

Similde  
**SPA**



*Welcome to the*  
**SIMILDE SPA**

At the beginning of twilight when a light, fresh breeze comes down to the valley from the red shining Rosengarten, tired hiking feet come to the Similde Spa. Experience a combination of old traditions and modern Spa science in our products and treatments.

*We live and work with the most intelligent laboratory in the world ... – nature – our biggest idol and partner.*

The Similde Spa is mirrored by ancient knowledge, local rituals and materials and plants from the beautiful surrounding mountain world. The medicinal herbs used and the force of the glacier give us many answers on a psychological and spiritual level, by mirroring the person

as a whole. These energies of nature and plants have been used by men as a source of health and recreation almost since ancient times. We want to use and pass on this knowledge because nothing is as honest and impressive as nature itself. This is why we have chosen Team Dr. Joseph Natural Cosmetics, excellent essential oils of leGalenica from the Sarca Valley in Trentino and Silberquarzit Experience from the Pfitscher Valley.

Simply leave the hustle and bustle of everyday life behind and enjoy unique moments of wellbeing.

**TREAT YOURSELF AND YOUR BODY TO SOME TIME OUT. WE ARE LOOKING FORWARD TO MEETING YOU!**

*Similde-Spa team*



#### SIMILDE SPA HOURS:

- **Treatments** from 9 am to 8 pm
- **Indoor Pool** from 7 am to 10 pm all the year round
- **Outdoor pool** in summer from 7.30 am to 8 pm  
in winter from 8 am to 10 am and 3 pm to 8 pm  
(possibility to open the pool on demand)
- **Natural lake** all day
- **Indoor sauna area** from 1 pm to 7.30 pm
- **Outdoor sauna and Whirlpool** from 2 pm to 7.30 pm

#### RESERVATION:

To ensure your preferred day/time slot, we recommend booking treatments from home, at least 2 weeks in advance.

[beauty@cyprinerhof.com](mailto:beauty@cyprinerhof.com) • Tel. +39 0471 64 21 43

As an alternative, you have the option to book either at the SPA reception upon your arrival or directly from your room by dialing extension 707.

#### SUGGESTION FOR YOUR PERFECT TREATMENT:

Please arrive at the spa reception 5 minutes in advance, wearing your robe and without wearing jewelry, making sure to put your phone on silent mode. Disposable underwear will be provided. We also suggest you to reserve a moment for yourself of at least 30 min./1h after the treatment and to hydrate yourself with plenty of water and/or purifying herbal teas.

#### RESCHEDULING, CANCELLATION, DELAY POLICY:

Appointments can be rescheduled/canceled free of charge up to 12 hours prior; otherwise, the full cost of the treatment will be charged. In case of delay, the duration of the treatment will be shortened by the amount of time of the delay, still charging the full cost.



Highlight!



## SILBERQUARZIT®

experience



### PRIMORDIAL RITUAL

Discover the immense energy of this prehistoric rock, highly composed of quartz, including some of the most rare and precious crystals like clear quartz, tourmaline, and zircon. Immerse yourself in an authentic ritual grounded in South Tyrolean folk tradition and the teachings of physician and alchemist Paracelsus. Through smoke cleansing with local plants, specially created binaural music, and „Slow Motion“ movements along the seven energy channels using warm

**105 MIN.**

oils and quartz stones, you are guided into a deep state of relaxation and meditation for an inward journey towards inner peace. This experience awakens the body's regenerative powers, reactivates the parasympathetic system stimulating the production of happiness hormones, and reduces stress levels. Escape the pressure of the digital age and return to primal peace to rediscover your true essence.

### BENEFITS

- Smoke Ritual with locally gathered plants, resins, and woods from high mountain areas combined with binaural music for deep relaxation and meditation;
- The back of the body (representing the past) is treated with a special „Slow Motion“ technique using warm mountain juniper oil, a fire element that purifies and invigorates;
- Dark quartzite stones heated and guided along the energy channels;
- A naturopathic purification technique using larch resin and silver quartzite crystals is performed on the front of the body (present/future) from the knee to the feet;
- The upper body is massaged with warm lavender oil to rediscover serenity and lightness;
- To conclude, refined floral essences are applied on 4 of the 7 energy centers to impart new strength and positivity.





### MINERAL SPORT DETOX

80 MIN.

Our bodies continuously undergo biochemical processes that are vital for life, leading to the accumulation of metabolic waste. This waste, much of which is acidic, needs to be neutralized or eliminated. If our system isn't functioning optimally—due to factors like poor diet, stress, a sedentary lifestyle, pollution, or medication use—an accumulation of acidic wastes that aren't adequately disposed of can occur.

Over time, this can lead to a range of (mostly inflammatory) issues associated with a condition known as acidosis. This is where the exceptional minerals contained in SilberQuarzit come into play, with their proven alkalizing effect. **Beyond this, the techniques used in the Mineral Sport Detox have a regenerative impact on the physical, emotional, and spiritual realms, imparting new strength and motivation.**



### BENEFITS

- The treatment begins with a juniper needle fumigation to stimulate lung activity and breathing, initiating the detoxification process;
- Binaural music is used to slow brain waves, reducing mental hyperactivity and compulsive thinking;
- A detoxifying application on the liver, kidneys, and soles of the feet using wild herb filters, sheep's wool, and warm dark quartz stones kickstarts metabolic processes;
- A deacidifying massage with Dead Sea salt at a basic pH level and silver quartzite for a peeling effect helps expel toxins through the skin;
- The session concludes with a purifying herbal tea to stimulate kidney and liver function and diuresis.
- This comprehensive detoxification treatment leverages the unique properties of SilberQuarzit alongside traditional and innovative techniques to cleanse, rejuvenate, and restore balance to the body and mind.



# leGALENICA

## AROMATHERAPY: MENTAL WELL-BEING

Researchers from Xiamen University in the south of China discovered in 2013 an effect of essential oils on the production of serotonin and dopamine. For this reason, we offer you the possibility, through the edible essential oils by leGalenica, Italian excellence that is 100% BIO and 100% NATURAL, to alleviate emotional stress in situations that cause anxiety and mood swings, affecting sleep quality.

This is achieved by acting on our subtle energies. You can enjoy all the benefits in the „ leGalenica RELAXING AROMA MASSAGE“, with oils selected through an aromatherapy consultation. The experience can also be continued at home with a wide selection that you can find in our hotel shop or enjoy the oils effects during the Aufguss ritual in our saunas.



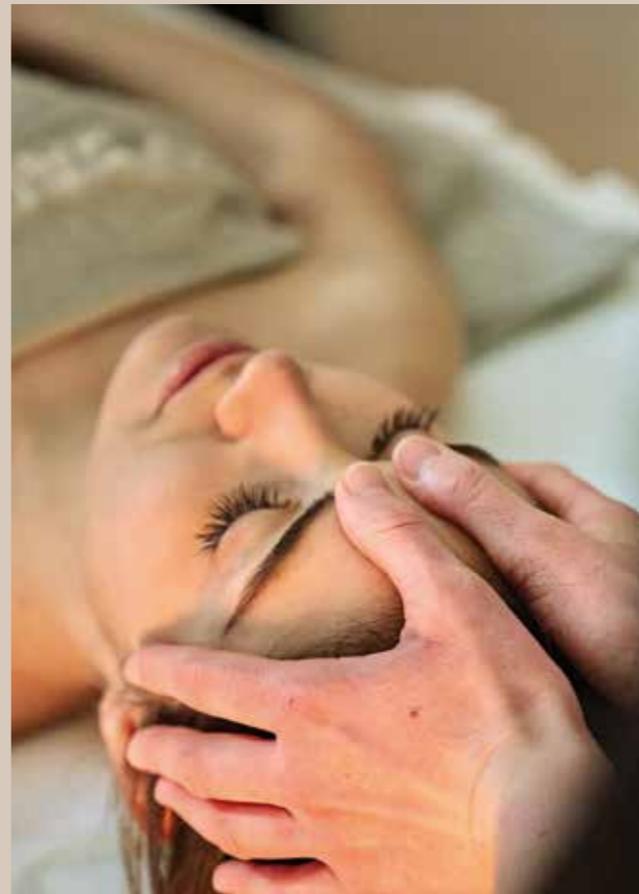
# leGalenica AROMA EXPERIENCE



## AROMA MASSAGE

65 MIN. / 80 MIN.

- A personalized olfactory experience with precious leGalenica oils;
- Skin is nourished and made more elastic by organic, cold-pressed coconut oil;
- Manual maneuvers activate circulation and tone tissues;
- Essential oils immediately stimulate deep emotions, evoking forgotten memories and sensations;
- Their fragrance activates the oldest parts of the brain where emotions reside, waiting to be awakened.



# PARTNER TREATMENT

*The pleasure of a partner treatment*

## AROMA COUPLE'S RITUAL

105 MIN.

- The same benefits as the „leGalenica AROMA MASSAGE“;
- Rest time in privacy to enjoy exquisite speck and cheese accompanied by traditional shuttle bread (salty choice) or alternatively our homemade strudel following tradition (sweet choice), all accompanied by a glass of fine wine (red, white, prosecco) or an excellent non-alcoholic South Tyrolean apple wine.

# TEAM D<sup>R</sup> JOSEPH

**TEAM DR. JOSEPH – SINCE 1986**

**HOLISTIC FACE & BODY TREATMENT AND  
HI-TECH CERTIFIED NATURAL SKINCARE**

Since 1986, Team Dr. Joseph has been synonymous with unprecedented quality and effectiveness, promising sustainable and result-oriented natural skincare. The bio-certified and multi-award-winning products follow a holistic approach tailored to individual needs, featuring active ingredient combinations from various plants, refined through high-tech processes to ensure optimal results. In addition

to myofascial massage techniques, facial and body treatments utilize special tools like floral pads, mouth-blown glass cups for biodynamic cupping, Kabuki brushes, Tibetan singing bowls, and more. For this B Corp certified family-owned company, commitment to quality and impact is always linked with a responsible approach towards nature and its resources.





# Face Treatments

*According to the  
Team Dr. Joseph Method*

## **INTENSE PURIFYING FACE TREATMENT** 50 MIN.

- A deep and intensive cleaning suited for all skin types;
- Ideal as the first step in a series of treatments;
- Revitalizes the skin for a uniform complexion;
- Visibly refines pores;
- Deeply purified and detoxified skin tissue;
- Perfect for young, impure skin with acne and imperfections.

## **SUPREME POWER LIFT FOR MEN** 50 MIN.

- A top-tier treatment dedicated to men;
- Deep cleansing and revitalization;
- Even skin tone and refined pores;
- A refreshing sensation of firmness and freshness;
- For deep relaxation and a well-groomed appearance.

## **EXPRESS EYE + FACE LIFT** 35 MIN.

- An eye contour treatment applying the Gua-Sha technique;
- Reduction of fine lines and expression lines;
- Improvement of lymphatic activity, reducing puffiness and swelling;
- More elastic and hydrated skin for a radiant look;
- Recommended in combination with a complete facial treatment or as maintenance.

## **SUPREME EYE + FACE LIFT** 50 MIN.

- Three types of massage: specific eye contour lifting with Gua Sha technique and special Mindfulness anti-stress;
- Lifting and remodeling of the entire facial oval;
- Glow effect: more brightness and even complexion;
- Improved lymphatic activity with a detox effect;
- Relief from tension: ideal for headaches and insomnia.

## **ULTRASONIC FACIAL LIFT** 50 MIN.

- Intensive peeling with ultrasonic, illuminating, and compacting;
- Stimulation of metabolism and cell regeneration;
- Deep conveyance of valuable active ingredients with electroporation;
- Ideal for dull, smoked, and UV-damaged skin;
- Revitalizing anti-aging for mature skin;
- Also suitable for impure skins and inflamed acne.

## **SUPREME ULTRASONIC FACIAL LIFT** 80 MIN.

All the benefits of the ULTRASONIC FACIAL LIFT plus:

- Ultrasound biostimulation for the synthesis of new collagen and elastin;
- Deep rebalancing action with special algae mask;
- Profound relaxing action thanks to the revitalizing massage of face, head, and nape.

## **CELLULAR RECREATION** 80 MIN.

- Immediate visible results; Deep activation of cellular regeneration processes;
- Special cleansing with warm compresses and glass cups;
- Excellent as both a preventive treatment and an anti-aging solution;
- Calming and soothing effect for sensitive and reactive skin.

## **ADVANCED BIO LIFTING** 110 MIN.

- A profoundly relaxing, comprehensive treatment/ritual;
- Dual lifting massage, biodynamic and neurodermic with warm herbal compresses;
- Firmed and lifted facial contours;
- Reduction of wrinkles and expression lines;
- Intense hydration for a pleasant sensation of comfort.



# BODY TREATMENTS

*According to the  
Team Dr. Joseph Method*

## HOLISTIC FACE + BODY RITUAL 110 MIN.

- VA combination treatment for face and body promoting deep relaxation and radiant skin;
- Eases tensions and improves physical and mental performance;
- Intensive regenerating facial treatment;
- Relief for pain in the back, shoulders, neck, and head areas through a massage with warm alpine herbal compresses;
- Customizable according to individual goals (detox, vitality, relaxation).

## SPORT & VITALITY BODY MASSAGE 50 MIN. / 80 MIN.

- Intensive sports massage for back and legs;
- Relieves fatigue and relaxes muscles and joints;
- Effective against deep-seated and persistent tension;
- Ideal after hiking and sports activities;
- Suitable before sports to enhance performance;
- Revitalizing for a sedentary lifestyle/work;
- Anti-inflammatory properties of alpine arnica.

## FIRMING & TONING BODY MASSAGE 65 MIN.

- A complete body massage targeting firming and slimming of contours;
- Intense and stimulating exfoliation with a special copper glove;
- Activation of metabolism and lymphatic system;
- Velvety and toned skin with the innovative brush massage;
- Optimal results in combination with the DETOXIFYING ALPINE FANGO BODY WRAP.

## LYMPHSTIMULATING MASSAGE 65 MIN.

- Stimulates lymph flow and strengthens the immune system;
- Decongesting and relaxing effect on connective tissue;
- Perfect for water retention and heavy legs;
- Reduces edematous accumulations and frees from toxins;
- Also suitable during pregnancy.

## DETOXIFYING CELLULITE TREATMENT 100 MIN.

- A combination of techniques and active ingredients for a deep purification and detoxification of the body;
- Enzymatic peeling across the body massaged with a luffa sponge;
- Special marine algae wrap with resting time on the special warm water bed "Nuvola";
- Stimulation of connective tissue with cupping using precious detox oil;
- Intensive bespoke full-body massage with FIRMING CELLULITE CREAM;
- Deflating, draining, and remodeling effect on abdomen, legs, buttocks, and arms.

## DYNAMIC FEET & LEGS MASSAGE 50 MIN.

- Re-energizing program for feet and legs;
- Decongestant action post-hikes and sports activities;
- Draining and toning effect;
- Lymphatic and parasympathetic system activation with a copper glove;
- Lightness and freshness for heavy legs and tired feet.

**REVITALIZING AND FIRMING  
ABDOMEN TREATMENT**

**50 MIN.**

- Decongesting and firming treatment for the abdominal area;
- Improves tone and elasticity of the skin;
- Relaxes blockages and tensions in the area considered our second emotional brain with Tibetan singing bowls;
- Ideal for sluggish intestines and abdominal swelling;
- Exceptional when combined with the DYNAMIC RECREATION BACK MASSAGE for back pain relief and postural rebalancing;
- Perfect as part of a detox or anti-stress program.

**DYNAMIC RECREATION BACK MASSAGE**

**50 MIN.**

- Reconstituting for the back and spine;
- Reactivation of musculature and relief from tension;
- Manual massage and cupping with precious plant extracts;
- Helps to relieve stress and accumulated tensions through the vibrations of Tibetan singing bowls;
- Stimulates and eliminates toxins through manual massage, cupping, and a warm roller;
- Improved flexibility and freedom of movement;
- Ideal in combination with RELAXING HEAD & NECK MASSAGE and REVITALIZING & FIRMING ABDOMEN TREATMENT.

**RELAXING HEAD & NECK MASSAGE**

**50 MIN.**

- Deeply anti-stress and relaxing at a physical and mental level;
- Perfect for disconnecting, removing „weights off the shoulders,“ and letting go;
- Ideal for insomnia, anxiety, and mental hyperactivity;
- Great relief for cervical pain and headaches;
- Promotes deep breathing in case of stress-related apnea;
- Special tapping technique with basalt sticks;
- To fill up with positive energy, calm the mind, and awaken the senses.



**ENERGIZING HERBAL STAMP  
POWER TREATMENT**

**65 MIN.**

- Reactivation of the entire musculoskeletal and circulatory system;
- Stimulates metabolism and immune defenses;
- Skin exfoliation through the peeling effect of heated steam herbal compresses;
- Deep, enveloping massage that is decontracting and fatigue-relieving;
- A deeply relaxing and soothing multisensory experience;
- Ideal for energy recovery after sports activities.

**DEEP RELAX STONE MASSAGE**

**65 MIN.**

- The intense warmth of basalt stones calms the vegetative nervous system and relieves stress;
- A meditative and aromatherapeutic experience balancing the 7 energy centers with 7 special essences and crystals;
- Stimulating and decongesting for the lymphatic system, perfect for water retention and edematous cellulite;
- Excellent after winter sports to warm and relax the body;
- Ideal for those suffering from cold hands, feet, and poor circulation;
- Deep relaxation and balance for body, mind, and spirit.

**INNER BALANCE CHAKRA TREATMENT**

**50 MIN.**

- A balancing and harmonizing ritual for the 7 energy centers (chakras);
- Encourages bodily awareness, mental release, and spiritual satisfaction;
- Stimulates self-healing powers;
- Deep well-being and relaxation, also supported by aromatherapy and Tibetan singing bowls;
- Perfect for enthusiasts of oriental and holistic techniques.



*Bookable only in  
association with a treatment  
or a body wrap*

## BODY SCRUBS

*According to the  
Team Dr. Joseph Method*

### FULL BODY SCRUB WITH HAY EXTRACT 35 MIN.

- A gentle exfoliation of the entire body;
- Stimulates circulation and revitalizes the tissue thanks to alpine functional principles and hay extracts;
- Leaves skin softer, free of dryness, brighter, and oxygenated;
- Perfect for elbows, knees, and heels;
- Excellent after a steam bath;
- Suitable for all skin types, even the most delicate.

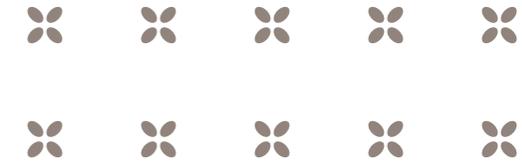
*treatment Vitalpina*

### COFFEE TONING BODY SCRUB 35 MIN.

- With coffee powder, phyto-squalene, and pink pepper;
- Gently removes dead skin cells and reactivates blood circulation;
- Ideal for cellulite and loss of elasticity;
- Leaves the skin incredibly softer and firmer;
- Ideal for home use too: transforms into a soft cream on contact with water, easy to rinse off.

### LINEN GLOVE DRY BODY SCRUB 35 MIN.

- A gentle dry exfoliation with a raw linen glove;
- Stimulating and refreshing effect;
- Stimulates blood and lymphatic circulation and activates metabolism;
- Purifying, energizing, and detoxifying action for radiant skin.



Bookable only in association with a treatment or a body scrub

## BODY WRAPS

According to the  
Team Dr. Joseph Method

Nuvola® is an innovative and patented system for rejuvenating the body and mind, born from extensive scientific research on the benefits of flotation in water, **Dry Float Therapy**: the body floats above over 400 liters of warm water, without the need to get wet. Nuvola® acts deeply and harnesses the therapeutic power of dry flotation to maximize the results of all our wraps and subsequent treatments. Thanks to the absence of contact points on the body, it elongates the spine, relaxes muscle contractions, and promotes lymphatic and venous circulation. Not only that, Nuvola® also works effectively on mental well-being: targeting stress levels and sleep quality.

### DETOXIFYING ALPINE FANGO BODY WRAP 40 MIN.

- Enhances circulation, activates metabolism, and provides relief to connective tissue;
- Rich in precious alpine active ingredients that deeply penetrate;
- Ideal in combination with all detox treatments.

### MOISTURIZING BODY WRAP 40 MIN.

- Wrap with extracts of apple and rosehip;
- Quenches thirsty skin;
- Deep and optimal hydration for smooth, velvety skin;
- Perfect after excessive sun exposure and sauna sessions.



### SPORT & VITALITY BODY WRAP 40 MIN.

- Powerful active ingredient complex of arnica and St. John's wort;
- Reinvigorates and revitalizes the circulatory system;
- Relaxes and decongests muscles and joints;
- Keeps muscles flexible and improves performance;
- Perfect in combination with the SPORT & VITALITY BODY MASSAGE and DYNAMIC treatments.



### CALMING BODY WRAP 40 MIN.

- Extraordinary soothing complex based on calendula and chamomile;
- Deep soothing action for irritated and stressed skin;
- Ideal for sunburn, solar erythema, and itching;
- Super antioxidant and prevents irritations;
- Perfect before any RELAX treatment.

### SKIN REPAIR ANTI AGING BODY WRAP 40 MIN.

- Concentrate of grapeseed oil and sea buckthorn;
- Stimulates cellular regeneration and counteracts free radicals;
- Revitalizes tissue with a strong anti-aging effect;
- For a fresh and toned skin appearance;
- Perfect in combination with the FIRMING & TONING BODY MASSAGE.

# FOR OUR YOUNGER GUESTS

*(up to 14 years)*

## RELAXING BACK AND LEG MASSAGE 35 MIN.

- A gentle relaxation massage with soft Bio cream infused with almond oil, aloe vera, and vitamin C;
- Soothing and moisturizing effect;
- Slow, gentle hand movements help to relax and promote night-time rest.

## YOUNG SKIN FACIAL TREATMENT 35 MIN.

- Facial treatment with the best products for young skin;
- Customized according to needs (sensitive, impure, etc.);
- Very pleasant and relaxing: a real pampering;
- A great opportunity to transmit the good habit of daily skin care with a basic beauty routine;
- And finally, a lovely gift!



# Beauty SERVICE

## DEPILATION

20 MIN.

35 MIN.

50 MIN.

65 MIN.

## EYELASHES COLOURING

## EYEBROWS COLOURING



## THE CLASSIC MANICURE

## THE CLASSIC PEDICURE

## APPLICATION OF PIGMENTA TNS NAIL POLISH

Benefits compared to traditional nail polish:

- It is the first liquid UV pigment for nails, with new photo-hardening technology, with a high concentration of pigments for ultra-pigmented, perfectly covering, and uniform color.
- Nails with a subtle and durable color, ensuring a flawless manicure/pedicure for over 14 days.
- Thanks to the innovative removal process, the color lifts off like a petal in just 5 minutes without filing, leaving the natural nail perfectly intact and clean.
- Maximum respect for the natural physiology of the nail, avoiding any damage and weakening.
- Perfect for home removal thanks to the **included removal kit**.
- The first true alternative to traditional nail polish.

## APPLICATION OF OPI SEMI-PERMANENT

## REMOVAL OF SEMI-PERMANENT



#### BACK

- 1°: Revitalizing + firming abdomen treatment
- 2°: Dynamic recreation back massage
- 3°: Relaxing head + neck massage



#### DETOX

- 1°: Mineral sport detox
- 2°: Intense purifying face treatment
- 3°: Firming + toning body massage



#### VITALITY

- 1°: Sport & vitality body wrap + massage
- 2°: Cellular recreation face treatment
- 3°: Energizing herbal stamp power treatment



#### RELAX

- 1°: Holistic face + body ritual
- 2°: leGalenica aroma massage
- 3°: Silberquarzit Primordial Ritual



## SIMILDE sauna area

#### PINE SAUNA

Mountain pine is a traditional alpine wood with a high content of agreeable ethereal oils. The humidity is between 10 and 20 % and the temperature is 80–90 °C.

## CLAY SAUNA ARGILLA

Why clay?

- Clay quickly and efficiently regulates air humidity and provides a healthy room climate (Humidity from 60–70 %).
- The clay sauna has a temperature of 60–65 °C perfect for those who can't stand extreme heat.
- Clay stores and reflects a high part of the heat radiation (natural infrared radiation).
- Clay saunas are known for preventing allergies and different chronic diseases.

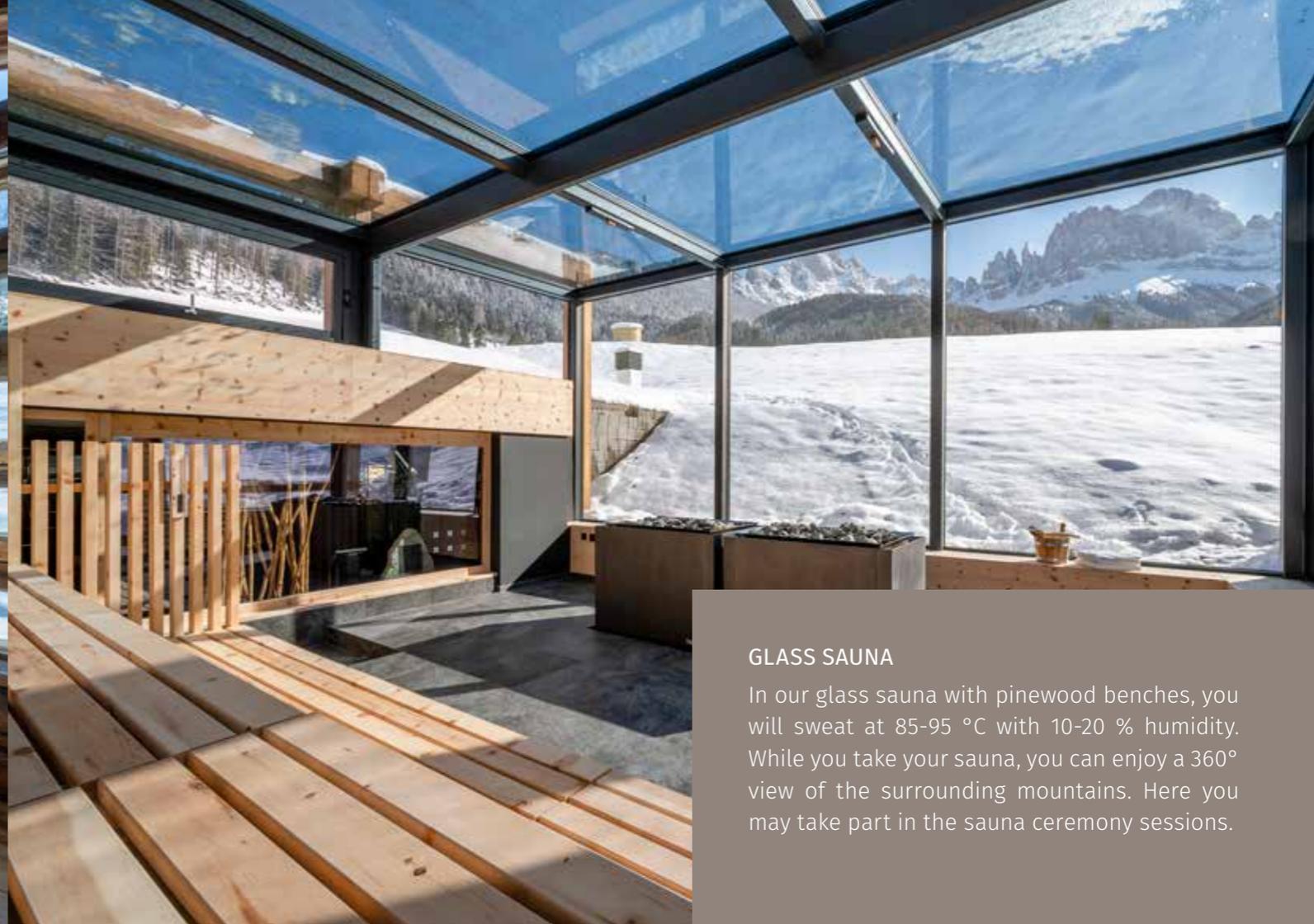


## HYDROTHERAPY (ACCORDING TO THE KNEIPP METHOD)

The rhythmic alternation between hot and cold water produces responses in the circulatory, neuromuscular, and lymphatic systems. The Kneipp path is generally suitable for everyone, recommended for those who need to relax, sleep well, and reactivate circulation.

## HAY BARN SAUNA

A barn is usually used by the farmers to store hay: we use the barn as a Finnish sauna. While enjoying the mountain view, 10–20% humidity and 85–95 °C will make you sweat quickly. This is also where most of our sauna-master steam ceremony sessions take place.



## GLASS SAUNA

In our glass sauna with pinewood benches, you will sweat at 85-95 °C with 10-20 % humidity. While you take your sauna, you can enjoy a 360° view of the surrounding mountains. Here you may take part in the sauna ceremony sessions.



#### INFRARED ROOM

Infrared heat has many positive effects on the body and mind, as demonstrated from a medical standpoint: it improves blood circulation and lowers blood pressure, relaxes muscles and relieves tension, alleviates pain, and promotes healing.

#### SALT ROOM

In the salt room, you'll experience a gentle salty mist, offering benefits for the respiratory tract and immune system: it's akin to strolling along the seashore in the early morning! We recommend relaxing and taking deep breaths for at least 15 minutes.

#### TEA BAR AND PLAFÖTSCH SOURCE

Here you will find fresh herbal tea, juice and apples. Drink regularly. The Plafötsch water source is located at an altitude of 1.600 m and is a healthy thirst quencher at all times.

**„THOSE WHO SWEAT A LOT SHOULD DRINK A LOT!“**



#### PANORAMIC WHIRLPOOL

In the middle of alpine meadows you find our invigorating saltwater whirlpool, which captivates by the magnificent view of the Rosengarten mountain.

#### STEAM BATH

The temperature of the steam bath is 42–46 °C and it has a humidity of 100 %. Therefore, it is beneficial for hair, skin and respiratory organs and cleans pores.

#### COLD IMMERSION POOL

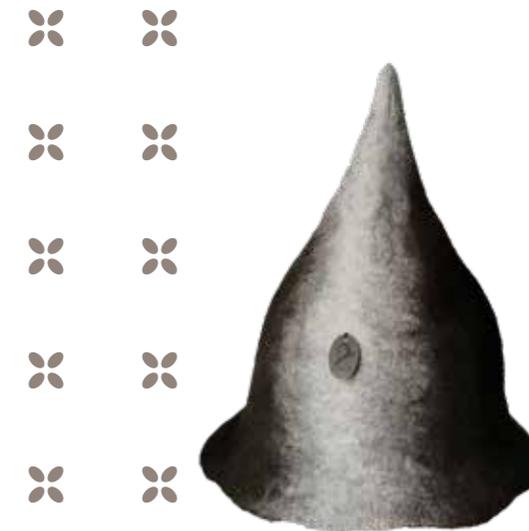
Icy water has toning and revitalizing effects on the skin. It is useful for rebalancing the body's temperature and stabilizing blood pressure.

The produced thermal shock tones the muscle tissues and improves blood circulation. The immune system also benefits from the sauna-icy water effects, emerging strengthened. Lastly, the elimination of waste and toxins is facilitated.



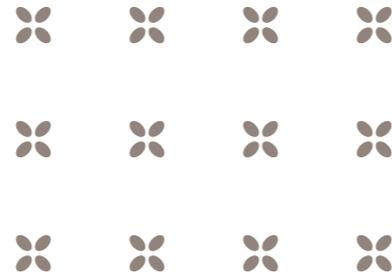
# TIPS FOR a PERFECT sauna

- Take the necessary time to avoid rush and stress: it is recommended to take yourself at least 2 hours to complete the sauna circuit correctly. Tranquility and relaxation come first.
- Avoid entering on an empty or too full stomach: let pass at least 2 hours after the last meal.
- Before starting, take a hot shower and dry thoroughly.
- Our sauna areas are „textile-free“, therefore, it is allowed to enter exclusively without clothing in all saunas, the steam bath, and the panoramic whirlpool (see guide on the next page).
- Also avoid wearing watches and jewelry, as they may overheat.
- Once slippers are removed and the robe is hung, enter and place one of the towels from the SPA bag or shelves on the bench to cover every part of the body that comes into contact with it, including feet. For the steam bath, you'll find special waxed towels to place on the seat.
- We recommend to stay 10/15 minutes based on personal sensitivity. Use the provided hourglasses to measure time. If you experience discomfort, exit immediately, rehydrate, and lie down to rest.
- After leaving the sauna, the cooling phase is essential, proceeding from extremities towards the heart, in the following order: legs, arms, back, torso and head. Various showers, ice, the pond, and the cold immersion pool are available for this purpose.
- Once the cycle is complete, dry off, cover well with the robe, drink plenty of water/herbal teas/juices, eat some dried/dehydrated fruit, and rest in one of the relaxation areas for at least 30 minutes.
- You can repeat the entire cycle, respecting all steps and timings, up to a maximum of 3 times, without overdoing it.
- For any information and needs, the SPA team members will be happy to assist you.



A smart solution to avoid nudity, respect others, and adhere to hygiene rules is the use of our towel, attachable around the waist or under the arms (see image): its natural and breathable fiber allows you to fully enjoy the benefits of the heat.

On the other hand, the hat is essential for protecting the head from heat and reduces overheating: when sitting in the sauna, the perceived temperature difference from feet to head increases by 8-10 °C. Additionally, it shields the hair from intense heat, leaving it soft and hydrated. You can find these intelligent accessories in our shop.



#### SWIMMING FOR ACTIVE PEOPLE

*Free of chlorine thanks to salt electrolysis.*

The low content of salt makes swimming in the salt-water pool a true benefit for your skin and the daily relaxation bath is not influenced by chemicals. The osmotic pressure of the salt water is almost identical to the pressure of the human blood. The indoor pool impresses with underwater massage jets. The outdoor pool awaits you with a bubble area to relax in, while enjoying the view of Rosengarten Mountain.



#### SWIMMING IN THE 25 M NATURAL LAKE

*with a view*

In this natural setting, surrounded by greenery, you can freshen up after a sauna or on hot summer days. The 24 m-long natural lake is not heated and is 24 m long. Various aquatic plants, phyto and zoo planktons are testimony of the high quality of the water. **In order for this natural cycle to continue, please shower before swimming and do not apply sun cream before entering water.**





## RELAXATION PROGRAM

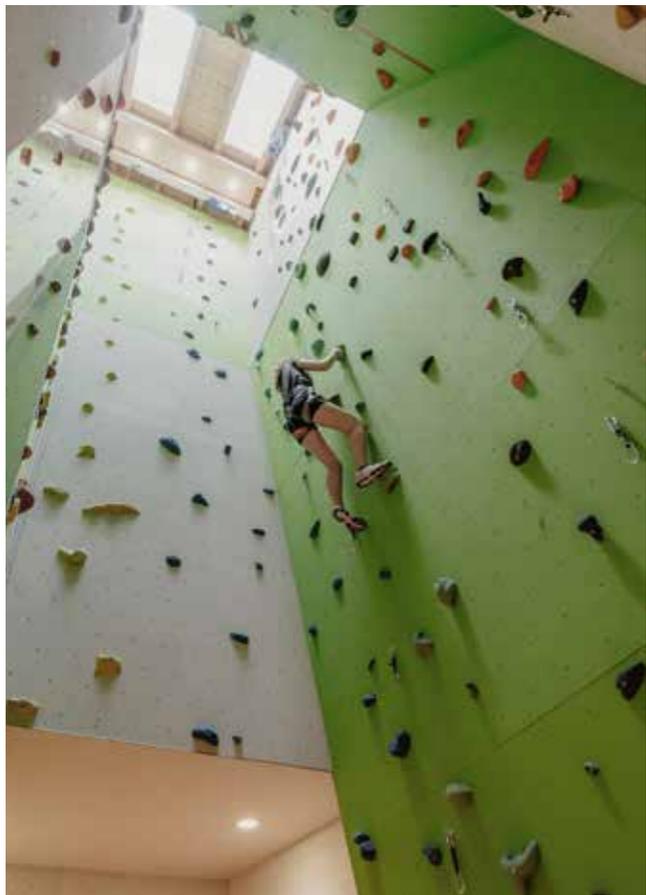
*Rediscover balance*

Our body requires exercise and sufficient relaxation on a regular basis in order to counter-balance the increasing hectic of the digital age. We know that humans are inherently connected to nature. A balanced program of exercise and relaxation promotes health, efficiency, and well-being. „Willpower determines movement.“



## FITNESS AND GYM

All those who wish to stay in shape even during their holidays have access to our bright Fitness room, open 24 hours a day. In our gym, which is outfitted with „Technogym“ equipment, you will find treadmills, crosstrainers, spinning bikes, weightlifting equipment, slacklines, and many others to enhance your performance and muscular strength for your outdoor adventures!



# Laurin CLIMBING GYM

*- Ideal for climbing fans of all ages.*

The climbing wall is open every day from 8 am to 7 pm. It features two Toppas self-belay devices and nine paths with different levels of difficulty. On some of these paths, you will need a rope and a second person as a belayer. Knowledge of safety procedures is a prerequisite in order to use the climbing wall.

If you want to use the hall unsupervised, you must sign the form first to confirm that you know and understand safety procedures. Please hand in your signed form to hotel reception before your climb.

## CLIMBING AND FIXED-ROPE CLIMBING EQUIPMENT

A fixed-rope climbing set with climbing harness, rope and helmet can be rented from the shop.

COST PER DAY	15 €
FROM THE 2ND DAY	10 €





*Good to know!*

