



- Lofer:**
- Hotel Dax, Tel. 06588/8389-6
  - Steam bath daily from 3 till 7:30pm
  - Foot care
  - Hay baths
  - Beauty
  - Massage
  - Peat packs
  - Sauna, tanning daily from 3-7:30pm , tanning 10 min. € 4, Turbo-Tanner 7 min. € 5.50, 10 min. € 7.50
  - Christine Strache, Tel. 06588/8374 or 0676/3532219
  - First Mobile Massage Institute: classic massage, lymph drainage, foot reflexology, sports massage, feel-good massages.
  - Mrs. Brunner, Tel. 06588/7344 or 0664/73400760
  - foot care
  - Marion Widmoser, Scheffsnoth 113, ayurvedic wellbeing practitioner, reg. nurse, yoga, Tel. 0664/3662569
  - Ayurveda (massages, nutrition,...)
  - Yoga

**St. Martin:**

  - "Wellness-Alm" Der Grubhof, Tel. 06588/82370, daily from 3-8pm
  - Panorama saunas
  - Steam bath
  - Infrared and UV cabins
  - Massages
  - Whirlpools
  - Waterbeds
  - Discounts with Guest Card
  - Hochmoos Peat Baths, Tel. 06588/82260
  - Spa & Therapeutic Baths: state-certified peat baths (must be physician-prescribed)
  - Massages
  - Peat packs
  - Sauna, tanning (by appointment)
  - Christa Hinterseer, Tel. 06588/8571
  - Massage, nail studio, cosmetics
  - Gasthof Martinertshof, Tel. 06588/8504
  - Sauna, tanning studio (by appointment)

- Unken:**
- Hotel Garni Alpina, Tel. 06589/20162
  - Massages with aroma therapy
  - Wellness baths in a Thermo-Spa bed € 25 (St. John's wort, jojoba oil, therapeutic and hay baths)
  - Dorfcafe, Tel. 06589/7156
  - Therapeutic massage
  - Recreation Centre, Tel. 06589/4300
  - Steam bath
  - Massage (Mon and Thu after 5pm, times by appointment)
  - Sauna, tanning studio: sauna hut. Tanning (turbo) 12/18 min. € 5.50/7.50
  - Sauna Hours: open daily from 3-9pm, Mon., Wed., Fri., Sat. mixed sauna. Tue., Thu. ladies' sauna, Sun. family sauna
  - Aquacise: every Tuesday 2:30-3pm, free
  - Gasthof Heutaler Hof, Tel. 06589/8220
  - Sauna, tanning, Roman steam bath
  - Landhotel Schütterbad, Tel. 06589/4296
  - Foot care
  - Beauty treatments
  - Massage
  - Vitality Oasis "zu den drei Brüdern", Reith, Tel. 06589/4522
  - Steam bath
  - Hay bath
  - Massage
  - Peat packs
  - Sauna, tanning studio
  - Vitality Oasis (Sabbia med, Brechl bath, Kraxnofen, natural-stone aroma grotto, cream baths, and much more) 2-10pm

**Weissbach:**

  - Gasthof Seisenbergklamm, Tel. 06582/8348 (appointments requested)
  - sauna
  - tanning studio
  - steam bath
  - infrared cabin
  - Weissbacher Family, Pürzlbach Cafe, Tel. 06582/8297 (appointments)
  - hay bath
  - massage

