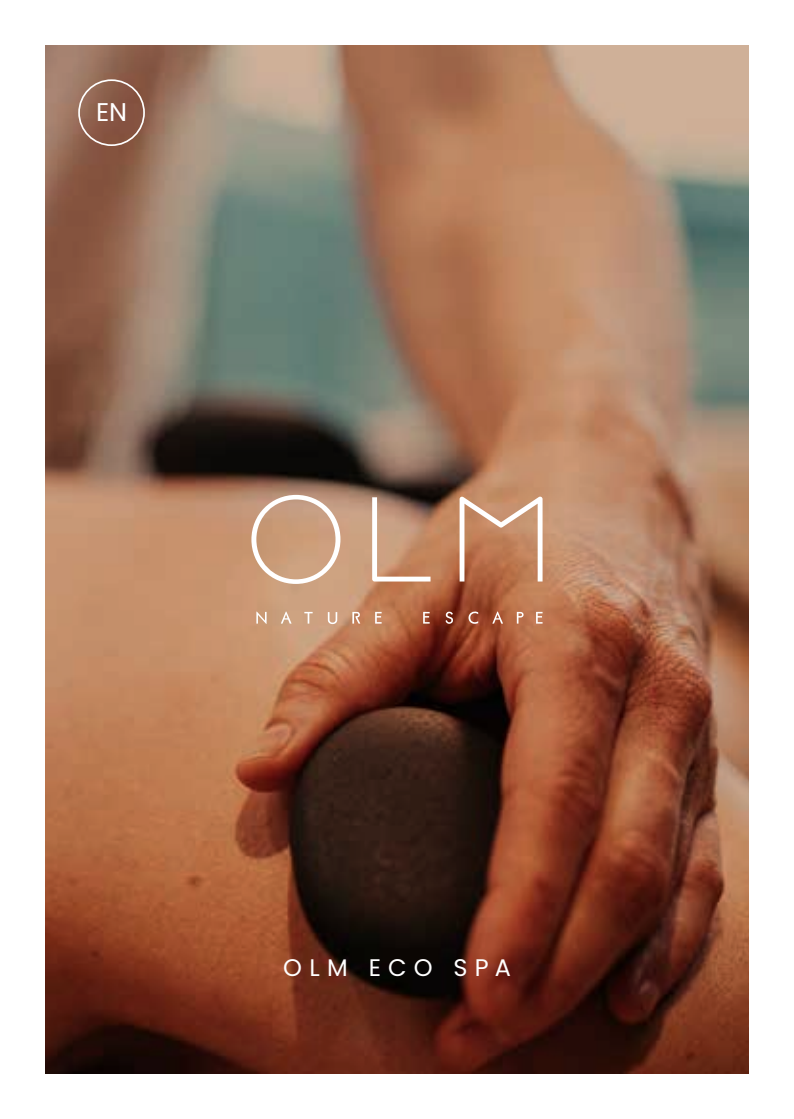




EN

OLM

NATURE ESCAPE

OLM ECO SPA



WELCOME TO YOUR TIME OUT.

At **OLM ECO SPA**, modern design and the authentic power of nature blend into a place of deep regeneration. Our focus is on the essentials: your well-being.

In a world that is constantly in motion, we offer you mindful moments to slow down. Whether after an active day in the mountains or as a considered choice to relax – our treatments help release tension, reorganize your energy, and bring body and mind back into balance.

Alpine active ingredients, holistic techniques, and genuine attentiveness come together in a revitalizing experience.

**Leave the everyday behind.
We will take care of the rest.**

CLASSICS

FROM HEAD TO TOE

full body massage with personalized oil | deep muscle relaxation | complete harmony from head to toe

REFLEXOLOGY MASSAGE

targeted pressure point massage | activation of the body's self-regulation | stimulation of reflex zones | harmonization of energy flow

LYMPHATIC MASSAGE

gentle, rhythmic activation | stimulation of the lymphatic system | relief for heavy legs | with infrared facial mask

HEAD, NECK & SHOULDERS

release of muscular tensions | targeted relief for everyday strains | hot basalt sticks | high-quality herbal oil | revitalizing gua sha facial massage



SPORTS MASSAGE

regeneration & new energy | activating
arnica oil | functional stretching &
mobilization | deep fascial work

INTENSIVE BACK MASSAGE

intense release of tension | arnica oil &
ointment | soothing heat with hot bolster
roll | cupping massage | deep relaxation
with tibetan singing bowls

ACTIVE LEGS INTENSIVE

lightness for tired legs | activating
rosemary oil | hot compresses & cold
stones | stimulation of circulation and
vitality

FOREST HONEY MASSAGE

detoxifying treatment for back and legs |
hot swiss stone pine wood | stimulating
honey massage technique | revitalizing
alpine energy





SLOW DOWN

HOT STONE MASSAGE

deep warmth with volcanic basalt stones |
balanced energy flow | total relaxation
and regeneration

HERBAL STAMP MASSAGE

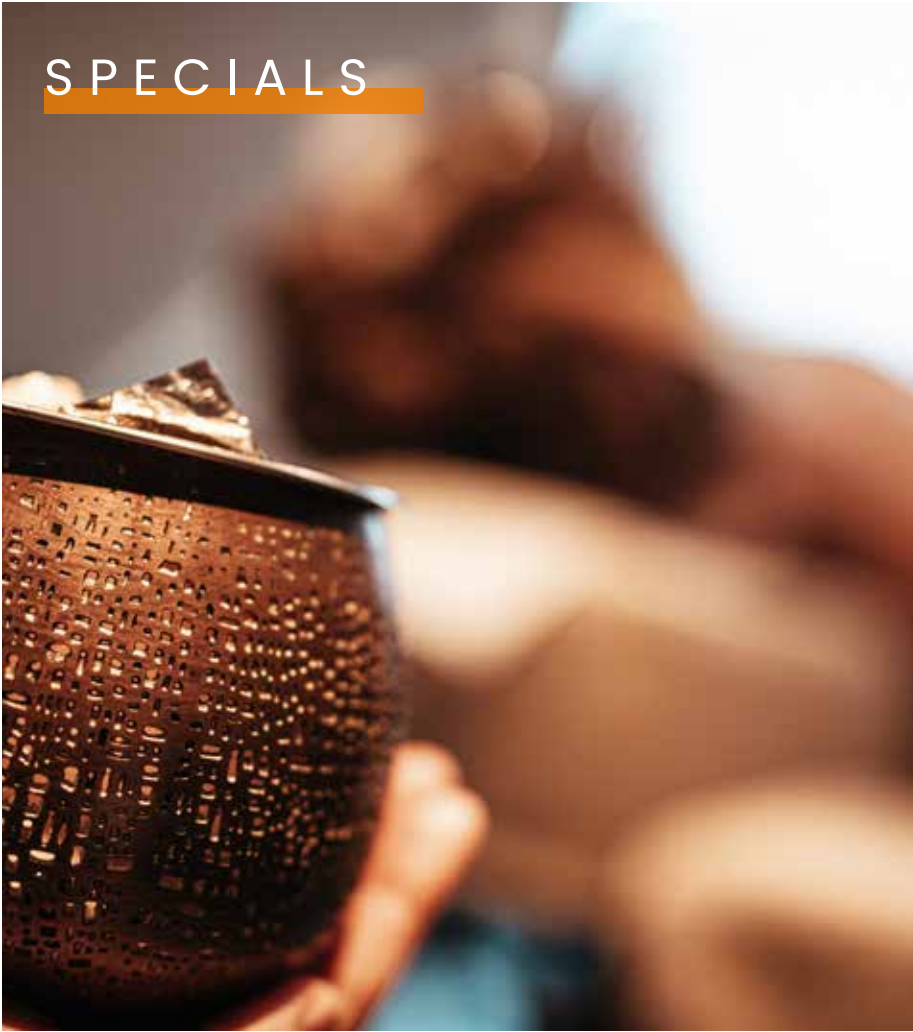
sensory journey with warm alpine herbs |
flowing and tapping movements | soft
skin | deep relaxation | revitalization of
body and mind

BACK TO THE ROOTS

precious care for face, hands & feet |
evening primrose and rose oil | revitalizing
gua sha facial massage | tibetan singing
bowls | with infrared facial mask | holistic
ritual for inner balance

ME-TIME MASSAGE

time for the soul | rose incense | gentle,
mindful body massage with rose oil | total
relaxation



SPECIALS

OLM ESCAPE MASSAGE

ritual for slowing down | stone pine & alpine herb incense | full body massage with stone pine oil | grounding warmth & alpine serenity

ALPINE SHEEP'S WOOL BATH

enveloping sense of comfort | soft sheep's wool | lanolin nourishes the skin | deep warmth and relaxation | with infrared facial mask

OLM NATURE BREATHING MASSAGE

relief for respiratory system and upper body | thyme balm | massage of abdomen, chest and back | soothing inhalation | warm herbal compress | liberating breathing

INDIVIDUAL MASSAGE

personalised intensity and focus | individual combination of massage techniques



A PLACE TO SIMPLY BE.
YOURSELF.

SILHOUETTE INTENSIVE

focus on abdomen & thighs | enzyme peeling | stimulating cupping massage
firming cream | activation of the skin's metabolism

ENERGY & PEELING

revitalizing cleansing | dry massage with linen gloves | velvety-soft skin | stimulation of circulation and metabolism

OLM NATURE BODY RITUAL

gentle linen peeling | hot flaxseed wrap
deep pore cleansing | evening primrose & rose oil | with infrared facial mask | regenerating natural body experience

OLM NATURE FACE RITUAL

alpine beauty ritual | silver fir hydrosol | hot flaxseed wrap | revitalizing gua sha facial massage | with infrared facial mask | lavender hydrosol | precious edelweiss cream | natural radiance and freshness

BEAUTY



VITALPINA HAY FLOWER PEELING

BY TEAM DR JOSEPH

dry massage with linen and copper gloves | full body peeling with hay extracts | refined skin texture | activation of skin metabolism | stimulation of circulation

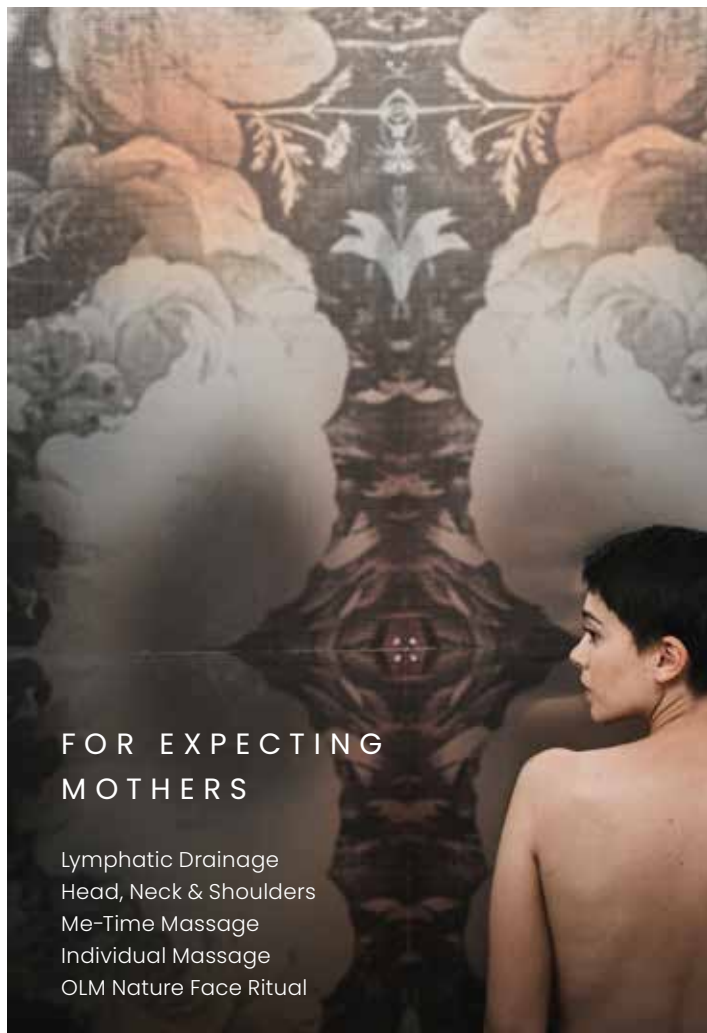
VITALPINA BACK & LEG MASSAGE

BY TEAM DR JOSEPH

revitalizing warmth experience for active guests | improved circulation | new energy for tired joints | enhanced muscle performance | arnica & st. john's wort

VITALPINA





FOR EXPECTING MOTHERS

Lymphatic Drainage
Head, Neck & Shoulders
Me-Time Massage
Individual Massage
OLM Nature Face Ritual

OLM Experience

**3 TREATMENTS OF YOUR CHOICE
– 50 MINUTES EACH**

**Experience three moments
of pure OLM relaxation.**

Choose the treatments
you need right now and
create your personal
wellness program.

Day 1: Feel the muscles

From head to toe
Forest honey massage
Intensive back massage

Day 2: Slow down

Me-time massage
Back to the roots
Foot reflexology massage

Day 3: Renew

Herbal stamp massage
OLM Nature body ritual
OLM Nature breathing massage



TERRA NURA LONGEVITY RITUALS

Enhance your massage
with a tailored Longevity Drink –
developed according to Ayurvedic and
Traditional Chinese Medicine principles
to support your body from within and without.



Slow Down Serenity Drink
calms the nervous system
supports mental relaxation
promotes deep sleep

*raw cacao | ayurvedic herbs |
natural minerals*

Magnesium Deep Recharge
supports muscle regeneration
reduces tension
supports the nervous system
and energy production

*4 forms of magnesium |
taurine | peach | lemon*

Water Release Herbal Infusion
supports fluid drainage
activates metabolism
promotes elimination

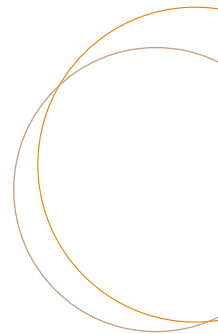
*ayurvedic herbs with red vine
leaves | acai berries and sweet
clover tops*

Kollagen Timeless Glow
skin elasticity
radiant complexion
skin regeneration

*collagen with vitamin c | berry
extracts | zinc and
antioxidant plant compounds*

Purify Breath Herbal Tea
supports liver function
detoxification processes
supports inner balance

*ayurvedic herbal blend with
milk thistle | dandelion | mint
and elderflower*





Reservation

Book your preferred treatment before arrival so we can perfectly plan your personal wellness time.



Cancellation

Please cancel at least 24 hours in advance. Late cancellations will be charged at 100%.



Punctuality

Please arrive 10 minutes before your treatment to begin in a relaxed way.



For your treatment

Please arrive wearing a bathrobe and without makeup.



Health information

Please inform us in advance of any health concerns, illnesses, or allergies. If you are pregnant or could be pregnant, please consult your doctor.



Valuables

Store jewellery and valuables in your room safe. We assume no liability.



Loungers

Please do not reserve loungers. Relaxation areas are available to all guests.



Silence & relaxation

Please keep a quiet atmosphere throughout the SPA and avoid using mobile phones. The SPA is a place of calm, awareness, and slowing down.



Pool area

Swimwear is mandatory. Please do not bring objects into the pool. Diving is not allowed. Please respect other guests. We also ask you to remain in the water area and avoid walking along the glass fronts.



Sauna & steam bath

Access from 13 years
Textile-free zone – no swimwear
Please shower before entering
Please always sit or lie on a towel
Recommended: 8–15 minutes, followed by cooling down



Towel change (pool & sauna)

Towels are available in your room. Reception will be happy to exchange your used towel for a fresh one.



No photography

Please respect the privacy of other guests.

OLM Nature Escape

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