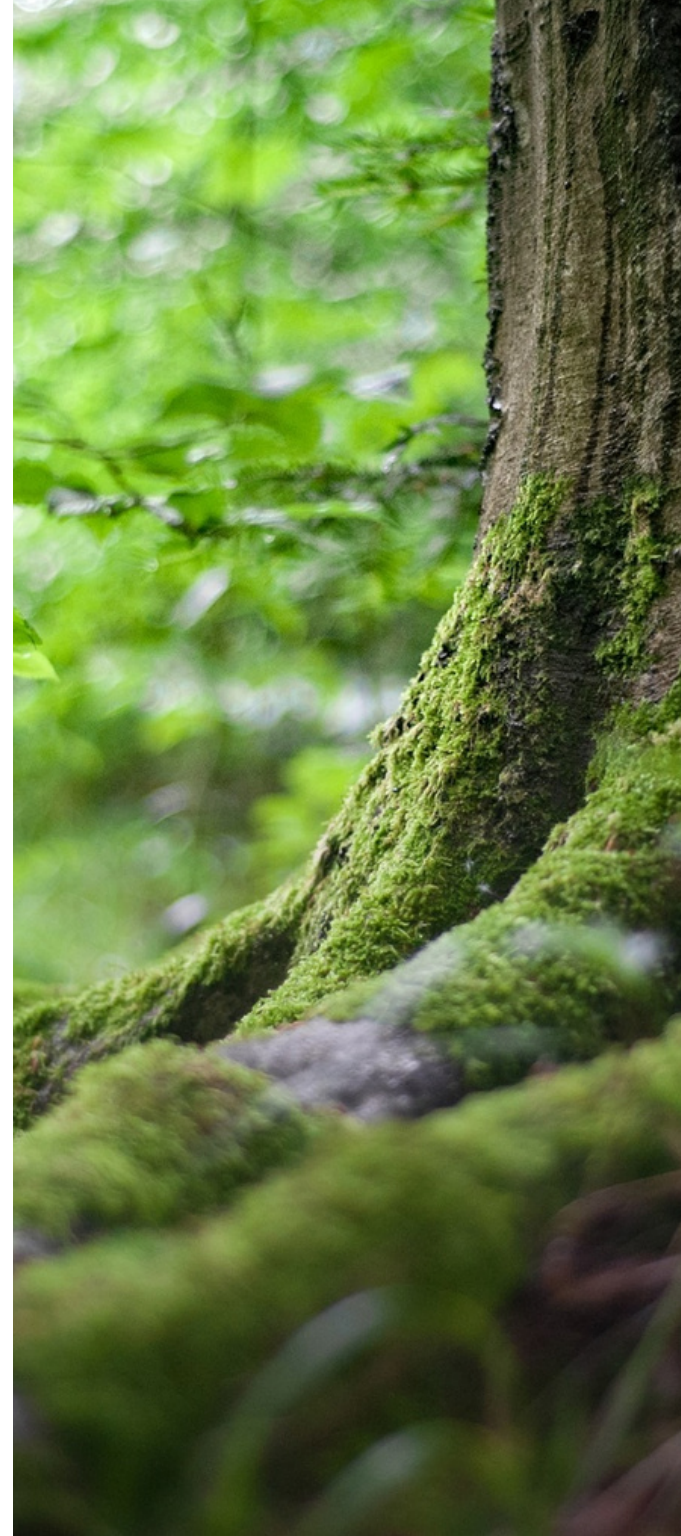




SPA - TREATMENTS
with natural alpine products



The background of the entire page is a soft-focus photograph of purple flowers, likely thistles, with green stems and leaves. Several bees are visible, including one on a flower in the center and another on a flower in the lower right. The overall color palette is warm, with golden-yellow and green tones from the sunlight filtering through the foliage.

Massages

Classic massage

Foot reflex zone
massage

Intensive Phyto
Art back treatment

Phyto Art Balance

Massage with Alpine
herb pads

Phyto Art massage with
stones and crystals

Glacisse drainage
massage

Relaxing massage

Sports massage

Peelings

Peeling with
organic herbs and
almonds

Trehs Peeling

Treatments

Glacisse Anti
Aging Facial

Glacisse Total Detox

Phyto Art Cellulite
treatment

Alpin-Vital treatment

Glacisse Vitality

Classic massage with dwarf pine oil

Massage in a broader sense is one of the oldest traditional remedies of mankind. Massages have a very special effect on your body, spirit and soul. Applying the various techniques of a classic massage, like stroking, kneading, tapping and friction, your muscles are loosened.

Back, arms, legs, neck and décolleté - 50 minutes

Back, arms, legs, neck, décolleté, face and head- 90 minutes



DURATION 50 MINUTES EURO 95

DURATION 90 MINUTES EURO 135



Foot reflex zone massage

Throughout history, humans mostly walked barefoot. For primitive man, who walked barefoot, foot massage was not necessary. Energy balance was maintained by the contact with the earth, because the surplus energy flowed into it. In today's lifestyle that's nearly impossible. The foot zone massage is one of the natural methods of treatment, which activates the healing powers of the body, helps prevent disease, calms the nerves, strengthens the immune system, affects internal organs and other body parts.



DURATION 60 MINUTES - EURO 90

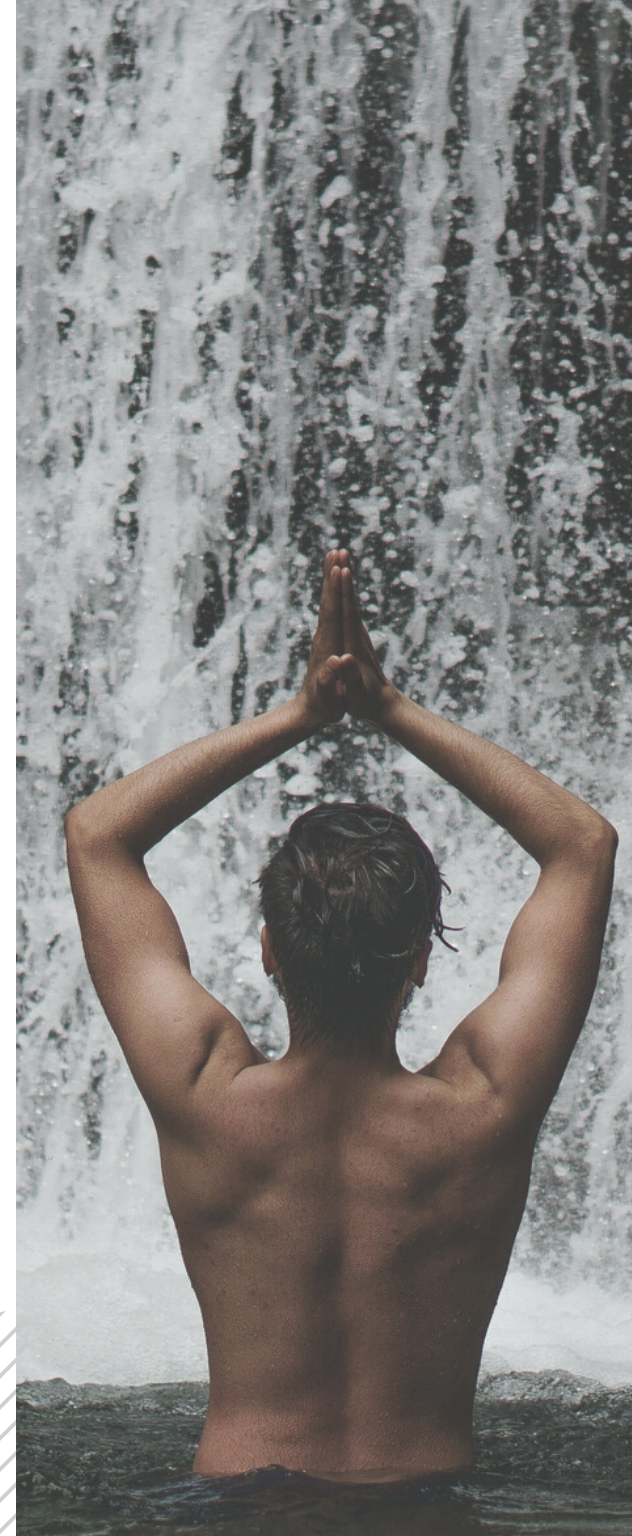


Intensive Phyto Art back treatment

An intensive treatment for tense back muscles. The hot roll of the Kneipp method, scented with local herbs, warms the muscles and prepares them to receive the massage. Cupping combined with a deep back massage removes blocks and regenerates the back structures. The herb-based ointment containing common houseleek, Saint John's wort, hop and plantain help the muscles relax with a long-lasting effect.



DURATION 50 MINUTES - EURO 95



Phyto Art Balance

Anti stress-relaxing massage

Take a real break and let yourself go!

A select mixture of oils with the addition of grapefruit, orange and Lemon balm helps reduce stress, leave behind the frenetic rhythms of everyday life and free the mind.

Special massage maneuvers, combined with the Musk cream made with local herbs, dissolve the blocked muscles of the back and neck, while the use of various crystals stimulates the flow of energy, allowing to harmonise body and mind.



DURATION 50 MINUTES EURO 95



Massage with Alpine herb pads

This special massage features a large variety of Alpine herbs such as hypericum, calendula, Lemon balm, achillea, nettle and lavender, as well as grape leaves and birch. The delicate movements performed during the massage using hot pads imbued with Alpine herbs transmit all of the strength of these plants to revitalise, purify, protect and relax the body. The skin is left feeling pleasantly soft and silky-smooth.



DURATION 50 MINUTES - EURO 135

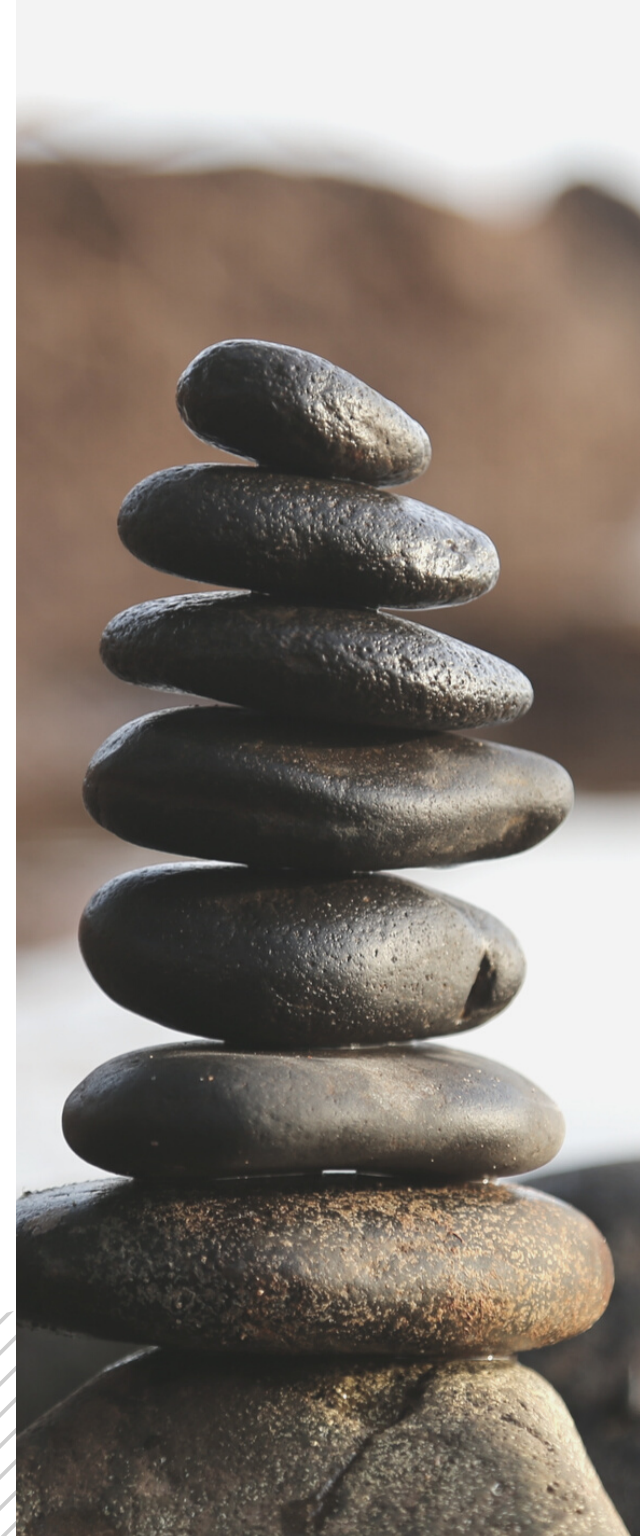


Phyto Art massage with stones and crystals

This special ritual with heated volcanic stones and fresh crystals transmits to the body an entirely new vital energy. The delicate contact with the warm stones alternated with the fresh sensation of the crystals deeply relaxes both body and mind.



DURATION 80 MINUTES - EURO 145



Glacisse Drainage Massage

This gentle, rhythmic full-body massage stimulates the drainage of excess fluids in the tissues and reduces any feeling of heaviness in the legs.



DURATION 50 MINUTES- EURO 95



Relaxing massage with dwarf pine oil

Moderate pressure, pleasant friction and rhythmic movements are combined with targeted stretching, infusing relaxation into the body and mind. This complete body massage is ideal for relieving tension, instilling calm and for holistic well-being.



DURATION 50 MINUTES EURO 95



Sports massage

Sports massage therapy is geared toward athletes to weekend joggers. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements. Sports massage therapy can be used as a means to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event. Athletes have discovered that specially designed sports massage promotes flexibility, reduces fatigue, improves endurance, helps prevent injuries and prepares their body and mind for optimal performance.



DURATION 50 MINUTES - EURO 95



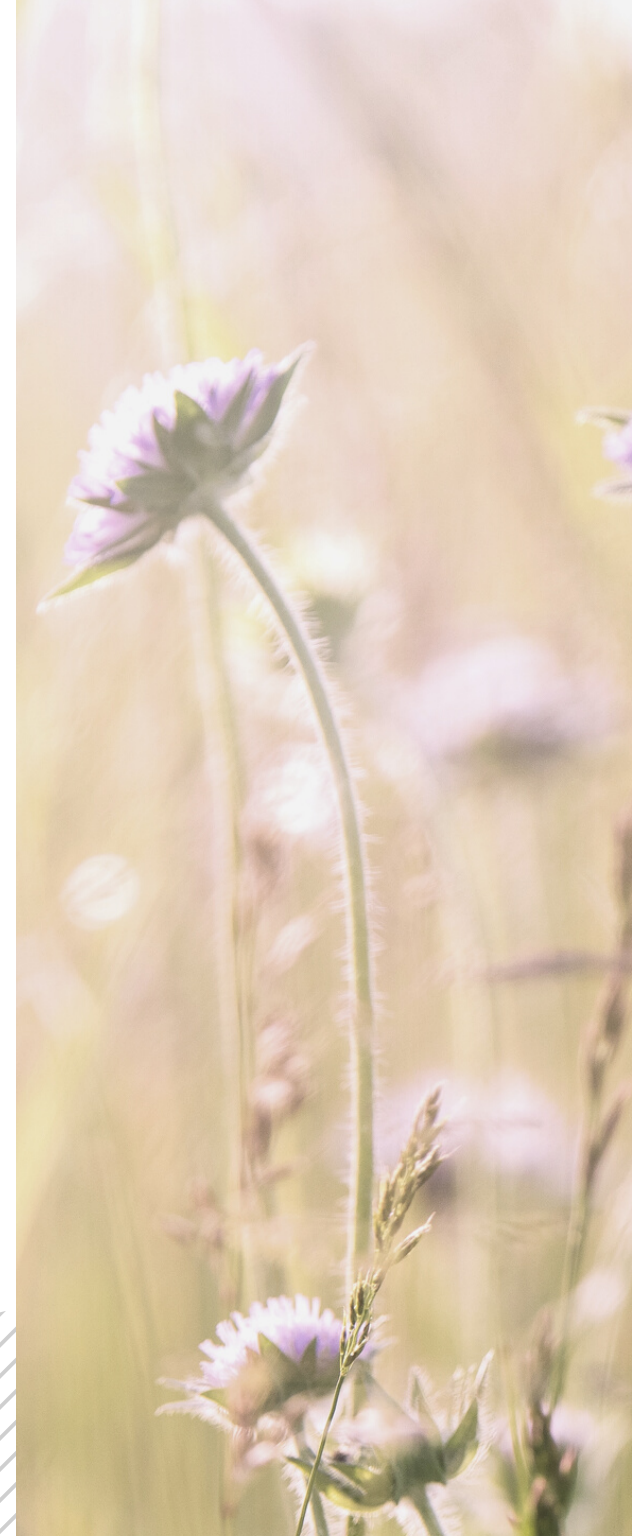
Peeling with organic herbs and almonds

inclusive head massage

A delicate peeling based on herbal cream for a consistently well cared for skin. Finely ground pomaces, mallow, calendula, nettle, horsetail and edelweiss liberate the skin from dead cells and supply it with nourishing substances, ensuring long-lasting protection



DURATION 50 MINUTES - EURO 95



Trehs Peeling and massage

Fine flour particles taken from the Sarentino mountain pine are used to massage and cleanse your skin and remove scuffs from the skin. This treatment also serves to improve the blood flow and increase cell activity due to the warm rays of the oil, while phyto extracts and natural antioxidants have a calming effect on the body. The treatment is followed by a relaxing shower using the precious TREHS shower gel. Follow-up back massage with TREHS® bodyoil.



DURATION 60 MINUTES - EURO 95



Glacisse

Anti-Aging Facial

This GLACISSE treatment focuses on the face, neck and décolletage. After a precise analysis of your skin type we recommend a series of treatments that is custom tailored to meet the particular needs of your skin. Benefit from the regenerative power of the glacier: the MICA GLACIAL® extract gives your skin a visible radiance and more youthful appearance. The treatment begins with a gentle cleansing and toning of the skin using AQUA GLACIAL®. The GLACISSE® peel then opens the pores, leaving it more receptive to benefit from the subsequent treatments. GLACISSE® Active Serum is then gently massaged into the deeper layers of the skin. A refreshing facial mask and rejuvenating massage round off the treatment, leaving your skin with a radiant, youthful glow.



DURATION 60 MINUTES - EURO 95



Glacisse

Total Detox

This treatment activates microcirculation and promotes the elimination of toxins and stagnant fluids. The skin is first prepared with the GLACISSE Active Scrub, followed by a soft and effective detoxifying mudpack and a full-body massage that helps to sculpt and oxygenate. A warm liver pack helps for a positiv relaxation and brings a purification of body and mind.



DURATION 90 MINUTES - EURO 135



Phyto Art

Cellulite treatment

The areas of the body in which cellulite can be found are treated with a special fluorite gua-sha stone massage so as to improve the circulation of blood slowed down by the presence of cellulite. By improving blood circulation one increases the transportation of oxygen to the cells, and toxins are removed more efficiently from the tissues. The active compress containing seaweed, elder, cornflower and achillea stimulates cellular metabolism, favouring the removal of fatty tissue.

The subsequent massage with the Silhouette body lotion, made of ivy and bearberry, has an antioxidant action and revitalises the connective tissue.



DURATION 50 MINUTES - EURO 115



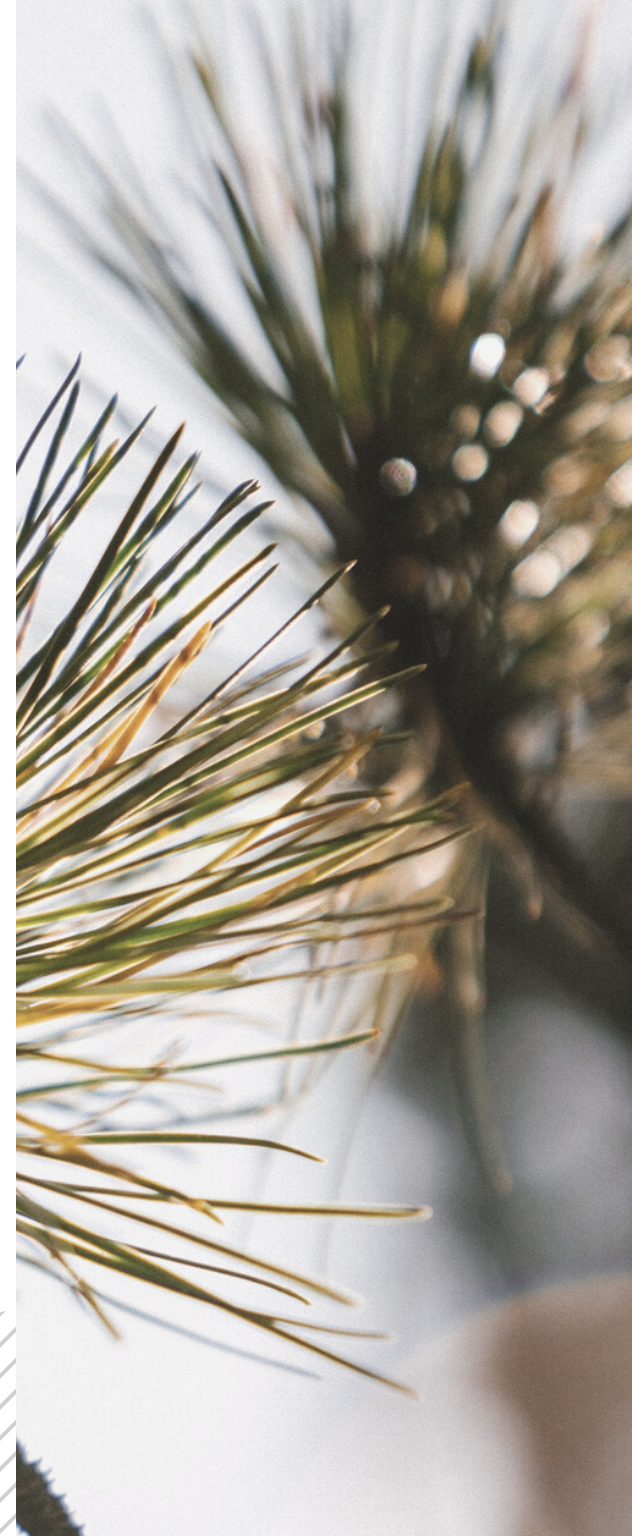
Alpin-Vital treatment

Energy for daily life.

The peeling performed using the flax glove removes dead cells from the skin, improves blood circulation and makes the connective tissue more receptive. The use of Stone pine sticks stimulates the back's reflex points, and the subsequent massage elongates the muscles. The compress imbued with wolf's bane, thistle and Stone pine increases vitality and reinforces the immune system.



DURATION 80 MINUTES - EURO 145



Glacisse Vitality

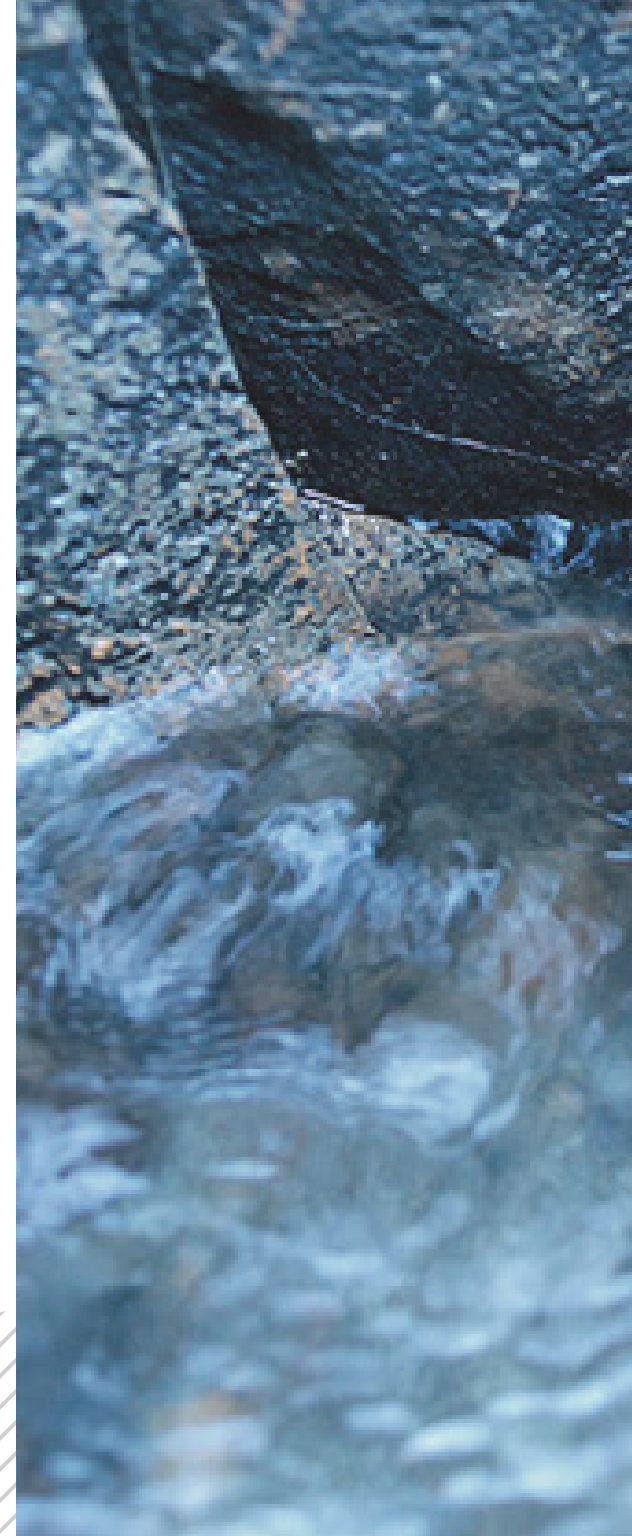
Treat yourself to the luxury of our GLACISSE® cosmetic and spa treatments. Narratives, written records and reports of traditional health treatments on the Hochjochferner Glacier and intensive research in collaboration with renowned universities and research institutes have helped to develop an exceptional line of cosmetic products.

GLACISSE stimulates anti-oxidative processes and protects cells against free radicals. It also guarantees lasting hydration, ensuring skin tone and elasticity. MICA GLACIAL® a unique extract of important minerals and trace elements of mica schist is combined with ACQUA GLACIAL® sourced from a spring at an elevation of 2,845 meters and located on the Hochjochferner Glacier in the heart of the Ötztal Alps, make GLACISSE a line that is absolutely unique.

Your choice between an exfoliation or a pack, followed by a relaxing massage: a nice little break for you, and a boon for your skin.



DURATION 50 MINUTES - EURO 105



Useful information

We suggest you to make reservations well in advance to ensure the preferred treatments.

Guests with health problems such as high blood pressure, heart problems etc. and pregnant women are kindly requested to consult their personal doctor and inform us in advance.

Contact

info@terra.place
tel. +39 0471 623 055