

Cuddle Program



DAILY

08:00
- 10:00 A.M.

LOVERS SAUNA MORNING SPECIAL

COMFORTING HEAT AND HOT VAPOURS ARE OFFERED AT LOVERS SPA ALREADY IN THE MORNING! THE CABINS ARE ENTERABLE AT ANY TIME WITHOUT REGISTRATION.

07:00
- 11:00 A.M.

CUDDLE BREAKFAST

IN OUR DINNING ROOM. EVERY DAY WITH VARIOUS BREAKFAST THEMES

09:00 A.M.

WATER GYMNASTICS

WATER AEROBICS IS A SPECIAL EXERCISE TRAINING IN THE WATER, WHICH PROTECTS THE BACK AND JOINTS AND THE CARDIOVASCULAR SYSTEM AND STRENGTHENS MUSCLES. IN OUR POOL YOU DO EXERCISES TOGETHER WITH US AND RHYTHMIC SOUNDS.

11:30 A.M. –
02:00 P.M.

SOUP FOR LOVERS

SMALL SOUP SNACK – FOR HALF BOARD GUESTS INCLUDED

BESIDE OUR BEAUTY RECEPTION (1. FLOOR)
– ENTRANCE WITH STREET AND BATH WEAR

02:00
- 06:00 P.M.

CUP & CAKE SPECIAL

IN OUR RESTAURANT "KIRCHENWIRT" YOU CAN TASTE FROM OUR SWEET TREATS EVERY AFTERNOON FOR JUST € 3.50! PIES, CAKES AND SWIRLS IN DAILY CHANGING VARIATIONS AS WELL AS A HOT BEVERAGE OF YOUR CHOICE FROM OUR BAR MENU (VOUCHERS ARE READY AT THE RECEPTION)

04:00 P.M.

SAUNA INFUSION

COME INTO OUR ROMANTIC SAUNA ON THE 1ST FLOOR AND LET YOURSELF BE HEATED BY OUR DAILY DIFFERENT SAUNA INFUSION!

04:15 P.M.

WELLNESS APPETIZERS

AFTER THE INFUSION YOU FEEL A LITTLE HUNGER? THEN JUST PASS THE BUFFET AREA AND TAKE A LITTLE HEALTHY APPETIZER - AS LONG AS SUPPLIES LAST.

06:30
- 08:00 P.M.

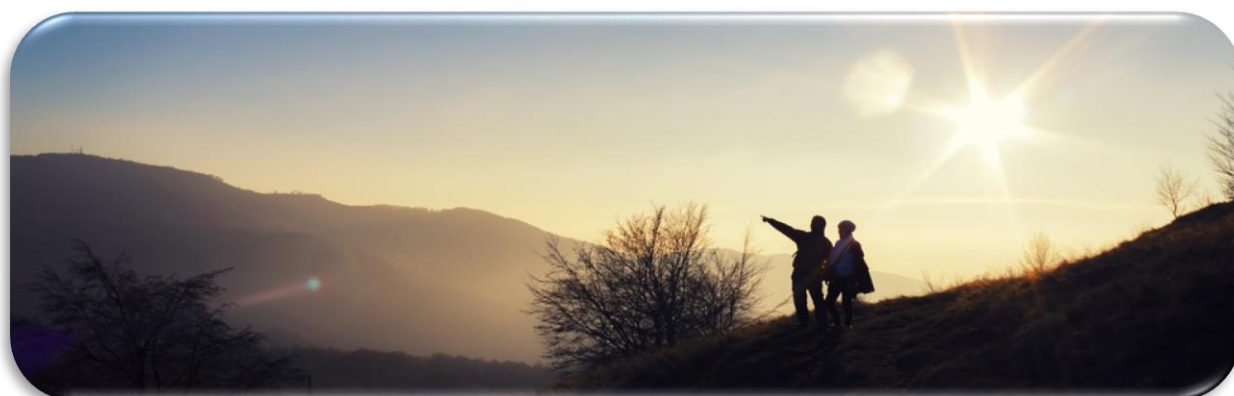
LOVERS CUDDLE DINNER

IN OUR DINING ROOM WITH SPECIAL CHANGING DINNER THEMES

08:30 P.M.

3D LOVE CINEMA –

DAILY - IN OUR LOVE CINEMA AWAITS YOU A 3D MOVIE - NOTE: SPACE IS LIMITED UP TO 6 COUPLES (ON REQUEST WITH POPCORN) - REQUESTED REGISTRATION TO 18:00 P.M.



ALTERNATE DAILY CHANGING PROGRAM
ONLY WITH REGISTRATION ON PREVIOUS DAY UP TO 06:00 P.M.

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| MONDAY | 09:30 a.m. | MORNING JOGGING - It is understandable that the long-sleeved ones are only hard to make friends with the beloved sleep of a running unit. But jogging in the morning has many advantages. First and foremost, your circulation and your metabolism will be in full swing in the morning. You are also mentally and emotionally strengthened in the day. |
| | 02:00 p.m. | AUTOGENIC TRAINING Autogenic training is a relaxation technique based on auto-suggestion. The spheres of application of autogenic training exist for healthy people especially in sports, in the manager training in the prevention of burnout syndrome and in the sphere of learning. You will use the basic exercises in the lying posture. |
| TUESDAY | 09:30 a.m. | MORNING WALK – Walk a leisurely morning walk by Seefeld or around the lake awakens the weary spirits. Active in the morning! |
| | 02:00 p.m. | BABOR SECRETS OF BEAUTY By a cup of tea our BABOR cosmetician will explain everything about your skin and proper care. See our cosmetic rooms and learn what to expect at our BABOR treatments. A wide range of ultrasound, microdermabrasion and fluids will be discovered by you! The meeting point is our Sensual Beauty area. |
| WEDNESDAY | 09:30 a.m. | MORNING WALK – Walk a leisurely morning walk by Seefeld or around the lake awakens the weary spirits. Active in the morning! |
| | 11:00 a.m. | CHEESE SOMMELIER INTRODUCTORY COURSE – Try our different types of cheese. You can also buy these from us. |
| | 02:00 p.m. | AUTOGENIC TRAINING Autogenic training is a relaxation technique based on auto-suggestion. The spheres of application of autogenic training exist for healthy people especially in sports, in the manager training in the prevention of burnout syndrome and in the sphere of learning. You will use the basic exercises in the lying posture |
| | 03:00 p.m. | STRUDEL COURSE - Prepare your own strudel with our cook! We will bake and you can eat it or take it home with you. |
| THURSDAY | 09:30 a.m. | GYM TRAINING – With our therapist, you can try out different equipment in our fitness room on the second floor |
| | 02:00 p.m. | ALOE VERA INFORMATION The Aloe Vera plant is really something special! Their powers are remarkable and marvellous at the same time. We present you the special effects of these natural. Whether indigestion, skin problems, weight loss, nerve or joint pain and more. - Aloe could be your recipe for success! |
| FRIDAY | 09:30 a.m. | MORNING WALK – Walk a leisurely morning walk by Seefeld or around the lake awakens the weary spirits. Active in the morning! |
| | 02:00 p.m. | INSPIRATION LOUNGE - Insights into a new world of love Often we lose the view from our partner and his needs in everyday life. Sometimes a small impetus can put you and your loved one again alive. Whether sensual massage, toys or perhaps a trip to the world of Tantra, we give here an insight into different ways to rediscover your love or try out new ways |
| | 03:00 p.m. | STRUDEL COURSE - Prepare your own strudel with our cook! We will bake and you can eat it or take it home with you. |
| SATURDAY | 09:30 a.m. | MORNING JOGGING - It is understandable that the long-sleeved ones are only hard to make friends with the beloved sleep of a running unit. But jogging in the morning has many advantages. First and foremost, your circulation and your metabolism will be in full swing in the morning. You are also mentally and emotionally strengthened in the day. |
| | 02:00 p.m. | MAKE UP ADVICES - BABOR Face Design Collection secrets from and with Eszter |
| | 06:00 p.m. | WINE TASTING – Taste our wine |
| SUNDAY | 09:30 a.m. | MORNING WALK – Walk a leisurely morning walk by Seefeld or around the lake awakens the weary spirits. Active in the morning! |
| | 03:00 p.m. | COCKTAIL COURSE WITH CHRISTIAN – Learn how to mix cocktails. Our bar chef shows you different cocktails to mix yourself. |