



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

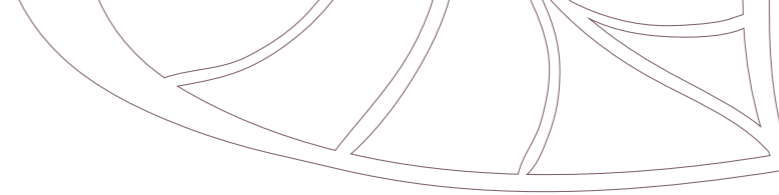
We recommend that immediately after your treatment you take a rest for half an hour and avoid any

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.



*alpienne*  
KRAFT DER ALPEN

#### Pick-Me-Up!

50 min € 76,00

An individual, comprehensive beauty treatment customised by the beautician – suitable for all skin types! Skin assessment, choice of facial care  
Cleansing steam facial - face serum or detox mask - massage, face pack and daily skin care.

#### Fountain of Youth

Alpienne's rejuvenating treatment

80 min € 119,00

An individual, comprehensive beauty treatment customised by the beautician for more mature skin and skin in need of care!

Regenerative cleansing - Regenerative face peeling  
- Regenerative serum - Massage with pine hearts  
- Detox face mask -  
Face pack and daily skin care  
You will take the used anti-aging skin care kit home for your self-care routine.

#### BeYOUtified by Rosenhauch

Regenerating facial treatment

50 min € 89,00

BE WHO YOU ARE.

This ultra-regenerating treatment – with a generous amount of rose oil, rosehip oil, rose hydrolates, a hyaluronic boost complex, the innovative icelife revital complex and exquisite hypoallergenic anti-ageing formulations – is an invitation to a completely natural journey of discovery to the most beautiful versions of ourselves.

# 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

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Around the eyes

**Eyebrow shaping**

€ 12.00

**Eyebrow tinting**

€ 15.00

**Eyelash 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**

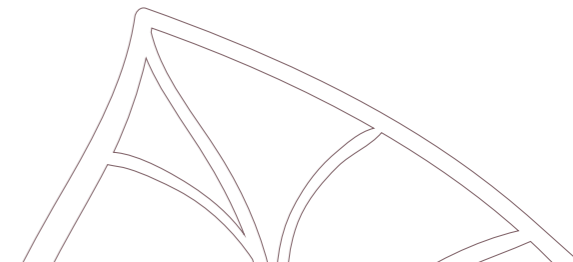
€ 69.00

**Chest and abdomen**

€ 26.00

**Back**

€ 26.00



### 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

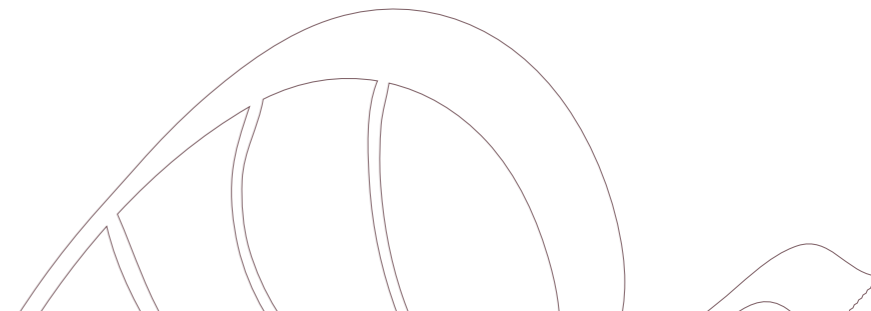
**Spoil your feet** with this relaxing massage paying attention to your immune system, your viscera and your mind.

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.



# TRIP AROUND THE WORLD

## Abhyanga

60 min - € 89.00

A deeply relaxing oil massage for the whole body. This particular Ayurvedic Massage involves gentle, choreographed, rhythmic strokes using a variety of techniques, including marma point (vital energy centres) stimulation to enhance skin tone and detoxify and revitalise your entire body so to induce deep relaxation.

The combination of herbalised oils and gentle warmth make Relaxing Abhyanga a deeply restful and rejuvenating Ayurvedic Massage experience.

## Thai aroma massage

70 min - € 92.00

The oil massage combines the traditional Thai massage with a gentle massage full body massage, working on the superficial muscles. It is gentler than the classic Thai massage. Soft stroking, flowing touches and pressure on the energetic points help to achieve a deep relaxation. It will help to stimulate the blood circulation and strengthens the cardiovascular and muscular systems.

## Thai foot massage

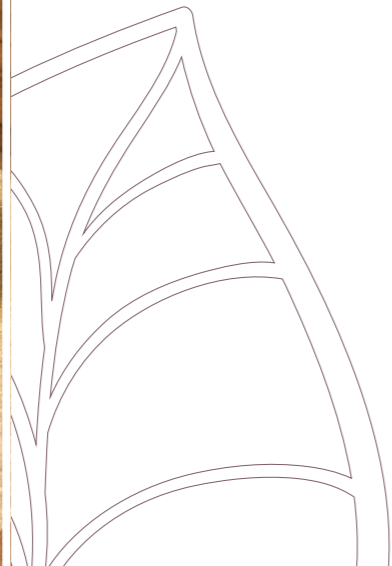
60 min - € 75.00

A deeply relaxing and therapeutic treatment. It is based on the ancient Chinese theory that in a healthy body, energy is flowing freely – and if that energy becomes obstructed, then illness may result. Thai foot massage works on the principle that the feet mirror the body. All the organs, systems and glands of the body have a corresponding area on the feet, known as reflex points.





## 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 pre-book three treatments per person. We then give you a 10% discount on the total price of the 3 treatments booked.

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

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