

ENGLISH



★★★★★

PREIDLHOF

Luxury DolceVita Resort



# TRANSFORMATIONAL WELLNESS À LA CARTE

THE PREIDLHOF WAY

THE DOLOMITE REGION, NATURNO, ITALY

# **DISCOVER YOURSELF**

## **ON THE 46° PARALLEL WHERE THE MEDITERRANEAN BEGINS**

### **Join a Holistic Community**

Meet caring Wellness Therapists, discover new richness and fresh perspectives through precious sharing, surprising sensory experiences and mindfulness. Heal and transform through original sessions led by Healers and researchers.

### **Enjoy The Art of Eating**

Enjoy the "Wellness Healing Gourmet Menu" in the Wellness Lounge Restaurant applying all you have learned in the mindful eating & sensory analysis classes: a vegetarian, light, detox and gourmet menu created by Chef Emanuele Giorgione. Heal through food, expand awareness and transform through the senses.

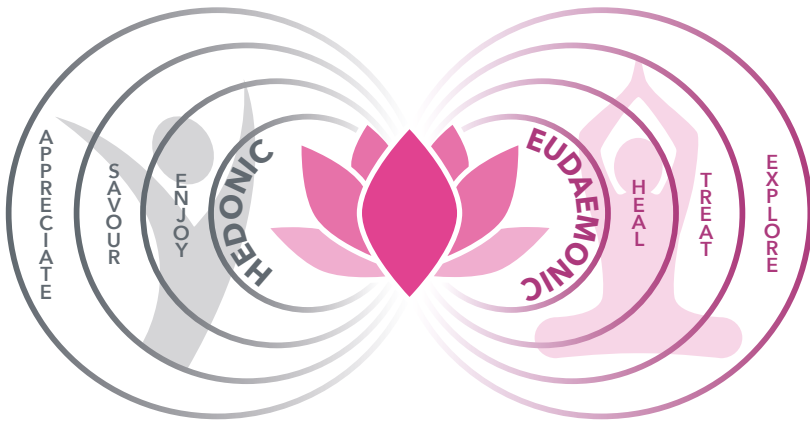
### **Regenerate Body & Mind**

A balanced movement program with harmonizing, effective body treatments to enhance your natural perceptions. Learn to welcome and tune into your body more and begin to see how the sacred body is a great Master. Calm your mind and increase your sense of inner peace.

### **Connect with a "Quiet Park" Certified Location**

Let the power of the mountains come to you. Experience the healing effect of the forest, connect with local traditions, people, places and elements that have a high transformational power. Immerse in nature and restore inner balance. Not to be missed: Forest Bathing with Irmgard Moosmair, full moon rituals, sunrise excursions, wild swimming in rivers and lakes, and sleeping under the stars on the Suites Loggias or in the Spa Garden.

INNOVATIVE SIGNATURE CONCEPT  
THE PREIDLHOF WAY  
JOYFUL & HEALING IN EQUAL MEASURE



**BALANCING HEDONIC & EUDAIMONIC WELL-BEING  
THE SECRET TO TRULY FLOURISHING**

Surrounded by nature, in search of an inner peace, we balance zest and serenity: the hedonic side, the lover of beauty and life, with the eudaimonic, an understanding of the deep contentment that comes from a renewed approach to living. All in a blessed location emanating the positive power of Mother Earth.

*"Our goal is to promote a lifestyle with a 'hedonic' approach to the present, to savour this, while also bringing an 'eudaimonic' approach to the past and future, to make them count."*

Patrizia Bortolin, Spa Concept Designer & Wellness Alchemist

# SPA AWARDS

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## 2022

- **LUXlife Travel & Tourism Awards 2022:** Winner "Most Transformational Wellness Travel Experience – Italy"
- **LUXlife Travel & Tourism Awards 2022:** Winner "Best Holistic Wellness Resort Northern Italy"
- **Haute Grandeur Global Spa Awards:** Winner "Best Hideaway Spa in Europe"
- **Haute Grandeur Global Spa Awards:** Winner "Best Spa Manager in Europe"
- **Haute Grandeur Global Spa Awards:** Winner "Best Resort Spa in Italy"
- **World Luxury Spa Awards:** Winner "Best Spa Manager - Italy"
- **World Luxury Spa Awards:** Regional Winner, Southern Europe, "Luxury Adult Only Spa"
- **Destination Deluxe Awards:** Runner-up "Wellness Retreat of the Year"
- **European Health & Spa Awards:** Winner "Best Spa Innovation" for Transformational Wellness Retreats – The Preidlhof Way
- **European Health & Spa Awards:** Runner-up "Best Destination Spa"

## 2021

- **Global Beauty & Wellness Awards 2021:** Winner "Most Innovative Wellness Concept" for The Preidlhof Way
- **Condé Nast Traveler (US) Reader's Choice Awards:** "Best Resorts of the World"
- **Professional Beauty World Spa & Wellness Awards:** Finalist for both "Spa Leader of the Year" (Patrizia Bortolin) and "Worldwide Health & Wellness Destination of the Year"
- **Foodtrekking Awards, World Food Travel Association:** Winner for the Eating Philosophy
- **Destination Deluxe Awards:** Holistic Treatment of the Year 2<sup>nd</sup> position for Forest Bathing with Irmgard
- **Haute Grandeur Global Hotel Awards:** Patrizia Bortolin awarded "Best Spa Manager (Global)" and Preidlhof winner "Best Hideaway Spa" (Italy)
- **The Italy Prestige Awards:** "Luxury Spa Hotel of the Year"
- **Muse Hotel Awards:** "World-Class Luxury Holistic Spa"
- **Muse Hotel Awards:** "World-Class Luxury Healing Spa"
- **The Sustainable Spa Association:** First Hotel in Italy to be accredited
- **Quiet Parks International:** Certification
- **Top 10 World Awards, Independent Lifestyle Operator Hotels TOP 10 Awards (US)**
- **Top 10 Energy Healer Awards 2021:** Stefano Battaglia

## 2020

- **Destination Deluxe Awards 2020:** 3<sup>rd</sup> "Wellness Retreat of the Year"
- **Destination Deluxe Awards 2020:** Winner "Holistic Treatment of the Year" with Glowing Flow
- **Tatler SPA Guide 2020 mention:** "Best for Unleashing Joy"
- **Tatler SPA Guide 2020 mention:** Stefano Battaglia among the "5 Best International Healers"
- **Condé Nast Traveler (US) Reader's Choice Awards:** "Best 30 Spa Resorts of the World"
- **Condé Nast Traveller (UK) SPA GUIDE:** Best Spas in the world
- **Active Hotel Awards 2020:** "Best Mountain Sport" category winner
- **The Top Ten Energy Healer Awards 2020:** Winner – Stefano Battaglia

## 2019

- **Tatler Spa Awards:** Best Spas in the World, category winner Infinity Pool
- **Condé Nast Traveller (UK) Spa Awards:** Category winner Spa Cuisine
- **TripAdvisor Travellers' Choice**
- **Wellness Heaven Award**
- **European Health and Spa Awards:** "Best Destination Spa", runner-up

**Preidlhof is the first wellness spa and resort in the world to be certified ISO 17679-2016.**

## QUALITY GUARANTEE

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**The Preidlhof is certified by:** Quiet Parks international, ISO Wellness Certification, Sustainable Spa Association, Complementary Medical Association, Transformational Travel Council, Alpine Wellness, Belvita Leading Wellness Hotels, DolceVita Hotels, the German Wellness Association and Premium Selection. **We are one of the leading wellness hotels in the Alps.**







# PREIDLHOF MAP

1. **"SONNENSCHLÖSSL" AREA**
2. PREIDL SPA & Med SPA
3. Gym Pavilion
4. Panorama Garden
5. Sunny Pavilion with Waterbeds
6. Connection to the Outdoor Pool
7. Panorama Pool 34 °C
8. Sunshine Pool 28 °C with Relax Beach
9. Blue Moon Swimming Grotto with Waterfall
10. Schwarzbrenner dress-on Sauna 60 °C
11. Relax Pool and Private Outdoor SPA
12. Swing Basket
13. Sky-Infinity Sport Pool on the Roof – 20 m
14. Outdoor SPA Cinema
15. Hotel's Own Vineyard
16. **"DOLCEVITA LODGE" AREA**
17. Penthouse Suites
18. the 50s – Exclusive Indoor Pool/Thermal Pool 31 °C
19. Organic Herb Garden
20. Wellness VIP Lounge
21. Cocktails & more – Bar
22. Giardino Breakfast Terrace
23. Wine & Spirits (Vinotheque & Distillery)
24. Panoramic Restaurants
25. **SAUNA-TOWER® AREA** – The Sauna House with 16 Heat, Steam and Relaxation Attractions spread over 6 Floors
26. Infinity-Sky Salt-Water Pool 35 °C
27. Hot & Fun – Finnish Show Sauna 90 °C
28. Deep Sea Room
29. Bio Olive Panorama Sauna 55 °C
30. Fire Lounge with Open Fireplace and View
31. Salt Lounge
32. Five Elements Sauna 60 °C
33. Functional Fitness Area
34. Wine Sauna
35. Walk of Love
36. Indoor connecting Passageway to the Sonnenschlössl
37. Yoga Pavilion

# À LA CARTE TREATMENTS - CONTENT

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A serene spa treatment room with white curtains and folded towels on a massage table.

# À LA CARTE TREATMENTS

"To become healthy and complete, the modern man has to master 3 things: **the art of resting, the art of contemplation, the art of laughing and smiling.**"

R. Assagioli



# THE ART OF MASSAGE

## RELAX & ENJOY: HEDONIC & SENSORIAL MESSAGES

All massages integrate with the method and protocols of the "The Preidlhof Way" and our professional therapists may tailor and personalize treatments accordingly. The oil used is mainly pure, organic Italian almond oil or a high quality massage oil for a specific purpose.

A professional zeoliti and cannabis oil that is especially relaxing and works on an even deeper level, can be added to most massages to further promote tension release and relax muscles and joints. (+ € 15.-)

### WELLNESS CONSULTATION

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Meet one of our "The Preidlhof Way" Consultant to create your personalized journey. Enjoy a detailed explanation on the method and the individual treatments and how they can help you reach your goals.

*approx. 45 min.* ..... € 60.-

### AROMA MASSAGE

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Relaxing and medium pressure massage using a powerful synergy of essential oils in specific areas; these include lavender, niaouli and geranium to calm, inspire and purify the mind while soothing the skin and relaxing the body.

*approx. 50 min.* ..... € 95.-

*approx. 75 min.* ..... € 132.-

### TOTAL MASSAGE

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From head to toe, this engaging, intuitive and relaxing massage engenders calm and harmony, lightening body and mind. The perfect massage for those who desire to completely let go and who adore long massages and soothing, enveloping techniques.

*approx. 75 min.* ..... € 110.-

## ISLAND MASSAGE

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Harmonizing massage, both scented and relaxing. It takes inspiration from the Lomi Lomi, Hawaiian massage and is amongst the most enjoyable of massages, using long strokes, enveloping techniques and a particularly caring approach. Inspiring scents from the islands are blended with rich coconut oil leaving the skin nourished and perfumed. Enjoyed in the morning it sets up the day with a loving energy.

*approx. 75 min.* ..... € 132.-

## PREIDL HARMONY MASSAGE

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Signature and relaxing full body and face massage alternating touch with the application of precious stones; these are sometimes dipped in warm organic oil, and at other times cooler and more stimulating. The refined sequence of detox acupressure and stone massage unfolds to the rhythm of music inspired by forests and freedom.

*approx. 75 min.* ..... € 112.-

## CANDLE MASSAGE

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Engaging and sensorial massage conducted with an organic Preidlhof candle handmade by the Spa team. Precious raw materials blend with essential oils to provide a choice of different fragrances: lavender, chamomile, Mediterranean, Alpine, etc. Beautifully scented, the lit candle turns into a warm and nourishing massage balm. Enjoy a smooth touch to the skin, feel the body gradually relax and the mind be inspired.

*approx. 50 min.* ..... € 82.-

## RELAX MASSAGE

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Relaxing, light and freestyle massage comprising harmonious movements and applying medium intensity pressure to soothe the muscles. As needed, a drop of precious essential oil can be added to the soles of the feet to promote relaxation or balance.

*approx. 50 min.* ..... € 73.-

*approx. 75 min.* ..... € 105.-

## SOUND & QUARTZ

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Mystic, inspiring and signature sound ritual carried out on a warm therapeutic treatment bed where heated quartz sand gently adapts to the shape of the body. This unique treatment can be either relaxing or regenerating thanks to very deep vibrations resonating from bells, artisanal instruments, diapasons or gong played by the therapist, amplified by the quartz and conveyed to the entire body.

*approx. 45 min.* ..... € 79.-

*approx. 75 min.* ..... € 110.-

## CLOUD MESSAGE

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Iconic and relaxing face, hair and scalp massage wrapped in the natural scent of the "Nuvola di Crema" line. Relieves stress and tension, facilitates sleep, and calms the mind and facial features. A final foot massage helps bring you gently back "down to earth."

*approx. 50 min.* ..... € 95.-





# THE ART OF TOUCH

## HOLISTIC & THERAPEUTICAL MESSAGES

### ANCIENT HEALING SESSION

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Based on the concepts of ancient medicine and TCM, Traditional Chinese Medicine, our Master Therapists have created an extraordinary therapeutic session which combines exceptional quality of touch in massage. This delves deep to reveal and release with personalized suggestions and exercises to be practiced at home. The session integrates mind and body and the function and interconnectivity of the internal organs and emotions. Personalized breathwork and Dao Yin Yoga exercises may be integrated into the session when required to boost immediate results and to create long-term benefits.

*approx. 80 min. ....* € 150.-

### YAKU SHIATSU

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Personalized session with the Shiatsu Master who, in his unique method, blends many years of practice, consistent training and continuous research in the holistic field with his particular sensitivity. Yaku means water in the Quechuan language and this profound experience of regeneration and balance is inspired by its flow. The treatment is performed on a futon wearing comfortable cotton clothes. More information available at the Spa Reception.

*approx. 80 min. ....* € 150.-

### "PERSONAL HEALTH" MASSAGE & BODYWORK

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Anti-stress massage inspired by osteopathy and combined with gentle postural movements, personalized and adapted according to needs. Therapists specialized in this technique can suggest targeted exercises as required.

*approx. 80 min. ....* € 150.-

## HAWAIIAN HEALING SESSION

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Extra-ordinary experience inspired by ancient massage and medicine where love and breath become healing tools. An engaging massage that can increase awareness, loosen psycho-physical tensions and infuse the body and mind with new possibilities through breathing, movement and energy touch. Choreography, music and original products make this an unforgettable massage.

*approx. 120 min.* ..... € 250.-

## PERSONALIZED THERAPEUTICAL MASSAGE

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Adopting a multi-disciplinary approach, our specialist therapists use massage as a treatment for problems relating to muscles, structure and joints. The massage includes different techniques depending on the specialisation of the therapist (cupping, Dorn & Breuss, reflexology, sports, relaxation etc.).

*approx. 50 min.* ..... € 85.-

*approx. 75 min.* ..... € 132.-

## HOLISTIC CARE

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Original, researched and highly personalized treatment-massage that combines energy work on meridians and acupuncture points with various body techniques. A journey from the material to the subtle to get deeply in touch with oneself.

*approx. 105 min.* ..... € 200.-

## ANMO TUINA

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Personalized massage based on the concepts of integral medicine and TCM, Traditional Chinese Medicine. A refined massage that focuses on muscle bands, cervical tendons, arms, shoulders, back, hips and legs. Calm the nervous system and reactivate the qi (anmo).

*approx. 50 min.* ..... € 99.-

## FOOT REFLEXOLOGY

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Depending on the type of reflexology applied: stimulate, reactivate, or balance the whole body by means of pressure applied to the corresponding organs reflected on the soles or top of the feet.

*approx. 50 min.* ..... € 71.-



## STONE MASSAGE EXPERIENCE

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Ritual massage using geothermal energy. The deep heat given off by the hot stones spreads throughout the body, generating, through massage in specific areas, a perception of physical and emotional well-being for a feeling of greater balance and equilibrium.

*approx. 75 min.* ..... € 104.-

## SHIATSU

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Personalized Shiatsu session with a dedicated therapist with a highly-prized sensitivity: the quality of her presence and her deep experience are quite exceptional.

*approx. 50 min.* ..... € 90.-

*approx. 75 min.* ..... € 135.-

## LYMPHATIC DRAINAGE

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Manual lymph drainage conducted according to the Vodder Method: a gentle, slow and rhythmic massage designed to stimulate the flow of lymph. No oil is used in this treatment and the pressure applied is necessarily very gentle.

*approx. 50 min.* ..... € 71.-







# PREIDLHOF BACK MESSAGES

## HOLISTIC BACK MASSAGE

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Personalized, deep osteo-massage focussing on articulations and muscle chains in the back. It includes massage, precise manipulations and balancing and harmonizing movements.

*approx. 50 min. ....* € 80.-

## REFLEX BACK MASSAGE

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Intense back massage and stimulation of the dorsal area through the reflected areas on the foot. This massage goes beyond the relaxation of muscles in the back thanks to the rebalancing effects of plantar reflexology.

*approx. 50 min. ....* € 73.-

*approx. 75 min. ....* € 104.-

## KNEIPP BACK MASSAGE

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A vintage, healing back massage using the power of heat and a deep 25-minute massage to relax and dissolve physical tensions. A towel soaked in hot water is applied to the back with a special application technique which intensifies and achieves impressive results.

*approx. 50 min. ....* € 80.-

## DEEP BACK MASSAGE

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Personalized back massage using Swedish massage or Sport-Massage techniques to release tensions and tone muscles according to the body's needs. A professional and powerful healing oil is used during this massage to increase and expand the benefits of the manual therapy.

*approx. 50 min. ....* € 95.-



# AYURVEDA

BY NISHA, A SRI LANKAN THERAPIST

## SHARIRA ABHYANGA

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High-quality herbal oils support the detoxifying effect of this full body massage. Removing accumulated Ama (waste products) and stimulating lymph flow, this massage harmonizes and relaxes. It concludes with a short private steam bath.

*approx. 50 min.* ..... € 71.-  
*approx. 75 min.* ..... € 104.-

## VISHESHA PRATHIKARA

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Dissolves and relaxes the entire musculature of the back as well as the shoulder and nape area.

*approx. 50 min.* ..... € 71.-

## SHIRODHARA

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One of Ayurveda's most popular experiences, warm oil is drizzled on the forehead in a constant flow which is helpful for sleep problems, anxiety, headaches and high blood pressure. Tailored to your individual constitutional type, warm oil is poured over the forehead in slow, gentle movements.

*approx. 50 min.* ..... € 71.-

## SHIRSHA / MUHUNA / PADA ABHYANGA

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Combined head, nape, face and foot massage to reduce tension, stress and increases psycho-physical energy.

*approx. 25 min.* ..... € 39.-  
*approx. 25 + 25 + 25 min.* ..... € 104.-

## VISHESHA SHARIRA

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During this full body treatment, our Ayurvedic therapist Nisha focuses particularly on tense joints.

*approx. 50 min.* ..... € 71.-

## KALARI

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Kalari is a very intense massage where the Therapist uses his feet instead of his hands; it reactivates, revitalizes, deeply stimulates and dissolves fatigue. Ask your Therapist if it is suitable for you.

*approx. 50 min.* ..... € 71.-





# BEAUTY – FACE LAB & SPA SKINCARE

With our passion for facial care, we have created a new program of treatments and signature products: the protagonists are the Preidlhof skincare lines, designed to be high performance, pleasurable and sustainable. Our CLEAN BEAUTY 2023 line for everyday care is 100 % sustainable and vegan, and harnesses the latest biotechnology. It now joins our professional cosmeceutical line in treatment rooms for immediate and extraordinary results.

Collaborating with our team of experts, we created these two skincare lines rich in active ingredients to ensure visible, long-lasting results from the first treatment; a complete line for daily care that meets the highest standards of sustainability.

The new cosmetic lines, the care and professionalism of our Beauticians, in synergy with Preidlhof's 5-star protocols, give rise to a range of glorious treatments that are high-performing, harmonious and enjoyable.

## TECHNOLOGICAL FACIAL TREATMENTS

An extraordinary result is achieved with a blend of highly active products conveyed by means of short pulses that act on the intracellular spaces to stimulate the biosynthesis of collagen and elastin, and promote cellular respiration.

### SHOW: THE LIFTING EFFECT

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Treatment with an immediate lifting effect performed with an innovative high-precision machine and products to boost the skin's appearance: reduce wrinkles and the other visible signs of aging to achieve an overall improvement and glowing, more radiant skin with enhanced tone.

*approx. 75 min. .... € 130.-*

### BEAUTY: EXPRESSION BOOSTER

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Non-invasive treatment and an alternative to Botox to visibly reduce facial tension and contractions, reduce fine lines and prevent the visible signs of aging. The treatment makes the face more relaxed without reducing its expressiveness and improves its overall appearance to bring about clearer, more luminous skin. Products rich in active ingredients are conveyed deep into the skin by means of a high precision machine which delivers electrical impulses to intensify treatment results.

*approx. 75 min. .... € 130.-*



## **FRESH: HYDRATING**

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Replenishing facial treatment with plumping and deeply hydrating effects to immediately reveal a fresher, relaxed look and a sensation of comfort. Products are rich in active ingredients and conveyed deeper by a means of a high precision machine which delivers electrical impulses to intensify results of the treatment.

*approx. 75 min. .... € 130.-*

## **OXYGEN: NEW LIFE**

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Seasonal treatment, active and oxygenating to renew, hydrate, stimulate and illuminate. Refines the skin, making it smoother and more compact and evens the overall tone.

*approx. 50 min. .... € 85.-*

## **RADIOFREQUENCY FACE – BODY**

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Extraordinary technology combining the benefits of heat and radio waves to mimic the lifting effect. A non-invasive and needs-modulated treatment that boosts radiance and tone, firms the face, improves skin texture and tone of the face, neck, décolleté and body.

*approx. 40 min. .... € 140.-*

## **MANUAL FACIAL TREATMENTS**

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### **SLOW FACIAL: CLEAN BEAUTY & MINDFULNESS (NEW 2023)**

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Facial beauty treatment. An enjoyable and relaxing experience using the new Preidlhof Spa Skin-care cosmetic line, not only clean, vegan and sustainable but also effective and versatile. This unique method stimulates awareness, calmness and the pleasantness of perception while utilizing products designed to attain a more luminous, hydrated and radiant complexion.

*approx. 50 min. .... € 110.-*

## FACE MODELING – FACIAL-MASSAGE

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Introducing the most in-vogue and rejuvenating face massage technique. A truly holistic and natural experience using expert hands and a specific method of face contouring and buccal massage with immediate and long-lasting effects. Improves tone, glow and circulation, with increased smoothness and reduced tension reflected in the face.

*approx. 90 min. .... € 190.–*

## SU-MAN THE FACIALS – WORLD PREMIERE AT PREIDLHOF

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Inspiring beauty guru and Celebrity Facialist, Su-Man Hsu, teaches her method, for the first time, to Preidlhof's Beauticians.

Her facials are true holistic experiences that, like a hologram, are the culmination "of 10,000 facials" – to use this extra-ordinary Therapist, Su-Man's own words – and the success and wisdom of a stellar career. A holistic and highly effective facial performed by Preidlhof's Beauticians according to the teachings of Su-Man. A scrub, mask and Su-Man skincare products, combined with an extraordinary Asian massage and shiatsu, ensure the face is radiant and toned with benefits also for the whole body.

*approx. 75 min. .... € 200.–*

## FINAL TOUCH

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The application of a veil of natural make-up to the skin with a touch of mascara or lipgloss to finish.

*approx. 5 min. .... € 10.–*

## BEAUTY CHECK & MAKE UP (NEW 2023)

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Time to arrange any finer details such as adjustment, eyebrow and eyelash tinting, hair removal or facial cleansing. Alternatively, treat yourself to professional make-up for an evening or a special occasion.

*Beauty check, approx. 20 min. .... € 35.–*

*Facial cleansing, approx. 50 min. .... € 85.–*



# THERMAL SPA AT PREIDLHOF

Excavations to the entrance of Naturno village enabled Preidlhof to introduce thermal water into the indoor pool and Spa.

The Wellness Team returns to the roots of Medical Wellness which made this Region world-famous, specializing in Detox and regeneration through Thermal Baths, and a professional mix of essential oils and mud.

## WELLNESS THERMAL DETOX

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Following a discussion with the Therapist, embark on your personalized path towards Detox and Regeneration. This comprises two or three steps: mud wrap 20 min. + aroma detox massage 30 min. + 20 min. thermal bath. It usually starts with a mud chosen according to your needs: either a traditional reactivating mud applied to the back, or a blend of Yin and Yang mud applied to different parts of the body. After a shower, there is either a massage using a potent blend of essential oils calibrated to your needs, or a cupping session to stimulate circulation and drainage. The path ends with a personalized thermal bath using a blend of essential oils most suited to your needs and accompanied a choice in color and water massage.

<i>3 STEPS Mud Wrap + Massage + Thermal Bath, approx. 80 min. ....</i>	<i>€ 150.-</i>
<i>2 STEPS Mud or Massage + Thermal Bath, approx. 50 min. ....</i>	<i>€ 110.-</i>
<i>Slim &amp; Detox Thermal Bath, approx. 20 min. ....</i>	<i>€ 40.-</i>

## UNDERWATER THERMAL MASSAGE

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Underwater massage in a thermal bath using a special lance that allows you to vary the intensity and pressure of the massage. It can be modeling, stimulating, relaxing or decontracting as needed.

<i>approx. 20 min. ....</i>	<i>€ 50.-</i>
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# MANICURE – PEDICURE

## BASIC MANICURE & BASIC PEDICURE

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Short hand or foot bath, followed by care for the nails and cuticles using a specific machine and tools. Choose between a massage or the application of nail polish.

<i>Basic Manicure, approx. 50 min. ....</i>	€ 56.–
<i>Basic Pedicure, approx. 50 min. ....</i>	€ 56.–
<i>Semi-Permanent, removal only, approx. 20 min. ....</i>	€ 23.–

## SWEET MANICURE & PEDICURE – THE SWEET METHOD

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Beauty, relaxing and care rituals for hands and feet. Includes a hand/foot bath, washing, scrub, mask and massage to which you can add a nail finish with a cardboard file and the application of a base and polish from the natural line.

<i>Sweet Manicure or Sweet Pedicure Ritual (without polish and filing), approx. 25 min. ....</i>	€ 35.–
<i>Sweet Manicure or Sweet Pedicure, approx. 50 min. ....</i>	€ 60.–
<i>Sweet Manicure &amp; Pedicure (without polish and filing), approx. 50 min. ....</i>	€ 75.–
<i>Applying natural nail polish to hands or feet, approx. 15 min. ....</i>	€ 20.–

We suggest a period of nail polish detox to protect both health and the environment. For the same reason, we have selected the most natural nail polishes available that also guarantee a beautiful effect. Choose Mediterranean colors such as carrot, bean, pistachio, almond, lavender, etc.





## BODY TREATMENTS

### SILHOUETTE MASSAGE

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Localized, activating and stimulating massage to improve circulation and tone the female silhouette by homing in on certain areas of the body. A specific product is then chosen and applied according to your body's needs.

*approx. 50 min.* ..... € 95.-

### SCRUB MENU

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A delicate, stimulating or deep cosmetic exfoliation with products that leave the skin soft and supple wrapped in inebriating fragrances. Experiences to choose from include: 1) chocolate, 2) gardenia and jasmine, 3) coconut, walnut and essential oils, 4) honey and sugar, 5) glycolic and lactic acid.

*approx. 20 min.* ..... € 50.-

### SHAPING MUD

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Remodelling and intense with an immediate effect, this natural treatment is popular in Medical Spas: it helps to lighten the silhouette and eliminate excess water and toxins. Products rich in essential and natural active oils and an enzyme saline scrub are massaged on the body then a specific bandage is worn before applying the mud that solidifies and allows the actives ingredients to take effect.

*approx. 100 min.* ..... € 195.-

### KNEIPP EXPERIENCE

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Using the traditional method of Sebastian Kneipp, a German priest famous for the treatment based on the alternation of hot and cold water designed to reactivate our natural energy. The therapist chooses techniques including brushing, washing, body wrap and massage, depending on whether you want to relax or energize the body and mind. Brushing of the body to warm and reactivate circulation and smooth the skin is followed by a quick application of a small cold stimulus, then a short massage and partial wrapping with the famous "Wickel." The Therapist stays in the room to help the guest observe sensations while the body temperature adjusts.

*approx. 100 min.* ..... € 195.-



## **RADIOFREQUENCY FACE – BODY**

---

Extraordinary technology combining the benefits of heat and radio waves to mimic the lifting effect. A non-invasive and needs-modulated treatment that boosts radiance and tone, firms the face, improves skin texture and tone of the face, neck, décolleté and body.

*approx. 40 min. ....* € 140.–

## **PERSONALIZED MUD TREATMENT**

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One of the most effective treatments for restoring joint and muscle function by stimulating the reactive and repairing capacities of the tissues treated. The synergy of muds and mineral gels is chosen by the therapist dependent on needs and the areas to be treated. There are specific muds for traumas, contractures, strains or back pain, osteoarthritis, pain, sports injury, skin and ageing, and drainage.

*approx. 75 min. ....* € 185.–





## SLEEP CLINIC

### **Preidlhof takes great care of the quality of your sleep**

Preidlhof has always cared about the quality of sleep and this is demonstrated in the construction of the new rooms, in the organization of the resort and also by providing specific herbal teas and natural supplements in each room. The "Wellness Healing Gourmet" evening menu can help to improve sleep. The Resort is certified "Quiet Park" for its commitment to preserving natural silence. There is a choices of pillows and mattresses available in the suites as well as the possibility of sleeping under the stars on the loggias.

When the quality of sleep is impacting the quality of life, it is advisable to book the "Sleep Better" wellness-medical program where our exceptional therapists and Dr. Angerer can help bring about profound improvements.



## SPA RITUALS FOR BETTER SLEEP

### SLEEP MESSAGE

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Gentle ritual that acts on three different sensory pathways. Deep relaxation that promotes calm, sleep and recovery from jetlag. The unique Tranquility blend of Comfort Zone, applied with the dexterity inspired by the Indonesian Sea Malay massage and Ayurveda, combine with the use of fluffy brushes to create a state of calm for body and mind.

*approx. 75 min. .... € 129.-*

### DOLOMITIC SLEEP RITUAL

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Professional treatment blending neuroscience, bodywork and the healing effects of products from the nearby Dolomitic mountains. Enjoyable and relaxing, this gentle massage for the front part of the body and the face uses a mix of cream and oil, a special background music, pressure points, mobilisations and light strokes to provide a deep sensation of peace that help to improve the quality of night sleep.

*approx. 75 min. .... € 129.-*

### SLEEP BETTER RETREAT

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5-day program for better sleep under the direction of our team of experts. More details in the Retreat Book.





## SPA FOR TWO

In a private Spa Suite, share a series of engaging, regenerative and relaxing wellness experiences with the person you want to be close to. The treatments have been designed to create new connections in a Mediterranean and multisensory atmosphere, the Therapists treating both by exchanging positions and creating new synergies. For couples, friends, mothers and daughters, sisters and people who enjoy being together.

Spa for two can also be enjoyed in our new private Garden Spa Suites which are now open year-round and heated during the cooler months. Surround yourself with lavender, olive trees and citrus plants overlooking the valley.

### RED HAMMAM FOR TWO - DIY

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Sensory and relaxing experience in the small red "hammam". Natural products "Made in Sicily" specifically for the Hamman, envelop the senses and make the skin radiant by stimulating 4 of our senses. Guided by the Red Hammam Therapist, share a relaxing and purifying footbath, an exfoliating and renewing hand wash, and an effective face mud-mask. Self-application of the body mud inside the Steam Room is then followed by a final wash with exfoliating and regenerating black soap. A fresh shower, a touch of nourishing almond cream on the hands and a face spray with almond face water conclude this beautiful experience.

*approx. 50 min. (price for two) ..... € 120.-*

Enhance the 5<sup>th</sup> sense and enjoy a relaxing massage after the red hammam made with body chocolates that look delicious but are made with a scented body butter which you choose according to your taste.

*approx. 40 min. (price for two) ..... € 120.-*

### AROMA MASSAGE FOR TWO

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Relaxing, medium pressure massage using a powerful synergy of essential oils in specific areas, including lavender, niaouli and geranium to calm, inspire and purify the mind while soothing the skin and relaxing the body. A mini psycho-aromatherapy test precedes the massages and reveals which dormant talents need to be awakened by using the corresponding "scent" to create a little potion to take away and smell.

*approx. 50 min. (price for two) ..... € 186.-*



## CLOUD MESSAGE FOR TWO

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Iconic and relaxing face, hair and scalp massage wrapped in the natural scent of the "Nuvola di Crema" line. Relieves stress and tension, facilitates sleep, and calms the mind and facial features. A final foot massage helps bring you gently back "down to earth."

*approx. 50 min. (price for two) ..... € 190.-*

## HAPPINESS MESSAGE FOR TWO

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Happiness massage with the color orange as the guiding theme: orange essential oil diffused in the air, and massage oil alchemically made on the frequencies of the color orange and perfumed with essential oils and relaxing massage.

*approx. 50 min. (price for two) ..... € 180.-*

## SOUND HEALING FOR TWO - GARDEN SPA

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In the new Garden Spa, nature actively participates in the treatment: Breathe in fresh air, view the sky and the meadows, feel the breeze, the rain or the touch of the sun's rays. We have created a very pleasant sound massage experience to be shared, made up of harmonious sounds, Tibetan bells, artesenal instruments. A dance of sensory sprays and an invitation to mindfulness.

*approx. 50 min. (price for two) ..... € 100.-*

## HAWAIIAN MESSAGE FOR TWO

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Relaxing and engaging massage inspired by Hawaiian massage and designed to be shared with those you want to have close to you, in the new Garden Spa; immerse in nature and to the rythm of the massage which evokes the waves of the sea.

*approx. 75 min. (price for two) ..... € 280.-*

## FREEDOM SPA SUITE FOR TWO

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This highly scented aroma ritual for face and body will empower, energize and inspire. There is the freedom to choose between three different versions: one specifically for two women and embracing the feminine; one for two men and enhancing the masculine; and a third, celebrating the union of the two. This enveloping, sensory ritual harnesses essential oils and ancient wisdom like moxa, and includes a deep face and body massage, scrub, or body cleanse. An amazing ritual to enjoy as a couple, with a friend, as a mother and daughter, a father and son, or between two sisters.

*approx. 110 min. (price for two) ..... € 400.-*



## SALT OF LIFE

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Discovery of the refined world of salt through sensory training, including a small tasting of fine salts. The most suitable salts are used for the relaxing and detox footbath and for the whole body scrub.

*approx. 50 min. (price for two) ..... € 160.-*





# BABYMOON



## NEW LIFE

Preidlhof always pays special attention to the wonderful experience of pregnancy and to everything from the buffet to the adaptation of the menu and wellness treatments made by specialized therapists.

### PREGNANCY MASSAGE

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A highly specialized massage conducted by therapists specifically trained on the best techniques to use during pregnancy. Following a short consultation, the therapist will tailor the massage to your needs. Special touches complete the experience like the dedicated massage pillow and a choice of oil and lavender and rose water for the face.

*approx. 50 min.* ..... € 73.-

### LOMI HAPAI

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Gentle and engaging pregnancy massage inspired by Hawaiian Wisdom performed by a specialized Therapist using natural coconut oil.

*approx. 50 min.* ..... € 93.-

### SHIATSU IN PREGNANCY

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Shiatsu session specifically designed and created by our expert who has significant experience as Shiatzuka from working in gynaecology clinics. The treatment is personalized and helps to establish harmony, serenity or strength dependent on individual needs.

*approx. 80 min.* ..... € 150.-

It is important to communicate pregnancy status and the month of gestation during the booking process in order to personalize the treatment.

# PREIDL MED SPA



Dr. Med. Alexander Angerer



# MEDICAL WELLNESS

## PREIDL MED SPA

Dr. Med. Alexander Angerer, Preidlhof's Medical Director shares many years of experience working in preventative health and diagnostics. He specializes in complementary medicine, complementary psychology, phytotherapy, homeopathy, magnetic field therapy and Traditional Chinese Medicine. The Med Spa has state-of-the-art technology and enhances holistic programmes for recovery and prevention.

The Preidlhof Medical Spa concept embeds the fundamentals of science with the latest evolutions in complementary medicine, deep listening and knowledge of individual dynamics.

### HRV MEASUREMENT

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Heart rate variability (HRV) describes the dynamic rhythm of your heart and measures your body's energy efficiency. The ability to regulate the heart, or its ability to regulate the functions of the body, is fundamental to our well-being.

In addition to assessing the body's stamina in stressful situations, HRV measurement also enables control of the process and helps assess the effectiveness of an existing therapy. Raising awareness of your body and its state of health helps you on the road to a healthy and sustainable lifestyle.

*approx. 25 min.* ..... € 98.-

*approx. 50 min.* ..... € 196.-

### MEDICAL CONSULTATION WITH DR. MED. A. ANGERER

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*approx. 25 min.* ..... € 98.-

*approx. 50 min.* ..... € 196.-

## ACUPUNCTURE

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Sitting acupuncture with Dr. Med. A. Angerer who, in many years of clinical experience and his complementary medicine practice, has discovered an effective cure treating pain and energy flow disorders with acupuncture (predominately of the cranium).

*approx. 25 min. ....* € 87.-

## INFUSIONS

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Personalized combinations of vitamins and minerals presenting as deficient are given intravenously to create an immediate booster for the whole body. Helps you cope with stress, with seasonal flu or those particularly challenging times.

*approx. 20 min. ....* from € 150.-

## SUPPLEMENTS PRESCRIPTIONS

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Subject to medical results, heart rate variability or specific needs, science-based natural supplements can be prescribed and directly purchased to compensate any deficiencies presenting in the body.

*approx. 25 min. ....* € 98.-



## PAPIMI

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A medical device facilitating the high-pressure induction of electromagnetic pulses directly into the cells of the body. Activates and accelerates the body's ability to self-heal, the perfect support to both traditional and complementary medicine.

*approx. 25 min.* ..... € 50.-  
*3 sessions of 25 min.* ..... € 135.-

## PREIDL CONTOURING

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A medical treatment based on a new approach to remove unsightly, stubborn fat deposits in a painless and non-invasive way. The non-invasive remodelling of the silhouette uses ultrasonic waves and advanced technology developed by plastic surgery specialists and scientists. Backed with extensive knowledge in the field of aesthetic medicine, excellent results are achieved by eliminating fat cells in a selective and definitive way. This enables fat deposits in unpleasant areas to be treated.

Following an initial discussion with Dr. Med. A. Angerer to determine the areas of intervention, the session takes place in the comfortable Preidl Med Spa and includes personalized recommendations for a healthier lifestyle.

..... from € 750.-

### Free consultation

Complimentary medical consultation to check or plan individual goals and to define the areas of the body that need to be reshaped (approx. 25 min.).

## VELASHAPE

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Thanks to a combination of the physical effects of radiofrequency current, vacuum, tissue manipulation and infrared, the main causes of cellulite are treated in a single treatment session: localized fat proliferation, loss of elasticity of the connective tissue, and reduction of local microcirculation and lymphedema.

Velashape is the only therapeutic system approved by the FDA (Food and Drug Administration) for the treatment of cellulite and the reduction of circumferences due to its proven scientific efficacy. Clinical studies demonstrate an average reduction in body circumference:

5.93 cm on the buttocks, 2.50 cm on the thigh, 7.37 cm on the abdomen

It is a simple, comfortable and pain-free treatment, with no surgery or downtime, resembling a gentle deep tissue massage.

*approx. 15 min. (per area to be treated)* ..... € 58.-





# DEEP SEA

RELAX & EXPAND

Deep Seā, an award-winning technological innovation, the first of its kind in the world, is a space unto itself, created in every detail by Daniel Lathan, a visionary, original audiologist and creative genius. This room is the culmination of all his knowledge in psychology, meditation, creativity, relaxation, design and personal development.

Immerse yourself in something you have never experienced, abandoned to an experience that fuses abstraction and form. Absorb the vibration of sound and the energy of color in a place where the mind has nothing to do, cannot interpret and can therefore relax and give space to creativity.

## DEEP SEA ROOM (Sauna-Tower, 1<sup>st</sup> floor)

Choose the program that is best for you, all the result of an algorithm, always slightly different. Enter the room, take a seat and travel between mind and matter. At the end, remain in the anteroom until the light reproduces the effect of the sun rising to helping you "return to earth."

*approx. 15 min. (2 admissions) ..... € 19.-*





# SPA ETIQUETTE



## CONSULTATION

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**Our Spa Managers, Alessandra and Sabrina, are in the Spa every day from 8.30 to 19.30.**

You can book a consultation with Dr. Med. A. Angerer both during and after your stay to ensure continuity of therapy and the best aftercare.

## BOOKING TREATMENTS

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If possible, please book your treatments at the time you make your room reservation. Appointments get very quickly booked out in our Spa. **Last-minute bookings can be made at the Spa Reception.**

## TAILORED TREATMENTS

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**The comprehensive and expert care of our guests is very important for us.** We will require some information in advance so that we can tailor our treatments to your individual needs.

## CLOTHING & PREPARATION

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It is best to wear a bathrobe with sandals and a swimsuit/trunks. We provide disposable briefs for most treatments. If you have booked **Glowing Flow or Shiatsu**, we kindly ask you to wear a tracksuit or comfortable, loose cotton clothing; an item that you can feel relaxed in as a small amount of massage oil may be applied in your treatment if required.

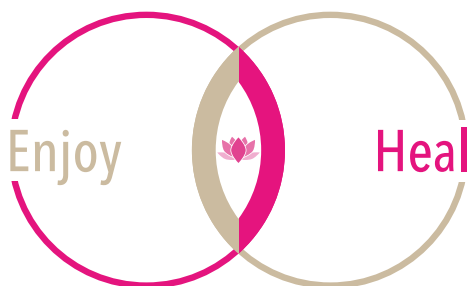
In our Team operate male and female Therapists of proven professionalism, seriousness and great experience and according to the required specializations the most suitable practitioners will be assigned.

Please leave your valuables in the room safe and also refrain from using your mobile phone to ensure tranquillity for all guests throughout the Spa facilities. If possible, show up at the spa department **5 minutes before your appointment** so that you are not rushed.

## CANCELLATION

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**Cancellations and displacements** are free of charge if made up to 24 hours before your appointment. You are otherwise charged full price.



## AUFBLÜHEN · FIORIRE · FLOURISH THE PREIDLHOF WAY



★★★★★  
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