



SPA MENÜ

FEEL GOOD MOMENTS

LÜRZERHOF

luxury . nature . spa



THE TIME WE
TRULY SAVOUR
IS THE TIME
THAT STAYS
WITH US.



LÜRZERHOF FEEL-GOOD MOMENTS

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SIMPLY UNWIND

NO OBLIGATIONS. JUST BE.

Sometimes, it doesn't take much. Just a place where everyday life fades into the background. Where thoughts settle, time slows down, and nothing is expected – except the present moment.

The Lürzerhof is a place to arrive, to breathe deeply, and to feel at ease. Surrounded by the strength of the mountains, the tranquillity of nature, and the warmth of genuine hospitality, we invite you to enjoy precious time and space—time to relax, restore your energy, and embrace moments that are entirely your own.

Our philosophy is simple: true well-being is achieved when body, mind, and soul are nurtured in harmony. At Lürzerhof, we combine natural materials, Alpine comfort, luxurious

skincare, and mindful touch to create a spa experience that leaves a lasting impression. Our spa is a sanctuary where everyday life gently fades away. A place to let go, replenish your energy, and reconnect with yourself.

Our experienced spa team will be delighted to advise you personally and, if you wish, create a bespoke wellness programme tailored to your individual needs, your mood, and your sense of well-being.

Leave the everyday behind and enjoy what truly matters: peace, warmth, nature, and time for yourself.

Your Lürzerhof Spa Team



OPENING HOURS SPA

Nature SPA Ground Floor & 1st Floor

Panorama Indoor Pool	6.00 am	-	12.00 pm
Outdoor Pool	9.00 am	-	7.30 pm
Kids Pool	6.00 am	-	10.00 pm
Kids Club, Play Area	8.00 am	-	9.00 pm
Family Steam Room „dress-on“	1.00 pm	-	7.30 pm
Natural Lake	6.00 am	-	10.00 pm
Alpine Bubble Whirlpool	11.00 am	-	7.30 pm
Lake Event Sauna	1.00 pm	-	7.30 pm
Sauna - Nature Lake	9.00 am	-	7.30 pm

Sky SPA 5th Floor

Sky Infinity Pool	9.00 am	-	7.30 pm
Sky Sauna	10.00 am	-	7.30 pm

Saturday SPA Night

The entire SPA area is open until 10:00 pm



GROUND FLOOR Nature SPA

- 1 Nature Spa
- 2 Spa Reception
- 3 Refresh Lounge
- 4 Massage & Beauty
- 5 Pine Harmony
- 6 Infrared Mountain Spa Cinema
- 7 Alpine Harmony
- 8 Outdoor Living Room
- 9 Lake Event Sauna
- 10 Alpine Bubble Whirlpool
- 11 Sauna - Nature Lake
- 12 Private Spa Suite „Amore“
- 13 Beauty & Massage
- 14 Garden Harmony
- 15 Family Steam Room
- 16 4 Seasons Outdoor Pool
- 17 Natural Lake

● ADULTS ONLY

4.500m²
PREMIUM
SPA

1st FLOOR

Nature SPA, Kids & Activities

- 18 Kids Cinema
- 19 Kids Club
- 20 Seminar Room
- 21 Fitness & Balance
- 22 Changing Rooms
- 23 Family Harmony
- 24 Splash Kids Pool
- 25 Family Outdoor Lounge
- 26 Panorama Indoor Pool
- 27 Relaxation Nooks
- 28 Sun Terrace
- 29 Play Area (3rd Floor)

● ADULTS ONLY



5th FLOOR

Adults only Sky SPA

- 30 Adults-Only Sky SPA
- 31 Sky Dream
- 32 Sun Terrace
- 33 Sky Infinity Pool
- 34 Outdoor Sauna Lounge
- 35 Finnish Panorama Sauna

- 36 Bio Panorama Sauna
- 37 Sky View Infrared Cabin
- 38 Aroma Steam Bath
- 39 Sauna Atrium
- 40 Ice Room
- 41 Sky Cloud



● ADULTS ONLY



LÜRZERHOF SIGNATURE TREATMENTS



LÜRZERHOF
HIGHLIGHTS
TO **ENJOY**

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ALPINE RECOVERY RITUAL

Body & Face

Created for recovery and regeneration, this restorative full-body ritual is the perfect treatment to unwind and recover, especially after active days spent exploring our mountains:

- Alpine welcome foot bath with mountain herbs
- Gentle full-body exfoliation with local herb & salt scrub
- Restorative full-body massage with nourishing body butter
- Hydrating facial
- A soothing final ritual completes the experience

100 Min. € 185,-

ALPINE CALM RITUAL

Head & Face

Designed to quiet the mind and release tension, this soothing ritual combines nurturing facial care with deeply relaxing head, neck and hand therapies to promote a lasting sense of wellbeing:

- Arrival ritual with warm Alpine herbal compresses
- Nourishing facial ritual with relaxing facial massage
- Tension-relieving head, neck and shoulder massage
- Restorative hand and arm ritual
- A soothing final ritual completes the experience

50 Min. € 115,-

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FACIAL TREATMENTS FOR HER & HIM

TEAM DR. JOSEPH

TEAM DR JOSEPH has stood for result-oriented, natural, and sustainable skin-care as well as holistic treatments since 1986. The award-winning facial and body treatments offer unique moments of indulgence with lasting effects and deliver visible, immediate, and long-lasting results.

BENEFITS

- Visible immediate effect
- Award-winning high-tech natural cosmetics
- 100% vegan and cruelty-free
- Holistic treatments
- Plastic neutral
- Handmade in Italy

ALPIN FACIAL CLASSIC

This 50-minute indulgence treatment begins with a thorough cleansing, followed by an individually tailored mechanical, enzymatic, or acid-based exfoliation, as well as eyebrow shaping. Depending on your skin's needs, the focus is either on deep cleansing or on a soothing face, neck, and décolleté massage. A suitable serum, mask, and finishing skincare complete the treatment.

50 Min. € 94,-

SUPREME EYE AND FACE LIFT

An intensive lifting treatment featuring a Gua Sha massage to help define facial contours and firm the eye area. This treatment may reduce puffiness, improve skin elasticity, and restore a fresh, radiant glow. Ideal for tired, dull skin, dryness, first lines, and puffiness around the eyes.

50 Min. € 109,-

ALPIN FACIAL INTENSIV

This 80-minute indulgence treatment includes a thorough cleansing, followed by an individually tailored mechanical, enzymatic, or acid-based exfoliation, as well as an intensive deep cleansing. A relaxing face, neck, and décolleté massage, a soothing hand massage, eyebrow shaping and eyebrow tinting complete the treatment. A suitable mask, a high-performance active booster, and finishing skincare complete this indulgent ritual.

80 Min. € 139,-

HIGHTECH NATURAL COSMETICS

TEAM D^R JOSEPH

SÜDTIROL

FACIAL TREATMENTS

CUTTING-EDGE
SKINCARE FOR
SKIN REVITALISATION

QMS GLOW FACIAL

**Vitality. Radiance.
Renewed energy.**

Reveal your skin's natural radiance. By stimulating microcirculation in a targeted way, the skin's natural metabolic processes are activated, while the exclusive QMS lifting massage releases tension and revitalises facial contours. The result is a visibly fresh, even, and radiant complexion with an immediate glow effect.

60 Min. € 119,-

QMS DETOX FACIAL

**Activation. Revitalisation.
Renewed radiance.**

An intensely activating facial treatment featuring the exclusive thermo-active SK-Alpha Revital Mask. This treatment stimulates microcirculation, supports the skin's natural regeneration processes, and results in a visibly fresher, smoother, and more vital complexion. A soothing algae modelling mask provides intensive hydration and restores balance to the skin. Ideal for tired, dull, or environmentally stressed skin, as well as an energy boost for smoker's skin.

75 Min. € 149,-

QMS COLLAGEN LIFT FACIAL

**Firmness. Volume.
Visible rejuvenation.**

The premium anti-ageing treatment by QMS. Highly effective collagen and intensive hydrating masks support the skin's elasticity, improve firmness, and visibly enhance volume. The exclusive lifting massage stimulates microcirculation and helps to define facial contours. For a firmer, smoother, and youthful, radiant complexion.

90 Min. € 189,-



BEAUTY SERVICES

HANDS & FEET

Nail trimming and shaping including care of nails and cuticles, as well as removal of calluses.

Lürzerhof Manicure

- without polish **50 Min.** € 65,-
- with polish **60 Min.** € 75,-
- with strip polish **75 Min.** € 85,-

Lürzerhof Pedicure

- without polish **50 Min.** € 72,-
- mit Lack **60 Min.** € 82,-
- with strip polish **75 Min.** € 92,-

EYES & LASHES

Eyelash tinting	€ 22,-
Eyebrow tinting	€ 22,-
Eyelash & eyebrow tinting incl. shaping correction	€ 38,-

HAIR REMOVAL

Full leg	€ 60,-
Half leg	€ 48,-
Upper lip or chin	€ 19,-
Bikini line	€ 38,-
Underarms	€ 25,-
Back or chest	€ 50,-



ALESSANDRO STRIP POLISH

lasts significantly longer than conventional nail polish, does not chip, and can be removed easily by peeling off.



TIP: HAND & FEET KISS

enhance your manicure or pedicure with a 15 min exfoliation and nourishing mask for extra soft skin € 25,-

MASSAGEN

CLASSIC PERSONALISED MASSAGE

A time-tested massage designed to release muscular tension and enhance overall well-being. Using targeted massage techniques, tension is relieved, circulation is stimulated, and body and mind are noticeably relaxed. Depending on the desired duration, the treatment can be individually adapted to specific areas of the body or performed as a full-body massage.

25 Min. € 52,-

ideal for back, neck, or legs

50 Min. € 95,-

soothing partial or full-body massage

75 Min. € 135,-

intensive full-body massage with extra time for individual focus areas

FROM HEAD TO
TOE IN GOOD
HANDS

ANTI-STRESS AROMA OIL MASSAGE

A deeply relaxing massage with warm, soothing aromatic oil. Gentle, flowing massage techniques help you unwind, release everyday stress, and find calm. The fragrance of the individually selected oil accompanies the treatment and supports a sense of balance, comfort, and inner harmony.

Ideal for stress, restlessness, and the need for deep relaxation.

50 Min. € 100,-

CALF MASSAGE

A soothing treatment for tired feet and legs. A relaxing foot bath and gentle exfoliation softly prepare the skin. This is followed by a relaxing foot and leg massage with a refreshing herbal foot cream, leaving you feeling light, revitalised, and comfortably energised.

40 Min. € 73,-

HEAD & NECK MASSAGE

A soothing short treatment for the head, neck, and shoulder area. Gentle, mindful massage techniques help you let go of everyday tension, find calm, and experience a sense of lightness.

25 Min. € 52,-

SPORTS MASSAGE (back, shoulders, legs)

A strong, activating massage for the back, shoulders, and legs. Targeted massage techniques help release tension in overworked muscles and support recovery after sport, hiking, or physical activity. Ideal for tired legs, a tense back, or the need for improved mobility.

50 Min. € 105,-



TIP: COMBINATION MASSAGE

50 Min. € 95,- (back & foot reflexology)

75 Min. € 135,- (full body & foot reflexology)

REFLEXOLOGY MASSAGE

Through targeted pressure points on the feet, the entire body is addressed and brought into balance. Foot reflexology has a harmonising and relieving effect and provides a deep sense of calm and well-being – ideal for restoring balance.

25 Min. € 52,-

50 Min. € 95,-

LYMPHATIC DRAINAGE

A particularly gentle treatment using slow, rhythmic movements that support the lymph flow and assist the body in decongestion. It may help reduce swelling, relieve tissue congestion, and create a pleasantly light feeling in the body. Ideal for heavy legs or water retention.

25 Min. € 52,-

50 Min. € 95,-

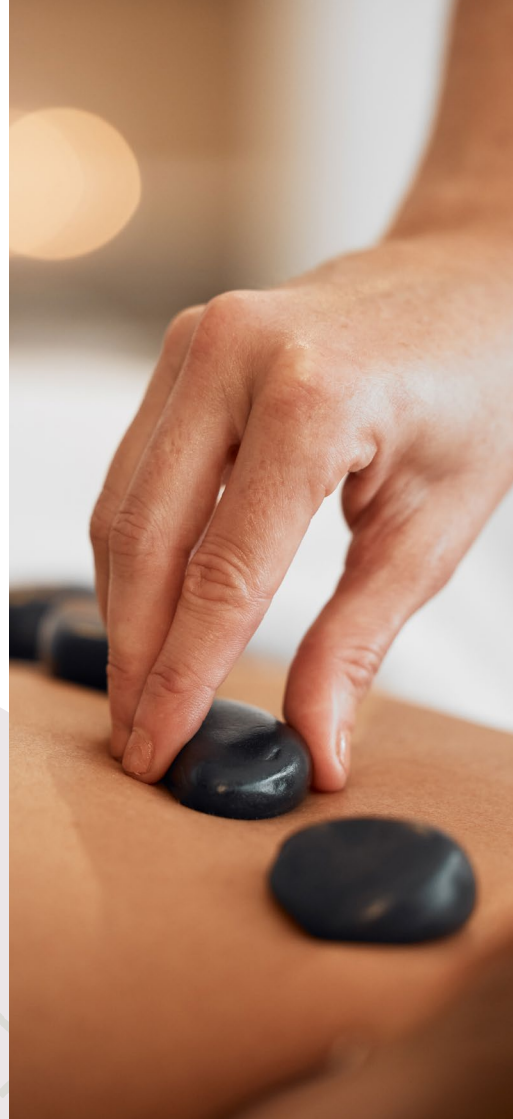
LÜRZERHOF BACK TREATMENT

A restorative back treatment tailored in technique and intensity to your individual needs. Highly effective natural botanical oils enhance the therapeutic benefits, while the unique combination of cupping therapy and singing bowls helps release deep-seated tension, improve spinal mobility and restore a sense of balance. Experience a renewed feeling of lightness, freedom of movement and effortless posture—standing tall, feeling centred.

50 Min. € 105,-



OUR TIP:
INDULGE IN A
SOOTHING LYMPHATIC
DRAINAGE TREATMENT
AFTER YOUR
MOUNTAIN HIKE.



FASCIA RELEASE MASSAGE

A deeply restorative treatment designed to revitalise the body's connective tissue. Targeted massage techniques, specialised fascia tools and cupping therapy work in harmony to release deep-seated tension and fascial restrictions, enhance mobility and restore a greater sense of ease, flexibility and freedom of movement.

50 Min. € 100,-

ALPINE HOT STONE MASSAGE

An indulgent massage using warm basalt stones to melt away tension and restore profound relaxation. The soothing warmth penetrates deep into the muscles, easing stress while enveloping body and mind in a comforting sense of tranquillity, balance and effortless lightness.

25 Min. € 65,-

75 Min. € 135,-



LOMI LOMI NUI

A deeply nurturing hawaiian massage that harmonises body, mind and spirit. Warm aromatic oils, flowing rhythmic strokes and gentle techniques performed with the hands and forearms create a profound sense of comfort, spaciousness and complete surrender. A soothing journey into deep relaxation, inner harmony and renewed lightness.

80 Min. € 156,-



SALZBURG HERBAL POUCH MASSAGE

A signature ritual inspired by the healing traditions of the Salzburg Alps. Finest Alpine herbs are wrapped in natural linen pouches, gently warmed and infused with nourishing oils before being applied in flowing massage movements. The comforting warmth, aromatic botanicals and rhythmic techniques ease tension, stimulate energy pathways and create deep relaxation.

25 Min. € 75,-

50 Min. € 116,-

SWISS STONE PINE VITALITY MASSAGE

Treasured for centuries, Swiss stone pine is known for its calming and restorative qualities. This rejuvenating treatment combines warm Swiss stone pine massage tools—including a specially designed fascia roller—with soothing massage milk enriched with arnica or honey. The gentle warmth relaxes muscles, supports circulation and leaves the body balanced and renewed.

25 Min. € 65,-

75 Min. € 135,-

ALPINE SPA RITUALS



ALPIENNE TREATMENT DETOX

A holistic detoxifying ritual designed to restore balance and vitality. Zeolite, honey, grapefruit, coriander and black pepper combine in a carefully curated treatment that supports the body's natural wellbeing. The experience begins with a soothing foot bath, followed by a relaxing shoulder massage using Alpienne Honey Oil. A specialised active pad is applied to the liver and gallbladder area, while a gentle detox massage promotes lightness and revitalisation. The ritual concludes with a restorative back massage, leaving the body refreshed, rebalanced and renewed.

50 Min. € 115,-

HOLISTIC FACE & BODY RITUAL

A luxurious ritual designed to restore harmony to body, mind and spirit. Combining facial and body massage techniques with personalised skincare, it promotes wellbeing, healthy skin and deep relaxation. The treatment releases tension, stimulates circulation and leaves the complexion refreshed with a natural glow. A truly indulgent experience that restores balance from head to toe.

80 Min. € 156,-

BODY SCRUBS & WRAPS

IN OUR HYDROFLOAT RELAXATION LOUNGER

BODY WRAPS

25 Min. each € 53,-

ALPINE BEAUTY BIRCH & JUNIPER BODY WRAP

This purifying body wrap gently cleanses and restores the skin's natural balance. Extracts of birch leaves and juniper wood refresh and clarify, leaving the complexion smooth, revitalised and beautifully cared for.

ALPINE ENERGY MARMOT OIL & YELLOW GENTIAN BODY WRAP

Rich in nourishing lipids, this replenishing treatment supports the skin's moisture balance and provides care after physical activity. Ideal for post-sport recovery, it soothes overworked skin and offers a restorative sensation for muscles and joints.

ALPINE SERENITY GOAT BUTTER WITH EVENING PRIMROSE OIL & CALENDULA

This calming body wrap supports the skin's natural balance while enveloping the senses in a delicate fragrance. Ideal for sensitive skin, it soothes, nourishes and restores comfort, leaving the skin feeling calm and cared for.



BODY SCRUBS

20 Min. each € 48,-

HERBAL SALT BODY POLISH – LEMON BALM

A gentle sea salt body polish with calming lemon balm. Smooths and nourishes the skin, leaving it soft and balanced.

HERBAL SALT BODY POLISH – LEMON

An invigorating sea salt body polish with fresh lemon. Gently exfoliates, leaving the skin smooth and refreshed.

FLOWER WHISPER HERBAL PEEL

A gentle gel exfoliator for face and body, enriched with rosehip, wild mallow, calendula, and fine apricot kernel exfoliants. Clarifies, smooths, and revitalises the skin for a fresh, radiant complexion.



»OUR TIP«

FULL BODY SCRUB, BODY WRAP
& PARTIAL MASSAGE

80 Min € 130,-

FULL BODY SCRUB, BODY WRAP
& FULL BODY MASSAGE

105 Min € 166,-

PRIVATE SPA

SUITE AMORE

A luxurious spa suite with an intimate ambience, designed for two to reconnect, unwind and celebrate life's most precious moments together.

AMORE MIO

A BATHING RITUAL FOR TWO

- A relaxing bath for two with your choice of aromatic bath essence
- Two glasses of Prosecco or fruit juice
- Time to unwind and relax together in an intimate setting

60 Min. € 89,-

YOU & ME

COUPLE'S MASSAGE

- Side-by-side massage performed simultaneously by two therapists
- Conclude your experience with a glass of Prosecco

Partial Body Massage + 15 min Relaxation

40 Min. € 134,-

Full Body Massage + 15 min Relaxation

65 Min. € 210,-

ALL YOU NEED IS LOVE

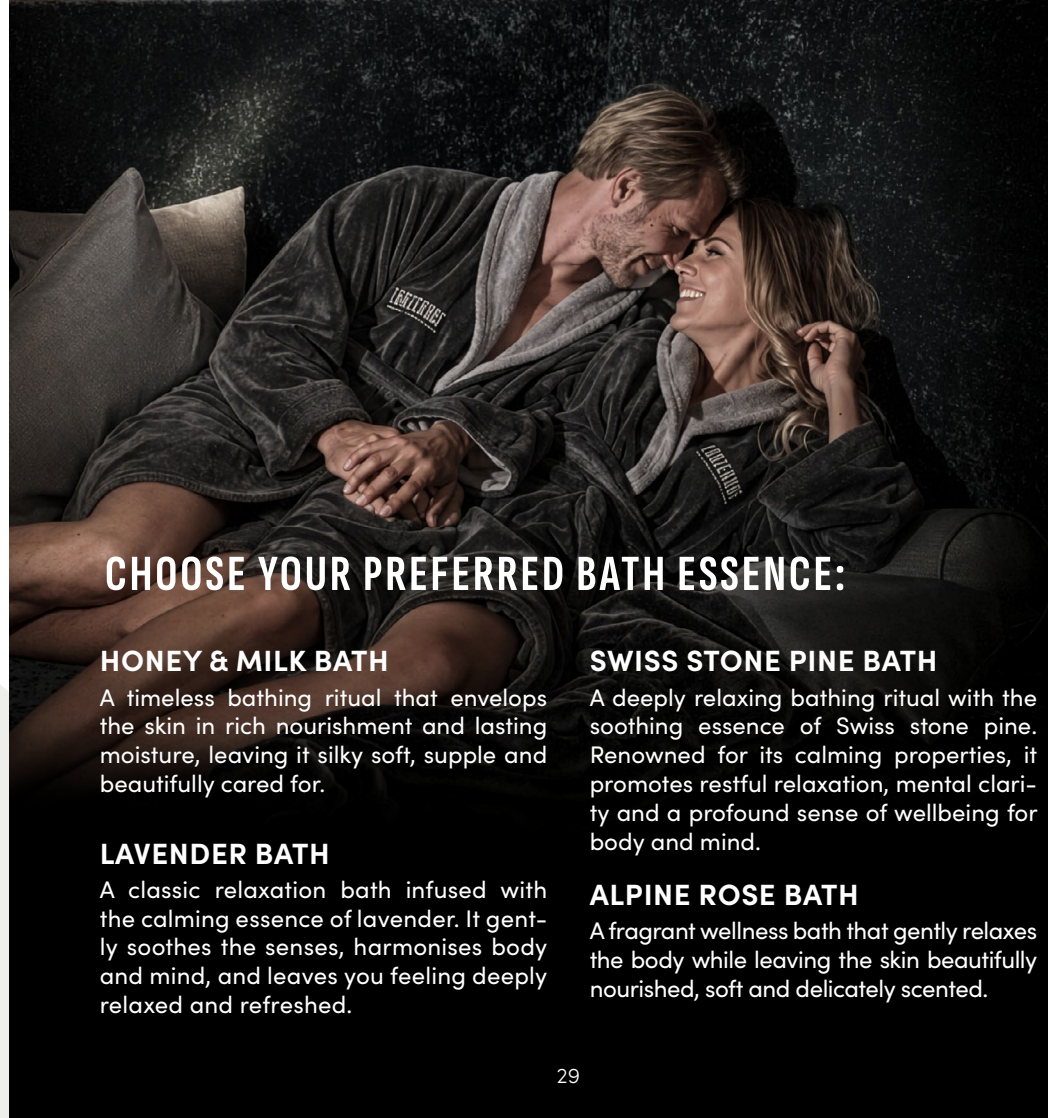
- Private sauna with a selection of aromatic sauna infusions
- A relaxing bath for two with your choice of bath essence
- Time to unwind and relax together in an intimate setting
- A bottle of sparkling wine (also available alcohol-free) and a fresh fruit platter with fine chocolates

120 Min. € 185,-

ALL YOU NEED IS LOVE & MORE

incl. 25 Min. massage - 120 Min. € 250,-

incl. 50 Min. massage - 120 Min. € 298,-



CHOOSE YOUR PREFERRED BATH ESSENCE:

HONEY & MILK BATH

A timeless bathing ritual that envelops the skin in rich nourishment and lasting moisture, leaving it silky soft, supple and beautifully cared for.

LAVENDER BATH

A classic relaxation bath infused with the calming essence of lavender. It gently soothes the senses, harmonises body and mind, and leaves you feeling deeply relaxed and refreshed.

SWISS STONE PINE BATH

A deeply relaxing bathing ritual with the soothing essence of Swiss stone pine. Renowned for its calming properties, it promotes restful relaxation, mental clarity and a profound sense of wellbeing for body and mind.

ALPINE ROSE BATH

A fragrant wellness bath that gently relaxes the body while leaving the skin beautifully nourished, soft and delicately scented.



MUM TIME

ALPIN MAMA

Available throughout the entire pregnancy

- gentle facial treatment
- soothing foot and leg massage
- Pedicure with polish

125 Min. € 198,- SPECIAL PRICE

BABYMOON MASSAGE

(available between the 4th and 7th month of pregnancy only)

A gentle back massage with warm aromatic oils to promote relaxation during pregnancy. Available seated or side-lying upon request.

25 Min. € 52,-

MOMENTS OF HARMONY FOR MOTHERHOOD

A gentle facial treatment designed for expectant mothers, offering deep relaxation and mindful stillness. Delicate techniques and nourishing skincare restore calm, comfort and inner balance while enhancing the skin's natural glow.

50 Min. € 94,-

MOMMY TIME OUT

A nurturing treatment designed for expectant mothers. Gentle massage techniques and precious skincare with natural extracts provide deep relaxation, nourish the skin and support wellbeing during pregnancy.

50 Min. € 94,-

SPECIALS FOR KIDS & TEENS

RELAXATION
FOR OUR YOUNG
STARS

YOUNG & STYLE FACIAL TREATMENT

For guests under 18, this treatment cleanses, balances and refines youthful, problem-prone skin with tailored skincare.

50 Min. € 82,-

KIDS & TEENS MASSAGE

A gentle, relaxing massage for young guests aged 7 to 12 years, offering calm and comfort.

20 Min. € 40,-

JUST FOR GIRLS

A ritual with a mini facial, mask, gentle massage and a small manicure with polish.

60 Min. € 93,-

PRINCESS NAILS

Nail polish with a gentle hand massage.

20 Min. € 25,-



LÜRZERHOF PREMIUM SAUNA EXPERIENCE

Enjoy our daily changing themed sauna infusions in the lake event sauna. A varied programme featuring unique ritual infusions such as I'm from Austria, Wild Wild West, Route 66 and many more.

RESERVATIONS

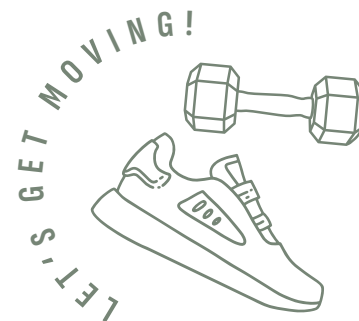
You are welcome to reserve your preferred treatment and time prior to your arrival, ensuring your desired appointment is secured in advance of your stay.

hotel@luerzerhof.at | Tel. +43 6455 251

FIT & FUN

In our state-of-the-art training studio, you will find the latest generation of premium cardio equipment. Floor-to-ceiling panoramic views of the surrounding nature create an inspiring atmosphere that motivates and energises every workout.

Take part in our varied fitness programme, including gymnastics, aqua gym, yoga, balance training, back fitness and more. In addition, we offer a diverse outdoor activity programme designed to reconnect you with nature, including Nordic walking, guided hikes, winter hiking and cross-country skiing



PERSONAL TRAINING

Indulge in the most effective form of training and move beyond your inner comfort zone. With a certified personal trainer by your side and a fully tailored programme, you will experience the most efficient path to achieving your ideal sense of physical wellbeing. Your trainer will provide individual guidance based on your personal needs and goals.

Ask about our seasonal training sessions!

60 Min. € 80,- per person

GIFT VOUCHERS



Ask for our gift vouchers to surprise and delight your loved ones.

SPA ETIQUETTE

TREATMENT APPOINTMENTS

To ensure the widest possible selection of preferred times, we recommend booking your spa treatments prior to arrival by phone at +43 6455 251 or via email at hotel@luerzerhof.at.

TREATMENT TIMES

The durations stated in this brochure refer to the total spa experience, from your welcome at the spa reception to your personal farewell after the treatment. The actual hands-on treatment time may therefore be slightly shorter.

YOUR TREATMENT EXPERIENCE

We kindly ask you to arrive at the spa reception approximately 10 minutes before your appointment to enjoy a soothing cup of herbal tea or a glass of fresh spring water. Please understand that in the event of late arrival, the treatment time must be adjusted accordingly in consideration of the next guest.

DURING YOUR TREATMENT

We kindly ask you to remove jewellery, watches and other valuables prior to your spa treatment. We cannot assume liability for any lost or forgotten items.

A respectful and considerate atmosphere is very important to us. Inappropriate or disrespectful behaviour towards our spa team will not be tolerated. In such cases, we reserve the right to end the treatment immediately. Thank you for your understanding.

ATTIRE

Please arrive for your beauty or spa treatment wearing your bathrobe and slippers. Your privacy is of the utmost importance to us: upon request, we are happy to provide disposable underwear, and our therapists work with careful draping techniques throughout the treatment. For certain treatments, comfortable clothing may be recommended – our spa team will be pleased to advise you.

PRICE LIST

This price list is valid from summer 2025 onwards. All previous price lists lose their validity. Prices are subject to change, printing errors, omissions and alterations without prior notice.

LAKE AREA

Our two bathing lakes are up to 3 metres deep and are suitable for confident swimmers only. Please pay special attention to children and persons who are not or only weak swimmers. We explicitly draw attention to the increased risk of drowning and kindly ask you never to leave non-swimmers unattended in the lake area.

Supervision remains the responsibility of accompanying adults. The Lürzerhof accepts no liability for accidents or damage resulting from insufficient supervision, personal negligence or improper behaviour.

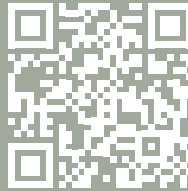
HEALTH

Your individual care and wellbeing are very important to us. We therefore kindly ask you to inform us of any relevant health conditions when booking your spa treatments, such as injuries, allergies, pregnancy or other medical concerns. This allows us to tailor each treatment entirely to your personal needs and ensure your comfort and safety.

CANCELLATIONS

Our team reserves dedicated time for your selected ritual and prepares each treatment with great care and attention. If you are unable to attend your appointment, we kindly ask you to notify us at least 12 hours in advance. Cancellations made later or no-shows will be charged at the full treatment price.

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LURZERHOF.GUEST.NET

In the Lürzerhof
Guestnet, you will
find everything
about our sauna
weekly programme,
treatments, and
more!

WE ♥ TO MAKE YOU HAPPY!

Hotel Lürzerhof GmbH / Dorfstraße 23 / 5561 Untertauern / Österreich

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