

CHALET  
*Al Foss*  
\*\*\*\*\*  
ALP RESORT



*Massages & Beauty*



## H2O ALPIN SPA WELCOMES YOU

An oasis of well-being in the heart of Val di Sole with an incredible view of the Presanella glacier.

A wellness program divided between an internal area and a well-kept outdoor area where you can spend unforgettable moments of pleasant relaxation.

A philosophy linked to the territory characterizes the entire route.

All treatments include the use of a line of beauty products, of exclusive conception, made with flowers and herbs.

The result of the search for a line of new and unique products based on Edelweiss, Arnica, Larch and Hay from our Mountain, has allowed our family to create a unique cosmetic line with restorative properties, which you can test in our Spa. followed by qualified people.

*Famiglia Pangrazzi*



**VITALIS**  
DR JOSEPH





## News

### AESTHETIC CRYOTHERAPY WITH CRYO T-SHOCK TECHNOLOGY

A slender and harmonious body is ideal for every woman and man. CRYO T-SHOCK currently represents, with its technological and effective capabilities, the most professional and innovative response in the use of technology.

It is also a scientifically proven and medium-safe, non-invasive answer to eliminate residual fat deposits when diet and exercise are no longer sufficient.

CRYO T-SHOCK, allows for excellent results with the combined action:

- CRYOTHERAPY
- HYPERTHERMIA
- DYNAMIC THERMAL SHOCK
- BIOSTIMULATION

an INNOVATIVE and EFFECTIVE DEVICE against cellulite and fat deposits.

**IT IS POSSIBLE TO BOOK THE FIRST SESSION,  
AT AN EXCLUSIVE PRICE OF ONLY 80 €**



## UNIQUE EXPERIENCES

Through the massage every sense is satisfied. For this reason all the details such as music, perfume and energy must be treated in detail.

Based on your needs, we propose the type of massage, adapting it to your uniqueness.

*Let yourself be pampered by our expert hands!*

# Relax Time



## **TUINA**

**50 min - € 110**

Traditional Chinese medicine massage, rebalances the functions of the organs, stimulating the reactivation of energy.

## **MAORI**

**60 min - € 130**

Inspired by the culture of the Maori warriors, with the use of wooden instruments, it gives strength and courage, shapes and relaxes the body in depth.

## **BAMBOO**

**50 min - € 100**

Fight pathological insomnia and increase concentration, thanks to the release of endorphins stimulated by the use of bamboo.

## **THAILANDESE**

**60 min - € 120**

Lying on the ground fully dressed, this ancient massage will restore harmony between body and soul. Powerful oil-free decontracting agent.

## **THAI OIL**

**50 min - € 110**

Experience the fusion of Thai massage combined with the use of oil. Find harmony and well-being and leave stress and tendencies behind.



## *Relax Time*

### **RIGENERANTE**

**50 min - € 120**

Abandon yourself to the hands of our operators among the fragrances of essential oils wisely chosen to blend body and mind in a single embrace

### **HOT STONE**

**Total Body - 60 min - € 100**

**Schiena- 30 min - €60**

The properties of the heated basalt stones guided by the hands of our Spa Therapists will donate to your body a feeling of extreme relaxation.

### **ANTISTRESS**

**40 min - € 70**

Combat everyday life with an enveloping and complete massage.

Nothing will ever be the same again.

# Muscle Wellness



## **MIORILASSANTE**

**50 min - € 130**

Stiff and contracted muscles will be just a memory. Deep muscle massage to rebalance the critical points of your body.

## **CERVICAL MASSAGE WELLNESS THERAPY**

**40 min - € 80**

Cervical discomfort? Relaxing and muscle relaxant maneuvers to relieve daily discomfort

## **LUMBAR MASSAGE WELLNESS THERAPY**

**40 min - € 95**

Backache? Relaxing and muscle relaxant maneuvers to relieve daily discomfort

## **LEG MASSAGE WELLNESS THERAPY**

**40 min - € 100**

Heavy legs? Relaxing and muscle relaxant maneuvers to relieve daily discomfort





## *Beauty Massage Face*

### **KIREI**

**30 min - € 50**

A face massage to rediscover beauty thanks to toning and anti-wrinkle manual skills.

### **KIREI KOBIDO**

**50 min - € 100**

Facial massage that combines beauty with youth.  
Choose this treatment that combines manual techniques with a face mask tailored to your skin

### **ANTI-AGE**

**30 min - € 50**

Restores tone to your face by eliminating fatigue and signs of stress.





## *Beauty Massage Body*

### **ANTI-CELLULITE**

**40 min - € 90**

Massage aimed at eliminating cellulite and orange peel.

### **DRAINING LEGS**

**50 min - € 100**

Aimed at eliminating swelling and stagnation of liquids, it reactivates the lymphatic system.

### **TOTAL BODY DRAINING**

**90 min - € 160**

A massage that eliminates toxins, stimulating the increase of the immune defenses by rebalancing the psychophysical well-being.



## *Couple massages*

### **RIGENERANTE**

**50 min - € 250**

A mix of essential oils expertly chosen to blend body and mind

### **HOT STONE**

**60 min - € 210**

Decontracting gives relaxation through the heat of the stones.

### **TUINA**

**50 min - € 250**

Inspired by traditional Chinese medicine, it rebalances the harmony of the organism



## *Couple massages*

### **MAORI**

**60 min - € 270**

Let yourself be overwhelmed by the strength of the Maori warriors, this massage shapes and relaxes the body in depth

### **THAI OIL**

**60 min - € 260**

Find harmony and leave stress and tension behind: the fusion of Thai massage combined with the use of oil.

### **ANTISTRESS**

**40 min - € 150**

Combat everyday life with an enveloping and complete massage. Nothing will ever be the same again.



#### BOOKING

To be able to guarantee the availability of treatments at the times you want, make arrangements to make appointments in advance.

#### GET ADVICE

If you are undecided in the choice of treatments, please tell us yours wishes. We will help you find the best solutions for you.

#### RELAX AND PUT YOURSELF AT YOUR EASE

Please come in a bathrobe, slippers and sauna towel, without jewelry, about 5 minutes before your massage and / or treatment. At the right time we will make you sit in the Chalet.

#### ALPINE WELLNESS DIRECTLY TO YOUR HOME

All the cosmetics and products we use are available for purchase. Ask us for information on the correct program to carry out at home

#### CONTACTS

To call from room internal number 289

#### IN CASE OF CANCELLATION

Appointment cancellations will be charged 50%



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