



# ALPINADOLOMITES

GARDENA HEALTH LODGE & SPA



A UNIQUE NATURE EXPERIENCE IN THE DOLOMITES  
BEAUTY



THE LEADING HOTELS  
OF THE WORLD®



## 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

### PRODUCT LINE WITH PREMIUM INGREDIENTS

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 MOISTURISING TREATMENT

Honey retains moisture and its principle substances nourish the skin. This treatment delicately cleanses, soothes and brightens the skin. € 108.00

#### 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. € 108.00

#### 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 moisturising. € 110.00

#### 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. € 110.00

#### “ALPINA FOR MEN” FACIAL TREATMENT

A special facial treatment specifically designed for a man's skin needs. € 100.00

### BODY TREATMENTS

#### PEELING WITH HAY

This peeling, that stimulates the microcirculation of the skin, has a detoxifying and relaxing effect. € 53.00

#### 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. € 53.00

#### BLUEBERRY PACK

This pack has a revitalising effect thanks to the high vitamin C content in blueberries. € 54.00

#### 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 well-being. € 56.00

#### MOISTURISING 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. € 56.00

#### LIPO-MUD PACK

This treatment invigorates and remodels the silhouette. € 56.00

#### GOAT MILK PACK

The substances in goat milk give the skin important vitamins, have a moisturising effect and stimulate cell replacement. This treatment is perfect for dry and sensitive skin. € 54.00

#### GENTIAN PACK

Invigorating and detoxifying, this treatment also reduces swelling. € 54.00

#### HONEY PACK

This treatment makes the skin soft and silky smooth, while moisturising it. € 54.00

#### BLUEBERRY LEG WRAP

A refreshing wrap that helps reduce unsightly cellulite and soothes heavy legs. € 51.00

#### REVITALISING BACK TREATMENT

Deep cleansing with ALPINA DOLOMITES products to refine the texture of the skin, eliminating impurities. The treatment begins with a relaxing peeling, then a cleansing, and finally a pack. € 70.00

## ALPINA DOLOMITES

AN ACT OF LOVE FOR YOUR SKIN

### MASSAGES

#### HAY FLOWER MASSAGE

A pleasant and relaxing massage that gently heats the body, thus helping to eliminate toxins. € 75.00

#### GOAT MILK MASSAGE

A massage that's particularly suitable for dry skin. It has a moisturising effect, is very soothing and stimulates cell renewal. € 75.00

#### 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. € 75.00

#### 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. € 75.00

#### HONEY MASSAGE

A revitalising body massage that moisturises the skin. € 75.00

#### GENTIAN OIL MASSAGE

A regenerating and revitalizing massage, with nourishing and relaxing effect. € 75.00

#### BLUEBERRY OIL MASSAGE

A detoxifying and revitalising massage that moisturises the skin and fights cellulite. € 75.00

### ALPINA DOLOMITES PROGRAMS

#### 5 DAYS

##### ALPINA DETOX

1 hay body peeling  
1 hay drainage pack  
1 hay lipo-mud  
2 hay flower massages  
1 body drainage massage

€ 349.00

##### ALPINA SILHOUETTE

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

€ 418.00

##### ALPINA ANTI-AGING FACE & BODY

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

€ 379.00

##### ALPINA FACE & BODY RELAXATION

1 Alpina facial treatment  
1 honey body peeling  
1 honey pack  
1 hay flower massage  
1 honey massage  
1 arnica oil massage

€ 398.00

#### 3 DAYS

##### ALPINA DETOX

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

€ 231.00

##### ALPINA SILHOUETTE

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

€ 233.00

##### ALPINA ANTI-AGING FACE & BODY

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

€ 270.00

##### ALPINA FACE & BODY RELAXATION

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

€ 282.00

## 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. € 120.00

#### INTENSIVE COLLAGÈNE HYALURONIQUE™ 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. € 124.00

#### RESURFACING PEELING

Intensive exfoliating treatment to oxygenate the skin tissue and stimulate cell renewal. The skin appears smooth, the complexion luminous and uniform. € 120.00

#### [W.]™+ TREATMENT

Clarifying treatment to correct spots and prevent them from appearing. € 120.00

#### EYE CONTOUR SPECIFIC TREATMENT

A treatment that decongests the eyelids and smoothes the contours of the eye. € 80.00

#### PERFECT SHAPE TREATMENT

This treatment has been specially designed for those who want to preserve the youth of their face shape and décolleté. € 80.00

### ANTI-AGEING PROGRAMS FOR FACE AND BODY

#### SOTHYS FACE & BODY EXPERIENCE

A relaxing and regenerating treatment for the skin. A particularly delightful multisensory experience that will create a profound feeling of wellness. € 230.00

 **SOTHYS**  
PARIS

## 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. € 115.00

#### 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. € 115.00

### SIGNATURE TREATMENTS

#### SOIN SIGNATURE MINCEUR

For a redesigned silhouette. Slimming treatment with peeling, wrapping and massage. € 150.00

#### MODELAGE MINCEUR

Slimness modeling to improve the silhouette and redesign the contours. € 75.00

#### 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 & bamboo, frangipani & plum, green tea & fig. € 115.00

#### 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. € 115.00

#### SOIN PURETÉ PEELING TREATMENT

A treatment suitable for all types of skin to exfoliate, remineralize and drain. € 53.00

#### SOIN CELLULITE MUD TREATMENT

A specific treatment specially developed to reduce all types of cellulite. € 69.00



## BEAUTY & WELLNESS

DISCOVER THE SOURCE OF WELLNESS AND BEAUTY

### BEAUTY & WELLNESS PROGRAMS

#### ALPINA BEAUTY SPECIAL (1 DAY)

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	€ 340.00

#### ALPINA WELLNESS SPECIAL

1 body peeling	
1 Alpine Wellness body pack	
1 massage with mugo pine oil	
1 Alpina facial treatment	€ 261.00

#### ALPINA ANTI-STRESS PROGRAM

1 relaxing massage	
1 La Stone	
1 bath with essential oils	
1 Abhyanga body massage	
1 relaxing facial massage	€ 342.00

#### ALPINA WELLNESS MESSAGES

1 relaxing massage	
1 massage combination I	
1 massage with essential oils	
1 Tibetan massage	
1 Deluxe facial massage	€ 351.00

#### ALPINA RELAXATION & HARMONY

1 Tibetan massage	
1 Lomi-Lomi	
1 Pinda Sveda	
1 La Stone	
1 Abhyanga body massage	€ 442.00

#### ALPINA WELLNESS FOR MEN

1 facial treatment	
1 mountain herb bath	
1 Alpina body massage	
1 Alpina back massage	€ 250.00

#### ALPINA FRESHNESS & VITALITY

1 herb bath	
2 Active massages	
1 relaxing plantar massage	
1 Thai massage	€ 279.00

#### MOTHER-TO-BE PROGRAM

Beauty & Wellness program for expectant mothers	
1 Alpina facial treatment	
2 leg drainage massages	
1 beauty manicure	
1 beauty pedicure	€ 333.00

## BEAUTY DETAILS

YOUR BODY DESERVES PERSONALISED TREATMENTS

### SINGLE BEAUTY TREATMENTS

#### THE CLASSICS

• Eyelash and eyebrow dyeing	€ 33.00
• Eyebrow dyeing	€ 20.00
• Eyelash dyeing	€ 24.00
• Eyebrow correction	€ 14.00
• Day make-up	€ 50.00
• Evening make-up	€ 53.00

#### DEPILATION

• Partial (half leg)	€ 53.00
• Full leg	€ 65.00
• Bikini line	€ 20.00
• Underarms	€ 20.00
• Arms	€ 36.00
• Upper lip	€ 14.00
• Chin	€ 22.00
• Back	€ 32.00

#### HAND & FOOT TREATMENTS

• Beauty manicure	€ 50.00
• Deluxe beauty manicure with hand pack and hand massage	€ 65.00
• Première beauty manicure with peeling, hand pack and hand massage	€ 70.00
• Beauty pedicure with herbal footbath and foot massage	€ 66.00
• Deluxe beauty pedicure with herbal footbath, foot pack and massage	€ 80.00
• Première beauty pedicure with peeling, foot pack and massage	€ 87.00

#### GEL UV CARE & MAKE UP FOR NAILS

• BB Gel manicure	€ 70.00
• BB Gel pedicure	€ 86.00
• Removal of Gel polish	€ 10.00

### AVEDA HAIRSTYLIST

Caring for your hair is important: it is an essential part of your personality. The cut, style and care of your hair emphasise 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 (including shampoo)	from € 30.00
• Cut	€ 45.00
• Tone-on-tone colouring	€ 50.00
• Dyeing	€ 55.00
• Fashion color	€ 60.00
• Highlights	from € 65.00

#### MEN

• Cut	€ 45.00
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#### AVEDA SUNSHINE COLOR TREATMENT

Enhances the brightness of the color and extends its duration, with a moisturising and reinvigorating effect. A hand massage is given during the treatment.  
€ 40.00

#### MOISTURIZING TREATMENT

Nourishes and moisturizes dry, brittle hair, leaving it soft and supple.  
€ 40.00

#### BOTANICAL HAIR & SCALP RENEWAL<sup>SM</sup>

Intensive treatment that relaxes the scalp. Hair is strengthened, nourished and regenerated. The hands are massaged while the pack is applied.  
€ 40.00

#### RESTRUCTURING TREATMENT

Repairs and strengthens damaged hair, leaving it smooth and healthy-looking.  
€ 40.00

## 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 moisturising balance, restores tone and reduces stress, making the skin velvety smooth. € 50.00

#### ALPINE HERB BATH

A blend of beneficial Alpine herbs and pure mountain salt for a delightfully relaxing bath. € 50.00

#### HAY FLOWER BATH

Helps to loosen muscle tension and gives a pleasant feeling of well-being. € 50.00

### PACKS

#### RED FIR PACK

A relaxing treatment that is particularly suitable for eliminating muscle tension. € 54.00

#### MUGO PINE PACK

Mugo pine oil nourishes and regenerates the skin. Its balsamic scent has a calming effect. € 54.00

#### PINE PACK

Pine needle oil has a calming and relaxing effect. This pack also nourishes the skin and has a wonderful fragrance. € 54.00

#### 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. € 54.00

#### WILD BERRY AND GOAT MILK BATH

Goat milk is rich in minerals, has a high vitamin content and helps moisturise 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. € 50.00

#### 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. € 50.00

#### 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. € 56.00

#### BUTTERMILK PACK

This creamy pack has a nutrient and moisturising effect. It helps dry skin to regenerate rapidly. The skin remains fragrant and soft to the touch. € 54.00

#### AROMATIC PACK

The special aromatic essences, the highly effective oils and the creams of this aromatic pack restore harmony, energy and vitality. € 54.00



## 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 "Thridoshas" (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.) € 95.00
- back massage (25 min.) € 56.00
- leg massage (25 min.) € 56.00

- Mukabhyanga (25 min.) € 56.00

#### KATEE VASTHI

Specially prepared lukewarm herb oils are applied during this treatment. (50 min.) € 95.00

#### 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.) € 98.00

#### 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.) € 73.00

#### 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.) € 95.00

#### 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.) € 120.00

#### 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.) € 95.00

#### 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.) € 96.00

#### BALINIS MASSAGE

A relaxing massage with olive oil. (50 min.) € 95.00

## AYURVEDA

THE SCIENCE OF LONG LIFE

### AYURVEDA PROGRAMS

#### SOLACE FOR THE BODY AND THE SPIRIT

1 Abhyanga body massage  
1 Shirodhara € 150.00

#### AYURVEDA WEEK

5 personalised massages € 427.00

#### AYURVEDA & RELAXATION

1 Abhyanga body massage  
1 Marma massage  
1 Kerala Massage € 256.00

#### AYURVEDA SHORT STAY

3 personalised massages € 254.00

## YOGA

INDIVIDUAL YOGA

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

(50 min.) € 60.00  
(3 x 50 min.) € 160.00



## MASSAGES

SOURCE OF NEW ENERGY AND VITALITY

### BEAUTY AND WELLNESS MASSAGES

#### ALPINA MASSAGE

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.) € 73.00
- Partial massage (25 min.) € 55.00

#### ACTIVE MASSAGE

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.) € 75.00

#### TRIGGER POINTS MASSAGE

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

- (50 min.) € 75.00

#### MASSAGE 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.) € 75.00

#### DRAINAGE MASSAGE

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 (80 min.) € 98.00
- Drainage massage (50 min.) € 73.00

#### COMBINATION MASSAGE I: RELAXING PLANTAR AND BACK MASSAGE

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

- (50 min.) € 88.00

#### COMBINATION MASSAGE II: DRAINAGE MASSAGE AND ALPINA MASSAGE

Draining, detoxifying and relaxing effect in a single massage.

- (80 min.) € 98.00

#### RELAXING MASSAGE

A calming and rebalancing massage that creates a feeling of complete wellness. (50 min.)

- € 73.00

#### RELAXING PLANTAR MASSAGE

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.) € 75.00
- (25 min.) € 57.00

#### FACIAL MASSAGE

Revitalising facial drainage massage.

- (25 min.) € 52.00

#### DELUXE FACIAL MASSAGE

Revitalising facial drainage massage with active principles.

- (25 min.) € 60.00

## MASSAGES

SOURCE OF NEW ENERGY AND VITALITY

### SPECIAL REVITALISING MASSAGES

#### 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.) € 95.00

#### 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 well-being and inner peace spreads throughout the entire body.

- (80 min.) € 110.00

#### 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 re-balance 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.) € 95.00

#### 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.

- (80 min.) € 110.00

#### 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.

- (80 min.) € 110.00







#### 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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