



HERMITAGE

BIOHOTEL

SPA MENU

BIOHOTEL HERMITAGE - Famiglia Maffei

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DEAR GUESTS AND FRIENDS,

I am pleased to welcome you into the realm of wellness at Biohotel Hermitage, where you can finally treat yourself to an exclusive interlude of relaxation, offering peace and tranquility to your soul, cocooned in an inviting and alluring atmosphere.

We welcome you with professional rejuvenating treatments using premium, all-natural products sourced from our extraordinary territory, which will give you a boost of energy and positivity so you can return to the challenges of everyday life with renewed vigor.

Our goal is to establish a dialogue between your body and our expert hands based on the sensitivity and attention to your needs, in order to maximize the effectiveness of each treatment carried out, also with the help of the fragrance of the larch trees, the fine materials and chromatic hues.

I look forward to offering you the experience of true well-being!

Marcella Maffei

Spa Manager

MASSAGES

Personalised Hermitage Massage

This is a personalised massage in harmony with the psycho-physical state at the moment of the guest's treatment, in the here and now. The energies are intertwined through a mixture of massage techniques - relaxing, decontracting and draining. Through these the energies of the whole body flow, release and move through the body, with the only, fundamental goal being complete and total relaxation.

50 minutes

120 Euro

Intensive Back Massage with Herbal Dumplings

Maneuvers for a stiff back, using arnica ointment combined with hot rose water rolls, dissolve and resolve tensions. It starts from the neck, then the back and then the lumbar area. Following the application of warm mud with traditional alpine herbs with an invigorating action, it will give a pleasant, vital and energetic sensation.

50 minutes

110 Euro

Draining Massage

A combination of draining essential oils and particularly energetic manoeuvres that increase effectiveness of the drainage of accumulations of fat and liquids localised on the thighs, abdomen, and buttocks, releasing a pleasant sensation in the lower limbs.

50 minutes

115 Euro

Massage with pine warm sticks

A deeply relaxing alpine massage with a long-lasting invigorating action.

Intensive treatment with all the strength of the queen of the Alps "Swiss stone pine" . The peculiarity of this treatment is hidden in the different heated pine sticks that are moved along the body with rhythmic movements and various techniques ranging from needle puncture to tapping, in this way tensions are released and the muscles relaxed. Pines of different lengths, shapes and sizes are preheated for treatment.

50 minutes

130 Euro

Leg Massage

Face the day with pleasantly light feet. Tensions are gently relieved and heavy legs are refreshed and revitalized with arnica gel, menthol and camphor.

40 minutes

85 Euro

Head - Neck - Face Massage

The mix massage of the head, neck and face allows you to relax, while propolis, yarrow and vanilla provide first-class skin care.

40 minutes

85 Euro

Foot Massage

In addition to being a particularly pleasant massage, the foot massage reactivates blood, lymphatic and energy circulation, improves the general physiology of the organs, and stimulates and relaxes the nervous system, as this is closely connected with plantar nerve endings.

30 minutes

85 Euro

Vodder Lymph Draining Massage

This is a therapeutic method widely recommended by physiotherapists and doctors. Slow manoeuvres that blend in with the pumping of the lymphatic system, accelerate drainage and lymphatic outflow to improve blood vascularization by promoting the supply of new nutrients to the tissues.

60 minutes

120 Euro

TREATMENTS

Detox body treatment

Detox treatment with zeolite, honey, grapefruit, yarrow (help to detoxify the kidneys) and pepper.

A special care of foods and back.

The zeolite rock is particularly indicated to detoxify the body. An honey back massage at the end of the treatment.

60 minutes

120 Euro

Peeling

- Regenerating rock salt with pine and honey extracts
- Purifying rock salt with Biopir (natural yeast) and hypericum
- Revitalizing rock salt with mountain arnica and rosemary

25 minutes

45 Euro

FACE BEAUTY (Sothys)

Luxury Anti-Aging Treatment

Intensive anti-aging treatment customised according to the degree of skin aging. It restores brightness to the face and carries out a lifting and anti-wrinkle action.

60 minutes

120 Euro

Hydra Treatment

Mainly recommended for dry skin, great for any age. At the centre of the cell is the main source of water. The skin needs to be rehydrated and water is the vehicle that carries all the active ingredients. After this treatment, the skin is visibly more beautiful and perfectly hydrated.

60 minutes

120 Euro

Sensitive Skin SPA Treatment

Suitable for those with skin that is particularly sensitive, prone to redness, reactive or very light, delicate, or sensitive to changes in the weather. This treatment is ideal for calming various alterations, with significant effects from the first treatment.

60 minutes

120 Euro

Impure and Oily Skin Treatment

This restores the skin to its natural brightness which, over time, tends to get lost due to a careless diet, lack of water, physical fatigue, pollution, stress and not using specific daily detergents.

60 minutes

120 Euro

Deep Facial Cleansing

Deep facial cleansing: milk, scrub, steam jet, mask, vials and massage.

50 minutes

85 Euro

Face Massage

After taking careful note of the skin type, we start with cleansing milk, toner, and scrub, followed by a face massage with the specific product.

50 minutes

120 Euro

Ritual in the Sauna with Birch Brooms

Birch brooms, with the help of steam, are particularly recommended for people with respiratory diseases, such as bronchial asthma for smokers, they improve acne problems and relieve muscle tension and pain. MINIMUM 2 PEOPLE.

120 minutes

240 Euro

EXCLUSIVE WELLBEING



Massage in the Mountain Chalet

In our lodge you will have the opportunity to spend unforgettable moments with a loved one: let yourselves be intoxicated by the regenerating massages for couples, warmed by the fireplace, in a unique and romantic atmosphere. An aperitif with tasting of local cheeses and a bottle of Trentino sparkling wine will be waiting for you.

400 Euro per person

Private Spa

Seductive and inviting atmosphere to abandon yourself to a harmonious and exclusive relaxation with a view of the majestic Dolomites, between a swim in the pool and the warmth of the saunas. In addition, a bottle of Trentino sparkling wine and strawberries await you for a truly unique experience.

300 Euro per person
