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# Belessere SPA



# BELVEDERE

magically facing the Dolomites  
Fine Dining, Hideaway & Spa

A close-up, high-angle shot of a woman's face and upper chest. She has her eyes closed and a serene expression. A thick, light-green facial mask is applied to her cheeks, chin, and forehead. Two hands are visible, using small, dark-handled rollers to massage the mask into her skin. The lighting is soft and focused on her face, with the background being dark and out of focus.

Arrive.  
Indulge.  
Regenerate.

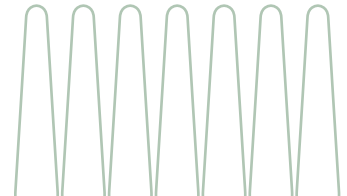
Reserve your  
desired appointment  
Would you like a soothing  
treatment but haven't  
decided which one yet?  
No problem:  
**book now,**  
**choose later!**

At our spa, we rely on the pure power of nature –  
with two exclusive care lines that providing deep well-being.

**LaRicina** derives its effect from the valuable larch resin  
of the high-plateau Salten. Regionally and sustainably sourced,  
these products unfold their relaxing, circulation-boosting,  
and regenerative power – a gift from nature.

**Pharmos Natur** replaces water, alcohol, and preservatives with pure,  
organic-certified Aloe Vera. The result: instantly noticeable freshness,  
intense hydration, and pure regeneration.

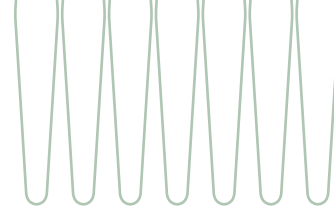
Experience natural care at the highest level –  
for your well-being and relaxation.





# Rohini & Pharmos Natur





## PHARMOS BASIC

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Get to know our facial treatment: a pampering combination of cleansing, peeling, massage, mask, and final care for a fresh skin feeling.

50 min. | 105

## PHARMOS RELAX

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Natural skin tightening for a youthful appearance! This anti-aging treatment combines cleansing, peeling, eyebrow correction, a revitalizing Aloe leaf massage, head and neck massage, and a special individually tailored facial mask.

75 min. | 130

## PHARMOS DELUXE

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This soothing ritual begins with a relaxing foot bath as well as a head and foot massage. Then, facial cleansing and peeling create a fresh foundation. Precious active ingredients are deeply worked into the skin with an Aloe Vera fresh plant leaf massage. A special regeneration massage rounds off the treatment, relaxes the muscles, and provides noticeable smoothing.

110 min. | 170

## PHARMOS MEN

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Radiant appearance and new energy! This hydrating, revitalising treatment for the face, head, shoulders, and neck relieves tension and stress. Includes cleansing, peeling, massage, mask, and final care.

50 min. | 90

75 min. + back & foot massage | 130

## ROHINI – LUXURY FOR DEMANDING SKIN

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This exclusive ritual combines adaptogenic plants, hydration, cell activation, and a relaxing regeneration massage to achieve firm tissue, delicate skin, and a fresh complexion. It includes foot and head massages, a facial peel, the infusion of active ingredients with Aloe Vera, and a final mask along with hand and arm massages.

75 min. | 170

## LOVE YOUR AGE - CARE FOR MATURE SKIN

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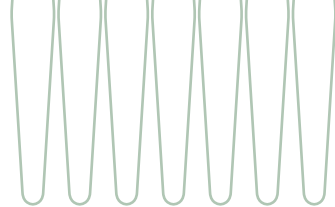
A ritual of relaxation and renewal – inspired by the power of nature. A warming foot compress and a soothing back massage relieve tension, while a refreshing facial care ritual with Aloe Vera fresh plant leaf and valuable LOVE YOUR AGE active ingredients smooths and strengthens the skin. Rounded off with a gentle hand and arm massage, this treatment leaves a feeling of lightness, regeneration, and youthful radiance.

75 min. | 140

# LaRicina

Our classics





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### DELUXE LARCH AROMA OIL MASSAGE

Experience pure relaxation with our deluxe larch aroma oil massage. A warming foot compress gently helps you let go, while targeted pressure releases blockages and tension. The warm larch oil from Salten resin promotes circulation, activates self-healing, and ensures deep relaxation. A soothing head massage rounds off the experience.

75 min. | 135

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### FULL-BODY MASSAGE WITH LARCH OIL

The scent of larch and the silence of the mountains: this soothing full-body massage with essential larch oil, extracted from the precious Salten resin, calms the senses, relieves tension, promotes circulation, and provides a feeling of comforting warmth.

50 min. | 90

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### TEEN MESSAGE

Larch oil has an uplifting and refreshing effect – perfect for a teen massage. With gentle, calming movements, experienced hands help to release tension and give a feeling of lightness and new energy.

25 min. | 52

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### INTENSIVE BACK MASSAGE WITH CUPPING TREATMENT

This massage combines soothing relaxation with noticeable relief, making it ideal for holistic regeneration of the back and muscles. Targeted trigger point techniques help release even deep-seated tension effectively.

50 min. | 110

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### FACE, SHOULDER & NECK RELAXATION

We start with a foot massage before focusing on the face, shoulder, and neck area. The treatment is enhanced with oils and the refreshing properties of aloe vera.

50 min. | 92

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### AFTER-MOUNTAIN SPORTS MASSAGE

Revitalises tired legs – perfect after a hike or workout. The treatment begins with a hydrating foot spray, followed by a relaxing foot massage and a back, shoulder, and neck massage. It concludes with a leg massage using arnica and St. John's wort sports balm, finishing with a cooling gel.

50 min. | 105





Special  
Treatments



### SINGING BOWL MASSAGE

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Singing bowls are placed on or near the body and gently struck. The resulting sounds and vibrations flow through the body, creating a deep sense of well-being, reducing stress, and releasing tension and blockages. After a singing bowl massage, inner harmony is sure to be restored.

50 min. | 95

### AROMA CANDLE MASSAGE

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A gentle relaxing massage where you can choose from refreshing, calming, detoxifying, or balancing aroma oils. The application of warm, melted wax loosens muscles, deeply nourishes the skin, and harmonizes the mind. The warmth also promotes circulation, relieves tension, and provides a deep sense of relaxation.

50 min. | 95

### HOT STONE

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This deeply relaxing massage uses warm lava stones and special massage techniques to provide an energy boost and relieve muscle tension.

75 min. | 138

### EAR CANDLE TREATMENT

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A globally practiced ritual that cleanses the ear canals and promotes holistic relaxation. The warmth and chimney effect stimulate blood circulation, lymphatic flow, and the immune system, helping to relieve symptoms such as ear pressure, cold symptoms, and inner restlessness.

25 min. | 48

### ENERGETIC FOOT REFLEXOLOGY

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By stimulating reflex zones, this treatment brings the body into balance and activates its self-regulating powers.

50 min. | 92

### GUA SHA

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Gua Sha is an intensive back and neck treatment using a natural horn tool. Targeted scraping movements stimulate circulation, delivering oxygen to tense muscles and connective tissues. This technique is particularly effective for acute conditions such as lower back pain and severe neck tension.

25 min. | 65

### LYMPH-STIMULATING MASSAGE

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Gentle, rhythmic, and circular massage movements help to decongest tissue, reduce swelling, and gently stimulate detoxification and purification.

50 min. | 95



Body treatments  
& beauty

ALGAE WRAP WITH PEELING

Seaweed has been used to promote health since ancient times. It strengthens the skin, stimulates circulation, and supports cell regeneration. Particularly suitable for treating cellulite and lymphatic congestion.

50 min. | 80

HIMALAYAN SALT ON MY SKIN

The body is exfoliated with a pure Himalayan salt-oil blend, providing over 100 valuable minerals and trace elements. The result is a soft, pure, and fragrant skin—both purifying and detoxifying.

25 min. | 47

DETOX MASSAGE

This treatment decongests the tissues, allowing blocked lymphatic energy to flow freely again. Special detoxifying massage techniques stimulate metabolism, helping to reduce cellulite. Feel refreshed, lighter, and full of a well-being feeling.

50 min. | 105  
with peeling 75 min. | 140

HONEY MASSAGE

This technique promotes tissue detoxification, removes waste products, and improves circulation. Pure bee honey is gently applied to the back using a special massage technique, cleansing and smoothing the skin. The treatment is completed with a warm compress and a soothing application of honey-ginger oil for the entire body.

50 min. | 94

CLEOPATRA BATH

This is a luxurious care bath inspired by ancient traditions. Warm bath-water is enriched with bath milk, nourishing oils, and, upon request, honey to deeply pamper and nourish the skin.

25 min. | 48  
for two | 55

SALTEN ALPINE HAY BATH

Mountain hay, enriched with valuable healing herbs such as thyme, arnica, cinquefoil, and gentian, unfolds its soothing effects. It promotes relaxation, alleviates persistent back pain, and ensures a deep, restful sleep.

25 min. | 48  
for two | 55

LARCH OIL BATH

Our homemade larch oil from the Salten has decongestant and circulation-boosting properties, helping to relieve colds and muscle tension. Ideal in combination with a massage to release deep-seated tension.

25 min. | 48  
for two | 55

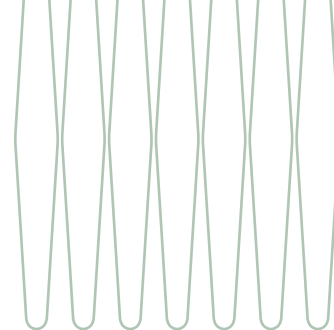
LAVENDER BATH

Perfect for regeneration and revitalisation, especially when feeling under the weather or craving comforting warmth. The skin and senses absorb the aromatic effects of various herbs, promoting relaxation for both body and mind.

25 min. | 48  
for two | 55

# Extra Treatments





## EXTRA TREATMENTS

Eye brow shaping	15 min.   20
Eye brow shaping & dyeing	25 min.   25
Eye brow & eyelash dyeing	25 min.   29
Nail polish removal	15 min.   15

## WAXING

Full legs	ca. 50 min.   60
Half legs	ca. 25 min.   30
Underarms	ca. 25 min.   35
Face – upper lip and/or chin	ca. 15 min.   15

## MANICURE

With nail polish or hand massage	50 min. 75
With permanent nail polish	75 min. 90

## PEDICURE

With nail polish or foot massage	50 min. 80
With permanent nail polish	75 min. 95





# Private Spa

## Relaxing together

### AROMA CANDLE MASSAGE FOR TWO

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Enjoy a gentle relaxing massage together, choosing from refreshing, calming, detoxifying, or balancing aroma oils. The warm wax applied to the skin relaxes muscles, intensively nourishes the skin, and harmonises the mind. At the same time, the heat promotes circulation, relieves tension, and creates a deeply relaxing sensation.

50 min. | 190

### FULL-BODY MASSAGE WITH LARCH OIL FOR TWO

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The scent of larch and the silence of the mountains: this soothing full-body massage with essential larch oil, extracted from the precious Salten resin, calms the senses, relieves tension, promotes circulation, and provides a feeling of comforting warmth.

50 min. | 180

### YOU & ME (with a partner or best friend)

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Leave everyday life behind and enjoy relaxing moments together. First, a relaxing full-body massage with larch oil relieves tension and brings deep well-being. This is followed by a soothing lavender bath with Prosecco and fresh fruit, making the experience perfect.

Full-body massage with larch oil | lavender bath (+ Prosecco & fruit)

75 min. | 220

### RITUAL FOR TWO (with a partner or best friend)

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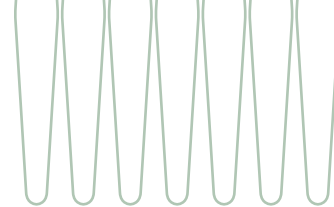
We start with a sea salt and larch oil scrub that stimulates circulation and detoxifies the skin. The subsequent lavender bath, accompanied by a fruit platter & a glass of Prosecco, enhances the effect and promotes relaxation. The highlight is the aroma candle massage, whose warmth deeply diffuses in the body, relieving tension.

Himalaya salt peeling | lavender bath (+ Prosecco & fruit) |

aroma candle massage | 100 min. | 288



Our  
packages



## READY FOR ADVENTURE

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After an eventful day, tired legs and tense muscles deserve soothing regeneration. The sports massage revitalises your feet, while the Gua Sha technique invigorates the back and neck with targeted sweeping movements.

Gua Sha + sports massage | 75 min. | 144

## TIME FOR ME

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Your body will thank you for clearing away unnecessary deposits and replenishing it with valuable minerals, trace elements, and plant-based active ingredients.

Detox full-body massage | larch oil bath | 75 min. | Package 130

## MOMENTS OF WELL-BEING

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A harmonious combination of relaxation and care: the warming honey massage relieves tension, while the ear candle treatment promotes inner calm. This ritual is completed with a pedicure including polish, for perfectly groomed feet.

Honey massage + ear candle treatment + pedicure with polish  
125 min. | 188

## BABYMOON | I'LL SOON BE MOM

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Treat yourself to a Pharmos Natur facial treatment with a relaxing shoulder and neck massage, along with a pedicure for your tired feet.

100 min. | 155

## HOLIDAY COMBO

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For well-groomed hands and feet, including a choice between a relaxing hand massage or some polish. If available, the treatment can be performed by two staff members in just 50 minutes.

Manicure and pedicure | 100 min. or 50 min. | 140

## INNOVATIVE CELLULITE PROGRAM WITH CUPPING GLASSES

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We begin with a peeling to free the superficial skin layers from daily strain. This is followed by a deep detoxification with an alkaline bath and then a special cupping massage to release connective tissue adhesions using a finely balanced oil composition. For a lasting regeneration of the skin.

50 min. | 100

100 min. | 155



# BELVEDERE

magically facing the Dolomites  
Fine Dining, Hideaway & Spa

## CHECK-IN

Please arrive at the spa **5 minutes before your appointment**. We presume that there are no health restrictions preventing the treatment.

## CANCELLATION

If you are unable to make it, please inform us in advance. Free cancellation is possible up to **24 hours** before your appointment. For later cancellations, we have to charge 100% of the price.

## OPENING HOURS

Infinitypool, Biopool: 7:30 am – 7:30 pm

Whirlpool: 9:00 am – 7:30 pm

Sauna area: 1:00 pm – 7:30 pm

Fitness area: 7:30 am – 7:30 pm

