





ANNA^o
MONIKA – PRECIOUS
MOMENTS JUST FOR ME

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MONIKA. BEAUTY AT A HIGHER LEVEL

Awake your inner beauty and energy with massages, baths, facials and body treatments and cosmetics. Our wellness team treats you with organic products, classic and Far Eastern techniques and special applications also for men.

INTENSIVE BACK MASSAGE**JOHANNES SALCHENEGGER****50 MINS. / € 72,-**

During this intensive massage the palms of the hands and lower arms are used to warm the client's back, neck and shoulder muscles and to prepare them for the subsequent cupping massage. The result is deep relaxation and rejuvenation. Depending on the location of hardened tissue and blockages the masseur carefully applies trigger point treatment to gently reach into the deeper levels of the neck, shoulder and lumbar muscles. The whole back will be flooded with soothing feelings of warmth and comfort.

THAI YOGA MASSAGE**75 MINS. / € 80,-**

Thai massage is an intensive massage without oil which is given on the floor on a special mat. Through an integrated succession of treatments like passive stretching and yoga, deep relaxation of the massaged person and an effective harmonious balance of the whole organism are achieved. Traditional Thai body massage is a unique way of increasing physical well-being and body awareness. Please come for your treatment dressed in comfortable, loose sportswear.

RESONANCE MASSAGE**50 MINS. / € 68,-**

Back massage in combination of loose massage movements and heat as well as soft loosening of knotted muscles with traditional massage cupping. Just as helpful and effective are singing bowls whose vibrations dissolve any remaining tension.

DORN-BREUSS-MASSAGE**50 MINS. / € 68,-**

The Dorn method is used predominantly for back and joint problems. This method is used to correct the posture of the body when the pelvis is misaligned. Breuss massage is administered after the Dorn massage to stimulate the muscles around the spine. It also dissolves deep internal blockages. For our Breuss massage we use St. John's Wort oil.

TRIGGER POINT BACK MASSAGE**45 MINS. / € 72,-**

Firm targeted muscle massage to loosen painful muscle tension. Trigger points are caused by muscle injuries, one-sided physical stresses, inappropriate stress or excessive stress, operations and similar. The aim of the massage is to loosen the tension, to encourage blood flow through the muscle and to relax it. Combined with hot cherry stone pillows.

COLON MASSAGE**50 MINS. / € 63,-**

Colon massage is a gentle abdominal massage that encourages the body's metabolism and digestion. Various techniques such as cupping massage and singing bowl massage support the effect and relax the whole nervous system. The application also aids with the digestion of emotional blockages.

FOOT REFLEX ZONE MASSAGE**50 MINS. / € 63,-**

A relaxing footbath is followed by a gentle massage of the reflex zones of the foot. The theory of reflex zones is based on the assumption that zones on the soles of the feet are linked with inner organs and that a massage can have a positive effect.

ALPINE MASSAGE**20 MINS. / € 39,-****50 MINS. / € 63,-**

Classic partial or whole body massage with circulation improving oils. This massage enables the treatment of specific parts of the body.

***SPECIAL
MASSAGES***



ALPINE SWISS PINE MASSAGE

50 MINS. / € 75,-

Sensing nature directly on your body, with special sticks made from Swiss pine this massage becomes a unique experience. This massage technique is used to loosen and relax the muscles. The power of the various coniferous trees strengthens the respiratory tract and the immune system. A walk through the South Tyrolean forests.

FULL BODY SPORTS MASSAGE

45 MINS. / € 72,-

Sports massage with mountain pine oil encourages blood flow through the skin, loosens tensions and toxins and strengthens the immune system.

MASSAGE TO STIMULATE THE LYMPHATIC SYSTEM

PARTIAL LEG MASSAGE 40 MINS. / € 52,-

FULL BODY MASSAGE 50 MINS. / € 63,-

A special massage technique is used to stimulate lymphatic circulation, to reduce the retention of liquids in the tissue and to detox the body.

LOMI LOMI NUI

75 MINS. / € 88,-

This Hawaiian energy massage relaxes you and helps you to let go. Rhythmic massage strokes ensure loosening of the muscles and provide immediate energy and strength.

TIBETAN SINGING BOWL MASSAGE

50 MINS. / € 68,-

The sounds of the singing bowls cause your body's energy to flow, loosen tensions and help to reduce day to day stress. The sound vibrations gently massage all the cells in the body. Please come for your treatment dressed in comfortable, loose sportswear.

ANTI STRESS MASSAGE

70 MINS. / € 83,-

This full body massage gives your whole organism new energy, loosens inner tensions and relaxes the nervous system. Thanks to the full power of nature stress and tension disappear. You recharge your batteries and feel completely refreshed.

HOT STONE MASSAGE

75 MINS. / € 88,-

Hot Stone Massage is a soothing wellness massage using the pleasant heat of hot lava stones. Relax right from the very first moment! Hot stone massage helps strengthen the immune system, energy and reflex zones, provides connective tissue therapy and soothing moments for the soul.

FOR OUR SMALL GUESTS: ESSENTIAL OIL MASSAGE FOR CHILDREN

20 MINS. / € 39,-

A full body massage with aromatic oils for well-being and relaxation.

AYURVEDA ◦

Ayurveda is an ancient form of healing treatment from India that translates as "life wisdom". The name is composed of the words ayus (life) and veda (knowledge, wisdom). Ayurveda therefore means "the knowledge/wisdom of life". Aim of this wisdom is to retain or restore the harmonious balance of body, mind and soul. "The path into one's own centre"

ABHYANGA MASSAGE

50 MINS. / € 79,-

A relaxing pampering massage with warm Ayurvedic herbal oils. This massage activates the immune system, vitalises, purifies and tones the whole body and encourages your spiritual well-being. This massage provides a very special relaxation experience.

UDVARTANA - THE HERB POWDER MASSAGE

50 MINS. / € 79,-

The body is rubbed and massaged with warm herb powder. The emphasis of this full body massage is on the reduction of superfluous body tissues and the removal of toxins. It is also suitable for cellulite, as it strengthens the metabolic rate and improves blood flow. The peeling effect improves the structure of the skin.

PADABHYANGA

AYURVEDIC FOOT MASSAGE

20 MINS. / € 43,-

45 MINS. / € 70,-

Padabhyanga is a relaxing and revitalising massage that loosens blockages in the body. Calves and knees are treated with large strokes.

MUKABHYANGA - HEAD AND FACE MASSAGE WITH PACK

50 MINS. / € 75,-

Head and face, chest and the shoulder-neck area are treated with a special head and face oil. Rose water compresses cool tired eyes, the treatment is rounded off with a vitalising face pack. This treatment is very effective when permanent stress and too many thoughts disturb sleep.



BEAUTY °

EXPERIENCE PURE NATURE - TIME FOR YOUR BEAUTY

Treat yourself to Me time, recharge your batteries, feel more beautiful and more alive. The basis of every facial treatment is gentle deep cleansing, eyebrow shaping, intensive massage and face mask. While the facial mask is in place we treat your hands with a soothing hand massage. At the heart of your Pharmos Nature treatment is the application of a very special fresh aloe vera leaf. Feel how the moisture depots deep under your skin are immediately filled, the cells provided with a complex web of active ingredients and flooded with a high level of luminous energy. Your body's own level of vibrancy increases. The ageing process can now slow down considerably. A youthful glow, freshness and vitality stream through your skin. Pure well-being for your body and soul.

INTENSIVE MOISTURE

This well-being treatment supplies even the thirstiest skin with intensive moisture and helps you to a vibrant and fresh appearance. Your ideally nourished and smooth facial skin radiates with new vitality.

DETOX

Tissue cleansing detox treatment. Activates the skin metabolism, strengthens connective tissue and provides intense detoxification through the lymphatic system. Ideal for couperose, blemished skin and lacrimal sacs.

ANTI STRESS

Through gentle, rhythmic massage movements valuable active ingredients reach deep into the tissue and touch skin and soul. Signs of tiredness and stress disappear. New energy stimulates cell rejuvenation and strengthens delicate skin.

ANTI AGE REPAIR

Nature at its best with rejuvenating extract! A unique web of precious active ingredients provides the skin with lasting regeneration. Lines and wrinkles are visibly reduced. Smooth and rejuvenated skin makes you look vibrant and beautiful.

FOR MEN ONLY

The freshness kick for sensitive male skin. High quality natural active ingredients vitalise and provide new energy. The use of organic aloe vera juice and intensive massages are the perfect combination for radiant skin.

ALL FACIALS

80 MINS. / € 92,-

SHINING EYES

25 MINS. / € 38,-

This special treatment of the eye area causes tiredness and all signs of stress disappear. Swellings, rings under the eyes and lacrimal sacs are visibly reduced and the delicate skin is toned.

BEAUTY SERVICE

Eyebrow correction	€ 9,-
Eyebrow dyeing	€ 12,-
Eyelash dyeing	€ 18,-

DEPILATION

Upper lip	€ 9,-
Bikini line	€ 22,-
Armpits	€ 17,-
Legs complete	€ 44,-
Legs to knee	€ 27,-
Back	€ 22,-
Chest	€ 22,-

MANICURE

Manicure with hand treatment with nail varnish	€ 38,-
Manicure with hand treatment without nail varnish	€ 35,-
Manicure with permanent varnish / 70 Mins.	€ 68,-
French polish	€ 12,-
(valid for manicure and pedicure)	

PEDICURE

Pedicure without nail varnish	€ 43,-
Pedicure with nail varnish	€ 47,-
Pedicure with permanent varnish / 70 Mins.	€ 70,-
(including remover set to take home)	

BODY APPLICATIONS

FOREVER YOUNG BODY PACK

40 MINS. / € 59,-

This pack with anti-ageing properties pampers the skin, and tightens and strengthens the connective tissue. The moisture levels are restored resulting in an immediate and long-lasting rejuvenating effect.

DETOX BODY PACK

40 MINS. / € 59,-

The active ingredients of exclusive herbal oils and the unique aloe vera activate the lymph flow and tighten the connective tissue. Your cared for, smoothed and nourished skin at its best.

DETOX BODY

80 MINS. / € 105,-

Detoxification for the whole body with precious natural essences and organic aloe vera. Activating the lymphatic system and the metabolism decongests and purifies. The connective tissue is toned which reduces cellulite.

ANTI-CELLULITE TREATMENT WITH MOUNTAIN PINE FLOUR

80 MINS. / € 105,-

The mountain pine flour has a diuretic effect on the tissue and promotes radiant skin.

PEELINGS

BODY PEELING WITH MOUNTAIN PINE FLOUR

40 MINS. / € 45,-

Body peeling with fresh grains of flour from mountain pine cones. After-treatment with temperate mountain pine body milk.

ALGAE PEELING

40 MINS. / € 45,-

This peeling from finely ground algae and organic aloe vera is rich in silicon and refines and tones the connective tissue. A concluding body treatment rounds off your sense of well-being.



BATHS



SOUTH TYROLEAN SPORT BATH

15-20 MINS. / € 33,-

With a refreshing alpine surprise made from mountain pine. The exceptional mountain pine with alpine aroma strengthens the immune system and promotes new alpine vitality.

DETOX BATH

15-20 MINS. / € 33,-

These bath salts from Palestine contain the highest proportion of valuable minerals. This alkaline bath stimulates purification and deacidification of the whole locomotor system and is a balm for tired joints and bones.

GOOD TO KNOW

BOOK TREATMENTS

Appointments can be made via tel. 257, directly at the SPA reception or at the reception desk of the hotel. Tip: We recommend you book as early as possible so we can take your wishes regarding treatments and times into account.

CANCELLATION

Our staff have scheduled your appointments and are looking forward to treating you. We should like to point out that cancellation within less than 24 hours before the scheduled appointment attracts a cancellation fee of 80%.

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MY
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Belvita

LEADING WELLNESSHOTELS
SÜDTIROL