

spa&beauty



giardino
marling
★★★★★



Heaven of Peace.

Our spacious, light-filled SPA offers time to pause and reconnect with yourself. The skilled hands of our long-serving staff will guide you along your own individual sensory path toward healthy repose, giving you the opportunity to experience your uniqueness. We look forward to welcoming you.





Relax, let go.
This is how
inner beauty
can radiate
outward.

- 6 Products
- 8 Cosmetics
- 12 SPA Basics
- 14 Teen Treatments
- 16 Massages
- 18 Special Massages
- 26 Body Health
- 30 Peeling & Baths
- 32 Packs & Bandages
- 34 Couple Treatments
- 36 Info



SALIN DE BIOSEL

An ideal combination of bio-energetic substances, the principles of Asian medicine and beautifully relaxing treatments adapted to our bodies. The natural active ingredients such as Dead Sea salts, trace elements, Brittany seaweed, plant synergies and vitamins come from the immeasurable wealth provided by nature. Based on Chinese elemental theory, Yin-Yang energy resides at the center. Yin requires replenishment of energy, while Yang needs guidance to distribute that energy correctly.

**BIOSEL –
GUARANTEED
ECOLOGICAL
PURITY –
IN HARMONY
WITH NATURE.**

Only pure, exclusively natural ingredients free from:

- Genetically modified organisms
- Animal-derived or animal-tested substances
- Paraffin, mineral oils or petroleum derivatives
- Synthetic dyes
- Propylene glycol-containing solvents
- Paraben-containing preservatives

doTERRA®

For the Original AromaTouch™ treatment, we use aroma oils from doTERRA®.

VITALIS DR JOSEPH

For our massages, we use oils from VITALIS DR JOSEPH.





SMALL BUT FINE

Every skin type is unique. Therefore, products and applications can be adapted to each skin's individual needs, allowing for targeted treatments. This basic treatment includes a thorough deep cleanse, a brief massage, a mask tailored to your skin, and finally, the finishing care.

50 minutes, € 105,-

DELUXE À LA CARTE

Give yourself time. The focus is on the face, eye area, neck, and décolleté, nourished with nutrients and moisture. The complex procedure and techniques of this treatment include, besides deep cleansing and a mask, the incorporation of highly effective plant-based active ingredients, trace elements, vitamins, Yin-Yang energy regulators and functional regulators – combined with a lymph-draining and an invigorating massage to reduce stress. On request, products for lightening pigmentation spots can also be included. Your skin will be replenished with new energy. The result is a delicate rosy complexion and a radiant appearance.

80 minutes, € 130,-

ANTI-AGE

High-quality active ingredients and 100% natural hyaluronic acid intensively hydrate the skin, neutralize free radicals, stimulate collagen fibers and reduce tension. In addition, a special massage firms the skin. The treatment result is immediately visible, guaranteeing a toned and younger-looking appearance.

80 minutes, € 135,-

BIO-AGE DELUXE

Deep cleansing and intensive anti-aging treatment, anti-aging rebuilding mask, relaxing and lifting massage, as well as eyebrow correction.

- Day 1: Chemical peel
- Day 2: Anti Age

50 and 80 minutes, € 240,-



GUA SHA FACIAL MASSAGE

A revitalizing facial treatment with gentle cleansing, massage with the Gua Sha stone, a nourishing mask, and finally, a skin-appropriate face cream to perfectly round off this beneficial treatment for firm contours and a Lifting-Glow effect.

50 minutes, € 95,-

DERMA 2.0 CHEMICAL PEEL

For the rejuvenation and regeneration of the skin. The chemical peel is an external aesthetic treatment that quickly and effectively improves sun-damaged skin and refines wrinkles and scars. A high sun protection factor is required after treatment.

50 minutes, € 115,-

MEN'S FACIAL TREATMENT

At the heart of this facial treatment is a skin-specific deep cleansing. Impurities are gently dissolved and sebum production normalized. This is followed by a face-neck massage and a nourishing, skin-appropriate mask.

75 minutes, € 115,-



HAND AND FOOT CARE

- Manicure
50 minutes, € 65,-
- Manicure with polish
60 minutes, € 80,-
- Manicure with permanent polish
75 minutes, € 85,-
- Pedicure
50 minutes, € 70,-
- Pedicure with polish
60 minutes, € 85,-
- Pedicure with permanent polish
75 minutes, € 90,-
- Permanent polish removal
(no gel)
15 minutes, € 15,-

HAIR REMOVAL WITH WARM WAX

- Whole leg
€ 45,-
- Legs up to knee
€ 35,-
- Face
€ 25,-
- Upper lip
€ 20,-
- Armpits
€ 30,-
- Back or chest (men)
€ 50,-
- Bikini zone
€ 30,-



FOR THE FACE

- Eyelash tinting
€ 30,-
- Eyebrow tinting
€ 30,-
- Eyelash and eyebrow tinting
€ 45,-
- Eyebrow shaping
€ 30,-
- Eyebrow shaping and tinting
€ 45,-

These prices apply for a single treatment.

When booking a facial treatment, 10% is deducted from these prices.





TEEN FACIAL TREATMENT

The facial treatment strengthens and regulates young skin. Impure, oily, and combination skin is balanced, dry skin moisturized, sensitive skin gently cared for. Young skin needs special attention. We are happy to fulfill all skin care needs.

50 minutes, € 65,-

TEEN PEDICURE

Well-groomed feet clearly bring better quality of life.

45 minutes, € 50,-

TEEN MANICURE

The basic treatment includes filing and cleaning the nails, massaging in a nourishing cream, and polishing as desired.

45 minutes, € 50,-

TEEN MASSAGE

Even growing boys and girls are exposed to the chaotic rhythms of everyday life, and their muscles tense up. A soothing massage increases body awareness and promotes relaxation. This combination of back and foot massage will make you feel loose and relaxed.

25 minutes, € 40,-

ALL TEEN TREATMENTS ARE PERFECT FOR YOUNG PEOPLE UP TO 16 YEARS OF AGE.





Classic partial body
25 minutes, € 55,-

Classic full body
50 minutes, € 80,-
75 minutes, € 115,-

Head-Neck
25 minutes, € 55,-
50 minutes, € 80,-

Face
25 minutes, € 50,-

Face, draining
25 minutes, € 50,-

Legs, draining
25 minutes, € 50,-

Full body, draining
50 minutes, € 85,-

Sports massage
50 minutes, € 85,-

Gentle relaxation massage
50 minutes, € 85,-

**MASSAGES IMPROVE
CIRCULATION,
RELEASE TENSION,
AND GIVE THE
BODY SOOTHING
RELAXATION.**

JAPANESE LIFTING MASSAGE

This lifting massage is a non-invasive and painless method for firming and toning facial contours. Muscle tension is released, wrinkles are reduced, and oxygen circulation in the tissue is increased. The massage combines various techniques traditionally used for treating deep muscles. It involves rapid, harmonious, and precise movements resulting from an alternation of friction, pressure, and vibration combined with touches of varying intensity.

50 minutes, € 95,-
Pre-cleanse, massage,
soothing finishing mask

BRASILIAN BODY FORMING MASSAGE

This dynamic massage technique supports the removal of toxins and harmful substances in the tissue, massively stimulates lymph flow, smooths the skin texture, and firms body contours from the very first application.

50 minutes, € 115,-



SINGING BOWL MASSAGE

In this treatment, singing bowls are placed directly on the body. The vibrations act relaxingly on the muscles and organ system, while the auditory perception relaxes the mind, leads to energetic harmonization, and brings the soul to rest. The released energy helps the immune system mobilize self-healing powers. The singing bowl treatment contributes to rapid mental and emotional relaxation.

50 minutes, € 90,-

CANDLE MASSAGE

The precious and natural ingredients of shea butter and cocoa butter, free of synthetic fragrances, preservatives, and mineral oils, are transformed by the flame into a rich and nourishing massage oil. Through gentle massages and aromatherapy, your body and mind will experience a journey that touches all the senses. Your skin will feel clean, smooth, fresh, nourished, moisture-drenched, improved in elasticity, and velvety soft.

75 minutes, € 105,-



DYNAMIC BACK MASSAGE

A combination of manual back massage, the use of cupping glasses, a warm roller, and Tibetan singing bowls provides deep relaxation, activates and loosens the muscles, relieves tension, and improves the dynamics of the spine.

50 minutes, € 90,-

REVITAL BACK MASSAGE

A back treatment ideal for releasing tension and general stress relief. It focuses entirely on well-being and tranquility. Through gentle pressure and special massage techniques, local circulation is increased and the general lymphatic system stimulated. The experience continues with a soothing frankincense balm applied to the joints, followed by a focused treatment of the energy points on the soles of the feet to complete the massage.

50 minutes, € 95,-

ORIGINAL AROMATOUCH™

The AromaTouch™ is a wonderfully fragrant, energetic relaxation application with therapeutically pure essential aroma oils from doTERRA®. Gentle touches and the wonderful aroma will let you immerse yourself and drift away. The treatment helps reduce stress, strengthens and supports the immune system, has an anti-inflammatory effect, and restores the body's balance.

50 minutes, € 95,-

HERBAL STAMP MASSAGE

The body is massaged with a nourishing blend of oils and herbal stamps warmed in steam. The herbs that are used detoxify, purify and firm the tissue, generating a pleasant profound warmth that deeply relaxes the muscles.

75 minutes, € 115,-



VITALSTONE MASSAGE

An experience of absolute tranquility. Warm lava stones of various sizes are placed on the body's energy centers, which gently open under the soothing heat. Our specialized massage technique ensures a sense of deep relaxation while providing a profound boost to your inner vitality. You will leave feeling completely renewed.

75 minutes, € 115,-

LOMI LOMI NUI MASSAGE

The Hawaiian Lomi Lomi Nui is a holistic, wonderful body experience. Using the hands and forearms, the body is massaged with warm coconut oil, where slow, flowing strokes alternate with dynamically powerful movements. The resulting relaxation is deeply comprehensive; the more you surrender to this feeling, the more you can truly let go. Lomi Lomi Nui is a powerful, moving method – perfectly suited to freeing the body and mind from burdensome energies.

75 minutes, € 120,-



ENERGETIC FOOT MASSAGE

The soles of the feet contain numerous nerve points that mirror the body's organs. By treating these points, the body's natural processes are activated, harmonizing the internal organs and effectively alleviating imbalances.

25 minutes, € 60,-

50 minutes, € 75,-

CRANIOSACRAL BALANCING

From the very beginning, your therapist tunes into your individual cranial rhythm. Through precise assessment, internal blockages are identified and addressed. Using gentle manual techniques on the skull, membranes, and connective tissue, restrictions within the system are carefully released, restoring natural flow. Deep relaxation is guaranteed!

This session takes place in light, comfortable clothing.

50 minutes, € 120,-

DORN-OSTEOPATHY TREATMENT

Gentle impulses, mindful movements, a perceptible sense of lightness. Dorn-Osteopathy is a calming manual therapy that restores natural balance to the spine, joints, and muscles. Through finely calibrated techniques combined with gentle movements, deep-seated tensions ease, allowing new mobility to emerge.

This is a beneficial treatment for anyone seeking to honor their body and experience a sense of inner and outer alignment – all carried by calm, precision, and the luxury of time.

This session takes place in light, comfortable clothing.

50 minutes, € 90,-



BAMBOO RITUAL

The Bamboo Ritual harnesses the unique energy of bamboo, transferring its strength to both body and mind.

In this extraordinary massage, organic bamboo tubes glide, roll, and dance across the face and body, expertly shaping the muscles and contouring the figure. As tension and stress dissolve, the subtle aroma of bamboo stimulates the senses and encourages lymphatic drainage. The body feels remarkably light, and the mind finds renewed strength.

50 minutes, € 95,-
75 minutes, including a Bamboo Peeling before the ritual, € 110,-

BODYREG DRY CARBONIC ACID BATH

The BODYREG® CO2 treatment stimulates the metabolism as tissues receive a significant boost in oxygen and nutrient supply. This surge in lymphatic activity gently and optimally supports the body's natural detoxification, promoting the accelerated breakdown of fatty tissue.

An ideal anti-cellulite treatment, it is safe even for those with varicose veins; in fact, the improved circulation helps to visibly alleviate them. By reducing peripheral resistance, the treatment also relieves strain on the heart and can contribute to a decrease in systolic blood pressure.

1 treatment à 40 minutes, € 85,-
3 treatments à 40 minutes, € 250,-



MAGNETIC FIELD RESONANCE APPLICATION

Magnetic field therapy is based on the principle that the pulsating frequencies of a specialized magnetic mat can positively influence every cell in the body. Since each cell operates at its own unique frequency, any disruption can impact your overall well-being. By gently realigning these cellular vibrations, the magnetic mat can help with osteoarthritis as well as with acute and chronic impairments of the musculoskeletal system.

20 minutes, € 30,-
5 x 20 minutes, € 120,-

BEWEI VITALITY CONCEPT

The innovative BEWEI vitality approach has been developed for people who want to be more vital and feel their body in a new way with a simple, effective and relaxed approach, without renouncing the pleasures of life and without stress. Experience the unique BEWEI application and become active, against the effects of time.

BEWEI is a further development of medical arthrosis therapy in the beauty and wellness sector. BEWEI BODY works with a unique, highly effective radio frequency technology with a frequency range that has been successfully field-tested for over 40 years. It enthuses both women and men and promotes a more beautiful body and a new feeling of vitality.

By choosing this innovative vitality treatment, you can improve the way you feel about your body in a relaxed and gentle way. With a healthy diet, exercise and regular hydration, you can significantly optimise the results of the treatment and guarantee a significant longevity contribution for your body.

For more information, please visit www.bewei.com

**LOOK SLIMMER,
FIRMER, YOUNGER!**



During the BEWEI treatment you will be clothed and lie completely relaxed on a comfortable bed.

The BEWEI applicators for legs and abdomen deliver gentle electromagnetic waves. This produces a mild warmth that helps to:

- Stimulate blood circulation
- Make the skin look visibly more vital, firmer and smoother
- Reduce body fat and girth
- Activate metabolism
- Look younger
- Improve the feeling of well-being
- Be more vital
- Sleep better

Enjoy the BEWEI treatment and become active against the effects of the passing of time. The treatment can be followed by lymph drainage to help remove waste products even better.

We also recommend drinking every day 2 litres of non-carbonated still water or unsweetened tea. We also recommend drinking the juice of half a squeezed lemon with a glass of lukewarm water every morning. 30 minutes of exercise per day should become a habit.

TREATMENT PACKAGES

You can book individual treatments or book them as a package. To save money, you are welcome to share the various packages of the BEWEI BODY treatments with a partner travelling with you.

Duration of one treatment: 45 minutes

1 treatment, € 85,-

3 treatments, à € 75,-

Ideally combined with lymphatic drainage.



THALASSA PEELING & BAD

The beloved and indispensable full-body salt massage ritual, featuring natural Dead Sea salts and renowned Thalasso oils, promotes energetic balance and activates the metabolism. This treatment removes skin impurities and flakes, strengthens the immune system, and gently loosens the muscles. The crowning finale is a soothing aromatic bath.

Choose between:

- Lemon: pure relaxation
- Cinnamon: total invigoration
- Vanilla: lightness, heavy legs, muscle aches

1 person, 50 minutes, € 75,-

2 persons, 50 minutes

simultaneously, € 150,-

BODY PEELING

This sea salt peeling, enriched with high-quality oils, gently removes dead skin cells. Afterward, the skin feels velvety soft and deeply hydrated, thanks to the moisture provided by these premium products.

25 minutes, € 50,-



BODY PACK

You float and relax, cozily wrapped in a perfectly tempered water bed without any heat loss. First, the desired essence is applied and your body is wrapped in a soft fleece. Through the heat, the skin pores open and the chosen product is effectively absorbed.

In this application, your skin is prepared with a brief relaxing massage with these highly effective care products. The pack of your choice is then applied to the body.

Choose between:

- Detox: draining, detoxifying, firming
- Energy: energy-giving
- Relax: relaxing
- Brittany Seaweed: draining
- Arnica Sport: for colds and tense muscles
- Evening Primrose: for dry, sensitive skin

45 minutes, € 65,-

BIOSEL WICKEL

The effective anti-cellulite products and special massage technique prepare the body for the lightly cooling, firming effect wrap. Toxins are transported away and fat metabolism is activated. The immediately visible and perceptible results are a firm body contour and a feeling of lightness in the legs.

1 bandage, ca. 50 minutes, € 90,-
3 bandages, € 250,-

INFO

Water floating bed:

Here you lie gently rocking on perfectly tempered water without coming into contact with it. An incredibly relaxing feeling!

The following applies to all wraps:

The more applications you enjoy, the greater the success. To make it even more rewarding to treat yourself, you can enjoy a special price from three wraps onwards!





MOMENTS TOGETHER

Experience a pleasant peeling for velvety soft skin. Then, relax in a wonderfully fragrant, sea salt-enriched bath while enjoying a sparkling glass of Prosecco and fresh fruit. Let yourselves be pampered by a back or full-body massage with a blend of noble oils. You are welcome to relax afterwards in our resting room, warmly wrapped up.

2 persons, ca. 80 minutes
with partial massage, € 205,-

2 persons, ca. 100 minutes
with full body massage, € 230,-

PRIVATE SAUNA

Would you like to sauna privately as a couple? Then you can book our sauna next to the swimming pool individually. Spend 3 restorative hours in combination with a preliminary peeling, sauna sessions, quiet and peaceful resting after each sauna session, and a relaxing full body massage. Choose between the Finnish sauna, the bio-sauna, and the steam bath.

3 hours incl. peeling and massage, € 295,-
3 hours without treatments, € 70,-



BOOKING

Please tell us your wishes when booking so we can confirm your appointments in advance.

GOOD TO KNOW

Our SPA is a refuge of peace and relaxation. Please support this atmosphere of quiet. Please respect the privacy of other guests and refrain from using mobile phones.

CONSULTATION

Our offering is varied and extensive. We are happy to get in touch with you and clarify any questions to put together an ideal, individual treatment plan.

APPOINTMENTS

Please arrive at the SPA Reception 5 minutes before your treatment. If you arrive late, your treatment time will be shortened. The application ends on time so that the following guest does not have to wait.

HEALTH

Please inform us before the start of treatment about any allergies, heart conditions, pregnancies, high blood pressure, etc.

CLOTHING

Please come in a bathrobe with underwear or swimwear. Most treatments are enjoyed without clothing. We will always keep you well covered during the massage with our specialized techniques to protect your privacy. Alternatively, disposable briefs are available.

SHOWER

A warm shower shortly before the massage application relaxes, removes small skin flakes, and prepares the skin for massage creams and oils. We use only high-quality products for our applications, which are highly nourishing and relaxing.

CANCELLATION

Please notify us of any changes or cancellations 24 hours before your agreed appointment.

For last-minute changes or cancellations, the treatment will be charged at 100%.

Information and reservations
T +39 0473 447 177

TIP:

Affordable packages

Put together your personal well-being package upon arrival or in advance from home; with 5 treatments per person, you will receive a 10% discount on the total price (not combinable with massage vouchers).



patrizia
HOTEL · DORF TIROL

Visit also our partner hotel

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