



BEAUTY

BEAUTY & WELLNESS



A UNIQUE NATURE EXPERIENCE IN THE DOLOMITES

EN

ALPINA BEAUTY FARM

HOLISTIC TREATMENTS AND ALPINE COSMETICS

TIME FOR YOURSELF

The Alpina Spa Beauty Farm, the kingdom of beauty and inner harmony, focuses on nature and its incredible virtues. Here you'll find everything that's good for your body: holistic treatments and top-of-the-line cosmetics, an incredibly relaxing environment and a team of professionals who know how to

satisfy all your needs. Our wellness programs, tailored just for you, will get you back into shape. High-quality cosmetics, relaxing beauty treatments and revitalising Ayurveda treatments will give you energy and vitality. Put yourself in our expert hands!

RELY ON THE VIRTUES OF NATURE

TO REDISCOVER A FRESH AND RADIANT APPEARANCE

Our concept of beauty and wellness is based on the active principles of nature, while taking into account your specific needs, to obtain outstanding results: a radiant appearance and inner harmony. You'll rediscover, naturally and in a truly delightful manner, the perfect balance of body, mind and spirit.

Our exclusive ALPINA DOLOMITES line, based on premium natural ingredients, proposes highly effective products that are delicately scented and have a wonderfully pleasant texture. This is also in line with our "In harmony with nature" philosophy: the strong

points of our dermo-cosmetic line are the beneficial qualities of plants whose active principles are particularly effective in eliminating skin blemishes and in improving skincare. To do this we take full advantage of what nature has always generously offered us: premium extracts and essences that allow us to naturally protect and strengthen the skin. But, in doing this, we also always respect our guidelines: in fact, we don't use any plants that are rare, protected or risk extinction. At the Alpina Dolomites Beauty Farm you'll enjoy a truly extraordinary experience.

ALPINA DOLOMITES

AN ACT OF LOVE FOR YOUR SKIN

FACIAL TREATMENTS

HONEY MOISTURIZING TREATMENT

Honey retains moisture and its principle substances nourish the skin. This treatment delicately cleanses, soothes and brightens the skin.

€ 118

MOUNTAIN HAY DETOX TREATMENT

The beneficial effects of hay have been proven over time. This treatment, rich in anti-oxidising and purifying active principles, promotes relaxation and has a detoxifying effect.

€ 118

LIFTING ANTI-AGEING

TREATMENT WITH GENTIAN

This treatment decreases the signs of ageing skin, and sagging in particular. It gives the skin renewed tone and suppleness while moisturizing.

€ 120

ANTI-AGEING TREATMENT

WITH GOAT MILK

A curative and relaxing treatment. Goat milk contains a large quantity of acids, proteins, minerals and vitamins that nourish and regenerate skin cells.

€ 120

“ALPINA FOR MEN” FACIAL TREATMENT

A special facial treatment specifically designed for a man's skin needs.

€ 110

BODY TREATMENTS

PEELING WITH HAY

This peeling, that stimulates the microcirculation of the skin, has a detoxifying and relaxing effect.

€ 60

HONEY PEELING

This treatment is regenerating and invigorating. The natural enzymes of honey delicately eliminate dead cells and its precious minerals are absorbed by the skin that becomes soft, fresh and bright.

€ 60

BLUEBERRY PACK

This pack has a revitalizing effect thanks to the high vitamin C content in blueberries.

€ 59

ARNICA PEELING

For deep skin cleansing. Has an invigorating effect.

€ 60

HAY PACK

The hay pack relieves fatigue, soothing tension. It helps to warm muscles before a massage, or increases relaxation after a massage. It also enhances physical wellbeing.

€ 62

MOISTURIZING MUD PACK WITH BLUEBERRIES

Blueberries contain fruit acids with refreshing properties and a significant amount of vitamins and mineral salts. This anti-cellulite treatment makes the skin suppler, smoother and firmer.

€ 62

LIPO-MUD PACK

This treatment invigorates and remodels the figures.

€ 62

ARNICA PACK

Relieves muscle pain and tension, has a beneficial effect. Recommended after sports activity.

€ 59

GOAT MILK PACK

The substances in goat milk give the skin important vitamins, have a moisturizing effect and stimulate cell replacement. This treatment is perfect for dry and sensitive skin.

€ 59

GENTIAN PACK

Invigorating and detoxifying, this treatment also reduces swelling.

€ 59

HONEY PACK

This treatment makes the skin soft and silky smooth, while moisturizing it.

€ 59

BLUEBERRY LEG WRAP

A refreshing wrap that helps reduce unsightly cellulite and soothes heavy legs.

€ 56

ALPINA DOLOMITES
AN ACT OF LOVE FOR YOUR SKIN

MASSAGES

BLUEBERRY OIL MASSAGE

A detoxifying and revitalizing massage that moisturizes the skin and fights cellulite.

€ 82

HAY FLOWER MASSAGE

A pleasant and relaxing massage that gently heats the body, thus helping to eliminate toxins.

€ 82

GOAT MILK MASSAGE

A massage that's particularly suitable for dry skin. It has a moisturizing effect, is very soothing and stimulates cell renewal.

€ 82

MASSAGE WITH MUGO PINE OIL

A massage with mugo pine oil is perfect after any sports activity: it eliminates tiredness, generating a relaxing and invigorating effect.

€ 82

GENTIAN OIL MASSAGE

A regenerating and revitalizing massage, with nourishing and relaxing effect.

€ 82

HONEY MASSAGE

A revitalizing body massage that moisturizes the skin.

€ 82

ARNICA OIL MASSAGE

A massage before or after taking part in sports can benefit the muscles. The warming and revitalizing effect of essential oils increases elasticity and vitality.

€ 82

ALPINA DOLOMITES
AN ACT OF LOVE FOR YOUR SKIN

ALPINA DOLOMITES PROGRAMS | 3 DAYS

ALPINA DETOX

1 hay body peeling
1 hay drainage pack
1 hay flower massage
1 body drainage massage

€ 256

ALPINA ANTI-AGING FACE & BODY

1 anti-age facial treatment
1 gentian pack
1 goat milk massage
1 gentian oil massage

€ 308

ALPINA SILHOUETTE

1 hay body peeling
2 blueberry anti-cellulite massages
1 blueberry hydro-mud treatment

€ 257

ALPINA FACE & BODY RELAXATION

1 Alpina facial treatment
1 honey body peeling
1 honey massage
1 arnica oil massage

€ 309

SOTHYS

GIVE YOUR SKIN WHAT IT NEEDS

FACIAL TREATMENTS

HYDRA3HA™ INTENSIVE TREATMENT

An intensive new generation moisturizing treatment with Hydra3Ha Hyaluronic Acid™, that restores the skin's comfort and preserves youth. € 125

JEUNESSE INTENSIVE TREATMENT

This intensive anti-ageing treatment is personalised based on the degree of the skin's ageing. It restores brightness to the face and has a lifting and anti-wrinkle effect. € 130

RESURFACING PEELING

Intensive exfoliating treatment to oxygenate the skin tissue and stimulate cell renewal. The skin appears smooth, the complexion luminous and uniform. € 125

[W.]™ + TREATMENT

Clarifying treatment to correct spots and prevent them from appearing. € 125

EYE CONTOUR SPECIFIC TREATMENT

A treatment that decongests the eyelids and smoothes the contours of the eye. € 85

PERFECT SHAPE TREATMENT

This treatment has been specially designed for those who want to preserve the youth of their face shape and décolleté. € 85

SEASONAL TREATMENT

Makes your skin glow year round. A real breath of fresh air, along with minerals and vitamins, to revitalize your skin for the upcoming winter season. € 120

CORRECTEUR INTENSIVE TREATMENT

A multi-active treatment for oily or acned skin with imperfections. Your skin will be brighter and fresher € 120

DETOX ENERGIE

This intensive treatment re-energizes your skin while making it brighter. € 125

“HOMME” FACIAL TREATMENT FOR MEN

Mini facial treatment with Sothys products formulated especially for men. 60 minutes of wellness to detoxify the skin and to relax the body and the mind. € 110

EAU THERMAL SPA™ TREATMENT

Specific treatment for sensitive skin types with immediate softening, decongesting and soothing effect. € 125

GLYSALAC PRO PEEL TREATMENT

A cosmeceutic treatment with glycolic and salicylic acid to gently remove dead surface skin cells, for smooth radiant skin. € 65

SOIN EXCELLENCE SECRETS DE SOTHYS® TREATMENT

An intensive anti-ageing facial treatment. It reduces small wrinkles, moisturises and revitalises the skin, improving its natural tone and strengthening its natural defences. € 140



SOTHYS

ENJOY EXQUISITE CARE FOR BODY, MIND AND SPIRIT

BODY TREATMENTS

ORIENTAL CEREMONY

Regenerating ritual inspired by Oriental ceremonies with a peeling using spices followed by a nutrient massage with warm and scented herbal bundles. The extract of ginger, cinnamon, nutmeg and mandarin embraces with a delicate aroma and makes the skin silky smooth and bright. € 125

HANAKASUMI

Inspired by Japanese tradition, this treatment begins with a relaxing foot massage. A peeling with exfoliating gloves and a cherry blossom scented massage make the skin soft and silky. € 125

AROMASOTHYS

A relaxing treatment to match your specific needs. A regenerating peeling following a relaxing massage with the aroma of your choice for a tailor-made sensory experience! Let yourself be seduced by these fragrances: lemon & bitter orange, orange blossom & cedar wood, lily & baboo, plumeria & plum, green tea & fig. € 125

INSPIRATION ART & BEAUTÉ

A new range of sensations created by a treatment which combines colours, exclusive techniques and scents for a relaxing, energising and hydrating effect. This treatment consists of a peeling, a print-art massage and a series of moisturizing body colours. € 125

SOTHYS

ENJOY EXQUISITE CARE FOR BODY, MIND AND SPIRIT

SIGNATURE TREATMENTS

SOIN SIGNATURE MINCEUR

For a redesigned silhouette. Slimming treatment with peeling, wrapping and massage. € 189

MODELAGE MINCEUR

Slimness modeling to improve the silhouette and redesign the contours. € 82

SOIN PURETÉ PEELING TREATMENT

A treatment suitable for all types of skin to exfoliate, remineralize and drain. € 60

SOIN CELLULITE MUD TREATMENT

A specific treatment specially developed to reduce all types of cellulite. € 70



HARMONY
OF SOUL,
BODY
AND MIND



BEAUTY & WELLNESS PROGRAMS
DISCOVER THE SOURCE OF WELLNESS AND BEAUTY

ALPINA BEAUTY SPECIAL

- 1 intensive facial treatment
- 1 body peeling
- 1 Alpina massage
- 1 deluxe beauty manicure with
hand pack and hand massage
- 1 beauty pedicure with herbal footbath
and foot massage

€ 373

ALPINA WELLNESS MESSAGES

- 1 Active massage
- 1 massage combination I
- 1 arnica oil massage
- 1 Thai massage
- 1 partial massage with mugo pine oil

€ 389

ALPINA RELAXATION & HARMONY

- 1 Tibetan massage
- 1 Lomi-Lomi
- 1 Pinda Sveda
- 1 La Stone
- 1 Abhyanga body massage

€ 460

ALPINA WELLNESS FOR MEN

- 1 facial treatment
- 1 mountain herb bath
- 1 Alpina body massage
- 1 Alpina back massage

€ 274

MOTHER-TO-BE PROGRAM

Beauty & Wellness program for expectant mothers.

- 1 Alpina facial treatment
- 1 leg drainage massage
- 1 beauty manicure
- 1 beauty pedicure

€ 296



BEAUTY DETAILS

YOUR BODY DESERVES PERSONALISED TREATMENTS

SINGLE BEAUTY TREATMENTS

THE CLASSICS

- Eyelash and eyebrow dyeing € 38
- Eyebrow dyeing € 24
- Eyelash dyeing € 30
- Eyebrow correction € 18
- Day make-up € 60
- Evening make-up € 60
- Eyelash lamination € 100

DEPILATION

- Partial (half leg) € 58
- Full leg € 70
- Bikini line € 24
- Underarms € 24
- Arms € 39
- Upper lip € 18
- Chin € 25
- Back € 36

HAND & FOOT TREATMENTS

- Beauty manicure € 57
- Deluxe beauty manicure with hand pack and hand massage € 72
- Première beauty manicure with peeling, hand pack and hand massage € 80
- Beauty pedicure with herbal footbath and foot massage € 72
- Deluxe beauty pedicure with herbal footbath, foot pack and massage € 87
- Première beauty pedicure with peeling, foot pack and massage € 92

GEL UV CARE & MAKE UP FOR NAILS

- BB Gel manicure € 75
- BB Gel pedicure € 90
- Removal of Gel polish € 15

BEAUTY DETAILS

YOUR BODY DESERVES PERSONALISED TREATMENTS

AVEDA HAIRSTYLIST

Caring for your hair is important: it is an essential part of your personality. The cut, style and care of your hair emphasize your way of living. "Aveda hair care products are the vegetal-based alternative to other cosmetic brands. Their incredible effectiveness is unrivalled. Better for you, better for your head and better for the environment."

WOMEN

- Set from € 30 (including shampoo)
- Cut € 50
- Tone-on-tone coloring € 55
- Dyeing € 60
- Fashion color € 65
- Highlights from € 70

MEN

- Cut € 50

AVEDA SUNSHINE COLOR TREATMENT

Enhances the brightness of the color and extends its duration, with a moisturizing and reinvigorating effect. A hand massage is given during the treatment.

€ 50

MOISTURIZING TREATMENT

Nourishes and moisturizes dry, brittle hair, leaving it soft and supple.

€ 50

BOTANICAL HAIR AND SCALP RENEWALSM

Intensive treatment that relaxes the scalp. Hair is strengthened, nourished and regenerated. The hands are massaged while the pack is applied.

€ 50

RESTRUCTURING TREATMENT

Repairs and strengthens damaged hair, leaving it smooth and healthy-looking.

€ 50



SIMPLY
PHANTASTIC

TREATMENTS
THAT ARE
PERFECT TO
REGENERATE
THE BODY
AND MIND

BATHS & PACKS

HOLISTIC BATHS WITH BENEFICIAL EFFECTS FOR THE BODY, MIND AND SPIRIT

BATHS

MILK AND HONEY BATH

This bath helps restore the skin's natural acid pH. It achieves the proper moisturizing balance, restores tone and reduces stress, making the skin velvety smooth.

€ 55

ALPINE HERB BATH

A blend of beneficial Alpine herbs and pure mountain salt for a delightfully relaxing bath.

€ 55

HAY FLOWER BATH

Helps to loosen muscle tension and gives a pleasant feeling of wellbeing.

€ 55

WILD BERRY AND GOAT MILK BATH

Goat milk is rich in minerals, has a high vitamin content and helps moisturize the skin. Premium oils make the skin soft, smooth and velvety. This fragrant bath enriched with wild berries is a cure-all for dry skin and immediately creates a feeling of total wellness.

€ 55

ESSENTIAL OIL BATH

A restorative bath, rich in premium oils, that makes the skin soft and velvety. The all vegetal essential oils have a positive effect on the body and the mind.

€ 55

BATHS & PACKS

HOLISTIC BATHS WITH BENEFICIAL EFFECTS FOR THE BODY, MIND AND SPIRIT

PACKS

WHITE FIR PACK

A body pack that's ideal for relieving nervous tension. The fragrance of fir has a stimulating effect, enhances concentration and conveys pleasant feelings.

€ 59

RED FIR PACK

A relaxing treatment that is particularly suitable for eliminating muscle tension.

€ 59

MUGO PINE PACK

Mugo pine oil nourishes and regenerates the skin. Its balsamic scent has a calming effect.

€ 59

PINE PACK

Pine needle oil has a calming and relaxing effect. This pack also nourishes the skin and has a wonderful fragrance.

€ 59

HAY BATH

The beneficial properties of mountain hay have been known for centuries. The hay bath with Soft-Pack method combines the benefits of this old and natural treatment with today's hygienic standards, producing outstanding results. The hay bath induces profuse perspiration with only slight heating.

€ 62

BUTTERMILK PACK

This creamy pack has a nutrient and moisturizing effect. It helps dry skin to regenerate rapidly. The skin remains fragrant and soft to the touch.

€ 59

AROMATIC PACK

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

€ 59

AYURVEDA

THE SCIENCE OF LONG LIFE

AYURVEDA MESSAGES

ABHYANGA MASSAGE

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

- Abhyanga

body massage (50 min.) € 99

back massage (25 min.) € 62

Padabhyanga (25 min.) € 62

- Mukabhyanga (25 min.) € 62

KATEE VASTHI

Specially prepared lukewarm herb oils are applied during this treatment.

(50 min.) € 99

UDVARTANA MASSAGE

This herb-based powder massage, unlike the one that uses oil, is rather energetic. It invigorates the skin, is energising and utterly enjoyable.

(50 min.) € 99

SHIRODHARA (FLOWING OIL ON THE FOREHEAD)

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

(25 min.) € 76

MARMA MASSAGE

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

(50 min.) € 99

AYURVEDA

THE SCIENCE OF LONG LIFE

PIZHICHIL

During this treatment warm aromatic oils are continuously poured and massaged on the body. This "oil bath" is given on a special massage table.

(50 min.) € 135

KERALA MASSAGE

This is a very unique massage using feet instead of hands. It creates new energy while enhancing wellness. It is energising and extremely revitalising.

(50 min.) € 99

PINDA SVEDA

A regenerating massage using cotton sacks filled with heated aromatic herbs: in this way the skin can easily absorb the active principles of the plants.

(50 min.) € 99

AYURVEDA

THE SCIENCE OF LONG LIFE

AYURVEDA PROGRAMS

SOLACE FOR THE BODY AND THE SPIRIT

1 Abhyanga body massage
1 Shirodhara

€ 170

AYURVEDA WEEK

5 personalised massages

€ 445

AYURVEDA & RELAXATION

1 Abhyanga body massage
1 Marma massage
1 Kerala massage

€ 269

AYURVEDA SHORT STAY

3 personalised massages

€ 269

YOGA

INDIVIDUAL YOGA

This ancient Indian doctrine with a holistic approach is more than just a trend. Thanks to targeted exercises and breathing techniques, the body and mind are purified and find harmony, vitality and inner serenity. Mobility, balance, endurance and energy improve in a quiet and pleasant way. If performed correctly, the exercises have a beneficial effect on the body and the mind, relieving circulation and sleep disorders, depression, headaches and back pains.

Yoga sessions tailored to your individual needs with our Ayurveda and yoga expert.

(50 min.) € 65
(3 x 50 min.) € 170

A PLEASURE
FOR ALL THE
SENSES

FRAGRANT
SCENTS,
COMFORTING
HEAT
AND
BENEFICIAL
MASSAGES



MESSAGES

SOURCE OF NEW ENERGY AND VITALITY

BEAUTY AND WELLNESS MESSAGES

ALPINA MESSAGE

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

- Body massage (50 min.) € 80
- Partial massage (25 min.) € 60

ACTIVE MESSAGE

An energetic body massage that's the perfect way to ward off tiredness, with an effect that's relaxing and invigorating at the same time.

(50 min.) € 88

TRIGGER POINTS MESSAGE

A massage that focuses on the critical points, alleviating tension while immediately energizing at the same time.

(50 min.) € 88

MESSAGE WITH ESSENTIAL OILS

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

(50 min.) € 82

DRAINAGE MESSAGE

This gentle drainage massage helps to eliminate liquids and toxins and therefore is the perfect way to support any slimming and firming program.

- Drainage massage

(75 min.) € 110

- Drainage massage

(50 min.) € 80

MESSAGES

SOURCE OF NEW ENERGY AND VITALITY

BEAUTY AND WELLNESS MESSAGES

COMBINATION MESSAGE I:

RELAXING PLANTAR AND BACK MESSAGE

A pleasant and deeply relaxing massage. Your feet and back will thank you!

(50 min.) € 88

COMBINATION MESSAGE II: DRAINAGE MESSAGE AND ALPINA MESSAGE

Draining, detoxifying and relaxing effect in a single massage.

(75 min.) € 110

RELAXING MESSAGE

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

(50 min.) € 80

RELAXING PLANTAR MESSAGE

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

(50 min.) € 82

(25 min.) € 62

FACIAL MESSAGE

Revitalizing facial drainage massage.

(25 min.) € 60

DELUXE FACIAL MESSAGE

Revitalizing facial drainage massage with active principles.

(25 min.) € 65

MASSAGES

SOURCE OF NEW ENERGY AND VITALITY

SPECIAL REVITALISING MESSAGES

TIBETAN MASSAGE

This ancient massage releases the flow of energy while restoring psychophysical balance. It eliminates stress and anxiety and relaxes while regenerating.

(50 min.) € 99

LA STONE

A truly extraordinary treatment that combines the massage, the reactivation of the energy meridians and the beneficial effect of hot and cold stones, instilling the entire body with strength and vitality. Body energy is reharmonised and a feeling of wellbeing and inner peace spreads throughout the entire body.

(75 min.) € 115

LOMI-LOMI

Enter the world of total relaxation. Lomi-Lomi is a holistic massage from Hawaii. Expansive and fluid massaging movements are combined to help rebalance the flow of energy. This massage uses warm oils together with peaceful music to create a feeling of total relaxation and perfect wellness.

(50 min.) € 99

THAI-MASSAGE

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

(75 min.) € 115

CALIFORNIAN MASSAGE

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

(75 min.) € 115

RESERVATIONS

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

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

RESERVATIONS AND INFORMATION

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