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SCHENNA
RESORT
SOURCE OF LIGHT

**WELLNESS
AND SPA**

CONTENT

Philosophy	4
SPA Packages	5
SPA for Two	6
Our Beauty Partners	10
Facial Treatments	12
Feather Touch	14
Beauty Extras	16
Hairdresser - Wellness for the Hair	18
Body Rituals	22
South Tyrolean Baths	24
Classic Massages	28
Special Massages	30
Kids SPA	32
Babymoon	33
Body, Mind & Soul	36
SPA Information	38

PHILOSOPHY

Welcome to the Schenna Resort SPA – your retreat for well-being, care, and inner balance.

Our SPA philosophy is inspired by the Flower of Life, a symbol of harmony, wholeness, and the connection between body, mind, and soul. Just like the perfect geometry of the Flower of Life, we strive to help you harmonize inner strength and outer beauty.

Our experienced SPA team looks forward to pampering you and providing unforgettable moments of relaxation.



SPA PACKAGES

Recover physically, relax mentally, or strengthen yourself holistically?

Our SPA packages are carefully designed combinations that offer the highest synergy of effectiveness and relaxation.

● FEEL WELL

Take your time, breathe deeply, let go – a break for physical recovery.

- Head & neck massage
- Sports massage or aromatic oil massage
- Facial treatment – Beauty for me or Nature of men

230 Euro

● BLISSFUL ESCAPE

Revitalize, slow down, relax – for holistic regeneration.

- Body peeling – Radiance & freshness
- Anti-stress body massage, 50 min.

140 Euro

● LONGEVITY

Be touched and find harmony – inner balance and well-being.

- Inner Balance Chakra treatment
- Facial treatment – Beauty for me or Nature of men

185 Euro



SPA FOR TWO

Time and indulgence for two

For us, true luxury means spending time with the people who are closest to our hearts. With our Signature Treatments, you can create special moments of happiness together with your loved one.

● **VINEAM** – *Trilogy*

Enjoy deep relaxation in our natural body sound bath.

A dry exfoliation and a relaxing full-body massage await you, including facial, head, and neck treatments – individually tailored to your needs.

Let the magic linger with a glass of sparkling wine or wine from our vineyard, accompanied by small South Tyrolean delicacies in a soothing atmosphere – a deeply indulgent experience!

For 2 persons **120 min. | 340 Euro**

● **MASSAGE ENJOYMENT FOR TWO**

Relax with a soothing full-body essential oil massage, each for himself and yet together.

50 min. | 174 Euro

● **BODY COMPLETE** – *for two*

A pampering experience for all the senses. Start with a shared foot bath and foot exfoliation. Relax in the rose steam bath, with a prepared scrub for self-exfoliation, and melt away with the exclusive aromatic oil full-body massage.

For 2 persons **80 min. | 260 Euro**

THE SOUTH TYROLEAN HERB STAMP RITUAL

see page 30

80 min. | 284 Euro

BATH RITUALS RELAXING BATH AND MASSAGE

see page 24

50 min. | 172 Euro

BEAUTYFUL FACE





OUR BEAUTY PARTNERS

The quality of our skincare products is of utmost importance to us. We offer 100% natural cosmetics and holistic luxury with our beauty partners.



PHARMOS GREEN LUXURY

PHARMOS NATUR stands for high-quality skincare products that harness the infinite power of plants.

The brand combines traditional herbal knowledge with modern scientific insights, creating a unique synergy for holistic well-being. High-quality Aloe Vera juice is used instead of water. The highlight of various treatments is the application of the fresh Aloe Vera plant leaf. For pure well-being in your entire being!



VITALIS DR. JOSEPH

A South Tyrolean company with an international presence, combining technology and the holistic effectiveness of nature.

The highest quality and purity of the products are top priorities, as is a respectful approach to natural resources. Complex formulations and holistic approaches ensure stunning and healthy skin!



BEAUTY

Facial Treatments

● BEAUTY FOR ME

Individual & tailored

Our beauty experts decode your personal beauty code – just as you wish, with the ideal treatment focus for you. Whether it's freshness & purity, power & glow, or detox & calming – you decide how long your pampering moment should last: 50 or 80 minutes with the skincare line that suits you best – Pharmos Natur or Team Dr. Joseph. Skin diagnosis, cleansing, exfoliation, active serum, deep cleansing or short massage for face and neck, facial mask, and daily care.

50 min. | 92 Euro

ADDITIONAL TO THE 50 MIN. TREATMENT

Experience deep cleansing, intensive massage of the face, neck, and décolleté, special mask, eyebrow shaping, and intensive eye care, along with daily care.

80 min. | 140 Euro

● LOVE YOUR AGE

Rejuvenating & regenerating

This revitalizing treatment reactivates and renews the skin with exfoliation, massage, and mask. The active ingredients of the fresh Aloe Vera leaf and high-quality skincare products nourish your skin, smooth fine lines, and provide visible firmness. During the mask, you will also receive a nurturing hand pack and hand massage. A true love gesture for your skin with amazing results.

80 min. | 148 Euro

● NATURE OF MEN

Facial treatment

100% natural power – quick and perfect in its effect. Goodbye tension and stress.

This intensive treatment with cleansing, exfoliation, mask, massage, and care is a complete package for men's skin. During the integrated facial massage with the fresh Aloe Vera leaf, your facial features will relax. Look forward to noticeable effects and beautiful visible results.

50 min. | 92 Euro

80 min. | 140 Euro

● **FOR YOUR EYES ONLY**

Radiant & rejuvenating

A gentle algae exfoliation provides instant freshness, followed by an intensely rejuvenating massage. The subsequent lifting mask with fresh Aloe Vera provides a firm and smooth contour, making your eyes sparkle.

25 min. | 46 Euro

In combination with a facial treatment

THIS PERFECTLY COMPLEMENTS:

● **LIVER WRAP**

Detox & Regeneration

Treat yourself to a liver wrap with healing clay, detox oil, and Aloe Vera during facial treatments – a holistic potency booster for the entire body and overall well-being!

34 Euro

32 Euro



THE FUTURE OF SKINCARE: FEATHERTOUCH™ NANO CORE TECHNOLOGY.

INSTANTLY VISIBLE RESULTS, LASTING BEAUTY.

Experience the future of skincare with FeatherTouch. This high-tech device sets new standards in cosmetics, allowing precise, gentle treatments for instantly visible and lasting results for your skin. Thanks to the innovative FeatherTouch technology, your skin is deeply nourished, hydrated, and rejuvenated – virtually touchless and with the highest precision.

THE SECRET IS THE TIP:

49 individual „nano hollow pyramids“ perfectly crafted into a module represent a masterpiece of engineering and are the breakthrough in the effective, imperceptible delivery of active ingredients through the human skin barrier.



FEATHERTOUCH
NEEDLE-FREE NANO THERAPY FOR WRINKLE TREATMENT

This innovative facial treatment is suitable for all skin types and works directly at the cellular level – perfect for the sensitive eye area as well. It promotes skin renewal, stimulates the production of elastin and collagen, and strengthens the natural cellular protection by infusing a personalized active ingredient ampoule. The activated self-healing process results in an instantly visible smoothing effect, softness, and a plumper skin appearance.

FEATHERTOUCH - BASIC

50 min. | 125 Euro

FEATHERTOUCH - DELUXE

80 min. | 185 Euro

Including neck and décolleté



BEAUTY EXTRAS

EYE

Eyebrow shaping	20 Euro
Eyebrow tinting	20 Euro
Eyelash tinting	20 Euro

Available with any facial treatment

FACE

Make-up with makeup tips	48 Euro
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HAND AND FOOT

Manicure	78 Euro
Manicure with polish	83 Euro
Manicure with permanent polish	88 Euro
Removal of permanent polish and filing of nails	39 Euro

Pedicure	84 Euro
Pedicure with polish	90 Euro
Pedicure with permanent polish	95 Euro

DEPILATION

Upper lip/Chin	21 Euro
Full legs	77 Euro
Legs up to knee	47 Euro
Underarms or bikini area	30 Euro
Back	47 Euro
Chest	47 Euro





HAIRDRESSER

Wellness for the hair

Our special hair treatment programs.

Washing, blow-drying, hair coloring, or getting a new look, all while enjoying a head massage – let our expert Evelyn advise you at our hair studio.

WASH AND BLOW-DRY OR STYLE

Consultation - Rejuvenating hair wash -
Customized styling

Short hair **42 Euro**
Long hair **47 Euro**

WASH, CUT AND BLOW-DRY

Consultation - Rejuvenating hair wash -
Customized cut and styling

Short hair **64 Euro**
Long hair **68 Euro**

MEN'S HAIRCUT **38 EURO**

Consultation - Rejuvenating hair wash -
Customized cut and styling

CHILDREN'S HAIRCUT **25 Euro up to 40 Euro**

With wash and blow-dry up to 14 years old

EXTRAS

TONING AND COLORING **59 Euro**

Personalized color consultation, gentle and long-lasting colorations, special color sealing

HIGHLIGHTS

Personalized color consultation, special color sealing

Top of the head **58 Euro**
Full head **70 Euro**

PIN HAIRSTYLE starting from **40 EURO**

SPECIAL HAIR CARE **20 EURO**

Treatment pack – Intensive regeneration, volume, and shine

HEAD MASSAGE **18 EURO**

SMALL MANICURE

During build-up treatment, care mask, or color **29 Euro**
with polish **39 Euro**



BEAUTY SPECIAL

...whether it's a wedding, birthday party, or just because...

HAIR & BEAUTY - CLASSIC

Consulenza - Acconciatura -
Make-up per il giorno

50 min. | 82 Euro

HAIR & BEAUTY EXCLUSIVE

Consultation - Hair styling - Make-up
Manicure with polish

100 min. | 158 Euro

BEAUTYFUL **BODY**





BODY RITUALS

& Body Wraps

● ● BODYPEELING

Radiance & Freshness

A deep skin cleansing and relaxation time in one, for a wonderfully soft and smooth skin feeling - more firmness and elasticity included, with a scrub of your choice.

Aromatherapy oil & salt scrub / hay flower scrub / dry scrub with linen glove

20 min. | 49 Euro

Tip: We recommend a peeling before every massage and body treatment.

● DETOX BODY

Lightness & Vitality

This deep-cleansing full-body treatment with precious healing plants combined with pure organic Aloe Vera begins with an activating Garsan glove massage, followed by a drainage massage, including an abdominal massage and liver wrap. This treatment detoxifies and decongests the body through the lymphatic system, strengthens and firms connective tissue, activates metabolism, and reduces cellulite.

80 min. | 159 Euro

● ● BODY WRAPS

Body Packings

The special relaxation and recovery of these body packs are available in the following variants:

- **Detoxifying Alpine Fango** – Detoxifying, metabolism-boosting, detox with healing clay
- **Sport & Vitality** – Revitalizing, activating, relaxing for the muscles, for the active guest
- **Regenerating** – Rich in vitamins, nourishing, soothing for the skin, supports skin elasticity

20 min. | 49 Euro



● **LIVER WRAP**

Detox & Regeneration

The liver wrap with healing clay, detox oil, organic fresh juice, and Aloe Vera promotes blood circulation in the liver. This accelerates the detoxification and regeneration process, providing you with new vitality and energy.

25 min. | 48 Euro

In combination with another treatment

34 Euro

● ● **ANTI-STRESS BODY**

Relax & Decompression

A draining full-body massage with gentle, energy-flow stimulating strokes and stretches, making it the ideal treatment to release stress, counteract overload, and recharge energy. Internal tensions dissolve, and the nervous system is soothed. The skin is simultaneously deeply refreshed and cared for.

50 Min. | 98 Euro

with sound bowls

80 Min. | 146 Euro



SOUTH TYROLEAN BATHS

In South Tyrol, baths have always been considered beneficial and have a long-standing tradition. Our "Badln" in the larch wood tub with Schenna mountain spring water are more than just regular baths!

These baths, combined with the latest technology of natural body sound transducers, provide a unique, deep wellness experience that combines the healing and relaxing properties of sound with the soothing effect of a bath.

We have selected 3 bath rituals for you, which, in combination with the wonderful sound experience, aim to provide a pleasurable sense of well-being. A holistic synergy, perfectly tailored to your state of being.

Each Bath includes:

- a soothing foot massage, or
 - a relaxing back massage
- A cup of South Tyrolean herbal tea for the after-relaxation – pure deceleration!

50 min. | 88 Euro

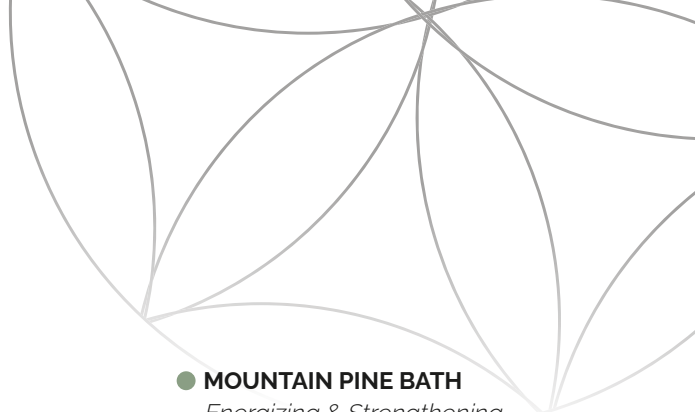
50 min. | 172 Euro for two

● ROSE PETAL BATH

Nourishing & Relaxing

Rose petal essence, milk, and honey pamper your skin and make you forget the everyday routine.





● **HAY BATH**

Balancing & Relieving

A relieving ritual with fragrant alpine meadow herbs and grasses that relax both body and mind equally.

● **MOUNTAIN PINE BATH**

Energizing & Strengthening

Experience the powerful force of the mountain pine, which strengthens the immune system, brightens the mood, and clears the mind.





RELAX
MASSAGE



MASSAGES

Classic - Deep & Releasing

●●● CLASSIC MESSAGE

With classic massage techniques, the body and muscles are treated and cared for with personalized intensity, various massage methods, and a special massage oil. Fresh and invigorated, balanced and relaxed – like reborn!

Choose your personal focus: back, shoulders/neck, legs, or face.

Partial body **25 min. | 52 Euro**
Full body **50 min. | 89 Euro**
Full body **80 min. | 134 Euro**

● RELAXING & GROUNDING

With gentle, balancing massage techniques, warm massage oil, and a personalized scent, the entire body is relaxed. You will feel liberated, supple, and rejuvenated.

This wonderful ritual will melt your body.

50 min. | 89 Euro
80 min. | 134 Euro

●● SPORTS MESSAGE

Fit & Full of Power

Deeply effective massage techniques for tense and tired muscles with invigorating sports fluid and activating oils. After exercise or over-exertion, this intensive massage and gentle stretches help loosen your muscles, leaving you feeling powerful, fit, and revitalized.

50 min. | 94 Euro

●● HEAD & NECK MESSAGE

Stress-free & Clear

Arnica and St. John's Wort are the active enhancers for the head and neck, promoting a liberated and relaxed sense of well-being on all levels.

Simply switch off, let go, and enjoy.

25 min. | 54 Euro

The ideal preparation for a classic massage is a full-body scrub.



● ● **FRESH HIKING LEGS**

Light-footed & Rejuvenated

Tired athlete and hiking legs are revitalized and pampered with a foot compress and a subsequent foot and calf massage using refreshing and relaxing chestnut and mint gel. The result is vital and fit legs.

25 min. | 54 Euro

● **REFLEXOLOGY FOOT MASSAGE**

Energetically Balanced & Activated

A pure treat for your feet and the entire body. The self-healing powers are activated, and the metabolism is stimulated. Relaxation and revitalization at once!

25 min. | 54 Euro



MASSAGE SPECIAL

● **RESONANCE BACK MASSAGE**

Free & Released

A personalized back massage with highly effective natural products. Sound bowls and cupping glasses release tension in the back muscles and improve spinal dynamics. Free yourself sustainably from burdens and blockages.

50 min. | 98 Euro

● ● **SOUTH TYROLEAN HERBAL STAMP RITUAL**

Activating & Relaxing

We begin with a smudging ritual using traditional herbal blends to prepare for the following herbal stamp massage with South Tyrolean mountain herbs. The massage is performed both with the hot herbal stamps and by hand. Your skin is gently exfoliated, well-circulated, and nourished with almond oil. The entire musculature and fascia are mobilized and made more flexible. The warmth and fragrance also induce deep relaxation on all levels.

50 min. | 98 Euro

● ● ● **BACH FLOWER RITUAL**

Mindfully & Gently Touched

This gentle full-body energy massage with foot compresses, warming almond oil, and the Bach flower essences intuitively chosen by you works harmonizing on body, soul, and mind, activating self-healing powers, enhanced by the sound bowl treatment. You will receive your personal Bach flower blend, along with a description for continued use at home.

80 min. | 146 Euro

● ● **HOT STONE**

Deeply Relaxing & Strengthening

Experience the pure indulgence of hot volcanic stones and high-quality oils. The body's energy sources are activated. The heat from the stones penetrates deeply into the body, providing deep relaxation and stimulating the body's natural detoxification.

80 min. | 146 Euro



●● **LOMI LOMI NUI**

Liberating & Blissful

The Hawaiian queen of massage is performed with plenty of warm oil, not only with the hands but also with the entire forearm. It can be very gentle and soothing, yet also release deep tensions. Let go on all levels of being!

80 min. | 149 Euro

●● **DRAINING MASSAGE**

Releasing & Strengthening

Very gentle, rhythmic pressure movements stimulate lymph flow, relieve water retention and edema. Additionally, the immune system is strengthened.

50 min. | 89 Euro

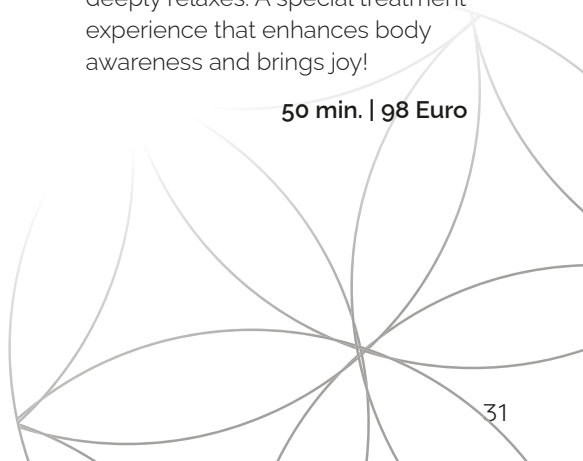
●●● **INNER BALANCE**

Chakra Treatment

Inner Strength - Energetic Chakra Ritual

Your personal path to harmony and inner balance. This composition of gently scented, pure chakra oils, targeted massage techniques working on your 7 energy centers, and the use of gemstones, deeply relaxes. A special treatment experience that enhances body awareness and brings joy!

50 min. | 98 Euro



KIDS & TEENIES SPA

Gentle touch moments and care for the little treasures

RELAXING MASSAGE

(also together with mom or dad in one room)

Partial massage **25 min. | 52 Euro**

Full body massage **50 min. | 89 Euro**

TEENIE FACE

Gentle facial treatment specifically for young skin – cleansing with peeling and mask. Perfectly tailored to the needs of children and teenagers.

25 min. | 48 Euro

BEAUTY SPECIAL

• Small manicure with polish, possibly with child-friendly designs and Bling Bling

40 Euro

HAIRDRESSER

Children's haircut, with washing and blow-drying

up to 14 years **25 – 40 Euro**

Available at the SPA:

Kids' tattoos and glitter makeup



BABY MOON

For expecting moms

Well-being and care for the expecting mom and baby

BODY PEELING

Radiance & Freshness

Aromatherapy oil & salt scrub / hay flower scrub / dry scrub with linen glove

20 min. | 49 Euro

BACH FLOWER RITUAL

Mindfully & gently touched

A gentle energy massage with foot compresses, warming almond oil, and individually chosen Bach flower essences. Harmonizes body, mind, and soul – rounded off with a sound bowl treatment. Your personal Bach flower mixture for home is included.

80 min. | 146 Euro

BABY MOON MASSAGE RITUAL

Soothing & relaxing

We begin with warm foot compresses, followed by a relaxing massage ritual. The subsequent pregnancy massage, with gentle, flowing touches, is balancing, relieves pain, and promotes well-being.

50 min. | 89 Euro

Together with the expecting dad

50 min. | 174 Euro

Other **BABY MOON** offers, you can find them on our website.



AND BREATHE





BODY, MIND & SOUL

Treat your body, mind, and soul well and aim for holistic well-being. We are happy to support you in this, for example with our diverse offering designed to promote your well-being and longevity."

- • „With our **weekly Mind-&-Aktiv program**, we offer you a bouquet of activity options. Look forward to Hatha and Vinyasa Yoga, guided meditations, breathing and mindfulness exercises, awareness workshops, Pilates, Aquagym, and various sports offerings.
- • In our **Rosengarten fitness room**, you will find high-quality cardio, strength, and small equipment, all while enjoying a breathtaking view of the valley. In the **Mitterplatt outdoor fitness area**, cardio and functional fitness equipment are available.
- Weekly guided hikes take place. Additionally, a wide **range of hiking and alpine activities** are available at the hotel reception or online.

●●● PERSONAL TRAINING

Our wellness and fitness trainer supports you with useful tips and develops your personal training program tailored to your body needs, with tips for home exercises.

50 min. | 89 Euro

●●● GUIDED MEDITATION

Would you like to discover or deepen meditation? The individually tailored meditation provides you with deep relaxation and helps you achieve more peace and serenity.

50 min. | 89 Euro



●●● **YOGA**

Individual lesson

Our certified yoga expert will guide you into the fascinating world of yoga, tailored to your needs. You will also receive valuable exercises to do at home. Whether you are of a more mature age, pregnant or have physical handicaps, here everyone is picked up where they stand.

50 min. | 89 Euro

●●● **CONNECTED BREATH**

Individual Session

Experience the transformative power of conscious breathing in an individual Connected Breath session. Welcome to the healing world of breath.

50 min. | 89 Euro



SPA INFORMATIONS

OPENING HOURS:

SPA Treatments 8:00 AM to 7:30 PM

SECURE YOUR PREFERRED APPOINTMENT

To ensure your treatment is available at your desired time, we recommend booking before your arrival.

Last-minute bookings are possible depending on availability.

Tel +39 0473 230 760

www.schennaresort.com

Internal extension: 510 or 100

If you are unable to attend an appointment, please let us know at least 24 hours in advance. We kindly ask for your understanding that a missed cancellation will result in the full treatment charge. Our SPA reception is happy to assist you personally and help you put together your individual wellness program.

BEFORE THE TREATMENT

Take some time for yourself! To fully enjoy your treatment, please arrive 5 minutes before your scheduled time at the SPA reception. As our spa area is a place for relaxation and recovery, please set your phone to silent and refrain from making calls. Additionally, please note that our services do not include therapeutic treatments. We ask pregnant women and those undergoing medical treatment to inform us in advance.

FITNESS

Opening Hours: 7:00 AM – 10:00 PM

POOLS

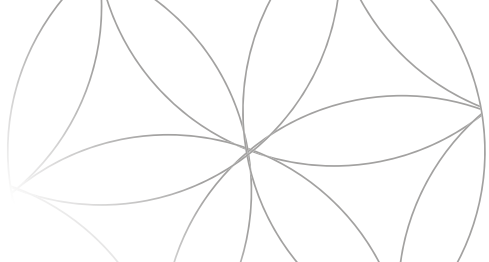
Dive into the refreshing waters and experience how, minute by minute, all your worries melt away, allowing you to indulge in limitless relaxation. At Schenna Resort, we offer various expansive water worlds:

- Infinity Panorama Pool Luminis
- Hotel Rosengarten Pool (for guests aged 14 and older)
- Hotel Mitterplatt Pool (for guests aged 16 and older)
- Family Fun Lumi World:
Indoor Funpool for Teenagers, Waterslide, Baby Pool, and Spray Park

SAUNA WORLD

- Sauna Worlds – Rosengarten – Adult Only
 - Family Sauna Area (dress-on – reservation required)
 - Mitterplatt Sauna Area
- Opening hours are available online

Whether it's the Finnish sauna, bio sauna, infrared cabin, Turkish steam bath, or vineyard sauna, Schenna Resort offers something for every sauna enthusiast! Themed sauna infusions are held regularly in the event saunas at Hotel Rosengarten and Mitterplatt.



SAUNA ETIQUETTE

Please note that our sauna areas are textile-free zones, where you can wrap yourself in a towel instead of wearing swimwear.

An exception is the Family Sauna area Lumi, where children are especially welcome and it is a textile area.

Showering before and after your sauna session is essential.

UNWIND AND RELAX

Our wellness areas are places of well-being and relaxation. Therefore, we ask you to maintain quiet and discretion, even when using electronic devices. Additionally, please be aware that reserving relaxation loungers is not permitted. Towels and personal items left on loungers will be removed by our staff after a certain period of time.

Soft bath and sauna towels are available in the SPA basket in your room. We are a GSTC certified hotel, and the environment is very important to us. Therefore, we encourage you to use your own slippers. If you forget them at home, you can receive them at the hotel reception.



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