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Jun 14 Chilling Out In The Austrian Tyrol

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Olivia Greenway risks pneumonia for the sake of a new cryotherapy treatment designed to help sports injuries, relieve stress and improve skin conditions.

I entered the metal box, closed the heavy door behind me and started moving to the disco music booming through the speakers. I was dancing in my bikini wearing thick boots, gloves and ear protectors. Far from enjoying the music, I was jumping around to endure the cold.

The temperature was minus 110° C. Sitting in my warm office a few weeks before the "Would you like to have a go at cryotherapy?" question had me affirming in a heartbeat. Only now, with what seemed an eternity of two-and-a-half minutes to go, was I wondering what it is in me that makes me agree to such things.

Cryotherapy is a relatively new treatment at the refurbished AlpenMedHotel Lamm in Seefeld. It claims to help skin complaints, sleep disorders, stress, and chronic headaches, among other conditions and to also improve recovery from sporting injuries. Clients are thoroughly medically examined beforehand and are free to leave the chamber if it becomes too unpleasant.



Above: Cryotherapy Treatment Is Not For The Faint-Hearted

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I try to think about other things but my mind is playing tricks and keeps switching to thoughts of hot, steaming coffee.

"Two minutes!" booms out over the speakers.

I leap about maniacally for a bit longer. Luckily this won't be on You Tube. During the final thirty seconds I start to feel pain. My hands are going to drop off and my wrists hurt. My legs ache.

"Three minutes!" We charge towards the exit and fight for the door.

I definitely felt energised afterwards, and my small ankle injury stopped hurting, which may explain why I had two more sessions in the days that followed. Although there have not been enough studies to form representative samples, anecdotal evidence suggests that the treatment is beneficial for most people.

If your idea of a holiday is not to be tortured (although I have to tell you my psoriasis does seem much better) the spa offers gentler therapies to keep you chilled in the other sense of the word.

Fabulous relaxing massages by skilled operators, sublime aromatherapy sessions, an indoor swimming pool with whirlpool and Jacuzzi to laze in, a fully fitted gymnasium, and a recovery room to get lost with a good book– with views to the sky through the roof – should keep the most demanding of sybarites happy.

The centre has fully trained doctors on site, so you can choose whether to have that full check up you've been promising yourself in a relaxed holiday atmosphere or perhaps mix and match; cryotherapy one day, bliss out aromatherapy the next.

The AlpenMedHotel Lamm is professionally family-run and the bedrooms are chic and fresh, decorated in minimalist black and white, with excellent bathroom facilities and views of the mountains. The downstairs bar is a pleasant place to while away an hour or two with a drink and magazine.



Above: The Modern Looking AlpenMedHotel Lamm

In the lounge area, help yourself tea and coffee is supplemented by afternoon cake between three and five pm. The restaurant looks out onto the attractive square and serves good food. If you fancy a change, the Kracherlemoos is a typical Tyrolean restaurant, again with delicious home made food, a mere five minute walk from the hotel.



Above: Quaint Nordic Villages Are Just A Stroll From Your Door @ AlpenMedHotel Lamm

Seefeld is a pretty alpine town with plenty to keep you amused for a few days, come winter or summer. Shops are expensive by UK standards, but the quality is good and "just looking" is free. Nordic walking is popular in this area and available on the doorstep of the AlpenMedHotel Lamm.



Above: Plenty Of Challenging Terrain Surrounds The AlpenMedHotel Lamm

With short flying times from Bristol, Liverpool and London Gatwick and only about half an hour by car from Innsbruck airport, the hotel is a good base for your Austrian holiday, whatever the weather.

www.alpenmedhotel.com
www.kracherlemoos.at

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