



SPA - TREATMENTS
with natural alpine products



The background of the entire page is a soft-focus photograph of several purple flowers, likely cornflowers, with green stems and leaves. A small black bee is perched on one of the flowers in the center. The lighting is warm and golden, suggesting a sunset or sunrise setting.

Massages

INVIGORATING

Fullbody massage

Intensive Phyto
Art back treatment

Phyto Art Zirbl Activ

Phyto Art Sports Energia

RELAXING

Phyto Art Balance
relaxing massage

Massage with Alpine
herb pads

Phyto Art massage with
stones and crystals

Treatments

FACE

The Fountain of Youth
The Alpienne
rejuvenating treatment

Relax
Facial massage with
pine massage hearts

BODY

Phyto Art Cellulite
treatment

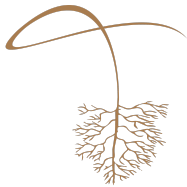
Alpin-Vital treatment
Peeling - body wrap and
massage

Fullbody massage with stone pine and arnica or with alpine herbs

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- 80 minutes



DURATION 50 MINUTES EURO 95

DURATION 80 MINUTES EURO 135

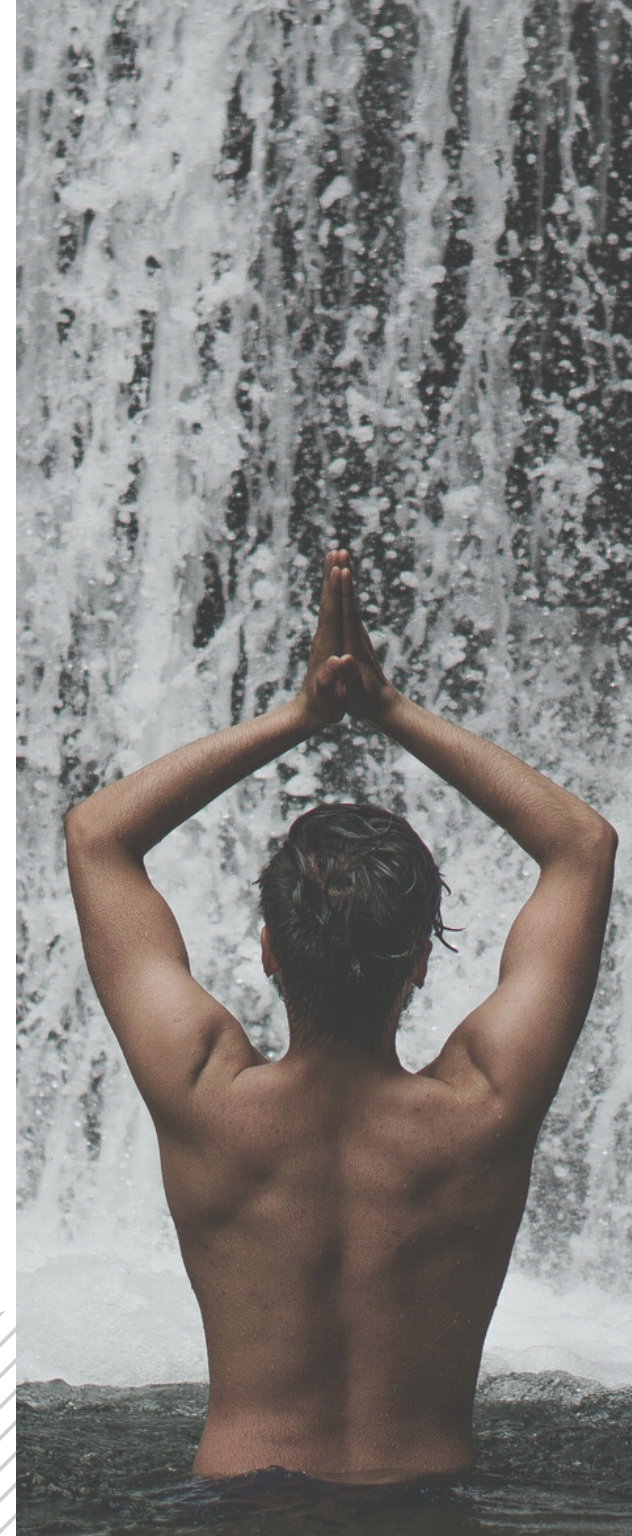


Intensive Phyto Art back treatment

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 Zirbl aktiv

Perceive nature directly on your body! This dynamic massage, performed using special Stone pine sticks and the massage with reactivating herb oil, has a regenerating and re-invigorating effect on the body. The Stone pine aroma in the pillow unclogs and improves your breathing, giving you the feeling of walking through a Stone pine wood in South Tyrol.



DURATION 50 MINUTES EURO 95



Sport Energia

This massage is ideal before or after practicing a sport. Cupping improves blood circulation, supplying a larger quantity of oxygen and nutrients to the cells. The stimulating massage with Sport Energy oil and special maneuvers relaxes tight muscles.

To regenerate muscles we use our Sport Herbs Cream with wolf's bane, thistle and horse chestnut. And you'll feel in great shape!



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



Phyto Art –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



The Fountain of Youth

The Alpienne rejuvenating treatment

A wonderful, natural and pure care program specially adapted to the needs of demanding skin. Extracts of brewer's yeast, St. John's wort, green barley, mullein and lady's mantel as well as a special beauty blend of different wild berries with powerful antioxidants and vitamins give your skin everything it needs for regeneration and vitality. Your face, neck, décolleté and hands are intensively cleansed, toned, scrubbed and massaged before a deep active treatment detoxifies and regenerates them with a natural clinoptilolite rich in silicone. To finish, they are nourished with a naturally effective anti-ageing cream. A truly extra-special care package guaranteed to leave you smiling.



DURATION 80 MINUTES - EURO 155



Relax

Facial massage with pine massage hearts

This refreshing treatment is a combination of a vitalising massage and special acupressure treatment. The first part of the treatment stimulates circulation and the lymphatic system to ensure effective detoxification. The second phase treats tension and stress areas with targeted techniques. Let your face relax with you!



DURATION 50 MINUTES- EURO 120



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



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

