



SPA & WELLNESS



**MÜHLENERHOF**

Moving Vacation.



Our kind of wellness is designed to nurture the body, soul and spirit in every way imaginable. Lean back and relax – Mühlener Hof will be there to support you.



**INVIGORATING  
TRANQUILLITY.**

## FACIAL TREATMENTS

### VITALIS INTRODUCTORY FACIAL TREATMENT

Cleansing, peeling, massage and face pack for every skin type.

55 min € 52.00

### VITALIS FACIAL TREATMENT FOR BLEMISHED SKIN

Natural care which cleanses the skin without drying it.

The products soothe the skin with natural ingredients such as honey, camomile and lavender.

Cleansing, peeling, exfoliation, eyebrow correction, massage, face pack, daytime care

85 min € 75.00

### VITALIS FACIAL TREATMENT FOR DRY SKIN

Moisturising treatment with jojoba oil, ginseng and aloe vera – lends your skin new freshness and a radiant appearance.

Cleansing, peeling, exfoliation, eyebrow correction, massage, face pack, daytime care

85 min € 75.00

### VITALIS FACIAL TREATMENT FOR MATURE SKIN

The invigorating treatment with hops and pomegranate provides moisture, supports cell regeneration and gives the skin a smooth, firm appearance.

Cleansing, peeling, exfoliation, eyebrow correction, massage, face pack, daytime care

85 min € 75.00

### FACIAL TREATMENT ESPECIALLY FOR HIM

Nurturing and moisturising treatment.

Cleansing, peeling, exfoliation, massage, face pack, daytime care

75 min € 68.00

### CLASSIC FACIAL MASSAGE

20 min € 23.00

### ADDITIONAL TREATMENTS

Eyebrow correction	€ 10.00
Eyelash tinting	€ 12.00
Eyebrow tinting	€ 12.00
Eye pack	€ 12.00
Eyelash and eyebrow tinting	€ 20.00

### DEPILATION

Upper lip	€ 8.00
Chin	€ 8.00
Underarm	€ 12.00
Bikini zone	€ 14.00
Entire legs	€ 35.00
Legs up to knee	€ 28.00

### ESPECIALLY FOR HIM

Back	€ 20.00
Chest	€ 20.00



The wellness treatments at Mühlener Hof do not have therapeutic purposes, but are intended to promote your well-being.

## OUR ARRANGEMENTS

### A DAY OF PAMPERING

- Facial treatment according to skin type (85 min)
- Reflexology
- Herbal bath
- Partial massage € 145.00

### A DREAMY DAY

- Herbal whirlpool
- South Tyrolean hay bath
- Partial massage € 85.00

### A DAY OF REGENERATION

- Body peeling
- Body pack
- Full-body massage for relaxation € 99.00

### FEEL-GOOD PACKAGE

- South Tyrolean hay bath
- Partial massage
- Manicure
- Pedicure € 102.00

### JUST FOR MEN

- South Tyrolean hay bath
- Full-body massage
- Facial treatment for HIM
- Manicure € 165.00

### DE-STRESS PACKAGE

- Brush massage
- South Tyrolean hay bath
- Full-body massage
- Facial massage € 122.00

### RELAXATION PACKAGE

- Body peeling
- Herbal bath
- Vitalstone massage € 135.00

### BEAUTY PACKAGE

- Facial care according to skin type (85 min)
- Eyelash and eyebrow tinting
- Body peeling
- Full-body massage
- Manicure with varnish
- Pedicure with varnish € 225.00

### TRANQUILLITY PACKAGE

- Hot towel back massage
- Foot reflexology
- Facial massage € 89.00

### DAYDREAM WELLNESS DAYS

- Energetic scalp treatment
- Hay bath followed by full-body massage
- Pedicure with reflexology
- Facial treatment according to skin type
- Full-body peeling
- Pedicure € 260.00

### BELVITA BEAUTY DAYS

- Facial treatment according to skin type (85 min)
- Basic facial treatment
- Eyelash and eyebrow tinting
- Full-body massage
- Brush massage
- Herbal bath
- Body pack € 225.00



Combine your favourite treatments just as you like and create your own individual wellness package!

## OUR MASSAGES

### CLASSICS

#### CLASSIC FULL-BODY MASSAGE

This massage relieves painful muscle tension and stimulates blood circulation and mental relaxation.

50 min € 50.00

#### CLASSIC PARTIAL MASSAGE

Back massage to ease stress and tension.

25 min € 30.00

#### BACK MASSAGE

with hot towel

40 min € 42.00

#### BRUSH MASSAGE

This massage, which is carried out with a brush, stimulates the whole circulatory system. Blood circulation in the skin is improved and the pores are opened. This promotes detoxification and the oxygen uptake.

25 min € 32.00

#### SPORT MASSAGE

After strenuous physical activities, the muscles are kneaded, loosened and relaxed.

25 min € 30.00

### SPECIAL OFFERINGS

#### AYURVEDA OIL MASSAGE

With this gentle oil massage, you are pampered from head to toe with warm, high-quality plants, tension and stress are eased, and the skin is cleansed and nourished.

85 min € 89.00

#### BALANCE MASSAGE WITH AROMATIC OIL

The relaxing properties of lavender and mandarin and the soothing effect of exotic fragrances such as ylang ylang and frankincense dissolve mental and muscular tension in the entire body.

45 min € 52.00

#### FOOT REFLEXOLOGY

A foot massage with a de-stressing effect! Our body is mirrored on the soles of the feet. By means of certain pressure points, the organs can be stimulated.

30 min € 35.00

#### VITALSTONE MASSAGE

This massage lets us forget everyday stress, stimulates blood circulation and strengthens self-healing capacities.

80 min € 95.00



Already for thousands of years massage has been performed with basalt stones of volcanic origin, in order to energise, cleanse and invigorate the body.

## PEELINGS & PACKS

### VITALIS BODY PACK

This moisturising pack with arnica and St. John's wort imparts a pleasant skin feeling, relaxes and promotes blood circulation.

30 min € 32.00

### FULL-BODY MASSAGE WITH BODY PEELING

The salt exfoliation removes dead skin flakes. Following this, the entire body is massaged with a rich cream for relaxation.

60 min € 70.00

### WHOLE-BODY FANGO TREATMENT WITH MASSAGE

Effective on muscle tension and rheumatic complaints. The subsequent body massage is intended for your physical relaxation.

85 min € 79.00

### FANGO LEG WRAP WITH MASSAGE

This cold compress has a refreshing, loosening effect especially on heavy, tired legs.

60 min € 62.00

### CELLULITE TREATMENT

This compress provides warmth and has a purifying, firming effect. It is followed by a massage to stimulate blood circulation.

55 min € 60.00

### HIMALAYA SALT PEELING

This peeling gently removes dead, callused skin, stimulates blood circulation and makes the skin soft and supple.

25 min € 28.00

### BODY PEELING WITH ORGANIC APRICOT AND MOUNTAIN PINE

A pleasant alpine peeling milk for smooth, soft skin. This fine body scrub with apricots, hay flowers, mountain pine and beeswax gently exfoliates your skin. Select pure essential oils give your skin new energy and moisture and optimal care.

25 min € 32.00

### BODY PEELING WITH ORGANIC HAY FLOWERS

This gentle hay flower body scrub with finely ground nutshells and apricot pits deeply cleanses the skin and gives it a more radiant, clearer appearance.

25 min € 32.00

### AYURASAN BODY TREATMENT

This Ayurvedic body treatment has a tremendously relaxing, purifying and nurturing effect. It includes body peeling with a raw silk glove, an Ayurvedic full-body massage and concludes with skin care.

85 min € 98.00

## INVIGORATING BATHS

### TYROLEAN HAY BATH WITH SHORT BACK MASSAGE

The entire body is bedded in water-soaked hay and gently warmed.

This leads to increased perspiration and purification of the skin, and is ideal for arthrosis.

45 min € 55.00

### GOAT'S MILK WHEY BATH „GOASROSCHT“

A bath with a goat whey additive is particularly recommended for sensitive skin and also for skin diseases such as flaky skin or neurodermatitis. The skin is refreshed and becomes more elastic, the complexion appears rosy and rejuvenated.

Fresh goat whey from the local „Goasroscht“ farm is used.

25 min € 35.00

### HERBAL BATH WITH EUCALYPTUS AND MINT

This bath has an invigorating, refreshing effect on the entire body.

25 min € 28.00

### HERBAL BATH WITH HORSE CHESTNUT AND ROSEMARY

This bath has an invigorating, stimulating effect on the entire circulatory system.

25 min € 28.00

### HERBAL BATH WITH BALM AND ORANGE

This bath soothes and relaxes the entire body and pampers your skin with gentle scents.

25 min € 28.00

## HANDS & FEET

Well-being, groomed from head to toe – yes, it begins with the face, but delicate hands are part of it as well. And beautiful legs ...

Manicure with hand		
massage	30 min	€ 28.00
Nail varnishing		€ 8.00
Cosmetic pedicure with		
foot massage	30 – 60 min	€ 35.00
Hand pack		€ 15.00
Foot pack		€ 15.00

## INDOOR POOL & SAUNA

The use of our small but nice sauna area „Vitarium“ and the beautiful, light-suffused indoor pool is included!

### INDOOR POOL

Daily from 7 a.m. – 8 p.m.

### SAUNA AREA „VITARIUM“

- Finnish sauna
- Turkish steam bath
- Roman thermarium

Daily from 2 p.m. – 7 p.m.

At the Wellness Vitalbar you can help yourself to crisp local fruits and digestion-friendly herbal teas. We will be glad to serve you freshly squeezed fruit juices as well.



## RESONANCE MASSAGE

“We have made it our mission in life to respect nature in its purity and diversity, to gently capture its essence and to reflect its special features in sustainable and effective quality products. Every day we endeavour to create better and more intelligent natural products from the finest raw materials our earth offers, for people who appreciate them. We foster a tangible, perceptible sense of nature. For you this means beauty, health and well-being.”  
www.Vitalis.bz

### VITALIS RESONANCE MASSAGE

Sound massage, the cupping method, sulphur rolls and a liver wrap in combination with highly effective natural products make the Vitalis Resonance Massage effective for the treatment of cellulite, the abdomen, stretch marks and back complaints.

### VITALIS RESONANCE MASSAGE FOR CELLULITE

The effective programme against cellulite with natural products. With the cupping glass technique, a firming algae pack and the rhythmic vibrations of the singing bowls, manifestations of cellulite can be diminished and the skin appearance improved.

Peeling, cupping, massage, singing bowls

50 min € 60.00

Foot bath, peeling, pack, cupping, massage, singing bowls

80 min € 89.00

### VITALIS RESONANCE MASSAGE FOR THE ABDOMEN

Abdomen tightening programme with natural products. By stimulating the abdomen with cupping glasses and singing bowls, the abdominal girth is slightly reduced and the contours gently firmed, and in addition the abdominal area is de-congested. Lymph stimulation with sulphur rods, dhara navel treatment, cupping, abdominal massage, singing bowls

50 min € 60.00

### VITALIS RESONANCE MASSAGE FOR STRIAE

Treatment to alleviate stretch marks. With the warm liver wrap, the cupping technique and a special rolling and pinching massage, tissue regeneration is supported and stretch marks are gently alleviated.

Liver wrap, cupping, massage, singing bowls

50 min € 58.00

### VITALIS RESONANCE MASSAGE FOR THE BACK

An advanced back treatment ... for men as well. Through the warmth of the hot towels, the cupping glasses and a diversified massage, tension in the entire back is released and the back musculature improved.

Back massage, hot towel, cupping, singing bowls

50 min € 60.00



What is cupping and how does it work? Cupping is a traditional treatment in which glass cups are applied to individual skin areas to create suction. This stimulates blood and lymph circulation, relaxes the muscles and detoxifies the body.

VITALIS  
DR JOSEPH



## THIS & THAT

### NICE DISCOUNTS

- The quick bonus ... for early bookers: If you book a wellness arrangement already when making the hotel reservation, there is an extra discount.
- The beautiful bonus ... for multiple applications: It's worth treating yourself to a treatment multiple times – from the third time onwards you pay a reduced price.

### JUST FOR MEN

Not just for the ladies, gentlemen! Wellness has long since ceased to be reserved for women. Therefore, at Mühlener Hof you will find a range of treatments especially for HIM: E.g.: Facial treatments, depilation, „Just for Men“ package

### WELLNESS VOUCHER

Speaking of attractive – whenever you would like to give special people special pleasure: Give the gift of well-being!

### WELLNESS SHOPPING

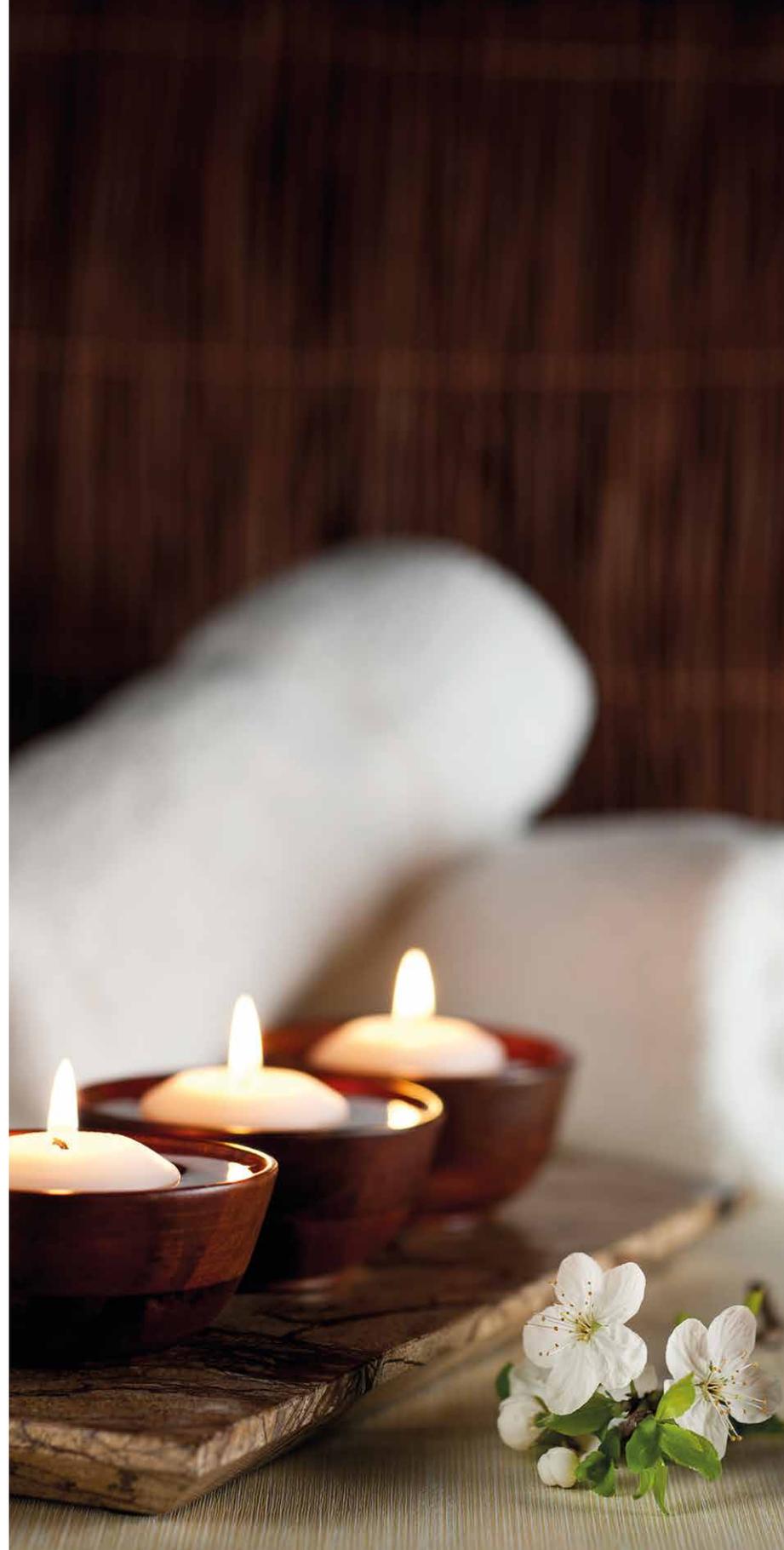
You can buy the tried-and-true products from VITALIS Dr. Joseph directly on site and in this way take a sense of well-being home with you.

### FOR QUESTIONS, REQUESTS AND FOR APPOINTMENTS

related to wellness and well-being at Mühlener Hof, simply contact the reception desk.  
Reception desk tel. no.: 9

### OUR BEAUTY FARM

Our beauty farm is open Monday – Saturday from 2 p.m. – 7 p.m.





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