

EN

# SPA BOOK



## SCHWARZENSTEIN

ALPINE LUXURY SPA RESORT | SÜDTIROL



The best days  
are those when  
you do nothing  
except make  
time for yourself.

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## SPA Etiquette

### OPENING HOURS (DAILY):

Beauty Reception	9.00am – 12.00am 2.00pm – 7.30pm
Beauty Treatments	9.00am – 12.00 noon 1.00pm – 7.30pm

### RESERVATIONS

We recommend that you make your SPA and beauty reservations from home, so that, even when we are very busy, we can take your wishes into consideration. You can reach us by phone at +39 0474 674 100 or internally under the number 480. Our email: [hotel@schwarzenstein.com](mailto:hotel@schwarzenstein.com)

### YOUR HEALTH IS IMPORTANT TO US

Please let us know about any health conditions, pregnancy or intolerances when booking your appointment. We are also happy to offer personal advice to help you find the treatment best suited to your needs.

### EVERY MOMENT IS PRECIOUS

Out of consideration for the following guests, we kindly ask for your understanding that in the event of a late arrival, your treatment time may be shortened accordingly.

### BEFORE TREATMENT

Take your time and come to our SPA reception a few minutes early before each treatment; preferably in a bathrobe, wearing either a bathing suit or underwear. As your privacy is very important to us, we are happy to provide you with disposable slips during treatment. A SPA bag, bathrobe and towel are available in your room during your stay.

### CANCELLATIONS

We would ask you to notify us at least 24 hours in advance if you wish to cancel a scheduled appointment. For last minute cancellations you will be billed 70% of the cost of treatment.

### QUIET PLEASE

Our SPA is a pleasant place to rest and relax. Please help us maintain this tranquillity and refrain from using your mobile phone during your time in our SPA.

### PLEASE NOTE

Unless otherwise specified, the SPA prices shown are valid per person from June 2025 onwards. All previous price lists are no longer valid. Subject to any alterations and errors.



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## Facial treatment

## RHEA-FACE

### MINI FACIAL

- Cleansing/exfoliation/toning
- Mini-cleansing
- Eyebrow shaping
- Intense serum
- Mini massage
- Mask
- Nourishing cream

50 min. — 87 €

### EXTENDED FACIAL

- Cleansing/exfoliation/toning
- Deep cleansing
- Eyebrow shaping
- Intense serum
- Massage
- Mask
- Nourishing cream

75 min. — 120 €

### CELLULAR ENERGY

Cellular vitality: deep-skin regeneration, elasticity

- Cleansing/exfoliation/toning
- Eyebrow shaping
- Intense serum
- Massage
- "Jelly" mask (cell renewal)
- Nourishing cream

50 min. — 92 €

Optional add-on:

Deep cleansing €25

### POWER LIFT

A fresh glow: oxygenating, toning

- Cleansing/exfoliation/toning
- Oxy (oxygen treatment)
- Eyebrow correction
- Intense serum
- Massage
- "Hot & Cold" mask (clay mask)
- Nourishing cream

75 min. — 138 €

Optional add-on: Deep cleansing €25

### SKIN BALANCE

Radiant, smooth complexion: moisturising and purifying

- Cleansing/exfoliation/toning
- Eyebrow shaping
- Lymphatic stimulation
- Intense serum
- "Phytoplant" mask (alginate)
- Nourishing cream

75 min. — 138 €

Optional add-on: Deep cleansing €25

### TOTAL ZONE

An intensive treatment focusing on the three main facial zones.

Includes:

- Cleansing
- Eyebrow shaping
- Targeted treatment of:

**Low Zone:** chin, neck and décolleté

**Mid Zone:** cheeks, cheekbones and lips

**Up Zone:** forehead and eye area

- Day cream to finish

75 min. — 138 €

### GLOW & SHINE

New radiance: brightening, clarifying

- Cleansing
- "Digitomask" with pressure-point massage
- Toner
- Eyebrow shaping
- Intense serum
- Nourishing mask
- Nourishing cream

50 min. — 92 €

### FRESH KICK

Refreshes the skin, revitalising

- Cleansing/toning
- Oxy (oxygen treatment)
- Intense serum
- Nourishing cream

25 min. — 50 €

### BEAUTIFUL EYES

Relaxed, toned eye contour

- Cleansing/exfoliation/toning
- Eyebrow correction
- Intense serum
- Massage
- Mask
- Nourishing cream

45 min. — 73 €



## RHEA FACE - MY SKINETIC

### CELLS, THE LIFE IMPULSE OF THE SKIN.

Dermoablation, Micro-photo-stimulation and Ionoinduction are the heart of mySKINETIC processing. Three super revitalizing techniques that are best expressed thanks to the patented mySKINETIC methodology that provides a perfect synergy between technology and cosmetic action where exclusive products and currents work together to enhance each other.

55 min. - 102 €

Awakens genetic activity and cellular vitality.

80 min. - 147 €

Revitalises and repairs cellular damage caused by genetic factors.



### CLEANSING

A pleasant prelude to cleanse and prepare the skin

### SKIN ABLATION

Controlled exfoliation, deep cleansing and oxygenation of the skin (vibration and ultrasound technology)

### MICRO-PHOTOSTIMULATION

Photodynamic tissue stimulation, deep revitalisation (electroneedling + chromo-stimulation)

### ION INDUCTION

Channels the functional, biorevitalising properties of the skin (channelling of active ingredients)

### FINAL PHASE

Manual face lift massage to relax and tone the facial skin.

Optional add-on: Deep cleansing €25





## HIGHTECH NATURAL COSMETICS

### INTENSE PURIFYING FACE TREATMENT

This facial treatment is ideal for all skin types and offers intensive deep cleansing to purify your skin in depth without stripping it of moisture or natural oils. Pores appear refined, the tissue is purified and the skin is ideally prepared for active ingredient care. Experience deep cleansing of the skin for a visibly fresh, purified and even complexion.

80 min. — 130 €

### CELLULAR RECREATION FACE TREATMENT

Natural active ingredient care with an immediate effect for a radiant complexion and healthy, intensively nourished skin. This deep-acting facial treatment with modulated facial massage is tailored to the individual needs of your skin and offers visible results. Highly effective, natural active ingredient care for healthy and intensively cared for skin.

80 min. — 130 €

### ADVANCED BIO LIFTING FACE TREATMENT

This intensive facial treatment with bio-dynamic lifting massage is tailored to your individual skin needs and provides an immediately visible effect. The biodynamic massage works in depth to provide a lifting effect that plumps, firms and reduces fine lines. The skin is hydrated and the complexion appears plump and rosy-fresh. Nature's high-tech power for lasting effect, immediate results and maximum effect.

110 min. — 160 €

### EXPRESS POWER LIFT FOR MEN

Powerful, natural, highly effective: skin diagnosis, lymph drainage massage, warm herbal compresses, exfoliation, deep cleansing, special serum, intensive-care facial mask with face massage and individually selected nourishing cream to round off the treatment. Naturally high-tech power for a strengthened and nourished glow.

50 min. — 92 €

HIGHTECH NATURAL COSMETICS  
**TEAM D<sup>R</sup> JOSEPH**  
SÜDTIROL





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For Gentleman

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## PROFESSIONAL SKIN CARE – EXCLUSIVELY FOR MEN

### FACIAL CARE

#### MAN ENERGY

A facial treatment designed for men, including peeling, deep cleansing, massage and mask. It provides a thorough cleanse, removes impurities, revitalises the skin and refines the pores – leaving the complexion fresh and well-groomed. Ideal for men who value intensive skincare.

75 min. – 120 €

#### MAN RELAX

Are you stressed and constantly working flat out? Do you want to relax and at the same time do something good for your skin? This pampering facial treatment is exactly what you are looking for! Look forward to absolute relaxation and tension release for body and mind. Cleansing followed by a relaxing facial, peeling, head and neck massage and then a mask application.

50 min. – 87 €

#### EXPRESS POWER LIFT FOR MEN

Natural high-tech power for men for an improved and clear complexion. This facial is the ultimate pampering program specifically for men that is fast and effective. Experience deep cleansing, refined pores and an improved complexion in the shortest amount of time – without compromising on well-being and results.

50 min. – 92 €

### SPECIAL OFFERS

#### FACE AND HAND

Small introductory package deal:

- 1 facial 'Man Energy' treatment
- 1 wellness manicure with pack

175 €

#### WHAT A FEELING

Relaxing days – makes you look and feel like 'a new man'

- 1 express power lift for men
- 1 manicure for velvety soft hands
- 1 pedicure with foot wrap
- 1 full body peeling with aromatic oils
- 1 back massage

310 €

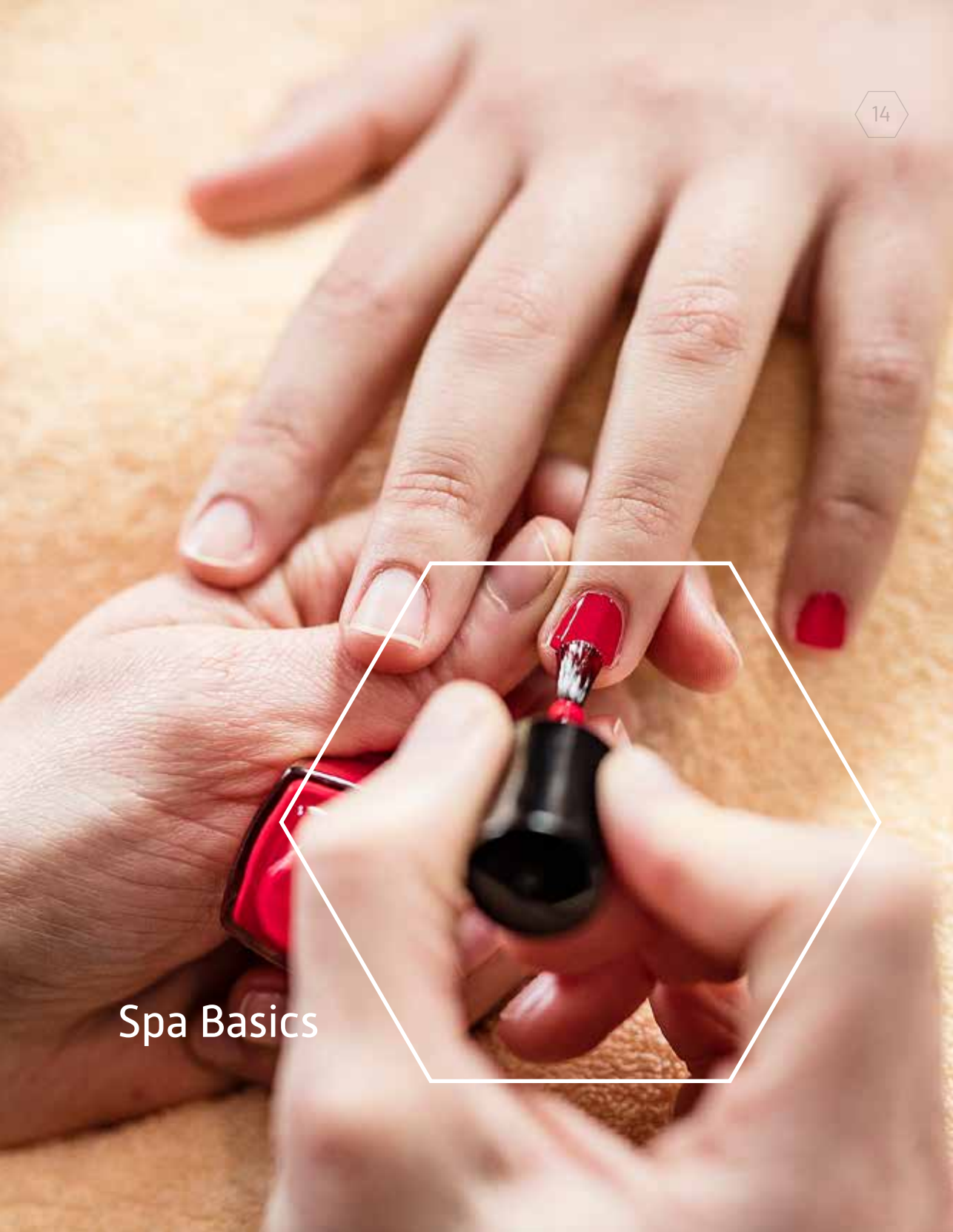
#### ONLY FOR MEN

Real relaxation for a real man

- 1 mountain pine wrap on our sun lounger
- 1 full body massage
- 1 foot massage so that you are able to 'withstand' all that life throws at you
- 1 express power lift for men

279 €





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### BEAUTY EXTRAS

Classic facial massage	20 min. — 42 €
Regulate eyebrows	16 €
Eyelash and eyebrow dye	30 €
Eyelash dye	21 €
Eyebrow dye	16 €

### DEPILATION

Upper lip + chin	18 €
Arms	26 €
Half legs	38 €
Half legs and bikini area	50 €
Full leg	55 €
Bikini area (no complete)	28 €
Armpits	20 €
Back	45 €
Upper body	45 €

### HAND & FOOT CARE

Pedicure	65 €
+ polish, incl. polish to take home	75 €
+ permanent polish	77 €
Manicure	55 €
+ polish, incl. polish to take home	65 €
+ permanent polish	67 €
Foot pack	26 €
Hand pack	26 €
Permanent polish removal	25 €

Spa Basics

## Body treatments

## BODY PEELINGS

Dead skin cells are gently removed allowing your the skin to be ready to absorb the nourishing products which we have prepared for you. Recommended before a massage.

**OUR TIP:** Pamper your skin after the AROMA OIL PEELING with a nourishing body wrap on our soft-pack lounger. See page 39.

### AROMATIC OIL PEELING

Peeling with an aromatic oil – pure natural!

25 min. – 46 €

### SCRUBBING DELUX

The treatment begins with a Welcome Ritual to relax body and soul, followed by mechanical peeling to renew the tissue and promote cell exchange. To round off, we pamper your skin with an individually-selected serum.

Effect

- Cleansing
- Regenerative
- Stimulating
- Smoothing

50 min. – 87 €

What counts  
here is that  
the more  
treatments  
you have,  
the greater the  
success.



## PERFECT BODY – CELLULITE & CO.

### PHYTOWRAP

Body treatment with deep firming effect.

- Cleansing mousse
- Individually-selected serum
- Sculpting massage
- Highly-concentrated firming body wrap

75 min. – 128 €

### BODY LIFT & FIRM

A body treatment targeting cellulite and promoting firmer, smoother skin.

- Cleansing with a gentle mousse
- Individually selected serum
- Stimulating massage
- Contouring wrap for targeted problem areas

75 min. – 128 €

### ALGIMASK

An effective treatment for belly, legs and buttocks with fat-burning active ingredients.

- Cleansing mousse
- Individually-selected serum
- Stimulating massage (problem areas)
- Toning mask

60 min. – 92 €

### FRESH LEGS

Who does not know the feeling of heavy and tired legs? Through a lymphatic drainage leg massage and a cooling wrap, the circulation in your legs is activated. Legs are detoxified and freed of excess water. The function of the veins is enhanced, allowing a decongestant effect to occur. Highly recommended for weak veins and problems with such.

45 min. – 74 €

### ÄGYPTOS VITALITY WRAP CLASSIC

The very best of active ingredients from the Dead Sea, the special wrap technique and the sublime sensation of being enveloped in warm cotton bandages, for an immediate, remarkable effect. Cellulite is visibly improved, problematic areas of the body are sculpted and the skin is rejuvenated, tighter and revitalised. Treat yourself to SOMETHING SPECIAL and experience a whole new body and figure sensation.

110 min. – 152 €



For body,  
mind & soul.

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## SOOTHING & RELAXING TREATMENTS

### HONEY TREATMENT

Honey is a gift from nature. The restorative effects of the honey treatment cleanse your skin and leave it feeling silky-soft. A full-body exfoliation treatment will give your body a radiant glow followed by a relaxation massage with honey oil. To round off, we envelop you in a luxurious body pack. An intense experience for all the senses.

105 min. — 152 €

### CHOCOLATE TREATMENT

Our hot chocolate treatment wraps you in a pleasant smell of cocoa that stimulates your endorphins and makes you happy. The treatment has a tightening effect, moisturises and improves your figure. Exfoliation, chocolate-oil massage and a chocolate wrap.

105 min. — 152 €

### AROMA TREATMENT

This toning, full-body treatment includes a full body exfoliation, a relaxing body massage with top-quality oils, and a nourishing body wrap.

110 min. — 162 €

### DETOX-BODY TREATMENT

Detox your body and boost your energy: Here's how it's done! This treatment begins with a relaxing foot bath to kick-start the detox process, followed by a stimulating brush massage to eliminate deposits in the skin's tissue and rounded off with a full body vitality wrap to stimulate the entire metabolism and enable the body to eliminate accumulated waste substances. Bask in the sensation of your new-found vitality!

75 min. — 128 €

### EAR CANDLING TREATMENT

Ear candling is a natural method for cleansing and relaxation, and may have a positive effect on issues such as headaches and sleep disturbances. Special hollow candles made of cotton and beeswax are gently placed into the ear canal and lit. The gentle suction and warmth are intended to help remove impurities and relieve tension.

20 min. — 31 €



Treatments with  
local products  
and traditions

Foto: IDM Südtirol/Alex Moling

## SOUTH TYROLEAN SPECIALS

### **SOUTH TYROL AT ITS BEST**

Soothing care for the whole body. This treatment offers you relaxation, purification and a nurturing effect all at the same time. Starting with a soothing foot bath, it continues with a full body exfoliation to stimulate blood circulation and then a beneficial wrap. The crowning finale is a relaxing full body massage to relax your tense muscles.

110 min. — 158 €

### **GSUND (HEALTHY) BELVITA TREATMENT**

The Healthy Belvita Treatment will surprise you with its exclusive and unique massage technique which relaxes your muscles, stimulates your connective tissue and relaxes your whole body. The South Tyrolean products used, such as alpine rose, Swiss stone pine and evening primrose, are so very refreshing! The soothing footbath followed by the foot scrub give a feeling of relaxation and ease. Look forward to an invigorating, varied and refreshing full body treatment.

Gsund de Luxe 70 min. — 126 €

### **BELVITA PREMIUM ACTIVE MASSAGE**

An activating massage focusing on the back and legs using mountain pine oil. This treatment relaxes the muscles and stimulates circulation. It is followed by a refreshing leg tonic to revitalise and soothe.

50 min. — 87 €

### **BELVITA PREMIUM RELAX MASSAGE**

A balancing and gentle full-body massage including the head and face. This deeply relaxing treatment features high-quality St John's wort oil, known for its calming properties. The experience is rounded off with a soothing sound bowl ritual to promote deep relaxation.

75 min. — 128 €

### **BELVITA MOUNTAIN ACTIVE LEG MASSAGE**

A stimulating leg massage using mountain pine oil to relax tired and overworked muscles.

25 min. — 48 €





## MASSAGES FROM ALL OVER THE WORLD

### LA STONE

A fascinating combination of massage, energy work combined with the soothing effect of hot lava and cold marble stones. Using this method of treatment, healing takes place on a physical, mental and spiritual level. Through the heat and intense massage strokes, which are carried out both by hand and with hot stones, your circulation is strongly activated, the muscles deep down become very relaxed, self-healing organism is activated and a comfortable feeling of well-being takes over.

75 min. — 130 €

### LOMI LOMI NUI (HAWAIIAN SYNCHRONIC MASSAGE)

The Hawaiian temple massage, with its warm atmosphere and the four-handed massaging, will give you a special kind of body experience. The Lomi Lomi masseuses use warm oils as they smoothly glide over your body with both their palms and their forearms. The aim of the massage is not only to loosen tight muscles, but it speaks to the whole body, in that it breaks the tension or blockages in your mind thus treating your mind and spirit in a natural and gentle way as well.

50 min. — 148 €

### ABHYANGA

The traditional oil massage is known as the "Queen of massages" in India. Your body is covered in warm oil. You fall into a state of complete relaxation and ease. This gentle, soothing massage leads to purification, cell renewal and a strengthening of the immune system and, at the same time, rejuvenates your skin and releases tension from body and soul.

Shorter full body massage 50 min. — 87 €

Full body massage including face and head 75 min. — 128 €





## AYURVEDA

Ayurveda, the ancient Indian science of longevity, sees man as a unity of body, mind and soul. Inner harmony and a balance of all bodily inherent powers are the basis for a full and long life. Thus from an Ayurvedic point of view, one's health is not just a statistical average or general good health, but a condition full of vitality, strength and inner happiness.

### ABHYANGA

The traditional oil massage is known as the "Queen of massages" in India. Your body is covered in warm oil. You fall into a state of complete relaxation and ease. This gentle, soothing massage leads to purification, cell renewal and a strengthening of the immune system and, at the same time, rejuvenates your skin and releases tension from body and soul.

Shorter full body massage	50 min. — 87 €
Full body massage including face and head	75 min. — 128 €

### MUKABHYANGA

Relaxing facial, head and foot massage with oils.

50 min. — 87 €

### PADABHYANGA

Foot massage with warm herbal oils.

45 min. — 74 €

### GARSHAN

A whole body massage using dry raw silk gloves. Metabolism and circulation are stimulated by frictional massage and toxins are thus excreted.

50 min. — 87 €

### SHIRO ABHYANGA

Indian facial, head and neck massage.

25 min. — 46 €



## CLASSIC MASSAGES

The goal of a massage is to reduce stress hormones. A massage strives to release endorphins, the natural feel-good hormones in our body. Physical and psychological tensions dissolve, clearing your mind so that energy can again flow.

### CLASSIC FULL BODY MASSAGE

Your entire body is wonderfully kneaded when having a classical massage. Everything feels much more relaxed and loose. Tensions are gently alleviated.

50 min. — 87 €

### CLASSIC PARTIAL BODY MASSAGE

Your back will get massaged and smaller tensions are quickly alleviated.

25 min. — 46 €

### FACE, HEAD AND NECK MASSAGE

Gentle massage technique, to free you of all the stresses of everyday life and release energy blockages.

25 min. — 46 €

### RELAXATION MASSAGE

Is carried out with a gentle hand, giving a feeling of well-being, harmony and peace of mind.

50 min. — 87 €

### STIMULATING FOOT REFLEXOLOGY MASSAGE

This massage is performed on the soles of your feet. By stimulating the reflex zones of the various sections of the body, even the internal organs respond sensitively to this massage.

45 min. — 76 €

### LYMPHATIC MASSAGE

This very gentle and relaxing stroking massage reduces swelling and gently stimulates purification and detoxification.

Whole body 50 min. — 87 €

Partial body 25 min. — 46 €

### HEAD AND NECK MASSAGE

Removes blockages and allows vitality to take over. Wonderfully relaxing energy source, especially for people suffering from stress.

25 min. — 46 €

### KINESIOLOGY MERIDIAN MASSAGE

Experience the kinesiology meridian massage – a treatment that brings body and mind into balance. This technique works along the body's meridians to release tension and support energy flow. Ideal for those looking to regenerate tired muscles, reduce stress and boost vitality. Muscles are both relaxed and revitalised.

50 min. — 87 €

# Our specials for your back

## A FIT BACK

### BACK TREATMENT WITH HONEY

Art of Care's honey massage harnesses all the power of natural honey. Through special massage techniques, the honey is worked deep in to the connective tissue of the back to release tension. With a honey-oil back massage to round off, this treatment loosens the muscles and tones the skin tissue (not suitable for back hair).

45 min. — 76 €

### BACK MASSAGE WITH CUPPING

The most widely known cupping method in conjunction with massage. Wonderfully soothing. Helps to relieve deep-seated tensions.

45 min. — 76 €

### A HEALTHY BACK

Relieves deep-seated tension in your back, shoulders and neck area for a longer time. Wonderfully relaxing. What applies here is the more often, the better it is for your back.

- Stimulating back massage
- warm fango wrap

45 min. — 76 €

### BACK - LA STONE

Back massage combined with hot lava stones.

45 min. — 76 €





## Treatments for couples

## TREATMENTS FOR COUPLES

You can also enjoy many of our other massage treatments as a couple:

For two  
people  
who care  
for each  
other

**HONEY TREATMENT** (p. 21)

105 min. per person – 152 €

**CHOCOLATE TREATMENT** (p. 21)

105 min. per person – 152 €

**GSUND BELVITA TREATMENT** (p. 23)

70 min. per person – 126 €

**ABHYANGA** (p. 25)

75 min. per person – 128 €

**CLASSIC FULL BODY MASSAGE** (p. 29)

50 min. per person – 87 €

**RELAXATION MASSAGE** (p. 29)

50 min. per person – 87 €

Please indicate when booking  
if you wish to enjoy the  
treatment as a couple.



## PRIVATE SPA SUITE

Enjoy body treatments and baths together in this exclusive setting. Beautifully appointed with a luxury double bathtub, a cosy massage and relaxation lounge.

### CUDDLE PACKAGE FOR TWO FOR YOU AND ME

- dream bathroom  
with luxurious double bathtub!
- undisturbed relaxation time  
in the romantic water bed
- 2 glasses of Prosecco and  
delicacies from our patisserie
- relaxing back massage

2 pers. 85 min. – 179 €

### PRIVATE SPA HERBAL MEADOW

- Aromatic full-body peeling
- Revitalising bath in double bathtub  
with select hay flower essences
- 2 glasses of prosecco and delicacies  
from the patisserie
- Candlelit romance
- Pampering relaxation massage

2 pers. 145 min. – 344 €

### PRIVATE SPA MOUNTAIN VITAL

- relaxing peeling with relaxing oil
- fragrant herbal bath in the  
luxurious, dreamy bathtub for two
- undisturbed relaxation time
- 2 glasses of Prosecco and  
delicacies from our patisserie
- partial massage with aromatic essences

2 pers. 115 min. – 256 €



## BATHE TOGETHER AND CUDDLE UP

Look forward to a completely uninterrupted time in our private SPA suite. The bathtub for two is filled with your choice of bath additives and the Prosecco is chilled. A cosy couch also invites you to cuddle up.

Single bathtubs upon request.

### LEMON AND MELISSA BATH

Refreshing and stimulates the circulation.

### HERBAL BATH

Relaxes your muscles and strengthens your immune system.

### MILK-HONEY BATH

For dreamy white skin.

### LAVENDER BATH

Relaxes and nourishes. Wonderfully fragrant.

### DETOX-BATH

Purifying – detoxifying

1 bath for 50 min.

for 1 – 2 pers. – € 69

Includes a glass of Prosecco per person





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## Baths and wraps

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## FLOATING ON CLOUD NINE IN A SOFTPACK BED

This ultra-effective wrap is applied to the whole body. Bask in the sensation of near-weightlessness, as if on a water bed, while the comforting warmth, soft lighting and nourishing oils work their way into your skin.

### HAY WRAP

Your body is wrapped up in hay from the Ahrntal meadows. Hay wraps strengthen your body's immune system, detoxify it and relieve tension. They also have a beneficial effect on rheumatic problems.

### ALGAE WRAP

Firms the skin, stimulates your circulation and improves cellular structure. Also recommended for cellulitis.

### ALPINE FANGO WRAP

Detoxifies and regenerates. Problems of the Musculoskeletal system are alleviated with the application of heat.

### ORANGE WRAP

Orange contains die Vitamins A, C and P. Their antioxidant properties protect the skin and give your skin a fresh, revitalised glow.

### ARNICA WRAP

A boost of vitality and strength. The highly effective arnica extract helps release tension and revitalise the muscles.

### MOUNTAIN PINE WRAP

The mountain pine has proven successful when applied externally in the case of rheumatic complaints and slight muscle pain. It also has an antispasmodic and relaxing quality.

### ROSE WRAP

The natural healing properties of roses leaves your skin soft, supple and wonderfully well moisturised.

### QUEEN OF THE NIGHT

The evening primrose oil provides essential ingredients that do the skin nothing but good! Particularly suitable if your skin tends to be dry and sensitive.

All treatments last  
25 min. — 46 €

With partial massage incl.  
50 min. — 92 €

For pregnant ladies

## FOR MOTHERS TO BE

Are you expecting a baby? Our congratulations! We would love to sweeten the waiting with a few choice treatments from our SPA. We recommend these treatments for after the 16th week of pregnancy. For your comfort and safety, we advise consulting your doctor before booking any treatment.

### TIME FOR ME (FACIAL)

Tailored to your skin type – a facial with basic cleansing, peeling, wonderfully relaxing massage, mask and day care.

75 min. – 120 €

### WEIGHTLESS

Do your legs seem heavy and tired? This treatment can do something about it.

- Gentle peeling of legs
- Lymphatic drainage massage
- Cooling and decongesting wrap

45 min. – 76 €

### HAPPY MAMA

Relaxed from head to toe, and enjoying the wait. Relaxing full-body massage with warm oils as you lie on your back.

50 min. – 87 €

Right now your body is dealing with heavier loads than usual, so enjoy a soothing massage. The massages are carried out gently with you lying on your back.

### FACE, HEAD AND NECK MASSAGE WITH WARM OILS

25 min. – € 46

### RELAXING FOOT MASSAGE WITH WARM OILS

45 min. – € 74

### FACE, HEAD, NECK AND FOOT MASSAGE WITH WARM OILS

50 min. – € 87



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For teenager & kids

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## FOR TEENAGERS

Boys & girls up to the age of 16

### TEEN GLOW

A facial treatment designed for young skin – for boys and girls up to 16 years.

- Cleansing / Peeling / Toner
- Facial massage
- Mask
- Day cream

45 min. – 73 €

### CLEAR SKIN

A specialised facial treatment for teenage problem skin.

- Cleansing / Peeling / Toner
- Eyebrow shaping
- Deep cleansing
- Massage / Mask
- Day cream

70 min. – 114 €

### TEENAGER MASSAGE

Anti-stress massage for the back or legs.

25 min. – 46 €

### CHILL OUT

Relaxing full-body massage with aromatic oil – designed for young spa enthusiasts.

40 min. – 68 €

## FOR KIDS

up to 10 years

### BEAUTIFUL GIRLS

A gentle facial for girls up to 10 years old, including a massage, mask and mini manicure with nail polish.

50 min. – 87 €

### WELLNESS FOR GIRLS

Back massage and manicure with colourful nail polish.

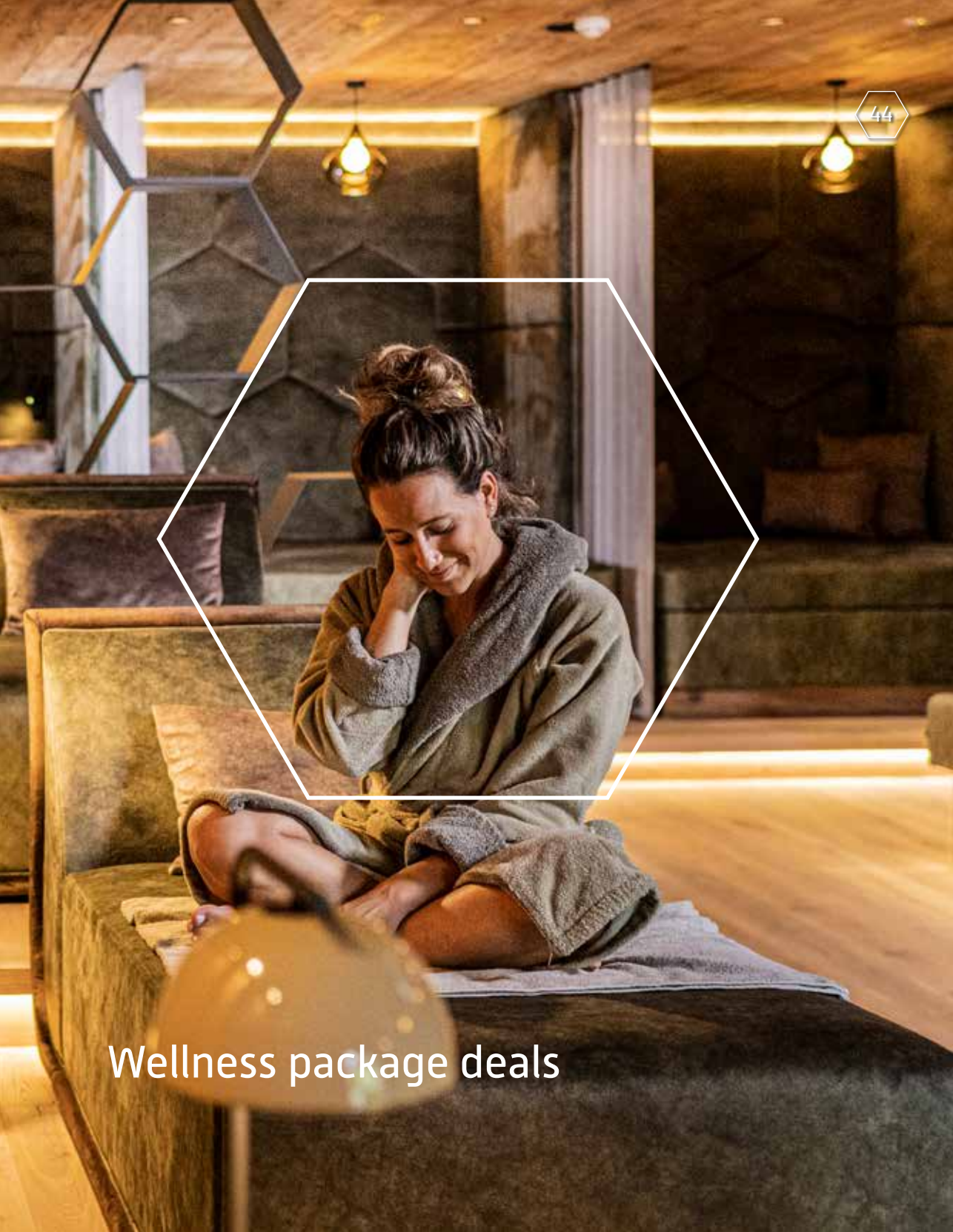
45 min. – 74 €

### CHILDREN'S MASSAGE

A gentle massage with chocolate oil – for well-being and a joyful experience.

20 min. – 43 €





## Wellness package deals

Book a package deal at a reduced rate

### BEAUTY DAY

- 1 Full day peeling
- 1 Orange wrap
- 1 Partial massage
- 1 Short facial treatment

210 €

### MOUNTAIN FEELING

- 1 Gsund Belvita de Luxe treatment
- 1 South Tyrol at its best
- 1 Alpine fango wrap
- 1 Partial massage

338 €

### TIME OUT

- 1 Detox-body treatment
- 1 Abhyanga
- 1 Mountain pine body wrap
- 1 Stimulating foot reflexology massage

340 €

### FACIAL TREATMENTS

- 1 Extended facial treatment
- 1 mySKINETIC (55 min.)
- 1 Skin Balance

324 €



# Belvita

LEADING WELLNESSHOTELS  
SÜDTIROL

# Deluxe wellness

Multi-faceted pools and saunas, exclusive treatments, and a variety of relaxation programmes: The innovative spa areas at the "Belvita Premium Spa" hotels guarantee boundless relaxation and peace of mind.

As a member of the Belvita Leading Wellnesshotels Südtirol, this hotel guarantees the highest quality in all areas.





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