



# Wellness & Relax

Our alpine-mediterranean massages

  
vitaaurina  
royal hotel



In our small, lovely wellness oasis  
you will experience alpine wellness in its purest form.  
After a long day in our magic mountain landscape  
some relax comes in very handy...

Our holistic massage therapist *Maria* awaits you!



# Vitaurina Wellness

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## **Peeling with Rose Himalaya Salt** | Perfect preparation for a massage

The crystal salt is an unrefined table salt of underground deposits and rich in natural elements. The peeling based on Himalayan salt stimulates blood circulation, providing for smooth and tender skin, and is especially recommended as a perfect preparation for a massage.

**20 Min. | € 30**

## **Vitaurina Well-Being Package** | Total Body Package

Full Body Package including

- a nature-peeling with Rose Himalaya salt
- a nourishing body package with apple-rose hip
- a relaxing partial massage

**80 Min. | € 92**

## **Special facial treatment** | “beauty care”

A high-quality facial treatment based on active natural ingredients. Specially adapted to the needs of your skin. Cleansing, peeling, lifting massage, mask, serum, eye contour and cream. Your face will appear fresh, bright and radiant.

**50 Min. | € 70**

# Classics

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## **Full-Body Massage** | The classic one from head to toe

This massage has a beneficial effect on the whole body and provides a feeling of calm and happiness. Tensions and hardenings are relieved by kneading and stretching the muscles and the pressure point treatment. Blood circulation is stimulated as well.

**50 Min. | € 62**

## **Sport Massage** | For the particularly active

This massage technique is perfectly suited to relax strained and tired muscles after sporting activities. Blood circulation is promoted and sore muscles are prevented. We recommend a sauna session followed by a rest before starting this massage.

**50 Min. | € 65 without body package**  
**70 Min. | € 90 with arnica body package**

## **Back Massage** | Releases stress and tension

The massage helps to relieve tensions mainly in the neck and back regions and creates a general feeling of well-being.

**25 Min. | € 42**

## **Leg and Foot Massage** | Ideal after a long and strenuous day on your feet

After a long hike or an intensive day of skiing, the leg muscles are hurting. The invigorating foot massage provides a feeling of relief. With the help of the arnica-mountain pine rubbing, tensions are also relieved.

**25 Min. | € 42**

## **Relaxing face, neck and décolleté massage** | “pure relaxation”

Performed using a technique that helps calm stress and tension that builds up on the face and generates tension in the neck. An excellent anti-stress remedy with beneficial effects on the health and the beauty of your skin.

**25 Min. | € 42**



# Specials and treatments

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## **Hot Stone Massage** | Relax with hot stones

The full-body treatment with hot lava stones has a beneficial effect on body and mind, increases the personal well-being and provides for absolute deep relaxation. This treatment drains, activates lymphatic drainage, tightens the tissue, smoothes and revitalizes the skin.

**50 Min. | € 75**

## **Pure Ayurvedic relaxation massage** | “pure relaxation”

Massage with warm oil (highest quality) from head to toe. Massage strokes, light pressure and gentle manoeuvres guarantee deep relaxation and improve physical and mental balance. The use of the Tibetan Bell will also bring emotional and sensory benefits.

**50 Min. | € 70**

## **Special Back Massage** | Our bestseller

The secret of this massage's success resides in a combination of different techniques. The handmade sisal brushes with agave natural fibres remove dead skin cells and guarantee an immediate feeling of purity. The improved blood circulation supplies the tissue, which is perfectly regenerated, with oxygen and vital nutrients. The Dr. Kneipp's hot roll is also used, the cupping glasses relieving persistent tensions and loosening the muscles. The perfect finish is the soothing back massage, which ensures an ultimate feeling of relaxation.

**50 Min. | € 75**

## **Draining massage with algae pack** | “well-being for the legs”

Performed with gentle rhythmic movements in the direction of the lymphatic pathways, it oxygenates the tissues and promotes drainage, improving venous circulation. The massage is also performed on the face to reduce swelling and dark circles under the eyes.

**70 Min. | € 75**

  
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**Tuesday – Thursday - Saturday**  
**15.00 – 19.00**

Appointments on request at the reception

We kindly ask you to notify any cancellations 24 hours prior to the scheduled appointment.  
In case of cancellation at short notice, 80% of the treatment price will be charged.