



Lüsnerhof

NATURELLNESS® SPA FIBEL

INDEX

P. 01	naturellness®Spa - The area
P. 03	naturellness®Spa - Our philosophy

The 3 areas of the naturellness®Spa

P. 05	Lüsner Badl and water path Pools Saunas Treatments
P. 25	BadehausSpa Alpine Bath Houses Quartzite and Terra
P. 37	Forest Bathing Promenade Forest sauna Kneipp energy platform sweat hut

P. 44	Sauna overview
-------	-----------------------

P. 45	Information and opening times of the naturellness®Spa
-------	--

P. 47	Retreats
-------	-----------------





LÜSNERBADL

- 1 Saunas and relax rooms
- 2 Swimming pool
- 3 Whirlpool (textile area)
- 4 naturellness® Ritualsauna with whirlpool (nudist area)
- 5 naturellness® Spa reception
- 6 Treatments & gym / boulder
- 7 Tea pavilion
- 8 Yoga shala

BADEHAUSSPA

- 9 Natural Pond
- 10 Herb garden
- 11 Alpine Bathhouse Quartzite: salt water grotto
- 12 Alpine Bathhouse Terra: relax room and Aqua-Sole sauna
- 13 Yurt

FOREST BATHING PROMENADE

- 14 Saltwater pavilion
- 15 Forest sauna and Kneipp waterfall
- 16 Infrared sauna
- 17 Sunbeds on the 4 elements energy platform
- 18 Barefoot path and Kneipp
- 19 Sweat hut and bonfire
- 20 Relax lounge in the forest
- 21 Viewpoint over the Dolomites (500m)



NATURELLNESS® SPA OUR PHILOSOPHY

The naturellness® philosophy stands for unique well-being in and surrounded by nature. Drawing strength from it, surrender yourself to it and collaborate with it. Nature is the elixir of life at Lüsnerhof.

The sources of energy such as the millennial Dolomite stone, the spring water from the Alps, the stone pine and larch wood from the surrounding forests and the walls made of clay, transmit their healing energies to the saunas, baths, beauty cabins and all wellness and relaxation areas of the naturellness® Spa. Our spa is composed of three very different areas: the Lüsner Badl, the BadehausSpa and the Forest Bathing Promenade.

While hiking in solitude and relaxing in our SPA you will rediscover your roots and draw on your deepest sources of strength.

As hosts, we have the opportunity to experience new emotions every day in the way we live and interact with nature.

It is our honor and privilege to share these experiences with you in our naturellness® Spa.

The Hinteregger family and all the staff at Lüsnerhof



WATER

Water is the primary source of all life and purifying force of nature.

LÜSNERBADL & WATER PATH

The LüsnerBadl was built respecting the ecological alpine architecture by using rock and wood from the old Gargitt farmstead in Luson. This place was home to the Ragginer dynasty of doctors between the 18th and 19th centuries, known for curing people with naturopathic methods and recipes based on herbs and plants. The ancient materials of the Gargitt farmstead, above our hotel, spread their healing energy in the small saunas and relaxation areas. The new beauty cabins on the 2nd floor are powerful refuges for deep moments of regeneration. In the natural pond, your body will be immersed in the fresh spring water of the Luson Alp.

„Direct contact with the 4 primordial elements of earth, water, air and fire calms the mind and penetrates directly into the region of subconscious happiness“



OUR MASSAGES

FULL-BODY MASSAGE WITH AROMATIC HERBAL OILS

Regenerates and relaxes the body and muscles, reduces stress and puts the body into a state of healing, especially after physical activity.

50 min | € 79,00

AS A COUPLE MASSAGE

IN THE ALPINE BATH HOUSE QUARTZITE

€ 85,00 p. p.

45 min | € 83,00

PARTIAL MASSAGE

- back
- legs and calves
- face and head

25 min | € 46,00

LYMPHATIC DRAINAGE MASSAGE

Through rhythmic, circular movements and light pressure pumping, the lymph vessels are activated to regulate excess fluid and tissue pressure. This massage reduces body swelling and stimulates purification and detoxification with a decongestive effect.

25 min | € 49,00

FOOT REFLEXOLOGY

It has been known for over 5,000 years that there are different reflex points on the soles of the feet and hands that correspond to different parts of the body and internal organs. This massage promotes mental, organic and physical balance, starting with a personalized foot bath and ending with a relaxing foot massage.

LÜSNERHOF HOT STONE MASSAGE

The heat of the hot stones, in combination with specific massage techniques, relieves muscular tension. This in-depth treatment reduces physical and mental stress and activates the detoxification of the body.

The treatment provides a new burst of energy through a combination of absolute and deep relaxation.

70 min | € 110,00

DORSALIS

The Dorsalis program is a back treatment specialized to meet individual needs and problems. The effect is supported by Tibetan bells and the cupping technique. The aim is to release tension and adhesions in the back and to restore normal flexibility and freedom of movement.

50 min | € 85,00

BREUSS MASSAGE WITH ST. JOHN'S WORT BODY WRAP

The Breuss massage is an energetic back massage that releases physical and mental blocks and relaxes all the muscles along the dorsal spine. St. John's Wort oil has an anti-inflammatory and particularly calming effect on the mood, promoting a sense of well-being. A very relaxing and satisfying treatment.

45 min | € 83,00

DORN & BREUSS THERAPY

The Dorn therapy and the Breuss massage are two extraordinary methods for regeneration and activation of the body's self-healing powers, especially for back and spinal problems. The treatment begins with a check and correction of the body's alignment (spinal misalignment, leg length discrepancy), followed by a massage and a warm St. John's Wort body wrap. A holistic treatment that will bring your body back to the right balance.

75 min | € 129,00



HONEY MASSAGE

Deep cleansing towards the connective tissue. This treatment combines the purifying power of South Tyrolean honey with a special tapping technique. The combination has a profound effect, loosens connective tissue and adhesions, activating the expulsion of waste products from the body. The main area of focus for this treatment is the back (or legs upon request). The application of honey lasts about 20 minutes, the treatment ends with a relaxing massage, which loosens the muscles.

45 min | €83,00

WELL-BEING FOR THE MOTHER-TO-BE

A gentle body treatment adapted to your needs. Well-being treatment for 'mother and child' with the application of the prodigious aloe vera leaf: your legs will feel lighter, stressed connective tissue will be strengthened, your back will feel less heavy and tensions and tiredness will disappear. Your belly will be pampered with love thanks to the precious active ingredients of the aloe vera leaf.

50 min | €85,00

TIME-OUT MASSAGE

This massage is a combination of ancient techniques focused on the back, shoulders and neck. The main joints are gently manipulated to release all energy blocks. The treatment ends with a relaxing head massage. Ideal for releasing stress, regaining vital energy and preventing burnout syndrome.

50 min | €85,00

PERSONALIZED MASSAGE

An à la carte treatment tailored to your wishes and needs, combined with various techniques. Recommended for specific areas of the body that require particular attention. Advice, treatment, wellbeing: our winning triad for optimal health.

50 min | €89,00
80 min | €129,00

AYURVEDA

The ancient Indian medicine 'Ayurveda' (literally meaning the science of knowledge and life), born 6000 years ago, is based on the idea that 3 DOSHA (bioenergetic principles) act in every human being: VATA, PITTA and KAPHA, representing movement, change and stability respectively. Poor nutrition, inappropriate lifestyle habits and worries can cause disharmony of the Doshas, through emotional disturbances and health problems that can be brought back into balance through Ayurvedic treatments.

ABHYANGA FULL BODY MASSAGE

The traditional oil massage is called the 'king of massages' in India. Warm oil envelops your body, head and face. You will be brought into a state of complete relaxation and lightness. This massage provides detoxification, cell renewal and strengthens the immune system.

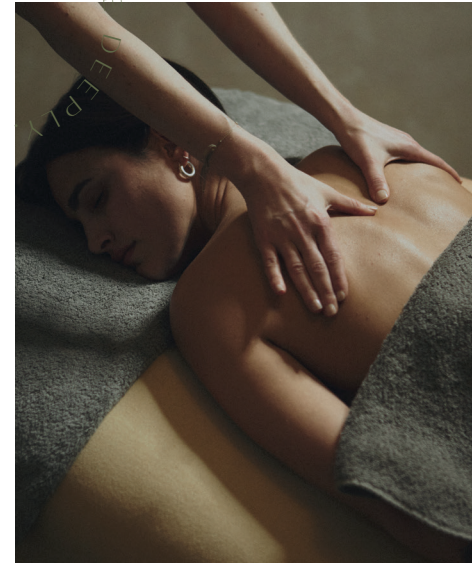
50 min | €89,00
80 min | €129,00

MUKABHYANGA

This Ayurvedic head, face and neck massage calms the central nervous system. The treatment ends with a foot massage.

50 min | €89,00

BREATHE DEEPLY. BREATHE DEEPLY.



FACIAL TREATMENTS

Choose the duration, intensity and aim of the treatment: your therapist will personalize your experience according to your requests and needs.



PHARMOS NATUR

After experiencing a facial burn, the founder of PHARMOS NATUR stepped into the incredible world of healing and rejuvenating plants. These 'sacred plants' have within them hundreds of active ingredients embedded in an abundance of biophotons (quanta of light). The Biophotonactive® in PHARMOS NATUR products activates the ingredients to trigger intense cell regeneration. Your skin will be flooded with freshness and vitality. The main protagonist of all PHARMOS NATUR treatments is the sacred aloe vera leaf. Feel the power of nature!

PHARMOS ESSENTIAL CARE

FOR ANY KIND OF SKIN

Purifying peeling, eyebrow correction, upper lip waxing, a flood of freshness with the sacred aloe vera leaf and final mask with relaxing massage.
The result: your skin will be radiant, energized and invigorated.

50 min | € 85,00

PHARMOS INTENSIVE MOISTURE

FOR ALL NEEDS WITH EXTRA MOISTURE AND RELAXATION

Purifying peeling, eyebrow correction, upper lip waxing, a flood of freshness with the sacred aloe vera leaf and final mask with relaxing massage.
During the application of the mask, you will be treated to a arms, neck or head massage. The result: radiance, vitality and freshness.

80 min | € 120,00

PHARMOS DELUXE

FOR ALL NEEDS WITH EXTRA SELF-CARE

After a relaxing foot bath, a stimulating foot massage is performed to relax the central nervous system. This is followed by a facial cleansing with peeling, eyebrow correction, waxing of the upper lip, a flood of freshness. The treatment ends with an aloe vera face mask and a massage of the face, head and neck.
The result: your skin will be healthier, fresher and rejuvenated.

110 min | € 158,00

PHARMOS EYES

A gentle massage with medicinal herbal products will pamper your eyes, providing a decongesting and smoothing effect. It reduces dark circles and prevents wrinkles, and shadows.

A final regenerating pack with fresh aloe vera gel will give you radiant eyes!

25 min | € 46,00

TEAM D^R JOSEPH

Since 1986, TEAM DR JOSEPH has been synonymous of excellent results through natural skin care. The certified organic products follow a holistic approach and contain combinations of active ingredients from different plants, which are refined using high-tech methods to ensure the best results for the skin. Aside from special myofacial massage techniques, other unique tools like facial cups are utilized. The declaration of quality and effectiveness, the plastic free policy and the respect for the climate, are for TEAM DR JOSEPH the pillars of a responsible approach to nature and its resources.

INTENSE PURIFYING FACE TREATMENT

REVEAL YOUR RADIANT GLOW

This treatment offers an intensive cleansing that deeply purifies the skin without depriving it of moisture or natural oils. Pores will soften, connective tissue will be detoxified, and the skin will be prepared to receive all active ingredients.

Resulting in a fresh, clean and even-toned skin. Ideal for all skin types.

50 min | € 85,00

CELLULAR RECREATION FACE TREATMENT

DEEP-ACTING BEAUTY TREATMENT

A treatment based on natural active ingredients, specially tailored to the needs of your skin with an immediate effect and a deeply relaxing pampering program. This effective facial treatment with modulated facial massage is adapted to the individual needs of your skin and offers visible results. Highly effective, treatment based on natural active ingredients for healthy, intensively nourished skin.

80 min | € 120,00



EXPRESS POWER LIFT FOR MEN

EFFECTIVE TREATMENT FOR MEN

High-tech natural power for men, for improved and cleansed skin. This facial treatment is the latest program designed for men. Fast-acting and effective, it guarantees clearer, cleaner skin and reduced pores - without compromising balance and effectiveness.

50 min | € 85,00

COSMETICS FROM HEAD TO TOE

FOR RADIANT EYES

Eyebrow correction	€ 18,00
Eyebrow tint	€ 20,00
Correcting + eyebrow tint	€ 28,00
Eyelash tinting	€ 22,00
Eyelash and eyebrow tinting	€ 32,00

MANICURE AND PEDICURE

Manicure with hand massage or polish	50 min € 56,00
Pedicure with foot massage or polish	50 min € 65,00
Holiday-package: Manicure + pedicure (without polish and massage)	80 min € 109,00

WAXING

Bikini zone or armpit	€ 20,00
Bikini zone and armpit	€ 35,00
Upper lip and chin	€ 20,00
Half leg	€ 45,00
Full leg	€ 59,00
Back	€ 45,00
Chest and torso	€ 45,00



TOWARDS THE SILHOUETTE OF YOUR DREAMS

INNOVATIVE ANTI-CELLULITE PROGRAMME

The “Cellulite Vitalis Massage Resonance I” program is a unique massage technique: the cupping technique in combination with powerful natural products will help you effectively and visibly reduce the signs of cellulite. The unique features of this program include a stimulating body scrub, a stimulating cupping treatment and a modulated anti-cellulite massage. To enhance the effect, we recommend combining the massage with an extra-toning algae body wrap. All-round definition!

50 min | € 83,00
with algae body wrap: 80 min | € 95,00

NATURE AND BODY WRAPS IN THE VITALIS BATH

Precious essences and essential oils are carefully applied on the body, which is then wrapped in soft towels. You will lie on a warm base and feel yourself enveloped in a cloud of micronized steam: this will open the pores of your skin, allowing the chosen treatment to penetrate effectively. This bath will give you a unique and lasting sensation.

25 min | €45,00

SWISS STONE PINE

Thanks to its antiseptic and circulation-stimulating properties, the swiss stone pine oil is a popular remedy for muscle tension and sleep disorders. It also boosts self-confidence and relieves nervous tension. Its fragrance brightens the mind, soothes the spirit and aids concentration.

MOUNTAIN PINE

Mountain pine oil is a traditional remedy against respiratory tract infections and is effective against colds, bronchitis, and all chest complaints. The body wrap can also be useful in cases of rheumatism, gout and circulatory disorders. It is also highly valued by women for its effectiveness against inflammation of the urinary tract and bladder.

LÜSNER ALPINE HAY BATH

Created according to a recipe of the Ragginer family of doctors from the Luson Valley, this mix of herbs and alpine hay stimulates circulation, purifies and detoxifies the organism, strengthens the immune and nervous system, and relieves chronic joint pain.



SALT ON MY SKIN

This detoxifying treatment gives you a soft, clean and a pleasantly scented skin. It begins with a peeling using a mixture of pure sea salts and oils, after which the body is wrapped in towels soaked in salt water. A particularly effective care experience!





EARTH

The earth element not only leads us on our way by transporting us on its soil, but also in our dreams and aspirations.

BADEHAUSSPA

The Alpine Bathhouses Quartzite and Terra in the herb garden of the Lüsnerhof were built inspired by the tradition of the Ragginer dynasty of doctors in the 18th and 19th centuries. The Alpine bathing ritual, divided into 3 phases, is a romantic and healing fairytale in full naturellness® style in a space full of niches and shelters where you can find peace through silence, stillness and harmony. The treatment and salt water grotto, as well as the saunas and relaxation areas respect the sustainable architecture of the main building.



GO WITH THE FLOW · GO WITH THE FLOW · GO WITH THE FLOW

Alpine Bathhouse Quartzite

Since you are our guest, you cannot miss the opportunity to enjoy the experience of the Alpine bathing ritual that takes place on four different floors. The atmospheric salt water grotto, the swiss stone pine sauna and the herbal distillery bring joy to the heart, leaves you a pure and smooth skin and a regenerated body.

Alpine Bathhouse Terra

The Alpine Bathhouse Terra offers a special atmosphere for deep moments of relaxation. The relaxing Aquasole sauna is one of the many inventions of the owner Franz, unique in its kind that fully reflects the naturellness® philosophy of the Lüsnerhof. In the relaxation room with its stone fireplace, the body can be dropped into the lap of Mother Earth, while the gaze wanders over the green expanses of meadows, forests and mountains.

THE RITUAL IN THE ALPINE BATHHOUSE QUARTZITE

WITH PRIVATE ACCESS TO THE SALT WATER GROTTO

Treatments with pine steam, followed by cooling with fresh alpine water were a very effective healing method during the Ragginer era. These have been modernly interpreted and further developed at the Lüsnerhof.

Thus, the bathing house ritual in 3 steps was created, allowing you to experience silence and harmony in the many cozy niches of the bathing house.



Step 1:

Enter the Swiss stone pine sauna at 45°C - good for your lungs, skin and joints.

The slowly rising humidity allows you to sweat gently while you are overwhelmed by the scent of Swiss stone pine. We recommend that you enter this sauna about 20 minutes before the time you enter the salt water grotto, so that you have time to prepare your skin by opening the pores for the salt water.

Step 2:

Let yourself float in the salt water grotto heated to 35°C and be soothed by the underwater music. You will feel your body tingle in the 15 per cent salt solution. Inside the Dolomite rock grotto, the salt crystals will have a detoxifying and regenerating effect on your skin, rheumatic complaints and muscle tension will be alleviated. In the event of a cold, healing will be faster. This moment of relaxation will give you a complete and lasting feeling of well-being.

Step 3:

Choose whether to inhale a pine and rock salt essence on infrared chairs or to find a moment of relaxation on the top floor of the attic in your favourite lounge, while enjoying a magnificent panoramic view. At the Ragginer herb distillery and tea corner, you'll discover a selection of herbal teas, organic apples, and homemade stone pine grappa. Here, we produce Lüsnerhofs own hydrolats, creams, and oils. Adjacent to the stone pine sauna, you'll also find our homemade stone pine hydrolate, perfect for rubbing on your body before entering the sauna.

SUGGESTION: The time required for the Alpine bathing ritual is at least 2 hours.

Entrance to the Alpine Bathhouse Quartzite (including the salt water grotto): €39,00

IN ADDITION TO THE ALPINE BATHING RITUAL

Partial back or leg massage in the Alpine Bathhouse Quartzite.

20 min | €36,00

Hamam massage or a full-body scrub in the Rose Quartz Bath, in the Alpine Bathhouse Quartzite: to cleanse and strengthen the skin's defenses.

20 min | €36,00

INNER PEACE . INNER PEACE . INNER PEACE .



TREATMENTS IN THE ALPINE BATHHOUSE QUARTZITE

COUPLE MASSAGE WITH AROMATIC HERBAL OILS IN THE SWISS STONE PINE STUBE

Relax and regeneration for the body and muscles, reduces stress and leads the body to recovery and healing, especially after sporting activity. This massage offers a moment of rest and wellbeing with your partner.

50 min | €85,00 p.p.

with salt water grotto: 90 min | € 105,00 p.p.

VITALPINA PACKAGE FOR COUPLES

- Peeling in the Rose Quartz Bath for 20 min. per person
(the deep cleansing regulates the function of the skin)
- Light sweating with the peeling in the Swiss stone pine sauna
- 50 min. couple massage with aromatic herbal oils
- Indulge in the luxurious amenities of the Alpine Bathhouse
- Relax in the cuddle attic

2,5 h

with entrance to the salt water grotto: € 140,00 p.p.

without salt water grotto: € 115,00 p.p.



4ELEMENTS NATURELLNESS® RITUAL

This special ritual is inspired by the four elements of earth, water, air and fire and was created especially for couples to strengthen and revalue relationships. A therapist will welcome you to the Alpine Bathhouse Quartzite.

FIRE: The ritual begins with an incense burning ritual, which has a regenerating and liberating effect on us by inhaling the active ingredients of aromatic, local herbs, resins and tree parts. A good start to letting go of burdens and creating space for something new.

WATER: In the salt water grotto, the body floats weightlessly in warm, salty water for 20 minutes, accompanied by gentle underwater music. The salt crystals on the skin have a detoxifying effect and free the body from accumulated tension.

EARTH: Afterward, we invite you to a mutual exfoliation, in our Rose Quartz Bath.

AIR: After a regenerating shower, the therapists await you for the final 50-minute partner massage.

The aim of the ritual is to increase the quintessence, to free the body from oppression and to gain new life energy from local herbs and minerals. Through the ritual you will find your way back to your inner peace and the sincere ability to give love to your fellow human beings.

2 h
until 3 pm: € 139,00 p.p.
until 3 pm: € 154,00 p.p.

HERBAL-HAY BATH IN THE BATHTUB

The SilberQuarzit® mountain hay bath with 129 different herbs, grasses and flowers is harvested by hand with the greatest care on the Burgumer pasture in the Pfitsch valley at over 2,000 metres. The tangy, spicy and floral-scented hay has a purifying, detoxifying effect on your body. It gently cleanses the skin and gives a soothing and regenerating feeling. The soothing essences are alkalizing, deacidifying and support mental awareness processes.

20 min | € 55,00



BELVITA ROMANTIC TREATMENT

This couple's treatment begins with a full-body aromatised with local flowers and herbs. Followed by a relaxing bath for two in the jacuzzi. Finally, we will pamper you with a 20-minute partner massage of your choice.

80 min | € 105,00 p.p.

SILBERQUARZIT® RITUALS

THE WAY TO FEEL SOUTH TYROLEAN ELEMENTAL FORCES



SilberQuarzit® refers to a unique stone, a valuable remnant of a primordial European sandy beach. For Kornelia Schwitzer, silver quartzite serves as a source of inspiration and the basis for developing her unique and effective rituals. Drawing on the natural healing knowledge of mountain farmers, all experiences harness the healing power of silver quartzite and incorporate regional wild herbs such as St. John's wort or yarrow to reduce stress and strengthen the immune system.

Specially developed deceleration techniques and healing sounds will leave you with a profound sense of serenity. You will breathe more calmly, think more clearly, and experience a valuable state of inner peace.

PRIMAL STONE RITUAL

YOUR PERSONAL TRANSFORMATION RITUAL

The primal stone ritual strengthens your consciousness and gives you new strength through the combination of silver quartzite, wild herb essences and a meditative incense ritual. It calms the nervous system, strengthens the immune system and makes it easier to let go while you experience a deep inner journey.

105 min | € 249,00

with bathhouse ritual: € 267,00

CLEANSING RITUAL

YOUR MOMENT OF DEEP CLEANSING AND LETTING GO

This holistic cleansing ritual has a lasting effect on body and soul. It stimulates the metabolism, energizes and strengthens you for new projects. With fragrant larch resin and mountain juniper, accompanied by primal stone chants and incense, you will reach a deeply meditative state.

105 min | € 249,00

with bathhouse ritual: € 267,00



MINERAL SPORTS DETOX

YOUR DETOX TREATMENT FOR NEW ENERGY

The unique healing clay from the Pfitsch Valley has a proven deacidifying effect on muscles and connective tissue. Warm wild herb pillows stimulate the metabolism and regenerate your body. This alkalizing experience frees your mind and soul and gives you strength and motivation.

50 min | € 160,00

with bathhouse ritual: € 177,00

SPECIAL EXPERIENCE

Book SilberQuarzit® founder Kornelia Schwitzer for a personal ritual or 1:1 coaching. A special experience to let go of the old and create space for new energy and inspiration. Your personal questions can be answered by our healing and naturopathy expert.

Coaching: 60 min | € 129,00

Ritual: 60 min | € 270,00

Ritual: 120 min | € 540,00



FIRE

The fire
element,
our passion
ignites and
illuminates
our paths.

FOREST BATHING PROMENADE

The Forest Bathing Promenade is a consciousness journey to experience a coniferous forest in secluded nature at various stations in a sensual, pure and meditative way, while warming hours of sunshine lie on the promenade until late in the evening. The journey begins at the saltwater pavilion and leads to the wildly romantic forest sauna next to the rushing Gargitt mountain-stream. The infrared gondola overlooks the edge of the forest with a view of the imposing forest hills and mountain peaks. Above the 4 elements energy platform, where yoga and Qi Gong are practiced in the summer months, the path leads to the sweat hut. Finally, you walk along the forest bathing trail to the Dolomites viewpoint, to relax on wooden loungers, attentively enjoying the sound of nature.

„Those who walk do so to open their eyes and ears and to lighten their soul.“ (Lin Yutang)





NATURELLNESS® RITUALS

*FOREST BATHING

Guided sensory journey with a final float in the salt water grotto, Forest Bathing offers a special opportunity to reduce stress, strengthen the immune system and find inner peace surrounded by the sounds, smells, colors, and tranquility of the forest.

Our Forest Bathing Ritual starts at the Bathhouses and leads along the 4Elements energy platform towards the 'Wasserle' stream ending at the Dolomite viewpoint. On the way back to the sweat hut, an herbal incense ritual invites you to sweat gently before continuing to the Kneipp treatment at the mountain stream. The final weightless float in the salt water grotto (45 min. 35°C) has a positive effect on joints and tension and brings you into a state of complete relaxation that is usually only found during a meditation or deep sleep.

An experience that appeals to all the senses and leaves you with a feeling of internal peace and renewal (from May to October).

Includes a forest bathing booklet for you to take home.

* Part of the weekly programme (extra charge)



*TEMAZCAL-SWEAT HUT RITUAL

Let yourself be guided by the breath, songs and sounds of the earth, transform your energy and experience a rebirth of your being. The 'Temazcal' or sweat hut ritual is a journey into the womb of Mother Earth. The cave made of wood, clay and stone, heated with hot rocks, allows us to purify different aspects of our being - physically, mentally and spiritually. The power of the elements in both silent and sonorous being, stories, prayers, sounds and songs as well as the sound of the shaman drum and other instruments support this magical indigenous cleansing ritual. Each sweat hut ritual is different and special, each time revealing a unique power and themed wisdom. This makes every sweat hut ceremony unique!

*SAUNA RITUAL

A special kind of guided sauna experience. The SilberQuarzit® sauna ritual is celebrated in our steam bath with high-quality silver quartzite healing clay granules and the revitalizing energy of wild mountain juniper. A completely new sauna experience that harmonizes body and mind. The 50-minute ritual is based on the following procedure: incense, juniper oil rub, silver quartzite peeling in the steam bath, liver wrap with sheep's wool and finally a cup of mountain herbal tea for holistic regeneration.

KNEIPP THERAPY

A recommendation from heart!

Although the Kneipp therapy may seem modest, there is a lot to it: the cold stimulus on the feet, legs, arms and hands has the physiological effect to contract the capillaries, wafer-thin blood vessels. This contraction promotes blood flow and circulation in the body, which has many positive effects. Your metabolism is stimulated, you feel refreshed and ready for a healthy and good night's sleep.

You will find the Kneipp path by the mountain stream next to the forest sauna.



INFUSIONS IN THE NATURELLNESS® RITUALSAUNA

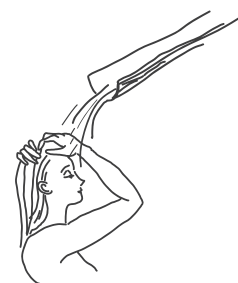
Natural healing methods, such as sauna infusions and Kneipp treatments, have been known for centuries for their revitalizing effects. In our spa, we invite you to discover the healing powers of these traditional practices.

Our sauna infusion take place several times a week and are a soothing combination of fragrances, warmth and moisture that revitalize body and mind.

ARM IMMERSION



WATER TREADING



FACIAL IMMERSION



ANKLE IMMERSION



FULL IMMERSION

SAUNA

The various sweating areas with a wide range of healing effects start in the LüsnerBadl, ending at the BadehausSpa where the Forest Bathing Promenade continues. Saunas, water areas and the many cozy corners for relaxation have been deliberately kept compact to create a harmonious space for the feeling of togetherness and comfort. The philosophy of the host family is to ensure sustainable energy efficiency in the production and consumption of heat in the saunas and water areas.



OUR SAUNAS:

SAUNAS IN THE LÜSNERBADL

- **STEAM BATH**
43°C and 80% humidity
- **BIO-SPRUCE PINE SAUNA**
60°C and 55% humidity
- **BIOSAUNA**
50°C und 60% humidity
- **MOUNTAIN CRISTALL CAVE**
38°C and 55% humidity
- **FINNISH SAUNA**
85°C and 20% humidity
- **NATURELLNESS®
RITUALSAUNA**
85°C and 20% humidity

SAUNAS IN THE BADEHAUSSPA

- **SWISS STONE PINE SAUNA IN
THE BATHHOUSE QUARTZITE**
45°C and 40% humidity
- **AQUA-SOLE SAUNA IN
THE BATHHOUSE TERRA**
37°C and 45% humidity

SAUNAS ALONG THE PATH OF AWARENESS

- **FOREST SAUNA**
70°C and 20% humidity;
by pulling the cord the temperature
goes up to 85°C
- **SWEATHUT/TEPIDARIUM**
Light sweating on the hot stone
in the cave made of wood, clay and stone.
Regular naturellness® infusions
- **INFRARED CABIN**
Relaxed sweating thanks to
infrared radiation. Supports the
treatment of the back and
joint problems

● = dress on saunas
on the ground floor
(optional)

NATURELLNESS®SPA – OPENING HOURS AND ETIQUETTE

Pools & gym / boulder (2nd floor): **from 7 am to 8 pm**
Treatments in the SPA (2nd floor): **from 9 am to 7 pm**
Yoga Shala (3rd floor) with access via the LüsnerBadl: **from 7 am to 9 pm**

Saunas:

- Saunas in the Alpine Bathhouses Quartzite and Terra, forest sauna, Infrared cabin and sweat hut: **from 7 am to 11 pm**
- Biosauna and steam bath: **from 11 am to 8 pm**
- Saunas in the LüsnerBadl and naturellness® Ritualsauna: **from 2 pm to 8 pm (from 11 am in case of bad weather)**

CONSULTATION & APPOINTMENTS:

The naturellness®SPA team is available for personalized consultation. You can book your treatment at the (SPA) reception. Please inform us in case of pregnancy or if you have any medical conditions such as high blood pressure, heart disease, etc.

YOUR TREATMENT:

In order for your therapist to prepare the best way possible we kindly ask you to arrive at our spa reception in your bathrobe 5 minutes before your appointment. During the treatment, we cater for your individual wishes.

CANCELLATIONS:

Please inform us of any changes or cancellations within 24 hours prior to your appointment. Cancellations within 24 hours will be charged with the full amount of the treatment.

TEXTILE ZONE:

Access to the saunas on the ground floor is also permitted in bathing clothing if preferred. Whirlpool no. 3 and the garden area on the ground floor belong to the textile area.

NUDIST AREA:

This area includes all saunas (except those on the ground floor), as well as the terraces with loungers on the left side of the pond, opposite the herb garden.

RELAXATION ZONES:

Enjoy moments of silence and relaxation. We ask you to be respectful towards other guests and to avoid using your mobile phone in the SPA area. Calls and photos are not permitted.

RESERVATION OF SUNBEDS/LOUNGERS:

Please do not leave your towels or bags on the lounge if you leave it for more than 30 minutes. It is not permitted to occupy loungers for a longer time in order for all guests to find a cozy corner in the relaxation areas.

TOWELS:

Out of respect and protection of the environment, we ask you to use the SPA towels sparingly. The towels in your room will be replaced daily. Additional sauna towels are available at the SPA reception.

CHANGING ROOMS AND LOCKERS:

Would you like to spend a few extra hours in the naturellness®SPA on your day of departure? Contact the reception for your 'late check-out'. On the ground floor you will find changing rooms with showers, WCs and lockers.

RETREATS AT THE NATURHOTEL

SPECIAL OPPORTUNITIES FOR SELF-REFLECTION,
REGENERATION AND DEEPENING INNER PEACE.

Throughout the year, the Lüsnerhof organizes various retreats that offer a holistic experience for body, mind and soul. A time out in nature, in the mountains, where you can connect with your true self and find new inspiration.

Our retreats include a variety of activities including yoga sessions, breathwork, meditation, coaching and shamanic practices aimed at balancing the energy flows in the body and deepening the spiritual connection.

You can find out all the information on our website.



