL PACKAGE WITH NATURAL INGREDIENTS FROM THE SARNTAL VALLEY

The Badl package includes:
- Wooden-tub bath of your choice
- Full body peel
- Massage of your choice

Price: 250 Euro

ALPINE HAY BATH

Duration: 30 minutes

The Alpine herbs and grasses of the Sarntal Valley mountain pastures contain a wealth of minerals, calcium and trace elements which cleanse the skin, warm the body and relax the muscles. Their natural, delicate scent is reminiscent of freshly cut hay.

MILK & HONEY BATH

Duration: 30 minutes

Raw milk from the Sarntal Valley mountain farms and pure honey from Sarntal beekeepers provide the skin with an abundance of moisture, leaving it supple, soft and velvety.

*All baths can be taken alone
in a single tub or as a couple in
a double tub.*

SPA TREATMENTS

Naturally effective. Top-quality body care products with active ingredients sourced from nature intensify the effects of these treatments.

Facials	Massages	
<p>PHILIP MARTIN'S PURE SYSTEM <i>For blemished and combination skin</i> <i>Duration: 60 minutes</i> This treatment regulates sebum production and cleanses the skin's pores, while the soothing active ingredients balance the pH of the skin.</p> <p>PHILIP MARTIN'S HYDRA SYSTEM <i>For dry, sensitive skin</i> <i>Duration: 60 minutes</i> Extremes of cold and heat strip the skin of its natural elasticity, and it becomes dry and sensitive. These selected active ingredients supply the skin with an abundance of moisture, leaving it revitalised and toned.</p> <p>PHILIP MARTIN'S C SYSTEM <i>For dull, stressed skin</i> <i>Duration: 60 minutes</i> The composition of these specially selected active ingredients stimulates the body's production of collagen. This treatment tones and moisturises the skin, leaving you with a radiant glow.</p> <p>PHILIP MARTIN'S REMEDY COMPONENTS <i>For mature skin and the first signs of wrinkles</i> <i>Duration: 60 minutes</i> When cell metabolism begins to slow down, the skin's elasticity begins to decline and the first wrinkles appear. The natural active ingredients of silk and algae tighten sagging skin and forestall the aging process.</p>	<p>PHILIP MARTIN'S CAVIAR ELEMENTS <i>For mature skin</i> <i>Duration: 60 minutes</i> Specific active ingredients including extract of caviar, hyaluronic acid, and omega 3 and omega 6 fatty acids, boost skin regeneration, accelerate cell renewal and improve the firmness of the skin. This treatment significantly smooths out deep wrinkles, leaving the skin looking plump and firm.</p> <p>TREHS® ACQUA VINEA NOBILIS CLASSIC <i>For dry, mature skin</i> <i>Duration: 60 minutes</i> The treatment begins with a deep facial cleansing followed by a gentle peel. A nourishing pack is then applied to infuse the skin with all of the highly effective organic nutrients of grape water, which fortify the natural barriers of the skin, leaving you with a clear, toned, and fabulously well-moisturised complexion.</p> <p>TREHS® ACQUA VINEA NOBILIS DELUXE <i>For blemished, mature skin</i> <i>Duration: 90 minutes</i> This supplement to the classic treatment stimulates lymph circulation through energising brush strokes, and is followed by a facial massage to decongest the face and reduce puffiness.</p>	<p>RELAXING MASSAGE <i>Duration: 60 minutes</i> A gentle massage to relax the body to the full and alleviate chronic fatigue. This massage eases muscular and mental tension and soothes the nervous system.</p> <p>FOOT REFLEXOLOGY MASSAGE <i>Duration: 60 minutes</i> During this treatment, pressure is exerted on the reflex zones of the foot which correspond to a variety of areas and organs of the body, activating the body's self-healing powers and helping the body to regain its natural equilibrium.</p> <p>MANUAL LYMPHATIC DRAINAGE <i>Duration: 60 minutes</i> Manual lymphatic drainage improves lymph drainage, reduces swelling, boosts the metabolism and strengthens the immune system.</p> <p>ANTI-CELLULITE MASSAGE <i>Duration: 60 minutes</i> This massage targets all areas of the body which are prone to cellulite build-up. It stimulates the blood circulation and lymph flow and tightens and tones the skin.</p>



Nature has it all. We have no doubt of that here at the Bad Schörgau. Whether it's sleeping, eating or recharging your batteries, in every aspect of life here, we use natural material and products sourced from partners who share our values. For our treatments and wellness applications we use the body care products from two outstanding specialists in natural cosmetics: Trehs and Philipp Martin's.

Peeling	Beauty services
<p>TREHS FULL BODY PEEL <i>Duration: 60 Min.</i> Finely-ground mountain pinecones massage cleanse the skin gently and delicately, while plant extracts and natural antioxidants soothe inflammation and redness.</p>	<p>FULL-BODY AND PARTIAL DEPILATION <i>Duration: 30–60 minutes</i></p> <p>PEDICURE AND MANICURE With or without polish</p>



Trehs

Bad Schörgau in the Sarntal Valley is also the birthplace and home of Trehs. It was here that the idea to create natural Alpine cosmetics using regionally sourced natural ingredients was first conceived. These top-quality body care products combine traditional healing skills and the primal energy of the region. In their four body care lines, Trehs use the concentrated essences of four Alpine plants: Sarntal Valley mountain pine, Seiser Alm mountain hay, moon wood mountain pine and grape water from the biodynamically-managed Manincor vineyard estate on Lake Kaltern.

Each essence encapsulates the spirit of the Alps. Strong, authentic, and tried and tested over the course of the centuries.

The essences are gently extracted on-site and transformed into highly effective body care and active cosmetics in small workshops. The raw materials used by Trehs are sourced and processed within the region and are 100% traceable. All Trehs body care products are based on meticulously developed formulae and are recommended by dermatologists. A seal of quality guarantees the authenticity and quality of these essences and their geographical origin.

Philip Martin's

Philip Martins develop and produce top-quality hair and skin products. Philip Martin's was founded in 2006 by Mauro Trimigliozi; the inspiration for the company name came from the names of his children Filippo and Martina, and embodies the philosophy of purity, authenticity and a sustainable future. Philip Martin's source their natural ingredient from organic farms in the Mediterranean regions. All of their body care products are free of artificial ingredients and toxic substances such as parabens, silicon or mineral oils.

Natural, transparent and bio-organic: These are the three core values of Philip Martin's body care products.

The patented, certified formulae are based on up-to-the-minute technology and scientific research. Philip Martin's combine natural active ingredients with innovative functional active ingredients, optimising the effectiveness of each product without using synthetic substances. These products stimulate the self-regulation of both skin and hair: Unlike synthetic ingredients, natural active plant ingredients share properties with our skin and hair, and do not cause allergic reactions.



SPA ETIQUETTE & INFORMATION

OPENING HOURS:

Spa area

Every day, 9 am – 12 pm
3 pm – 7 pm

Sauna

Every day 3 pm – 7 pm
Upon prior request, guests are welcome to use the outdoor farmers' sauna outside of opening hours.

Pool

8 am – 7 pm

SPA ETIQUETTE

Our spa area and the farmers' sauna are areas dedicated to rest and relaxation. Please enjoy your break without the distraction of your smartphone or tablet. Please also understand that children under the age of 16 are welcome to use the swimming pool but are not allowed to enter the spa area. Likewise, pets are not permitted to enter the spa area.

PUNCTUALITY

In order to ensure that we can prepare for your personalised treatment and that you can enjoy your full treatment time, please arrive on time for your appointment. In the case of late arrivals, the treatment time will be reduced accordingly so that subsequent guests can begin their appointments on time.

CONSULTATION

We would like your treatment to fulfil your every wish. Our team is at your disposal for information and consultation. Please let us know if you have any health concerns or illnesses, or if you are pregnant, before booking any treatment.

BOOKING

We recommend booking your treatments when you book your room. You are welcome to book in advance by phone (+39 0471 623048) or by email (info@bad-schoergau.com).

CLOTHING

Please come for your treatment wearing a bathrobe and leave all jewellery and valuables in your hotel room. Our sauna area is a naked zone: For health and hygiene reasons, please enter this area wrapped in a towel, and without swimwear. Please wear bathing sandals to avoid slipping.

CANCELLATIONS

Things can always come up. If this should be the case, please cancel your booking at least 24 hours in advance. In the event of last-minute cancellations, we must charge for the scheduled treatment cost.

PAYMENT

You are welcome to charge your treatments to your hotel bill or to pay at reception.

All prices and information have been checked carefully. Misprints and amendments excepted.



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Pozza, 24 – I-39058 Val Sarentino
T +39 0471 623 048, info@bad-schoergau.com
www.bad-schoergau.com

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