



Singer's Spa



THE WORLD OF ENJOYMENT





Singer's SPA

Sanus per Aqua

SINGER'S SPA – THE FACILITIES:

Large Sauna Area with:

Hot Tyrolean “Stub’n Sauna” (90°)

Alpine Herbs’ Sauna (60°)

Steambath

Cascade Shower

„Kneipp“ Creek

Crushed Ice Barrel

Relaxing Zone with waterbeds

SPA Bistro for healthy snacks and drinks

State-of-the-art ***cardiovascular training equipment***

Panoramic terrace right at the pool

Relaxation lounge with open fireplace

Gymnasium

Indoor pool connected to the ***year-round heated outdoor pool***

Singer's SPA 1st floor: with ***unique treatment rooms***, where most of the pampering massages, facials, baths, wraps and peels are performed

Healthy tanning in the most modern „***Ergoline***“ ***sun bed*** with Skin - Scanner

And in the summer: ***Alpine Relaxation Garden*** (10.000m²)

Relaxing facilities



SINGER'S SPA – THE WORLD OF ENJOYMENT !

The Singer's SPA invites you into a special world of enjoyment in Berwang at 1.336 m altitude. The treatments assure you a festival of senses and the chance to be a guest in our paradise of nature – at the top of a mountain and very close to the sky! Surrounded by the richest Alpine Flora, the treatments in our SPA are designed as a discovery trip through nature. The spiced herbs, the sun-drenched blossoms or the strong wine therapy of Caudalie® - your SPA stay will be a journey into the world of highest pleasure.

“Discover for yourself the beauty of nature as a new energy source!”



THE 3 WORLDS OF SINGER'S SPA

Tyrolean Nature Adventure with local herbs:
Especially in the valley of Berwang the plants and flowers enjoy ideal living conditions thanks to the special sunshine and climate advantages. Due to the altitude, the aromas and effects are concentrated and in our seasonal treatments you can experience both, individually designed to your desires. Full of sun, full of effect – pure nature!



Aromas and minerals:
Health with pleasure – rituals for your health with real effects. You could describe these treatments as follows: the power of nature with the right combination of aromas and minerals – the specific treatments are revitalising, relaxing, and stimulating for your body, mind and soul. Whether aroma massages or full body treatments with minerals, you will feel full of vitality, highly relaxed and harmoniously well-balanced.



Wine therapy Caudalie®:
The history of the success of Caudalie® began in 1993 in the Grand Classé de Graves (Bordeaux) at Château Smith Haute Lafitte Today this French wine therapy is known to be the most efficient and most exclusive possible use of wine and its proven effects. Drop into a world of intense aromas, with fruity elegance and creamy richness. Use the grape effect to strengthen your vitality. The wine therapy will simultaneously enhance your skin, your health and your senses.

The 3 worlds of Singer's Spa



FACIAL TREATMENTS

Mountain freshness

This boosting treatment with active ingredients results in an instantaneous young and refreshed appearance for your skin. This treatment contains a cleansing, a mild peeling, an active bio-catalyst concentrate and an activating facial massage.

45 min. € 54,-

Personal Facial

How do you feel right now? How does your skin feel? With this special treatment, we will take care of your skin's individual problems and needs.

80 min. € 86,-

Purifying facial only

ca. 50 min. € 60,-

St. Vitapur – the saint for your skin

Is your skin tired and pale? With our Vitapur - treatment it will regain a vital and fresh radiance. Furthermore it will be protected against everyday influences of the environment.

80 min. € 98,-

Pure Luxury

Discover a multitude of active components out of our golden globe for more beautiful, firmer skin. This treatment has an excellent anti-aging effect and consists of: a pampering cleansing, a gentle peeling, Vapozon, deep cleansing and shaping of the eyebrows upon request, an exclusive active concentrate for skin-regeneration, a massage for the face, neck and décolleté, a special fleece mask with regeneration complex and a pampering wrap for your hands with an ensuite massage.

95 min. € 120,-

Singer's Wellbeing World Trip

With this ritual you will discover ancient beauty-secrets from the cradle of mankind, the fascinating continent of Africa. Escape everyday life with a foot massage with warm lavastones, a salt-marula-oil peeling, an African body massage, a special facial with face- and scalp massage and an ancient African "good-bye ceremony".

125 min. € 145,-

The included treatments can also be booked separately.

Caudalie Grand Facial®

Treat yourself to extraordinary beautiful skin by intensive active ingredients out of winegrapes. The results of this treatment, which is suitable for every skin type, are more relaxed facial features and a refreshed complexion. Included are a pampering cleansing, a gentle peeling, Vapozon, deep-cleansing and shaping of the eyebrows upon request, an massage with fresh grapes, a Caudalie® face-massage, an intensive treatment mask and a short foot-massage.

80 min. € 96,-

Vinoperfect®

Experience the perfect combination of highly efficient grapes and a fascinating "temperature adventure". Our treatment with regale-cleaning, peeling, grape massage, exclusive facial massage with hot and cold stones, intensive nurturing mask and short foot massage – bask in the wonderful feeling of "letting go".

65 min. € 75,-

Singer's SPA menu

All treatments marked with **S** are "Singer's Signature" treatments, which are specially arranged and are only available at Singer's SPA.

Spoil yourself



ESPECIALLY FOR MEN

Alpine Power

Express treatment for a stressed man's skin to bring relaxed facial features and a fresh and well-tended skin feeling.

45 min. € 54,-

Intensive training for man's skin

Men can also experience the power of cosmetics and the effects of herbs and aromas. This treatment will stimulate cell metabolism and infuse the skin with nutrients. It will also slow down aging processes.

80 min. € 90,-

Gentleman's bath

A very special bath with a fresh herbal and masculine note created for the sophisticated, athletic and elegant man. To perfect the experience we serve a glass of Cognac and a cigar – really gentlemanlike.

35 min. € 52,-



Gentlemen only



SINGER'S SPA EXTRAS

Eye lash / eye brow coloration **ca. 10 min. € 12,-**
 Eye lash & eye brow coloration **ca. 20 min. € 15,-**
 Eye brow plucking **ca. 10 min. € 10,-**

Ear candling

Ear candles create an energetic harmony between neck, nose and ears and stimulate the lymph. The eardrum and middle ear are stimulated, so that senses of smell, hearing and balance are enhanced. A soft crackling, a pleasant warm feeling and a lymph drainage brings a clear head and pure relaxation.
50 min. € 50,-

Hairless...

Our sensitive depilation method promises a long-lasting clean feeling. The hair is removed with wax and the skin will be softly soothed and cared for.

Face depilation **ca. 10 min. from € 8,-**
 Armpit depilation **ca. 10 min. from € 20,-**
 Bikini zone depilation **ca. 10 min. from € 20,-**
 Depilation up to the knee **ca. 20 min. from € 30,-**
 Depilation entire leg **ca. 30 min. from € 40,-**

Singer's SPA manicure... for hands smooth as velvet

This is an intensive treatment for your hands with a peeling, hand bath with aromas, nourishing essences, a cosmetic manicure and a massage.
50 min. € 60,-

Singer's SPA- Pediküre ... like a barefoot walk over an Alpine meadow ...

Say thank you to your feet with this indulgent program: a stimulating foot bath at just the right temperature followed by a peeling and pedicure. Finally you can enjoy a relaxing foot massage.
50 min. € 60,-

Add a French manicure/pedicure, nail polish or intensive foot treatment if you have problems in this area. Price depending on duration

Sunny hours

Get healthy and beautiful tan in our modern Ergoline solarium. Your skin will be scanned and it sets the optimal light intensity for you.

12 min. € 10,-
3 x 12 min. € 25,-

Beauty & more



BATHING

Singer's wine bath

This bath with red wine and sea salt is a real health oasis. It boosts your circulation and immune system and activates your metabolism. Enjoy this sparkling bath pleasure that will leave you with tight and strengthened skin.

25 min. € 35,-

High spirits bath

All of your thoughts will dissolve in the water and burst in the air like a soap bubble. The light fragrances of orange, lime and Osmanthus will revitalize and lift your spirits. A "fresh kick" for sombre days.

25 min. € 35,-

Spruce needle mud bath

Warmth goes through your body accompanied by the fragrance of fresh spruce needles and a soft underwater massage. Let go of all your stress and strengthen your muscles.

25 min. € 35,-

Mineral super star bath

With the power of crystals, this relaxing and effective experience will release the toxins built up in your pores, bringing your entire body back into chemical balance. Fill your body with new energy or replenish after a hard day of exercise.

35 min. € 38,-

Depending on seasonal availability:

Singer's Alpine herb or flower bath

Take a bath in the heavens with our ingredients and fragrances from our herb garden or a sea of fresh flowers for health and well-being.

25 min. € 35,-

Alpine milk bath with aroma oil and honey

Fresh, creamy alpine milk of Berwang and Tyrolean honey are the absolute beauty necessities for a soft and velvety skin. Allow your skin only the best of Berwang's nature, dreaming of the aroma from Alpine meadows and enjoying the moment of relaxation.

25 min. € 35,-

Singer's Herbal Peeling

We prepare your skin with an individual peeling according to your needs and desires so that it can absorb the following agents properly.

20 min. € 30,-

Herbal Stamp Massage

The perfect start to balancing your skin is the combination of a body-peeling with alkaline salt composed of different crystals and warming ginger oil. Afterwards you will receive a massage with hot herb pouches for cell activation.

50 min. € 70,-

BODY PEELINGS

Crushed Cabernet Scrub

This peeling made of grape seed (source of polyphenol), honey and essential oils from biological cultivation will get rid of dead skin. It's ideal before any body treatment.

30 min. € 45,-



Pampering moments



BODY APPLICATIONS

S **Pure natural experience**

Nourish your skin with the nurturing effect of the nature of Berwang. Individually mixed for the needs of your skin.

30 min. € 32,-

S **Grape seed vitamin pack**

This treatment nourishes and moisturizes the skin, leaving it feeling soft.

30 min. € 35,-

S **Singer's body impact program**

A soft peeling followed by a body pack of your choice to indulge both your body and soul.

50 min. € 52,-

Vitalising Wrap (Ägyptos)

This treatment is a gift from nature for your skin - a perfect combination to enhance your health and bring an immediately visible streamlining of your body contours. The skin tissue tightens, causing you to lose inches. Mineral salts smooth your skin and bring it into balance.

ca. 120 min. € 125,-

Package of 3 € 350,-

Package of 5 € 550,-

Due to the intense effect we recommend 3-5 treatments 1-2 times in the year!

Merlot Wrap

Who wouldn't like to have firm skin all life long? This draining treatment detoxifies the tissue, which makes you look younger.

50 min. € 51,-

4 ELEMENTS-PACKAGES

4 Packages with a special mission for your body, incorporating the signs of the 4 elements:

Fire ... to get new energy

Harmful substances will be extracted from your skin and minerals will be applied. The ultimate package for a tightened skin. Particularly for loose upper arms and thighs.

Water ... to release the burden

During your relaxation time, this package naturally revitalizes your metabolism, to cleanse your skin and abolish water aggregation. As an anti-cellulite treatment.

Earth ... find the Balance

An extraordinary mineral package for stretched skin, which restores the flexibility of the skin to stimulate the building of new cells and mineralise the skin.

Especially for stretch marks after pregnancy or after a diet.

Air ... keep your head free

This royally feel-good-package spoils you with many skin vitamins. Your skin will feel incomparably smooth and show its gratitude with a beautiful radiance. Especially if you have extremely dry skin or after over-exposure to the sun.

30 min. € 38,-

or including shower scrub and finishing body oiling

50 min. € 68,-



Dream away



MASSAGES

Classic full body massage

Unbeatable for muscles cramp or for a mental strain. Strong kneading and stroking will supply main muscle groups with enough blood and make them soft again.

50 min. € 58,-

Or as classic partial massage

25 min. € 30,-

Lymph drainage

This is a soft kind of massage which takes effect mechanically on the lymphatic system and the vegetative nervous system. The aim of lymph drainage is, to get body fluids to flow again. As a result metabolism works better and waste products are drained out.

50 min. € 58,-

Lymph drainage – partial or face

25 min. € 30,-

Feet reflexology massage

A classic! Our feet provide an exact mirror of our body. Special zones are in contact with the important organs and body parts via nerve tracts. Thus, the whole organism will benefit from this massage.

25 min. € 30,-

Relaxation Duo

Feet reflexology massage AND classic back massage.

50 min. € 58,-

Dorn-Breuss - Massage

This combination of a very subtle, energetic back massage and the regulation of the spine will help you to relax entirely and give your back strength for everyday life.

50 min. € 70,-



The magic of touch



MASSAGES

La Stone Therapy® – heavenly dream time

This treatment is a fascinating combination of massage, energy work, hot basalt stones and cold marble stones. Particular to the Singer's SPA are warm grape seed oil or an aromatic oil of your choice. From the beginning you feel a relaxing, stress-reducing and nevertheless a vitalising elementary power. The whole organism is loaded with new energy and your energy field is harmonised too.

Tensions can be eased with the massage through the intensive hot and cold impulses. Experience a deep relaxation which brings you into your own world of dreams.

75 min. € 108,-

As a pure back treatment

30 min. € 45,-

Aromatic strokes

Experience a tender full body massage coated with soft aroma fragrances as a temptation for your skin and senses. Harmonised massage techniques will serve as strokes for your soul. Relaxation will pervade your body and give you a feeling of well-being.

40 min. € 50,-

As a 4 hands' massage

40 min. € 72,-

Colon massage

Change of location, a new surrounding or unusual nutrition is often the cause for temporary indigestion. Our colon massage is the best for activating the intestines and solving your digestion problems.

25 min. € 30,-

Shape-enhancement with wine

This circulation-activating and draining massage makes a slimmer silhouette and is individually prepared with grape seed oil and essential oils.

50 min. € 60,-

Reiki

In Japan during the 19th century, a Catholic monk wanted to experience the healing power of Christ. He fasted for a few weeks, and after that he noticed that his hands received an energy from God. This energy was called "Reiki", and if he put his hands on ill persons, they would be healed. While Reiki doesn't heal organic illnesses, psychic problems and stress are eased.

on demand



SPORT & ACTION

The wide-ranging wellness- and sport options in our wonderful mountain area at 1.300m see level with particularly healthy and oxygen-rich air complete your vacations at the Singer Sporthotel & Spa.

If you need to forget stress, reduce your weight, improve your endurance or change your energy level and your mood for the better, our special elaborate work out will enable you to accomplish your personal fitness goals.

Exercise

Modern exercise equipment of the brand "Technogym" are waiting for you in our light-flooded exercise room. Here you can complete your work out with a view of the mountains of Berwang and additionally to that all

the cardio equipment have integrated TVs to make the work out even more enjoyable.

Daily activity program

Every day we offer you a varied active-, relax- and sport-program. Whether indoor: aquagym, meditation, back-and spinal column gymnastic, strength training and endurance and aerobic; or outdoors in nature, depending on the season.

In winter: guided ski tours, snowshoe hiking, Nordic-winter-walking, ski gymnastics, endurance and fitness training.

In the summer: guided hiking tours and mountain tours, Nordic walking, mountain bike tours and tennis.

Personal training

You will accomplish your personal goals with our outstanding personal trainer, Gerhard Brutscher, who is a ski guide, ski teacher, mountain guide and state-qualified trainer. Ideally, you will start with a quick check up of your fitness, after which he will create a perfect work out for you.

25 min. € 30,-

50 min. € 55,-

Private guiding - walking tours, mountain bike- and ski tours

Experience our unique mountain region and the beauty of the Alpine sports during guided mountain bike tours, walking tours and mountain climbing to the summit. And in winter we offer guided skiing in the Tyrolean Zugspitz area and ski tours in untouched territory. Accompanied by your private guide Gerhard

Brutscher at all times, you will experience even more of our unforgettable nature.

4 hours € 150,00

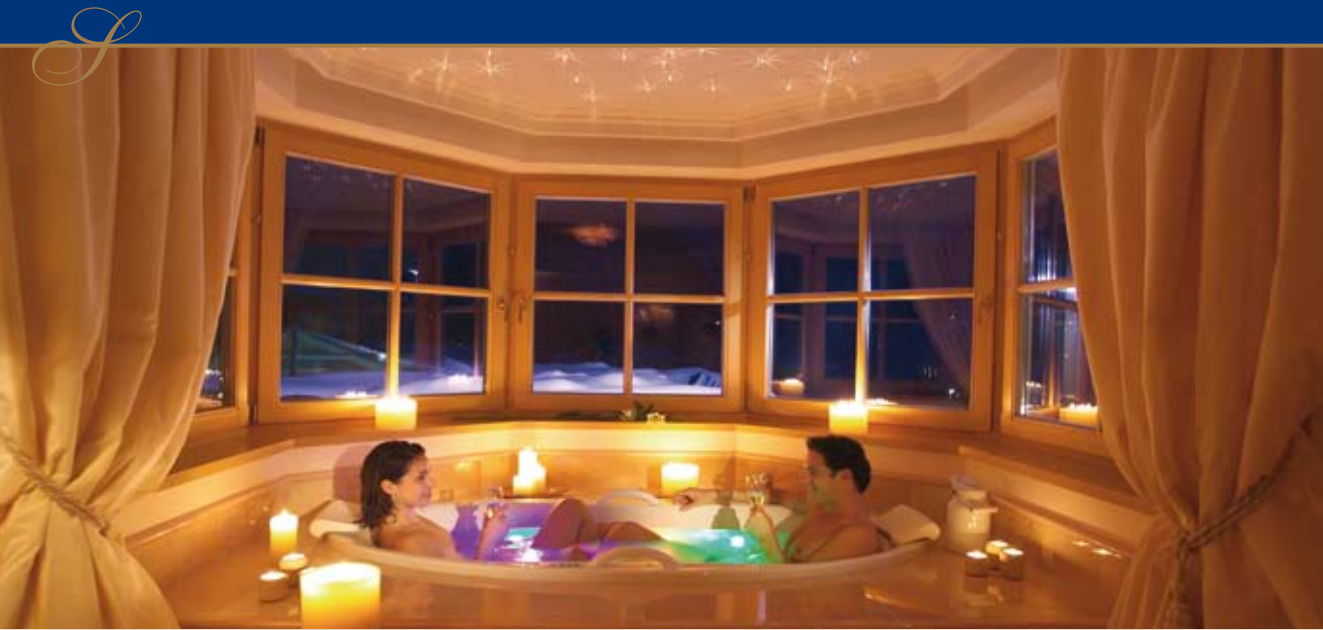
Whole day € 220,00

Yoga

Yoga is one of the oldest Chinese sciences which helps body and soul to completely restore themselves. Our Spa- Manager Yvette Starke offers Yoga exercises as a part of the weekly program, but also on an individual basis as personal training (see above).



Action & Sports



JUST FOR THE 2 OF YOU

*Romantic dreamtime for 2
in our private Singer's SPA suite
Prices for 2 persons*

Alpine magic at the Singer's SPA

Enjoy the fascination of the mountains of Berwang with its highly efficient and active natural ingredients and its wonderfully relaxing panorama:

Including:

- Private herb-aroma-sauna
 - Singer's herb-peeling
 - Singer's alpine herb-and bloom-bath
- ca. 100 min € 118,-**

Mountain whispering at Singer's SPA

Sage, mint, rosemary ... these small power plants bring your skin into balance. A unique bathing experience with the individual chosen energy herbs for you.

Including:

- Private herb aroma sauna
- Singer's herbal peeling
- Alpine herb bath
- Vitalising balm massage
- Spa-Cocktail

ca. 130 min € 178,-

Caudalie® Grand Cru Ceremony

*Our Caudalie Grand Cru ceremony offers pure luxury with French flair – an experience of pleasure for exclusive needs. **Including:***

- Private aroma sauna
- Crushed Cabernet Scrub
- Singer's wine bath
- Sauvignon massage
- Wine surprise

ca. 150 min € 228,-

Grape power wine ritual

Pure nature harvested on French vineyards for a dose of relaxation and a skin like a newborn. You will find not only "the truth" in wine, but also a lot of healthy ingredients which you can not only drink, but also use on the outside of your body for its well-being.

Including:

- Private aroma sauna
- Crushed Cabernet Scrub
- Singer's wine bath
- Peachy Complexion facial
- Grape seed vitamin pack
- Sauvignon massage
- Wine surprise

ca. 180 min € 298,-



Just for the 2 of you



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