

SPA BOOK



SCHWARZENSTEIN

ALPINE LUXURY SPA RESORT | SÜDTIROL

EN

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

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Belvita

LEADING WELLNESSHOTELS
SÜDTIROL



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

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 slippers during treatment. A SPA bag, bathrobe, towel and slippers 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 July 2022 onwards. All previous price lists are no longer valid. Subject to any alterations and errors.



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hotel@schwarzenstein.com



Facial treatment

MINI FACIAL

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

50 min. – 78 €

EXTENDED FACIAL

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

75 min. – 108 €

CELLULAR ENERGY

Cellular vitality: deep-skin regeneration, elasticity

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

50 min. – 86 €

POWER LIFT

A fresh glow: oxygenating, toning

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

70 min. – 128 €

With prior booking: 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

70 min. – 128 €

With prior booking: deep cleansing 25 €

EXFO

Refined complexion: exfoliating, cell renewing

- Cleansing
- Exfo (fruit acid peel)
- Tonic
- Intense serum
- Mini massage
- Nourishing mask
- Nourishing cream

50 min. – 86 €

GLOW & SHINE

New radiance: brightening, clarifying

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

50 min. – 86 €

FRESH KICK

Refreshes the skin, revitalising

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

25 min. – 45 €

BEAUTIFUL EYES

Relaxed, toned eye contour

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

45 min. – 65 €





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.



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.

110 min. – 153 €
(including manual deep cleansing and mask)

50 min. – 86 €





INTENSE PURIFYING FACE TREATMENT

Bright, soft skin, a radiant complexion and a refreshed, energised sensation. The treatment begins with warm herbal compresses, a gentle lymph drainage massage, exfoliation, cleansing with cupping glasses and deep cleansing, followed by a toning facial pack, a peel-off mask and nourishing care cream carefully selected for your skin type. For a visibly fresher complexion and radiant vitality.

75 min. – 117 €

CELLULAR RECREATION FACE TREATMENT

Using natural active ingredients selected to suit your skin type, this wonderful treatment and deep-relaxation pampering plan designed by Team Dr. Joseph has an immediate effect: Skin diagnosis, eyebrow contouring, lymph drainage massage, warm herbal compresses, exfoliation, deep-cleansing with cupping glasses, special serum, modelling facial massage, intensive-care facial mask and nourishing cream selected for your skin type to round off. With highly effective, naturally active ingredients for healthy, nourished skin.

80 min. – 119 €

ADVANCED BIO LIFTING FACE TREATMENT

The holistic maxi-effect program designed by Team Dr Joseph: Intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnosis, eyebrow contouring, lymph drainage massage, warm herbal compresses, exfoliation, deep cleansing with cupping glasses, special serum; a bioenergetic floral-essence lifting massage, intensive-care facial mask, rounded off with individually selected nourishing cream and stabilising treatment. Nature's own avant-garde solution for lasting results and an immediate effect.

110 min. – 145 €

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. – 81 €

HIGHTECH NATURAL COSMETICS

TEAM D^R JOSEPH

SÜDTIROL

A close-up photograph of a shirtless man with dark hair and a light beard. He has his eyes closed and a serene expression as water splashes over his face and chest. The water droplets are frozen in mid-air, creating a dynamic and refreshing scene. A white hexagonal outline is superimposed over the center of the image, framing the man's face and upper chest. The background is a plain, light gray color.

For Gentleman

PROFESSIONAL SKIN CARE – EXCLUSIVELY FOR MEN

FACIAL CARE

MAN ENERGY

A refreshing treatment using special aromatic oils for the active man! After a thorough cleansing our therapist performs an effective anti-stress facial massage which is then followed by applying a wonderfully relaxing mask to the stressed skin.

70 min. – 101 €

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, head and neck massage and then a mask application.

50 min. – 78 €

EXPRESS POWER LIFT FOR MEN

Team Dr Joseph technique 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 nourishing cream to round off. Naturally high-tech power for a strengthened and nourished glow.

50 min. – 81 €

SPECIAL OFFERS

FACE AND HAND

Small introductory package deal:

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

158 €

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 mineral rich sea salt / aromatic oils
- 1 back massage

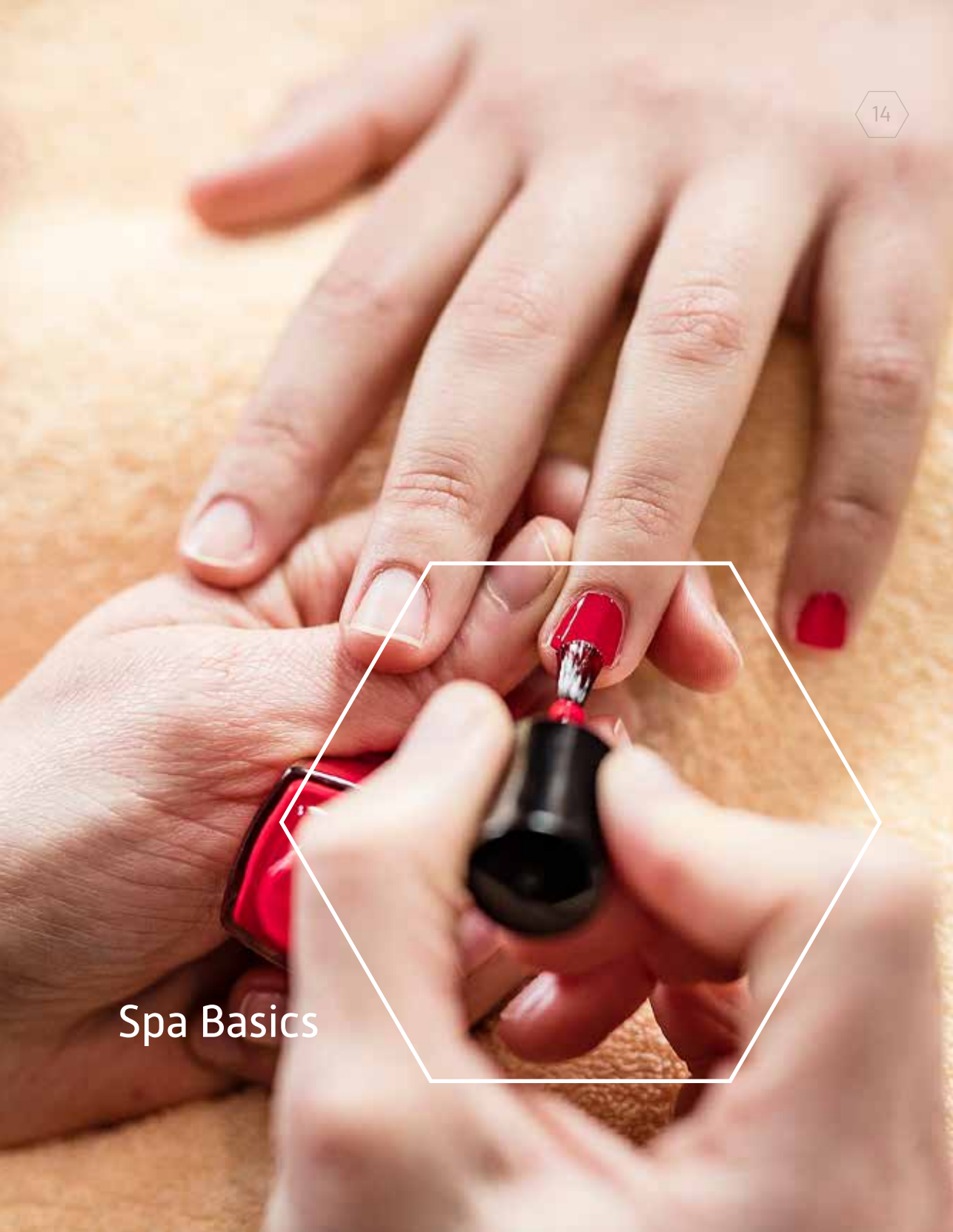
270 €

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

241 €



Spa Basics

BEAUTY EXTRAS

Classic facial massage	20 min. – 38 €
Regulate eyebrows	12 €
Eyelash and eyebrow dye	22 €
Eyelash dye	16 €
Eyebrow dye	12 €

DEPILATION

Face	14 €
Upper lip	12 €
Arms	22 €
Half legs	34 €
Half legs and bikini area	43 €
Full leg	46 €
Bikini area (no complete)	24 €
Armpits	17 €
Back	34 €
Upper body	38 €

HAND & FOOT CARE

Pedicure	54 €
+ polish, incl. polish to take home	64 €
+ permanent polish	66 €
Manicure	47 €
+ polish, incl. polish to take home	57 €
+ permanent polish	59 €
Foot pack	18 €
Hand pack	18 €
Extra varnish	17 €
French varnish	22 €
Permanent polish	27 €
Permanent polish removal	22 €



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.

AROMATIC OIL PEELING

Peeling with an aromatic oil – pure natural!

20 min. – 41 €

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

45 min. – 67 €

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



PHYTOWRAP

Body treatment with deep firming effect.

- Cleansing mousse
- Individually-selected serum
- Sculpting massage
- Highly-concentrated firming algae pack

75 min. – 115 €

TERMICMUD

Body treatment with a deep-penetrating detox and stimulation of blood circulation and the lymphatic system.

- Cleansing mousse
- Individually-selected serum
- Stimulating massage
- Active black mud pack

75 min. – 115 €

ALGIMASK

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

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

50 min. – 78 €

Treatment course 3 x 50 min. – 222 €

TECNISPA

The revolutionary professional "TecniSPA" treatment tones your figure rapidly, effectively and permanently. This treatment blends three mechanical toning principles with highly effective active ingredients, providing instantly visible results even after the first application. Not suitable for spider veins or varicose veins.

The anticellulite TecniSPA slimming treatment:

- tones deep tissue
- reduces fat cells
- thermal effect improves the microcirculation

45 min. – 82 €

Treatment course 3 x 45 min. – 205 €

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. – 67 €

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. – 138 €

For body,
mind & soul.



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.

100 min. – 139 €

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.

100 min. – 139 €

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. – 147 €

EAR CANDLE TREATMENT

The ear candle treatment not only cleans the ear, but also has a positive effect on symptoms such as headaches, tension, and sleeping disorders. Overall it has a very relaxing effect. One ear is treated after the other. This treatment stimulates the secretion flow and has a cleansing effect.

15 min. – 24 €

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. – 115 €



Treatments with
local products
and traditions

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. – 143 €

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. – 112 €

BELVITA PREMIUM SPA MASSAGE

This treatment can be booked as either an energising or a relaxing massage. Both rituals provide long-lasting alleviation of stress, stimulate the body's own energy and promote deep relaxation.

With St. John's Wort oil

Relaxing at the end of a peaceful spa day

50 min. – 78 €

or

With mountain-pine oil:

Re-energising at the end of a day of vigorous sporting activity

50 Min. – 78 €

BELVITA MOUNTAIN ACTIVE SPORTS MASSAGE

Stimulating sports massage for the legs, with energising mountain pine and arnica oil.

25 min. – 43 €



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. – 115 €

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. – 135 €

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. – 79 €
Full body massage	75 min. – 115 €



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

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Full body massage	75 min. – 115 €

MUKABHYANGA

Relaxing facial, head and foot massage with oils.

50 min. – 75 €

PADABHYANGA

Foot massage with warm herbal oils.

40 min. – 56 €

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. – 75 €

SHIRO ABHYANGA

Indian facial, head and neck massage.

20 min. – 41 €



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. – 78 €

CLASSIC PARTIAL BODY MASSAGE

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

25 min. – 43 €

FACE, HEAD AND NECK MASSAGE

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

20 min. – 41 €

RELAXATION MASSAGE

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

50 min. – 78 €

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. – 67 €

LYMPHATIC MASSAGE

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

Whole body 50 min. – 78 €

Partial body 25 min. – 43 €

HEAD AND NECK MASSAGE

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

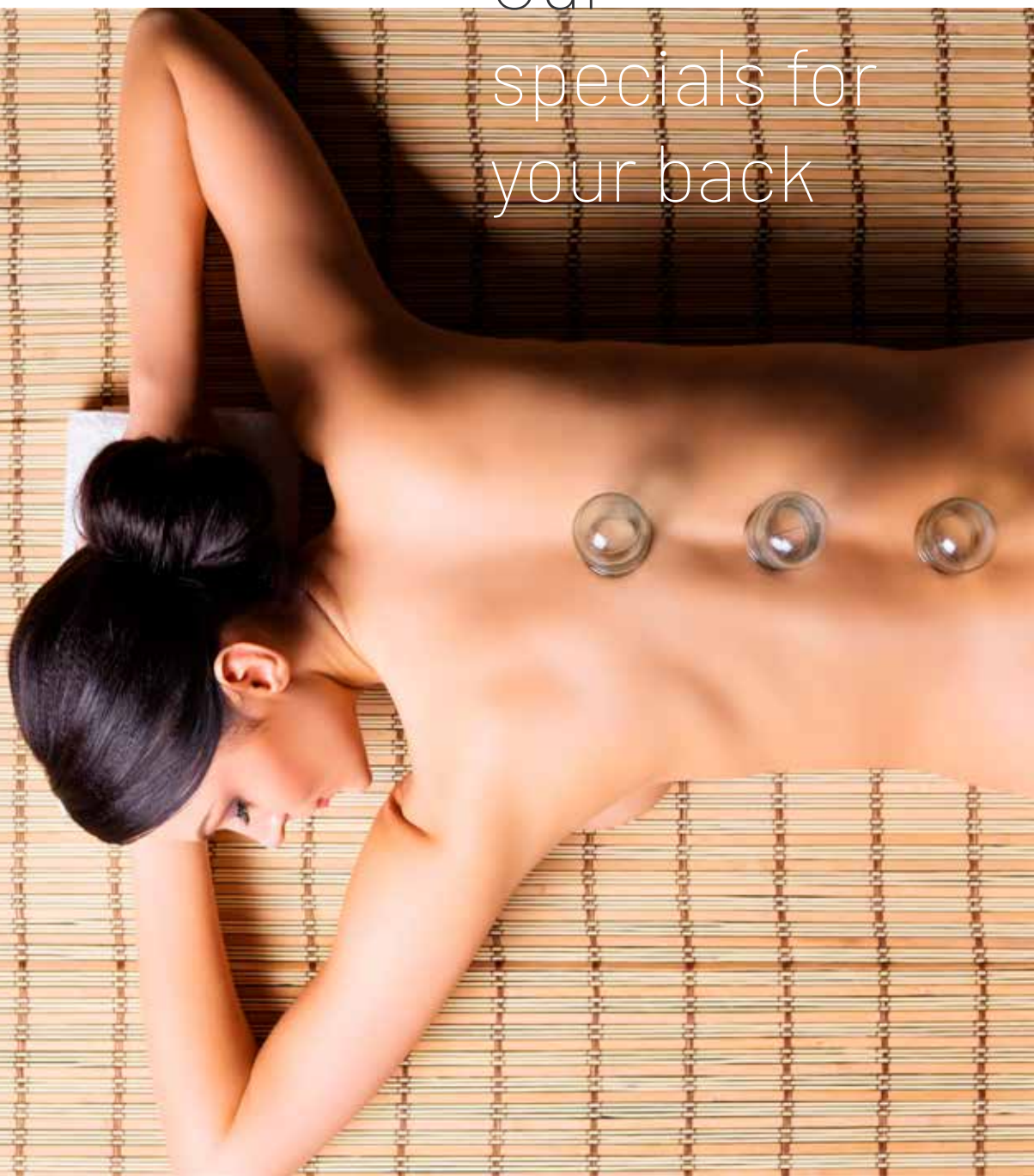
20 min. – 41 €

MERIDIAN MASSAGE BASED ON SPORTS KINESIOLOGY

Our new relaxation and regeneration offer has been designed especially for people who participate in sports activities. A relaxing, sports kinesiology meridian massage is perfect for immediate recovery after an intense workout. Each muscle is massaged in turn with Arnica balm, allowing the energy to flow freely through your body. The risk of muscle pain and cramps after sport is lessened, and tired muscles are both calmed and energised at the same time. The meridian massage is wonderfully uplifting and leaves you feeling instantly relaxed, fit and full of energy.

50 min. – 84 €

Our specials for your 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. – 75 €

BACK MASSAGE WITH CUPPING

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

40 min. – 63 €

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

40 min. – 63 €

BACK - LA STONE

Back massage combined with hot lava stones.

40 min. – 63 €



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)

100 min. per person – 139 €

CHOCOLATE TREATMENT (p. 21)

100 min. per person – 139 €

GSUND BELVITA TREATMENT (p. 23)

70 min. per person – 112 €

ABHYANGA (p. 25)

75 min. per person – 115 €

CLASSIC FULL BODY MASSAGE (p. 29)

50 min. per person – 78 €

RELAXATION MASSAGE (p. 29)

50 min. per person – 78 €



PRIVATE SPA SUITE

You can take body treatments and baths here for two at the same time. Fantastically equipped with romantic massage lounge, luxury double bathtub, classy water bed to cuddle up in and a flat screen TV.

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. 80 min. – 152 €

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. 140 min. – 303 €

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. 110 min. – 233 €



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.

SWISS STONE PINE BATH

Relaxes and nourishes.
Wonderfully fragrant.

DETOX-BATH

Purifying – detoxifying

1 bath for 50 min.
for 1 – 2 pers. – € 60
Includes a glass of Prosecco
per person



Baths and wraps

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 & ST. JOHN'S WORT WRAP

For a boost in vitality and energy. The combination of arnica extract and St. John's Wort helps to 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
20 min. – 41 €

With partial massage incl.
50 min. – 76 €

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.

TIME FOR ME (FACIAL)

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

75 min. – 108 €

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. – 67 €

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. – 79 €

FEEL GOOD ALL OVER

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
20 min. – € 38

or

- Relaxing foot massage with warm oils
40 min. – € 54

or

- Face, head, neck and foot massage with warm oils
50 min. – € 71



For teenager & kids

FOR TEENAGERS

Boys & girls up to the age of 19

YOUNG & STYLISH

For boys & girls under 19 with adolescent skin problems – deep cleansing and skincare.

50 min. – 78 €

TEENAGER-MASSAGE

Delicate, relaxing massage for young SPA fans.

25 min. – 43 €

FOR CHILDREN

up to the age of 14

BEAUTIFUL GIRLS

Mini-facials for girls up to 14 years old with massage, mask and mini manicure with nail polish.

50 min. – 78 €

WELLNESS FOR GIRLS

- Partial back massage
- Manicure with bright nail varnish

45 min. – 65 €

CHILDREN'S MASSAGE

Gentle, relaxing massage for young SPA fans.

20 min. – 41 €



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

183 €

MOUNTAIN FEELING

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

305 €

TIME OUT

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

304 €

FACIAL TREATMENTS

- 1 Extended facial treatment
- 1 mySKINETIC (50 min.)
- 1 Skin Balance

290 €



MPRECOR

Fit & Fun

You will find new and high-quality cardio equipment in our high-tech training room. Our panoramic view of the countryside will inspire and motivate you.

PERSONAL TRAINING

Treat yourself to the best kind of training and get the better of your own inner feelings of taking things too easy! With the help of a trained personal trainer and an individually tailored programme of exercise, you will achieve your personal training objectives most effectively. Your coach will advise you on your individual needs. Ask about our seasonal workouts.

Reservations at least one week in advance

60 min. – 79 €

120 min. – 140 €



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