

## Pedicure for the man

40 min 60,00

Classical pedicure without nail polish

## Hair removal

Full body (feet, bikini area, underarms)	€ 60,00
Full leg	€ 35,00
Half leg	€ 25,00
Arms	€ 20,00
Bikini area	€ 20,00
Undearms	€ 15,00
Upper lip	€ 12,00
Back	€ 35,00
Eyebrow shaping	€ 20,00

Gift voucher for a treatment in our SPA

The perfect gift – we will be happy to make your personalized voucher

  
**Rosa**  
★★★★★  
*Eco Alpine Spa Resort*  
SMALL & LUXURY

# Welcome

• Spa & Beauty •

The rhythm of the body  
the melody of the mind  
the harmony of the soul  
create the symphony of life

Enjoy our spa area.



*True Beauty*  
comes from within

# Spa Etiquette

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Our spa ambience is quiet and relaxing. Please respect the privacy and serenity of the guests by avoiding the use of cell phones and laptops. It is of course forbidden to smoke in the entire area.

## Our goal: Your well-being

Please inform us if you suffer from any medical conditions, allergies, or health problems that could create discomfort during the treatment you want to make use of at our facility.

## Opening hours

Sunday to Friday from 09 a.m. to 12 a.m. and from 2 p.m. to 7 p.m.

## Appointments

Appointments can be booked directly in the SPA or at reception. We kindly ask you to present yourself 10 minutes before your booked treatment.

## Cancellations

Any cancellation of treatments must be made 24 hours in advance. Otherwise we have to charge the missed treatment.



# Beauty

## Spa Manicure

60 min 70,00

Manicure with a SPA treatment is a real "cuddle" for your hands. After the treatment your hands will appear soft, smooth, nourished and cared for. In this treatment the manicure products of the highest quality are being used. The SPA manicure includes peeling, manicure basic treatment hand massage, nourishing mask application and nail varnish.

## Manicure with gel polish

60 min 60,00

Gel brilliance in a nail polish that lasts up to 12 days! Glamorous colours in order to have impeccable hands on every occasion. Exclusively applied on natural nails.

## Spa Pedicure

60 min 70,00

Valuable active ingredients used to moisture and provide anti-stress effect, help you to sense and regain the well-being of the feet. Relaxing foot bath with scented salts, exfoliating peeling action in order to remove any thickening skin, treatment of basic pedicure, foot massage, mask and wrap in order to release fatigue... will all be steps of this fantastic pedicure treatment.



# Kids Spa

Gentle oil massage for kids 20 min 35,00

Gentle relaxing massage for young spa fans, they learn how to relax and enjoy.

Princess for a day 50 min ~~60,00~~ 50,00

Teenis 10 – 17 years

- \*bath of wild berries
- \*face mask
- \*nail polish and glitter
- \*juice

King for a day 45 min ~~45,00~~ 40,00

Teenis 10 – 17 years

- \*bath of wild berries
- \*massage with white chocolate mousse
- \*juice

HIGHTECH NATURAL COSMETICS

# TEAM DR JOSEPH

SÜDTIROL



## IT'S TIME FOR A NEW TECHNOLOGY OF SKIN CARE



Based both on the needs of your skin and scientific findings, the manual treatment method of TEAM Dr JOSEPH starts deep in the tissue. Following the natural laws of funktion, the skin's metabolism is brought into balance: The nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.

# Face treatments

## Advanced Bio Lifting face treatment

110 min 135,00

Intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a bio-energetic lifting massage; an intensive facial mask and finally, individual daily skin care and stabilization. Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect.

## Cellular Recreation face treatment

80 min 110,00

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program based on the method of Team Dr Joseph: Skin diagnostics; contouring your eye-brows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a modulated facial massage; an intensive facial mask and finally, individual daily skin care. With highly effective, naturally active ingredients for healthy and thoroughly cared-for skin.

# Body treatments

## Honey treatment

50 min 75,00

The sweetness of warm honey with its balancing properties together with fortifying, smoothing and energetic massage maneuvers make the skin more toned and elastic, helping the skin to eliminate muscular tension, toxins and stress.

## Treatment with alpine hay

30 min 50,00

The wrap provides treatment to damp hay, wrapped by heat. The mountain hay has such a relaxing and invigorating effect, even in the case of muscular tension.



# Body treatments

## Treatment back S.O.S

50 min 70,00

This treatment gives immediate relief to the back muscles, thanks to precise sequence. The first phase consists in dry brushing or the elimination of toxins through the use of brush made of natural fibers. The second application consists of precious alpine mud rich in anti-inflammatory active ingredients and water treatment. In the last stage, the invigorating massage with hot pads will help to loosen the tension.

## Treatment anti-cellulite

80 min 90,00

Specific bendage made of herbs and seaweed combats cellulite, localized fat and sagging skin. Next step is a draining massage or remodelling massage in order to effect the affected area.

## Intensive purifying face treatment

50 min 95,00

Your skin? Bright and soft. Your face? Radiant. Your feeling? Clear and energetic. Beginning with warm herbal compresses; a gentle massage stimulating the lymphatic system; peeling; cleansing with cupping glasses and deep cleansing — followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.

## Express Power Lifting for men

50 min 85,00

Powerful, natural, effective: Skin diagnostics; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing; special serum: an intensive mask with facial massage, and finally, individual daily skin care. Natural high-tech power for a powerful and well-groomed appearance.



# Packages

## Antistress Ritual • 2 days ~~200,00~~ 170,00

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* Lomi Lomi Massage	50 min
* Cleopatra bath	20 min
* Aroma Massage	50 min
* fresh fruit juice	

## A fit back • 3 days ~~190,00~~ 160,00

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* back treatment SOS	50 min
* Hot Stone back massage	40 min
* Dynamic recreation treatment for the back	50 min
* Bio Cocktail Energy	

## Light legs • 3 days ~~180,00~~ 160,00

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* Lymphatic leg drainage	40 min
* Dynamic leg and feet massage	50 min
* Reflexology of the feet	30 min
* Bio Detox Cocktail	

## Oriental feeling • 3 days ~~230,00~~ 200,00

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* Abhyanga Massage	50 min
* Shiroyanga Massage	40 min
* Thai Oil Massage	50 min
* fresh fruit juice	

## Anticellulite package • 3 days ~~260,00~~ 240,00

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* Body Detox, lymphatic drainage	75 min
* Peeling, alga package, massage	80 min
* Body Detox, alga package, massage	80 min
* Detox-Drink	

# Body treatments

## Body wraps

### Body wrap Energy + massage 50 min 70,00

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Let the toning strength of the "sun plants" fill your senses. This healthy compress gives renewed energy to the joints and tired muscles.

The strength of the active elements arnica and St. John's Wort eliminate stress and ease away all tension.

### Body wrap Anti Aging + massage 50 min 70,00

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Effective Beauty - Anti-Aging with Wine Grapes & Sea Buckthorn

Pure regeneration - slip into a new skin. The combined power of wine grapes and sea buckthorn in this beauty wrap improves your skin's ability to protect itself and provides a pleasant, silky feeling of well-being

# Body treatments

## Body scrub

**Full body scrub with hay extracts BIO** 30 min 50,00

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Optimal Purity - Full-Body Scrub with Apricot Pits & Hay Extracts The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

**Aroma salt body scrub** 30 min 50,00

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Intensive Tenderness - Full-Body Aroma Salt Scrub This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.



**Couple treatment Dreaming** 120 min  
~~190,00~~ 170,00

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### For her

\* Gesichts- und Kopfmassage 25 min  
\* Aroma-Massage 50 min

### For him

\* Bath of your choice 20 min  
\* Dinamic back massage 50 min

\* Relax for two in our private spa suite with freshly squeezed fruit and small appetizers

**Couple treatment Diamond** 120 min  
~~190,00~~ 170,00

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### For her

\* Cleopatra bath 20 min  
\* Aroma massage 50 min

### For him

\* Hot-Stone-back massage 45 min  
\* Facial massage 25 min

\* Relax for two in our private spa suite with bio cocktail and small appetizers

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The couple treatments can only be booked in the mornings from 9 a.m. to 12 a.m.



## Baths

in our luxury wooden whirl pool

**Cleopatra's bath** 20 min 40,00

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Nutritional bath made of goat milk, honey and jasmine essence

**Rose bath** 20 min 40,00

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Himalayn salt and mountain pine essence

Enjoy some quiet moments in our private spa suite after the relaxing and pleasant bath.  
We will serve you a bio cocktail and some sweeties or fresh fruits – on your choice.

**Perfect combination**  
**Bath + aroma massage** 80 min 90,00

## Specific massages

**Dinamic leg and feet massage** 50 min 70,00

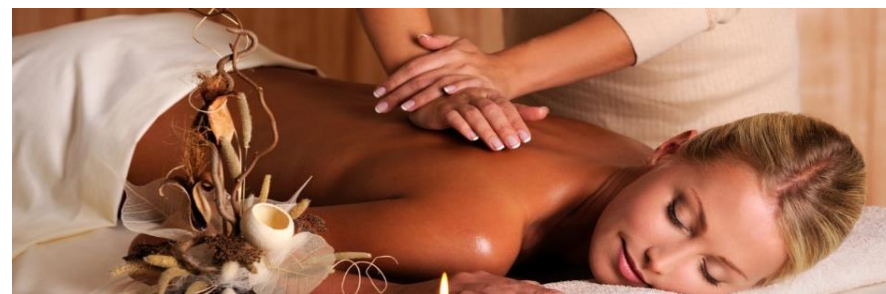
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Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

**Dynamic back massage** 50 min 70,00

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Effective finish - sophisticated back programme. An uplifting back treatment with highly effective natural active ingredients and a massage individually adapted to you. Singing bowls and cups relieve tension in the back muscles and improve spinal dynamics. Lasting relaxation for your back. Free yourself from stress and blockages. Sincere - upright!





## Specific massages

### Vitalizing sport massage

50 min 70,00

Vital muscle energy — sports massage. Stay strong, stay fit! Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration. Alpine arnica substances are stimulating further. The perfect option for active people.

### Alpine massage

50 min 70,00

The heat and the herbs contained in pads give relief and regenerate tired muscles. Clutches and vigorous tapping that promote circulation and tone the tissues, make this massage an effective and extremely pleasant treatment.

### Foot reflexology massage

30 min 50,00

In this application, the foot reflex zones will be massaged and thereby stimulate various organs as well as the lymphatic and nervous system. Also the blood circulation will be stimulated, stress reduced and congestion released. The body experiences an increase in well-being.

### Body Detox treatment + sport massage

75 min 85,00

**NEW**

### Body detox treatment + foot reflexology

60 min 75,00

**Body Detox NEW** -> professional electrolytic foot bath for detoxification of the body

## Wellbeing massages

### Aroma massage

50 min 80,00

This is the body massage using special extracts treated in its entirety. It is a relaxing massage that reduces stress and fatigue.

### Deep relax Hot Stone massage

75 min 90,00

An unusual feeling. Through the massage with warm basalt stones experience a deep relaxation. The treatment activates circulation and metabolism, and relaxes the muscles. In addition to specific massage handles on the masseur brings warmth heated, oval-polished basalt stones and marble stones pleasant pre-targeting applications. Many hot and cold stones in addition some are applied to the energy centers of the body. Using different sized stones, the body is gently massaged finally.

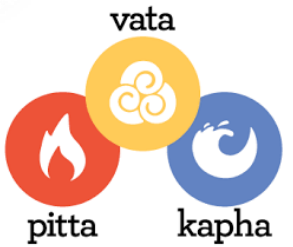
### Head — neck — shoulder massage

50 min 70,00

This unique application combines special massage strokes and powerful plant extracts. Tension and tension in the head, neck and shoulder area are solved. Strengthens your sense organs, nerves and your ability to concentrate.



Massages from all over the world  
**AYURVEDA**



<b>Abhyanga</b>	50 min	80,00
	80 min	95,00

**Ayurveda body massage**

The concept of Ayurvedic oil massage (Abhyanga) is entirely different from that of the classical massage techniques. That's because it balances the "Tridoshas" (Vata, Pitta and Kapha) and releases the stored up stress from the mind and the body. The oil massage is a very gentle and pleasant treatment that uses premium natural oils selected according to an individual's constitution. This massage has relaxing, rebalancing, detoxifying and revitalising effects.

<b>Shirobhyanga</b>	40 min	70,00
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**Ayurveda face and head massage**

A gentle treatment for head, from ayurvedic point of view the most important part of the body, face and neck. Thanks to an alternating stimulating and relaxing massage with warm oils, it has a revitalizing action on the scalp. A true panacea against headaches and tension.



Massages from all over the world  
**THAI·HAWAII**



<b>Thai oil massage</b>	50 min	80,00
	80 min	95,00

This is a relaxing variant of the Thai massage that uses a special hot oil. The massage is comprised of the elements of traditional Thai massage in a gentler, softer form (e.g. long strokes, pressure applied to acupressure points and along the energy meridians, pleasant stretching).

The massage has a positive effect on the flow of vital energy through the energy meridians, increases blood circulation, releases tension, helps reduce fatigue, and aids overall regeneration.

<b>Hawaiian lomi lomi massage</b>	50 min	80,00
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This unique massage relieves old tensions and "lovingly heals the wounds of the past". Lomi-Lomi is based on a natural treatment of the human organism and is a holistic massage in the truest sense of the word. In this dreamlike treatment you will be massaged with exquisite oils, and tensions and blockages will be loosened at the heart. "A feast for your senses".