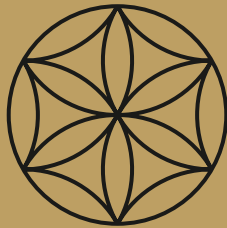




WELLNESS
AND SPA



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PHILOSOPHY

Welcome to the Schenna Resort Spa, your place for physical and mental well-being.

Your personal well-being is our focus. Let our experts for body treatments and beauty care accompany and support you. Choose your wellness motif and find the treatments and activities along the Flower of Life, that are good for you!

With a lot of cordiality, professionalism and attentiveness we are there for you – enjoy the flourishing life in the source of light!



SPA PACKAGES



RELAX

The perfect start into your wellness stay. Take time to arrive in security and tranquillity and leave the tension behind. The well-being can begin!

- Full body peeling | 20 min
- Essential oil massage | 50 min
- Facial treatment | 50 min

185 EURO



RELEASE

Time for change and development. Free yourself from old ballast, clear your head and feel a new sense of lightness and joy of life.

- Full body peeling | 20 min
- Resonance massage for the back | 50 min

125 EURO



RECHARGE

You want to be strengthened and return home full of new energy, then charge your mind and body with us.

- Foot-zone massage | 25 min
- Activating full body massage | 50 min
- Love Your Age facial treatment | 50 min

189 EURO

With our three theme packages we arranged ideal combinations for you. We are also happy to recommend individual treatments according to the motto:

Relax - Release - Recharge!

PRIVATE SPA

NEW

ENJOY PURE LUXURY TOGETHER IN THE MITTERPLATT

Your VINEAM Private Spa Suite is situated in the middle of the vineyards of the Schenna Resort, with a wonderful view over the valley and the mountains.

VINEAM – TRILOGY

An unforgettable well-being experience for two who like each other:

- Sauna session to warm up, the optimal preparation for your skin
- Grape seed peeling with in-house grape seeds, prepared for you for mutual peeling
- Relaxing whole-body massage, inclusive face, head and neck
- Rest and delicacies from the Vineam private SPA bar

155 min | 330 EURO

VINEAM PRIVATE SPA – ONLY FOR YOU

Experience the luxurious ambience of the VINEAM Private Spa Suite as an exclusive wellness time in enjoyable togetherness.

- Panorama sauna to relax
- Lounge bed to cuddle and relax
- Bathtub with panoramic view and well-being experience together
- Massage pleasure with caring grape seed oil and massage instructions
- Thereby enjoy the delicacies from our SPA suite bar

120 min | 168 EURO

180 min | 230 EURO

ENJOY YOUR TIME-OUT WITH ALL YOUR SENSES

- Pralines | **14 EURO**
- Fruit plate | **12 EURO**
- Champagne, in-house sparkling wine or wine. You choose from our wine assortment

SPA FOR TWO

INDULGENCE FOR TWO IN THE ROSENGARTEN

The greatest luxury is to spend time together with our loved ones. With our signature treatments you can experience time together with a lovely person. Your personal moments of happiness.

BODY COMPLETE – TWO TIMES

An indulge experience for all the senses. You start with a common foot bath and a foot peeling. Relax in the rose steam bath and an exclusive essential oil massage for the whole body and face will make you feel happy and satisfied.

80 min | 260 EURO

MASSAGE ENJOYMENT – TWO TIMES

Relax with a soothing full-body essential oil massage, each for himself and yet together.

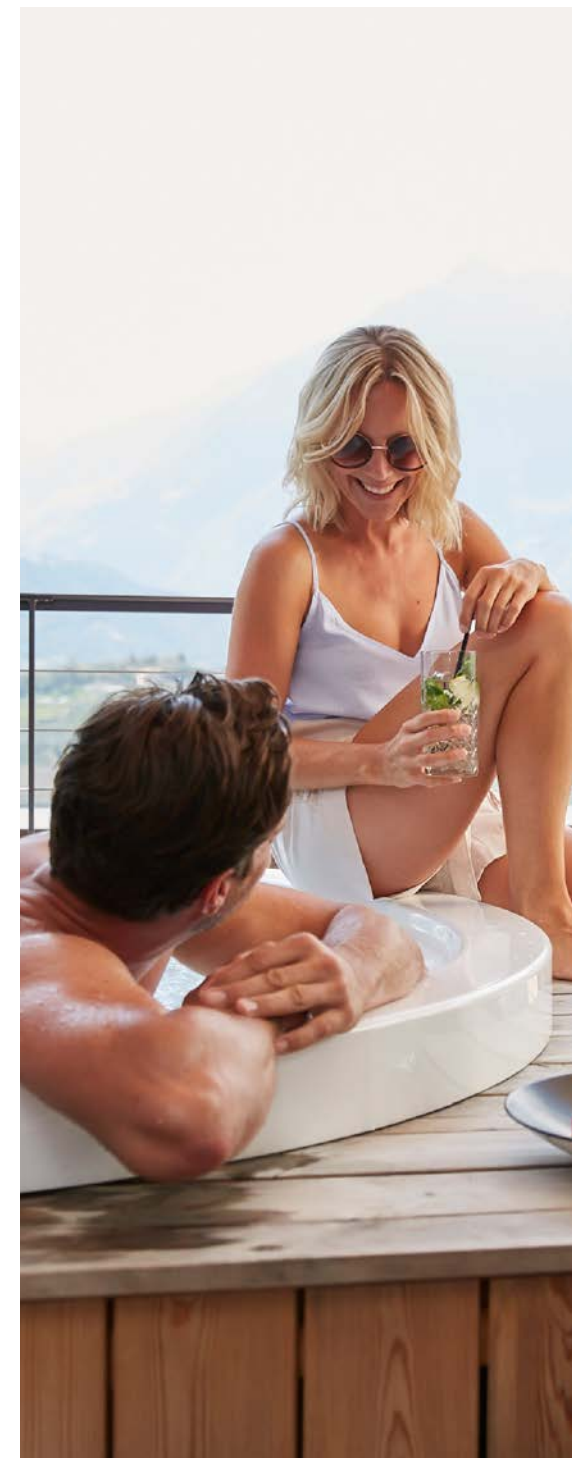
50 min | 164 EURO

SOUTH TYROLEAN – HERBAL STAMP RITUAL

– see page 26

SOUTH TYROLEAN – BATH RITUALS

– see page 20



OUR BEAUTY PARTNERS

The quality of our care products is very important for us.
We offer 100% natural cosmetics and holistic luxury with our beauty partners.

TEAM DR JOSEPH - HIGHTECH NATURAL COSMETICS

A South Tyrolean company with an international presence, combines technology and the holistic effectiveness of nature. The highest quality and purity of the products stand in first place, as well as a respectful handling with natural resources. Complex formulations and holistic approaches ensure stunning and healthy skin!

- organic certified natural cosmetics
- result-oriented, for maximum effect
- 35 years of experience, developed for professionals
- 13x awarded and honoured



PHARMOS GREEN LUXURY

With "PHARMOS NATUR" you will experience the unique, regenerative effect of selected and adaptogenic healing & rejuvenating plants, which are present in all products. High quality Aloe Vera juice is used instead of water. The highlight of the treatment is the application of the fresh Aloe Vera plant leaf. For pure well-being in your whole being!



BEAUTIFULFACE



BEAUTY FACIAL TREATMENTS

BEAUTY FOR ME - INDIVIDUAL & CUSTOMIZED

Our beauty experts will choose the right care series and treatment focus, tailored to your beauty and well-being. Freshness & purity, power & luminosity or detox & calming. You choose your wellness time for 50 or 80 minutes:

Skin diagnosis, cleansing, peeling, active serum, deep cleansing or short face and neck massage, face mask and day care.

50 min | 87 EURO

Skin diagnosis, cleansing, peeling, active serum, deep cleansing, intensive face, neck and décolleté massage, special mask, special intensive eye care, day care.

80 min | 128 EURO

SHINING – INTENSIV & CARING

A deep cleansing including peeling, special active ingredients and a stimulating and decongesting facial massage with special cupping glasses as well as an intensive care mask conjure up immediate freshness in your face.

80 min | 136 EURO

LOVE YOUR AGE - REJUVENATING & REGENERATIVE

This vitalizing application reactivates and renews the skin with peeling, massage and mask. The active ingredients of the fresh aloe vera leaf and high-quality care products nourish your skin, smooth wrinkles and provide a visible firming effect. A true proof of love for your skin.

80 min | 136 EURO



FOR YOUR EYES ONLY – GLOWING & LIFTING

A gentle algae peeling provides immediate freshness together with an intensive stimulating massage. The following lifting mask with fresh aloe vera provides a firm and smooth contour and makes your eyes shine.

25 min | 44 EURO | 30 EURO

in combination with a facial treatment

Tip: *For the perfect look, book the brow-regulation and the brow- and lash-tinting at the same time.*

THE PERFECT MATCH:

LIVER COMPRESS – DETOX & REGENERATION

In addition to the facial treatments, treat yourself to a liver compress using healing clay, detox oil and aloe vera – a holistic active booster.

32 EURO

**“OUR BEAUTY TREATMENTS ARE FOR MEN
AND WOMEN – EVEN FOR TEENAGER”**

BEAUTY EXTRAS

EYES

Brow-shaping | **18 EURO**

Brow-tinting | **18 EURO**

Lash-tinting | **18 EURO**

Can be added to any of our facial treatments.

FACE

Make-up with tips and tricks | **42 EURO**

HAND AND FEET

Manicure | **62 EURO**

Manicure with nail polish | **72 EURO**

Manicure with permanent nail polish | **79 EURO**

Pedicure | **72 EURO**

Pedicure with nail polish | **82 EURO**

Pedicure with permanent nail polish | **89 EURO**

HAIR REMOVAL

Upper lip/chin | **18 EURO**

Legs | **74 EURO**

Legs until the knee | **44 EURO**

Underarms or bikini zone | **27 EURO**

Back | **44 EURO**

Chest | **44 EURO**



BEAUTIFUL BODY



BODY RITUALS

● ● BODY PEELING - CHARISMA & FRESHNESS

A deep cleansing of the skin and relaxation time all in one, for a wonderful and smooth skin feeling - More tension and elasticity with a peeling of your choice:

Aroma & salt / wine & grape seed oil / dry peeling with linen glove

20 min | 49 EURO

Tip: *We suggest a peeling before every massage and body treatment as well as before the sun bath. The grape seeds are from the in-house wine production!*

● DETOX BODY – LIGHTNESS & VITALITY

This deep cleansing full body treatment with precious medical plants in combination with pure organic Aloe Vera starts with an activating Garshan gloves massage followed by a relief massage, including abdominal massage and liver compress.

This treatment purifies and decongests the body via the lymph, strengthens and firms the connective tissue, activates the metabolism and reduces cellulite.

80 min | 157 EURO

● ANTI-STRESS BODY - RELAXATION & DECELERATION

In-depth relaxation and peace for body, mind and spirit. Feel your mind coming to rest and give your nervous system a break. This high-intensity treatment indulges your skin and soothes skin irritations while strengthening your primal powers.

50 min | 87 EURO

80 min | 132 EURO



● ● FORMING BODY – RENEWAL & ENERGY

This intensive full body treatment with cupping technique in combination with effective natural products, helps to alleviate the signs of cellulite efficient, long-term and visibly. Forming Body includes a foot bath, a peeling, a cupping therapy and a problem zone massage. Afterwards, an algae pack stimulates your metabolism and singing bowls provide deep relaxation.

80 min | 132 EURO

● LIVER COMPRESS – DETOX & REGENERATION

The liver compress with healing clay, detox oil, organic plant extracts and aloe vera promotes blood circulation in the liver. The detox and regeneration process become accelerated and gives you new vitality and energy.

25 min | 46 EURO

| 32 EURO in combination with another treatment

SOUTH TYROLEAN BATH CULTURE

In South Tyrol, baths have traditionally been known for their healing and life-restoring properties. Stone pine tubs, the health-promoting Schenna mountain spring water and the precious ingredients used, bring about an incomparable sense of well-being.

We have selected 3 bathing rituals for you, which are intended to provide you enjoyable well-being. For each bath, we adjust the additives to your specific needs. You will experience regeneration time with highly effective bath additives.

EVERY BATH CONTAINS EITHER:

- an indulging foot massage or
- a relaxing back massage

Tip: Enjoy a cup of South Tyrolean herbal tea to relax – pure slow-down!



● ROSE PETALS BATH - CARING & RELAXING

South Tyrolean hay milk and rose petal oil pamper your skin and let you forget everyday life. The relaxing perfume of the rose petals also improves your mood and counteracts stress.

We love our rose petal bath, because everything started with the rose here at the Schenna Resort.

● HAY BATH – BALANCING & RELIEVING

A relief ritual with fragrant alpine meadow herbs and grasses from the South Tyrolean mountains. The pleasant warmth, the power and the perfume of the mountain herbs, relax body and mind.

● MOUNTAIN PINE BATH – ENERGIZING & STRENGTHENING

Activation and getting new energy are the focus of this ritual. Experience the concentrated power of the mountain pine, which strengthens the immune system, brightens the mind and clears the thoughts.

50 min | 86 EURO

50 min | 168 EURO for two



COMEDOWN



CLASSIC MASSAGES

● ● ● CLASSIC PARTIAL-BODY MASSAGE CLASSIC WHOLE-BODY MASSAGE

With classic massage grips, the skin, muscles, tendons and connective tissue become worked with individual intensity and cared with massage oil. Fresh and alive, balanced and relaxed - like newborn!

Partial body **25 min | 46 EURO**

Whole body **50 min | 82 EURO**

Whole body **80 min | 128 EURO**

● ESSENTIAL OIL MASSAGE RITUAL – RELAXING & GROUNDING

With gentle massage grips, warm massage oil and individual perfume, the whole body becomes relaxed. Your muscles feel freed, smooth and flexible. This wonderful ritual makes the body melt.

50 min | 84 EURO

80 min | 130 EURO

● ● SPORTS MASSAGE – FIT & FULL OF POWER

Deep tense massage for tired muscles with invigorating tonic, St. John's wort oil and arnica cream. After training or after overwork, this intensive massage and gentle stretching helps to loosen your muscles and you feel powerful, fit and revitalized again.

50 min | 92 EURO



● ● HEAD AND BACK OF THE NECK MASSAGE – STRESS-FREE & CLEAR

This soothing massage of the head and the back of the neck uses highly effective arnica and St. John's wort oil to loosen tense muscles. Switch off and enjoy!

25 min | 48 EURO

● ● FRESH LEGS – LIGHT FOOTED & REFRESHED

If your calves felt the strain from all that hiking and exercise, treat them to a foot compress, followed by a foot and calve massage using refreshing, muscle-relaxing chestnut and mint gel.

25 min | 48 EURO

● FOOT-ZONE MASSAGE – ENERGETICALLY BALANCED & ACTIVATED

Pure bliss for your feet and your entire body. This stimulating foot zone massage activates your body's self-healing powers and the metabolism and has relaxing, revitalising properties.

25 min | 48 EURO

SPECIAL MASSAGES

● **RESONANCE MASSAGE FOR THE BACK – FREE & RELEASE**

A back massage tailor-made for you and using highly effective natural products. Sound bowls and cupping jars loosen tense back muscles and improve the flexibility of your spine. The result: long-lasting relaxation for your back! Feel the load lighten and remove blockages.

50 min | 88 EURO

● ● **SOUTH TYROLEAN HERBAL STAMP RITUAL – ACTIVATING & LOOSENING**

We start with an incense ritual with traditional herbal mixtures to get in the mood for the following South Tyrolean herbal stamp massage.

The massage is performed both with the hot herbal stamps and hands. Herbal oil is used abundantly. Your skin will be lightly peeled and well supplied with blood and nutrients. Relax with a cup of herbal tea.

80 min | 132 EURO

● ● ● **BACH FLOWERS RITUAL – MINDFUL & GENTLY TOUCHED**

This gentle whole-body energy massage, using warming almond oil and Bach flower essences, that are chosen intuitively by you, supports and harmonises your mental and emotional processes. Stimulate your senses, enhance your physical and mental well-being and stimulate your self-healing powers. At the end of your treatment, you will receive a customised Bach flower blend with instructions on how to follow up your treatment.

80 min | 136 EURO

● ● **HOT STONE – DEEP RELAXING & STRENGTHENING**

Energy centres of the body are stimulated with pleasantly warm basalt stones from the depths of the volcanoes. A gentle massage with effective essential chakra oils strengthens the lymphatic activity and the body's own detox. Extraordinary deep warmth and fragrant aromatic oils - touching elemental power for body and soul.

80 min | 132 EURO



● ● **LOMI-LOMI-NUI – LIBERATING & BLISSFUL**

Holistic whole-body massage from Hawaii. Long, flowing massage movements alternate with targeted bodywork and harmonising energy strokes. The unconditional attention and high-intensity contacts bring about a wonderful sense of release and relaxation on all levels.

80 min | 138 EURO

● ● ● **SOUND BOWL MESSAGE RITUAL – SWITCH OFF & BECOME CALM**

In this treatment Tibetan sound bowls are placed and activated on the clothed body. The sound and the delicate vibrations provide a sense of all-over relaxation and help with stress, anxiety and sleep problems.

50 min | 88 EURO

● **SHIATSU – TOUCHING CLEAR & ENERGETIC**

This Japanese massage technique from Traditional Chinese Medicine is a highly sensitive, mindful technique that brings about in-depth relaxation and loosens blockages resulting from stress, mental strain and lack of exercise. Applying targeted pressure on the body's meridians and acupuncture points, the harmony of body and soul is restored.

80 min | 136 EURO



ANDBREATHE



BODY, MIND & SOUL

Treat your body, soul and spirit to some tender loving care and open yourself up to new paths. We are happy to be able to support you in this and offer a diverse range of services.

WE ACCOMPANY YOU THROUGH THE WEEK WITH:

- Yoga lessons and retreats, group meditations, breathing and awareness exercises, guided walks as well as Pilates, circuit training, Acquagym, back fit, abdomen legs buttocks and much more. With pleasure we can support you to an active and aware lifestyle.
- In our fitness room Rosengarten you will find high-quality cardio, strength and small equipment and you can enjoy a fantastic view over the valley. In the outdoor fitness room Mitterplatt you will find cardio and functional fitness equipment.
- The hiking expert Heidi and mountain guide Michl will accompany you on the weekly hiking tours to the most beautiful places of the South Tyrolean mountains. The current hiking and alpine offer is available online and at the hotel reception.

Tip: Use our varied "Mind & Soul" program.



GUIDED MEDITATION

Meditation exercises that are custom-made for you and promote inner balance and relaxation as well as a feeling of strength and serenity.

50 min | 82 EURO

INDIVIDUAL YOGA LESSON

Our yoga teacher will show you the world of yoga and you also get some good exercises for home.

50 min | 82 EURO

PERSONAL TRAINING

Our wellness and fitness trainer Hannes supports you with useful tips and creates together with you, your personal training program. This is tailored to your body themes and you get helpful tips for home.

50 min | 82 EURO





HAIR SALON – WELLNESS FOR YOUR HAIR

Our special pampering programs for your hair. Wash, blow-dry, colour your hair or get a new look and enjoy a head massage by the way - let our experienced professional hairdresser Evelyn advise you in the hair studio.

WASH AND SET OR BLOW-DRY

Short hair | **32 EURO**

Long hair | **37 EURO**

WASH, CUT AND BLOW-DRY

Short hair | **50 EURO**

Long hair | **58 EURO**

MEN'S HAIR CUT

Short/middle long hair | **32 EURO**

CHILDREN'S HAIR CUT

Up to the age of 13, incl. washing and blow-dry | **18 – 40 EURO**

EXTRAS

Tinting and colouring | **55 EURO**

Highlights | **65 EURO**

Pinned-up hairstyle | **27 – 42 EURO**

Intensive moisturising treatment or pack | **19 EURO**

Head massage | **15 EURO**

Small manicure – *while pack, intensive moisturising or colour* | **27 EURO**, with nail polish | **37 EURO**



SPA INFORMATION

OPENING HOURS

SPA treatments 8am until 7:30pm

Pools 7am until 7pm

Sauna world 2pm until 7pm / 11am until 7pm – during winter months and on rainy days

SECURE YOUR DESIRED DATE

To ensure that you will receive your preferred appointment slot, we recommend booking your treatments before your arrival. Short-term reservations are subject to availability.

T +39 0473 230 760 | internal extension: 501 or 100 | www.schennaresort.com

If you are unable to keep your appointment, please notify us 24 hours in advance. Please note that you will be charged for the full amount of your treatment price in case of no-shows.

We are also happy to advise you in person at the SPA reception and to compile a customised wellness programme for you.

FOR MUMS-TO-BE, KIDS AND TEENIES

Let us surprise you with our special program of soothing treatments. You can get the information at the Spa & Reception.

BEFORE YOUR TREATMENT

Avoid having to rush: to make the most of your treatment, we kindly ask you to arrive at the SPA reception 10 minutes before your booked slot.

As our SPA area is a place of relaxation and regeneration, please switch your mobile phone to silent and avoid making phone calls. Please also note that we offer any therapeutic treatments. Kindly notify us in advance if you are pregnant or receiving medical treatment.

POOLS

Dive right in and feel the stress of everyday life melt away with every minute as you surrender to a sense of complete relaxation. In the Schenna Resort divers spacious water worlds await you

- Pool Rosengarten from 14 years
- Pool Mitterplatt from 18 years
- Family Fun Pool "Lumi World" with water slide, baby pool and spray park

SAUNA WORLD

Finnish sauna, biosauna, infrared booth, rose sauna, Turkish steam bath, vineyard sauna and many more! At the Schenna Resort, sauna enthusiasts are truly spoiled for choice. A wide range of different theme sauna infusions are performed frequently in the event saunas of the Hotel Rosengarten and Luminis.

SAUNE ETIQUETTE

Please note that our sauna areas are textile-free zones. Here you can wrap a towel instead of swimwear.

An exception is the family sauna area "Lumi", where children are welcome, this is a textile area.

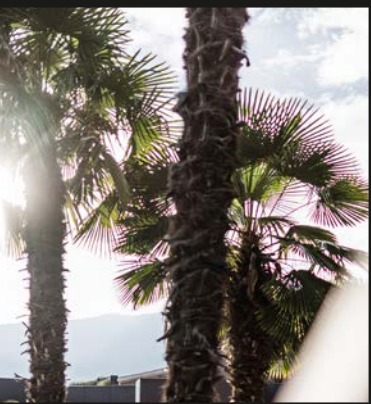
Showering before and after the sauna session is essential

SWITCH OFF & RELAX

Our wellness areas are places of well-being and relaxation. Therefore, we ask you to be quiet and discreet, also in the use of electrical equipment. In addition, we would like to point out that the reservation of relaxation loungers is not permitted.

The towels and objects lying on them will be removed by our staff after some time. Thanks for your understanding.





SCHENNA RESORT

Families Pföstl and Wörndle

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