

# La Perla

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s p a & b e a u t y



*Special offer*  
**10%**  
*on 4 treatments*  
*per person*

## *Our suggestion*

Get a 10% discount for 4 or more treatments per person of your choice.

## *Cancellation*

If you have to change or cancel your appointment, please do so the day before at the latest. Otherwise 50% of the treatment price will be charged.



**VITALIS**

DR JOSEPH



## *Our partner:* *Vitalis Dr. Joseph*

**Natural products, created with intelligence. Since 1986.**

We have found our ideal partner with VITALIS Dr. Joseph. Internationally successful and at home in South Tyrol, VITALIS Dr. Joseph stands for the principles that also guide our hotel. VITALIS Dr. Joseph has made it a mission to respect nature in its purity and diversity, to capture it carefully and to reflect it in sustainable and effective quality products.

**A sense of responsibility and respect for natural resources is both a concern and commitment that we share with VITALIS Dr. Joseph.**



# The Team D<sup>R</sup> Joseph Method

Based both on the needs of your skin and scientific findings, the manual treatment method of TEAM D<sup>R</sup> JOSEPH starts deep in the tissue. Following the natural laws of function, the skin’s metabolism is brought into balance: The nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.

Experience for yourself the individual beauty care offered by the method of TEAM D<sup>R</sup> JOSEPH:

**pureness. recreation. protection.**

# Our facial treatments according to “Team D<sup>R</sup> Joseph” method

**INTENSE PURIFYING FACE TREATMENT**

In-depth cleansing specific to your skin type based on the method of TEAM D<sup>R</sup> JOSEPH: Your skin? Bright and soft. Your face? Radiant. Your feeling? Clear and energetic. Beginning with warm herbal compresses; a gentle massage stimulating the lymphatic system; peeling; cleansing with cupping glasses and deep cleansing - followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.

**50 min. .... Euro 75,00**

**CELLULAR RECREATION FACE TREATMENT**

A wonderful natural treatment with active ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program based on the method of TEAM D<sup>R</sup> JOSEPH: Skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a modulated facial massage; an intensive facial mask and finally, individual daily skin care. With highly effective, naturally active ingredients for healthy and thoroughly cared-for skin.

**80 min. .... Euro 105,00**

**ADVANCED BIO LIFTING FACE TREATMENT**

The holistic maximum program based on the method of TEAM D<sup>R</sup> JOSEPH: Intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a bio-energetic lifting massage; an intensive facial mask, and finally, individual daily skin care and stabilization. Nature’s high-tech solution for a sustained impact, immediate visibility and maximum effect.

**110 min. .... Euro 135,00**

**EXPRESS POWER LIFT FOR MEN**

The TEAM D<sup>R</sup> JOSEPH method for men. Powerful, natural, effective: Skin diagnostics; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing; special serum; an intensive mask with facial massage, and finally, individual daily skin care. Natural high-tech power for a powerful and well-groomed appearance.

**50 min. .... Euro 78,00**





## *Well-being packs in our soft pack waterbed*

### HAY BATH

The hay promotes blood circulation, stimulates the metabolism, drains and strengthens the immune system.

**25 min. .... Euro 48,00**

### ALGAE PACK

Has a purifying, regenerative effect on the cells.

**25 min. .... Euro 48,00**

### MINERAL MUD PACK

The natural mud from the Dead Sea is rich in minerals. It is an effective therapy that exploits the benefits of heat, suitable for muscle contractions and rheumatic pain.

**25 min. .... Euro 48,00**

### ANTI AGING WITH WINE GRAPES AND BUCKTHORN

Pure regeneration. The combined power of wine grapes and sea buckthorn protect your skin and leaves a pleasantly silky feeling of wellbeing.

**25 min. .... Euro 48,00**

### BODY PACK WITH ARNICA & ST. JOHN' S WORT

Especially designed to relieve tension after sporting, activities and provide maximum support for muscle regeneration. The perfect option for active people.

**25 min. .... Euro 48,00**

### BODY PEELING

Removes dead scales and creates a softer skin.

**25 min. .... Euro 48,00**





# Massages

*...well-being for body and mind*

**HERBAL POUCHES MASSAGE**  
This herbal pouches massage by VITALIS Dr. Joseph is a powerful and intensive full-body treatment with precious natural oils, selected organic herbal blends and unique combinations of active components. The herbal sachets 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. .... Euro 78,00**

**DORSALIS – SOPHISTICATED BACK PROGRAM**  
The Vitalis Massage Resonance | Dorsalis, with highly effective natural products 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. .... Euro 70,00**

**CLASSIC FULL BODY MASSAGE**  
Improves the blood flow and relaxes the muscles.

**50 min. .... Euro 75,00**

**SPORTS MASSAGE**  
It reduces muscle tension, improves flexibility and relieves pain after sports activities.

**50 min. .... Euro 75,00**

**RELAXING MASSAGE USING ESSENTIAL OILS**  
Harmonious, gentle movements relax your body and the essential oils have relaxing, stress-reducing, pain-relieving and skin-nourishing properties.

**50 min. .... Euro 75,00**

**HOT STONE MASSAGE**  
Warm lava stones help alleviate blockages and stimulate the blood flow. The stones relieve pains and relax your mind.

**75 min. .... Euro 95,00**

**BACK OR LEG MASSAGE**  
Loosens cramps and tensions.

**25 min. .... Euro 45,00**

**FACIAL MASSAGE**  
Pleasantly relaxing and tightening treatment for the face muscles.

**25 min. .... Euro 40,00**

**CHILDREN MASSAGE**  
(FROM AGE 5 TO 15)  
Relaxing moments for our little ones.  
Calming massage with scented massage oil.

**25 min. .... Euro 45,00**



## Beneficial body treatments

### INNOVATIVE CELLULITE LEGS TREATMENT

The Vitalis Massage Resonanz | Cellulite is a unique massage technique: Singing bowls are used in combination with potent natural ingredients that provide efficient, long-term, and visible alleviation of the signs of cellulite. Unique features of this massage include an activating foot bath, an invigorating body exfoliation, a stimulating glass cupping treatment and a modulated cellulite massage with singing bowls.

**50 min.** ..... **Euro 75,00**

### BODY PEELING WITH HAY FLOWERS

The gentle, efficient body scrub with hay flowers, crushed hazelnut shells and apricot seeds cleanses the skin in depth and stimulates tissue regeneration. It also gives your skin a brighter, clearer and more radiant appearance.

#### + HALF BODY MASSAGE

**50 min.** ..... **Euro 78,00**

#### + FULL BODY MASSAGE

**75 min.** ..... **Euro 100,00**

### BODY PACK

#### WITH ARNICA & ST. JOHN' S WORT

Especially designed to relieve tension after sport activities and provide maximum support for muscle regeneration. The perfect option for active people.

#### + HALF BODY MASSAGE

**50 min.** ..... **Euro 78,00**

#### + SPORTS MASSAGE

**75 min.** ..... **Euro 100,00**

### ANTI AGING

#### WITH WINE GRAPES AND BUCKTHORN

Pure regeneration. The combined power of wine grapes and sea buckthorn protect your skin and leaves a pleasantly silky feeling of wellbeing.

#### + HALF BODY MASSAGE

**50 min.** ..... **Euro 78,00**

#### + DRAINAGE MASSAGE

**75 min.** ..... **Euro 100,00**

## Additional treatments

Eyebrow regulation ..... **Euro 15,00**

Depilation upper lip area ..... **Euro 15,00**

Depilation half leg ..... **Euro 35,00**

Depilation full leg ..... **Euro 48,00**

Depilation armpit area ..... **Euro 15,00**

Depilation bikini area ..... **Euro 20,00**

Depilation half leg, armpit area, bikini area ..... **Euro 70,00**

### Hand and foot care

Manicure ..... **Euro 55,00**

with nail varnish ..... **Euro 60,00**

Pedicure ..... **Euro 55,00**

with nail varnish ..... **Euro 60,00**

Nail varnish ..... **Euro 20,00**



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