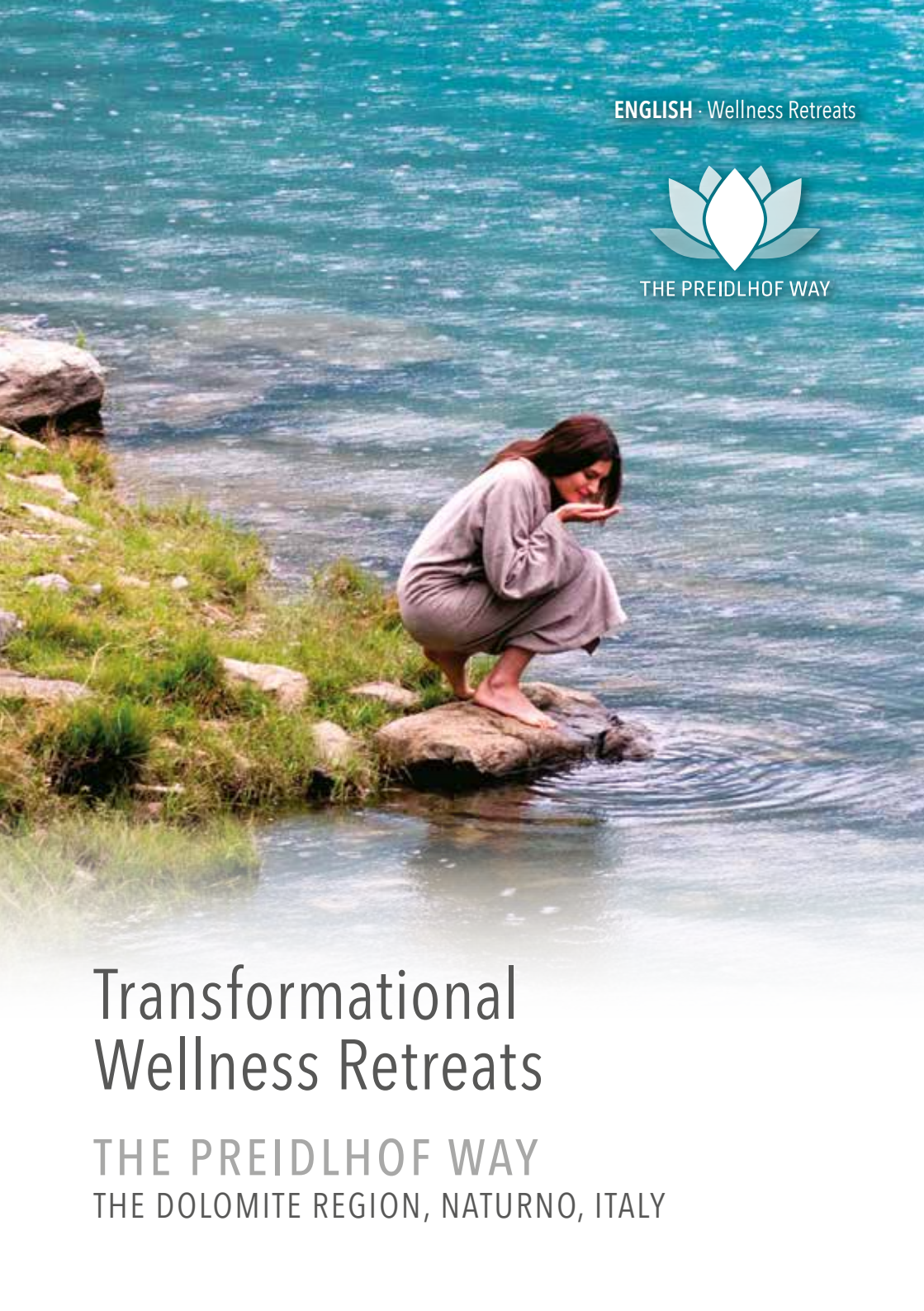


ENGLISH · Wellness Retreats



THE PREIDLHOF WAY



Transformational Wellness Retreats

THE PREIDLHOF WAY

THE DOLOMITE REGION, NATURNO, ITALY

Discover Yourself

ON THE 46° PARALLEL WHERE THE MEDITERRANEAN BEGINS

Experience one of Preidlhof's transformational retreats and return home fulfilled, enriched with new tools to lead a better life. At Preidlhof, you will have the opportunity to:

REGENERATE BODY AND MIND

Your personalized program will include a balance of harmonizing and healing treatments designed to enhance one's natural perceptions and tap into the body's innate intelligence, strength, and healing power. The goal is to learn how to take care of your body, calm your mind and discover inner peace.

JOIN A HOLISTIC COMMUNITY

Preidlhof's world-class wellness therapists offer a customized approach to help unlock fresh perspectives geared to guide your personal journey of healing and transformation.

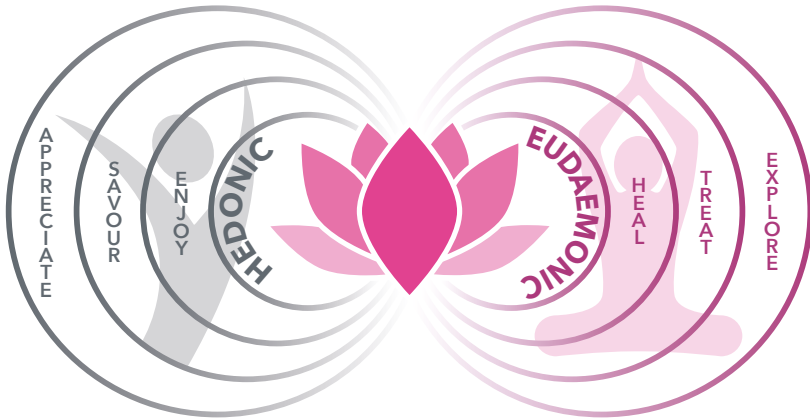
ENJOY THE ART OF EATING

Part of Preidlhof's culinary offering is a Wellness Healing Gourmet Menu in the resort's Wellness Lounge. It allows one to apply learnings from mindful and sensorial eating classes which focus on healing through food.

HEAL THROUGH QUIETUDE

Preidlhof is a certified "Quiet Park" location due to the silent beauty of its natural surroundings. Let the power of the mountains come to you and experience the healing effect of the forest which promotes inner balance. Connecting with local traditions, people, and places are among elements that contribute to a transformational experience. Recommended activities include forest bathing, full moon ritual, sunrise excursion, swimming in rivers and lakes, and sleeping under the stars on the Suites' loggia or in the Spa Garden.

**INNOVATIVE SIGNATURE CONCEPT
"THE PREIDLHOF WAY" PROMOTES
JOY AND HEALING IN EQUAL MEASURE**



**BALANCING HEDONIC & EUDAEEMONIC WELLBEING
AS THE SECRET TO A HAPPIER LIFE**

Human beings have a natural need to balance zest and serenity in their lives. The "hedonic" side is the lover of beauty and life's daily pleasures, while the "eudaemonic" yields a spiritual understanding of life's continuum, threading past to present to future.

Preidlhof's transformational programs are designed to offer this balance.

That lead to a state of "flourish."

"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, Wellness Alchemist and architect of "The Preidlhof Way."



The Preidlhof Way

AWARD-WINNING RETREATS

DAILY HOLISTIC RETREATS-ONLY CLASSES	06
DESTINATION DISCOVERY	07
DIGITAL DETOX	07
INTEGRATED WELLNESS RETREAT: Holistic Expertise	10
TRANSFORMATIONAL JOURNEY: Creative Wellness for a Happier Life	13
GLOWING FLOW: The Heart Retreat	17
WELLNESS FOR TWO: Hedonic Spa Rituals	19
ENERGY AND HEALING FOR TWO: Hedonic and Eudaemonic Wellness – Enjoy and Treat ..	21
MENOPAUSE RETREAT: Glow & Flow in your second half	25
WEIGHT LOSS RETREAT: Enjoy the Journey	28
SLEEP BETTER: Calmer Nights for Brighter Days	32
HOLISTIC FITNESS: Moving Your Way	36

**"A PERFECT HUMAN BEING IS SCIENTIFIC ABOUT OBJECTS,
IS AESTHETIC, MUSICAL, POETIC ABOUT PERSONS,
AND IS MEDITATIVE ABOUT HIMSELF.
WHERE ALL THESE THREE MEET, GREAT REJOICING HAPPENS."**

OSHO



Daily Holistic Retreats-only Classes

Guided by Preidlhof's team of wellness therapists, these daily signature classes are highly recommended to maximize the benefit of each transformational retreat program:

- **Yoga Nidra Meditation** – to improve sleep, awareness, and creativity
- **Laughter Yoga** – to improve energy, elevate frequency and unlock breath
- **Mindful/sensorial eating** – to enhance pleasure, improve digestion, connect with healthy food choices, and to heighten inner awareness
- **Face Yoga** – to enforce an anti-aging routine, improve appearance, and increase energy
- **Qi Gong, Dao Yin, Yoga** – each designed to improve energy, flexibility and to facilitate self-healing
- **Rope Flow** – mobility class, utilizing ropes that promote rhythm, coordination between the left and right brain and to tune with the flow
- **Sound healing** – a class that uses sound and frequency for relaxation, healing, and personal development
- **Postural gymnastics** – offered in water or on dry land, its goal is to quickly improve posture through non-aerobic muscle reinforcement
- **Forest Bathing** – an excellent healing experience that involves immersing oneself in nature in a mindful way, using senses to benefit one's physical, mental, emotional, and social health
- **DIY cosmetic workshops**
- **Mindful walks by the river**
- **Hike on the "Sun Mountain"**
- **Transformational Yoga dance**
- **Wellness lectures** with Dr. Med. A. Angerer or other specialists



Destination Discovery

You can add to your retreat a personalized package of selected experiences from the hotel through which you will discover the enchanting natural destination Trentino Alto Adige.

Ask your Wellness Concierge.

- **View:** Unforgettable excursion to the Dolomites, a UNESCO heritage site featuring unique and magical mountain colors (3 hours)
- **Taste & Smell:** A wine tasting excursion to Italy's smallest, yet one of its most important wine growing regions, with a high density of PDO (Protected Designation of Origin) wines (1.5 hours)
- **Touch & Taste:** Admire or swim in charming Lake Garda, then experience the surrounding area, tasting the olive oil, or discover mountain lakes and waterfalls. (5 hours)

From € 450.–



Digital Detox

Consider enhancing your transformational journey by trading your mobile device for a beautiful, vintage Digital Detox kit. It will equip you with tools for experiencing your stay mindfully and fully, open to expanding creativity, sensorially and inner presence.

The Spa Team will store your phone for safekeeping until your departure.

From € 200.–

PREIDLHOF

A photograph of a person lying on their back on a forest floor covered in moss and dry leaves. The person is wearing white pants and is barefoot. The background is a dense forest with moss-covered rocks and trees.

RETREATS





Integrated Wellness Retreat

HOLISTIC EXPERTISE

This retreat is a journey that encourages one to accept and transform the past, enjoy the present, and open up to the future. This intuitive pathway is guided by a team of accomplished therapists, who work in synergy with each other to create an exceptional, personalized experience.

The program includes a daily treatment with the Master Therapists or the Medical Wellness Team which integrates with the daily holistic classes, the transformative life-enhancing sessions reserved only for retreat guests.

Experiences

WELLNESS CONSULTATION

approx. 30 min.

A wellness, psychological, and sensorial consultation is conducted with a member of Preidlhof's Master Therapist or Medical Wellness teams to inspire the individual journey.

INTEGRATED HEALING MESSAGE

approx. 80 min.

This highly specialized session may include ancient healing methods: TCM, Hawaiian, Yaku Shiatsu, osteopathy-based therapeutical massage, or a 100-minute Ayurvedic treatment, all personalised and part of Preidlhof's signature wellness method.

MEDICAL WELLNESS ASSESSMENT

approx. 50 min.

Our Medical Wellness Team has a variety of tools available to assess quality of sleep, energy level, stress index, abdominal fat factor, BMI and suggest the best course of action to promote balance and healing. We generally choose Heart Rate Variability (HRV), a specialized session which measures the body's energy efficiency. It detects heart rate variability (HRV) and describes the dynamic rhythm of the heart.

SLEEP TRACK or ACUPUNCTURE

approx. 25 min. + 25 min.

Based on a recommendation during the personal consultation, the retreat may include two sessions of acupuncture or a sleep track and discussion session. The Sleep Track is enabled by a Sleep Lab session that evaluates quality of sleep. Acupuncture is among treatments recommended to increase or balance energy, to help with sleep issues and other symptoms.

Retreat Options

INTEGRATED WELLNESS RETREAT 5 DAYS / 6 NIGHTS

One Wellness Consultation

Four Integrated Healing Massage Sessions

Medical Wellness Assessment or Heart Rate Variability Measurement

Medical Wellness Session: 5-day Sleep Measurement and Analysis
or two Acupuncture Sessions

Four days of Holistic Classes

€ 1,270.-

(price per person, accommodation excluded)

INTEGRATED WELLNESS RETREAT 6 DAYS / 7 NIGHTS

One Wellness Consultation

Five Integrated Healing Massage Sessions

Medical Wellness Assessment or Heart Rate Variability Measurement

Medical Wellness Session: 5-day Sleep Measurement and Analysis
or two Acupuncture Sessions

Five days of Holistic Classes

€ 1,480.-

(price per person, accommodation excluded)

INTEGRATED WELLNESS RETREAT 10 DAYS / 11 NIGHTS

One Wellness Consultation

Nine Integrated Healing Massage Sessions

Medical Wellness Assessment or Heart Rate Variability Measurement

Medical Wellness Session: 5-day Sleep Measurement and Analysis
or two Acupuncture Sessions

Nine days of Holistic Classes

€ 2,320.-

(price per person, accommodation excluded)





Transformational Journey

CREATIVE WELLNESS FOR A HAPPIER LIFE

Developed for contemporary wellness seekers and experiential travelers, this retreat recognizes that transformation can only arise from within.

It is facilitated by engaging with people and experiencing intuitive, enlightened techniques while discovering new places and things.

Stimulating and moving, this journey engages and inspires all levels of awareness: physical, energetic, mental, emotional, and spiritual. It is suitable for solo travelers, couples, friends traveling together, and multi-generational groups seeking to learn a more creative, experiential approach to life.

Experiences

WELLNESS CONSULTATION

approx. 30 min.

A wellness, psychological, and sensorial consultation is conducted with a member of Preidlhof's Master Therapist or Medical Wellness teams to inspire the individual journey.

PSYCHO-AROMA TEST & AROMA MASSAGE IN GARDEN SPA

approx. 60 min. + 15 min.

An olfactory test provides insights into potentially dormant talents that may be awakened through scent during the massage in Preidlhof's Garden Spa. A vial of the personalized scent is provided to take home.

46° PARALLEL MASSAGE

approx. 60 min. + 15 min.

A soothing massage incorporates bio oil from Trentino, produced in the microclimate of the 46° Parallel. A short olive oil tasting session precedes the massage to discover connections between taste and touch before and during the treatment.

KNEIPP EXPERIENCE

approx. 100 min.

This excellent body treatment alternates hot and cold water to reactivate natural energy. The therapist chooses techniques including brushing, washing, body wrap, and massage to relax or energize body and mind.

COLOR HEALING MESSAGE

approx. 60 min. + 15 min.

A fragrant, sensory massage with oils crafted to release the potent healing power of crystal, sounds and chromotherapy. Following a color test, the therapist selects oils to achieve desired results.

INTEGRATED HEALING MESSAGE

approx. 80 min.

This highly specialized session may include ancient healing methods: TCM, Hawaiian, Yaku Shiatsu, osteopathy-based therapeutical massage, or a 100-minute Ayurvedic treatment, all personalized and part of Preidlhof's signature wellness method.

SOUND & QUARTZ

approx. 75 min.

This mystic ritual is conducted on a warm therapeutic treatment bed where heated quartz sand gently adapts to the shape of the body. This treatment can be relaxing or regenerating. It relies on deep vibrations resonating from bells, artisanal instruments, or a gong played by the therapist, amplified by the quartz and conveyed to the entire body.

DEEP SEA ROOM

approx. 15 min.

Sound and color, two new frontiers of wellness, combine in this masterpiece of technology and creativity to relax and inspire body and mind.

DEEP SEA MESSAGE

approx. 40 min.

A sensorial and inspiring Thai-inspired massage is given on a futon creating a synergy between sound, colors and gentle movements to increase awareness, creative flow, and inner attunement.

MEDICAL WELLNESS SESSION HRV

approx. 25 min. + 25 min.

Heart Rate Variability (HRV) is a specialized session which measures the body's energy efficiency. It detects one's own HRV and describes the dynamic rhythm of the heart.

Retreat Options

TRANSFORMATIONAL JOURNEY 4 DAYS / 5 NIGHTS

Psycho Aroma Test & Aroma Massage in Garden Spa

Color Healing Massage & Color Test

Sound & Quartz

Kneipp Experience

Deep Sea Room

Three days of Holistic Classes

€ 790.-

(price per person, accommodation excluded)

TRANSFORMATIONAL JOURNEY 5 DAYS / 6 NIGHTS

Psycho Aroma Test & Aroma Massage in Garden Spa

Color Healing Massage & Color Test

Sound & Quartz

Kneipp Experience

Deep Sea Room

46° Parallel Olive Oil Massage

Heart Rate Variability Medical Check

Four days of Holistic Classes

€ 1,178.-

(price per person, accommodation excluded)

TRANSFORMATIONAL JOURNEY 6 DAYS / 7 NIGHTS

Psycho Aroma Test & Aroma Massage in Garden Spa
Color Healing Massage & Color Test
Sound & Quartz
Kneipp Experience
Deep Sea Room
46° Parallel Olive Oil Massage
Heart Rate Variability Medical Check
Deep Sea Massage
Wellness Consultation
Five days of Special Classes

€ 1,378.-

(price per person, accommodation excluded)

TRANSFORMATIONAL JOURNEY 10 DAYS / 11 NIGHTS

Psycho Aroma Test & Aroma Massage in Garden Spa
Color Healing Massage & Color Test
Sound & Quartz
Kneipp Experience
Deep Sea Room
46° Parallel Olive Oil Massage
Heart Rate Variability Medical Check
Deep Sea Massage
Wellness Consultation
Water Massage
Ancient Healing Session
Nine days of Holistic Classes

€ 1,848.-

(price per person, accommodation excluded)



Glowing Flow

THE HEART RETREAT

World-renowned, award-winning Holistic Master, Trauma Therapist and Meditation Teacher, Stefano Battaglia, with Transformational Coach, Patrizia Bortolin, bring their vast knowledge and experience to bear in this life-changing retreat. The quality and precision of Stefano's healing touch, his presence, and his deep understanding, awaken the inner healer that resides in us all.

Share Stefano's unique and rare approach to self-discovery, revive the pleasure of being in the "here and now", heal the past, and positively inspire your vision of the future.

Discover the joy of not being alone in your soul searching.

Pivotal are Glowing Flow sessions combined with water massage and sound healing, enhanced by meditation and enlightened insights into mindful living.

Experiences

TWO GLOWING FLOW SESSIONS

approx. 80 min. each

Award-winning healing session created by Stefano Battaglia based on his lifelong research in the holistic field and his specializations, including Trauma Touch Skills. Interactive conversation, meditative bodywork, and intuitive techniques address the needs of the body which releases emotional blocks, anxiety and imbalance often related to various types of traumas.

WATER HEALING MASSAGE

approx. 45/60 min.

Healing and soothing water massage performed in the salt sky pool or in the thermal indoor pool. Stefano's favorite element, water, provides an experience that harmoniously completes the Glowing Flow sessions, and fully conveys the pureness of fine touch producing deep and transformative effects.

TWO MEDITATION CLASSES

approx. 50 min. each

Exclusive to Glowing Flow Retreat guests, these sessions based on Vipassana (mindfulness), and other approaches learned and experienced over more than 25 years. Each session is calibrated according to one's level of experience, needs, and appetite for searching.

TWO MINDFUL LIVING SESSIONS

approx. 80 min.

During this session, Stefano or Patrizia share a personalized seasonal experience. This could take one of several forms: an inspired cable-car ride and walk on powerful Sun Mountain; a mindful walk around the beautiful lake or nearby waterfalls; a magical immersion in the woods on Tramontana Mountain; sharing spiritual readings, talks or movies; or a walk along the rich Adige River.

TRANSFORMATIONAL SESSION & WELLBEING CONSULTATION

approx. 60 min.

Surprising and original, this immersive experience is designed by Patrizia who, through different sensory techniques, leads a journey of discovery and transformation that provides new perspectives and promotes a vital, creative, and inspiring approach to life.

Daily pass for the "Holistic Retreats-only Classes" can be added to your retreat in accordance with the Retreat Leaders. Enjoy Forest Bathing, mindful eating classes, holistic movement and workshops. € 100.– per day (minimum 2 classes)

Retreat Option

GLOWING FLOW 5 DAYS / 6 NIGHTS

(February–March – June–September)

Two Glowing Flow Sessions

Water Healing Massage

Two Meditation Sessions with Stefano Battaglia

Two Mindful Living Experiences

Transformational Wellness Consultation with Patrizia

€ 2,500.–

(price per person, accommodation excluded)



Wellness for Two

HEDONIC SPA RITUALS

This is a relaxing and engaging program designed to create beautiful memories through sensorial experiences. Perfect for spa lovers, it is full of rituals and is enhanced through use of selected cosmetic products. It invites to relax, smell, taste, enjoy and share.

Experiences

RED HAMMAM FOR TWO - DIY

approx. 50 min.

Enjoy a relaxing experience in the private red Steam Room: enhance four of your senses and treat your skin with natural products specifically conceived for the Hamman and ancient steam rituals. This includes a purifying footbath, exfoliating and renewing hand wash and face mud-mask. Self-application of mud to the body inside the Steam Room is followed by a wash using an exfoliating and regenerating black soap. A touch of nourishing almond hand cream and almond face water concludes this beautiful experience directed by your Therapist. Delight your sense of touch, smell, sight and sound.

PSYCHO-AROMA TEST & AROMA MASSAGE IN GARDEN SPA

approx. 60 min. + 15 min.

An olfactory test provides insights into potentially dormant talents that may be awakened through scent during the massage in Preidlhof's Garden Spa. A vial of the personalized scent is provided to take home.

46° PARALLEL MASSAGE

approx. 60 min. + 15 min.

A soothing massage incorporates bio oil from Trentino, produced in the microclimate of the 46° Parallel. A short olive oil tasting session precedes the massage to discover connections between taste and touch before and during the treatment.

FREEDOM SPA SUITE FOR TWO

approx. 110 min.

A highly scented aroma ritual for face and body to empower, energise 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, bath, scrub or body cleansing. An amazing ritual to enjoy as a couple, with a friend, as a mother and daughter, a father and son, or between two sisters.

CHOCOLATE & SPARKLING WINE FOR TWO

approx. 80 min.

Chocolate therapy and wine therapy are perfectly matched in this scented ritual: two experiences to be enjoyed in the suite for two. The Chocolate Experience features a cosmetic massage for body and face while Sparkling Italy is a beauty ritual for face and body with cosmetic products produced from the local "Champagne," Spumante. Who will choose chocolate and who the sparkling wine?

Retreat Options (All Services for Two)

WELLNESS FOR TWO 4 DAYS / 5 NIGHTS

Red Hammam

Aroma Massage in Garden Spa

46° Parallel Olive Oil Massage

€ 648.-

(for a couple, accommodation excluded)

WELLNESS FOR TWO 6 DAYS / 7 NIGHTS

Red Hammam

Aroma Massage in Garden Spa

46° Parallel Olive Oil Massage

Freedom Spa Suite

Chocolate & Sparkling

€ 1,158.-

(for a couple, accommodation excluded)



Energy and Healing for Two

HEDONIC AND EUDAEMONIC WELLNESS ENJOY AND TREAT 5 DAYS

Harmonize both energies to create a new feeling that is lighter, more joyful, and more aware.

The winning recipe: essential, intense, and individual treatments; enjoyable shared massages; sensorial training together; and time for nature and recuperation. This experience can be highly transformative and enjoyable for a couple. This is The Preidlhof Way.

Experiences

RELAXATION DAY

DEEP SEA ROOM FOR TWO

approx. 15 min.

Choose the ideal program with the aid of an algorithm. Enter the room, get on the “flying carpet” and travel between mind and matter.

CANDLE MASSAGE FOR TWO

approx. 50 min.

Relaxing massage with a natural, scented candle freshly prepared by the Spa Team with high quality organic products. Before this sensorial massage you will be guided to choose among the latests scents (lavender, chamomile, Mediterranean, alpine ...).



ENERGY DAY

DAO YIN YOGA or QI GONG or HOLISTIC MOVEMENT FOR TWO

approx. 50 min.

Personalized and private session for two that may include breathing exercises, movement, energy awareness and self-massage.

INTEGRATED HEALING MESSAGE (individual)

approx. 80 min.

This highly specialized session may include ancient healing methods: TCM, Hawaiian, Yaku Shiatsu, osteopathy-based therapeutical massage, or a 100-minute Ayurvedic treatment, all personalized and part of Preidlhof's signature wellness method.

PLAYFULNESS DAY

LAUGHTER YOGA or ROPE FLOW TRAINING FOR TWO

approx. 40 min.

Explore the physical benefits of a deep laugh, enjoy renewed energy, and let the Laughter Trainer guide each of you into a mood enhancing session. Rope Flow is a new way of training and finding flow with the aid of rope movement.

COLOR HEALING MESSAGE

approx. 50 min.

An inspiring fragrant and sensory massage with special oils crafted with the healing and potent power of crystal, sounds and chromotherapy. Following a short visual test, your therapist will select the oils to suit your needs and desired results. Will yours be orange, red, blue, yellow, indigo, violet, green? Or magical pink?

NATURE DAY

APPLE JOURNEY

approx. 50 min.

Interesting, fun, experiential journey through senses focusing on the beneficial approach of mindful eating while tasting the symbol of Preidlhof's valley, the apple.

VOLCANIC MUD TREATMENT (individual)

approx. 75 min.

The benefits of a powerful and natural body treatment are gained through a synergy of products to detoxify or rejuvenate the whole body and alleviate joint or back pain according to the volcanic mud selected.

WATER DAY

WATER MASSAGE FOR TWO

approx. 40 min.

Healing and extraordinary morning water massage with two therapists performed in the salty sky pool or in the thermal indoor pool.

THERMAL BATH & MINI AROMA MASSAGE (individual)

approx. 50 min.

Relax in a thermal tub with powerful multi-jets and changing colors. Benefit from the personalized essential oil mix selected by the therapist for a mini massage experience.

Retreat Option

ENERGY AND HEALING FOR TWO 5 DAYS / 6 NIGHTS

Deep Sea Room

Candle Massage

Integrated Healing Massage Session

Dao Yin/Qi Gong Session

Color Massage

Laughter Yoga Private Session

Volcanic Mud Treatment

Apple Journey

Water Massages

Wellness Thermal Bath & Mini Massage

€ 1,571.-

(for a couple, accommodation excluded)





Menopause Retreat

GLOW & FLOW IN YOUR SECOND HALF

A week designed to be unforgettable, a milestone in your life. Reconnect with yourself, become a friend of the natural rather than resist the emotional and physical transformation of the menopause.

Engaging classes and exceptional therapists guide a mindset shift to focus on the pleasure of being alive and of being a woman, helping to define one's path with a special, healing, spiritual touch. Stimulate adventure, amaze yourself, boost gratitude and the energy of the heart.

Experiences

WELLNESS CONSULTATION

approx. 30 min.

A wellness, psychological, and sensorial consultation is conducted with a member of Preidlhof's Master Therapist or Medical Wellness teams to inspire the individual journey.

MEDICAL WELLNESS SESSION HRV

approx. 25 min. + 25 min.

Heart Rate Variability (HRV) is a specialized session which measures the body's energy efficiency. It detects heart rate variability (HRV) and describes the dynamic rhythm of the heart.

SLEEP TRACK or ACUPUNCTURE

approx. 25 min. + 25 min.

Depending on your priorities the retreat may include two sessions of acupuncture or a sleep track and discussion session. The Sleep Track is enabled by a Sleep Lab session that evaluates quality of sleep. Acupuncture is among treatments recommended to increase or balance energy, to help with sleep issues and other symptoms.

GLOWING FLOW SESSION

approx. 80 min.

Award-winning healing session created by Stefano Battaglia based on his lifelong research in the holistic field and his specializations, including Trauma Touch Skills. Interactive conversation, meditative bodywork, and intuitive techniques address the needs of the body which releases emotional blocks, anxiety and imbalance often related to various types of traumas.

INTEGRATED HEALING MESSAGE

approx. 80 min.

This highly specialized session may include ancient healing methods: TCM, Hawaiian, Yaku Shiatsu, osteopathy-based therapeutical massage, or a 100-minute Ayurvedic treatment, all personalized and part of Preidlhof's signature wellness method.

SOUND & QUARTZ

approx. 75 min.

This mystic ritual is conducted on a warm therapeutic treatment bed where heated quartz sand gently adapts to the shape of the body. This treatment can be relaxing or regenerating. It relies on deep vibrations resonating from bells, artisanal instruments or a gong played by the therapist, amplified from the quartz, and conveyed to the entire body.

DEEP SEA MESSAGE

approx. 40 min.

A sensorial and inspiring Thai-inspired massage is given on a futon creating a synergy between sound, colors and gentle movements to increase awareness, creative flow, and inner attunement.

TRANSFORMATIONAL SESSION AND WELLBEING CONSULTATION

approx. 60 min.

Surprising and original, this immersive experience is designed by Transformational and Wellness Life-Coach Patrizia Bortolin who, through different sensory techniques, leads a journey of rediscovery and transformation that provides new perspectives and promotes a vital, creative, and inspiring approach to life.

WATER MESSAGE AWAKE or REST

approx. 40 min.

An experience to be had at sunrise or sunset to stimulate water-related creativity. This takes place in Preidlhof's outdoor saline infinity pool or in the beautiful 1950s-inspired indoor pool – now a thermal water pool.

CLOUD or SILHOUETTE MESSAGE

approx. 50 min.

Choice of a relaxing face, scalp and foot massage or a silhouette massage.

TWO PERSONAL HOLISTIC COACHING TRAINING SESSIONS

approx. 50 min. each

The session may include dance, postural gym (in pool or on land), rope flow, face yoga, laughter yoga, or voice yoga.

DAILY HOLISTIC RETREATS-ONLY CLASSES

Guided by Preidlhof's team of wellness therapists, these daily signature classes are highly recommended to maximize the benefit of each transformational retreat program.

SUGGESTED EXTRA: HAWAIIAN HEALING MASSAGE

approx. 120 min.

Retreat Option

MENOPAUSE 6 DAYS / 7 NIGHTS

(February–March – June–September)

Integrated Healing Massage Session

Glowing Flow Session

Water Massage

Medical Wellness Session with HRV

Medical Wellness Session (5-Day Sleep Measurement and Analysis
or two Acupuncture)

Two Personal Holistic Coaching Sessions

Cloud Massage or Silhouette Massage

Sound & Quartz

Transformational Consultation with Patrizia Bortolin

Wellness Consultation

Deep Sea Massage

Five days of Holistic Classes

€ 1,987.-

(price per person, accommodation excluded)



Weight Loss Retreat

ENJOY THE JOURNEY

The core of this method is to allow the guest to discover pleasure, improve awareness and activate a weight loss mentality.

A holistic, purposeful program for dynamic people who need to renew their energy, reshape their silhouette, and lighten their mind.

The Weight Loss Retreat coordinator will help the guest focus and benefit from the program's vast offerings, tracking progress along the way.

Participation in all suggested activities is encouraged.



Experiences

BODY MEASUREMENT – MED & SPA INITIAL CONSULTATION

approx. 25 min. + 25 min.

360° detailed body composition analysis powered by the latest medical technology to gather data, with recommendations to sustain your plan and track progress. Meeting with the Retreat Coordinator.

TWO SHAPING MUD SESSIONS

approx. 100 min. each

Offering noticeable results, this treatment helps to lighten the silhouette and eliminate excess water and toxins. Products rich in essential, natural active oils and an enzyme saline scrub are massaged onto the body. A covering is worn before applying mud which is allowed to solidify to enable the active ingredients take effect.

MEDICAL WELLNESS SESSION HRV

approx. 25 min. + 25 min.

Heart Rate Variability (HRV) is a specialized session which measures the body's energy efficiency. It detects one's own HRV and describes the dynamic rhythm of the heart.

TWO SILHOUETTE MASSAGE SESSIONS

approx. 50 min. each

Classic and intense stimulating massage focusing on body parts where circulation needs to be boosted. A reactivating technique is combined with a specific product according to individual needs.

KNEIPP EXPERIENCE

approx. 100 min.

This excellent body treatment alternates hot and cold water to reactivate natural energy. The therapist chooses techniques including brushing, washing, body wrap, and massage to relax or energize body and mind.

SLIM AND DETOX BODY TREATMENT

approx. 50 min.

Specific professional shaping or detox body treatment selected according to personalized needs and goals, i.e., cupping, a detox aroma-massage, or radio-frequency skin tightening.

TWO SLIM & DETOX THERMAL BATHS

approx. 20 min. each

Private thermal bath and water massage upgraded with use of powerful and personalized local bath oils to address specific needs (energy, detox, drainage, etc.).

PERSONAL HOLISTIC FITNESS TRAINING

approx. 50 min.

This session may include indoor or outdoor activities, including dance, postural gym performed in the pool or on land, rope flow training, yoga, Dao Yin yoga.

OPTIONS TO ADD TO THE RETREAT

Preidlhof's Med Spa features the latest equipment designed to definitively reduce localized fat deposits, including free consultations for:

PREIDL CONTOURING or WELLNESS VELA SHAPE

A medical treatment based on a new approach to remove unsightly, stubborn fat deposits in a painless, non-invasive way. The remodeling of the silhouette uses ultrasonic waves and advanced technology developed by scientists and plastic surgery specialists. Backed by extensive knowledge in aesthetic medicine, methods have shown to produce positive results by eliminating fat cells in a selective and definitive way. After an initial interview with a member of the medical team to determine the areas of intervention, the session takes place in the comfortable Preidl Med Spa and includes personalized recommendations for a healthier lifestyle.

ACUPUNCTURE

approx. 25 min.

Divided into acupuncture of the body and cranium, the treatment's main purpose is stimulation and strengthening of vitality (energy balance) and harmonization of breathing, digestion, immune defenses, sleep, and psyche.

Retreat Option

WEIGHT LOSS RETREAT 6 DAYS / 7 NIGHTS

Two Shaping Mud Sessions
Medical Body Measurement, Med and Spa Consultation
HRV Measurement
Kneipp Experience
Two Silhouette Massages
Slim & Detox Body Treatment
Two Slim & Detox Thermal Baths
Personal Holistic Training
Five days of Holistic Classes

€ 1,621.-

(price per person, accommodation excluded)





Sleep Better

CALMER NIGHTS FOR BRIGHTER DAYS

With the support of Sleep Medicine experts and the supervision of Dr. Med. A. Angerer, Preidlhof has created a highly personalized wellness program designed to deepen and transform your sleep, finding your own personal rhythm. Quality of sleep is assessed not just by observing the night, but also in considering the quality of one's day, as well as deeper causes that may be hidden in the body.

Experiences

WELLNESS CONSULTATION

approx. 30 min.

A wellness, psychological, and sensorial consultation is conducted with a member of Preidlhof's Master Therapist or Medical Wellness teams to inspire the individual journey.

MEDICAL WELLNESS SESSION HRV

approx. 25 min. + 25 min.

Heart Rate Variability (HRV) is a specialized session which measures the body's energy efficiency. It detects one's own HRV and describes the dynamic rhythm of the heart.

MEDICAL WELLNESS SESSION: SLEEP ANALYSIS

approx. 20 min. + 30 min.

The medical device is connected to a Sleep Lab where Doctors specializing in Sleep Medicine evaluate the quality of your sleep. It is a discrete device, a bracelet worn for the stay. At the end of the screening, Dr. Med. A. Angerer gives an in-depth reading of the feedback.

GLOWING FLOW SESSION

approx. 80 min.

Award-winning healing session created by Stefano Battaglia based on his lifelong research in the holistic field and his specializations, including Trauma Touch Skills. Interactive conversation, meditative bodywork, and intuitive techniques address the needs of the body which releases emotional blocks, anxiety and imbalance often related to various types of traumas.



SLEEP MESSAGE

approx. 75 min.

Gentle massage that acts on three different sensory pathways is deeply relaxing to promote calm, sleep, and recovery from jet lag. The unique Tranquility blend of Comfort Zone, the dexterity inspired by the Indonesian Sea Malay massage and Ayurveda, together with the use of fluffy brushes, lead to a state of calm for body and mind.

DOLOMITIC SLEEP RITUAL

approx. 75 min.

Professional treatment blending neuroscience, bodywork, and the healing effects of products from the local Dolomite 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, mobilizations, and light strokes to provide a deep sensation of peace that help to improve the quality of night sleep.

SOUND & QUARTZ

approx. 75 min.

This mystic ritual is conducted on a warm therapeutic treatment bed where heated quartz sand gently adapts to the shape of the body. This treatment can be relaxing or regenerating. It relies on deep vibrations resonating from bells, artisanal instruments or a gong played by the therapist, amplified from the quartz and conveyed to the entire body.

DAILY HOLISTIC RETREATS-ONLY CLASSES

Guided by Preidlhof's team of wellness therapists, these daily signature classes are highly recommended to maximize the benefit of each transformational retreat program

OPTION TO ADD TO THE RETREAT

ACUPUNCTURE

approx. 25 min.

Divided into acupuncture of the body and cranium, the treatment's main purpose is stimulation and strengthening of vitality (energy balance) and harmonization of breathing, digestion, immune defenses, sleep and psyche.

Retreat Option

SLEEP BETTER 5 DAYS / 6 NIGHTS

(February–March – June–September)

Medical Wellness Session of Heart Rate Variability Measurement

Sleep Bracelet & Medical Feedback

Dolomitic Sleep Ritual

Sleep Massage

Glowing Flow Session with Stefano Battaglia

Sound & Quartz

Wellness Consultation

Four days of Holistic Classes

€ 1,532.-

(price per person, accommodation excluded)





Holistic Fitness

MOVE YOUR WAY

A re-energizing and regenerating program based on the latest neuroscience analysis and ancient practices. A new approach to movement incorporating years of research in the wellness field, wrapped in South Tyrolean wisdom.

Improvement in body appearance is combined with several other results:

more vital energy and stress reduction, reconnection with self and the rhythm of surrounding nature, higher self-esteem, improvement in mood and attitude towards life.

The program is tailored according to individual needs and interests to achieve specific goals:

Experiences

BODY MEASUREMENT - MED & SPA INITIAL CONSULTATION

approx. 25 min. + 25 min.

360° detailed body composition analysis powered by the latest medical technology to gather data, with recommendations to sustain your plan and track progress.

PERSONAL HOLISTIC FITNESS TRAINING

approx. 50 min.

This session may include indoor or outdoor activities, including dance, postural gym performed in the pool or on land, rope flow training, yoga, Dao Yin yoga.

PRIVATE OUTDOOR EXPERIENCE

approx. 100 to 120 min.

The session may include forest bathing, hike on Sun Mountain, running with coach along the river, bike excursion, climbing with coach, personal training, or tennis or swimming with coach.

MEDICAL WELLNESS SESSION HRV

approx. 25 min. + 25 min.

Heart Rate Variability (HRV) is a specialized session which measures the body's energy efficiency. It detects one's own HRV and describes the dynamic rhythm of the heart.

INTEGRATED HEALING MESSAGE

approx. 80 min.

This highly specialized session may include ancient healing methods: TCM, Hawaiian, Yaku Shiatsu, osteopathy-based therapeutical massage, or a 100-minute Ayurvedic treatment, all personalised and part of Preidlhof's signature wellness method.

DAILY HOLISTIC RETREATS-ONLY CLASSES

Guided by Preidlhof's team of wellness therapists, these daily signature classes are highly recommended to maximize the benefit of each transformational retreat program.



Retreat Options

HOLISTIC FITNESS RETREAT 5 DAYS / 6 NIGHTS

One Heart Rate Variability Session
Personal Holistic Fitness Training
One Body Measurement and Report
Four days of Holistic Classes

€ 546.-

(price per person, accommodation excluded)

HOLISTIC FITNESS RETREAT 6 DAYS / 7 NIGHTS

One Heart Rate Variability
Two Personal Holistic Fitness Training
One Body Measurement and Report
Private Outdoor Experience
Five days of Holistic Classes

€ 846.-

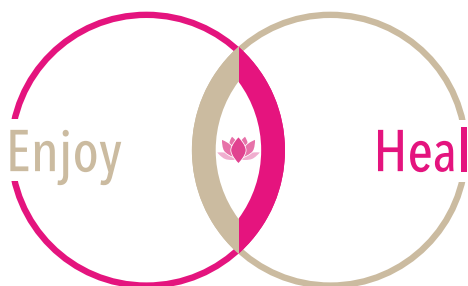
(price per person, accommodation excluded)

HOLISTIC FITNESS RETREAT 7 DAYS / 8 NIGHTS

One Heart Rate Variability
Two Personal Holistic Fitness Training
One Body Measurement and Report
Private Outdoor Experience
Integrated Healing Massage Session
Six days of Holistic Classes

€ 1,056.-

(price per person, accommodation excluded)



AUFBLÜHEN · FIORIRE · FLOURISH THE PREIDLHOF WAY



★★★★★
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