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Amadea...

Health, Wellbeing and Beauty Programmes

S. 2

Dear Guest

WELCOME

Our Amadea beauty team is looking forward to using their skills and expertise to illuminate your inner beauty and improve your wellbeing!

OPENING HOURS

The Amadea House of Beauty is open daily.

APPOINTMENTS

You can make an appointment in person at the hotel or beauty suite reception or by telephone, by dialling 9 or 640.

We would be grateful if you could make a reservation for treatments.

If you cancel your appointment at short notice (8 hours or less beforehand) or if you fail to attend, we will make a charge of 50% of the treatment cost.

Our bodies mirror our souls. If you are happy it will show in your appearance! A well-groomed outward appearance increases your general wellbeing, improves your self-confidence and gives you a new zest for life. You'll be pampered from head to foot by trained, skilled hands using high quality products in our beauty suite!

S. 3

The four pillars of wellbeing...

WINE

Vinotherapy helps to achieve a lasting firmness and smoother skin through a natural combination of active ingredients including grape seed or grape skin polyphenols.

GRAPESEED EXFOLIATION

This body exfoliating treatment helps to make your skin soft and clear. Ideal to prepare your skin for further treatments.

20 min. €34.00

WINE BATH & A GLASS OF WINE

This wine bath soothes the soul...

20 min. €31.00

WINE POMACE WRAP

in the soft pack recliner

A purifying and gently exfoliating whole body wrap that refines your complexion and leaves your skin with a fresh, tingly feeling.

30 min. €39.00

RED WINE WHEY WRAP

in the soft pack recliner

This wrap has a tightening and smoothing effect on your skin, leaving it feeling firm and beautiful.

30 min. €39.00

GRAPESEED HERBAL BALL MASSAGE

Enjoy this unique whole body massage and experience the rejuvenation of your body, mind and soul. This treatment bestows energy, improves the circulation to your muscles and helps you relax.

50 min. €66.00

APPLES

Our enzyme and pectin rich apple cosmetics from South Tyrol will leave your skin moist, supple and feeling fresh.

APPLE EXFOLIATION

This exfoliating treatment deep-cleanses your skin and helps it to breathe.

20 min. €29.00

APPLE WHEY BATH WITH APPLE JUICE

Ideal for delicate, sensitive skin. The precious active ingredients in the apple give this bath an intensely soothing, purifying and emollient effect.

20 min. €29.00

APPLE CREAM WRAP

in the soft pack recliner

This moisturising body wrap will help keep your skin soft and supple all day long.

30 min. €37.00

WHOLE BODY MASSAGE WITH APPLE OIL

The circulation is improved with this apple oil massage, which gives your skin a healthy and youthful appearance.

45 min. €54.00

ROSES

Roses that stir your senses...

Our roses not only smell good, but their essences have a healthful, aphrodisiac and balancing effect!

ROSEBUD BATH WITH A GLASS OF SPARKLING WINE

The rosebud bath is one of the noblest of baths! Enjoy the delicious scent of the roses and let your soul roam free...

20 min. €29.00

ROSE WRAP

in the soft pack recliner

A rich cream wrap with precious rose essences for velvety smooth skin.

30 min. €39.00

WHOLE BODY MASSAGE WITH ROSE OIL

Sympathetic relaxation massage with warm rose oils... dream a dream and relax!

45 min. €45.00

ROSE BALL FACIAL MASSAGE

This massage is a treat for your face using compresses filled with rose petals and a pleasant and gentle technique.

20 min. €39.00

MOUNTAIN HAY

Precious grasses, flowers and herbs from South Tyrol's alpine meadows for pure, natural treatments. Good for tense, rigid muscles, rheumatism, sciatica and spinal disc problems.

HAY BATH + TEA

This bath primarily has a detoxifying and purifying effect.

20 min. €29.00

HAY WRAP

in the soft pack recliner

The pleasant warm temperature of the hay bath opens up the skin's pores, and the effect of the vital ingredients helps the body to rid itself of toxins and waste products.

30 min. €39.00

HAY BALL MASSAGE

Your body is treated to a pleasant and relaxing massage with compresses filled with hay.

50 min. €66.00

S. 4

Allow us to tempt you into a world of Caribbean relaxation with our select elixirs and spa treatments.

FACIAL TREATMENTS

ST. BARTH FRESHNESS

Enjoy an intensive, relaxing and rejuvenating facial and décolletage treatment with fresh ingredients and a nurturing hand massage. You'll be left with clear, rejuvenated skin.

90 min. €88.00

ST. BARTH PURENESS

Experience a pampering facial, neck and décolletage treatment with a gentle hand massage. Your skin will be left clear, smooth and fresh looking.

90 min. €78.00

EXOTIC BEAUTY BATHS

ST. BARTH DREAM

Choose your favourite scent and enjoy

- a vanilla bath
- a lily bath
- a Tahitian gardenia bath ... or
- an Adonis bath - for him

20 min. €29.00

BODY TREATMENTS

ST. BARTH SOFTNESS

Nurturing exfoliating body massage with coconut oil, fresh papaya, natural yoghurt and extra fine Caribbean sea sand. For refined and velvety-smooth skin.

30 min. €38.00

ST. BARTH ELASTICITY

Rich clay body wrap with fresh pineapple mousse. The result is visibly refined and tightened skin.

30 min. €45.00

ST. BARTH SLIMNESS

Healthful and relaxing leg wrap followed by a draining massage. Ivy gel removes excess water, strengthens the veins and stimulates the lymphatic system. Menthol and camphor boost the microcirculation, refresh and enliven.

30 min. €35.00

ST. BARTH SENSATION

This creamy, silky body wrap intensively moisturises and is a delight for all of the senses. After the nurturing wrap, relax with a scented massage.
50 min. €55.00

ST. BARTH HARMONY

Soft pampering massage with oils of your choice. Coconut oil for dry skin, avocado oil for sensitive skin, or ivy gel and menthol oil to strengthen the tissues.
50 min. €54.00

St. Barth Packages

FLAMANDS

- St. Barth Softness – exfoliating body massage
 - St. Barth Elasticity – body wrap
 - St. Barth Harmony – relaxing massage
 - St. Barth Freshness – facial treatment
- 3.5 hours €200.00

GOUVERNEUR

- St. Barth Dream – exotic beauty bath
 - St. Barth Pureness – facial treatment
 - St. Barth Elasticity – body wrap
 - St. Barth Harmony – relaxing massage
- 1 – 2 days/4 hours €218.00

SALINE

1st day 2 hours

- St. Barth Softness – exfoliating body massage
- St. Barth Freshness – facial treatment

2nd day 3 hours

- St. Barth Dream – exotic beauty bath
- St. Barth Sensation – body wrap and relaxing massage
- St. Barth Pureness – facial treatment

3rd day 1.5 hours

- St. Barth Elasticity – body wrap
 - St. Barth Harmony – relaxing massage
- €349.00

S. 5

The holistic Piroche Cosmétique method gently breaks down energy blocks, opens and stimulates energy pathways and returns the body, mind and soul to their natural balance.

FACIAL TREATMENTS

All therapies take your specific individual problem areas and needs into account and treat them accordingly (wrinkles, broken veins, skin impurities etc.).

FACIAL CLEANSING

Cleansing, exfoliation, eyebrow shaping, massage and / or mask, skincare. Gives your skin new energy and vitality.

55 min. €60.00

BIOENERGETIC FACIAL TREATMENT WITH MODELLING MASK

Cleansing, exfoliation, bioenergetic cupping using Bioaromi products, modelling mask. Leaves your complexion looking more luminous and even.

85 min. €88.00

NEW: EXPRESSIONS FACIAL CARE NATURAL LIFT

Intensive treatment for reducing laughter and frown lines. The firmness of your skin is strengthened and its appearance becomes smoother. Immediately visible results.

85 min. €88.00

NEW: NOESIS FACIAL CARE

Revitalising moisture and vitamin cocktail. Stimulates skin regeneration. Leaves your skin with a natural freshness and vitality.

85 min. €88.00

BODY WRAPS

ALGAE BODY WRAP

Provides the skin with minerals, moisture and nutrients and has a purifying effect, leaving the skin more resistant.

30 min. €36.00

ALGAE ENERGY WRAP

Experience the interplay between warm yang, cold yin and balancing, relaxing algae wraps. These are applied in combination to the different areas of the body.

30 min. €38.00

BODY TREATMENTS

BIOENERGETIC BACK TREATMENT

Energy balancing cupping for the back using Bioaromi products, followed by an algae wrap.

50 min. €68.00

BIOENERGETIC BODY TREATMENT

Tension, cellulite and other physical symptoms are the result of energy imbalances. Efficient energy cupping purifies the tissues and encourages cell reactions. The body's equilibrium is restored.
50 min. €62.00

BODY EXFOLIATION

This treatment gently removes dead skin cells. The skin is thus better able to absorb active ingredients and feels velvety smooth.
20 min. €25.00

ANTI-CELLULITE TREATMENT

The affected areas are treated using bioenergetic cupping and individually tailored Bioaromi products to achieve optimal purification, strengthening and tightening of the tissues.
45 min. €45.00

LEG WRAP

For visibly slimmer and lighter legs. A cooling algae pack provides the body with vital minerals and nutrients and tightens the skin. The tissues are purified, leaving you to experience a new feeling of lightness!
50 min. €68.00

BATHS

Enjoy the delicate mix of select essential oils. After a joint consultation, your bath will be individually tailored to your needs. Even after only one bath you'll feel the purifying, tightening and relaxing effects!

ALGAE BATH

Stimulates the circulation enabling cell renewal; suited to treating cellulite.

RELAXING BATH

Dive in for the ultimate in relaxation!

SPORTSPERSON'S BATH

Special essential oils help the body to break down the lactic acid that builds up during sporting activity.

ENERGY BATH

A real freshness and energy boost for the body.

PURIFYING BATH

Purifying and perfectly moisturising.

20 min. €34.00

Massages

NEW: OBERWIRT'S FITNESS MASSAGE

Our Amadea beauty team has developed an in-depth massage for you. The body's tissues are activated and circulation is boosted using stimulating essential oils and tapping techniques on key points around the body. Special attention is paid to the back and neck muscles. In addition, individual reflex zone points on the feet are stimulated.

50 min. €55.00

DRAINING MASSAGE

Gentle pumping movements stimulate the blocked tissue fluids – known as lymph – to help them drain from the body. It has a purifying effect leaving your skin silky and glowing.

50 min. €57.00

CLASSIC MASSAGE

Sympathetic, in-depth massage, good for muscle tension and reducing stress. With gentle or firm pressure, individually tailored to suit every need.

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|-----------------------------|----------------|
| Whole body massage | 50 min. €50.00 |
| Partial body massage | 25 min. €33.00 |
| Facial – décolletage - neck | 25 min. €33.00 |

WHOLE BODY MASSAGE WITH WARM SCENTED OILS

You'll be transported to a state of wellbeing, regeneration and relaxation, and the nervous system will be soothed and tension eased.

50 min. €54.00

MUSCULAR MASSAGE

We recommend this deeply relaxing massage, carried out using a special forearm technique, for after a strenuous walk. It helps to improve the posture and alleviates muscle tension.

45 min. €57.00

HOT STONE MASSAGE

Ancient healing method with hot lava stone energy from the centre of the earth. Muscle tension is relieved and the hot stones activate the energy in the body's meridians. It leaves you with a pleasant feeling of weightlessness and wellbeing.

50 min. €57.00

FOOT REFLEX ZONE MASSAGE

Pressure point massage of the soles of the feet. This technique works on the principle that specific body parts are linked via the nerve tracts to certain organs of the body. Painful areas of the feet are soothed by the massaging, and the body is stimulated and stress reduced.

| | |
|---------------|----------------|
| Feet | 25 min. €36.00 |
| Feet and back | 50 min. €57.00 |

S. 7

Body wraps

MINERAL MUD (FANGO) BODY WRAP

in the soft pack recliner

The heat from this wrap penetrates deep into the skin and reaches the deepest tissue structures, relieving painful tension.

| | |
|--------------|----------------|
| Whole body | 30 min. €36.00 |
| Partial body | 20 min. €29.00 |

OIL OF EVENING PRIMROSE WRAP

in the soft pack recliner

The rich oil of evening primrose provides maximum moisture and works against the aging process of the skin. Recommended for sunburn, neurodermatitis and very dry, sensitive skin.

30 min. €39.00

MINERAL OIL WRAP

in the soft pack recliner

The fossil mineral oil is extracted from oil shale. It alleviates joint pains, tension and rheumatic pain.

30 min. €36.00

Beauty treatments

WALK ON AIR...

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|-------------------------------------|--------|
| Pedicure | €41.00 |
| Pedicure with nail varnish | €45.00 |
| Foot exfoliation with paraffin wrap | €38.00 |

YOUR PERSONAL CALLING CARD: YOUR HANDS!

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|-------------------------------------|--------|
| Manicure | €29.00 |
| Manicure with nail varnish | €33.00 |
| Hand exfoliation with paraffin wrap | €38.00 |

A REAL EYE-CATCHER!

| | |
|---|---------------|
| Eyelash dyeing | €18.00 |
| Eyebrow colouring | €8.00 |
| Colouring for both eyelashes and eyebrows | €22.00 |
| Eyebrow shaping | €9.00 / 18.00 |

DEPILATION

| | |
|--------------------------|--------|
| Full leg and bikini area | €47.00 |
| Bikini area | €15.00 |
| Lower leg to the knee | €25.00 |
| Underarms | €15.00 |
| Top lip | €10.00 |

DAYTIME AND NIGHTTIME MAKE-UP
€19.00 - €29.00

NAIL VARNISH APPLICATION
€8.00

Beauty packages

BEAUTY DAY FOR LADIES

- Exfoliating treatment
- Bioenergetic facial treatment with modelling mask and ampoule
- Manicure with paraffin wrap
- Pedicure with nail varnish
- Make-up

5 hours €210.00

BEAUTY DAY FOR GENTLEMEN

- Whole body massage
- Facial treatment
- Manicure with paraffin wrap
- Pedicure

4 hours €180.00

AMADEA TASTER PACKAGE FOR LADIES AND GENTLEMEN

- 2 exfoliating treatments
- 2 Oberwirt's fitness massages
- 2 NOESIS facial treatments
- Pedicure

3 hours per person, price for 2 pers.

€305.00

The "four pillars" treatments

WINE

- Grapeseed exfoliation
- Wine bath & a glass of wine
- Red wine whey wrap or wine pomace wrap
- Grapeseed herbal ball massage

2.5 hours €150.00

APPLES

- Apple exfoliation
- Apple whey bath with apple juice
- Apple wrap
- Massage with apple oil

2.5 hours €135.00

ROSES

- Rosebud bath with a glass of sparkling wine
- Apple cream wrap
- Massage with rose oil
- Rose ball facial massage

2.5 hours €140.00

MOUNTAIN HAY

- Hay bath and tea
- Hay wrap
- Hay ball massage

2 hours €120.00

S. 9

The Waldner Family
I – 39020 Marling close to Merano