



brunelle  
SEISER ALM LODGE



Treatments,  
body wraps and prices

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# Regenerate in the heart of nature

x x x x

Our Wiesen Spa, overlooking the pristine green of the Alpe di Siusi and the Sassopiatto or Sassolungo, is already a guarantee of relaxing moments of wellness. In addition, we have prepared a wide selection of natural treatments from the VITALIS Dr. Joseph line. Unwind, relax and enjoy!

## Facial treatments

x x x x

### Intense Purifying Face Treatment

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Intensive deep cleansing according to the TEAM DR JOSEPH method, tailored for your skin type, for a clear complexion and refined pore structure. The skin feels pure and soft.

50 min. | € 90

### Cellular Recreation Face Treatment

#### Deep-acting beauty care

A wonderfully natural functional ingredient care specially adapted to your skin needs with an immediate effect and a deeply relaxing pampering according to the TEAM DR JOSEPH method. With highly effective natural functional ingredients for healthy and intensively cared for skin.

80 min. | € 138

## Advanced Bio Lifting Face Treatment

### Intensive treatment with biodynamic lifting

The holistic maximum program according to the TEAM DR JOSEPH method: individually customized intensive treatment with biodynamic lifting massage. Experience a truly unique beauty treatment for lasting effect, immediate visibility and maximum impact.

110 min. | € 185

## Express Power Lift For Men

### Only for him

The fast and effective care for the man with a pampering program. Natural high-tech power ensures a pure and refined skin texture. For a powerful and well-groomed appearance.

50 min. | € 90

# Hair removal

x x x x

Complete (full leg, underarms, bikini area) 50 min. | € 78

Upper lip 10 min. | € 15

Half leg 20 min. | € 32

Whole leg 40 min. | € 58

Underarms 15 min. | € 22

# Body treatment/Massages

x x x x

## Dynamic Recreation Back Massage

### Effective Finale – Sophisticated Back Program

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

50 min. | € 86

## Deep Relax Stone Massage

### Rustic Life Force – Basalt Stone Massage & Deep Relaxation

At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage - primal power for your body and soul.

50 min. | € 90

## Energizing Herbal Stamp Power Treatment

### Natural Power of Herbs – Herbal pouches Massage

These herbal pouches massage by VITALIS Dr. Joseph is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!

50 min. | € 90

## Mind Relaxing Aroma Massage

### Individual downtime - Aroma massage

Your completely personalized massage ritual. With the help of this massage, we can meet your individual needs and wishes. The modulated massage techniques, in combination with the select aromatic oils, promote muscle performance. You will feel free, supple, and agile.

Release tension and tightness - Effective, holistic, traditional!

Partial body massage: 25 min. | € 54

Full body massage: 50 min. | € 80

## Dynamic Feet & Legs Massage

### Dynamic Feet & Legs Massage

Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and deep mental fitness.

50 min. | € 86

# Peeling

x x x x

## Aroma Salt Body Scrub

### Intensive Tenderness - Full-Body Aroma Salt Scrub

This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.

25 min. | € 40

## Full Body Scrub with Hay Extract

### Purity – Full-body scrub with Apricot Pits and Hay Extracts

The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

25 min. | € 40

## Linen Glove Dry Body Scrub

### Stimulating Nature - Linen Glove Dry Scrub

This deep-cleansing dry scrub with potent essences supports your metabolism for a clear and radiant complexion. Ideal for sensitive and especially dry skin.

25 min. | € 40

# Body Wraps

x x x x

## Detoxifying Alpine Fango Body Wrap

### Deep Alpine Strength – Detoxifying Bath with Alpine Mud

A “wellness must” for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative. Deep, strong care, natural and powerful.

25 min. | € 44

With massage: 80 Min. | € 130

## Sport & Vitality Body Wrap

### Bundled Energy

Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

25 min. | € 44

With massage: 80 Min. | € 130



## Calming Body Wrap

### Gentle Recovery

Enjoy a special pampering program with calendula and chamomile. The activating and calming ingredients have a balancing effect on sensitive and irritated skin. Your complexion will be refreshed and your skin made supple and radiant.

25 min. | € 44

With massage: 80 Min. | € 130

## Skin Repair Anti Aging Body Wrap

### Effective Beauty - Anti-Aging with Wine Grapes & Sea Buckthorn

Pure regeneration - slip into a new skin. The combined power of wine grapes and sea buckthorn in this beauty wrap improves your skin's ability to protect itself and provides a pleasant, silky feeling of well-being!

25 min. | € 44

with massage: 80 Min. | € 130

## Moisturizing Body Wrap

### Sweet Allure for a deeply moisturized skin - with Apple & Rose Hips.

Pamper your skin with a fruity and sensual beauty bath. Apple extract is rich in vitamins, minerals, pectin, and waxes - the perfect active ingredients to care for demanding skin. In combination with precious rose hips, it considerably improves the skin's well-being and significantly reduces drying. Your skin will appear smoother and more supple.

25 min. | € 44

With massage: 80 min. | € 130

# Spa Regulations

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## Operating hours

Wellness area: from 7:00 am to 8:00 pm

Saunas: from 3:00 pm to 8:00 pm

Gym: from 7:00 am to 8:00 pm

## Cancellations

Cancellations are never pleasant. We kindly ask you to inform us at least one day in advance if you need to cancel your booking. In case you give us less notice, 50% of the cost of the treatment will be charged.

## Time for yourself

In order to better organize your treatment and guarantee you the entire duration of your wellness appointment, please arrive 10 minutes early at the Spa reception. Any delays will result in variations in the length of your treatment, in order to respect the guests who come after you.

## Clothing

Come to your appointment dressed in a bathrobe. To ensure modesty during the treatment, we provide you with disposable briefs and use various covering techniques.

## Saunas and swimming pool area

Please wear a bathing suit at the pool. For hygienic reasons, the use of swimwear is not allowed in the sauna area. In addition, we remind you to respect the rule of silence in the relaxation areas.