

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 12 th November	Tuesday 13 th November	Wednesday 14 th November	Thursday 15 th November	Friday 16 th November	Saturday 17 th November	Sunday 18 th November
<p>09.30 - 10.20 a.m. Breath & Stretch Breath exercises and stretching with Debora Please sign up at the reception</p>	<p>Sheep whole bath from the Ulten Valley</p> <p>In sheep's wool bath, the body is wrapped in Ultner sheep's wool. This creates a pleasant relaxing and natural heat. The warming effect supports the energy circulation and increases the surface blood flow. A sheep wool bath has a beneficial effect on tensions, rheumatic diseases and migraine. It also stimulates the metabolism and detoxifies.</p> <p>Duration 20 minutes Price Euro 48,00.-</p>	<p>In the AROSEA the selection of the materials are directed for specific vibrational energies ...?</p> <p>Pine wood Pine wood reduces the heart frequency and thereby guarantees for a better sleep quality.</p>  <p>Sheep wool The wool has a property known as natural thermos-regulation and a natural self-cleaning function.</p>  <p>Shale stone It has a general reconstructive and strengthening effect on the entire body</p> 	<p>09.30 – 10.20 a.m. Acqua Balance Water Exercise for global wellness with Debora Please sign up at the reception</p> 	<p>09.30 - 10.20 a.m. Postural gymnastics</p> <p>Harmonize posture imbalances to reduce constant muscular soreness with Debora Please sign up at the reception</p>	<p>09.30 to 10.20 a.m. Gymnastics for your back with Debora Please sign up at the reception</p> 	<p>09.30 – 10.20 a.m. Acqua Balance Water Exercise for global wellness with Debora 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>The saunas open at 11.00 a.m.</p> <p>Our saunas are open from 11.00 a.m. to 7.30 p.m</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: Larch</p>	<p>4.15 p.m. Sauna Aufguss in the outdoor Finnish sauna with Debora Aroma: Junip</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: Tee tree</p>

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