

EN



Wellness & SPA



## A warm welcome

Holistic relaxation and a sense of pure well-being: our SPA is the perfect place for leaving the daily grind far behind and pampering your body and your soul. Premium, natural products, paired with the professionalism of our spa, beauty and energetics experts and the harmonious, home-like ambience of the Schenna Resort, create a wonderful sense of well-being and restore the balance of body, mind and soul. Let us pamper you and dive into the source of light!

We are looking forward to welcoming you! Yours sincerely, the SPA team



# 3 hotels - 1 resort



- 1** Schenna Resort  
Reception area, bar with open fireplace and terrace, library with information desk, wine shop
- 2** Hotel Rosengarten\*\*\*\*  
Wellness for body, mind and soul  
SPA area, SPA reception, hairdresser, fitness lounge, souvenirs, conference rooms
- 3** Sky terrace
- 4** SPA garden
- 5** Indoor/outdoor saltwater pool  
(Entry from 14+)  
sauna area, rest areas, pool lounge
- 6** Tennis courts  
Booking required  
separate fee applies
- 7** Hotel Schwefelbad\*\*\*\*  
Family wellness  
Restaurant, dining area and "Stuben", panorama terrace, children's playroom, smokers' lounge
- 8** Adventure Water World  
Indoor pool area with whirlpool, children's pool, water slide, family sauna area
- 9** Etschblick\*\*
- 10** Children's playground  
Table tennis and tabletop football, panorama outdoor pool area with whirlpool, panorama park
- 11** Hotel Mitterplatt\*\*\*\*  
Romantic moments for two  
Panorama restaurant "Olive"  
Panorama terrace  
Indoor/outdoor saltwater pool  
Sauna area  
Vineyard pavilion
- 12** Mitterplatt path to Schenna  
20-minute walk
- 13** Footpath to Meran  
30-minute walk

# General information

## 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. The hotels of the Schenna Resort offer a combined indoor/outdoor pool, two outdoor pools, two indoor pools and several whirlpools. The pools in the Hotel Rosengarten and the Hotel Mitterplatt are open to guests aged 14 and above. The Family Fun Pool with a water slide and baby pool is located in the Hotel Schwefelbad.

### Opening hours:

7am until 7pm

## 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 spoilt for choice. A wide range of different sauna infusions are performed in the Hotel Rosengarten saunas on a regular basis.

The saunas in the Hotel Schwefelbad are non-nude saunas where children are welcome. All other saunas are nude zones and open to guests aged 14 and above.

### Opening hours:

2pm until 7pm

During the winter months and on rainy days: 11am until 7pm

At the wellness bars in the sauna and SPA zones, different fruit teas, spring water, apples and dried fruit are freely available. We are also happy to serve you food and drink items from our bistro menu in all pool areas. Guests have free entry to all pools and saunas in the Hotel Rosengarten, the Hotel Mitterplatt and the Hotel Schwefelbad, as well as to the SPA area in the Hotel Rosengarten.

### Opening hours:

SPA: 8am until 7:30pm

SPA reception: 9am until 11am  
and 4pm until 6pm

## Booking your treatments

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

[www.schennaresort.com](http://www.schennaresort.com)

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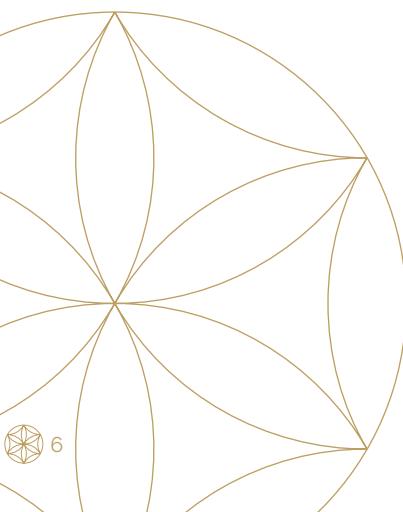
If you are unable to keep your appointment, please notify us 24 hours in advance. Please note that you will be charged for the full amount of your treatment price in case of no-shows.

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

## 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 do not offer any therapeutic treatments. Kindly notify us in advance if you are pregnant or receiving medical treatment.





# Treatments for HIM



## Men's Pampering Package

- 1 quick manicure and pedicure
- 1 express power-lifting for the face
- 1 whole-body massage
- 1 Resonance massage for the back followed by a rest period and a glass of fine Pföstl wine

From stays of +2 nights: € 275

## Men's Indulgence Package

- Wine bath
- Warm and fragrant facial
- compress Relaxing massage of the face, head and back of neck
- Full-body massage with grape seed oil, followed by a rest period and a glass of fine Pföstl wine

80 mins | € 134

## Men's Time-Out Package

- Power-lifting for the face
- Back massage

80 mins | € 122

## Power-lifting for the face

High-grade natural products by Team Dr. Joseph and professional treatment methods make you look groomed and rejuvenated: a high-impact treatment that restores your vigorous appearance! We recommend shaving before the treatment to maximise the effect of the skincare products used.

50 mins | € 80

## Perfectly groomed hands

Classic

25 mins | € 42

## Perfectly groomed feet

Classic pedicure

45 mins | € 62

## Quick manicure and pedicure

Quick manicure and pedicure

45 mins | € 72

## Men's haircut

incl. wash and blow-dry

30 mins | € 30

# Treatments for HER

rohini



## The Goddess in You – intensive Rohini beauty ritual

A soothing foot bath will get you in the mood for this intensive whole-body seaweed and rose peeling with a steam bath, followed by the application of a premium-grade rose cream and Rohini facial treatment. Finish your beauty ritual with a glass of rose-petal prosecco.

110 mins | € 199

140 mins | € 398 for two  
(with a girlfriend)

## Rohini - the one-of-a-kind facial

This beauty ritual starts with a soothing foot bath, followed by facial cleansing and peeling and a heavenly head massage for in-depth relaxation. Next, the precious active ingredients are applied to the skin and locked in with a massage using fresh aloe vera leaves. A special regenerative massage provides additional relaxation and smoothes the muscles. Your skin will now benefit from a mask while you can enjoy an indulgent foot massage. A treat for body, soul and spirit!

80 mins | € 156

## Beauty bath with rose petals

This honey-milk bath with rose petals is rich in nutrients and gently heats your body. The perfect warm-up for a back massage with sun-ripened rose petal oil that is to follow! An indulgent foot massage completes this treatment and provides an unbeatable sense of well-being.

50 mins | € 86

50 mins | € 162 for two

## Mums-to-be

Take some time for yourself and build up your strength for the birth and for the time after! If you are planning a holiday "with a bump", the Schenna Resort offers customised treatments for pregnant women.

## Ladies' Pampering Package

- 1 manicure
- 1 Rohini – the one-of-a-kind facial treatment
- 1 salt-oil peeling
- 1 whole-body massage using essential oils

From stays of +2 nights: € 298

# Signature treatments: indulgence for two

## Romeo and Juliet

Surprise your partner with an unforgettable wellness experience, consisting of an exclusive whole-body massage with grape seed oil and a relaxing face, head and back of the neck massage. In warm and dry weather, this indulgent massage experience takes place in the pavilion in the "Mitterplatt" vineyard. To finish off your treatment, you will be served a glass of our very own fruity Sauvignon.

75 mins | € 244



## Whole-body experience – All About Rose

A one-of-a-kind experience for body, mind and soul. Expect a soothing foot bath, foot peeling and delightful steam bath. The aroma-therapeutic effect of precious rose oil promotes a sense of harmony and indulges the senses during a face and whole-body massage. To finish off your treatment, you will be served a glass of rose-petal prosecco.

80 mins | € 239

## Indulgence for two

Treat yourself to a delightful whole-body massage using essential oils - the perfect way to relax together!

50 mins | € 164

# 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.

## South Tyrolean hay infusion bath

A bath in pure Schenna mountain spring water, enriched with the ingredients of a selection of fragrant mountain herbs and grasses that grow at an altitude of more than 1,600 metres, to bewitch the senses and indulge the skin. To finish off your treatment, enjoy a soothing foot massage and a cup of South Tyrolean herbal tea.

45 mins | € 86

45 mins | € 139 for two



## Stimulating mountain pine bath

This wonderfully fragrant bath stimulates the circulation and strengthens your body's immune defence mechanism. The treatment is followed by a rest period in the "Room of Tranquillity", where you can completely unwind over a cup of South Tyrolean herbal tea and a soothing foot massage.

45 mins | € 86

45 mins | € 139 for two

## Grape-based bathing experience

A revitalising bathing experience with natural grape seed oil and stone salt. Grape juice will be served as a refreshment.

20 mins | € 47

20 mins | € 88 for two

## Beauty bath with rose petals

This honey-milk bath with rose petals is rich in nutrients and gently heats your body. The perfect warm-up for the back massage with sun-ripened rose petal oil that is to follow! An indulgent foot massage completes this treatment and provides an unbeatable sense of well-being.

45 mins | € 86

45 mins | € 162 for two



# Classic massages

## Classic whole-body massage

This customised whole-body massage loosens tense muscles, relaxes the white muscles and improves your overall sense of well-being. An absolute classic!

50 mins | € 72

## Essential oil massage

Using gentle movements, light pressure and using an essential oil blend that is fully customised to suit your wishes and preferences. A unique fragrance experience for relaxation and regeneration!

50 mins | € 82

## Sports massage

An in-depth, whole-body massage for tired and tense muscles with a great revitalising effect. Your body's ability to take in oxygen is increased and the removal of lactic acid is promoted, helping your muscles to optimise their performance.

50 mins | € 78

## Classic partial-body massage

Treat yourself to a back, face, shoulder or back of neck massage in line with your preferences and using classic massage techniques. For in-depth relaxation.

25 mins | € 42

## Head and back of the neck massage

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 mins | € 42

## Resonance massage for the back

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 mins | € 82

## Stimulating foot-zone massage

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 mins | € 46

## Tired legs

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

25 mins | € 42



# Energetic massages and treatments

## Raindrop Technique ®

This unique relaxation technique is based on century-old methods. Using a special technique, 8 different essential "Young Living" oils are worked into the soles of the feet and the spine. The immune system is strengthened and toxins are removed to make room for new energy. The effect of the oils in the body will be felt for up to 2 weeks.

50 mins | € 84

80 mins | € 122

## Lomi Lomi massage

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

80 mins | € 122

## Prana

Prana, also known as Chi or "life force", is used to harmonise the energy flow in the body, working with its invisible energy field (aura) and the chakras, the energy centres. This treatment is effective on all levels and supports the self-healing process.

**Comfortable sportswear is recommended.**

50 mins | € 84

## Shiatsu

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.

**Comfortable sportswear is recommended.**

50 mins | € 86

## Sound bowl massage

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.

**Comfortable sportswear is recommended.**

50 mins | € 78

## Bach flowers massage ritual

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.

75 mins | € 132

## South Tyrolean silver quartzite massage

This high-impact massage using soot-hing wild herbs and Alpine tree oils, blended according to traditional South Tyrolean healing recipes, will take you on a journey towards inner peace and a world where mindfulness is key. Let go of deep-seated anxieties and provide your vegetative nervous system with an in-depth sense of relaxation, thereby activating your self-healing powers.

80 mins | € 128

## South Tyrolean sheep's wool massage

Swathed in soft sheep's wool, your body will first be enveloped in the fragrance of local mountain herbs and then gently massaged with fluffy balls of wool. The lanolin contained in the wool is bliss for sensitive skin and brings about in-depth relaxation and cleansing.

50 mins | € 135



# Body peelings

## Peeling and massage using grape seed oil

Grape seeds from our very own vineyards, ground to a paste with grape seed oil and premium ingredients, will gently peel and nurture your skin, leaving it soft and fresh-looking. Next comes a whole-body massage using warm grape seed oil that will loosen tense muscles and restore the energy of body, mind and soul.

80 mins | € 123

80 mins | € 243 for two in the steam bath

## Peeling and massage using premium rose oil

This dry peeling, followed by a massage with high-grade, sensual rose oil, is ideal for dry, sensitive skin, leaving it velvety-soft. You are in for a treat with the healing properties of the "flower of love"!

50 mins | € 82

50 mins | € 162 for two

## Salt-oil peeling

A highly effective cleansing of the body in no time at all! Himalayan salt, blended with soothing oils, leaves your skin wonderfully clean and velvety. We recommend a salt oil peeling before every massage and body treatment and also before sun-bathing.

20 mins | € 49

# Body treatments

## Detox Body

The ideal treatment to stimulate the lymphatic flow and the metabolism. Accumulated toxins are loosened and flushed out, leaving you with a wonderful sense of lightness and restored energy.

80 mins | € 157 including liver compress

## Anti-Stress Body

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 mins | € 82

80 mins | € 125

## Cellulite programme

This unique massage combined with cupping techniques uses highly effective natural products in order to visibly and lastingly reduce the appearance of cellulite. The massage consists of a foot bath, a peeling, a cupping treatment and an anti-cellulite massage, followed by a seaweed pack to stimulate the metabolism. Sound bowls provide a sense of in-depth relaxation.

80 mins | € 99

## Liver compress

This liver compress using healing clay, detox oil, organic plant extracts and aloe vera promotes the blood flow to the liver, stimulating the detoxification and regeneration process and providing you with a renewed sense of vitality and energy.

25 mins | € 46

| € 32 in combination  
with another treatment





# Facial treatments

## Purifying Face

This customised facial provides in-depth cleansing and is ideal for skin impurities and large pores. It refines the skin's texture and leaves you with a noticeably fresher complexion.

50 mins | € 80

## Youthful glow

Rediscover the fresh glow of your skin! Especially designed for young skin, this treatment cleanses the skin before nourishing it with moisturising products and fresh aloe vera leaves to provide pure moisture!

50 mins | € 78

## In-depth facial

A natural blend of ingredients with an immediate effect, customised to suit the requirements of your skin. Consists of deep cleansing using a peeling and cupping jars, eyebrow shaping, a facial massage and in-depth, intense moisturisation.

80 mins | € 118

## Love Your Age

Well-proportioned beauty and radiant youth. This revitalising treatment reactivates the skin's renewal processes. The natural ingredients contained in fresh aloe vera leaves, combined with premium skincare products, nourish the skin, smooth out wrinkles and noticeably encourage the skin's renewal processes. A wonderful way to show your skin that you care!

50 mins | € 80  
80 mins | € 126

## Detox-Face

This cleansing and detoxifying facial will improve your skin's elasticity and firmness. The ingredients of fresh aloe vera leaves will soothe redness and irritations and leave your skin looking visibly firmer while also reducing the appearance of broken veins.

50 mins | € 82

## Rohini - the one-of-a-kind facial treatment

see page 12

80 mins | € 156

## Power Lifting

### Especially for men

see page 11

50 mins | € 80



## Sparkling eyes

Using high-impact, natural skincare products, the appearance of black circles, crows' feet, shadows and eye bags is visibly reduced. Your eye area will appear more radiant, with signs of fatigue and swellings a thing of the past.

25 mins | € 44  
| € 30 in combination with a facial treatment

## Liver compress

Treat yourself to a liver compress using healing clay, detox oil, organic plant extracts and aloe vera to stimulate the blood flow to the liver and support and accelerate your body's detoxifying and regenerating processes.

€ 32

# Pampering packages

## Spirit & Soul

1 Bach flower massage ritual  
1 Prana  
1 Lomi Lomi Nui  
1 Raindrop technique 50 mins  
for stays of +4 nights | € 380

## Beauty & Vitality

1 salt-oil peeling  
1 essential oil whole-body massage  
1 Love Your Age 50 mins  
1 manicure  
From stays of +2 nights | € 238

## Anti-Stress

1 Anti-Stress Body 50 mins  
1 Bach flower massage ritual  
1 grape-based bathing experience  
1 Detox-Face  
From stays of +2 nights | € 308

## Bodycare special

1 manicure  
1 pedicure  
1 in-depth facial  
1 salt-oil peeling  
1 classic whole-body massage  
From stays of +2 nights | € 318

## Pampering package for men

■ 1 quick manicure and pedicure  
■ 1 express power-lifting for the face  
■ 1 whole-body massage  
■ 1 Resonance massage for the back followed by a rest period and a glass of fine Pfösl wine

From stays of +2 nights | € 275

## Pampering package for women

■ 1 manicure  
■ 1 Rohini – the one-of-a-kind facial treatment  
■ 1 salt-oil peeling  
■ 1 classic whole-body massage

From stays of +2 nights | € 298

# Beauty treatments

## Beautiful throughout the day

Brow-shaping € 18  
Brow-tinting € 18  
Lash-tinting € 26  
Brow- and lash-tinting € 38  
Make-up with tips and tricks € 35

## Pedicure

■ Wellness foot bath  
■ Nail trimming and filing  
■ Cuticle trimming and removal of tough skin  
■ Foot massage  
45 mins | € 62

## Hair removal

Face € 14  
Legs € 68  
Half leg € 42  
Underarms or bikini zone € 20  
Back € 40  
Chest € 40

## Permanent nail varnish

Long-lasting polish for perfectly groomed hands and feet  
45 mins | € 64

## Manicure

■ Nail trimming and filing  
■ Nourishing bath  
■ Cuticle trimming  
■ Nail oil application  
■ Small hand massage  
45 mins | € 54

## Nailvarnish

€ 15

# Our products

We are particularly proud of the beauty and wellness products that we use in our treatments: tried-and-tested, premium quality, naturalness and a holistic approach are our key criteria.

## Team Dr. Joseph & Vitalis

Natural wellness and beauty products – South Tyrol

## Pharmos Natur – Green Luxury

100% plant-based, holistic and natural beauty products

## Rohini – the divine essence of femininity

using plants with healing and rejuvenating powers from all over the world

## Silber quartzite primary rock

South Tyrol

## Sheep's wool bath from Ulten

South Tyrol



# Hair salon

Treat yourself to a new hairstyle while on holiday! Our hair salon offers competent advice, a professional service and a pleasant ambience. Premium-grade, natural hair care products will make your hair swish and shine.

## Shampoo and set

Short hair	€ 30	Roots	€ 42
Long hair	€ 35	Full head	€ 52

## Wash and blow-dry

Short hair	€ 25	Short hair	€ 52
Long hair	€ 30	Long hair	€ 60

## Hair cuts

Women's hair cut	€ 34	Small manicure	
Men's hair cut	€ 30	Nail trimming/filing during pack/colour treatment; hand cream	€ 18

## Children's hair cut

up to the age of 13, incl. blow-dry	€ 22 - 28	€ 25
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# Centre "Source of Light"

Learn new things — rediscover your zest for life,  
find inner peace and replenish your energy levels!

Led by Priska Pföstl and her team, the "Source of Light" centre is a meeting place where everyone has the opportunity of focusing on themselves and their own well-being. Treat your body, soul and spirit to some tender loving care and open yourself up to new paths.

The varied programme on offer at the "Source of Light" includes **yoga lessons**, **breathing and awareness exercises**, **group meditations**, **guided walks** and much more. Find inner peace, rediscover your zest for life and enjoy the welcoming atmosphere and sense of community with others who want more out of life.

## Individual yoga lessons

Gerda, our yoga teacher, will show you the world of yoga.

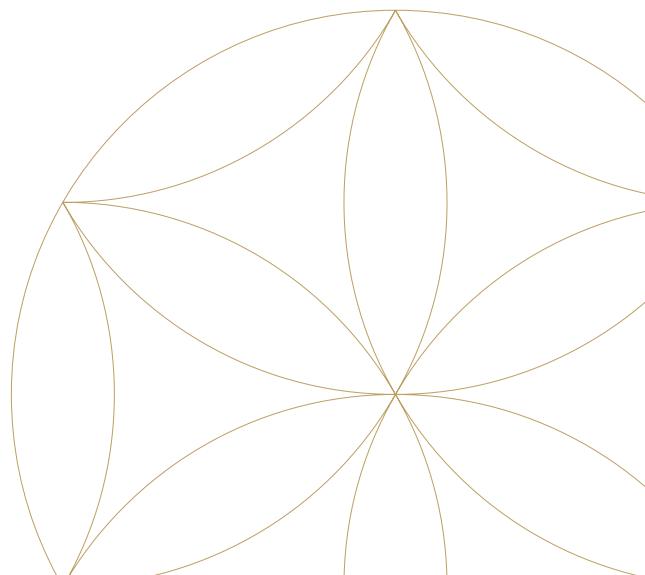
50 mins | € 70 | 1 unit

3 units | € 190

## Individual meditation

Meditation exercises that are custom-made for you and promote inner balance and relaxation as well as a feeling of strength and serenity. Priska will help you on your way towards inner peace.

50 mins | € 72 | 1 unit



# Fitness - Fit for Fun

In our fitness lounge with premium equipment and utensils and a breath-taking view of the valley, the joy of exercising is bound to make itself felt. Hannes, our fitness coach, will support you with useful tips and is happy to draw up customised training schedules for individuals or couples.

We offer different fitness highlights such as Nordic Walking, circuits, back training, yoga or Aquagym on an almost daily basis.

Prepare to be surprised by our multi-faceted range of fitness activities!

Our detailed fitness programme is available at reception.

## Personal training

with our coach Hannes.

50 mins | € 70 per unit

3 units | € 190

## Guided hiking and mountain tours

Your hosts Heidi and Stefan are the in-house hiking experts who will take you on weekly hiking tours through the South Tyrolean mountain world. Check our homepage for our latest hiking programme and Alpine activities.



# Day SPA

Treat yourself to a day of unadulterated wellness at the Schenna Resort, where saunas, gardens, rest areas and pools invite you to relax and recharge your batteries. Feel free to also book a delicious breakfast, gourmet lunch or dinner for an all-round pampering experience!

For your wellness day at the Schenna Resort, we will provide a pool basket with towels, slippers and bathrobe free of charge.

The use of our light-flooded fitness lounge and access to our training programme is also included in the price.

## Day Spa packages

Day Spa basic | € 45 per person

Day Spa with breakfast | € 70 per person

Day Spa with lunch | € 58 per person

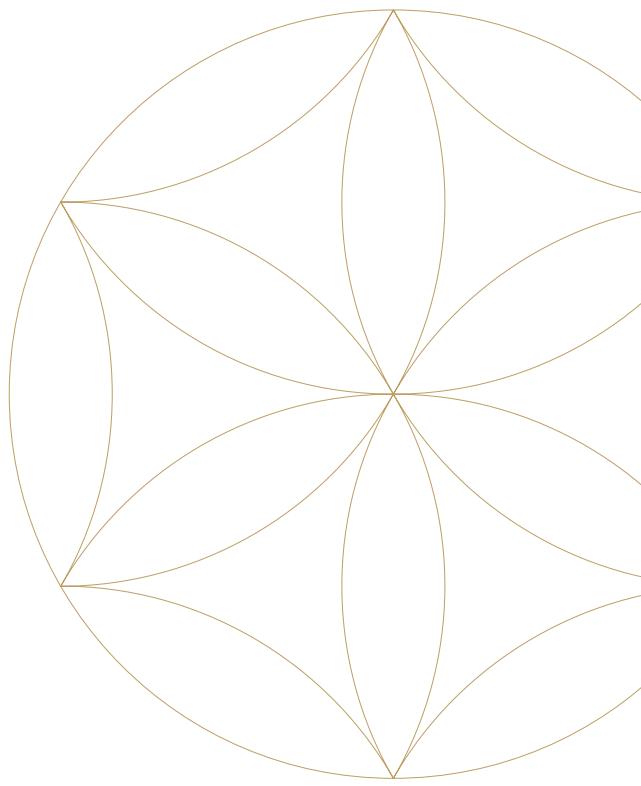
Day Spa with gourmet dinner | € 90 per person

(5-course menu with salad and cheese buffet)

Day Spa with whole-body massage | € 117 per person

Day Spa with yoga lesson (Mon-Fri) | € 55 per person





## Schenna Resort

Families Pföstl and Wörndl

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