



EN

Wellness

## Spa information

### Appointments

Afford yourself the luxury of coming a few minutes before your appointment to settle in the lounge in front of the treatment room (floor -4). Please be aware that we will have to adhere to the scheduled treatment time in case you are late. This is out of consideration for the following guests.

### Dress code

We recommend wearing a robe with your underwear underneath.

### Jewelry and accessories

Please leave your jewelry and valuables in your room, along with your mobile phone. This will ensure maximum relaxation.

### Cancellations

If you need to cancel your appointment, please let us know at least 24 hours in advance. For later cancellations, 50% of the treatment price will be charged.

### Your health matters

Please inform us about any health conditions, pregnancy or intolerances. We will be happy to advise you personally and put together a customized treatment for you.

Our spa therapist is looking forward to spoiling you with one of our heavenly treatments!

## Organic cosmetic products from South Tyrol



The Alps are rich in natural treasures. Powerful medicinal plants grow here, drawing their nourishing active ingredients from the depths of our soil. **Phyto-Art®** has developed a pure and gentle way to transfer these invigorating natural resources into your skin. It is a **unique South Tyrolean organic skin product brand** that uses natural ingredients **without animal substances**.

Each facial care product in our cosmetic line contains at least four medicinal plants which can be assigned to the elements of fire, water, earth and air. We also use precious stones that have grown over thousands of years. This ancient power of the stones revitalizes and strengthens the skin. Phyto-Art® products are holistic, self-regenerating, customized and high quality. The brand's philosophy is based on the awareness that humans and nature form a powerful unity that brings soul, body and mind into balance.

IMPRINT | All information has been carefully checked. Misprints, changes and errors excepted.  
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## Energetic treatments

### Craniosacral balancing massage

The craniosacral system extends from the skull (cranium) down the spine to the sacrum and is closely linked to our respiratory, hormonal, muscular and skeletal systems. With gentle pressure and attentive traction, existing restrictions are gently released. The massage is done without oil, in silence on the clothed body. This treatment is a gentle and at the same time effective method to give the body the chance to free itself from pain and blockages.

50 min 79 €

### Prana experience

What is prana? Prana is the universal vital energy. It is the elemental force that keeps everything alive. The more freely prana flows through your body, the better your body can regenerate and develop its full power. This energetic treatment is performed without touching. Blocked meridians and chakras are opened up to restore balance. You will experience a feeling of inner peace and harmony. We recommend wearing comfortable clothes or a robe for this relaxing treatment.

40 min 69 €

## Cosmetic treatments

### Face Care Basic – for men and women

This facial combines lasting care for your skin with a deep-acting massage to activate natural regeneration. It is adapted to your current skin conditions.

(Scented compresses, cleansing, skin diagnosis, peeling, soothing crystal massage, manual massage, serum, individual mask, deep relaxation and individual day care)

50 min 89 €

### Face Care Intensive – for men and women

This holistic treatment with selected herbs in combination with a special crystal massage balances out your skin and makes it glow.

(Scented compresses, cleansing, skin diagnosis, peeling, deep cleansing, (on request) eyebrows shaping and/or depilation of the upper lip, activating scraping crystal massage, calming crystal massage, manual massage, serum, individual mask, deep relaxation and individual day care)

80 min 115 €

The following additional services are available for all our facial treatments:

|                           |      |
|---------------------------|------|
| Eyebrow tinting           | 10 € |
| Eyelash tinting           | 15 € |
| Eyebrow & eyelash tinting | 20 € |

### Radiant Eyes

Treat yourself to our Radiant Eyes package for that special look:

- Eyebrow shaping, eyelash and brow tinting
- Relaxing hand massage during the application time
- Rich care serum for the eye area

25 min 40 €

|                          |      |
|--------------------------|------|
| Manicure without varnish | 47 € |
| Manicure with varnish    | 57 € |
| Pedicure without varnish | 57 € |
| Pedicure with varnish    | 67 € |

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# Massages

## Unwind and recharge - anti-stress massage

This special massage gently balances the reflex zones that are most stressed in everyday life. By treating your face, head, neck, hands and feet, we will release blockages and tension. Your entire system will feel refreshed and energized after this massage.

50 min 75 €

## Breathing massage

Breathing may seem trivial, but it directly affects your vitality. This intense massage of the muscles on your back and chest with hyssop and fennel breaks up deep-lying adhesions in your chest, opening up your rib cage and allowing your breathing to deepen. By gently stimulating your abdomen, we also improve the function of your lungs. A special inhalation with cornflower, myrtle, elderberry and lime blossoms cleanses and strengthens your respiratory system.

50 min 79 €

## Relaxing legs

This treatment is ideal after a long hike, an active ski day or a ski touring trip at high altitudes. We'll begin with a warming leg massage with strengthening essences, which loosens and regenerates the muscles, so that the strains of the day are quickly forgotten. The treatment is rounded off by an invigorating foot gel with a strong relaxing effect.

25 min 45 €

## Intensive back massage with trigger point treatment

When your back is sore, working your trigger points can bring soothing relaxation and regeneration. Physical strain, biomechanical stress, posture issues and tensions can lead to hard, sensitive muscle knots. In this relieving back massage, these knots are stretched, pressed and released. This effect is enhanced by a cupping glass treatment. Finally, the intensively treated zones are creamed with a warming ointment.

50 min 79 €

## Free flow to your head

Treat yourself to a soothing head, neck and face massage. This treatment is very relaxing and creates a state of calm peacefulness. Soft pressure is applied to specific acupressure points to release certain muscles. By stimulating your scalp, we improve blood circulation and reduce stress.

25 min 45 €

## Honey massage – pure detox!

Honey massages have been in use for centuries in traditional Russian folk medicine. They help the body to rid itself of waste products but also serve to revitalize the body after periods of exhaustion caused by stress, unhealthy lifestyles, or harmful environmental conditions. Warm honey is applied to the back and rubbed in using effective massage techniques. Calming and purifying warm compresses are then placed on to the back. Finally, you will be treated to a relaxing massage. (Not suitable for people with strong back hair.)

50 min 79 €

## Foot reflex zone massage

The reflex zones of the feet reflect the body's organs and muscle groups on the surface of the skin and subcutaneous layer. By applying specific pressure to certain zones, beneficial reactions can be elicited in the corresponding organs, muscles or tissues. The goal is to re-establish the body's natural balance and harmony and to activate its self-healing powers.

50 min 75 €

## Lymph stimulating massage

This very gentle treatment activates the lymphatic system and removes accumulated tissue fluid by bringing it into flow. Fine pumping and stroking movements provide a feeling of lightness and deep relaxation. This massage also supports the regeneration and strengthening of our immune system through its detoxifying effect.

Full body 50 min 75 €

Face 25 min 45 €

## Energising copper brush massage

The gentle friction of the fine copper wire surrounded by horsehair builds up a soothing electrical charge. This stimulates the skin and body and the brush is said to improve the flow of energy in the body. Some people therefore also call it the "energy brush". The initial copper brush exfoliation cleanses and strengthens the skin, removes flakes and makes it receptive for the subsequent full body massage with rich care products. This treatment revitalises and nourishes the skin and has an energising and refreshing effect.

50 min 75 €

## Alpine herbal pouch massage

This relaxing massage uses little pouches filled with hand-picked Alpine herbs which are warmed in oil and then placed on your body. The herbal stamps are moved over the body with motions of differing intensity, appropriate to the given body part. Your skin will be pampered due to the peeling effect. This calming treatment helps to relieve muscle tensions and cleanses your tissue.

50 min 79 €

## Classic partial massage

This classic massage helps to relax your muscles and stimulates circulation. Depending upon your individual preferences, either your back, head & neck, or legs & feet are treated. Enjoy the wonderful feeling as your tensions disappear and your whole body lets go.

25 min 45 €

## Classic whole-body massage

Let us treat you to a massage from head to toe! Enjoy the wonderful sensation throughout your body. This classic, healing whole-body massage strives to eliminate blockages and relieve muscle tensions, to energize your body, and to stimulate your circulation. Through the art of touch, your whole body will be brought into harmony.

50 min 75 €

## Just-for-me massage

Create your own unique treatment together with our massage therapist based on her repertoire of diverse techniques. This is the ultimate personalized treatment experience

50 min 79 €

## Mom-to-be massage

This gentle and relaxing pregnancy massage relieves muscle tension and blockages, soothes swelling of the limbs and promotes the general well-being of the expectant mother. We begin with a skin-caring linen glove peeling in preparation for an aromatic oil full-body massage with a nourishing effect. The treatment takes place in your preferred lying positions and gently improves your body sensation.

Recommended aroma oils: fennel (calming & balancing) or grapefruit (refreshing & exhilarating).

50 min 79 €

