

*Beauty & SPA*  
WELL-BEING  
TREATMENTS



# ABINEA'S

## BEAUTY AND SPA

*Magical power from the alpine nature ...  
Basis in the Beauty Spa Hotel ABINEA in South Tyrol  
are alpine natural products with active agents derived  
from mountain plants and medicinal herbs.*

*Feel the elemental force of South Tyrolean mountains  
on your own skin with stones, heys, apples, mountain  
pine from Val Sarentino, rose hip, chamomile, St. John's  
wort, juniper, arnica, calendula and alpine herbs.*

*Fam. Perathoner  
& Team*





# VITALIS Dr. Joseph

We have found our ideal partner with VITALIS Dr. Joseph. Internationally successful and at home in South Tyrol, VITALIS Dr. Joseph stands for the principles that also guide our hotel. VITALIS Dr. Joseph has made it a mission to respect nature in its purity and diversity, to capture it carefully, and to reflect it in sustainable and effective quality products.

A sense of responsibility and respect for natural resources is both a concern and commitment that we share with VITALIS Dr. Joseph.

Nature comes first for VITALIS Dr. Joseph. Our aim is to refine natural active ingredients with the latest micro-technological methods, and bring them together in harmony with traditional knowledge into holistic products and treatments. We think holistically on a human level as well. Mutual support and promotion, in cooperation with plants, nature, ancient know-how, and modern technology make us a synergistic collaboration.

All TEAM DR JOSEPH's face care line products can you buy at the hotel-reception.

Cleansing, skin diagnosis, scrub, serum, mask and daily care. The special highlights of this treatment are:

- A moist, warm herbal steam compress makes the skin receptive to the treatment. It is the ideal way to prepare for the treatment, with its intensive active ingredients.
- A gentle lymph massage strengthens the subcutaneous tissue.
- A deep cleansing with cupping glasses provides the most careful method for the maximum effect.



# Face treatments

## 1. Intense purifying face treatment

*A deep cleansing following the TEAM DR JOSEPH method, tailored to your skin type. Your skin? Pure and delicate. Your face? Beaming. How you feel? Clear and full of energy. The treatment ritual finishes off with a special peel off mask to provide optimal hydration. The result: Vital, balanced and youthful skin.*

**approx. 50 min. » € 78,00**



## 2. Cellular recreation face treatment

*A wonderful treatment with natural ingredients, specifically tailored to the needs of your skin. It provides immediate effects following the TEAM DR JOSEPH method and is supported by a deeply relaxing pampering program.*

*A thorough skin diagnosis is used to create the ideal combination of ingredients for you. Eyebrow shaping available upon request. The highly effective intensive care serum with selected active ingredient complexes ensures a natural balance for your skin. By pairing a modulated facial massage with the intensive mask, the highly concentrated active ingredients can combine deeply with your skin. For a healthy, intensively well-kept appearance.*

**approx. 80 min. » € 110,00**

## 3. Advanced bio lifting face treatment

*The holistic maximum program following the TEAM DR JOSEPH method: Intensive treatment with biodynamic lifting massage – individualized and effective. Experience a truly unique beauty treatment.*

*The bioenergetic flower pouches and lifting massage support the natural ability of your skin to self-regulate. Well-being, deep relaxation and enhanced skin vitality are all tangible results of this internal harmonization process. The special serum and intensive mask provide a lasting, powerful effect. The high-tech workings of nature give a smooth, relaxed and radiant complexion.*

**approx. 110 min. » € 159,00**



#### 4. Express power lift for men

*TEAM DR JOSEPH method for him. Powerful, close to nature, efficient! Natural high-tech power for a dynamic and well-kept appearance.*

**approx. 50 min. » € 78,00**

#### 5. Ultrasonic facial lift

*Let yourself experience a completely new process, for a more youthful and perfect look. Natural, active substances are safely deposited in deeper layers of your skin, with the help of ultrasonic frequencies. That means: The potential of these substances can develop fully, and the skin is solidified in-depth to a maximum extent. A smoother and firmer skin immediately shows the effect of the ultrasonic frequencies. Depending on the skin condition, the treatment is individually adapted to your needs: Lymph gland stimulation, steam compression, cleansing, enzyme peeling and ultrasonic in-depth peeling, ultrasonic repair and lifting, daily care. To maintain the result of the treatment and the wow-effect for as long as possible, we recommend to book the treatments as a package.*

**approx. 50 min. » € 98,00**



#### 6. Supreme ultrasonic facial lift

*Top-of-the-class ultrasonic lifting!*

*This premium intensive treatment uses a completely new process, giving your face a fuller, fresher and youthfully trim radiation. Natural, active substances are safely deposited in deeper layers of your skin, with the help of ultrasonic frequencies. That means: The potential of these substances can develop fully, and the skin is solidified in-depth to a maximum extent. Depending on the skin condition, the treatment is individually adapted to your needs: Lymph gland stimulation, steam compression, cleansing, enzyme and ultrasonic peeling, alginate mask, ultrasonic repair and lifting, vitalizing neck and face massage, daily care. To maintain the result of the treatment and the wow-effect for as long as possible, we recommend to book the treatments as a package.*

**approx. 80 min. » € 139,00**

## Peelings

#### Full body scrub with hay extracts

*The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.*

**approx. 25 min. » € 40,00**

#### Hay peeling

*Alpicare® hay peeling, enriched with extra-pure pink salt crystals, cleanses the skin in depth, stimulates tissue regeneration and leaves the skin looking cleaner, clearer and more luminous. The abrasive plant extracts improve the effect of the exfoliation and perfectly prepare your skin to take up the active ingredients in a bath or massage.*

**approx. 25 min. » € 40,00**

#### Detox linen glove dry body scrub

*This deep-cleansing dry scrub with potent essences supports your metabolism for a clear and radiant complexion. Ideal for sensitive and especially dry skin..*

**approx. 25 min. » € 40,00**

#### Aroma salt body scrub

*This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.*

**approx. 25 min. » € 40,00**





# Packs

## Sweet Allure for a deeply moisturized skin – with Apple & Rose Hips

*Pamper your skin with a fruity and sensual beauty bath. Apple extract is rich in vitamins, minerals, pectin, and waxes – the perfect active ingredients to care for demanding skin. In combination with precious rose hips, it considerably improves the skin's well-being and significantly reduces drying. Your skin will appear smoother and more supple.*

**approx. 25 min. » € 45,00**  
with massage **approx. 50 min. » € 75,00**

## Detox – Anticellulite

*This treatment supports purification and dehydration of the body, ideal is the combination with a draining massage.*

**approx. 25 min. » € 45,00**  
with massage **approx. 50 min. » € 75,00**



## Deep Alpine Strength – Detoxifying Bath with Alpine Mud

*A “wellness must” for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin – both invigorating and restorative. Deep, strong care, natural and powerful.*

**approx. 25 min. » € 45,00**  
with massage **approx. 50 min. » € 75,00**

## Hay flower – juniper pack

*The emulsion with selected herbs coming from the alpine South Tyrolean mountain meadows and the magical power of the mountain juniper help you forget any fatigue of a beautiful day.*

**approx. 25 min. » € 45,00**  
with massage **approx. 50 min. » € 75,00**

## Gentle Recovery – Care Package with Calendula & Chamomile

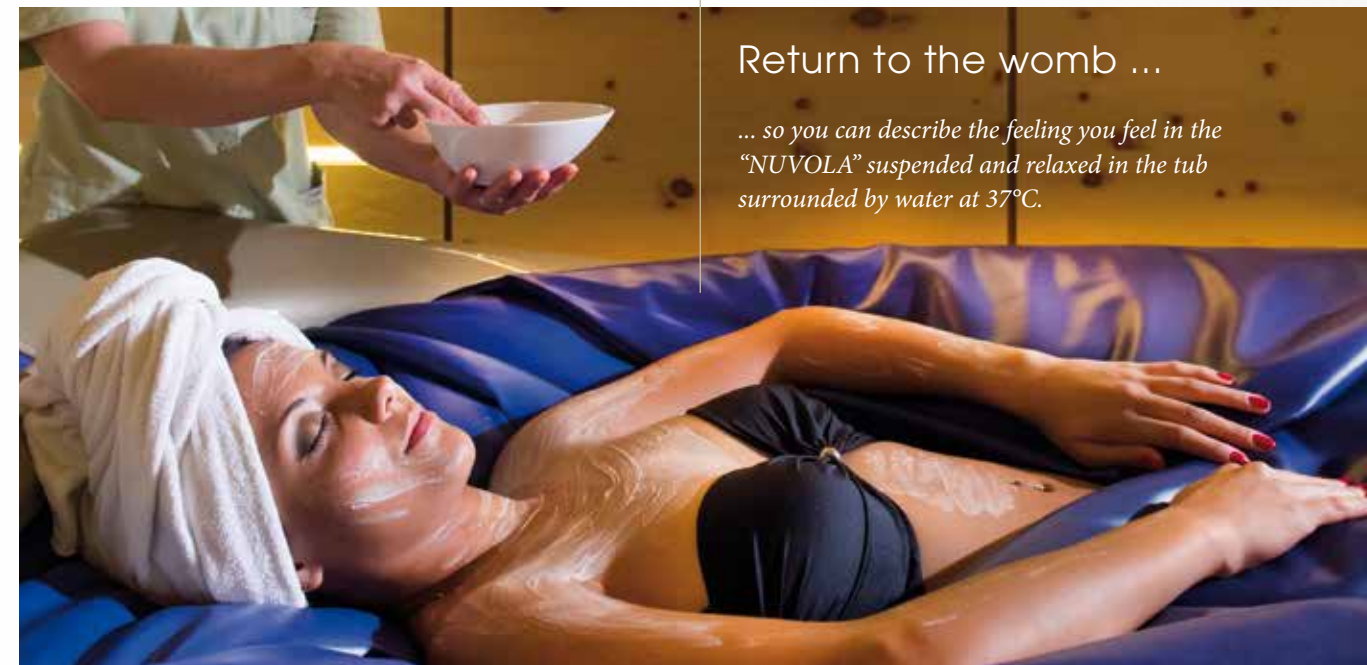
*Enjoy a special pampering program with calendula and chamomile. The activating and calming ingredients have a balancing effect on sensitive and irritated skin. Your complexion will be refreshed and your skin made supple and radiant.*

**approx. 25 min. » € 45,00**  
with massage **approx. 50 min. » € 70,00**

## Bundled Energy – with Arnica & St. John's Wort

*Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.*

**approx. 25 min. » € 45,00**  
with massage **approx. 50 min. » € 70,00**



## Return to the womb ...

*... so you can describe the feeling you feel in the “NUVOLA” suspended and relaxed in the tub surrounded by water at 37°C.*



# Hay bath



Suggest: 3 treatments

**1 Person » € 95,00**

**2 Personen » € 180,00**

Hay baths have been successfully applied for more than one hundred years. These baths have a detoxifying and purifying effect, they are revitalising and balancing, and improve the overall wellbeing. Sweating in the hay strengthens the immune system and stimulates the metabolism. Furthermore, the hay flowers also provide great skin care.

Scientific studies particularly point out the positive effect of a 7 to 9-time hay spa treatment for arthrosis, sciatica, rheumatism, sleep disorders, indigestion, mental and physical exhaustion, lasting 8 to 10 months.

Romantic hay bath  
for 2 people

**approx. 25 min. » € 70,00**

Romantic hay bath and  
partial massage for 2 people

**approx. 50 min. » € 130,00**

Hay bath  
for 1 person

**approx. 25 min. » € 36,00**

Hay bath and partial massage  
for 1 person

**approx. 50 min. » € 70,00**

# Rasul bath in Privat SPA

with round cromotherapy infinity whirlpool included



Rediscover the essence of beauty in the harmony between body, mind and soul, through fragrances and rituals in a romantic surrounding. Special kinds of mud are applied all over the body.

The steam bath is filled with wonderfully smelling steam. The skin is cleansed and peeled.

## Process:

*With the steam wave the room slowly warms up, at the same time the air humidity increases. A fragrance starts to fill the room, coming from the steam filled herbs fixed on the oven grate. The muds previously applied to your body turn moist again, causing a pleasant prickling feeling on your skin. Almost naturally you start rubbing the mud on your skin, thus removing crusted lotion and partly dead skin cells from the upper hard skin.*

*The Rasul bath is a wellness ceremony combining a whole body peeling with a steam bath.*

**1 hour 1 person » € 70,00**

**1 hour 2 people » € 90,00**



# Depilation



Whole leg » € 40,00

Half leg » € 28,00

Bikini area » € 20,00

Armpits » € 20,00

Upper lip » € 12,00

Arms » € 20,00

Back » € 30,00

Breast » € 25,00

# Manicure & Pedicure Estetic



## Pedicure – Estetic

*with nail polish approx. 55 min. » € 55,00*

*without nail polish approx. 50 min. » € 50,00*

*Extra charge UV gel polish approx. 55 min. » € 65,00*

## Manicure – Estetic

*with nail polish approx. 55 min. » € 55,00*

*without nail polish approx. 50 min. » € 50,00*

*Extra charge UV gel polish approx. 55 min. » € 65,00*

# Eye brows & eye lashes

## Correction / Colouring of eye brows

*approx. 20 min. » € 35,00*

## Correction / Colouring of eye brows and eye lashes

*approx. 30 min. » € 45,00*





# Relax Massages

## Hawaii massage – coconut oil massage

*aphrodisiac and moisturizing massage with biological coconut oil.*

**approx. 50 min. » € 68,00**

## Sport & vitality body massage

*Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration. The perfect option for active people.*

**approx. 50 min. » € 68,00**

## Full body massage with biological almond oil

*This entire body massage has a beneficial effect on the whole body. Contracted muscles are loosened and the blood flow is enhanced – the best way to rest and relax.*

**approx. 50 min. » € 68,00**

## Hot roll for the back

*Ideal for back pains: first the warmth loosens the muscles; the following massage loosens all contractions.*

**approx. 25 min. » € 45,00**

## With mountain pines oil

*This wonderful massage with a scent of the forest stimulates circulation, strengthens, purifies and detoxifies the body.*

**approx. 50 min. » € 68,00**

## Lymph stimulating massage

*This kind of massage stimulates the lymph flow and offers profound relaxation. The effect will be enhanced if you previously enjoy an algae pack.*

**approx. 50 min. » € 68,00**

## Relaxation and relief massage

*Antistress – relaxation massage with mediterranean biological orange oil. Let yourself be spoiled by this relaxing massage with essential oils.*

**approx. 50 min. » € 68,00**

## Body part massage with natural skin oil

**approx. 25 min. » € 40,00**

# ... with alpine skin lotion

## Massage with marmot ointment

*Pain and muscle ailments are alleviated immediately especially recommended after physical exertion*

**approx. 50 min. » € 68,00**

## With hey flower-juniper emulsion

*The eatable hay flowers and juniper extracts provide your body with relaxation and new strength. A truly rich and caring massage.*

**approx. 50 min. » € 68,00**

## With arnica – St. John's wort emulsion

*This alpine massage provides tired joints and muscles with new strength. Arnica and St. John's Wort are not only balm for the soul, but also regenerate and revitalise the entire body.*

**approx. 50 min. » € 68,00**

## With calendula-chamomile emulsion

*Calming and regenerating at the same time are the effects of marigold and camomile. Ideal care for sensitive and dry skin.*

**approx. 50 min. » € 68,00**

our beauty team recommended:

**Marmot ointment » € 18,00**





# Massages Highlights

## Herbal pouches Massage – natural Power of Herbs

*This herbal pouches massage by VITALIS Dr. Joseph is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!*

**approx. 50 min. » € 70,00**

## Hot Stone – Basalt Stone Massage & Deep Relaxation

*At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage - primal power for your body and soul.*

**approx. 50 min. » € 70,00**

## Relaxing head and neck massage

*This unique treatment method with a extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.*

**approx. 50 min. » € 70,00**

## Vitalis Massage

*A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!*

**approx. 50 min. » € 70,00**

# Foot & Leg massage

## Dynamic feet & legs massage – fresh lightness

*Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.*

**approx. 50 min. » € 68,00**

## we recommend: Foot gel

*Original pinus sarentensis foot-gel from “Trehs” has revitalizing properties to alleviate tiredness after walks, for sports and also to combat cramps. Thanks to its regenerating effect, you will be able to keep going for longer.*

**100 ml » € 19,00**





# Soap brush massage



The origin of the soap brush massage is in the orient. The massage is performed on the heated bed. With 2 large soft brush and with foaming soap on superfluous, to remove dead skin cells . The skin circulation strengthens, rejuvenates the skin and purified. Dirt, sebum and impurities be rubbed off and a fresh, smooth skin layer light out. The massage is ideal preparation for recommended subsequent body wraps for perfect draining anti cellulite program.

## Application soap brush massage

**approx. 25 min. » € 40,00**

## Soap brush massage with body pack in the float tub

*After the soap brush massage will be applied a high-quality body pack which nourishes the skin and has a purifying effect.*

**approx. 50 min. » € 70,00**

# Get your dream body

## Straightforward Body Modification – Innovative Cellulite Program

*Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage. To reinforce the effects, we recommend that you combine the cellulite program with a Algae pack to combine in the floating bed for extra hydration and metabolic activation. The very definition of full-body care!*

**approx. 50 min. » € 70,00**

**with a Algae pack approx. 75 min. » € 98,00**





# Relax packages

## Silky skin

- » 1 maritime salt peeling
- » 1 algae purifying pack
- » 1 lymph stimulating massage

» **€ 110,00**

## Beauty from top to toe

- » 1 manicure
- » 1 pedicure
- » 1 facial cleansing

» **€ 140,00**

## Total relax

- » 1 relaxing massage with essential oils
- » 1 facial massage
- » 1 feet massage

» **€ 110,00**

## Wellness for him

- » 1 back massage
- » 1 facial care
- » 1 pedicure

» **€ 140,00**

## Sweet anticipation

- » 1 Foot massage
- » 1 relax massage head-neck
- » 1 facial cleansing

» **€ 135,00**



# Couple packages

## Alpines twosome package

- » 2 mountain pine peelings
- » 1 hay bath for 2 people
- » 2 relaxing massages with mountain pine oil
- » 2 glasses of sparkling wine

**For 2 people » € 250,00**

**Duration » 2 hours**

## Romantic twosome package

- » 1 oriental Rasul bath for 2 people
- » 2 relaxing massages with essential oils
- » 2 glasses of sparkling wine

**For 2 people » € 200,00**

**Duration » 2 hours**

## I love you

2 Sweet Hours for 2 in the Private Spa with aphrodisiac rose oil for a sensual massage, soap foam for the hammam ritual in the steam sauna and our Love Bar with a bottle of apple prosecco for a toast in the whirlpool.

**For 2 people » € 165,00**

**Duration » 2 hours**





# Romantic Private SPA

Spending time together in the romantic Private Spa

Enjoy memorable hours in our new ROMANTIC PRIVATE SPA all to yourself. For your special moments of relaxation and regeneration together we offer a round whirlpool, a steam cabin with aroma therapy, a Kneipp feet bath, a special shower and a cozy bed.

For 2 people including  
2 glasses of sparkling wine

**1 hour » € 80,00**

**2 hours » € 135,00**

Additional  
treatments

*Body part massage per person*

**25 min. » € 40,00**

*Peeling per person*

**25 min. » € 40,00**



# Romantic salt cave

Relax Moment in the love cave for 2 Person

Privat Salt Whirlpool in salt  
cave for 2 Person

*Whirlpool with saline water and chromotherapy  
for romantic moments for two; with 2 glasses  
prosecco for a candle light toast.  
(booked from 8 am to 2 pm).*

**1 hour » € 75,00**

**2 hours » € 120,00**





# Kids SPA

## Gentle oil massage

*Gentle children massage, they learn to relax, to concentrate better and to be more attentive.*

**approx. 25 min. » € 35,00**

## Facial cleansing “teen”

*To be free of impurities and to have a clear skin.*

**approx. 50 min. » € 60,00**

## Princess

*A dream of every girl to feel like a princess for a day.  
Paint nails with face massage and the dream comes true.*

**approx. 25 min. » € 35,00**



# General information

To guarantee the preferred appointments we recommend to book the treatments with the room reservation. You are welcome to **book** by phon (+39 0471 707 237), email [info@abinea.com](mailto:info@abinea.com) or in person at the front desk.

Please **arrive** at the beauty reception roughly 5 minutes before your appointment in a bathrobe.

If you are **unable to arrive** on time for your appointment, we hope that you understand that the treatment time cannot be extended.

Please let us know about your **health doubts**, illnesses and pregnancy before the reservation of an treatment – we are not liable for any subsequent reactions!

Here can always be something in between. So that we can still organize our schedule as best we can, we ask you to inform us of your cancellation at least one day in advance. In the event of a short-term cancellation or no-show on the booked appointment, we allow ourselves to charge the full treatment price.

With pleasure you can add the cost of your treatments on your hotel bill, or you can pay directly at the hotel reception.

Our Abinea sauna & relaxation area is a **quiet area**. We ask you to respect this.

**Children** under 14 are not admitted.

**For reasons of hygiene** as well as your personal wellbeing, please use the saunas without clothing. In the “dry” saunas it is obligatory to put a towel under the body.

## Opening hours of our SPA area

Dolomiti indoor swimming pool: 7 am–8 pm  
Panoramic sauna on the 5<sup>th</sup> floor: 1 pm–8 pm  
Skypool winter in panoramic terrace: 12 pm–8 pm  
Skypool in summer: 7.30 am–8 pm  
Sauna & relax area: 2 pm–8 pm  
On bad weather days the wellness area is open from 1 pm.

Every Saturday:  
Night Swimming with Lasershow

8 pm–10.30 pm



# SPA | Beauty | Sauna

- |     |                                      |    |   |
|-----|--------------------------------------|----|---|
| 1   | SPA entrance 1 <sup>st</sup> floor   | 21 | Vital swiss pine sauna                  |
| 2   | Mani- & Pedicure                     | 22 | Bio hay sauna                           |
| 3-5 | Massage & Beauty                     | 23 | Private Spa                             |
| 6+7 | Sunroom with relaxation beds         | 24 | Floating water tube for body packs      |
| 8   | Waiting corner beauty & massage      | 25 | Wet massage beds                        |
| 9   | Beauty reception                     | 26 | Entrance vitarium alpinum               |
| 10  | Solarium                             | 27 | Massage room                            |
| 11  | Dolomiti Pool                        | 28 | Relaxation room with relax beds         |
| 12  | Whirl massage bed                    | 29 | Foot whirl bath                         |
| 13  | Locker                               | 30 | Partner hay bath in the hay barn        |
| 14  | Entrance sauna & relax               | 31 | 4 senses water beds                     |
| 15  | Relaxation zone                      | 32 | Water fall with rain shower             |
| 16  | Relaxation room with hay beds        | 33 | Pine-rock-sauna                         |
| 17  | Salt cave with jacuzzi               | 34 | Infrared cabin                          |
| 18  | Scold room with crushed ice fountain | 35 | Drinking fountain                       |
| 19  | Kneipp parcour                       | 36 | 360° Infinity Outdoor Panorama Sky Pool |
| 20  | Mountain crystal steam bath          |    |   |







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