

SPA MENU

WELLNESS AT SPA AM SEE



OPENING HOURS

INDOOR POOL

OPEN DAILY FROM 07:00 AM TO 09:00 PM

FAMILY SAUNA

OPEN DAILY FROM 10:00 AM TO 07:30 PM

SAUNA WORLD

OPEN DAILY FROM 02:00 PM TO 07:30 PM

TREATMENTS

FROM 10:00 AM TO 07:00 PM





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MOMENTS, TO REMEMBER

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A place of peace, clarity, and renewal. In harmony with nature, expertise, and mindfulness, holistic treatments are created — gentle, effective, and tailored to your needs. The combination of professional care and genuine attentiveness creates space for deep relaxation on every level.

Inner calm, new energy, and a feeling of lightness can arise.

OUR PARTNER TEAM DR JOSEPH

...stands for a deep connection to nature, quality, and responsibility – values that we also hold dear at the Ritzenhof.

Rooted in South Tyrol, TEAM DR JOSEPH combines alpine plant power with cutting-edge technology and traditional knowledge. The result: treatments and products that are effective, natural, and long-lasting.



TREATMENT TYPES & EFFECTS

In collaboration with TEAM DR JOSEPH, we have developed a treatment concept based on four principles – individually tailored, natural, and effective.



BOOST

Strengthens
muscles,
performance and
body energy.



CALM

Relaxation,
coming to rest -
internally and
physically.



DETOX

Cleansing,
detoxification and
purification.



HARMONY

Mental and
spiritual relief,
balance and
strengthening.

COSMETIC TREATMENTS

Pedicure

A relaxing foot bath is followed by a scrub, pedicure and a final massage of the feet.

50 minutes | € 85,- without polish
65 minutes | € 98,- with polish
incl. 5ml nail polish to take home

Manicure

A nourishing hand bath is followed by exfoliation, nail care and a final massage of the hand and forearms.

50 minutes | € 85,- without polish
65 minutes | € 98,- with polish
incl. 5ml nail polish to take home



Care tip for home use:
Cellular Protection Hand Cream | € 22,90

Eyebrow or eyelash colouring

15 minutes | € 19,-

Eyebrow shaping

15 minutes | € 19,-



HAIR REMOVAL

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with warm wax

Lower legs

30 minutes | € 46,-

Full legs

45 minutes | € 69,-

Chin or Upper lip

15 minutes | € 23,-

Back

45 minutes | € 69,-



FACIAL TREATMENTS

Classic facial treatment

The focus is on deep cleansing of the skin. It is cleansed down to the pores with selected plant-based active ingredients. Blockages are gently removed and sebum production is normalised. The treatment ritual is rounded off with a toning face pack and a peel-off mask for optimum moisturisation. For a visibly fresh, cleansed and even complexion.

50 minutes | € 92,-



Care tip for home use:

Daily Moisturizing Cream | € 67,90

Individual facial treatment

Care tailored to the needs of your skin with skin diagnostics, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, exfoliation, deep cleansing with cupping glasses, special serum, customised facial massage, intensive mask and concluding individual day care. Highly effective natural active ingredients ensure healthy and deeply nourished skin.

80 minutes | € 129,-



Care tip for home use:

Gentle Clarifying Enzyme Peel | € 39,90

Anti Age facial treatment

Maximum anti-ageing effect thanks to lifting massage. A unique beauty treatment with skin diagnostics, eyebrow shaping, lymph-stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, bioenergetic flower stamp lifting massage, intensive mask and a final customised day care treatment.

110 minutes | € 169,-



Care tip for home use:

Hyaluronic Repair Booster Cream | € 124,90

Eye Care Deluxe

The sensitive skin around the eyes needs special attention. Refreshing active ingredient concentrates and a lifting eye serum are used to shape the eyebrows and colour the eyelashes and brows if desired. Care for maximum radiance.

25 minutes | € 57,-



Care tip for home use:

Supreme Lifting Eye Serum | € 119,90



Ultrasonic facial treatment



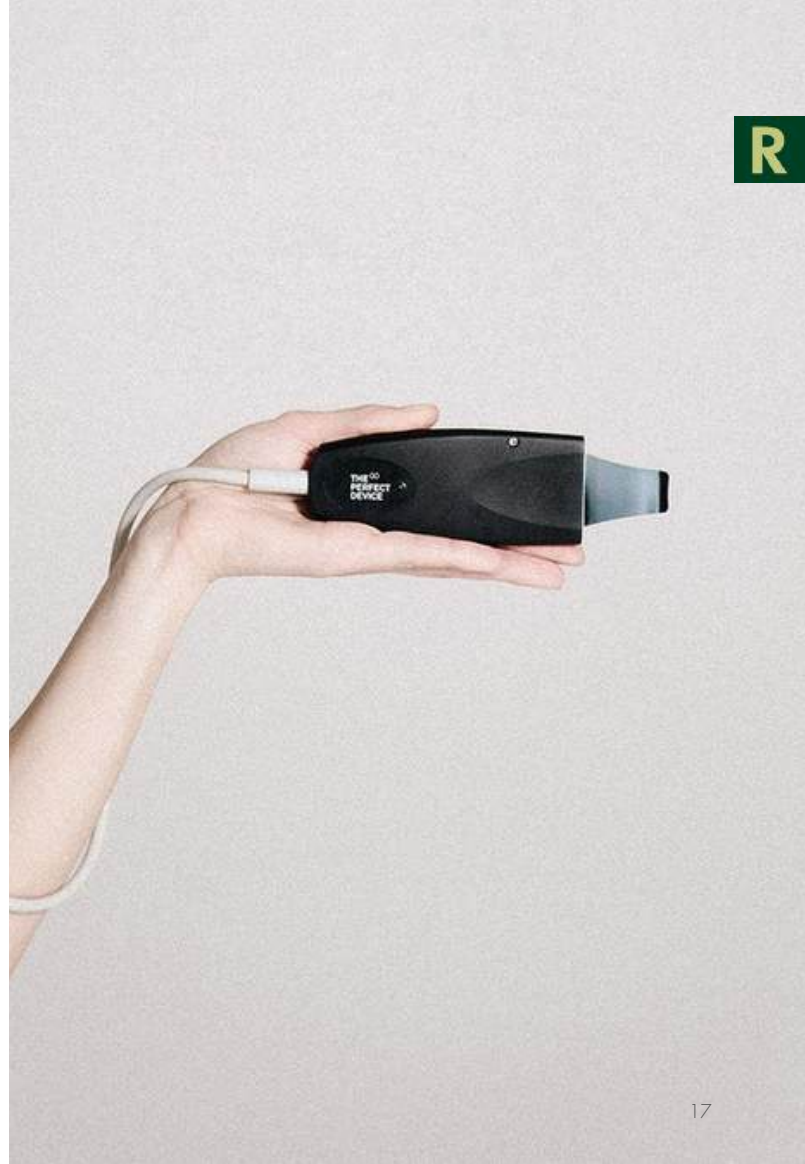
The ultrasonic facial treatment ensures a rejuvenated and flawless radiance. The innovative procedure uses ultrasound frequencies to safely deliver the natural active ingredients into the deeper layers of the skin. This allows the full potential of the active ingredients to unfold and the skin is maximised in depth. The effect is immediately visible in visibly smoother and firmer skin. Depending on the skin condition, the treatment is customised to individual needs: Lymph stimulation, steam compresses, cleansing, enzyme & ultrasonic deep peeling, ultrasonic repair & lifting, day care.

50 minutes | € 103,-

The 80-minute treatment is the pinnacle of ultrasonic lifting. It also includes an alginate mask and a revitalising neck and face massage.

80 minutes | € 145,-

Gentle, effective and without redness:
After the ultrasonic facial treatment, the skin
remains soothed and clear - ideal for enjoying
the sauna, pool or sun afterwards.



MASSAGES

Partial body massage

The massage experience with an aroma journey for body, mind and metabolism: you can individually choose your favourite fragrance for your feel-good massage. The aromatic fragrance, the high-quality oil and the harmoniously flowing massage techniques have a deeply relaxing and harmonising effect.

25 minutes | € 59,-



Care tip for home use:

Lime Bamboo Body Oil | € 24,99





Full body massage

The massage experience with an aroma journey for body, mind and metabolism: you can individually choose your favourite fragrance for your feel-good massage. The aromatic fragrance, the high-quality oil and the harmoniously flowing massage techniques have a deeply relaxing and harmonising effect.

50 minutes | € 89,-

Sport massage partial body

The perfect massage accompaniment for active people to relieve tension after sporting activities and to maximise support for muscle regeneration.

A re-vitalisation for new activities.

25 minutes | € 59,-

Full body sports massage

The perfect massage accompaniment for active people to relieve tension after sporting activities and to maximise support for muscle regeneration.

A re-vitalisation for new activities.

50 minutes | € 89,-

Lymphatic drainage

The lymph-stimulating massage is particularly recommended for tired, congested legs, cellulite, physical exhaustion or during pregnancy. Gentle pumping movements support the body's natural decongestion, tissue cleansing and detoxification processes. The result is lightness, noticeable decongestion and vitality.

50 minutes | € 89,-





Care tip for home use:
Swiss Pine Body Oil | € 24,99

Detox massage

Detox massage for physical detoxification via pores and breathing. Wonderfully fragrant Swiss stone pine oil, cupping glasses and special massage techniques (hot and cold) promote circulation, deep breathing, purification and cleansing of the body. An effective treatment to strengthen the organism for a healthy, purified body feeling.

50 minutes | € 89,-

Foot reflex massage

A massage programme with a profound effect. The reflexology massage of the feet has an effect on the entire body and organ system. From deep relaxation to activation: this foot reflexology massage creates new life energy and grounding.

50 minutes | € 89,-

Head, shoulder and neck massage



The successful triple for head, shoulder and neck relief. The combination of special massage techniques and effective natural oils relieves the neck and shoulder muscles, releases tension and revitalises.

25 minutes | € 59,-



Herbal stamp massage

Get off to an energised and balanced start. An intensive full-body treatment with herbal stamps and valuable natural oils, which create a synergy of effects. The herbal stamps are applied to the body with mobilising pressure.

50 minutes | € 95,-

Hot Stone massage

The body's energy centres are stimulated with warm basalt stones, and the subsequent massage with essential chakra oils strengthens lymphatic activity and detoxifies. Extraordinary deep warmth and relaxation set in.

80 minutes | € 146,-

Aroma candle massage

The warm beeswax oil and its aromas form the basis of the relaxing massage. Depending on the aroma, this special massage ritual provides a holistic experience and mental balance. A source of energy for body and soul.

50 minutes | € 95,-



Care tip for home use:

Honey & Ginger Candle | € 24,99

PEELINGS

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Full body peeling

Gentle, clear and fresh from head to toe. Our specially developed peelings make the skin glow and activate the skin's metabolism. This allows the active ingredients of the subsequent treatments to be better absorbed.

25 minutes | € 59,-

Full body peeling with massage

50 minutes | € 89,-

Choose your desired result:

- Salt with flavours for metabolic activation & fresh body feeling, completely individual
- Whey & herbal oil for cleansing, clarity and luminosity



Care tip for home use:

Sensitive Mineral Sunscreen | € 69,90

PACKS



Full body care pack

Health and care while floating: The soft pack lounger filled with warm water relieves the supporting apparatus and spine and leads to complete muscle and mental relaxation. Our health and care packs are applied directly to the skin and wrapped in a pleasantly warming film for maximum absorption of the care and active ingredients.

25 minutes | € 59,-

Full body care pack with massage

50 minutes | € 89,-

Choose your desired result:

- Detox: cleansing, detoxification and clarification
- Harmony: Calming & balancing
- Calm: Sensual, nourishing & caring
- Boost: Strengthening, activation and muscle relaxation

MEN TREATMENT

Facial treatment for men

Powerful, natural and effective facial treatment with skin diagnostics, lymph-stimulating massage, herbal steam compresses, exfoliation, deep cleansing, special serum, intensive mask with facial massage and a final customised day care treatment. Natural high-tech power ensures a powerful and well-groomed radiance.

50 minutes | € 92,-



KIDS TREATMENT

Kids manicure with polish

25 minutes | € 44,-

Kids pedicure with polish

25 minutes | € 44,-

Kids facial treatment

25 minutes | € 44,-

Kids massage

25 minutes | € 44,-



SPA PACKAGES

Babymoon

Pampering moments for mums-to-be. A soothing time-out and a sensitisation to your own body before the great happiness.

This package includes:

- Manicure or pedicure without polish (50 min)
- Partial body massage (25 min)
- Deluxe eye treatment (25 min)

100 minutes | € 155,-



Pampering time for me

A time-out that belongs only to you. Soothing treatments and gentle care to re-energise body and soul.

The package includes:

- Full body peeling (25 minutes)
- Full body care pack (25 minutes)
- Partial body massage (25 minutes)

Split over 1-2 days | € 147,-

Pampering time for us (couple treatment)

A spa experience for couples, performed synchronised by two therapists. An invigorating sea salt scrub prepares the skin, followed by a fragrant full body massage with an aromatic oil of your choice. A relaxing head and neck massage rounds off the treatment. Moments full of harmony and relaxation.

80 minutes | € 125,- p.P.

SPA ETIQUETTE

We have put together everything you need for an all-round relaxing time at the Spa am See. This leaves more room for the essentials: Peace, well-being and relaxation.

Book a treatment

We recommend that you make your booking at our spa reception before your arrival so that we can take your wishes regarding treatment, time and therapist into account. You will always receive your appointment confirmation upon arrival at the hotel reception. Our spa reception will also be happy to assist you if you would like to book a follow-up treatment.

Book your favorite treatment by telephone on +43 6582 73806 or by e-mail to spa@ritzenhof.at.

Clothing

Our fluffy Ritzenhof bathrobes are the perfect garment for your spa treatment. To protect your privacy, we will cover you up well during the treatment (single-use slips are also available).

Health

Please inform us of any health complaints (musculoskeletal restrictions, allergies, high blood pressure, heart disease, etc.) when you make your appointment. This will help us to tailor your spa treatments to your individual needs. All information will of course be treated confidentially.

Towels

In your room, you will find a prepared SPA bag with a bathrobe for your visit to the Spa am See. Towels are available for self-service in the spa, and slippers are available at the reception if needed.

Spa-Reception

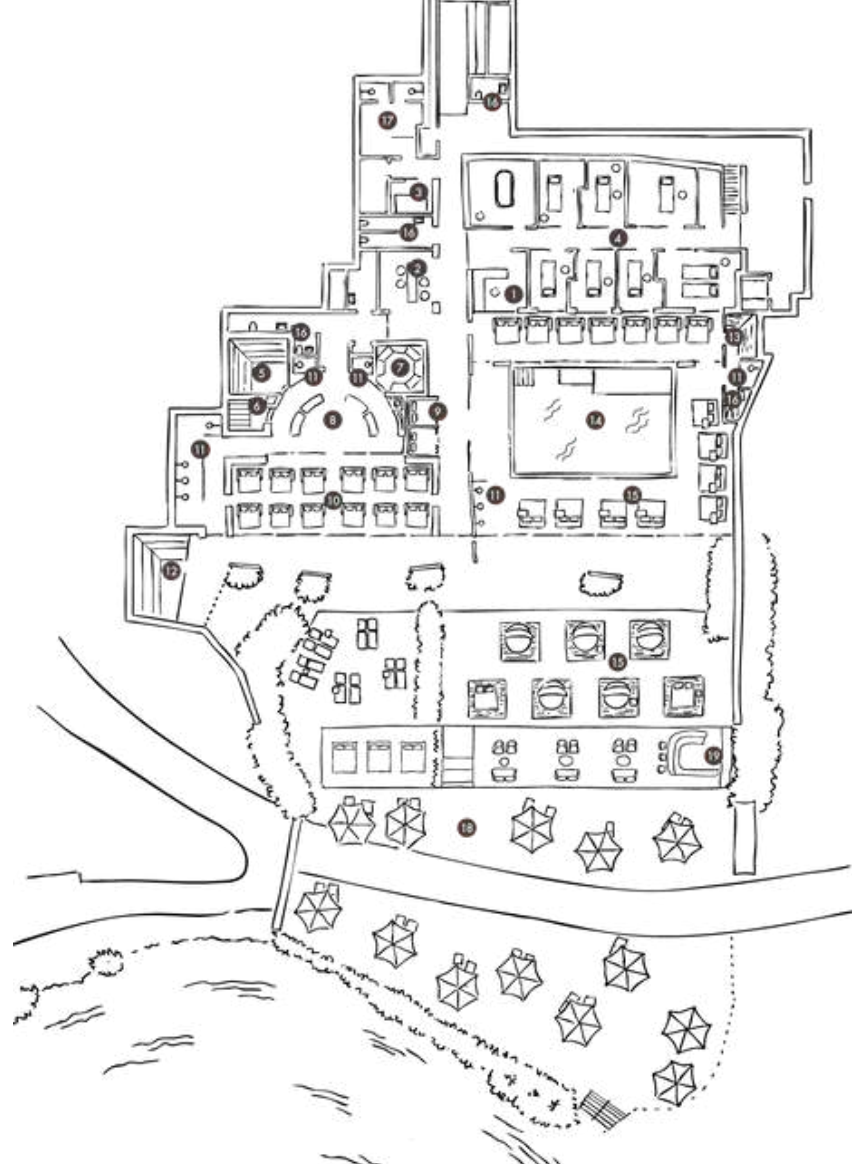
You can book your treatment at the spa reception and get advice. You can also reach the spa reception by telephone on extension 99 or from outside the hotel on +43 6582 73806 or by e-mail to spa@ritzenhof.at.

Cancellations

Please inform us of your treatment cancellation at least 24 hours before the start of treatment, otherwise we will have to charge the treatment price.

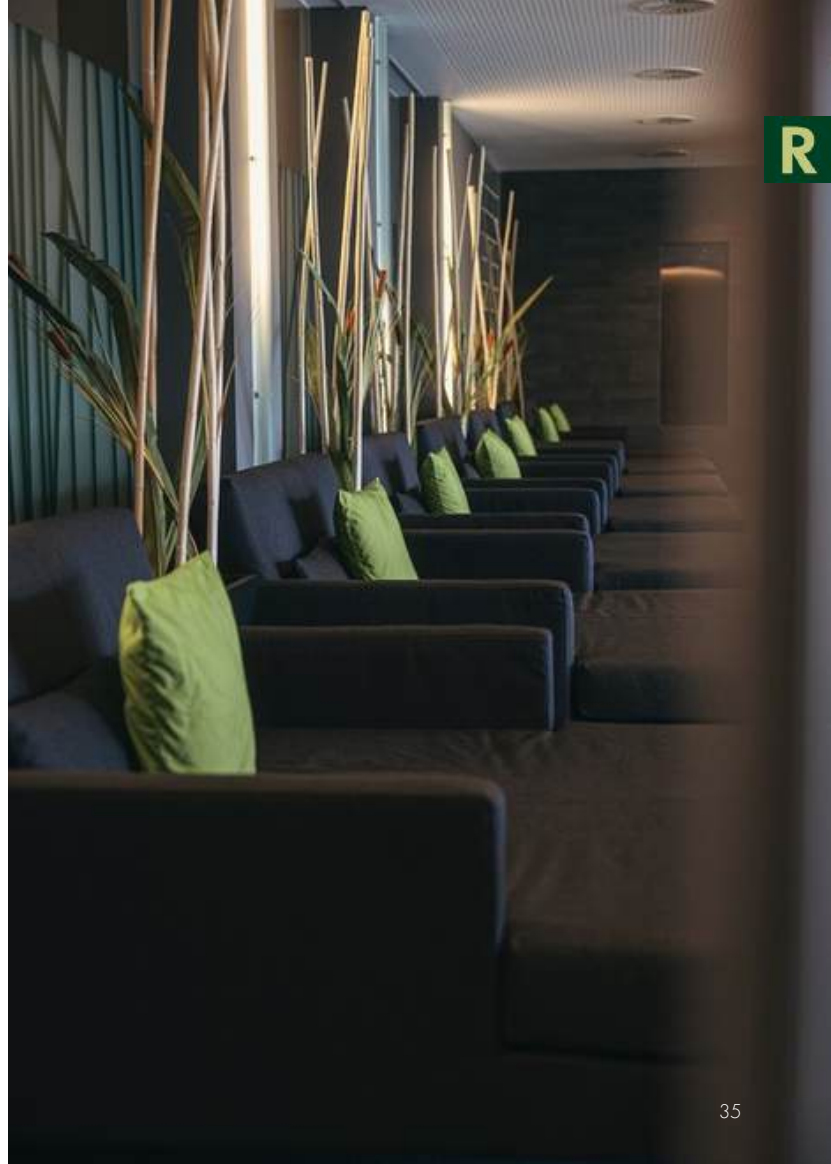
Before your treatment

So that you can enjoy the full treatment time, please arrive at the spa reception approx. 10 minutes before the start of your treatment. Out of respect for the following guests, we ask for your understanding that we will have to deduct any delays on your part from the treatment time.



SPA AM SEE OVERVIEW

1. Spa reception
2. Vital bar
3. Solarium
4. Treatment rooms
5. Sanarium
6. Infrared cabin
7. Steam bath
8. Seating area
9. Cozy lounges
10. Relaxation room
11. Showers
12. Finnish outdoor sauna
13. Family textile sauna
14. Indoor pool
15. Relaxation area
16. Toilets
17. Changing rooms
18. Private Sunbathing lawn
19. Lakeside Bar



RITZENHOF
HOTEL UND SPA AM SEE ★★★★★

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