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ANDREUS  
RESORTS

VITAL & NATURE SPA







# VITAL SPA ANDREUS & NATURE SPA GOLF LODGE

**... YOUR ENERGY REGENERATION CENTRES FOR BODY, MIND AND SOUL.**  
**Open daily from 9am to 7pm.**

To guarantee your choice of appointment we advise you to book your wellness treatments before the start of your holiday via our email address [beauty@andreas.it](mailto:beauty@andreas.it) or by telephone 0039 0473 491330. Internal extensions: Andreus 351 - Golf Lodge & Sonnenalm 1351.

The Spa managers Melanie and Jastin together with all the team are pleased to offer you a warm welcome!







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# SPA ETIQUETTE

## YOUR HEALTH IS IMPORTANT FOR US

We kindly ask you to inform us when booking your treatment if you have any medical conditions, intolerances or allergies, or if you are pregnant.

## CANCELLATION

Please let us know if you are unable to join us for the appointment you have booked. Cancellations up to 24 hours before the booked date are free of charge. In case of later cancellation or no-show, we charge 100% of the price.

## EVERY MOMENT IS PRECIOUS

We kindly ask you to check in for your appointment at the Spa's reception desk slightly ahead of time. Please note that late arrival will result in your treatment being curtailed. For maximum comfort, we recommend arriving for your treatment wearing the soft Andreus bath robe provided or comfortable clothing for energetic treatments. We also recommend leaving jewellery and other valuables in the safe in your room. For massage treatments, disposable underwear will be provided for women and men.

## PRODUCT SALE

Looking for a gift for a loved one or a keepsake of your spa treatments to take home? All our treatment products are available for purchase.

## SPA VOUCHER

Find a fantastic spa treatment gift for a friend or even treat yourself. We have a variety of experiences including couple - and special treatments, products and much more. Information at the hotel reception or online.

## SOLARIUM

Tokens for the solarium are available at the Vital Spa Andreus on the 3rd floor.



# NEW: CRYOTHERAPY WHOLE BODY CRYO CHAMBER (-85° C)

## IN JUST A FEW MINUTES TO MORE QUALITY OF LIFE

Temperatures of -85° C for health and well-being; non-invasive, gentle and very effective!

The rapid cooling of the body in the cold chamber stimulates numerous body functions.

The positive effect of cryo-cold therapy in the 3 main areas of action has been scientifically proven.



### HEALTH & PREVENTION

- Strengthening of the immune system
- Strengthening of the cardiovascular system
- Relaxation for body & soul
- Pain management and pain control
- Anti-inflammatory effect
- Detoxification of the body
- Reduction of the oxidative stress
- Optimization of sleep patterns
- Relief from migraines
- Lightening of spirit, stress management, resilience
- Improvement of the general well-being through stimulation of endorphins



### ANTI AGING & BEAUTY

- Effective anti-aging application
- Relief from skin problems
- Improved recording of active substances
- For a vital body feeling
- Activation of fat metabolism
- Improvement of the complexion
- Accompanying skin-tightening effects for cellulite reduction
- Strengthening of the hormonal balance
- Balancing the nervous system



### FITNESS & REGENERATION

- Faster regeneration & recovery after sport
- For sore muscles and muscle overstimulation
- As a supplement and for optimization the training strategy
- Improving mobility
- In pain management
- Supportive in treatment of sports injuries
- For muscle stimulation
- Accompanying weight reduction and to the diet
- To motivate and performance increase

## CRYOTHERAPY

### WHOLE BODY CRYO CHAMBER (-85° C)

INDIVIDUAL TREATMENT ..... 48 €

PACKAGE OF 5 ..... 228 €

PACKAGE OF 10 (9+1 FREE) ..... 432 €

### TIME OF TREATMENT

Basically, the cryotherapy can be done daily. The time in the cryo chamber is between 2:30 minutes and 3:30 minutes, depends on gender, age, height, weight, skin type and the area of action.

### DRESS CODE

During the cryo therapy the entire body is in the cold chamber cabin and you will wear socks, shoes and swimwear or underwear (without metal). A mouth and nose protection, hat and gloves are available - you can also use your own gloves, hat or headband.

Please take off jewelry and metal objects.

The skin should be dry and up to 2h not freshly creamed before use.

Only at the Vital Spa Andreus.





# CLASSIC MASSAGES

- CLASSIC FULL-BODY MASSAGE**  
A treat for the whole body.  
approx. 50 min. incl. rest time . . . . . 85 €
- SPORTS MASSAGE**  
Muscles and tissue are intensively relaxed  
and the circulation is stimulated.  
approx. 50 min. incl. rest time . . . . . 92 €
- REFLEXOLOGY FOOT MASSAGE**  
Pressure point massage to stimulate  
the internal organs.  
approx. 50 min. incl. rest time . . . . . 92 €
- COMBI PARTIAL MASSAGE  
AND FOOT REFLEXOLOGY**  
The perfect combination: foot and  
back treatment for overall wellbeing.  
approx. 50 min. incl. rest time . . . . . 92 €
- PARTIAL MASSAGE**  
Choose a massage:
  - Back massage
  - Face, neck and head massage
  - Reflexology foot massage
  - Massage on the legsapprox. 25 min. incl. rest time . . . . . 49 €

# SPECIFIC MASSAGES

- INTENSIVE BACK**  
Intensive back massage, followed by a cupping  
glass massage that helps release trigger points  
and eliminates deep muscular tensions.  
approx. 50 min. incl. rest time . . . . . 92 €
- PINE VITAL - FASCIAL MASSAGE**  
Intensive massage with heated pine sticks, relaxes  
the fascial tissue and warms the body.  
**BACK**  
approx. 50 min. incl. rest time . . . . . 92 €  
**WHOLE BODY**  
approx. 75 min. incl. rest time . . . . . 145 €
- BOWEN THERAPY**  
This alternative healing method promotes  
realignment and self-healing. Ideal for states of  
tension, adhesions of the fasciae, after operations,  
inflammations, sleep disorders, dizziness, stress and  
much more. Only at the Nature Spa Golf Lodge.  
approx 25 min. incl. rest time . . . . . 55 €  
approx 50 min. incl. rest time . . . . . 99 €
- MEDICAL MANUAL LYMPH DRAINAGE**  
Various gripping techniques help in a targeted manner for  
congested lymph, bruises and water retention. Ideal after  
acute injuries, operations or in the case of lymphedema.  
approx 50 min. incl. rest time . . . . . 99 €



- INDIVIDUAL MESSAGE**  
Treatment tailored to your complaints and  
wishes by the sports therapist. Various massage  
and therapeutic techniques loosen the muscles,  
promote metabolism and release deep tensions.  
approx. 25 min. incl. rest time . . . . . 55 €  
approx. 50 min. incl. rest time . . . . . 99 €  
approx. 75 min. incl. rest time . . . . . 148 €
- NEW: DEEP TISSUE MASSAGE**  
Intensive, circulation massage done by our sports  
therapists. With slow strong pressure become deep  
fascial tension and adhesions released. Ideal for  
chronic tension, muscle pain and stress.  
Only at the Vital Spa Andreus.  
**BACK or LEGS**  
approx. 50 min. incl. rest time . . . . . 99 €  
**WHOLE BODY**  
approx. 75 min. incl. rest time . . . . . 148 €
- SPINAL TREATMENT ACCORDING TO DORN & BREUSS**  
Back and hip complaints are gently mobilised and  
loosened. Distressed blood vessels and nerves are  
freed for a direct effect on organs and muscles.  
Only at the Vital Spa Andreus.  
approx. 75 min. incl. rest time . . . . . 160 €



# RELAXATION MASSAGES



## ANDREUS WELLBEING MASSAGE

Relaxing, gentle full body massage with high-quality Andreus essences. approx. 50 min. incl. rest time . . . 92 €

## ST. BARTH HARMONY

A caribbean sensorial experience with luxury nourishing oils and body lotions of the exclusive St. Barth line. approx. 50 min. incl. rest time . . . 95 €

## ST. BARTH SLIMNESS

Draining leg massage for tired and and heavy legs, to stimulate the metabolism. Pack for the legs with ivy, camphor and menthol oil. During the soaking time face and neck are massaged. approx. 50 min. incl. rest time . . . 95 €

## STRESSLESS MASSAGE

Full body massage with soothing face and head massage. The hemp oil relaxes the muscles and relieves pain in the joints. approx. 75 min. incl. rest time . . . 148 €

## ST. BARTH CHILL OUT

This massage, which uses self-heating sea shells and avocado oil, gently relieves muscle tension and soothes away stress, transporting you to a world of pure relaxation. approx. 75 min. incl. rest time . . . 148 €

## HAWAIIAN MASSAGE "LOMI LOMI NUI"

This massage is performed using warm botanical oils and long gentle strokes that deeply relax the whole body. approx. 75 min. incl. rest time . . . 148 €

## THAI YOGA TREATMENT

This acupressure treatment consists of passive yoga and a pressure point massage. Body and mind come back into harmony, restoring mobility and improving the entire nervous system. In comfortable clothing - only at Vital Spa Andreus. approx. 75 min. incl. rest time . . . 148 €

# HAKI®

A treatment especially for people subject to intellectual stress. All Haki® treatments include the Haki Balm as a gift for aftercare at home.

## HAKI® SACRAL

The massage on the lower back and buttocks releases tension in the lumbar region and buttock muscles. approx. 25 min. incl. rest time . . . 55 €

## HAKI® STRETCH & RELAX

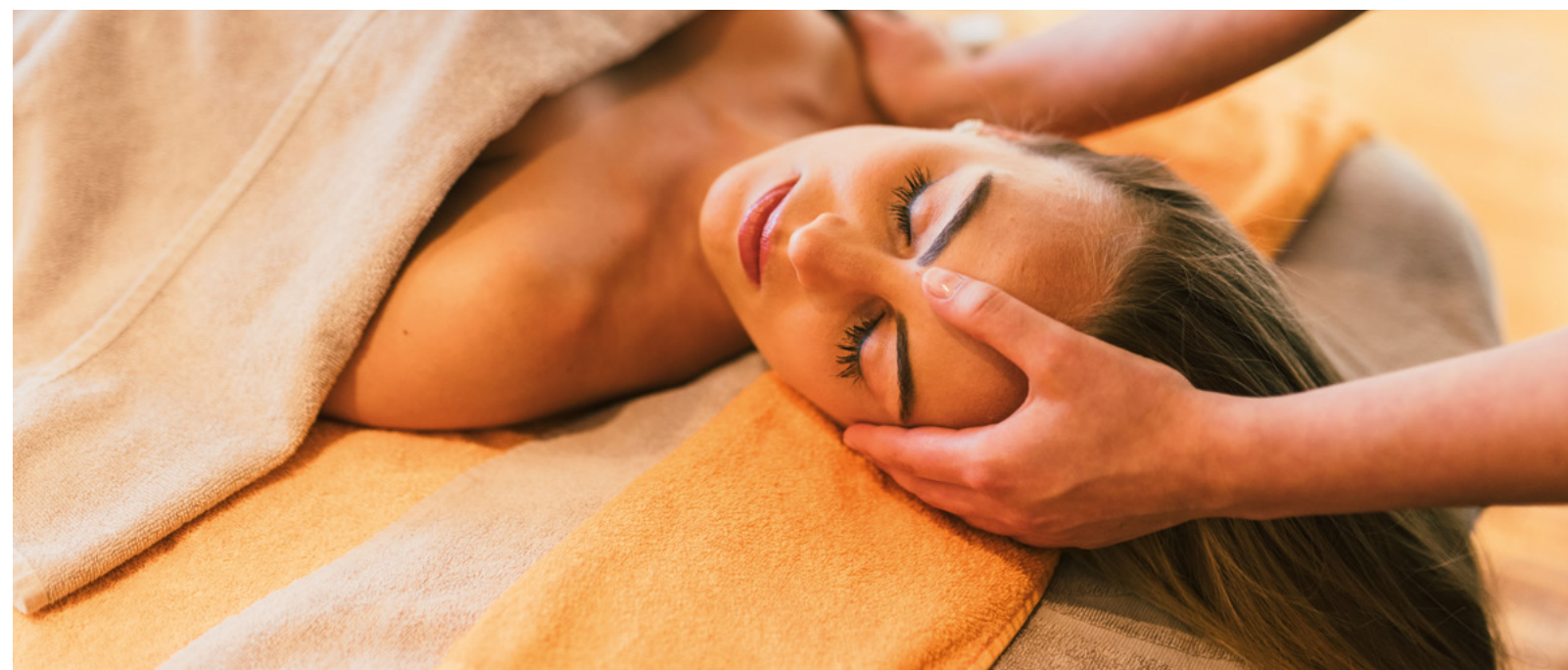
Gentle treatment for shoulders, neck, head and legs to knees. Traction, pressure and stretching release tension and hardening. approx. 50 min. incl. rest time . . . 99 €

## HAKI PURNA®

Holistic combination of Haki® Sacral and Haki® Stretch and Relax. Relieves tension, relieves the head and revitalises the centre of the body. approx. 75 min. incl. rest time . . . 154 €

## HAKI® FLOW - WATER RELAXATION

The body is stretched weightlessly in the warm salt water, noticeably lengthened and then mobilised on the waterbed. For stretching and loosening in the shoulder, neck and head area as well as the spine and pelvis. In swimwear - meeting point in front of the sauna entrance. Only at the Vital Spa Andreus. approx. 80 min. incl. rest time . . . 189 €






**TIP:**

All treatments are suitable also for babies, children and teenagers.

# BODY THERAPIES WITHOUT OIL

Only at the Vital Spa Andreas.

**SHIATSU**

Pressure massage on the meridian system to support the functions of the autonomic nervous system, e.g. digestion, sleep, circulation, breathing. Individual attention is paid to physical and organic complaints. In comfortable leisure clothing on a soft mat on the floor.  
approx. 50 min. .... 110 €

**SHIATSU DE LUXE**

approx. 100 min. .... 210 €

**SHIN THAI**

Gentle touch that integrates shiatsu, osteopathy and powerful vibrational and energetic techniques. To resolve physical ailments such as muscle and joint problems, restore vitality or reduce stress, anxiety, depression, insomnia and phobias. In comfortable leisure wear.  
approx. 50 min. .... 110 €

**CRANIOSACRAL THERAPY**

Shortenings, blockages and movement restrictions are corrected with gentle pressure. For a better body feeling, mobility and pain relief. In comfortable leisure wear.  
approx. 50 min. .... 110 €

**SOUND MESSAGE**

Gentle vibrations of a singing bowl pamper body, mind and soul. To prevent stress, promote self-awareness and support recovery processes. In comfortable casual clothing on a soft mat on the floor.  
approx. 50 min. .... 110 €

**SEIN YOGA - PRIVATE COACHING WITH ANGELIKA**

Angelika, medically certified yoga teacher (Dao-Yin-Hatha), accompanies you through gentle yoga frequencies. More personal fitness units (including Hatha Yoga and Qi Gong with Luis) can be found on page 30.  
1 person, approx. 50 min. .... 110 €  
2 people, approx. 50 min. .... 130 €

**WATSU - WATER RELAXATION**

Harmonious flowing movements, gentle stretching and massaging loosen and release the musculoskeletal system and muscles and allow you to let go of previous movement patterns. In swimwear - meeting point in front of the sauna entrance.  
approx. 50 min. .... 120 €

**PACKAGE**

Choose three of these therapies at the package price:  
3 treatments  
lasting 50 min. each .... 310 €





# PHYSIOTHERAPY

The physiotherapists Hansjörg and Julia identify and treat acute or chronic complaints. After anamnesis and initial consultation, they select a therapy that suits you best and alleviate your complaints through targeted manual techniques or with the use of high-tech devices such as Winback Tecar or PPM (Pneumatic Pulsation). Only at the Vital Spa Andreas.

\*Costs are covered by private health insurance - please contact your insurance company for more information.



**PHYSIOTHERAPY**

Personalised treatment with various manual techniques from physiotherapy and osteopathy and, if required, the use of high-tech equipment such as Winback Tecar or PPM (Pneumatic Pulsation). The therapist provides targeted stimuli to stimulate and activate the body's own healing process:

- Treatment of functional and structural disorders of muscles, tendons, joints and nerves.
- Restoration of mobility and strength of the affected regions
- Relief of chronic as well as acute pain and painful muscular tension (such as rheumatism)
- Supportive after (sports) injuries or operations

approx. 50 min. incl. rest time . . . . 115 €  
approx. 75 min. incl. rest time . . . . 70 €



**PULSATION THERAPY**

Combination of manual physiotherapeutic - osteopathic techniques and pulsating device with suction function. Ideal for chronic and acute pain and movement restrictions.  
approx. 50 min. incl. rest time . . . . 115 €  
approx. 75 min. incl. rest time . . . . 170 €

**WINBACK / TECAR THERAPY**

Combination of manual physiotherapeutic - osteopathic techniques. The surface and deep heat of the Winback-Tecar device has an anti-inflammatory and analgesic effect. Ideal for acute, subacute and chronic pathologies.  
approx. 50 min. incl. rest time . . . . 115 €



**PHYSIOMASSAGE**

Focus or full body massage by physiotherapist.  
approx. 25 min. incl. rest time . . . . 65 €  
approx. 50 min. incl. rest time . . . . 115 €  
approx. 75 min. incl. rest time . . . . 170 €

**FASCIAL MASSAGE**

Manual pressure stimulation treats fasciae and relaxes blockages deep into the tissue. Hardening and adhesions are thus optimally removed.  
**BACK or LEGS**  
approx. 50 min. incl. rest time . . . . 115 €  
**FULL BODY**  
approx. 75 min. incl. rest time . . . . 170 €

**PAIN RELIEF THERAPY - LNB**

Pain can be reduced to a small residual pain in a natural way already in the first treatment. This form of therapy does not require medication or surgery and can help even even in cases where other therapies have failed.  
approx. 50 min. incl. rest time . . . . 115 €





## AYURVEDA

Gentle massages to harmonise the body's energies and release impulses that clear the mind, strengthen the nervous system and give more vitality.

### MUKABHYANGA

Gentle ayurvedic head, neck and face massage with face mask.  
approx. 50 min. incl. rest time ..... 99 €

### PADABHYANGA

Ayurvedic massage on the feet, calves and knees with moisturising herbal wrap.  
approx. 50 min. incl. rest time ..... 99 €

### ABHYANGA

Ayurvedic oil massage from head to toe. Smooth strokes and circles in a steady rhythm get the energy flowing.  
Only at the Vital Spa Andreus.  
approx. 95 min. incl. steam bath and rest time ..... 185 €

### ABHYANGA WITH SHIRODARA

The full-body oil massage with forehead oil pouring decelerates and relaxes.  
Only at the Vital Spa Andreus.  
approx. 120 min. incl. steam bath and rest time ..... 225 €



## WATER TREATMENTS

Only at the Vital Spa Andreus.

### WATSU - WATER RELAXATION

Harmonious flowing movements, gentle stretching and massaging loosen and release the musculoskeletal system and muscles and allow you to let go of previous movement patterns.  
In swimwear - meeting point in front of the sauna entrance.  
approx. 50 min. .... 120 €

### HAKI® FLOW - WATER RELAXATION

The body is stretched weightlessly in the warm salt water, noticeably lengthened and then mobilised on the waterbed. For stretching and loosening in the shoulder, neck and head area as well as the spine and pelvis. In swimwear - meeting point in front of the sauna entrance.  
approx. 80 min. .... 189 €

### WATER MEDITATION BY JEKO

An individually tailored energetic treatment with singing bowls in the saltwater pool. Floating in the water, the energy of the applied singing bowls spreads into every cell of your being blockages and in the depth of the breathing promote self-healing in the long term. Physiologically, the muscle tone is relaxed. Meeting point: sauna entrance 1st floor - treatment without swimwear.  
1 person, approx. 80 min. .... 185 €  
2 people, approx. 80 min. .... 260 €



# DETOX TREATMENTS

Today's lifestyle often leads to hyperacidity. A good acid-alkaline balance is the prerequisite for physical well-being and beautiful skin. Alkaline body care neutralizes acids and stimulates the skin to naturally eliminate toxins.

**ALKALINE WRAP WITH FRESH ALGAE AND SUCTION WAVE BRUSH MASSAGE FOR LEGS & BUTTOCKS**

The legs and buttocks are exfoliated and perfused with a brush. With an additional suction wave massage and a final alkaline wrap. Depending on the connective tissue and needs, the therapist chooses from different application variants and ingredients.  
approx. 50 min. incl. rest time . . . . . 85 €  
package 3 x approx. 50 min. instead of 255 € . . . only 229 €

**ALKALINE WRAP WITH FRESH ALGAE AND SUCTION WAVE BRUSH MASSAGE FOR BELLY, LEGS & BUTTOCKS**

The belly, legs and buttocks are exfoliated and perfused with a brush. With an additional suction wave massage and a final alkaline wrap. Depending on the connective tissue and needs, the therapist chooses from different application variants and ingredients.  
approx. 75 min. incl. rest time . . . . . 130 €  
package 3 x approx. 75 min. instead of 390 € . . . only 350 €



**CONNECTIVE TISSUE MASSAGE ON THE LEGS, WITH ALKALINE SALT AND HONEY**

Reactivates the blood circulation and stimulates the lymphatic system. This massage with alkaline salt and honey tightens and leaves the skin soft and silky. Has an intensive effect on the organism and supports the elimination of toxins and acids from the body.  
approx. 50 min. incl. rest time . . . . . 85 €

**CONNECTIVE TISSUE MASSAGE ON THE BELLY WITH ALKALINE SALT AND HONEY**

Helps with problems of abdominal bloating, constipation, menstrual cramps, often caused by the accumulation of toxins. The treatment also leaves the skin soft and smooth.  
approx. 25 min. incl. rest time . . . . . 55 €

**COMBI: CONNECTIVE TISSUE MASSAGE ON LEGS AND BELLY**

approx. 75 min. incl. rest time . . . . . 130 €  
package 3 x approx. 75 min. instead of 390 € . . . only 350 €

**SCRUBS AND PEELINGS**

Velvety, soft skin for a new skin feeling!  
Dead skin cells are gently removed.  
Choose between:  
• **ANDREUS HERBAL FRESH PEELING**  
refreshing  
• **BASIC SALT PEELING**  
detoxifying  
• **ST. BARTH CARIBBEAN PEELING**  
nourishing  
approx. 25 min. . . . . 45 €

**BODY PACKS  
IN THE WARM WATER FLOATING BED**

36° - 38° C  
Only at the Vital Spa Andreus.  
Choose between:  
• **SOUTH TYROLEAN HAY PACK**  
metabolism stimulating  
• **DETOX ALGAE PACK**  
purifying  
• **MUD PACK**  
revive joints  
• **ST. BARTH SENSATION**  
nourishing  
approx. 25 min. . . . . 45 €  
approx. 50 min. . . . . 79 €

**PACKAGE**  
One body pack OR peeling combined with a partial massage.  
approx. 50 min. . . . . 92 €







**TIP:**  
Wrinkle treatment  
with injectable materials.  
Ask for the monthly  
appointments with  
Dr. Ruf.

# JETPEEL

## BEAUTIFUL SKIN WITH AN INSTANT EFFECT!

This innovative skin rejuvenation system shoots highly effective substances such as hyaluron and essential vitamins at 720 km/h from microscopically small nozzles onto and into the skin. In addition, the skin is massaged by the fine high-speed drops, while the cooling effect stimulates circulation. The treatment is painless and suitable for all skin types. Minor wrinkles are smoothed out and the skin looks noticeably fresher and younger.

### JETPEEL FRESH UP

Facial treatment with  
cleansing, lymphatic drainage  
and hyaluronic booster.  
1 treatment, approx. 25 min. .... 99 €  
package 3 x approx. 25 min.  
instead of 297 € ..... only 265 €

### COMBI JETPEEL FRESH UP

With an additional facial massage  
approx. 50 min. .... 149 €

### JETPEEL PREMIUM

Facial treatment with cleansing,  
lymphatic drainage, hyaluronic  
booster, an additional glycolic  
acid peeling and one of your skin  
coordinated vitamin cocktail.  
1 treatment, approx. 50 min. .... 212 €  
package 3 x approx. 50 min.  
instead of 636 € ..... only 540 €

### JETPEEL DELUXE

Face, neck and décolleté,  
inclusive face mask.  
1 treatment, approx. 80 min. .... 359 €  
package 3 x approx. 80 min.  
instead of 1.077 € ..... only 959 €

### JET PEEL PREMIUM DELUXE

Face, neck, décolleté and hands.  
1 treatment, approx. 80 min. .... 429 €  
package 3 x approx. 80 min.  
instead of 1.287 € ..... only 1.099 €

# FUHLENDORF PERFECT BEAUTY

## ... FOR IMMEDIATELY VISIBLE, PERCEPTIBLE AND MEASURABLE SUCCESSES

Through constant research and further  
development, the Fuhlendorf company keeps its  
finger on the pulse and thus guarantees you top  
quality in the devices for microdermabrasion,  
suction wave massage and ultrasound.

### SYSTEM PERFECT

Microdermabrasion mechanically removes the  
topmost skin cells. The suction wave massage with  
vacuum invigorates and activates the tissue. With  
the subsequent ultrasound, coordinated active  
ingredients are infiltrated into the skin. Your skin  
appears refreshed, cleansed and plump. Ideal for  
reducing mimic wrinkles as well as (acne) scars and  
pigmentation marks. Suitable for all skin types.  
approx. 80 min. .... 179 €

### ADDITIONAL DEEP CLEANING

for impure skin.  
approx. 25 min. in treatment .... 35 €





# VINOBLE

## PRECIOUS. EFFECTIVE. VEGAN.

The perfect harmony of nature and science for the skin. As part of our treatments, we devote ourselves entirely to the needs of your skin. The secret to this lies in the purely plant-based, vegan care products with highly effective ingredients from the grape.

### FACIAL MASSAGE

#### WITH ACTIVE INGREDIENTS

On you personally matched facial massage with active and caring ingredients for your skin.  
approx. 25 min. . . . . 59 €

### EXPRESS FACIAL TREATMENT

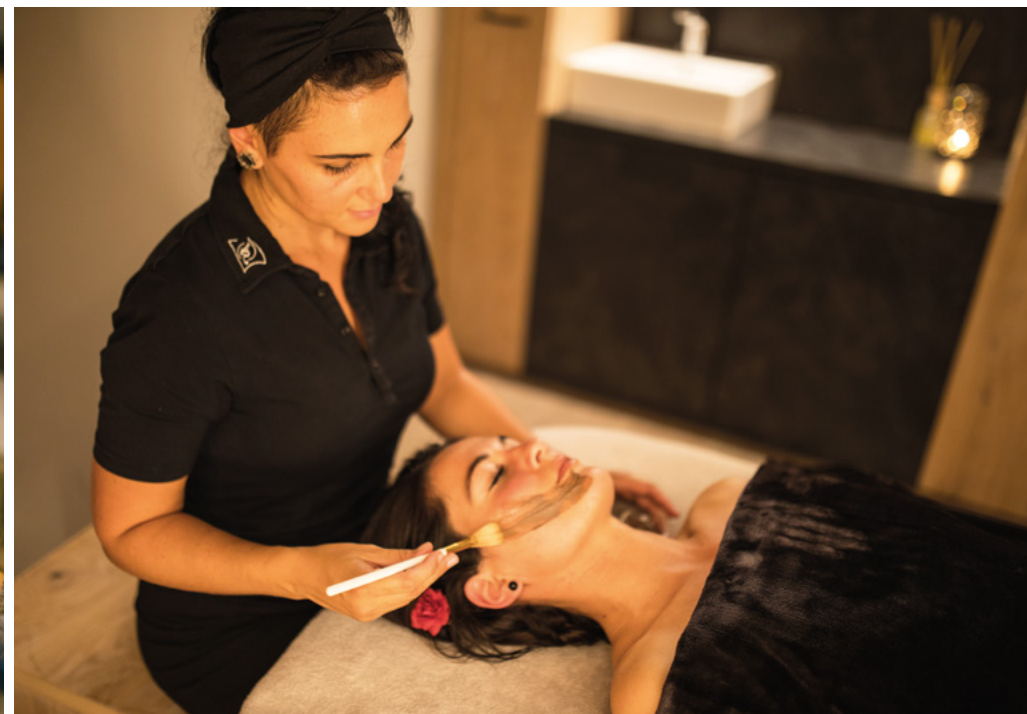
According to the needs of your skin and your wishes, we select the appropriate treatment and care products.  
approx. 50 min. . . . . 99 €

### DE LUXE FACIAL TREATMENT

We select the appropriate care products according to your skin's needs. Including cleansing, peeling, deep cleansing, eyebrow correction, intensive care with active ingredients, face & neck massage, mask and final care.  
approx. 80 Min. . . . . 149 €

### MICRODERMABRASION, SUCTION WAVE MASSAGE or ULTRASOUND

In combination with your facial treatment.  
In treatment additionally  
approx. 25 min. . . . . 50 €



# EYEBROWS & LASHES

Eyebrow and lash coloring . . . . . 35 €  
Eyebrow or lash coloring . . . . . 20 €  
Eyebrow shaping . . . . . 20 €

### LASH LIFTING

- based on your natural eyelashes
- your lashes appear thicker, longer and lifted
- including lash coloring
- the effect lasts 6-8 weeks

approx. 50 min. . . . . 95 €

### BROW LIFTING

Full, thick, perfectly shaped eyebrows.  
Incl. eyebrow correction and coloring.  
approx. 50 min. . . . . 95 €

### COMBI: LASH & BROW LIFTING

approx. 80 min. . . . . 145 €

# NEW: MAKE UP

After an individual consultation, our make-up artist will conjure up a make-up that suits your type.

### DAY or EVENING MAKE-UP

approx. 50 min. . . . . from 75 €

### WEDDING MAKE-UP

approx. 80 min. . . . . from 130 €





# BEAUTY & HAIRSTYLE

## HAND & FEET

### MANICURE

Filing and shaping, cuticle removal and nutritive hand cream.  
approx. 50 min. without nail polish 60 €  
approx. 80 min. with nail polish color 80 €  
approx. 80 min. with permanent color 90 €

### PEDICURE

Foot bath, nail-cutting, shaping and filing, rough skin and cuticle removal, nutritive foot cream.  
approx. 50 min. without nail polish 60 €  
approx. 80 min. with nail polish color 80 €  
approx. 80 min. with permanent color 90 €

### NAIL RESHAPING AND COLOR

Nail filing and shaping, treatment cream and nail polish or permanent color.  
approx. 50 min. .... 65 €

### PERMANENT NAIL POLISH REMOVAL

approx. 15 min. .... 15 €

\* Please inform us in advance if you wear permanent nail polish.



## HAIRSTYLE

Wash and blow dry  
depending on length ..... from 35 €  
Cut only ..... from 22 €  
Men's cut ..... 25 €  
Kid's cut (up to 12 years). . . . from 20 €  
Color / retouching /  
highlights ..... from 80 €

### SHAPING & CARE OF THE BEARD

approx. 30 min. .... 45 €

### COMBI: MEN'S CUT AND SHAPING & CARE OF THE BEARD

approx. 50 min. .... 65 €



## HAIR REMOVAL HOT WAX TREATMENT

Lip / chin, approx. 10 min. .... 10 €  
Half leg, approx. 25 min. .... 28 €  
Full leg, approx. 50 min. .... 45 €  
Bikini (only waxing strips)  
approx. 25 min. .... 28 €  
Under arm, approx. 10 min. .... 10 €  
Arms, approx. 25 min. .... 28 €  
Back, approx. 25 min. .... 28 €  
Chest, approx. 25 min. .... 28 €

## SOLARIUM

Duration: 11 minutes  
(only in Hotel Andreus and Sonnenalm)  
1 token ..... 12 €  
3 tokens ..... 33 €



# MADE FOR KIDS...

To be as beautiful as mum for once, to be allowed to indulge in the same things as dad - and at the same time always be a child and be happy from the heart. Wrapped in a fluffy ANDREUS children's bathrobe, with soft bathing sandals on your feet and the most charming smile on your face...



### JUNIOR FACIAL TREATMENT

(up to 16 years)  
For young skin.  
approx. 50 min. .... 99 €

### KIDS MASSAGE

(up to 12 years)  
Choose from chocolate mousse or coconut oil.  
approx. 25 min. incl. rest time .... 49 €

### TEEN MASSAGE

(from 12 to 18 years)  
Individual tailored massage with aroma oil.  
approx. 25 min. incl. rest time .... 49 €  
approx. 50 min. incl. rest time .... 85 €

### PRINCESS NAILS

(up to 12 years)  
Colored polish, brief hand massage with vanilla fragrance.  
approx. 25 min. .... 45 €

### MANICURE or PEDICURE

(up to 12 years)  
Cutting the nails, filing and shaping as well nourishing cream with vanilla scent.  
approx. 25 min. .... 30 €

### BODY THERAPIES WITHOUT OIL

Shiatsu, Shin Thai, Craniosacral therapy and Sound massage are also suitable for babies, children and teenagers. Info and prices on page 14.

... BECAUSE I'M A GIRL ...

- Facial treatment specially for the young skin
- Princess nails

approx. 75 min.  
instead of 144 € ..... only 130 €

... COOL DUDES ...

- Facial treatment specially for the young skin
- Kids or teen massage (approx. 25 min)

approx. 75 Min.  
instead of 148 € ..... only 133 €





# TIME TOGETHER

## COUPLES BATH

Choose your bath for two in the double Jacuzzi tub:

- St. Barth exotic dream
- Andreus herbal fresh
- Basic salt

approx. 60 min. incl. rest time  
in the cozy nest ..... 120 €

## PARTNER MASSAGE

Choose from the following massages:

- Full-body massage
- Sports massage
- Intensive back
- Reflexology foot massage
- Andreus wellness massage
- St. Barth Harmony
- St. Barth Slimness

2 people, approx. 50 min. .... 184 €

## PARTNER MASSAGE DE LUXE

Choose from the following massages:

- Hawaiian massage Lomi Lomi Nui
- Stressless massage
- St. Barth Chill Out

2 people, approx. 75 min. .... 296 €

## PRIVATE SPA SUITE - JUST THE TWO OF US

We will prepare the infrared sauna/steam bath for you, a fragrant aroma oil for your bath for two in the double Jacuzzi tub and canapés, chocolates and a bottle of Prosecco for culinary enjoyment in the cuddle nest.  
2 people, approx. 100 min. .... 195 €

# FEEL GOOD MOMENTS IN OUR SPA SUITE

A cosy togetherness in the unique atmosphere of the Spa Suite.

Inclusive:

- Couples bath
- Infrared cabin or steam bath
- Snuggling up in the cozy nest
- Full body partner peeling
- Full body partner massage

## YOU CAN CHOOSE:

### SPA SUITE MAGIC MOUNTAINS

Using our unique Andreus products including a bottle of Prosecco and typical snacks from the Passiria Valley.

### SPA SUITE CARIBBEAN DREAM

With exotic fragrances from the St. Barth line as well as cocktails and fruit platter.

2 person, approx. 150 min. .... 420 €







# PERSONAL TRAINING

With our highly qualified fitness instructors and coaches. Choose from individual training and numerous sports such as boxing/kickbox training, muscle function tests, self-defense, swim training, Pilates, Tai Chi and much more.

## INDIVIDUAL TRAINING

With introductory talk and individual training.

1 person, approx. 50 min. . . . .	85 €
2 people, approx. 50 min. . . . .	99 €
Pack of 3, 1 person, approx. 50 min. instead of 255 € . . . . .	only 229 €
Pack of 3, 2 people, approx. 50 min. instead of 297 € . . . . .	only 269 €

## HATHA YOGA - QI GONG - PRIVATE COACHING WITH LUIS

Luis, yoga vitality trainer, accompanies you individually through energetic movements. In combination with the right breathing technique, you will regain your balance.

1 person, approx. 50 min. . . . .	110 €
2 people, approx. 50 min. . . . .	130 €

## SEIN YOGA - PRIVATE COACHING WITH ANGELIKA

Angelika, medically certified yoga teacher (Dao-Yin-Hatha), accompanies you through gentle yoga frequencies.

1 person, approx. 50 min. . . . .	110 €
2 people, approx. 50 min. . . . .	130 €

## FITQUEST BODY COMPOSITION

Measuring station for an efficient analysis of the body composition.

1 person, approx. 25 min. . . . .	45 €
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## FITQUEST PERFORMANCE STATUS

Measuring station for an efficient analysis of the fitness and performance condition.

1 person, approx. 25 min. . . . .	45 €
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## COMBI FITQUEST BODY COMPOSITION & PERFORMANCE STATUS

1 person approx. 50 min. . . . .	85 €
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# PACKAGES

## FEEL GOOD ALL ROUND

- 1 pedicure or manicure (50 min.)
  - 1 nourishing St. Barth caribbean peeling (25 min.)
  - 1 St. Barth Harmony massage (50 min.)
  - 1 Vinoble de luxe facial (80 min.)
  - 1 small gift to take home
- Package price instead of 349 € . . . . . only 315 €
- \* Also suitable for mothers-to-be.

## BACK CARE

- 1 combi: reflexology foot massage and back massage (50 min.)
  - 1 intensive back massage (50 min.)
  - 1 haki-purna® (75 min.)
- Package price instead of 329 € . . . . . only 296 €

## SYMPLY SPORTY

- 2 cryotherapies
  - 1 pine vital-fascial massage (75 min.)
  - 1 sports massage (50 min.)
- Package price instead of 336 € . . . . . only 299 €

## BODY DETOX - DETOXIFY & PURIFY

- 1 cryotherapy
  - 1 algae detox pack (50 min.)
  - 1 alkaline wrap with fresh algae and suction wave brush massage for belly, legs & buttocks (75 min.)
- Package price instead of 252 € . . . . . only 226 €

The treatments are divided over 2 to 3 days.





★ ★ ★ ★ ★

# ANDREUS RESORTS



## ANDREUS\*\*\*\*\*

Via Kellerlahne 3A · I-39015 San Leonardo in Passiria · [info@andreas.it](mailto:info@andreas.it)



## GOLF LODGE\*\*\*\*\*

Via Prantago 3 · I-39015 San Leonardo in Passiria · [info@golf-lodge.it](mailto:info@golf-lodge.it)



## SONNENALM\*\*\*\*

Via del Sole 3 · I-39010 San Martino in Passiria · [info@sonnenalm.it](mailto:info@sonnenalm.it)



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