

### ALPINE HERBAL BODY SCRUB

A natural, mineral-rich scrub that removes dead skin cells, detoxifies, purifies the skin, and stimulates blood circulation.

25 MIN - € 45,00

50 MIN - € 80,00 (With partial massage)

### RASUL – PRIVATE STEAM BATH

We will accompany you to your private Rasul steam bath, where you can apply the mud wrap to each other, promoting body purification and relaxation.

Minimum 2 people 60 min. - € 57,00

For 3 people 60 min. - € 70,00

For 4 people 60 min. - € 85,00

*“Let yourself be pampered and enjoy a moment of pure relaxation and well-being.”*

### DEPILATIONS AND EXTRA TREATMENTS

Half legs (up to the knee) 30 min. - € 38,00

Full legs 40 min. - € 45,00

Armpits 15 min. - € 15,00

Bikini line 30 min. - € 38,00

Upper lip 15 min. - € 15,00

### FOR LITTLE PRINCESSES AND PRINCES

Chocolate oil massage

25 min. - € 35,00

Magic Hands for Princesses

25 min. - € 25,00

Facial treatment for Princesses

50 min. - € 55,00

### SOLARIUM

SOLARIUM FACE  
10 MIN - € 10,00

SOLARIUM FULL BODY  
15 MIN - € 18,00



## SPA HOURS

**Pool:** from 8:00 a.m. to 7:00 p.m.  
**Spa area:** from 2:00 p.m. to 7:00 p.m.

### Massages and treatments:

from 2:00 p.m. to 7:00 p.m.

### BOOK YOUR WELLNESS EXPERIENCE

COMFORTABLY FROM YOUR ROOM

(☎NR. 9) OR AT THE RECEPTION

## Good to know...

The spa, pool, and sauna are located on floor -1.

Sauna towels and flip-flops can be found in the spa bag in your room.

**PLEASE NOTE:** To ensure a peaceful atmosphere for all guests, we kindly ask you not to bring mobile phones or electronic devices into the relaxation area.

For hygiene reasons, we also ask you to take a shower before any treatment and not to wear jewelry.

Cancellations made up to 6 hours before the appointment are free of charge.

After this time, 70% of the total treatment cost will be charged.



**FELDMILLA**

CAMPO TURES



  
**GERTRAUD GRUBER**  
KOSMETIK KULTUR

## MASSAGES AND TREATMENTS

## TREAT YOURSELF TO A RELAXING BREAK

## Facial Treatments by Getraud Gruber for Men and Women



### FELDMILLA FACIAL TREATMENT

50 MIN - € 75,00

Facial treatment including peeling, cleansing, massage, a mask tailored to your skin type, and application of day cream.

### LUMIERE LIFTING FACIAL TREATMENT

80 MIN - € 110,00

Premium facial treatment with active ingredients. The highlights of this treatment are the "Tension-Line" massage with a lifting effect and a smoothing "Push-up" skin treatment.

### PHYTO FACIAL TREATMENT

80 MIN - € 100,00

The special feature of this facial treatment is the Phyto mask, which works exclusively with plant extracts. Depending on your skin type, we select the most suitable Phytopack for you:  
ANTI-AGE – SENSITIVE or CLEARING.

## HANDS AND FEET

Manicure

50 min. - € 48,00

with nail polish - € 52,00

Pedicure

50 min. - € 58,00

with nail polish - € 62,00



## MASSAGES

### CLASSIC

Partial (back or legs)

25 MIN - € 40,00

Helps relieve muscle tension, stimulates blood circulation, and reduces stress.

Full body

50 MIN - € 70,00

### RELAXING WITH ESSENTIAL OILS

Partial (back or legs)

25 MIN - € 45,00

Relaxing massage enriched with your choice of "Bergila" essential oil.

Full body

50 MIN - € 75,00

### FACE-HEAD-NECK

25 MIN - € 40,00

Effective in reducing stress and relieving migraine symptoms.

### FULL LYMPHATIC DRAINAGE

50 MIN - € 70,00

Draining and decongesting treatment designed to promote fluid drainage and stimulate detoxification.

### SPORTSMASSE

Partial (back or legs)

25 min - € 45,00

Intensive massage, especially recommended after physical exertion. The arnica and mountain pine rub by "Bergila" provides relief from muscle pain and tension.

Full body

50 min - € 75,00

### FOOT MASSAGE

25 MIN - € 40,00 (feet only)

50 MIN - € 70,00 (with back massage)

By applying pressure to specific points, it is possible to directly stimulate all organs of the body.

### BABY MOON

50 MIN - € 70,00

Relaxing massage dedicated to expectant mothers, designed to relieve tension and provide deep well-being during pregnancy.

- From the 4th month onwards.

### LEG DRAINAGE

25 MIN - € 40,00

Draining massage that stimulates circulation.

### CLASSIC COUPLE MASSAGE

Partial (back or legs)

25 MIN - € 80,00

Classic massage for 2 people (in the same treatment room), to enjoy the rest of the day together.

Full body

50 MIN - € 140,00

### HOT STONE

50 MIN - € 75,00

Hot stone massage to relieve muscle tension and promote total relaxation.

## BODY TREATMENTS

### ALPINE BALANCE DETOX TREATMENT

80 min - € 110,00

Gertraud Gruber balancing ritual with natural alpine flower extracts. Includes an alpine salt scrub, a goat-hair brush massage to stimulate metabolism, and a body wrap with Alpine Balance body butter.

### REGENERATING TREATMENT

75 MIN - € 105,00

Scrub, massage, and green clay body wrap. Stimulates circulation and renews the cells with a regenerating effect.

### HAY BATH WITH MASSAGE

50 MIN - € 85,00

Immersion in warm hay helps eliminate toxins, relieves muscle pain and rheumatism, and strengthens the immune system.

### GREEN CLAY BODY WRAP ON THE HAMMAM TABLE

25 min - € 45,00

50 min - € 80,00 (with partial massage)  
Relieves muscle pain, has an anti-inflammatory effect, stimulates circulation, and detoxifies the skin.