



HOTEL
GARDENA
GRÖDNERHOF

Gourmet Hotel & Spa



BEAUTY & WELLNESS



RELAIS &
CHATEAUX.



BEAUTY



ANAIS BEAUTY FARM

Time for yourself

BEAUTY AND RELAXATION

The Anais Beauty Farm is your kingdom of wellness: a harmonious and relaxing environment to experience just how pleasant taking care of yourself can be. Here you'll enter a world that's specifically designed with your beauty and relaxation in mind. Rediscovering a fresh and radiant appearance has never been so enjoyable!

ANAIS – THE NAME OF THE ROSE

The rose, more than any other flower, symbolizes beauty and youth, the qualities par excellence of Venus. Like the pentagram or the spiral of some shells, even the petals of a rose are arranged according to a mysterious and harmonic relationship, so perfect that the ancients called it the "divine proportion" and humanists the "golden ratio". However, beauty, just like a rose petal, is fragile and delicate, and requires continuous care to prevent it from fading away. Every day the skin is exposed to stress factors that leave their mark if not dealt with properly. The ageing process can also be slowed down by using active principles and applying specific methods.

The Anais team, with its highly skilled experts who combine excellent training and great sensitivity to meet individual needs, will dedicate all the necessary attention to your beauty needs. Only high-quality treatments applied by real professionals using natural methods based on deep-rooted traditions as well as avant-garde technologies and top-brand products are your guarantee of visible and long-lasting results. You can choose from among different formulas: specific short-term programs, multiple-day or weekly get-back-into-shape programs tailor made just for you.

A BALSAM FOR THE BODY AND FOR THE SPIRIT

We propose a wide choice of treatments that range from baths, packs and massages to beauty care, Thalasso and Ayurveda. No matter what solution you choose, our approach is always inspired by a holistic concept that enhances and optimises the effectiveness of each treatment, while always focusing on the whole person.

ANAIS

SENSAI TREATMENTS

Body treatments

CELEBRATION FOR BODY FIRING TREATMENT

Double-action treatment to counter sagging and improve resilience. The treatment stimulates the flow of energy and blood circulation, leaving your body feeling toned and supple, and your mind relaxed.

€ 170.00

CELEBRATION FOR BODY STRESS RELIEF TREATMENT

Moisturizing and balancing treatment that effectively regulates energy and blood circulation, dissolving tension.

€ 170.00



SENSAI TREATMENTS

Facial treatments

SENSAI BEAUTY ULTIMATE
FACIAL TREATMENT

Deluxe anti-ageing facial treatment featuring the most potent and luxurious SENSAI ULTIMATE products.

(90 min.)

€ 185.00

ADVANCED ANTI-AGEING WRINKLE CARE

Intensive anti-wrinkle treatment for skin with wrinkles and fine lines. It tones up tired face and neck skin, helping to reduce fine lines and making skin appear more youthful and radiant.

(90 min.)

€ 155.00

ADVANCED ANTI-AGEING
FIRMING FACIAL TREATMENT

Intensive treatment to prevent sagging and improve resilience. Your skin will feel wholly revitalised, with new elasticity and visibly reduced lines.

(90 min.)

€ 145.00

PURIFYING FACIAL TREATMENT

Relaxing treatment based on the normalisation and refinement of sebum.

(90 min.)

€ 125.00

EARLY AGEING SILK TOUCH TREATMENT

Deeply moisturising treatment to boost cell vitality for specific skin types.

(90 min.)

€ 125.00

ADVANCED ANTI-AGEING
LUMINISING FACIAL TREATMENT

Intensive treatment to counter dullness and discoloration.

(90 min.)

€ 140.00

INTENSIVE TREATMENT FOR EYES

Concentrated treatment for wrinkles, sagging, dark circles and other ageing symptoms in the eye zone. Restores a fresh, youthful look, and erases the signs of time.

(50 min.)

€ 110.00

ADVANCED ANTI-AGEING
LIFTING FACIAL TREATMENT

Intensive treatment to tone facial muscles to counter sagging around the eyes, cheeks, mouth and facial contours.

(90 min.)

€ 165.00

FOR MEN

ANTI-AGEING FACIAL TREATMENT FOR MEN

Intensive anti-ageing treatment for specific needs and skin types, with head massage.

(60 min.)

€ 120.00

SENSAI

THALASSO

Beauty and vitality

THE INTRINSIC QUALITIES OF THE SEA HAVE BEEN RECOGNISED SINCE ANCIENT TIMES

The Greek word "thalassa" means "sea" and today it refers to one of the most efficient treatments to regenerate, invigorate and detoxify the body. Seawater is rich in mineral salts, vitamins and trace elements that sea alga contains in high concentrations. The exclusive micro-éclatage procedure maintains all the properties of the alga, thus taking full advantage of its active principles while enhancing the extensive regeneration process throughout the body.

THE BEST WAY TO MAKE YOURSELF FEEL GOOD

Our Thalasso treatments include algae and mud packs, revitalising baths and hydromassages, as well as extremely effective enhanced tolerability body and facial treatments. All treatments are personalised to satisfy individual needs and produce different beneficial effects – detoxifying, regenerating, slimming, invigorating and all while eliminating fatigue and revitalising the body.



THALASSO

Facial treatments with peeling, mask und massage

From a cosmetic point of view, the face needs special care since its delicate balance is constantly affected by external factors, including pollution as well as direct exposure to sunlight, wind and atmospheric agents. With this in mind, the special active principles extracted from the sea, which are always well tolerated and suitable for all types of skin, are particularly effective.

AQUARELLE

Rebalancing and purifying mineralising treatment with micro-éclatées algae.

€ 115.00

ÉCLAIRCISSANT TREATMENT

With *Palmaria palmata* alga and liquorice and daisy extract, this treatment makes the skin brighter while reducing the size and intensity of age spots.

€ 120.00

ANTI-AGEING TREATMENT WITH OCEANIC SILICA

Intensive treatment that thanks to hyaluronic acid and oceanic silica restructures and firms the skin. It has a lifting effect and redesigns the roundness of the face.

€ 125.00

PURE COLLAGÈNE MASK

Sea collagen helps to prevent wrinkles while making the skin smoother and velvety soft.

€ 120.00

INTENSIVE ANTI-WRINKLE TREATMENT WITH HYALURONIC ACID

A refreshing gel mask for a visible tightening effect: thanks to the hyaluronic acid microspheres, the skin immediately begins to glow, becoming brighter and more turgid.

€ 125.00

FONDAMENTAL LUMIÈRE TREATMENT

This intensive treatment regenerates the skin and makes it smooth and radiant.

€ 120.00

COLD MASK

A special anti-stress treatment that soothes and refreshes, it's perfect for sensitive skin with a predisposition for couperose (rosacea). It attenuates small wrinkles and reactivates the metabolism.

€ 116.00

MICRODERMOABRASION

A particularly effective peeling treatment that's perfect for preparing the skin for sub-sequent treatments and for optimising results.

€ 130.00

EXCEPTION ULTIME TREATMENT WITH ENERGYLIFT MASSAGE

With a surprisingly effective and rich extract of natural algae hormones, the Exception Ultime improves the structure and elasticity of the skin, actively working to reduce wrinkles and enhance brightness, while stimulating the skin's vitality.

€ 135.00

PURETÉ MARINE TREATMENT

A rebalancing treatment for greasy skin with impurities that regulates excessive sebaceous secretions, helps combat impurities and soothes irritated skin.

€ 120.00

MASK FOR EYE & LIP CONTOURS

A concentrate of active principles extracted from algae and plants that minimise the signs of ageing – for a look that's always young and fresh.

€ 80.00

WARM BIO-MARINE TREATMENT

A gentle treatment indicated for dry and irritated skin that needs nutrient and restorative care. Deep moisturising helps the skin to rediscover wellness, softness and elasticity and to appear fresh and bright.

€ 120.00

SOURCE MARINE TREATMENT

A new moisturizing treatment that restores the radiance of your skin. Sève Bleue, an extract rich in minerals and oligoelements, delivers intense and long-lasting hydration deep into the skin.

€ 120.00

M-CEUTIC RÉNOVATION RADICALE

Featuring highly concentrated active principles and marine ingredients, this cosmeceutical skincare treatment accelerates cutaneous regeneration for youthful looking, firm and glowing skin.

€ 130.00

FOR MEN – THALGO MEN SOIN OCÉAN

"Bleue Vitale" algae facial treatment: regenerates while purifying the skin, producing a revitalizing and energizing effect.

€ 105.00

THALASSO

Body treatments

In addition to being extremely effective against cellulite and solving other weight problems, all Thalasso body treatments are also very relaxing, restoring wellness to the body and the spirit.

AROMACÉANE PACK

A detoxifying, regenerating and relaxing program for the body. Full of minerals, natural mud from the Dead Sea eliminates muscular tension, helps to get rid of toxins and improves the surface of the skin, making it softer and more attractive.

€ 97.00

ALGAE PACK

The force of nature and heat to kick-start the metabolism, invigorate and detoxify, producing extremely positive results.

€ 69.00

MINERALG GEL PACK

This algae extract gel moisturizes and remineralizes, leaving your skin firmer and tighter.

€ 69.00

MINERALG PACK

A delicate algae paste refines your silhouette.

€ 69.00

ALGAE CALCIUM BODY PACK

A velvety mousse of algae based on 100% marine ingredients has an intensive remineralizing effect.

€ 69.00

FRIGI-THALGO WRAP

Firming hypothermal treatment against cellulite and water retention.

€ 60.00

NUTRITION INTENSIVE MASSAGE

A moisturising body massage with Nutrition Intensive Cream for dry skin.

€ 75.00

AROMACÉANE MASSAGE

The effectiveness of algae and plants combined with ultra pure essential oils. Precious essences specially selected and blended to invigorate, slim, revitalise or relax, according to your specific needs.

€ 75.00

ALGAE MODELAGE

Firming and invigorating body massage.

€ 75.00

MINCEUR MASSAGE

Stimulates the circulation, invigorates and helps reduce localised adipose, while also making the skin softer and suppler.

€ 75.00

FERMETÉ MASSAGE

A firming body massage with Thalgo Fermeté Intensive Cream.

€ 75.00

BODY PEELING

Eliminates dead cells, making the skin softer and smoother. This treatment is particularly effective prior to Thalasso baths and body packs and is also recommended before sun-bathing or a solarium session, since it guarantees uniform tanning.

€ 53.00



THALASSO

Baths

Experience all the pleasure of a real wellness bath, immersing yourself in a special tub with massaging jets where you will fully enjoy all the benefits of algae, sea salts and essential oils. The hydromassage will warm your body, naturally stimulating all functions. Rapidly assimilated by the skin, the 100% natural essential oils, selected based on their cosmetic effectiveness and olfactory qualities, generate a positive effect on the mind while optimising the treatment.

ALGAE BATH

A highly concentrated form of micro-éclatées algae bath to regenerate the entire body – a revitalising bath that will also slim and trim.

€ 54.00

ALGAE BATH WITH ESSENTIAL OILS

Ideal against cellulite, algae baths with premium essential oils have an invigorating and relaxing or stimulating effect.

€ 56.00

LAGOON WATER BATH

A marine complex of water lily extract, essential oils and vitamins for a silky-soft, hydrated skin.

€ 54.00

THALASSO

Thalgo Short Programs for Her and for Him

PURE RELAXATION

A complete wellness experience in an extremely pleasant atmosphere, to reinvigorate and acquire new energy. The treatment includes a relaxing back massage, a face mask and a hand massage.

€ 99.00

LIKE SILK

An oil-and-salt peeling followed by a body massage with organic lavender, for a long-lasting and extremely gratifying relaxation experience. The skin will be soft and smooth, like silk.

€ 115.00

FRESHNESS AND VITALITY

After a day of outdoor activities, there's nothing more reinvigorating than sinking into a scented bath. The treatment also includes a face massage and revitalizing eye mask, for a fresh and luminous face.

€ 108.00

INDOCÉANE RELAXATION PROGRAM

A marvellous and totally innovative relaxing and revitalising ritual with essential oils and holistic techniques that will make your skin smooth and soft as silk.

- 1 delicate full body peeling
- 1 relaxing milk bath
- 1 Qi-Balm body massage, with traditional Indian oils, performed according to Ayurvedic and Asian techniques
- 1 delightful moisturising body wrap

€ 165.00



SOTHYS

SOTHYS

Facial treatments

HYDRA3HA™ INTENSIVE TREATMENT

An intensive new generation moisturizing treatment with Hydra3Ha Hyaluronic Acid™, that restores the skin's comfort and preserves youth.

€ 120.00

COLLAGÈNE HYALURONIQUE™ INTENSIVE TREATMENT

This intensive anti-ageing treatment is personalised based on the degree of the skin's aging. It restores brightness to the face and has a lifting and anti-wrinkle effect.

€ 124.00

RESURFACING PEELING

Intensive exfoliating treatment to oxygenate the skin tissue and stimulate cell renewal. The skin appears smooth, the complexion luminous and uniform.

€ 120.00

[W.]™+ TREATMENT

Clarifying treatment to correct spots and prevent them from appearing.

€ 120.00

EYE CONTOUR SPECIFIC TREATMENT

A treatment that decongests the eyelids and smoothes the contours of the eye.

€ 80.00

PERFECT SHAPE TREATMENT

This treatment has been specially designed for those who want to preserve the youth of their face shape and décolleté.

€ 80.00

SEASONAL TREATMENT

Makes your skin glow year round. A real breath of fresh air, along with minerals and vitamins, to revitalize your skin for the upcoming winter season.

€ 108.00

CORRECTEUR INTENSIVE TREATMENT

A multi-active treatment for oily or acned skin with imperfections. Your skin will be brighter and fresher.

€ 115.00

ENERGIZING INTENSIVE TREATMENT

This intensive treatment re-energizes your skin while making it brighter.

€ 120.00

"HOMME" FACIAL TREATMENT FOR MEN

Mini facial treatment with Sothys products formulated especially for men. 60 minutes of wellness to detoxify the skin and to relax the body and the mind.

€ 105.00

EAU THERMAL SPA™ TREATMENT

Specific treatment for sensitive skin types with immediate softening, decongesting and soothing effect.

€ 117.00

GLYSALAC PRO PEEL TREATMENT

A cosmeceutic treatment with glycolic and salicylic acid to gently remove dead surface skin cells, for smooth radiant skin.

€ 60.00

SOTHYS

SOTHYS

Body treatments

ORIENTAL CEREMONY

Regenerating ritual inspired by Oriental ceremonies with a peeling using spices followed by a nutrient massage with warm and scented herbal bundles. The extract of ginger, cinnamon, nutmeg and mandarin embraces with a delicate aroma and makes the skin silky smooth and bright.

€ 115.00

HANAKASUMI

Inspired by Japanese tradition, this treatment begins with a relaxing foot massage. A peeling with exfoliating gloves and a cherry blossom scented massage make the skin soft and silky.

€ 115.00

AROMASOTHYS

A relaxing treatment to match your specific needs. A regenerating peeling following a relaxing massage with the aroma of your choice for a tailor-made sensory experience. Let yourself be seduced by these fragrances: lemon & bitter orange, orange blossom & cedar wood, lily & bamboo, plumeria & plu, green tea & fig.

€ 115.00

INSPIRATION ART & BEAUTÉ

A new range of sensations created by a treatment which combines colours, exclusive techniques and scents for a relaxing, energising and hydrating effect. This treatment consists of a peeling, a print-art massage and a series of moisturizing body colours.

€ 115.00



SOTHYS

Program for face and body

SOTHYS FACE & BODY EXPERIENCE

A relaxing and regenerating treatment for the skin. A particularly delightful multisensory experience that will create a profound feeling of wellness.

€ 230.00

SOINS SIGNATURES

SOIN SIGNATURE MINCEUR

For a redesigned silhouette. Slimming treatment with peeling, wrapping and massage.

€ 150.00

MODELAGE MINCEUR

Slimness modeling to improve the silhouette and redesign the contours.

€ 75.00

SOIN PURETÉ PEELING TREATMENT

A treatment suitable for all types of skin to exfoliate, remineralize and drain.

€ 53.00

SOIN CELLULITE MUD TREATMENT

A specific treatment specially developed to reduce all types of cellulite.

€ 69.00

BEAUTY

Beauty and Wellness Programs

ANTI-STRESS PROGRAM

- 1 relaxation massage
- 1 La Stone
- 1 bath with essences of lavender and neroli
- 1 Abhyanga body massage
- 1 relaxing facial massage

€ 337.00

MESSAGE WELLNESS PROGRAM

- 1 relaxation massage
- 1 massage combination I
- 1 massage with essential oils
- 1 Tibetan massage
- 1 deluxe facial massage

€ 352.00

RELAXATION & HARMONY SPECIAL MASSAGE PROGRAM

- 1 Tibetan massage
- 1 Abhyanga body massage
- 1 La Stone
- 1 Pinda Sveda
- 1 Lomi-Lomi

€ 442.00

LIGHT LEGS AND BEAUTIFUL FEET PROGRAM

- 1 Frigi-Thalgo wrap
- 2 leg drainage massages
- 1 relaxing plantar massage
- 1 deluxe pedicure with herbal footbath, foot pack and massage

€ 325.00

MOTHER-TO-BE PROGRAM BEAUTY & WELLNESS FOR EXPECTANT MOTHERS

- 1 classic facial treatment
- 2 leg drainage massages
- 1 beauty manicure
- 1 beauty pedicure

€ 333.00

DELUXE BEAUTY PROGRAM

- 1 intensive facial treatment
- 1 body peeling
- 1 deluxe beauty manicure
- 1 beauty pedicure with herbal footbath and foot massage
- 1 Nutrition Intensive body massage

€ 341.00

WELLNESS PROGRAM FOR MEN

- 1 detoxifying and relaxing facial treatment
- 1 essential oil bath with hydromassage
- 1 Anais body massage
- 1 relaxing back massage

€ 258.00

THALGO DETOX WEEK

- 1 Aromacéane pack with peeling
- 1 algae body pack
- 2 drainage massages
- 1 algae modelage

€ 348.00

THALASSO WELLNESS FOR WOMEN AND MEN

- 1 Thalasso facial treatment
- 1 body peeling with sea salts
- 1 algae bath with hydromassage
- 1 relaxing back massage
- 1 Aromacéane massage

€ 325.00

THALGO SILHOUETTE

- 1 Aromacéane pack with peeling
- 1 Mineralg-Gel pack
- 1 algae bath with essential oils
- 2 Fermeté massages
- 2 Minceur massages

€ 470.00

BEAUTY

Intraceuticals – Refresh your beauty

INTRACEUTICALS

Try an innovative Intraceuticals treatment! This revolutionary skincare treatment infuses moisture, vitamins and other active ingredients in the skin via oxygen. It hydrates the skin, immediately firms it to smooth out fine lines, and gives the complexion a nice glow. Your skin will look and feel years younger, visibly lifted, toned and hydrated.

ANTI-AGEING TREATMENT

with 1 serum (Rejuvenating)
(60 min.)

€ 170.00

ANTI-AGEING INTENSIVE TREATMENT

with 2 specific serums
(Atoxelene & Rejuvenating)
(80 min.)

€ 200.00

SPECIFIC TREATMENT AGAINST AGE SPOTS

(60 min.)

€ 170.00

intraceuticals
it's in the skin

BEAUTY

Single beauty treatments

FACIAL TREATMENT

CLASSIC FACIAL TREATMENT

(90 min.)

€ 108.00

THE CLASSICS

EYELASH AND EYEBROW DYEING

€ 33.00

EYEBROW DYEING

€ 20.00

EYELASH DYEING

€ 24.00

EYEBROW CORRECTION

€ 14.00

DAY MAKE-UP

€ 50.00

EVENING MAKE-UP

€ 53.00

DEPILATION

PARTIAL (HALF LEG)

€ 53.00

FULL LEG

€ 65.00

BIKINI LINE

€ 20.00

UNDERARMS

€ 20.00

ARMS

€ 36.00

UPPER LIP

€ 14.00

CHIN

€ 22.00

BACK

€ 32.00

HAND & FOOT TREATMENTS

BEAUTY MANICURE

€ 50.00

DELUXE BEAUTY MANICURE

with hand pack and hand massage

€ 65.00

PREMIÈRE BEAUTY MANICURE

with peeling, hand pack and hand massage

€ 70.00

BEAUTY PEDICURE

with herbal footbath and foot massage

€ 66.00

DELUXE BEAUTY PEDICURE

with herbal footbath, foot pack and massage

€ 80.00

PREMIÈRE BEAUTY PEDICURE

with peeling, foot pack and massage

€ 87.00

GEL UV CARE & MAKE UP FOR NAILS

BB GEL MANICURE

€ 70.00

BB GEL PEDICURE

€ 86.00

REMOVAL OF GEL POLISH

€ 10.00



BATHS AND PACKS

The ritual of the bath

To draw energy from nature. The skin acts as the intermediary between our body and the environment. The active principles of premium natural products – such as grapes, clay, mud, rose petals and orange flowers – carry out a highly effective protective and soothing action. And your skin will thank you for it.

SOFT-PACK METHOD

CREAMY PACK WITH EVENING PRIMROSE OIL

A creamy, moisturising and nutrient pack that's particularly suitable for skin that tends to age prematurely. This bath moisturises the skin while nourishing its upper layers.

€ 54.00

EXFOLIATION BATH WITH MARCS

Natural fruit acids to smooth and firm the skin. Effective peeling with a fruit acid base is a treatment known since ancient times. The marcs we use come from premium grapes which undergo a very delicate pressing process that maintains all their vital active principles.

Thanks to the fruit acids of the marcs, the unnaturally thick horny layers are thinned while stimulating cell growth. Wrinkles are reduced and skin tone is improved.

€ 58.00

MUD PACK

Mud packs are a hot-moist treatment that acts on the skin and on the muscles, eliminating all tension. A cycle of mud packs has a revitalising and beneficial effect.

€ 55.00

AROMATIC PACK

The special aromatic essences, the highly effective oils and the creams of this aromatic pack restore harmony, energy and vitality.

€ 54.00

IMPERIAL TUB

BATH WITH ESSENTIAL OILS

A beneficial bath rich in precious oils that makes the skin smoother and velvety soft. The exclusively all vegetal essential oils have a positive effect on the body, mind and spirit.

€ 45.00

ROSE PETAL BATH

A harmonising bath that cleanses and invigorates the skin.

€ 45.00

AROMATIC HERB BATH

Camomile, sage, nettle, lavender, rosemary, pine-needles. This bath has a relaxing, revitalising or calming effect.

€ 45.00

ORANGE FLOWER PETAL BATH

This bath has a beneficial, relaxing and calming effect.

€ 45.00

CHOCOLATE AND CREAM BATH

A relaxing natural bath with cream and delicately scented bittersweet chocolate and aromatic orange essential oil.

€ 45.00

ALPINE BEAUTY

The energy of our mountains

The mountains do not offer just relaxation, clean air and enchanting panoramas: alpine herbs and plants also have important natural properties that have been recognised for centuries. We take full advantage of the energy of our mountains to offer you truly special and highly effective wellness treatments.

BATH WITH MUGO PINE OIL

In the Alpine regions, mugo pine oil has always been used for curative purposes as an excellent natural remedy. A bath with mugo pine oil has a relaxing effect. In addition, its balsamic and refreshing aroma creates an immediate feeling of comfort.

€ 45.00

MASSAGE WITH MUGO PINE OIL

A massage with mugo pine oil is perfect after any sports activity: it eliminates tiredness, generating a relaxing and invigorating effect.

€ 75.00

MUGO PINE OIL PACK

Mugo pine oil, with a refreshing and invigorating aroma, nourishes and regenerates the skin.

€ 54.00

GOAT BUTTER PACK

A goat butter pack enhances the moisture content of the skin. Particularly recommended for anyone with dry or very dry skin.

€ 54.00

GOAT MILK MASSAGE

A massage that's particularly suitable for dry skin. It has a moisturizing effect and is very soothing.

€ 75.00

HAY BATH

The beneficial properties of mountain hay have been known for centuries. The hay bath with Soft-Pack method combines the benefits of this old and natural treatment with today's hygienic standards, producing outstanding results. The hay bath induces profuse perspiration with only slight heating.

€ 56.00

HAY FLOWER MASSAGE

A pleasant and relaxing massage that gently heats the body, thus helping to eliminate toxins.

€ 75.00

BLUEBERRY OIL MASSAGE

A detoxifying and revitalising massage that moisturises the skin and fights cellulite.

€ 75.00

ARNICA OIL MASSAGE

A massage before or after taking part in sports can benefit the muscles. The warming and revitalizing effect increases elasticity and vitality.

€ 75.00



SEEKING THE WONDERS OF LIFE

Ayurveda – the science of long life

To be in harmony, in peace with yourself and the rest of the world: these are the basic concepts of Ayurveda, the natural way to achieve mental-physical balance developed in India. This ancient, mysterious and fascinating holistic concept will help you to rediscover inner wellness.

AYURVEDA

Programs

SOLACE FOR THE BODY AND THE SPIRIT

1 Abhyanga body massage
1 Shirodhara

€ 150.00

AYURVEDA & RELAXATION

1 Abhyanga body massage
1 Marma massage
1 Kerala massage

€ 256.00

AYURVEDA WEEK

5 personalised massages

€ 427.00

AYURVEDA SHORT STAY

3 personalised massages

€ 254.00



AYURVEDA

Massages

ABHYANGA MASSAGE

The concept of Ayurvedic oil massage (Abhyanga) is entirely different from that of the classical massage techniques. That's because it balances the "Tridoshas" (Vata, Pitta and Kapha) and releases the stored up stress from the mind and the body. The oil massage is a very gentle and pleasant treatment that uses premium natural oils selected according to an individual's constitution. This massage has relaxing, rebalancing, detoxifying and revitalising effects.

- **Abhyanga**
 - body massage (50 min.) € 95.00
 - back massage (25 min.) € 56.00
 - leg massage (25 min.) € 56.00
- **Mukabhyanga** (25 min.) € 56.00

BALINIS MASSAGE

A relaxing massage with olive oil.
(50 min.)

€ 95.00

KATEE VASTHI

Specially prepared lukewarm herb oils are applied during this treatment.
(50 min.)

€ 98.00

UDVARTANA MASSAGE

This herb-based powder massage, unlike the one that uses oil, is rather energetic. It invigorates the skin, is energising and utterly enjoyable.
(50 min.)

€ 98.00

SHIRODHARA (FLOWING OIL ON THE FOREHEAD)

A constant and regular flow of warm oil is poured on the forehead. The Shirodhara creates profound relaxation and a calming effect and is also a very effective means of eliminating stress.

(25 min.)

€ 73.00

MARMA MASSAGE

It is an age-old healing technique in which a simple touch or a light massage on the vital points of the body, the Marmas, is used to balance the life force called Prana.

(50 min.)

€ 95.00

PIZHICHIL

During this treatment warm aromatic oils are continuously poured and massaged on the body. This "oil bath" is given on a special massage table.

(50 min.)

€ 120.00

KERALA MASSAGE

This is a very unique massage using feet instead of hands. It creates new energy while enhancing wellness. It is energising and extremely revitalising.

(50 min.)

€ 95.00

PINDA SVEDA

A regenerating massage using cotton sacks filled with heated aromatic herbs: in this way the skin can easily absorb the active principles of the plants.

(50 min.)

€ 96.00

YOGA

Individual yoga

Yoga sessions tailored to your individual needs with our Ayurveda and yoga expert.

(50 min.)

€ 60.00

(3 x 50 min.)

€ 160.00

MASSAGES

Beauty and wellness massages

ANAIS MASSAGE

Through a coordinated series of manipulations, the Anais massage improves blood flow in tissues and circulation, eliminates tension, induces relaxation and improves overall wellness.

- Body massage (50 min.) **€ 73.00**
- Partial body massage (25 min.) **€ 55.00**

ACTIVE MASSAGE

An energetic body massage that's the perfect way to ward off tiredness, with an effect that's relaxing and invigorating at the same time.

(50 min.) **€ 75.00**

TRIGGER POINTS MASSAGE

A massage that focuses on the critical points, alleviating tension while immediately energizing at the same time.

(50 min.) **€ 75.00**

MASSAGE WITH ESSENTIAL OILS

The combined action of the essential oils of aromatic plants and a soothing and delicate massage helps to recreate a harmonious mental-physical balance.

(50 min.) **€ 75.00**

RELAXING PLANTAR MASSAGE

The foot massage is not only a very effective method for eliminating stress and relaxing, but it also creates new energy while enhancing wellness.

(50 min.) **€ 75.00**
(25 min.) **€ 57.00**

DRAINAGE MASSAGE

This gentle drainage massage helps to eliminate liquids and toxins and therefore is the perfect way to support any slimming and firming program.

- Drainage massage (80 min.) **€ 98.00**
- Drainage massage (50 min.) **€ 73.00**

COMBINATION MASSAGE I: RELAXING PLANTAR AND BACK MASSAGE

A pleasant and deeply relaxing massage. Your feet and back will thank you!

(50 min.) **€ 88.00**

COMBINATION MASSAGE II: DRAINAGE MASSAGE AND ANAIS MASSAGE

Draining, detoxifying and relaxing effect in a single massage.

(80 min.) **€ 98.00**

RELAXATION MASSAGE

A calming and rebalancing massage that creates a feeling of complete wellness.

(50 min.) **€ 73.00**

FACIAL MASSAGE

Revitalising and draining facial massage.

(25 min.) **€ 52.00**

DELUXE FACIAL MASSAGE

Revitalising and draining facial massage with active principles.

(25 min.) **€ 60.00**

MASSAGES

Beauty and wellness massages

TIBETAN MASSAGE

This ancient massage releases the flow of energy while restoring psychophysical balance. It eliminates stress and anxiety and relaxes while regenerating.

(50 min.) **€ 95.00**

LA STONE

A truly extraordinary treatment that combines the massage, the reactivation of the energy meridians and the beneficial effect of hot and cold stones, instilling the entire body with strength and vitality. Body energy is reharmonised and a feeling of well-being and inner peace spreads throughout the entire body.

(80 min.) **€ 110.00**

THAI-MASSAGE

A healthy way to relax. The traditional Thai massage, which originated more than 2500 years ago, is a unique combination of rhythmic massaging movements, pressure application and stretching techniques. It produces deep relaxation and relieves all tension.

(80 min.) **€ 110.00**

CALIFORNIAN MASSAGE

Does stress make you feel tense and worn out? The Californian massage enhances deep psychophysical relaxation, acting not only on the individual parts of the body but also on overall perception.

(80 min.) **€ 110.00**

LOMI-LOMI

Enter the world of total relaxation. Lomi-Lomi is a holistic massage from Hawaii. Expansive and fluid massaging movements are combined to help re-balance the flow of energy. This massage uses warm oils together with peaceful music to create a feeling of total relaxation and perfect wellness.

(50 min.) **€ 95.00**



ANAIS

Anais Beauty Farm

RESERVATIONS

To reserve particular treatments at specific times, you should request them when booking your room. Guests will be billed for any treatment appointments that are cancelled less than 24 hours before the reserved date and time. Beauty Farm reception tel. +39 0471 798 082

RESERVATIONS AND INFORMATION

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Gourmet Hotel & Spa
★★★★★



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