



Beauty
Alauna

SPA RESORT

ALBION

DOLOMITES

Classic and Special massages

Classic massages

With basic massage oil	
partial	
20 min.	€ 44
full	
45 min.	€ 72
With relaxing/stimulating essential oils	
partial	
20 min.	€ 46
full	
45 min.	€ 79
Chocolate	
full	
50 min.	€ 86
With sports/tension-relieving essential oils	
partial	
20 min.	€ 51
full	
45 min.	€ 84

Sports special

partial	
30 min.	€ 58
full	
60 min.	€ 94

Special massages

With honey, for tension relief in the back and purification of the whole body	
45 min.	€ 79
Partial anticellulitis massage with honey	
30 min.	€ 66
Dr. Vodder partial manual lymphatic drainage	
60 min.	€ 94
Full haemo-lymphatic drainage	
45 min.	€ 79
Partial legs and abdomen drainage	
35 min.	€ 66

Relaxing massages

Foot massage	
30 min.	€ 66
Foot massage and back massage with volcanic stones	
40 min.	€ 72
Hot stone massage	
50 min.	€ 79
Candle massage	
55 min.	€ 108
Ayurvedic Abhyanga massage	
70 min.	€ 120
Ayurvedic Padabhyanga foot massage	
40 min.	€ 74
Lomi-Lomi Nui massage	
80 min.	€ 137

Guinot facials

Small facial

Cleaning, peeling, toning, serum, massage, mask and final cream.

approx. 50 min. **€ 86**

Basic Hydradermie Treatment

This is an outstanding Guinot treatment for moisturizing and deep-down cleansing. It is suitable for all types of skin, in every season of the year and for customers of any age. The Hydradermie device uses ionization to allow products to penetrate deep down, thus boosting their effectiveness.

approx. 80 min...... **€ 137**

Aromatic facial

A natural "Aromatic" treatment with essential oils and aromatic extracts, to promote microcirculation and cell renewal.

approx. 50 min...... **€ 94**

"Liftosome" treatment

A treatment with orange extracts, vitamins and ginseng. It leaves the skin firmer and more toned. Ideal for dull, lifeless skin.

approx. 60 min...... **€ 123**

Beauté Neuve treatment

A cutting-edge exfoliation treatment with enzymes and fruit acids. It leaves the skin exceptionally radiant and optimally primed for the application of the active ingredients of the facial treatment.

The fruit acids in the PEEL'IN gel break down the bonds between the dead cells in

the surface layer of the epidermis, while the PEEL'OUT foam removes them delicately. This Double Peeling instils fresh radiance on the face.

approx. 50 min. **€ 118**

Hydradermie "Lift" treatment

Time and tiredness weigh down on the oval shape of the face and the skin starts to sag, leading to the first signs of aging. Hydradermie "Lift" offers an anti-aging revolution, reinvigorating the muscles of the face, leaving them freshly toned and perking up the features, for an exceptional lifting effect.

approx. 55 min. **€ 125**

Hydradermie treatment

"Lift Yeux" - For rejuvenated eyes

Your beautician can offer a delicate but effective solution for rejuvenation of the area around the eyes. "Hydradermie Lift Yeux" can help to specifically "work" the muscles around the eyes (orbiculares oculi), which will tone them and make them firm again.

Right from the first session, expression lines will start to disappear, crow's feet will fade away and the eyes will look more youthful.

approx. 40 min...... **€ 72**

Facial massage

Massage of the face, neck and shoulders with natural essences and oils.

approx. 25 min...... **€ 51**



Body treatments

Aromatic-Treatment for the wellbeing of the body

This treatment with essential oils and aromatic extracts has a powerful toning effect and acts effectively on fat deposits. It moisturizes, detoxifies and leaves a pleasant fresh sensation.

approx. 50 min...... **€ 114**

Soin Beauté Minceur

A "4 in 1" manual body treatment with a unique, innovative methodology that has an effective impact on:

· cellulitis, fat, atony and retention

approx. 70 min...... **€ 108**

Soin Beauté Minceur Energy & Relaxation

An extended take on the GUINOT methodology. The GUINOT body treatment range is combined with the energy of the sea. **Specially tailored programmes are put together to shape the body and relax the mind:**

· fat reduction
· toning
· reshaping
· slimming - toning
· draining - exfoliating

approx. 80 min. **€ 123**

Back resonance

This treatment will give you a sensation of profound relaxation in contracted back muscles. Complete equilibrium is offered by the targeted massage technique, hot sponging down with rolls, cupping, our Alpine products, and the sound of Tibetan bells.

approx. 50 min...... **€ 86**



Anticellulitis resonance

This blend of ancient techniques comes partly from Alpine tradition and partly from other cultures:

· cupping
· peeling
· mask
· massage of energy centres.

The cellular vibrations allow perceptible syntony in both body and mind.

approx. 90 min. **€ 137**

"Garshan" Ayurvedic anticellulitis legs and abdomen treatment

An all-out attack on the first stage of oedematous cellulitis that gives a powerful sensation of well-being and more supple skin.

In accordance with the principles of Ayurveda, this treatment is personalized and caters to individual constitutional characteristics (Doshas). The marma points are also stimulated and silk gloves are used to prepare the skin.

The products utilized for the massage are enriched using the knowledge handed down through millennia of Indian culture.

approx. 70 min. **€ 108**

Body peeling

For soft, silky skin that breathes...

Peeling with Dead Sea salt

For more radiant skin. Nourishing oils and honey are added to the Dead Sea salt.

Peeling with essential oils

The combination of Himalayan salt and essential oils offer a natural treatment and fill the body with fresh energy. The skin will become soft and supple.

Hay peeling

The powdered hay reinforces the immune system and relieves pain, while also removing dead cells from the skin.

Peeling with fresh fruit

Intensive body peeling with fruit acids and vitamins that boost the cell renewal effect.

"Guinot" kiwi exfoliating pack

This pack has a dual action: its granules have a pleasant exfoliating effect as it is massaged in gently, and it has a powerful draining impact when it is left on the skin.

Peeling
25 min...... **€ 51**

Peeling and partial massage

50 min...... **€ 79**



Our aromatic baths

"Cleopatra" milk bath with fresh milk and honey

The layer of deep relaxation and hydration is special thanks to the emulsion prepared based on goat milk, honey and essential oils.

Fruit bath

Beauty, health and wellbeing can all be offered by the beneficial effects of the fruit acids, polyphenols and vitamins A, B, C and E.

Exotic bath

An extremely nourishing bath containing a blend of emulsions and pure exotic oils. The precious minerals and vitamins provided give a velvety appearance to the skin.

"Wellness" vital massage with herbal bags

This bath boosts the immune system and

has a refreshing, toning effect. The Alpine herbs relax the muscles and promote wellbeing.

For one person
25 min. € 44

For two people
25 min. € 55



The relaxing baths to soothe body and soul are accompanied by an appropriate herbal tea.

Packs

A new you!

- Nourishing pack with either goat's milk, grape seed oil or apple
- Exotic elasticity pack (nourishing, toning and soothing)
- Ayurvedic herb pack (purifying and rebalancing)
- Slimming cold pack for the legs (toning and draining)
- "Etruscan" pack with green clay and essential oils (detoxifying, rebalancing and nourishing)
- Pack with either mud, algae or clay (draining, purifying and mineral boosting)
- Pack with either Dead Sea salt, Swiss Pine or St. John's wort oil (tension relieving, pain relieving and nourishing)

Pack
25 min. € 51

Pack with partial massage
50 min. € 79

Wellness packages

For sports enthusiasts

Short programme

- Body peeling
 - Swiss Pine pack
 - Special full-body sports massage
 - Partial sports massage
- (1-2 days)** € 194

Extended programme

- Body peeling
 - Tyrolean shale oil bath
 - Swiss Pine pack
 - 2 special full-body sports massages
 - 2 partial sports massages
 - Body solarium
- (5-6 giorni)** € 353

Stress relief | Relaxation

Short programme

- Face, neck and shoulder massage
 - Peeling with essential oils
 - Orange bath
 - Partial massage with essential oils
 - Hot stone massage
- (1-2 days)** € 216

Extended programme

- Small facial
 - Peeling with essential oils
 - Orange bath
 - Hot stone massage
 - Full-body massage with essential oils
 - Chocolate massage
 - Body solarium
- (5-6 days)** € 353

Strong back

- Peeling with Dead Sea salt
 - Swiss Pine pack
 - Tyrolean shale oil bath
 - Special back massage
 - Honey massage
 - Back resonance treatment
- (3-4 days)** € 284



Body, mind and soul in perfect harmony!

Nourishing

- Soft peeling with fresh fruit
 - Swiss Pine pack
 - Chocolate massage
 - Liftosome facial
 - Deluxe manicure
- (2-3 days)** € 296

Perfect Body

- Peeling with essential oils
 - Apple bath
 - Cold slimming pack with subsequent partial massage
 - Haemo-lymphatic massage
 - "Garshan" Ayurvedic anticellulitis treatment
 - Anticellulitis resonance treatment
 - Body solarium
- (5-6 days)** € 416

For mums-to-be

- Apple bath
 - Goat's milk and honey pack
 - 2 haemo-lymphatic massages
 - Face, neck and shoulder massage
 - Manicure and pedicure
- (4-5 days)** € 296

For little princesses and princes

- Cleopatra bath (for two) 20 min.
 - Chocolate massage (for the child) 20 min.
 - Partial massage (for the adult) 20 min.
- 60 min.** € 115

Your Private SPA

Alpine

- Herbal tea
 - Kneipp footbath
 - Honey peeling
 - Tyrolean shale oil bath
 - Subsequent special partial massage
 - Recuperative rest, all accompanied by cheese and speck nibbles and sparkling wine
 - Free gift: Alpine herb pillow
- approx. 110 min.** € 194

Nutrimax

- Herbal tea
 - Peeling with fresh fruit
 - Bath with goats' milk
 - Partial massage with essential oils
 - Recuperative rest with sparkling wine and nibbles
- approx. 90 min.** € 173



Themed programmes for two!

1001 Nights - Short

- Herbal tea
 - Steam bath and subsequent Oriental peeling with pumpkin sponges and soap
 - Cleopatra bath
 - Oiling and Tibetan bells
 - Rest in a hammam bed, all accompanied by prosecco and fresh fruit
- approx. 80 min.** € 137

1001 Nights - Extended

- Herbal tea
 - Steam bath and subsequent Oriental peeling with pumpkin sponges and soap
 - Cleopatra bath
 - Oiling
 - Relaxing partial massage
 - Tibetan bells
 - Rest in a hammam bed, all accompanied by prosecco and fresh fruit
- approx. 125 min.** € 201

Cosmetic beauty treatments

Manicures and pedicures

Manicure (with polish)
50 min. € 46

Deluxe Manicure (peeling, mask, manicure and polish)
70 min. € 69

Pedicure (with polish)
50 min. € 67

Deluxe Pedicure (peeling, mask, pedicure and polish)
80 min. € 92

"French" polish
15 min. € 25

Application of rhinestone or flower
5 min. € 15

Hair removal

Whole leg and bikini line
50 min. € 61

Half leg
20 min. € 32

Full leg
40 min. € 44

Bikini line or arms
20 min. € 32

Underarm
15 min. € 28

Back or chest
20 min. € 32

Upper lip or chin
10 min. € 16

Extras

Eyebrow shaping
20 min. € 25

Eyebrow tinting
20 min. € 25

Eyelash tinting
20 min. € 25

Eyebrow and eyelash tinting
30 min. € 37

Eyebrow shaping and tinting
30 min. € 37

Eyebrow and eyelash shaping and tinting
45 min. € 52

Our answers to frequently asked questions about beauty procedures

- It is advisable to book in advance. For more information, advice and reservations, please contact ALAUNA BEAUTY, Telephone number +39 0471 700 042, info@albionhotel.net
- You can turn up for appointments wearing a bathrobe. Disposable underwear is also available in every booth.
- Please do not bring any valuables with you.
- Before each appointment, it is advisable to take a hot shower, a sauna or a

- Turkish bath. It will help you to relax and make your skin more receptive for the treatment.
- All mobile phones must be turned off.
- Let us know about your state of health, especially if you have had a heart bypass surgery, suffered from serious illnesses, or are affected by conditions such as allergies or fluctuating blood pressure.
- Expectant mothers should inform the staff that they are pregnant in advance so that they can choose the most suit-

- able treatments with the beautician.
- Men are advised to shave no less than four hours before a facial treatment.
- It is advisable to drink a higher amount of water or herbal tea before and after the treatments.
- Do not eat heavy meals or drink alcohol before treatments.
- Do not engage in physical activities immediately after treatments. It is advisable to relax for at least half an hour.

Mens sana in **corpore** sano



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ALBION

DOLOMITES



VITALIS
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natural intelligence

hofer GROUP


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