

Warme Küche

Täglich durchgehend warme à la Carte Küche
von **12.00 Uhr bis 17.00 Uhr**
in unserem Restaurant.

Unser Tipp:

AROSEA Club Sandwich

(Paarlbrötchen, Fichtensprossenmayonnaise, Salat, gekochtes Ei,
Tomate, Hühnerbrust, gebackene Zwiebelringe, Speck)

1 Club Sandwich € 11,00



Warm cuisine

Non-stop warm cuisine à la carte available
every day from **12:00 until 17:00**
in our restaurant.

Our Tip:

AROSEA Club Sandwich

(Paarlbrötchen, spruce seedling mayonnaise, salad, boiled egg,
tomato, chicken breast, fried onion rings, bacon)



1 Club Sandwich 11,-€



Tension and relaxation program

Your feeling better, staying in shape
and enjoying relaxation program!



Monday 23 rd October	Tuesday 24 th October	Wednesday 25 th October	Thursday 26 th October	Friday 27 th October	Saturday 28 th October	Sunday 29 th October
<p>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p>	<p>09.00 to 09.40 a.m. ROSARIUM Info hour in our beauty center with Martha Please sign up at the reception</p>	<p>The saunas open at 11.00 a.m. Our saunas are open from 11.00 a.m. to 7. 30 p.m.</p>	<p>09.00 to 09.50 a.m. Gymnastics for your back with Debora Please sign up at the reception</p>	<p>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p>	<p>09:00 – 10:00 a. m. TECHNOGYM: Info hour in the fitness room Debora will show you the using of our Technogym equipment. Please sign up at the reception</p>	<p>09.00 to 09.50 a.m. Gymnastics for your back with Debora Please sign up at the reception</p>
<p>Breuss – Massage The Breuss massage is an energetic spinal massage that gently loosens and stretches the spine and sacrum. This method is especially effective for spinal disc complaints. The massage, developed by Rudolf Breuss, will make your spinal discs supple and more elastic. This is achieved through the special technique and application of St. John's wort oil. During 55 minutes Price Euro 73,00</p>					<p>HOT ZIRM LIFE HONOURING BEAUTY®</p> <ul style="list-style-type: none"> • Mountain herbal drink • Steam bath with pine-salt-peeling • Refreshing "down pour" shower • Eye pad treatment • Hot Zirm Life Honouring Massage back and leg massage using pine oil and wood • Herbal mountain bath in a wooden Jacuzzi • Followed by a linen embrace <p>1 Person €179,00 2 People € 279,00</p>	
<p>Wegleit-St. Walburg The herb farm Wegleit in St. Walburg is opened on Tuesday, Thursday, Saturday from 16.00 - 18.00 Mrs. Schwienbacher will give you there an insight how she processes sheep's wool and with which care she cultivates the herbs in the garden .</p>		<p>"Ultner Urlärchen" Primary Larchs in the Ulten Valley The Urlärchen are in the last village of the valley, in St. Gertraud. The village lies at 1,500 m above sea level and is surrounded by many old farms and the still older Ultner Urlärchen. They are among the oldest conifers in Europe.</p>	<p>In the AROSEA the selection of the materials are directed for specific vibrational energies ...? Pine wood Pine wood reduces the heart frequency and thereby guarantees for a better sleep quality. Sheep wool The wool has a property known as natural thermoregulation and a natural self-cleaning function. Shale stone It has a general reconstructive and strengthening effect on the entire body</p>	<p>5.00 to 6.00 p.m. Shiatsu with Schwarz Doris 1 hour € 69,00</p> 	<p>6.00 to 7.00 p.m. Yoga with Schwarz Doris Minimum of participants: 4 people Please sign up at the reception</p>	<p>Warm cuisine Non stop Non-stop warm cuisine à la carte available every day from 12:00 until 17:00 in our restaurant.</p> 
			<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Orange</p>	<p>6.00 to 7.00 p.m. Yoga with Schwarz Doris Minimum of participants: 4 people Please sign up at the reception</p> 	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Lavender</p> 	<p>Our Tip: AROSEA Club Sandwich (Paarlprot, spruce seedling mayonnaise, salad, boiled egg, tomato, chicken breast, fried onion rings, bacon) 1 Club Sandwich 11,-€</p>
<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Peppermint</p>			<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Orange</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Eukalyptus</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Lavender</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Rosmarin</p>

Please sign up the day before within 6 p.m. for each event.