



DV

VALLE AURINA

FELDMILLA DESIGN HOTEL

**TREAT YOURSELF
TO A RELAXING BREAK**

AUFGUSS EVERY DAY
IN OUR OUTDOOR SAUNA



FREE LESSONS
ACQUAGYM

Information and Reservations
at the Reception

*"Let us pamper you and treat yourself
an exclusive break for relaxation
and well-being in our spa."*

BOOK YOUR WELLNESS MOMENT

BY CALLING 9 FROM YOUR ROOM
OR DIRECTLY AT THE RECEPTION

CLASSIC MASSAGE

25 MIN - €45,00

50 MIN - € 75,00

It helps release muscle tension and promotes mental relaxation.

RELAXING MASSAGE WITH ESSENCE

25 MIN - € 48,00

50 MIN - €80,00

Relaxing massage enriched with Bergila essential oil of your choice.

ARNICA AND MOUNTAIN PINE LEG MASSAGE

25 MIN - €50,00

Ideal massage after sporting activity. It helps to relieve the legs and give a feeling of lightness and well-being. Performed with arnica and mountain pine friction from Bergila.

SPECIAL BACK MASSAGE WITH ARNICA

50 MIN - €80,00

Massage using the cupping technique combined with a Bergila arnica and mountain pine friction. Knots and tensions are loosened.

HOT STONE

50 MIN - €85,00

A special type of hot stone massage to release muscle tension and promote total relaxation.

HEAD AND FACE MASSAGE

25 MIN - €45,00

Very effective in reducing stress and headaches.

PLANTAR REFLEXOLOGY

25 MIN - €45,00

The soles of the feet are the projection of every part of our body. With acupressure of certain points one can directly stimulate the organs.

THAI MASSAGE

50 MIN - €80,00

It promotes relaxation of the nervous system, counteracts insomnia and helps combat stress.

TRADITIONAL THAI MASSAGE (STRETCHING)

60 MIN - €90,00

Massage performed on the Futon with hands and feet. It acts on energy channels by releasing nervous and physiological tensions.

HAWAIIAN LOMI LOMI MASSAGE

50 MIN - €75,00

It helps to relax and find the right balance between body and mind by promoting circulation.

AYURVEDIC ABHYANGA MASSAGE

50 MIN - €85,00

Harmonic movements favoured by hot oil contribute to physical and mental relaxation.

HAY BATH WITH MASSAGE

50 MIN - €85,00

Soaking in hay removes toxins from the body, providing relief to those suffering from rheumatism and muscle contractures while strengthening the immune system.

BERGILA SCRUB + MASSAGE

50 MIN - €80,00

First a salt scrub with Bergila essential oils is performed to remove dead skin cells, followed by a full body massage.

ALPINE DAY-SPA BERGILA

70 MIN - €120,00

- Hay bath (approx. 20 min.)
- Massage with arnica and mountain pine oil (approx. 25 min.)
- Head facial massage (approx. 25 min.)

TIME FOR YOURSELF

85 MIN - €130,00

- Herbal salt scrub (approx. 20 min)
- Relaxation massage (approx. 50 min.)
- Solarium (approx. 15 min.)

SOLARIUM

FACE SOLARIUM | 10 MIN - €10.00

BODY SOLARIUM | 15 MIN - €18.00



OPENING TIME

POOL from 8 a.m. to 7 p.m.

WELLNESS AREA
from 3 p.m. to 7 p.m.

MASSAGES and TREATMENTS
from 3 p.m. to 7 p.m.

Spa Tips:

Wellness facilities and swimming pool
level -1.

You can contact the Reception directly
from the Spa by dialing 345.

Bathrobes and towels for the wellness
facilities are available in the room
in the spa bag.

Cancellations up to 5 hours before
of the appointment are free of charge,
after this deadline will be charged
70% of the total cost of the treatment.

www.feldmilla.com