




ALPIN.SPA

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Nestled in the silent mountain world of the Totes Gebirge, a place of deep restoration unfolds – where alpine strength meets holistic treatments. Sometimes, little is needed. Stillness. Space. And hands that know what the body needs. The mountains do the rest.

Whether you're staying with us or simply seeking a day of mountain retreat, our ALPIN.SPA welcomes both resort guests and day visitors to enjoy our full range of treatments.



MASSAGES

AROMA SENSES

Aromatic oil of your choice |
Tailored to your well-being |

Also suitable for athletes

- *Full-body massage*

- *Partial-body massage*

Duration: 25, 50, 80 min

 HARMONY  RELEASE  ENERGY

TAILORMADE

Tailored to your well-being |

Also suitable for athletes

- *Full-body massage*

- *Partial-body massage*

Duration: 25, 50, 80 min

 HARMONY  RELEASE  ENERGY

MASSAGES

DEEP RELAX STONE

BY TEAM DR. JOSEPH

Warm basalt stones | Deep relaxation | Multisensory experience | Stimulation of the 7 energy centres

Duration: 50 min

 RELEASE  CLARITY  HARMONY

PAUSE FOR THOUGHT

BY TEAM DR. JOSEPH

Back & neck massage | Releasing & relaxing | Head & face massage | Warm neck compress

Duration: 50 min

 ENERGY  RELEASE

HERBAL STAMP RITUAL

BY TEAM DR. JOSEPH

Energising herbal stamp ritual for the body | Gentle pressure techniques & rhythmic tapping | Promotes circulation & cellular vitality

Duration: 50 min

 RELEASE  HARMONY



BODY

FULL BODY SCRUB WITH HAY EXTRACT

BY TEAM DR. JOSEPH

Revitalising body scrub with fine
hay flower extracts | Activates skin
renewal | Enhances circulation and
oxygen supply

Duration: 25 min

 HARMONY  ENERGY

AROMA SALT BODY SCRUB

BY TEAM DR. JOSEPH

Gentle peeling with sea salt |
Aromatic herbal essences |
Promotes circulation | Silky
smooth & deeply hydrated skin

Duration: 25 min

 HARMONY  CLARITY

DETOXIFYING CELLULITE TREATMENT

BY TEAM DR. JOSEPH

Activating full-body treatment |
Cupping technique, body peeling
& draining massage | Improves
microcirculation

Duration: 50, 80 min



FIRMING & TONING BODY TREATMENT

BY TEAM DR. JOSEPH

Shaping body treatment | Activates
lymphatic flow & skin elasticity |
Firming plant extracts |
Stimulating massage techniques |
Toned & supple skin

Duration: 50 min



MOMENTS OF HARMONY

BY TEAM DR. JOSEPH

Relaxing ritual for expectant
mothers | Gentle touches &
harmonising techniques |
Accompanied by soothing
sounds | Nurturing care & fine
plant essences

*For maximum safety & well-being,
we recommend consulting with
your attending physician before
the treatment*

Duration: 50 min



KIDS & TEENS



KIDS & TEENS

Our holistic wellbeing approach invites young guests from the age of 8 to discover relaxation in a mindful way. Specially developed treatments are tailored to the needs of young skin and growing bodies – gentle, nurturing and soothing. This creates special moments of wellbeing that restore energy and offer space to arrive, unwind and simply let go.

LITTLE SUMMIT MASSAGE

Full-body massage | Relaxing |
Stimulating | Energising
Duration: 20 min



BLOSSOM & NATURE RESET

BY TEAM DR. JOSEPH

Gentle floral treatment with
soft blossom compresses |
Calms the nervous system |
Enhances body awareness &
relaxation | Reconnects
with nature
Duration: 30, 50 min



MOUNTAIN FLOW

BY TEAM DR. JOSEPH

Mini mind journey |
Deep & relax | Body
massage with aromatic oil |
Soothing | Relaxing
Duration: 30, 50 min



A glass dropper bottle of Team Dr Joseph Ultra Hydration Serum is shown resting on a textured, light-colored rock. The bottle has a white cap and a clear body with a black band around the middle. The text on the bottle is visible: 'TEAM DR JOSEPH', 'FACE', 'ULTRA HYDRATION SERUM', and '30ML'.

TEAM DR JOSEPH Skin Longevity — the Art of Timeless Skin Health

Inspired by the power of nature and supported by modern longevity science, our treatments are designed to strengthen the skin's natural vitality and support long-term skin health. Rooted in the philosophy of Skin Longevity, each ritual works beyond classical skincare by activating cellular regeneration, reinforcing the skin barrier, and restoring balance from within.

Highly effective botanical actives, refined manual techniques, and regenerative formulations work in harmony with the skin's natural processes to promote resilience, radiance, and visible wellbeing. The result is healthy, balanced, and resilient skin — nourished for today and strengthened for the future.

TEAM DR JOSEPH

SPA ETIQUETTE



Guarantee your desired treatment before arrival.



To avoid fees, please cancel treatments by 4 pm the day before.



Allow yourself time and arrive 10 minutes before your treatment.



Please wear swimwear in the pool area and abstain from clothes in the sauna area.



Please come to your treatment dressed in a bathrobe.



Be considerate of guests looking for peace and calm and respect the mobile phone ban.



Do not reserve loungers.



Treatment time is the total time from your pickup from the Spa desk to the time the therapist says goodbye. Before your treatment we will ask you about your wishes and will be happy to advise you.



Please tell us about any health concerns, illnesses or allergies in advance. If pregnant, please consult with your doctor.



It is best to store jewellery and valuables in your room safe.



Give the gift of time to your loved ones with vouchers for our spa.



TRIFORÊT

ALPIN.RESORT
BY FALKENSTEINER

TRIFORET.AT