

Forster's

NATURRESORT **** DE LUXE

FORSTER'S
SPA
M E N U E

E N G L I S H

A misty forest landscape with tall evergreen trees and a soft, hazy background. The scene is captured in a vertical orientation, with the trees filling the lower two-thirds of the frame. The upper third is dominated by a bright, overcast sky with soft, diffused light. The overall mood is serene and contemplative.

**„LOOK DEEP INTO NATURE,
AND THEN YOU WILL UNDERSTAND
EVERYTHING BETTER.“**

(ALBERT EINSTEIN)

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EXPERIENCE NATURE - ENJOY DIVERSITY

In line with our philosophy of being connected with nature, we have been searching for a partner who meets our high standards for quality, sustainability, and naturalness. With TEAM DR JOSEPH, we have found this partner.

Since 1986, TEAM DR JOSEPH has represented result-oriented, natural, and sustainable skin care. Their bio-certified, award-winning products combine the richness of nature with cutting-edge technology to ensure the best possible results for your skin. Like us, they share a deep appreciation and respectful approach to nature and its resources, which is reflected in their climate-neutral and plastic-neutral family business.

Enjoy comprehensive facial and body treatments, where in addition to massage techniques, special tools such as floral stamps or mouth-blown glasses for biodynamic cupping are used.

Allow our spa team to pamper you and immerse yourself in a world of relaxation and renewal.

Your Gleirscher family and the spa team



BODY TREATMENTS

HONEY & SWISS STONE PINE NATURAL SALT EXFOLIATION NO. 91

20 min. | € 28,00

This moisture-regulating body exfoliation replenishes the elasticity and suppleness of the skin.

DYNAMIC RECREATION BACK MASSAGE NO. 93

50 min. | € 70,00

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

FORSTER'S BLOSSOM HONEY NO. 94

70 min. | € 92,00

Our blossom honey product soothes, smoothes, and moisturises skin. It's used in a process involving a steam cabin, exfoliation with honey and brown sugar, a warm honey oil massage, and a goat's milk and honey bath, enjoyed with a honey liqueur and Prosecco. Can be booked for two (see page 14).

FORSTER'S SWISS STONE PINE RELAXATION TREATMENT NO. 96

85 min. | € 109,00

Stress-reducing effect, while improving blood circulation and relieving tensions and blockages. Massage with warm Swiss stone pine sticks, Swiss stone pine honey exfoliation, Swiss stone pine honey bath, Swiss stone pine liqueur with Prosecco. Can also be booked for two (see page 14).

DETOXIFYING ALPINE FANGO BODY WRAP NO. 111

30 min. | € 42,00

A "wellness must" for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative. Deep, strong care, natural and powerful.

DETOXIFYING MESSAGES WITH HERBAL COMPRESSES NO. 112

60 min. | € 84,00

Detoxifying and deeply relaxing. Rhythmic massage with warm herbal compresses.

DETOXIFYING CELLULITE TREATMENT NO. 114

70 min. | € 93,00

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation. The very definition of full-body care!





WELL-BEING BATHS

LAVENDER OIL BATH NO. 51

A) 1 person 20 min. | € 30,00

B) 2 persons (price per person) 20 min. | € 17,00

For stressed nerves and optimum blood circulation.

HONEY & STONE PINE BATH NO. 52

A) 1 person 20 min. | € 30,00

B) 2 persons (price per person) 20 min. | € 17,00

Soothes, relaxes and provides an overall positive increase in general well-being.

GOAT'S MILK BATH NO. 54

A) 1 person 20 min. | € 30,00

B) 2 persons (price per person) 20 min. | € 17,00

Moisturises and promotes skin regeneration.



TEAM D^R JOSEPH

- Noticeable immediate effect
- Award-winning high-tech natural cosmetics
- 100% vegan and animal-free
 - Holistic treatments
- Climate and plastic neutral
 - Handmade in South Tyrol



FACIAL TREATMENTS

ACCORDING TO THE TEAM DR JOSEPH METHOD

FACE TREATMENT „INTENSE PURIFYING“ NO. 151

50 min. | € 72,00

This facial treatment is ideal for all skin types and offers intensive deep cleansing to purify your skin in depth without stripping it of moisture or natural oils. Pores appear refined, the tissue is purified and the skin is ideally prepared for active ingredient care. Experience deep cleansing of the skin for a visibly fresh, purified and even complexion.

Moist-warm herbal steam compresses | gentle lymph stimulating massage | pore-deep cleansing | skin refining peeling | cleansing with cupping glasses | toning sheet mask | peel off mask | skintype-specific skincare

FACE TREATMENT „CELLULAR RECREATION“ NO. 152

80 min. | € 111,00

Natural active ingredient care with an immediate effect for a radiant complexion and healthy, intensively nourished skin. This deep-acting facial treatment with modulated facial massage is tailored to the individual needs of your skin and offers visible results. Highly effective, natural active ingredient care for healthy and intensively cared for skin.

Skin analysis | eyebrow shaping | gentle lymph stimulating massage | moist-warm herbal steam compresses | deep pore cleansing | pore-refining peeling | deep cleansing with cupping glasses | special serum | modulated face massage | intensive mask | skin-specific daycare

FACE TREATMENT „ADVANCED BIO LIFTING“ NO. 153

110 min. | € 147,00

This intensive facial treatment with biodynamic lifting massage is tailored to your individual skin needs and provides an immediately visible effect. The biodynamic massage works in depth to provide a lifting effect that plumps, firms and reduces fine lines. The skin is hydrated and the complexion appears plump and rosy-fresh. Nature's high-tech power for lasting effect, immediate results and maximum effect.

Skin analysis | gentle lymph stimulating massage | moist-warm herbal steam compresses | deep pore cleansing | pore-refining peeling | deep cleansing with cupping glasses | eyebrow shaping | neuro-derm massage with flower pouches | special serum | biodynamic facial massage with flower pouches | intensive mask | hand massage | skin-specific daycare



TEAM D^r JOSEPH

FACE TREATMENT „SUPREME EYE + FACE LIFT“ NO. 154

50 min. | € 78,00

This intensive lifting treatment with Gua Sha massage provides a visibly firmed eye area, taut facial contours, and a radiant glow effect. This treatment helps strengthen and tighten the skin, improve elasticity around the eyes, and reduce dryness and puffiness. Ideal for wrinkles, fatigue, and puffiness around the eyes for a visibly tightened and radiant, fresh complexion.

Skin analysis | gentle lymph stimulating massage | moist-warm herbal steam compresses | pore-deep cleansing | skin refining peeling | eyelifting according to the TDRJ method with mindfulness massage | modulated facial massage according to the TDRJ method with Gua Sha | intensive mask | hand massage | eye and lip care | skin type specific skincare

EYE TREATMENT „EXPRESS EYE LIFT“ NO. 155

25 min. | € 41,00

This express facial treatment with Gua Sha massage provides a visibly tightened eye area and a radiant, fresh complexion in no time. This treatment helps strengthen and tighten the skin, improve elasticity around the eyes, and reduce dryness and puffiness. Ideal for wrinkles, fatigue, and puffiness around the eyes for a rosy-fresh, visibly firmer complexion.

Skin analysis | gentle lymph stimulating massage | eyelifting according to the TDRJ method with mindfulness massage | modulated facial massage according to the TDRJ method with Gua Sha | eye and lip care | skin type specific skincare

FACE TREATMENT „EXPRESS POWER LIFT FOR MEN“ NO. 156

50 min. | € 70,00

Natural high-tech power for men for an improved and clear complexion. This facial is the ultimate pampering program specifically for men that is fast and effective. Experience deep cleansing, refined pores and an improved complexion in the shortest amount of time - without compromising on well-being and results.

Skin analysis | gentle lymph stimulating massage | moist-warm herbal steam compresses | deep pore cleansing | pore-refining peeling | cleansing & toning | special serum | intensive mask | modulated facial massage | skin-specific daycare

ADDITIONAL TREATMENTS

FACIAL

EYELASH & EYEBROW TINTING	20 min. € 17,00	NO.211
EYELASH TINTING	15 min. € 13,00	NO.212
EYEBROW TINTING	10 min. € 11,00	NO.213
EYEBROW SHAPING	10 min. € 7,00	NO.214

HAIR REMOVAL WITH WARM WAX

UP TO THE KNEE	20 min. € 29,00	NO.217
UPPER LIP OR CHIN	5 min. € 8,00	NO.218
BIKINI LINE OR UNDERARM	10 min. € 17,00	NO.219
BACK OR CHEST	25 min. € 35,00	NO.220

MANICURE & PEDICURE INCL. NAIL POLISH, SHORT MASSAGE

MANICURE	40 min. € 47,00	NO.221
PEDICURE	50 min. € 54,00	NO.222



MASSAGES

FULL BODY MASSAGE NO. 191

We get straight down to business here: The whole body is vigorously kneaded and massaged.
50 min. | € 64,00

PARTIAL BODY MASSAGE NO. 192

Tension in the back? Get rapid relief within the shortest time here!
25 min. | € 35,00

LYMPH DRAINAGE NO. 193

Promotion of drainage, detoxification and purification, relief from congestion and oedema.

- A) Full body 55 min. | € 70,00
- B) Face and décolleté 25 min. | € 39,00

ANTI-STRESS MASSAGE NO. 194

Promotes well-being, harmonises and soothes.
50 min. | € 64,00

AROMATHERAPY OIL MASSAGE NO. 195

This combination of a classic massage and the effects of warming, highly effective and finely scented extruded oil made right here at Foster's herb farm is ideal for your body.

- A) Full body 50 min. | € 69,00
- B) Partial body 25 min. | € 39,00

SPORTS MASSAGE NO. 196

A special massage for relaxed and loosened legs.
25 min. | € 35,00

FOOT REFLEXOLOGY MASSAGE NO. 197

Reflex zones can be found on our feet for a wide variety of areas, including the internal organs. This allows our therapist to detect and gently relieve certain problems.

- A) 45 min. | € 61,00
- B) 25 min. | € 39,00

SPECIAL NECK TREATMENT NO. 198

Uncomfortable tension in the neck? It is high time for this popular combination of classic massage and special shoulder treatment. Several treatments are recommended for those extra tense neck muscles.

50 min. | € 66,00

CHILDREN'S MASSAGE NO. 199

A soothing and relaxing spa massage is a true highlight for your children. Recommended and very trendy for children up to 15 years.

15 min. | € 21,00



MASSAGE WITH HOT STONES NO. 201

This combination of gentle massage with a deeply effective level of warmth is just what the doctor orders to combat tensions.

65 min. | € 89,00

COMBI MASSAGE FOR THE BACK WITH HOT STONES NO. 202

For the acceleration of blood circulation, muscle relaxation and pain relief.

30 min. | € 42,00

SWISS STONE PINE STICK MASSAGE NO. 203

Massage with warm Swiss stone pine sticks. For the improvement of overall body blood circulation, promoting the flow of energy and easing of tensions and blockages.

A) Full body 50 min. | € 71,00

B) incl. face 65 min. | € 84,00

MIGRAINE MASSAGE NO. 204

Combination of different massage techniques that treat the shoulder girdle, neck and face. The focus is placed on loosening congestions throughout the body, pain relief and the normalisation of blood flow.

25 min. | € 35,00

MAMI MASSAGE NO. 206

Gentle relaxation for expectant mothers, performed while sitting or lying on the side. Relieves tension, reduces stress and promotes well-being.

A) Neck, shoulders, head, décolleté 50 min. | € 64,00

B) Neck, shoulders 25 min. | € 35,00



TREATMENTS FOR TWO

FORSTER'S BLOSSOM HONEY NO. 131

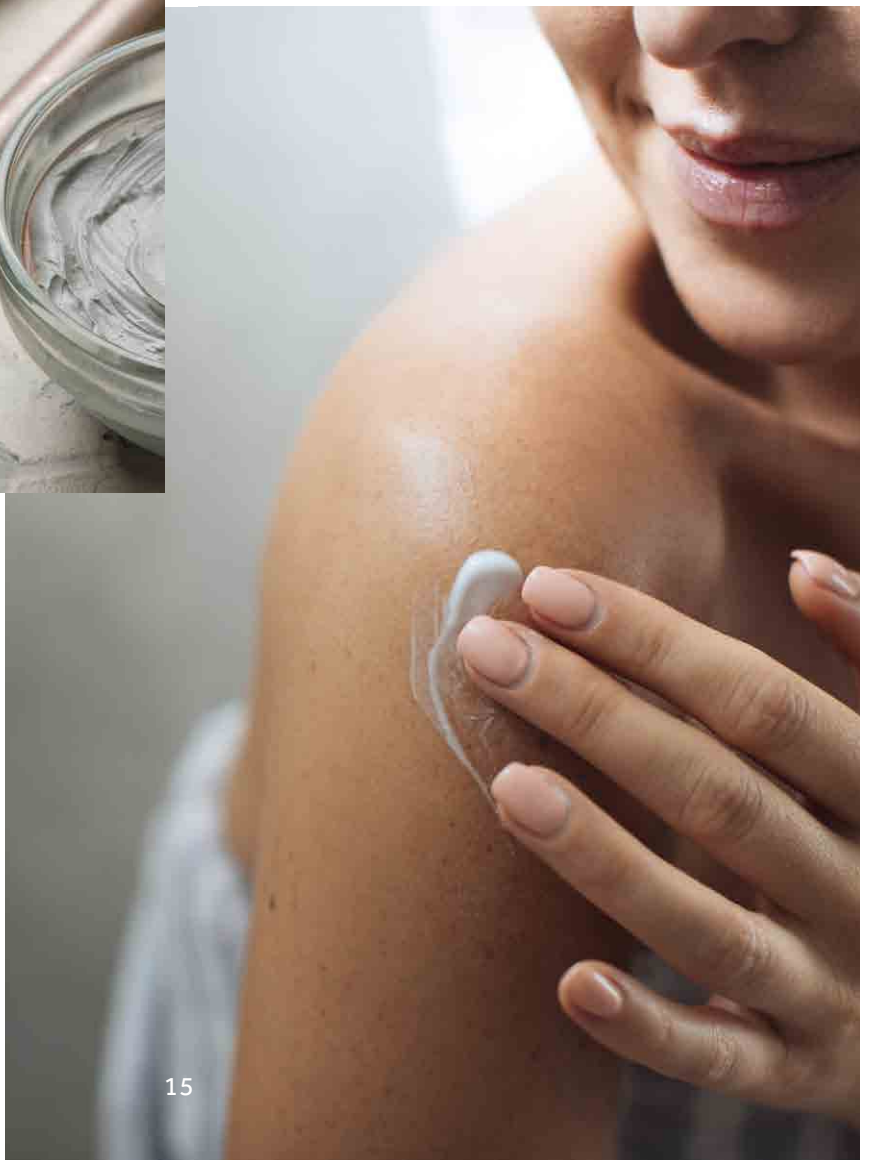
100 min. | € 70,00 price per person

Soothes, softens and hydrates. This treatment programme for couples is carried out by a therapist who also provides consultation. Steam room, honey sugar exfoliation, massage with warm honey oil, goat's milk and honey bath, a glass of honey liqueur sprayed with a sparkling Prosecco. Subsequent relaxation on the warm waterbed.

FORSTER'S SWISS STONE PINE RELAXATION TREATMENT NO. 133

130 min. | € 90,00 price per person

Stress-reducing effect, while improving blood circulation and relieving tensions and blockages. This treatment programme for couples is carried out by a therapist who also provides consultation. Massage with warm Swiss stone pine sticks, exfoliation, Swiss stone pine honey bath, Swiss stone pine liqueur with Prosecco. Subsequent relaxation on the warm waterbed (approx. 15 min.).





WELLNESS PACKAGES

MY DAY NO. 231

- 1 Face treatment „INTENSE PURIFYING“ 50 min.
- 1 Honey & Swiss stone pine natural salt exfoliation 20 min.
- 1 Well-being bath of your choice 20 min.
- 1 Aromatherapy oil massage 25 min.

SPECIAL PRICE € 152,00 instead of € 169,00

JUST FOR ME NO. 232

- 1 Face treatment „CELLULAR RECREATION“ 80 min.
- 1 Partial body massage 25 min.
- 1 Manicure or pedicure 40 min.

SPECIAL PRICE € 177,00 instead of € 197,00

FIRMING CONTOURS NO. 233

- 1 Honey & Swiss stone pine natural salt exfoliation 20 min.
- 1 Lymph drainage 55 min.
- 1 Detoxifying alpine fango body wrap 30 min.
- 1 Detoxifying cellulite treatment 70 min.

SPECIAL PRICE € 210,00 instead of € 233,00





SIMPLY BEAUTIFUL NO. 234

1 Face treatment „ADVANCED BIO LIFTING“ 110 min.
1 Manicure 40 min.
1 Detoxifying massage with herbal compresses 60 min.
SPECIAL PRICE € 250,00 instead of € 278,00

TIME OUT NO. 235

1 Face treatment „SUPREME EYE + FACE LIFT“ 50 min.
1 Combi massage for the back with hot stones 30 min.
SPECIAL PRICE € 108,00 instead of € 120,00

NATURE BOY NO. 238

1 Face treatment „EXPRESS POWER LIFT FOR MEN“ 50 min.
1 Dynamic recreation back massage 50 min.
1 Swiss stone pine stick massage 50 min.
1 Partial body massage 25 min.
SPECIAL PRICE € 221,00 instead of € 246,00

FOR MEN NO. 239

1 Face treatment „EXPRESS POWER LIFT FOR MEN“ 50 min.
1 Manicure 40 min.
SPECIAL PRICE € 105,00 instead of € 117,00

DAYS PA

DAY SPA PAKET FICHTE NO. 241

Daily entry to Forster's SPA area | bathrobe | bath slippers | 2 wellness towels | spa buffet | use of the garden area

PRICE ON REQUEST

DAY SPA PAKET LÄRCHE NO. 242

Daily entry to Forster's SPA area | bathrobe | bath slippers | 2 wellness towels | spa buffet | use of the garden area | afternoon snack from the buffet

PRICE ON REQUEST

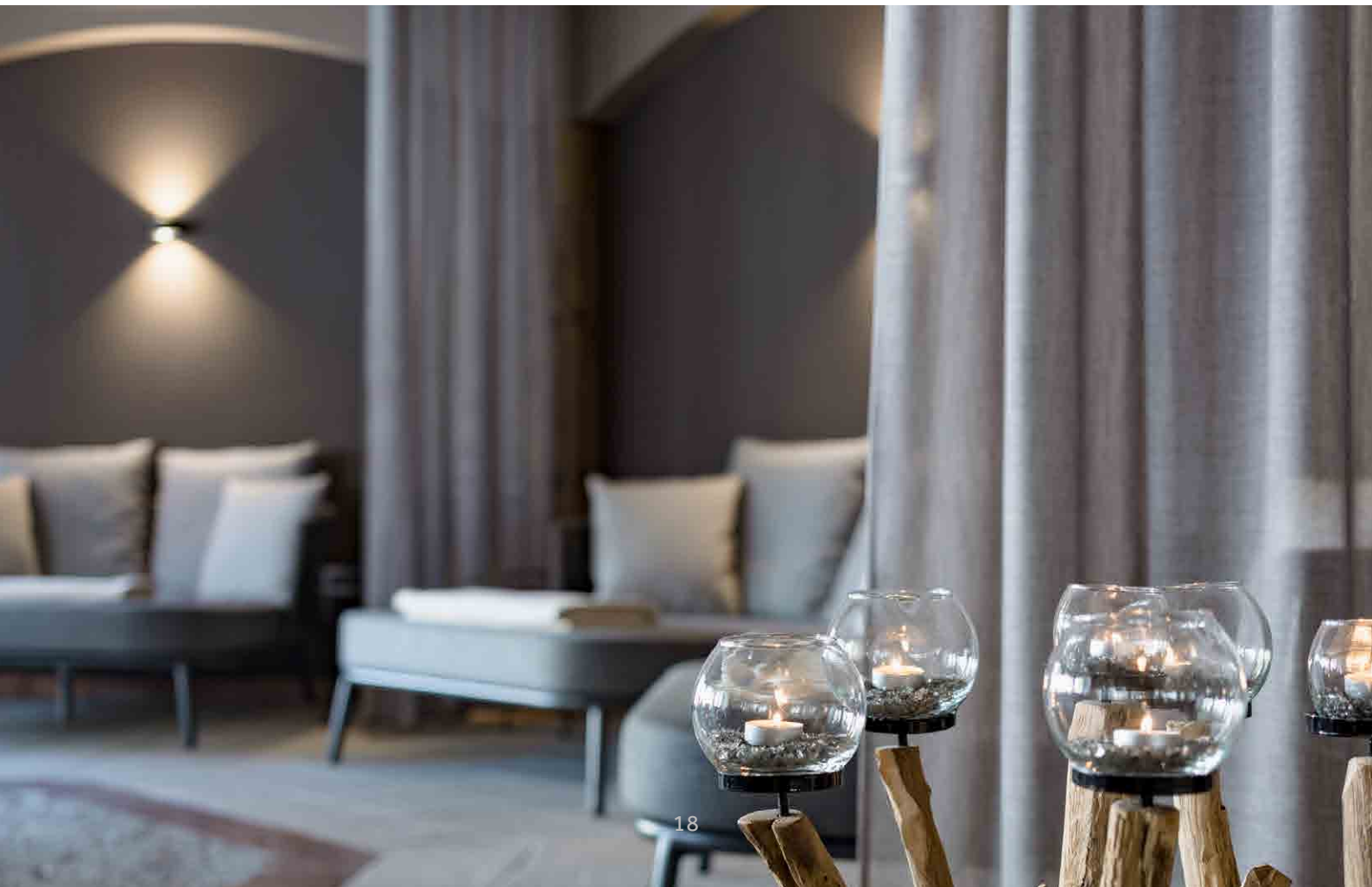
DAY SPA PAKET ZIRBE NO. 243

Breakfast from the buffet | daily entry to Forster's SPA area | bathrobe | bath slippers | 2 wellness towels | spa buffet | use of the garden area | afternoon snack from the buffet

PRICE ON REQUEST

-10 % ON TREATMENTS:

You are welcome to add individual additional treatments to our Day Spa packages. Benefit from an exclusive 10 % discount on each additional individual treatment. Design your personal wellness experience according to your wishes and needs.





CANCELLATIONS are unpleasant for everyone. It's a pity when someone doesn't show up for their appointment and slots remain free, while others would have liked to come. On the other hand, something can come up for anyone. Therefore, we kindly request: Please inform us in time - we will cancel your appointment free of charge up to 24 hours in advance. If not cancelled in time or in case of no-show without cancellation, we charge 50% of the treatment price. Thank you for your understanding!



Forster's

NATURRESORT ★ ★ ★ ★ DE LUXE

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