

# BEAUTY & VITALITY 2011

## IT'S ALL A BUNCH OF GRAPES



Natural treatments with grapes are a century-old tradition and part of the culture in South Tyrol. Did you know that Meran owes its celebrity status also to the grapes growing in this area?

The packs made of specially developed and holistically concipated grape treatments are a true fountain of youth. For our treatments, we use grape extracts rich in vitamins, as well as mineral salts, malic acids and trace elements together with tannin, wine yeast and OPC. These give you active cell protection and play an important role in a lasting skin rejuvenation.

### IN VINO SANITAS

- \* Warming foot bath
- \* Warm grape seed cushion on neck area
- \* Soothing aroma compresses on your feet, with stimulation of reflex zones
- \* Full body – peeling massage with grape seed flour & grape seed oil
- \* Soothing bath with fresh grapes, including grape vitamin drink
- \* Body oil massage with grape seed oil – time to relax

110 mins. EURO 153 (1 person)

110 mins. EURO 298 (2 people)

### REBORN

- \* Warming foot bath to welcome you
- \* Gentle warm-up in the steam sauna
- \* Pomace – grape seed oil – peeling
- \* Grape seed oil bath, including a fresh grape vitamin drink
- \* Oil massage
- \* Time to relax

80 mins. EURO 119 (1 person)

110 mins. EURO 165 (2 people)

### LIFE ELIXIR – 4 DAY GRAPE CURE

- \* Introduction: warm grape cushion on neck area & stimulation of reflex points on feet
- \* Grape seed – soap massage, including anointing & soft lymph stimulation
- \* Cleaning salt pack on back, including grape seed oil massage
- \* Full body pack with grape pomace
- \* Grape bath with fresh grape skins & orange peel
- \* Foot & leg massage with compress made of arnica & grape seed oil

EURO 298

### BEAUTIFUL & HEALTHY

- \* Warming foot bath, including grape vitamin drink
- \* Gentle warm-up in the steam sauna
- \* Grape seed - wine – peeling
- \* Time to relax
- \* Warm grape seed cushion on neck area
- \* Full body massage with grape seed oil
- \* Relax - SPA facial treatment 'Traube'

170 mins. EURO 219 (1 person)

170 mins. EURO 359 (2 people)

# ROSY DREAMS



We give you a 'bed of roses' and ensure that you will never forget this special treatment ritual. Characteristic atmosphere coupled with harmony, in specially chosen Wellness ceremonies. The high-quality rose products give nutrition to your skin. They are particularly intensive and the fragrance of rose oil makes you feel relaxed and balanced.

## LA VIE EN ROSE

- \* Klangsatz footbath with fresh rose petals
- \* Full body massage with rose oil & warm rose pistils
- \* Face massage with special rose oil
- \* Time to relax with Prosecco & home-made rose syrup

80 mins. EURO 113 (1 person)  
80 mins. EURO 226 (2 people)

## FRAGRANCE OF ROSES

- \* Klangsatz foot bath with fresh rose petals
- \* Gentle warm-up in steam sauna with the fragrance of roses
- \* Rose – salt – peeling
- \* Rose bath 'Dolce Vita'
- \* Body pack with rose carité butter
- \* Grooming facial pack & facial massage with rose oil
- \* Relax with Prosecco & home-made rose syrup

125 mins. EURO 189 (1 person)  
130 mins. EURO 275 (2 people)

## ROSE MAGIC

- \* Klangsatz footbath with fresh rose petals
- \* Full body sensitizing with gentle strokes using brushes & rose powder
- \* Full body oil massage with rose carité butter
- \* Facial & neck massage with special rose oil
- \* Time to relax with Prosecco & home-made rose syrup

80 mins. EURO 113 (1 person)  
80 mins. EURO 226 (2 people)

## BLOOMING ROSES

- \* 'La vie en rose' ritual
  - \* 'Rose magic' ritual
  - \* Full body peeling with rose salt
  - \* Rose bath 'Dolce Vita'
  - \* Time to relax after each treatment with Prosecco & home-made rose syrup

EURO 298

# BODY TREATMENTS



## BATH IN FLOATING LOUNGER

Your body relaxes on gently swinging warm water without getting wet. Due to the warmth of the lounger, your pores open, while precious essences develop their full effect on your skin. Afterwards, you can enjoy a relaxing and effective short massage.

50 mins. EURO 76

- \* Rose oil creme pack with short body massage
- \* Rose blossom pack with short body massage
- \* Grape seed oil pack with short body massage
- \* Grape pomace pack with short body massage

## BATHS IN HYDRO TUB

Enjoy a bath in fragrant rose petals, vitalising grapes or nutritious beer. Afterwards, you will receive a relaxing and effective short massage.

50 mins. EURO 76 (1 person)

50 mins. EURO 113 (2 people)

- \* Rose bath 'Dolce Vita' with short body massage
- \* Beer bath with naturally cloudy 'pepper' with short body massage
- \* Grape bath with short body massage

## JOURNEY OF THE SENSES – FOR TWO

A ritual of baths, peelings & massages with highly precious 'ingredients' from roses & grapes.

- \* Warming foot bath with rose petals
- \* Gentle warm-up in steam sauna with fragrance of roses
- \* Rose – salt – peeling
- \* Relaxing bath with fresh grapes & a glass of Prosecco
- \* Rose pistils massage
- \* Wellness massage for face, head & neck with grape seed oil
- \* Time to relax

150 mins. EURO 269

## NATURAL SPA BODY PEELING

Let us spoil your skin with rose salt and honey .....or vitalise it with grape seed oil and grape seeds. Afterwards, you will receive a relaxing and effective short massage.

50 mins. EURO 76

- \* Rose – salt – peeling with short body massage
- \* Honey – blossoms – peeling with short body massage
- \* Grape pomace – grape seed oil – peeling with short body massage
- \* Grape seed – wine – peeling with short body massage

## WELLNESS BREAK

- \* Bodyfit

Ideal after a hiking trip and on hot days! Cool compresses with arnice & grape seed oil to de-congest your legs, including lympho drainage.

50 mins. EURO 79

- \* Cellulite good-bye

Firming & purifying mineral salt pack with cup massage. Revitalising, stimulates lympho flow.

50 mins. EURO 79

## BEER & MOUNTAIN JOY

Hildegard von Bingen was always enthusiastic about this particular skin beauty treatment: beer!

Our full body pack offers Alpine extras, as well as beer from our own brewery.

Relaxation and beauty while having fun!

- \* Herbal footbath with extracts of Alpine flowers
- \* Gentle warm-up in steam sauna
- \* Honey – flower – peeling
- \* Beer bath in naturally cloudy 'pepper', while enjoying a glass of freshly poured beer

\* strong full body massage

135 mins. EURO 176 (1 person)

140 mins. EURO 250 (2 people)

# SOOTHING MASSAGE



## VISTA SPA MESSAGES

Be enticed by the fragrance of rose – Carité butter or relax with grape seed oil and a warm grape seed cushion.

Body massage with rose – Carité butter & a rose oil facial massage  
80 mins. EURO 106

Relaxing full body massage with grape seed oil & warm grape seed cushion on the neck area  
50 mins. EURO 74

Spelt herbs – stamp massage  
50 mins. EURO 75

Rose petal – stamp massage  
50 mins. EURO 75

## MASSAGES ACCORDING TO YOUR REQUEST

Massages – individually adjusted to your personal needs.

Partial massage	25 mins. EURO 39
Full body massage	50 mins. EURO 69
Full body massage, intensive	80 mins. EURO 103
Infra-red & back massage	50 mins. EURO 69
Dorn & Breuss massage	50 mins. EURO 69
Dislodged vertebrae & joints are put back into place with a gentle, sensitive, but still strong massage.	
Lympho drainage – face	25 mins. EURO 39
Lympho drainage – body	50 mins. EURO 69
Lympho drainage, intensive	80 mins. EURO 103
Acupressure massage – feet	25 mins. EURO 39
	50 mins. EURO 69

## MASSAGE TYPES FROM ALL OVER THE WORLD

Let us carry you off into the fragrant and exotic world of relaxation.

Abhyanga 80 mins. EURO 112  
Reduces painful tension, stress and helps you to sleep. Cleans and gives vital nutrition to the skin and tissue, strengthens your immune system and rejuvenates your entire organism.

Mukabhyanga (facial oil massage) 25 mins. EURO 40

La Stone 80 mins. EURO 112  
Your body is warmed and massaged with hot basalt stones, your muscles relax. The following cool marble stone treatment activates circulation and metabolism and has a stimulating effect on your sympathetic nerve.

Shiatsu 50 mins. EURO 70  
Aimed pressure along the meridians and onto special pressure points. This releases energy blocks, reduces weariness and stimulates your natural self-healing powers.

Thai yoga 50 mins. EURO 70  
Vitalising, relaxing and keeps your body, spirit and soul in a harmonious balance.

Reflexology massage with Reiki 50 mins. EURO 69  
Blood circulation, as well as lymph glands and nervous system are stimulated. Through laying on of hands, energy flows, while emotional and physical blocks are dissolved.

## DEPILATION

- Depilation upper lip or chin  
Euro 10.-
- Depilation leg and bikini zone  
Euro 75.-
- Depilation until knee  
Euro 40.-
- Depilation back or chest  
Euro 40.-
- Depilation bikini zone or armpit  
Euro 20.-

# FACIAL TREATMENTS



Treatments with active agents of the rose or grape are also a fountain of youth for sensitive skin. The pores of your skin become more refined, velvety and radiant while you enjoy the calming effect of the essential oils.

## Relax-SPA - Facial treatment 'Traube'

A cleaning and relaxing facial treatment with gentle peeling, using ground grape seeds and a gentle massage with grape seed oil.

50 mins. EURO 75

## Relax-SPA - Facial treatment 'Rose'

Grooming and relaxing facial treatment with face pack and a massage using precious rose oil.

50 mins. EURO 75

## „GERTRAUD GRUBER“

Nutrition, movement and caring for your skin, being in harmony with yourself and nature, is the best way to achieve complete well-being and natural beauty.' Gertraud Gruber was one of the first, who turned this knowledge into a holistic care programme. A relaxed atmosphere, light and tasteful natural food and some TLC for body, soul and spirit.

Facial treatments – Gertraud Gruber – basic

50 mins. EURO 75

Facial treatments – Gertraud Gruber – plus

80 mins. EURO 112

Gertraud Gruber Symphony Premium

110 mins. EURO 156

menXO – facial treatment for men

50 mins. EURO 75

## MAKE-UP ADVICE

We will show you what to look out for when putting on make-up and provide you with expert tips in order to improve your daily make-up. We have decorative beauty products by Horst Kirchner, one of the 5 best beauticians in the world. Make more out of your type & trust our beauticians when it comes to styling. 45 min Euro 60.-

## !QMS THE „QUICK MAGIC SKIN“

anti & better aging' - without a scalpel ! Especially effective for dry, dehydrated and strained skin. Collagen is pushed deep into your skin. In this way, it can hold moisture better and stimulate the growth of new cells. Your skin shows more elasticity, tone and softness. You look younger and more active.

Facial treatments - !QMS basic

50 mins. EURO 85

Facial treatments -!QMS plus

80 mins. EURO 122

Facial treatments -!QMS intensiv

110 mins. EURO 162

## ADDITIONAL FACIAL TREATMENT\*

- dye eyelashes:

15 min Euro 16.-

dye eyebrows:

15 min Euro 16.-

eyebrow shaping

15 min Euro 16.-

dye eyelashes + eyebrows

20 min Euro 29.-

\* only in connection with a facial treatment

## WELLNESS HAND TREATMENT

grape seed hand peeling

Bath, nail care, massage for fingers, hands & lower arms.

50 min Euro 55.-

## WELLNESS FOOT TREATMENT

foot bath with fresh rose flowers

Rose-salt peeling, nail & foot care, massage of feet & lower

legs. 45 min Euro 55.-

# PERSONAL COACHING



A long-term study in the USA came to the conclusion that physical and spiritual training considerably increases life expectancy. Compared to untrained people, severe illnesses are reduced by two thirds.

These facts are the reason why we want to invest in your health and offer you a new exercise programme for your body, spirit & soul. If you want to achieve your physical and spiritual goals more quickly, you should take advantage of our personal training session with top coaches.

- initial check
  - analysis
  - personal training plan
- 110 min Euro 120.-

Furthermore, we offer individual courses:

- back gymnastics
  - breathing school
  - pregnancy gymnastics
  - postpartum gymnastics
  - Yoga
- 50 min Euro 60.-

## SPA ETIQUETTE

It is always better to book early to ensure that you can enjoy the VistaSpa at your preferred time. Time is valuable and therefore, we concentrate solely on your particular treatment needs! In case you have to cancel an appointment, we would be grateful if you could let us know as soon as possible. Up to 24 hours before your treatment, a cancellation is free of charge. If you cancel at a later stage or do not appear at all at the agreed time, we will have to charge you the full treatment price. Thank you for your understanding!

VistaSpa has been designed as a unique refuge of quietness, which is upheld in all areas. For this reason, children under the age of 16 are not admitted. We would also ask you to switch off your mobile phones and computers. We recommend you bring your bathrobe (except for Shiatsu and Thai yoga, which is carried out in light clothing) and to arrive shortly before your treatment starts at the Wellness reception, where we offer you some herbal tea or herbal water. A member of staff will lead you to your particular treatment area.

Opening times: Monday – Sunday from 9 a.m. to 7.30 p.m.

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