

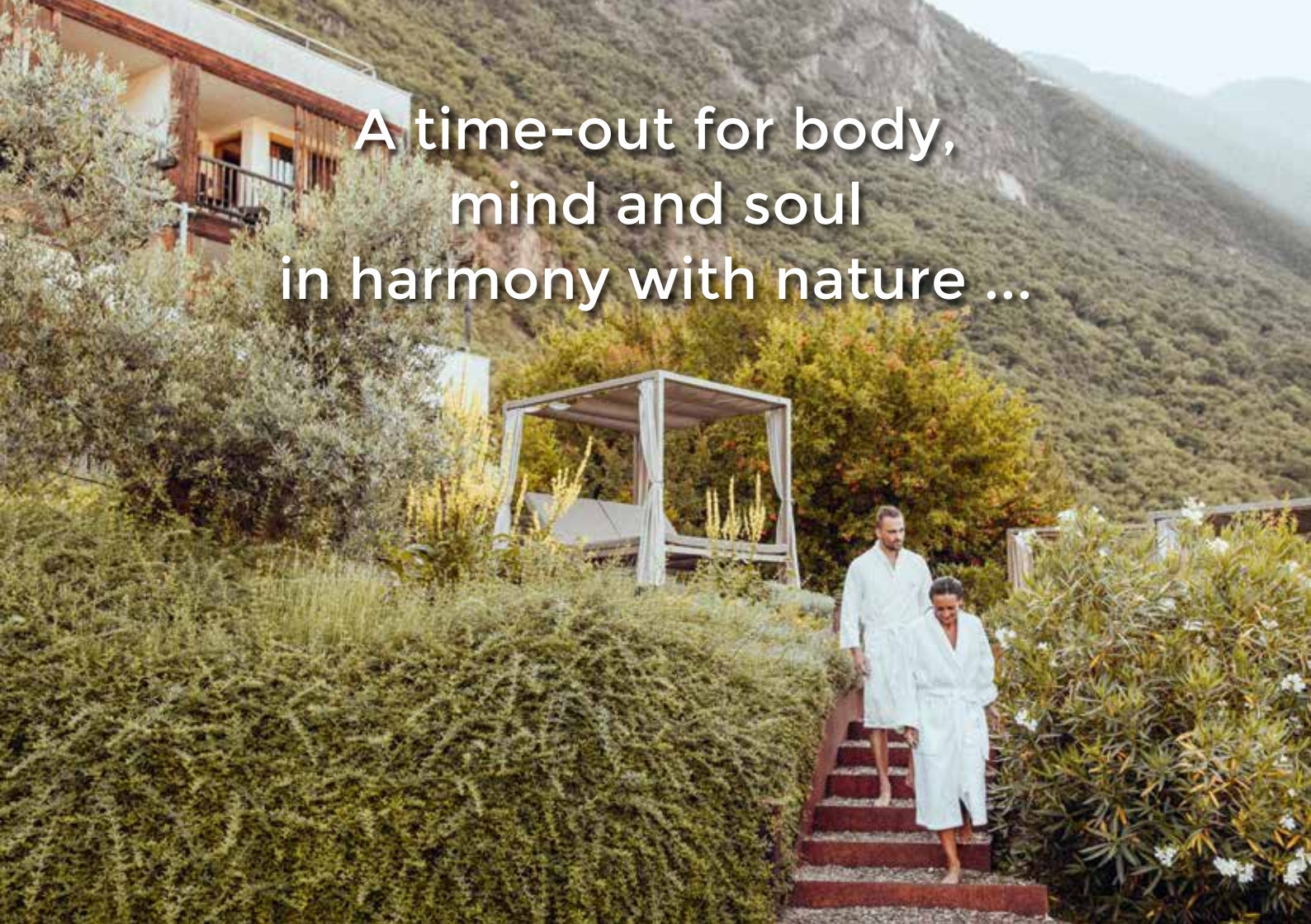


# "Garden of Senses"

SPA MENU



A time-out for body,  
mind and soul  
in harmony with nature ...





We are pleased to be recommended by:



## OPENING HOURS

7.30 – 19.30	Indoor swimming pool
8.00 – 19.30	Outdoor pool
8.00 – 19.00	Gym
9.00 – 19.30	Treatments
14.00 – 19.30	Sauna

# THE INDIVIDUAL AS A WHOLE

theiner's garden is a place of power favoured by nature. For decades, peach trees cultivated according to the principles of biodynamic agriculture by the Theiner family have flourished here.

An almost spiritual dimension of life and environment in which we are guided by Maria Thun's lunar calendar and we use medicinal herbal products, energising quartzite crystals and healing herbal teas.

The ancient knowledge of nature forms the basis of our philosophy and is the inspiration for our "Garden of Senses" wellness centre.

"Bringing order to chaos" is the fundamental principle of anthroposophical philosophy. Based on their outer and inner characteristics, people are associated with four different "types", which can often also be understood as life stages. The names of the four types are **"the apple"**, **"the grape"**, **"the peach"** and **"the pear"**, which are also the most important types of fruit present at the Bergerhof and also symbolically refer to the origins of theiner's garden. After a careful discussion with our experienced spa staff and with the help of a questionnaire, we will create an individual programme tailored to your type and accompany you on your path. All treatments and the "PLIMA" cosmetic line are based on the principles of the anthroposophical philosophy, in which the individual is considered as a whole.

Let yourself be pampered by our qualified staff, collect your senses and forget the world around you. You deserve it!

# THE 4 THEINER'S GARTEN SPA PERSONALITIES

Our 4 theiner's garten spa personalities help us to create a personalised spa experience for you, a spa programme tailored to your needs and your type.

## SPA PERSONALITY "APPLE"



As an "apple" spa personality you are a sporty and active person and need a lot of sleep to regenerate.

Listen to your body and take time for your recovery. Restful sleep in our pine rooms helps you to be mentally fit and provide your body with the best possible recovery phase.

It is best to eat a regular, varied and organic diet.

Wholesome foods rich in vital substances serve as a source of energy. Drink plenty of water, herbal teas or diluted fruit juices. This will enable you to live a healthy life in the long term and achieve your sporting goals.

## SPA PERSONALITY "PEAR"



In our spa, "pear" spa personalities find the ideal environment for mindful detox days to cleanse and renew body and mind.

With our Detox-light programme you will experience a complete detoxification and deacidification of the body while you treat yourself to a soothing time-out for body, mind and soul.

We focus in particular on exercise as an important component – which is why we recommend our activity programme.

You can also treat yourself to our delicious vegetarian-vegan cuisine.



## SPA PERSONALITY “PEACH”



For the “peach” spa personality, which is often characterised by stress and a hectic lifestyle it is particularly important to find peace and relaxation.

Here with us, you can simply let go and be completely in the moment. In a personal consultation with our experienced spa staff you can create a tailored programme perfectly adapted to your needs.

We recommend that you start with a relaxing treatment right at the beginning of your stay. Book a relaxation treatment and immerse yourself in relaxation mode.

Try to escape from everyday life, discover new things, get moving and do something good for yourself.

On request, our coach, Ingrid Oberparleiter, is available to support you on this journey.

## SPA PERSONALITY “GRAPE”



As a “grape” personality, you feel young in mind and heart, you value your appearance and, above all, your mental agility and open-minded attitude that keep you young. Daily exercise keeps you physically fit.

How about a brisk walk through the Bergerhof meadows with an invigorating excursion from our activity programme?

Daily treading water in the Kneipp pool in the Garden of Energy is a wonderful opportunity to experience the refreshing healing effect of the water with precious leisure moments.

Illustrations: *Stadler*

# Beauty product line

“Quality you can feel”





# THE “PLIMA” COSMETIC LINE

To us, plants are living beings with their own energy. We deeply value the power of nature – which is why our spa uses only carefully selected natural products that support the human being in a holistic way.

The plants used in “PLIMA” products from “Kräuterschlössl” in South Tyrol’s Vinschgau Valley come from certified organic or biodynamic cultivation. Great importance is placed on a mindful and gentle processing method – as this plays a key role in preserving the effectiveness of the ingredients. Only when every step is carried out with care can a product be created that truly nurtures body and mind.

*Key plants* play a central role:

One of the most important is **calendula** – with its bright yellow flowers, it has been known for centuries for its healing and anti-inflammatory properties. Other valuable plants include **lavender**, which soothes and calms; **arnica**, known for relieving pain; and **St. John’s wort**, with its mood-lifting effects.

By choosing the “PLIMA” skincare line, we fulfill our promise of honest and effective natural cosmetics: organic, transparent, and free from synthetic ingredients.

Our goal remains the same: to offer you products that let you shine – from the inside out.

# MASSAGE & TREATMENTS OF THE SENSES

A photograph showing a person lying face down on a massage table, covered with a red towel. A therapist's hand is visible, holding a wooden mallet and striking a singing bowl that is placed on the person's back. The background is softly blurred, showing a spa-like environment.

## Body treatments

Wind down  
and simply „be“.

During the massage, which is individually adapted to you and consists of a unique mixture of different massage styles, we help you into the “here and now”. Tell us what you want.

Our spa staff are trained in the following massage techniques:

- › Traditional massage and sports massage
- › Pregnancy massage
- › Candle oil massage
- › Reflexology massage
- › Draining massage
- › Craniosacral treatment
- › Singing bowl massage
- › Dorn-Breuß massage
- › Energy treatment

---

Partial body massage	50 min.	84,00 €
Full body massage	80 min.	118,00 €

# theiner's garten RITUALS

## RELAXING "HERB STAMP RITUAL"

The cotton bags are filled with herbs from Theiner's organic herb garden and heated in steam. The soothing combination of massage strokes in this ritual particularly stimulates relaxation and ensures a good night's sleep.

## REGENERATING "BODY-FACE RITUAL"

The facial peeling, nourishing mask and warm body pack guarantee an immediate firming effect. A ritual that leaves you with a feeling of lightness and restores your inner balance.

## WARMING "SHEEP WOOL STONE RITUAL"

An unforgettably soothing experience. When rubbed into the skin, the sheep's wool leaves behind the valuable wool wax lanolin and acts as a gentle peeling. The subsequent massage with hot stones aids detoxification.

## SOOTHING "SWISS PINE RITUAL"

Starting with a peeling massage, you will experience a deep relaxation. Finally, a Swiss pine pack is applied to you, which releases blockages and regenerates body and mind.

---

Partial body ritual	50 min.	88,00 €
Full body ritual	80 min.	126,00 €



# PACKS

The carefully composed ingredients of a pack have an effect on your metabolism, your immune system and your joints as well as your overall regenerative capacity. Afterwards you will feel strong, vital and efficient.

- › Revitalising mud pack
- › Mineralising algae pack
- › Firming grape pack
- › Detox pack

---

30 min.

42,00 €

# BATHS

Baths have a long tradition at theiner's garten and enjoy great popularity. With the help of selected and lovingly distilled essential oils from natural herbs, you can enjoy precious moments of well-being and relaxation.

- › Invigorating mountain pine bath
- › Rejuvenating grape bath
- › Ginger purifying bath
- › Relaxing pine bath
- › Detox alkaline bath
- › Hay bath in wooden tub

---

Single person	20 min.	46,00 €
As a couple	20 min.	58,00 €

# PEELING with Feeling

Give your skin a break. Our peelings gently remove excess particles and promote circulation. The skin feels fresh, soft, smooth and supple and absorbs the subsequent treatment or pack more effectively.

- › Marble peeling
- › Almond shell peeling
- › Red wine peeling
- › Grapeseed peeling
- › Detox peeling

---

	20 min.	48,00 €
--	---------	---------





# BEAUTY

Enjoy the benefits as your body relaxes, your skin tightens and your soul rejoices. We have a carefully coordinated range of beauty and wellness treatments that will do you good.

The holistic beauty concept strengthens the entire body, refreshes the mind and leaves you with a deep feeling of well-being and relaxation – indescribably relaxing!

# "BEAUTIFUL INSIDE AND OUT"

## HAND AND FOOT RITUALS

- |   |         |
|---|---------|
| › Manicure without varnish                                      | 58,00 € |
| › Manicure with varnish   | 78,00 € |
| › theiner's manicure deluxe<br>(Manicure with peeling and pack) | 88,00 € |
| › Pedicure without varnish                                      | 58,00 € |
| › Pedicure with varnish   | 78,00 € |
| › theiner's pedicure deluxe<br>(Pedicure with peeling and pack) | 88,00 € |

## WAXING

- |                                |         |
|--------------------------------|---------|
| › Legs complete                | 49,00 € |
| › Legs up to the knee          | 42,00 € |
| › Bikini line, arms or armpits | 26,00 € |
| › Chest                        | 42,00 € |
| › Back                         | 49,00 € |
| › Upper lip                    | 16,00 € |
| › Eyebrow shaping              | 26,00 € |

## FACE AND DÉCOLLETÉ TREATMENT WITH THE JADE ROLLER

Individual personalised treatment for your face, neck and décolleté. Throughout the treatment, the focus is on your skin's needs. Gentle facial cleansing, peeling, vitalising mask, relaxing facial massage, special eye and lip care, hand massage and day care give you a youthful complexion. The jade roller promotes blood circulation and lymph flow, making the skin plumper, rosier and fresher. It also relieves puffiness around the eyes. Lots of freshness and vitality for your skin!

---

80 min. 132,00 €

# FACIAL RITUALS OF THE SENSES

## INDIVIDUAL FACIAL RITUAL

Depending on what your skin needs, we will put together a revitalising, restorative, purifying or calming facial ritual for you. The holistic treatment gives your skin a refreshed feeling, natural suppleness and an evenly radiant texture.

---

50 min.	88,00 €
80 min.	126,00 €

## THEINER'S GARTEN FACIAL RITUAL

A footbath is the prelude to your own personal feel-good time. The focus of this ritual, which is adapted to you and your needs, is facial care. Not only the face is pampered with a massage, but also the hands, feet and neck, where particularly sensitive nerve pathways and muscle cords run, are gently massaged. In this way, you enjoy a comprehensive feel-good programme with holistic touch.

---

110 min.	156,00 €
----------	----------



## PURELY A MAN'S BUSINESS

The revitalising facial treatment dynamically rebalances stressed men's skin. A gentle peeling, followed by a mask and fast-absorbing final treatment form a package that is especially tailored to the high demands of men's skin. A freshness kick with deep cleansing and relaxation for him!

---

50 min.

88,00 €



# WELLNESS PACKAGES...

**... everything that does good**

Give yourself the gift of time to strengthen your entire body, refresh your mind, whether for pure well-being or for particular requirements. Alone or as a couple, forget everyday life, enjoy the moment – finally draw strength and recharge your batteries!





# SLEEP WELL!



## INDIVIDUAL SPA PROGRAMME FOR THE “APPLE” SPA PERSONALITY

The “apple” personality appreciates good rest, and beauty sleep is a great gift! Our body, mind and soul are regenerated during sleep. You can face the day's challenges serenely only if you've had a good night's sleep.

The price of the package comprises the following treatments:

- › Initial consulting
- › Rebalancing bath 20 min.
- › Stone pine soothing bath 30 min.
- › 2 energy treatments 50 min.
- › Personal mindfulness (by booking: journey through dreams, meditation with singing bowls or gentle relaxing treatment) 20 min.

---

298,00 €



# DETOX LIGHT



## INDIVIDUAL SPA PROGRAMME FOR THE “PEAR” SPA PERSONALITY

Body cleansing is ideal for the “pear” personality. Your time out at theiner's garten biorefugium is wonderfully suited to taking conscious and mindful days off to cleanse your body and mind.

The price of the package comprises the following treatments:

- › Initial consulting
- › Purifying ginger bath 20 min.
- › Revitalizing mud pack 30 min.
- › Individual detox massage 50 min.
- › As an option we recommend our restaurant's vegan/vegetarian menu.

---

154,00 €



# DESTRESS



## INDIVIDUAL SPA PROGRAMME FOR THE “PEACH” SPA PERSONALITY

Your everyday life is often hectic and stressful, and peach-type personalities often find it difficult to switch off. Time-out at theiner's garten biorefugium is therefore wonderfully suitable for replenishing energy reserves and finding peace.

The price of the package comprises the following treatments:

- › Initial consulting
- › Calming stone pine ritual 80 min.
- › 2 individual body treatments 50 min.
- › Personal mindfulness (by booking: journey through dreams, meditation with singing bowls or gentle relaxing treatment) 20 min.

---

316,00 €



# HOLISTIC BEAUTY



## INDIVIDUAL SPA PROGRAMME FOR THE “GRAPE” SPA PERSONALITY

What’s the secret of beautiful skin? Genes are certainly important, but the right care according to age and skin type, targeted treatments and correct diet help to improve complexion and texture.

The price of the package comprises the following treatments:

- |  |         |
|--|---------|
| › Initial consulting                                     |         |
| › Personalised facial ritual with skin type consultation | 50 min. |
| › Pedicure and manicure                                  | 50 min. |
| › Milk and honey beauty treatment                        | 20 min. |
| › Full body ritual (massage with wrap)                   | 80 min. |

---

336,00 €





# MANAGER RELAX

**THIS SPA PACKAGE GIVES YOU THE OPPORTUNITY TO SWITCH OFF, LIVE IN THE MOMENT AND PRACTICE MINDFULNESS.**

When stress and pressure of deadlines determine life, many people are no longer able to relax in their free time. Exhaustion, restlessness and nervousness, sleep disorders, concentration problems, headaches and even chronic illnesses are the result.

The price of the package comprises the following treatments:

- |  |         |
|--|---------|
| › Initial consulting                         |         |
| › Relaxing lavender bath                     | 20 min. |
| › Craniosacral treatment or energy treatment | 50 min. |
| › Detoxifying algae pack                     | 30 min. |
| › Singing bowl massage                       | 30 min. |
| › Facial treatment                           | 50 min. |

---

298,00 €





# KNEIPP – WELL-BEING TREATMENT

*“There is healing in water; it is the simplest, cheapest and – when properly applied – the safest remedy.” – Sebastian Kneipp*

The effect of water treatments is based on stimuli that are triggered in our nervous system by pouring water on our skin. The application serves above all to strengthen our immune system and to activate blood and lymph circulation.

The package price includes the following applications:

- › Dry burst massage
- › Kneipp water treatment
- › Rest with herbal tea
- › Draining leg massage
- › Resting

---

80 min.

126,00 €



# MENTAL DETOX WITH INGRID

"For us at theiner's garten, holistic relaxation means relaxing body, mind and soul in harmony with nature. That's why the "Mental Detox Retreat" with Ingrid is a matter of the heart for us."

Using coaching sessions you will find your own methods to bring greater balance to your life. The focus is on rediscovering mindfulness and consciously enjoying the moment. Ingrid will tell you how you can integrate mindfulness into your everyday life and draw strength from it.

Training: Women's mentoring (KVV), Gestalt pedagogy (AGB), coaching and supervision (FUTURE Academy).

---

1 unit up to 2 hours

220,00 €



# BIO-DETOX-RETREAT

“Detox” means detoxification, in which a healthy diet with plenty of fruit and vegetables, relaxation exercises and treatments help to bind and eliminate the harmful substances and toxins from the organism. The main aim is to actively eliminate harmful substances from the organism.

The concept of bio-detox can also include a psychological dimension. In this context, the term “digital detox” is often used, which means making a conscious effort to give up electronic devices, and social media in particular. Alongside this is the concept of mindfulness which comprises not only refraining from harmful substances, but also from damaging habits, practices and even relationships.



The price of the package comprises the following treatments:

- › Initial consulting and post-treatment advice
- › 1 magnesium detox treatment
- › 1 detox body peeling
- › 1 purifying detox bath
- › 1 vitalizing detox pack
- › 2 draining massages
- › water and detox herbal tea during the treatments
- › detox and alkaline dishes carefully prepared in our restaurant
- › weekly yoga and pilates lessons included

We encourage you to take part in all activities to activate your metabolism

Recommended stay: four nights

---

368,00 €



“Happiness is the only thing  
that doubles when you share it.”

Albert Schweitzer



# QUALITY TIME AS A COUPLE

In our new theiner's garten spa with barrel sauna, relaxation corner, massage and drinks, you can enjoy your quality time in a warm cosy environment with a particularly romantic touch. A moment you've both been waiting for.

## LOVE, AMORE, LIEBE

theiner's garten private spa for two people

- › barrel sauna for a special love bath
- › delicate honey scrub
- › complete tranquillity by candlelight
- › 2 glasses of prosecco and aphrodisiac chocolates
- › back massage with aromatic oil (approx. 20 minutes/person).

---

2 hours 30 minutes

310,00 €

## JUST THE TWO OF US

theiner's garten private spa for two people

- › barrel sauna for a special love bath
- › 2 glasses of prosecco and aphrodisiac chocolates
- › complete tranquillity with sensual aromatic oil for two
- › delicate honey scrub

---

1 hour 30 minutes

130,00 €



# INFORMATION

**HEALTH** – Please inform us at the beginning of your spa visit about any health condition such as high blood pressure, heart disease, metabolic disorders, allergies, pregnancy or a recent operation. We will be happy to tailor our treatments to your individual needs.

We await you for your treatment appointments in a bathrobe without jewellery.

**A BATHROBE AND BATH TOWELS** are provided in your room. In order to be able to relax, we recommend that you do not bring your smartphone with you.

Please place a towel on the **SAUNA AND RELAXATION LOUNGERS**. For hygiene and health reasons, we recommend you enter the sauna without bathing clothes.

**CANCELLATION** We ask you to cancel appointments at least 12 hours in advance. For cancellations at short notice we charge 80% and for no-shows 100%.

**CHILDREN** may enter the swimming pool area under supervision.

We kindly ask you to take a shower before using the pool.



