

Welcome to 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 offers we have summarised the most important information:

The little Schalber A-Z

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).

Lunch Buffet

Delicious variations **from 1.00 pm until 3.00 pm** to satisfy the small hunger in between.

Afternoons

from 1.00 pm to 4.30 pm we invite you to enjoy strudel and cake as well as coffee, tea and lemonade from our buffet.

Dinner

is served **from 6.30 pm to 9.00 pm** in our well-kept restaurants.

Children's table

Children have dinner together daily **at 5.30 pm**

Hotel bar/cigar lounge

Open all day for you.

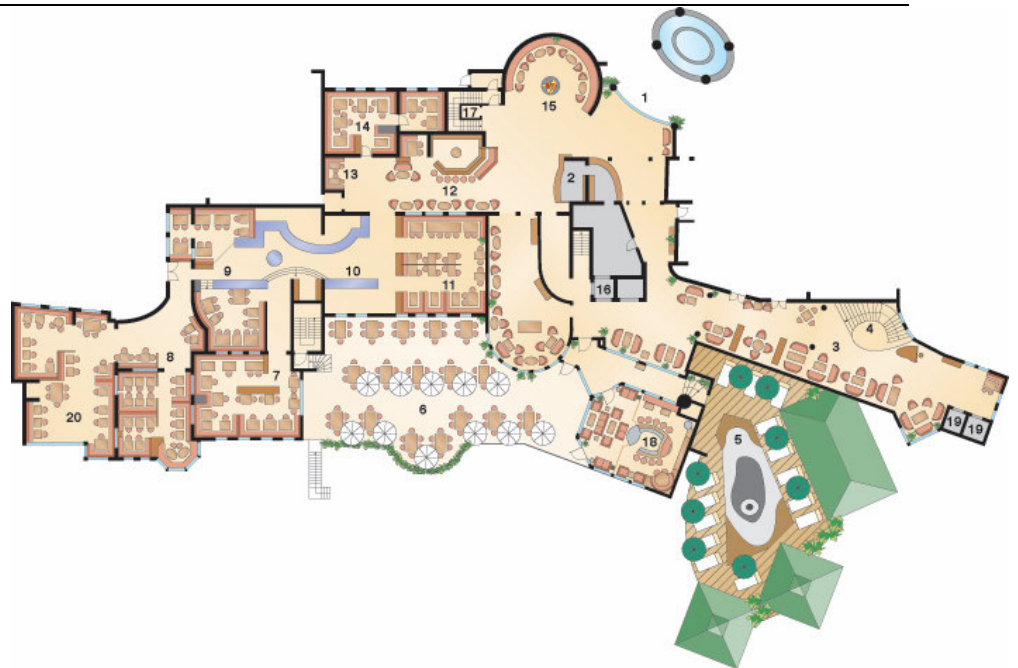
Dear Guests, we are available for any questions and information.

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 room
8. New dining room
9. Dinner buffet
10. Breakfast buffet
11. Rose dining room
12. Hotel bar
13. Gothic corner
14. Hunter's snug room
15. Hall with open fireplace
16. Panorama Lift
17. Lift
18. Cigar lounge
19. Lift
20. Panorama Restaurant



Panorama-Spa

LEVEL 1: PRIVATE SPA



EBENE LEVEL 2: SAUANA-WORLD



LEVEL 3: FITNESSROOM & OUTDOORAREA



1. Herbal steam bath
2. Rock sauna
3. Brine grotto
4. Tyrolean sweatroom
5. Ice grotto
6. Quiet zone
7. Japanese steam bath
8. Mystic room according to Feng Shui
9. Stainless steel relax whirlpool

10. Plunge pool/open-air area
11. Sauna lounge
12. Panorama sauna
13. Panorama relaxing room
14. Panorama fitness room
15. Wellness Trainer
16. Power-Plate
24. Indoor tennis court Fun & Action Area

26. Panorama garden
27. Romantic gardens
28. Competition swimming (20 m)
30. Access to the Panorama Suites
31. Private spa lounge
32. Private spa sauna
33. Private spa garden

34. Children's pool
35. Makeover/Styling
36. Infrared cabin
37. Garden spa recuperation lounge
38. Garden sauna
39. Fresh air zone

Health & Spa Area

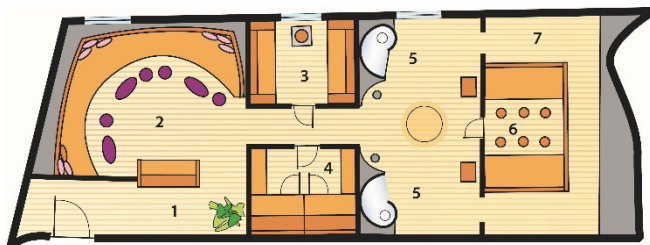


1. Indoor family pool with waterslide
2. Family sauna
3. Children pool with counter current system
4. Ayurveda
5. Relaxation room
6. Relaxation bath
7. Cosmetic
8. Massage
9. Hay bath
10. Asian bath
11. Emperor bath
12. Spa reception
13. Shop - Tea house
14. Vital bar
15. Hairdresser
16. Wellness - indoor swimming pool
17. Wellness - outdoor swimming pool
18. La Stone
19. Shiatsu
20. Gymnastics room
21. Room of Silence
22. Temple of the Sun - quiet room
23. Feng Shui garden
24. Indoor tennis court, Fun & Action Area
25. Seawater pool
26. Panorama garden *
27. Romantic gardens *
28. Competition swimming pool (20 m) *
29. Natural pond *
30. Access to panorama suites
31. Private spa lounge
32. Private spa sauna
33. Private spa garden
34. Children's pool *
36. Infrared cabin
37. Solarium
40. Spa suite
41. Treatment recuperation room
42. Sunbathing lawn *

Lady Spa

A SPA HAVEN DESIGNED EXCLUSIVELY FOR "HER".

1. Entrance
2. Spa lounge
3. Herbal/rose petal bath
4. Infrared cabin
5. Leisure Baths
6. Brine grotto
7. Atomised spray walkway



* only during summer

The Little Schalber A-Z

5-star superior Spa in Serfaus

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.

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**.

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**. (Tel no.: 167)

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 the wood.

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 10.00 pm.

CHILDCARE

Children prefer to be with children. Our kindergarten teacher 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 late 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-sided night entrance into the staircase.

EXTRAS/CONSUMPTION

Our staff will present you your consumption record for signature every day. 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.

INDOOR FAMILY POOL & FAMILY SAUNA

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

Family sauna: by appointment.

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.

FITNESS/CARDIO ROOM

Open daily **from 7.00 am to 8.00 pm**

GARDEN SPA

Garden spa recuperation lounge

Opening times: 9.30 am to 8.00 pm

Garden sauna

Temperature: about 80-100 °C

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

Opening times: 2.00 pm to 8.00 pm

Several supervised sauna sessions daily.

FLOWERS

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

HAIR SALON

(next to the solarium)

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

HIKING BUS

Shuttle bus between the villages of Serfaus-Fiss-Ladis free with your Super Summer Card! You can find exact transfer times in the attached brochure and panorama map.

HIKING GEAR

Backpacks, adjustable hiking poles, hiking maps and rain protection are available for you to loan at the reception.

INTERNET

Free internet via WLAN in the hotel. Access code is available at reception.

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:

**Atomised spray walkway, Spa lounge, Leisure Baths,
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 Brine grotto

Temperature: approx. 45 °C

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

In the Himalaya brine 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.

Herbal/rose petal bath

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.

LAUNDRY SERVICE

Please ask at the reception.

LUGGAGE SERVICE

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

MAIL

Incoming mail reaches us daily (except Saturday, Sunday and public holidays) around 12.00 noon and is deposited for you in your room box at the reception.

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 look forward to welcoming you. Appointments directly at the Wellness reception (Tel no.: 167).

MONEY AND VALUABLES

There is a room safe in each room.

MOUNTAIN RAILWAYS

As a guest of the Schalber you ride **FREE** to the Serfaus, Fiss and Ladis hiking paradise when you present your Summer Card. You can find exact transfer times in the attached brochure and panorama map.

NEWSPAPERS

Order your favorite newspaper at the reception.

PANORAMA SPA

Experience the extended well-being paradise. 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 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. 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.

Panorama relaxing room

With comfortable deck chairs and waterbeds.

Sauna Lounge

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

Plunge pool/open-air area

In the adjacent courtyard to cool down quickly

Panorama fitness room

Large fitness room with modern equipment.

Opening times: 7.00 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, Amex
Foreign currencies at hotel rates

PETS/DOGS

We kindly ask you not to take your dogs into the garden, restaurant and SPA area.

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 any 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 10.30 pm** (Tel no.: 166).

ROOM SERVICE

For meals or breakfast served in the room, **€ 15.00 per person** are charged at extra cost.

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: 09.30 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: 09.30 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: 09.30 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 Sweatroom

Temperature: approx. 80 to 100 °C

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

Opening times: 09.30 am 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: 09.30 am 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 signalizes the vitalizing stimulus. Your circulation is stimulated and immune system strengthened.

SCHALBER ALM

Here, 2,000 m above sea level, hikers' dreams come true. A wonderful sun terrace with a magnificent panoramic view, a petting zoo and much more will ensure that you never forget your visit to our beautiful lodge. Our Schalber Alm Team is looking forward to your visit. Cableways take you straight from Serfaus and Fiss to this hiker's paradise.

SCHALBER WELLNESS & SPA

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

SHOE ROOM

For your hiking gear. 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 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

For your tennis pleasure, two indoor hall courts are at your disposal at a special price of € 10.00.

Our state certified tennis trainer will be happy to provide you tips and tricks for an exemplary game. You can discuss price arrangements directly with our tennis instructor or at the reception.

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

UNDERGROUND

The shortest underground in the world! Our underground air cushion train will take you quickly and comfortably to the end station (cable car.) Entrance to the "Dorfbahn" is located right next to our hotel (white turret.) Our reception can provide you detailed operating times.

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 7.30 pm

Wellness outdoor pool: 30 °C

Opening times: 8.00 am to 7.30 pm

Seawater pool: 34 °C

Opening times: 10.00 am to 7.30 pm

These areas are reserved for adults only.

Indoor family pool: 28 °C

Opening times: 7.00 am to 8.00 pm

Competition swimming pool: 25 °C

Opening times: 7.00 am to 7.30 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.

We wish you relaxing days
at the “Wellness Residence Schalber”: Your source for body and mind!
Family Rosi and Alois Schalber and their team



SCHALBER

WELLNESSRESIDENZ

★★★★★S

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