

MEIN SEIN

Dear guests,

Being at Feuerberg offers the opportunity to transcend everyday life. In fast-paced times with constant availability, pressing deadlines, and numerous demands placed upon us, we often feel torn apart. We may barely feel ourselves anymore, falling into a mode of "functioning" and reaching our limits – the vitality within us, our capacity to feel, falls by the wayside. That's why we call our wellness center MEIN SEIN and support people in reconnecting with their BEING.

Being myself – being in the here and now – being free. Feuerberg – a place of transformation – of authenticity – of inspiration – a place of power. An energy gateway to holistic well-being and inner balance. To be touched by me – by heaven. To be touched. From doing to being – feeling BEING. MY BEING. MEIN SEIN.

Massages have an effect far beyond physical well-being. Through careful and loving touch, we reconnect deeply with ourselves. Conscious awareness of our bodies and good self-perception form an important foundation for a mindful and loving approach to ourselves, for health, well-being, harmony, contentment, and an improved quality of life. Touch can also have a balancing effect on our autonomic nervous system, which is sometimes thrown off balance by internal and external stressors. Inner peace, regeneration, joy of life, and energy can thus be strengthened.

All members of our MEIN SEIN team have a sound and in-depth professional training with extensions in special areas of massage and energy work.

MEIN SEIN *specials*

These applications are specially developed compositions of proven and perfectly complementary techniques and approaches, based on our many years of experience and our philosophy and deep knowledge of the interaction of body, energy and mind – effective and mindful touch paired with the highest quality care products.

Contents: My massage 4 | My journey with all senses 8 | My energy 12 | My enjoyment from afar 16 | My beauty 20 | My well-groomed body 26 | My time with you 28 | My pampering time as an expectant mother 30 | Children, watch out 32 | General information 36

my massage

For muscle relaxation, promoting blood circulation and mobility of muscles and joints, increasing well-being and vitality, relieving tension, regeneration and detoxification.



let go - clarify



stabilize - balance



nourish - recharge



Holistic full body massage

To be fluidly relaxed and enjoyably strengthened



The specially developed local essence blend, designed for this focus area, also has a harmonizing effect on the subtle body and holistically promotes general well-being.

45 minutes€ 89

60 minutes€ 112



Holistic full body massage “Moor time plus”



Feel pleasantly warm and deeply relaxed.



A circulation-boosting moor mud pack is the ideal preparation for a personalized full-body massage. The locally sourced essence blend, specially developed for this purpose, also harmonizes the subtle body and holistically promotes overall well-being.

75 minutes€ 139



Partial massage

Be pleasantly relaxed

20 minutes € 48



Intensive back massage

To be deeply and pleasantly liberated



Undivided attention to the back - intensity and technique are particularly carefully and individually tailored.

35 minutes€ 69



Head and neck massage

Being liberatingly relaxed



A wonderfully relieving massage for the back, neck and head.

35 minutes€ 69



Foot reflexology massage

Being connected and grounded



The reflex zones of the foot are a reflection of the entire body.



Therefore, this type of massage can have a beneficial effect on the physical and energetic levels of the tissues and organ systems.

20 minutes€ 48



Intensive foot reflexology massage

To be wonderfully light, harmoniously grounded, and undenergized



The reflex zones of the feet are addressed, as is the reflexive effect of the lower legs on the entire body and the activation of the energy pathways. With the power of sage, calendula, and the intensive restorative care with astaxanthin, I feel both strengthened and calm.

35 minutes€ 69



Lymph drainage

Being gently in the flow



A gentle type of massage that uses stroking, pulling and pumping techniques to stimulate the release of congestion in the lymphatic system and promotes deep relaxation and balancing of the autonomic nervous system, strengthening of the immune system and general regeneration.

20 minutes€ 48

50 minutes€ 95



Head and face massage

Feel soft and comfortable



A gentle path to relief and mental clarity. This soothing massage, infused with the delightful scent of jasmine, can alleviate tension in the head and facial muscles, as well as harmonize the autonomic nervous system.

20 minutes€ 48

MY MASSAGE COMBINATION



Combi-Massage

Synergy of two powerful classics



Full body massage and foot reflexology massage are complemented with a high-quality essence mixture and individually performed according to the desired focus.

75 minutes€ 139



Partial combination massage

To be pleasantly lively



Synergy of partial massage and foot reflexology massage.

45 minutes € 89



MEIN SEIN *specials* – Massage



MEIN SEIN “Spinal Vitality Massage”

Being in powerful balance and stability in the back



Here, intensive reflexology techniques are applied on various levels, individually tailored to your needs, to release tension and blockages, promote relaxation of the entire organism, and stimulate self-healing powers. In this way, the spine is harmonized, strengthened, and energized through a variety of methods.



60 minutes€ 119



MEIN SEIN “Energy Combo” Back massage with micropressure

Wonderfully light and in the here and now

The effective combination of a liberating manual back massage with micropressure from biocybernetics according to Smit on different reflex zones – performed with a fine metal rod – allows you to immerse yourself in the lightness of BEING.

50 minutes €95



MEIN SEIN “Release Intensive” Back, Head and Neck Massage with Facial Lymph Drainage



Be soft in the neck and free in the head

Back, head and neck massage combined with facial lymphatic drainage can lead to deep relaxation throughout the body and decongestion in the face, head and neck area, and relieve tension-related headaches – the head becomes free.

50 minutes €95

MEIN SEIN *specials* - Face



MEIN SEIN “Sunshine” Head and Face Special Massage



With velvet and silk on the face

A particularly mindful and intensively nourishing head and face massage with astaxanthin, a smoothing massage with GuaSha, stimulation of the energy points on the head and face, the seductive scent of jasmine and the MEIN SEIN final treatment have a beneficial effect on the autonomic nervous system and the energy system, which can lead us directly to peace and balance.

35 minutes €69



Fountain of Youth – Energy Booster deluxe Powerful impact through the art of touch



A holistic ceremony for deeply relaxed and youthfully revitalized facial features, intense holistic well-being, and rejuvenation throughout the entire body. The treatment includes an initial cleansing of the face and décolleté, an intensive Japanese lifting massage of the face and décolleté, smoothing of facial features with Gua Sha, targeted acupressure and massage of the hands and feet, activation of key energy points, and a final “MEIN SEIN” treatment.



80 minutes..... €149

Information for men: ideal after morning shaving - not suitable for those with beards

My journey with all senses

Unique moments of pure
enjoyment... Feeling... Experiencing...
Enjoying... Being...



let go - clarify



stabilize - balance



nourish - recharge

ALLSENSE ELEMENT COMPENSATION

The Allsense system was developed by Dokuho J. Meindl after years of practical experience in Traditional Chinese Medicine. Knowledge from the East was combined with Western efficiency to open new paths to health and relaxation.



elemental balance

You are invited to immerse yourself in the world of your element (fire, water, wood, earth, or metal), which is determined through a questionnaire, and experience deep mental and physical relaxation in less than 30 minutes on the special Allsense lounger. All five senses are stimulated simultaneously – with the fragrance of aromatic essences, colored light, and specially developed elemental music that sets a sound bed into vibration. Your mind can find peace, and your senses can draw new energy, thereby strengthening your immune system and actively reducing stress. A subsequent cup of elemental tea allows the treatment to have a balanced, stimulating, and centering effect.

30 minutes€ 40

ENERGY TURBO IN "QI-QUANTAS"

The "Qi-Quantas" is a special bed developed by Dr. Harald Granzer based on the latest technical, physical, and energetic findings. It uses a field of natural frequencies and deep heat support from stimulating, soothing sunlight (without UV rays) to create perfect energetic conditions for relaxation and regeneration, harmonization of body, mind, and spirit, removal of energetic blockages, and promotion of energy flow. More and more people are trusting in their own body's regulatory capacity and can thus stabilize and further develop it. Users usually notice a gentle energy boost and a feeling of mental lightness and relaxation within just a few minutes.



Energy Turbo

Including energetic preparation

approx. 45 minutes..... € 69

"RESONANT SWINGING" ON THE WAVEBALANCE®

Floating Being

A movement, touch and sound experience for revitalization, harmonization and energizing. Manuela Sonntag developed this wavebalance® bed based on profound inner wisdom, the latest scientific findings, and deep conviction as a valuable contribution to a harmonious whole: "The wave is the primal movement of water – experience the sensual rhythm of the vibration. Your self-healing powers activate automatically – return to your natural balance. When the primal element of water vibrates in gentle waves, a healing and renewing effect can unfold, contributing to deep regeneration and lasting stability. It touches all aspects of being human and leads to a harmonious interplay of body, soul, and spirit – an ancient path to regeneration and wholeness. Sound wave transmission in the water sets every single cell into gentle vibration. Simultaneous feeling and hearing, combined with the therapists' skillful touch, can merge into a unique experience. Touching moments of arrival and being held. When the antennae of perception become more sensitive "You will be immersed in a space of silence and trust, the path to inner peace and love for your own BEING."



WaveCare-Ritual

Be relaxed and lighthearted

The new dimension of full-body treatment for greater freedom of movement and well-being. In this full-body relaxation treatment, resonating with the vibrations of warm water and sound, you can experience how your entire organism becomes increasingly relaxed and flexible in a very short time. Flowing, rhythmic techniques and sequences of touch bring the entire body into its own unique rhythm, allowing fascia and joints to be noticeably loosened and relaxed.

35 minutes – in comfortable clothing€ 69



WaveMoving-Ritual

Being boundless in the flow



This experience, designed to enhance mobility, well-being, and lightness, gently and effectively improves the flexibility of all joints and connective tissues, and is individually tailored to you and your body. Flowing, three-dimensional, dynamic massage techniques and strokes gently release deep-seated tension and blockages, particularly those in the spine.

45 minutes – in comfortable clothing€ 89



WaveTouch-Ritual

Being in harmony with myself



Vibrating in resonance with water, sound, and mindful, gentle touch with nourishing, warm oil can lead you to a soft and relaxed body awareness, deep regeneration, and a feeling of closeness to yourself. Resting in your own center, harmonious, natural movements spread throughout your entire body, enabling an inspiring experience that allows deep inner peace to become palpable.

60 minutes€ 111

My energy

To be at inner peace and simultaneously full of energy... To be whole... To be within myself... To be in the flow...



let go - clarify



stabilize - balance



nourish - recharge



Reiki

Being cosmically strengthened and in harmony



Energizing with cosmic energy can balance areas of reduced energy and blockages. Deep states of relaxation between sleep and wakefulness are facilitated. Harmonization of circulation, metabolism, and digestion, regenerative capacity, and the strengthening of the immune system are promoted.

50 minutes€ 95



Biocybernetics according to Smit with AMM

To be free and light

An effective way to correct imbalances through the body's own regulatory and functional circuits. Micropressure with a fine metal rod activates the body's own regulatory circuits, supporting the restoration of optimal balance and equilibrium, physical relaxation, and improved posture. A feeling of lightness and freedom returns. Health is promoted based on physical principles, the body's natural regulatory mechanisms are stimulated to the highest degree, and energy flow is encouraged. In combination with the principles of acupuncture meridian massage, this treatment can be tailored to your individual needs. Energetic scar release is also possible within the scope of this treatment.

50 minutes€ 95



Cransacral Impulseregulation

Sustainable energy

CSIR is a purely energetic treatment that works at the interface between the physical and subtle bodies. The cranial rhythm, as a symbol of our vitality, is supported in its flow, and self-regulation is stimulated. The treatment takes place during a deep body meditation and is effective on all levels of being. Self-regulation usually occurs within a period of 14 days.

50 minutes€ 95

MEIN SEIN *special* – ENERGY



MEIN SEIN Reset

To be in energetic lightness and inner peace



Through micropressure, sensitive touch, and gentle movement, the body's self-regulatory mechanisms are stimulated via its own regulatory circuits and fascial structures. Inner stability, balance, and mobility are promoted on all levels. Welcome to a journey to well-being, harmony, and balance.



65 minutes€ 118

SPECIAL ENERGY APPLICATIONS WITH ISABELLA BERGER

Availability upon request



Sound cloud

To be in harmony and balance, to be floating on cloud nine.



The sound of Tibetan singing bowls touches body, mind, and soul, leading to inner peace and deep relaxation. The harmonious vibrations stimulate the human organism to resonate with its own unique vibrational pattern on all levels. Grounding gong sounds and the enchanting sound of crystal singing bowls expand the spectrum of self-awareness and touch the depths of our being.



60 minutes (including rest period)€ 114



Energetisches Coaching

Addressing current or general life issues in the area of body, soul and spirit using kinesiological testing and other energetic methods and techniques to promote a balanced, harmonious life, health and well-being, resilience, inner freedom and economy of one's own energy resources.



65 minutes

.....€ 119



Reset intensive

From functioning to (experiencing) life - from thinking to feeling



The demands of modern life often push us to the limits of our resilience, which can weaken our bodies and threaten our inner balance. Various energetic approaches effectively pave the way to recognizing and releasing tensions and blockages, finding our center again, and reconnecting with inner peace and strength. These approaches also impart life principles and develop simple tools that can be used in everyday life to manage our energy resources constructively and maintain inner balance.



95 minutes€ 165

When the sea exerts all its power, it cannot reflect the image of the sky; but when it becomes still and deep, the image of the sky sinks into nothingness.

Soren Kierkegaard

My enjoyment from a distance

Inspiration from other cultures... Gentle
release of blockages... Deep relaxation...
Flow of life energy... Soothing warmth...



let go - clarify



stabilize - balance



nourish - recharge



Herb ceremony

Joyful warmth for the whole body

After a soothing anointing with a warm, exquisite herbal oil, a massage with hot herbal compresses follows. This activates the body's own repair system, stimulating cell regeneration, cell renewal, and metabolism. You can experience a wonderfully warm feeling of pleasure, relaxation, and regeneration throughout your entire body.

60 minutes (including rest period)€ 125



Lapiscal

Warming natural power

Hot basalt stones and sandbags are used here. The soothingly warming massage and the application of the stones to specific energy points induce general relaxation, allowing the energy flow to harmonize and blockages and tension to be released.

70 minutes (including rest period)€ 135



LomiLomi

To be alone



Many aspects of bodywork are united in this traditional Hawaiian temple massage. The inner attitude is just as important as the ritual of movement, rhythm, stretching, mobilization, and stroking to reduce tension and stimulate blood circulation and the flow of vital energy. A holistic body ritual that promotes health, Lomi Lomi expresses respect for the essence of the living spirit in every being.

60 minutes (incl. rest period)€ 129

90 minutes (incl. rest period)€ 159

4-handed for 60 minutes (incl. rest period)€ 258



Balinese massage

Profound moments



This holistic massage, originating from Bali, is rooted in a long tradition. Beginning with a foot wash, it combines intensive stimulation of the fascial structures and leg muscles with gentle strokes across the entire body to bring the whole organism into a new harmony. A wonderfully fragrant blend of oils ensures profound enjoyment.

80 minutes (including rest period)€ 148



Bharatia – Indian Balancing Massage

Nourishing balance



According to ancient Indian tradition, beauty and health are expressions of inner balance. This soothing oil massage stimulates energy pathways and points, promoting a balance of Vata, Pitta, and Kapha, the three fundamental principles of Indian medicine. The warm sesame oil has a nourishing and detoxifying effect, supporting deep relaxation and inner harmony.

80 minutes (including rest period)€ 148



Indonesia

Power in rhythm



This unique rhythmic and flowing massage combines healing traditions from India, China, and Tibet. Warm sesame oil promotes detoxification and nourishes the skin. By activating energy pathways and energy centers, deep relaxation, immune system strengthening, and balance throughout the entire energy system can be fostered.

95 minutes (including rest period)€ 168



Lotus flower

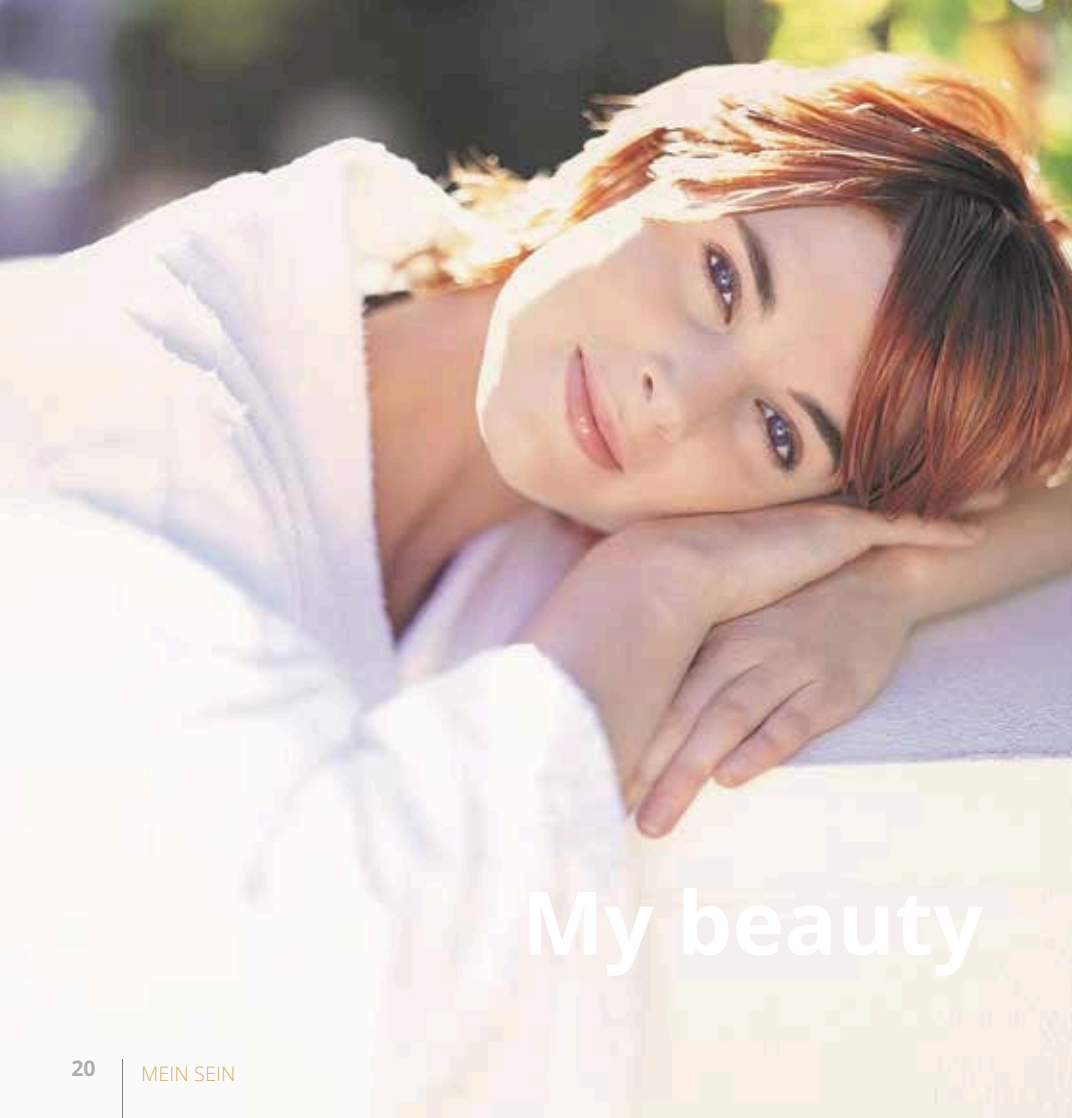
Journey Within



The captivating scent of the lotus blossom accompanies you through a ceremony beginning with a gentle exfoliation and a flowing Indian relaxation massage, concluding with a pleasurable head and face massage and inviting you on a journey into inner worlds.

95 minutes (including rest period) €168





My beauty

Beauty is... resting in MY
BEING...

With every touch, my skin can breathe
freely, my inner self can find peace, and
my radiance can awaken anew.



MY BEING



CA&LE
COSMETICS

The MEIN SEIN cosmetics team is led by our long-time employee and experienced master of cosmetics and foot care, Melanie Mitter, and looks forward to providing you with great care products from MEIN SEIN Beauty and CA&LE nature fresh Cosmetics.

We are delighted to now be able to pamper and care for you with a wonderful MEIN SEIN cosmetics line. MEIN SEIN BEAUTY was developed in collaboration with our long-standing partner CA&LE Cosmetics and combines the highest cosmetic artistry and experience, professionalism and creativity, an exceptional understanding of skin physiology and state-of-the-art technological know-how with the depth of a holistic approach. It can also be wonderfully combined with CA&LE products.



All products are completely natural and vegan. To guarantee the highest quality at all times, the skincare line is manufactured exclusively in Austria and processed entirely in Carinthia. Only natural, plant-based raw materials are used, without allergens, mineral oils, microplastics, preservatives, or chemical emulsifiers.



With these products you receive care that contains only selected active ingredients from organic farming and is produced using innovative LipoMed processes.



The natural skin function is stimulated, skin cells are revitalized, and optimal skin nourishment is ensured. The products are holistically rounded out with the power of local essences and berry buds, integrating them into their key areas of action.

MEIN SEIN Beauty classic

Gentle pre-cleansing of face, neck and décolleté - skin analysis - indulgent peeling - active ingredient concentrate individually tailored to the skin type - soothing facial massage - skin type-appropriate mask - MEIN SEIN final care for eyes, face and décolleté.

50 minutes € 109

MEIN SEIN Beauty supreme

Gentle pre-cleansing of face, neck and décolleté - skin analysis - diamond dermabrasion with the MEIN SEIN Glow Stick Face - eyelash and eyebrow tinting - eyebrow correction - deep cleansing - careful and intensive application of an active ingredient concentrate individually tailored to the skin type using ultrasound - skin type-specific mask - a wonderful massage of face, neck and décolleté - MEIN SEIN finishing care for eyes, face and décolleté.

From the following care priorities, we will select the individual MEIN SEIN maximum care together with you directly before the application:



Clarify & clean



Moisturize & soothe



Revitalize, saturate, and build up

80 minutes €159

Deep Clean with Ultrasound

Cleanse, clarify, refine, harmonize – Suitable for all skin types at all ages

Gentle pre-cleansing – peeling individually tailored to the skin type – intensive, antiseptic deep cleansing with ultrasound to stimulate blood circulation, lymph flow and the removal of toxins – harmonizing active ingredient concentrate – clarifying clay mask with soothing lavender fleece – skin type-appropriate MEIN SEIN final care

50 refreshing minutes€ 112

Clear-up Teenie special

For young and pubescent skin, approximately 10 to 18 years old.

Skin analysis – gentle pre-cleansing – clarifying peel – deep cleansing – individual soothing special mask – skin-type-specific CA&LE finishing care for youthful skin

40 minutes€ 82

Gentleman Edition

Invigorating facial care for men of all ages – also suitable for those with beards.

Gentle pre-cleansing - skin analysis - deep cleansing of the skin - eyebrow shaping - skin type-specific serum with the highest quality active ingredients - relaxing facial massage - individually tailored clay mask - CA&LE "Everyday Man" finishing care

Vital Men's Care for 50 minutes€ 109

All other applications are also suitable for male guests.

MEIN SEIN *special* – COSMETICS



Anti-aging boost with Oxyjet

Anti-aging effect with hyaluronic acid and pulsed oxygen - Visibly smoother and firmer after just one application - Stimulates skin renewal processes

Skin analysis and selection of suitable active ingredients for individual maximum care – gentle pre-cleansing of face, neck and décolleté – skin-type-specific peeling – effective and intensive application of a special hyaluronic cocktail with 95% pure molecular oxygen into the deep skin layers and epidermal intercellular spaces to stimulate skin renewal processes – soothing facial massage – valuable special mask with highly effective biological phytocollagen for more volume and elasticity of the skin, reduction of wrinkles and intensive hydration – skin-type-specific MEIN SEIN finishing care

50 minutes€ 129

JETPEEL – Gentle deep care

Cleansing, care and revitalization - for visibly cared-for and healthy skin from the first use, for long-lasting, natural beauty.

JetPeel technology is an innovative method for intensively caring for and refreshing the skin. A finely focused jet of air and water gently cleanses the skin deep into the pores without irritating or stressing it. Dead skin cells are removed, optimally preparing the skin for subsequent care. Through hydroporation, the most valuable active ingredients are delivered deep into the skin, where they can optimally unfold their beneficial properties. The skin is intensely moisturized, appears smoother and fresher, and feels pleasantly revitalized. State-of-the-art LED light technology complements the treatment and intensifies the overall experience. JetPeel treatments are suitable for all skin types.



Jetpeel - HYDRO CLEAR

Deeply cleansed, noticeably fresh and balanced

The fine aerosol jet gently and deeply cleanses my skin while simultaneously supplying it with valuable nourishing ingredients. This modern, gentle form of skincare visibly clarifies and refines the complexion in a gentle way, soothes and optimally supports the skin's natural balance, and provides intensive moisture. Blue LED light frequencies intensify the treatment's focus and promote calmness and harmonization.

50 minutes of MEIN SEIN TIME for clarification € 179



Jetpeel – HYDRO LIFT

Radiantly vital, intensively cared for, noticeably smooth

A soothing, deeply effective skincare treatment that noticeably revitalizes my skin and makes me glow. A gentle boost to promote natural regeneration, vitality, and radiance. The finest active ingredients penetrate deep into the skin through hydroporation. Red LED light frequencies intensify the treatment's effects and promote vitality and elasticity.

50 minutes of MEIN SEIN TIME to blossom € 199

Extra charge for Jetpeel - neck € 50

Extra charge for Jetpeel - décolleté € 50

Extra charge for Jetpeel - neck and décolleté€ 90

These applications are not suitable in cases of fever, general malaise, inflammation, infections and injuries of the skin, acute sunburn, skin tumors, long-term cortisone therapy, pregnancy and breastfeeding, epilepsy, wearing a pacemaker, implants in the application area and shortly after aesthetic procedures.

EXTRAS FOR YOUR BEAUTY:

Eyelash tinting	
15 minutes	€ 29
Eyebrow dyeing	
15 minutes	€ 29
Shaping eyebrows	
15 minutes	€ 29
Hair removal – Waxing	
upper lip or chin	€ 25

Wimpernlifting

Irresistibly attractive in natural perfection

My natural lashes shine with a perfect curl and appear thicker and longer. Includes tinting, lasting 6-8 weeks.

65 minutes€ 95

Augenbrauenlifting

Perfect harmony for my eyebrows

Including styling and coloring, lasting 6-8 weeks

50 minutes € 85

HANDS & FEET

Manicure

A treat for my hands

Hand bath / nail shaping / cuticle removal / application of standard nail polish in your choice of color / hand massage with hand repair treatment

45 minutes€ 79

Supreme manicure

Silky soft and supple hands

Manicure with a pleasantly soothing, circulation-boosting, highly nourishing and moisturizing paraffin treatment. A particular treat for those with neurodermatitis and for dry, cracked or rough hands.

65 minutes€ 118

We would like to point out that we generally do not treat artificial nails or Shellac nails.

Pedicure

A treat for my feet

Balancing hay flower foot bath / cleansing mountain crystal scrub / nail shaping / cuticle and callus removal / nail polish application with standard color of your choice / gentle aftercare with calendula foot balm and astaxanthin

50 minutes€ 89

Supreme Pedicure

Soothing deep warmth, moisturizing care and relaxation

Pedicure with circulation-boosting and intensively nourishing paraffin pack

65 minutes€ 128

Pedicure “Men - Edition”

A treat for feet and legs

Invigorating Swiss pine foot bath / nail treatment / cuticle and callus removal / gentle aftercare with calendula foot balm

40 minutes€ 69

Supreme Pedicure “Men - Edition”

A treat for feet and legs

With a deeply warming, circulation-boosting and wonderfully nourishing paraffin pack

55 minutes€ 108

Everything we do for ourselves, we also do for others, and everything we do for others, we also do for ourselves.

Thich Nhat Hanh



My well-groomed Body

Powerful compositions for the body



let go - clarify



stabilize - balance



nourish - recharge



Full body „smooth de luxe“



Silky soft and supple – all-around contoured and well-groomed



Our ultimate grooming ritual begins with an activating Massage and a full body scrub with the MEIN SEIN Glow Stick body. The treatment opens the skin and tissue, optimally preparing them for the subsequent active ingredients. The special care compositions support a clear, healthy complexion. A special draining wrapping technique promotes metabolic activation, detoxification, and a firming and warming effect on the thighs, pelvic area, abdomen, and upper arms. A special modeling mask on the neck, décolleté, and chest area strengthens and beautifies the skin, while a smoothing facial massage and the manual application of valuable anti-aging care to the entire body guarantee deep relaxation and holistic well-being.

75 minutes€ 149



Himalaya-Rosen-Peeling



To be sparkingly invigorated

Gentle body scrub for a clear complexion – the invigorating skincare preparation. Warm MEIN SEIN oil with rose petal salt provides a sensory-energizing body scrub with a nourishing effect.

30 minutes (including rest period)€ 62



Himalaya-Rosen-Peeling-Luxus



Invigoratingly refreshing and deeply relaxed at the same time

After a body scrub with warm "MEIN SEIN" oil and rose petal salt, you will be warmly wrapped to optimally support detoxification. The treatment is rounded off with a relaxing and balancing facial massage with rose oil and rose quartz.

45 minutes€ 82



My time with YOU

Taking time for each other and
enjoying being together.



let go - clarify



stabilize - balance



nourish - recharge

Partnermassage

The following massages can be booked for two people with the same treatment time: Holistic full body massage "Moor time plus", Holistic full body massage, Partial massage, Intensive back massage, Head and neck massage, Foot reflexology massage.

Time for two.... Prices according to the wellness brochure x2



"Feel – Enjoy – Experience" at SALVE IN TERRA



A sensual cleansing and nursing Ritual for carefree playfulness and the magic of a velvety touch

Rediscover immediate feelings of joy and ease through this experiential body wrap with the finest mineral clay on the Salve in Terra lounger. Let yourself be surprised. This system was specially developed by wellness pioneer Paul Haslauer to address these deep inner needs. The mineral clay and aroma body wrap activates the release of toxins and waste products from the skin, allowing for optimal absorption of active ingredients. Essential oils have a beneficial effect on your nervous system and your emotional well-being.

25 minutes for 2 people€ 75



Two for Two

Relaxation in duet

Holistic full-body partner massage 45 minutes followed by a romantic sound experience on the wave-balance® lounger.

80 minutes for two€ 210



WaveDance

dynamic, flowing, free

This gentle, full-body relaxation, in rhythm with the swaying waves, begins with playful movement exercises on the warm waterbed. Through shared sensation and listening during a sensitive, three-dimensional stretching session, you will find yourself flowing in harmony with the wave, improving the mobility of your joints and connective tissue and gently releasing blockages. Together, you will then continue with renewed energy towards greater vitality and life force.

45 minutes for two – in comfortable clothing € 89



WaveFeeling



Touched by loving attention

Flowing strokes with warm oil, combined with the gentle vibrations of the tones, slow down, harmonize, and open the experience to a deep feeling of intimate connection. A gentle, harmonizing energetic application intensifies this shared feeling and is rounded off by a meditative and resonant rest.

60 minutes for two€ 115



Pampering time for expectant mothers

Heartiest congratulations on carrying
new life under your heart.



let go - clarify



stabilize - balance



nourish - recharge

We are delighted that you are spending a small part of this precious time in our house, to enjoy this new life situation in a special way and to have time entirely for yourself and your baby.

If we may also pamper you with a treatment in the wellness center, this information may help you with your selection.

Here are some applications that are suitable for a naturally progressing pregnancy – provided you are completely healthy and feel comfortable at high altitude.

In the case of a high-risk pregnancy, it is essential to consult a doctor. In any case, we kindly ask you to inform our staff of your pregnancy when making your reservation and before the start of each treatment, as this must always be taken into account.



Massage „baby moon“

A blissful letting go



A gentle massage with warm oil on the LadyMary special lounge – it feels good to relax comfortably in a prone position again.

35 minutes € 69

45 minutes € 89

Further information for expectant mothers about the entire MEIN SEIN program:

Possible treatments during the first 12 weeks of pregnancy: Elemental balancing, cosmetics, head and neck massage, head and face massage, facial lymphatic drainage, Elemental balancing, MEIN SEIN BEAUTY, MEIN SEIN "Sunshine", MEIN SEIN "Release Intensive", manicure, pedicure

Additional possible applications in the 4th-7th month of pregnancy:

If you can still lie on your back: "baby moon" massage, Reiki, CSIR, lymphatic drainage, gentle Himalayan rose scrub, Bharatia, Indasia, lotus blossom.

If lying on your back is already difficult: "baby moon" massage, Reiki

This information is not exhaustive. If your desired treatment is not listed, please contact the MEIN SEIN Wellness reception for clarification.



**Immeasurable wealth surrounds you when
you open your spiritual eyes and behold the
infinite treasure trove within.**

Joseph Murphy

For Children

Discover new things for children aged
approximately 3-12 years.



let go - clarify



stabilize - balance



nourish - recharge



Children's massage

Gentle massage with warm oil for young connoisseurs. Bookable for children up to the age of 12.

20 minutes € 40



elemental balance

Dreaming with colored light, sound, scent and vibration on the Allsense lounger.

30 minutes € 40



Family fun at the Salve in Terra

A fun experience with mom or dad in fragrant mineral clay for 1 adult and max. 2 children up to the age of 10.

25 minutes € 85



A vibrant photograph of sunlight filtering through dense green foliage, creating a bright starburst effect in the center. The leaves are various shades of green, and the sunlight creates a warm, golden glow.

General Information

Consultation and appointment booking:

Hotel reception: ext. 100

(7:30 a.m. - 10:00 p.m.)

MEIN SEIN Wellness reception in

the Sonnenbad area: ext. 180

Email: wellness@feuerberg.at

Your treatment appointment

We recommend arriving at "MEIN SEIN" a few minutes beforehand – unless otherwise stated, please feel free to wear your bathrobe. Have a glass of water or herbal tea.

Before each treatment, we will ask about your very individual requirements and your wishes. Therefore, we ask you to use the time before your first treatment to fill out the guest information form. Competent consultation is an integral part of the treatment.

Health information: Please inform us of any chronic or acute conditions (fever, diabetes, surgeries within the last 2 years, spinal injuries, herniated discs, fractures, cardiovascular diseases, implants, tumors, allergies, or intolerances) at the time of booking or at least before your appointment. This also applies to the regular use of medication and if you are pregnant.

After the treatment, we recommend that you allow yourself a rest period of about 30 minutes and drink plenty of Gerlitzten spring water or herbal tea to experience the full effect of the treatment. Please avoid direct sunlight for approximately two hours after applying oil.

Cancellation policy

Should you be unable to keep a scheduled appointment, please inform us at least 24 hours in advance – Hotel Reception ext. 100, MEIN SEIN Wellness Reception ext. 180. Otherwise, reserved but unused treatments will be charged at 90% of the normal price.

THINGS TO KNOW

Essential oils are the soul of medicinal plants and are obtained through distillation. Their fragrance corresponds to their spiritual quality, their inner essence. Scent perception triggers extraordinarily complex processes in the brain and has psychological, physical, and consciousness-altering effects. Pleasant fragrances have always been equated with the divine and understood as mediators between soul and body.

Our tip: Enjoyment from afar with captivating fragrance compositions of the highest quality.

Sounds, that reach our ears are transmitted to the brain. They are guided and influence our consciousness. When they come into contact with the body, they settle in the body fluids. They continue to vibrate and set the tissue in motion. They create a gentle massage at the molecular level. If one assumes that every tissue has its own resonant frequency, then a physical disturbance is like a discordant note in that location. When the respective area is set into vibration, it is stimulated to return to its own resonant frequency.

Our tip: unique wave balance rituals and MEIN SEIN sound cloud

Color vibrations have a major influence on the mental mood and general well-being. They support the organism towards harmony. We can also perceive colors. Color vibrations are absorbed through the skin. Electromagnetic oscillations in the biophoton field communicate with the body's interior and influence biochemical processes within the organism. Our tip: Experience the elements with colored light, sound, and vibration.

Essences made from flowers or gemstones contain a spiritual aspect without any material component, whose vibration is stored in water. "Flowers are radiant faces of God, gemstones are crystalline thoughts of God." Flower essences work via our energy body on the physical body, but also on the emotional and, to some extent, the mental body. They enable a "holistic sense of well-being" and can intensify the effects of treatments. Our tip: Full-body massage with MEIN SEIN energy spray.

Gemstones act on the physical body by stimulating the molecular structure. In essences, they influence the mental body, where entrenched thought patterns can be recognized and transformed.

Our tip: take a few quiet moments to simply enjoy the presence of a crystal.

Geomantie: All treatments take place within a field created through geomantic clearing, energization, and a special impregnation of the treatment rooms. This field provides ideal energetic conditions for relaxation and regeneration, the harmonization of body, mind, and soul, the release of energetic blockages, and the promotion of a free and balanced energy flow.

You don't have to understand life.

You don't have to understand life; then it will become like a celebration. And let each day unfold to you like a child who, as it walks along, lets every breeze bestow many blossoms upon it.

The child doesn't think of gathering them up and saving them. It gently loosens them from its hair, where they were so happily caught, and holds out its hands to the dear young girl for new ones.

Rainer Maria Rilke



imprint

Bergeralm Hotelbetriebsgesellschaft mbH, 9551 Bodensdorf, Carinthia, Austria. Concept and text: Erwin Berger. Design and layout: www.wf-design.at, Walter Fröhlich. Image credits: Mountain Resort Feuerberg, Gernot Gleiss, CA&LE, shutterstock. Prices valid from November 2025, subject to change. Responsible for content: Erwin Berger, subject to typesetting and printing errors. Place of jurisdiction: Klagenfurt.

Mountain Resort Feuerberg | +43 4248 2880 | wellness@feuerberg.at | www.feuerberg.at

