

ROOM FOR WELL-BEING

FULL BODY MASSAGES

AROMA TOUCH TECHNIQUE

45 MIN – 85 EURO

The Aroma Touch Technique is a treatment in which selected essential oils are applied in a specific order along the meridians and on the reflex zone points on the back and feet. Result: Stress relief, strengthening of the immune system, balancing of the nervous system, holistic well-being

INNER BALANCE CHAKRA TREATMENT

50 MIN – 72 EURO

INNER STRENGTH

A free spirit and relaxed body will help you to center yourself. Lightly scented, pure chakra oils, energetic massage techniques, and targeted use of gemstones on your energy centers promote deep relaxation. Discover a new, deep sense of well-being.

AYURVEDA MASSAGE

80 MIN – 92 EURO

REGENERATION FOR BODY, MIND AND SOUL!

This ritual of cleansing and touch promotes letting go - physically and mentally. Enjoy deepest peace and concentrate on the essential.

DEEP RELAX STONE MASSAGE

75 MIN – 96 EURO

RUSTIC LIFE FORCE & DEEP RELAXATION

At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Primal power for your body and soul.

ENERGIZING HERBAL STAMP POWER TREATMENT

50 MIN – 78 EURO

This herbal pouches massage is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality.

LYMPHSTIMULATING MASSAGE

50 MIN – 72 EURO

GENTLE LIGHTNESS

This especially gentle massage supports the flow of lymph with gentle pumping actions. The goals of the treatment are lightness and vitality!

PARTIAL BODY MASSAGES

DYNAMIC RECREATION BACK MASSAGE

50 MIN – 72 EURO

EFFECTIVE FINALE - SOPHISTICATED BACK PROGRAM

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back.

RELAXING HEAD AND NECK MASSAGE

50 MIN – 72 EURO

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

DYNAMIC FEET AND LEGS MASSAGE

25 MIN – 42 EURO

DO YOU SPEND THE WHOLE DAY ON YOUR FEET?

Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

REFLEXOLOGY FOOT MASSAGE

25 MIN – 42 EURO

ELEMENTARY VITALITY

Empower your life energy through targeted pressure point massage of the reflexology zones on your feet. Special attention is paid to balancing energy in order to activate self-healing and alleviate ailments. To ground you and give you new vitality.

REVITALIZING AND FIRMING ABDOMEN TREATMENT

50 MIN – 72 EURO

FOCUS ON THE CARE

This efficient body treatment helps to decongest the abdomen, to reduce waist circumference and to streamline the abdominal wall. The goal of this intensive massage is gentle stimulation of the abdominal cavity to improve tone and streamline contours.

CLASSIC MESSAGES

RELAXING FULL BODY MESSAGE

50 MIN - 69 EURO

The full-body massage is one of the oldest forms of treatment. Muscle tension is gently relieved, the metabolism and circulation are activated.

FEEL GOOD FULL BODY MESSAGE

80 MIN - 89 EURO

Full body massage with face and head, possible as relaxation or sports massage.

SPORT MESSAGE

50 MIN - 74 EURO

STRONG FULL-BODY MESSAGE

Perfect after an exciting day in the mountains. Muscle tension is released and the blood circulation is stimulated. That's how you have enough energy for the following activities.

BACK MESSAGE

25 MIN - 42 EURO

This massage relieves tension in the back area. If needed, the massage specifically targets problem zones.

Decide for yourself which oil you would like to use for your wellness moment:

By default, our massages are made with premium massage oils from Vitalis. For an extra charge of 4 euros you are also welcome to choose from one of the following essential oils from our Sarentino Valley:

-MOUNTAIN PINE: stimulates blood circulation & brightens the mood. For sore throats and coughs, mountain pine is said to have a healing effect.

-SWISS STONE PINE: has a relaxing & calming effect. The woody tree scent helps with inner upliftment and gives courage.

-JUNIPER: has an antioxidant and anti-inflammatory effect. It also has antispasmodic and strengthening effect for tight muscles.

BODY TREATMENTS

HAY PEELING

25 MIN - 45 EURO

Hay peeling cleanses the skin deep down, promotes its regeneration and leaves it rosy and soft. Blood circulation and cell renewal are stimulated.

COFFEE PEELING

25 MIN - 45 EURO

Smells wonderful and has a detoxifying and purifying effect (Detox). The contained caffeine should even help against varicose veins and rosacea.

WRAPS

ALPINO FANGO BODY WRAP

20 MIN - 42 EURO

The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative.

ALGAE WRAP

20 MIN - 42 EURO

The algae wrap is detoxifying, firming, blood circulation stimulating, moisturizing and soothing.

PACKAGES

SMALL: FACIAL MESSAGE AND FOOT & LEG MESSAGE

25 MIN - 45 EURO

Fresh and revitalized through the power of nature: relax after the journey with a facial massage on your arrival. After a relaxing foot massage with mountain pine oil, your legs will feel light and easy once more.

LARGE: FACIAL & HEAD MESSAGE, FOOTBATH AND FOOT & LEG MESSAGE

45 MIN - 69 EURO

Do you have a long journey behind you and need to relax? Then the special welcome package is right for you. In addition to taking care of your face, we will pamper you with a head massage and a revitalizing foot bath.

RELAX XL: PEELING, FULL BODY MESSAGE AND WRAP

100 MIN - 135 EURO

Enjoy the Panoramic-feel-good package: your skin is going to be well-tended with the selected peeling (Hay or coffee peeling). During the full-body massage you can relax and forget all your fears. You can choose between three packs: fango (stimulates blood circulation & metabolism and thus favors the regeneration of joints, muscles or ligaments), algae (detoxifying and draining) or Hydro pack (skin nourishing pack against dry and flaky skin).

A little gift is also included.

CANCELLATION FROM 12 HOURS BEFORE TREATMENT FEE REQUIRED

PLEASE ARRIVE IN YOUR BATHROBE 5 TO 10 MINUTES BEFORE YOUR APPOINTMENT