

The little Schalber A-Z





Welcome at the Wellness Residence Schalber

**Family Schalber and their staff welcome you to the Wellness Residence Schalber.
To give you an overview of our hotel and our offer we have summarized the most important:**

Hotel Bar

is open **from 10.00 am**

Breakfast

with large buffet **from 7.30 am to 11.00 am**

Upon request, we will be glad to serve breakfast in your room (extra charge).

Afternoons

from 02.30 pm - 05.00 pm we would like to invite you for strudel and cake with coffee, tea or lemonade.

Dinner

is served **from 7.00 pm to 9.00 pm** in our well-kept restaurants.

Children's table

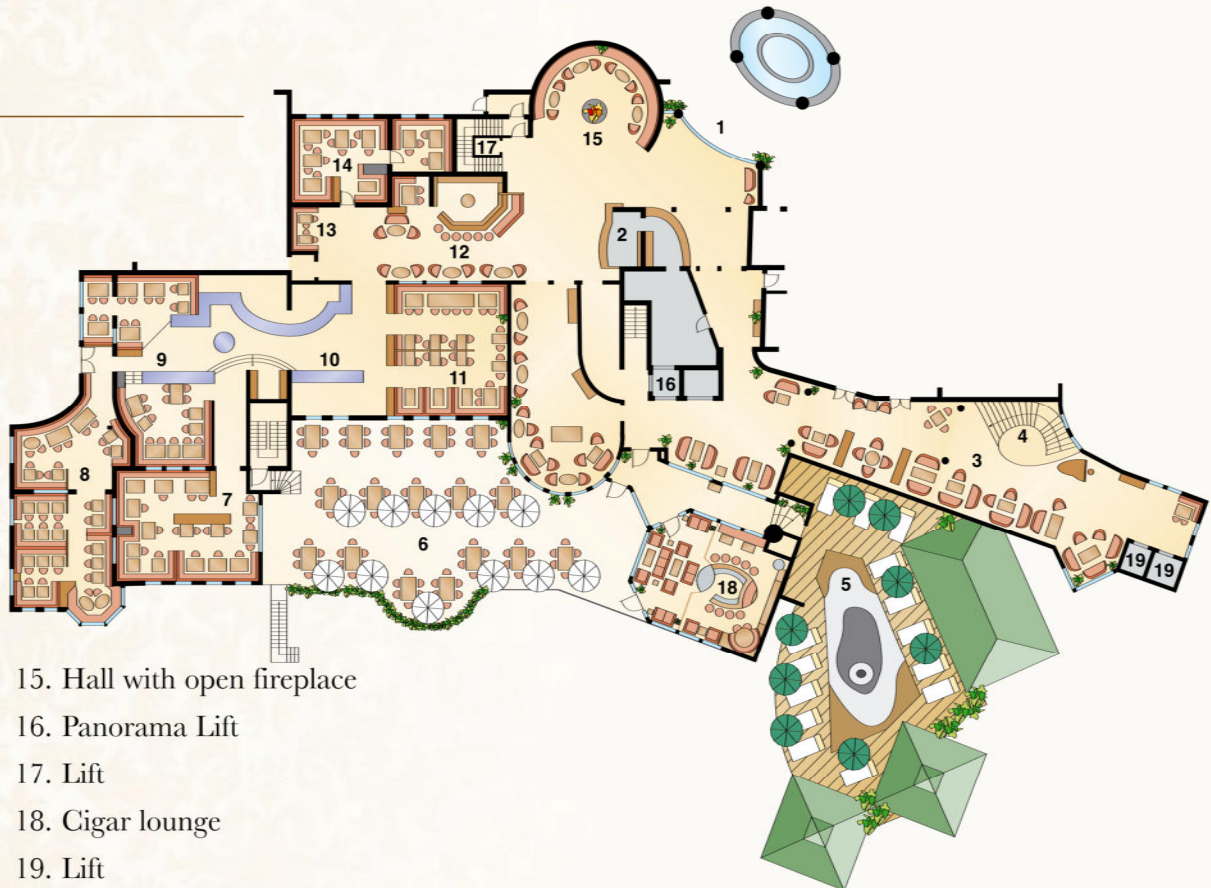
Children have dinner together daily **at 05.30 pm**

**Dear Guests, naturally, we are available for any questions and information.
If you have a request, we will always try to fulfill your wishes!**

Ground Floor

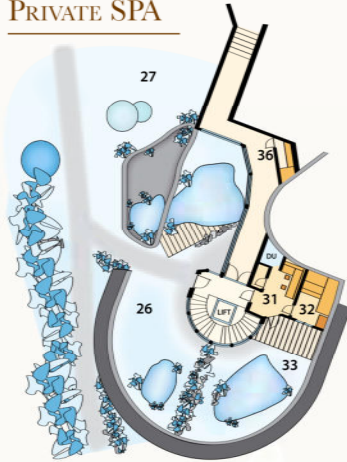
INSIGHTS

1. Entrance area
2. Reception
3. Lounge
4. Staircase lounge
5. Deck chair terrace
6. Sun terrace
7. Royal dining room
8. New snug dining room
9. Dinner buffet
10. Breakfast buffet
11. Rose dining room
12. Hotel bar
13. Gothic corner
14. Hunter's snug room



New Panorama Spa

LEVEL 1: PRIVATE SPA



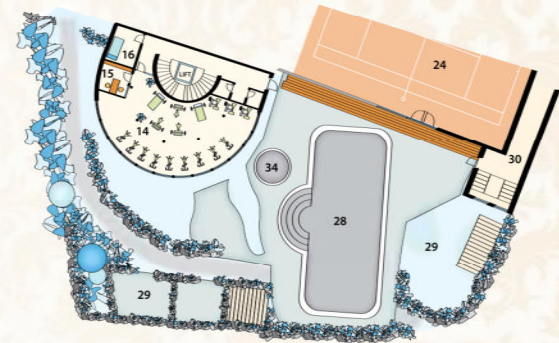
1. Herbal steam bath
2. Rock sauna
3. Brine grotto
4. Tyrolean sweatroom
5. Ice grotto
6. Relaxing area
7. Japanese steam bath
8. Mystic room



LEVEL 2: PANORAMA SPA

9. Stainless steel relax whirlpool
10. Immersion pool/
fresh air area
11. Sauna lounge
12. Panorama sauna
13. Panorama relaxing room
14. Panorama fitness room

LEVEL 3: PANORAMA FITNESS ROOM & OUTDOOR AREA



15. Wellness coach
16. Power Plate
24. Indoor tennis court
Fun & Action Area
26. Panorama garden
27. Romantic gardens
28. Competition swimming pool
(20 m) – in summer only
29. Sunbathing area –
in summer only
30. Entrance to the
Panorama-Suites
31. Private spa lounge
32. Private spa sauna
33. Private spa garden
34. Children's pool –
in summer only
35. Dress room/Styling
36. Infrared cabin

Health Spa Area



1. Indoor family pool with children slide
2. Family sauna
3. Family outdoor pool –
in summer only
4. Ayurveda
5. Relaxing room
6. Relaxing bath
7. Cosmetic
8. Massage
9. Hay bath
10. Asia bath
11. Imperial bath
12. Beauty – reception
13. Shop – tea house
14. Vital bar
15. Hairdresser
16. Wellness-Indoor pool
17. Wellness-Outdoor pool
18. La Stone

Lady-Spa

WELLNESS OASIS EXCLUSIVELY FOR “YOU”.

- 19. Shiatsu
- 20. Gymnastics room
- 21. Room of Silence
- 22. Temple of the sun – relaxing room
- 23. Feng Shui garden
- 24. Indoor tennis court
- Fun & Action Area
- 25. Seawater pool
- 26. Panorama garden
- 27. Romantic garden
- 28. Competition swimming pool (20 m) –
in summer only
- 29. Sunbathing lawn – in summer only
- 30. Entrance to the Panorama-Suites
- 31. Private spa lounge
- 32. Private spa sauna
- 33. Private spa garden
- 34. Children’s pool – in summer only
- 36. Infrared cabin
- 37. Solarium

- | | |
|---------------------------|------------------------|
| 1. Entrance | 5. Showers |
| 2. Spa lounge | 6. Brine grotto |
| 3. Herbal/rose petal bath | 7. Inhalation corridor |
| 4. Infrared cabins | |



The Little Schalber A-Z

5-star superior Spa in Serfaus

Arrival/Departure

Our rooms are available **from 3.00 pm.** Therefore we ask you to leave your room on the day of departure **by 11.00 am.**

Activities

We have put together especially for you a comprehensive activity and sport package. For further information, see our weekly program or the daily Schalber Wellness Courier.

Bathing Hygiene

It is observed that some guests forget to use the shower before using the indoor and outdoor swimming pools or after using the sauna and aroma grotto.

Please consider bathing hygiene!

We would also ask you to lay the towel on the wooden benches in the dry saunas so that the whole bench is covered and no sweat can get on to the wood.



Bath Treatments/Beauty Salon

In the vital area, our wellness team will pamper you with baths and treatments. Daily **from 8.00 am to 8.00 pm.**

Billiard Room

In this room next to the tennis hall, there are two billiard tables, pinball machine, video games, etc.

Opening times: from 8.00 am to 11.00 pm.

Childcare

Children prefer to be with children. Our kindergarten teacher has put together a varied program for your little ones (from the age of 3).

Cosmetics

Our beauticians will take care of you daily **from 8.00 am to 8.00 pm.** Appointments directly at the Wellness reception (Tel no.: 167).



Doctor/Pharmacy

If you need medical attendance, there is a doctor available directly next door to our hotel.

Med Serfaus in S1 Center/Cable car station

(Tel no.: +43 / 5476 / 53000)

Also in Fiss:

Dr. Klaudia Stengg

(Tel no.: +43 / 5476 / 6090)

Emergency number ambulance: 144



Evening Walk/Access

IMPORTANT! If you come home later in the evening please take your keycard with you, the hotel entrance is only **open until approx. 1.00 am**. The keycard unlocks the street-side night entrance into the staircase.

Extras/Consumption

Every day, our staff will present to you your consumption record for signature. In that way you can control the invoice immediately and the consumption is then booked to your room. Invoices that have not been rejected are considered to be correct even if not signed.

Fitness/Cardio Room

Open daily **from 8.00 am to 8.00 pm**

Flowers

We will be glad to provide flowers. Please ask the reception. Flowers can be obtained within a day (Tel no.: 166).

*H*air Salon

(next to the solarium)

Scheduling at the wellness reception (Tel no.: 167).

*I*nternet

Free internet via WLAN in the hotel lobby. In our rooms free internet access via WLAN, cable modem or network cable (depending on category/location). Tickets and rental modems are available at the reception.



*I*ndoor Family Pool & Family Sauna

Indoor swimming pool: **open daily from 7.00 am to 8.00 pm**

Family sauna: **open daily from 3.00 pm to 8.00 pm.**

▪ **Family Sauna**

Temperature: approx. 60 °C

Recommended time of use: approx. 10 to 15 min.

Whereat the special needs of children are taken into consideration.

*L*aundry service

Please ask at the reception.

*L*uggage Service

For luggage service please contact the reception (Tel no.: 166).

Lady-SPA

For ladies only!

Enjoy the gentle warmth of the rosebud sauna, the healing effect of the brine vapors in the Himalaya salt grotto, the tingly refreshment of the atomized sprays in the inhalation walkway, the regenerating infrared rays in the infrared cabin and relax with your female friends in the Lady Lounge.

Opening times: from 2.00 pm to 8.00 pm

You find in the Lady SPA:

- **Inhalation walkway**
- **Spa lounge**
- **Revitalizing showers**



▪ **Infrared cabin**

Temperature: between 30 °C and 37 °C

Recommended time of use: approx. 10 to 30 min.

This “warming from inside to out” is very agreeable and produces a multitude of positive health effects, e.g. strengthening of the immune system, muscle relaxation, skin clarification.

▪ **Himalaya Salt Rock Grotto**

Temperature: approx. 45 °C

Recommended time of use: approx. 15 to 20 min.

In the Himalaya salt rock grotto, finely dissolved sea salt brine is atomized and by adding pure essential eucalyptus and mint extracts, an additional cleaning and caring effect of the whole respiratory system is achieved.

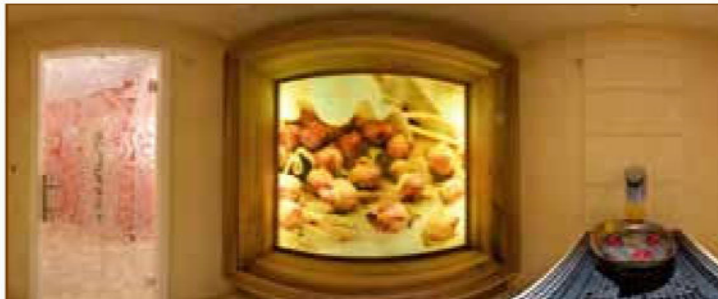


▪ **Rose Warm Air Bath with the Addition of Herbs**

Temperature: approx. 55 °C

Recommended time of use: approx. 20 to 30 min.

The herbs placed on top of the oven are regularly moistened with water. The increased humidity and the pleasant smell of the herbs engulf you in a relaxing warmth experience. The unobtrusive herb vapor has a positive and caring effect on the skin and respiratory organs.



Massage Department

Our team in the massage department takes care of you daily **from 8.00 am to 8.00 pm**. Our specialists in well-being are looking forward to welcome you. Appointments directly at the Wellness reception (Tel no.: 167).



Mail

Incoming mail reaches us every day **by noon** (except Saturdays, Sundays and public holidays) and will be placed in your pigeon hole at the reception.

Money and Valuables

There is a room safe in each room.

Newspapers

Order your favorite newspaper at the reception. Current daily newspapers available in the hotel lobby (Hotel bar).

Panorama SPA

Experience the new extended well-being paradise opened in summer 2009. We have prepared everything so that you can feel comfortable and well all around. Relax and chill out with an overwhelming panorama view of the Serfaus mountains. Enjoy many novel bathing and wellness pleasures. It can be so nice to relax and come to peace. You will enjoy it.

▪ Panorama Sauna

Opening times: 2.00 pm to 8.00 pm

Temperature: approx. 80 °C to 100 °C

Recommended time of use: approx. 10 to 15 min.

Panorama sauna for 25 persons with a spectacular view of the Serfaus mountains. Come into this unique sauna adventure. Indulge in the ambience and the magnificent panorama view. Get spoiled by the ambience and the magnificent panorama view. In addition, the clay optimally regulates the humidity, absorbs pollutants and is effective in preventing allergies, chronic illnesses and skin diseases.

The automatic process of pouring natural aroma water on the stones supports the purification process and takes care of both the skin and the respiratory system.



- **Relaxation Area**

With comfortable deck chairs and waterbeds.



- **Sauna Lounge**

Exquisitely decorated sauna lounge as a meeting point for a relaxed chat



- **Immersion Pool**

In the adjacent courtyard to cool down quickly

- **Fitness Room**

Large fitness room with modern equipment.

Opening times: 8.00 am to 8.00 pm



- **Power Plate**

Appointments at the Wellness reception
(Tel no.: 167).

- **Infrared Cabin**

Temperature: between 30 °C and 37 °C

Recommended time of use: approx. 10 to 30 min.

The warmth produced on the surface of the skin by the infrared rays is continually transported into the body by the blood circulation, because of this the body temperature rises slowly. This “warming from inside to out” is very agreeable and produces a multitude of positive health effects, e.g. strengthening of the immune system, muscle relaxation, skin clarification.

▪ Relaxing Whirlpool

4.5 m stainless steel relax Whirlpool



▪ Private SPA

With panorama garden, lounge and private SPA sauna.
Information and reservation at the Wellness reception
(Tel no.: 167).



Payment Conditions

Online payment with Maestro/EC-card
Credit cards: Visa, Eurocard/Mastercard
Foreign currencies at hotel rates

Pets/Dogs

We kindly ask you not to bring your pets into the restaurant and SPA areas.

Present Boutique

In our hotel shop, you can find esthetic present ideas, exclusive decorations and lovely knick-knacks as gifts or for yourself. We look forward to your visit.



Reception

If you need information, help or a wake-up call, our reception team will be glad to help you. Of course, we always welcome suggestions and wishes. Guests that wish to check out the night before are asked to come to the reception **before 11.00 pm** (Tel no.: 166).



Room Service

For meals or breakfast served in the room, € 10.00 per person are charged at extra cost.

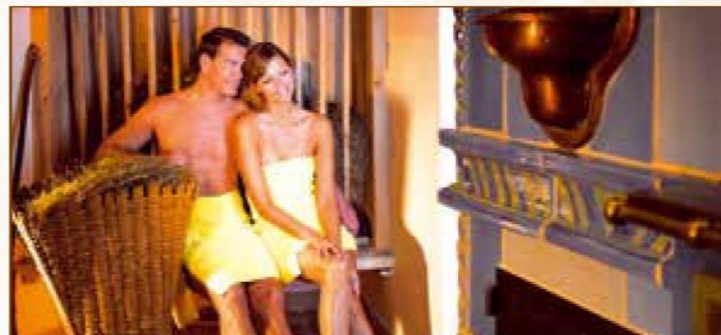
Schalber Wellness & SPA

The whole area (from the Wellness reception) is only for adults (**over 16 years of age**).

Sauna Rules

How to enjoy the unique first class sauna relaxation:

- Have a shower before entering the sauna
- Enjoy sauna pleasures – don't forget to underlay your towel!
- 10–15 minutes sweating and enjoying
- Cool down
- Shower
- Rest and relax
- Drink a lot of water
- Repeat as often as you want and can



Saunas & Steam Baths

Our spacious designed sauna world consists of:

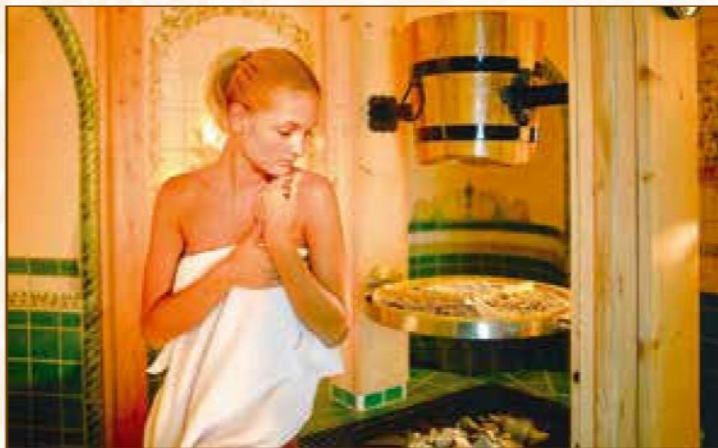
▪ Herbal Steam Bath

Temperature: approx. 55 °C

Recommended time of use: approx. 20 to 30 min.

Opening times: 11.00 am to 8.00 pm

The invigorating effect of herbs on the human organism is becoming more and more popular in our hectic modern times. Let yourself vitalize by herb essences that are brought into the room by a mild inhalation vapor.



▪ Stone – Rock Sauna

Temperature: approx. 60 °C

Recommended time of use: approx. 10 to 15 min.

Opening times: 11.00 am to 8.00 pm

Warm colored sandstones with eucalyptus vapor have an especially agreeable effect on back and joints.



▪ Brine Inhalation Grotto

Temperature: approx. 45 °C

Recommended time of use: approx. 20 to 30 min.

Opening times: 11.00 am to 8.00 pm

Finely dissolved sea salt brine is atomized and by adding pure essential eucalyptus and mint extracts an additional cleaning and caring effect of the whole respiratory system is achieved.



▪ Tyrolean Sweat Room

Temperature: approx. 80 to 100 °C

Recommended time of use: approx. 10 to 15 min.

Opening times: 2.00 pm to 8.00 pm

Try this unique sauna experience and indulge in the ambience and aroma of untreated Nordic wood. Natural aroma-infusions on hot stones stimulate your circulation and support the purifying process.



▪ Japanese Steam Bath

Temperature: approx. 45 °C

Recommended time of use: approx. 15 to 20 min.

Opening times: 2.00 pm to 8.00 pm

The extremely high humidity and temperature have a clearing effect on the respiratory system. The Japanese steam bath helps against muscle tensions and has a beneficial effect on skin clarification.



▪ Ice Grotto

In this area, the exhilarant freshness of an ice fountain is awaiting you. Rub your heated body with ice flakes from the ice fountain after the steam bath or sauna. A wonderful tingle over the whole body signals the vitalizing stimulus. Your circulation is stimulated and immune system strengthened.

Schalber Alm – Mountain Lodge

Holidays with friends!

Stop at the Schalber-Alm or at the umbrella bar at lunchtime or après-ski. Every Wednesday: Adventure Night. Our team looks forward to your visit.

Ski Cellar/Shoe Room

Is in the basement and can be reached from outside. **Please do not take your shoes into your room!**



Smoking

We kindly ask you not to smoke in the rooms. All common areas of the hotel are non-smoking. For our smokers, we have created a new cigar lounge to allow all visitors to enjoy a pleasant smoke.

Solariums

There are two Ergoline Comfort Cabins in our Vital Area. Coins can be purchased at the Hotel and Wellness reception for € 10.00 (each tanning session lasts 8 minutes).

Swim Bag

Your personal swim bag is in the bathroom and will be replenished by the chamber maid.

Tea House

Everything for your health from Mother Nature. Medicinal herbs or teas, energy stones and much more at the Wellness reception.

Telephone & fax, email, Internet

Your room number is also your direct dial number.

Our telephone number:

From Austria: 05476 / 6770

From a foreign country: +43 / 5476 / 6770

Our fax number:

+43 / 5476 / 6770-35

email: info@schalber.com

www.schalber.com

Tennis & Squash Courts

Indoor tennis court available **from 8.00 am to 11.00 pm,**
until 3 pm € 16.00 per hour
from 3 pm € 19.00 per hour

Squash court – Coins available at the reception,
per ½ hour € 7.50

Application at the reception (Tel. no.: 166).

Underground

The smallest underground in the world!

Our underground air cushion funicular transit system takes you quickly and comfortably to the terminal of the cable car. The entrance to the metro is next to our hotel on the right-hand side (little white tower).

Open daily from 8.00 am to 6.00 pm.



Water and Regeneration World

With the panorama elevator in the SPA area from 8.00 am! Wellness indoor swimming pool, heated outdoor pool, seawater pool, Temple of the Sun, Room of Silence (with waterbeds), gymnastics room.



- **Wellness indoor swimming pool: 30 °C**
Opening times: 8.00 am to 8.00 pm

- **Wellness outdoor pool: 30 °C**
Opening times: 8.00 am to 10.00 am
and from 2.00 pm to 7.00 pm

- **Seawater pool: 34 °C**
Opening times: 3.00 pm to 7.00 pm

These areas are reserved for adults only.

- **Indoor family pool: 28 °C**
Opening times: 7.00 am to 8.00 pm

Wellness Courier

The “Schalber-Wellness Courier” is on your breakfast table everyday and informs you about what is happening in the house, the village and surroundings.

Wine Cellar

In a stylish and snug atmosphere, our sommelier arranges a wine tasting every week. For current times please refer to the weekly program (subject to change). Reservation required. Information at the reception (Tel no.: 166).



We wish you relaxing days

**at the “Wellness Residence Schalber”: Your source for body and mind!
Family Rosi and Alois Schalber and their team**



FAMILY ALOIS SCHALBER

A-6534 Serfaus · Tyrol · Tel +43 / 54 76 / 67 70 · Fax +43 / 54 76 / 67 70 35
email: info@schalber.com · www.schalber.com