

REFRESHED, RELAXED, REENERGIZED – AROLLA PINE, GRAPE & AYURVEDA

New SPA treatments in Post Alpin SPA

NEW

INTENSIVE AYURVEDA RELAX DAYS

- 3 nights delightful living in your suite
- inclusive full board and all inclusive services of Hotel Post
- Shirodhara – pouring warm herbal oils over forehead (50 min.)
- Padabhyanga – ayurvedic foot massage (50 min.)

POSSIBLE DATES: 10/12 – 22/12/2017 | 07/01 – 10/02/2018 | 03/03 – 29/03/2018 | 02/04 – 28/04/2018

Arrival Sunday to Monday

from € 577 per person

VINOTHERAPY | SELECTION

Glove exfoliation massage | fascia massage | body reflex zone massage | cleansing with body powder

Intensely nourishing oil, cleansing body powder and fragrant flower essences are integral components of this application series. The targeted massage of reflex zones will relieve congestions in the connective tissue while activating the lymph circulation and detoxifying the body.

Length 80 minutes Price: € 129

To inquire for availability and counsel, please contact spa@postlermoos.at or +43 5673 22 81-850



HAVE A GOOD NIGHT'S REST THANKS TO THE ENERGY OF THE AROLLA PINE

and the comfort of Hotel Post

NEW

INTENSIVE AROLLA PINE DREAM DAYS

- 3 nights delightful living in your Hotel Post suite inclusive full board and all inclusive services of Hotel Post
 - Alpienne "ZIRM" Ritual | QUEEN OF THE ALPS (ca. 70 min.): enjoy a footbath with pure mountain salt and Arolla Pine chips in our pine wood tub while your feet receive a gentle exfoliation. Active pine ingredients will permeate the muscle layers during the whole-body massage, and release tensions.
 - A fine massage milk from Arolla Pines and honey will nourish your skin substantially.
 - In your hotel suite: test an Arolla Pine pillow overnight for free

POSSIBLE DATES: 10/12 – 22/12/2017 | 07/01 - 10/02/2018
03/03 – 29/03/2018 | 02/04 – 28/04/2018

Arrival Sunday to Monday

from € 575 per person



ALPINE WELLNESS

YOUR TOP-HOTELS IN AUSTRIA AND SOUTH TYROL
FOR YOUR BEST WELLNESS JOYFUL MOMENTS



RELAX &
BEAUTY
VITALITY
GOURMET
FAMILY

25

YEARS

2017 IS A VERY SPECIAL YEAR:
THE BEST ALPINE WELLNESS HOTELS -
EACH OF THEM AN ALPINE WELLNESS
JEWEL AND SELECTED WITH CARE JUST
FOR YOU - ARE CELEBRATING THEIR
25TH ANNIVERSARY!

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(WELLNESS) WISHES COMING TRUE

Take your pick from these great options

WELLNESS "MAKE-A-WISH"

- 3 or 7 nights in the Post Junior Suite A inclusive full board and all inclusive services of Hotel Post
- 1 or 3 treatments from our wellness wish list*

OUR WELLNESS WISH LIST

- ALPIENNE Honey Arolla Pine bath
- VINOBLE Barrique wine bath
- Nourishing regeneration body pack
 - Partial body massage
 - Vinoble eye treatment
- Spagyric footbath with foot massage and foot pack
- ALPIENNE Tyrolean herbal bath
- Honey wine body pack
- Aroma back massage
- Face massage "free-of-thought", Balance Alpine 1000+
- Hand and arm massage with exfoliation and pack
- Post Alpin SPA peeling

SPA treatments are only offered from 10 am to 3 pm



	Until 10/12/2017		06/01 – 14/01/2018 10/03 – 24/03/2018		14/01 – 28/01/2018		28/01 – 10/02/2018	
	3+1	7+3	3+1	7+3	3+1	7+3	3+1	7+3
JUNIOR SUITE A	from € 494	from € 1,171	from € 562	from € 1,215	from € 562	from € 1,271	from € 645	from € 1,528

All prices are in Euro per person in the Junior Suite A with the services listed, plus local tax for everyone over 15. Packages and treatments are subject to availability. It is not possible to deselect them or receive their value in cash. Treatment package "make-a-wish" is offered from 10 am to 3 pm. When booking the 3 nights package, arrival is scheduled on Sunday, Monday or Tuesday. Arrival on Wednesday or Thursday is only possible upon request. Packages cannot be combined with other benefits. Additional nights can be booked according to availability and price table. Booking of all suite types possible.



!QMSMEDICOSMETICS



alpienne
KRAFT DER ALPEN



EXPERIENCE DELIGHTFUL MOMENTS



Post Gourmet Stube by Thomas Strasser



POST GOURMET STUBE
HOTEL POST LERMOOS
by Thomas Strasser

Gault&Millau

Gourmet chef Thomas Strasser and his talented staff are experts in preparing a refined Alpine Tyrolean wellness cuisine combined with international gourmet trends. Only the best products are sourced from our own farm, from regional farmers or local dairy farms. To round up a superb menu, our F&B manager Almin Begic will provide you with his expert counselling and help you to choose from our ample Hotel Post wine selection with more than 1,000 positions.



GOURMET-NIGHT

- 1 night in the Post Junior Suite A with all inclusive services of Hotel Post
- 1 six-course gourmet menu in our Post Gourmet Stube (Wed-Sat) incl. parking space in underground garage

A LA CARTE



from € 228 per person

