



SPA - TREATMENTS
with natural alpine products



Massage with Silver

Quartzite

Experience the enormous energy of this prehistoric rock, whose composition includes an extremely high percentage of quartz and more rare precious crystals, such as rock crystal, tourmaline or zircons, for example. Associated with the ritual of fumigation practiced with the South Tyrol incense tree, and the mystic chants especially composed, the massage ritual is incredibly relaxing and leads to a state of deep calm. The special floral essences extracted from wild herbs and Alpine vegetal oils that possess a heating action are chosen according to the teachings of popular South Tyrol tradition; additionally, they stimulate the metabolism, activating the body's self-healing powers. Silver Quartzite is extracted only in South Tyrol. In comparison with other natural stones, it possesses a high level of thermal conductivity; a medical assessment has actually classified Silver Quartzite as "belonging to the group of medical minerals". (This massage is possible only in the morning.)



DURATION 80 MINUTES - EURO 155



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



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 85

DURATION 90 MINUTES EURO 125



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 90



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 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 80



Silver Quartzite Power Back Massage

All the primordial power of silver quartzite for a stronger back and a conscious sense of deep, yet dynamic, relaxation: this liberating, powerful pressure massage with warm silver-quartzite stones, alkaline silver-quartzite healing soil, wild herbs and detoxifying back poultice dissolves tension with a lasting effect, giving you renewed energy and vitality. A naturopathic incense ritual complements the treatment, favoring deceleration and heightening the power of self-healing. (This massage is possible only in the morning.)



DURATION 60 MINUTES - EURO 125



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

