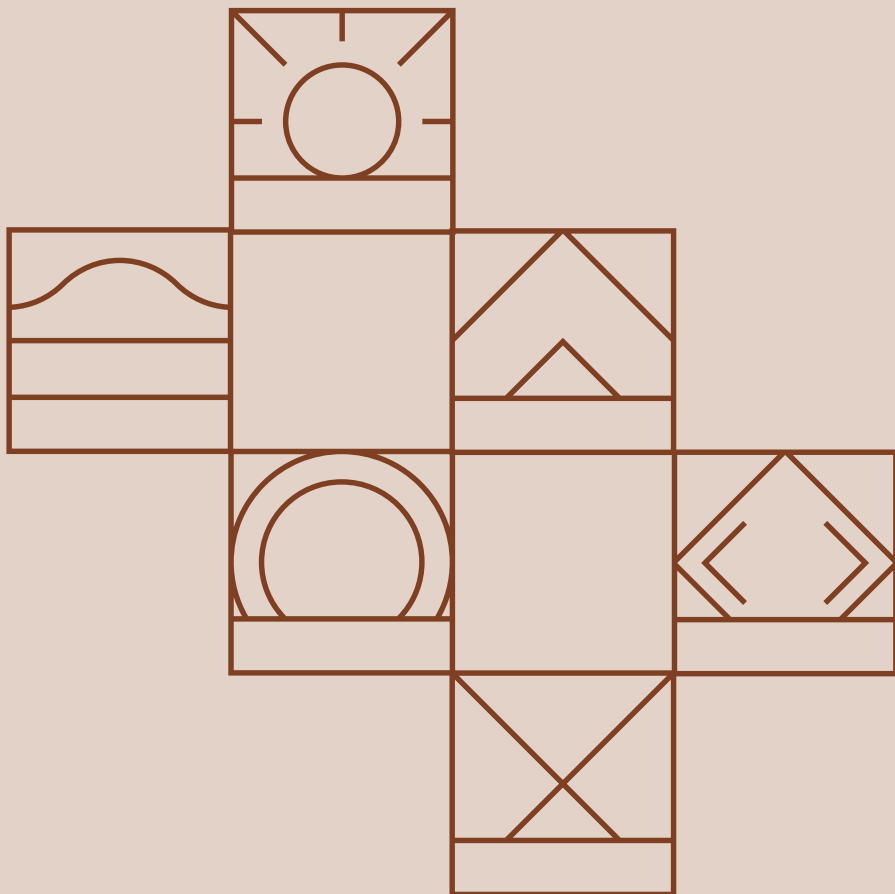


HOCHLEGER[®]

Chalet Refugium



Valid as of January 2025 | EN

ZillerSeasons

ZillerSeasons

Luxury Hotel Collection

**4 places of luxury
united by *excellence*.**



Share your experience

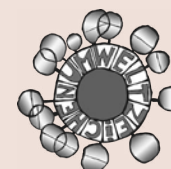
@zillerseasons

@hochleger

@malisgarten

@das.post.hotel

@gutstiluppe



Luxury Hotel Collection



High above

everyday life



FACIAL TREATMENTS
– 10



MANICURE
– 14

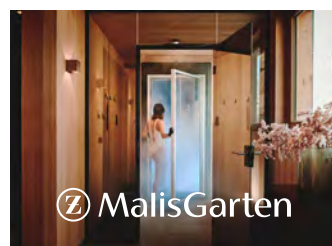


MASSAGES
– 16

ZillerSeasons



ZILLERSEASONS TREATMENTS
– 22



CRYOTHERAPY
– 28



RADIO FREQUENCY
TREATMENT – 30

ZillerSeasons



MICRONEEDLING
– 32



WELLNESS AND FITNESS
TRAINING – 34



SPA SHOP
– 36



PARTNERS
– 38



[hochleger.at/en/spa/
wellness-spa/](https://hochleger.at/en/spa/wellness-spa/)

Here you will find the spa
menu, HochLeger for
download.

Herbarium Spa on the mountain

Leave everyday life behind you and experience the sublime feeling of *tranquillity* in the midst of nature.

The extraordinary combination of idyllic surroundings, alpine ambience and first-class wellness facilities is the guarantee for a relaxing mountain vacation in the Zillertal. The HochLeger Chalet Refugium offers private moments of relaxation at the highest level.





Facial treatments

Take time for yourself.

Our experienced cosmetologists let your beauty shine. Tailored to your individual needs, we harness the power of herbs and advanced cosmetic technology to achieve the desired results.



Individual facial treatment

Nourish and strengthen – individually customized. The facial treatments based on medicinal herbs conform to the current needs of your skin. You can select the focus and the intensity of your treatment. Your skin will glow – from the inside out.



Choose the desired effect of your treatment from the following results:

- + calming & strengthening
- + moisturizing
- + clarifying & reducing
- + vitalizing & regenerating
- + oil balancing & moisture balancing

A 50-minute treatment includes:

- skin diagnosis
- cleansing
- peel
- active agent serum
- deep cleaning or short massage of face and neck
- facial mask
- application of care products

An 80-minute treatment additionally includes:

- deep cleansing
- intensive massage of face, neck, and décolleté
- special mask
- special intensive eye care

Determine the duration of your treatment:

50 min | 134
80 min | 182

Beauty extras

These extras can be booked in addition to a treatment. In order to plan for the additional time needed, we kindly ask you to inform us about your desired extras when making your booking.

- | | |
|--|-------------|
| • Eyelash coloring | 15 min 25 |
| • Eyebrow tinting | 15 min 19 |
| • Eyebrow shaping | 15 min 19 |
| • Complete eye area according to your wishes | 25 min 45 |



MartinerHof Reme

Care for the hands



Manicure

Care and pampering program for the hands. A hand bath pampers the skin. The nails are trimmed and shaped as desired and the cuticles are treated. We apply a relaxing cream to achieve maximum care. Finally, we pamper you with a short hand massage.

50 min | 112

Nail polish & extras

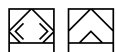
These extras can be booked in addition to a treatment. In order to be able to schedule the additional time required, we ask you to specify your request directly when booking.

- **Selection of the individual favorite color and corresponding nail polish** 10 min | 15
- **Shellac after the manicure or pedicure** 25 min | 42
- **Remove shellac before the manicure or pedicure** 25 min | 39
- **Remove shellac and repaint** 30 min | 60





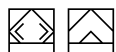
Massagen



Relaxing massage

A massage tailored to your needs. The focus is on increasing your well-being and relaxing or revitalizing your muscles. We use effective lotions and various massage techniques to tailor the treatment to your wishes and needs.

Partial body massage	20 min 85
Full body massage	50 min 125



Back-head-neck massage

An ideal combination of special massage techniques and potent herbal oils to relieve muscles and release tension. Loosens, relaxes, and revitalizes. For fresh life energy and grounding.

Choose the duration of your treatment:

20 min | 79
50 min | 134
with rest period

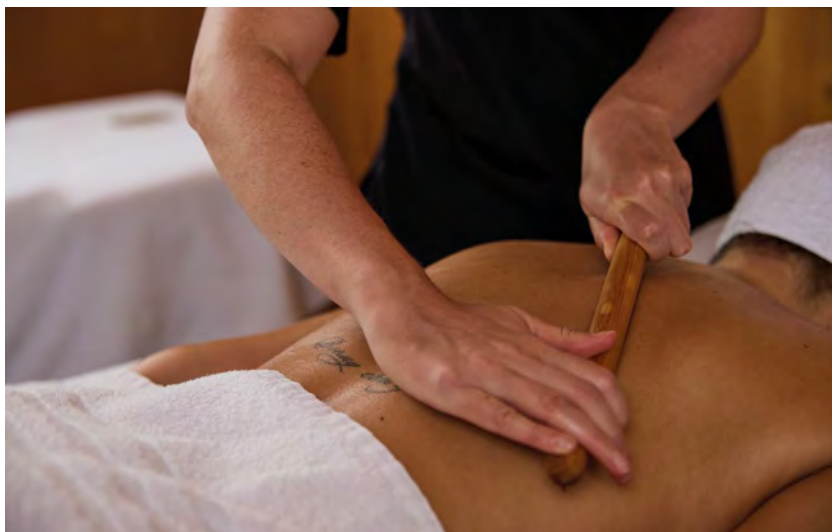


Sports massage

Whether you exercise regularly or simply want to relieve the stress of everyday life – a sports massage can do wonders for your body.

Our specialized treatment combines targeted trigger point therapy, lymphatic drainage and fascia treatment to release deep-rooted tension, promote circulation and increase flexibility. Let yourself receive individual care from our spa experts and feel how tension is released and your mobility returns. Ideal for athletes, but also for anyone who wants to relieve the strain on their body in everyday life.

50 min | 138



ZillerSeasons pine massage



SPECIAL: SIGNATURE MASSAGE Ⓡ
ZillerSeasons pine massage



Discover the scientifically confirmed healing effects of Swiss pine wood. The ZillerSeasons Swiss pine massage is a special treat for body and mind. This is how pure relaxation feels.

For centuries, pine from the Alpine region has been valued for its positive effect on the cardiovascular system. The pleasant fragrance of pine calms the heartbeat. The entire body can thus totally relax. The intensity of the massage will be individually tailored to your needs. In harmony with the power and rhythm of nature.

80 min | 208

ZillerSeasons

Luxury Hotel Collection



MalisGarten Green Spa Hotel

ZillerSeasons

Luxury Hotel Collection

In addition to our HochLeger Chalet Refugium, the ZillerSeasons family also includes MalisGarten, DasPosthotel and Gut Stiluppe.

Immerse yourself in the magical ambience of luxurious closeness to nature at the ZillerSeasons Luxury Hotel Collection.

Enjoy longevity treatments such as radio frequency therapy, micro-needling and cold cabin treatments at the MalisGarten Green Spa Hotel.

Please book your treatment online at zillerseasons.at/en/spa/herbarium-spa/ by e-mail to: spa@zillerseasons.at or by telephone on +43 5282 2236 2010.



MalisGarten Green Spa Hotel

MalisGarten

14+

Adults Only –
Pleasure & peace



Exclusive wellness
area with garden pool,
3 saunas, brine steam
bath and much more



Garden with
sun loungers, outdoor
bar and terrace



Longevity spa with
cold therapy, needling
and much more



Natural active ingredients
and certified natural
cosmetics



Sustainable, natural luxury

The wooden 5-star superior hotel MalisGarten welcomes you with a light-flooded lobby and elegant design. Natural materials, fragrant woods and the botanical architecture by architect Matteo Thun create a particularly exclusive ambience. In MalisGarten, the concepts of longevity, health and conscious enjoyment are lived and celebrated.

Immerse yourself in the exclusive spa area and a garden landscape that enriches all the senses. Take advantage of the comprehensive longevity program with cold cabin, microneedling, radio frequency therapy, ionic detox foot bath and much more.



malisgarten.at/en/herbarium-spa/wellness-spa/
Here you will find the spa menu, MalisGarten for download.

Gut Stiluppe



Good Life Hotel –
Family



Spacious wellness
area with 5 pools,
4 saunas



Wonderful garden
with yoga platform,
meadow swing and
much more



Pool bar and terrace



Valuable oils and
certified natural
cosmetics



Wellness & Good Life for the whole family

At the 4-star superior hotel Gut Stiluppe, you will find an extremely spacious pool area with five wonderful pools: Garden sports pool, medical whirlpool, indoor family pool, children's pool and cold-water garden pool. Separate areas for families and adults create a balance between tranquility and activity. A beautiful south-facing garden with fruit trees, a sunbathing lawn, flower meadow, meadow swing and a yoga platform invites you to relax and unwind. The pool bar and terrace round off the experience wonderfully and provide moments of pure vacation bliss.



stiluppe.at/en/stilupper-spa/stiluppe-spa/
Here you will find the spa menu, Gut Stiluppe for download.

① DasPosthotel



Boutique hotel
with urban flair



Wellness area
with 6 saunas,
4 relaxation areas



Outdoor pool with
indoor entrance, ice
fountain, foot basin,
Kneipp basin



Cozy garden



Natural active
ingredients &
certified natural
cosmetics



Boutique hotel with unique charm

The Small-Luxury Boutique Hotel DasPosthotel impresses with its mixture of sophisticated design and a love of traditional, natural materials. The spacious suites offer space for pure relaxation in a stylish, luxurious ambience.

An exclusive boutique spa area awaits you with a year-round heated outdoor pool, Finnish sauna, garden sauna, bio sauna, brine steam bath, infrared cabin and many other luxurious amenities. Revitalize your body and mind with our wide range of massage, wellness and beauty treatments.



dasposthotel.at/en/boutique-spa/wellness-spa/

Here you will find the spa menu, DasPosthotel for download.

② Herbarium



③ MalisGarten



④ DasPosthotel



⑤ DasPosthotel

Cryotherapy



LONGEVITY

Cold cabin:
-85 °C for beauty, health, sports, and wellness.

Cryotherapy is highly popular among medical professionals and athletes due to its numerous positive effects. In the Herbarium Spa, you have access to an innovative high-performance cryotherapy cabin, providing you with stable and guaranteed ultra-low temperatures of up to minus 85°C.

Seize the opportunity to strengthen your body and mind with the impressive effects of cryotherapy on beauty, health, sports, and wellness. Your individual treatment time will be calculated using the digital anamnesis questionnaire.

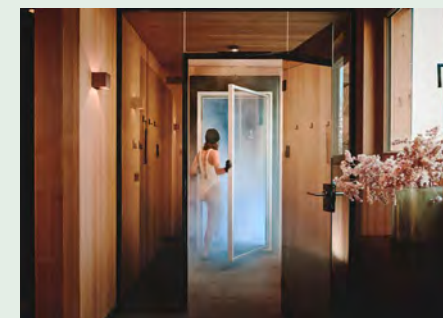
Our spa experts provide you with a hat, gloves, a face mask, and maintain visual contact with you during the cryotherapy treatment. Upon request, you can receive your personal access to the free app, where you can view your calculated treatment duration and repetition.

You will experience a very high energy level and a sense of euphoria that continues for several hours after the treatment. It is important to consume an adequate amount of fluids afterward.

Recommended are **two sessions per week in the cryotherapy cabin** and **two sauna sessions per week** on different days.

A treatment in the cold cabin can:

- + have **anti-inflammatory effects**
- + positively **support fitness**
(regenerative effect, vascular training and muscle training)
- + **stimulate metabolism**
(fat burning) and **support diets**
- + release **fresh energy**
- + strengthen the **immune system**
- + promote **good sleep**
- + have a **stress-reducing effect**
- + have a **rejuvenating effect** on tissue, and skin (anti-aging)



Cold cabin

The cryo cabin is available on following days:

- Monday
- Wednesday
- Friday
- Saturday

Rates

1 unit	49
3 units	136
5 units	199

Please clarify with your general practitioner, whether the recommendations are suitable for you.

Visible *skin tightening* without invasive intervention

Our comprehensive range of beauty treatments also includes the revolutionary methods of radiofrequency treatment and microneedling.

These treatments gently, and delicately contribute to restoring a youthful appearance to your skin.



Radiofrequency treatment

How it works:

Radiofrequency therapy is based on extensive medical knowledge and relies on the targeted action of radio waves. These waves stimulate the fibroblasts in the deeper layer of the skin to produce new collagen and elastin. The result is tighter and smoother skin without burdening the epidermis.

This gentle method of radiofrequency treatment is particularly suitable for addressing bags under eyes, fine skin folds, and loss of elasticity in the face, neck, and décolleté. Acne can also be effectively treated with this method.

Video:
radiofrequency
treatment:



Our spa experts use the high-quality, monopolar radiofrequency device from the brand SKINthings. In contrast to the bipolar radiofrequency treatment, the monopolar treatment penetrates deeper into the layers of the skin.

The radiofrequency treatment includes:

- Step 1:** cleansing
- Step 2:** peeling
- Step 3:** application of the electrode
- Step 4:** radiofrequency treatment
- Step 5:** targeted injection of the ingredients
- Step 6:** application of a hyaluronic mask
- Step 7:** final skin care

The ingredients used are selected based on your individual skin condition. Let yourself be inspired by the radiofrequency treatment and enjoy a noticeably smoother skin texture!

Determine the scope and duration of your treatment:

Facial treatment	50 min	1 session		134
		3 sessions		352

Jawline treatment	30 min	1 session		85
		3 sessions		225

Face and décolleté (tightening treatment)

80 min	1 session		192
	3 sessions		508

Treatment recommendation:

Already the first treatment will convince you: Your skin texture will visibly appear firmer and smoother. Our spa experts will be happy to advise you personally.



Microneedling

How it works:

Microneedling is a gentle method for skin tightening, performed with a needling pen. The superficially numbed skin is treated with light pressure, creating micro-injuries. These micro-injuries trigger a wound healing response, stimulating cell division and the formation of new collagen, elastin, and hyaluronic acid. The result is visibly firmer skin, smoothed fine lines, and a more even-looking complexion.

Through the small channels created by microneedling, serums with valuable ingredients such as hyaluronic acid or plant-based skin stimulants can get deeper into the skin, allowing them to fully exert their effects.

In addition to the skin-tightening anti-aging effect, microneedling reduces superficial skin discolorations. Thinning skin is firmed through stimulation. Effective counteraction can be achieved against a sagging chin area. Bags under eyes, dark circles, and skin imperfections can be visibly reduced.

The microneedling treatment includes:

- Step 1: cleansing
- Step 2: needling
- Step 3: targeted injection of the ingredients
- Step 4: mask
- Step 5: final care

Video:
microneedling:



Discover the gentle method of microneedling for radiant and youthful skin:

Facial treatment	50 min	1 session	128
		2 sessions	228
Face and décolleté	80 min	1 session	182
		2 sessions	328

Recommended treatment:

The first treatment will already convince you and deliver visible results. Our spa experts will be happy to advise you personally.



Microneedling

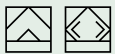
Wellness training and fitness



Personal training

For an active vacation! A physical and mental balance is important for quality of life in order to conquer the challenges of everyday. Enjoy a 1:1 training that can be flexibly and individually tailored to you whether indoors or outdoors, on fitness equipment or with your own body weight. Detailed, personal coaching ensures that your session is customized to your personal fitness goals.

60 min | 108



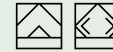
Fascia training

Increase your performance capability with regenerative fascia training. With fascia training, tissues become more flexible and the muscles more relaxed. This helps prevent injuries, release tension, and alleviate pain.

60 min | 108



Video:
fascia training



Neuro athletic training

The goal of neuro athletic training is to train the brain to release movement-limiting protective mechanisms. Balance is improved, injuries are prevented, and performance is enhanced. Highly valuable for anyone aiming to return to everyday life more capable and coordinated. Learn essential exercises one-on-one from our coach which you can continue at home for 6 - 8 weeks.

60 min | 108



Video: neuro
athletic training



Feel-good moments for at home

Our lovely spa shop in MalisGarten has small and large gifts for you and your loved ones. The fine assortment ranges from aroma candles, selected books to certified natural cosmetic products. Our spa team will be happy to advise you.

We look forward to seeing you!



Our partners

SKIN**things**®

The SKINthings® brand is backed by over 40 years of professional experience in practice and in the cosmetics industry by the company founder and alternative practitioner Heike Schnitzler. SKINthings® relies on modern, effective ingredients. The highest possible tolerability is an absolute must for SKINthings®. SKINthings® stands for vegan, cruelty-free active cosmetics combined with effective, instrument-based support.



Pharmos Natur stands for nature and sustainability. Like nature itself, Pharmos Natur Green Luxury sees itself as a living system with a clear sense of purpose: The focus is on people and nature. The high quality is achieved through the right, energy-rich cultivation location, fertile, healthy soils, the loving care by the small farmers, careful processing methods and a fair, cooperative partnership with all the people involved in the production.



Fresh, healthy-looking skin not only makes you beautiful, it also leaves a lasting impression. The development of all EBENHOLZ care products is based on this simple insight.

Five highly effective, natural "skincare tools" are tailored to the special needs of men's skin and restore a fresh appearance. Together with the best German scientists, these treasures of nature are further developed into revolutionary formulations and highly effective products.

Natural care, uncompromisingly sustainable, certified vegan, 100% Made in Germany, proven effectiveness, glass and wood instead of plastic.



The success of the PINO brand has its origins in the Schwarzwald, where high-quality health products and herbal medicines were initially developed for the European spa industry using traditional essential oils.

Over the years, PINO GmbH has been able to develop more and more therapeutic aids, devices and cosmetic products adapted to the current needs of professional users in the fields of physiotherapy, massage and balneotherapy to the comprehensive range.

Booking treatments

In order to guarantee your desired treatment, we recommend that you make your booking prior to your arrival. We can thus personally advise you and cater to your individual requests.

All of our treatments include a preliminary talk and short relaxation time after the treatment.

Please book your application in good time by e-mail to: spa@zillorseasons.at or by telephone at: **+43 5282 2236 2010**.

We look forward to seeing you!

Prices are subject to change.





Printed on environmentally friendly,
FSC-certified paper.

ZillerSeasons

Luxury Hotel Collection

RELAX



HARMONIZE



VITALIZE



STRENGTHEN



HochLeger – Chalet Refugium | Tiefenbachweg 38 | 6274 Aschau | Tyrol | Austria

 +43 5282 2236 2010 |  spa@zillerseasons.at