

# Alpenreych Spa

Beauty begins the moment you decide to be yourself!  
Take a moment of peace and quiet and give your well-being the attention it deserves.

Enjoy relaxing wellness treatments for soul & spirit in our Alpenreych Spa with high-quality selected products.

Our SPA staff will be happy to advise and inform you directly at our Wellness Info Point (3rd floor).

You can also reach us by phone under the **internal number 815**.

**Opening hours Alpenreych Spa (5th floor)**  
daily from 09.00 o'clock to 19.30 o'clock.

**Opening hours Wellness Info Point (3rd floor)**  
depending on availability from 14.00 o'clock to 19.30 o'clock

We are looking forward to seeing you...  
Your SPA-Team



We ask you to inform us about your pregnancy  
and your week of pregnancy when booking.  
Treatments with the following symbol  
are suitable during pregnancy.

# MASSAGES

## *Hubertus pampering massage*

This wonderful massage increases the physical well-being and gives new vitality and energy. In order to achieve optimal deep relaxation, we let you select the emulsions with oil. Full body massage with head and face massage.

- Caring - moisturizing
- Healing - soothing
- Stimulating - firming

Duration: ca. 50 minutes

96,00 €

Duration: ca. 75 minutes

144,00 €

## *Hot Stone*

The hot stone massage is a light massage performed with cold rock crystals and warm volcanic stones. Thanks to the heat, the circulation is stimulated and the muscles are gently relaxed, recharging your batteries for your everyday life! For an optimal experience, we recommend booking this massage on colder days.

Duration: ca. 75 minutes

125,00 €

## *Classic massage*

Soothing full body massage to pause and escape from everyday life.

● Full body massage	ca. 50 minutes	90,00 €
● Back massage	ca. 25 minutes	53,00 €
● Shoulder and neck	ca. 20 minutes	49,00 €

## *I Breathe!*

For more vitality and a strong immune system. This special massage on the back and chest area opens and relaxes the airways and the massage has a positive effect on the lungs. Inhalation with various herbs additionally cleanses and strengthens the respiratory tract.

Duration: ca. 50 minutes

95,00 €

## *Relaxing head and neck massage - Team Dr. Joseph*

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.

Duration: ca. 50 minutes

98,00 €

### ***Resonance massage for the back***

A soothing back massage. Cupping and Kneipp therapy help relieve tense back muscles and activate the lymphatic system. Finally, Tibetan singing bowls are used to relax your nervous system and get your body vibrating.

- |                             |                     |          |
|-----------------------------|---------------------|----------|
| ● 1 treatment               | ca. 50 minutes      | 96,00 €  |
| ● 3 treatments for 1 person | ca. 50 minutes each | 240,00 € |



### ***Hubertus- Head and face massage with special serum***

The scalp is manipulated to a relaxed condition and the facial muscles radiate a refreshing vibrancy. With special serum and final care.

Duration: ca. 45 minutes 81,00 €

### ***Sports massage – Belvita mountain active***

Powerful massage with arnica oil for the back and legs. The muscles are loosened to restore good circulation and we finish by refreshing your legs with a soothing cooling leg gel.

- |                 |                |         |
|-----------------|----------------|---------|
| ● Legs          | ca. 25 minutes | 55,00 € |
| ● Legs and back | ca. 45 minutes | 86,00 € |

### ***Massage with stamps of aromatic herbs***

Alpine herbs from the region are processed into herbal stamps by our SPA staff. Gentle massage movements with the warmed stamps counteract tiredness, stress and muscle tension.

Duration: ca. 50 minutes 96,00 €

### ***Lomi Lomi Nui***

Lomi Lomi Nui is a traditional Hawaiian full body massage that gets your body energy flowing again. The gentle touches have a balancing, stress-relieving and calming effect on body, mind and soul.

Duration: ca. 75 minutes	144,00€
ca. 100 minutes	192,00€

### ***Traditional Thai Massage (please come in comfortable clothes)***

This massage uses stretches and pressure point massages along the energy lines to release tension and activate the lymph flow. It is both invigorating and relaxing and is performed without oil on a soft mat on the floor.

Duration: ca. 70 minutes 145,00€

### ***Shiatsu massage (please come in comfortable clothes)***

Shiatsu is a pressure massage according to the Far Eastern tradition that harmonizes body, mind and soul. The massage has a positive influence on your life energy through gentle, deep-acting pressure. During the massage you will be comfortably dressed and laying on a soft mat on the floor.

Duration: ca 50 minutes 106,00€

### *Pregnancy-Shiatsu massage (please come in comfortable clothes)*



Shiatsu is a pressure massage according to Far Eastern tradition. The gentle manual techniques have a calming, balancing and strengthening effect on mother and child. You will lie comfortably on the massage table.

Duration: ca. 50 minutes

99,00€

### *Pregnancy massage*



Relaxed and happy motherhood!

Enjoy a soothing full-body massage tailored to your individual needs.

Duration: ca. 50 min.

90,00 €

ca. 75 min.

135,00 €

### *Foot zone massage with foot bath*

Foot zone massage assumes that our feet have reflex zones that are related to our body.

By stimulating these zones, we can promote your physical and emotional well-being.

Duration: ca. 45 minutes

82,00 €

### *Gsund Belvita Treatment*

Belvita has developed this unique wellbeing treatment for you. All products used for this ritual originate in South Tyrol. A real health elixir – from the Alpine source directly to the skin. The medicinal and healthy effect of the treatment combines the power of nature, the natural healing effect of plant extracts and the comfortable touch of professional hands.

- Relaxing footbath ● Stimulating hand and arm massage ● Revitalizing foot peeling
- Invigorating body massage ● Face and décolleté massage ● Moisturizing body package

GSUND  
Belvita Treatment

Duration: ca. 50 minutes

99,00€

### *Children's dreams* (4 years until 10 years)

"Feel like a butterfly that flies happily!"

Full body massage for our little ones.

Duration: ca. 20 minutes

38,00 €

### *Massage for teens* (10 years until 15 years)

Good vibes and relaxed muscles!

Duration: ca. 40 minutes

60,00 €

# AYURVEDA ALPINE

This special massage is based on the synergy between traditional Ayurveda technique and oils made with local essences.

## *Abhyanga massage*

This classic Ayurvedic oil massage brings your body, mind and emotional balance back into harmony. Gentle stroking movements, from head to toe, allow you to relax deeply.

Duration: ca. 45 minutes  
ca. 80 minutes

84,00 €  
127,00 €

## *Mukabhyanga massage*

Relaxing Ayurvedic massage of the head, face, neck and cleavage. Clears the mind, removes blocks and bestows new harmony, interior strength and energy.

Duration: ca. 25 minutes

56,00 €

## *Upanaha Sveda massage*

A balancing, detoxifying back massage using elements of the Ayurveda methods as a guideline. It supports the cleansing and strengthening of muscles, connective tissues, spinal column and nerves.

Duration: ca. 50 minutes

93,00 €

## *Udvartana*

Ayurvedic full-body peeling massage with a mixture of coarsely ground herbs and high-quality nourishing oils. This treatment stimulates the metabolism and removes dead skin cells.

Not suitable for sensitive skin!

Duration: ca. 40 minutes including 10 min shower

81,00 €

## *Padabhyanga massage (foot massage)*

Relaxing foot massage with a balancing effect that calms nervousness, stress and sleep problems.

Duration: ca. 45 minutes

82,00 €

# PEELINGS & PACKING

## Peelings

- Hubertus peeling
- Hay-apricot peeling
- Aroma salt peeling

Duration: ca. 25 minutes

49,00 €

## SOFT PACK

Let us advise you individually and enjoy the weightlessness sensation in our softpack tub.

### *South Tyrolean hay bath*

The body and mind are relaxed by the strength of the alpine herbs. The sweaty effect leads to a purification and works positively together with the apparatus strengthening the immune system.

Duration: ca. 40 minutes

62,00 €

### *Mud pack*

It boosts detoxification in a natural way and acts as an invigorator on the musculoskeletal system.

### *Sport special pack*

The harmonious combination of arnica oil and St. John's wort stimulates blood circulation. Tension is relieved and stress is reduced.

### *Intensive care pack*

Revives your skin with vitamins and a lot of moisture, builds up the cell regeneration to make them more elasticised and smoother.

### *Purifying pack*

Algae are full of valuable mineral nutrients and salt. The tissues are supplied with blood and purified through these active substances. The skin tightens under the soaking.

Duration: ca. 25 minutes

52,00 €

# BODY TREATMENTS

## *Lymph stimulation massage*



This massage is performed using a gentle massage technique without pressure. It aims to support the lymphatic system and promote lymphatic circulation in the body. This form of massage is used to reduce swelling caused by fluid retention and to help the body detoxifying.

● Face	ca. 25 minutes	52,00 €
● Legs	ca. 45 minutes	78,00 €
● Body	ca. 50 minutes	89,00 €

## *Detoxifying Cellulite Treatment - Team Dr. Joseph*

Experience a unique and effective cellulite treatment: With the help of a scraping stone or a cupping technique, in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an invigorating body exfoliation, a stimulating stone or cupping treatment and a modulated cellulite massage.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed wrap for extra hydration and metabolic activation. The very definition of full-body care!

Duration: ca. 50 minutes	98,00 €
ca. 80 minutes with seaweed wrap	139,00 €

## *Body purifying wrap*

The metabolism is activated in the appropriate zones through various technique and applications. The various herbal active ingredients stimulate the metabolism, promote blood circulation, drain and fight cellulite. The tissue is tightened and drained.

● 1 wrap application	ca. 80 minutes	123,00 €
● 3 wrap applications	ca. 80 minutes each	309,00 €

# COSMETICS



## Manicure and pedicure

*"Beautiful hands and feet are the expression of elegance. They carry us through life and deserve to be cared for!"*

Manicure without nail polish	ca. 50 minutes	60,00 €
Pedicure without nail polish	ca. 50 minutes	64,00 €
Manicure included nail polish	ca. 60 minutes	66,00 €
Pedicure included nail polish	ca. 60 minutes	70,00 €
Wellness manicure (peeling, massage, package, nail polish)	ca. 70 minutes	86,00 €
Wellness pedicure (footbath, peeling, massage, package, nail polish)	ca. 70 minutes	89,00 €
Men's manicure	ca. 40 minutes	55,00 €
Men's pedicure (with foot massage)	ca. 50 minutes	62,00 €
Teenie manicure (file, massage, nail polish)	ca. 45 minutes	50,00 €
Teenie pedicure (file, massage, nail polish)	ca. 45 minutes	50,00 €
Nail polish	ca. 15 minutes	18,00 €

## Permanent nail polish (no gel)

*Permanent polishes combine the advantages of nail polish and gel, offer long-lasting colors and protect the nails from chipping and damage.  
The permanent manicure/pedicure usually lasts 2-4 weeks, depending on nail care and growth.*

Manicure with permanent nail polish (remove set for home included)	ca. 70 minutes	89,00 €
Pedicure with permanent nail polish (remove set for home included)	ca. 70 minutes	93,00 €
Removal permanent nail polish (no gel)	ca. 15 minutes	18,00 €



## Cosmetics

*With the perfect eyebrows and eyelash styling, we give your face expression and character.  
Let us work together on your individual look!*

Eyebrow correction	ca. 15 minutes	19,00 €
Eyelash and eyebrows colour	ca. 25 minutes	32,00 €
Eyelash or eyebrows colour	ca. 15 minutes	19,00 €

## Eyelash lifting

*Forget the eyelash curler, because from now on the natural curve of your lashes will shape your look.  
In contrast to eyelash extensions, we only work with your own natural eyelashes for the lifting.  
Please appear WITHOUT eye make-up.*

Eyelash lift	ca. 50 min	78,00 €
Eyelash lifting incl. tinting	ca. 70 min	97,00 €

**Tip:** Avoid water, steam, saunas and swimming for the first 24 hours after the treatment.

## Depilation

“Smooth is the new freedom!” Say goodbye to hair and hello to smooth skin

Upper lip	ca. 10 minutes	16,00€
Chin	ca. 10 minutes	18,00 €
Leg completely with bikini zone	ca. 45 minutes	59,00 €
Leg to knee	ca. 25-30 minutes	38,00 €
Armpit	ca. 10-15 minutes	20,00 €
Arms	ca. 15-20 minutes	29,00€
Bikini zone	ca. 10-20 minutes	22,00 €
Back or breast	ca. 20- 35 minutes	38,00 €

**Tip:** Gentle exfoliation before depilation ensures smoother skin and a perfect result. Dead skin cells are removed, the pores are opened and the risk of ingrown hairs is minimized.

HIGHTECH NATURAL COSMETICS  
**TEAM D<sup>R</sup> JOSEPH**  
SÜDTIROL



*Team Dr Joseph was founded by Dr. Joseph Franz and is based in Bruneck, South Tyrol.  
The company focuses on advanced skin care products based on natural and dermatologically tested ingredients.  
The range includes facial and body products as well as special treatments for different skin needs.  
Dr Joseph team attaches great importance to sustainable production processes  
and develops many products for professional use in beauty salons.*

***Intense purifying face treatment***

For a visibly fresher complexion and vital radiance. Cleansing, peeling, deep cleansing, eyebrows contouring, intensive facial mask and daily skin care.

Duration: ca. 50 minutes

99,00 €

***Cellular recreation face treatment***

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin. Cleansing, peeling, deep cleansing, eyebrows contouring, special serum, facial massage, intensive facial mask and daily skin care.

Duration: ca. 80 minutes

132,00 €

***Supreme Eye and face Lift***

This intensive lifting treatment with Gua Sha massage ensures a visibly firmer eye area, tighter facial contours and a radiant glow effect. The skin is strengthened and tightened, the elasticity of the eye area is improved and dryness and puffiness are reduced. Ideal for wrinkles, tiredness and puffiness around the eyes for a visibly firmer and radiant, fresh complexion.

Duration: ca. 50 min.

130,00 €

***Express power lift for men***

For a powerful and well-groomed appearance. Cleansing, peeling, deep cleansing, special serum, intensive mask, decollete- neck massage and daily skin care.

Duration: ca. 50 minutes

99,00 €

***Ultrasonic facial lift treatment***

**with Team Dr. Joseph or Babor products**

Experience a completely different non- invasive process for a rejuvenated and immaculate appearance. The ultrasonic frequencies allow the natural active ingredients to safely penetrate even the deepest layers of the skin. The effect of the ultrasonic treatment immediately shows in visibly smoother and tighter skin. Lymph stimulation, steam compresses, purification, enzyme and ultrasonic deep peeling, ultrasonic repair or lifting and daily care. In order to intensify the long-term effect, we recommend to book the treatments as a package. **Contraindication: Botox**

Duration: ca. 50 minutes

129,00 €

**Supreme ultrasonic facial lift (+ alginate mask, facial massage)**

Duration: ca. 80 minutes

158,00 €



*Babor was founded in 1956 by Dr. Michael Babor in Aachen and is a leading provider of high-quality skin care products such as serums and creams. The company focuses on scientific research and offers many products for professional use in cosmetic institutes. Sustainability plays an important role in production. Babor is internationally recognized and positions itself as a luxury brand with exclusive formulations to promote skin health and beauty.*

### ***Skinovage - Classic face treatment***

Customized treatment for your skin type. Treatment steps and active ingredients are individually tailored to your needs and thus make an apparent success possible.

Cleansing, peeling, deep cleansing, eyebrows contouring, active concentrate, mask and daily skin care.

Duration: ca. 50 minutes	99,00 €
ca. 80 minutes	132,00 €

### ***HSR Lifting – The Ultimate Lifting Treatment***

A beauty highlight of extraordinary class. Facelifting anti-age for youthful smoothness, tension and elasticity.

Cleansing, peeling, deep cleansing, eyebrows contouring, ampoule cure, lifting massage, mask and daily skin care.

Duration without ultrasound:	ca. 80 minutes	146,00 €
Duration with ultrasound - <b>Contraindication: Botox:</b>	ca. 110 minutes	175,00 €

### ***Babor Men Energy Treatment***

For a fresh and vital looking, well-groomed skin. Strengthens the natural protective function and cell membrane.

Cleansing, peeling, deep cleansing, eyebrows contouring, active concentrate, mask, décollete- neck massage and daily skin care.

Duration: ca. 50 minutes	99,00 €
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### ***Hydra Boost Treatment***

#### **Ampoules Intensive Treatment**

To regain the beauty and tone of your skin in a short time. The active ingredients contained in the ampoules are beauty substances that are absorbed by the skin in depth and without residue, thus performing a rapid and effective action.

Your skin has never been more radiant, fresh and plump!

Cleansing, peeling, ampoules (3 pieces), mask, daily skin care.

Duration: ca. 25 minutes	86,00€
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### ***Babor Eyes Treatment***

Intensive care makes your eyes shine. Soothes, refreshes, invigorates and relaxes the eye area. Cleansing, active concentrate, eye fluid, massage, mask and daily skin care.

● Eyes Treatment	ca. 25 minutes	56,00 €
● Eyes treatment, eyebrow contouring and colour	ca. 45 minutes	99,00 €

# SPECIAL PACKAGES

Selected treatments for efficient results  
With each package you get natural capsules for your inner well-being

- |  |                |          |
|--|----------------|----------|
| ● Peeling and pack                       | ca. 50 minutes | 85,00 €  |
| ● Peeling, pack and partial body massage | ca. 80 minutes | 125,00 € |

## *Hubertus package*

- Hubertus peeling ca. 25 minutes
- Hubertus pampering massage ca. 75 minutes
- Hubertus- Head and face massage with special serum ca. 45 minutes

2 days 232,00 €

## *Relax for your back*

- Mud pack ca. 25 minutes
- Resonance massage for the back ca. 50 minutes
- Relaxing head and neck massage ca. 50 minutes
- Upanaha Sveda massage ca. 50 minutes

3 days 288,00 €

## *Men's world*

- Men's pedicure or manicure ca. 50 minutes
- Babor Men Energy Treatment **or** Express power lift for men Team Dr. Joseph ca. 50 minutes
- Full body massage ca. 50 minutes
- Intensive care pack ca. 25 minutes

3 days 257,00 €

## *Pure relaxation!*

- Hay apricot peeling ca. 25 minutes
- Abhyanga massage ca. 80 minutes
- Intensive care pack ca. 25 minutes

2 days 193,00 €

### *Detox package*

- Lymph stimulation massage body 50 minutes
- Detoxifying Cellulite Treatment – Team Dr. Joseph ca. 80 minutes
- Body purifying wrap ca. 80 minutes

3 days

263,00 €

### *Glowing look*

- Supreme Ultrasonic facial lift ca. 50 minutes (with Team Dr. Joseph **or** Babor)
- Deep-acting beauty care Team Dr. Joseph **or** Babor Skinovage ca. 80 minutes
- Eyelash curl incl. tinting ca. 70 minutes.

3 days

304,00 €

### *Athlete package*

- Sports massage legs and back ca. 45 minutes
- Sport pack ca. 25 minutes
- Shoulder and neck massage ca. 20 minutes

2 days

158,00 €

### *Mom special*

- Intense purifying face treatment Team Dr. Joseph **or** Babor Skinovage ca. 50 minutes
- Manicure or pedicure incl. nail polish ca. 60 minutes
- Pregnancy massage ca. 50 minutes

3 days

220,00 €

*The spa packages cannot be divided among several persons.  
The treatments of the packages **can't** be changed.  
The appointments will be charged in full for short notice cancellations.*