Herbarium

Green Spa

Valid as of March 2022

SALBEI

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.

Browse through the spa menu on your cell phone: herbarium-en.zillerseasons.at

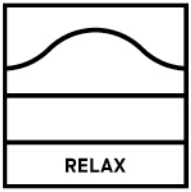
Herbal power for skin and hair

High-quality phytoessences reach their fullest potential and take effect in the form of natural hydrolates and essential oils in the Herbarium Spa.

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**.

Individual facial treatment

Take time for your yourself and experience what it means to rediscover your inner composure and satisfaction. Learn to feel good in your own skin. You will shine from the inside out.

Flourish – 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!

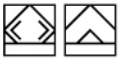
Choose the desired effect of your treatment from the following results:

- calming and strengthening
- moisturizing
- clarifying and reducing
- vitalizing and regenerating
- oil and 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, and 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

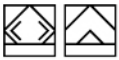
Determine the duration of your treatment
50 min | € 86 80 min | € 128



Cellular Recreation Face Treatment

Natural, active care ingredients, specially tailored to the needs of your skin, support this deeply relaxing, pampering treatment. After an in-depth skin diagnosis, an ideal combination of active ingredients will be prepared and combined with a highly effective herbal serum, a face massage, and an intensive mask for a deep-reaching effect. This treatment results in a healthy, nourished radiance.

80 min | € 128



Advanced bio lifting

The ultimate holistic program: experience a unique beauty treatment. This intensive treatment with pistil lifting massage supports the natural capability of your skin to self-regulate. Through the use of natural high-tech products such as the lifting serum and mask, your skin will be visibly smoother, refreshed, and radiantly beautiful.

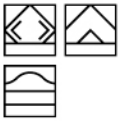
110 min | € 168

Lymph-stimulating massage

We recommend the lymph-stimulating facial massage for tired, pallid skin. This especially light massage supports the dissolving of blockages in the lymph system with stroking, pulling, and pumping massage techniques for deep relaxation of the autonomous nervous system and strengthening of the immune function. The result of this treatment is a sense of lightness and vibrancy.

25 min | € 45

Facial treatments



Face and back treatment

A mental boost during your well-deserved relaxation time. Unwind with a back and neck massage. With the lifting mask, ampoule of active ingredients, and the anti-stress balm, your facial skin will look relaxed and can breathe. This is an intense source of strength for a fresh start. For dynamic freshness as well as a relaxed radiance.

50 min | € 86

Beauty extras

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

Eyelash coloring	15 min | € 19
Eyebrow tinting	10 min | € 12
Eyebrow shaping	10 min | € 12
Complete eye area according to your wishes	25 min | € 39

HAIR REMOVAL WITH WARM WAX

Upper lip/face	10 min | € 12
Individual face or body parts	25 min | € 39
Large parts of the body	40 min | € 54

Hands and feet

Manicure

Nourishing and pampering treatment for the hands. A hand bath pampers the skin and the peel that follows renews it. 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.

50 min | € 72

Pedicure

Nourishing and pampering treatment for the feet. After a soothing foot bath with invigorating peel, 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.

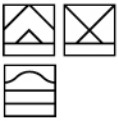
50 min | € 72

Nail polish

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

Selection of individual color	10 min | € 12
Gel polish after a manicure or pedicure	25 min | € 37
Removal of gel polish prior to a manicure or pedicure	25 min | € 32

Hands and feet



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 and achieve the following results.

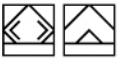
- Reduction of acidosis
- Toxins and free radicals are eliminated and neutralized more easily
- Detoxification of the body and diuretic effect
- Organ activity is strengthened
- Metabolism and performance capability are increased
- Sleep and mood disorders are improved

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

Best suited for people of all ages, even children.

40 min | € 69

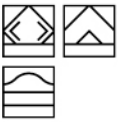
For men



Refreshing facial treatment

Strong – natural, effective! The invigorating neck massage, the mask, the tightening eye serum, as well as the ampoule full of active ingredients create a relaxing balance with a noticeable effect. Natural high-tech power for men. Lively and invigorating for an immediately fresh appearance.

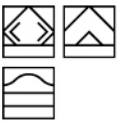
25 min | € 45



Face and neck treatment

A mental boost of freshness for well-deserved relaxation time. Relax with a back and neck massage. With the lifting mask, the ampoule of active ingredients, and the anti-stress balm, this treatment calms your facial skin so that it can breathe. It is an intensive source of strength to give you a fresh start. For a dynamic freshness and relaxed radiance.

50 min | € 86

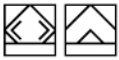


Unique body and facial treatment

In a life full of experiences, you need sources of strength for new energy. 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, ampoule of active ingredients, and care products. The result is a strong, dynamic feel and fresh, relaxed appearance.

80 min | € 128

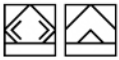
Massages



Relaxing massage

A massage tailored to your needs. The focus of this massage is enhancing your well-being as well as the relaxation or revitalization of your muscles. We adjust your treatment to your wishes with natural lavender and almond oil or with lotions and special massage techniques.

Partial-body massage	25 min | € 45
Full-body massage	50 min | € 78
Full-body massage	80 min | € 128



Back-head-neck massage

An ideal combination of special kneading techniques and potent herbal oils to relieve muscles, dissolve tension, and calm the mind. Loosens, relaxes, and invigorates for new life energy.

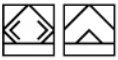
Choose the duration of your treatment:

25 min | € 45 45 min | € 84

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 tissues of the organ system. The perfect good deed for tired and exhausted legs.

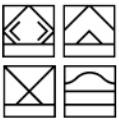
25 min | € 45



Sports massage

The combination of fascia treatment, cupping massage technique, and classic massage with the application of rock oil supports regeneration, relieves stubborn tension, and improves the performance capability of the muscles. A powerful treatment for true sports enthusiasts!

50 min | € 86



Individual massage

In this massage you coordinate your individual treatment with the therapist.

50 min | € 86

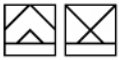
Manual lymph drainage

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 | € 86

Massages



Back and feet combo

A strong combination to get rid of 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 | € 86

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 | € 19

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.

25 min | € 45

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.

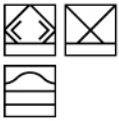
Back massage	25 min | € 45
Full-body massage	50 min | € 86
Full-body massage	80 min | € 135

Signature Pine massage

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 the guest. In harmony with the power and rhythm of nature.

80 min | € 145

Holistic massages



Honey massage

The variety of active substances in honey penetrates deep into the skin and thus supports the removal of old toxins and waste products from the tissues. The honey massage strengthens the immune system, loosens adhesions, and has a positive effect on the nervous system. The warmth of the beeswax that is then applied penetrates into the skin. This massage is nourishing and relaxing. For a deep, secure feeling at every level.

Choose the duration of your treatment:

50 min | € 86 80 min | € 135

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. For warming moments of pure wellness at home, we will gift you with the candle you selected. Enjoy pampering for even more joie de vivre.

Choose the duration of your treatment:

50 min | € 96 80 min | € 145

Herbal stamp massage

A boost of energy that gets under the skin. A special massage technique with pressing and tapping techniques using warm herbal stamps loosens the muscles. You will gain new energy from the natural active ingredients of the herbal stamps. Your metabolism will be stimulated and fascial adhesions gently dissolved. You can directly feel the physical relaxation.

Choose the duration of your treatment:

50 min | € 96 80 min | € 145

Detoxing cupping massage

A combination of well-balanced and deep-reaching massage movements. Gentle cupping techniques with massage cups using highly effective natural herbal oils remove blockages and strengthen and promote circulation. The body will be detoxified and the elasticity of the skin restored. For a visible effect.

50 min | € 86

Trigger point massage

With the trigger point massage, muscle stiffness that has been caused by overstressing the muscles is loosened and reduced. In addition, nerve impulses are activated and new energy released. This treatment can lead to fast alleviation of discomfort. Targeted and effective relief.

Choose the duration of your treatment:

25 min | € 52 50 min | € 86

Holistic massages

Fascia treatment

This massage takes effect via stimulation with special techniques. The fascia treatment dissolves tension in the connective tissue. It stimulates circulation, reduces muscular tension, and frees the fascia from adhesions. Overall mobility and well-being are considerably improved.

For higher performance capability and a deep feeling of muscle and body mobilization.

50 min | € 86

Ear candling treatment and facial lymph 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!

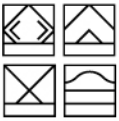
50 min | € 86

Lomi-lomi-nui massage

A special journey of discovery according to old traditions that treats mind, body, and spirit. This traditional Hawaiian temple massage conveys a unique sense of well-being with fluid movements. The inner attitude is as important as the ritual of movement, rhythm, stretching, mobilization, and stroking. Tension will be alleviated and the flow of life energy activated. This holistic body ritual is an impressive experience. Aloha to all the senses.

80 min | € 145

Wellness applications



Body peel

An invigorating and deep-reaching experience. A peel involves gentle renewal and has much to do with letting go and opening yourself. 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

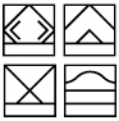
The cleansing and stimulating effect of a peel is the ideal preparation for a massage or body wrap. It opens the pores so that active ingredients can be absorbed and results in a clear complexion.

25 min | € 39

Sauna infusions & peels in the Herbarium Spa

Enjoy daily changing aromatic peels, which we are happy to offer in the spa areas. You can find information about the regularly offered sauna infusions in the digital guest directory, in the weekly program, and in the morning newsletter. If you would like more information, our team at the spa and reception desk is available anytime.

Wellness applications



Body wrap

Body wraps strengthen and promote health. They 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

25 min | € 39

Alkaline leg wrap

The alkaline leg wrap restores the acid-base balance in your body. Highly recommended for a clear complexion. It activates the metabolism and immune system and reduces the appearance of fatigue. During the treatment time, you can enjoy an individual massage. This is an energizing balance of elements for mind and body.

35 min | € 58

Live your life

Energy treatments with Alexandra

Shamanic energy treatment

This treatment targets mind, body, and energy field. It is a path to nature for balance, fulfillment, clarity, and growth. We should feel at home in our own body. Relax and let go. Activate your self-healing powers. Let go of the past.

80 min | € 128

Singing bowl massage

The body consists of 70–80 % water. When a Tibetan singing bowl is placed on our body and struck, the sounds and vibrations soothingly spread little by little throughout the entire body. Each individual cell is activated, and its original energy is returned to it. Existing blockages will be dissolved. This allows you to find harmony once again. The self-healing powers will be activated. You will feel full of energy and have new courage to face life.

80 min | € 128

Precious stone massage

The precious stone treatment is a balancing, soothing combination of aromatic oils and the effects of precious stones. The treatment is done with warmed precious stones and warm oils.

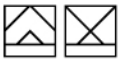
Choose the duration of your treatment

50 min | € 78 80 min | € 128

Bookable weekly on Tuesday morning and Thursday afternoon.

Live your life

Energy treatments



Energetic foot reflexology massage

This energy-balancing treatment is a gentle method. The foot is the mirror image of the body and the entire person. This treatment relieves tension. Balance is restored to physical and mental states. With the enhanced flow of energy, the flow of bodily fluids is improved, and harmony and inner peace spread throughout the body thus providing mind, body, and soul with new vitality so that you can continue on your journey through life with ease.

Choose the duration of your treatment:

50 min | € 78 80 min | € 128

Light therapy

Arrive and gather new strength from pure nature and find the path to your inner self. This gentle energy massage targets tension and pain. The meridians and energy points are activated. You will achieve deep relaxation with colored oils, colored essences, and singing bowl music. Blockages are dissolved in the mind, body, and soul. Self-healing powers are stimulated, and with the activation of energy flow, you will be bestowed with vitality, tranquility, and inner peace. This treatment is done with Akari natural products.

Back, face, or chakras	50 min | € 78
Full-body application	80 min | € 128

Bookable weekly on Tuesday morning and Thursday afternoon.

Couple's treatments

Spend time together with our couple's ritual

Enjoy a pampering aromatic candle massage together, side by side. Experience relaxing hours in our cozy oasis of calm – a place of relaxation and happiness. Your personal retreat to feel good.

For this ritual, you will be pampered with:

- a pampering aroma candle massage
- relaxing by candlelight in our cuddle oasis
- an indulgence étagère with homemade chocolates from Eden Patisserie
- two glasses of ZillerSeasons

Monday to Thursday	90 min | € 249
Friday to Sunday	90 min | € 269

Almost all of our treatments on the spa menu can be experienced in the couple's room. Please feel free to ask for more information.

Personal time

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 or 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 | € 80

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 | € 80

Fitness & sport

Fitness room with outdoor area

Our fitness room includes the following equipment: cross trainer, functional trainer, treadmill, rowing machine, ergonomic bike, rings, wall bars, leg curl and press machine, smith machine, barbells, various dumbbells, etc. You can exercise here 24 hours a day.

Exercise studio

Whether fascia training, yoga, pilates, or classic aerobic exercises, our bright studio is the perfect space to work off some energy and let loose. Wall bars made of walnut, TRX bands, exercise balls, gym mats, yoga straps, and yoga blocks are available.

Outdoor sports opportunities

The wonderful Ziller Promenade right behind MalisGarten offers the optimal conditions for jogging or taking walks along the river in magnificent nature. We recommend active walking tours with breathing exercises, mindfulness training, bike excursions, or e-bike tours. Our personal trainer will be happy to give you tips for your workout. In the summer months, our certified mountain guide will show you the hiking hot spots, unique natural spectacles, and special viewing points in the Zillertal! Tennis fans can reach the Zell Leisure Park with 4 indoor and 5 outdoor courts in only a few minutes. At the reception desk, we will gladly reserve a court for your desired time. You can also enjoy mini golf, bowling, and ice skating at the Zell Leisure Park.

Day spa treatments

Comfy and cozy in the MalisGarten spa

- Day spa admission incl. spa bag with towels
- Cozy ZillerSeasons' bathrobe and slippers
- Lavish breakfast or light lunch (excl. drinks)
- 25 min partial-body massage
- Use of the tea and snack bar

Monday to Thursday	€ 90 | couple € 170
Friday to Sunday	€ 100 | couple € 190

Flourishing time in the MalisGarten spa

- Day spa admission incl. spa bag with towels
- Cozy ZillerSeasons' bathrobe and slippers
- Lavish breakfast or light lunch (excl. drinks)
- 50 min partial-body massage
- Use of the tea and snack bar

Monday to Thursday	€ 125 | couple € 240
Friday to Sunday	€ 130 | couple € 250

A small break in the MalisGarten spa (without day spa)

Escape the stress of everyday life and treat yourself to a break in the MalisGarten spa. The perfect all-around package!

- 50 min face and back treatment with lifting mask and anti-stress balm
- 50 min manicure with pampering hand bath and peel
- Nail polish
- Glass of Prosecco and sweet treats from the Eden Bar & Patisserie

Monday to Thursday	€ 153
Friday to Sunday	€ 163

Special highlight

Experience our Herbarium Spa!

Signature treatments, attention to details, first-class know-how, high-quality amenities, and a natural design make our Herbarium Spa a place of pure relaxation! Come see for yourself! Here, you can gain insight into our Herbarium Spa: **spa.zillerseasons.at**

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.

You can book your treatment online at **herbarium-en.zillerseasons.at**

Or you can book directly by e-mail at spa@zillerseasons.at or by telephone at +43 5282 2236 2010

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. To be able to cater to your individual wishes during the treatment, we will ask you before it starts what is important to you.

CANCELLATION

Please let us know in advance if you are unable to make your appointment. You can cancel your appointment for free up to 24 hours in advance. In the case of a late cancellation, we 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.zillerseasons.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, relaxation rooms, and outdoor bar, we ask that you wear swim-wear or spa clothing. 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 ask that you wear athletic shoes and appropriate sportswear.

APPIONTMENT

If you did not schedule an appointment for a booked treatment, 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 tel. +43 5282 2236 2010

OPENING TIMES

Spa reception	09:00 am – 07:00 pm
Spa treatments	10:00 am – 07:00 pm
Pool	07:00 am – 09:00 pm
Sauna	11:00 am – 09:00 pm
Fitness room	24/7

Our partners

VITALIS DR JOSEPH – Nature of the highest level

We have found our ideal partner with VITALIS DR JOSEPH. Internationally successful and with headquarters in South Tyrol, VITALIS DR JOSEPH stands for the same principles that guide us in our hotel:

- Respect for nature in its purity and diversity
- Quality at all levels – sustainable and effective
- Sense of responsibility and respectful use of natural resources
- The potent, high-tech natural cosmetics by VITALIS DR JOSEPH are a synergetic interplay of nature, ancient know-how, and modern technology for an all-embracing skin and body sensation.

TEAM DR JOSEPH METHOD

Based on scientific knowledge and the needs of your skin, the TEAM DR JOSEPH manual treatment method penetrates deep into the tissues. Following the natural laws of function, the skin's metabolism will be brought into balance: calming of the nervous system, relaxation of facial expressions, harmony of the dynamic equilibrium, normalization of microcirculation with the aim of nourishing and preserving your fundamental skin feeling, your skin health, and your incomparable beauty. Suited for both men and women.

Enjoy individual beauty care for yourself with the method of TEAM DR JOSEPH: pureness. recreation. protection.

UND GRETEL – natural & organic cosmetics with zeitgeist and sustainability

The goal: to capture the most beautiful and multi-faceted colors of nature and transform them into luxurious formulas and certified textures using raw substances and ingredients that only nature has to offer. No synthetic colors, no preservatives, no parabens, no mineral oils, no aluminum, no silicones, no compromises.

EBENHOLZ

Fresh, healthy-looking skin not only makes you beautiful but also leaves behind a lasting impression. The development of all EBENHOLZ care products is based on this simple insight. Five highly effective, natural skin care tools are tailored to the special needs of men's skin and restore a fresh appearance. With the skills of the best German scientists, these treasures of nature are further developed into revolutionary formulations and high-quality products.

- Natural products
- Uncompromising sustainability
- Certified vegan
- 100 % made in Germany
- Proven effectiveness
- Glass and wood instead of synthetic materials

PINO

Since 1904, PINO has stood out with its high-quality products for physical therapy, massages, and body treatments.

With many years of experience, the PINO team is the expert on health-oriented well-being applications and preventative body treatments, which today are combined with a wide variety of sports training. These treatments improve health, encourage quick regeneration and recovery, and contribute to better sleep. Great importance is placed on a respectful relationship with people and nature. PINO is a reliable partner of many professional therapists, masseurs, and fitness trainers.

RELAX

HARMONIZE

VITALIZE

STRENGTHEN

ZillerSeasons

Luxury Hotel Collection

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