

A photograph of a spa interior. In the foreground, a person is lying on a massage table, partially covered by a white towel. In the background, a man and a woman are sitting at a table, both wearing white bathrobes. The room is dimly lit with warm, yellow light from a large, glowing lamp hanging from the ceiling. The overall atmosphere is relaxing and luxurious.

SPA  
GRAN EGA

◆  
WELCOME

# GRAN EGA - A FEELING OF WELL-BEING AND RELAXATION



Let the energy of the mountains embrace you and enjoy our exquisite beauty and wellness treatments. Real sensuous care rituals with unique healing methods and upward technologies are waiting for you: massages with precious essences will remove stress and tension, grape seed oil peelings will soften your skin and special wellness packages will recreate the synergy of mind and body. Just spoil yourself and have a good time.

## 13-20 **OPENING TIME**

**Summer and Winter:** from 13.00 to 20.00 p.m.  
In the Low-Saison we are closed one day a week.

## beauty bags **BEAUTY BAGS**

The beauty bags in your room are at your disposal for the whole stay. Please leave them in the room on departure day.

## phone 460 **RESERVATIONS**

For bookings or information we kindly ask you to contact the **reception or our staff** during the opening times.  
**Internal number: 460.**

The appointments can be cancelled within 24 hours, otherwise the total treatment price will be charged. We care about punctuality. If you come too late and other appointments have already been scheduled after yours, we are forced to shorten your beauty session.

## ROSALPINA & HERBS



### EXCLUSIVE TREATMENTS BY PIROCHE COSMÉTIQUES

#### ROSALPINA & ALPINE HERBS MASSAGE RITUAL

Experience the feeling of relaxation, freshness and new energy. Breathe. Relax. Live.

50 min.

75,00 €



“The plants  
and flowers  
are rich gifts  
from the  
nature.”

#### ROSALPINA & ALPINE HERBS BODY SCRUB

Revitalising exfoliant cream for body and skin, with essential Rhododendron and Cembra Oil. Its precious ingredients and a delicate massage stimulate the skin and gently remove dead cells. Mallow and Calendula extracts contribute with their soothing effect on the epidermis. The result is soft and smooth skin.

20 min.

32,00 €

#### ROSALPINA & ALPINE HERBS BODY MASK

Revitalising and moisturising body mask for stimulating the vitality of epidermal stem cells. Hypericum Oil, Evening Primrose Oil and Essential Cembra Pine Oil strengthen epidermal regeneration. This product improves the natural protective function of the skin.

20 min.

35,00 €

#### ROSALPINA & ALPINE HERBS BATH

A revitalising bath that gives a pleasant sensorial, toning and revitalising effect to the skin with essential oils of rhododendron, mugo pine, Swiss pine, sage and thyme.

25 min.

28,00 €

# FACIAL TREATMENTS



## ROSALPINA AGE PROTECT

A treatment designed to charge the skin with new energy to ensure lasting youth and freshness. The effective combination of natural active substances and the Piroche Cosmétiques Method make the face brighter and more relaxed.

50 min. **75,00 €**

## EXPRESSIONS NATURAL FACE LIFTING

Intensive beauty programme designed by Piroche Cosmétiques to fight expression wrinkles and prevent the early aging process. The treatment stimulates biochemical processes that relax expression wrinkles, restoring the skin's smoothness and elasticity. Results in instant splendour and radiant beauty.

50 min. **85,00 €**

## FACIAL CLEANSING FOR HIM

Soft deep cleansing with peeling, serum and day cream.

55 min. **75,00 €**



The concept of cellular therapy is at the heart of the Ericson Laboratoire's skin care research. Their products work at a cellular level to ensure the skin is well looked after. The results are outstanding.

## DERMA CALM

The entire strength of this line lies in its ability to act directly on the interactions between the skin and the nervous system to lower the level of coetaneous stress with a dual performance: an "anti-stress" and "anti-pain" effect.

1 x 80 min. **105,00 €**  
4 x 80 min. **336,00 €**

## HYDRA CLINIC

An innovative concentrate that acts on the skin's natural hydration mechanism; this treatment is rich of intelligent Hydrolipids capable of capturing the cuter molecules available in the environment, storing and sharing them with the skin as soon as it gets dehydrated.

1 x 80 min. **105,00 €**  
4 x 80 min. **336,00 €**

## MESO VIT

Drawing their inspiration from the latest scientific innovations Ericson Laboratoire has created Meso-Vit, a specialized skin care treatment along the lines of non-invasive aesthetic medicine, to be used as a "meso-like", a "meso-care" or a "vitamin-booster effect".

1 x 80 min. **110,00 €**  
4 x 80 min. **352,00 €**

## BIO OPTIC

Bio-Optic is a complete treatment of specific skin care products which will suit the most sensitive eyes while treating those problems that are already visible.

1 x 25 min. **44,00 €**  
4 x 25 min. **140,00 €**



„Beauty is the sun always  
brilliant day after day.  
Whenever you are  
creating beauty around  
you, you are restoring  
your own soul.“

## COSMETICS

### FACIAL CLEANSING

Deep cleansing, eyebrow shaping  
and upper lip waxing.

ca. 30 min.

**30,00 €**

### EYEBROW CORRECTION

ca. 10 – 15 min.

**10 – 15 €**

### LASHES COLOURING

ca. 20 min.

**15,00 €**

### EYEBROW COLOURING

ca. 20 min.

**15,00 €**

### LASHES AND EYEBROW COLOURING

ca. 45 min.

**25,00 €**



## BODY TREATMENTS



### “PHYSIOTHERM” INFRARED CABIN

The healthy process of detoxing in a “Physiotherm” infrared therapy cabin at a temperature of 30 to 40 degrees is an excellent method of improving or even removing various ailments. Regular infrared deep heat therapy treatments increase the metabolic rate and detoxify the body.

30 min. per session and 1 people	<b>15,00 €</b>
30 min. per session and 2 people	<b>20,00 €</b>

### TONIFYING AND PURIFYNG TREATMENTS

#### SLIM & LIFT, PURIFYING TREATMENT AGAINST ORANGE PEEL

Total body massage against fluid retention and adipose tissue; tightening and tonifying.

1 x 80 min.	<b>115,00 €</b>
4 x 80 min.	<b>390,00 €</b>

#### OSMO THERMY WITH “GUÉRANDE” SEA SALTS

This highly original body care treatment combines exfoliation and deep cleansing of the skin using sea salt and a prolonged thermal body mask of oligo-salts and micronized algae. The resulting osmosis helps effectively clear the skin tissues.

50 min.	<b>85,00 €</b>
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## EMPLATRES D'ALGUES & MASSAGES

Seaweed is an elixir that contains mineral substances, micronutrients and vitamins. They moisturize the skin, activate the metabolism, purify and drain the body. The secret of Piroche Cosmétiques poultices: the composition of precious seaweed from Brittany and white clay endows the skin with wellness and beauty that merges with the combined action of essential oil blends to intensively affect both body and mind.

### RELAX SEAWEED MUD WITH BACK MASSAGE

This poultice combines the beneficial properties of the seaweed *Laminaria digitata* and of clay with the relaxing effects of a special blend of essential oils. Ideal to slacken muscular and tissue tension.

50 min. **75,00 €**

### YIN SEAWEED MUD WITH LEGS MASSAGE

This poultice combines the beneficial properties of the seaweed *Laminaria digitata* and of clay with the toning and refreshing effects of a special blend of essential oils. Ideal treatment for breast and legs. Cold effect.

50 min. **75,00 €**

### YANG SEAWEED MUD WITH ANTICELLULITE MASSAGE

This poultice combines the beneficial properties of the seaweed *Laminaria digitata* and of clay with the warming and depurative effects of a special blend of essential oils. Ideal treatment for cellulite blemishes. Warm effect.

50 min. **75,00 €**

### SEAWEED MUD

This poultice combines the remineralizing, absorbing and purifying properties of the seaweed *Laminaria digitata* and of clay with the nutritional effects of grapestone oil. Foundation for Bioaroma applications.

20 min. **35,00 €**

### „ROSA SENSITIVE“ BODY MASK

Luxurious nourishment for harmonising sensitive and demanding skin. Gentle soothing for irritations. A gift of harmony for body and soul. Especially recommended during pregnancy.

20 min. **35,00 €**  
With massage, ca. 50 Min. **75,00 €**



## PEELING

### APPLE-PEELING WITH MARBLE MINERAL POWER

A special caring peeling with marble mineral power for cell regeneration.

20 min. 32,00 €

### WHEY PEELING

Purifying and mineralising peeling that contains many vitamins, calcium, phosphor and minerals; refreshing and cleansing effect.

20 min. 32,00 €

### GRAPE SEED PEELING

Beauty treatment peeling with an anti-aging effect.

ca. 20 Min. 32,00 €



## SOLARIUM

1 coin 15,00 €

3 coins 40,00 €





„VITA-FORM baths:  
allow yourself a  
beneficial relaxation.“



## BEAUTY BATHS IN THE WHIRLPOOL TUB

### BLUE LAGOON BATH

Blue lagoon mineral bath salts are a natural combination of geothermal minerals that improve skin texture, balance and revitalize the skin.

25 min. 28,00 €

### WHEY APPLE BATH

Refreshing and moisturising bath.

25 min. 28,00 €

### ROSE OIL BATH

Relaxing and moisturising bath that improves skin elasticity.

25 min. 28,00 €

### HERBAL BATH

This bath improves blood circulation and metabolism and stimulates bones, muscles and joints.

25 min. 28,00 €

### MILK HONEY BATH

Relaxing and antibacterial.

25 min. 28,00 €

# MASSAGES



## CLASSIC MASSAGES

### FULL BODY RELAX MASSAGE

50 min. 63,00 €

### PARTIAL MASSAGE LEGS OR BACK

25 min. 43,00 €

### FULL BODY SPORTS MASSAGE

50 min. 73,00 €

### LYMPHATIC MASSAGE

50 min. 59,00 €

### NECK MASSAGE

20 min. 38,00 €

### FOOT MASSAGE

20 min. 38,00 €

### FACE MASSAGE

20 min. 38,00 €

### COMBI MASSAGE

Foot massage with back or legs massage.

50 min. 73,00 €

### BRUSHING MASSAGE

Body brushing exfoliation removes dead skin cells, stimulates blood circulation, bringing oxygen and nutrients up to the skin surface and increases the effectiveness of the lymphatic system, aiding detoxification.

40 min. 59,00 €

## OUR ALPINE MASSAGES

### APPLE TOTAL BODY MASSAGE

Purifying and mineralising fresh apple peeling and a full body Relax Massage with warm "Fuji"-Apple Oil.

50 min. 75,00 €

### ALPINE HONEY BACK MASSAGE

Suitable for every skin type, has a smoothing, restorative effect on the skin.

40 min. 59,00 €



◆ adding of special oils € 6,00

## SPECIAL MASSAGES

### HOT STONE

Hot stone massage is a specialty massage that uses smooth, heated stones. They are often basalt, a black volcanic rock that absorbs and retains heat well. Hot stone massage is a deeply soothing, relaxing form of massage. The heat of the stones helps tight muscles release more quickly than a traditional massage.

70 min. **99,00 €**

### LOMI LOMI NUI

Lomi Lomi Nui is a holistic massage originating in Hawaii. A very special wellness experience which helps to recharge your body, spirit and soul.

70 min. **99,00 €**  
four hands, 50 min. **110,00 €**

### CANDLE MASSAGE

A revitalising body massage.

35 min. **69,00 €**  
+ peeling, 50 min. **85,00 €**

### TIBET

Tibetan remedial massage is one of the oldest forms of massage found on the earth. It is a specialty of Tibetan medicine that specifically addresses the external body. It is one of six types of external therapies found in the Gyud-Zhi, a classic of Tibetan Medicine. referred to as the "Four Tantras" in English.

45 min. **79,00 €**

### CHOCOLATE

Enjoy a relaxing massage using the mouth-watering aroma of Chocolate. This soothing massage relaxes your sore muscles and increases circulation.

50 min. **79,00 €**

### BAMBOO

Enjoy the deep tissue, tension easing treatment in which bamboo canes are moved across the body using specialist techniques to stretch muscle, release fascia and bring about a feeling of calm.

50 min. **75,00 €**



## AYURVEDA

Ayurveda is a holistic science of health, focusing on maintaining a physically and emotionally balance state. Ayurveda began about 3.000 years ago when Indian monks were looking for new ways to be healthy. Revering their bodies like temples, the monks believed that preserving their health would help them meditate and develop spiritually. Over thousands of years of observation , they gathered all their conclusions and advise and preserved it for future generations. This collection of knowledge came to be known as the "science or knowledge of life".

### ABHYANGA

Abhyanga is one of the panchakarma treatments, and it also happens to be one of the most traditional of Ayurvedic treatments. Abhyanga is essentially a full-body oil massage, and it is very popular. Many affectionately refer to Abhyanga just as "the relaxing massage".

70 min. **99,00 €**

### MUKABHYANGA

During this gentle facial massage and Ayurvedic herbal application, all of the 37 marma points on the head, neck and face will be awakened offering an increase of vital life force energy to the area. This awakening will promote clarity of the mind, shining eyes, clear senses and improved complexion.

40 min. **59,00 €**

### PADABHYANGA

This traditional treatment awakens the vital energy areas in your soles, feet, calves and shins. It is a rejuvenating experience that releases deeply felt tension and leaves you relaxed and balanced.

40 min. **59,00 €**

### PRISTABHYANGA

Pristabhyanga is a massage for the back; oils selected for your body constitution are used for this treatment. It is a great treatment for anyone with tension in the neck and shoulders or even lower back.

40 min. **59,00 €**

### PINDASWEDA

Pindasweda, an Indian Ayurvedic treatment, is a delightful body massage with hot Pinda raspberries filled with beneficial alpine herbs. It is particularly helpful for detoxifying and beautifying the skin. The body perspires, allowing the heat to penetrate deep into the skin.

70 min. **110,00 €**



# HANDS, FEETS AND WAXING



## HANDS AND FEET

**MANICURE  
WITH MASSAGE OR NAIL POLISH**  
ca. 45 min. **35,00 €**

**PEDICURE  
WITH FOOT BATH**  
ca. 55 min. **44,00 €**

**FOOT PROBLEMS PEDICURE  
WITH NAIL POLISH**  
ca. 80 min. **50,00 €**

**NAIL POLISH APPLICATION**  
ca. 15 min. **6,00 €**

**PARRAFIN TREATMENT**  
An ultra-moisturizing treatment,  
recommended for smooth,  
moisturized hands and feet.  
20 min. **25,00 €**  
hands and feets, 50 min. **40,00 €**

## WAXING

**UPPER LIP**  
ca. 15 min. **8,00 €**

**HALF LEG**  
ca. 25 min. **25,00 €**

**COMPLETE LEG**  
ca. 55 min. **45,00 €**

**BIKINI LINE**  
ca. 20 min. **15,00 €**

**UNDERARM**  
ca. 20 min. **10,00 €**

**ARMS**  
ca. 20 min. **20,00 €**

**BACK OR CHEST**  
ca. 25 min. **45,00 €**

# BEAUTY PACKAGES



## ROSALPINA & ALPINE HERBS

- 1 Rosalpina Body\_scrub
- 1 Rosalpina Bath
- 1 Rosalpina Body\_mask
- 1 Rosalpina Massage

153,00 €

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## WORLD JOURNEY

- 1 Abhyanga - Ayurveda massage
- 1 Tibet massage
- 1 Lomi Lomi Nui massage
- 1 Hot Stone massage

338,00 €

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## FOR HER

- 1 Expressions natural face lifting (face treatment)
- 1 Manicure without nail polish
- 1 Pedicure without nail polish

148,00 €

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## SILHOUETTE

- 1 Osmo Thermy (body treatment with "GUÉRANDE" sea salts)
- 3 Slim & Lift (purifying body treatment against orange peel)

388,00 €

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## FOR HIM

- 1 Facial cleansing
- 1 Full body Sports massage
- 1 session "Physiotherm" infrared cabin

147,00 €

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## ONE DAY OF TOTAL RELAXATION

- 1 session "Physiotherm" infrared cabin
- 1 Beauty bath
- 1 Body peeling
- 1 Full body Relax massage

124,00 €

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### **SPA SUITE**

Enjoy the privacy of our suite for 2 hours with de infrared cabin "Physiotherm" and a relaxing bath.

**100,00 €**

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### **SPA IN LOVE**

Enjoy the privacy of our suite for 2 hours with de infrared cabin "Physiotherm", one relaxing bath and a Rosalpina Massage for two.

**230,00 €**

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### **INDIVIDUAL PACKAGES OR GIFT COUPONS**

We are at your complete disposal for creating individual packages or personalised spa gift coupons for every occasion.

## OUR PRODUCTS



### PIROCHE COSMÉTIQUES

The company Piroche Cosmétiques is based in Alto Adige and has thirty years of experience in the professional cosmetic sector with the cooperation of beauty parlours, beauty farms, spas, wellness and beauty centres.



### VITAFORM ALTO ADIGE – SÜDTIROL

The original South Tyrolean apple cosmetic takes the traditional attributes from the apple, combined with various natural ingredients and other valuable components, ensuring that you benefit from the most optimal skin care. Highly effective apple fragrances help your skin feeling soft and hydrated.



### ERICSON LABORATOIRE

Based in Paris, the beauty capital of the world, ERICSON LABORATOIRE is gaining world wide recognition as one of the leading beauty cosmetic brands. Noted for its continuous innovation in beauty and medical aesthetics, the products of ERICSON LABORATOIRE are designed using exclusive formulae, first developed in specialized research units and qualified in safety centres.