

A stylized graphic of a branch with several yellow leaves, positioned diagonally across the upper half of the page. The leaves are simple, elongated shapes with pointed tips, and the branch is a thin, light-colored line.

SPA

GANISCHGERHOF

MOUNTAIN RESORT & SPA

„Only when the body is relaxed,
the soul is able to follow“

Closing the eyes, setting the mind free of all the thoughts, feeling completely free and immersing in the world of peace and strength.

In the Ganischgerhof SPA not only making a break from the routine and relaxing but also listening to its own spirit, its body and its soul to find the harmony with itself and create a unity with the body.

Leave the hectic pace and the everyday stress behind you, discover the Ganischgerhof wellness oasis and find peace of mind and satisfaction following our motto "As you like it". Silvia and Renate open you the door to a world of total relax and spoil you daily as you desire with beauty, SPA and wellness treatments and natural products from all around the world. Recharge your batteries by benefitting from the strength of the water and the nature and relax by admiring the view of the soothing surroundings, because only when the body is relaxed, the soul is able to follow.

**The Ganischgerhof SPA
individual and unique
so as you are!**





A few tips for your wellness trip

Preparing for the treatment

We suggest you to enter our relax oasis in the bath robe and without any necklaces, bracelets or other jewelry at least 30 minutes earlier to the treatment.

Start your wellness experience in our relax tower and look forward to unforgettable moments. Please assist us in maintaining a tranquil Spa environment. We kindly ask you to respect other guests by using quiet conversations and by keeping your mobile phones on silent mode while enjoying the Spa.

Consultation for your SPA program

Silvia and Renate are pleased to give you information about massages and other treatments in our SPA reception and to give you advises for your personal „As you like it“ SPA program.

In addition, we kindly ask you tell us about allergies, cardiovascular or pressure problems, recent traumas or other problems, in order to be able to suggest you specific treatments.

Cancellations of treatment appointments

We understand that sometimes you may need to change your schedule. Because your SPA appointments are reserved especially for you, we kindly ask you to notify us 12 hours before your scheduled appointment.

Otherwise a cancellation fee of 50% will incur.

Ganischgerhof Signature



Alpine Relax

94,00 €

- Fresh South Tyrolean apple juice at the SPA & Garden Bar **20 min. before the treatment**
 - Mountain salt peeling **20 min.**
 - Full body massage with essential oils of your choice **50 min.**
 - Small surprise from the cuisine at the SPA & Garden Bar with fresh water from the Ganischgerhof spring
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Sweet indulgence

76,00 €

- Milkshake of your choice in our SPA & Garden Bar **20 min. before the treatment**
 - Chocolate peeling with pack **40 min.**
 - Wellness bath Cleopatra **25 min.**
 - Surprise dessert at the SPA & Garden Bar
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As pure as it gets

93,00 €

- Fresh pressed juice of your choice at our SPA & Garden Bar **20 min. before the treatment**
 - Relaxing massage with essential oils of your choice **50 min.**
 - Wellness bath with lavender **25 min.**
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The magic of winter

135,00 €

- Hydraenergy facial treatment with emotional feet massage to activate the blood circulation **60 min.**
- Leg massage with gel to compete against cramps and muscle pain **25 min.**
- Winter tea with small sweet surprise

Ganischgerhof Signature wellness day

Step into a world for one day, where you follow your senses, relax and enjoy.

During this full day treatment, we will spoil you and take care of you, your body and your soul to give you a unique experience which will fulfill you with strenght, happyness and peace.

The following treatments await you for your Ganischgerhof Signature wellness day:

- Silvia or Renate will show you our SPA and explain you the treatment
- Steam bath, Mountain salt peeling and final steam bath
- Refreshing drink in our relax tower
- Full body massage Ayurveda „Abhyanga“
- Wellness bath of your choice
- Wellness lunch in our SPA & Garden Bar and time to relax
- Facial Hydraenergy or anti age treatment
- Pedicure with massage or nail polish

This package is for 7 hours and 30 minutes

321,00 €

(1 hour and 30 minutes lunch break included).

The package is available from Monday until Sunday (high season excluded), for a maximum of 2 people per day.

For more information contact the reception.



Massages



Classic massage

The full body massage is applied with different techniques to boost the blood circulation, to release the muscles, to enhance the flexibility, to eliminate the toxic substances and the excessive liquids and to work on the cellulites.

50 min. > 56,00 €

20 min. > 32,00 €

Sport massage

Full body massage with mountain pine fragrance from the valley "Sarntal". Try the strength of the special creams on every part of the body: the sport cream warms the treated body part and releases the tensions. The anti cellulite cream activates the blood circulation and helps to eliminate the adiposity. The essential oil of the mountain pine from "Sarntal" is purifying and vitalizing, stimulates the auto regulation of the body functions and generates the natural equilibrium. The sport massage gets completed with a massage with body lotion and moisturizing and stimulating oil.

50 min. > 59,00 €

20 min. > 33,00 €

Special back treatment

This warm treatment works on muscle contraction and muscle and articulation pain, which get released thanks to the positive effect of the moor. It is recommended to those of you who have pain in the back.

50 min. > 64,00 €

Relaxing massage

This massage is the perfect massage for those of you, who seek a moment of complete relax, who want to find the harmony with the own body. Thanks to its smoothness which awakes the senses, this massage generates relax for stressed and tired people. Be coddled with warm oil aromatized with essential oils of your choice.

50 min. > 59,00 €

20 min. > 33,00 €

Lymphdrainage

Manual lymphatic drainage is a type of gentle massage which is intended by proponents to encourage the natural circulation of the lymph through the body. Manual lymph drainage uses a specific amount of pressure and rhythmic circular movements to stimulate lymph flow.

Full body lymphdrainage

60 min. > 75,00 €

Leg lymph drainage

40 min. > 62,00 €

Hot stone massage

Massage with basaltic stones which have the power to bring the chakra in equilibrium or to act against negative energy. It is recommended to those which have muscle pain, are stressed or suffer from insomnia. The lava stones release the heat and you get a feeling of pleasure and relax. The massage helps to release muscle tensions and it generates the strength of self – healing.

75 min. > 85,00 €

20 min. > 35,00 €



Foot reflexology

Reflexology or zone therapy is an alternative medicine involving the physical act of applying pressure to the feet, hands, or ears with specific thumb, finger, and hand techniques without the use of oil or lotion. It is based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body.

Full foot reflexology

50 min. > 60,00 €

Partial foot reflexology

25 min. > 35,00 €



Ayurveda massage

Ayurveda is the traditional medicine used in the antique India. In Sanskrits the word "Ayurveda is composed by the words "ayus", meaning longevity, and "veda", meaning related to knowledge or science. The ayurveda massage is very important in ayurveda. The goal is to positively influence the physical and mental health and to bring the organism in equilibrium. At the end of this body massage, spirit and soul will be one. Ayurveda is perfect for combating stress and to heal illnesses.

„Abhyanga“ Full body massage	80 min. > 95,00 €
„Upanahasveda“ Back massage	20 min. > 40,00 €
„Shiromardana“ Head massage	20 min. > 40,00 €
„Mukabhyanga“ Facial massage	20 min. > 40,00 €



Body treatments



Bodypeeling

Get the feeling of a soft, light and hydrated skin thanks to the peeling or a superficial massage. Peeling eliminates the horny layer of the skin with its toxic substances. Peeling eliminates death cells and makes the skin smooth and hydrated. It stimulates the blood circulation, the lymphatic system and the cell regeneration.

Mountain salt peeling 20 min. > 30,00 €

Mountain pine peeling 20 min. > 30,00 €

Chocolate peeling 20 min. > 35,00 €

Beauty

Manicure

- with massage 40 min. > 35,00 €

- with nail polish 50 min. > 40,00 €

Pedicure

- with massage 50 min. > 45,00 €

- with nail polish 55 min. > 50,00 €

Depilation

Half leg 30 min. > 20,00 €

Full leg 50 min. > 36,00 €

Bikini area 20 min. > 18,00 €

Underarm 20 min. > 14,00 €

Upper lip 10 min. > 10,00 €

Full body depilation

(Full leg, underarm, bikini area) 70 min. > 58,00 €

Facial treatments



The glacier Hochjochferner in Schnals Valley (South Tyrol) has fascinated the owner of the Bella Vista chalet Paul Grüner since he has been a little child. Each year, when the snow melted and only ice was left, shining in the sun, he noticed small knolls of fine grained sand. Also the few plants at the border of the glacier started to bloom and showed strong colors. Paul Grüner noticed the gift of nature and all its strength: he collected the fine grained powder and rocks and he began to work. After years of intensive research, in collaboration with well-known universities and research institutions, he succeeded to develop an excellent cosmetic product line with extraordinary hydrating and lifting properties.



Small facial treatment

In only a few minutes you can notice the difference of this cosmetic line, which leaves the skin soft and smooth thank to its mineral ingredients.

25 min. > 63,00 €

Hydra energy treatment

It is perfect for every type of skin. It gives elasticity and hydration to the skin, thanks to the energizing minerals of the essence MICA GLACIAL and the hydrating properties of the pure ACQUA GLACIAL of the Val Senales valley. Rich of vitamins, oil and essences of arnica it gives lots of energy to a tired skin.

50 min. > 99,00 €

Anti age treatment

Specific treatment for demineralised skins. It combats tiredness, stimulates the re production of cells and fibers, diminishes wrinkles and drains the bags under the eyes, thanks to ingredients such as the antioxidating edelweiss, mineral derivates and vitamins combined to the essence MICA GLACIAL and the pure ACQUA GLACIAL.

50 min. > 105,00 €

Eyebrows adjustment

10 min. > 10,00 €

Wellness baths

Slide in the warm water, release all the muscles and leave the stress behind: a warm bath eliminates right away all our tensions.

Let you spoil with honey, precious oils from the first pressure, essential oils and sea salt with magnesium, which can be chosen in any bath.

25 min. > 35,00 €



Cleopatra Wellness bath

Cleopatra, the queen of the antique Egypt, bathed in goat milk and honey to keep her beauty. Nowadays, this treatment is used in the combination with a whirlpool with milk, essential oils and honey. This bath is ideal for those, who have a dehydrated skin. In addition, the relaxing vapors of the essential oils give a feeling of complete relax.

Energizing wellness bath

Thanks to the union between mountain pine, lavender and eucalyptus this bath is perfect for all sportspeople, for those, who have muscle pain and who want to combat the stress. The mountain pine from the valley "Sarntal" is purifying and vitalizing, heals and refreshes, and is perfect for muscle contractions, infections of the respiratory tracts and for colds. The lavender is a perfect anti stress substance with energizing and activating properties. The eucalyptus stimulates the immune system. It is a perfect bath for mental tiredness and confusion.

Wellness bath with hay

In the alpine regions, the tradition of baths with hay is very old. On the mountain pastures hay grows and with its 80 different mountain herbs it is very ecological. Take a bath of herbs, flowers and medical plants. It helps to heal rheumatism and articulation pain, but also to regenerate the beauty of the skin, which turns out clean and lucid.

Relaxing wellness bath with roses

The rose is the “queen of the flowers”. It rebuilds the intestinal flora, it is a natural anti-inflammatory medicine and it is helpful in the exposure of the respiratory tracts. Its fragrance raises the power of seducement, the oil maintains the skin young and elastic, and keeps it lucid. By adding balm and lavender this bath is very relaxing for body, spirit and soul.

Regenerating wellness bath

A refreshing bath is the only way to completely relax. The combination of oils such as eucalyptus, cedar and menthol are ideal after a sport activity, and for those that suffer from respiratory tracts illness. It activates the tired muscles and lets the tension disappear giving strength to mind and body.

SPA packages



“Moments of wellbeing”

60,00 €

- Mountain salt peeling **20 min.**
- Classic partial massage **20 min.**

“Pure Harmony”

65,00 €

- Relaxing massage **20 min.**
- Cleopatra wellness bath **25 min.**

“Revitalized legs”

65,00 €

- Specific massage for legs with refreshing gel
- Energizing wellness bath

25 min.
25 min.

“Time for dreams”

183,00 €

- Relaxing full body massage
- Hydra energy facial treatment
- Relaxing wellness bath with roses

50 min.
75 min.
25 min.

“Relaxed back”

98,00 €

- Sport massage for the back
- Hot Stone Massage
- Wellness bath with hay pack

20 min.
20 min.
25 min.

“Oriental sensations”

123,00 €

- Full body Ayurveda massage **80 min.**
 - Wellness bath with balm essences **25 min.**
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“The energy of nature”

113,00 €

- Hot stone massage **75 min.**
 - Wellness bath with cedar essences and mountain hay **25 min.**
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“Beauty day”

171,00 €

- Mountain salt peeling **20 min.**
- Small facial treatment **25 min.**
- Manicure with massage **40 min.**
- Pedicure with nail polish **55 min.**

GANISCHGERHOF Mountain Resort & Spa
I-39050 Deutschnofen (BZ) - South Tirol / DOLOMITEN
Phone. +39 0471 61 65 04 - Fax +39 0471 61 64 44
office@ganischgerhof.com - www.ganischgerhof.com