

HISTORY – VISION OF THE FUTURE

The Hotel Lamm came up for the first time in 1668 as **an accommodation with the justice of an open inn** in history books. The owner was Gregor Iglinger. Throughout the years the hotel owner changed over and over again. In **1962** it was purchased by the family Trocker and known under the name of “Posthotel Lamm”. During this time the Lamm was always extended and renovated.

The most far – reaching change experienced the village Kastelruth and the hotel with the renovation **in the year 2000**.

In 2015 the hotel was leased to the Falkensteiner Hotels, which ran the hotel for 2 years.

The sale took place in the end of 2016 and after the negotiations the **stock corporation Seiser Alm Bahn** was allowed to call themselves proud owner. Through an advertisement an architect office was decided and commissioned for the planning of the hotel.

The history and architecture of the house and the atmosphere of the old Lamm as of the old village Kastelruth were meant to contribute in the rebuilt. The architectural style was supposed to be in harmony with the place, additionally it aimed to enhance the value of the younger Kastelruth residing in the Dolomites street. The exterior appearance of the hotel is subordinate to the village’s character and at the same time conformed to the present epoch and modern age.

The Hotel Lamm introduces itself today on both main fronts open and inviting with casted perforated façade, with pediment at the town square and a partly planted wooden façade at the Dolomites street. The structure and internal organisation of the house were designed clearer. The hotel lobby is spacious and inviting. At the town square facade a bar with restaurant was build. The bar should become a new meeting point in Kastelruth. On the second floor is situated a balcony, which is meant to be a place of retreat for our house guests, where they are able to observe the hustle going on at the town square. A highlight is the wellness area, located on the fourth floor. There is also situated our sky pool, which invites You to relax and enjoy the picturesque scenery.

We are pleased to welcome You in the Hotel Lamm and hope You will learn to love and enjoy it as we do.

Your hostess Verena Gabrielli & team

OUR TEAM OF ARCHITECTS

Senoner Tammerle Architekten

Senoner Tammerle Architekten is an architect office in Kastelruth. Arch. Lukas Tammerle and Arch. Paul Senoner are two young local architects from Kastelruth and Seis. Since the year 2003 both architects work and design closely together on projects of all kinds. From spatial planning (village and urban development) over built architecture and interior design to single pieces of furniture.



The mindset about architecture and the designing describe the architects themselves as follows:

- On search for a natural and lasting architecture.
- Orientated towards sensory, usage and materiality.
- Interested on ideas, and not only on visible products.

Next to the built architecture the urban development takes a fundamental role in their architecture.

This implement enables them to define at a very early stage the appropriate framework for the construction task. It refers to urban studies and plans (also implementation and recovery plans), as also consultations in urban and construction law matters.

The architects won multiple awards together, inter alia, in the year 2003 the “Holz.Werk Award” in the category “Bautischlerarbeiten” (Joinery work) with the project of the headquarters of the Raiffeissen bank Kastelruth – St. Ulrich, which is situated in the town centre of Kastelruth. 2015 they won the South Tyrolian Architecture Award in the category “Tourism” and 2017 the architecture prize of the city Oderzo with their project of the “Tierser Alpl Schutzhaus” on 2.440m above sea level situated at the Seiser Alm.

WHAT ELSE YOU NEED TO KNOW:

- The **reception** is available from 07.30 a.m. to 10.00 p.m. We are contactable on the phone under the number **501** or **502**. In case of an emergency please **call the number 9**.
- **Breakfast** will be served from 7.30 a.m. to 10.30 a.m. in the dining room.
- **For our late riser:** with pleasure You can enjoy breakfast in Your room. For the room service we request an additional fee of 15,00-euro. In Your room You will find the accompanying form where You can tell us about Your wishes. We kindly request to leave the form the previous evening at the reception.
- The **bar** is open for You from 08.00 a.m. to 11.00 p.m.
- **Dinner** will be served from 07.00 p.m. to 08.00 p.m. in our dining rooms. We kindly request suitable evening wear.
- **Swimming pool and whirlpool** are open for You from 07.00 a.m. to 08.00 p.m.
- The **bill (check)** can be paid in cash, per cheque, as well as EC-card, master card, maestro, visa and American express. We do not accept Diners-Card. You are welcome to pay Your bill after dinner the evening before Your departure, until 09.30 p.m. at the reception.
- Suggestions and complaints can improve our service. For that, we are very grateful to You. If You want to praise the house, the team and the service, we are very grateful, if You could do that also by Your friends.
- **Check – out** is until 11.00 a.m. A late check–out (with board and lodging) is only possible on request and availability, for which we charge an **80,00-euro** fee per room.
- You are welcome **to telephone** with the phone in your room. For a line to the outside please press the “0” button and wait for the ringing tone, then press the country code, Your local area code without “0” and afterwards dial the telephone number – already You can tell about Your vacation. Some important dialling codes:
 - Germany: 0049
 - Austria: 0043

- Switzerland: 0041
- France: 0033
- United Kingdom: 0044

You reach other hotel rooms by dialling the respective room number.

- **Internet:** Free Wi-Fi is available in the whole house and the use is free of charge.
- **Hiking:** If You want to discover the area around Kastelruth and the Seiser Alps, our receptionist team are gladly at Your disposal with help and advice and hiking maps.
- **Ski room:** In the garage You find a perfectly equipped ski room. There is a free of charge snowboard and ski deposit with boot warmers waiting for You.
- **Laundry service:** Our room service offers with pleasure the hotel's own washing service. If You want to take advantage of this service, please put the clothes that need to be washed in the intended laundry bag, which You find in Your room, and fill out the enclosed form. The room service takes the clothing items as soon as the room is cleaned.
- **Presents:** Do You want to make Your friends and loved ones very happy? Take a visit to the Hotel Lamm shop at reception!
- **Public transport:** Upon arrival You receive a Mobilcard "Ferienregion Seiser Alm Live". With this guest card You can use public transport, like bus and train in South Tyrol free of charge. At the reception You can get a detailed bus time table and information regarding the departure times.
- **Eating preferences:** Do You have a special desire; are You vegetarian, vegan or do You have an intolerance? Please let us know! Our chef Marc Oberhofer is at your disposal.
- **Hotel entrance:** If You come home late, Your room card opens the hotel entrance door.
- **Holy mass:** takes place in Kastelruth on Saturday evening at 07.30 p.m. in German and on Sunday at 10.00 a.m. in German and Italian.

- **Safe:** Please deposit Your valuable objects and cash in the electronic safe in Your room. You find the instructions, on how to operate it, on a sheet in the safe. Please leave the safe open on Your departure!
- **Newspaper:** Do You always read a specific newspaper at home? It would be a pleasure for us to obtain it for You during Your stay at the Hotel Lamm.
- **Wellness bag:** Upon Your arrival You find a wellness bag in Your room, which contains a soft bathrobe, slippers and bath towels for the sauna area and swimming pool. If You like the wellness bag, You can purchase it in our Lamm shop.

RESTAURANT

Our kitchen and service team surprise You every day with new creations and selected vines and cocktails.

We put importance to regionality, therefore the cooperation with local farmers and their high-quality products is very important for us. The concept of fresh and in the area cultivated products, runs like a red thread through all menu and beverage cards, starting in the morning with breakfast and concluding in the evening with dinner.

BAR CAFÉ “ZUM LAMPL”

A meeting point for guests and local residents

Enjoy the pleasant atmosphere in the bar café “Zum Lampl” with shielded corners and cosy seats on the winter terrace or directly by the windows, from where You can observe the hustle and bustle on the village square. There we spoil You with a selected assortment.

SEMINAR ROOM

The Hotel Lamm is as well suitable for meetings for small groups, seminars and workshops. On the first floor You can find the meeting room, which provides space for about 12 people. It is furnished with every technical comfort, like a flipchart, a slide projector and wireless network. The seminar room costs 75,00 euros per day for hotel guests. If You are interested, please get in touch with the reception.

WE LOVE KITCHEN!

GREAT NEWS FOR OUR GOURMET FANS!



Our gourmet restaurant "Lampl Stube" has been open since December 2019. In this small, very fine room, **our chef Marc Oberhofer** will spoil you with a traditional and creative menu selection.

The gourmet restaurant is open **on Thursday, Friday and Saturday evening**. Would you like to enjoy an evening of superlatives or surprise your loved ones with a **gourmet dinner? Then book a table now in the "Lampl Stube"**.

Ask for more information at the reception!



LAMPL'S PICNIC BASKET

LAMPL BOX MOUNTAINEERS FOR 2 PERSONS 45,00 €

Vinschgerle bread

Snack of South Tyrolean bread

Fresh radishes

Herbal spread

South Tyrolean marende (Kaminwurz, Speck and mountain cheese)

Apples

2 beers 1857

Pine liquor

LAMPL BOX DELUXE FOR 2 PERSONS 60,00 €

Vinschgerle bread

Snack of South Tyrolean bread

South Tyrolean marende (Kaminwurz, Speck and mountain cheese)

Boiled eggs

Fresh radishes

2 different salads

Milk by farmers

Pralines

Linzerslices

Fresh fruits

Pine liquor

1 bottle of Lagrein 0,375 lt

HIKING SUGGESTIONS

Once a week a **guided hiking tour** with our guide Günther takes place. You can find all information regarding the excursion in our weekly programme and in our daily morning mail. All guided hiking tours organized by the touristic association are also to be found in there.

If You want to explore the beautiful area around Kastelruth and the Seiser Alps without a guide, please don't hesitate to ask for a hiking map and suggestion at the reception. Gladly we present You already the following four suggestions:

From Kastelruth across St. Valentin to Seis

Difficulty: easy

Distance: 3,3 km

Duration: 1:00 hours

Ascent: 100 m

Descent: 169 m

The hiking tour is a relative short, pleasant walk. The hiker is provided, in addition to the beautiful landscape, with sights of art historic value. The inside as well as the outside of the little church of St. Valentin contains a row of frescos from the 14. and 15. century by the Veroneser school style. The path leads along the Maritzen street to the Wegmacher Hof, from which an ascending path leads upwards to the Scherer Platzl. The trail continues along a road headed south to a picture of the Virgin Mary Stöckl, from where You need to turn right to a climb in order to cross the Seiser Alps street. From St. Valentin You have to follow an old pathed way to our destination Seis am Schlern. Back to Kastelruth You can also take the shuttle bus, line n. 3.

Hans and Paula-Steger-Path

Difficulty: intermediate

Distance: 8,7 km

Duration: 2:10 hours

Altitude: 1.957 - 1.676 m

The thematic path on the Seiser Alps is dedicated to the skier and climber couple Hans and Paula Steger. Information boards on the wayside are explaining interesting facts regarding to the nature and culture area Seiser Alps. An impressive Dolomiten view accompanies the hiker on this simple path.

The hiking tour starts at the mountain station of the Seiser Alps cable car in Compatsch. The Hans and Paula -Steger-Path starts directly at the church dedicated to St. Franziskus. The path n. 30 runs across fields, crosses the road and passes by the Hotel Steger Dellai.

The path crosses the street to Saltria, turns right and leads on a broad pathway down into a river valley. Through the forest and across Alp meadows the hiking tour leads on to the Almhütte of Laranz. Shortly after on the left branches off the climb nr. 12 and leads down in the Saltria valley. The last part of the hiking tour leads out of the valley to Saltria.

Winter walk on the Puflatsch

Difficulty: medium

Distance: 6.7 km

Duration: 2:30 h

Ascent: 267 m

Descent: 267 m

The easy hike on the Puflatsch guides You to incredible spots and unique viewpoints. From the Seiser Alm mountain station in Compatsch the trail leads over Eurotel up to the Dibaita Puflatsch hut and on to the mountain station of Puflatsch. The Engelsrast (Angels' Rest) panorama platform, very close to the Puflatsch mountain station, offers outstanding views over the surrounding mountain world. The loop route leads over a wide snow trail on to the Arnika hut and past the Dibaita Puflatsch back to Compatsch. You can also make your return journey with the Puflatsch Telemix cable car.

Winter walk to the Mahlkechthütte

Difficulty: medium

Distance: 10.7 km

Duration: 4:00 h

Ascent: 296 m

Descent: 467 m

The walk begins at the Seiser Alm mountain station in Compatsch. The trail leads over vast Alpine meadows up towards Panorama, then continuing mostly flat past Goldknopf and Almrosen hut before leading slightly downhill to the Mahlkecht hut. This trail overflowing with wonderful views leads to the Plattkofel. The return walk leads past Tirlir to Saltria or alternatively You can lend a toboggan at the Mahlkecht hut and slide downhill to Saltria, where the Almbus will take you back to your set-off point in Compatsch.

LAMM- SHOP

You feel comfortable in our bathrobes and want to enjoy the same, cuddly experience at home? Then have a look in our shop on the first floor. The bath robes of the brand Prima are available in sizes M and XL at the reception.

Or did You especially like our practical Lamm wellness bag? You can also buy these here for Your next beach holiday.

Are You looking for a present for Your sweethearts at home? Here too we have exactly the right thing for You. Your grandchildren, nephews and children will definitely love a sweet cuddly lamb, which could likely become their new companion.

But there is also something for the mother-in-law, the uncle or the best friend. How about, for instance, Arnica sports balm or a moisturizing body lotion? These and many other care products of the brand DR. Joseph Vitalis can also be found in our shop. You are also welcome to get more information about the products at the wellness reception on the 4th floor.

We can also offer You a culinary souvenir. As a small holiday memory, You can take home both the bacon and the "Kaminwurz". Ask Your waiter or contact us at the reception and we will be happy to help.

ARTISTS

Petra Polli - „Tracks“

The artist Petra Polli is represented with her picture series “Tracks” in our restaurant and in all rooms.

The local artist lives and works in Bozen and Leipzig. Since 2005 Petra Polli received various awards and scholarships, inter alia, 2011 the “Via Regia Sculptura” award in Leipzig, a nomination for her art of painting for the “Anton Faistauerpreis” in the same year and 2016 the art award “Paradigma Blickwechsel” in Leipzig.

Her works are to be found in private, public and international collections, and since the year 2005 they are being displayed in many exhibitions in Germany, Austria and Italy.



Throughout many years Petra Polli dealt in her paintings with the urban space and its symbols. Now she immerses deeply into the forest thicket with her series “Tracks”. In contrary to her other series, to the many layers from the pasty paint and the precisely drawn straight lines of the urban areas, Polli moves to a light, volatile brush- and ink stroke on canvas and paper. In these works, the pictured nature is wild, untamed, untouched and beyond cultural human interventions. The points of departure for the works are digital coloured photos, which were taken by the artist during her forays through the woods and which she is transforming into paintings through an act of reduction and abstraction of black ink on white foundation.

In the paintings we can find a deceleration of the lines to the organic, a reduction from the colors to black and white and a reduction of weight to elusive works on one level. In contrast to the black shadows lingering in the gloomy woods, only the brightly beaming light enables us to see the silhouettes and shapes of the trees, branches, brush and forest soil.

Giuliano da Manguc - „Daughters of the winds“

In our foyer you can admire the women sculptures made out of wood by the artist Giuliano da Manguc.



Giuliano da Manguc lives and works in the world-renowned valley of woodcarvers, Grödnertal. In the artist's name lies a deep connection to the homely valley: All along people in the South Tyrolian valleys are known and called not by their family names, but by

the names of their home manors: „Giuliano de Manguc“ means nothing more than „Giovanni from Manguc“ (-manor). The artist decided at an early age to take the classic career of a wood carver: he attended the art school in Saint Ulrich and afterwards he was an apprentice at the most well-known instructors of wood carving. Since 1985 he is a freelancing artist with own studio, where the „Daughters of the wind“ were brought to life too.

In those filigree and weightless figures the artist stages the free and perfect concept of nature, he captures the airy effortlessness of the winds and subdues both in elegance and calm beauty. His ethereal women figures are also a tribute to the rich and vivid mythological world of the Dolomites, in which the life is still influenced by the mighty and mysterious women.

Hubert Kostner

In the reception and in the bar section You can marvel at the works of the local artist Hubert Kostner.

Kostner graduated from the academy of fine arts in Munich, where he stayed for a longer time, like in Madrid and Beijing.



Shifts, development processes and transformations play a central role in his artistic work. Materials and objects from the direct surroundings of the artist are being liberated from the conventional context and thereby newly perceived. His astute and individual perspective competes, with a down to earth subtlety, against the ordinary.



Especially impressive is the wall made out of natural beeswax, which is expanding behind the bar counter.

The natural beeswax is a symbol for intact nature, uniform thinking and health. It spreads a pleasant and relaxing scent in the room and symbolizes simultaneously the hard working, diligent honeybee.

The main part of the used beeswax was delivered by the Hieblerhof, a manor surrounded by woods and meadows in the neighbouring village Völs am Schlern. In addition to the beeswax the Hiebler farmer also sells homemade honey and wax figures.

The artist brought the wax onto the picture carrier meanwhile it was in a melted state. Despite the enormous dimension the cast was carried out on site.

A particular appeal for the artist was the process of melting the beeswax. The transformation of a material into a different physical state, the transformation from solid to liquid state. The melting as a symbolic picture of giving in, rethink and adapt. These are important human characteristics and processes of architecture and of the place itself.

SUSTAINABILITY

We cool and heat the rooms and dining rooms smoothly and not noticeable via the ceiling with a biological air conditioning. This creates a pleasant and cosy atmosphere.

During the summer this system enables a restful sleep in the Hotel Lamm. Similar to an underfloor heating pipelines are installed in the ceiling, which activate the mass of the ceiling as needed for either cooling or heating.

The ceiling surface creates an even emission without convection of the room air. The disturbing feeling of draught from a common air conditioning is omitted, and in addition to that, the system is more energy-efficient hence also more environmentally friendly.

In the selection of our ingredients great importance is attributed to the sustainability principle, therefore where possible, local goods and products with short transport route are being utilized. Seasonal fruit and vegetables, alpine herbs, regional bucket milk and cheese products, eggs and high-quality meat from local farmers are common practice in our house.

Sustainability is written with a capital S in our hotel, therefore the kitchen team deliberately refrains from plastic to minimise the amount of waste and the used hard plastic is recycled, in addition to that the use of cling film is being avoided as good as possible and cellophane is renounced entirely.

We ask our guests to support us in the conscious handling of the environment. The deliberate use of Your wellness bath towels would support us a lot in our engagement for the sustainability. If You do require new or additional bath towels, You can find them in the spa area.

SKY - SPA

OPENING HOURS 12.00 PM TO 08.00 PM

Beautylinie Dr. Vitalis Dr. Joseph

Let Yourself be pampered in Your vacation at the foot of the Seiser Alps. Enjoy our smoothing massages or beauty treatments of the renowned South Tirolean product line VITALIS Dr. Joseph.

This beauty line stands for four of our most important principles, which permeate the whole house:

- Respect for the nature in her purity and diversity
- Quality at all levels – sustainable and effectively
- Feeling of responsibility and respectful dealing with natural resources
- Integral and effective high-tech natural cosmetics

We have decided in favour of VITALIS Dr. Joseph because for their developers nature is a priority. Their demands are to improve active substances from nature through newest microtechnological procedure and hence develop integral products and treatments, building on traditional knowledge. The brand VITALIS Dr. Joseph is always thought of integral on human level, as well as our wellness hotel. The plant based active substances from nature, the antique know – how and the modern technologies develop thanks to the competence and kindness from our staff members their full effect: You feel completely relaxed and in harmony with Yourself and the world.

Select Your desired treatment from our **extensive wellness menu!** For questions and bookings our wellness manager Nadine and her team are gladly at your disposal. The ladies are available for You daily from **12.00 p.m. to 08.00 p.m.**. You can reach them under the number **513** or You get in touch with the reception under the number 501.

FACIAL TREATMENTS

TEAM DR JOSEPH - INTENSE PURIFYING FACE TREATMENT

50 min. 78,00 Euro

A deep cleansing following the TEAM DR JOSEPH method tailored to your skin type: Your skin? Pure and delicate. Your face? Beaming. How you feel? Clear and full of energy. The treatment ritual finishes off with a special peel off mask to provide optimal hydration. The result: vital, balanced and youthful skin.

TEAM DR JOSEPH - CELLULAR RECREATION FACE TREATMENT

81 min. 110,00 Euro

A wonderful treatment with natural ingredients, specifically tailored to the needs of Your skin. It provides immediate effects following the TEAM DR JOSEPH method and is supported by a deeply relaxing pampering program. A thorough skin diagnosis is used to create the ideal combination of ingredients for You. Eyebrow shaping available upon request. The highly effective intensive care serum with selected active ingredient complexes ensures a natural balance for your skin. By pairing a modulated facial massage with the intensive mask, the highly concentrated active ingredients can combine deeply with Your skin. For a healthy and intensively well-kept appearance.

TEAM DR JOSEPH - ADVANCED BIO LIFTING FACE TREATMENT

110 min. 159,00 Euro

The holistic maximum program following the TEAM DR JOSEPH method: Intensive treatment with biodynamic lifting massage - individualized and effective. Experience a truly unique beauty treatment. The bioenergetic flower pouches lifting massage supports the natural ability of Your skin for self-regulation. Well-being, deep relaxation and enhanced skin vitality are all tangible results of this internal harmonization process. The special serum and intensive mask provide a lasting, powerful effect. The high-tech workings of nature give a smooth, recovered and radiant complexion. Eyebrow shaping available upon request.

TEAM DR JOSEPH - EXPRESS POWER LIFTING FOR MAN

50 min. 78,00 Euro

TEAM DR JOSEPH method for him. Powerful, close to nature, efficient! Natural high-tech power for a dynamic and well-kept appearance.

MASSAGES

With pleasure we offer all massages also as a couple treatment in our couple cabin.

DYNAMIC RECREATION BACK MASSAGE

50 min. 78,00 Euro

25 min. 44,00 Euro

A constructive back treatment with highly effective natural active ingredients and a massage individually tailored to You. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for Your back. Free Yourself of stress and blockades.

ENERGIZING HERBAL STAMP POWER TREATMENT

50 min. 78,00 Euro

This herbal pouch massage by VITALIS Dr. Joseph is a powerful and intensive full-body treatment with precious natural oils, selected herbal blends and unique combinations of active components. The herbal stamps are patted over Your body intensively and with gentle pressure. This stimulating technique and the used herbs help to relieve stress, while the finest aroma massage oils bring You vitality. Start off balanced and full of energy!

RELAXING HEAD AND NECK MASSAGE

50 min.

78,00 Euro

This unique treatment method releases tensions in the head, neck and shoulder area through an extraordinary massage and precisely effective plant extracts. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated and vessels, sense organs and nerves are strengthened.

DETOXIFYING CELLULITE TREATMENT WITH SEAWEED BATH

80 min.

95,00 Euro

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage. For increased effectiveness the cellulite program entails a seaweed bath for extra hydration and metabolic activation.

REVITALIZING AND FIRING ABDOMEN TREATMENT

50 min.

78,00 Euro

This efficient body treatment helps to decongest the abdomen, to softly reduce waist circumference and to streamline the abdominal wall. The goal of this intensive massage is gentle stimulation of the abdominal cavity, which leads to improvement of the skin tension and streamlines the contours.

DETOXIFYING CELLULITE TREATMENT

50 min.

78,00 Euro

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

FULL BODY SCRUB WITH HAY EXTRACTS

25 min.

35,00 Euro

The gentle efficient organic body scrub with hay flower extracts and grounded apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

LINEN GLOVE DRY BODY SCRUB

25 min.

35,00 Euro

This deep cleansing dry scrub with potent essences supports Your metabolism for a clear and radiant complexion. Ideal for sensitive and especially dry skin.

MIND RELAXING AROMA MASSAGE

50 min.

68,00 Euro

Your completely personalized massage ritual. With the help of this massage we can meet your individual needs and wishes. The modulated massage techniques in combination with the selected aromatic oils enhances the muscle performance. You will feel free, supple and agile. Release tension and tightness - effective, holistic, traditional!

DYNAMIC FEET & LEGS MASSAGE

50 min. 72,00 Euro

25min. 44,00 Euro

Do You spend the whole day on Your feet? Pamper Yourself with a profound grounding leg massage which loosens the tissue, brings back the blood circulation and makes the head clear. For healthy recovered and relaxed feet & legs and a deep mental fitness.

BODY PACKS

SPORT & VITALITY BODY WRAP

50 min. 70,00 Euro

Feel the invigorating power of sun plants. This health wrap brings new fitness to Your tired joints and muscles. The power of the active ingredient complexes made out arnica and St. John's wort reduces stress, relieves tensions and supports the performance of Your muscles.

CALMING BODY WRAP

50 min. 70,00 Euro

Enjoy a special pampering program with calendula and chamomile. The activating and calming ingredients have a balancing effect on sensitive and irritated skin. Your complexion will be refreshed and Your skin will be supple and radiant.

SKIN REPAIR ANTI AGING BODY WRAP

50 min. 70,00 Euro

Pure regeneration - slip into a new skin. In this beauty wrap the combined power of wine grapes and sea buckthorn improves your skin's ability to protect itself and provides a pleasant silky feeling of well-being.

MOISTURIZING BODY WRAP

50 min.

70,00 Euro

Pamper Your skin with a fruity and sensual beauty bath. Apple extract is rich in vitamins, minerals, pectins and waxes - the perfect active ingredients to care for demanding skin. In combination with the precious rose hip it considerably improves the skin's well-being and significantly reduces dryness. Your skin will appear smoother and fuller.

PEDICURE

PEDICURE/ PEDICURE WITH NAIL POLISH

48,00 Euro / 55,00 Euro

MANICURE

MANICURE / MANICURE WITH NAILPOLISH

37,00 Euro / 44,00 Euro

DEPILATION

DEPILATION ARMPIT	17,00 Euro
DEPILATION LEG	33,00 Euro
DEPILATION HALF LEG	25,00 Euro
DEPILATION BIKINI AREA	17,00 Euro
DEPILATION BACK	30,00 Euro
EYEBROW TINTING	15,00 Euro
EYE LASHE TINTING	18,00 Euro
EYEBROW SHAPING	16,00 Euro