

ENGLISH



naturaspa treatments

360° REGENERATION

INFO & BOOKINGS:

RECEPTION NUMBER 100

NATURASPA@PFOESL.IT

TEL. 0471 616537



BOOK YOUR TREATMENT

**„Be mindful,
find peace with the power of nature.“**

This is what our vacation experience „Pfösl regeneration 360°“ stands for, which goes beyond simply feeling good. In our naturaspa, you can enjoy mindful regeneration 360° in treatments individually tailored to you, with high-quality natural product lines from our mountain world.

Our naturaspa team accompanies you on a journey filled with uniquely precious moments.

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DETOX

Treatments marked with this symbol are designed to detoxify and purify – ideal for a feeling of purity in body, mind, and soul.



ACTIVE

Treatments marked with this symbol have an activating and regenerating effect.



RELAX

Treatments marked with this symbol have a relaxing, energizing, regenerating, nourishing, and balancing effect on the body.

Our product lines

TEAM DR. JOSEPH

Internationally successful and based in South Tyrol, TEAM DR JOSEPH stands for the same principles that guide our hotel: appreciation for nature in all its purity and diversity, respectful use of natural resources, and quality at all levels with holistic, sustainable, and effective high-tech natural cosmetics under the name TEAM DR JOSEPH.

TREHS

„Trehs“ is an abbreviation for Theresia and a typical Alpine name. According to legend, Trehs was an herbal fairy from “Sarntal” who was very familiar with the powers of plants. For us, Trehs is a symbolic figure for all mountain creatures, fairies, and sorceresses of the mountain world who were familiar with the powers of nature and could thus help the people of their time.

ECOPASSION

Our shared mission is to form an alliance of people who, like us, rediscover and use the hemp plant. To this end, we are building a universally replicable that promotes human health and well-being in harmony with Mother Earth and her cosmic laws.

SILVER QUARTZITE

The globally unique SilberQuarzit® rock from South Tyrol is certified as a scientifically proven healing clay. Combined with specially developed relaxation techniques, it activates your body's self-healing powers. Regional, hand-picked wild herbs complement the healing power of SilberQuarzit®. The aim is to strengthen your immune system and reduce the release of stress hormones. Your parasympathetic nervous system is activated, relieving the vegetative nervous system. Muscles relax, breathing becomes deeper.



Cosmetic
treatments

The products we use are from Team Dr. Joseph in Bruneck, South Tyrol, award-winning, certified, natural, free from animal testing, vegan, skin-friendly, and follow a holistic approach that respects the balance of the skin.



Intensive cleansing facial treatment

- Without removing moisture or natural oils from the skin
- Suitable for all skin types, intensive active ingredient care
- Visibly refined pores
- Stimulates tissue purification
- Ideal for youthful, blemished, oily skin with a tendency toward large pores
- Visibly fresh, cleansed and even skin appearance

50 min / € 105,00

WITH ULTRASONIC

50 min / € 135,00



Deeply effective beauty care

- Noticeable immediate effect
- Natural active ingredient care and treatment specially tailored to the skin's needs
- Complete facial treatment with modulating facial massage
- For healthy and intensively nourished skin

80 min / € 130,00

WITH ULTRASONIC

80 min / € 160,00



Intensive treatment with biodynamic lifting

- Ritual for all senses
- Tailored to individual skin needs
- Leaves skin feeling smooth and contours looking firmer
- Reduces small wrinkles and lines
- Plumping and toning
- For intensive moisture and a fresh and rosy complexion
- Long-lasting effect, immediate visibility, and maximum results

110 min / € 168,00

WITH ULTRASONIC

110 min / € 198,00



Supreme Eye + Face Lift

*Intensive lifting treatment
with Gua Sha massage*

- Anti-aging effect:
expression lines and
wrinkles around the
eyes are reduced
- Facial contours are
perfected and tightened
- Even skin appearance
- Relief from tension
headaches
- Glow effect:
the complexion becomes
more radiant and even
- Increased resilience,
skin is strengthened and
firmed
- Generally improved
absorption of active
ingredients
- Reduction in facial
swelling, especially
around the eyes – for a
more alert and radiant
appearance
- Improved lymphatic
activity, detox effect

50 min / € 105,00

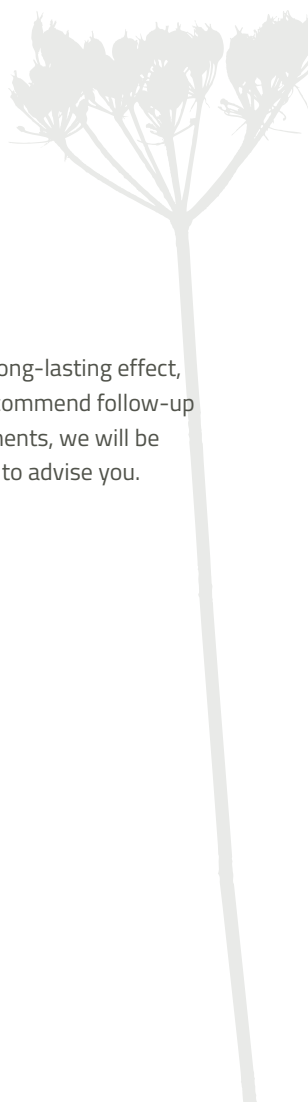


Ultrasonic Follow-up treat- ment: peeling, repair or lifting

- Rejuvenated appearance
- Intensive peeling
that stimulates cell
regeneration
- Bio-stimulation of
the tissue improves
microcirculation
- Ensures firmer skin and
an irresistible glow
- Skin dysfunctions can be
balanced at a deep level
- Revitalization of mature/
atrophic skin
- Refreshes dull skin with a
booster effect
- Revitalization of
smoker's skin
- Repairs UV-damaged
skin, scarred skin, acne
and visible veins
(not for acutely inflamed
acne-prone skin)
- Stimulates metabolism
and cell activity
- Improves microcircula-
tion and collagen and
elastin production

25 min / € 52,50

For a long-lasting effect,
we recommend follow-up
treatments, we will be
happy to advise you.





Cosmetics

Vitalmani

Manicure with/without natural nail polish

50 min / € 78,00

Manicure with semi-permanent nail polish

70 min / € 117,00

Vitalpiedi

Pedicure with/without natural nail polish

50 min / € 78,00

Pedicure with semi-permanent nail polish

70 min / € 117,00

Eyebrow/eyelash tinting

on request

Depilation

on request



Body treatments



„Perfect Bio Balance“

A valuable body treatment combining various techniques

- Deep cleansing with cotton-copper glove and/ or brush
- Detoxification with an effective algae wrap or fango
- Revitalizing, firming body massage with lemon, ivy, and rosemary oil
- The entire program can be supplemented with an effective cupping technique and a corresponding harmonious anti-aging facial massage

50 min / € 114,00

75 min / € 171,00

150 min / € 342,00



Detoxify, deacidify, purify

- Natural healing treatment with honey and alkaline salt
- Alkalizing, detoxifying, and draining
- Supports the body in eliminating acids and urea
- Activates lymphatic system, tightens connective tissue
- Supports the regeneration process

50 min / € 92,00

70 min / € 138,00



Sophisticated back treatment

- Back massage, hot roll, cupping, and singing bowl treatment
- Relieves tension in the back muscles
- Improves spinal dynamics

50 min / € 92,00



Special abdominal treatment

- Stimulation of the abdominal area through massage, heat, and cupping glasses
- Decongesting
- Improvement of digestion
- Contour tightening

50 min / € 92,00



Anti-cellulite treatment

- Highly effective individual exfoliation
- Cupping technique
- Highly effective natural products to efficiently reduce the visible signs of cellulite

50 min / € 92,00

75 min / €138,00



Lymph-stimulating cosmetic massage

- Decongests the body and brings lightness
- Supports the return flow of lymph fluid with gentle pumping movements

50 min / € 92,00



Craniosacral treatment

- A body treatment from osteopathy that works with gentle, deep, and effective hand movements
- The cerebrospinal fluid is rebalanced to restore its natural rhythm
- Effective for muscle tension, joint problems, stress, and trauma

50 min / € 92,00



Energetic treatments





Meridian treatment

- Energetic treatment to balance the flow of energy (Qi)
- Balances energy deficiencies and energy blockages
- Stimulation of the body's own regulatory center to activate self-healing powers

50 min / € 92,00

75 min / € 138,00



Energetic foot massage

- Massage treatment of the foot reflex zones
- Activation of the body's own energies
- Supports organs and parts of the body in need

50 min / € 92,00



Chakra treatment

- Deeply relaxing through the vibration of singing bowls
- With chakra essences and crystal stones

50 min / € 92,00



Silver Quartzite® Primordial Stone Ritual

- Energetic ritual based on traditional European medicine, using local products such as resins, warm silver quartzite stones, incense, wild herb essences, warm oils, and silver quartzite granules, providing a personalized experience for body and mind
- Calms the nervous system and strengthens the immune system
- Supports planned mental and physical changes
- Includes a follow-up discussion about the body's vegetative reactions during the treatment

105 min / € 250,00



Silver Quartzite® cleansing ritual

- Energetic cleansing ritual designed according to traditional European medicine with silver quartzite granules
- Stimulates the metabolism, calms the nervous system, strengthens the immune system
- To support planned mental and physical changes
- Includes a follow-up discussion about the body's vegetative reactions during the treatment

105 min / € 250,00



Sport Mineral Detox

- Alkaline detoxification through gentle exfoliation with silver quartzite granules and herbs
- Healing clay from the Pfitschtal valley with a high silicon content, scientifically proven deacidifying effect on muscles and connective tissue
- Flower and seed extracts support the detoxifying effect

50 min / € 105,00

75 min / € 170,00





Massages



Regenerative massage

- Relieves pain and fatigue
- Loosens blockages and relaxes muscles
- Releases energy and strength
- With local wild herbs

25 min / € 49,00

50 min / € 92,00

75 min / € 138,00



Vitalpina Relax

- Short brush exfoliation
- Relaxing full-body massage
- With moisturizing cream

50 min / € 92,00

75 min / € 138,00



Relaxing head, neck, and shoulder massage

- Tension is gently released
- Deep relaxation for body and mind

50 min / € 92,00



Belvita Active

- Gives tired joints and muscles new strength
- Arnica and St. John's wort regenerate the body
- Arnica has a pain-relieving and anti-inflammatory effect, St. John's wort has a relaxing and calming effect

50 min / € 92,00



Sports massage

- Powerful full-body massage to loosen muscles and fascia

50 min / € 92,00



Dynamic foot and leg massage

- Profound leg massage
- Relaxes tissue and stimulates blood circulation
- Vital recovery and relaxed feet and legs

50 min / € 92,00



„Kirei“ Japanese facial massage

- Facial cleansing, facial exfoliation
- Lifting and activating facial massage

50 min / € 92,00



Ayurvedic
treatments

Ayurveda is the traditional Indian medicine. It is understood as the „science of life“ with „ayuh“ meaning life and „veda“ meaning science. It encompasses the oldest traditional knowledge about human nature. The doctrine of „long and healthy life“ is a complex system of nutrition, massage therapies, and exercise, which is tailored to the respective constitutional types (Kapha, Pitta, and Vata).



„Abhyanga“ Ayurvedic massage

- Classic Ayurvedic massage to balance the 3 doshas „Pitta,“ „Vata,“ and „Kapha“

50 min / € 92,00



„Abhyanga“ + „Shirodhara“ Ayurvedic treatment

- Classic Ayurvedic massage to balance the 3 doshas „Pitta,“ „Vata,“ and „Kapha“
- Special traditional forehead oil treatment
- Calms the mind and relieves tension
- For migraines, improving memory and sleep

100 min / € 230,00



„Pinda Sweda“ Ayurvedic herbal stamps

- Traditional Ayurvedic massage
- Pleasant stamps made from herbs, salt, and spices

50 min / € 92,00



„Phenacam“ Ayurvedic lymphatic drainage

- Gentle and deep massage that stimulates lymph circulation

50 min / € 92,00



"Marmaabhyangam" massage „Vital energy point massage“

- According to Ayurvedic tradition, the body's energy points, known as „marma points,“ are stimulated
- Recommended for digestive and sleep problems or pain

50 min / € 92,00



„Basti“ Ayurvedic treatment

- Ayurvedic treatment in which a ring of chickpea flour is applied to the various areas of the body
- Recommended for digestive and sleep problems or pain

25 min / € 49,00



"Shiroabhyangam"

- Enveloping and relaxing hand movements to treat the head, neck, and throat

25 min / € 49,00



"Padhabhyangam" Ayurvedic foot massage

- Relaxing massage of the foot reflex zones with precious fragrant oils

25 min / € 49,00



Rituals / Packages



„Pfösl Detox“

- „Perfect Bio Balance“ treatment / 150 min
- „Detox with Honey“ treatment / 50 min
- Individual „Rasul“ bath / 20 min
- Intensive cleansing facial treatment / 50 min
- Private meridian stretching session / 50 min

A „TRAVEL KIT POCHETTE“
AS A GIFT

€ 630,00



„Pfösl Active“

- Regenerative massage / 50 min
- Sophisticated back treatment / 50 min
- „Supreme Eye and Face Lift“ treatment / 50 min
- Individual yoga session / 60 min

A BODY EMULSION AS
A GIFT

€ 369,00



„Pfösl Relax“

- „Abhyanga Massage“ treatment with Shirodara / 100 min
- Individual „Rasul“ bath / 20 min
- Private relaxing meditation / 50 min

A PERSONALIZED TEA AS
A GIFT

€ 360,00



„Pfösl Harmony“

- Regeneration massage
/ 50 min
- Chakra treatment
/ 50 min
- Energetic foot massage
/ 50 min
- „Supreme Eye and Face
Lift“ treatment
/ 50 min
- Individual yoga session
/ 50 min

AS A GIFT „TRAVEL KIT
POCHETTE“

€ 450,00



„Luxury podo e manus ritual“

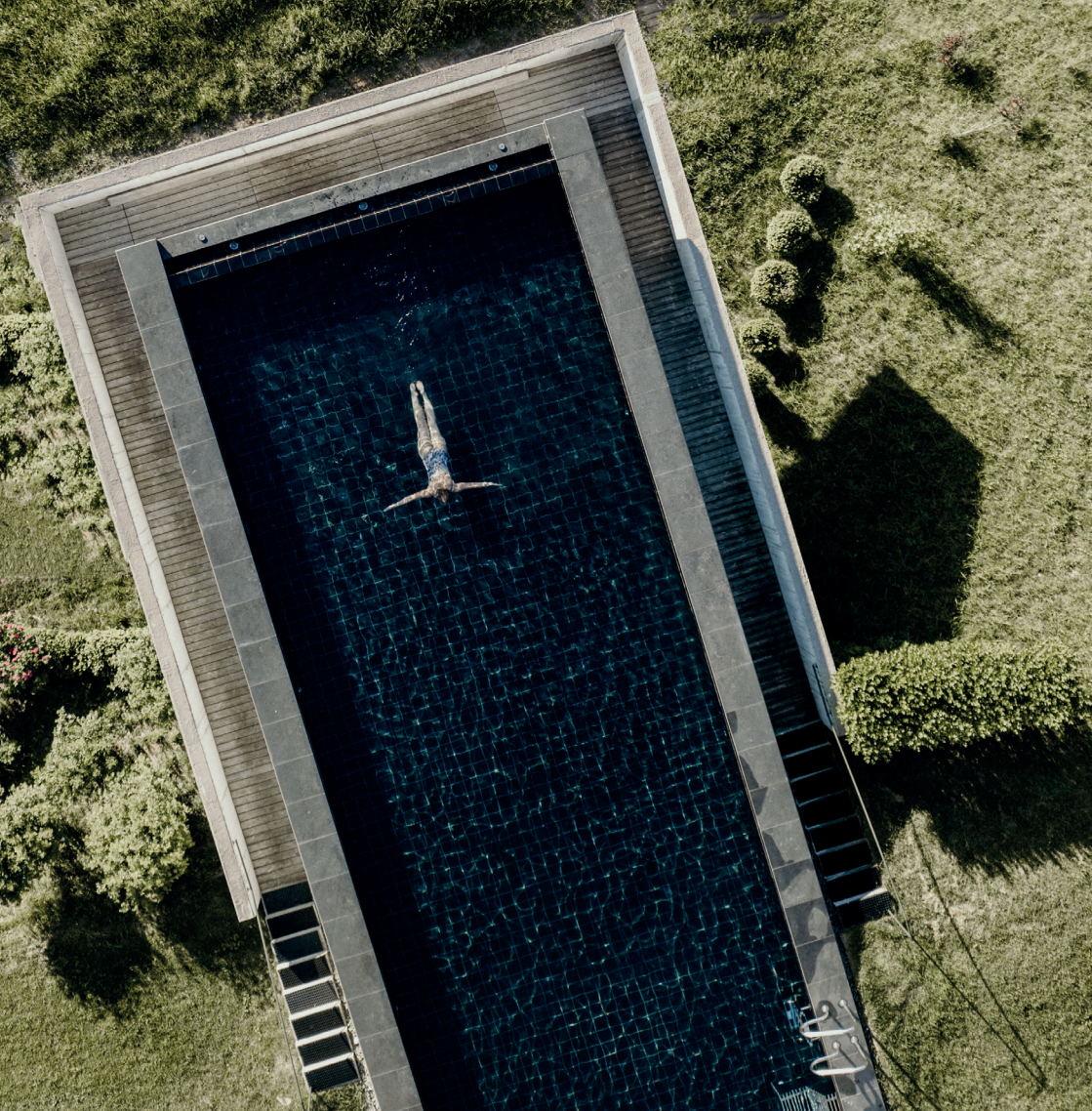
- 1 manicure
- 1 pedicure
- 1 hand scrub and hand
mask
- 1 foot scrub and foot
mask
- 1 foot massage
- 1 hand massage

A HAND OR FOOT CREAM
AS A GIFT

€ 294,00



naturaspa wellness facility



panorama infinity pool

**Healing warmth: warm
water at an altitude of
1,375 m is pure vitality**

Float, be light, relax in the warm, healing saltwater with a unique view of the surrounding Dolomites, the Rosengarten, Latemar, and Schlern.

We have deliberately chosen the ideal temperature of 35°C for you. Your body does not need to heat up or cool down, it can recharge its batteries and regenerate 100%. Since ancient times, warm baths have been places of power for body and mind, where the soul can also feel at ease. Our panoramic infinity pool is the heart of our PFÖSL REGENERATION 360°. Breathtaking, soothing, and energizing. Balm for the soul, relaxation for muscles and joints, a highlight for your body.

panorama biopool

Panoramic bio pool with a view of the surrounding Dolomites: crystal clear and natural water, nestled in a natural pond with many regenerative plants. An all-round sustainable bathing experience in pure nature: organic, close to nature, and without the addition of chemicals.

Pfösl's garden landscape

regeneration 360°C

With alpine plants and fragrant herbs, plunge pools, various watercourses, and naturally created retreats for regeneration.

Pfösl's natursauna

**Sweat lodge,
only in summer**

Immerse yourself in our „simple“ natural sauna, which we have built for you by hand at the edge of the forest. Once a week, we set off together from the hotel to the natural sauna wellness area. Hot stones await us at the fireplace and a building covered with blankets. Here you can experience rest, relaxation, and well-being in a unique natural landscape. The pampering program is accompanied by sounds, singing, and incense made from local herbs.

„the ritual“

**Our outdoor sauna
highlight!**

**Temperature approx.
86°C
10% humidity**

A sauna with mountain views that will make you sweat in dry air and temperatures of around 85°C. Our ritual infusions take place here every day.

lavendula

**Temperature 65°C
45% humidity**

Treat yourself to this sauna experience with a unique panoramic view of the Sciliar and Rosengarten mountains and let yourself be pampered by the scent of lavender, the ambience, and the smell of natural Nordic wood.

chamomilla

**Temperature 60°C
10% humidity**

Take a seat on heated wooden benches and enjoy: Warming herbal steam rising from the „copper kettle,” hand-picked chamomile, pure essential herbal extracts – it feels good!

sole- melissa

**Temperature 45°C
95% humidity**

Deep pore care for the skin. Particularly suitable for detoxification, cleanses the respiratory tract and does not put too much strain on the circulation.

pinus

Temperature 80 °C
15 % humidity

The rustic sauna experience.
The aroma of the mountains naturally stimulates the circulation, supports detoxification, naturally cares for the skin, and frees the breathing.

tepidarium fienile

Temperature 45 °C
50 % humidity

Lean back on the heated bench and enjoy a unique form of relaxation. With soothing sounds, gentle music, and the scent of fresh hay, you will quickly forget your everyday life and be able to relax to the fullest.

thymus

Temperature 45 °C
95 % humidity

The scent of wild thyme cleanses the skin and activates the respiratory tract.

physiotherm infrared

Combination of low-temperature infrared technology and patented lava sand technology. Healthy sweating that is gentle on the circulation, even at 30 °C.

Tips for using the sauna correctly

Take your time when visiting the sauna! You need at least two hours to enjoy the sauna experience.

Avoid exertion, hecticness, and stress! Calm and relaxation are the main focus when using the sauna.

Do not visit the sauna when you are hungry or have a full stomach! Two hours should have passed between your last large meal and your sauna session.

Take a cleansing shower before your sauna session and dry yourself before entering the cabin.

Only enter the sauna when you are warm! A warm foot bath beforehand promotes sweating.

Never enter the sauna fully clothed, as the heat should reach your skin unhindered. This also prevents sweat from remaining on your body and causing skin irritation.

Avoid physical exertion! Any activity, such as gymnastics, can put unnecessary strain on your circulation and breathing.

We recommend spending between 8 and 15 minutes in the sauna per session, depending on how you feel. Only stay in the sauna for as long as you feel comfortable. Cool down after your sauna session!

Take a deep breath of fresh air and then rub yourself down with cold water or ice: first your arms and legs, then your back and torso, from your extremities towards your heart, and finally your head.

After cooling down, gently warming your feet with a warm foot bath and putting on wool socks has a beneficial effect on the entire body.

Take a break and relax! We recommend a rest period of at least 30 minutes between sauna sessions.

Repeat the sauna session no more than three times. Even in summer, a visit to the sauna promotes health, strengthens the immune system, and has a cooling effect on the body.

Ask our naturaspa team for more information. We will be happy to advise you on treatment options, the effects of the sauna, and our daily infusion program.

Our naturaspa team is happy to provide you with information and advice. Every week, we organize an aperitif for information at the reception.

In our naturaspa, we ask you to switch off your cell phone so that you and other guests can relax undisturbed.

We kindly ask you to arrive at naturaspa on time for your appointment wearing a bathrobe (without jewelry or valuables). If you are late, we trust you will understand that the treatment schedule may have to be changed or shortened.

To help us organize our schedule as best as possible, we ask that you notify us of any cancellations at least one day in advance. In the event of a last-minute cancellation (8 hours in advance), we reserve the right to charge 100% of the treatment price.

Please inform us of any health concerns, illnesses, or pregnancy when booking treatments.

Every pregnancy is different, so we ask you to contact your specialist if there are any risks so that you can enjoy your wellness vacation without any worries.

Our naturaspa is a place of peace and relaxation. We ask you to respect this and to speak quietly.

For health and hygiene reasons, please visit the sauna without swimwear (place a towel under your entire body).

Please wear bathing sandals due to the risk of slipping.

For more privacy in the sauna, you can wear a towel or sauna kilt.

Children under the age of 14 are not permitted in the sauna area. They can enjoy our pools.

All prices and information have been carefully checked several times. Subject to printing errors, mistakes, and changes.



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OPENING HOURS:

naturaspa treatments

9:00 a.m.–7:00 p.m.

panorama infinity pool,

biopool, and fit&active

7:00 a.m.–7:00 p.m.

naturaspa sauna world

12:30 p.m.–7:00 p.m.

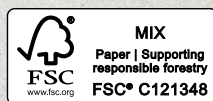


Foto: Archiv Hotel Pfösl,
MountainHideaways@MarikaUnterladstaetter,
TEAM DR JOSEPH, SilberQuarzit®