



PARKHOTEL
BELLEVUE

DOLOMITES

WELLNESS & BEAUTY



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.

Bella Aura Skincare

Born from our founder's desire for transparent, healing, and efficacious skincare, Bella Aura blends the sophistication of European beauty with the radiance of ancient medicinal traditions to deliver a line that rebalances, strengthens, and transforms the appearance of skin.

The entire line is based on botanical extracts of trees, fruits, leaves, flowers, and the protein content in their roots.

With quality, authenticity, and your skin at heart, each Bella Aura product is nurtured to life with Swiss bio-actives blended with ancient traditions. This means natural botanicals and biologically advanced ingredients.

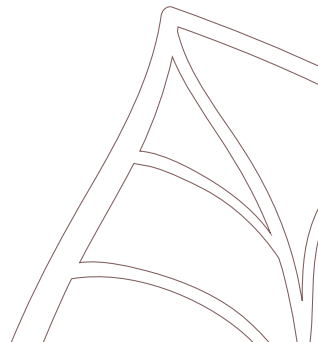





Burst of freshness

25 min € 45.00

Get to know the powerful natural skincare line of Bella Aura with this relaxing facial massage, improving the appearance of your skin in myriad ways. It improves circulation, helps to relax muscles and tones.





**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

€ 43.00

Pedicure with foot bath and short foot massage

€ 48.00

Nail polish

€ 10.00

French

€ 14.00

Around the eyes

Eyebrow shaping

€ 12.00

Eyebrow tinting

€ 15.00

Eyeshadow tinting

€ 22.00

Eyebrow and eyelash tinting

€ 32.00

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

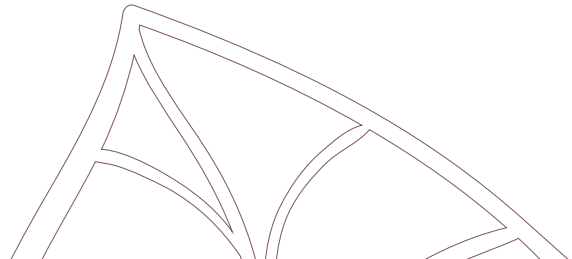
€ 69.00

Chest and abdomen

€ 26.00

Back

€ 26.00



Alpine Peelings

Revital body-peeling

25min € 38.00

Natural salt, arnica and rosmarin

Clarifying body peeling

25min € 38.00

Natural salt, St John's wort and biopir

Rebalancing body peeling

25min € 38.00

Natural salt, honey, swiss pine

Body soft-pack „Repair“

25min € 45.00

Marmot oil with yellow gentian and wheat bran

Effect: greasing and moisturizing, improving blood circulation. Perfect for regenerative skin, muscle and joint therapy.

Body soft-pack “detoxification”

25min € 45.00

Including birch, juniper and wheat bran

Effect: Detoxing and draining, tissue strengthening, improving blood circulation, stimulating fat burning.

‘Heu-Hupfer’(hay hopper)

25min / € 45.00

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 / € 64.00

Partial massage
25min / € 36.00

Manager massage
25min / € 44.00

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.



Hot Stone

70min / € 84.00

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.

Lymphatic drainage massage

50min € 69.00

Gentle method – great results

Gentle massage using pumping movements to promote and stimulate the return flow of the lymph fluid and toxins. Helps to reduce swelling and to unblock/detoxify the body tissue.

Reflexology

25min / € 40.00

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

Combined Massage

50min € 64.00

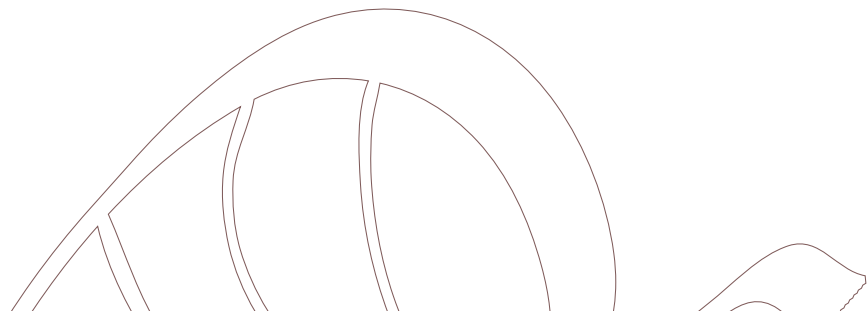
Stimulating foot massage and partial massage.

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.



alpienne POWER OF THE ALPS



Alpienne is a mid-size company based out of the Tyrollean Alps in Austria. Their outstanding philosophy is based on what they call the 'purest alpine natural concept', power of the Alps: Since flora and fauna in our high alpine areas have to resist extreme climate conditions such as ice and strong solar radiation at the same time, nature has come up with an outstanding defence mechanism during their millennia long struggle for survival.

Alpienne is using those wonderful powers and intelligent active ingredients for the benefit of skin health and general wellbeing. "Nothing but the wondrous powers of alpine nature".



Alpienne partial massage

25 min € 45.00

Intensive back massage with herbal stamps

Alpienne massage Vitality

50 min € 75.00

Refreshing massage with powerful essences of handpicked arnica flowers. For fatigue, minor sprains, acute complaints, after hiking.

Alpienne SPA massage

50 min € 75.00

Regenerating and soothing with high concentrated marmot oil. Alleviate chronic musculoskeletal complaints, arthrosis and rheumatism

Swiss stone pine Vitality massage

80 min € 97.00

A deeply relaxing and intensely revitalising alpine massage. Smooth, round Swiss pine stone sticks of different sizes and thicknesses are used during this massage to create a feeling of lightness and deep relaxation. They are rolled and tapped on the body in rhythmic motions that are at times light and at times more intense to help release tension.

Feel the nature

80min € 97.00

Regenerate with a herbal foot bath and foot massage, a vitalising massage with warm herbal stamps and arnica wraps for the joints. The treatment lasts 60 minutes followed by a 20-minute relaxation period.

Alpienne Treatment Detox

50 min € 75.00

An effective detoxifying treatment programme with intensive zeolite and honey blended with grapefruit, coriander and black pepper.

The key ingredient of this wonderful treatment is zeolite rock, which is particularly suitable for detox and purification purposes. Using a combination of top-quality, certified ingredients such as grapefruit, honey, coriander and black pepper and knowledge of the body's detoxifying reflex zones, an effective detox process is activated by means of skilful massages and purifying pads.

Arnica active wrap

25 min € 32.00

Soothes blunt force injuries and reduces swelling. Intensively stimulates blood flow, cools.



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 interconnect 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.

PHARMOS NATUR

Body and soul in harmony

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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







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DOLOMITES

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