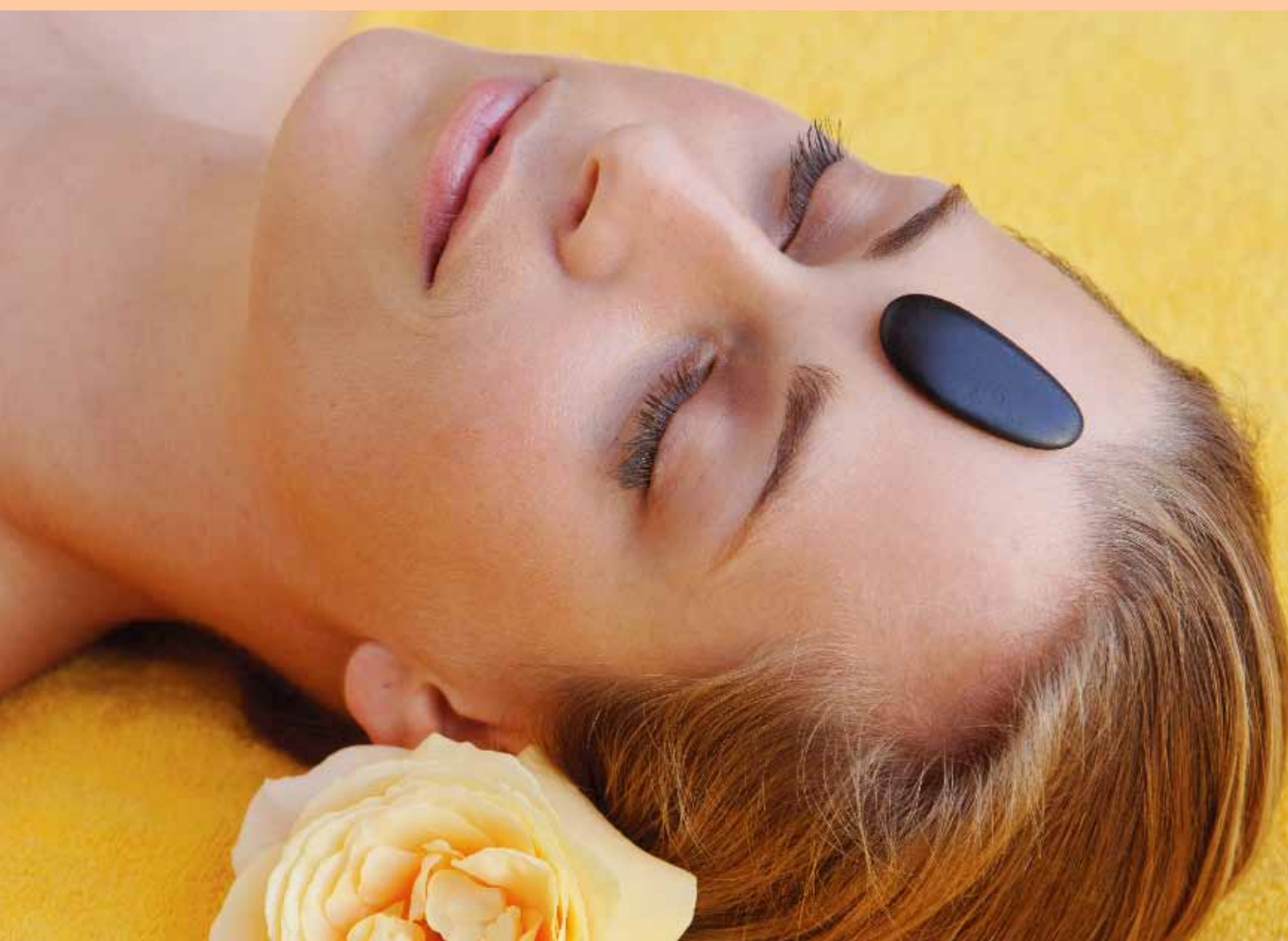


Spa and Beauty Treatments



Massages

Full body massage (ca. 45 Min.)	€ 55,00
Anti stress massage (ca. 45 Min.)	€ 55,00
Partial body massage (ca. 25 Min.)	€ 36,00
Deep tissue massage to work on tension, on your muscular system and also to reduce stress.	
5 full body massages (package for 1 person)	€ 246,00
5 partial body massages (package for 1 person)	€ 162,00
Adria massage with essential oil (ca. 45 Min.)	€ 60,00
Partial body massage with essential oil - of your own choice relaxing, vitality, tightening or revitalizing.	
Adria-massage for hikers (legs and feet)	€ 36,00
After a hiking tour your legs and feet will experience a new sensation; we will spoil them with a relaxing herbal oil massage and after that we will apply a precious feet lotion.	
Honey massage (ca. 45 Min.)	€ 62,00
with pleasant and fragrant honey massage oil for legs or back	
Full body massage with warm olive oil (ca. 45 Min.)	€ 57,00
Lymph drainage (ca. 60 Min.)	€ 80,00
Partial lymph drainage (ca. 25 Min.)	€ 42,00
Lymph drainage: therapists work with flat hands, using all the fingers to simulate gentle, specific wave-like movements. These subtle manual manoeuvres activate lymph and interstitial fluid circulation as well as stimulate the functioning of the immune and parasympathetic nervous systems.	
Shiatsu massage (ca. 60 Min.)	€ 93,00
Shiatsu is an oriental (eastern) therapy of physical and energy rebalance. Usually it is defined as an oriental „massage“ but it is much more than that. It acts through pressure with thumbs, fingers and palms applied to determined areas and points of the human body, without the use of any mechanical or of another type instrument, correcting internal dysfunctions, promoting and keeping the health and treating specific illnesses.	
La Stone massage (ca. 60 Min.)	€ 93,00
La Stone therapy is the application of geo-thermotherapy, using deep penetrating heated stones alternating with chilled stones, to bring about chemical release within the body's systems.	

Massages-Ayurveda

Hot Stone massage (ca. 50 Min.) € 87,00
for this massage we only use hot stones

Reflexology (ca. 30 Min.) € 43,00
Reflexology is the application of pressure, stretch and movement to the feet and hands to effect corresponding parts of the body. Reflexologists view the feet and hands as a mirror image of the body. By applying technique a reflexologist can break up patterns of stress in other parts of the body

Physiotherapy € 76,00
performed by an external certified therapist

Ayurveda

Shirodara fore head affusion (ca. 25 Min.) € 43,00

Special anti stress oil massage Bahya Snehana (ca. 45 Min.) € 60,00

Abhyanga – ayurvedic full body massage (ca. 60 Min.) € 87,00

Ayurveda package „Trio“ for her : Garshan soft peeling, face massage „Mukabhyanga“, hand massage „Marma“, (ca. 75 Min.) € 102,00

Ayurveda package „Trio“ for him : „Ubtan“ massage peeling, „Upana sveda“ back massage, „Padabhyanga“ foot massage, (ca. 75 Min.) € 102,00

Energy with ayurveda (ca. 90 Min.) € 129,00
Body wrap with ayurvedic herbs, which regenerates the ph-value of your skin, hereafter you can enjoy an ayurvedic full body massage and in the end we will serve a cup of ayurvedic tea



Body treatments



Body treatments

Softpack bath (ca. 30 Min.)	
Cleopatra	€ 50,00
Algae	€ 50,00
Evening primrose oil	€ 50,00
Whey	€ 50,00
Saline solution	€ 50,00
Grape pomace	€ 50,00
Arnica	€ 50,00
Swiss stone pine	€ 50,00
Fango	€ 50,00
Hay bath (ca. 40 Min.)	€ 55,00
Body Wrap Piroche (ca. 40 Min.)	€ 50,00
Adria bioenergetic body treatment Yin Yang (ca. 50 Min.)	€ 60,00
Bioenergetic cellulite body treatment (ca. 50 Min.)	€ 60,00
Bioenergetic back treatment (ca. 55 Min.)	€ 65,00
Tensions, cellulite and corporeal deficits are often consequences of energetic imbalance. With the bioenergetic body treatment of Piroche we will reconstitute the balance within your body.	
Soin Silhouette Sculptant - Maria Galland (ca. 60 Min.)	€ 65,00
Body peeling with sea salt and short massage (ca. 40 Min.)	€ 50,00
Presso therapy (ca. 30 Min.)	€ 50,00
Infrasnella body treatment (ca. 40 Min.)	€ 60,00
Adria - Amazonie body treatment „Methode Maria Galland“ (ca. 90 Min.)	€ 118,00

Facial treatments

Adria – luxury facial treatment with caviar and gold (ca. 90 Min.)	€ 118,00
Soin Masque Modellant - Maria Galland (ca. 90 Min.)	€ 118,00
Soin Cocon - Maria Galland (ca. 90 Min.)	€ 109,00
Soin Thalasso Visage – Maria Galland (ca. 90 Min.) with additional eye outline treatment	€ 109,00 € 33,00
Classic facial cleaning (ca. 60 Min.)	€ 76,00
Bioenergetic face lifting treatment with ampoule (ca. 30 Min.)	€ 56,00
Bioenergetic facial treatment for all types of skin (ca. 50 Min.)	€ 76,00
Facial treatment for him (ca. 50 Min.)	€ 62,00

Our staff will be pleased to recommend the products used within your treatment.



Try out, how good it feels...

In our hectic life it is getting more and more important to hold on the time to relax and rebalance body and soul. We are speaking about the silence of a green oasis in the middle of the life, fragrant smells, the care of soft hands and a new good body feeling. We invite you to spoil all your senses - you will be astonished how great you will feel!

and now... just relax!

Well being packages



Well being packages

5 full body massages (package for 1 person)	€ 246,00
5 partial body massages (package for 1 person)	€ 162,00
Energy with ayurveda (ca. 90 Min.) Body wrap with ayurvedic herbs, which regenerates the ph-value of your skin, hereafter you can enjoy an ayurvedic full body massage and in the end we will serve a cup of ayurvedic tea	€ 129,00
Perfect feet (ca. 70 Min.) Foot peeling, pedicure, massage with nurturing lotion, nail polish	€ 70,00
Special care for your hands (ca. 60 Min.) Hand peeling, manicure, hand treatment, massage with nurturing lotion, nail polish	€ 65,00
New energy and shiny skin Adria facial treatment, manicure, pedicure, partial body massage, evening primrose oil softpack bath	€ 214,00
Adria Body Lifting 4 Infrasnella body treatments, 2 algae baths, 2 bioenergetic anti cellulite treatments, 2 leg bandages	€ 497,00
Positiv sensations 3 Infrasnella body treatments, 2 presso therapies, 1 partial body massage, 1 algae bath	€ 331,00
The mountains are calling - Special for hikers 3 partial massages, 1 softpack bath of your choice	€ 140,00
Relaxing day for future mummies 1 facial treatment Soin Cocon Maria Galland, 1 evening prime rose oil softpack bath, 1 draining leg massage	€ 184,00
South Tyrolean style 1 body peeling, 1 partial back massage with warm body oil, 1 South Tyrolean hay bath and a cup of herbal tea, 1 full body massage with arnica oil	€ 176,00
South Tyrolean apple body treatment 1 apple body peeling, 1 apple softpack bath, 1 facial massage with apple lotion	€ 135,00
Merano Grape cure 1 grape seed body peeling, 1 grape pomace softpack bath, 1 leg and foot massage with grape seed oil	€ 122,00
Fresh 1 whey softpack bath, 1 hair treatment with argan oil, 1 fresh fruit face mask with short face massage, 1 reflexology	€ 156,00
Power-Cellulite-Treatment 2 Soin Silhouette Sculptant - Maria Galland, 2 presso therapies, 1 lymphatic drainage, 1 algae softpack bath	€ 290,00

Seasonal ceremonials

Spring light

1 bioenergetic body treatment, 1 facial cleansing, 1 body peeling with treatment, 1 full body massage, 1 refreshing blossom bath

€ 241,00

SPRING

Lavender dream - for her (ca. 80 Min.)

Experience the calming and balancing impact of lavender, while enjoying a body peeling with facial mask. Thereafter we will spoil you with a lavender-scented oil massage. A glass of sparkling prosecco will complete the total relax.

€ 89,00

Vital like a Swiss stone pine – for him (ca. 80 Min.)

Enjoy the benefit of the South Tyrolean Swiss stone pine essence. After a Swiss stone pine body peeling and a relaxing face mask we will spoil you with a pine oil massage. Can we offer you a glass of sparkling prosecco or a pine liquor after that?

€ 89,00

Wonder-whey - for her (ca. 120 Min.)

Purification...Experience our whey softpack bath, followed by a juvenescent Thalasso facial treatment and a hand wrap and to top it all off we will serve a glass of finest whey.

€ 167,00

SUMMER

Mint fresh – for him (ca. 75 Min.)

During our purifying facial treatment the fresh wild mint infiltrates into the deeper skin layers and you will experience a new sensation of freshness. Thereafter we will spoil you with a foot wrap and a back massage with mint oil accompanied with a glass of sparkling prosecco.

€ 114,00

Refreshing summer

1 sparkling Yin-Yang body treatment, 1 bioenergetic body treatment, 1 sea salt softpack bath, 1 full body massage with orange/lemon oil, 2 leg bandages and a glass of sparkling prosecco

€ 257,00

Summer sun

1 body peeling, 2 solarium, 1 full body massage, 2 algae baths

€ 194,00

Autumn light

1 fango bath, 1 full body massage with warm aroma oil, 1 body peeling with treatment and a relaxing herbal tea

€ 138,00

AUTUMN

Grapes for her (ca. 85 Min.)

Experience a new feature of South Tyrolean grapes and try our marc body peeling. The highly effective marc particles lend the skin a smooth, young and fresh-looking teint. This feeling will be intensified by the following warming body wrap. Along with the nurturing feet massage with grape seed oil we will serve a glass of grape juice.

€ 113,00

Hay for him (ca. 75 Min.)

Weary limbs and woolly thoughts? Try our relaxing softpack hay bath followed by a stimulating reflexology. A glass of finest apple juice will conclude the treatment.

€ 90,00

Beauty- Services

Manicure with short hand massage (ca. 40 Min.)	€ 40,00
Pedicure with footbath and short foot massage (ca. 50 Min.)	€ 47,00
Nail polish	€ 4,00
Nail polish „French style“	€ 15,00
Eye-lash dyeing	€ 13,00
Eye-brow dyeing	€ 10,00
Eye-brow correction	€ 12,00
Solarium	€ 13,00
Depilation, soft hair removal with honey wax	
Partial leg	€ 25,00
Complete leg	€ 36,00
Complete leg and Inguinal	€ 47,00
Inguinal	€ 20,00
Armpit	€ 17,00
Armpit and Inguinal	€ 26,00
Arms	€ 26,00
Partial leg and Inguinal	€ 36,00
Partial leg, Inguinal and armpit	€ 46,00
Upper lip	€ 14,00
Back	€ 23,00

Man only

Facial treatment for him (ca. 50 Min.)

€ 62,00

Individually matched facial treatment with cleansing, peeling, relaxing face massage, mask and nurturing lotion.

Muscular strength

€ 77,00

1 arnica softpack bath, 1 leg and foot massage with arnica oil

Relax

€ 152,00

1 facial treatment for him, 1 full body massage with olive oil, 1 saline solution softpack bath

The strength of a Swiss stone pine

€ 186,00

1 massage with Swiss stone pine oil, 1 fango softpack bath, 1 pedicure, 1 Swiss stone pine softpack bath with a final glass of Swiss stone pine liquor

If you book a facial treatment we suggest to shave 4-5 hours before the appointment.



Medical & Health Wellness



„I have no time, I am stressed out!“ – Who does not know this often used sentence? Our body reacts on long time stress with pain and ache: chronic head ache, insomnia, back pain, the sensation of being weak and burnt out are only some of the common disease of civilisation.

More space for the own “ego”

The Wellness movement started acting against these common habits and tries to focus again on our own well-being. This is the reason, why we developed some new packages with medical assistance. Your health will be the central theme of your stay in our Belvita Hotel Adria. Our programmes and activities are based on a holistic and scientifically established knowledge of health matters, combined with exercise therapy, physiotherapy, psychological and nutritionally therapeutic procedures. We offer you what you need to change your lifestyle (exercise, body care, nutrition, stress reduction) with instructions on how to continue in the long-term in everyday life.

Medical Hotel Adria

Member:



Our specialists stay at your disposal – for making an appointment with our doctors please ask our spa-staff.



Dr. med. Rudi Schöpf,
Doctor in psychiatry and psychotherapy



Christine Pföstl Pederiva,
Dietician



Dr. med. Elisabeth Gartner,
Doctor for physical medicine and rehabilitation, specialist in für Osteopathy and acupuncture



Prof. Florian Ellmenreich,
Wellness trainer, physical education instructor

CICOGNA

€ 932,00

Mother-baby-program

This exclusive program has been specially designed to give the new mother a feeling of comfort, health and harmony. During specific treatments we will encourage the mother who is breast-feeding her child to regain her natural body elasticity and help firming the body tissues. A qualified baby-sitter is on hand to look after the baby, while mommy follows her prescribed program during the day. Our rooms are fitted with a baby-phone safety device, high-chair and changing mat. An expert paediatrician is also available on request as well as special baby foods and supplements.

3 Infrasnella body treatments (myo stimulation)

1 Cleopatra bath

1 bioenergetic body treatment

1 body peeling with sea salt

6 half days of baby sitter service

1 baby swimming session

1 instruction for baby massage

3 units of private athletic coaching

baby phone, high-chair and changing mat

comfortable double room single use



<p>Slimming program - basic € 678,00</p> <p>(recommended stay of 7 nights)</p> <ul style="list-style-type: none"> • 1 body mass index test and check up • 1 individual dietary consultation • 1 intestinal purification • 7 days of full board dietary regime • 1 final analysis with handover of the individual dietary plan for home • 1 purifying algae bath • 1 abdomen massage • 3 Infrasnella body treatments (myo stimulation) • 3 units of private athletic coaching 	<p>Arielle – anti smoking program € 1.146,00</p> <p>(recommended stay of 7 nights) bookable also for insomnia problems and eating disorder</p> <ul style="list-style-type: none"> • 1 electrocardiogram • 3 hypnotherapy-classes • 5 oxygen therapies • 1 body mass index test and check up • 1 individual dietary consultation • 1 intestinal purification • 7 days of full board dietary regime • 1 final analysis with handover of the individual dietary plan for home • 1 reflexology • 1 bioenergetic facial treatment • 1 hay bath • 3 units of private athletic coaching
<p>Slimming program - intensive € 1.150,00</p> <p>(recommended stay of 10 nights)</p> <ul style="list-style-type: none"> • 1 body mass index test and check up • 1 individual dietary consultation • 1 intestinal purification • 1 alimentary intolerance and allergy test • 1 acupuncture • 10 days of full board dietary regime • 1 final analysis with handover of the individual dietary plan for home • 2 purifying algae baths • 1 abdomen massage • 5 Infrasnella body treatments (myo stimulation) • 5 units of private athletic coaching 	<p>Vitessa – anti stress program € 990,00</p> <p>(recommended stay of 7 nights)</p> <ul style="list-style-type: none"> • 1 electrocardiogram • 3 hypnotherapy-classes • 1 body mass index test and check up • 1 individual dietary consultation • 1 intestinal purification • 7 days of full board dietary regime • 1 final analysis with handover of the individual dietary plan for home • 3 anti stress massages • 1 reflexology • 1 hay bath • 3 units of private athletic coaching
<p>Fasting detoxication cure € 853,00</p> <p>(recommended stay of 10 nights)</p> <ul style="list-style-type: none"> • 1 medical visit • 1 electrocardiogram • 1 body mass index test and check up • 1 individual dietary consultation • 1 intestinal purification • 10-day fasting cure program • 1 final analysis • 1 honey massage • 1 abdomen massage • 5 Infrasnella body treatments (myo stimulation) • 5 units of private athletic coaching 	<p>Pain therapy € 410,00</p> <p>(recommended stay of 5 nights)</p> <ul style="list-style-type: none"> • medical visit with 2 acupunctures • 2 Infrasnella body treatments (myo stimulation) • 1 reflexology • 1 bioenergetic body treatment



BELVITA HOTEL ADRIA ★★★★★
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