

SPA

menu



Family Hotel Posta
Val Gardena ★★★★★

DOLOMITES KIDS' PARADISE

Beauty Cindarella

Wellness for the whole family

THE PURPOSE OF THE CINDARELLA SPA IS TO GRANT EACH FAMILY MEMBER A MOMENT OF RELAXATION, THE CHANCE TO DEDICATE A LITTLE TIME TO ONESELF, ESCAPE FROM THE DAILY GRIND OF LIFE AND RETURN HOME MORE BALANCED AND FULL OF ENERGY.

PUNCTUALITY

So that you can **enjoy the booked treatment** completely relaxed, we ask you to **appear 5 five minutes before** the booked appointment. If you **arrive late**, we are unfortunately forced to **shorten** the duration of the **treatment**.

HEALTH

In case of **health problems, allergies** to certain products or **pregnancy**, please let us know **before booking**. Generally, **sunbathing** should be **avoided** immediately **after treatment**.

QUIET

We are a haven of peace and therefore we ask you to **speak quietly** and **turn off your mobile phones!**

CANCELLATION

If you need to **cancel** your appointment, please do so the **day before**. You will be **charged** for any **last minute cancellations**.

VITALIS

DR JOSEPH



THE PHILOSOPHY OF VITALIS DR. JOSEPH
FOR VITALIS DR. JOSEPH, NATURE HAS ALWAYS BEEN THE FIRST PRIORITY. ITS CLAIM IS TO REFINES THE FUNCTIONAL INGREDIENTS OF NATURE WITH THE LATEST MICROTECHNOLOGICAL PROCESSES AND COMBINE THEM IN HARMONY WITH TRADITIONAL KNOWLEDGE TO HOLISTIC PRODUCTS AND TREATMENTS.



HERBARIUM OF TEAM D^R JOSEPH

Simmondsia chinensis
Jojoba

Collector: Erb. Dipl. Franz Dr. Joseph n° 985

A handwritten signature in black ink, appearing to read 'Franz Dr. Joseph', written over the printed name.

Facials

TEAM D^R JOSEPH

INTENSE PURIFYING FACE TREATMENT

Intensive deep cleansing according to the TEAM DR JOSEPH method, tailored for your skin type, for a clear complexion and a refined pore structure. The skin feels pure and soft.

50 minutes € 85,00

CELLULAR RECREATION FACE TREATMENT

Deep-acting beauty care

A wonderfully natural functional ingredient care specially adapted to your skin needs with an immediate effect and a deeply relaxing pampering according to the TEAM DR JOSEPH method.

80 minutes € 120,00

ADVANCED BIO LIFTING FACE TREATMENT

Intensive treatment with biodynamic lifting

The holistic maximum program according to the TEAM DR JOSEPH method: individually customized intensive treatment with biodynamic lifting massage. Experience a truly unique beauty treatment for lasting effect, immediate visibility and maximum impact.

110 minutes € 155,00

EXPRESS POWER LIFT FOR MEN

TEAM DR JOSEPH method for him

The fast and effective care for the man with pampering program. Natural high-tech power ensures a pure and refined skin texture. For a powerful and well-groomed appearance.

50 minutes € 85,00

HIGHTECH NATURAL COSMETICS

TEAM D^R JOSEPH

SÜDTIROL





JOHANNES SALCHENEGGER INTENSIVE BACK MASSAGE

During this intensive massage, the back, neck and shoulder muscles are heated with the palms and forearms and prepared for the subsequent cupping glass massage. The result is a deep relaxation and regeneration. Depending on the localization of the hardening and the blockages, the masseuse works with the help of the trigger point treatment slowly into the deeper layers of the neck, back and lumbar muscles. A sense of warmth and comfort flows through the entire back.

50 minutes € 89,00

SPORT & VITALITY BODY MASSAGE + PEELING+WRAP

Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration. The perfect option for active people.

100 minutes € 130,00

DYNAMIC RECREATION BACK MASSAGE

Effective Finale - Sophisticated Back Program

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

50 minutes € 85,00

RELAXING HEAD AND NECK MASSAGE

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life.

50 minutes € 85,00

MEN'S PEDICURE

45 minutes € 57,00

MEN'S MANICURE

45 minutes € 57,00

Personalized scrubs & wraps

50 minutes - € 65,00

FULL BODY SCRUB WITH HAY EXTRACTS

Optimal Purity - Full-Body Scrub with Apricot Pits & Hay Extracts

The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

SPORT & VITALITY BODY WRAP

Bundled Energy - With Arnica & St. John's Wort

Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

AROMA SALT BODY SCRUB

Intensive Tenderness - Full-Body Aroma Salt Scrub

This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.

DETOXIFYING ALPINE FANGO BODY WRAP

Deep Alpine Strength - Detoxifying Bath with Alpine Mud

A "wellness must" for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative.

LINEN GLOVE DRY BODY SCRUB

Stimulating Nature - Linen Glove Dry Scrub

This deep-cleansing dry scrub with potent essences supports your metabolism for a clear and radiant complexion. Ideal for sensitive and especially dry skin.

SKIN REPAIR ANTI AGING BODY WRAP

Effective Beauty - Anti-Aging with Wine Grapes & Sea Buckthorn

Pure regeneration - slip into a new skin. The combined power of wine grapes and sea buckthorn in this beauty wrap improves your skin's ability to protect itself and provides a pleasant, silky feeling of well-being.

"It's like floating on clouds..."

The ultimate **Thermo Spa bathtub** is an innovative floating method which allows for the complete relaxation of body and mind. It conveys the feeling of the absence of gravity.

Unforgettable moments for the well-being of your body and mind alike. Feel your muscles completely relax, as your backbone stretches and your entire body benefits from indulging



Massages

CLASSIC PERSONALIZED MASSAGE

Deep muscle massage to reduce tensions (not therapeutic)

Full body 50 minutes € 79,00

Half body 25 minutes €45,00

RELAX MASSAGE

To unwind from the troubles of everyday' s life, reduce stress and recharge your body with natural energy.

Full body 50 minutes € 79,00

Half body 25 minutes €45,00

LYMPHSTIMULATING MASSAGE

Gentle Lightness - Lymph massage

The cosmetic lymph massage is especially recommended for those with tired legs, those with cellulite, and pregnant women. This especially gentle massage supports the flow of lymph with gentle pumping actions. The goals of the treatment are lightness and vitality!

50 minutes € 75,00



SPORT & VITALITY BODY MASSAGE

Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration. The perfect option for active people.

50 minutes € 85,00

DEEP RELAX STONE MASSAGE

relaxing hot stone massage

On contact with the skin, the hot stones stimulate immediate beneficial reactions at the level of the body's main systems such as muscular, cardiovascular, etc. It is a deep relaxation that confers mental and physical well-being. This treatment also improves the release of energy from the internal organs.

70 minutes € 112.00

DYNAMIC RECREATION BACK MASSAGE

Effective Finale - Sophisticated Back Program

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

50 minutes € 85,00

JOHANNES SALCHENEGGER INTENSIVE BACK MASSAGE

During this intensive massage, the back, neck and shoulder muscles are heated with the palms and forearms and prepared for the subsequent cupping glass massage. The result is a deep relaxation and regeneration. Depending on the localization of the hardening and the blockages, the masseuse works with the help of the trigger point treatment slowly into the deeper layers of the neck, back and lumbar muscles. A sense of warmth and comfort flows through the entire back.

50 minutes € 89,00



RELAXING HEAD AND NECK MASSAGE

This unique treatment method with a extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

50 minutes € 85,00

CANDLE MASSAGE

Relaxing massage for body and mind that makes the skin softer than any oil. In addition to a massage, it is a true wellness ritual, a precious moment in which all the senses are involved.

50 minutes € 78,00

DYNAMIC FEET & LEGS MASSAGE

Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

50 minutes € 82,00

DETOXIFYING CELLULITE TREATMENT

Straightforward Body Modification - Innovative Cellulite Program

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

60 minutes € 90,00

100 minutes € 112,00 (with body wrap)

MIND RELAXING AROMA MASSAGE

relaxing aromamassage

A conscious contact for body and mind. A relaxing massage with a calming effect on the physical and mental level. The scent of carefully selected organic aromatherapy oils and the gentle massage ensure complete perception. A multi-sensory application that brings balance to your muscles and caresses your soul. Effective and traditional!

50 minutes € 75,00

REVITALIZING AND FIRMING ABDOMEN TREATMENT

Focus on the Core - Stomach Streamlining Program

This efficient body treatment helps to decongest the abdomen, to reduce waist circumference and to streamline the abdominal wall. The goal of this intensive massage is gentle stimulation of the abdominal cavity to improve tone and streamline contours.

50 minutes € 85,00

FIRMING AND TONING BODY MASSAGE

Discover a special toning body massage for a very unique experience. Active substances combined with innovative and modulated massage techniques stimulate the metabolism and support the lymphatic activity. An individual dry massage with a specially developed copper and linen glove tonifies the tissue and helps to dissolve electrostatic charges. An activating roll pluck massage gives the tissue new energy and lets you shine in a dream figure.

50 minutes € 85,00



Beauty

Hands & Feet

Pedicure with nail polish	ca. 50 min. € 55,00
Intense pedicure	ca. 90 min. € 75,00
Manicure with nail polish	ca. 45 min. € 49,00
Manicure with semi-permanent Ub nail polish	ca. 50 min. € 70,00
Pedicure with semi-permanent Ub nail polish	ca. 50 min. € 75,00
Nails to go - Files & nail polish	ca. 20 min. € 29,00
Semi-permanent UV nail polish	ca. 45 min. € 40,00
Removing of semi-permanent UV nail polish	ca. 25 min. € 20,00

Face & Eyes

Eyebrow shaping	€ 15,00
Eyebrow colouring and shaping	€ 25,00
Eyelash colouring	€ 20,00

CLASSIC FACIAL CLEANSING WITH ULTRASOUND

A deep facial cleansing that with the help of ultrasound stimulates the lymphatic and blood circulation making the skin smoother, oxygenated and radiant.



ca. 80 min. €95,00

Hair removal

full body (legs, bikini line and armpits)	€ 80,00
Armpits	€ 18,00
Arms	€ 18,00
Bikini line	€ 20,00
Back & chest	€ 30,00
Partial leg	€ 30,00
Full leg	€ 38,00
Upper lip	€ 8,00
Upper lip & chin	€ 14,00

Children (from 3 to 11 years)

LITTLE HANDS & FEET

We can shorten nails and massage hands and feet.

For the little princess we have coloured nail polish.

25 minutes € 42,00

KIDS' MAGIC

We pamper our young guests with a pleasant and relaxing massage using our healing products.

25 minutes € 42,00

SWEET CHOCOLATE DREAM

Enjoy chocolate without eating it. The happiness hormone serotonin is stimulated. This ensures relaxation, reduces stress and makes you happy.

45 minutes € 65,00

MASSAGE CINDARELLA

Massage in the most gentle way to relax the little ones

45 minutes € 65,00



Teenager (from 12 to 16 years)

INTENSE PURIFYING FACE TREATMENT

Intensive deep cleansing according to the TEAM DR JOSEPH method, tailored for your skin type, for a clear complexion and a refined pore structure. The skin feels pure and soft.

50 minutes € 85,00

TEENS PEDICURE WITH NAIL POLISH

50 minutes € 55,00

TEENS MASSAGE

This massage is ideal for forgetting everyday life, reducing school stress and fuelling energy.

45 minutes € 60,00

TEENS MANICURE WITH NAIL POLISH

45 minutes € 49,00



Packages

RELAX IN THE MOUNTAIS FOR HER

1 x Body scrub
1 x Body Wrap Alpine Fango
1 x Relaxing Head & Neck Massage

€ 137,00

MEN'S HEALTH

1 x Sport&Vitality Body Massage
1 x Johannes Salchenegger intensive
Back Massage
1 x Express power Lift for men

€ 234,00

LADY SILHOUETTE

1 x Detoxifying Cellulite Treatment mit
Body Wrap
1 x Firming & Toning Body Massage
1 x Firming Abdomen Treatment

€ 245,00

BEAUTY QUEEN

1 x Advanced BIO lifting face treatment
1 x Dynamic Feet & Legs Massage
1 x Scrub & Body Wrap

€ 287,00

TEENAGERS SPA DAY

1 x Intense Purifying Face Treatment
1 x Teens Manicure
1 x Teens Massage

€ 177,00

KIDS SPA DAY

1 x Sweet Chocolate Dream
1 x Little Hands & Feet

€ 98,00

FAMILY TIME

1 x Kids' Magic
1 x Relaxing Head & Neck Massage
1 x Dynamic Recreation Back Massage

€ 192,00

RELAX TIME

With the "Relax time" offer, you can
book 4 treatments on request (max 50
minutes per massage) at a fixed price
of 300,00 euro.



HIGHTECH NATURAL COSMETICS

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Family Hotel Posta
Val Gardena ★★★
 DOLOMITES KIDS' PARADISE

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