

Wholesome care thanks to the power of nature...

## The body treatment experience

### Elasticity Treatment

Restores and gives the skin a firm feel, ideal to treat cellulite  
A crystal peeling helps to enhance the blood circulation, followed by the marine algae treatment that restores, concluded with a short massage  
ca. 80 min. 118 €

### Energy Treatment

Activates and releases tense muscles  
A warming Arnica flower essence treatment, followed by a part body effect massage  
ca. 50 min. 90 €

### Relax Treatment

Just let go...  
Deeply relaxing head, face and neck-massage, embedded in warm stress relieving natural fragrances  
ca. 45 min. 80 €

### Vitafit Treatment (legs)

Vitalises and restores heavy feet, ideal for muscle ache after an active day of outdoor sport activities  
Energizing foot bath with gentle hayflower peeling and a warming alpine clay treatment. Afterwards a pleasant foot massage with herbs and a refreshing foot balm.  
ca. 50 min. 82 €



Beauty with Style...

## Hair Care

Women's haircut	30 €
Wash and Cut	28/30/33 €
Wash and style	33 €
Colouring	45/50/56 €
Highlights	68/73/78 €
Men's haircut	30 €
Children's haircut and style	18-50 €
Nourishing treatment	20 €



### Olaplex

Active ingredient that permanently repairs and strengthens the hair 14/18/22 €

### Repair Treatment

Cleansing peeling for the scull and a restoring hair treatment with a refreshing power balm ca. 45 min. 38 €

## Quality products

MALU WILZ



VITALIS  
DR JOSEPH



AVEDA

### Book an appointment

Reception Kastel Seiser Alm: +39 0471 706121  
Internal phone number: 9  
... or directly with Lissy

### Give time to relax

We also issue gift vouchers for our beauty and spa services .

### Opening hours

Monday—Wednesday– Friday

### Cancellation policy

Please let us know as soon as possible, if you cannot make your appointment. There is no cost for cancellations up to one day in advance, however afterwards we have to charge the full price.

Hotel Kastel Seiser Alm  
Grondbodenweg 7  
39040 Kastelruth  
Italy

info@kastelseiseralm.com  
www.kastelseiseralm.com



treatments  
beauty lounge



*Spa-experiences to savour  
relax and restore your life-energy*





Feel the magic of your skin...

## Body-Peelings

### Hayflower Peeling

Gentle peeling for a smooth skin

ca. 25 min.

42 €

### Crystal Peeling

Intensive peeling for a smoother and more revitalized skin

ca. 25 min.

42 €



## Full Body Treatments

### Alpine Clay

Ideal to detox and purify the body

ca. 25 min.

47 €

### Marine sea algae

For a smooth and firm feeling of the skin, ideal treatment of cellulite

ca. 25 min.

47 €

### Arnica Vital flower extract

New energy for stressed and tense muscles thanks to the effect of the alpine Arnica flower and St. John's wort

ca. 25 min.

47 €

The luxury of silence and time to joy...

## Massages

### Classic Full Body Massage

Relaxing and ease muscle tensions full body massage

ca. 50 min.

75 €

### Back-Massage

Eases tensions in back and neck area

ca. 25 min.

43 €

### Wellness-Massage

Gentle relaxing massage with warm aromatic oil

ca. 50 min.

77 €

### Leg-massage

To ease and activate the legs

ca. 25 min.

43 €

### Active-Massage

Ideal after a day of skiing or hiking to relax the muscles of legs and back

ca. 45 min.

78 €

### Balance-Massage

Harmonizing Massage from head to foot

ca. 80 min.

118 €

### Children's massage

Gentle body massage with fragrance experience (up to 15 years)

ca. 25 min.

40 €

### Hot-Stone Massage

This revitalizing massage with warm volcanic stones is especially indicated against muscle tensions and realigns body and mind

ca. 50 min.

84 €

### Herbal prints Massage

Warm herbal print massage for in depth relax with the fragrances and healing effect of fine herbs of the alps. New energy for your body!

ca. 50 min.

89 €



Give your skin new live...

## Facials

### Care & Relax

Facial experience with deep cleansing and relaxing through a personalized care

ca. 80 min.

115 €

### Basic

Mini cleansing and caring facial – ideal also for men

ca. 55 min.

85 €

### Clean

Deep cleansing and refreshing care, ideal also for impure and teenager's skin

ca. 55 min.

85 €



Smooth skin...

## Waxing

Upper lip 12 €

Half leg 40 €

Full leg 50 €

Bikini zone 30 €

Arms 30 €

Back 43 €

Chest 40 €

Armpit 24 €



Indulge and get something new...

## Beauty moments

### Manicure

For healthy and beautiful hands

47 €

### Pedicure

For healthy and beautiful feet

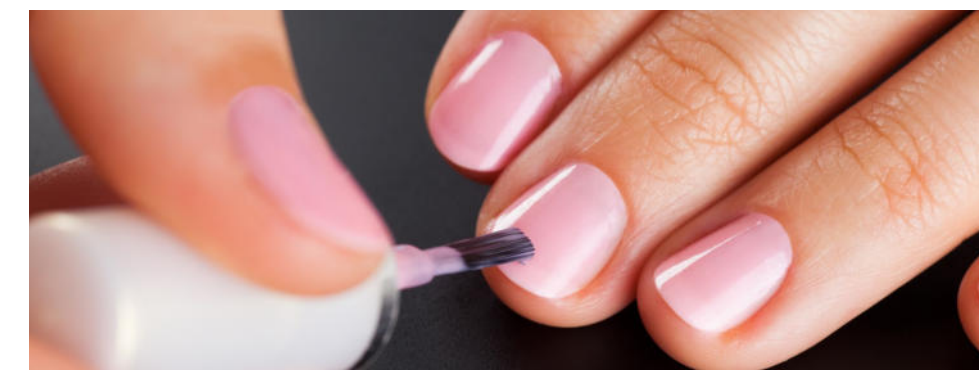
50 €

### with nail polish

8 €

### with nail polish permanent gel

12 €



### Face

Eye-brow shaping (with tweezers or wax)

15 €

Colouring lashes

22 €

Colouring eyebrows

20 €

Make up

45 €