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ALPEN TESITIN

PANORAMA WELLNESS RESORT ★★★★★

AT BEAUTY

- 01 Outdoor showers
- 02 Sauna infusions
- 03 Relax lounge
- 04 Pond
- 05 Sauna garden
- 06 Fireplace
- 07 Brine pool (36 °C)
- 08 Kelo sauna
- 09 Bio-soft sauna
- 10 Showers
- 11 Infrared loungers
- 12 Crystal steam bath
- 13 Brine steam bath
- 14 Atrium
- 15 Kneipp baths
- 16 Changing rooms
- 17 WC
- 18 Panoramic relax room
- 19 Panoramic infusion sauna
- 20 Cool water pool (13 °C)
- 21 Infinity jacuzzi (36 °C)
- 22 Relax room
- 23 Panoramic pool (32 °C)
- 24 Outdoor pool (33 °C)
- 25 Spa reception
- 26 Non-nude steam bath
- 27 Non-nude bio sauna
- 28 Wellness bar
- 29 Gym
- 30 Exercise room
- 31 Hair stylist
- 32 Sunbeds
- 33 Massage rooms
- 34 Hay baths
- 35 Beauty room
- 36 Lobby
- 37 Couples massage room
- 38 Terrace
- 39 Entrance
- 40 Showers
- 41 Quiet sun deck
- 42 Sun-spoilt infinity-pool (30 °C)
- 43 Family sun deck



1st floor

Pure joy – a hands-on recipe

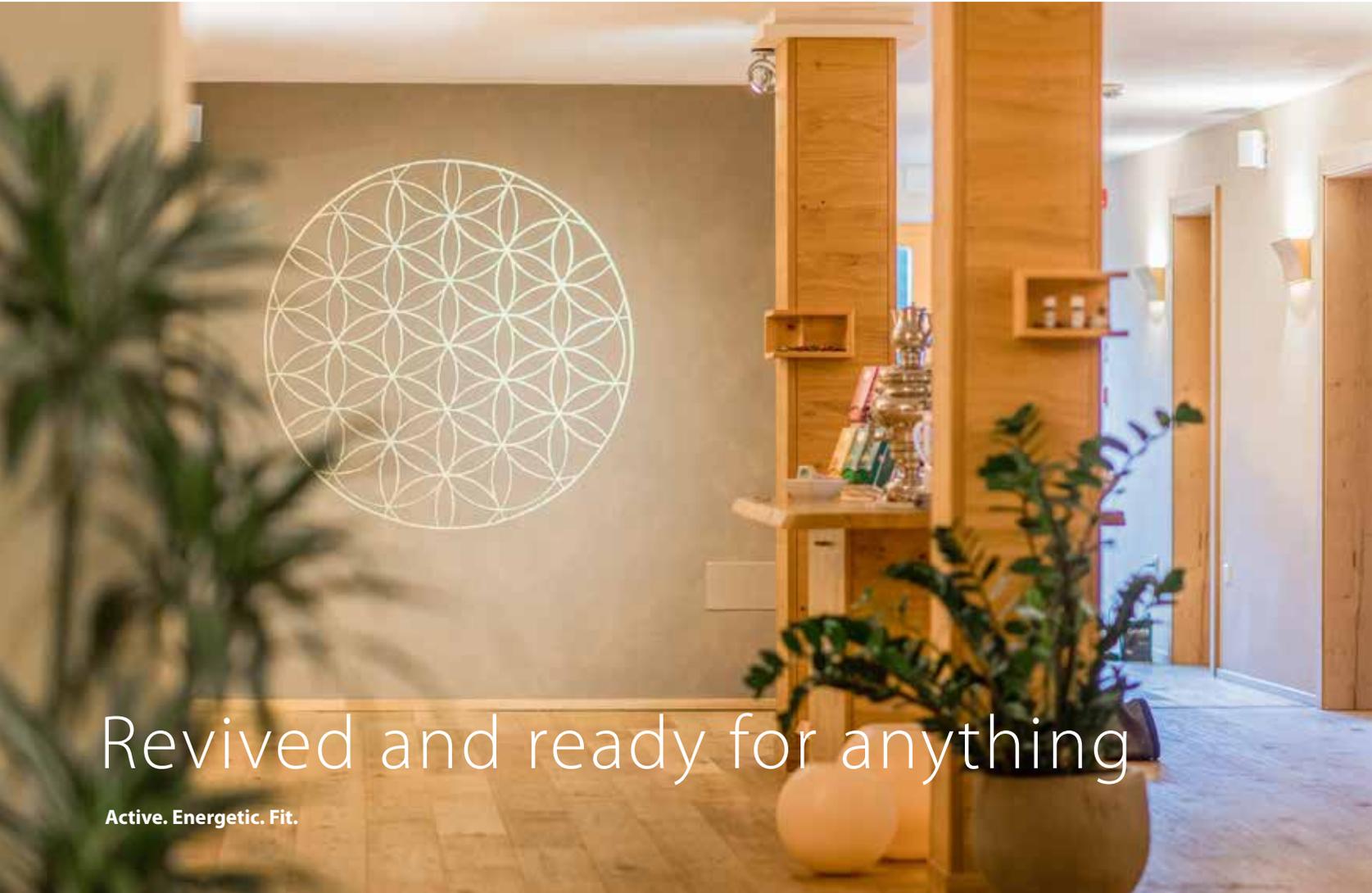
Welcome to our Premium Spa!

Being mindful and good to ourselves isn't always easy as we try to keep the balance between family life, work and our free time. And yet, we owe it ourselves to be attentive and respectful with our mind and body.

Attention to detail and subtle, intuitive empathy are the basic ingredients of our spa treatments. After all, we would like your time-out at Alpen Tesitin to be a soothing feast for the senses.

Treat yourself to some pure delight, and take an extra portion of zest for like back home with you. Trust us to leave you relaxed, serene and invigorated from head to toe.

*The Feckler Family
and the Alpen Tesitin Team*



Revived and ready for anything

Active. Energetic. Fit.

Beauty and more...



Flourish with the power of nature

Applied after cleansing, all classic facials using Dr. Boos natural skincare are tailor-made to suit your individual skin type. The treatment consists of a complete, profound cleansing of the skin, eyebrow shaping, massage and face pack. And while your facial works its wonders, let us treat you to a few more minutes of pure bliss with a neck and arm massage.

Boos – The power of vitamins

Intensive skincare enriched with sea buckthorn essence and vitamins that improves blood circulation and revitalises the skin – for a luminous complexion.

Boos – Invigorating herbs

Perfect for all skin types: Herbal essences cleanse and purify the skin, leaving it smooth and soft.

Boos – Soothing moisture

Rose petal extracts and a number of essential oils boost the skin's power to heal and balance out blemishes, irritations and reddening.

Boos – Pomegranate power

Pomegranate essences help mature skin protect its cells and noticeably soothe the dry, irritated skin.

Boos – Royal regeneration: skincare for a unique sensation

Royal jelly, soy proteins, hyaluronic acid and argan oil leave very dry, complex skin visibly toned and revitalised.

Facials (approx. 70 min. each)

EUR 89

NEW

Individual facial classics

Individualised facial treatments followed by a make-up session using all-natural Dr. Barbara Boos products.
Approx. 85 minutes

EUR 105

Skincare around the eyes

The right care can make any signs of tiredness around the eyes disappear by stimulating sensitive areas and encouraging the natural drainage of the lymphatic system.
Approx. 25 minutes

EUR 55

Facial massage

A quick refresher for those who are on the go: With its concentrated active ingredients, this regenerative facial massage eases tension and instantly moisturises and replenishes your skin.
Approx. 25 minutes

EUR 40

NEW

DermaKEY – high-tech for healthier skin

It is the key to an infinitely more intensive treatment without the need for invasive methods: dermaKEY has revolutionised the world of cosmetics.

Originally developed in a medical context, the new concept works with impulse-based phoresis. Using one-of-a-kind bio-regulation impulse technology, it measures specific sets of data within the body and adapts to the exact needs of your skin during every treatment: Every change in your skin is automatically registered and triggers a matching impulse.

Phoresis skincare has long become a staple treatment in cosmetics and perfectly complements all types of facials by facilitating the introduction of essential active ingredients, while stimulating and harmonising a number of skin functions. It also features a toning and lifting programme that will leave your skin looking fresh, healthy and radiant the natural way.

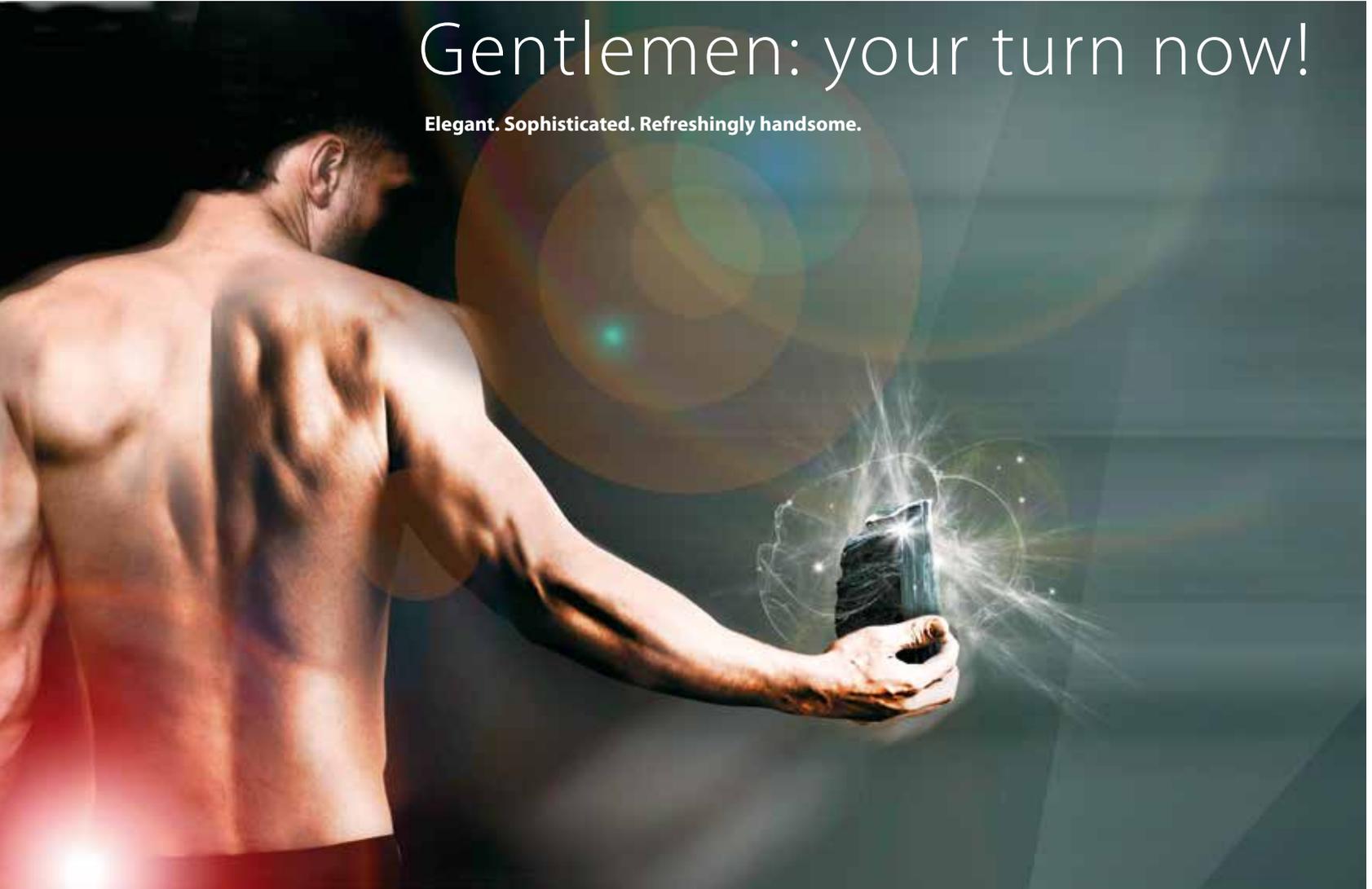
Individualised Dr. Boos facials using dermaKEY technology:

Approx. 85 minutes

EUR 115

Gentlemen: your turn now!

Elegant. Sophisticated. Refreshingly handsome.



It's a man's world

The joy of looking good

Boos – Spa treatment for gentlemen

Treat yourself to a truly extraordinary facial: Tailor-made for sensitive, reactive skin, this facial and revitalising face head and neck massage will restore your skin to a natural, healthy look.

Approx. 70 minutes EUR 89

E&M – Express facial cleanse

In-depth, alkaline cleansing method for clear skin without the use of facial masks or massages

Approx. 25 minutes EUR 40

Gentleman's manicure

Hand, nail and cuticle care and a relaxing hand massage

Approx. 40 minutes EUR 40

Gentleman's pedicure

An invigorating cleanse followed by foot, nail and cuticle care and a relaxing foot massage

Approx. 50 minutes EUR 48

Alkaline skin care

Great looks made easy



Discover a unique skin care concept: For a regenerative, wholesome effect that protects your cells, boost the metabolism of your skin with the help of alkaline products filled to the brim with plant-based active ingredients, natural oils and skin-preserving vitamins.

E&M – Express facial cleanse

In-depth, alkaline cleansing method for clear skin without the need for facial masks or massages

Approx. 25 minutes EUR 40

E&M – Balance

In-depth cleanse for clear, refreshed skin using invigorating alpine herbs

Approx. 70 minutes EUR 89

E&M – Regeneration

Alkaline facial treatment that supports skin cell regeneration thanks to a precious vitamin complex, coenzyme Q10 and remineralising green clay

Approx. 75 minutes EUR 92

E&M – Exclusive

Alkaline facial treatment with warm herb pouches and a special massage using oxygen-enriched olive oil designed for an extra indulging experience that increases the skin's vital energy

Approx. 85 minutes EUR 98



Skin-deep bliss

Silky. Smooth. Relaxed.

Feet, hands and nails

Ladies' manicure

An invigorating cleanse followed by hand, nail and cuticle care and a hand massage

approx. 40 minutes EUR 45

- plus nail polish
approx. 50 minutes EUR 48
- plus permanent nail polish
approx. 60 minutes EUR 67
incl. a removal kit to take home

Ladies' pedicure

An invigorating cleanse followed by foot, nail and cuticle care and a relaxing foot massage

approx. 50 minutes EUR 50

- plus nail polish
Approx. 50 minutes EUR 52
- plus permanent nail polish
approx. 60 minutes EUR 67
incl. a removal kit to take home

Removal of permanent nail polish

Approx. 15 minutes EUR 12

Application of nail polish

Approx. 12 minutes EUR 12

Nail decoration with rhinestones

Approx. 10 minutes EUR 8

Beauty extras

Eyebrow shaping	EUR 12
Eyelash tinting	EUR 22
Eyebrow tinting	EUR 16
Eyebrow and eyelash tinting	EUR 31

Hair removal

Bikini line	EUR 20
Armpits	EUR 12
Upper lip and chin	EUR 12
Arms	EUR 22
Half legs	EUR 22
Full legs	EUR 40
Back or chest	EUR 22

Kids & Teens

To make even our youngest guests relax and feel radiant

Relaxing aromatherapy massages

Approx. 25 minutes EUR 37

Small facial using Dr. Boos natural skincare

Individualised treatment, tailor-made for young skin

Approx. 50 minutes EUR 63

Manicure for kids and teens

Hand massage plus nail design: nails filed, varnished and decorated with rhinestones

Approx. 40 minutes EUR 42



Exfoliations

for uniquely soft and silky skin

Mountain-salt scrub scented with sea buckthorn essence

Soothingly scented exfoliation by Dr. Boos for very dry skin

Alkaline salt exfoliating scrub with honey

Lymphatic massage using honey and salt crystals to help the body cleanse and drain out acids

Mountain-salt scrub scented with Stone pine

Soothing exfoliation made with salt crystals and Stone pine for extra smooth skin and deep relaxation

Approx. 25 minutes

EUR 37

Tone and detox

Invigorating. Rejuvenating. Energising.

NEW

OligoScan – measure your health

OligoScan is an innovative tool to analyse the minerals, trace elements and heavy metals present in tissue in a quick and precise way. Unlike most current methods used, its unique technology provides real-time, immediate results on which to base an individualised therapy concept. If high levels of heavy metals are detected in a patient, recommendations can be made for a strategic detoxification approach involving different treatments and nutrients. For a chance to greatly improve your well-being, simply book an appointment to check the mineral nutrient balance of your body in the comfort and convenience of your holiday.

Consultation: Hans Gröber

1 hour EUR 120

Anti-cellulite alkaline compresses

The package starts with a vigorous massage and dermaKEY treatment to activate the metabolism, telling the system to release and drain waste products and toxins. This cleansing process is then boosted with the help of alkaline compresses while you're left to blissfully relax in the softpack lounge.

- Heat-based anti-cellulite treatment for lumpy, toxin-troubled connective tissue
Approx. 50 minutes EUR 68
- Cooling anti-cellulite treatment for heavy legs with fluid retention
Approx. 50 minutes EUR 68

Detoxify and cleanse

A treatment ideal to rid the body of waste products and toxins.

This full-body massage followed by a body wrap made of seaweed and herbs stimulates the lymphatic system to free the tissue and joints from accumulated waste products and toxins.
Approx. 80 minutes EUR 98

Alkaline body care

Full-body treatment using a special massage brush to activate the circulation and the natural drainage of the lymphatic system, releasing waste products, toxins and clots in the connective tissue.
Approx. 50 minutes EUR 69

Belly rubs

A massage for the centre of our emotions.

This multi-technique treatment vitalises the belly, stimulates the bowels and creates a deep sense of relaxation. Belly massages can help „digest“ blocked emotions.

Approx. 50 minutes EUR 68

Lymphatic massage

- Full body
Approx. 50 minutes EUR 69
- Legs
Approx. 40 minutes EUR 56
- Face
Approx. 25 minutes EUR 37

You can now enjoy many of our massages for two in our special room for couple spa treatments!



Pure well-being for the
body, mind and soul

Energetic. Zesty. Dynamic.

Skin like velvet and silk

Smooth. Pure. Radiant.

Dr. Boos body treatments

Treat yourself to an energising spa body cleanse with exfoliating gloves, essential oils and a lush pomegranate-shea butter body pack to gently remove dead skin cells and reveal a smoother, healthier complexion with a rejuvenated glow. Approx. 80 minutes

EUR 99

Vitalising wraps

Hay baths

"Bathing" in fragrant South Tyrolean mountain hay boosts the immune system and has a deeply invigorating effect on the circulation and the entire musculo-skeletal system. The sweat-inducing heat opens your pores and encourages the body to rid itself of toxins, while essential oils made from herbs grown on local mountain pastures will help you relax and feel completely at ease.

Wraps for the muscles and joints

A harmonious blend of mud from the local mountains and St John's wort which helps to increase blood circulation in the muscles and relax the nervous system.

Alkaline salt wraps

This unique, all natural alkali salt by E&M Vital contains precious mineral nutrients and energising gemstones, carefully ground into the very finest powder to help lower the body's acidity levels. It revitalises tired joints, activates the cells' metabolism and leaves the skin smooth and supple.

Fresh seaweed body wraps

High-quality seaweed helps to stimulate the cells' metabolism and flush out harmful substances, while detoxifying and leaving the tissue visibly toned.

Stone pine wraps

Thanks to its exquisite scent and many beneficial effects, traditional Stone pine essence has been used for several centuries to improve the health of many a local and visitor.

Feel-good wraps

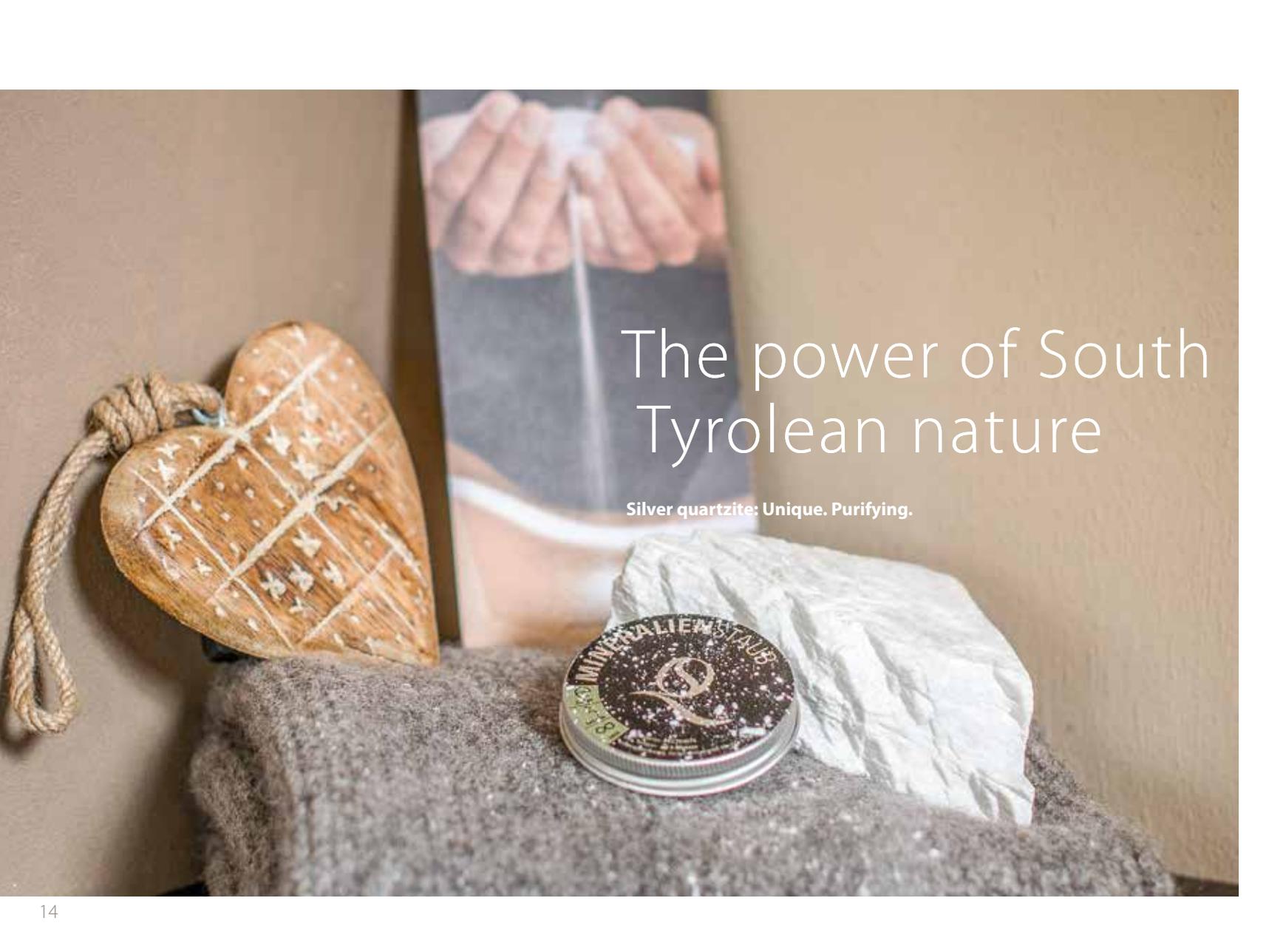
Our orange-scented essential oils made from sea buckthorn are rich in vitamins and will boost your skin's ability to rejuvenate and balance out any irregularities. It increases the cell regeneration process and leaves the skin flexible and smooth.

Pure relaxation

Lavender is famous for its calming and relaxing effect. It restores the natural harmony of the body, mind and soul and helps with sleeping problems.

Each treatment lasts about 25 minutes

EUR 37



The power of South Tyrolean nature

Silver quartzite: Unique. Purifying.



Silver quartzite is a healing earth element deposited some 150 million years ago in primeval Europe – in the remotest corners of a valley known today as Val di Vizze/Pfitschtal, making it unique in the world.

Its medically certified effects have inspired Kornelia Schwitzer, who lives near the quarry where it was discovered, to develop her Silberquarzit® Treatments and Products range. The aim is to bring to life our so-called inner alchemist – our self-healing powers – with the use of exceptional naturopathic treatments.

Silver quartzite massages

Feel the enormous power of this singular, prehistoric rock from the South Tyrolean mountains, rich in compressed quartz and rare minerals.

It is used in a smoke ritual accompanied by special, soothing sounds and essences made from flower petals fused with locally-sourced juniper oil. This massage induces a state of deep relaxation and well-being. As local tradition has it, the ritual reunites mind, body and soul, activating the metabolism and the immune system to gather new strength and energy in the body's every cell.
Approx. 75 minutes EUR 109

Silver Quartzite purification rituals

In this purification ceremony, the body is profoundly cleansed and toned, the metabolism is activated and its etheric energy centres are unblocked. Together with larchwood resins and juniper collected at high altitudes, special prehistoric rock chants help to embark on a path of mental and physical change: You'll feel freer and experience a more direct route to

your inner self. Discover the benefits of energy cleansing and gather the motivation to put into practice anything you might have planned.

Approx. 75 minutes EUR 109

Silver quartzite back massages

A unique treatment based on time-tested traditional European folklore.

This powerful yet slow and mindful massage relieves all tension in the back muscles – all the way to the last bit of stiffness. Accompanied by a smoke ritual, sheep's wool compresses for the liver, silver quartzite rocks and powder alongside painted geometric symbols from prehistoric times, this massage will let you instantly forget about the daily grind.

Approx. 50 minutes EUR 86

NEW

Silver quartzite back and head treatment

According to traditional folk wisdom passed down through generations, the origin of many back problems is in our head. Using a special slow-motion technique which reaches deep into the body and frees the back and head from their troubles, this treatment aims at relieving the head of burdens and strains which we are (and sometimes aren't) aware of.

Approx. 80 minutes EUR 115

NEW

Silver quartzite mineral sports detox

A treatment that will rid your body of unwanted acids and slow it down to a wholesome rhythm: This vigorous massage ritual uses the naturopathically proven de-acidifying and de-toxifying effect of locally sourced healing earth from the Val di Vizze/Pfitschtal valley, freeing the muscles and connective tissue from acids while remineralising and regenerating your body. Special elements including smoke treatments and warm herb pouches applied to the liver and kidneys awaken your inner alchemist, leaving you filled with energy and zest for life.

- Detox sports massage ritual
Approx. 75 minutes EUR 109
- Detox foot and calve massage ritual
Approx. 75 minutes EUR 109

Classic wellness massages

Well-balanced. Happy. Harmonious.



The scent of the Alps

A gentle body, head and face massage that will restore your balance.

What makes this deeply relaxing massage special is its warm, fragrant oils, which you can individually choose out of a range of scented essences. Making the skin soft and supple while finding its way into the tissue, the oil activates the flow of energy within the body and creates a sense of profound relaxation.

Approx. 80 minutes EUR 98

The scent of the Alps: head and face massage

Warm, fragrant oils, which you choose yourself before the massage, together with exquisite warm pouches containing flowers and petals make this treatment truly unique. A state of deep relaxation ensues, and the thoughts are once again free to flow, while blocked energy is released – for a sense of harmony and inner strength.

Approx. 50 minutes EUR 68

Honey massages

This specially-developed technique applies and massages wholesome honey into the skin of your back.

With the help of intensive plucking, clots in the tissue are dissolved to stimulate the circulation and relieve tension in the muscles, after which warm compresses are applied and the rest of the body is gently massaged with precious honey oil.

Approx. 50 minutes EUR 69

Stone pine massages

Feel pure nature on your skin! This massage is one of a kind: Using special Stone pine rods, the treatment relaxes tense muscles, while Stone pine essences cleanse the respiratory system and boost the immune system.

Approx. 50 minutes EUR 69

Relaxation for your back

Spoil yourself with a soothing back massage, cupping and a hot Kneipp water treatment to help ease tension in the back muscles and activate the lymphatic system, followed by a ritual with traditional singing bowls to bring peace and relaxation to your nervous system.

Approx. 50 minutes EUR 69

Alpen Tesitin's herb pouch massages

Alpine herbs from the family-owned garden of Hotel Alpen Tesitin founders Elsa and Othmar, lovingly collected in therapeutic pouches or processed to become fine essential oils: Using soft, caressing touches, this massage with its warm, scented herb pouches soothes tense muscles and relieves fatigue.

Approx. 50 minutes EUR 73

Belvita Active sports massage: back and legs

A vigorous massage with herbal ointments ideal for those who exercise a lot: The treatment relaxes tired muscles and stimulates the blood flow, followed by a refreshing tonic made out of arnica and mountain pine applied to cool and revitalise your legs.

Approx. 50 minutes EUR 69

Belvita Active: leg sports massages

Approx. 25 minutes EUR 39

Massages using singing bowls

Stress in all walks of life can put a strain on the harmony within us and our environment. Relaxation treatments using singing bowls restore our natural harmony in dealing with ourselves and with others and help release what blocks us: After all, letting go is a good starting point from which to renew and strengthen our self-healing powers.

- full body massage
approx. 50 minutes EUR 65
- partial body massage
approx. 25 minutes EUR 38

Foot reflexology and foot baths

Gentle pressure is applied to the reflex zones of the feet to stimulate the body as a whole as well as its individual functions.

Approx. 50 minutes EUR 67

Classic relaxation

Sit back, unwind and recharge your batteries:

- full body massage
approx. 50 minutes EUR 67
- back massage
approx. 25 minutes EUR 37
- shoulders and neck massage
approx. 25 minutes EUR 37

Alpen Tesitin specials

Flexible. Nimble. Healthy.



Intensive back massages

This approach developed by massage therapist Johannes Salchenegger combines classic techniques with fascia massage elements, trigger points and cupping to create a deep sense of relaxation among the muscles of the back. The intensity and technique used in this massage allow the practitioner to activate the back's energy flow, increase the mobility of both the spine and the head and relieve even the most basic tension in the back, lower back and neck. Strategic, intensive treatments such as this massage can soothe headaches, dizziness and back pain.

Approx. 50 minutes EUR 69

Partial body massages using trigger points
(post-treatment following an intensive back massage)

Approx. 25 minutes EUR 40

Straightening of the spine

Our vertebral column is the backbone of both our body and our soul: It transmits the energy and information flowing from the brain through our body – and therefore expresses both our inner and our physical posture. This special treatment includes an analysis of the spine with the help of foot reflexology, the mobilisation of the joint structures and a gentle straightening of the spine using careful stretching and joint mobilisation exercises developed by therapist and spine ex-

pert Maximilian Huber. The aim of the treatment is to individually assess and understand what blocks your muscles or causes tension, to take strain off the intervertebral discs and joints and to better supply the organs with what they need to function well.

- First treatment EUR 98
approx. 80 minutes
- Follow-up treatment EUR 69
approx. 50 minutes

Craniosacral balance

Restoring the mobility of the skull, its bones and connected membranes, fasciae and nervous tissue has proven to be a beneficial addition to traditional manual therapy methods: Imbalances in the cranial system can block and clog all kinds of parts in the body. With the help of a minimal-impulse method, this gentle treatment activates the body's self-healing powers and allows us to let go and unwind.

- Adults EUR 83
approx. 70 minutes
- Pregnant women EUR 60
approx. 50 minutes
- Teenagers EUR 50
approx. 40 minutes
- Babies and infants EUR 40
approx. 25 minutes

Make-up consultation

with **Ulrike Thomaseth**



From every-day make-up to dazzling looks for special events

Discover how to do the perfect make-up with help from our expert: Based on your individual preferences, our very own styling professional Ulrike Thomaseth will do your make-up on one half of your face – and then help you do the second half yourself.

Learn to sculpt, highlight and enhance your favourite features in no time with our expert's tips and tricks – plus of course detailed instructions on how to get it right at home. Try out a range of products out of a make-up professional's treasure chest. All products used in the tutorial are available to buy or can be ordered upon request.

Individual session:	2 hours	EUR 150
Session for two:	2.5 hours	EUR 120/person
Session for three:	2-3 hours	EUR 100/person

We will be happy to help you book an appointment!

Fit all year round

thanks to our personal trainer Florian

A tailor-made exercise plan to take home: Our personal trainer Florian will draw up your very own health and fitness programme containing suggestions on all training forms from outdoor sports to running, cardio, weights and HIT accompanied by advice on the ideal nutrition for your personal needs. To book an appointment, simply ask our reception team.

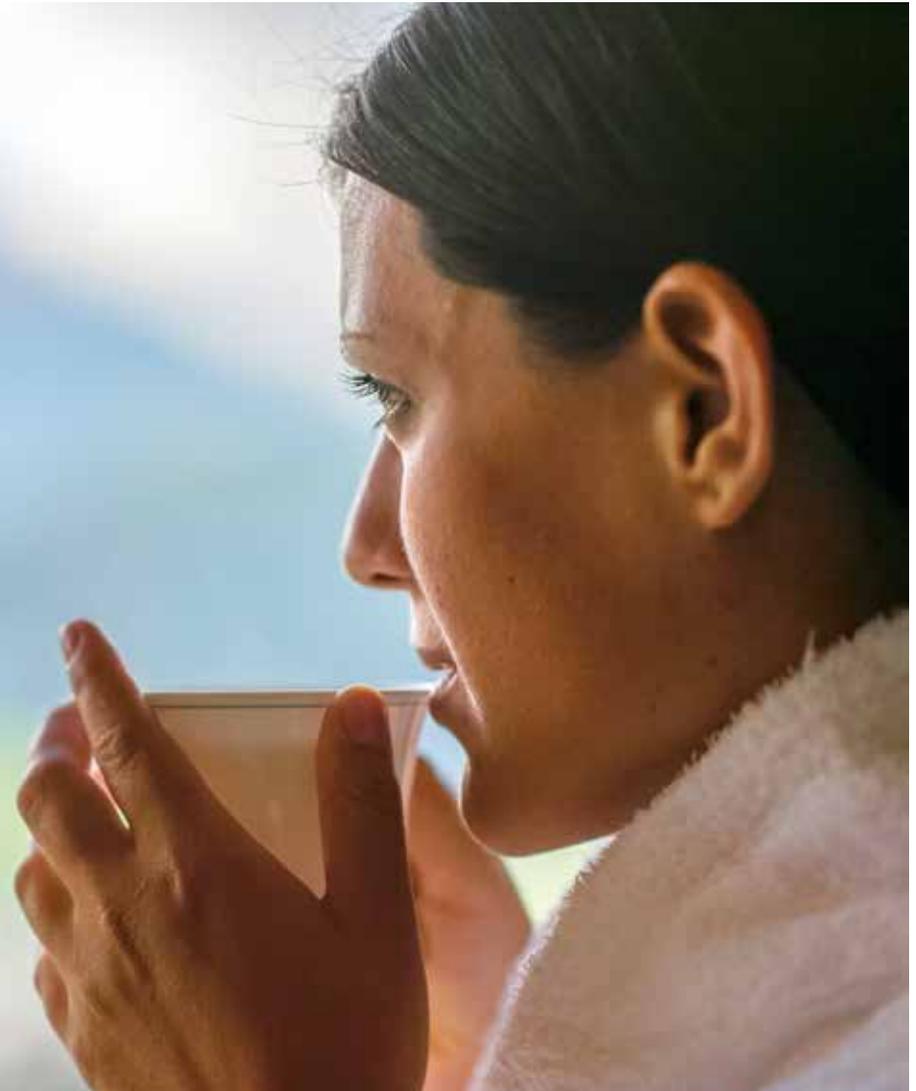
Approx. 60 minutes EUR 60

Hair care

Short hair: shampoo and set	EUR 28
Long hair: shampoo and set	EUR 33
Short hair: shampoo and blow-dry	EUR 24
Long hair: shampoo and blow-dry	EUR 26
Ladies	
Short hair: shampoo, cut and blow-dry	EUR 49
Long hair: shampoo, cut and blow-dry	EUR 54
Gents	
Shampoo, cut and blow-dry	EUR 26
Kids (under 10)	
Shampoo, cut and blow-dry	EUR 21
Teens (10-16)	
Shampoo, cut and blow-dry	EUR 31

A time-out for the senses

Rest. Take a deep breath. Let your thoughts linger.



Spa packages

Pure relaxation

Pure relaxation wrap
The scent of the Alps massage
The scent of the Alps head and face massage
Massage using singing bowls (25 minutes)

1-2 days EUR 224

Pamper your back

Muscle and joint wrap
Honey massage
Relaxation for your back
Intensive back massage

3-4 days EUR 226

A time-out for mothers-to-be

Pedicure and manicure plus nail polish
Classic facial treatment with Dr. Boos products
Lymphatic leg massage

3-4 days EUR 227

It's a man's world

Belvita Active sports massage (back and legs)
Dr. Boos spa treatment for gentlemen
Alkaline salt wrap
Shoulder and neck massage

3-4 days EUR 215

Belvita health specials

Alkaline salt exfoliating scrub
Fresh seaweed body wrap
Lymphatic full-body massage
Anti-cellulite alkaline compresses
Detoxify and cleanse

3-4 days EUR 287

Silver quartzite: the power of South Tyrolean nature

SQ purification ritual
SQ back massage
SQ massage

3-4 days EUR 282

Stone pine special

Mountain-salt scrub scented with Stone pine
Stone pine massage
Stone pine wraps

2-3 days EUR 132

Belvita health special

Soothing foot bath
Invigorating full body massage
Moisturising body wrap
Relaxing facial massage

Approx. 70 minutes EUR 98

Belvita sauna guide



We recommend following up your steam bath session with a tepid shower and a long, relaxing break.

Finnish sauna

Finnish sauna sessions are intervals in hot, dry air alternated with cooling breaks. If carried out correctly, this practice is proven to offer considerable health benefits. Exposure to hot and cold stimuli promotes the perfusion of the skin and mucous membranes, and gently trains the cardiovascular system to improve the blood flow and blood pressure regulation. Finnish sauna rituals also increase the body's defenses against infections, cleanse the skin, promote cell regeneration and help relax the mind as well as the muscles.

Use of the spa area

- Access to the sauna area is limited to adults.
- Saunas may only be used in the nude; clothes and bathing suits are therefore not allowed. T-shirts or similar garments are not permitted even outside the sauna rooms. Bath towels, bathrobes or sauna kilts are allowed.
- Slippers must be worn in the entire spa facility, but left at the door before entering the sauna rooms, steam baths and dry saunas.
- All guests must shower and towel-dry thoroughly before each sauna session.
- An appropriately sized bath towel to sit on must be placed on the benches, except for wet- and

The effects of sauna sessions

Sweating in the sauna trains the body's thermoregulatory system. The switching between heat and cold stimulates the perfusion of the tissues in the respiratory tract and helps the body to adapt to different temperatures, making the immune response more efficient against cold- and flu viruses.

Steam baths

Steam rooms with high humidity levels have a number of beneficial effects on the respiratory tract and mucous membranes, especially when their antibacterial and energising effects are increased by aromatic essences and oils. Steam baths also have noticeable cosmetic benefits: Particularly if combined with exfoliations and treatments to balance the skin's lipid content, they help rejuvenate the skin's top layers.

steam saunas, where towels are not allowed and seats are rinsed with water before and after use.

- Swimming- and plunge pools as well as jacuzzis may only be used after a thorough shower.
- It is not permitted to modify the sauna settings. All changes in temperature, infusions, operation of ventilation equipment etc. must be carried out by the hotel staff.
- In the sauna area, the use of mobile phones, cameras and tablets as well as glasses, watches or any other device fitted with a camera is not permitted.
- All guests are advised to carefully read the specific conditions of the sauna facilities, such as temperature and humidity, and be aware of their effect on the body. If you have a medical condition, we recommend seeking medical advice before starting a sauna session.
- Because our sauna policy requires nudity, appropriate and respectful conduct is essential and must be maintained at all times.
- Noise and loud conversations must be avoided to guarantee a relaxing experience to all guests.

Tips for a perfect sauna experience

- Take your time! It takes at least two hours to fully enjoy a sauna session.
- Avoid all physical strain and stress. Use of the sauna should be all about quiet and relaxation.
- Start your sauna session neither hungry nor on a full stomach: Allow for a two-hour gap between your visit to the sauna and your last meal.
- Shower and towel dry thoroughly before entering the sauna rooms.
- Help your body warm up before a sauna session: Start with a warm footbath to facilitate the perspiration process.
- To allow the heat to reach your skin unhindered and to prevent skin irritation caused by sweat sticking to your body, do not wear any garments in the sauna.
- Do not exert yourself. Physical activities such as exercise may put a strain on your circulation and respiratory system.
- We recommend limiting sauna sessions to between 10 to 15 minutes, depending on your physical condition. If you no longer feel comfortable, leave the sauna room.
- After each sauna session, be sure to cool off: First help your airways cool down by breathing in some fresh air, then apply cold water or ice,

working your way from the limbs towards the heart, i.e. from the arms and legs to the spine and torso and finally the head. To cool off completely, you may wish to take a dip in the plunge pool, but remember to always take a refreshing shower before diving into the cold water.

- After cooling off, gently warm up your feet with a warm footbath and wear woollen socks to maximise the beneficial effects.
- Take your time! It takes at least two hours to fully enjoy a sauna session.
- Repeat the sauna sessions up to three times at the most.
- Using the sauna can improve your health even in summer, as it strengthens the immune system and cools down the entire body.

For any information, please contact our staff. They will be happy to advise you on the many available treatments, on the effects of sauna use and the daily schedule of infusions.

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