

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 & EUDAEMONIC 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

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**“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:

- **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
- **Flow Rope** – 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**
- **Belly Dance** – Enhance positive energy, embrace the joy of life, and connect with the very essence of your femininity. The session for improving flexibility and body awareness.
- **Hike on Sun Mountain**
- **Transformational Yoga dance**
- **Wellness lectures** with Dr. Med. A. Angerer



WELLNESS 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), alternatively, nearby lakes, rivers, glaciers, forests, villages.
- **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.- (each)



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.

€ 150.-

PREIDLHOF

A photograph of a person lying on their back on a forest floor covered in moss and dry twigs. The person is wearing light-colored pants and is barefoot. The scene is dappled with sunlight and shadows from the surrounding trees.

RETREATS





OUR JEWEL: THE INTEGRATED WELLNESS RETREAT

HOLISTIC EXPERTISE

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, these transformative life-enhancing sessions reserved only for retreat guests.

EXPERIENCES

WELLNESS CONSULTATION

approx. 45 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 MASSAGE

approx. 80 min.

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

THE INTEGRATED HEALING MASSAGE MAY INCLUDE:

ANCIENT HEALING SESSION

approx. 80 min.

Based on the concepts of ancient medicine and TCM, Martin Kirchler has 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. 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.

YAKU SHIATSU

approx. 80 min.

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.

SHARIRA ABHYANGA & SHIRODHARA

approx. 100 min.

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. In Shirodhara, one of Ayurveda's most popular experiences, warm oil is drizzled on the forehead in a continuous flow, in slow, gentle movements. The treatment is tailored to your individual constitutional type and can be helpful for sleep problems, anxiety, headaches and high blood pressure.

WATER MASSAGE

approx. 45 min.

Enjoyable and relaxing water massage performed in the salty sky pool or in the thermal indoor pool.

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

One Wellness Consultation
Four Integrated Healing Massage Sessions
Medical Wellness Assessment (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, excluding accommodation)

A stay of 6 nights is recommended.

INTEGRATED WELLNESS RETREAT 6

One Wellness Consultation
Five Integrated Healing Massage Sessions
Medical Wellness Assessment (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, excluding accommodation)

A stay of 7 nights is recommended.

INTEGRATED WELLNESS RETREAT 10

One Wellness Consultation

Nine Integrated Healing Massage Sessions

Medical Wellness Assessment (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, excluding accommodation)

A stay of 11 nights is recommended.







SENSORIAL JOURNEY

CREATIVE WELLNESS FOR A HAPPIER LIFE

Developed for contemporary wellness seekers and experiential travelers.
A journey facilitated by engaging with people and experiencing intuitive, sensorial techniques while discovering new places and things.

Stimulating, light and original, this journey engages, entertains, and inspires. It is suitable for solo travelers, couples, friends traveling together, and multi-generational groups seeking to learn a more creative, experiential approach to life. We recommend adding the digital detox box and the Wellness Destination Discovery option for a complete transformational travel experience.

EXPERIENCES

WELLNESS CONSULTATION

approx. 45 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.

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. 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.

(In the event of exceptional weather conditions, treatments will be performed in the Spa.)

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 MASSAGE

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. 50 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.

WATER MASSAGE

approx. 40 min.

Enjoyable and relaxing water massage performed in the saltwater sky pool or in the indoor thermal pool.

RETREAT OPTIONS

SENSORIAL JOURNEY 4

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, excluding accommodation)

A stay of 5 nights is recommended.

SENSORIAL JOURNEY 5

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
Medical Wellness Session (Heart Rate Variability Measurement)
Four days of Holistic Classes

€ 1,178.-

(price per person, excluding accommodation)

A stay of 6 nights is recommended.

SENSORIAL JOURNEY 6

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
Medical Wellness Session (Heart Rate Variability Measurement)
Deep Sea Massage
Wellness Consultation
Five days of Special Classes

€ 1,378.-

(price per person, excluding accommodation)

A stay of 7 nights is recommended.

SENSORIAL JOURNEY 10

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
Medical Wellness Session (Heart Rate Variability Measurement)
Deep Sea Massage
Wellness Consultation
Water Massage
Integrated Healing Massage
Nine days of Holistic Classes

€ 1,848.-

(price per person, excluding accommodation)

A stay of 11 nights is recommended.





GLOWING FLOW IMMERSIVE 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, ideal when you need a real transformation, a revolution, or a deep regeneration. Pivotal are Glowing Flow sessions combined with water massage and sound healing, enhanced by meditation and enlightened insights into mindful living. This otherworldly Retreat improves general wellbeing, sleep quality, allows a fresh start and enhances the quality of connection with oneself, others and nature.

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, intimate and soothing water massage performed in the saltwater sky pool or in the indoor thermal 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 GLOWING FLOW FOLLOW UP SESSIONS

approx. 50 min. each

During this interactive session, Stefano assesses the progress of previous treatments, transforms and clarifies insights, improvements, and questions, while also calibrating the next sessions or providing specific bodywork. These sessions can also be adapted into private meditation lessons tailored to individual levels of experience, needs, and the desire for self-discovery.

ONE MEDITATION CLASS

approx. 50 min.

Exclusive to Glowing Flow Retreat guests, these sessions are based on Vipassana (the inspiration behind mindfulness) and other approaches learned and experienced over more than 25 years. Meditation, a precious teaching for daily practice, awaits you to take home from the Retreat.

MODERATOR SUPPORT

Stefano Battaglia leads the Retreats and is supported by Patrizia, who offers various sensory techniques, inspired talks, herbal remedies, and tips to enhance your experience at the Resort and facilitate transformation, providing new perspectives and fostering a vital, creative, and inspiring approach to life.

To fully delve into the depth and specific work of Glowing Flow, a minimum of 5 days must be planned, and other types of bodywork will not be scheduled on the same day. Before confirming participation in this Retreat, a brief assessment based on a few questions is required.

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

(March–April–September)

Two Glowing Flow Sessions

Water Healing Massage

Two Glowing Flow Follow Up Sessions

Meditation Class with Stefano Battaglia

Daily Moderator support

€ 3,000.–

(price per person, excluding accommodation)

A stay of 6 nights is recommended.





GLOWING FLOW 2

ENHANCING RETREAT

This is a basic version of the award-winning, immersive Retreat – Glowing Flow – offering the quality and precision of Stefano’s healing touch in individual sessions that enhance and integrate with other Retreats or specific stays.

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. Through interactive conversation, meditative bodywork, and intuitive techniques address the needs of the body and release emotional blocks, anxiety and imbalance often related to various types of traumas.

ONE GLOWING FLOW FOLLOW UP SESSION

approx. 50 min.

During this interactive session, Stefano assesses the progress of previous treatments, transforms and clarifies insights, improvements, and questions, while also calibrating the next sessions or providing specific bodywork. These sessions can also be adapted into private meditation lessons tailored to individual levels of experience, needs, and the desire for self-discovery.

RETREAT OPTION

GLOWING FLOW 2

(March–April–September)

Two Glowing Flow Sessions

One Glowing Flow Follow Up Session

€ 2,500.-

(price per person, excluding accommodation)

A stay of 5 nights is recommended.





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

MEDITERRANEAN EXPERIENCE

approx. 80 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 fresh shower, a touch of nourishing almond hand cream and face water. A relaxing massage of approx. 20 min. 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.

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. 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.

(In the event of exceptional weather conditions, treatments will be performed in the Spa.)

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 TREATMENT 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 TREATMENT 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

Mediterranean Experience
Aroma Massages in Garden Spa
46° Parallel Olive Oil Massages

€ 708.-

(for a couple, excluding accommodation)

A stay of 5 nights is recommended.

WELLNESS FOR TWO 6

Mediterranean Experience
Aroma Massages in Garden Spa
46° Parallel Olive Oil Massages
Freedom Spa Suite Treatments
Chocolate & Sparkling Wine Treatments

€ 1,218.-

(for a couple, excluding accommodation)

A stay of 7 nights is recommended.



ENERGY AND HEALING FOR TWO

HEDONIC AND EUDAEMONIC WELLNESS ENJOY AND TREAT

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 latest 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 MASSAGE (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 MASSAGE *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.

PSYCHO-AROMA TEST & AROMA MASSAGE IN GARDEN SPA *approx. 60 min. + 15 min.*

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. 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.

(In the event of exceptional weather conditions, treatments will be performed in the Spa.)

WATER DAY

WATER MASSAGE FOR TWO *approx. 40 min.*

Enjoyable and relaxing water massage performed in the saltwater sky pool or the indoor thermal 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

Deep Sea Room
Candle Massages
Integrated Healing Massage Session
Dao Yin/Qi Gong Session
Color Massages
Laughter Yoga Private Session
Aroma Massages in Garden Spa
Apple Journey
Water Massages
Wellness Thermal Bath & Mini Massage

€ 1,571.-

(for a couple, excluding accommodation)

A stay of 6 nights is recommended.





WOMEN RETREAT

MENOPAUSE, MILESTONES, CHANGES

A week designed to be unforgettable, a milestone in your life.

Engaging classes and exceptional therapists guide a mindset shift centering on the pleasure of being alive and of being a woman, empowering you to define your path with a special, regenerative, soothing, wellness touch. Embrace adventure, amaze yourself, boost gratitude and ignite the energy of your heart.

EXPERIENCES

WOMEN CONSULTATION

approx. 60 min.

A wellness and sensorial consultation led by a member of Preidlhof's Master Therapist or Medical Wellness teams to inspire your 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.

TWO INTEGRATED HEALING MESSAGES

approx. 80 min. each

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.

KNEIPP EXPERIENCE

approx. 100 min.

This excellent body treatment alternates hot and cold water to reactivate natural energy. The therapist selects techniques, such as brushing, washing, body wrap, and massage, to induce relaxation or energize both the body and mind.

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 MASSAGE

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.

WATER MASSAGE

approx. 40 min.

Enjoyable and relaxing water massage performed in the saltwater sky pool or indoor thermal pool.

CLOUD or SILHOUETTE MASSAGE

approx. 50 min.

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

TWO PERSONAL HOLISTIC COACHING SESSIONS

approx. 50 min. each

The session may include belly dance, integration techniques, nada yoga, postural gym performed in the pool or on land, yoga, and Dao Yin 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.

This is one of the most cocooning and engaging massages based on the Ancient Hawaiian art of healing. It is performed exclusively by a Master Therapist (male).

RETREAT OPTION

WOMEN RETREAT

Two Integrated Healing Massage Sessions

Water Massage

Medical Wellness Session with HRV

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

Two Personal Holistic Coaching Sessions

Cloud Massage or Silhouette Massage

Sound & Quartz

Kneipp Experience

Wellness Women Consultation

Deep Sea Massage

Five days of Holistic Classes

€ 1,535.-

(price per person, excluding accommodation)

A stay of 7 nights is recommended.





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. Enjoy the 7 x 7 soup menu served at lunch and request a reduced Healing Gourmet dinner Menu if you wish to further reduce food intake. Participation in all activities recommended 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. 50 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 COACHING SESSION

approx. 50 min.

The session may include belly dance, integration techniques, nada yoga, postural gym performed in the pool or on land, yoga, and 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

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 Coaching Session
Five days of Holistic Classes

€ 1,621.-

(price per person, excluding accommodation)

A stay of 7 nights is recommended.





ZEST RETREAT

Immerse yourself in a celebration of wellness, where daily personalized care from skilled Spa Therapists uplifts your spirit and energizes your being. With 110 minutes per day dedicated to renewal, balance, and regeneration, a blend of vintage techniques and innovative products awaits you in the thermal bath infused with powerful bath oils. This Retreat is a perfect choice for those seeking to relish in Preidlhof's wonderful wellness facilities, the awe-inspiring mountain location, delicious food, and the opportunity to benefit from long and consistent spa sessions without a second thought or any effort.

EXPERIENCES

ZEST DAILY SESSION

approx. 110 min. + 20 min.

The Spa Therapist will carefully curate a selection of the finest mud, scrub, and massage oil tailored to your daily needs, crafting a truly personalized experience. Each session encompasses a sensorial body scrub, a beneficial mud wrap or mud massage, and a body aroma massage. Additionally, there is the option to book a standalone thermal bath with concentrated mixtures of essential oils, and the ratio of the various steps will be adjusted based on the selected products.

The cosmetic scrubs include jasmine, chocolate, fruits, Mediterranean, or Alpine varieties. For the mud treatment, you can choose from therapeutic volcanic, slimming, or detoxing options, either partial or total, while with the massage oils, there are aromatherapy, color-therapy, or Ayurveda-based products. The skills, experience, and nurturing touch of our selected Therapists will infuse your day with a newfound zest for life.

RETREAT OPTIONS

ZEST RETREAT 3

Three Zest daily Sessions

€ 630.-

(price per person, excluding accommodation)

A stay of 4 nights is recommended.

ZEST RETREAT 4

Four Zest daily Sessions

€ 840.-

(price per person, excluding accommodation)

A stay of 5 nights is recommended.







TRADITIONAL WELLNESS

Enhance your vacation with a classic wellness touch: 3 or 5 days of treatments to help you relax and regenerate more whilst enjoying time in this beautiful destination, the sauna tower and Preidllhof's abundant Spa facilities.

EXPERIENCES

FOOT REFLEXOLOGY AND DEEP BACK MASSAGE COMBINED

approx. 75 min.

To relax and rebalance

PERSONALIZED AROMA BODY MASSAGE AND THERMAL AROMA BATH WITH ESSENTIAL OILS

approx. 75 min.

To relax, stimulate or detox

PERSONALIZED AYURVEDA BODY MASSAGE

approx. 75 min.

Traditional Indian massage to balance and harmonise mind, body and spirit

TO ALSO INCLUDE:

TUINA

approx. 50 min.

Personalized massage based on the concepts of Traditional Chinese Medicine.

SHIATSU

approx. 50 min.

Personalized shiatsu session performed on a futon wearing comfortable cotton clothes.

RETREAT OPTIONS

TRADITIONAL WELLNESS 3

Foot reflexology and deep back massage combined
Personalized Aroma body massage and thermal aroma bath with essential oils
Personalized Ayurveda body massage

€ 280.-

(price per person, excluding accommodation)

A stay of 4 nights is recommended.

TRADITIONAL WELLNESS 5

Foot reflexology and deep back massage combined
Personalized Aroma body massage and thermal aroma bath with essential oils
Personalized Ayurveda body massage

Tuina

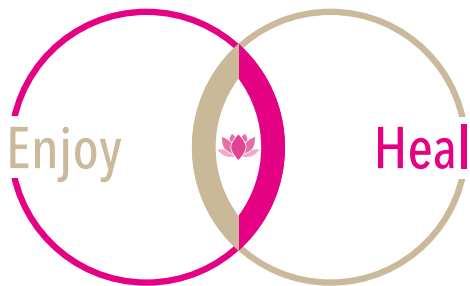
Shiatsu

€ 430.-

(price per person, excluding accommodation)

A stay of 6 nights is recommended.

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