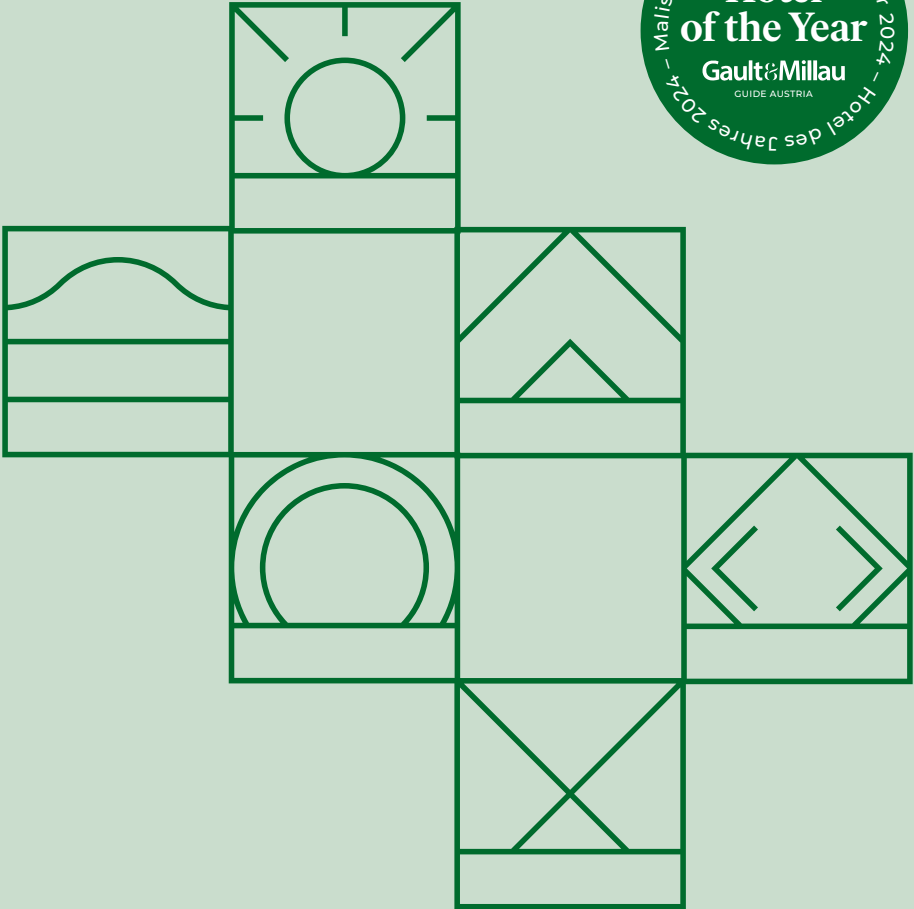


# MalisGarten<sup>®</sup>

Green Spa Hotel



Valid as of January 2025 | EN

ZillerSeasons

# ZillerSeasons

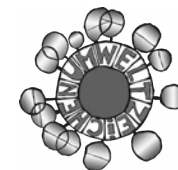
Luxury Hotel Collection

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



Share your experience

- @zillerseasons
- @malisgarten
- @das.post.hotel
- @gutstiluppe
- @hochleger



Luxury Hotel Collection



**Longevity.**  
**With the power**  
*of nature.*



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## Place of power and relaxation: Herbarium Spa

Perhaps you are familiar with this saying: *modern man has a watch; earlier man had the time.*

And there is some truth to that because we often forget to take time for ourselves due to the hectic pace of everyday life.

*When did we forget how important it is for our well-being to ground ourselves and connect with nature?*

Nature doesn't need any likes, or e-mails, or meetings. It is enough for itself. During your vacation at MalisGarten, you can connect with this elemental force.



Read the Herbarium Spa menu conveniently on your mobile device.



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- 78



ZILLERSEASONS LUXURY HOTEL COLLECTION - 82



PARTNERS  
- 88

Holistic and oriented for your pure enjoyment from head to toe: In MalisGarten, the natural power of herbs reinvigorates you from the inside out.

Whether in the gourmet kitchen or in the Green Spa: the effect of the plants, based on the herbalism of traditional European medicine, provides well-being in every cell of the body.

With each step, you will immerse yourself deeper in a world of pure enjoyment that is rooted in nature: the many botanical treasures in and around MalisGarten, the herbal worlds in harmony with nature, and the biospheres that serve as places of power in the Zillertal restore balance to mind and body.

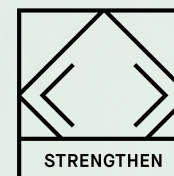


## Herbal power tailored to individual needs

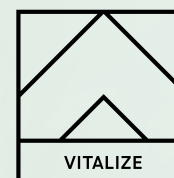


Whether you seek fortification, revitalization, harmonization, or calming, is crucial in determining which herbs can provide the best support for your specific phase of life.

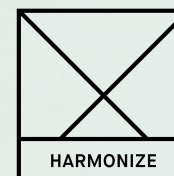
Choose from the various therapeutic fields to decide which one is suitable for your treatment. This way, we harness the unique, carefully selected herbal powers that are tailored specifically to you, enriching your experience to the fullest.



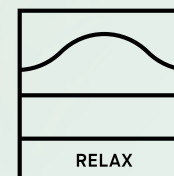
With their stimulating effect, our **"bringers of strength"** enhance ability and vitality: an activating panacea.



With their soothing power to nourish, the **"bringers of protection"** care for the skin and hair and strengthen the entire body with their tonic effect.



The subtle fragrances and harmonizing formulations of the **"bringers of love"** are balancing and create energizing moments that bring peace.



With their gentle power, the **"bringers of comfort"** such as mallow, melissa, and valerian provide for deep relaxation and bring mind and body into balance.



## Early glow and relax special

Start your day with soothing treatments for the whole body – from head to toe. Our early glow and relax specials are a treat for body and soul. Take advantage of this special opportunity to start the day feeling invigorated!

Daily, 10:00 am to 2:00 pm.  
Please book in advance.

### Early glow and relax specials:

- refreshing facial treatment | 20 min
- foot massage | 20 min
- foot reflex zone massage | 20 min
- back-head-neck | 20 min
- body wrap | 20 min
- body peel | 20 min

### Choose your treatment:

per treatment | 49





## Cryotherapy



LONGEVITY 

–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.

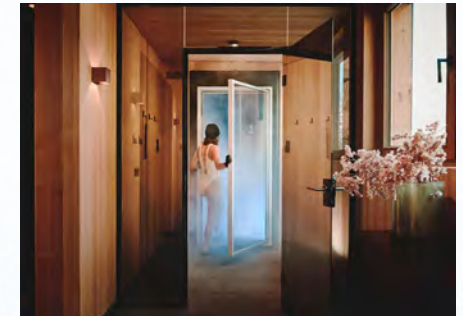
Our spa experts provide you with a hat, gloves, a face mask, and maintain visual contact with you during the cryotherapy treatment. Upon request, you can receive your personal access to the free app, where you can view your calculated treatment duration and repetition.

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 cold 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)



Kältekabine

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.





## Facial treatments for *her* and *him*

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:

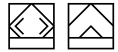
- skin diagnosis
- cleansing
- peel
- active agent serum
- deep cleaning or short massage of face and neck
- facial mask
- application of care products

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 | 104  
80 min | 152



### *Skin-tightening rejuvenation treatment*

Discover the power of rejuvenation through natural avellana oil serum and aloe vera fresh plant leaf application. The anti-aging oil strengthens the connective tissue. Collagen improves skin density. Your skin becomes firmer and smoother. Fine lines are reduced. This treatment gives you a pleasant sensation and soft, youthful-looking skin.

80 min | 156



### *Relaxation treatment*

A revitalizing care oil made from black sesame calms and protects sensitive skin. Organic aloe vera juice provides intense moisture and has a cooling effect. The result? Visibly soothed skin. Ideally suited for sensitive, stressed, and irritated skin.

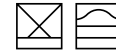
80 min | 156



### *Detox treatment*

This facial treatment relies on the natural ingredients of the valuable babaco papaya and the mountain papaya. These have a detoxifying and cleansing effect. The sebum production of your skin is regulated. A skincare oil made from sesame, juniper, immortelle, laurel, and cypress is a true blessing for stressed skin.

80 min | 156



### *Balance treatment*

Your skin is revitalized with a refreshing moisturizing spray. Aloe vera and tulsi oil moisturize and have an anti-inflammatory effect. A regenerative skincare oil protects the skin and promotes cell protection. This soothing treatment cleanses impure skin down to the deep layers.

50 min | 109

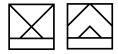


### *Eye treatment*

Experience our soothing treatment designed specifically for the eyes. Signs of fatigue, swelling, and tension are effectively addressed. Dark circles and bags under the eyes are reduced. For a refreshed appearance and radiant eyes.

20 min | 52

Face



## *Revitalizing moisture treatment*

Pamper your skin with an intense freshness boost. Nourishing organic rose oil with natural antioxidants promotes skin regeneration and cell protection. Elasticity is increased. A rich moisturizing cream has a pleasantly cooling effect, leaving the skin soft. Ideal for dry skin in need of moisture.

50 min | 109

Face











## Lash lift

Our effective lash lift results in longer, thicker eyelashes. Proteins, vitamins, and keratin-rich care products vitalize the eyelash structure. Lip and eye care products, which are based on pure natural cosmetics, provide harmonizing, soothing relaxation. The eyelash lift includes lash lamination, lip and eye care, and a short hand or foot massage.

Can be booked in addition to any treatment.

60 min | 82



Aloe vera fresh plant leaf

TIP

## The effective essence of *aloe vera*



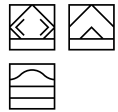
The aloe vera plant is considered one of the oldest medicinal plants thanks to its health-promoting active ingredients. It protects the skin and ensures a healthy complexion.

The gel of aloe vera supports the plant in its own healing process by reducing and sealing injuries to its leaf. Due to its rich content of minerals, vitamins, and antioxidants, the gel of the desert plant, when applied to the skin, has the following effects:

- + soothing
- + strengthening
- + moisturizing.

We use precious organic aloe vera in numerous facial and full-body treatments. Feel free to ask us about it – we are happy to advise you.





## Face and back treatment

A nourishing boost during your well-deserved relaxation time. Following a gentle cleansing, an intensive massage with the soothing aloe vera plant leaf and an effective mask are applied.

50 min | 104

## 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.

<b>Eyelash coloring</b>	15 min   25
<b>Eyebrow tinting</b>	15 min   19
<b>Eyebrow shaping</b>	15 min   19
<b>Complete eye area according to your wishes</b>	25 min   45
<b>Hair removal with warm wax:</b>	
• upper lip/ face	15 min   19
• individual face parts or body parts	25 min   45
• large parts of the body	40 min   67



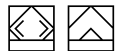




## Visible *skin tightening* without invasive intervention

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:

<b>Facial treatment</b>	<b>50 min</b>	1 session		134
		3 sessions		352

<b>Jawline treatment</b>	<b>30 min</b>	1 session		85
		3 sessions		225

#### Face and décolleté (tightening treatment)

<b>80 min</b>	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:

<b>Facial treatment</b>	<b>50 min</b>	1 session	128
		2 sessions	228
<b>Face and décolleté</b>	<b>80 min</b>	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

## Manicure, pedicure, foot bath

Our care programs and relaxing hand and foot baths ensure well-groomed hands and feet. We enjoy pampering both ladies and gentlemen with a manicure and pedicure, including a hand and foot massage.



### *Manicure*

Nourishing and pampering treatment for the hands. A hand bath pampers the skin. Nails will be cut and shaped according to your wishes, and the cuticles will be treated. With the application of relaxing cream, we achieve a well-manicured appearance. Finally, we pamper you with a short hand massage.

50 min | 82



### *Podiatric pedicure*

Nourishing and pampering treatment for the feet. After a soothing foot bath, the nails will be cleaned and shaped according to your wishes. Cuticles and calluses will also be treated. The application of cream results in refreshed, well-manicured feet. The concluding short foot massage creates relaxing moments of well-being.

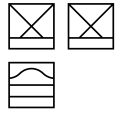
50 min | 82

### *Painting and polishing nails*

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.

- **Selection of the individual favorite color and paint finish** 10 min | 15
- **Shellac after the manicure or pedicure** 25 min | 42
- **Removing shellac before the manicure or pedicure** 25 min | 39
- **Removing shellac and repainting** 30 min | 60





## *Ionic detoxification foot bath*

**Those who have tried it love it:  
the alkaline electrolysis foot bath.**

The ionic detoxification foot bath gently activates a variety of basic functions in the body. Basically, it sends out stimulation that helps the self-regulation processes of the body find balance. The alkaline electrolysis foot bath is the only known method through which uric acid can be directly eliminated through the soles of the feet.

It can trigger the following reactions, among others:

- + **reduction of acidosis**
- + **toxins and free radicals are eliminated and neutralized** more easily
- + **detoxification** of the body and **diuretic effect**
- + **organ activity** is strengthened
- + **metabolism and performance capability** are increased
- + **sleep and mood disorders** are improved

During the electrolytic process, the salt water solution may take on an intense color. In general, the degree of coloration tends to increase at first over the series of treatments, but the color may decrease again at the end.

The alkaline electrolysis foot bath is well-suited for people of all ages, even for children (not suitable during pregnancy, breastfeeding, chemotherapy, with organ transplants, fever, acute kidney problems, or open wounds on the feet).

### **Treatment recommendation:**

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

<b>40 min</b>	1 session		72
	2 sessions		129
	3 sessions		185

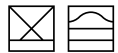


Ionic detox foot bath

SPECIAL

## Treatments for him

All of our treatments are, of course, suitable for all genders. Our special treatments for gentlemen are specifically tailored to the needs of men's skin.

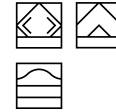


### *Manicure and pedicure*



A care program for stressed hands and feet. Nails are shaped and groomed, cuticles are removed. Finally, you will be pampered with soothing care including a hand and foot massage.

80 min | 119



### *Face and neck treatment*

A mental boost of freshness and well-deserved relaxation time. Relax with a back and neck massage. With the lifting mask, and the anti-stress balm, this treatment calms your facial skin.

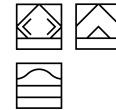
50 min | 104



### *Refreshing facial treatment*

The invigorating neck massage, the mask, and the tightening eye serum create a relaxing balance with a noticeable effect. Natural high-tech power for men. Lively and invigorating for an immediately fresh appearance.

20 min | 56



### *Unique body and facial treatment*

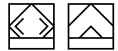
A soothing massage of the back, neck, arms, and hands calms the mind and body. The facial treatment with cleansing, peel, and massage is complemented by a lifting mask, and care products. The result is a strong, dynamic feel and fresh, relaxed appearance.

80 min | 152





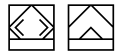
## Massages



### Relaxing massage

A massage tailored to your needs. Enhancing well-being and relaxation, or invigorating your muscles are the focal points. Using natural care oil or effective lotions and various massage techniques, we customize the treatment according to your preferences and needs.

<b>Partial-body massage</b>	20 min   55
<b>Full-body massage</b>	50 min   95
<b>Full-body massage</b>	80 min   142



### 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 | 49
- 45 min | 104
- with rest period

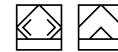


### Foot reflex zone massage



The reflex zones in the foot affect the entire body. This type of massage has a positive effect on the physical and energetic levels of the body as well as the organ system. The perfect good deed for tired and exhausted legs.

20 min | 52

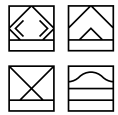


### Sports massage

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 | 108



### Individual massage

With us, you are the center of attention! Our individual massage gives you the freedom to get exactly what you need. You decide which areas of the body you want to be treated and how intensive the massage should be. Whether you feel tension in your neck, are looking for relief in your back or simply want to enjoy a relaxing treatment – we cater to your every wish.

Our experienced masseurs listen attentively to your body and adapt the treatment entirely to how you feel. Relaxation, loosening up or simply a moment of peace – with us, your massage will be a very personal experience.

50 min | 109

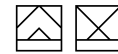


### Manual lymph drainage

Lymph drainage removes blockages and has a diuretic effect on the entire body. It unburdens the connective tissue and strengthens the body's own immune system. It takes tension away from the muscles, removes lactic acid, and makes the muscles more capable and efficient. For a light and fluid physical feeling.

Ideal in the morning to support the natural metabolic rate of the body.

50 min | 106



### Back and feet combo

A powerful combination to relieve tension. Regain strength with a soothing, intensive back massage. The following foot reflex zone massage vitalizes the entire body.

You will feel strengthened and full of energy.

50 min | 106



### Foot massage

**Our feet often get neglected.**

They support us on active days in splendid nature. After skiing or hiking in the beautiful Zillertal, there is nothing more wonderful than recharging your batteries and letting yourself be pampered with a soothing foot massage.

20 min | 49





## *Kinesio taping*

A good deed for the body but not a massage in a classic sense. The application of elastic, breathable Kinesio tape made of cotton alleviates pain, promotes circulation, and stimulates metabolism. For improved muscle function and mobility!

Ideal in combination with or after a massage.

10 min | 27

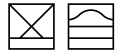








## Holistic massages



### Hot stone massage

This deeply relaxing massage method is very effective for the entire body and contributes to well-being. The energy centers of the body are treated in combination with warm stones and herbal oils. The targeted placement of warm stones dissolves energy blockages along the energy pathways. Tension is alleviated to create a state of complete and pure relaxation. You will feel strong and full of energy.

**Full-body massage**

50 min | 119

**Full-body massage**

80 min | 162



ZillerSeasons pine massage



### SPECIAL: SIGNATURE MASSAGE<sup>®</sup> *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 | 178



## Herbal stamp massage

A special massage technique with pressing and tapping techniques and warm herbal stamps. The massage loosens the muscles. You will gain new energy from the natural ingredients of the herbal stamps. The metabolism will be stimulated and fascial adhesions gently dissolved. Directly feel the physical relaxation.

+ Together with our spa experts, you choose your personal favorite scent before the massage begins. The selected essence indulges your senses during the pleasantly warming herbal stamp massage. Our self-made room fragrances, crafted from delightful herbs fresh from our herb garden, are free from any additives. For your me-time at home, we gift you your personal herbal hydrosol.

### Choose the duration of your treatment:

50 min | 125

80 min | 174



Herbal stamp massage



### *Ear candling and facial lymphatic drainage*

This is a draining and cleansing treatment for the ears and nasal cavity. It is especially beneficial for blockages and congestion in the facial area. Take a deep breath!

50 min | 109



Ear candle application



### *Detoxing - cupping fascia application*

The massage uses special techniques to stimulate the fasciae. The fascia application releases tension in the connective tissue. It stimulates blood circulation, relieves muscular tensions and frees the fasciae from adhesions. The overall mobility of the body and well-being improve considerably. For a higher level of performance and a deep feeling of muscle and body mobilization.

50 min | 119



### *Aromatic candle massage*

The warm natural oils from natural candles and their pleasant aromas form the basis of this relaxing massage. Choose your own personal fragrance and its effect. The special oil will give your skin a velvety soft feel. Tension in the muscles will be dissolved, and your mind will be calmed. Enjoy pampering for even more joie de vivre.

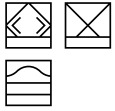


+ For warming moments of pure wellness at home, we will gift you with the candle you selected.

**Choose the duration of your treatment:**

50 min | 125

80 min | 174



## Honey massage

The various components of honey penetrate deep into the skin, aiding in the removal of old toxins and residues from the tissue. Honey massage strengthens the immune system, dissolves adhesions in the connective tissue, and has a positive impact on the nervous system. This massage technique is vigorous and intense. The activating pulling movements with the palm provide an exfoliating effect, detoxification, and elimination of impurities. Your skin becomes pleasantly soft thanks to the honey, and the entire body is revitalized and invigorated.

### Determine the duration for your treatment:

50 min | 119

80 min | 162



## Prenatal massage

### Gentle massage in side position

Can reduce muscle pain, increase awareness of postural issues, prevent edema, improve blood and lymph circulation, help reduce water retention, activate the parasympathetic nervous system, may enhance placental blood flow, and provides emotional support.

The time of pregnancy is a particularly intense phase during which the maternal body faces unique challenges.

A prenatal massage, performed in a side-lying position, can help support the changes in the body and provide inner relaxation for both mother and baby.

Supported by a side-lying pillow, this special form of massage is tailored to the needs of expectant mothers. It combines various techniques derived from classical massage, lymphatic drainage, trigger point therapy, stretching techniques, and elements of traditional Chinese medicine. Contraindicated acupuncture points and massage techniques are completely avoided.

Tailored oils addressing specific needs nourish the skin and help prevent stretch marks. The goal of the treatment is harmonization and relaxation. Gentle, connecting, and sweeping touches and strokes are applied. The massage is customized to the mother's individual needs.

### Determine the duration for your treatment:

50 min | 109

80 min | 162



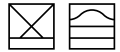


“If you look closely,  
you can see that the  
*whole world is a garden.*”





## Wellness treatments & full-body treatments



### *Detox – Full body treatment*

Treat your body to a soothing detoxification with babaco papaya and mountain papaya. Through effective activation of the lymphatic system, toxins in the body are systematically eliminated. Congestions and skin swellings are relieved. Precious plant essences and organic aloe vera activate the metabolism, regulate the sebum production, and firm the connective tissue. Cellulite is reduced.

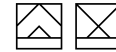
80 min | 174



### *Balance – Full body treatment*

Find peace and relaxation. This soothing treatment with organic aloe vera and tulsi oil indulges the senses and provides deep relaxation to your skin. Redness of the skin is reduced. This treatment refreshes, invigorates, and has anti-inflammatory effects. The harmonizing oil calms sensitive skin and promotes cell protection. An aloe vera fresh plant leaf application is included in the treatment.

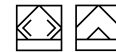
80 min | 174



### *Moisture – Full body treatment*

The healing exfoliating cream, the aloe vera plant leaf, and fresh aloe vera juice provide intense moisture and remove excess skin flakes. An ideal freshness boost for dry, dehydrated skin.

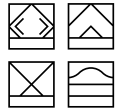
80 min | 174



### *Rejuvenation – Full body treatment*

Soothing care for dry, mature skin. Revitalizing oil from black sesame seeds and refreshing citrus oils invigorate the skin. An anti-aging balm with aloe vera, argan oil, and hyaluronic smooths wrinkles and tightens the skin. The protective, regenerating effect ensures a pleasant feeling of well-being. The result is visibly rejuvenated, smoothed skin.

110 Minuten | 208



## Body peel

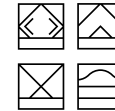
An invigorating and deep-reaching experience. A peel involves a gentle renewal, opening up and letting go. It brings forth natural, new energy. Rediscover yourself and blossom. For a clear and radiant complexion.

### Choose your desired focus:

- + **strengthening** peel with herbal oil and salt
- + **recharging** peel with pine
- + **vitalizing** peel with birch
- + **balancing** peel with honey-ginger
- + **relaxing** peel with lavender

The cleansing and stimulating effect of a peel is the ideal preparation for a massage or body wrap. By opening the pores, the active ingredients can unfold better.

20 min | 49



## Body wrap

Body wraps strengthen and promote health. They can improve the complexion, dissolve tension, and harmonize the flow of energy in the body. Enjoy valuable essential oils and high-quality plant extracts. For a nourished complexion, relaxation, and well-being.

### Choose your desired focus:

- + **strengthening** soft & silky cream with herbal oil and salt
- + **recharging** soft & silky cream with pine
- + **vitalizing** soft & silky cream with birch
- + **balancing** soft & silky cream with honey-ginger
- + **relaxing** soft & silky cream with lavender

20 min | 49



## Alkaline leg wrap

Alkaline leg wraps are used to remove acids from the skin and to bring the acid-base balance into equilibrium. The metabolism is activated, the immune system is stimulated and you feel refreshed. The skin is soft and rosy afterwards and the complexion becomes clear. During the treatment time, you can enjoy our care with an individual massage.

35 min | 62



## Enjoying togetherness



### *MalisGarten couple ritual*

#### A memorable shared experience

Enjoy a pampering aromatic candle massage together, side by side. Experience relaxing hours by candlelight in our cozy oasis of tranquility – a place of relaxation and happiness. Your personal retreat for well-being.

#### In this ritual, we pamper you with:

- sweet delicacies from the Eden Patisserie
- two glasses of ZillerSeasons Sparkling
- an aromatic candle massage for two

Monday to Thursday      90 min | 299

Friday to Sunday         90 min | 309

+ For warming moments of well-being at home, we gift you the selected aromatherapy candle.



### RECOMMENDATION

Almost all treatments from our spa menu can be experienced together in the couple's room. Please feel free to ask us about it – we are happy to advise you.



Garden sauna









# Fitness training



## 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.

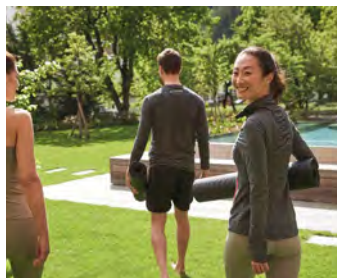
60 min | 108



## 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

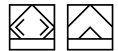






Studio (movement room)  
MalisGarten Green Spa Hotel





## Facial yoga

Facial yoga is a wonderful method to relax the face, tighten the skin and stimulate the muscles in a natural way. It is a gentle practice that not only improves the external appearance, but also contributes to inner balance and relaxation. Through exercises that activate the facial muscles, tensions are released and blood circulation is stimulated – for a fresh, vital complexion and a noticeably relaxed feeling.

Facial yoga offers according to the weekly program.



## ZillerSeasons Weekly program

You can find our current weekly program in our digital guest folder: [malisgarten.zillerseasons.at/en/](https://malisgarten.zillerseasons.at/en/)

With numerous offers such as relaxation training, infusions, guided hikes, ski days, Pilates etc.



SKI GUIDE <sup>📄</sup>



HIKING GUIDE <sup>📄</sup>



BIKE GUIDE <sup>📄</sup>



ZillerSeasons hiking guide

### Movement room (studio)



Whether fascia training, yoga, Pilates or classic gymnastics exercises – our light-flooded studio offers you space to work out & relax. Walnut wall bars, TRX bands, exercise balls, exercise mats, yoga straps and yoga blocks are at your disposal.

### Fitness room with outdoor area



Our fitness room has the following equipment: cross-trainer, functional-trainer, treadmill, rowing machine, ergo bike, rings, wall bars, leg curl machine, smith machine, leg extension, guided barbell bar, various dumbbells and much more. You can train here 24 hours a day.



Outdoor area, fitness room



### Outdoor sports facilities

Enjoy the numerous sports opportunities in the Zillertal and recharge your energy.







## Day spa packages

### *Comfy and cozy in the Herbarium Spa*

- Day spa admission including rental spa bag with towels for the stay
- Cozy ZillerSeasons bathrobe and bath slippers for the stay
- An indulgent breakfast with a large buffet selection, freshly made dishes from the kitchen and an extensive drinks menu
- Or a deliciously light lunch of the chef's choice in 2 courses (excl. drinks)
- **20 minutes partial body massage** (bookable subject to availability between 10:30 am and 2:30 pm)
- Use of the tea bar and snack bar
- Free participation in our infusions (subject to availability)

**Monday to Thursday**

135 | for two 260

**Friday to Sunday**

145 | for two 280

### *Flourishing time in the Herbarium Spa*

- Day spa admission including rental spa bag with towels for the stay
- Cozy ZillerSeasons bathrobe and bath slippers for the stay
- An indulgent breakfast with a large buffet selection, freshly made dishes from the kitchen and an extensive drinks menu
- Or a deliciously light lunch of the chef's choice in 2 courses (excl. drinks)
- **50 minutes full body massage** (bookable subject to availability between 10:30 am and 2:30 pm)
- Use of the tea bar and snack bar
- Free participation in our infusions (subject to availability)

**Monday to Thursday**

175 | for two 340

**Friday to Sunday**

185 | for two 360

### *A small break in the Herbarium Spa*

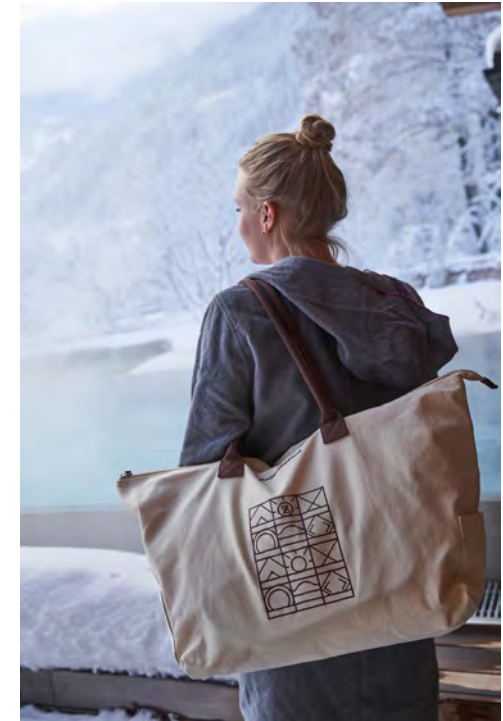
- Day spa admission including rental spa bag with towels for the stay
- Cozy ZillerSeasons bathrobe and bath slippers for the stay
- An indulgent breakfast with a large buffet selection, freshly made dishes from the kitchen and an extensive drinks menu
- Or a deliciously light lunch of the chef's choice in 2 courses (excl. drinks)
- Use of the tea bar and snack bar
- Free participation in our infusions (subject to availability)

**Monday to Thursday**

105 | for two 200

**Friday to Sunday**

115 | for two 220



### SUSTAINABILITY

OUT OF RESPECT FOR *Mother Nature*

If you bring your cozy slippers from home, you help us avoid waste and protect the environment. We greatly appreciate it.

## 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!**



## Spa etiquette

### *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 treatment in advance at [herbarium-en.zillarseasons.at](https://herbarium-en.zillarseasons.at), via email at [spa@zillarseasons.at](mailto:spa@zillarseasons.at), or by phone at **+43 5282 2236 2010**.

**Prices subject to change.**

### *Enjoyment for two*

Ask about treatments that you can enjoy as a couple in our partner cabins. Please let us know if this is something you would like when making a booking so that we can reserve it for you.

### *Treatment duration*

The specified treatment times include the greeting and farewell from our staff as well as the relaxation period after the treatment in order to allow for an unhurried, carefree experience. We therefore ask that you register at the spa reception desk ca. 10 minutes prior to the beginning of your treatment. Out of respect for the guests after you, we ask for your understanding that for a late arrival, your treatment time will be correspondingly shortened. In order to cater to your individual preferences, we will inquire about your personal preferences before the beginning of the treatment.

### *Cancellation*

Please let us know in advance if you are unable to keep your appointment. You can cancel your appointment for free up to 24 hours in advance. In case of later cancellation, however, we must charge 100% of the treatment price. If you have booked one of our arrangements, you can read the corresponding cancellation conditions in our terms and conditions at [www.zillarseasons.at/en/general-terms-conditions](https://www.zillarseasons.at/en/general-terms-conditions).

### *Clothing*

Freshly showered and in comfortable clothing or in a bathrobe and slippers, you will be perfectly dressed and ready for your spa visit. During your treatments, we will provide you with appropriate coverings.

### *In addition...*

Most guests are looking for peace and quiet in our spa area. Please leave your cell phone outside so that you can truly relax and enjoy your time here with us.

### *Pool, relaxation rooms, sauna area, and garden*

For use of the pool and relaxation rooms, we kindly ask you to wear swimwear. Please note that we offer nude areas in our sauna facility. The MalisGarten spa is exclusively reserved for adults.

### *Fitness area*

In the fitness area, we kindly ask you to wear athletic shoes and appropriate sportswear.

### *Appointment*

If you did not schedule an appointment, we will plan for your treatment during the timeframe of your stay (arrival day from 3 pm/ departure day by 11 am). If you should arrive after 3 pm, please inform us at T. **+43 5282 2236 2010**.

### *Opening times*

<b>Spa reception</b>	09:00 am – 07:00 pm
<b>Spa treatments</b>	10:00 am – 07:00 pm
<b>Sauna 1st floor</b>	11.00 am – 09:00 pm
<b>Garden sauna</b>	3:00 pm – 09:00 pm
<b>Pool summer</b>	07:00 am – 8:00 pm
<b>Pool winter</b>	2:00 pm – 7:00 pm
<b>Fitness room</b>	24/7



# ZillerSeasons

Luxury Hotel Collection





## ZillerSeasons

### Luxury Hotel Collection

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

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

Please book your treatment in advance at [herbarium-en.zillarseasons.at](mailto:herbarium-en.zillarseasons.at), via email at [spa@zillarseasons.at](mailto:spa@zillarseasons.at), or by phone at +43 5282 2236 2010.



MalisGarten Green Spa Hotel

## Z 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/](https://dasposthotel.at/en/boutique-spa/wellness-spa/)

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

## Z GutStiluppe



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 a 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 tranquillity 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/](https://stiluppe.at/en/stilupper-spa/stiluppe-spa/)

Here you will find the spa menu, Gut Stiluppe for download.





Luxury chalets & unique TreeLofts



Wellness area with 3 whirlpools, 2 saunas & bathing biotope



Relaxation rooms & Swiss stone pine massage room



Martinerhof-Reme with hay beds



Natural active ingredients and certified natural cosmetics



### Hideaway on the mountain

Enjoy the peace and tranquillity of our luxuriously furnished chalets and TreeLofts at 1,054 m above sea level. Each chalet is built with regional woods and equipped with an open fireplace and antique furniture. The hip tree houses combine a very special way of living with a magnificent view of the valley.

The spa area at HochLeger awaits you with a Swiss stone pine sauna, mountain sauna, bathing biotope and various whirlpools.

Enjoy pure relaxation high above everyday life!



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

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



## Our partners

SKIN**things**<sup>®</sup>

The SKINthings<sup>®</sup> 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<sup>®</sup> relies on modern, effective ingredients. The highest possible tolerability is an absolute must for SKINthings<sup>®</sup>. SKINthings<sup>®</sup> stands for vegan, cruelty-free active cosmetics combined with effective, instrument-based support.



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.



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.





”Nature  
has to  
be *felt*.”





# ZillerSeasons

Luxury Hotel Collection

RELAX



HARMONIZE



VITALIZE



STRENGTHEN



MalisGarten – Green Spa Hotel | Rohrerstraße 5 | 6280 Zell | Tyrol | Austria

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