



KRUMERS ALPIN

RESORT & SPA • SEEFELD/TYROL



Zirben Alpin SPA



KRUMERS ZIRBEN ALPIN SPA

Close to heaven: welcome to the Zirben Alpin SPA – 3,500 very special square metres of wellbeing at 1,200m above sea level.

Boundaries blur at the Zirben Alpin SPA. The horizon broadens. Body, mind and spirit experience supreme equilibrium.

As the Alps work their magic, and you savour each moment with all your senses, our aim is to make you feel wonderful. Let us take you on an unforgettable journey through our extraordinary world of wellbeing. Our highly qualified therapists will delight in being your guides and travel companions.

The team at KRUMERS Zirben Alpin SPA



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SPA BRANDS

[comfort zone]

'Skincare science with a soul': that's

[comfort zone]

The luxurious Italian Spa brand is one of the world's most innovative skincare companies. Since 1996, its focus has been on developing products and treatments based on the finest and most effective natural origin ingredients. Whether facials or body treatments, every ritual follows a highly-considered sequence and combines ancient traditions with latest techniques. The result: integrated and long-lasting wellbeing perceptible through all the senses. Welcome to your own, personal [comfort zone].

[comfort zone]

SKIN SCIENCE SOUL

pure ALTITUDE

Alpine skincare derived from the Edelweiss flower: pure ALTITUDE acquires its effectiveness from the rare Alpine flower's antioxidant, softening and regenerating properties. The Edelweiss plants used in pure Altitude care products are organically farmed in the Swiss Alps, and deliver powerful natural protection against stress and the signs of ageing. The products made from the Edelweiss, rare minerals, and extracts from 50 different Alpine plants are distinguished by their natural purity and extraordinary potency. pure ALTITUDE is a byword for effective, natural, Alpine care products, and for the synergy of traditional and scientific knowledge.







FACIALS

Every facial is preceded by professional skin analysis to ensure your treatment is tailor-made for you.

BEAUTY

50 minutes

€80

A cleansing and revitalising facial treatment for all skin types. Face, neck and décolleté are gently exfoliated and clarified before being cleansed and gently, soothingly massaged. The result is a fresh and radiant complexion.

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BEAUTY INDULGENCE

80 minutes

€115

A gorgeously soothing facial treatment tailored to your skin's needs. Following a deep cleanse and exfoliating scrub, your skin is supplied with carefully selected active ingredients. An exceptional massage for the face, neck and décolleté brings about deep relaxation and wellbeing. A special mask adds the finishing touch.

LUXURY ANTI-AGEING

110 minutes

€160

An exfoliating scrub and diamond dermabrasion remove dead skin particles. This also stimulates blood flow, and encourages skin cell renewal, and is the ideal way to prepare for the subsequent energising and regenerating ultrasound treatment with active ingredients. The perfect anti-ageing treatment for a more youthful and radiant complexion.

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ALPINE EYE CARE

25 minutes

€40, or €25 as an add-on to the above facials

A soothing mask supplies the sensitive eye area with highly effective Alpine herb complexes. The subsequent jade stone massage relaxes and invigorates for visible results.



Skincare to take home:

**pure ALTITUDE Fleurs de
Givre mask**

This mask – specifically designed for skin that has suffered the harmful effects of sun, wind and pollution – contains horsetail, mallow, hazelnut oil, St John's wort and blueberry leaves.

We recommend that you use it once a week; apply after cleansing and leave on for 10-15 minutes. For a refreshed and radiant complexion.

50ml, €46





BEAUTY PLUS

For that little bit extra, diamond dermabrasion and ultrasound boost the effects of every facial treatment. Our professional SPA therapists offer a range of carefully selected additional treatments.

Diamond dermabrasion* €25

Ultrasound* €20

FOR EXPRESSIVE EYES

Eyebrow shaping €15

Eyelash tinting* €15

Eyebrow tinting* €15

Eyelash and eyebrow tinting* €28

WAXING

Full leg €55

Half leg €39

Top lip/chin €20

Bikini area €29

SPA MANICURE

A pampering treatment for hard-working hands that includes a scrub, hand mask and massage. €55

Polish add €15

SPA PEDICURE

A pampering treatment for hard-working feet that includes a scrub, foot mask and massage. €60

Polish add €15

Our tip for sensitive hands:

Tranquillity Hand Cream by [comfort zone] is a rich, light, non-greasy product that is quickly absorbed. For skin repair and protection against harmful environmental factors. Tranquillity Hand Cream with precious amaranth oil is available from SPA reception. 75ml, €23



PURELY FOR MEN

External environmental factors and daily shaving harm damage the natural protection of even the most rugged male skin. The result is dry skin, blemishes and irritation. All men benefit from our professional skincare treatments.

PIT STOP

50 minutes

€80 (add our Alpine eye care treatment for just €25)

The quick freshness boost for men, with concentrated active ingredients: cleanse, scrub, deep clean, and a face massage or mask.

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PURE & CLEAN

80 minutes

€115 (add our Alpine eye care treatment for just €25)

The classic treatment for perfectly groomed skin, with concentrated active ingredients: cleanse, scrub, deep clean, a face, head & neck massage and a special mask.





SIGNATURE TREATMENTS AT KRUMERS ZIRBEN ALPIN SPA

These treatments are based on powerful natural Alpine ingredients, and were exclusively developed for us. Perfect after a long day in the mountains or as a relaxing and revitalising start to an unforgettable holiday.

PURE ENERGY

50 minutes

€95

Perks up tired legs, so ideal after exercise and sports. The treatment starts with a leg scrub, followed by a cooling mud pack and gentle head & neck massage. A leg massage with peppermint oil is energising, and completes the treatment.

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PURE PLEASURE

80 minutes

€115

Cristaux de Neige is an extraordinary scrub applied to prepare the skin for a nourishing body wrap featuring Edelweiss, horsetail, vitamin E and olive oil. The subsequent candle balm ritual offers an unforgettable experience and leaves you with velvety-soft skin.

THE POWER OF SWISS PINE

110 minutes

€145

Swiss pine has a particularly soothing effect, and can improve sleep by reducing cardiac frequency by 3,500 heartbeats per night. Our Swiss pine treatment starts with a gentle, full body pine scrub, which is followed by a relaxing, full body Swiss pine oil massage. To finish, you enjoy a body wrap with medicinal clay and a warming Swiss pine pillow before being pampered all over with fragrant Swiss pine lotion. A little parting gift will bring back memories of this unique treatment for a long time to come.





BODY SCRUBS

See and feel the difference a gentle and professional exfoliating treatment makes to your skin...

SNOW CRYSTAL SCRUB

25 minutes

€40

Fine sugar crystals melt on the skin like freshly fallen snow, and leave the skin feeling soft and smooth. A beneficial body treatment that soothes the senses.

Skincare to take home:

Gommage Cristaux de Neige by pure ALTITUDE

Like a day in the mountains: Simply can't get enough of this gorgeous scrub? Then why not buy your own tub of this sublime natural beauty product? We recommend weekly application for long-lasting skin maintenance.

200ml, €48





BODY TREATMENTS

We envelop you in soft towels to allow the active complexes chosen to harmonise with your skin and be even better absorbed, while you enjoy profound relaxation and blissful warmth.

FIRMING BODY TREATMENT

35 minutes

€50 (add our Snow crystal scrub for just €30)

Balancing and firming: a gel rich in tamanu oil and green walnut extracts works wonders on stretch marks while at the same time improving the tone and elasticity of your skin, leaving it soft and silky.

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ALPINE SKINCARE INDULGENCE

35 minutes

€55 (add our Snow crystal scrub for just €30)

Nurturing and nourishing: a rich body wrap with melt-on-the-skin texture, ideal for dry, sensitive skin. Particles of mother-of-pearl add a silky sheen while Edelweiss, horsetail, vitamin E and olive oil nourish the skin.

REMODELLING, FIRMING & PAMPERING

35-minute taster wrap €50

3 day treatment: €140

5 day treatment: €230

Cellulite wrap with essential aromatherapy oils and detoxing active ingredients combats fluid retention, cellulite and fat deposits. Improves microcirculation, and supplies oxygen to the tissues. For instant, radiant vitality.

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PARTIAL BODY MUD PACK

35 minutes

€50 (add our Snow crystal scrub for just €30)

The healing effect of clay comes from its ability to bind toxins by opening pores and drawing up tissue fluid. This allows active ingredients such as ginger oil, rosemary and camphor to be absorbed and spread their warming, relaxing effects. Perfect for muscle stiffness, lumbago, and back, shoulder or neck pain.



**HIGHLY RECOMMENDED:
Alpine duo combo of
body treatment + Snow
crystal scrub**

The scrub provides ideal preparation for the subsequent pack. The precious active ingredients can be even better absorbed; skin becomes both softer and more resilient.



MASSAGES

Detoxing, calming, relaxing or energising: our massages respond to your personal needs and provide equal measures of pampering for body, mind and spirit.

WELLNESS MASSAGE

80 minutes

€105

A relaxing aromatherapy massage that deploys rhythmic petrissage and gentle effleurage. Perfect pampering that lifts you away from the everyday stresses and strains. Made-to-measure rest and relaxation.

SWEDISH MASSAGE

50 minutes

€70

Maximum muscle relaxation and regeneration thanks to highly targeted strokes. You decide the level of intensity.

LYMPHATIC DRAINAGE

50 minutes

€70

Gentle, rhythmic strokes help to drain away congested lymphatic fluid. A fabulous, flowing treatment for deep relaxation that also benefits heavy legs and tired eyes.

REFLEXOLOGY

50 minutes

€70

Massaging the foot reflex zones is invigorating and relaxing. The result: like walking barefoot on soft mountain meadows!

Skincare to take home:

Pino massage oils

Enjoy the unique effects of our aromatic massage oils after your holiday.

100ml, €17



HONEY & GINGER MASSAGE

50 minutes

€75

Exquisite honey is combined with precious ginger oil: a profoundly relaxing and warming full body massage for ultimate skin pampering. The delicate fragrance intensifies the holistic experience.

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DORN-BREUSS MASSAGE

50 minutes

€75

A massage that gently treats the spine and joints, correcting the alignment of legs, pelvis, back and overall posture. To finish: an energetic back massage with St John's wort oil.

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TYROLEAN HERBAL COMPRESS MASSAGE

50 minutes

€90

Hot, fragrant herbal compresses combined with natural oils and lymph-stimulating massage techniques for complete muscle tension release and relaxation. Stretching, pressure and heat allow the herbs' active ingredients and oils to take full effect on your skin. A unique experience based on nature's stimuli.

EAR CANDLE TREATMENT

25 minutes

€45

Organic beeswax candles cleanse from within. Gentle 'fumigation' of the sinuses invigorates body, mind and spirit. Especially good for colds and for preventing inflammation in the ear, nose and throat region. Also ideal for blowing away the cobwebs...

MAXIMUM FLEXIBILITY

50 minutes

€75

If you would like your therapist to respond to your specific needs following a thorough consultation as well as a discussion of the various massage techniques and treatments that are available, why not simply book an appointment? Then you can discuss everything with your therapist, and enjoy a variety of techniques selected on the basis of your personal needs and requirements. That's our definition of 'maximum flexibility'.



ALPINE ROMANCE FOR 2

Relaxing together means double the pleasure. Experience soothing massages with a touch of romance. Enjoy a thorough pampering and time out together.

HOT STONE TREATMENT FOR COUPLES

50 minutes

€170 for 2 people

€85 for 1 person

A massage that uses comfortably heated natural stones for a harmonising and calming effect on the autonomic nervous system. You enjoy peace and comfort as you experience at first hand the effects of therapeutic heat and healing nature.

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CANDLE BALM RITUAL

80 minutes

€240 for 2 people

€120 for 1 person

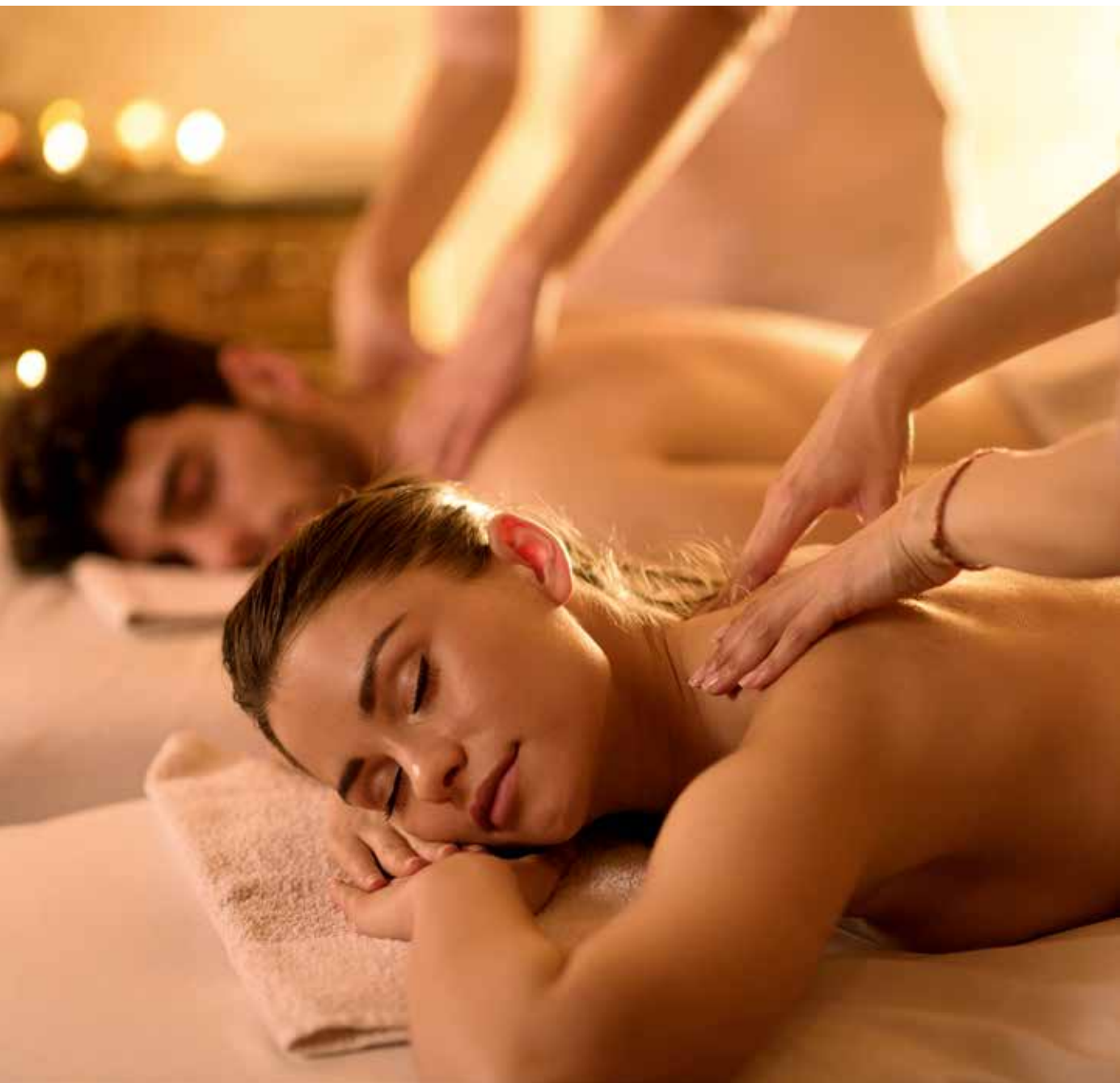
The fragrance of freshly picked wildflowers transports you to an Alpine paradise as you enjoy a relaxing massage with warm shea butter candle balm to bring about deep calm and profound skin nourishment.

R&R IN SEEFELD

80 minutes

€230 for 2 people

A glass of sparkling wine sets the mood as you enjoy a herbal footbath. This is followed by a gentle massage with warmed aromatic oils before hot stones are positioned on your body's Chakras and energy channels. Restores energy flow and releases emotional baggage.





ALPINE MAGIC BUNDLES

Our perfectly coordinated bundles avoid that sense of feeling 'spoilt for choice'.
We have bundles to suit everyone: from taster and luxury to mums-to-be.

ALPINE MAGIC – FIRMING

50 minutes

€85

This bundle includes the following treatments:

- Lactic acid exfoliation
- Firming body wrap
- Firming and nourishing treatment

This short treatment package tones tired skin, adds elasticity and introduces just the right amount of moisture. An experience for the senses and a perfect treatment to counteract the effects of sun, cold and wind.

ALPINE MAGIC – ANTI-CELLULITE

50 minutes

€85

This bundle includes the following treatments:

- Lactic acid exfoliation
- Aromatherapy wrap for problem areas
- Cellulite cream treatment

Essential oils are put to work to improve skin affected by cellulite. You experience a sense of ease and lightness, and your legs are reenergised.

ALPINE MAGIC – ANTI-AGEING

80 minutes

€115

This bundle includes the following treatments:

- Sugar crystal scrub
- Cranberry wrap
- Edelweiss oil massage

An Alpine lifting treatment for your body! The white sugar crystals stimulate blood flow before the cranberry wrap supplies your skin with precious minerals and antioxidants. A massage with warm Edelweiss oil completes the ritual.



ALPINE MAGIC – MAMA MIA!

210 minutes in total, spread across several days

€305

Expectant mums are in the best possible hands with our massage therapists. Pregnancy can be hard on a woman's back, so the relaxing head,



shoulder & neck massage is designed to ease back pain and dissolve tension. The circular, pumping strokes of the lymphatic drainage treatment allow any accumulated liquid in the legs to be released from the tissue. The therapist's flowing movements are also profoundly relaxing. Prepare your skin for the changes to come at the start of your pregnancy with regular, nourishing treatments to reduce the risk of stretch marks. A nourishing wrap ensures that the skin becomes softer and suppler, and helps it to heal and regenerate.

This pampering wellbeing bundle includes the following treatments:

- Head, shoulder & neck massage
- Lymphatic drainage
- Facial
- A softpack treatment of your choice

EXPRESS PAMPERING

Sometimes less is more, which is why we developed our express treatments. For all those who can't wait to get out into the glorious mountains.

'A TOUCH OF HOARFROST' EXPRESS FACIAL

25 minutes

€50

This Alpine express treatment offers quick results in the form of a radiant appearance and fresh complexion. A mousse cleanser is combined with a 'muesli for the skin' exfoliating scrub before a quick massage and Fleurs de Givre mask to finish.

SWEDISH MASSAGE

25 minutes

€40

FACIAL LYMPHATIC DRAINAGE

25 minutes

€40





SPA ETIQUETTE

Welcome to KRUMERS Zirben Alpin SPA. We have compiled a few do's and don'ts to enhance your SPA visit.

APPOINTMENTS

To help us ensure that we can fit you in for treatments at a time that suits you, we recommend you book prior to arriving by calling us or sending us an email.

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TAKE YOUR TIME

We would like you to enjoy your full pampering period in complete relaxation, and therefore recommend that you arrive at SPA reception around 10-15 minutes before your appointment. Out of consideration to later clients, we cannot provide guests who arrive late with their full appointment time.

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CANCELLATIONS

Cancellation up to 24 hours before the start of your treatment does not incur a charge. Cancellations within 24 hours incur the full treatment charge.

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CLOTHING

Please wear a bathrobe when you come for your treatment. For reasons of hygiene, the sauna zone is a textile-free area. Please wear swimwear in the pool area.

VALUABLES

Please keep cash, jewellery etc. in your room safe. We assume no liability for lost valuables.

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MOBILE PHONES

We regret that the use of mobile phones is not allowed in the Zirben Alpin SPA.

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LOUNGERS

Please do not reserve loungers by placing towels or personal items on them. Our staff have been instructed to clear loungers that have been reserved in this way.

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CHILDREN

Children under 16 accompanied by a parent or guardian are welcome to use the pool area. However, they are not permitted access to the sauna area.

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TOWELS

Please deposit your used towels in the laundry baskets provided when you leave the Zirben Alpin SPA. Many thanks.



FOOD AND DRINK

Please do not bring any food and drink into the SPA area.

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OPENING HOURS

Pool area 8am-8pm, SPA reception 9am-7pm, sauna area 11am-8pm.

DAY SPA

Can be booked upon request, charged at €25 per person.



KRUMERS ALPIN

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