



**AT** ALPEN TESITIN  
PANORAMA WELLNESS RESORT ★★★★★

- 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 Relax room 📶
- 30 Relax room 📶
- 31 Hair stylist
- 32 Sunbeds
- 33 Beauty/Massage rooms
- 34 Couples massage rooms
- 35 Terrace
- 36 Cube
- 37 Showers
- 38 Family sun deck
- 39 Sun-spoilt infinity-pool (30°C)
- 40 Quiet sun deck
- 41 Exercise room
- 42 Gym



# 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.

A handwritten signature in a cursive script that reads "Family Feichter".

and the Alpen Tesitin Team

The natural cosmetics are made with love for the valuable raw materials from controlled organic cultivation. Special emphasis is placed on the careful processing of the plants and the constant freshness of the products. You will be surprised by wonderful scents and a special feeling on the skin.



## CLASSIC FACIAL USING DR. BOOS

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 you may still enjoy a cleavage mask and a short neck massage.

- **Vitality and freshness**

Revitalizing skin care with precious hemp seed oil and a gel mask for refreshed skin.

- **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.

- **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.

- **Pomegranate power**

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

- **Royal regeneration**

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

*Approx. 70 minutes*

*EUR 94,00*

### **SKINCARE AROUND THE EYES**

The right care can make any signs of tiredness around the eyes disappear by stimulating the sensitive area and encouraging the natural drainage of the lymphatic system

*Approx. 25 minutes*

*EUR 38,00*

### **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 41,00*

### **NATURAL MAKE UP**

Short consultation and make up with Dr. Boos decorative cosmetics.

*Approx. 25 minutes*

*EUR 40,00*

### **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 118,00*





# Phyto Art

Organic natural cosmetics from South Tyrol



## Being human from root to flower.

The four elements – water, fire, air and earth – are an integral part of every living being. These inexhaustible sources of energy maintain a natural balance in the body, mind and soul. If one of these elements dominates inside our bodies, the effects will also be visible on our skin. Phyto Art aims to restore this balance using officinal plants and crystals. Phyto Art, for a beauty that takes root and blooms in all its splendour.



## PHYTO FACIAL

Applied after cleansing, all classic facials using Phyto Art 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 a short joint relaxation.

- **Active-lift-balance**

Treatment to activate cell renewal and counteract the aging process of the skin. The high-quality herbal extracts in combination with natural hyaluronic acid support the transport of oxygen, promote collagen production and give you new vitality.

- **Hydro Sensitiv Balance**

The classic Phyto Art facial treatment is individually tailored to your skin type after cleansing. A special treat for dry, dehydrated skin that is prone to irritation. This particularly mild care supplies all skin cells with moisture and protects the hydrolipid layer.

- **Pure Balance**

A soothing, clearing treatment to remove impurities and minimize sebum flow. High-quality herbs regulate the lipid content of the skin, constrict the pores and have anti-inflammatory effects.

*Approx. 80 minutes*

*EUR 98,00*

## EYE BALANCE

The special massage of the eye area with the crystals, the revitalizing serum and the eye alginate mask smooth and tighten wrinkles around the eyes.

High-quality active ingredients counteract bags and dark circles under the eyes and vitalize the sensitive area around the eyes.

*Approx. 25 minutes*

*EUR 38,00*



# SPA BASICS

## BEAUTY EXTRAS

- Eyebrow shaping *EUR 12,00*
- Eyelash tinting *EUR 22,00*
- Eyebrow tinting *EUR 16,00*
- Eyebrow and eyelash tinting *EUR 31,00*

## DEPILATION

- Bikini line *EUR 20,00*
- Armpits *EUR 12,00*
- Upper lip and chin *EUR 12,00*
- Arms *EUR 22,00*
- Half legs *EUR 22,00*
- Full legs *EUR 40,00*
- Back or chest *EUR 22,00*

## SOLARIUM

*EUR 15,00*

# Hand- and footcare



## MANICURE

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

**Approx. 40 minutes** **EUR 45,00**

- with nail polish  
**Approx. 50 minutes** **EUR 48,00**
- with permanent nail polish  
incl. a removal kit to take home  
**Approx. 60 minutes** **EUR 67,00**

## PEDICURE

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

**Approx. 50 minutes** **EUR 50,00**

- with nail polish  
**Approx. 50 minutes** **EUR 52,00**
- with permanent nail polish  
incl. a removal kit to take home  
**Approx. 60 minutes** **EUR 67,00**

## EXTRAS

- Removal of permanent nail polish
  - Application of nail polish
  - Nail decoration with rhinestones
- Approx. 10-15 minutes** **EUR 12,00**



# It's a man's world

**Elegant. Sophisticated. Refreshingly handsome.**



## **SPA TREATMENT FOR GENTLEMEN**

### **Dr.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 94,00*

### **Phyto Art - Hydro man balance**

Deep cleansing facial treatment especially for sensitive male skin. The combination of various herbs and a gemstone massage strengthens the skin and gives it new vitality.

*Approx. 80 minutes*

*EUR 98,00*

## **HAND- AND FOOTCARE FOR GENTLEMEN**

### **Gentleman's manicure**

Hand, nail and cuticle care and a relaxing hand massage

*Approx. 40 minutes*

*EUR 40,00*

### **Gentleman's pedicure**

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

*Approx. 50 minutes*

*EUR 48,00*



# Kids & Teens

To make even our youngest guests relax and feel radiant

## RELAXING AROMATHERAPY MASSAGE

for children aged 12 and under

*Approx. 25 minutes*

*EUR 39,00*

## FULL BODY AROMA MASSAGE

for the youths aged 12-18

*Approx. 50 minutes*

*EUR 68,00*

## SMALL FACIAL USING DR. BOOS

Individualised treatment, tailor-made for young skin

*Approx. 50 minutes*

*EUR 68,00*

## MANICURE FOR TEENAGERS AND KIDS

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

*Approx. 40 minutes*

*EUR 42,00*

# Unwind with our Mum-to-be treatments

**For mum to be**

## RELAXING AROMATHERAPY MASSAGE

(for after the 4th month of pregnancy)

Relaxing feel-good massage that stimulates the entire metabolism and possibly alleviates discomfort. The body feeling improves and a relaxing mother-child relationship is promoted even during pregnancy.

*Approx. 50 minutes*

*EUR 73,00*

## CRANIOSACRAL BALANCE

Gentle application to relax the expectant mother. Pregnancy complaints and tension can be eased with gentle movements. The application helps to recharge your batteries.

*Approx. 50 minutes*

*EUR 67,00*

## LYMPHATIC LEG MASSAGE

(for after the 4th month of pregnancy)

A form of gentle massage that encourages the movement of lymph fluids in the legs. Optimal prevention against heavy legs and overloading of the blood vessels.

*Approx. 40 minutes*

*EUR 57,00*

# 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.

## **MUSCLE AND JOINT WRAPS**

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 WRAPS**

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.

*Approx. 25 minutes*

*EUR 39,00*

# A skin like velvet and silk

**Silky. Smooth. Relaxed.**



## **BODY SCRUB**

A body scrub gently removes dead skin and has an invigorating effect for a healthy, youthful glow.

- **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 39,00*

## **DR. BOOS BODY TREATMENT**

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. During the wrap we pamper you with a soothing facial massage.

*Approx. 80 minutes*

*EUR 102,00*

# Vital Detox

## Invigorating. Rejuvenating. Energising.

### DETOX SPECIAL

A special, powerful massage technique with a peeling based on honey and alkaline salt. This loosens adhesions and waste products and activates the lymphatic system.

al pack in combination with a liver wrap promotes detoxification on a physical and emotional level.

*Approx. 80 minutes* *EUR 104,00*

### 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
- **Cooling anti-cellulite treatment** for heavy legs with fluid retention

*Approx. 50 minutes* *EUR 73,00*

### 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 73,00*

### INTENSE PURIFYING

This full-body massage followed by a body wrap made of seaweed stimulates the lymphatic system to free the tissue and joints from accumulated waste products and toxins. Optimal treatment for hyperacidity and joint problems.

*Approx. 80 minutes* *EUR 102,00*

### LYMPHATIC MASSAGE

A form of gentle massage that encourages the movement of lymph fluids around the body.

- **Full body** - approx. 50 minutes *EUR 72,00*
- **Legs** - approx. 40 minutes *EUR 57,00*
- **Face** - approx. 25 minutes *EUR 39,00*

**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 72,00*

### VITALTUNING VIEVA PRO

The analysis of the viability of Vieva is a holistic diagnostic principle based on the body vibrations of the bioresonance of our cells. The test provides a holistic overview of the function and condition of the body. Furthermore, the metabolic state and nutritional requirements are determined. Take advantage of the advice for the „Natura Living“-expert during your holidays to increase your wellbeing.

**Advices from „Natura Living“**

*Approx. 60 minutes* *EUR 120,00*





# Synonymous with lightness

Signature  
Treatments

## The power of stones and forest essences

NEW

### **SYMPHONY VITAL FORCE**

This special full-body ritual with the warm South Tyrolean serpentinite stones and cool mountain crystals gives you new nerve strength and inner peace. By stimulating the entire meridian nerve pathways, overload and stress are relieved. With the power of St. John's wort oil and various forest essences, the union of body, mind and soul is activated for new vitality and enjoyment of life.

*Approx. 70 minutes*

*EUR 105,00*

### **SYMPHONY WEIGHTLESSNESS**

By combining this back and feet ritual with the help of warm South Tyrolean serpentinite stones, cold precious stones and a special pressure point massage, deep-seated tension and blockages are released.

Ideal for increasing and balancing the energy circulation of the entire body.

*Approx. 70 minutes*

*EUR 105,00*

### **SYMPHONY FREEDOM OF THOUGHTS**

Treating acupressure points in the head, face and neck area with the purest precious stones activates the microcirculation and brings new life energy to flow.

Any tension from blocked muscles and stressful thoughts dissolve and ensure a pleasant ease and freedom.

*Approx. 50 minutes*

*EUR 80,00*

### **SYMPHONY REMINISCENCE**

Deeply relaxing combination of forest scents, sounds of Tibetan singing bowls and precious stones to restore harmony in all areas of life and to strengthen self-healing powers.

No manual massage, but the finest fragrances and sound frequencies that encourage letting go of deep-seated tension in the nervous system.

*Approx. 50 minutes*

*EUR 75,00*



# Feel good massage

**Well-balanced. Happy. Harmonious.**



## **BELVITA PREMIUM SPA FULL BODY MASSAGE**

In the Belvita hotels in South Tyrol, which carry the „Premium Spa“ quality label, guests enjoy deep relaxation from head to toe. Experience a sense of well-being that spreads to your body and mind. This treatment can be booked as a relaxing massage or active massage.

- **Relaxing massage:**  
Bergila's high-quality hypericum oil and balancing massage strokes provide deep relaxation and regeneration of all nerves.
- **Active massage:**  
The precious mountain pine and arnica oils of Bergila combined with powerful massage movements activate and bleed our musculoskeletal system after a tiring sports day.

*Approx. 50 minutes*

*EUR 76,00*

## **CLASSIC RELAXATION**

Get taken care of with beneficial massage for body and soul:

- **Full body massage**  
*Approx. 50 minutes* *EUR 71,00*
- **Back massage**  
*Approx. 25 minutes* *EUR 39,00*
- **Shoulder and neck massage**  
*Approx. 25 minutes* *EUR 39,00*



### **BELVITA ACTIVE SPORTS MASSAGE**

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.

- **Sport massage back and legs**

*Approx. 50 minutes* **EUR 74,00**

- **Sport massage legs**

*Approx. 25 minutes* **EUR 41,00**

### **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 72,00**

### **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 73,00**

### **STONE PINE MESSAGES**

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 73,00**

### **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 73,00**

### **ALPEN TESITIN'S HERB POUCH MESSAGES**

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 76,00**

### **“THE SCENT OF THE ALPS”**

#### **FULL BODY MASSAGE**

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 102,00**

### **“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 72,00**

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

# Alpen Tesitin specials

**Flexible. Nimble. Healthy.**

## **INTENSIVE BACK MASSAGES JOHANNES SALCHENEGER**

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 73,00**

- Follow-up treatment

### **Partial body massages using trigger points**

**Approx. 25 minutes** **EUR 43,00**

## **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 expert 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**  
**Approx. 80 minutes** **EUR 102,00**

• **Follow-up treatment**  
**Approx. 50 minutes** **EUR 73,00**

• **Kids**  
**Approx. 50 minutes** **EUR 68,00**

## **PHYSIOKEY BIO-ADJUSTMENT**

Through targeted massage strokes and the use of PhysioKey, the nervous and fascial system is reached on the basis of low pulse currents, relieving or easing the deep tension and restrictions on the musculoskeletal system.

The treatment is tailored to your needs.

**Approx. 50 minutes** **EUR 75,00**



## 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**  
*Approx. 70 minutes* *EUR 89,00*
- **Pregnant women**  
*Approx. 50 minutes* *EUR 67,00*
- **Teenagers**  
*Approx. 40 minutes* *EUR 55,00*
- **Babies and infants**  
*Approx. 25 minutes* *EUR 45,00*

## THERALOGY

### **The more active your cells, the more stable your health**

Due to the daily stress and strain on the body in life, the performance of our cells can be weakened lastingly. You can feel this through restricted mobility and functional disorders, including pain. This is exactly where the Theralogy concept comes in. Tests can be used to find out which cells are causally disturbed in their function and require reactive cell training.

### **The Cell-Re-Active-Training:**

1. Finding permanently inactive cells
2. Reactivating these physiological cell functions
3. Increase of self-healing powers through home training

For more performance, well-being and health. Test your cells in our premises. You will feel how your body start to work reactively immediately after the first application.  
*Approx. 70 minutes* *EUR 95,00*

### **Special:**

- Redater rental for vacation application *per day EUR 30,00*
- Order home-set *EUR 255,00*

# Spa packages

## AT Symphony

- Vital force
- Reminiscence
- Weightlessness
- Freedom of thoughts

4 days EUR 328,00

## Pamper your back

- Muscle and joint wrap
- Honey massage
- Intensive back massage
- Symphony weightlessness

3-4 days EUR 261,00

## Tone and detox

- Detox special
- Lymphatic full body massage
- Anti-cellulite alkaline compresses
- Intense purifying

3-4 days EUR 316,00

## Pure relaxation

- Pure relaxation wrap
- "The scent of the Alps" full body massage
- "The scent of the Alps" head and face massage
- Symphony Reminiscence

1-2 days EUR 259,00

## 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 221,00

## Sport special

- Premium Spa active massage
- Belvita Active sports massage legs
- Hay bath
- Foot reflexology and foot baths

3-4 days EUR 205,00

## Stone pine special

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

2-3 days EUR 136,00

## A time-out for mothers-to-be

- Pedicure and manicure with nail polish
- Classic facial using Dr. Boos
- Lymphatic leg massage

3-4 days EUR 226,00

# Hair care

**Energetic. Zesty. Lively.**



## **LADIES CUT**

(wash, cut, blow-dry)

- Short hair
- Long hair

*EUR 43,00 - 48,00*

*EUR 45,00 - 54,00*

## **MEN'S CUT**

(wash, cut, blow-dry)

*EUR 26,00*

## **KIDS AND TEENS**

(wash, cut, blow-dry)

- Up to 10 years
- Up to 14 years

*EUR 21,00*

*EUR 31,00 - 40,00*

## **SHAMPOO AND BLOW-DRY**

- Short hair
- Long hair

*EUR 24,00*

*EUR 28,00 - 35,00*

## **BLOW-DRY AND SET**

- Short hair
- Long hair

*EUR 24,00*

*EUR 28,00 - 33,00*

## **EXTRAS**

- Coloring *EUR 46,00 - 56,00*
- Highlights *EUR 40,00 - 61,00*
- Perm *EUR 45,00 - 51,00*
- Hair pack or recovery treatment *EUR 16,00*
- Pin up your hair *EUR 24,00*
- Extra curls *EUR 16,00*
- Extra per braid *EUR 3,00*
- Extra hairspray, balm and shampoo *EUR 3,00*

# 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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