



# BEAUTY LOUNGE ARMONIA

Relaxation for body, mind and soul



VITALPINA HOTEL  
★★★★S  
**DOSSSES**  
LIVING THE DOLOMITES

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# Vitalpina Hotel Dosses\*\*\*\*s

*Welcome...*

Leave your daily routine behind and enter a world of wellness. Your well-being is the focus point of our attention. Our staff will make sure to cater for all your wishes regarding beauty, well-being and inner harmony.

*Jessica and Cristina,*

our qualified aestheticians and masseuses, look forward to welcoming you to Beauty Lounge Armonia, and invite you to a personal consultation.



They are at your disposal every day from 9.00 am to 12.00 am  
and from 2.00 pm to 8.00 pm.

**Vitalis Dr. Joseph**  
**natural intelligence**



Vitalis Dr. Joseph products contain only pure, natural raw materials. The mixtures have synergetic effects on the skin and are designed to achieve a natural balance in your body. Many centuries of research and development have produced effective products of the highest quality.

"We work with the most intelligent laboratory in the world: nature."

# FACIAL TREATMENTS

## *FACIAL TREATMENTS*

HIGHTECH NATURAL COSMETICS  
**TEAM D<sup>R</sup> JOSEPH**  
SÜDTIROL

### *INTENSE PURIFYING FACE TREATMENT*

In-depth cleansing specific to your skin type based on the method of TEAM D<sup>R</sup> 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.

approx. 50 min. EUR 75

### *CELLULAR RECREATION FACE TREATMENT*

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 D<sup>R</sup> 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.

approx. 80 min. EUR 105

### *ADVANCED BIO LIFTING FACE TREATMENT*

The holistic maximum program based on the method of TEAM D<sup>R</sup> 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.

approx. 110 min. EUR 139

### *EXPRESS POWER LIFT FOR MEN*



The TEAM D<sup>R</sup> 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.

approx. 50 min. EUR 75

## BEAUTY SERVICES

Eyebrow correction	EUR 12
Eyebrow colouring	EUR 15
Eyelash colouring	EUR 20
Eyelash & Eyebrow colouring	EUR 30
Upper lip	EUR 10
Upper chin	EUR 10
SOLARIUM	15 min. EUR 15

## HANDS AND FEET - YOUR VISIT CARD

Manicure with varnish or massage	approx. 50 min EUR 45
Pedicure with varnish or massage (also suitable for diabetics)	approx. 50 min EUR 52

## DEPILATION - professional warm wax hair removal

Full legs	approx. 45 min EUR 37
plus armpits and bikini zone	approx. 60 min EUR 57
Legs up to knee/arms	approx. 20 min EUR 27
plus armpits and bikini zone	approx. 45 min EUR 47
Bikini zone or Armpits	EUR 15
Bikini zone and Armpits	EUR 27

## ON CLOUD NINE... IN OUR FLOATING BED

### PEELINGS:

#### Vitalpina® hay brush peeling

Are you having scales and rough skin? Would you like your skin to feel smooth again? Our Vitalpina hay brush peeling provides all this and more. First your skin is treated to a brush massage, followed by a hay peeling which cleans and cares for your skin. You will be delighted with the soft, pleasant result.

25 min EUR 42

#### Dead sea salt peeling

Breathe beautiful aromatic oils while your skin is cleaned deeply with salt crystals.

25 min EUR 42

#### Peeling with pure coconut butter

With this treatment, the skin will be exfoliated and hydrated at the same time. At the end of the treatment you will receive a small gift to treat yourself to some pampering.

25 min EUR 42

## HEALTHY BATH TREATMENTS

### South Tyrolean hay bath

The hay bath, stimulates a strong sweating, not only exerts a draining and detoxifying, but also has beneficial effects on the entire musculoskeletal system and joints. Relaxes and loosens muscles, this increasing the benefits of a subsequent treatment. Essential oils soothe the respiratory tract, strengthening the immunity system.



approx. 50 min. EUR 58

### Algae pack

This body pack treatment has purifying effects, stimulates the metabolism and cell tissue and improves micro circulation. It also has a cleansing, tightening effect on your skin.

approx. 25 min EUR 40

### Fango Alpine a wellness must for lovers of Alpine traditions

Alpine mineral mud is applied to your skin, using mountain pine extracts. This treatment is good for your acid-base balance and has purifying effects on the skin.

approx. 25 min EUR 40

### Evening primrose oil cream pack

Enjoy a luxury bath treatment for all the senses... is your skin dry and sensitive? Are you experiencing skin problems such as neurodermatitis? Then this is the best treatment for you.

approx. 25 min EUR 40

### Pure coconut pack

Rich in Vitamin E, it will nourish your skin, leaving it velvety and fragrant.

approx. 25 min EUR 40

## ALPICARE– BATH ® - the essence of the Alps - your personal Vitalis Dr. Joseph wellness package

The treatment starts with a relaxing foot bath and a cup of deacidifying herbal tea, followed by 15-20 minutes in our floating bed, where you will be treated with Alpine substances. The treatment is rounded off by liver compresses and a foot massage. Choose from:

### Hay flower & juniper®

You will feel reborn, clean and strong.

### Field thyme & swiss stone pine®

Purify your body and enjoy the quiet atmosphere.

### Alpine fango and mountain pine®

A wellness must for lovers of Alpine traditions.

### Arnica & St. John's wort®

Feel the rejuvenating powers of these sunny plants.

### Apple & rose hip®

Treat your skin to a sensual, fruity beauty bath.

### Calendula & chamomile®

Enjoy special care for tired skin.



approx. 45 min EUR 58

# YOUNG AND BEAUTIFUL



Are you stressed? Do you have too little time for sport? Do your body and tissue suffer from hyperacidity? Are you dissatisfied with the look of your skin? We have created the perfect program for you.

*Fitness/energizing massage and algae pack* approx. 50 min EUR 65

## *Armonia Dosses treatment*

*For a new sense of well-being and vitality ...*

*Stimulating brush treatment , Alpine Fango pack, cupping and an Alpicare massage with scots pine and tee*

approx. 110 min EUR 125

## STIMULATE YOUR SENSES FEEL YOUNG AGAIN... with our stunning MASSAGE TREATMENTS

### *VITALPINA BREATHING MASSAGE*

Individually designed massage using apple extracts and rejuvenating juniper essences

approx. 25 min EUR 42

approx. 50 min EUR 68

### *ALPICARE MASSAGE®*

Enjoy the superb effects of Alpine active agents, individual massage treatments & traditional cupping techniques. Alpicare® massages have a clearly defined flow targeted at deep purification, regeneration and relaxation.

approx. 50 min EUR 68

Our professionally trained staff will be glad to advise you.

*Hay & Juniper ®* relax and power

*Wild Thyme & Swiss Stone Pine®* tone and detoxify

*Mountain Pine & Scots Pine®* purify and detoxify

*Arnica & St. John's Wort®* regenerate and invigorate

*Apple & Rose Hip®* nuturing and perfumed

*Calendula & Chamomile®* calming and regenerating

### *TRADITIONAL FULL BODY MASSAGE*

This traditional treatment improves the bloodflow and releases tensions in the body.

approx. 50 min EUR 68

### *AROMATIC MASSAGE*

This massage is especially recommended for those who want to free themselves from stress and emotional tensions linked to psychosomatic processes, based on wrapping movements and delicious hot oil.

Choose the essence for you!

approx. 50 min EUR 70

### ACTIVE MASSAGE

Run on specific bodily regions, helps to improve athletic performance, to reduce muscle tension and regenerates body, spirit and soul. Also recommended before any sport activity.

approx. 50 min EUR 72

### ABHYANGA MASSAGE

A deeply relaxing massage with warm sesame oil that reduces stress and promotes well-being throughout the body:

approx. 50 min EUR 90

### FACIAL, NECK AND SHOULDERS MASSAGE

Ideal to disconnect the plug, to release the head from all thoughts, to combat stress

approx. 25 min EUR 40

### TRADITIONAL PARTIAL MASSAGE

Choice of back or legs

approx. 25 min EUR 42

### FOOT MASSAGE

The foot massage is a treatment that affects the area of the feet and ankles and gives the body well-being

approx. 25 min EUR 42

### "COOL LEGS"

This treatment is ideal for swollen, tired legs, as well as water retention. The active ingredients chestnut and mint and soothing cold winding have a draining and stimulating draining effect. A brief stimulating massage completes this treatment.

approx. 25 min EUR 45

### FITNESS MASSAGE FOR THE LEGS

Energizing massage using a mix of arnica and St. John's wort to alleviate muscle pain after sports.

approx. 25min EUR 45

### FROM HEAD TO TOE

Relaxation knows no time. This is the right moment to be pampered.

Personalized body wrap and foot massage  
Abhyanga Massage and facial treatment

approx. 45min EUR 82

approx. 110min EUR 160

## SPECIAL BACK TREATMENTS



### DORSALIS RESONANCE VITALIS MASSAGE

High-quality back treatment. Tailor-made massages use natural, highly effective products, singing bowls and cupping tools to loosen jams in the back muscles and improve the elasticity of your spine. The treatment relaxes the back and helps you find a balanced stance.

approx. 50min EUR 72

## Rules for the bathing and sauna area

### Swimming:

- Our panoramic open air pool is daily open from 7.00 am to 8.00 pm
- The swimming pool is 1.39 m deep and heated to 30°C.
- Children should be supervised by their parents and should behave quietly.



### Fitness:

- The fitness Pavilion is open daily from 7.00 am to 8.00 pm
- Only adults aged over 16 years may use the exercise room
- Parents are responsible for their children

### Sauna area:

- Our "Anima" sauna area and the Aurora whirlpool are open daily from 2.00 pm to 8.00 pm
- Please do not wear outdoor shoes anywhere in the sauna area.
- Children under 16 years of age are not permitted to enter the sauna area.
- Bathrobes, slippers and towels are provided in your own sauna bag in the room.
- Please do not take food into the sauna area with you.

### Monday, Wednesday, Friday

Peeling with fine pink rock crystal salt in the South Tyrol herbal steam sauna

at 4.30 pm and 5.30 pm  
Aromatic steam treatments in the sauna cabin

### For an enjoyable sauna session



- You should take time over a sauna session.
- Your body will experience deep pore cleansing.
- The heat activates the circulation and release tension.
- Shower before the first sauna, to prepare your skin optimally.
- The sauna is accessed without clothing.
- In steam sauna you have to clean your seat with the shower.
- In sauna you have to sit on your own towel.
- Normally you should spent about 10-20 minutes in the cabin.
- The body needs the cooling phase to release the accumulated heat again. Take a cold shower or go outside.
- The period of rest is equal to that of permanence in the sauna.
- This ritual can be repeated at least 3 times..