

FARMHOUSE

TORGGLER  
HOF



*Spa Menu*



# Opening Hours

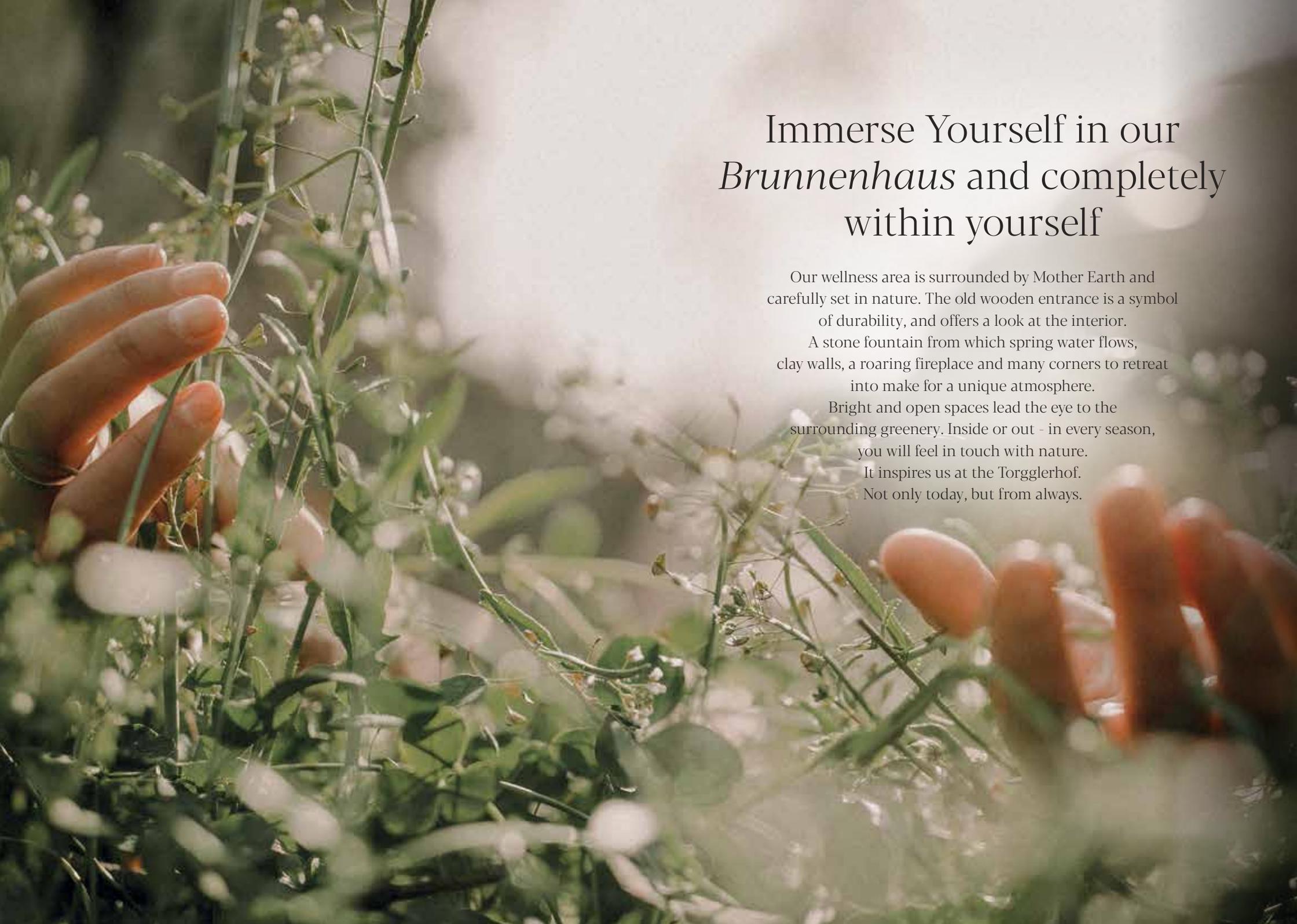
INFINITY POOL  
07:00 - 20:00



SILENCE POOL  
10:00 - 20:00



SAUNA  
11:00 - 20:00



## Immerse Yourself in our *Brunnenhaus* and completely within yourself

Our wellness area is surrounded by Mother Earth and carefully set in nature. The old wooden entrance is a symbol of durability, and offers a look at the interior.

A stone fountain from which spring water flows, clay walls, a roaring fireplace and many corners to retreat into make for a unique atmosphere.

Bright and open spaces lead the eye to the surrounding greenery. Inside or out - in every season, you will feel in touch with nature.

It inspires us at the Torgglerhof.  
Not only today, but from always.



## Don't Want to *Leave*

Swim outdoors in our infinity pool, treat yourself to a beauty treatment or just read a book in the small library.

24 steps separate you from a place of silence, where a sauna and steam bath with a view await.

Breathe the fresh air of the valley on the terrace, or barefoot in the grass to our biosauna and enjoy the quiet in the "Silence" pool.

In the „Room for Me“, dedicate yourself to yoga and movement, isolated and surrounded by the apple orchards or work out in the fitness room.



OUR COSMETIC LINES

# Welcome to TEAM DR JOSEPH

## TEAM D<sup>R</sup> JOSEPH

Two worlds meet in our products: the ancient wisdom of folk medicine and the latest scientific findings, the purest materials and the finest technology, the genius of nature and sophisticated know-how. For us, „quality“ means connecting these two worlds with respect, to connect the natural balance of the skin with harmonious and synergistic products. That is why every package from TEAM DR JOSEPH says hightech natural cosmetics. It is our commitment to curiosity and experience, to past and future. We connect them with passion and respect, with logic and intuition - the best of both worlds.



# Classic Massages

## CLASSIC FULL BODY MASSAGE

Feel the difference! A full body massage relieves tense muscles and stimulates blood circulation, leaving your skin radiant.

APPROX. 50 MIN. INCLUDING RESTING 85,00 €

## PARTIAL BODY MASSAGE

Targeting your aches and pains. Where does it hurt? Your back or legs? Whichever part of your body needs attention, we'll fix it with one of our intensive treatments.

APPROX. 25 MIN. INCLUDING RESTING 50,00 €

## INTENSIVE BACK MASSAGE

This special treatment is aimed at unblocking your back, relieving muscle tension and restoring your posture. To end off, your back receives an oil balm massage to prolong the relaxing effect.

APPROX. 50 MIN. INCLUDING RESTING 90,00 €

## ACTIVE MASSAGE

For those who love a bit more powerful massage. Tapping, kneading, and pressure point massages help relax and invigorate the muscles and tissues.

APPROX. 50 MIN. INCLUDING RESTING 90,00 €

## AROMA OIL MASSAGE

With soothing, warm aromatic oils and a gentle massage you may relax.

APPROX. 50 MIN. INCLUDING RESTING 90,00 €

## COMBO: BACK AND FOOT MASSAGE

For those who want to be completely relaxed. Combine a soothing foot and back massage.

APPROX. 50 MIN. INCLUDING RESTING 85,00 €

## HEAD & FACE MASSAGE

A soothing, releasing and liberating massage. It has an appropriate effect on stress, fatigue and tension.

APPROX. 25 MIN. INCLUDING RESTING 50,00 €

APPROX. 50 MIN. INCLUDING RESTING 85,00 €

# Energizing Massages

## ABHYANGA

"Excellent Oils Applied with Loving Hands" - in Ayurvedic health science, the Abhyanga is one of the most beneficial and effective forms of massage. With flat strokes and circular rhythmic movements applied using hot, natural oils, the whole body is harmonised. The full body massage promotes a state of deep relaxation: revitalizing, cleansing and nourishing the skin and muscles, strengthening the immune system, the mind and soul.

APPROX. 75 MIN. INCLUDING RESTING

135,00 €

## LOMI LOMI NUI

Letting go of the old and being open to the new before us: this encapsulates the idea of this Hawaiian wellness treatment. Using a special manipulation technique with the application of hot coconut oil, long strokes perform a gentle massage for total relaxation. This helps to strengthen the nervous system to stimulate the lymph system, boosting blood circulation and activating the metabolism.

APPROX. 75 MIN. INCLUDING RESTING

135,00 €

## HOT STONE

This type of massage has a calming effect on the heart, circulation, and well-being with the help of warm stones and high-quality oils. A state of deep relaxation is induced. In addition, the warmth also has a relaxing effect on the muscles.

APPROX. 50 MIN. INCLUDING RESTING

95,00 €

APPROX. 75 MIN. INCLUDING RESTING

135,00 €



# Dynamic *Rituals*

## by TEAM DR JOSEPH

### REBUILDING BACK TREATMENT WITH SINGING BOWL

In this constructive back treatment, the technique and intensity are adapted to your needs. The combination of massage oils, cupping glasses and tibetan singing bowls support the release of tension and improve the dynamics of the spine.

APPROX. 50 MIN. INCLUDING RESTING

85,00 €

### HEAD, NECK & SHOULDER MASSAGE

In this massage head, neck, shoulders and also the back are being treated. The daily stress evaporates and the massage has a deeply liberating effect. With special grip techniques and active plant extracts, tensions are released. In addition, the microcirculation is promoted and vessels, sensory organs and nerves are strengthened.

APPROX. 50 MIN. INCLUDING RESTING

85,00 €

### DYNAMIC LEG & FOOT MASSAGE

The combination of massage with a copper glove and expert manual techniques rejuvenates and invigorates tired legs, providing a more relaxed and relieved feeling to carry you through the day.

APPROX. 50 MIN. INCLUDING RESTING

85,00 €

### FIRMING AND REVITALIZING ABDOMINAL TREATMENT

This body treatment works through gentle stimulation of the abdominal area, promoting drainage and firmness. The body's center feels toned, and skin tension is visibly improved.

APPROX. 50 MIN. INCLUDING RESTING

80,00 €



## Body Treatments

### DETOXIFYING CELLULITE TREATMENT

This effective cellulite treatment optimizes the appearance of your skin. The combination of highly effective natural products and cupping techniques has a decongestant effect on the body tissue, visibly alleviating cellulite. A stimulating body scrub, and a special massage support this treatment. In combination with an algae pack, you can enhance and optimize the results.

APPROX. 50 MIN. INCLUDING RESTING	85,00 €
APPROX. 80 MIN. INCLUDING RESTING	120,00 €

### PEELING AND WRAP

The body scrub with hay flowers and apricot kernels gently cleanses the skin and stimulates microcirculation. The skin is ideally prepared for the subsequent absorption of active ingredients during the cream wrap.

APPROX. 50 MIN. INCLUDING RESTING	85,00 €
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### COMBINED MASSAGE WITH PEELING OR BODY WRAP

The wonderful feeling of smooth, silky skin after a peeling or wrap is perfectly complemented by a relaxing and restorative massage.

PARTIAL BODY MASSAGE WITH PEELING OR WRAP APPROX. 50 MINUTES, INCLUDING RELAXATION TIME	85,00 €
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FULL BODY MASSAGE WITH PEELING OR WRAP APPROX. 50 MINUTES, INCLUDING RELAXATION TIME	115,00 €
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# Facial treatments

## TEAM DR JOSEPH

### INTENSE PURIFYING FACE TREATMENT

Skin type specific deep cleansing according to the "TEAM DR JOSEPH" method. Cleansing, exfoliation, deep cleansing, peel-off mask, and day care – for a visibly clean and even complexion.

APPROX. 50 MIN. 90,00 €

### CELLULAR RECREATION FACE TREATMENT

A wonderfully natural active ingredient care specially tailored to your skin needs with an immediate effect and a deeply relaxing pampering program according to the "TEAM DR JOSEPH" method: Cleansing, exfoliation, deep cleansing with cupping glasses, sculpted facial massage, skin-type-specific serum, and an individual day care. Highly effective, natural active ingredients provide healthy and deeply nourished skin.

APPROX. 80 MIN. 120,00 €

### EXPRESS POWER LIFT FOR MEN

"TEAM DR JOSEPH" method for him. Powerful, natural, effective: cleansing, peeling, deep cleansing, special serum, intensive mask with facial massage and a final individual day care. Natural high-tech power for a powerful and well-groomed appearance.

APPROX. 50 MIN. 90,00 €

### SUPREME EYE FACE LIFT

This intensive lifting treatment with Gua Sha massage ensures a visibly firmer eye area, tighter facial contours and a radiant glowing effect. Puffiness and dryness around the eye area are reduced. The skin becomes visibly firmer, more radiant and more even.

APPROX. 80 MIN. INCLUDING RESTING 95,00 €

### ULTRASONIC FACE LIFT

This facial treatment with ultrasound makes the skin appear flawless and gives a rejuvenated glow. Cleansing, exfoliation, deep cleansing, eyebrow shaping, skin-type-specific serum, and a specially selected mask complete the treatment to achieve visible results.

APPROX. 80 MIN. INCLUDING RESTING 140,00 €

### EYEBROW CORRECTION

IN ADDITION TO ONE OF THE FACIAL TREATMENTS 15,00 €

# Cosmetic Treatments

## MANICURE

Just because your hands work hard, it doesn't mean they can't still look beautiful. After our manicure with nourishing creams your hands will become velvety soft again. You can choose between a hand massage or nail polish.

APPROX. 75 MIN   WITH POLISH OR MASSAGE	75,00 €
APPROX. 80 MIN   WITH SHELLAC	85,00 €

## PEDICURE (WITH FOOT BATH)

Enjoy a tingling footbath followed by a pedicure. End off with a brief foot massage or you can choose a nail polish.

APPROX. 75 MIN   WITH POLISH OR MASSAGE	75,00 €
APPROX. 80 MIN   WITH SHELLAC	85,00 €

## REMOVAL OF OLD SHELLAC

APPROX. 15 MIN	15,00 €
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## EYEBROW CORRECTION

APPROX. 20 MIN.	25,00 €
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## TINTING OF THE EYEBROWS

APPROX. 15 MIN.	20,00 €
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## TINTING THE EYELASHES

APPROX. 20 MIN.	20,00 €
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## TINTING EYEBROWS AND EYELASHES

APPROX. 20 MIN.	35,00 €
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## DEPILATION UPPER LIP

APPROX. 15 MIN.	25,00 €
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## EYE PACKAGE

Eyebrow correction with tinting of eyelashes and eyebrows.

APPROX. 45 MIN.	50,00 €
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## Small treatments for the *little ones*

### KIDS MASSAGE

Relaxing massage with a soothing massage cream.

APPROX. 45 MIN. INCLUDING RESTING 60,00 €

APPROX. 25 MIN. INCLUDING RESTING 35,00 €

### JUNIOR FACIAL TREATMENT

Cleansing, relaxing facial treatment with a moisturizing mask,  
followed by finishing care.

APPROX. 45 MIN. INCLUDING RESTING 70,00 €

APPROX. 25 MIN. INCLUDING RESTING 40,00 €

### MANICURE OR PEDICURE WITH POLISH

Shaping nails and cuticles, including nail polish.

APPROX. 25 MIN. 35,00 €

*Treatments available for children up to 12 years old.*

# Personal Training

## PERSONAL TRAINING

An individual and effective training session using TRX bands, dumbbells, jump elements, and versatile functional training tools. Through a combination of strength, stability, and mobility, you are challenged holistically. Your trainer adapts each exercise precisely to your level and goals.

APPROX. 60 MINUTES FOR 1 PERSON 90.00 €

APPROX. 60 MINUTES FOR 2 PEOPLE 130.00 €

## YOGA PRIVATE COACHING

A truly personal guidance on your yoga journey. In individually tailored sessions, you work specifically on posture, breathing, and mindfulness - at your own pace and according to your needs.

APPROX. 60 MINUTES FOR 1 PERSON 90.00 €

APPROX. 60 MINUTES FOR 2 PEOPLE 130.00 €

## BACK PROPHYLAXIS

This session helps you strengthen your back in the long term and prevent discomfort. In a unit tailored to your needs, you learn targeted exercises for stability, mobility, and healthy posture. Your coach shows you gentle, effective techniques that are easy to integrate into everyday life and help reduce tension while improving long-term back health.

APPROX. 60 MINUTES FOR 1 PERSON 90.00 €

APPROX. 60 MINUTES FOR 2 PEOPLE 130.00 €



## PACKAGE

The Back Prophylaxis Package with Intensive Back Massage offers an ideal combination of targeted training and soothing relaxation. With individualized exercises, you strengthen your back and core muscles, improve your posture, and effectively prevent discomfort. Afterwards, an intensive back massage releases deep tension, stimulates circulation, and leaves your body feeling noticeably lighter and more relaxed. Perfect for anyone who wants to do something truly beneficial for their back.

1 TRAINING SESSION: 60 MINUTES

1 TREATMENT: 50 MINUTES

175,00 €

# Spa *Info*

Please keep the Pool and Spa area as a mobile phone free zone, after all, it's here we come to forget about daily life!

Share our love of the environment and please use the bath towels sparingly, when you're finished we kindly ask you to place used towels in our laundry basket.

Please cover your lounge chair in the relaxation area by using the grey towel in your wellness bag.

Please do not reserve deck chairs with towels and be sure to take all your belongings and towels away when leaving the relaxation room.

For reasons of hygiene food is not allowed in our spa.

Please do not go naked in the pools.

## **CONSULTATION & APPOINTMENTS**

You are welcome to book spa appointments at the hotel reception.

We want our treatments to be just right for you.

Tell us what your wishes and expectations are, and we will be pleased to offer advice. Be sure to inform us of any problems like high blood pressure, heart disorders etc. or pregnancy.

## **DO IT COZY**

With a bath robe, slippers and without makeup you are well dressed for a visit to the spa facilities. Come to your treatment five minutes earlier and enjoy a cup of tea for a relaxed start to your feel-good programme.

## **CANCELLATIONS**

If you have to change or cancel your appointment, please do so 24 hours prior to the appointment at the latest. Otherwise the treatment will be charged.

FARMHOUSE

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