



  
vita|aur|na  
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 relaxation comes in very handy...

Our holistic massage therapist *Maria* awaits you!



# Vitaurina Wellness

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

The crystal salt is an unrefined table salt from 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.

**25 Min. | € 35**

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

Including:

- a natural peeling with Rose Himalayan salt
- a nourishing body wrap with apple-rose hip
- a relaxing partial massage

**80 Min. | € 95**

## **Special facial treatment** | “Beauty Care”

A high-quality facial treatment based on active natural ingredients. Specially adapted to the needs of your skin. Gentle cleansing (no removal of comedones/blackheads) without irritating the skin, peeling, lifting massage, mask, serum, eye contour and cream. Your face will appear fresh, bright and radiant.

**50 Min. | € 75**



**Tuesday – Wednesday – Thursday – Friday – 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.

# Classics

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## **Full-Body Massage** | The classic 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. | € 65**

## **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 helps prevent sore muscles. We recommend a sauna session followed by a rest after this massage.

**50 Min. | € 70**

## **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. | € 45**

## **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 oil, tensions are also reduced.

**25 Min. | € 45**

## **Relaxing face, neck and décolleté massage** | “Pure Relaxation”

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

**25 Min. | € 45**



# Special 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 deep relaxation. This treatment drains, activates lymphatic drainage, tightens the tissue, smoothes and revitalizes the skin.

**50 Min. | € 80**

## **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 also brings emotional and sensory benefits.

**50 Min. | € 75**

## **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, as are the cupping glasses to relieve persistent tensions and loosen the muscles. The perfect finish is the soothing back massage with the Tibetan bell, which ensures an ultimate feeling of relaxation.

**50 Min. | € 80**

## **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.

**80 Min. | € 85**