

COSMETIC TREATMENTS

Application of nail polish

Ca. 15 min - € 15,00

Ladies manicure

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

Ca. 40 min - € 43,00

Manicure with nail polish

An invigorating cleanse with nail polish.

Ca. 50 min - € 46,00

Ladies pedicure

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

Ca. 50 min - € 46,00

Pedicure with nail polish

An invigorating cleanse with nail polish.

Ca. 50 min – € 50,00

FACIAL TREATMENTS

Classic facial usings Dr. 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.

60 min - € 72,00

Classic facial usings Dr. Boos – Pomegranate power

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

90 min - € 108,00



MASSAGE

Classical massage:

Muscles are loosened, tensions are released, energies are released, and complete well-being spreads throughout the body. Through kneading, stroking, and gentle tapping, not only does it increase blood circulation and ease muscle tension, but it also enhances physical well-being. Classical massage promotes a relaxed start.

Full body massage 50 min - € 68,00

Partial body massage 25 min - € 40,00

Phyto Art – Pine activ

Feel nature directly on your body! This dynamic massage, performed with the special Swiss stone pine wood wands and herbal reactivating oil massage, has a rejuvenating and invigorating effect on the body. The aroma of the Swiss stone pine wood in the cushion frees and improves breathing, transmitting the feeling of taking a walk in the Swiss stone pine forests of South Tyrol. 50 min - € 75,00

Cranio-sacral balancing

A gentle method to dissolve blockages between bones, joints and intermediate tissue and restore their mobility. It is a manual procedure in which the practitioner focuses on perceiving the rhythmic movements of cerebrospinal fluid, particularly on the client's skull and sacrum.

70 min - € 90,00

Intensive back massage

A special massage technique that relieves muscle tension involving the back, neck and shoulder muscles. With the help of the cupping method, tension is released, pain is relieved, and blood circulation is increased.

50 min - € 75,00

Aromatic oil massage

A relaxing massage for all the senses and the whole body. Precious essential oils help you relax and rejuvenate. With the effect of plant essential oils, during a relaxing and gentle massage, you will feel your body, mind and soul regain their balance.

Full body massage 50 min - € 75,00

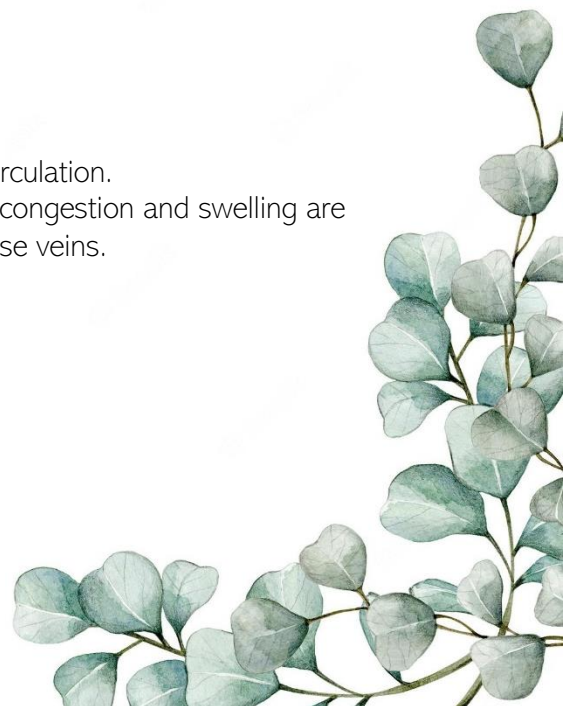
Full body massage with facial massage 70 min - € 90,00

Lymphostimulating massage

A special massage technique to stimulate and increase lymphatic circulation.

With gentle, relaxing movements, lymphatic flow is reactivated and congestion and swelling are relieved. Recommended for tired and heavy legs, edema and varicose veins.

50 min - € 68,00



Sports massage

Suitable for relieving any muscle tension. Excellent for technical sports activities. Classic massage strokes in combination with toning, staking and kneading strokes are used to massage specific muscle areas stressed by sports. This type of massage promotes regeneration of stressed muscles, relieves pain and improves mobility. It stimulates circulation and warms muscles without fatiguing them, ideal for starting a competition in top form. Long decontracting massage combined with passive stretching to promote the release of tensions accumulated through sports practice. Performed before sports activity, it helps increase performance. After training or sports, on the other hand, it has a defatiguing action.

50 min - € 75,00

Alpine Wellness

The use of almond oil enriched with precious essential oils, arnica and mountain pine fractions, and arnica and mountain pine balm combined with a long, relaxing massage allows the benefits of alpine herbs to be combined with deep massage manuals for a unique result.

The body will feel light, rested and full of sparkling energy.

Full body massage 50 Min - € 75,00

Full body massage with facial massage 70 min - € 95,00

Phyto Art - Balance Anti Stress

Take time out and let yourself drift! The exquisite oil blend with grapefruit, orange and lemon balm helps to reduce stress, let go of everyday life and clear the mind. Special massage strokes, in combination with the Musk ointment made from local herbs, release blockages in the back and neck area and the use of various crystals stimulates the flow of energy and brings body and mind into balance.

50 min – € 68,00

Phyto Art - Silhouette

The areas on the body where we find cellulite are treated with a special scraping technique, with the fluoride wing, to increase blood circulation, as this is impaired in cellulite. Due to the increased blood circulation, more oxygen is transported to the cells and waste products are removed from the tissues. The active pack made of algae, elderberry, cornflower and sheeps yarrow stimulates the metabolism in the cells and supports their fat reduction. The final massage with Silhouette body lotion made of ivy and bearberry acts as an antioxidant and tightens the connective tissue.

50 min – € 75,00

