Skin & Beauty
Treatments
BEAUTY AS A MIRROR OF HEALTH
Skin & Beauty

VIVAMAYR is where you start your long-term journey to vibrant health.

Only at VIVAMAYR do you receive a medical program that is 100% tailored to your individual needs. This allows you to live a healthier, longer and more fulfilling life. Begin a process of cleansing and renewal with VIVAMAYR, a process that becomes a unique and memorable experience of health and well-being.

VIVAMAYR Skin & Beauty works in synergy with your other medical treatments and overall health program to give you the best in skincare with maximum results that suit your skin’s and your body’s needs, leaving you looking fresh, glowing and more youthful.
/ Face

DR. BARBARA STURM

YOUTHFUL GLOW

DR. BARBARA STURM INSTANT GLOW FACIAL

This express facial will cleanse, nourish and awaken the skin, and help restore the complexion’s natural glow. Light-reflecting pigments in GLOW DROPS leave the skin with a visible, youthful radiance and even out any irregularities on the complexion.

THE RESULTS | This treatment nourishes the skin, and helps to restore a natural and healthy-looking glow.

45 min  150

CLARIFYING EFFECT

DR. BARBARA STURM CLARIFYING FACIAL

Dr. Sturm’s Clarifying Facial was formulated for blemish-prone skin. It directly improves the skin’s barrier and helps to restore its natural balance. The active ingredient complex reduces discomfort and alleviates skin sensitivity and redness – for an instant calming effect, while addressing the signs of aging and reducing the appearance of fine lines and wrinkles.

THE RESULTS | Harmful bacteria and redness is reduced as is the production of the sebaceous glands.

75 min  250

COMPLEXION PERFECTION

DR. BARBARA STURM BRIGHTENING FACIAL

The Brightening Facial decreases hyperpigmentation and gently brightens the skin using natural brightening ingredients while combatting the oxidative stresses that cause premature aging and dark spots. The skin tone is boosted and more luminous thanks to the shimmer particles included in the BRIGHTENING SERUM and FACE CREAM or LOTION, which also provide essential moisturising and rejuvenating anti-aging powers.

THE RESULTS | Your skin is left smoother, brighter and more vibrant-looking.

60 min  225

All prices are in euros including VAT.
DR. BARBARA STURM SUPER ANTI-AGING FACIAL

Targeting the deepest layers of the skin this Super Anti-Aging Facial replenishes moisture reservoirs resulting in a smoother and more youthful complexion, promoting the skin’s natural barrier function, while also reducing the appearance of fine lines and wrinkles.

THE RESULTS | This facial visibly lifts the skin around the jaw and neck while reducing fine lines and reviving stressed skin.
/ Face

QMS MEDICOSMETICS

**SOOTHING**

**QMS SENSITIVE SKIN REBALANCING FACIAL**

A customised treatment designed for sensitive skin, congestion and redness. Clears impurities, calms inflammation and regenerates the basic functions of the skin. This treatment delivers effective results to improve the skin’s complexion without causing further irritation.

50 min  100

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**HYDRATING**

**QMS ACTIVATOR TREATMENT**

A revitalising facial treatment that leaves you feeling refreshed. By means of an acid peel, the skin is prepared for the subsequent algae modelling. This is followed by the application of naturally soluble collagens in order to significantly increase the moisture content by intensively hydrating the skin and promoting cell renewal. The additional facial mask replenishes the skin and allows the high-quality ingredients to penetrate even deeper. By nourishing your skin with active ingredients, it is regenerated and appears fresh, firm and radiant. Perfect for revitalising tired and stressed skin.

60 min  121

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**RESTORE AND REVITALIZE**

**QMS COLLAGEN REJUVENATION TREATMENT**

A modified anti-aging treatment based on the unique QMS Medicosmetics Collagen System formulated to meet the highest of demands. By means of an acid peel, the skin is prepared for the subsequent algae modelling. This is followed by the application of naturally soluble collagens in combination with a massage in order to significantly increase the skin’s moisture content by intensively hydrating the skin and promoting cell renewal. The additional plaster modelling firms the skin and allows the high-quality ingredients to penetrate even deeper.

70 min  172

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All prices are in euros including VAT.
OXYGEN BOOST

QMS PURE OXYGEN TREATMENT

This is one of our top anti-aging treatments, in which the active ingredients used are applied so that they penetrate the skin with long-lasting effect. This treatment regenerates skin cell metabolism and awakens and stimulates desquamation (peeling) of the skin, slowing down the aging process. It uses the power of fruit acids and exfoliating enzymes to remove the top layer of dead skin for a deep cleanse, followed by oxygen skin cell therapy to push in hyaluronic acid and a cocktail of cell-boosting antioxidants. The treatment is rounded out with our deeply hydrating Activator Mask, rich in hyaluronic acid and marine collagen, which provide moisture to plump and smooth the skin.
OMOROVICZA ILLUMINATING FACIAL

Designed to brighten and illuminate the complexion, this facial begins with a gentle peel, enriched with copper to pack an antioxidant, collagen-stimulating punch. A unique facial massage soothes the senses and accelerates microcirculation, whilst a rose and peony-scented mask plumps and nourishes the epidermis, reducing the appearance of fine lines and wrinkles.

60 min 160

All prices are in euros including VAT.
<table>
<thead>
<tr>
<th>Service</th>
<th>Description</th>
<th>Duration</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>EXPRESS TREATMENT</strong></td>
<td>Steam exfoliation and extractions, finishing with a pore-tightening cooling mask - fast yet effective.</td>
<td>50 min</td>
<td>90</td>
</tr>
<tr>
<td><strong>GENTLEMAN’S HOUR</strong></td>
<td>High-tech care specifically designed for men’s skin and all of its individual needs. Highly exclusive marine active ingredients supply the skin with oxygen, boost moisture and help combat skin aging. The skin is cleansed deep into the pores and is left perfectly moisturised with the help of a relaxing massage and a facial mask. Restores a healthy and strong appearance to tired skin.</td>
<td>60 min</td>
<td>120</td>
</tr>
<tr>
<td><strong>QMS DEEP CLEANSING TREATMENT</strong></td>
<td>A moisturising facial treatment that cleanses deep into the pores. After a preliminary peel and deep cleansing, your skin is optimally prepared for the sensational, soothing and intensively moisturising algae modelling. The additional facial mask soothes your skin and allows the high-quality ingredients to penetrate even deeper. Your skin will appear firmer, smoother and healthier.</td>
<td>65 min</td>
<td>125</td>
</tr>
<tr>
<td><strong>FACIAL MASSAGE</strong></td>
<td>Pamper your skin during your stay with regular facial massages. Metabolic processes are stimulated, circulation of blood to the cells is boosted and the nutrient supply is improved.</td>
<td>30 min</td>
<td>50</td>
</tr>
</tbody>
</table>
## HYDRAFACIAL

### DETOXIFYING

#### SIGNATURE HYDRAFACIAL

This treatment deeply cleanses, extracts, and hydrates the skin utilising super serums filled with antioxidants, peptides, and hyaluronic acid.

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>30 min</td>
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### CLARIFYING

#### CLARIFYING HYDRAFACIAL

This facial includes extended extractions and blue LED light therapy for oily or congested skin.

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 min</td>
<td>195</td>
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</table>

### REJUVENATING

#### DELUXE HYDRAFACIAL

Age Refinement HydraFacial

The addition of DermaBuilder® helps to reduce the appearance of fine lines and wrinkles.

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>50 min</td>
<td>240</td>
</tr>
</tbody>
</table>

### RENEWING

#### PLATINUM HYDRAFACIAL

Discover the ultimate Hydrafacial experience! Begin the detoxification process with Lymphatic Therapy. Continue with the Deluxe HydraFacial to deeply cleanse, extract and hydrate the skin while addressing specific skin concerns with a specialty vial of your choice. This treatment concludes with LED light therapy.

<table>
<thead>
<tr>
<th>Time</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>70 min</td>
<td>320</td>
</tr>
</tbody>
</table>

All prices are in euros including VAT.
**POWER OF TECHNOLOGY**

**VITALASER HYALURONIC AND COLD LASER TREATMENT**

This innovative treatment harnesses the power of technology; VitaLaser stimulates micro-circulation through the use of two laser frequencies, successfully treating the skin both on the surface and in the deeper layers of the dermis. Micro-circulation promotes cell renewal, increasing collagen and elastin production. Hyaluronic acid is infused into the skin during the process, maximizing hydration; the skin looks tighter and plumper, reducing the appearance of fine lines and wrinkles. The treatment incorporates fruit enzyme exfoliation, steam and extractions, and a relaxing facial massage, finishing with a firming and rejuvenating mask.

**60 min 210**

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**LIFTING EFFECT**

**HOLLYWOOD PEEL**

A peel that is perfect for all 4 seasons and requires no downtime

A highly effective peel with an anti-aging and lifting effect suitable for 365 days of the year without any "downtime". It rejuvenates the skin and ensures an even and smooth complexion. The result is gentle skin regeneration achieved through effective bio-revitalisation. Wrinkles, hyperpigmentation, as well as blemished skin are all improved.

**45 min 240**

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P. 13
/ Face

PURE REFRESHMENT

EYE REVIVER
A wonderful and relaxing treatment for tired and puffy eyes. Thanks to intensive moisturisation, the area around the eyes benefits from optimal blood circulation and appears refreshed and smoothed.

Add-on to a facial 15 min 44
Stand-alone treatment 20 min 49

HUMIDITY KICK

LIP ZONE REPAIR
Ideal for treating the fine lines and wrinkles around the upper lip. This highly effective treatment smoothes and tightens the upper lip area while at the same time improving the skin’s elasticity. Your overall appearance becomes more youthful.

Add-on to a facial 15 min 44
Stand-alone treatment 20 min 49

TIGHTENING

NECK & DÉCOLLETÉ
This is a firming treatment with an immediate effect. For a flawlessly beautiful neck and décolleté.

Add-on to a facial 30 min 44
Stand-alone treatment 40 min 60

MOOD ENHANCER

LED LIGHT THERAPY
LED light therapy is a pain-free and relaxing treatment that is suitable for all skin types and conditions, without downtime and recommended for skin rejuvenation, sun damage, sensitive and inflammatory conditions, acne and problem skin - wound healing and scarring, restoring radiance, rosacea and redness, eczema, psoriasis and dermatitis.

30 min 55

All prices are in euros including VAT.
/ Body

DETOXIFY  MACHINE LYMPH DRAINAGE
The proper functioning of the lymphatic system is critical to our body’s ability to detoxify, filter out toxins and maintain a healthy immune system. This treatment uses pressure equipment for lymph drainage to detoxify the lymphatic system. The treatment is effective in combathing swelling, water retention and poor circulation. Machine lymph drainage can be incorporated during a facial or with the LED light therapy. Please speak to our therapists for more information.

25 min  75

STIMULATE  MACHINE LYMPH DRAINAGE & LED LIGHT THERAPY
During LED light therapy, your lymphatic system is detoxified using our lymph drainage pressure equipment.

30 min  130

CLARIFY  MACHINE LYMPH DRAINAGE & BODY SCRUB
This treatment begins with a body scrub, followed by detoxification using our lymph drainage pressure equipment.

60 min  150

All prices are in euros including VAT.
SMOOTH  

**BODY SMOOTH**

An uplifting, stress-busting treatment aimed at removing dead skin cells using enzymes or a body scrub followed by the application of body oil to hydrate the skin.

35 min  65

FIRM  

**CELLU ATTACK**

Tackle cellulite, detoxify, firm and reduce inches. Using the powers of marine algae, salts, pepper oil and sea minerals, this 100% natural treatment yields truly magnificent results. A combination of fruit acids, enzymes and salts to exfoliate and smooth, followed by a thermal algae treatment to purge and detoxify, finishing with a massage. We recommend Resurfaslim to use at home for those wishing to fight cellulite thoroughly.

60 min  114

PURIFY  

**BACK CLEANSE**

This treatment helps to clear congestion in the pores or skin irregularities in the back. Indulge in a rigorous back exfoliation followed by an enzyme mask to remove dead skin cells and impurities. Extractions to reduce blackheads and breakouts and a thermal mask to calm inflammation, finishing with a gentle back massage to aid detoxification and drainage.

50 min  75

PLEASANT  

**HEAD MASSAGE**

Besides having a relaxing effect, a head massage also stimulates blood circulation and lymphatic flow.

20 min  46
/ Body

REFRESH

WEEKEND REVIVAL

Use weekends at VIVAMAYR for quiet meditation and relaxation. Indulge yourself with a regenerating 60-minute facial combined with machine lymph drainage and LED light therapy.

This is the ideal weekend treat.

75 min  200

All prices are in euros including VAT.
DETOXIFY

BODYLICIOUS
Relax with a deep cleansing facial treatment and machine lymph drainage to detoxify and reduce puffiness, as well as an invigorating body scrub and LED light therapy. This indulgent treatment will compliment your detox programme and aid the elimination of toxins from the body.

90 min 250

SOUL DELIGHT

VIVAMAYR FOOT WELLNESS
This deeply moving ritual combines the powers of a warm salt bath and a foot scrub (the Salzkammergut helps to provide positive energy) with high-quality precious gemstones, aromatherapy oils, five elements of Traditional Chinese Medicine and the Metamorphic Technique. This treatment helps to unblock energy and relieve the mind of stress.

Due to limiting beliefs we hold about ourselves and our lives, we tend to get stuck in particular patterns that keep us from fully realising our potential. These patterns can show up in various ways – physical or mental illness, emotional problems and repeated patterns of negative behaviour.

The Metamorphic Technique offers us a new and fascinating way of looking at life. It provides us the possibility of change by releasing our subconscious resistance. The practitioner activates the body’s inner healing, ultimately releasing blockages that prevent the energy from flowing freely.

At the end of your cure, this effective treatment will allow you to go back to your daily life feeling holistically strengthened and supported. This treatment is highly recommended for those suffering from stress, anxiety or a lack of energy.

75 min 120
/ Basics

FOR A SLEEK APPEARANCE

DEPILATION USING HOT WAX

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
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<tbody>
<tr>
<td>Back</td>
<td>40 min</td>
<td>55</td>
</tr>
<tr>
<td>Upper lip</td>
<td>15 min</td>
<td>17</td>
</tr>
<tr>
<td>Upper lip and chin</td>
<td>20 min</td>
<td>25</td>
</tr>
<tr>
<td>Arms</td>
<td>35 min</td>
<td>50</td>
</tr>
<tr>
<td>Underarms</td>
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<tr>
<td>Full leg</td>
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<td>70</td>
</tr>
<tr>
<td>Half leg</td>
<td>30 min</td>
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FOR RADIANT EYES

ADDITIONAL TREATMENTS

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Eyelash tint</td>
<td>15 min</td>
<td>18</td>
</tr>
<tr>
<td>Eyebrow tint</td>
<td>15 min</td>
<td>18</td>
</tr>
<tr>
<td>Eyelash and eyebrow tint</td>
<td>20 min</td>
<td>34</td>
</tr>
<tr>
<td>Eyebrow shaping</td>
<td>20 min</td>
<td>25</td>
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All prices are in euros including VAT.
### MANICURE

<table>
<thead>
<tr>
<th>Service</th>
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<tbody>
<tr>
<td>Manicure</td>
<td>45 min</td>
<td>55</td>
</tr>
<tr>
<td>Manicure with polish</td>
<td>55 min</td>
<td>67</td>
</tr>
<tr>
<td>File and polish</td>
<td>20 min</td>
<td>25</td>
</tr>
<tr>
<td>Removal of semi-permanent gel nails via soaking</td>
<td>25 min</td>
<td>35</td>
</tr>
<tr>
<td>Paraffin bath</td>
<td>30 min</td>
<td>50</td>
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### PEDICURE

<table>
<thead>
<tr>
<th>Service</th>
<th>Duration</th>
<th>Price</th>
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</thead>
<tbody>
<tr>
<td>Pedicure</td>
<td>60 min</td>
<td>63</td>
</tr>
<tr>
<td>Pedicure with polish</td>
<td>75 min</td>
<td>75</td>
</tr>
<tr>
<td>Intensive pedicure</td>
<td>90 min</td>
<td>87</td>
</tr>
<tr>
<td>Intensive pedicure with polish</td>
<td>110 min</td>
<td>99</td>
</tr>
<tr>
<td>File and polish</td>
<td>25 min</td>
<td>30</td>
</tr>
<tr>
<td>Removal of semi-permanent gel nails via soaking</td>
<td>25 min</td>
<td>35</td>
</tr>
<tr>
<td>Paraffin bath</td>
<td>30 min</td>
<td>50</td>
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</tbody>
</table>
/ Booking conditions

**OPENING HOURS**

Monday to Sunday 9.00 am till 6.00 pm
And by appointment

**BOOKING PROCEDURE**

Please make your reservation at the Skin & Beauty Reception on the ground floor. To provide you with the perfect spa experience, we kindly ask you to inform us in advance about any special requests or specific health concerns.

**CANCELLATION POLICY**

Please inform us by 4.00 pm on the day before your appointment if you are unable to attend. Failure to attend or appointments cancelled after this time will be charged in full.

We kindly ask you to arrive at least 5 minutes before the start of your treatment.

**SKIN & BEAUTY**

cosmetics@vivamayr.com
+43 3622 71450 Extension 712

**OUR LOCATION**

Fischerndorf 222, 8992 Altaussee, Austria
A PLACE WHERE TRANSFORMATION BEGINS.