

EN

das Paradies

LAVITA SPA

Created for pure relaxation. Surrounded by a sensual tranquillity. Amidst the thrilling natural landscape of Val Venosta.







Wellness & Fitness

- 1 Panoramic terrace
- 2 Salt water pool
- 3 Inner courtyard on the ground floor
- 4 Panoramic sauna
- 5 Showers
- 6 Ice fountain
- 7 Cold water bath
- 8 Experiential showers
- 9 Steam bath
- 10 Biosauna
- 11 Foot bath
- 12 Outdoor oasis
- 13 Relaxation area
- 14 Terrace
- 15 "Alpine hut" sauna
- 16 Open space relaxation area
- 17 Oasis of quiet with water beds
- 18 Fitness centre
- 19 LaVita Spa
- 20 Family Spa | Family Sauna - dress-on sauna
- 21 Indoor swimming pool
- 22 Outdoor swimming pool

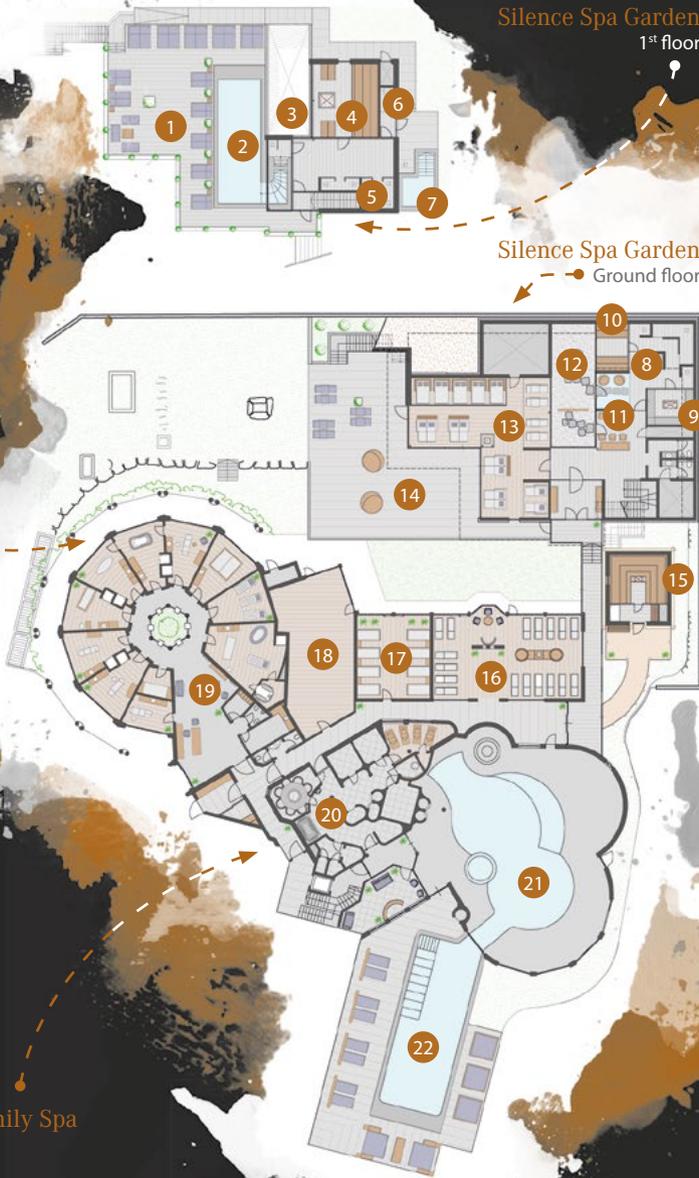
Note: An outdoor pool with a long slide awaits our little guests.

LaVita Spa

Family Spa

Silence Spa Garden
1st floor

Silence Spa Garden
Ground floor



Pure relaxation.





Forget the world around you. Enjoy the moment. Feel, how the cosy warmth relieves all tensions and new vitality flows through your body. Just being happy. For these reasons we have designed the adults only Silence Spa Garden.

LaVita Spa



Enjoy a wellness world of 2500 m² in our LaVita Spa, which offers a total sensory experience. From the indoor pool with waterfall and counter-current swimming lane, you can reach the outdoor pool with hydro-massage stations. Families with children over the age of six can experience moments of genuine well-being in the different saunas dedicated to them (dress-on). To restore the balance between body, spirit and soul, you can use our silent oasis with water beds and an open space relaxation area with a tea corner. Guests over 16 can experience relaxation on the highest level in our Silence Spa Garden: Here you will find a salt-water swimming pool, three different saunas, one of which is panoramic, luxurious relaxation areas and beautiful sun-kissed terraces that will satisfy every desire.

A must during your stay: Regenerating massages or treatments, using products of fine cosmetic lines such as Maria Galland and Salin de Biosel, performed by our experienced staff. You will feel like being in paradise, with long-lasting effects, we promise!

Energizing massages

Massages
08/09



Classic partial massage

About 25 min.

€ 38,-

Classic complete massage

About 50 min.

€ 70,-

Sports massage - back and legs

About 50 min.

€ 79,-

Sports massage - back

About 25 min.

€ 44,-

Sports massage - legs

About 25 min.

€ 44,-

Relaxing massages

Relaxing essential oil massage

Leave behind everyday stress: a sensual mix of fragrances and essences will allow you to forget your worries by completely relaxing the whole body.

About 50 min.

€ 70,-

“Vital Boli” massage with alpine aromatic herbal sachets

The Alpine aromatic herbs, heated and wrapped in linen fabric, will glide over your body, covering you in a delicate layer of aromatic oils. In addition, the pressure and movement of the massage will contribute to rejuvenate, tone and relax muscles and joints. Finally, loose yourself in the pleasant warmth and the intoxicating fragrances...

About 50 min.

€ 80,-

Back, nape and foot massage

This treatment relaxes the back, neck and feet, offering the body a charge of new energy.

About 50 min.

€ 70,-



Special massages

LaVita Spa
10/11



Reflexology

Through the soles of the feet, the focal point of the body, the organs as well as the lymphatic and nervous systems are stimulated, improving blood circulation, eliminating blockages or stagnation and harmonizing the energy system.

About 50 min.

€ 75,-

Massage with Tibetan bells

The Tibetan bowls, made of metal and in different sizes, will be placed on your body and around you. Because of their oscillations, you will be completely taken in by the sound and vibration. This treatment dissolves energy blockages and stress, activates self-healing forces and frees creative energy. Comfortable clothing supports the perfect execution of the massage.

About 50 min.

€ 80,-

La Stone massage

Alternating lava stones heated to 60°C and marble stones cooled in ice ensure deep relaxation. This massage exerts a soothing action while stimulating the muscles. Blood vessels naturally dilate, increasing circulation and blood flow to the muscles. Wellness in its purest form.

About 80 min.

€ 120,-

Lomi Lomi Nui

This is a traditional Hawaiian massage ritual with a therapeutic effect. The term 'Lomi', which means „massage, press, shape“, is repeated for emphasis. 'Nui' can be translated as „big, important, unique.“ This treatment, which requires a considerable amount of hot oil, requires the use of hands, forearms and partly the elbows as well. The movements are fluid and oscillate slightly. This so-called „king of massages“ regulates the energy flow between body, spirit and soul. The delicate hand movements are accompanied by typical Hawaiian sounds for deep inner harmony. You're in expert hands with our masseuses: say Aloha to a newfound well-being!

About 80 min.

€ 120,-

Wellness for the back

Intensive back massage with cupping

With this traditional massage technique, the entire area of the back is treated, up to the neck. It dissolves tension and relieves pain.

About 50 min.

€ 75,-

Back massage with South Tyrolean honey

A classic back massage with nourishing effects from pure South Tyrolean honey. A sweet blessing for your back.

* The back should be free of hair for the treatment.

About 50 min.

€ 70,-

Purifying back treatment

Scrub, steaming and deep cleaning.

About 50 min.

€ 70,-

Alp fango with intensive back massage

This treatment starts with a mud-pack that will be applied on your back. The mud heats the musculature and prepares perfectly for the following intensive massage.

About 50 min.

€ 70,-



Ayurveda: the knowledge of life



Complete body massage

Abhyanga

During this soothing massage, the oils penetrate the skin, promoting the elimination of toxins in the connective tissue. In addition to nourishing cells and organs, it promotes the elimination of waste and toxins. Finally, it dissolves the blockages and harmonizes the vital energies.

About 80 min. € 130,-

Complete body massage and oil on forehead Abhyanga & Shirodhara

The treatment begins with a complete relaxing massage, stimulating the blood flow, metabolism and circulation. Next, oil is poured on the forehead, intensifying the feeling of relaxation and inner peace.

About 80 min. € 150,-

Back

Upanaha Sweda

Perfect for treating back problems and activating locked energy points.

About 25 min. € 50,-

Feet

Padabhyanga

Thanks to its relaxing and balancing effect, it is suggested for sleep disorders, nervousness and strong feelings of cold.

About 50 min. € 50,-

Face massage and oil on forehead

Mukabhyanga & Shirodhara

Oil face massage, for relaxation oil is poured on the forehead.

About 50 min. € 80,-

Face & feet

Muhuna & Padabhyanga

Essential oil face massage and foot massage.

About 50 min. € 80,-

Back & feet

Upanaha Sweda & Padabhyanga

Back and foot massage.

About 50 min. € 80,-

Maria Galland facial treatments

Small face treatment

Deep cleaning, mask and nourishing cream.

About 50 min.

€ 80,-

Complete face and décolleté treatment

Suitable for all skin types. Peeling, deep cleaning, upper lip depilation, eyebrow shaping, ampoule of active ingredients, massage, mask and nourishing cream.

About 80 min.

€ 115,-

De Luxe | Maria Galland

A luxury treatment with two different masks for a bright complexion and a strong anti-aging effect. Thanks to the highly efficient active ingredients the skin will be revitalised, filtered and straightened with a spectacular result.

About 80 min.

€ 125,-

Therapy Cocoon | Maria Galland

A wonderful, soft foaming mask wraps the face like a cocoon and gives the feeling of deep relaxation. This pleasant treatment is ideal for every skin type, dispenses moisture and treats the skin to the deepest innermost skin layers.

About 80 min.

€ 120,-

Masque Thalasso

This soft seaweed mask with hydrating and nourishing ingredients provides the skin intensive moisture. The treatment is refreshing and gives your skin a new boost of energy. Perfect for dry skin.

About 80 min.

€ 120,-

Lift expert | Maria Galland

This new lifting treatment boosts the skin and smoothens out wrinkles for a firm appearance and a visibly younger skin. The 100% manual lifting massage consist of different intensive massage techniques, thereby the cell activity will be stimulated and the skin gets a firm and solid appearance. 96% visible lifting effect.

About 80 min.

€ 122,-

Modellante | Maria Galland

This self-heating mask based on minerals ensures a profound effect. In addition to offering a spectacular lifting effect, it treats the different problem zones of the individual skin areas. You can choose between three variants: intensive moisturizing, efficient anti-aging treatment or regulating skin impurities.

About 80 min.

€ 125,-



The body: a work of art by Maria Galland

Soin Modellage Anti Cellulite

This treatment is one of the most intensive treatments for cellulite. First the skin will be cleaned with a peeling, after highly concentrated essences are applied on the affected areas. Through the warm mask the active ingredients can be infiltrated into the deepest skin layers.

About 80 min.

€ 125,-

Soin Performance Détox & Énergie Maria Galland

This treatment gives the body new energy and vitality, it also provides more power for the skin. Selected oils and essences, a peeling sensation and a silky soft body care pamper the body during the massage.

About 80 min.

€ 126,-

Algae pack Bone Marine

This is a detox body care with seaweed mud. It supports the fat reduction, smoothens and tightens the skin and removes impurities.

About 80 min.

€ 120,-

Beauty treatments and more

CND Shellack

Innovative system for long-lasting manicure or pedicure. It only requires a few minutes for setting under the UV lamp to make your nails perfect, strong and shiny. The UV-activated nail polish is applied in different stages after the manicure or pedicure and it is similar to a gel manicure. The advantages of a UV hardening polish are the excellent resistance, high shine and quick setting times.

Manicure with permanent polish 50 min.	€ 65,-
Pedicure with permanent polish 80 min.	€ 65,-
Removal 15 min.	€ 15,-

Pedicure and Manicure with classic polish

Pedicure without polish 50 min.	€ 45,-
Pedicure with polish 50 min.	€ 55,-
French pedicure 80 min.	€ 60,-
Manicure without polish 50 min.	€ 45,-
Manicure with polish 50 min.	€ 55,-
French manicure 50 min.	€ 60,-

Hair removal

Whole leg	€ 55,-
Half leg	€ 40,-
Underarms or bikini area	€ 20,-
Face	€ 20,-

Extras

Eyebrow shaping	€ 20,-
Eyebrow tinting	€ 20,-
Eyelash tinting	€ 20,-
Eyebrow and eyelash	€ 38,-





Grooming for men

Facial treatment for men

Face cleaning, scrub, ampoule with active ingredients, massage, mask and nourishing cream.

About 50 min. € 70,-

Masque Thalasso

This special seaweed mask refreshes, revitalizes and relaxes the skin. Includes skin cleaning, scrub, ampoule with active ingredients, massage, mask and nourishing cream. This treatment increases hydration and reduces fine lines and small wrinkles.

About 80 min. € 120,-

Pedicure and manicure

Classic pedicure

About 50 min. € 45,-

Classic manicure

About 50 min. € 45,-

Depilation (duration depending on hair growth)

Full leg/Back/Chest

About 25 min. € 40,-

Full leg/Back/Chest

About 50 min. € 55,-





Salin de Biosel

Salin de Biosel develops excellent cosmetic products and treatments to highlight the natural luminosity of the skin. The line is available in all the best spas, beauty farms and wellness areas. Their products are created from a harmonious synergy between medicine derived from plants, natural ingredients of the highest quality, advanced and modern research, based on the knowledge of Eastern medicine and the most modern Western herbal medicine. The natural cell structure changes as a result of internal and external environmental influences. "Energy for the 5 skin functions" is an effective and incisive functional rehabilitation, which restores the balance of the skin by using particular light pulse frequencies to stimulate the skin cells and reposition them back into their natural structure.

Promotion 3=2

Book 3 Biosel treatments, you will get 1 for free!





Biosel treatments for the 5 skin functions

Soin Emo Regenerant

For dry, red and tight skin. Reduces redness, lightens dark spots and evens out the skin tone.

About 80 min.

€ 140,-

Soin Osmo Lymph

Especially for impure skin. Reduces water retention, aids lymph drainage and eliminates toxins, with a detoxifying action.

About 80 min.

€ 140,-

Soin Vital Fibre

Recommended for mature skin. Visibly reduces wrinkles, restores youth to the skin and stimulates the production of collagen and elastin.

About 80 min.

€ 140,-

Soin Ecosystem Protection

Recommended for very sensitive skin. It works like a conditioner on redness and irritation such as rosacea. Reinforces the immune system and has a healing effect. Includes an energising massage, mask and lymph drainage.

About 80 min.

€ 140,-

Soin energetic balance

Recommended for tired skin. This treatment gives the skin a new glow, refreshes and reinforces the connective tissue.

About 80 min.

€ 140,-

Massages and treatments for couples

Aroma oil relaxing massage

Relaxation for two! Sensual flavours and essences let you forget daily life and shake off stress. Subsequently of the 50 minutes couple massage you can enjoy a glass of Prosecco and a little treat from our Paradies patisserie in the relaxation room.

2 people – about 80 min.

About 50 min. full body massage

About 30 min. relaxation time

€ 140,-

A bath in the wooden tub and a partial massage for two

Treat yourself to a couples' bath in the wooden tub with a fragrant essence: thanks to the heat stored by the wood and released constantly, you can experience pure pleasure! In addition, we will pamper you with a glass of prosecco and delicious strawberries: what more could you wish for?

Choose the bath you prefer:

- Sage bath (purifying for the skin)
- Melissa bath (stimulating)
- Juniper bath (detoxifying)
- Lavender bath (relaxing)
- Edelweiss bath (harmonising)

2 people – about 50 min.

About 25 min. bath

About 25 min. massage

€ 120,-





Couples' relaxation

Enjoy a regenerating partial massage of about 25 minutes and finish your wellness break with a glass of prosecco and sweet temptations from our patisserie.

2 people – about 50 min.

€ 80,-

Serail steam bath

Entering the Serail Steam Bath, you will immediately be enveloped in a pleasant warmth. You can choose between beauty or healing packs.

- Gypsum: purifies, stimulates the metabolism and nourishes the skin.
- Limo salino: dilates blood vessels, performs a purifying action and soothes the skin.
- Curative clay: relaxes, purifies and pampers the skin.
- Peeling with algae: detoxifies, regenerates and relaxes the back.

To enjoy maximum relaxation, you can apply the body pack on your partner. After the cabin has been filled with herbal steam, massage with gentle circular movements. After the steam has acted for 15 minutes, the cabin will be ventilated and to conclude you can cool off with a shower.

2 people – about 50 min.

€ 60,-

Spa Suite

Start your joint relaxation parcours with an aroma steam bath with aromatic flower essences by a mild, ceramic radiant heat of 45°C. The cosy warmth stimulates all senses and relaxes the muscles. After follows a pleasant soap foam massage (one by one). Dead skin flakes are brushed off and the skin is again fresh and soft. Now you can relax one by one in a bubble bath. Fifteen minutes in scented bath essence tightens the skin and purifies the tissue.

2 people – about 80 min. € 150,-





The bath in the wooden tub

Well-being from the old times! The baths in our wooden tub are synonymous with pure relaxation and are ideal for rediscovering harmony with nature. Thanks to the heat stored in the wood and released constantly, you will experience absolute pleasure. Once you get out of the water, we will pamper you with a classic partial massage.

Baths in the tub with partial massage

- Sage bath (purifying the skin)
- Melissa bath (stimulating)
- Juniper bath (detoxicating)
- Lavender bath (relaxing)
- Edelweiss bath (harmonizing)

About 50 min.

About 25 min. bath

About 25 min. massage

€ 70,-

Serail steam bath & Spa Suite for one

Serail steam bath for one

Entering the Serail Steam Bath, you will be immediately enveloped by a pleasant warmth. You can choose from beauty or healing body wraps.

- Chalk: purifying, stimulates the metabolism and nourishes the skin. Particularly recommended with articular disorders.
- Saline loam: dilates blood vessels, purifies and heals the skin.
- Healing clay: promotes relaxation, purification and healing of the skin
- Alpine peel: detoxifying, rejuvenating and relaxing for the back.

You will be the one to apply the wrap on the entire body. While you massage yourself with delicate circular motions, the cabin will begin to fill with herbal steam. Depending on the ingredients applied, you may also have a scrubbing effect on the body. After 15 minutes of steam, the cabin will air out and you can have a shower.

About 50 min.

€ 55,-

Spa Suite for one

Relax during a dream treatment with unique atmosphere. At the beginning you will enjoy an aroma steam bath and inhale aromatic flower essences by a mild, ceramic radiant heat of 45°C. The cosy warmth stimulates all senses and relaxes the muscles. After follows a pleasant soap foam massage. Dead skin flakes are brushed off and the skin is again fresh and soft. Now you can relax in a bubble bath. Fifteen minutes in scented bath essence tighten the skin and purify the tissue.

About 50 min.

€ 80,-







Ägyptos: wrap your body in wellness

A highly effective body forming treatment! A carefully-performed body wrap with cotton, vital soil and Dead Sea salt to respond to the specific needs of different types of bodies and skin.

With this treatment the whole body will be wrapped with cotton bandages using a special technique. Before that the cotton bandages are impregnated with a warm solvent of finest healing earth, salt from the Dead Sea and minerals.

- Visible skin lifting
- Purification and detoxification
- Smoothing of cellulites & fat pads
- Reduction of stretch marks

Already after the first application the scope of the problem zones is visibly reduced.

About 110 min.

€ 140,-

Promotion 3=2

If you book 2 treatments, you will get the third for free!



For expectant mothers (from the 3rd month)

Back massage in a sitting position or on the side

This soft back massage soothes the whole back area, the neck and the nape of the neck, melting muscle tension, and giving an immediate sensation of relief.

About 25 min.

€ 38,-

Face and neck massage

This treatment relaxes the nape and the neck, offering you renewed energy and strength to take on the wonderful months of pregnancy. For this treatment we use exclusively high-quality oils.

About 25 min.

€ 40,-

Soft leg and foot massage

This foot massage promotes circulation, reduces water retention and melts blockages, helping to harmonize the energetic system.

About 25 min.

€ 38,-





For expectant mothers
30/31



Ayurveda full body

The ayurvedic massage can provide relief by pregnancy related pains. Examples are sickness, back pains, leg cramps, sleeping disorders and anxiety states. Ayurveda massages can also help to increase the skin elasticity and prevent stretch marks.

About 50 min.

€ 80,-

Milk and honey bath

Cleopatra herself used this beauty ritual. The combination of milk and honey stimulates the metabolism, has a detoxifying effect and delicately purifies the skin, making it velvety soft.

About 50 min.

€ 60,-

Kids & Teens

Teenager Massage

Preheated, fragrant massage oil will be skilfully applied with gentle movements. For teens between 13 and 17 years. This classical massage relaxes the whole body and releases tensions.

About 25 min.

€ 38,-

About 50 min.

€ 70,-

Teens' facial treatment

Scrub, deep cleaning, ampoule of active ingredients, massage, personalized mask and day cream.

About 50 min.

€ 70,-

Princess Nails

The little princesses of Paradies will be pampered by our beauty experts with a magical manicure.

About 50 min.

€ 42,-

Kids massage

Also our little massage enthusiasts will be pampered with this relaxing massage. The little ones can choose between chocolate- or coconut oil (up to 13 years).

About 25 min.

€ 38,-





KRÄUTERBADL



Saunas

Wellness at every temperature

- Silence Spa Garden with panoramic sauna (55 m²), tubs for cooling down and experiential showers, biosauna, steam bath, salt water pool, vitamin bar, relaxation areas and sun kissed terraces
- “Alpine hut” sauna in the garden
- Tyrolean Biosauna
- Traditional herbal bath
- Turkish bath with aromatherapy
- Steam bath with salt water
- Tepidarium
- Kneipp Path
- Ice cave
- Relaxation area with herbal tea
- Oasis of quiet with water beds and relaxing Music

“Alpine Hut” sauna in the garden

(90°C – Seats for 15 people)

A really hot pleasure, but first a nice shower! This wonderful sauna seats up to 15 people. Sit for 10-15 minutes on the towel, breathe and relax. To cool down, you can go out in the open air and walk on the Kneipp path. After a quick shower, you should rest for at least 20 minutes, and then you can start the ritual again.

Turkish bath with aromatherapy (42°C)

The pleasant heat of the walls and benches, as well as the steam, promotes sweating throughout the body. A 15 to 20-minute sauna purifies the skin and activates the circulation. Steam is also a cure-all for all respiratory issues.





Tyrolean biosauna (55°C)

At 55°C the body starts to sweat profusely after about 15 minutes. The slow increase in temperature promotes the harmonious detoxification process. The high quality aromatic wood and the light therapy will offer you a pleasant sensation of relaxation in the Tyrolean biosauna.

Turkish bath with salt water (42°C)

During this bath, the cabin fills with vapour from a sea salt solution. This particular steam bath will give you the same sensations as a swim in the sea and is a cure-all for your lungs, bronchial tubes and for the entire respiratory tract.

Traditional aromatic herbal bath (42°C)

Inhale deeply! Different herbal extracts including chamomile, eucalyptus and mint help the body to heat up starting from the first jet of steam.

Kneipp basin

You can find this basin in the sauna landscape and in the garden in front of the Alpine hut sauna. It provides cooling and boosts the circulation.





Panoramic sauna (80°C – Seats for 15 people)

A sauna with a breathtaking view: a truly unique experience. Savour the warmth, dissolve all tension and feast your eyes on the mountain panorama offered by San Martino al Monte ... pure pleasure!

Biosauna (60-65°C)

The perfect combination of a steam bath and a Finnish sauna! Ideal for those who suffer at high temperatures and humidity but do not want to deprive themselves of the pleasure of the sauna. The biosauna reaches a maximum temperature of 60-65°C with a maximum humidity of 40-50%.

Steam bath

Warm and fragrant steam, accompanied by revitalizing plays of light: an exclusive experience! Seeing is believing...

Family sauna – dress-on sauna (for children from 6 years)

Even younger guests, accompanied by an adult, can immerse themselves in our wellness paradise with a Finnish sauna, steam bath, ice grotto, tepidarium, herbal sauna and experiential showers.

General information

Spa Guidelines

We wish to respect every guest's desire for relaxation. For this reason, we ask you to not make telephone calls in the wellness area. Moreover, please, do not reserve deck chairs with a towel.

Our mission is to make your wishes come true

The experts in our LaVita Spa are happy to create a customized relaxation programme suited to you. Please understand that, especially during weekends and holidays, our appointment schedule may be very full. We recommend reserving the treatments before the start of your holiday, via telephone or e-mail, so that we can completely satisfy your requests.

Preparation for massages and cosmetic treatments

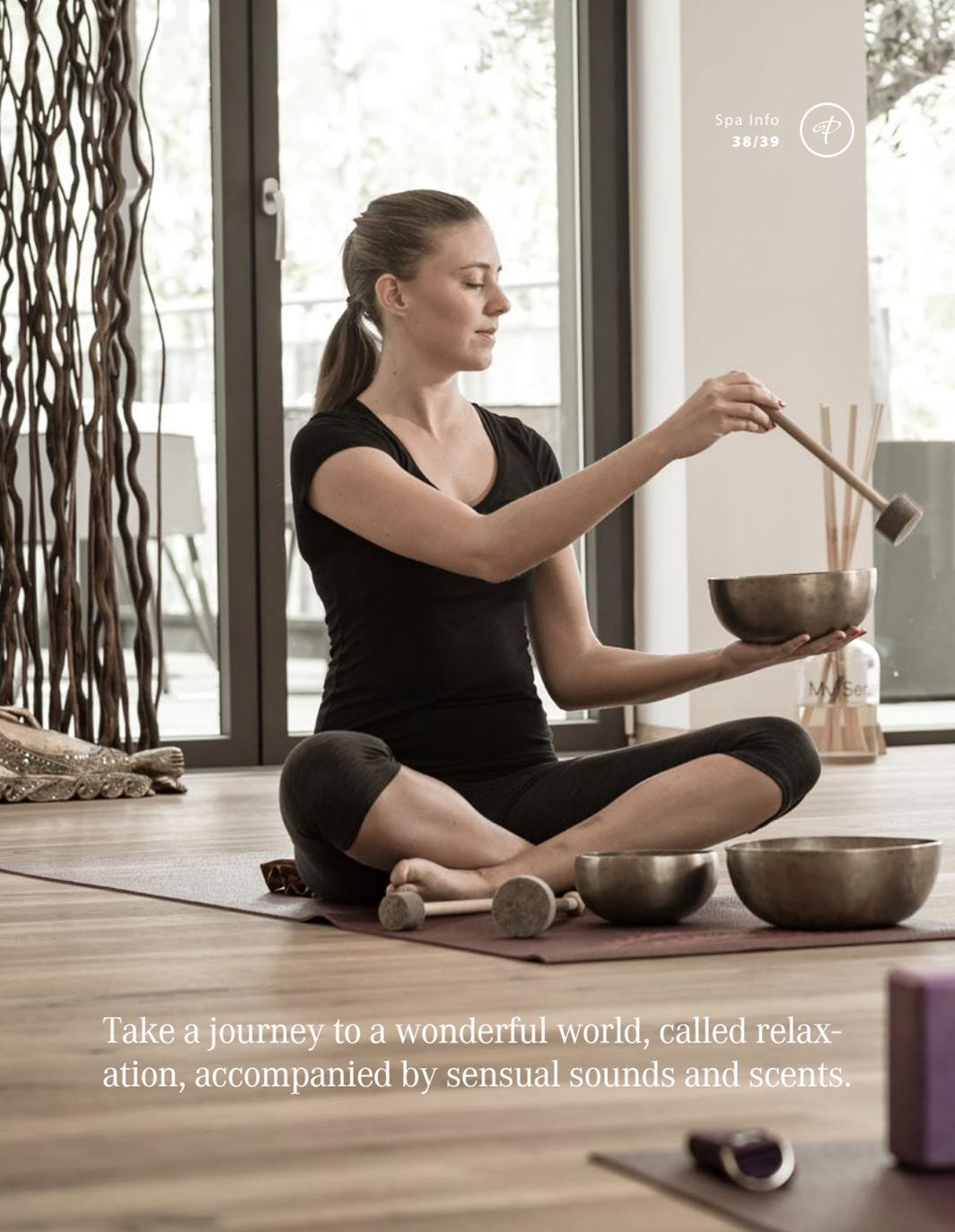
Please be at the LaVita Spa reception a few minutes early in order to let us know your objectives so we can personalise the treatment based on your requests. If desired, you can also advise your therapist any other requests during your treatment, for example, concerning the technique of the massage.

Participation in the sports and activity programme

You can take part in the daily programme of sports and activities free of charge (not including any expense for bus rides). In the fitness room, in addition to the cardio equipment, you will find four new body building machines.

The wellness treatments included in the packages can be booked until 2 PM, always based upon availability.

Cancellations are free of charge up to 12 hours before the treatment. For cancellations less than 12 hours prior, you will be charged 80% of the price of the treatment if the booked time slot has not been reserved by another guest.



Take a journey to a wonderful world, called relaxation, accompanied by sensual sounds and scents.



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