

Beauty & Wellness



HOTEL
GARDENA
GRÖDNERHOF

Gourmet Hotel & Spa
★★★★★



BEAUTY JOURNAL



Anais

ANAIS BEAUTY FARM IN THE NAME OF THE ROSE

In the same way that the delicate Anais rose is the symbol of natural beauty and harmony, our Anais Beauty Farm holds the secret to a fresh and radiant appearance, a reflection of inner harmony.

Put yourself in the expert hands of the Anais team that will recommend the most suitable treatments to satisfy your specific needs.

ANAIS



HARMONY AND VITALITY

TIME FOR YOURSELF

THE BEST OF NATURE AND MODERN TECHNOLOGY

Anti-age, anti-cellulite, firming, detoxifying and moisturising programs. Our team of qualified professionals, with years of experience and specific training, uses old, natural and time-tested treatments, modern hi-tech methods and top-of-the-line products. You'll obtain visible and verifiable results and quickly rediscover your mental-physical wellness with these high-quality products and professional skills.

COMPLETE PROGRAMS FOR EXCELLENT RESULTS

The Anais Beauty Farm proposes Thalasso baths and treatments, beauty packages and cures, baths, packs, massages, cosmetics, Ayurveda and many other absolutely effective traditional or innovative treatments.

All our proposals - special mini-programs, multiple day programs or personalised beauty treatments - are based on a holistic approach that fully respects the person considered as a single entity of body, mind and spirit. This strengthens and optimises the efficiency of each treatment - and you can really see the results!





SENSAI
Kanebo
INTERNATIONAL

SENSAI TREATMENTS

BODY TREATMENTS

BENGAI BODY TREATMENT

Two-part course to gently remove surface cells, while moisturising and cleansing the skin. Your skin will be firmer, more radiant and delicately scented with our refreshing Green Tea Fragrance.

(90 min.)

€ 113.00

OTO (RUSTLE)

ANTI-AGEING HAND TREATMENT

Zone-specific treatment for improved texture and a more even skin tone.

(30 min.)

€ 43.00



SENSAI TREATMENTS

FACIAL TREATMENTS

SENSAI BEAUTY PREMIER FACIAL TREATMENT

Deluxe anti-ageing facial treatment featuring the most potent and luxurious SENSAI products.

(90 min.) € 170.00

SHIRABE (TUNE) ADVANCED ANTI-AGEING FIRMING FACIAL TREATMENT

Intensive therapy to prevent sagging and improve resilience. Your skin will feel wholly revitalised, with new elasticity and visibly reduced lines.

(90 min.) € 125.00

ONKAN (ACOUSTIC) ADVANCED ANTI-AGEING LUMINISING FACIAL TREATMENT

Intensive therapy to counter dullness and discoloration.

(90 min.) € 120.00

SOU (PLAY) PURIFYING FACIAL TREATMENT

Relaxing therapy for oil control and refinement.

(90 min.) € 102.00

YURAGI (SWING) EARLY AGEING SILK TOUCH TREATMENT

Deeply moisturising treatment to boost cell vitality for specific skin types.

(90 min.) € 102.00

RITSUDO (RHYTHM) ADVANCED ANTI-AGEING LIFTING FACIAL TREATMENT

Intensive therapy to tone facial muscles to counter sagging around the eyes, cheeks, mouth and facial contours.

(90 min.) € 145.00

FOR MEN

WASEI (HARMONY) ANTI-AGEING FACIAL TREATMENT FOR MEN

Intensive anti-ageing therapies for specific needs and skin types, with head massage.

(80 min.) € 115.00



Thalasso

THALASSO BEAUTY AND VITALITY



THE INTRINSIC QUALITIES OF THE SEA HAVE BEEN RECOGNISED SINCE ANCIENT TIMES

The Greek word “thalassa” means “sea” and today it refers to one of the most efficient treatments to regenerate, invigorate and detoxify the body. Seawater is rich in mineral salts, vitamins and trace elements that sea alga contains in high concentrations. The exclusive micro-éclatage procedure maintains all the properties of the alga, thus taking full advantage of its active principles while enhancing the extensive regeneration process throughout the body.

THE BEST WAY TO MAKE YOURSELF FEEL GOOD

Our Thalasso treatments include algae and mud packs, revitalising baths and hydromassages, as well as extremely effective enhanced tolerability body and facial treatments. All treatments are personalised to satisfy individual needs and produce different beneficial effects - detoxifying, regenerating, slimming, invigorating and all while eliminating fatigue and revitalising the body.





THALASSO

FACIAL TREATMENTS

FACIAL TREATMENTS WITH PEELING, MASK AND MASSAGE

From a cosmetic point of view, the face needs special care since its delicate balance is constantly affected by external factors, including pollution as well as direct exposure to sunlight, wind and atmospheric agents. With this in mind, the special active principles extracted from the sea, which are always well tolerated and suitable for all types of skin, are particularly effective.

AQUARELLE

Rebalancing and purifying mineralising treatment with micro-éclatées algae.

€ 105.00

ÉCLAIRCISSANT TREATMENT

With *Palmaria palmata* alga and liquorice and daisy extract, this treatment makes the skin brighter while reducing the size and intensity of age spots.

€ 109.00

β.H.A. TREATMENT & MATRIX MASK

With a base of delicate algae, this treatment improves and brightens the skin.

€ 109.00

PURE COLLAGÈNE MASK

Sea collagen helps to prevent wrinkles while making the skin smoother and velvety soft.

€ 113.00

THALGOGIVE FERMETÉ MASK

This specific mask restores the skin's tonicity and elasticity.

€ 109.00

INTENSIVE ANTI-WRINKLE TREATMENT

A refreshing gel mask for a visible tightening effect: thanks to the hyaluronic acid microspheres, the skin immediately begins to glow, becoming brighter and more turgid.

€ 113.00

THALGODERM ANTI-AGE TREATMENT

Particularly suitable for mature skin to restore elasticity.

€ 109.00

COLD MASK

A special anti-stress treatment that soothes and refreshes, it's perfect for sensitive skin with a predisposition for couperose (rosacea). It attenuates small wrinkles and reactivates the metabolism.

€ 105.00

MICRODERMOABRASION

A particularly effective peeling treatment that's perfect for preparing the skin for sub-sequent treatments and for optimising results.

€ 120.00

L'ELIXIR "EXCEPTIONAL CARE" TREATMENT WITH ENERGYLIFT MASSAGE

With a surprisingly effective and rich extract of natural algae hormones, the L'Elixir serum improves the structure and elasticity of the skin, actively working to reduce wrinkles and enhance brightness, while stimulating the skin's vitality.

€ 120.00

THALGODERMYL TREATMENT

A rebalancing treatment for greasy skin with impurities that regulates excessive sebaceous secretions, helps combat impurities and soothes irritated skin.

€ 113.00

MODELLING MASK TREATMENT

The combined action of mineral salts and heat has an immediate tensor effect: facial features appear more tonic and smoother.

€ 113.00

MASK FOR EYE & LIP CONTOURS

A concentrate of active principles extracted from algae and plants that minimise the signs of aging - for a look that's always young and fresh.

€ 70.00

WARM BIO-MARINE TREATMENT

A gentle treatment indicated for dry and irritated skin that needs nutrient and restorative care. Deep moisturising helps the skin to rediscover wellness, softness and elasticity and to appear fresh and bright.

€ 109.00

MASCULINE BEAUTY: SOMETHING REALLY IN THALGO MEN SOIN OCÉAN

"Bleue Vitale" algae facial treatment: regenerates while purifying the skin, producing a revitalizing and energizing effect.

€ 95.00

SPECIFIC SÈVE MARINE TREATMENTS

INTENSIVE MOISTURISING TREATMENT

Restores the moisturising balance of all facial cells. Revitalised, the skin becomes softer and brighter. This treatment immerses the skin in a real moisturising bath. Ideal for young and dehydrated skin.

€ 95.00

REVITALISING HYDRA-MASK TREATMENT

For dehydrated and neglected skin that feels dry. Thanks to the active moisturising principles, the skin becomes fresh and tonic.

€ 109.00

ABSOLUTE RE-MOISTURISING PATCH TREATMENT

Effective on all types of skin, this treatment is particularly suitable for extremely dehydrated and neglected skin that's been overexposed to the sun. Sève Marine and sea collagen re-moisturise the skin, restoring its elasticity. The feeling of dryness disappears and there is a reduction in the number of small wrinkles caused by dehydration. The skin becomes smoother, while the features are relaxed, and practically regenerated.

€ 113.00

THALASSO

BODY TREATMENTS



BODY TREATMENTS

In addition to being extremely effective against cellulite and solving other weight problems, all Thalasso body treatments are also very relaxing, restoring wellness to the body and the spirit.

AROMACÉANE PACK

A reducing, detoxifying, regenerating and relaxing program for the body. Full of minerals, natural mud from the Dead Sea eliminates muscular tension, helps to get rid of toxins and improves the surface of the skin, making it softer and more attractive..

- Aromacéane Intensive (60 min.) € 80.00
- Aromacéane with peeling (75 min.) € 92.00

ALGAE PACK

The force of nature and heat to kick-start the metabolism, invigorate and detoxify, producing extremely positive results.

€ 67.00

THALGOMINCE PACK

A slimming and strengthening body treatment that moisturises and softens the skin.

€ 77.00

ALGAE GEL PACK

This algae extract gel, with its moisturising and remineralising effect, stimulates the metabolism while getting your figure back into shape.

€ 67.00

ALGAE MODELAGE

A slimming and invigorating body massage.

€ 69.00

SLIM & SCULPT

Redesigns your figure and firms the skin. A treatment with a concentrated biological chocolate base, creating an anti-cellulite and reducing effect, plus a concentrate of marine pro-collagen that firms and invigorates.

€ 93.00

BODY PEELING

Eliminates dead cells, making the skin softer and smoother. This treatment is particularly effective prior to Thalasso baths and body packs and is also recommended before sun-bathing or a solarium session, since it guarantees uniform tanning.

€ 45.00

AROMACÉANE MASSAGE

The effectiveness of algae and plants combined with ultra pure essential oils. Precious essences specially selected and blended to invigorate, slim, revitalise or relax, according to your specific needs.

€ 69.00

THALGOMINCE MASSAGE

Stimulates the circulation, invigorates and helps reduce localised adipose, while also making the skin softer and suppler.

€ 69.00

THALGO SCULPT

A firming body massage with Thalgo Sculpt Intensive Cream.

€ 69.00

NUTRITION INTENSE MASSAGE

A moisturising body massage with Nutrition Intense Cream for dry skin.

€ 69.00

FRIGI-THALGO WRAP

Slimming and firming hypothermal treatment against cellulite and water retention.

€ 60.00

ÉCLAIRCISSANT FOR THE HANDS

Specific treatment for hand age spots.

€ 70.00

MÉMOIRE OCÉANE

The new Thalgo spa ritual: a relaxing program that restores energy and revitalises.

- 1 Mémoire Océane body peeling. The skin becomes softer and brighter.
- 1 Sensation Océane bath. A delightful scent is permeated by the effervescent crystals, while the algae have a beneficial remineralising effect.
- 1 Neo Vital regenerating massage. Warm bags of scented salts and algae for a remineralising effect.
- 1 algae foam body pack. Makes the skin incredibly soft and silky.
- 1 refreshing and stimulating biological fruit tisane.

€ 150.00



THALASSO BATHS

SEA SALTS, ALGAE & ESSENTIAL OILS = RELAXATION, WELLNESS, PERFECT SHAPE

Experience all the pleasure of a real wellness bath, immersing yourself in a special tub with massaging jets where you will fully enjoy all the benefits of algae, sea salts and essential oils. The hydromassage will warm your body, naturally stimulating all functions. Rapidly assimilated by the skin, the 100% natural essential oils, selected based on their cosmetic effectiveness and olfactory qualities, generate a positive effect on the mind while optimising the treatment.

THALASELBAIN

Consisting of 95% selected marine salts and 5% micro-éclatées algae, this classic Thalasso bath relaxes, detoxifies, remineralises and invigorates.

€ 48.00

ALGAE BATH

A highly concentrated form of micro-éclatées algae bath to regenerate the entire body - a revitalising bath that will also slim and trim.

€ 50.00

ALGAE BATH WITH ESSENTIAL OILS

Algae & Essential oils = Wellness for the body and the mind.

Ideal against cellulite and for losing weight, algae baths with the best essential oils help to drain, slim and relax or stimulate.

€ 54.00



THALASSO PROGRAMS

DELUXE THALASSO

- 1 body peeling with sea salts
- 1 algae bath with essential oils
- 1 algae gel pack
- 1 algae modelage
- 1 Thalgomince massage
- 1 Sève Marine facial treatment

€ 371.00

THALGO SILHOUETTE WEEK

- 1 Aromacéane mud pack with peeling
- 1 algae body pack
- 2 algae baths with essential oils
- 2 Thalgo Sculpt massages
- 2 drainage massages

€ 483.00

3-DAY THALASSO

- 1 body peeling with sea salts
- 1 algae bath with hydromassage
- 1 algae body pack
- 1 partial drainage massage
- 1 Thalasso facial treatment (90 min.)
- 1 classic body massage
- 1 manicure
- 1 pedicure with herbal footbath and foot massage

€ 435.00

THALASSO MINI-PROGRAM

- 1 body peeling with sea salts
- 1 Thalaselbain with hydromassage
- 1 algae body pack
- 1 body massage with Thalgo Intensive Cream

€ 206.00

THALASSO WELLNESS FOR WOMEN AND MEN

- 1 Thalasso facial treatment (90 min.)
- 1 body peeling with sea salts
- 1 Thalaselbain with hydromassage
- 1 back massage
- 1 Aromacéane massage

€ 276.00

THALASSO RELAX

- 1 Aromacéane Intensive pack
- 1 massage with Thalgomince extract

€ 134.00

THALGOMINCE ANTI-CELLULITE

- 1 Thalgomince body peeling
- 1 algae body pack
- 1 algae gel pack
- 2 Thalgomince body packs
- 5 Thalgomince modelages

€ 610.00

Sothys

 **SOTHYS**
PARIS

NEW ENERGY AND WELL-BEING BODY TREATMENTS

SECRETS DE SOTHYS

An exceptional intensive treatment with body peeling, followed by a massage that rebalances stressed skin. It tightens, moisturises and regenerates the skin while creating a feeling of diffuse wellness.

€ 115.00

SOTHYS HOMME RELAX

1 body peeling
1 Aroma-Sothys Relaxant bath
1 Aroma-Sothys Relaxant massage
1 facial treatment

€ 223.00

AROMA-SOTHYS RELAXANT

To stimulate the skin and all the senses! Inebriating scents, embracing feelings of total wellness.

A body peeling with aromas and essential oils followed by an Aroma-Sothys massage, with an herbal bag soaked in picarel oil and a mix of ginger, nutmeg, orange and tangerine oils, make the skin silky and bright, stimulating all the senses.

€ 100.00

CULTE MINCEUR

With this treatment the massage is concentrated on those parts of the body to treat with a serum that acts on the metabolism of fats, while draining and remodelling. This is followed by an algae wrap with green tea extracts and vitis vinifera polyphenols.

CULTE MINCEUR PROGRAM (6 DAYS)

1 body peeling
3 Culte Minceur treatments
3 anti-cellulite massages

€ 475.00

CULTE MINCEUR PROGRAM (3 DAYS)

1 body peeling
2 Culte Minceur treatments
1 anti-cellulite massage

€ 270.00



SOTHYS

FACIAL TREATMENTS

SECRETS DE SOTHYS TREATMENT

An intensive anti-aging facial treatment. It reduces small wrinkles, moisturises and revitalises the skin, improving its natural tone and strengthening its natural defences.

€ 120.00

HYDROPTIMALE INTENSIVE TREATMENT

A fabulous bath of freshness: completely moisturised, the skin becomes softer and more tonic in an atmosphere of absolute wellness.

€ 109.00

INTENSIVE COLLAGÈNE HYALURONIQUE TREATMENT

This intensive anti-aging treatment is personalised based on the degree of the skin's aging. It restores brightness to the face and has a lifting and anti-wrinkle effect.

€ 110.00

ÉCLAIRCISSANT TREATMENT

Clarifying treatment to correct spots and prevent them from appearing.

€ 109.00

SEBO-REGULATOR INTENSIVE TREATMENT

A "complexion purity" treatment for greasy and impure skin that soothes and repairs thanks to the concentrated vegetal active principles.

€ 107.00

FLASH BEAUTÉ SPECIFIC TREATMENT

Anti-stress treatment with vitamin C to make the skin shine.

€ 85.00

EYE CONTOUR SPECIFIC TREATMENT

A treatment that decongests the eyelids and smoothes the contours of the eye.

€ 70.00

"HOMME" FACIAL TREATMENT FOR MEN

Mini facial treatment with Sothys products formulated especially for men. 60 minutes of wellness to detoxify the skin and to relax the body and the mind.

€ 95.00



Beauty

BEAUTY AND WELLNESS PROGRAMS

DELUXE BEAUTY SPECIAL

- 1 classic facial treatment (90 min.)
 - 1 relaxing facial massage with active principles
 - 1 Thalaselbain with hydromassage
 - 1 classic body massage
 - 1 partial classic body massage
 - 1 manicure
 - 1 pedicure with herbal footbath and foot massage
 - 1 oriental bath with soap massage
 - 1 creamy bath with evening primrose oil
- € 452.00

BEAUTY SPECIAL (1 DAY)

- 1 classic facial treatment (90 min.)
 - 1 body peeling with sea salts
 - 1 creamy bath with evening primrose oil
 - 1 deluxe manicure
 - 1 pedicure with herbal footbath and foot massage
- € 259.00

BEAUTY MINI-PROGRAM

- 1 Cleopatra bath
 - 1 classic facial treatment (90 min.)
 - 1 deluxe manicure
- € 180.00

AROMA-WELLNESS

- 1 body peeling
 - 1 body pack with essential oils
 - 1 massage with essential oils
 - 1 bath with essential oils
 - 1 Pantai Luar
- € 267.00

ANTI-STRESS PROGRAM

- 1 anti-stress massage
 - 1 La Stone
 - 1 bath with essences of lavender and orange flower oil
 - 1 Abhyanga body massage
 - 1 relaxing facial massage
- € 308.00

BEAUTY & WELLNESS (2 DAYS)

- 1 classic facial treatment (90 min.)
 - 1 exfoliation bath with mares
 - 1 classic body massage
 - 1 Abhyanga body massage
- € 277.00

MASSAGE WELLNESS PROGRAM

- 1 anti-stress massage
 - 1 massage combination I
 - 1 massage with essential oils
 - 1 partial classic body massage
 - 1 face and neckline massage
- € 273.00

RELAXATION & HARMONY SPECIAL MASSAGE PROGRAM

- 1 Lomi-Lomi
 - 1 Pantai Luar
 - 1 La Stone
 - 1 Abhyanga body massage
- € 432.00

ANAI'S FACE BEAUTY PROGRAM

- 1 microdermoabrasion
 - 1 revitalising moisturising mask
 - 2 intensive anti-wrinkle treatments
- € 409.00

WELLNESS PROGRAM FOR MEN

- 1 classic facial treatment (60 min.)
 - 1 Thalaselbain with hydromassage
 - 1 classic body massage
 - 1 mud pack
 - 1 back massage
- € 278.00

INDOCÉANE RELAXATION PROGRAM

A marvellous and totally innovative relaxing and revitalising ritual with essential oils and holistic techniques that will make your skin smooth and soft as silk.

- 1 delicate full body peeling
 - 1 relaxing milk bath
 - 1 QI-Balm body massage, with traditional Indian oils, performed according to Ayurvedic and Asian techniques.
 - 1 delightful moisturising body wrap
 - While you sip on a delicious Indocéane infusion, you'll feel wonderfully relaxed and invigorated, bursting with energy and vitality
- € 150.00

PRE- AND POSTPARTUM BEAUTY PROGRAMS

MOTHER-TO-BE PROGRAM

Beauty & Wellness program for expectant mothers.

- 1 classic facial treatment (90 min.)
 - 1 rose petal bath
 - 2 leg drainage massages
 - 1 manicure
 - 1 pedicure
- € 326.00

POSTPARTUM BEAUTY PROGRAM

To get back into shape.

- 1 body peeling with sea salts
 - 1 Thalgomince pack
 - 1 Thalgomince massage
 - 1 algae gel pack
 - 1 algae modelage
 - 1 anti-cellulite massage
- € 356.00

LIGHT LEGS AND BEAUTIFUL FEET PROGRAM

To alleviate swollen legs.

- 1 Frigi-Thalgo wrap
 - 1 leg drainage massage
 - 1 plantar massage
 - 1 Abhyanga leg massage
 - 1 deluxe pedicure with herbal footbath, foot pack and massage
- € 275.00

SINGLE BEAUTY TREATMENTS

FACIAL TREATMENTS

- Classic facial treatment (skin analysis, peeling, vapozone, deep cleansing, phial, massage, pack) (120 min.) **€ 120.00**
- Classic facial treatment (90 min.) **€ 95.00**

BODY TREATMENTS

- Body peeling **€ 45.00**
- Anti-cellulite treatment **€ 60.00**
- Breast lifting firming treatment **€ 66.00**
- Back beauty treatment **€ 69.00**

THE CLASSICS

- Eyelash and eyebrow dyeing **€ 33.00**
- Eyebrow dyeing **€ 20.00**
- Eyelash dyeing **€ 24.00**
- Eyebrow correction **€ 14.00**
- Day make-up **€ 50.00**
- Evening make-up **€ 53.00**

DEPILATION

- Partial (half leg) **€ 53.00**
- Full leg **€ 63.00**
- Bikini line **€ 20.00**
- Underarms **€ 20.00**
- Arms **€ 36.00**
- Upper lip **€ 14.00**
- Chin **€ 22.00**
- Back **€ 32.00**
- Permanent depilation (60 min.) **€ 63.00**

HAND & FOOT TREATMENTS

- Manicure **€ 40.00**
- Deluxe manicure with hand pack and hand massage **€ 55.00**
- French manicure **€ 45.00**
- French pedicure **€ 63.00**
- Pedicure with herbal footbath and foot massage **€ 58.00**
- Deluxe pedicure with herbal footbath, foot pack and massage **€ 73.00**
- Exclusive pedicure with revitalizing foot whirlpool **€ 62.00**



Baths

BATHS AND PACKS

THE RITUAL OF THE BATH

To draw energy from nature. The skin acts as the intermediary between our body and the environment. The active principles of premium natural products – such as grapes, clay, mud, rose petals and orange flowers – carry out a highly effective protective and soothing action. And your skin will thank you for it.

SOFT-PACK METHOD

GRAPE PACK

Grapes contain numerous active principles that are highly effective against skin blemishes and signs of ageing. In particular, grape extracts revitalize and purify the skin, moisturising and brightening it at the same time.

€ 50.00

CREAMY BATH WITH EVENING PRIMROSE OIL

A creamy, moisturising and nutrient bath that's particularly suitable for skin that tends to age prematurely. This bath moisturises the skin while nourishing its upper layers.

€ 50.00

CLAY PACK

Very fine clay contains premium mineral substances and trace elements. The clay pack stimulates the metabolism and generates a very effective cosmetic effect.

€ 50.00

EXFOLIATION BATH WITH MARCS

Natural fruit acids to smooth and firm the skin. Effective peeling with a fruit acid base is a treatment known since ancient times. The marcs we use come from biological cultivations in which premium grapes undergo a very delicate pressing process that maintains all their vital active principles.

Thanks to the fruit acids of the marcs, the unnaturally thick horny layers are thinned while stimulating cell growth. Wrinkles are reduced and skin tone is improved.

€ 53.00

MUD PACK

Mud packs are a hot-moist treatment that act on the skin and on the muscles, eliminating all tension. A cycle of mud packs revitalises, with beneficial effects for the metabolism and the joints.

€ 50.00

CLEOPATRA BATH

A milk-cream-oil formula for a moisturising and re-mineralising bath.

€ 48.00

AROMATIC PACK

The special aromatic essences, the highly effective oils and the creams of this aromatic pack restore harmony, energy and vitality.

€ 48.00

IMPERIAL TUB

BATH WITH ESSENTIAL OILS

A beneficial bath rich in precious oils that makes the skin smoother and velvety soft. The exclusively all vegetal essential oils have a positive effect on the body, mind and spirit.

€ 38.00

ROSE PETAL BATH

A harmonising bath that cleanses and invigorates the skin.

€ 38.00

AROMATIC HERB BATH

Camomile, sage, nettle, lavender, rosemary, pine-needles. This bath has a relaxing, revitalizing or calming effect.

€ 38.00

CHOCOLATE AND CREAM BATH

A relaxing natural bath with cream and delicately scented bittersweet chocolate and aromatic orange essential oil.

€ 38.00

CLEOPATRA BATH WITH MILK

It's said that Cleopatra used to take baths in milk and oil. A mix of premium oils purifies the skin, while milk provides indispensable minerals, vitamins and trace elements.

€ 38.00

ORANGE FLOWER PETAL BATH

This bath has a beneficial, relaxing and calming effect.

€ 38.00

HAMMAM

ORIENTAL BATH

An ancient ritual performed on the Hammam for incredibly smooth skin.

- With soap massage € 53.00

SCOTTISH BATH

This original treatment from "Champneys", the renowned English beauty farm, is based on application of special sea salts from Bretagne. These salts have a very high concentration of minerals and active organic substances (mud and algae).

In particular, the high salt concentration corrects the pH and strengthens the skin's protective layer, enhancing the effectiveness and extent of the peeling treatment.

€ 45.00

Alpine

BEAUTY AND WELLNESS

THE ENERGY OF OUR MOUNTAINS

The mountains do not offer just relaxation, clean air and enchanting panoramas: alpine herbs and plants also have important natural properties that have been recognised for centuries. We take full advantage of the energy of our mountains to offer you truly special and highly effective wellness treatments.

BATH WITH MUGO PINE OIL

In the Alpine regions, mugo pine oil has always been used for curative purposes as an excellent natural remedy. A bath with mugo pine oil stimulates blood circulation in the skin, soothes joint pain, while also loosening and relaxing muscles. In addition, its balsamic and refreshing aroma clears respiratory passages.

€ 38.00

PEELING WITH MUGO PINE OIL

This special peeling with mugo pine flour - the exceptional flour obtained from dry pinecones - eliminates dead cells leaving the skin cleaned down deep. It stimulates blood circulation and, as a consequence, the skin is regenerated and rediscovers all its natural equilibrium.

€ 45.00

MASSAGE WITH MUGO PINE OIL

A massage with mugo pine oil is perfect after any sports activity: it eliminates tiredness, loosens muscle contractions, soothes joint pain and stimulates blood circulation, generating a relaxing and invigorating effect.

€ 69.00

SOUTH TYROL APPLE BATH

The regenerating force of nature. The pure alpha hydroxyl acids found in apples make the skin smooth and silky.

€ 38.00

APPEL PACK

Apples are one of the fruits with the greatest amount of active principles: they are bursting with minerals, microelements and vitamins. An apple pack using the Soft-Pack method allows the active principles to achieve their highest possible effectiveness, refreshing while making the skin ultra smooth.

€ 50.00

HAY BATH

The therapeutic powers of mountain hay have been known for centuries. The hay bath with Soft-Pack method combines the benefits of this old and natural treatment with today's hygienic standards, producing outstanding results. The hay bath induces profuse perspiration with only slight heating which prevents the cardio-circulatory system from being subjected to undue stress. It intensely stimulates the metabolism and alleviates muscular tension as well as respiratory system disturbances. It is also particularly suitable for rheumatic afflictions.

€ 50.00

GOAT BUTTER BATH

A goat butter bath enhances the moisture content of the skin while helping to reduce itching, thanks to the rebalancing action of the specific fatty acids. Particularly recommended for anyone with dry or very dry skin.

€ 50.00



Ayurveda

SEEKING THE WONDERS OF LIFE

AYURVEDA – THE SCIENCE OF LONG LIFE

To be in harmony, in peace with yourself and the rest of the world: these are the basic concepts of Ayurveda, the natural way to achieve mental-physical balance developed in India. This ancient, mysterious and fascinating holistic concept will help you to rediscover inner wellness.

AYURVEDA PROGRAMS

SOLACE FOR THE BODY AND THE SPIRIT

1 Abhyanga body massage
1 Shirodara

€ 150.00

AYURVEDA & RELAXATION

1 Abhyanga body massage
1 Marma massage
1 Kerala foot massage

€ 255.00

AYURVEDA WEEK

5 personalized massages

€ 423.00

AYURVEDA SHORT STAY

3 personalized massages

€ 253.00



AYURVEDA MASSAGES

ABHYANGA MASSAGE

The concept of Ayurvedic oil massage (Abhyanga) is entirely different from that of the classical massage techniques. That's because it balances the "Tridoshas" (Vata, Pitta and Kapha) and releases the stored up stress from the mind and the body. The oil massage is a very gentle and pleasant treatment that uses premium natural oils selected according to an individual's constitution. This massage has relaxing, rebalancing, detoxifying and revitalising effects.

- Abhyanga
 - body massage (50 min.) € 94.00
 - back massage (25 min.) € 55.00
 - leg massage (25 min.) € 55.00
- Mukabhyanga (25 min.) € 55.00

BALINIS MASSAGE

A relaxing massage with olive oil. (50 min.)

€ 94.00

KATEE VASTHI

During Katee Vasthi, a special treatment for those with back problems, lukewarm medicated oil is applied to the affected areas. (50 min.)

€ 98.00

UDVARTANA MASSAGE

This herb-based powder massage improves peripheral circulation and therefore improves complexion. Unlike the one that uses oil, this massage is rather energetic; it invigorates the skin, is energising and utterly enjoyable.

(50 min.) € 98.00

SHIRODHARA (FLOWING OIL ON THE FOREHEAD)

A constant and regular flow of warm oil is poured on the forehead. The Shirodhara creates profound relaxation and a calming effect and is also a very effective means of eliminating stress.

(25 min.) € 73.00

MARMA MASSAGE

It is an age-old healing technique in which a simple touch or a light massage on the vital points of the body, the Marmas, is used to balance the life force called Prana.

(50 min.) € 95.00

PIZHICHIL

This is a whole body warm oil application with massage that originated in Kerala, India. Pizhichil is an invigorating process that is also a very effective treatment for most illnesses arising from the derangement of Vata (air). It harmonises all the 5 sub-types of Vata, releasing toxins from joints and muscles. (50 min.)

€ 110.00

KERALA FOOT MASSAGE

This is a very unique massage using feet instead of hands. It reduces muscle tension and removes pain in the joints. It creates new energy while enhancing wellness. (50 min.)

€ 95.00

PINDA SVEDA

This treatment uses vegetable oil and hot gauze bags to stimulate blood circulation and the metabolism. It also relieves tension, while regenerating cells and improving muscle tone. (50 min.)

€ 96.00

PICHEU

Premium medicated oils are poured over the knee and foot joints. (25 min.)

€ 57.00

NETRA TARPANA

A special treatment in which the eyes are bathed in ghee (clear butter) warmed to body temperature. It rejuvenates tired eyes and alleviates irritation. (25 min.)

€ 57.00

NASYA

Special medicated oils for specific disturbances are applied through the nose. Nasya is particularly effective for treating headaches, migraines and insomnia. (25 min.)

€ 57.00

THALAM

A special powder, mixed with medicated oils, is applied to the head. This treatment is particularly effective against insomnia, headaches and migraines. (50 min.)

€ 97.00

UROVASTHI

Hot medicated oil is applied to the chest. It is very effective for treating respiratory problems or muscular chest pain. (25 min.)

€ 57.00

YOGA INDIVIDUAL YOGA

A yoga session tailored to your individual needs with our Ayurveda and yoga expert (certified therapist trained at the Kerala Ayurvedic & Panchakarma Institute, India).

(25 min.) € 30.00 (3 x 25 min.) € 60.00
(50 min.) € 60.00 (3 x 50 min.) € 120.00

Massages

SOURCE OF NEW ENERGY AND VITALITY

BODY MESSAGES

CLASSIC MASSAGE

Through a coordinated series of manipulations, the classic massage improves blood flow in tissues and circulation, eliminates tension, induces relaxation and improves overall wellness.

- Classic total body massage (50 min.) € 66.00
- Classic partial body massage (25 min.) € 50.00

ACTIVE MASSAGE

Suitable after sports activities: eliminates tension and relaxes the muscles of the back and the legs.

- (50 min.) € 66.00

BACK MASSAGE

The back massage focuses on problem areas, like the shoulders and the lumbar region. The muscles and the joints in these areas are massaged using different manipulation techniques. This massage improves blood flow, helps eliminate toxins and reduces muscle tension.

- (25 min.) € 50.00

CONNECTIVAL MASSAGE

This massage reduces muscle tension and improves blood circulation. It has a relaxing effect and helps get rid of sleep and digestion problems while eliminating stress since it acts on and rebalances the vegetative nervous system.

- (50 min.) € 68.00

TRIGGER POINT MASSAGE

The "Trigger Points" are interconnected tension points in muscle tissue that may cause pain and psychological discomfort. Thanks to a specific massage technique, these points are stimulated to reduce muscle tension.

- (50 min.) € 68.00



MASSAGES

REVITALIZING AND BEAUTY MASSAGES

MASSAGE WITH ESSENTIAL OILS

The combined action of the essential oils of aromatic plants, a soothing and delicate massage and relaxing music helps to recreate a harmonious mental-physical balance.

(50 min.) € 68.00

SYNCHRONISED MASSAGE

A massage using four hands at the same time and with synchronised movements. This massage has an extremely calming effect and is particularly suitable for people who find it hard to relax. The synchronised massage improves blood circulation while detoxifying, purifying and regenerating.

(50 min.) € 124.00

ANTI-CELLULITE MASSAGE

Stimulates the circulation, invigorates and helps reduce localised adipose, while also making the skin softer and suppler.

(50 min.) € 69.00

PLANTAR MASSAGE

The foot massage is not only a very effective method for eliminating stress and relaxing, but it also creates new energy while enhancing wellness.

(50 min.) € 69.00

(25 min.) € 52.00

DRAINAGE MASSAGE

This gentle drainage massage helps to eliminate liquids and toxins and therefore is the perfect way to support any weight-loss program. This massage eliminates muscle tension giving the entire body an immediate feeling of wellness.

- Complete drainage massage (80 min.) € 90.00

- Partial drainage massage (50 min.) € 66.00

COMBINATION MASSAGE I: PLANTAR MASSAGE AND BACK MASSAGE

The plantar massage eliminates any previous blocks before the back massage eliminates any muscle tension.

(50 min.) € 80.00

COMBINATION MASSAGE II: DRAINAGE MASSAGE AND CLASSIC MASSAGE

Draining, detoxifying and relaxing effect in a single massage.

(80 min.) € 90.00

ANTI-STRESS MASSAGE

A calming and rebalancing massage that creates a feeling of complete wellness.

(50 min.) € 66.00

HONEY MASSAGE

Designed specifically for the back, this massage restores energy, eliminates muscle tension and detoxifies.

(25 min.) € 51.00

FACIAL MASSAGES

- Face and neckline massage (25 min.) € 40.00

- Face and neck drainage massage (25 min.) € 43.00

- Facial massage with active principles (25 min.) € 51.00

MASSAGES

SPECIAL REVITALIZING MASSAGES

TIBETAN MASSAGE

This ancient massage, an essential part of Tibetan medicine, releases the flow of energy while restoring psychophysical balance. It eliminates stress and anxiety and is very effective against headaches and insomnia since it relaxes while regenerating, loosening the stiffness that creates tension and physical pain. It also facilitates lymphatic drainage, allowing the body to expel toxins, and helps attain greater awareness of one's body, releasing emotions.

(50 min.) € 93.00

LA STONE

A revolutionary treatment that combines the massage, the reactivation of the energy meridians and the beneficial effect of hot and cold stones, instilling the entire body with strength and vitality. Body energy is reharmonised and a feeling of well-being and inner peace spreads throughout the entire body. A truly extraordinary method that will surprise you.

(80 min.) € 105.00

THAI MASSAGE

A healthy way to relax. The traditional Thai massage, which originated more than 2500 years ago, is a unique combination of rhythmic massaging movements, pressure application and stretching techniques. It produces deep relaxation and relieves all tension in the motor system.

(80 min.) € 105.00

CALIFORNIAN MASSAGE

Does stress make you feel tense and worn out? The Californian massage enhances deep psychophysical relaxation, acting not only on the individual parts of the body but also on overall perception.

(80 min.) € 105.00

LOMI-LOMI

Enter the world of total relaxation. Lomi-Lomi is a holistic massage from Hawaii that reduces muscle tension while focusing on the person as a whole. Expansive and fluid massaging movements are combined with other actions to relax the joints and create energy. This massage uses warm

oils together with peaceful music to create a feeling of total relaxation and perfect wellness.

(50 min.) € 93.-

PANTAI LUAR

An incredibly relaxing massage. Pantai Luar is a special massage technique that comes from the Far East. First special warm oils are spread over the entire body and then a hot "bundle" of herbs is used to pat various parts of the body with rapid movements. Pantai Luar stimulates the immune system, activates cell growth and generates relaxing effects on the body and the spirit.

- Body massage (50 min.) € 96.00

- Back and leg massage (40 min.) € 85.00

ANAIS

BEAUTY FARM

RESERVATIONS

To reserve particular treatments at specific times, you should request them when booking your vacation.

Guests will be billed for any treatment appointments that are cancelled less than 24 hours before the reserved date and time.

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