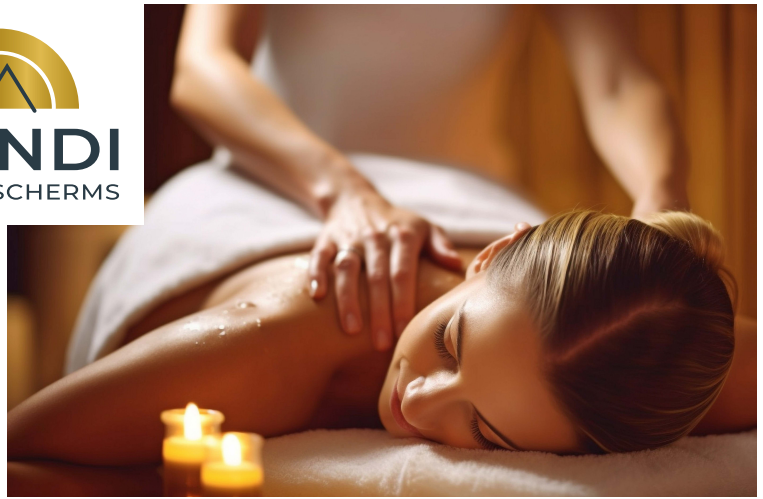




RELAXING MESSAGES OUR PROGRAM FOR YOU

A thorough pampering will make your wellness holiday in South Tyrol complete. **ON TUESDAYS AND FRIDAYS**, we offer **bespoke massages** right here in the hotel to relax the muscles that are aching after days out on the mountain or in the city and reinvigorate the body and soul. Immerse yourself in our little spa paradise and enjoy treatments ranging from the gentle to the sporty, including lymph drainage and foot reflexology. The stress-reducing hot stone massage offering pure relaxation and cold prevention is a particularly popular option. You can arrange an appointment at reception.

HARMONY MASSAGE

CLASSICAL (SWEDISH) MASSAGE

A manual therapy to relieve tension, promote blood circulation and metabolism, and relax muscles. It is based on five main techniques: stroking, kneading, rubbing, tapping, and vibration.

50 minutes of relaxation for € 75



FEEL THE ALPS MASSAGE

SPORTS MASSAGE "DECONTRACTURANTE" (CONTRACTURE-RELEASING)

An intensive, therapeutic technique that releases acute muscle hardening (contractures), knots, and tension. It combines classic strokes with deepacting techniques to relieve pain, promote blood circulation, and restore flexibility and muscle function after strenuous activity. **50 minutes of relaxation for € 75**

SUNSIDE MASSAGE CALIFORNIAN

RELAXING MASSAGE

This holistic wellness massage, which originated in California in the 1960s and 70s, is characterized by long, flowing, gentle strokes (effleurage) that envelop the entire body. It is described as the "art of conscious touch." Applications include: stress reduction, release of muscle tension, improved circulation, and enhanced body awareness.

70 minutes of relaxation for € 90



HONEY DREAM MASSAGE

HONEY MASSAGE

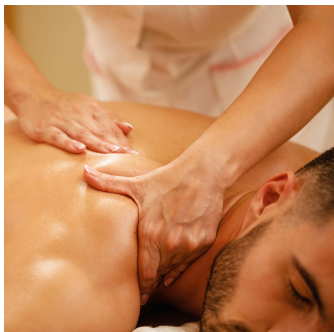
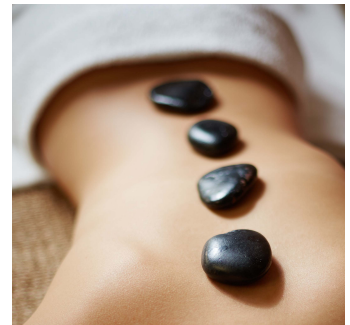
A traditional healing massage from Russia and Tibet for intensive detoxification, purification, and relaxation. Warmed honey is applied to the back using special pinching techniques, releasing fascial adhesions, strongly stimulating blood circulation, and drawing toxins from the tissue. Ideal for tension, stress, and strengthening the immune system. **50 minutes of relaxation for € 75**

HOT STONE MASSAGE

MASSAGE WITH HEATED STONES

A relaxing treatment using basalt stones heated to approximately 45°C, which are placed on the body and used for massage. The heat reduces stress, acts as a combination of energy work and deep relaxation, penetrates deep into the tissue, loosens tension, and provides pure rejuvenation. Recommended for preventing colds.

80 minutes of relaxation for € 125



ALPINE FLOW MASSAGE

MANUAL LYMPHATIC DRAINAGE (MLD)

A gentle, medical massage technique for decongesting tissue. Circular movements stimulate lymphatic flow and reduce swelling (edema) caused by injuries, surgeries, or lymphatic disorders. Rhythmic movements with pressure and relaxation phases, without oil, are performed, usually in the direction of the lymph nodes.

50 minutes of relaxation for € 85

REFLEX MASSAGE

FOOT REFLEXOLOGY

An alternative medicine treatment in which targeted pressure on zones of the soles, toes, and insteps increases physical and mental well-being. It activates self-healing powers, stimulates metabolism, and, via organ-specific reflex zones, affects the entire body.

50 minutes of relaxation for € 75



ON TUESDAYS AND FRIDAYS

APPOINTMENTS DIRECTLY AT THE RECEPTION

