



WINKLER PREMIUM SPA



Nature has the power to bring us back to our roots and let our spirit soar high at the same time. Feel that power in our spa world, with premium treatments tailored to your needs for an exclusive wellness experience.



WINKLER BALANCE TREATMENTS

Breathe in. Breathe out. Unwind. Draw inspiration from nature.
Recharge. Let your body and mind come into perfect balance.

/WINKLER BALANCE HEAD MASSAGE

50 min. _____ **€ 89**

Special massage techniques coupled with plant extracts to release tensions in the head, neck, and shoulders. Deep-reaching movements and a personalised approach ensure relaxation and relief from daily stress.

/WINKLER BALANCE BODY MASSAGE

50 min. _____ **€ 89**

Enhance your body contour with this personalised body toning massage: a combination of active ingredients and advanced massage techniques to boost metabolism and lymph circulation.

/WINKLER BALANCE LEGS MASSAGE

50 min. _____ **€ 89**

A restorative massage for fatigued legs that stretches tissues, boosts circulation, and clears the mind. A relaxing treat for your legs and feet that induces a state of deep well-being.



More than just ingredients: natural raw materials are processed into high-tech active ingredients and perfected using advanced microtechnology. The cosmetic line by Team Dr. Joseph is highly effective and 100% natural, with premium products made from purest ingredients selected for top quality and eco-sustainability. Team Dr. Joseph brings together solid know-how, innovative technologies, and environmental awareness.



Nature is in fact a key element to the concept developed by Dr. Joseph VITALIS: “We strive to create holistic products and treatments by using natural active ingredients perfected through cutting-edge techniques in the field of microtechnology and combined with traditional knowledge. Our whole vision is based on a holistic approach. Our synergy is inspired by the interaction of natural elements, ancient know-how, and modern technologies.”



Discover the world of E&M Vital natural products. Since 1998, the Austrian company has been producing high-quality basic body care products that support your health and vitality.



For more than 30 years, LIGNE ST BARTH has been offering innovative products that stand out for maximum effectiveness and top quality. Named after the island of St. Barth, the brand taps into nature’s generous gifts to create exclusive formulas enriched with the alluring scents of the Caribbean.





/FACE TREATMENTS

Gentle movements and wholesome essences for a radiant appearance. Let your natural beauty shine through.

/PURIFYING FACE TREATMENT

50 min. _____ **€ 89**

An intensive, deep-cleansing facial treatment consisting of: cleansing, peel, massage and cupping, deep pore cleansing, mask, and daytime skincare product.

/DEEP-REACHING FACE TREATMENT

80 min. _____ **€ 115**

A deep-reaching skincare ritual: cleansing, peel, massage and cupping, deep pore cleansing, eyebrow shaping, special serum, face massage, intensive mask, and daytime skincare product.

/INTENSIVE FACE TREATMENT

110 min. _____ **€ 145**

An intensive facial with a biodynamic lifting effect: cleansing, peel, massage and cupping, deep pore cleansing, eyebrow shaping, special serum, lifting massage with herbal compress, intensive mask, and daytime skincare product.

/ST BARTH PURENESS

80 min. _____ **€ 115**

An exceptional, fresh-scented facial treatment that induces a state of deep, wholesome relaxation.

/ULTRASONIC EXPRESS FACE TREATMENT

50 min. _____ **€ 99**

An ultrasonic express lift for a radiant, more youthful appearance: cleansing, enzymatic and ultrasound peel, ultrasonic repair & lifting treatment, and daytime skincare product.

/INTENSIVE ULTRASONIC FACE TREATMENT

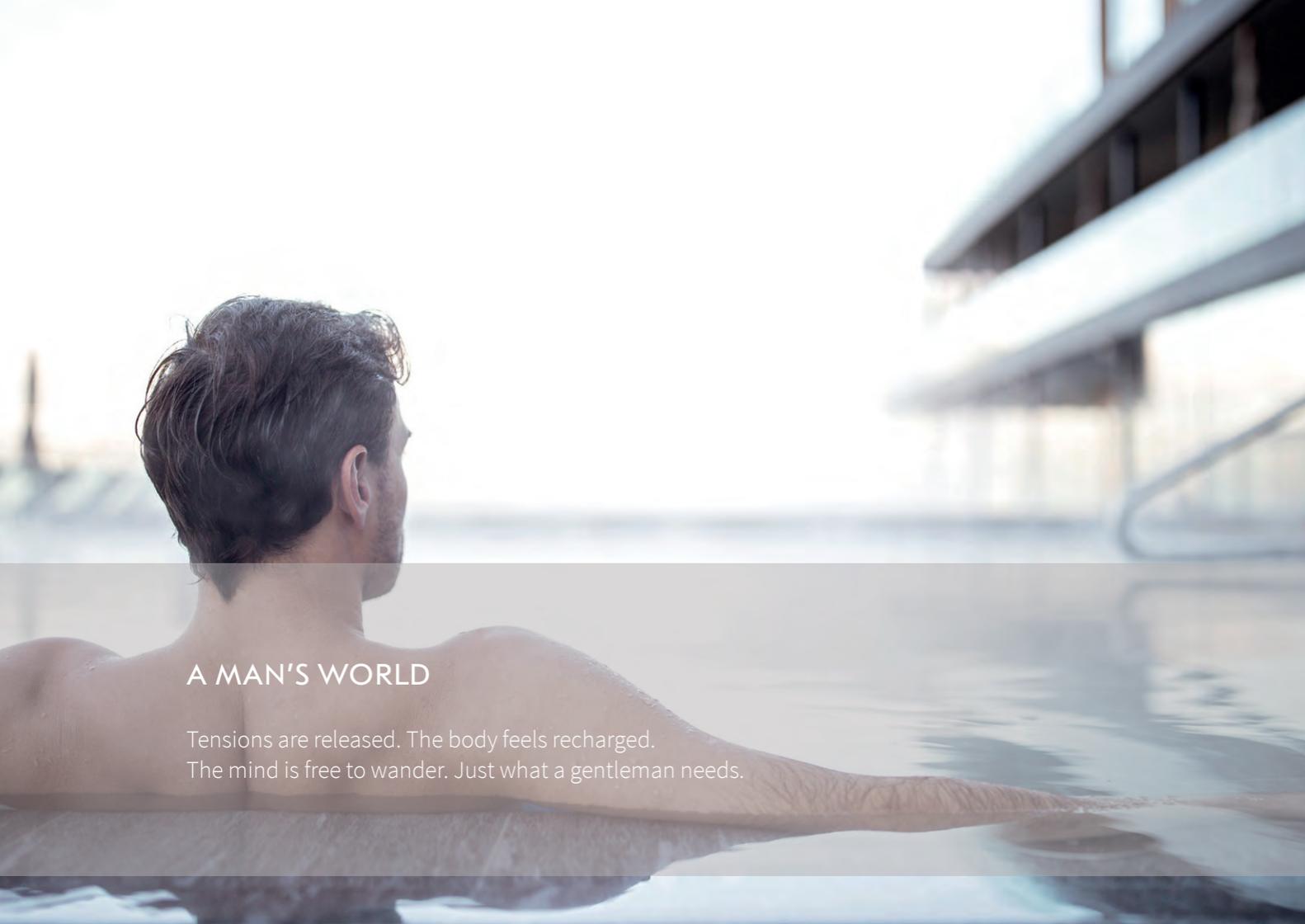
80 min. _____ **€ 131**

Intensive ultrasonic facial lift: cleansing, enzymatic and ultrasound peel, mask, Ultrasonic Repair & Lifting treatment, revitalising face- and neck massage, and daytime skincare product.

/VISIBLE ANTI-AGEING PACKAGE

3 days _____ **€ 312**

1 x Intensive ultrasonic face treatment
2 x Ultrasonic express face treatment



A MAN'S WORLD

Tensions are released. The body feels recharged.
The mind is free to wander. Just what a gentleman needs.

/ MEN'S FACE TREATMENT

50 min. _____ **€ 89**

This intensive treatment for men gives a healthy, well-groomed, and glowing appearance. It includes: deep cleansing, peel, massage, and a special skincare product.

/ WINKLER MEN'S WORLD

Price _____ **€ 211**

- 1 Pedicure
- 1 Winkler Balance leg massage
- 1 Dynamic recreation back massage

/ MEN'S SPA - MEN'S CARE

Manicure _____ **€ 50**

Pedicure _____ **€ 55**

Back hair removal _____ **€ 33**

Chest hair removal _____ **€ 33**



SHEER BEAUTY

Little treats for great results. Make time for yourself.

/EYE AREA

| | |
|--------------------------------|-------------|
| Eyebrow shaping _____ | € 15 |
| Eyebrow and eyelash tint _____ | € 33 |
| Eyelash tint _____ | € 20 |
| Eyebrow tint _____ | € 15 |

/HAIR REMOVAL WITH WARM WAXING

| | |
|--|-------------|
| Combi (legs, underarms, or bikini line)___ | € 55 |
| Full leg _____ | € 39 |
| Lower leg _____ | € 29 |
| Arms, underarms, or bikini line _____ | € 19 |
| Upper lip or chin _____ | € 9 |

/HANDS AND FEET

| | |
|--|-------------|
| Manicure _____ | € 50 |
| • with nail polish _____ | € 58 |
| • with semi-permanent nail polish ____ | € 75 |
| Pedicure _____ | € 55 |
| • with nail polish _____ | € 63 |
| • with semi-permanent nail polish ____ | € 78 |
| File and polish _____ | € 20 |



/HAIR STYLING

Beautiful, luscious hair as an expression of my well-being. I shine from within. I simply feel good.

/LONG HAIR

Wash & blow dry

Price _____ € 39

Cut

Price _____ € 28

Hair pack & head massage

Price _____ € 32

/SHORT HAIR

Wash & blow dry

Price _____ € 34

Cut

Price _____ € 28

Hair pack & head massage

Price _____ € 32

/MEN'S CUT

Price _____ € 28

/CHILDREN'S CUT

Price _____ € 30

/UPDO/PLAIT

depending on style _____ € 20 to 40

ONLY AT
HOTEL WINKLER



/PEELS & PACKS

Only the best will do. Natural ingredients, a velvety touch, an entirely new skin sensation.

/AROMATIC PEEL

20 min. _____ **€ 41**

A body peel with fine, pure essential oils that revitalises the skin leaving it perfectly moisturised.

/ALPINE POWER PEEL

20 min. _____ **€ 41**

Enriched with fine mountain salt, this hay peel stimulates cell regeneration and cleanses the skin in depth leaving it brighter, smoother, and radiant.

/DETOXIFYING PACK

20 min. _____ **€ 41**

A body wrap to detoxify and strengthen body tissues.

/MUSCLE RELAXATION PACK

20 min. _____ **€ 41**

A muscle relaxing body pack with the essence of arnica. Ideal after sports activities to relax the muscles.

/WINKLER HAY FLOWERS PACK

40 min. _____ **€ 62**

Warm South Tyrolean hay packs can reduce stress and improve physical well-being, as well as strengthen the immune system. Especially recommended in cases of rheumatic disorders.

/SPA TEAM'S TIP:

Complete your treatment with the Winkler back or leg massage (43 €) or the Winkler wellness massage (75 €)!

PAMPERING BATHS

Immerse yourself in a world of Alpine scents. Let water welcome you into a warm embrace. Precious moments to reconnect to your true self.

/ENERGISING ALPINE BATH

25 min. _____ **€ 43**

A revitalising bath with active ingredients extracted from conifer trees. With its invigorating fragrance, this bath feels like a walk in the woods of South Tyrol and is just as effective in refreshing the body and mind.

/WINKLER FEEL-GOOD BATH

25 min. _____ **€ 43**

Let fragrant oils and pampering essences caress your skin.

/ALKALINE DETOX BATH

25 min. _____ **€ 43**

Coupled with an invigorating scrub, this alkaline bath cleanses the skin in depth and has a relaxing effect.

/WINKLER LOVE BATH

25 min. _____ **€ 53**

Scented oils and nourishing products pamper your skin while you and your partner celebrate your love with a glass of Prosecco. Unforgettable moments to share and relish.

SPA TEAM'S
TIP



/BODY TREATMENTS

A wellness retreat where you can be yourself and relax your body into a state of well-being.

/INNOVATIVE CELLULITE TREATMENT

80 min. _____ **€ 120**

50 min. (only body pack and massage) _ **€ 85**

This anti-cellulite treatment is in a league of its own for effectiveness. It combines a firming body peel with a fango bath, a stimulating cupping massage, and a sculpting anti-cellulite massage.

/WINKLER BODY AND CELLULITE TREATMENT

75 min. _____ **€ 120**

3 treatments: _____ **€ 342**

Firming and shaping treatment for the whole body. A wonderful combination of base peeling, cupping glass massage, and bandage wrap.

/ST BARTH SLIMNESS

50 min. _____ **€ 90**

A combination of pack and massage with ivy gel and camphor menthol oil for the fast relief and relaxation of heavy legs.

/REVITALISING FIRING ABDOMEN TREATMENT

50 min. _____ **€ 85**

This effective body treatment helps to purify the abdominal area, gently reduce the abdominal girth, and tighten the abdominal wall. The aim of this intensive massage is the gentle stimulation of the abdomen, which improves the skin's elasticity and tightens the contours.

/WINKLER CONNECTIVE TISSUE TREATMENT

50 min. _____ **€ 85**

This combination treatment of the honey salt crystal massage, cupping massage, and ivy Cayenne pepper pack for back and stomach or legs and stomach revitalises your skin, firms your connective tissue, and gives you a feeling of lightness.

NEW



/KIDS & TEENS

Little ones have big needs. Physical contact helps children build their basic sense of trust and confidence.

TREATMENTS FOR CHILDREN (UP TO 11 YEARS)

/WINKI KIDS' MASSAGE

25 min. _____ € 39

The sweetest treat of all: a massage with chocolate oil.

/COOL NAILS

25 min. _____ € 36

Fit for a princess: get fabulous hands with nail polish and stickers.

/MUMMY & DAUGHTER TIME

80 min. _____ € 115

Enjoy your family treatment. Soothing Cleopatra bath, Winkl's Kids massage, Winkler back or leg massage for mum or dad, and relaxation with a fruit cocktail.

TREATMENTS FOR TEENAGERS (12 TO 16 YEARS)

/TEENS' MASSAGE

50 min. _____ € 65

A wholesome full-body massage with aromatic oils.

/TEENS' FACIAL TREATMENT

50 min. _____ € 75

Specially developed for teenage skin: cleansing, peel, deep pore cleansing, mask, and daytime skincare product.



TIME TOGETHER

Enjoy the moment together in the Luxury Spa Lounge.

“Our hearts beat as one... we love these unforgettably beautiful moments.”

SPA TEAM'S TIP

/JOURNEY THROUGH SOUTH TYROL

140 min. _____ **€ 265**

Experience South Tyrolean tradition with a full-body honey peel, a stone pine bath, and a 25-minute relaxation massage with arnica oil. Ending with South Tyrolean delicacies and time to rest.

/SECRETS OF INDIA

140 min. _____ **€ 315**

Your journey starts with a chai tea and a unique sound bath with Tibetan singing bowls. The highlight of this deeply relaxing journey is the Ayurvedic massage, Abhyanga, in which your body is sensitively massaged with warm oil. Relax afterwards with a lassi and fruit.

/ROMANTIC LOUNGE

140 min. _____ **€ 265**

Enjoy unforgettable moments together during a soothing sauna session, a wonderful bath with rich nutrients, and a relaxing aroma massage rounded off with Prosecco and snacks.

/WINKLER PRIVATE SPA

110 min. _____ **€ 130**

Enjoy your private wellness treatment. Peel, sauna/steam bath, luxurious bath in whirlpool/double bath, oiling, and Prosecco with snacks.

/ST BARTH LUXURY CARIBBEAN

140 min. _____ **€ 415**

A touch of the Caribbean: body peel with ocean sand, coconut oil and papaya, feel-good bath with essences from St Barth, duo full-body massage with warm clamshells. Afterwards, relax with exotic fruits and Champagne.



/ MASSAGES

A feeling of security and confidence. Let yourself go and enjoy a sense of weightlessness as gentle massage techniques lead you into a world of regeneration and well-being.

/ THE CLASSICS

/ WINKLER WELLNESS MASSAGE

50 min. _____ € 75

80 min. (with face and head massage) _____ € 118

A full-body massage tailored to your needs.

/ WINKLER BACK OR LEG MASSAGE

20 min. _____ € 43

A massage paired with cupping to release tensions in the legs or back.

/ LYMPHATIC DRAINAGE

50 min. _____ € 75

Special pressure techniques drain excess fluid to boost your well-being.

/ WINKLER SPORT MASSAGE

50 min. _____ € 79

A combination of heat pad, massage, and cupping to release tensions in the legs and back.

/ HEAVEN AND EARTH

50 min. _____ € 79

A head, neck, and face massage paired with foot reflexology.

/ MIX MASSAGE

50 min. _____ € 79

Foot reflexology paired with a back or leg massage.

**/AROMA MASSAGE****50 min. _____ € 79**

A gentle full-body massage with an aromatic oil of your choice – a delightful scent to relax the body and mind.

/HONEY MASSAGE**50 min. _____ € 79**

Combined with the wholesome properties of honey, this special massage releases even deep-set tensions. This treatment includes a full-body massage with honey oil that relaxes the muscles and improves tissue tone.

/DYNAMIC RECREATION BACK MASSAGE**50 min. _____ € 79**

An uplifting back treatment with highly effective natural active ingredients and an individually tailored massage. Tibetan bowls and cups relieve tensions in the back muscles and improve spinal mobility, providing long-lasting relaxation for your back. Free yourself from stress and blockages.

/ST BARTH HARMONY**50 min. _____ € 89**

Treat yourself to a relaxing body massage with exclusive cosmetics chosen to meet your needs.

**SPA TEAM'S
TIP**

/ DEEP MESSAGES

/ LOMI LOMI NUI

75 min. _____ **€ 125**

This full-body massage comes from Hawaiian traditional medicine. Its gentle moves and fragrant essences help restore the energy flow and rebalance the body, mind, and soul.

/ TIBETAN BOWLS

50 min. _____ **€ 89**

The body is gradually put into a state of deep relaxation – a necessary condition to restore its self-healing abilities.

/ ST BARTH CHILL OUT

75 min. _____ **€ 115**

A relaxing, de-stressing massage performed with self-heating shells and cold-pressed avocado oil.



/ DEEP RELAXING STONE MASSAGE

50 min. _____ **€ 89**

A wellness massage performed with hot basalt stones and fine essential oils that pampers the body and mind.

/ CHAKRA STONE MASSAGE

50 min. _____ **€ 89**

A free mind and a relaxed body help you return to your inner centre. Gently scented pure chakra oils, energetically guided massage grips, and the targeted use of precious stones on your energy centres allow a profound relaxation. Feel a new form of deep well-being.

/ DORN METHOD

50 min. _____ **€ 89**

The Dorn Method is designed to restore balance by gently realigning the vertebrae back into their natural position.

/ BREUSS METHOD

25 min. _____ **€ 50**

Gentle back-and-forth strokes along the spine, energy channels, acupuncture points and meridians give immediate relief.

As the energy flow is restored, aches and disharmonies subside.

/ DORN & BREUSS METHOD

75 min. _____ **€ 139**

The combined Dorn-Breuss treatment uses targeted impulses to bring vertebrae and joints back into their natural position. The subsequent Breuss massage regenerates undersupplied intervertebral discs and relaxes the muscles along the spine.

NEW

ONLY AT
HOTEL WINKLER

AYURVEDA

A world of exotic charm, profound relaxation, and heavenly lightness.
An exclusive experience to re-centre your life.

/ABHYANGA

75 min. _____ **€ 125**

The most popular of all Ayurvedic massages inspires a sense of elating wholeness. Warm oil is poured onto the skin for a gentle massage with energising and revitalising effects.

/MUKABHYANGA

45 min. _____ **€ 65**

A head, neck, and face massage that rejuvenates the skin and soothes the mind.

/SHIRODHARA

35 min. _____ **€ 60**

A constant flow of warm oil poured onto the forehead stimulates the central nervous system inducing a state of deep relaxation.

/SHIRODHARA & MUKABHYANGA

75 min. _____ **€ 121**

/SHIRODHARA & ABHYANGA

100 min. _____ **€ 175**

All treatments are followed by a period of rest.

WINKLER SPA PACKAGES

Choose from our creative packages for an exclusive wellness experience.
Because a bit of pampering is what makes life worth living!

/TIME OUT FOR EXPECTANT MUMS

Price _____ € 332

- 1 pedicure with nail polish
 - 1 manicure with nail polish
 - 1 Mukabhyanga
 - 1 Purifying face treatment
 - 1 Winkler wellness massage or lymphatic drainage
- Important:** After completion of the 12th week of pregnancy, we are happy to spoil you with a soothing massage.

/MOUNTAINEER'S PACKAGE

Price _____ € 229

- 1 Dynamic recreation back massage
- 1 Winkler sports massage
- 1 Winkler back or leg massage
- 1 Muscle relaxation pack

/WINKLER WOMEN'S WORLD

Price _____ € 347

- 1 deep-reaching face treatment
- 1 pedicure with nail polish
- 1 manicure with nail polish
- 1 peel
- 1 St Barth Harmony

/WINKLER "AROUND THE WORLD" PACKAGE

Price _____ € 346

- 1 Lomi Lomi Nui
- 1 Abhyanga
- 1 St Barth Chill-out

/WINKLER WELLNESS PACKAGE

Price _____ € 312

- 1 Deep-reaching face treatment
- 1 Chakra stone treatment
- 1 Lomi Lomi Nui

/ROMANTIC PACKAGE

Price _____ € 292

- 1 Winkler private spa
- 1 St. Barth Harmony massage for two



/SPA GUIDE

Opening hours

| | |
|----------------------|---------------------|
| Winkler Premium Spa | 9 a.m. – 7:30 p.m. |
| Sauna area | 11 a.m. – 7:30 p.m. |
| Indoor pool | 7 a.m. – 8 p.m. |
| Outdoor pool, summer | 7 a.m. – 8 p.m. |
| Outdoor pool, winter | 11 a.m. – 8 p.m. |
| Fitness facilities | 7 a.m. – 9 p.m. |

/Booking your treatment

You are kindly advised to secure the date and time of your preference by booking your treatments in advance, preferably before your date of arrival.

/Make time for your treatment

We ask that you arrive five minutes prior to your appointment in order to prepare for the treatment and relax beforehand. We ask for your understanding that in the event of a delay on your part, the treatment time will be shortened accordingly out of respect for the subsequent guests.

/Cancellation policy

Bookings can be cancelled at no cost until 12 hours before the appointment. For cancellations made with less than 12 hours' notice, you will be charged 70% of the treatment price.

/What to wear

We ask that you enter the treatment room wearing a bathrobe and spa slippers. During treatments, suitable coverage will be provided in order to protect your modesty.

/Health

Please inform our spa staff about any illnesses, pregnancy, or allergy, so that we can offer you a treatment tailored to your needs.



W/
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W/ **WINKLERHOTELS**
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