



Sky Spa

open from 3 p.m. until 8 p.m.

Select your desired treatment from our extensive wellness menu! For questions and bookings our wellness staff is gladly at your disposal. You can reach them under the number 513 or You get in touch with the reception under the number 501.



HOTEL LAMM

alpine lifestyle & spa // since 1670



[comfort zone]

conscious skin science

Comfort Zone

This beauty line stands for four of our most important principles, which permeate the whole house:

- Respect for the nature in her purity and diversity
- Quality at all levels – sustainable and effectively
- Feeling of responsibility and respectful dealing with natural resources
- Integral and effective high-tech natural cosmetics

A vast menu of ritual or express treatments, for the face as well as the whole body, where the efficiency and the well-being with the exclusive applications that are technologically on the last standard, characterize Comfort Zone products.

The formulas are rich in natural ingredients, high-tech molecules, where animal derivatives, silicones and parabens are completely eliminated. The products are developed and manufactured in Italy under rigorous safety measures where, of course, also on a sustainable production is emphasized. Furthermore, great value comfort of the skin and the environment that surrounds are considerate.

Pedicure und Manicure

PEDICURE

Pedicure without nail polish	48,00 Euro
Pedicure with nail polish	55,00 Euro

MANICURE

Manicure without nail polish	37,00 Euro
Manicure with nail polish	44,00 Euro

Others

DEPILATION

legs, armpit, bikini area, back	17,00-35,00 Euro
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Eyebrow tinting	15,00 Euro
Eye lash tinting	18,00 Euro
Eyebrow shaping	16,00 Euro

"SWEET EXPECTATION"

218,00 Euro instead of 242,00 Euro

- Manicure and pedicure with nail polish
- Facial treatment "Sacred nature"
- Massage with drainage technology for legs and in addition a soft relaxing massage for the back

Suitable for pregnant women: from the 12th week of pregnancy, we will be happy to pamper you with a massage.

Peeling and Scrub

LINEN GLOVE BODY PEELING

25 min. 35,00 Euro
This deep cleansing enzymatic peeling with potent essences supports Your metabolism for a clear and radiant complexion. Ideal for sensitive and especially dry skin.

SEA SALT BODY SCRUB

50 min. 58,00 Euro
The mechanical action of the salt massage removes dead cells, the nourishing oil enriched with essential oils makes the skin soft.

facial Treatments

Lifestyle Aging Defense

SKIN REGIMEN LONGEVITY

50 min. 80,00 Euro
30 min. Express 55,00 Euro
Treatment to rejuvenate stressed skin and prevent the advancing aging process. The treatment is adapted to your skin type.

SKIN REGIMEN DETOX

50 min. 80,00 Euro
Treatment individually balanced to purify all skin types and fight impurities and blemishes. For stressed, sallow and congealed skin.

SKIN REMEDY

50 min. 80,00 Euro
An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defense. For skins which are sensitive, fragile, sensitized, and prone to redness. Ideal after sun exposure.

Our Packages

Book our wellness packages. We will fulfil your every wish during your stay and recommend the best treatments that fit your needs.

Regeneration

SACRED NATURE REGENERATIVE ELIXIR

50 min. Cleansing Rebalancing	75,00 Euro
50 min. Firming Lifting	80,00 Euro
Treatment with biological pro-ageing products. Repairs, regenerates and revitalizes the face, neck and décolleté thanks to a botanical antioxidant complex and the innovative Regener-Lift massage for an immediate tightening and firming effect.	

SACRED NATURE REGENERATIVE HYDRA

30 min.	50,00 Euro
Express treatment with moisturizing and regenerating organic products. Thanks to a special 7-step ritual, this treatment has a revitalizing effect and gives an extraordinary radiance.	

DETOXIFICATION PROGRAMME FOR CELLULITE

3 treatments 50 min with free a facial massage	255,00 Euro
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An effective anti-cellulite programme that specifically targets the connective tissue and skin. Cupping in combination with highly effective natural products visibly reduces cellulite and has a draining effect on the tissue. The stimulating effect of the body peeling and the special massage technology promote the detoxifying effect; in combination with a "Montalcino mud pack" the result is optimized!

*bookable also single treatment of 50 min. for 85,00 Euro

"TWO HEARTS"

for couples	410,00 Euro instead of 464,00 Euro
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- Two sea salt body scrub with essential oil pack
- Two Tranquility rituals including an aromatic candle
- Two facial treatments Skin Regimen
- Singing bowl mediation with drums

"LIGHT HEART, FREE SPIRIT"

200,00 Euro instead of 224,00 Euro

- Relaxing foot massage
- Energizing herbal stamp massage
- Dynamic recreation back massage
- Qi Gong

ENERGIZING HERBAL STAMP MASSAGE

50 min.

78,00 Euro

The energizing herbal stamp massage is a powerful and intensive full-body treatment with precious natural oils, selected herbal blends and unique combinations of active components. The herbal stamps are patted over Your body intensively and with gentle pressure. This stimulating technique and the used herbs help to relieve stress, while the finest aroma massage oils bring You vitality. Start off balanced and full of energy!

HONEY MASSAGE

50 min.

78,00 Euro

This massage involves massaging with warmed, liquid organic honey. With light movements, the epidermis is lifted from the underlying layers by the adhesive effect of the honey. Afterwards, the adhesions in the skin are further loosened with strokes, by rolling and pulling. This gentle type of connective tissue massage promotes blood circulation, stimulates the reflex zones and above them the immune system. Furthermore, the honey massage relaxes the nervous system. The skin is well supplied with blood and peeled.

SPORTS MASSAGE

50 min

80,00 Euro

25 min

50,00 Euro

A powerful massage releases tension on the body and improves muscle function by rubbing in an arnica-pine emulsion or a juniper emulsion.

Impurities

ACTIVE PURENESS

60 min.

75,00 Euro

80 min. Complete Extra with depilation

130,00 Euro

Deep cleansing through an innovative peel-off mask with mattifying spirulina algae. The treatment is intense and at the same time gentle, it cleans and normalized the skin, leaving it fresh and firm.

ACTIVE PURENESS EXPRESS

30 min.

50,00 Euro

A purifying and normalizing express treatment for impure and oily skin with a mask of white and green clay that counteracts the overproduction of sebum and mattifies the skin.

Eye treatment

ADD-ON MASK PATCH

20 min.

20,00 Euro

This treatment you can add after every face treatment.



Massages

TRANQUILLITY RITUAL

50 min. for body	85,00 Euro
80 min. for face and body with body wrap	125,00 Euro
25 min. only body wrap	45,00 Euro


Nurturing aromatic connective tissue massage for face and body, acts on muscle tension and releases states of tension for a pleasant feel-good experience and deep relaxation.

MIND RELAXING AROMA MASSAGE

50 min.	68,00 Euro
Your completely personalized massage ritual. With the help of this massage, we can meet your individual needs and wishes. The modulated massage techniques in combination with the selected aromatic oils enhances the muscle performance. You will feel free, supple and agile. Release tension and tightness - effective, holistic, traditional!	

DYNAMIC RECREATION BACK MASSAGE

50 min.	78,00 Euro
A constructive back treatment with highly effective natural active ingredients and a massage individually tailored to You. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for Your back. Free Yourself of stress and blockades.	



PARTIAL BODY MASSAGE

25 min.	44,00 Euro
Let yourself surrender for a release in your back, shoulders and neck or in feet and legs and dive deep into a relaxational state of mind and body.	

RELAXING HEAD AND NECK MASSAGE

50 min.	78,00 Euro
This unique treatment method releases tensions in the head, neck and shoulder area through an extraordinary massage and precisely effective plant extracts. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated and vessels, sense organs and nerves are strengthened.	

COMBI FOOT & BODY MASSAGE

50 min.	78,00 Euro
By stimulating the foot reflex points, this relaxing foot massage restores general balance, combined with a partial massage focusing on the treated area.	