



PARKHOTEL
BELLEVUE

DOLOMITES

WELLNESS & BEAUTY



COMPLETE RELAXATION AND A SENSE WELL-BEING

Drift away. Restore your energy. Experience the moment.

Our SPA is the ideal place to disengage from the hustle and bustle of life and to sink into peace and relaxation. Indulge yourself and recharge your batteries. Allow your body and soul to reconnect with each other.

Soothing massages and effective treatments help you feel lighter and restore your joie de vivre.

Be invigorated by the unique symbiosis of traditional and modern treatments and marvel at the ways in which your sense of well-being increases and how you can help to maintain your health.

Mens sana in corpore sano - a healthy mind in a healthy body.

SPA ETIQUETTE



BOOKING TREATMENTS

To ensure you secure your preferred appointment time, we recommend you book before you arrive at the hotel. Last-minute bookings can be made subject to availability.

WHAT WE NEED TO KNOW

Your treatment is all about you. Please let us know your requests, and health situation, e.g. if you are expecting, any complaints, illnesses or similar, to ensure that we can meet your personal requirements appropriately.

PREPARATION

To ensure that you can relax and enjoy your treatment, we recommend that you arrive for your appointment five minutes in advance. Men should shave at least three hours before a facial treatment to allow the skin to recover. It is

also always an advantage to visit the lavatory before undergoing any treatments to allow you to relax fully.

We make every effort to begin your treatment on time. If you are running late, we will nevertheless do our best to ensure that your treatment is an optimal experience. Please be aware and understand that your treatment may be shorter or changed if other people's appointments are due to begin.

CLOTHING

Please feel free to arrive wearing the dressing gown we have laid out for you in your room. Swimwear is required to be worn in the pool area, whereas no swimwear is allowed in the sauna area.

REST

We recommend that immediately after your treatment you take a rest for half an hour and avoid any

activity. Once you have been idle for a while, you are free to do whatever takes your fancy.

We politely request that the calm atmosphere of the spa is not disturbed by loud conversations or mobile phones. We respectfully ask that you do not disturb other guests relaxing in the rest areas and peaceful oases.

CANCELLATION

We prepare carefully for all appointments. Please inform us 12 hours in advance if you are unable to attend your appointment. We will charge 60% of the costs if cancellation is later than this and the appointment is not rebooked. Please understand that in the event of a no-show, the full price of the treatment will be charged.

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HIGHTECH NATURAL COSMETICS

Based both on the needs of your skin and scientific findings, the manual treatment method of TEAM DR JOSEPH starts deep in the tissue. Following the natural laws of function, the skin's metabolism is brought into balance: The nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.



Experience for yourself the individual beauty care offered by the method of TEAM DR JOSEPH: pureness, recreation, protection.

Intense Purifying Face Treatment
50 pampering minutes / € 69.00

In-depth cleansing specific to your skin type based on the method of Team Dr. Joseph: Your skin? Bright and soft. Your face? Radiant. Your feeling? Clear and energetic. Beginning with warm herbal compresses; a gentle massage stimulating the lymphatic system; peeling; cleansing with cupping glasses and deep cleansing – followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.

Cellular Recreation Face Treatment
80 pampering minutes / € 96.00

A wonderfully natural treatment with active

ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program based on the method of Team Dr. Joseph: Skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a modulated facial massage; an intensive facial mask and finally, individual daily skin care. With highly effective, naturally active ingredients for healthy and thoroughly cared-for skin.


Advanced Bio Lifting Face Treatment
110 pampering minutes / € 129.00

The holistic maximum program based on the method of Team Dr. Joseph: Intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics; contouring

your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a bio-energetic lifting massage; an intensive facial mask, and finally, individual daily skin care and stabilization. Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect.

Express Power Lift for Men
50 pampering minutes / € 68.00

The Team Dr. Joseph method for men. Powerful, natural, effective: Skin diagnostics; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing; special serum; an intensive mask with facial massage, and finally, individual daily skin care. Natural high-tech power for a powerful and well-groomed appearance.



**Glowing, wonderful skin.
Deep hydration and vitality.
Pure sense of being!**

Pharmos - comforting moments
80 pampering minutes / € 96.00

The unique ingredients pamper your skin, bringing it back into balance and supporting it entirely naturally. Starting with hot foot compresses, the entire body releases stress and tension. Then your face is cleansed and exfoliated and your eyebrows are shaped. The final face massage with fresh aloe vera leaves gives the treatment a wholesome feel. Finally, we pamper you with a mask specially selected for your skin type, and give you a relaxing shoulder and arm massage.

Pharmos joie de vivre
110min pampering minutes / € 129.00

This treatment restores your radiance!
The soothing footbath with its harmonising effects of a foot massage allow you to relax. Your face is cleansed and exfoliated, and your eyebrows are shaped. A head massage is deeply relaxing as beneficial ingredients are applied to your skin and the massage uses fresh leaves of aloe vera. The face mask and a soothing shoulder, neck and arm massage relax you and also pamper your skin.

Sparkling eyes
25 pampering minutes / € 39.00

The revitalising eye massage and special lifting aloe vera mask decongests and smooths the delicate skin around the eyes. It helps to reduce dark circles, shadows and puffiness and prevents fine lines and lines. This particular eye treatment helps to eliminate traces of stress and tiredness.

Pharmos - a boost of happiness
50 pampering minutes / € 69.00

Facial treatments especially for you:
cleansing with exfoliation, facial massage with fresh leaves of organic aloe vera, face mask and finishing treatment.

PHARMOS NATUR Nature that works

NATURAL LUXURY - REFRESHINGLY DIFFERENT

Unique intensive treatment - thanks to using 100% organic Aloe Vera BioUrsaft instead of water Pharmos Natur creates a special experience by using real plants in our treatments. You can see and feel the difference immediately. Because your skin is deeply hydrated and receives rich ingredients and is thoroughly moisturised, this gives you a boost of vitality; freshness and liveliness flood through your body.



LITTLE BEAUTY TREATMENTS



With hands and feet

Manicure with short hand massage

€ 39.00

Pedicure with foot bath and short foot massage

€ 43.00

Nail polish

€ 7.00

French

€ 10.00

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Around the eyes

Eyebrow shaping

€ 12.00

Eyebrow tinting

€ 15.00

Eyeshadow tinting

€ 22.00

Eyebrow and eyelash tinting

€ 32.00

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Waxing

Upper lip

€ 10.00

Armpits

€ 14.00

Arms

€ 21.00

Bikini line

€ 19.00

½ leg

€ 27.00

Full leg

€ 39.00

Combination (full leg, bikini line, armpits)

€ 51.00

Complete waxing

€ 69.00

Chest and abdomen

€ 26.00

Back

€ 26.00



Hay peeling

25min / € 32.00

This gentle hay blossom compress enriched with Himalayan salt deeply cleanses your skin and makes it clearer and more luminous. The ingredients in the hay extract have a vitalising and toning effect which increases your microcirculation.

Soft pack "Cleopatra"

25min / € 38.00

Moisturizing, harmonizing and soothing application. It leaves a light fragrance on to your skin, which feels all over nourished.

Alpine fango

25min / € 38.00

This alpine mineral mud (fango) promotes detoxification, is anti-inflammatory, soothing and yet stimulating and invigorating. Alpine fango is used to create a base for beautiful skin and healthy, taut connective tissues.

Algae soft pack

25min / € 38.00

These algae are rich in minerals, trace elements and iodine. They support the skin's beauty, are detoxifying, remineralising, release oil and water retained in the tissues, and support your microcirculation. They are also ideal to manage problem zones of cellulite.

'Heu-Hupfer'(hay hopper)

25min / € 38.00

A treatment for the senses

This hay soft pack with original South Tyrolean mountain hay is rich in precious medicinal herbs. It supports the circulation, stimulates the metabolism, soothes pain in joint complaints and relaxes muscles and tissues. This South Tyrolean hay also has a healing and diaphoretic effect. Also enjoy the soothing liver wrap.

SOFTPACK & PEELINGS

Simply relax and unwind

Look forward to enjoying your choice of treatment in an almost weightless condition and comfortable warmth. The soft pack system has a releasing effect on your spine, your muscles are relaxed and the products are optimally absorbed by your skin.



MASSAGE

BELLEVUE CLASSICS

Full body massage
50min / € 58.00

Partial massage
25min / € 34.00

Manager massage
25min / € 36.00

Let us take the load from your shoulders.

By massaging, loosening and relaxing the head, neck and shoulder area. The aim is to release blockages and tension and to increase circulation to the head and neck area to clear your head.



Sports massage
50min / € 62.00

After physical activity, have an **intensive massage** of the legs and back with pain-relieving arnica oil. Stretching, loosening and tapping techniques relax you and help the body to regain its energy.

Relaxing foot massage
25 min / € 34.00

Pamper your feet!

Release the stress of every day living by starting off with a revitalising herb footbath. Followed by a stimulating foot massage, your feet will regain their vitality, giving you a spring in your step.

Reflexology
40min / € 47.00

Spoil your feet with this relaxing massage paying attention to your immune system, your viscera and your mind.

Brush massage,
followed by a soft pack
50min / € 65.00

This massage begins with skin brushing and exfoliation, stimulating the blood circulation and leaving the skin revitalised. To complete this treatment a moisturising balm or oil will be applied.

Honey back massage
50min / € 65.00

Pleasant for skin and body.

Loosens the connective tissue, stimulates the metabolism and blood circulation. The result is a tender and softly velvet skin. You feel pleasantly relaxed thanks to the calming smell of bee honey. Its nutrients are a real power cocktail for stressed and dry skin.

Before the massage we recommend a back steam bath (total time of treatment 80min / 90.00)

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VitalStone

70min / € 78.00

Deeply relaxing basalt stone massage

This special massage will carry you into a world of inner peace and harmony.

Thanks to the interaction between the energy of natural elements and your own will, you will arrive at a state of complete relaxation and serenity.

Vitalis treatment Dorsalis

50min / € 68.00

The unique back care programme.

With this special spinal treatment you will improve your composure and your posture! Taxing tension versus relaxing relief. This application ensures that your energies can flow freely and blockages are dissolved.

Vitalis treatment Anti-Cellulite

90 min / € 98.00

The innovative & effective cellulite programme.

The treatment begins with a foot soak. This is followed by a body scrub, an algae bath in the Vitalis Bath, a modulated cupping glass massage with specific cellulite cream, as well as a massage to stimulate foot zones. And finally, you can enjoy a deeply relaxing sound massage.

Pharmos Detox Body

Massage 50min / € 69.00

Peeling & massage 80min / € 95.00

Peeling, massage & soft pack 110min / € 125.00

Everything in flux. Detoxification treatment for the whole body using precious medicinal herbs combined with pure organic aloe vera. This treatment purifies and clears your system via the lymphatic system, strengthens and stabilises the connective

tissues, boosts your metabolism and reduces cellulite. The ideal companion for all fasting and cleansing treatments.

Pharmos Anti-Stress Body

Massage 50min / € 69.00

Peeling & massage 80min / € 95.00

Peeling, massage & soft pack 110min / € 125.00

The ideal treatment to release stress, combat overexertion and to recharge your batteries. Inner tensions will relax and your nervous system will become de-stressed. Your skin will be intensively regenerated and nourished. A complete sense of well-being and tranquillity on all levels. Your natural energy will be boosted.

Pharmos Aroma Relaxation

Massage 50min / € 69.00

Harmony for body, mind and soul.

Your sluggish nervous system is calmed and can reconnect again. Your defence system is boosted. You are reinvigorated. New energy flows throughout your body. **Rose:** harmonises the skin, raises your

spirits and has an aphrodisiac effect.

Joy: The interaction of lavender, rose geranium and palmerosa has a rejuvenating effect on the cells and enlivens the soul.

Citrus: The stimulating scent of this citrus composition puts you in a good mood and encourages concentration.



BELLEVUE
SPECIAL

Body and soul in harmony



ALPICARE® – FEEL THE DIFFERENCE

Immerse yourself in the wonderful world of Alpicare and experience the delight of alpine scents. Enjoy the quintessence of this complex of alpine active ingredients, massage and traditional cupping techniques.

Soft pack
25min / € 38.00

Soft pack followed by a partial massage
60min / € 69.00

Soft pack followed by a fully body massage
85min / € 92.00

Grape seeds & sea buckthorn

A cocktail of vitamins, combined with carotenoids, palmitic acids and procyanidins, protects your skin against oxidation related stress and leaves it feeling wonderfully silky-smooth.

Marigold & chamomile

The ideal treatment for fatigued skin.

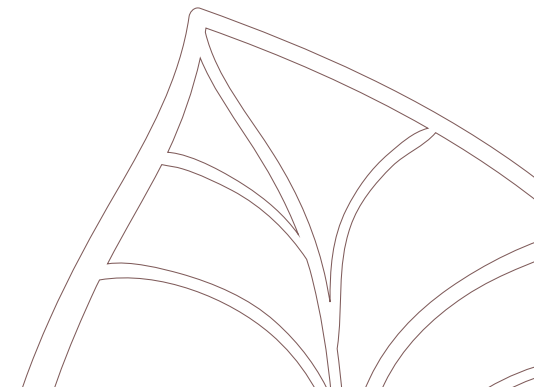
Marigold and chamomile activate cell regeneration and have a soothing effect on irritated skin: the complexion acquires new freshness; dry skin returns smooth and irradiates new splendor.

Swiss stone pine & wild thyme

Wild thyme & Swiss pine extracts firm and purify your body. Combined with the rebalancing effect of Swiss stone pine on blood circulation and on health in general, this curative bath not only reinforces the respiratory system but also the nervous system.

Hay & juniper

Feel reborn, relaxed, stronger. Selected medicinal herbs harvested from high-altitude meadows of the South Tyrolean Alps and the magical power of mountain juniper will help you melt away the fatigue of an intense day.





KIDS SPA



Massage with honey butter
25min / € 35.00

Feel like a princess
40min / € 35.00
Hand and feet nail care and application of nail polish
and strass.

Mother-child-moments
50min / € 62.00
Relaxing partial massages for mother and child.

Pure delight
50min / € 62.00
Honey-salt-peeling
Partial massage with chocolate butter
1 scoop of chocolate ice cream or 1 hot chocolate





JUST FOR YOU

10% SAVINGS

Now save 10% on your individual feel good treatment.

Select your individual feel-good package from among all services in our price list, combining them however you please.

The only condition is that you have to book three treatments per person. We then give you a 10% discount on the total price of all booked treatments.

This offer is valid upon request and on condition of availability.

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Dolomitenstr. 23 Via Dolomiti
I-39034 Toblach Dobbiaco (BZ)
Tel +39 0474 972 101

info@parkhotel-bellevue.com
www.parkhotel-bellevue.com

