





# ON THE WAY TO INNER BALANCE AND HARMONY.

The philosophy of AROSEA Life Balance.  
BEAUTY & HEALTH Center

The Beauty & Health Center of the AROSEA Life Balance Hotel is not only limited to external body applications, it is directed towards human beings in their entirety. We aspire for unity of a balanced body, mind and soul. Internal and external wellbeing, as well as physical and mental health protection are our objectives, which we aspire for with a zest for life and a positive attitude, so that you can achieve inner balance and harmony.



WORLD LUXURY  
SPA AWARDS  
2016



LUXURY MOUNTAIN  
& SKI RESORT  
2015



BEST HOTEL  
SPA  
2009



SENSES  
AWARD  
2011



BEST BODY  
SIGNATURE  
TREATMENT 2009



GREEN LUXURY  
AWARD 2013



ITALIAN ECO  
SPA 2010



ECOLEADER  
PLATIN



A healthy life is marked by a balance between physical activity and passiveness, between stress and recreation. This balance is hard to maintain in our daily routine. On the one hand too little movement, on the other too much professional and recreational stress. Meals are usually irregular or taken in passing. In addition there is a constant overkill of the senses on the part of the media, which slowly leads to one's own self-estrangement. Existential orientation disorders become sickness on the physiological and mental level. The use of integrated therapy can have a stabilizing and invigorating effect on the state of the mind. Physical and spiritual relief can be achieved, for example, with

Yoga. Gentle releasing massages with Alpine products restore positive physical sensations and equilibrium. Cosmetic treatments help one's own self-esteem.

**For your information:**

Treatments can be cancelled free of charge if cancelled within 24 hours beforehand, otherwise we charge 80% of the reserved applications. All the treatments and massages are finalized for the well-being. This price list renders all previous lists invalid.





## SHEEP-WOOL WRAP FROM VAL D'ULTIMO

Regional · Honest · Authentic

Pure wool does not only calm, your body will also be given natural warmth penetrating the deeper dermal layers and softening any tensions sitting there. This ritual is best accompanied by the burning of Alpine herbs, which clarifies the mind and intensifies relaxation. In addition, alpine herbs sprinkled on the fluffy blanket will further intensify the purifying and relaxing effect of the wool.

Lanolin, the wool wax contained in the wool, is excellently tolerated by all types of skin, especially by sensitive skin.

*Bergauf*  
ULTNER  
WOLLPRODUKTE

**approx. 50 min.**

**142.-**





Madonna "does it" ...  
Barbra Streisand "does it" ...  
What is the secret to looking good that so many celebrities have?

**The answer is:  
Intensive oxygen treatment**

# OXYGEN

The full strength of nature  
OXICUTAN Oxygen beauty massage

Oxygen supplies the energy for metabolism, functional performances and the regeneration of all cells. Oxygen is also the elixir of life for the cells of the skin and does not cause any kind of allergies. Therefore the OXICUTAN Oxygen Beauty Massage can be used for any type of skin and for any age. The skin has the ability to renew itself regularly.

For this however it needs energy and above all oxygen. Nourishing and vital substances can be converted into energy only if there is sufficient oxygen available. The Oxygen Beauty Massage has proved to be good even for skin problems. Blocked pores are as a rule the main cause for blackheads and pimples of any kind. The

main trigger is an increased production of sebum. The Oxygen Beauty Massage cleans your pores and normalizes the production of sebum. This is the best prerequisite for a pure, gentle and smooth skin deep in the pores.

Enjoy the sustained manifold effects of the Oxygen-Beauty Massage.



## THE RESULTS OF THE OXICUTAN OXYGEN BEAUTY MASSAGE SPEAK FOR THEMSELVES:

- A noticeable revitalisation of the skin occurs after the first application itself.
- There will be a good effect after 3 - 4 applications on consecutive days.
- The Oxygen Beauty Cure brings you a long sustained effect with maximal effectiveness:  
10 applications on 10 consecutive days if possible.  
(interim interruptions of 1-2 days do not influence the result)
- Regular monthly applications also lead to a permanent effect.

### 1 x APPLICATION FACE AND DECOLLETAGE

The increased pressure of the brusher spray jet causes a gentle and extremely pleasant massage effect on your skin. At the same time, this optimises the distribution of active ingredients in the epidermis. They are released in a very fine spray and introduced gently and directly into the skin with the help of the oxygen's high thrust.

50 min. 83.-

### 1 X SESSION WITH OXYGEN INHALATION

The oxygen concentrators increase the concentration of oxygen from 21%, which is the level in the air, up to 95%. Suitable for every person for health care or improved performance (e.g. top-class sportsmen).

30 min. 40.-



# FEEL BEAUTIFUL

is the name of Farfalla's cosmetics which use organic active ingredients

*farfalla*



This care series promotes your skin's ability to regenerate itself with innovative plant extracts and sophisticated formulas, highest quality organic vegetable oils, crystal clear mountain spring water and pure essential oils. You will feel beautiful.

The Swiss producer has been guaranteeing that the products are organic for over 25 years. All Feel Beautiful products are therefore certified by Na True.





## FRESH, CLEAR & BEAUTIFUL – THE CLEANSING TREATMENT

With gentle brushing, fresh scents and innovative active ingredients, this cleansing treatment clears and detoxes your skin and helps it regain its natural balance. You'll feel fresh and comfortable after this treatment. A welcoming scent, a sea salt and blossom footbath, cleansing with warm compresses, a gentle face and décolleté exfoliating treatment, deep cleansing and skin refreshment, lip and eye care, cleansing mask, gentle brushing, active serum for face and décolleté, facial massage, day cream.

approx. 90 min. 118.-

## AGELESS BEAUTY - THE AGE MIRACLE TREATMENT

Relaxing scents, varied and specific massage techniques, and flowing silk enable you to breathe deeply and relax your facial muscles. Individually used organic active ingredients promote this effect, have a reconstructive effect on your skin and smooth existing wrinkles. It's a treatment experience which helps you feel and look agelessly beautiful. Anti-wrinkle effect through targeted relaxation of the facial muscles with scents and special massage techniques. Warm compresses for the décolleté, shoulders and neck, a scented experience to increase your sense of well-being, shoulder and neck massage, cleansing, active serum for face and décolleté, lip care, eye mask with massage, moisturizing mask with head massage, facial and décolleté massage, relaxation with silk cloths.

approx. 90 min. 128.-



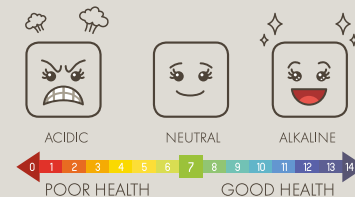
## TIME FOR US Privat Wellness for two

An absolute delight for two people who care about each other ...

- 1 marble granule peeling
- 1 relaxing herbal steam bath
- 1 back & foot massage with a pleasant pine oil
- 1 vitalising rose bath in the wooden whirlpool tub for regeneration
- Lie back and relax with mountain herbal tea

approx. 105 min. 245.-

# MICHAEL DROSTE-LAUX®



## IN THE BEAUTY & HEALTH Center

you will receive basic products by Michael Droste-Laux, such as a flowering tea to support kidney function, herbal granules to assist skin and hair and a basic gemstone bath for draining acid.

- 1 DRAINAGE PEELING with aromatic oil essence of rosemary and 1 pinch of gem salt 45 min.
- 1 GEMSTONE base bath in the wooden whirlpool for 20 min. at approx. 36°
- addition of 1 CUP OF FLOWERING TEA with 1 TSP. OF GRANULES

approx. 75 min. 99.- for one person  
approx. 75 min. 179.- for two people



## MICHAEL DROSTE-LAUX BASIC NATURAL COSMETICS

Michael Droste-Laux: „A stable acid-base balance is seen in naturopathy, and increasingly in mainstream medicine, as the basis of a functioning metabolism. We want to raise awareness to help people lead a healthy, responsible and careful lifestyle. Getting back to basics with your life is essential for this.“

### WHO DOESN'T KNOW SOMETHING ABOUT THIS?

- Stress and hectic pace of everyday life
- Irregular and unhealthy eating habits
- Lack of exercise
- Mental stress

All this can cause acidification in the body.  
This can result in, e.g.:

- Chronic fatigue
- Recurring headaches
- Weight gain and cellulite
- Bad skin
- Joint pain
- Intestinal diseases which result in a weakened immune system



# AROSEA SPECIAL-MASSAGES

## DETOX - SUCTION CUP BACK MASSAGE

The suction cup back massage is a combination of traditional and suction cup techniques. It activates your energy flow, improves mobility of your spine and head, stimulates blood circulation, decreases tension in your muscles and makes your entire body feel pleasantly warm and comfortable.

55 min. 73.-

## DETOX - HONEY BACK MASSAGE

The nurturing and protecting honey massage helps blood circulation and uses the back's reflexes to create harmony in all of your organs. Your whole body is stimulated and revitalised, while your energy balance is restored and toxins are eliminated.

55 min. 72.-

## BREUSS MASSAGE

The Breuss massage is an energetic spinal massage that gently loosens and stretches the spine and sacrum. This method is especially effective for spinal disc complaints. The massage, developed by Rudolf Breuss, will make your spinal discs supple and more elastic. This is achieved through the special technique and application of St. John's wort oil.

55 min. 73.-



## SPORT MASSAGE

The sport massage helps your body achieve and maintain optimal condition and aids psycho-physical conditioning. Fatigue is eliminated to better prevent muscle and tendon injuries.

Legs - Back	45 min.	83.-
Back only	25 min.	53.-

## SPECIAL EYE TREATMENT

A relaxing massage followed by a refreshing pack brightens up tired eyes. Farfalla skin care products help maintain the elasticity of these extremely delicate parts of the skin, reduce swelling and make you look good all over.

25 min.	48.-
---------	------

## STIMULARIUM

The new, "Stimularium" biophysical wellness lounger is a unique holistic method for muscular relaxation and for energizing the body. Natural oscillations and waves contribute to the vitalization of the whole human organism. Impulses stimulate gently, yet highly effectively, each cell of your body. Emotional and physical relaxation works soothingly and favours the blood flow. Immunological, regenerative and energetic processes are stimulated and thus bring about the improvement of different complaints.

25 min.	24.-
---------	------

Whole body solarium with face solarium	7 min.	14.-
--	--------	------







## HERBAL OIL MASSAGE (Classic Massage)

This massage strengthens, nourishes and regenerates the body. The synergy of active Alpine ingredients makes this treatment suitable for both muscle relaxation and skin care.

Whole Body Massage	approx. 50 min.	69.-
Partial Massage	approx. 25 min.	47.-

## HERBAL BUNDLE MASSAGE

Gentle massage exercises using warm herbal bundles have a purifying action which nourishes the skin and is assisted by fragrant Swiss pine oil. You are soaked in Swiss pine oil, which also strengthens the immune system.

approx. 50 min. 67.-

## ULTEN BROOK STONE MASSAGE

Let your stress melt away. The hot brook stones from the Ulten mountains loosen up your muscles and let you experience unrivalled relaxation. Gentle rhythmic movements will transport you away into a world of sensual delights.

approx. 50 min. 67.-

## ULTEN BROOK STONE AND ROCK CRYSTAL MASSAGE

The rock crystals will give your body new energy along with strength and vitality. This special ritual with Ulten brook stones and rock crystals builds your strength back up for your day-to-day life. The hot Ulten brook stones will melt your stress away and the rock crystal will give you new energy.

approx. 75 min. 93.-



# WELL-BEING FOR HANDS AND FEET INDIVIDUAL COSMETIC TREATMENTS

<b>EYEBROW</b> Plucking	15.-
Dyeing eyebrows	16.-
Dyeing eyelashes	20.-
Dyeing eyebrows and eyelashes	28.-
<b>DEPILATION</b> legs up to the knee	35.-
Legs complete	47.-
Bikini zone or armpits	23.-
Back	25.-
Upper lip	11.-
<b>NAIL</b> polish	16.-
Manicure with hand care without nail polish	39.-
Manicure with hand care with nail polish	43.-
<b>PEDICURE</b> with herbal bath without nail polish	45.-
Pedicure with herbal bath with nail polish	48.-
Deluxe Foot Care	110.-
Foot bath, herbal peeling, pedicure, herbal pack, foot massage, nail varnish (on request)	

# AROSEA CEREMONY

## HOT ZIRM LIFE HONOURING BEAUTY®

- Mountain herbal drink from the Ulten Valley
- Steam bath with pine-salt-peeling treatment
- Refreshing "down pour" shower
- Eye pad treatment
- Awaken your senses in an osteopathic setting
- Foot stimulation treatment using sand from the mountain streams of the Ulten Valley and foot bath
- Hot Zirm Life Honouring Massage back and leg massage using pine oil and pine wood
- Herbal mountain bath in a wooden jacuzzi
- Followed by a linen embrace
- Relax time with refreshment on a bed of sheep's wool

approx. 105 min.

For one person

179.-

For two people

279.-



# SENSUAL-BEAUTY CEREMONY©

- Reception with a warm wool cover for head and neck
- Facial cleansing with „Farfalla“ BIO-cleansing products
- High-quality pinewood powder facial mask and peeling
- Stimulation of the sole of the foot with corresponding effects on the head, face, neck and décolleté
- Gentle touch massage with wool fleece and „Zirmschmeichler“® for the face, neck and décolleté. Zirmschmeichler is a specially designed massage aid that is made my hand
- Finish off with a relaxing drink

approx. 90 min. 127.-

CEREMONIES BY JUDITH WIESER



## EXCLUSIVE FOR ITALY ONLY AT LIFE BALANCE HOTEL AROSEA

Body point has new technology that makes it possible to work on problem areas with cosmetic treatments and body fine-tuning. We can target and reduce unwanted fat deposits, remove unwanted hair or unsightly blemishes. Body point activates strength produced naturally in the body. The collagen light therapy stimulates the tightening of the skin and has a visible anti-aging effect when used regularly. As a result you will feel more radiant and experience an overall improvement in your physical well-being. Cellulite and wrinkles are visibly reduced. Body point offers you: painless lipo reduction, gentle cellulite reduction, long-lasting hair removal, natural wrinkle reduction, gentle removal of skin impurities and anti-aging collagen light therapy.

### BODY POINT VITALITY OFFERS:

- Body Point lipo reduction
- Gentle cellulite reduction
- Long-lasting hair removal
- Natural wrinkle reduction
- Gentle blemish removal
- Anti-aging collagen light therapy

body.



# ANTI-AGING COLLAGEN LIGHT THERAPY

A potent combination of collagen light therapy and vibration training. Pure collagen, the all-round feeling of well-being for your skin and body! Ten minutes to enhance your beauty and improve your body: The combination of collagen plus tubes and the gentle vibrations of the vibrating plate make the Body Point collagen shower a fascinating cosmetic experience: The light triggers the activation of the body's own collagen fibers, helping them to tighten. You can see the results within 48 hours. Your skin is now better equipped to absorb and store moisture and the entire skin structure is improved.



## PRICES

### LIPO REDUCTION

Face or double chin	159.-
Chest or back	159.-
Arms (both sides)	159.-
Knee (both sides)	159.-
Calves (both sides)	159.-
Stomach, hips or buttocks	199.-
Front thigh (both sides)	199.-
Rear thigh (both sides)	199.-

### NATURAL REDUCTION OF...

Wrinkles (per body section)	79.-
Blemishes (per body section)	79.-
Pigmentations (per body section)	79.-

### ANTI-AGING COLLAGEN LIGHT THERAPY

Collagen tower treatment	22.-
--------------------------	------

### ANTI-CELLULITE APPLICATION

Arms (both sides)	179.-
Calves (both sides)	179.-
Hips	179.-
Stomach or buttocks	199.-
Front thigh (both sides)	239.-

### PERMANENT HAIR REMOVAL

Chin or upper lip	49.-
Armpit (both sides)	59.-
Face	79.-
Arms or calves (both sides)	79.-
Bikini areas	79.-
Chest/Stomach	89.-
Buttocks	99.-
Back	119.-
Thighs (both sides)	119.-



# BATHS



The Ultental with its numerous mineral springs and its pure mountain air was the destination for people who were in need of a holiday and those who were health-conscious.

Even Prince Bismarck, Peter Rosegger, Thomas Mann and Empress Sissi put their trust in the healing herbs of Ulten and its sources.

Feel the strength of the water bath, the natural warmth with maximum lounging luxury.





# HEAT - STEAM BATH LOUNGERS



## HAY BATH

The hay from the unfertilized alpine meadows in South Tyrol shows a special combination of blossoming flowers and grasses. It stimulates blood circulation and is relaxing and tranquilizing. Suitable, amongst others, for rheumatic complaints, tension or for problems of the respiratory tract.

approx. 20 min. 46.-

## SHEEP WOOL BATH

Wool from the Ulten Valley is used here for pleasantly relaxing and natural warmth. When you are wrapped in wool, microcirculation is stimulated. It has a pain-soothing effect and strengthens the immune system.

approx. 20 min. 52.-

## SHEEP WOOL BATH WITH HERBS

The herbs worked into our sheep's wool create a calming, balancing and cleansing effect. The pleasant scent of the Ulten Valley mountain herbs gives you new strength and vitality.

approx. 20 min. 66.-

## MOUNTAIN MUD PACK WITH LEG MASSAGE

The mountain mud pack helps to ease joint pain and inflammation. It stimulates your circulation and metabolism, relaxes your muscles and gets rid of toxins.

approx. 55 min. 56.-

## ULTEN MARBLE PEELING WITH MOUNTAIN HERB PACK

Make your rough skin smooth and supple again with ultra-fine marble while it simultaneously delivers a wide variety of minerals. We get our supply of special herbs for the subsequent mountain herb pack from the Kräuterreich Wegleit in the Ulten Valley.

approx. 55 min. 67.-



Schwiebacher from the bio-farm "Kräuterreich Wegleit" was awarded and honoured by the WOMEN'S WORLD SUMMIT FOUNDATION in the category "Creativity of country-women".



# WOODEN WHIRLPOOL BATH

Enjoy the marvellous feeling of bathing in wood. A unique water pearl effect with the influx of oxygen.

Healing clay is an ancient natural remedy. The earth has been used for healing purposes since time immemorial. It has been recommended by many famous doctors from Hippocrates through to Hildegard of Bingen up to Paracelsus. Due to osmotic pressure, baths with healing clay deplete the body of secretions, toxins and sebum; especially helpful for joint problems, arthritis, skin diseases, allergic skin disorders, rashes, eczema, acne, blemished and oily skin, sores, bruises, muscle and joint pain and circulatory disorders. The warming effect allows the blood flow to be stimulated to the deepest layers. This is highly beneficial particularly to the metabolism and the circulation. Experience a new silky-smooth feeling to your skin while enjoying a soothing, relaxing bath.

## GREEN HEALING CLAY BATH

is a rare healing clay of marine origin. It's rich in trace elements such as iron, magnesium, calcium and sodium and has a light basic PH and a gentle cleansing action on the skin.

## RED HEALING CLAY BATH

is rich in iron (red colour). It is particularly effective for sensitive skin. Gently soothing and cleansing.

## BATH WITH GOAT'S MILK

is the perfect rejuvenator! Compared to cow's milk, goat's milk contains more trace elements and minerals especially calcium, potassium, sodium, magnesium and vitamins (A, B1, B2, C, D, E). It moisturises and promotes regeneration and is therefore particularly suitable for the treatment of sensitive skin. Goat's milk also has a cell-building effect. Even in ancient times it was considered a beauty elixir; and the Empress Sissi also enjoyed bathing in goat's milk.

approx. 20 min.

And then allow for a period of rest

For 1 person

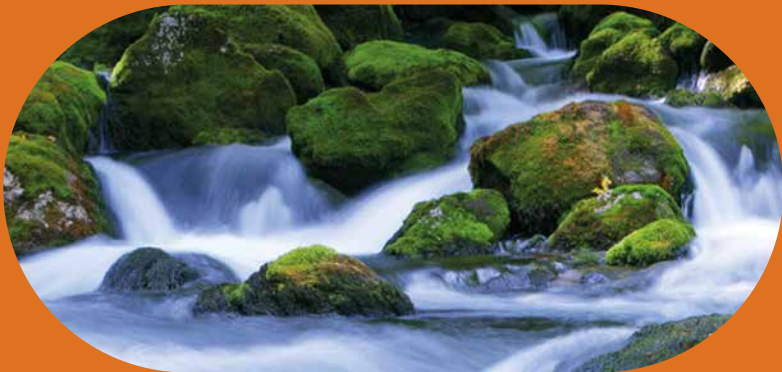
For 2 persons

per person

53.-

39.-





# WATER



## OXYGEN - WATER



However, our most important food is water. At the AROSEA Life Balance Hotel we try in particular to offer you high-quality, natural and valuable water, for water is life.

Everywhere in the Hotel you are served the delightful Grander water. The original order and inner structure has been produced again in tap water by the special water revival by Johann Grander and the water has been revived with the

information that nature gives us. With this we promote your good health and the positive effects of revived water on the organism.

Just like water, oxygen is necessary in order to live. And just this combination of water and oxygen makes the special water enhanced with oxygen so precious. Because we can drink oxygen. It is possible to increase the oxygen-con-

tent in the water by the innovative OXICUR process and thus to improve the quality of the water and to achieve a healthpromoting effect on our body. You can order oxygen-water at our Water Bar. You will be surprised at its natural taste and freshness.



We stress naturalness in the preparation of our food, because foodstuffs are means to live, are a part of nature, and we should pay attention and respect them. In the AROSEA Life Balance Hotel we attach great importance to natural regional and organic products, as well as to gentle processing.

# THE AROSEA LIFE BALANCE CUISINE

The preparation of our food is innovative and varied, however in the selection of the product we have clear guidelines:

- A large part of our food comes from enterprise with organic cultivation. Many of our suppliers are local - this ensures freshness and the natural state of the goods.
- High-quality products are prepared with care in order to retain the natural energy of the food in the best possible way. Here flavour enhancers like Glutamate, artificial additives, raising agents, food colouring, vanillin or UHT milk are not used.
- Every season has its specialities: Therefore our choice of vegetable offer depends on the season. We do not use tinned vegetables!
- Fresh herbs are essential in every dish. They are not only spices but also cures. Here we rely on the knowledge of ancient medical science.
- We exclusively use sea salt and various home-made herbal salts to season.
- Colour for the soul and the palate. The knowledge of the theory of colours influences the composition of our dishes and we offer variegated variety with the blue of the blossoms or the orange of the fruits.
- Nature is our garden, which is also directly in front of our hotel. It supplies us with natural herbs, flowers and plants like dandelion or elderflowers, which we collect and use.
- Our body needs healthy fats: we use only high-quality seed and vegetable oils, as well as South Tyrol farmer's butter for cooking. We consciously refrain from hardened fats and margarine.
- We prepare all our soups and sauces fresh and coordinate them with the initial product. Naturally this also applies for our vegetarian dishes, for which we prepare the special sauces. Standard sauces and thickening flour have no place here.
- Regional fruits and berries have a solid place in our variegated and multi-coloured menu sequences. They are however also the basis for our home-made fruit yoghurts, jams and syrups.
- Our dishes and menus are varied and offer experiences in flavour, which appeal to all four kinds of taste (sweet, salty, bitter, sour) and to our neural sensitivity to strong seasoning. New moments of pleasure are cleverly combined and built one on top of the other.

You will be able to taste it!





- 1 COLLAGEN LIGHT THERAPY
- 2 SOLARIUM
- 3 WAITING AREA
- 4 WELLNESS-TRAINER - CONSULTING body.
- 5 RELAX ROOM
- 6 PARTNER MASSAGE
- 7 FACE CUBICLE
- 8 WARMTH STEAM COUCH
- 9 MASSAGE ROOM
- 10 PRIVATE SPA
- 11 OXYGEN ROOM - STIMULARIUM
- 12 PEDICURE
- 13 MASSAGE ROOM
- 14 ROSE GARDEN





BEAUTY



- 1 GREEN WALL
- 2 STAIRCASE TO THE RELAX ROOMS WITH WATER DISC
- 3 BATHROOM
- 4 ICE TROUGH
- 5 ZIRM-BIOSAUNA
- 6 HERBS-STONE SAUNA
- 7 STEAM SNAIL
- 8 SHOWER EXPERIENCE
- 9 SOUND STOMPING GROUND



SAUNA'S



- 1 PANORAMA OUTSIDE SAUNA
- 2 OPEN-AIR LOUNGERS
- 3 NATURE DIVERS
- 4 TOILET
- 5 RELAX ROOM 1
- 6 RELAX ROOM 2
- 7 INDOOR SWIMMING POOL (17 m LENGTH) WITH PIPE TO THE OPEN AIR
- 8 CHANGING ROOM AND SHOWERS
- 9 „TECHNO GYM“ FITNESS ROOM
- 10 YOGA GYMNASTICS ROOM
- 11 TERRACES
- 12 700 m<sup>2</sup> OF SWIMMING LAKE WITH 30 m SWIMMING LENGTH
- 13 PLACE FOR FIRE - RELAX LODGE
- 14 5000 m<sup>2</sup> ALPINE GARDENS
- 15 CHILDREN'S PLAYROOM
- 16 ROSE GARDEN
- 17 INSTRUCTIVE HERB GARDEN
- 18 OUTDOOR MASSAGE AREA



# SWIMMING

