





SPA ETIQUETTE

ADVANCE BOOKING

To secure your spa appointment, we recommend you book your preferred treatment before you arrive. We will endeavour to accommodate your requests for a specific therapist where possible. Upon arrival, you will then receive your personal appointments schedule at the reception. Should you wish to make follow-up bookings during your stay, a member of the Krone SPA & Beauty team will be glad to assist you. The spa is open from 8:00 am - 8:00 pm.

Please contact Krone SPA & Beauty on +43 5583 2551-521 or at spa@kronelech.at.

CANCELLATIONS

If you are unable to attend a booked appointment, we request that you cancel 24 hours beforehand. If cancellation in advance is not possible, please note that an 80% cancellation fee will be incurred.

OPTIMAL PLANNING

We recommend that you arrive at the spa reception approx. 10 minutes before your appointment and drink a cup of healthy tea or a glass of fresh spring water first. The treatment time is all about you. Look forward to it – close your eyes, breathe deeply and experience a feeling of pure relaxation and well-being.

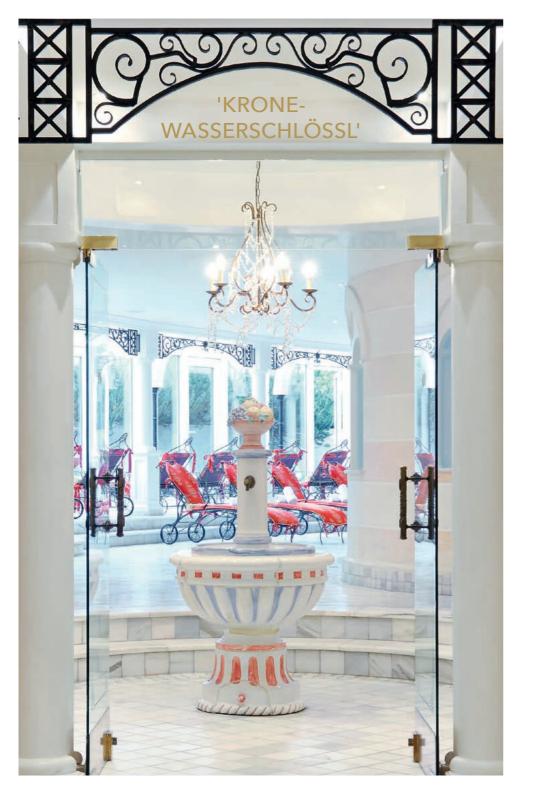
Please note that if you are late to your appointment, your appointment will still finish at the same time to avoid delaying other guests. We ideally recommend planning a 20 minute rest period after the treatment to enable you to savour the full effects and special feeling created by this regal spa treatment.

INDIVIDUAL TREATMENT

We take account of any individual wishes during the treatment. We will ask you about this before the treatment begins. Our therapists will handle this information in the strictest of confidence.

SUITABLE CLOTHING

We request that you remove all clothing apart from underwear for massages, cosmetics treatments and body therapies and attend the appointment in the dressing gown provided in your hotel room. For special treatments, you will find information on clothing in your appointments schedule. We can also supply disposable underwear for men and women. During the treatment, a cloth or hand towel will be used to cover intimate areas.



PANORAMA INDOOR POOL

Spacious indoor pool with fabulous view of the Lech mountains. Water area includes whirlpool, jet cannon, massage jets with tingling bubbles, counter-current system and water geysers. The stylish loungers face the pool and mountains.

OUTDOOR WHIRLPOOL

Water bath with back and foot massage jets and majestic views of the Alps.

RELAXATION ZONE

Sophisticated ambience and meditative calm. Cosy loungers with wonderful soft pads.

LECH FINNISH SAUNA

Sweat the traditional way with supervised sauna sessions infused with scents of spruce and local alpine woods at approx. 90° Celsius.

VITALITY SAUNA

Strengthens the immune system and calms the senses through colour light therapy at approx. 65° Celsius.

HERBAL AROMA STEAM BATH

Clears the airways through inhalation of mild steam enriched with herbal and flower extracts at approx. 65° Celsius.

TURKISH STEAM BATH

Stimulates skin circulation, remedy for the airways and cleanses the skin at a moderate temperature of approx. 47 $^{\circ}$ Celsius.

TEPIDARIUM

Purifies and detoxifies the body and strengthens the immune system on warmed stone loungers with radiant heat from the heated walls and floors of approx. 39° Celsius.

FOOT CONTRAST BATH

Stimulates circulation and strengthens the veins through the alternating cold and warm baths.

SOLARIUM

Maintains or boosts the natural tan in approx. 15 minutes (tokens cost € 18, available at the reception).

FITNESS STUDIO

Stretch, strengthen and work out on the treadmill, ergometer, cross trainer, power station, stepper and with dumbbells.

MASSAGES

CLASSIC MASSAGE

Relieves the tension in your muscles. 25 minutes \in 60 50 minutes \in 90

FOOT REFLEXOLOGY MASSAGE

INTENSIVE BACK TREATMENT

An intense back massage with hot basalt stones for in-depth regeneration.

MANUAL LYMPH DRAINAGE

Purification therapy for light legs and physical wellbeing.

Face, neck and cleavage, 25 minutes	€ 60
Legs, 50 minutes	€ 90
Full body, 80 minutes	€ 130



FULL BODY ALGAE WRAP

A thermal treatment with algae mousse for detoxification, tightening and regeneration of the skin. $30 \, \text{minutes}$ $\epsilon \, 60 \, \text{minutes}$

FULL BODY MUD WRAP

In preparation for the classic massage, it soothes the joints and relaxes the musculature. 60







COSMETIC FACIAL TREATMENTS

SEACREATION

The source of true beauty lies in the depths of the seas. Precious sea minerals give the skin radiant freshness and energy.

Facial, 90 minutes	€ 189
Face and body, 120 minutes	<i>€ 229</i>

DOCTOR BABOR COLLAGEN BOOSTER

Firms and tightens the skin.

Facial, 75 minutes	€ 115

SPEED TREATMENT

Power treatment tailored to your skin type. Facial, 30 minutes

BABOR TECH ULTRASOUND

Non-invasive treatment with a deeper-reaching effect through the use of ultrasound.

Plus treatment time, from 10 minutes from € 25

BABOR MEN

Refreshing facial treatment with power kick.

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60 minutes		€ 99
90 minutes	including head massage	€ 119



PURENESS

An exceptionally soothing treatment for face and cleavage with the fresh scent of natural elixirs. $60 \, \text{minutes}$ $\qquad \qquad \in 135$

EXCLUSIVE

90 minutes

€ 65

A soothing facial with exotic elixirs, consisting of deep cleansing, foot massage with coconut or avocado oil, enzymatic peeling with fresh papaya, passion fruit mask, facial massage and finishing treatment.

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SEA SAND BODY PEELING

A stimulating and nurturing body scrub.

25 minutes € 60







€ 170

INDIVIDUAL TREATMENTS

COSMETIC MANICURE

Hand bath, peeling, nail filing and cuticle care 50 minutes €50 50 minutes with varnish €70

COSMETIC PEDICURE

Foot bath, peeling and foot massage $50 \, minutes$ $\in 50$ $50 \, minutes \, with \, varnish$ $\in 70$

HAIR REMOVAL

Upper lip 15Chin 15Legs up to the knee 35Entire leg 50Bikini zone 25Armpits 25Back and chest 35

RADIANT EYES

Eyebrow dying \in 15Eyebrow shaping \in 15Eyelash dying \in 15

DAY MAKE-UP

EVENING MAKE-UP

30 minutes € *50*









The publication of this price list renders all previous price lists invalid. The minutes listed are a guideline and may differ slightly from the actual duration of treatment. Subject to change, errors may occur. Published: December 2019. Photos: Romantik Hotel "Die Krone von Lech", Gudrun Kaiser, Heidegger Fotografie, iStock, Babor, Ligne St Barth

WELLNESS

