

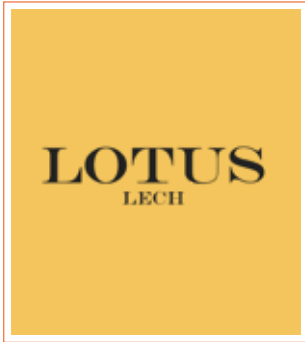
HOTEL

Edelweiss



SPA MENÜ

Manual Therapy



At Lotus Lech, we are committed to bridging the gap in the healthcare system by offering **professional, holistic treatments** that go far beyond merely addressing symptoms. **Tara Breton Young** is a trained osteopath with additional qualifications in naturopathy, treating the person as a whole — not just the pain.

Specifically tailored for travelers and using practical, hands-on treatments, she identifies the root causes of tension, pain, or fatigue, providing fast and lasting relief.

CAPRI SIGNATURE TREATMENT

Our **unique treatment** combines deep relaxation with targeted regeneration. Through a **medically informed, holistic approach**, the body reaches a state of optimal calm — the perfect condition for natural self-healing. Ideal after a long day on the slopes.

50 minutes 120 €

MASSAGE & OSTEOPATHY

Reserve your preferred treatment duration in a relaxed atmosphere. Together with your therapist, you will then customize the session to meet your personal wishes and needs.

20 minutes 69 €

50 minutes 125 €

80 minutes 165 €

PRIVATE YOGA SESSION

A one-on-one session tailored specifically to individual needs and physical limitations.

50 minutes 90 €

PHYSIOTHERAPY

Available upon request

Biocybernetis



Verena Walch is a mother of two and lives in Lech am Arlberg. She works in the holistic field and has completed all training in Biocybernetics Smit Organic-Pin-Code, acquiring the highest level of knowledge in this method.

What is Biocybernetics Smit Organic-Pin-Code?

This method gently stimulates the body with a metal tool (Insmiter) to remind it to restore self-healing and balance. Misalignments of the pelvis and many related imbalances can be corrected. This technique works from within and can effectively complement or even replace many external mobilization treatments. The result is a feeling of lightness and ease, positively affecting the whole well-being: body, mind, and soul.

In follow-up sessions, many other symptoms can be addressed, including:

Migraines, detoxification via bladder/kidneys, rapid relaxation, forefoot release, gland and hormone support, hip synchronization, digestive care, heel spurs, colds, mature skin & acne, lung support, female reproductive health & fertility, prostate care, deep lymphatic techniques, kidney/bladder inflammation, and more.

50 - 60 minutes 120 €

For more information, please call: **Tel. +43 664 1310527**

Minimally Invasive Procedures



Dr. Edith Vonbank is an experienced physician specializing in **cosmetic medical procedures**. She has run her own practice in Bregenz for many years and is now available at Hotel Edelweiss.

Physician for general medicine since 1991.

CONSULTATION WITH DR. EDITH VONBANK

Body, mind, and soul in harmony are the best prerequisites for well-being. Minimally invasive procedures can **relax facial features, lift or tighten sagging areas, add volume**, and enhance your natural appearance. Make the most of your time in Zürs: receive expert advice alongside your skiing activities, or take advantage of **discreet treatments** on-site to give your holiday experience an extra boost.

If you feel exhausted, a **power infusion** with vitamins and minerals can help you recover quickly and relax. Simple yet effective treatments with no visible side effects include Botox, hyaluronic acid injections, thread lifting, skin refreshing, or various mild peeling treatments.

Non-binding consultation

Approx. 30 minutes 120 €

*** The consultation fee will be credited toward any treatments booked subsequently.



For more information: www.praxismed.at
Tel. +43 664 8406660

Minimalinvasive Eingriffe

SEXY LIPS

Hyaluronic acid for fuller lips, restoring the lip contour, or reducing upper lip lines and nasolabial folds

480 €

SEXY EYES

Special hyaluronic acid (Redensity I & II) to combat dark circles

580 €

SEXY NECK

Calcium hydroxylapatite and hyaluronic acid to stimulate collagen production in sagging neck skin

580 €

SEXY HANDS

Calcium hydroxylapatite or hyaluronic acid for a refill and to stimulate collagen production, improving the skin on the back of the hands

580 €

SEXY SKIN GLOW

Booster treatments for the facial skin to refine texture, hydrate, and smooth with selected products – exosomes, salmon sperm (PDRN), or vitamin boosters

480 €

SEXY & LIGHT RELAXATION

Botox injections – glabellar lines, forehead, crow's feet

Price depending on quantity **360 € bis Euro 600 €**

IMMUNE BOOSTER

Infusions for faster regeneration and immune system support – i.v. Immun & Beauty Drip

300 €

Hydrafacial

THE SKINCARE ROUTINE FOR A UNIQUE GLOW

A radiant complexion, smooth, wrinkle-free skin, and soft lips – **stars and royals such as Duchess Meghan, Victoria Beckham, and others always look stunning.** Even Britney Spears has praised the HydraFacial® on Instagram.

HydraFacials are gentle and soothing facial treatments. Their unique serum infusion makes HydraFacial® an unparalleled experience. In four steps, this **Hollywood treatment** combines exfoliation, peeling, cleansing, and nourishment. Dead skin cells are removed, impurities are suctioned from the pores, and the skin is simultaneously enriched with soothing antioxidants, peptides, vitamins, and hyaluronic acid. The result: the perfect glow and soft, clear skin.

HYDRAFACIAL DELUXE

This treatment is the ultimate boost for your complexion. After cleansing and a gentle peel, impurities are removed, and regenerating antioxidants and hydrating hyaluronic acid are infused into the skin. An ampoule tailored to your individual needs ensures optimal results. The treatment is completed with a relaxing LED light therapy.

Approx. 60 minutes 280 €

hydracial

FAQs

APPOINTMENTS

By phone: **+43 5583 2662** or email: **welcome@edelweiss-arlberg.at**
Our spa offerings are available to both hotel guests and external visitors by appointment.

SAUNA, STEAM BATH & INFRARED CABIN

Daily from 3:00 PM to 8:00 PM

FITNESS ROOM in Villa Edelweiss

Daily from 7:00 AM to 11:00 PM

PREPARATION

To ensure that no precious time of your treatment is lost, we kindly ask you to arrive showered, in underwear, a bathrobe, and without jewelry. For facial treatments, please come without makeup. We also recommend drinking plenty of water before and after your treatment to support your body's detoxification process.

HEALTH

Every treatment is individually tailored to you. Please take a few minutes to relax after your treatment. Inform us in advance of any health concerns or if you are pregnant.

PEACE & RELAXATION

Our spa is a sanctuary of peace and relaxation. Please help us maintain this calm atmosphere. The bathing and sauna areas are smoke-free, including e-cigarettes.

IF SOMETHING COMES UP

Cancellations are inconvenient for everyone. It is unfortunate when an appointment goes unused while others would have liked to come. On the other hand, unexpected events can happen to anyone. Therefore, we kindly ask you to inform us in advance – cancellations made up to 24 hours before the appointment are free of charge. For no-shows or late cancellations, 100% of the treatment price will be charged. Thank you for your understanding.

Edelweiss



Hotel Edelweiss · 6764 Zürs am Arlberg 79 · Tel. +43 5583 2662
welcome@edelweiss-arlberg.at · www.edelweiss-arlberg.at