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HOTEL GRAN PARADIS

Fam. Coleur



PARADIS BEAUTY MENU



BEAUTY AND HARMONY FROM NATURE

PARADIS BEAUTY MENU

Our Beauty is the kingdom of inside-harmony in name of nature and its special virtues. Here you find all that your body needs: selected body and skin treatments and a large offer of Massages. Our Team will be happy to welcome you and follow your needs.

OUR PRODUCTS LINE

- > **Team dr. Joseph Südtirol**
- > **Vitalis dr. Joseph**

... learning from nature means learning something new every day ...

Behind every philosophy lies a unique perspective that captures diversity and respects the creativity of nature; the ancient wisdom of folk medicine together with modern scientific discoveries, give life to high quality, harmonious and synergistic products. Rely on the virtues of NATURE to find new freshness and brightness, our Line of creams and products bases on 100% natural ingredients with respect for the natural balance of your skin.



CLASSIC MESSAGES

> in single or double cabin

PARTIAL TREATMENT

Partial treatment for a specific part of your body: back and cervical, or legs, or head and face.

25 min. € 40,00

RELAX-MASSAGE

Ideal to end the day when your desire to relax wants to be fulfilled. Slow and relaxing movements will give you moments of profound well-being.

50 min. € 69,00

SPORT-MASSAGE

To relax the muscles after an active day, Alp's Arnica Extracts provide energy and resistance by optimizing muscle cooling.

50 min. € 79,00

DRAINING-MASSAGE

Thanks to the properties of Centella oil, this massage accelerates the disposal of fats and favors the drainage of liquids and helps against the blemishes of cellulite.

50 min. € 79,00

DYNAMIC RECREATION BACK MASSAGE

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 min. € 79,00

HOT-STONE-MASSAGE

Millennial civilizations and cultures have always relied on stones for therapeutic purposes. The harmonious movements guide the hot lava stones, increasing muscular rigidity and improving the mobility of the joints.

50 min. € 79,00

SPECIAL MASSAGES A LINE BETWEEN FIVE LANDS



ALPINE HERBAL STAMP POWER TREATMENT

This herbal pouches massage is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!

50 min. € 82,00

BALINESE MASSAGE

Inspired by a tradition of the kingdom of Siam this massage practiced by more than 14 centuries is a technique of sweet straining that have origin from the Thai massage and traditional treatments: recommended to those who look for a sweet relax.

50 min. € 82,00

HAWAIIAN LOMI LOMI NUI MASSAGE

Also called soul massage, it was considered a sacred ritual that accompanied the phases of life. Slow, deep and rhythmic movements with hands and forearms are inspired by the grace of the ocean waves, acting on the nervous system leading to a deep relax.

50 min. € 82,00

TIBETAN MASSAGE

The soft vibrations of the Tibetan bells, expertly played by the hands of the beauty therapist, induce a beautiful revitalizing massage, restoring the psychophysical balance by lowering the level of anxiety and improving the problems of insomnia.

50 min. € 82,00

AYURVEDIC INDIAN MASSAGE

It's an exclusively natural massage based on 5000 years of knowledge and experience of Indian medicine. It rebalance the energy points helping to increase the vital energy. The magic of east earth is expressed in this technique to give the wellbeing of your body.

50 min. € 82,00



TEAM D^r JOSEPH

OUR PARTNER: VITALIS DR. JOSEPH

We have found our ideal partner with **VITALIS Dr. Joseph**. Internationally successful and at home in South Tyrol, VITALIS Dr. Joseph stands for the principles that also guide our hotel. VITALIS Dr. Joseph has made it a mission to respect nature in its purity and diversity, to capture it carefully, and to reflect it in sustainable and effective quality products. A sense of responsibility and respect for natural resources is both a concern and commitment that we share with VITALIS Dr. Joseph.

THE PHILOSOPHY OF VITALIS DR. JOSEPH

Nature comes first for **VITALIS Dr. Joseph**. Our aim is to refine natural active ingredients with the latest micro-technological methods, and bring them together in harmony with traditional knowledge into holistic products and treatments. We think holistically on a human level as well. Mutual support and promotion, in cooperation with plants, nature, ancient know-how, and modern technology make us a synergistic collaboration.

BALANCE BETWEEN BODY AND SOUL



BODY



FOR THE BODY CARE



BODY SCURBS

BODY WRAPS

FULL BODY SCRUB WITH HAY EXTRACTS

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

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

25 min. € 35,00

FULL BODY SCRUB WITH HIMALAYAN SALT

Freshness- Full-Body Scrub with Himalayan Salt.
The Himalayan salt body peeling and nourishing oil, makes the skin velvety for an intense sensation of freshness.

25 min. € 30,00

BODY WRAP 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.

25 min. € 49,00

BODY WRAP WITH SEA ALGAE

The energy of the sea that reactivates. Extremely effective anti-cellulite wrap with high quality sea algae. This treatment has an intensive effect on strengthening the tissues with a reactivating effect on the circulation. It makes the skin rose and smoother.

25 min. € 49,00

TEAM D^R JOSEPH



METHOD

TEAM D^R JOSEPH

SOME COMBINATIONS FOR YOU

BODY WRAP WITH CALENDULA & CHAMOMILE

Enjoy a special pampering program with calendula and chamomile. The activating and calming ingredients have a balancing effect on sensitive and irritated skin. Your complexion will be refreshed and your skin made supple and radiant.

25 min. € 49,00

ANTI AGING BODY WRAP 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.

25 min. € 49,00

HIMALAYAN BREATH

Regenerate your skin deep with Himalayan pink salt for a velvety and soft skin.

- Body scrub and wrap with Himalayan salt and oil
- Head and Face Massage

50 min. € 55,00

SWEET RELAX

The soothing and calming properties of calendula and chamomile will give you a soft and smooth skin.

- Body scrub with natural brush
- Body wrap with calendula and chamomile
- Head and face massage

50 min. € 60,00



RITUAL ARNICA & ST. JOHN'S WORT

This treatment gives new energy to the exhausted muscles, thanks to the invigorating force of the "plant of the sun".

- Body wrap arnica and St. John's wort
- Partial treatment
- Head and face massage

50 min. € 65,00

BODY DETOX

Stimulates skin detox and performs a revitalizing action to make the skin healthy and radiant.

- Body wrap with seal algae
- Draining massage on the legs
- Head and face massage

80 min. € 90,00

FOR THE FACIAL CARE

The manual method **Team Dr Joseph** begins in the depth of the tissues, following the natural functional laws with the focus on treating your skin and maintaining its feeling of well-being.



INTENSE PURIFYING FACE TREATMENT

A deep cleansing following the TEAM DR JOSEPH method, tailored to your skin type. Your skin? Pure and delicate. Your face? Beaming. How you feel? Clear and full of energy. The treatment ritual finishes off with a special peel off mask to provide optimal hydration. The result: Vital, balanced and youthful skin.

50 min. € 66,00

CELLULAR RECREATION FACE TREATMENT

A wonderful treatment with natural ingredients, specifically tailored to the needs of your skin. A highly effective intensive care: the modulated facial massage with the intensive mask, the effective intensive care serum with concentrated active ingredients can combine deeply with your skin. For a healthy, intensively well-kept appearance.

80 min. € 100,00

ADVANCED BIO LIFTING FACE TREATMENT

The holistic maximum program following the TEAM DR JOSEPH method. Experience of intensive and unique beauty-treatment with bio energetic flowers' pouches and biodynamic lifting massage, individualized and effective. The special serum and intensive mask provide a powerful effect. The high-tech workings of nature gives a smooth, relaxed and radiant complexion.

110 min. € 145,00

EXPRESS POWER LIFT FOR MEN

TEAM DR JOSEPH method for him. Powerful, close to nature, efficient! Natural high-tech power for a dynamic and well-kept appearance.

50 min. € 66,00

FACE MASSAGE WITH HERBAL BUNDLES AND CUPPING

Face massage with cupping, helps to stimulate circulation and brings oxygen to the tissue. The application of warm bundles, containing medicinal herbs, are specific to hydrate, soothe and cleanse the skin.

25 min. € 45,00

EYES BEAUTY

Eyes Treatment with the application of specific products.

25 min. € 45,00



WELL-BEING AND BEAUTY-WEEK PROGRAMME



BACK-PROGRAMM

1 Dynamic-Back Massage 50 min
2 Back-Partial Massages with Arnica St. John's wort 25 min
€ 130,00

SPORT-PAKET

2 Sport Massages 50 min
1 Partial Massage 25 min
1 Body Wrap with Arnica St. John's wort 25 min
€ 198,00

DRAINING-PROGRAMM

2 Lymph-Draining Massage 50 min
1 Body Wrap with Sea Algae 25 min
€ 165,00

BEAUTY-PROGRAMM

2 Anti-Age Wrap with wine grapes & sea buckthorn 25 min
1 Intense Face Treatment Bio-Lifting 110 min
1 Manicure
1 Pedicure
€ 250,00

HYDRATION-PROGRAMM

1 Full-Body Scrub with Apricot Pits & Hay Extracts 25 min
2 Anti-Age Wraps with wine grapes & sea buckthorn 25 min
1 Face Treatment Cellular Recreation 80 min
1 Tibetan Massage 50 min
€ 252,00

BEAUTY TREATMENTS



AT THE ROOTS OF BEAUTY

Complete Depilation	€ 60,00
Total Leg	€ 30,00
Half Leg	€ 20,00
Groin	€ 13,00
Complete Groin	€ 18,00
Armpits	€ 10,00
Half Leg + Groin	€ 30,00
Complete Leg + Groin	€ 43,00
Arms	€ 15,00
Lips	€ 7,00
Eyebrow	€ 7,00

HANDS AND FEET

Manicure with varnish	€ 30,00
Pedicure with varnish	€ 40,00

SOLARIUM

1 coin	€ 9,00
3 coins	€ 20,00
5 coins	€ 40,00

**Reserve treatments**

In order to secure your desired treatment, we recommend that you make a reservation before your arrival at the spa reception. You will receive a confirmation of your appointment(s) immediately upon your arrival.

Be on time

To ensure that your treatment specialist can prepare your custom treatment and that you can enjoy your full treatment time, we kindly request that you arrive at the spa reception about 10 minutes before the start of your treatment. Out of respect for other guests, we ask that you understand that if you are late to your treatment, it will result in a reduction of your treatment time.

Clothing

Please come to your treatment in a bathrobe. To protect your privacy, we offer a single-use garment for each treatment and work with various masking techniques.

Catering to your wishes

We hope to cater to your individual desires in your treatment. Therefore, we will ask you before your treatment what is of particular importance to you. Expert advice is part of your treatment and is close to our hearts.

Cancellations

Appointment cancellations should be made at least 24 hours before the start of the treatment. We must unfortunately charge full price for cancellations any later than this.

Children and treatments

The treatment area is a place of peace. We ask for your understanding that children under 14 are not allowed in these areas.

Pool / Sauna Area

Please wear swimsuits in the pool area. In the sauna area, we request that you not wear clothing for hygienic reasons. The pool area is also a family area. We ask for your consideration in maintaining absolute peace and quiet in the relax areas.

- More than 3 treatments or massages -20% discount
- The treatments of the packets can be also for 2 different persons

Invoicing for the privately insured

We are happy to provide you with an optional separate bill for your massage to file with your private health insurer.

Hours of Operation

- Treatment Area From 1:30 pm to 7:30 pm or by appointment
- Fitness + Pool From 7:30 am to 7:30 pm
- Saunas From 3:30 pm to 8:00 pm



HOTEL GRAN PARADIS
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