



GRANEGA

WELLNESS & SPA

Welcome

GRAN EGA

Pure wellbeing
and relaxation

Let the mountain energy embrace you and enjoy our exclusive beauty and wellness offer.

Spa treatments with unique natural products and latest technologies are waiting for you: massages with precious essences will remove stress and tension, gentle peelings will soften your skin and special wellness packages will restore the balance of body and mind. Indulge yourself and have a good time.

OPENING TIMES

Summer and Winter: from 1 p.m. till 8 p.m.

Our beauty centre remains closed one day a week.

BEAUTY BAGS

The beauty bags in your room remain at your disposal for the whole stay. Please leave them in the room upon departure.

RESERVATIONS

To get an appointment or receive further information we kindly ask you to contact the general reception desk (at any time) or directly our beauty staff (during the opening times of the beauty centre). **Internal phone number of the beauty centre: 460.** Cancellations or changes are possible not later than 24 hours prior to the scheduled appointment, otherwise the total treatment price will be charged. We care about punctuality. If you come too late and other appointments have been already scheduled after yours, we'll have to reduce your beauty session.

FACIAL TREATMENTS

PIROCHE
COSMÉTIQUES

NOESIS VITAMIN ANTI-AGE

Intensive treatment for face, neck and neckline cell regeneration. An important invigorating multivitamin complex and moisturising active ingredients tone and nourish the skin to make it firm. Ideal to restore the face's natural light and freshness.

50 min. _____ 75 €

FACE CLEANSING: PURE HYDRATION

This delicate cleansing hydrates the skin and removes all impurities without acting aggressively on the epidermis' fat. Emollient properties ensure elastic and silky smooth skin.

50 min. _____ 75 €

FACE CLEANSING: FOR MEN

A treatment designed to charge the men's skin with new energy, to ensure lasting youth and freshness. The effective combination of natural active ingredients makes the face brighter and more relaxed.

50 min. _____ 75 €

BESIDES...

Eyebrow shaping
approx. 10 – 15 min. _____ 10 – 15 €

Eyelash tinting
approx. 20 min. _____ 15 €

Eyebrow tinting
approx. 20 min. _____ 15 €

Eyelash and eyebrow tinting
approx. 45 min. _____ 25 €

THALGO
LA BEAUTE MARINE

HYALU-PROCOLLAGEN WRINKLE CORRECTION

The perfect combination of performance and sensoriality. This wrinkle to wrinkle treatment combines hyaluronic acid & marine pro-collagen, for visible effectiveness, from the very 1st treatment. Instantly, the face looks younger, as if relaxed, and even pronounced wrinkles appear smoothed, giving the skin a true feeling of regeneration.

50 min. _____ 70 €

SILICIUM MARIN SUPER-LIFT TREATMENT

This high-performance THALGO star treatment excels in correcting loss of firmness and smoothing pronounced wrinkles. At the heart of its protocol, a highly effective antiwrinkle massage and a professional double mask firm, erase wrinkles and restore the complexion's luminosity. The skin will appear soft, radiant and simply beautiful.

75 min. _____ 80 €



BODY TREATMENTS



PIROCHE
COSMÉTIQUES

BODY SCRUB

WITH ROSALPINA & ALPINE HERBS

This revitalising body scrub with essential Rhododendron and Cembra Oil stimulates the skin and gently removes dead cells. Mallow and Calendula extracts contribute with their soothing effect on the epidermis.

25 min. _____ 39 €

BODY MASK

WITH ROSALPINA & ALPINE HERBS

Revitalising and moisturising body mask. Hypericum Oil, Evening Primrose Oil and Essential Cembra Pine Oil strengthen epidermal regeneration and improve the natural protective function of the skin.

25 min. _____ 39 €

BODY SCRUB & MASK

WITH ROSALPINA & ALPINE HERBS

50 min. _____ 69 €

FRESH

BODY SCRUB

WITH MOUNTAIN PINE

The fine flour particles of the mountain pinecone gently and soothingly purify the skin. Plant extracts and natural antioxidants alleviate inflammation and redness. For healthy radiance.

25 min. _____ 39 €

BODY MASK

WITH MOUNTAIN PINE

Activates skin metabolism and favours the removal of waste products from the body. The structure of the skin gets strengthened and tightened, improving skin elasticity and firmness. For smooth and healthy skin.

25 min. _____ 39 €

BODY SCRUB & MASK

WITH MOUNTAIN PINE

50 min. _____ 69 €



THALGO
LA BEAUTE MARINE

3 ALGAE BODY WRAP

A "Thalassotherapy" body wrap by excellence. This 100% pure and natural, patented algae wrap, rich in minerals, vitamins and trace elements, helps achieve a fit body and general revitalising. Ideal as a preparation for a slimming treatment or simply for facing everyday stress.

40 min. _____ 45 €

BODY SCULPT

Offering concentrated performance and effectiveness, this professional slimming treatment combines an ultra-exfoliating peeling with patented Body Palp technology (exclusive instrumental rolling method) to visibly resculpt your figure, smooth cellulite and firm and tone your skin.

60 min. _____ 65 €

*Enjoy every
moment*



SPA RITUALS

MERVEILLE ARCTIQUE

A magical, sensory and exhilarating Spa experience, where warmth meets cold.

The treatment begins with a Salt Flake Scrub: a combination of 3 exfoliating salts to renew the skin. Then follows a massage inspired by Swedish Deep Tissue Massage techniques, delivering intense manoeuvres, warm kneading and stretching combined with Relaxing Ice Bubbles creating a heat exchange on the skin's surface. The treatment results in intense relaxation, release of muscle tension, and an overall feeling of harmony.

50 min. _____ 79 €

THALGO
LA BEAUTE MARINE

POLYNESIA

A charming escape to the paradise islands of the Pacific to pamper your body and relax your mind.

The sand of Bora-Bora, sea salt and coconut shells together with a blend of precious oils and Tahiti vanilla extract leave the skin thoroughly exfoliated and smooth. The next step is a soothing, rather than invigorating massage, inspired by Polynesian traditions. It is designed to promote a sense of well being and restfulness, enhanced by the use of soft pads filled with sand.

50 min. _____ 79 €



A healthy outside starts from the inside

ROBERT URICH

f r e s h

WELCOME

An aromatic ritual for the head, face and feet, to experience the benefits of the South Tyrolean essential oils.

It starts with a foot bath with the essential oil of mountain pine from the Sarntal Valley. Then you'll be pampered with warm compresses to the face and feet. And the final step is a relaxing head, face and foot massage. All of it with the use of essential oils that release all their soothing and healing power throughout the entire ritual. For a warm welcome into the world of amazing mountains and wild nature.

50 min. _____ 68 €

MOUNTAIN FEELING

Invigorating and revitalizing, a real delight for the whole body based on the Sarntal mountain pine extracts.

It starts with a relaxing foot bath with mountain pine essential oil. The feeling of well-being is then enhanced by warm compresses for the hands, feet, abdomen and back. Then follows a delicate peeling with Sarntal mountain pine. And finally, a partial massage with mountain pine oil that has a natural purifying and invigorating effect and improves the skin's elasticity and brightness.

60 min. _____ 79 €



BEAUTY BATHS IN THE WHIRLPOOL TUB

AROMA HYDRO RELAX

Rich in essential oils, it is designed to produce a beneficial relaxing effect on the whole body. Releases muscle and tissue tension.

25 min. _____ 28 €

AROMA HYDRO DETOX

Thanks to a special blend of essential oils, this bath warms up and stimulates micro-circulation. Ideal after a sporting activity.

25 min. _____ 28 €

PIROCHE
COSMÉTIQUES

AROMA HYDRO REGENERATING

8 precious essential oils act in synergy for a unique regenerating, purifying and stimulating effect.

25 min. _____ 28 €

AROMA HYDRO DRAINING

Helps to give the body a feeling of lightness. Ideal when combined with treatments against cellulite or blemishes associated with water retention.

25 min. _____ 28 €



A TOUCH OF WARMTH...



PHYSIOTHERM

INFRARED CABIN

The healthy process of detoxing in a "Physiotherm" infrared 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. _____ 15 €
per session for 1 person

30 min. _____ 20 €
per session for 2 people

SOLARIUM (SUNBED)

1 TOKEN _____ 15 €

3 TOKENS _____ 40 €

*Make
your health
priority*

MARILYN MONROE

HANDS AND FEET

MANICURE WITH MASSAGE OR REGULAR NAIL POLISH

45 min. _____ 40 €

MANICURE WITH SEMI-PERMANENT NAIL POLISH

80 min. _____ 52 €

PEDICURE WITH FOOT BATH

50 min. _____ 45 €

PEDICURE FOR PROBLEM FEET OR WITH REGULAR NAIL POLISH

80 min. _____ 50 €

PEDICURE WITH SEMI-PERMANENT NAILPOLISH

80 min. _____ 56 €

REGULAR NAIL POLISH APPLICATION

15 min. _____ 6 €

REGULAR NAIL POLISH REMOVAL

15 min. _____ 6 €

SEMI-PERMANENT NAIL POLISH REMOVAL AND NAIL SHAPING

30 min. _____ 25 €



WAXING

UPPER LIP

15 min. _____ 8 €

HALF LEG

25 min. _____ 25 €

FULL LEG

55 min. _____ 45 €

BIKINI LINE

20 min. _____ 15 €

UNDERARMS

20 min. _____ 10 €

ARMS

20 min. _____ 20 €

BACK OR CHEST

25 min. _____ 30 €



CLASSIC MASSAGES

FULL-BODY ANTI-STRESS MASSAGE

50 min. _____ 63 €

PARTIAL MASSAGE LEGS OR BACK

25 min. _____ 43 €

FULL BODY SPORTS MASSAGE

50 min. _____ 73 €

LYMPHATIC MASSAGE

50 min. _____ 59 €

FOOT MASSAGE

20 min. _____ 38 €

COMBI MASSAGE

Foot massage combined with
back or leg massage

50 min. _____ 73 €

*Health is a
state of body.
Wellness
is a state
of being*

J. STANFORD



ORIGINAL DOLOMITES MESSAGES

BACK MASSAGE WITH ALPINE HONEY

This massage combines relaxation techniques with the beneficial properties of Alpine honey, that decreases the concentration of toxins in the body. The skin becomes soft, smooth and toned.

40 min. _____ 59 €

FULL-BODY MASSAGE WITH ORIGINAL ESSENCES FROM THE DOLOMITES

MOUNTAIN PINE

toning, improves blood circulation

50 min. _____ 70 €

STONE PINE

relaxing, soothing

50 min. _____ 70 €

HAY

cleansing, smoothing and moisturizing

50 min. _____ 70 €

*Nature
is the source
of all beauty*

SPECIAL MASSAGES

HOT STONE

A delight for the body and soul: an ancient energy massage with hot lava stones that help relieve muscle tension and pain, reduce stress and anxiety and restore balance between body and mind.

50 min. _____ 79 €



LOMI LOMI NUI

Lomi Lomi Nui is a holistic massage originating in Hawaii. It is also known as the 'loving hands' massage. This name helps to explain its principles - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch. A very special wellness experience which recharges your body, spirit and soul.

70 min. _____ 99 €

BAMBOO MASSAGE

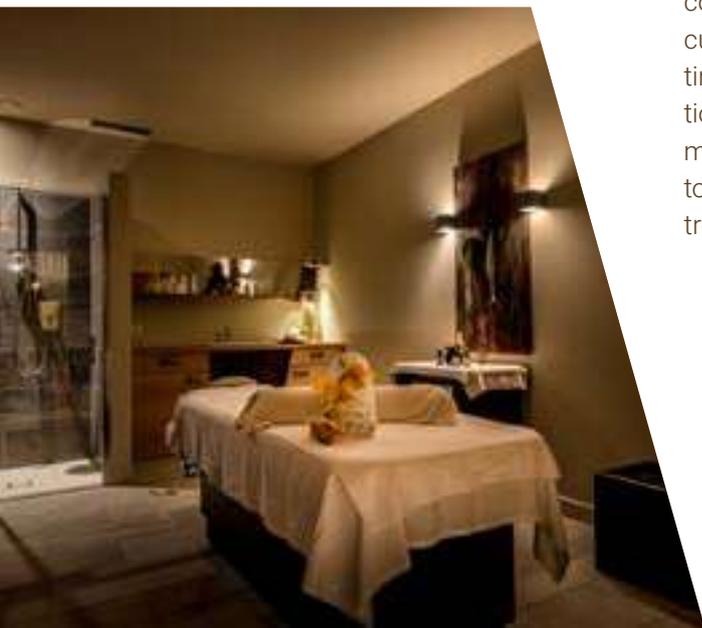
Bamboo, which in Asian mythology is a symbol of long life, is a plant appreciated all over the world for its energizing, stimulating and toning properties. This massage, performed with bamboo sticks, is a deep intramuscular treatment, ideal for alleviating sore muscles, boosting blood and lymphatic circulation, as well as for softening tissues and reshaping the silhouette.

50 min. _____ 75 €

DIAMANT SPORT TREATMENT (BACK OR LEGS)

This treatment is perfect before or after intense sporting activity! A particular combination of manual techniques and cupping strongly increases the decontracting effect and stimulates blood circulation. In the end, warm compresses with mountain pine essential oil are applied to favour relaxation and hydration of the treated areas (back or legs).

40 min. _____ 60 €



AYURVEDA

*Balance in the body
is the foundation for
balance in life*

B.K.S. IYENGAR

Ayurveda is a holistic science of health with a focus on maintaining the state of emotional and physical balance. It began about 3000 years ago when Indian monks believed that preserving their health would help them meditate and develop spiritually. Over thousands of years of observation, they gathered all their knowledge and advice and preserved it for future generations as the "science of life".

ABHYANGA

One of the most traditional Ayurvedic treatments, Abhyanga is essentially an oil massage, that involves the entire body from head to toe to promote overall health and well-being. It is a perfect way to nourish, moisturize, and bring comfort and balance to your whole body.

70 min. _____ 99 €

MUKABHYANGA

This special face, head and neck massage helps to regain deep harmony, rejuvenates and promotes the clarity of the mind, shining eyes, clear senses and improved complexion. Recommended in case of anxiety, exhaustion and fatigue.

40 min. _____ 59 €

PADABHYANGA

Padabhyanga is a traditional Ayurvedic therapy, involving the technique of massaging vital points on the feet in order to boost overall health. This particularly relaxing and stress relieving foot massage has a revitalizing and toning action on the whole body.

40 min. _____ 59 €

PRISTABHYANGA

This intensive back massage with warm oil relieves the whole back of tension and pain. It can also relieve deep emotional and stress-related blockages. It has a cleansing and strengthening effect, calms and regenerates the nervous system.

40 min. _____ 59 €

PINDASWEDA

This Ayurvedic treatment, is a delightful full-body massage with hot pindas (linen bags) filled with aromatic and medicinal herbs. It improves blood and lymphatic circulation and metabolism, favoring the correct functioning of the body and relieving muscle tension.

50 min. _____ 79 €



WELLNESS PACKAGES

BEAUTY DAY

(for 1 person, 1 day)

- **Aroma Hydro** Regenerating Bath
- **Pedicure** with Massage or Regular Nail Polish
- **Manicure** with Massage or Regular Nail Polish
- Hyalu-Procollagen **Facial Treatment**

approx. 4 hours _____ 160€

SPA FOR HIM

(for 1 person, 1 day)

- **Aroma Hydro Relax Bath**
- **Infrared Cabin**
- **Full-Body** Mountain Pine **Massage**
- **Face Cleansing:** For Men

approx. 3 hours _____ 160€

SILHOUETTE DETOX

(for 1 person, 1 day)

- **Aroma Hydro Draining Bath**
- **Body Sculpt Treatment**
(Peeling + Body Palp Massage)
- Three-Algae **Body Wrap**

approx. 2,5 hours _____ 117 €

HEALTHY BACK

(for 1 person, 2 days
consecutive or non-consecutive)

• 1st day

Infrared Cabin _____ 30 min.
Diamant Sport Treatment for Back 40 min.

• 2nd day

Aroma Hydro Detox Bath _____ 25 min.
Alpine **Honey Back Massage** _____ 40 min.

approx. 2 hours 15 min.
(divided into 2 days) _____ 137€



Health is a state
of complete harmony
of the body,
mind and
spirit.

WORLD JOURNEY

(for 1 person, 4 days
consecutive or non-consecutive)

• **1st day**

Abhyanga

(Ayurveda full-body massage) __ 70 min.

• **2nd day**

Merveille Arctique Spa Ritual __ 50 min.

• **3rd day**

Lomi Lomi Nui Massage _____ 70 min.

• **4th day**

Hot Stone Massage _____ 50 min.

approx. 4 hours

(divided into 4 days) _____ 309€

DIAMANT ROMANTIC SUITE FOR TWO

(for 2 people, 1 day)

- **Infrared Cabin** for 2
- **Aroma Hydro Relax Bath** for 2
- Glass **prosecco** and fresh **fruit** for 2
- **Anti-Stress Full-Body Massage** for 2

approx. 3 hours _____ 150€

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

TREHS®

All the power of nature. Its unique beauty. And a bit of magic. These are the ingredients of the Trehs' story, deeply rooted in the natural landscape, in the traditions and legends of the Sarntal Valley, located in the very heart of South Tyrol. The ancient knowledge about the therapeutic properties of local plants, about the power of the moon and the water has been handed down from generation to generation in the form of myths and sagas. These legends, and in particular those about the beautiful and mysterious healer Theresia – known as Trehs among the people of the Sarntal Valley – have been transformed into the precious natural products for personal care by Trehs®.

PIROCHE COSMÉTIQUES

Piroche Cosmétiques is a family-run company surrounded by the unspoilt nature of South Tyrol, which is the company's daily source of inspiration. From the selection of raw materials, to research in laboratories, to production, up to the final packaging - all phases are entirely carried out in the Merano headquarters, with direct control over the whole production chain. It ensures the top quality of all products made here for over 35 years and dedicated to beauty institutes, beauty farms, spas and wellness centers. The purity and genuineness of local raw materials is the company's special asset, while technological innovation allows to make the most of all active ingredients and to guarantee safe and effective cosmetic formulas.

THALGO LA BEAUTE MARINE

Friendly to both your skin and the environment, the luxury Thalgo beauty line from France uses the power of natural ingredients from the depth of the ocean. Featuring experience since 1964 in skin treatments, Thalgo explores the marine universe to extract active molecules with regenerating, moisturizing, stimulating and nourishing properties. Working closely with dermatologists and university professors, Thalgo researchers create real SPA treasures, sources of sensory experiences and pleasure, which reveal all the power of their exclusive ingredients.