



# Spa Book



# Spa Basics

Beautiful from head to toe

## Depilation

Full leg	€ 49,-
Half leg	€ 34,-
Upper lip and/or chin	€ 19,-
Bikini area or armpits	€ 39,-
Back or chest	€ 49,-

## Manicure & pedicure

Spa manicure	€ 59,-
Spa pedicure	€ 64,-
Spa manicure with WON nail semi-permanent nail polish	€ 89,-
Spa pedicure with WON nail semi-permanent nail polish	€ 89,-
Nail polish (only applied after a manicure or pedicure)	€ 20,-
Nail polish removal (not included in the manicure or pedicure)	€ 30,-

## As part of a facial treatment

Eyelash dyeing	€ 24,-
Eyebrow dyeing	€ 24,-
Eyelash & eyebrow dyeing	€ 39,-
Eyebrow shaping	€ 19,-



## QMS Face

### Quick Magic Skin

#### QMS Classic

Anti-aging treatment with the unique QMS Medicosmetics Collagen System for the rejuvenation and revitalization of the skin's appearance.

✔ 90 minutes | € 159,-

#### QMS Beautiful in 60 minutes

Intensive treatment for ladies and gentlemen, individually adapted to the skin type.

✔ 60 minutes | € 99,-

### **QMS Oxygen for a younger-looking skin**

Hyaloron Serum is deeply infiltrated into the skin and provides a radiant skin appearance and an immediate wrinkle smoothing.

1 application 🟢 90 minutes | € 169,-

3 applications of 🟢 90 minutes | € 499,-

### **Sensitive – Ericson Laboratoire**

Anti-stress treatment suitable for all skin types, especially for very sensitive and young skin or skin prone to redness and hypersensitivity. Soothing and beneficial also for gentlemen.

🟢 60 minutes | € 99,-

🟢 90 minutes | € 149,-

### **Bright look**

Lymph-draining massage and eye contour mask to alleviate dark circles and wrinkles.

1 application 🟢 50 minutes | € 94,-

3 applications of 🟢 50 minutes | € 253,-



## Special Fit Back®

First and only Fit Back Resort® in South Tyrol

Let us know during your booking process in which position you usually sleep and we will provide you the ideal mattress!  
Our special treatments offer your back relief and relaxation.

### **Energy for the back**

Back massage and warming mud pack against tensions and back pain.

✔ 50 minutes | € 99,-

### **Relief for the back**

The well-tried form of therapy as a combination of massage with cupping glasses and classical hand art leads to relaxation and helps forgetting stress and effort.

✔ 50 minutes | € 99,-

### **Honey Dream**

The soothing honey massage relaxes the muscles, stimulates blood circulation and relieves pain.

✔ 50 minutes | € 99,-

# Body Treatments

Relaxing, effective and efficient

## **The Bamboo Ritual - Biosel**

During this extraordinary massage, organic bamboo canes glide and roll over body and face, shaping the muscles and modelling the contours. Tension and stress are released and the tissue is decongested. The body feels light and the mind is revitalized.

✔ 50 minutes | € 110,-

✔ 80 minutes | € 164,-

## **Ceylan Spa - Biosel**

New purifying and hyper-hydrating treatment for reawakening the memory of sensuality!

Massage with a natural cleansing foam, purifying body scrub and cream to awaken the energy and sensuality.

✔ 50 minutes | € 99,-

## **South Tyrolean Hamam**

Soap foam washing and South Tyrolean herbal oil massage.

✔ 50 minutes | € 99,-

## **Peeling with sea salt and oil**

The exfoliation removes dead skin cells and leaves a wonderfully smooth skin.

✔ 25 minutes | € 54,-

## Bye, bye Cellulite

Methode Ericson Laboratoire

### **Lipo Drainage 3D – CRYO-SLIM**

A quick impact with top products - drainage, relief and visibly more beautiful legs!

✔ 80 minutes | € 169,-

### **Celulit Burn DStress – FIRM-SLIM**

Ideal for women who experience stress in everyday life and have little time for themselves. Contributes to rapid weight loss and to a better sense of well-being. Instant effect guaranteed!

✔ 80 minutes | € 169,-



A woman with short, wavy brown hair is standing on a balcony, smiling and looking towards the camera. She is wearing a long, flowing green dress with a white pattern and a matching green belt. Her right leg is raised and bent, and she is wearing black high-heeled shoes. The balcony has a black metal railing. In the background, there is a town with wooden houses and a large mountain range under a cloudy sky.

Inspired  
by Tamara  
Call

dolomites life resort

# Have a Spa Break

## Special face & body treatments

### **Spa alpine break®**

Pine oil peeling, body pack with alpine herbs, facial cleansing and facial massage.

✔ 50 minutes | € 99,-

### **Stone pine sound®**

Special massage with pine sticks and arnica oil - a symbiosis of manual massage and sticks massage with an activating and relaxing effect.

✔ 50 minutes | € 99,-

### **Glacier ice®**

Footbath in a stone pine bucket, leg massage with arnica oil, foot massage with ice balls and herbs liquor.

✔ 50 minutes | € 99,-

# Classical Massages

## Wellness for body and mind

Quality is lived in all aspects at the Excelsior! Our spa team is excellently trained and lives & loves its profession. We are proud to have an excellent physiotherapist in our team - book your appointment right away, our Estera is highly demanded!

For all massages, you choose your favourite aromatic oil  
- because fragrance warms the soul.

### **Total body massage**

- ✔ 50 minutes | € 89,-
- ✔ 80 minutes | € 139,-

### **Lymphatic drainage massage**

- ✔ 50 minutes | € 89,-
- ✔ 80 minutes | € 139,-

### **Anti-cellulite massage**

- ✔ 50 minutes | € 96,-

### Energetic foot massage

✔ 50 minutes | € 89,-

### Anti-stress massage

✔ 50 minutes | € 89,-

### Back massage and energetic foot massage

✔ 50 minutes | € 89,-

### Balancing total body massage and energetic foot massage

✔ 80 minutes | € 139,-

### Orange scented oil massage for children aged 4 and over

✔ 25 minutes | € 54,-

### Hydrojet

The slightly different massage  
with water pressure on the  
Hydrojet massager.

✔ 20 minutes | € 19,-



# #myexcelsior Special Massages

Let your soul fly

## **Massage with warm Alpine herb stamps**

The massage with warm herb stamps works against tiredness and muscle tension.

✔ 50 minutes | € 99,-

## **Ayurveda-Abhyanga**

The massage carried out with vegetable oils harmoniously combines several techniques that serve to relax and revitalize the body.

✔ 50 minutes | € 99,-

✔ 80 minutes | € 154,-

## **Ayurveda-Udvaartana**

Full body massage with natural oils and special ingredients, which donates a velvety soft skin, stimulates blood circulation and reduces water retention.

✔ 50 minutes | € 99,-

## **Ayurveda-Mukhabhyanga**

The ayurvedic facial massage is a pampering treatment for the face, which ensures a beautiful, radiant and pure skin.

✔ 25 minutes | € 54,-

### **Ayurveda-Padabhyanga**

The foot massage activates through the so-called 'reflex zones' all energy centres of the body and thus not only leads to a deep relaxation, but has positive effects on the entire organism.

✔ 50 minutes | € 99,-

### **Hot Dolomites®**

Pleasant back and the legs massage using hot and cold Dolomites stones. Alternatively, you enjoy a relaxing full body massage.

✔ 50 minutes | € 99,-

✔ 80 minutes | € 154,-

### **Vitalstone Massage®**

Massage with warm stones for a soothing relaxation of the whole body.

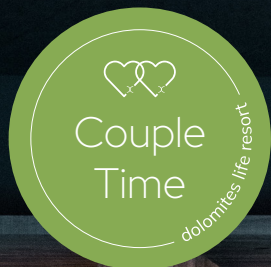
✔ 80 minutes | € 154,-

### **Belvita Active Sport Massage**

Vitalising sports massage for the legs with activating arnica oil.

✔ 25 minutes | € 54,-





## Treatments for 2

in the Private Spa Suite  
including chocolates and sparkling wine

### **Fit back for 2®**

Warm bath on our hot marble deck chairs, scrub with soap foam, Hot Dolomites back massage with warm Dolomite stones, time for cuddling.

✔ 120 minutes with one therapist | € 239,-

### **Dolomites Love**

Footbath, massage with warm Alpine herb stamps, relaxing bath, time for cuddling.

✔ 120 minutes with one therapist | € 239,-

✔ 120 minutes with two therapists | € 439,-

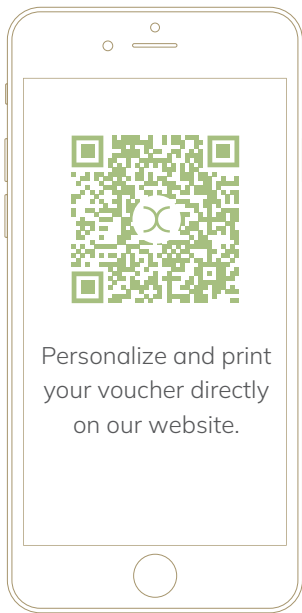
### **Alpine Wellnesslove**

Peeling, Alpine flower bath, back massage, time for cuddling.

✔ 120 minutes with one therapist | € 239,-

✔ 120 minutes with two therapists | € 439,-





## #myexcelsior Vouchers

Relax amidst the  
magical Dolomites scenery

With our wellness vouchers you can give your loved ones a few hours of peace, relaxation and well-being amidst the magical Dolomites scenery.

Be part of our  
#myexcelsior family  
and follow us



**Belvita**  
LEADING WELLNESSHOTELS  
SÜDTIROL



# Wellness for body and soul



# General Information

## Good to know

### **Opening hours spa reception**

Daily from 9.00 am to 7.30 pm

### **Booking**

We recommend you to book your desired treatment before your arrival, so that we can consider your wishes even in case of high demand. You can reach us by phone at +39 0474501036 or by email at [beauty@myexcelsior.com](mailto:beauty@myexcelsior.com).

### **Cancellation**

We ask you to appear on time for your appointment. If you are late, your treatment will be shortened by this time in order to make sure that the other guests enjoy their treatment at the requested time. Our team will prepare your treatment with care. If you wish to cancel it, please do it at least 24 hours in advance, otherwise we will have to charge the full price.

#dolomitesinfinity



Concept: diana-consulting.com & Tamara Call Graphics & design: mariamaria.at  
Prices are subject to change, errors excepted. Picture archive: Excelstor Dolomites Life Resort

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