

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!



| Easter Monday 02 nd April | Tuesday 03 rd April | Wednesday 04 th April | Thursday 05 th April | Friday 06 th April | Saturday 07 th April | Sunday 08 th April |
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| <p>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora 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 09.40 a.m. ROSARIUM Info hour in our beauty center with Martha Please sign up at the reception</p> | <p>09.00 - 09.50 a.m. Postural gymnastics Harmonize posture imbalances to reduce constant muscular soreness with Debora 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>09.00 - 09.50 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p> | <p>09.00 - 09.50 a.m. Postural gymnastics Harmonize posture imbalances to reduce constant muscular soreness 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>Schwemmalm 25 km of perfectly groomed slopes to secure the top skiing pleasure. From the valley station, you can reach with four different Chair the varied scale slopes: Mutegg, Asmol, Sinkmoos, Dreimandler, Kircheler and Schwemmalm. 8.30 a.m. – 5.00 p.m.</p> |  <p>PHYSIOTHERAPY Physiotherapies are treatment methods, which can increase, retain and recreate the movement and function skills of a body. During 55 minutes Price € 92,00</p> |  <p>Wegleit-St. Walburg The herb farm Wegleit in St. Walburg is opened on Tuesday, Thursday, Saturday from 16.00 - 18.00</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>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>Water is life However, our most important food is water. At the AROSEA Life Balance Hotel we try in particular to offer you high-quality, natural and valuable water, for water is life. Everywhere in the Hotel you are served the delightful Grander water. The original order and inner structure has been produced again in tap water by the special water revival by Johann Grander and the water has been revived with the information that nature gives us. You can order oxygen-water at our Water Bar. You will be surprised at its natural taste and freshness.</p> |
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| <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 Theo Aroma: Rosmarin</p> | <p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Theo Aroma: lemon</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: Larch</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.