

\_\_\_\_\_ **The art of life.** *Our holistic approach to wellbeing means we go above and beyond short-term relaxation. We aim to inspire, to support you in your quest for inner balance and to help you carry it through to daily life. After all, the South Tyroleans are the masters of the dolce vita (aka the good life). We love life and savour every moment. In our ArtSPA, we have it down to a fine art. Pleasure flows into every area: the spaces, the choice of treatments and the products used. Authentic works of art complete the spa experience, for example the sculptures in our spa reception and zen garden by South Tyrolean artist Wilhelm Senoner.*

**Inspired by nature.** *Nature was our muse when developing the ArtSPA. We draw on power, energy and peace from her rich treasure trove. We use fresh herbs and thermal water from our own source and benefit from their healing, soothing and invigorating effects. Be seduced, inspired and delighted by it all.*

**The essence of life.** *If you listen carefully, you'll sense it. The energy flowing through your body. The power that is in all of us and that we draw on every day. Since body, mind and soul are one entity, we are committed to holistic wellbeing. We offer rest for the body and inspiration for the mind through Yoga, Kneipp and Life Balance Coaching. At the ArtSPA, we give you space to simply enjoy life. Take time for you: to rediscover yourself, to recognise your needs and to thoroughly spoil yourself.*

*Step into the Lindenhof ArtSPA.*

*Welcome to the*

# LINDENHOF ARTSPA

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ArtSPA opening hours:  
every day from 9am to 7pm

*Visit the ArtSPA reception or  
dial extension 540 – the team  
would be happy to help.*



LINDENHOF  
*Signature  
Treatments*

**THE FEEL-GOOD****EXPERIENCE** ≈ ☞ ☺

Shoulder, neck, head &amp; foot massage

*Give your body a rest with a special combination of tension-releasing treatments. This gentle massage for the shoulders, neck, head and face is enhanced by the subtle aroma of mountain herb oil. A thermal water foot compress and foot massage have a therapeutic effect on the whole body.*

50 mins / 98,-€

**Relaxation to go:**

Relax at home too with the South Tyrolean herbal cushion.

**THERMAL****WAVE BALANCE** ≈ ☞ ☺

Full body care &amp; relaxation

*Relaxation is guaranteed with a warming thermal water foot bath followed by a rosehip and apple body wrap that gives your body the perfect prep it needs before a massage. Luxuriate in the gentle touches of a massage on the warm thermal water bed accompanied by the scent of native mountain pine and spruce. A facial – including herbal steam compresses, cleansing, exfoliation and a massage – completes the treatment. Head-to-toe relaxation.*

75 mins / 148,-€

**Relaxation to go:**

You will receive our Pure Thermal Elixir as a gift for a boost of freshness at home.

**THERMAL****COUPLES TREATMENT** ☞ ∞

Detox treatment for two

*Savour the moment in our private Art-SPA Suite. Cosy, nurturing, relaxing. A steam bath is followed by a pamper session with a wrap using natural healing mud and thermal water. Herbal steam compresses and a detox facial relax and revitalise. Then it's time to recharge with a full body massage followed by indulgent detox smoothies and apple crisps.*

150 mins / 297,-€ for 2 people

**WAVE BALANCE LOUNGER**

Feel weightless on the thermal water bed. Leave the stresses and strains of day-to-day life behind. Treatments on our wave balance lounge are intensified by the natural rhythm of the waves.



## THE BODY COLLECTION

### *Absolute Body Spa*

#### THE LEG & FOOT ENERGIZER

Dynamic foot & leg massage

*Revive tired legs with a foot and leg massage. An effective boost of freshness for the whole body. Helps to counteract daily strains and relieve, stimulate and revitalize the leg muscles. Feel the difference!*

50 mins / 85,-€

#### BACK POWER

Intensive back treatment

*We all have different stresses and different needs, so we tailor the treatment to you. Massage intensity is chosen according to the needs of your back – every experience is unique. Cups and singing bowls relieve tension and improve mobility in the spine.*

50 mins / 85,-€

## BELVITA PREMIUM SPA MASSAGE ≈ ∞

Individually tailored full body massage

*Based on your preference, this can be an invigorating or a relaxing massage and we choose the best oil to complement your choice of massage technique:*

- *St John's Wort oil relaxes the body, calms the mind and supports better sleep*
- *Mountain pine oil has an all-round stimulating effect, perfect after a busy day of activities*

50 mins / 91,-€

75 min / 132,-€

## ENERGIZING HERBAL STAMP TREATMENT ◻ ∞

Herbal stamp massage

*An invigorating massage experience that strengthens the musculoskeletal system. Gentle tapping over the body with natural herbal stamps has an exfoliating effect on the skin. It improves circulation and stimulates the metabolism. The scent of the finest aromatic oils helps reduce stress and encourage vitality.*

50 mins / 91,-€

## WORK IT OUT MASSAGE ∞

Revitalising sports massage

*Chill out – just like that! This massage stimulates and energises specific muscles to release deep-rooted tension. Improves performance and revitalises the body. The active ingredient, arnica, has a stimulating, reenergising effect. Treat your body to a professional power boost!*

50 mins / 91,-€

## DORN & BREUSS TREATMENT ≈ ∞

Spine treatment

*Combining the Dorn method and Breuss massage can offer relief for back pain originating in the spine. Gentle spine and joint therapy eases tension, helps energy to flow and improves overall wellbeing.*

75 mins / 127,-€ (upon request)

## ENERGIZING FOOT MASSAGE ◻ ∞

Effective foot massage

*This foot massage has a refreshing and revitalising effect on the whole body. A careful pressure point massage combined with effective energy flow work can be stimulating for the entire body. It stimulates energy flow and strengthens the immune system.*

50 mins / 84,-€

## MIND RELAXING AROMA MASSAGE ≈

Aromatherapy massage

*Mindful relaxation for body and mind. A relaxing massage with a calming effect on both a physical and mental level. The scent of the selected organic aromatic oils and gentle massage technique have an effect on the whole body and stimulate all the senses. Loosens muscles and relaxes the mind. Enjoy some TLC for the soul.*

50 min / 91,-€

75 min / 132,-€



## THE BODY COLLECTION

### *Body Shaping & Detox*

#### **BODY SHAPING & DETOX** ◻ ∞

Innovative cellulite programme

*This treatment has a lasting effect on the skin and connective tissue. The cupping technique combined with effective natural products visibly reduces cellulite and releases tissue blockages. A stimulating enzyme scrub and special massage technique reinforce the effect. Why not enhance the results with a seaweed wrap?*

50 mins / 95,-€

75 mins / 116,-€ (incl. seaweed wrap)

#### **LYMPH-STIMULATING MASSAGE** ≈ ☺

Lymph stimulating massage

*Relaxed and carefree! This particularly gentle massage technique improves circulation, releases blockages in connective tissue, supports lymphatic flow with gentle pumping pressure and strengthens the immune system. Leaves you feeling light and improves wellbeing all round!*

50 mins / 84,-€

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#### **Detox to go:**

Every cellulite treatment includes a detox tea which helps to cleanse and detoxify the body.



## THE BODY COLLECTION

### *Around the World*

#### REBALANCING WITH SHIATSU

Shiatsu (upon request)

*Shiatsu, based on traditional Chinese medicine, was developed in Japan. Gentle pressure, stretching and deep-tissue massage are used to release blockages. It helps the body's own energy (the Qi) to flow and the body, mind and soul to function in perfect harmony. Please wear comfortable clothing for this treatment.*

50 mins / 94,-€

#### HOT STONE RELAXATION MASSAGE

Basalt stone massage

*Warm basalt stones are used to stimulate the seven energy centres of the body, followed by a gentle aromatic oil massage to encourage lymphatic flow, relieve aches and soothe the nervous system. The aromas and warmth of this special experience reduce physical and mental stress and offer relaxation. Releases natural power for the body and soul.*

75 mins / 127,-€



**INNER BALANCE****CHAKRA TREATMENT** ≈ ◻*Chakra treatment*

*If you're looking for inner balance, this holistic treatment for body and mind offers deep relaxation and a restored sense of harmony. Lightly fragrant, pure Chakra oils are used with gemstones and singing bowls to stimulate the energy centres.*

50 mins / 95,-€

**LOMI LOMI** ≈ ◻

Hawaiian full body massage

*Gentle, mindful massage strokes allow the body's energy to flow and pulse in sync with nature. This massage with coconut oil eases tension and releases blockages. Based on the methods of Hawaiian shamans, flowing motions are used to allow thoughts to flow freely and result in a feeling of lightness and relaxation.*

75 mins / 132,-€

**ABHYANGA** ≈

Ayurvedic full body massage

*Originating in Indian culture, this massage (including a face and head massage) is the epitome of relaxation. Warm sesame oil is applied to the whole body, then gentle massage techniques allow the body and mind to let go. Intensive care for the skin.*

75 mins / 132,-€

**KUNDALINI** ∞

Ayurvedic back massage

*To begin, tension is gently released from muscles in the back. Then energy is directed upwards from the pelvis. Gentle massage techniques release tension along the spine and over the shoulders towards the head. This intensive back treatment concludes with a period of relaxation on a heat pad.*

50 mins / 91,-€

**CALIFORNIA** ≈

Californian full body massage

*Get away from it all and de-stress with this massage. Gentle, slow and flowing motions are used to calm the body, mind and soul. Enter a place of deep relaxation and total balance as tense muscles are lengthened and loosened.*

50 mins / 88,-€

75 mins / 127,-€

(incl. head and face massage)

## THE BODY COLLECTION

# *Velvety Soft – Body Scrubs and Wraps*

### THE OUTER GLOW

#### BODY SCRUB ≈ ∞

Apricot kernel and hay extract scrub

*An authentic Alpine power pack! This gentle organic body scrub with apricot kernel and hay extract refines the complexion, leaving it clear and radiant. It stimulates the metabolism and improves circulation. The intensive treatment, tailored specially to your skin, is applied with gentle strokes.*

45 mins / 85,-€

#### AROMA SALT BODY SCRUB ∞

Aroma salt scrub

*Stimulating and revitalising for all the senses. The use of aromatic oil and salt from the Dead Sea supports skin regeneration. Enjoy an all-round refreshed feel and velvety soft skin. To finish, the individually selected treatment is applied with gentle strokes.*

45 mins / 85,-€

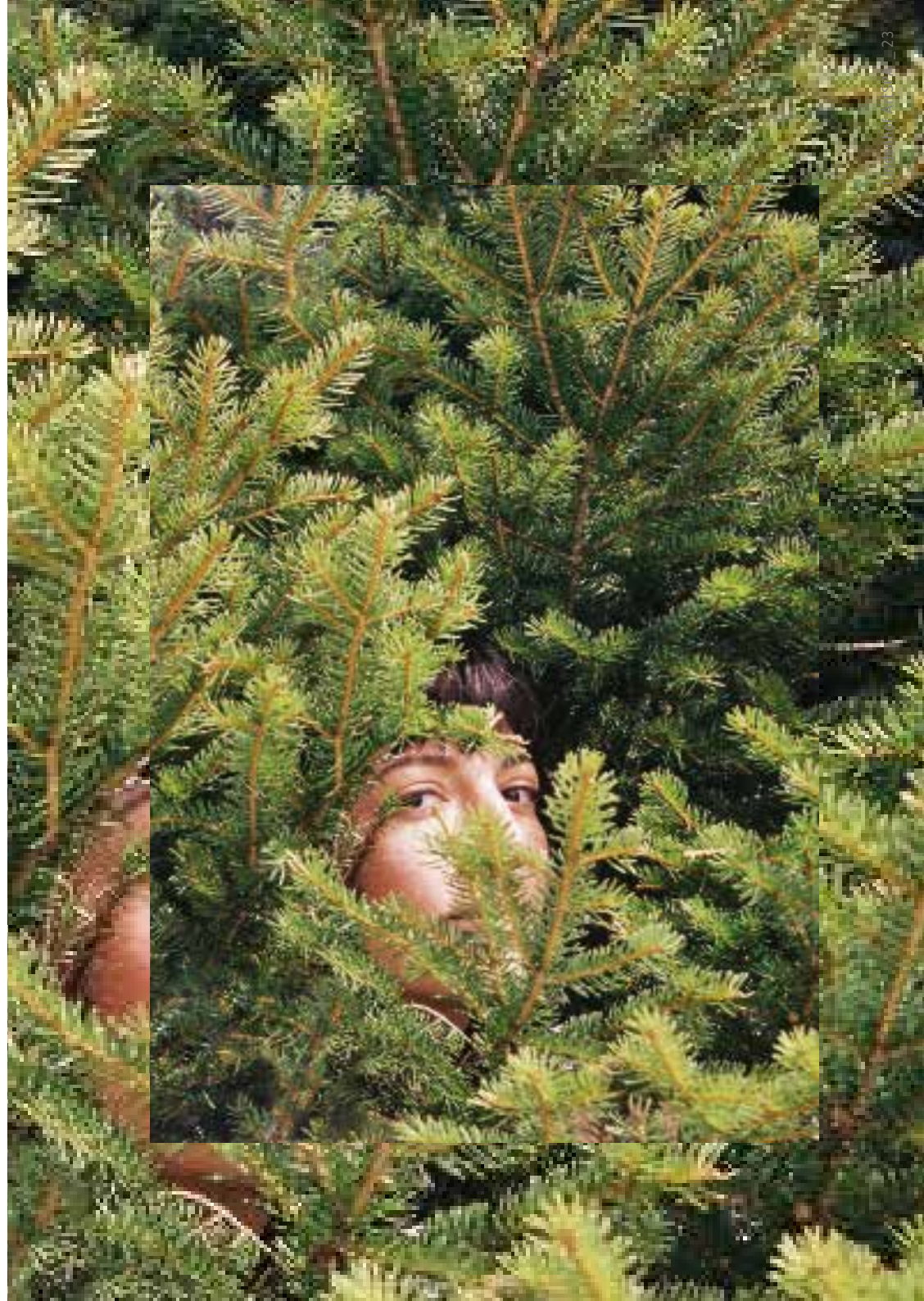
### MOISTURIZING

#### BODY WRAP ≈ ☺

Body wrap and massage

*We begin by moisturising your skin as needed followed by an effective wrap with extracts of apple and rosehip. Intensive treatment for tired, sensitive skin. Leaves the skin feeling silky soft. The perfect treatment for sun lovers and sauna enthusiasts.*

50 mins / 82,-€





THE FACE COLLECTION

## *Effective Facial Treatments*

*Nothing but the best for your skin.*

*We powerfully combine the latest techniques with natural active ingredients including our Pure Thermal Elixir and the multi-award-winning care products from Team Dr Joseph. These organic-certified natural cosmetics are created based on decades of experience and developed using cutting-edge technological procedures.*

*For noticeably visible results.*

THE BEST OF TECHNOLOGY  
AND NATURE.

### MY KIND OF SKIN FACIAL

Deeply effective and tailored to you

*Tailored specifically to the individual needs of your skin, this treatment begins with a skin assessment and eyebrow correction, followed by a lymph stimulating massage, herbal steam compresses, exfoliation and a deep cleanse with cups. Special serums, a modulating facial and an intensive mask and day care finish off the treatment.*

80 mins / 131,-€

### INTENSE CLEANSE FACIAL

Deeply cleansing care

*For velvety soft skin and all-round freshness. Includes warm herbal steam compresses, a lymph stimulating massage, exfoliation, intensive deep cleansing with cups, a toning face mask and day care specific to your skin for a visibly fresh, radiant complexion.*

50 mins / 94,-€

### SUPREME EYE & FACE LIFT

Intensive lift & radiant glow

*Treatment for brighter eyes and taut contours. This intensive treatment consists of cleansing, exfoliation, a mindfulness massage, a Gua Sha eye lifting massage, a mask, eye and lip care, and individual finishing care. It is ideal for wrinkles, fatigue and puffiness around the eyes resulting in visibly firmer skin and taut facial contours. Maximum effect for visibly firmer skin.*

50 mins / 129,-€

### GO GUYS - POWER LIFT

Facial for men

*Tailored to the needs of men's skin, this treatment leaves you looking strong and groomed. High-tech power for an improved and clear complexion. The 80-minute treatment also includes a revitalising neck and face massage.*

50 mins / 94,-€

80 mins / 131,-€





ARTSPA  
*Ultrasonic  
Treatments*

*Experience a totally new, non-invasive face lift technique for a youthful complexion and brilliant radiance. Ultrasound frequency causes the products to infiltrate the deeper layers of the skin where the natural active ingredients can work their magic. Gently stimulates collagen and elastin production resulting in smoother and fresher skin.*

**ULTRASONIC****FACE LIFT** ∞ ☺

Express ultrasound lift

*An express treatment tailored to the needs of your skin. This treatment gives your skin radiance and vitality with lymph stimulation, steam compresses, cleansing, enzyme and ultrasound exfoliation, ultrasonic repair and lift, and day care.*

50 mins / 125,-€

**ANTI-AGEING****REPAIR FACIAL** ☐ ∞ ☺

Intensive care for youthful skin through ultrasound

*Intensive care for immediately visible, lasting effects. Indulge in an anti-ageing treatment with herbal steam compresses, a lymph stimulating massage, cleansing, a skin assessment, a deep ultrasonic scrub and eyebrow correction. The biodynamic lifting massage, mask and day care give the skin a more youthful appearance, while ultrasound frequencies help the active ingredients to deeply infiltrate the skin.*

110 mins / 193,-€

**SUPREME ULTRASONIC****FACE LIFT** ∞ ☺

Intensive lift, gentle relaxation

*This effective treatment has got the whole package, combining deep relaxation with intensive care. It helps you relax – body and mind – and gives a youthful complexion with lymph stimulation, steam compresses, cleansing, enzyme and ultrasonic exfoliation, an Aliginat mask, ultrasonic repair and lift as well as a revitalising neck and face massage.*

80 mins / 169,-€

## ARTSPA

*From Head to Toe*

## Beauty-Services

**Eyelash lift and tint** 83,-€  
*Gives the eyelashes volume, length and lift. A lash lift smooths out, lifts and elongates the upper eyelashes for a fuller, more defined look. Results last 6-8 weeks.*

**Eyebrow shape** 22,-€**Eyebrow tint** 19,-€**Eyelash tint** 25,-€

## Waxing

**Full leg** 55,-€**Bikini area** 26,-€**Underarms** 19,-€**Half leg** 39,-€**Arms** 39,-€**Back or chest** 39,-€**Upper lip** 13,-€

## Hand and foot treatments

**Spa manicure** 61,-€**Spa pedicure** 72,-€

with polish +22,-€

permanent polish +33,-€

**Freshen up:  
nail file and polish** 44,-€**Permanent polish removal** 20,-€

## Beauty to go:

Receive your chosen nail polish as a gift to take home when you book a spa manicure or pedicure with polish.



WELLBEING FOR TWO

## *ArtSPA* *Suite*

*The Lindenhof ArtSPA Suite warmly welcomes you with an exclusive, holistic approach to wellbeing. Colours, materials, aromas and modern comforts perfectly coordinate to create a harmonious atmosphere for extraordinary relaxation. Come with your loved ones and focus on wellbeing.*

*Exclusive:*

*Finnish sauna (80-90 degrees)*

*Steam sauna (40-50 degrees)*

*Comfortable treatment area*

*Snoezelen room for total relaxation*

Did you know Snoezelen comes from the Dutch words for 'cuddling' and 'snoozing'?

## BELVITA ROMANTIC "YOU AND ME"

Pleasure for two

*Enjoy total wellbeing together in private. Focus on your time together and consciously reflect on your needs. Enjoy peace and quiet in our private ArtSPA Suite's sauna, steam room and cosy oasis with South Tyrolean sparkling wine and savoury snacks.*

90 mins / 120,-€ for 2 people

## ARTSPA SUITE GETAWAY

Scrub & massage

*Begin your pamper session with a cleansing full body scrub and a soothing sauna session for two. Then, an aromatic steam bath with stimulating aromas will de-stress your muscular system and prepare you for the 25-minute massage to come. To finish, take time to relax in our Snoezelen room with South Tyrolean sparkling wine, homemade chocolates from our patisserie, and fresh fruits.*

150 mins / 286,-€ for 2 people

## ARTSPA SUITE LUXURY

Scrub & aromatic oil massage

*They say happiness is the only thing that multiplies when we share it. The same is true in the spa. So let us pamper you both with a revitalising full body scrub. Then immerse yourselves in deep relaxation with a soothing sauna session or in the aromatic steam room followed by a 50-minute aromatic oil massage. While you're still feeling the effects of your treatment, indulge in homemade chocolates from our patisserie, fresh fruits, and South Tyrolean sparkling wine.*

180 mins / 340,-€ for 2 people

### Enhance your Experience

Alternatively, one of the following drinks can be served in place of the South Tyrolean sparkling wine:

- South Tyrolean organic apple juice
- white wine
- red wine
- fresh smoothies

# WELLBEING FOR TWO *Couples Treatments*

## VINEYARD SPA EXPERIENCE

Massage in the vineyard

*Fragrant aromatic oil, a gentle massage, beautifully enhanced by the sounds of nature. Feel the sun and gentle breeze on your skin. A delightful massage perfect for relaxation with a partner.*

75 mins / 264,-€ for 2 people

## SOUTH TYROLEAN WELLBEING FOR TWO

Couples massage

*Consciously set aside time for yourself and your partner. Here, we take time to fully appreciate the things we often miss out on. Enjoy a full body scrub with apricot kernel and bay extract, followed by a full body massage with mountain pine oil for an energy boost. A feast for all the senses equally: your pamper session also includes South Tyrolean sparkling wine, homemade chocolates from our patisserie, and fresh fruits.*

110 mins / 303,-€ for 2 people



## TREATMENTS

for kids and teens

**WAVE BALANCE** ≈

for kids and teens

*The wave balance lounge enhances this gentle massage so that our younger guests can fully relax, too.*

20 mins / 42,-€

**KIDS MESSAGE** ≈

Big enjoyment for small guests

*Even our younger ArtSPA guests are experts in the art of relaxation. Kids can enjoy a relaxing massage with fine coconut oil.*

20 mins / 40,-€

**CLEANSING TEEN FACIAL** ≈ ☞

Cleansing and therapeutic

*Specially tailored to the needs of teenage skin, our facial strives for a clear complexion by cleansing, exfoliating, deeply purifying or simply relaxing the skin. Includes soothing face mask and aftercare.*

50 mins / 79,-€

**TEEN MANICURE OR PEDICURE**

Nail shape and polish

*The beauty and care programme for young hands and feet. Includes nail shape and polish.*

25 mins / 41,-€

**Beauty to go:**

Receive your chosen nail polish as a gift to take home.

**BETTER TOGETHER** ≈ ☞ ☺

Relaxation for the young and not-so-young!

*Enjoy a soothing aromatic oil massage alongside your little one as they relax with a coconut oil massage. Afterwards, sweet surprises await with smoothies and fresh fruit in the relaxation room.*

50 mins / 99,-€ for 2 people

**WAVE BALANCE LOUNGER**

Feel weightless on the warm thermal water balance floater.



## LINDENHOF

# Experience Packages

*The Lindenhof packages have it all – no matter what you're looking for.*

### THE ENERGIZER

Reenergise for your adventure

*We give your muscles an energy boost after one activity and prepare your body for the next.*

- *Work It Out Massage*
- *The Leg & Foot Energiser*
- *Energising Herbal Stamp Treatment*

241,-€

### THE HOLISTIC

Pampering for body, mind and soul

*We focus on more than just your physical needs for long-lasting wellness and balance. Discover inner balance with a complete package.*

- *Thermal Wave Balance*
- *Inner Balance Chakra Treatment*
- *Aroma Salt Body Scrub*
- *Lindenhof Yoga-Flow*
- *Walk Talk with coaching impulses*

457,-€

### THE TRAVELER

A sensory journey to distant lands

*Leave the stress of everyday life behind and immerse yourself deeply in new cultures, sounds, and scents. Enjoy gentle touches and experience a world full of relaxation.*

- *Hot Stone Relaxation Massage*
- *Lomi Lomi*
- *Abhyanga*
- *California 75 mins*

466,-€

### THE BABYMOON POWER BOOSTER

Special care for special times

*Your body is doing something amazing: give it some TLC. Treat yourself to a wellbeing package that guarantees relaxation.*

- *The Feel-Good Experience*
- *Spa Manicure*
- *Spa Pedicure*
- *My Kind of Skin Facial*
- *Lymph-Stimulating Massage 50 mins*

401,-€



## THE BEST FOR YOUR WELLBEING

# Our Products

### NATURNO THERMAL WATER

*Healing. Soothing. Invigorating. We draw directly from the source – for your wellbeing. At the Lindenhof we have many uses for the Naturno thermal water. The spring originates approx. 200m underground at the foot of the Sonnenberg beneath Burg Juval. It forms an important part of our treatments in the ArtSPA. The lightly mineralised water is rich in sulphates and fluoride and contains dissolved calcium, magnesium, bromine, iodine and traces of lithium and arsenic which give it its healing properties. It eases musculoskeletal complaints, even those caused by rheumatic and orthopaedic conditions, and helps muscles to relax and recover more quickly. The water also cleanses and refreshes the skin and can relieve skin irritation. Thermal water also helps reduce stress and promotes complete relaxation.*

### PURE THERMAL ELIXIR

*Partnering with Team Dr Joseph, we have included thermal water in the formula for our refreshing facial tonic, Pure Thermal Elixir. It is the perfect complement to our various treatments, and can be used at home for a boost of freshness in the meantime.*

### TEAM DR JOSEPH HIGHTECH NATURAL COSMETICS

*We found our ideal partner in Team Dr Joseph. The family business believes in the same principles that shape us here at the Lindenhof. Nature is the muse and source of their inspiration. Combined with the latest technology, the result is award-winning natural cosmetics. Carefully chosen natural active ingredients form the basis for skin health and wellbeing. The principles of sustainability and an integrated approach to the use of cosmetics are just as important to Team Dr Joseph as they are to us.*

## IN HARMONY WITH NATURE

# Pure Green

*At Lindenhof, we draw inspiration from our love for nature and strive towards a greener future through small initiatives.*

*It's no coincidence that we limit our treatments solely to products as pure and natural as the local cosmetic product line from Team Dr. Joseph and the thermal water of Naturno.*

*Through subtle gestures, we aim to make your stay more mindful without you even noticing.*

*For instance, if you happen to miss slippers, you can always get them at the reception.*

*Moreover, we want to ensure that you don't have to deal with wet towels in the Wellness Tower and ArtSPA. Therefore, we offer you the opportunity to exchange your wet towels for fresh ones daily at 3:30 PM on the 3rd floor of the Wellness Tower.*

*The solid soaps in your room also come from Team Dr. Joseph and leave your hair and skin exceptionally soft and nourished. We're happy to provide you with matching jute bags at the reception so you can take them home.*

*However, if you prefer liquid shampoo and body care products, we'd be delighted to bring them to your room.*





## ACTIVITIES & BALANCE

# *Sports Physiotherapy*



### *Sports Physiotherapy with Dr Franz Christanell*

#### ***The philosophy of the holistic approach***

*Dr Franz Christanell works closely with us. He doesn't just treat the symptoms; he treats the cause. He graduated his degree in sports science with distinction and also trained as a physiotherapist. Constant further study in various fields has made him the go-to professional for top athletes and amateur sportspeople as well as less active patients.*

#### ***Innovative approach***

*The innovative approach he has implemented in his practice in Naturno is not limited to any one medical subfield, but offers a holistic package for physical and mental wellbeing. From physiotherapy, medical exercise therapy, dietary advice and osteopathy to types of energetic therapy such as Shiatsu, he offers a wide range of treatments.*

#### ***Lindenhof partner***

*Our guests have access to Dr Christanell's years of experience and expertise. Please contact the Lindenhof reception before 8am on Mondays to make an appointment for the Wednesday morning. We can also enquire with Dr Christanell's team about alternative appointment times.*

#### **PHYSIOTHERAPY & MANUAL THERAPY ≈ ∞**

*Individual examination, physiotherapy  
treatment tailored to your needs.*

40 mins / 85,-€

#### **PREVENTATIVE PHYSIOTHERAPY ≈ ∞**

*Your therapist will carry out a  
specialised muscle function test to ana-  
lyse physical mobility, and manually  
perform clinical muscle stretch and  
strength tests to assess the length and  
strength of all muscles.*

40 mins / 85,-€





## ACTIVITIES & BALANCE

### *Body, Mind & Soul*

*As well as relaxation, the body needs regular vigorous exercise to stay fit and healthy. At the Lindenhof that means action, fun and a thirst for exercise. We pair muscle training with fun. We offer a range of possible levels from gentle to vigorous, endurance training to sweat-inducing workouts. The Fit & Fun House – modern and flooded with light – is the perfect backdrop for your training. That or the glorious landscape surrounding the Lindenhof. The clear mountain air and stunning backdrop here motivate you to achieve peak performance. No matter what you choose, listen to your body. Feel the power within. Get excited about exercise and enjoy the view.*

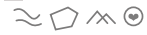
## OUR FITNESS PROGRAMME

Bodystyling fitness training  
 Functional circuit training  
 Back fit  
 Pilates  
 Six pack  
 Bellicon®  
 Indoor cycling  
 Fascia training  
 Nordic walking  
 Stretch & relax  
 Aqua fitness  
 Legs, bums and tums  
 Dance aerobics

For an additional fee we can provide dietary and muscle building advice and personalised training sessions.



## LINDENHOF YOGA-FLOW



Holistic harmony

*Yoga has a positive effect on both the body and mind. It teaches movement, balance and power. Conscious breathing and focusing on the body promote relaxation and sharpen self-awareness. Find balance – during practice and every day. Whether you are a beginner or advanced, you can do Yoga at the Lindenhof with Monika Chitra Pedross. She is an experienced Yoga instructor (hormone Yoga, Yin Yoga, training in Yoga Vidya and Yoga Nidra as well as Yoga therapy).*

Private session  
 (prebooking required)  
 90 mins / 90,- €

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“For me, Yoga is about rediscovering my inner self and bringing the body into contact with the soul. It’s about penetrating deeper layers of our being and knowing that we are connected to everything around us. Through it we experience deep appreciation and joy.”  
**Monika Chitra Pedross**





## ACTIVITIES & BALANCE

# Life Balance Coaching

*Bring the mind and body into sync. Strengthen yourself and find inner balance. There is no better time than a holiday to focus on yourself. Free from the stress of daily life, at the Lindenhof you can focus on reshaping how you live under the expert guidance of Astrid Fleischmann, professional counsellor and Seelen-Sport® trainer.*

*There is a simple formula for happiness and satisfaction: hold the reins of your own life. Life Balance Coaching covers the following topics:*

- *Improve self awareness and personal skills*
- *Find emotional and mental balance*
- *Unite the body, mind and soul*
- *Reduce stress for everyday balance*
- *Awareness – train the senses, promote body awareness*
- *Recognise your needs and utilise your potential*
- *Develop new ideas and find individual solutions*

*Life Balance Coaching uses a variety of methods ranging from consultations, body work and creativity techniques to transactional analysis. For best results, the course is individually tailored to you and your needs.*



### WALK TALK WITH COACHING IMPULSES & BODY EXERCISES

By appointment only  
for 1 person €90  
for couples €120  
for groups €150

### INTERACTIVE TALKS

In the seminar room

### INDIVIDUAL CONSULTATION

60 min / 75,-€  
By appointment only

### COUPLE CONSULTATION

60 min / 95,-€  
By appointment only



## SAUNA

### *Draw strength from the warmth and peace*

*We offer a range of spaces where you can work up a sweat. You'll be sure to find your favourite spot in our spacious sauna area. It's so much more than a steam room, sauna or Kneipp pool (new to our Pure Thermal Garden) – it's an experience.*

*There are spaces for total peace and quiet and spaces for sauna infusion shows with our world champion sauna master Claudio and his team.*

*Scrubs*

*Themed sauna infusions*

*Kneipp sessions*

*Smoke rituals*

*Relaxing rituals*

**FINNISH SAUNA 80-90°C**

5% HUMIDITY

*Positive effects include: cleansing the skin, stimulating circulation and metabolism, conditioning, increasing defences against infection and relaxing body and mind.*

**ORGANIC SAUNA 55-60°C**

30% HUMIDITY

*Enjoy all the benefits of the sauna but in lower temperatures in the Biosauna. Aside from relaxation, this sauna cleanses the skin and boosts the circulation and immune system.*

**STEAM SAUNA 42-45°C**

100% PURE HUMIDITY

*In the saltwater steam room, finely dissolved sea salt is sprayed in at regular intervals. Pure eucalyptus and mint extract cleanse the airways further.*

**INFRA RED SAUNA 45°C**

*The muscles are locally superheated by full-spectrum infrared rays for deep release. The radiation promotes better blood flow to the skin and helps reduce tension and chronic musculoskeletal complaints.*

**CASTLE SAUNA 85°C**

10% HUMIDITY

*The Castle Sauna is in the tower in our garden. After your sauna session give your circulation a boost with a barefoot walk on the grass.*

**SKY SAUNA 90°C**

5/10% HUMIDITY

*The gas stove in the sixth-floor Sky Sauna means the heat here feels less aggressive than in classic Finnish saunas. The breathtaking 180-degree view rounds off the perfect sauna experience.*

**FAMILY SAUNA 60-70°C**

10% HUMIDITY

*The Family Sauna is a classic Finnish sauna and is next to the baby and fun pool with the giant water slide. Its positive effects include: cleansing the skin, stimulating circulation and metabolism, conditioning.*







LINDENHOF

Pure Luxury & Spa  
DolceVita Resort

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