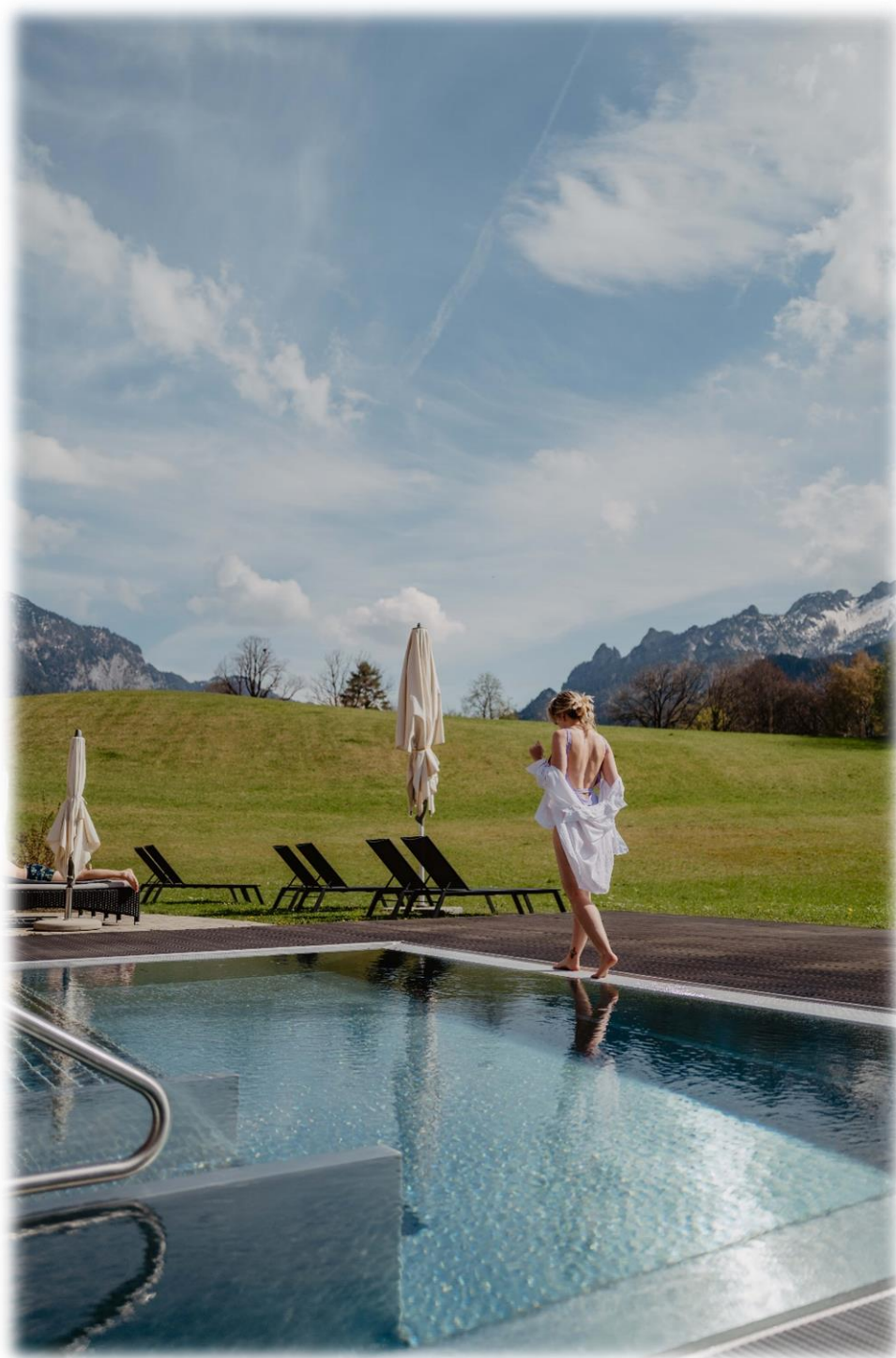




Artemacur Spa



N 47° 43' 48.148 | O 12° 53' 35.242

English version

Dear guests,



we would like to welcome you to our Artemacur Spa!

It is our effort to create an unforgettable spa experience for you, from which you can draw strength and tranquillity beyond your stay. You can expect a diverse range of treatments with unique treatments, nourishing cosmetics, individual massages and relaxing body treatments.

The Klosterhof is staffed only professionally recognised and experienced therapists and beauticians, who take care of your individual needs with heart and soul.
We wish you a wonderful time out in our Artemacur Spa - let us inspire you and carry you on our hands!

Your hosts,

**Henrike & Dr. med. Andreas Färber
with the entire team of the Artemacur Spa**

Artemacur Signatures

Artemacur" stands for the art of doing something good for oneself, to experience oneself and to one's own needs. It stands for a new mindfulness without pressure to perform, a philosophy that makes enthusiasm for life tangible.

Therapeutic Floating Guided movement therapy

50 min

109 ,-



Floating in the Alpen Soledom (Private Spa)

In the Klosterhof we have created a retreat for you where you can relax while floating. Feel as light as a feather and experience the feeling of the feeling of weightlessness while floating in Bad Reichenhaller alpine brine.

25 min
2 person

42 ,-
57 ,-

50 min
2 person

69 ,-
84 ,-

Artemacur Classic

Dr. med Färber recommends

Massage with stamp

Deeply relaxing massage with warm quartz stamps and oils on our unique Bad Reichenhall salt couch. Thanks to the warm quartz stamps, we can specifically address tensions and relieve them through warmth and pressure.

You can look forward to a relaxing, calming and at the same time purifying effect.

50 min
80 min

86 ,-
126 ,-



Artemacur Ceremonies

Our Spa manager recommends

Alpine Symphony

Begin with a peeling of your choice or the Alpenfango full-body wrap and then relax with a 50-minute full-body aromatic oil massage.

110 min **130 ,-**

Salt ceremony

In the monastery courtyard you can recharge your batteries with the energy of salt and brine. Complete indulgence programme with free floating in the Alpen Soledom, vitalising salt peeling and full-body massage on the Bad Reichenhall salt lounge.

170 min **226 ,-**

Massages

Choose the duration of your treatment in advance and then decide together with our therapists which massage suits your current needs.

Back, neck, shoulder massage

This liberating and loosening massage leads to deep relaxation. Ideal for tension and pain in the back area or also for stress and migraine.

25 min **48 ,-**
50 min **80 ,-**

Individual full body massage

Relax with light strokes or strong grips. During our soothing full-body massage from head to toe, we focus on your personal priorities - whether the focus is on arms and legs or back and head - it's up to you to decide. Enjoy 80 minutes of complete individuality!

80 min **104 ,-**



Sports and fascia massage

Deep massage to relax the muscles and activate the circulation. The intensive massage technique is just the thing after an active day, a hike or a bike tour and prevents muscle pain.

50 min	89 ,-
80 min	114 ,-

Sound bowl massage

Enter into a different world and immerse yourself in sound into a world of sound relaxation. Sound bowls are placed on the clothed body and struck. This creates vibrations that are transmitted to the body and the lymphatic flow and are absorbed through the auditory system.

The gentle and harmonious sounds quickly lead to deep relaxation.

50 min	80 ,-
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Lymphatic drainage

The lymphatic system is mobilised with skilful system and congestion is reduced. A feeling of relaxation sets in and decongestion processes are supported. Perfect for activating the tired body!

50 min	84 ,-
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Leg massage

Gentle massage strokes loosen and relax tired, heavy legs and feet.

25 min	48 ,-
50 min	80 ,-

Aroma oil massage - anti-stress massage

Enjoy the warming effect of fragrant oils and slow down with gentle strokes. The calming and balancing effect relaxes body and mind.

50 min	86 ,-
80 min	104 ,-

Foot reflexology massage

The soothing effect of alternating gentle and firm pressure on the reflex zones of your foot for activation and regeneration.

50 min	80 ,-
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Head massage

This massage not only helps against headaches, but also provides relaxation. Gentle pressure applied to the head, stimulates the scalp and blood circulation.

25 min	48 ,-
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Spa rituals for two

Wellness is especially beautiful for two. For lovers or with your best friend, for mother and daughter - there are many opportunities. Enjoy a wonderful massage or another pampering treatment together.

Togetherness

Enjoy a soothing back, neck and shoulder massage for two in our "Herzblatt" room.

50 min	152 ,-
80 min	202 ,-

Individual togetherness

Relax as a couple with massages tailored to your needs - with strong grips and stretches, or would you prefer gentle strokes for complete relaxation? We adapt to your wishes.

50 min	164 ,-
80 min	216 ,-

White gold for two

Revitalising and skin-tightening salt peeling for two. The homemade salt peeling made from the white gold of our region regenerates your skin and leaves it feeling soft and smooth. Finally, relax together with a moisturising full body wrap.

50 min	150 ,-
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Honeymoon Ceremony

Enjoy a wellness journey together at the Artemacur Spa. Start with a joint body scrub followed by a 50-minute full body massage. The finale is the 25-minute weightless floating in our Alpine Soledom.

110 min	289 ,-
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Us - redefined

Give yourself valuable time together and feel your partner anew. Under the guidance therapist, you will learn how to massage each other (60 min) followed by relaxation time just for you personally.

80 min	169 ,-
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Spa treatments for parents to be

Enjoy the time of joyful anticipation, recharge your batteries for the birth and the exciting weeks that follow. During pregnancy, the skin needs a lot of care, especially the growing baby bump. For our expectant mothers-to-be, we only use sensitive massage oil without fragrances and preservatives.

Babymoon Massage - Gentle pregnancy massage

Our pregnancy massage takes place on a special massage chair for pregnant women or in a sideways lying position.

25 min **48,-**
back - neck - shoulder or leg massage

50 min **84,-**
Full body massage (without feet and lower back)

Babymoon Facial

For this pampering beauty treatment for expectant mothers, we work with nature-certified cosmetics, which are both gentle and nurturing at the same time. With moisturising masks and massage creams, your skin will radiate a new glow.

50 min **84,-**

Babymoon – quality time for mothers-to-be

50 minutes facial treatment incl. eyebrow and eyelash tinting, pedicure or manicure

100 min **178,-**

Lymphatic drainage for expectant mothers

Lymphatic drainage relieves congestion and swelling activates the lymphatic system.

This provides a pleasant, relaxing feeling - ideal for tired muscles and for regeneration. A blessing during pregnancy!

50 min **80,-**

Lymphatic Drainage Deluxe

30 minutes lymphatic drainage for the face, 50 minutes lymphatic drainage for the body

80 min **128,-**

Me-Time

50 minutes peeling & pack,
30 minutes express facial & 25 minutes eye treatment

105 min **169,-**



Artemacur body treatments & peelings

Recharge your batteries with fresh energy from the mountains with our body treatments

Cream aroma full body peeling

Enjoy pure relaxation and decelerate your mind and body with our gentle cream aroma full body peeling.

50 min **56,-**

Salt scrub

Bad Reichenhall salt has been known for its healing properties for centuries. As a salt peeling, it promotes blood circulation and improves the appearance of the skin. In addition to the caring and cleansing effect, the regional peeling helps you to relax.

50 min **56,-**

Alpine Fango Detox Body Pack

A "wellness must" for lovers of Alpine tradition. Detoxifying alpine mineral pack for an invigorating skin feeling. Alpine fango not only improves circulation, but also stimulates the metabolism.

50 min **56,-**

Artemacur Salt + Gentle Bodypackage

The revitalising and skin-tightening salt peeling regenerates your skin and leaves it feeling delicately soft. Afterwards, the moisturising full body pack rounds off the full body treatment.

50 min **79,-**



Hamam Ceremony

Immerse yourself in the oriental world of the hamam, enjoy the soothing warmth and let your body and mind relax in the gentle light. Our oriental hamam ceremony consists of a traditional cleansing ritual, which begins with a peeling and ends with a foam wash. Water showers and soothing warmth round off the experience.

Hamam Suite

Peeling, soap foam wash

30 min

68 ,-

Salt peeling on the hamam stone

Enjoy a cleansing full-body salt scrub on our warm hamam stone.

30 min

56 ,-

Hamam Suite Deluxe

Peeling, soap foam wash

50 min

106 ,-

Hamam from head to toe

Complete relaxation from head to toe. You start with a pleasant salt footbath and then relax with a soothing healing earth facial massage on our pre-warmed hamam stone.

40 min

62 ,-



Spa treatments for athletes & mountaineers

Our sports massages are carried out with alpine massage lotion - to stimulate the musculature and subsequent relaxation.

Sports and fascia massage

Deep massage to relax the muscles and activate the circulation. The intensive massage technique is just the thing after an active day, a hike or a bike tour and prevents muscle pain.

50 min	89,-
80 min	114,-

Activating foot and leg massage

An intensive and extensive massage which begins with an activating foot peeling. Ideal for tension, swelling and pressure pains due to high stress on the legs and feet.

25 min	48,-
50 min	80,-

Intensive Back Massage

An intensive and deep back massage for tense sportsman's muscles. With forearm and elbows to loosen tense back muscles.

25 min	56,-
50 min	85,-

Personal Training

With personal guidance in a private one-to-one session.

In the fitness room or in the great outdoors - the private lesson is tailored to your personal needs. On request we are happy to put together an individual programme for professional athletes.

60 min	86,-
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Pain therapy according to Liebscher & Bracht (osteopressure)

In pain therapy according to Liebscher & Bracht tensions in the muscles and fasciae are released muscles and fasciae by pressing, rolling and stretching. In addition, we provide you with individual exercises for you to do at home.

60 min	130,-
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Bamboo massage

Ideal for tired and stressed muscles. Bamboo sticks are used to loosen deep-seated muscle stiffness and tissue tension. The blood circulation is stimulated with fast and activating movements, thus accelerating the regeneration process is accelerated.

50 min	92,-
80 min	118,-

Peloton training in the hotel room

The Peloton Bike offers a selection of numerous courses via livestream for training - on request also in a very private atmosphere.

per day	20,-
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Cosmetics & Beauty

At the Klosterhof, we pay attention to high-quality, regional and natural cosmetics. Enjoy exclusive facial treatments that we have developed individually for the Klosterhof and tailored to your skin's needs. Let us pamper you - the result will convince you.

Purifying mountain stream - intensive cleansing treatment

Intensive deep cleansing for impure skin. Impurities are gently removed and sebum production is reduced. A coordinated care for the relaxation of sensitive skin completes this intensive facial treatment.

Facial cleansing - peeling - lymphatic drainage - extensive removal of impurities, blackheads and milia - cleansing active ingredient ampoule - conditioning mask - Final care – conditioning mask - Final treatment

80 min

98 ,-

Warm summer rain - Well Aging Facial Treatment

This facial treatment promotes circulation and stimulates the metabolism for better and more and comprehensive absorption of the active ingredients. The result is intensively nourished skin and a fresh, vital complexion.

Facial cleansing - eyebrow correction - peeling - lymphatic drainage of the eye area - highly effective serum - extensive face & décolleté massage - nourishing mask - final treatment

80 min

104 ,-

Enjoy beauty

Trawenmoor - Organic Skincare

As a regional company, Trawenmoor stands for first-class organic quality and combines those principles which are also very important for us:

organic - at least 98 % of the ingredients in the products are of natural origin

vegan - no animal ingredients or genetic engineering are used in the production process

climate neutral - all CO2 emissions are offset by recognised offset by recognised climate protection projects

Express hydrating facial treatment

Facial cleansing - Short peeling - Conditioning mask - Facial massage - final care

25 min

54 ,-

Individual beauty

Enjoy a facial treatment individually facial treatment tailored to your individual needs. Let us advise you and then relax with a detailed and nourishing treatment.

50 min

84 ,-

80 min

104 ,-

110 min

144 ,-

(incl. relaxing facial, décolleté and neck massage)

Light & natural day make-up

following after a facial treatment

19 ,-

Nourishing men's cosmetics

Pure men's business

Ebony Skin Care is an uncompromisingly masculine brand and combines naturalness, sustainability and effectiveness in its products. The naturally integrated high-tech power supports stressed and tired men's skin. Whether you are a daily shaver or a beard wearer, our trained beauticians round off the individual treatment with cleansing, serum and with a pleasant face and neck massage.

30 min	54,-
50 min	84,-
80 min	98,-



Beautiful moments

Radiant eyes

Make your eyes shine and enjoy a nurturing time-out. Lymphatic drainage - active ingredient serum – nourishing eye pack - eye care

25 min	45,-
<i>(can be booked individually or facial treatment)</i>	

Eyebrow shaping	20,-
Eyebrow tinting	15,-
Eyelash tinting	20,-
The complete programme	54,-

„Lash Lifting" eyelash wave

We conjure up fresh momentum for your eyelashes and take care of your breathtaking eye look.

30 min	54,-
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Breathtaking impact

Enjoy the comprehensive experience for your eyes and relax with eyebrow and eyelash tinting, eyebrow correction and the incomparable of the eyelash curler. Complete eye programme + Lash Lifting

45 min	99,-
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Depilation - hair-free with waxing

Upper lip	14,-
Legs up to the knee	38,-
Legs complete	58,-
Back or chest	38,-
Armpits or bikini line	28,-
Brazilian Wax	48,-

The perfect appearance

Light daily make-up	27,-
Evening make-up	45,-
Bridal / Gala Make-up	110,-

Perfect hands & feet

Soft to the touch & beautiful - with us you are in professional hands.

Manicure

40 min	47,-
<i>incl. nourishing hand cream</i>	

50 min	59,-
<i>incl. nourishing hand cream and nail polish of your choice</i>	

Pedicure

40 min	57,-
<i>incl. cream bath</i>	

50 min	69,-
<i>incl. cream bath and nail polish of your choice</i>	

All-round feel-good package

A soothing combination of manicure & pedicure.

<i>without nail polish</i>	104,-
<i>with nail polish</i>	128,-

Optional offers

Peeling	15,-
Hand massage	20,-
Foot massage	20,-



Artemacur Health Centre

Excerpt from the medical services of the Artemacur Health Centre:

Medical services are provided and invoiced separately by the Artemacur Health Centre. For questions and the complete catalogue of services, the team at the Artemacur Health Centre will be happy to answer any questions you may have.

Medical tradition

The historic monastery courtyard was the economy of the monastery of St. Zeno from the 15th century.

For centuries, the monks were the bearers of accumulated medical knowledge and the first port of call in the search for a healthy life. This medical tradition is also continued in the new Klosterhof. Next to the Hotel Klosterhof with the Artemacur Spa, this historical building houses the Artemacur Health Centre is also housed in this historic building. The team around Andreas Färber offers a modern approach to prevention that is also rooted in tradition.

Bio-impedance analysis

With BIA, the distribution of fat and muscle in the body, body water, proteins and minerals are precisely measured according to individual body segments. A brief explanation and documentation of the results enables the personal and serves as a training control tool.

Nutritional counselling

Nutritional counselling offers answers to individual questions on topics such as balanced nutrition for prevention and therapy as well as help for healthy weight reduction.

Mental coaching & burnout prevention

Prevent instead of burn out.

Through a medically Burnout screening conducted by a doctor analyses the personal stress situation. Individual coping strategies are developed that allow you to cope with stress in the long term.

Conceptual medical counselling

On the basis of salutogenesis, a full analysis of the state of health.

After an explanation of the correlations concepts together with the patient we develop concepts, which enable a sustainable healthy and satisfied life.

„Waldbaden“: Health talk with Dr. med. Färber

A short hike with Dr. med. Färber in the forest and to oneself, incl. explanations of the Shinrin Yoku (Japanese for "bathing in the forest"). Finally, a short meditation at the well-known place of power, the Heart Stone.





Klosterhof • Alpine Hideaway & Spa • Family Färber
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First German hotel with EU Ecolabel - Official European Ecolabel
Germany's best wellness hotels with medical spa - Connoisseur Circle
2 lilies - Relax Guide

Status Winter 2022 | all treatments and prices are subject to change.