



KOLFUSCHGERHOF

SPA BROCHURE





When it comes to your time, you are your own most precious resource. You never take enough time for yourself. We'll take care of you.

We focus on the unique qualities of each guest.

The members of our spa centre team are totally dedicated to making you look great and enhancing your physical and mental well-being.

The Beauty staff - Hotel Kolbuschgerhof

Spa etiquette



We recommend that you book treatments in advance, preferably before you arrive at the hotel.



You should get the spa 10 minutes before your treatment.



Please come to the treatment room wearing a bathrobe.



Please inform us of any allergies or health issues in advance.

If you are pregnant, please consult your doctor before requesting a treatment.



Before you enter the spa, we recommend that you leave your jewellery and valuables in the safe in your room. The spa shall not accept any responsibility for any damage.



If you wish to cancel a treatment, please do so by 12 noon on the previous day or you shall be charged for it.



Buy spa vouchers for your friends and family.

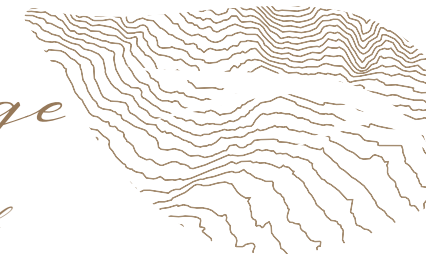


You must be 16 years old to enter the sauna area.



Massage

Harmony
of body and soul



SPORTS MASSAGE

Petrissage and joint mobilization techniques work in synergy during a massage that's suitable for athletes and people who've been exercising hard all day.

FULL BODY MASSAGE

Approx. 50 min.: € 115,00

Approx. 80 min.: € 180,00

PARTIAL BODY MASSAGE

Approx. 25 min.: € 69,00

RELAXING MASSAGE WITH ESSENTIAL OILS

Deep and gentle strokes restore balance in the body and mind, thus improving blood circulation. Feel totally relaxed thanks to the combination of the massage and essential oils.

FULL BODY MASSAGE

Approx. 50 min.: € 115,00

Approx. 80 min.: € 180,00

PARTIAL BODY MASSAGE

Approx. 25 min.: € 69,00



Massages

TENSION RELIEF MASSAGE

This massage features techniques that relieve tension and tightness. It's a form of treatment that can genuinely enhance the well-being of people with aching muscles in specific areas.

Approx. 50 min.: € 115,00

Approx. 25 min.: € 69,00

LYMPHATIC DRAINAGE MASSAGE

The technique helps to remove stagnant and/or excess liquids in tissues, stimulating lymph circulation.

Approx. 50 min.: € 119,00

FOOT REFLEXOLOGY

The aim of this treatment is to restore your general well-being through stimulation of reflex areas on your feet.

Approx. 25 min.: € 79,00

Approx. 45 min.: € 115,00

COMBO: REFLEXOLOGY + BACK

Approx. 45 min.: € 115,00

LOMILOMI

The gentle rhythm of rolling waves in the ocean; the natural harmony of pristine little pieces of paradise. The forearms are used in this deep massage technique. Featuring movements that are all inspired by the cyclic, graceful motion of the waves, it's extremely – almost hypnotically – relaxing.

Approx. 50 min.: € 139,00

Approx. 80 min.: € 180,00

HOT STONE MASSAGE

The heat released by volcanic rocks instils harmony in the body and triggers a “self-healing” process.

Approx. 50 min.: € 129,00

Approx. 80 min.: € 180,00



Ayurveda

From the Sanskrit “AYUR” and “VEDA”, meaning “knowledge of life and longevity”.

Ayurveda is an extremely comprehensive form of therapy that has been used in India for more than 5,000 years, not to mention a philosophy and lifestyle that paves the way to self-discovery in accordance with individual needs. It reveals the interconnected nature of our skin, all of the parts of our bodies and vital processes on the physical, mental, emotional and spiritual fronts. Ayurveda takes into account the person as a whole and focuses on restoring individual balance, creating total harmony and well-being.

AYURVEDA ABHYANGA MASSAGE

This ancient form of Indian massage therapy aims to restore harmony and balance between the body and the mind. It prevents and combats ageing processes, promotes strength and longevity, and enhances health. It helps people to overcome tiredness and stress, as well as instilling fresh balance in the nervous system. It removes toxins and renews the harmony between the three doshas: vata, pitta and kapha. It restores balance in the chakras.

Approx. 50 min.: € 130,00 - Approx. 80 min.: € 209,00

KUNDALINI MASSAGE

Awakening energy. This massage involves effleurage, friction, petrissage and tapotement. The benefits include complete relaxation thanks to action focusing on the spinal cord; improved lymph circulation; relief from muscle fatigue; and a feeling of well-being, just like an awakening and boost for the chakras.

Approx. 50 min.: € 125,00

PADA REGALE, AYURVEDA FOOT TREATMENT

Bath with thyme linalol, gommage, a cataplasma (clay or osmotic mud) is applied after an ayurvedic foot reflexology massage with stimulation of the marma points. Follows the final cream, a real treatment for kings and queens.

Approx. 50 min.: € 115,00

GARSHAN DREN

Remove liquids and toxins with osmotic drainage mud.

Approx. 90 min.: € 148,00

With a Swedana steam bath

GARSHAN SLIM

For the hardest cellulite, localized fat deposits and saddlebags, with revitalizing, slimming oil and essential oils.

Approx. 90 min.: € 148,00

With a Swedana steam bath

CRIO GAMATI BANDAGES - GAMATI BANDAGES LIPO - DRENANTI

Crio Gamati Ice leg wraps Ensures tight legs. Do you have swollen legs with signs of capillaries? heaviness? Shock treatment with menthol white tea extract, freshness and reactivation of microcirculation.

Approx. 80 min.: € 148,00

With a Swedana steam bath

GARSHAN TONIC

Tone up loose skin after weight loss.

Approx. 90 min.: € 148,00

With a Swedana steam bath

ART REUM

An Art Reum posture and sports massage is like a passive exercise session with stretching, wrapping and twisting. It helps to treat rheumatic and muscle pain before and after sporting activities.

Approx. 50 min.: € 115,00

AROMA MASSAGE

A massage with an individually tailored blend of essential oils to enhance the well-being of your nervous and immune systems, thanks to gentle, harmonious strokes and wrapping. Enjoy a feeling of total well-being thanks to the relaxing and reinvigorating effect.

Approx. 50 min.: € 115,00

CRIO GAMATI

Heavy legs and lymphatic stasis ritual eliminates swelling and heaviness, stimulates blood circulation and promotes drainage.

Protective vessel action.

Approx. 90 min.: € 148,00

With a Swedana steam bath

UDARA MASSAGE

-Abdomen with energy opening-

Specific treatment for a flatter stomach.

Udara treatment is a great way to provide relief from unpleasant conditions such as constipation and back pain. It boosts circulation, tones abdominal muscles and quickly makes the stomach flatter, tighter and more toned. In addition, it promotes normal, natural bowel activity.

Approx. 30 min.: € 70,00

With a Swedana steam bath

Approx. 50 min.: € 98,00

Ayurveda facials

MUKHABHYANGAM

VATA FACIAL - DRY SKIN

Provide your skin with a regular source of non-stop nourishment and moisturizing for 24 hours.

- The treatment has a plumping effect and leaves skin not only soft, but also relaxed and refreshed.

Approx. 55 min.: € 115,00

PITTA FACIAL - SENSITIVE SKIN

This treatment's calming and relaxing effect helps to relieve and refresh tired and tight skin.

Approx. 55 min.: € 115,00

KAPHA FACIAL - IMPURE, COMBINATION AND OILY SKIN

It rebalances the skin with impurities and a tendency to form sebum without altering it.

Approx. 55 min.: € 115,00



Lakshmi



LAKSHMI GOLD RITUAL

This intensive anti-ageing ritual has a plumping, rejuvenating and regenerating effect that combats blemishes and loss of tone.

Approx. 55 min.: € 120,00

LAKSHMI GRAND ROYAL FACIAL

Comprehensive rejuvenating treatment. Enjoy complete well-being for your face and more thanks to techniques including yogic breathing, connective tissue massage with crystals, and stimulation of marma points.

Approx. 80 min.: € 149,00

NETRA HAMSA ESPECIALLY FOR YOUR EYES

For tired and weary eyes, with expression lines, deep wrinkles and puffy eyelids. Your eye contour will appear thoroughly moisturized, brighter, more supple, less puffy and refreshed.

Approx. 30 min.: € 55,00

Add this another treatment only: € 30,00



Facial treatments

CLASSIC FACIAL CLEANSING

A deep detox cleansing ritual. It's well tolerated by the skin and promotes skin renewal.

Approx. 55 min.: € 115,00

HYDRA GLOBAL

A refreshing, revitalizing treatment that leaves the skin exceptionally moisturized, plumper and radiant.

Approx. 80 min.: € 198,00

DE LUXE

Absolute Jeunesse lifting mask. A brand new treatment with a clear lifting effect that produces distinctly firmer contours and gives skin a clearer appearance.

Approx. 80 min.: € 216,00



EYE MOMENTUM

With its visible lifting effect, this targeted treatment for the delicate eye contour area reduces the signs of tiredness and ageing. It also makes the eye contour noticeably smoother.

Approx. 30 min.: € 55,00

Add this another treatment only: € 30,00

“HOMME” FACIAL FOR HIM

Facial treatment with Maria Galland products that are specially designed for men.

Approx. 55 min. of skin detoxing for your well-being: € 115,00

LUMIN ÈCLAT - Anti-aging treatment up to 35 years

This treatment is recommended for the more youthful skin of people aged 35 and under. It rids skin of impurities, keeps fine lines to a minimum and smooths the overall skin texture. It's an intensive treatment with a brightening, radiant effect that preserves the skin barrier, moisturizes and has an anti-ageing effect.

Approx. 55 min.: € 125,00

SKIN BIOSIS

New treatment for dehydrated skin with dry areas and redness. Balanced, restores and revives your skin.

Approx. 75 Min.: € 198,00

MARIA GALLAND
PARIS





Body Rituals



THALASSO

Detoxifying treatment with salt peeling, essential oils and nourishing plant oils. Laying of a mud, followed by swedana steam bath.

Approx. 80 min.: € 148,00

MUD, THE “TREASURE OF THE MINE”

Mud has numerous beneficial properties. It can relieve tension, relax muscles, boost circulation and also have a positive effect on the joints.

Approx. 30 min.: €69,00

Hay therapy

The secret to this treatment lies in the medicinal plants found in the blend of grasses. Thanks to the heat and humidity released by the hay, the active ingredients in the grasses are absorbed by the body extremely effectively. Hay baths give you a wonderful feeling of physical well-being.

BENEFITS OF HAY BATHS:

as well as relieving rheumatism and relaxing your muscles and back, it helps you to sleep better, banishes physical tiredness and has a detox effect.

HAY BODY PEEL

This hay peel is recommended for promoting cellular turnover and revitalizing your skin.

Approx. 30 min.: € 69,00

HAY PEEL + HAY BATH

Approx. 50 min.: € 130,00

HAY PEEL + PARTIAL BODY TENSION RELIEF MASSAGE + HAY BATH

Approx. 80 min.: € 159,00 (including a shower)

HAY BATH

Featuring hay from our mountain farm with a tension-relieving effect.

Approx. 30 min.: € 79,00

THREE HAY BATHS

*Approx. 30 min.: € 227,00
(including a shower)*

HAY PEEL + MASSAGE

Approx. 60 min.: € 130,00

HAY BATH + MASSAGE

Approx. 60 min.: € 130,00

FIVE HAY BATHS

*Approx. 30 min.: € 380,00
(including a shower)*



SALT AND OIL BODY PEEL

Deep peel.

Approx. 20 min.: € 79,00 + shower

SCRUB SALINO THALASSO LAKSHMI

Exfoliation with vegetable oils and essential oils:

aloe vera, shea butter.

Approx. 30 min.: € 79,00

GARSHANA

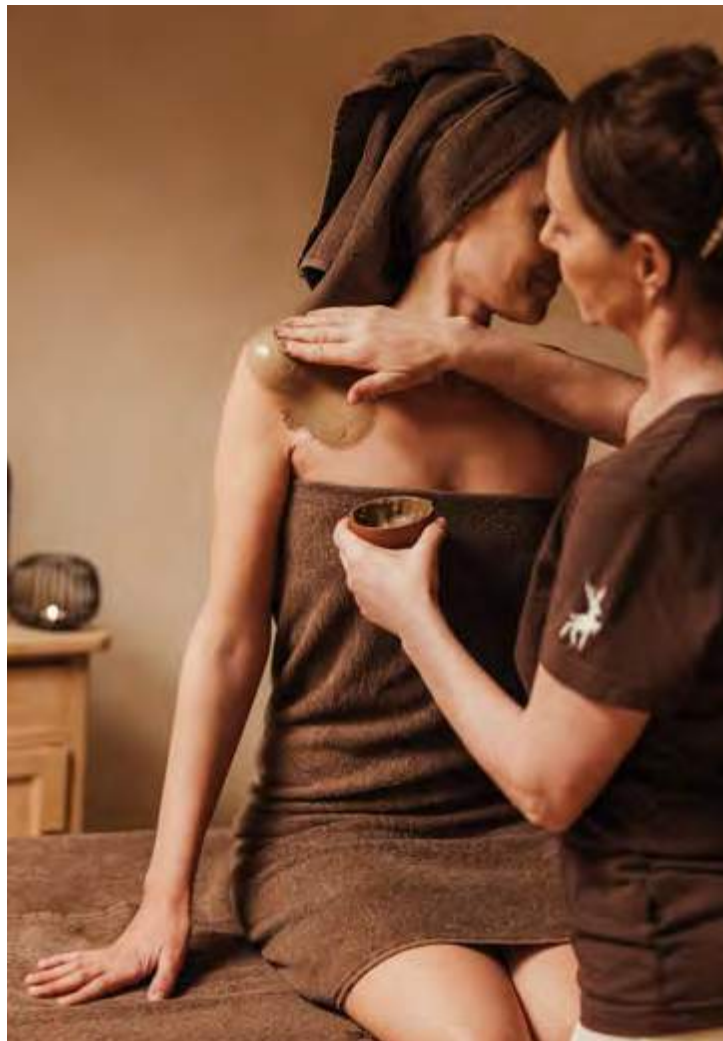
Silk gloves for natural dry peeling.

Approx. 20 min.: € 69,00

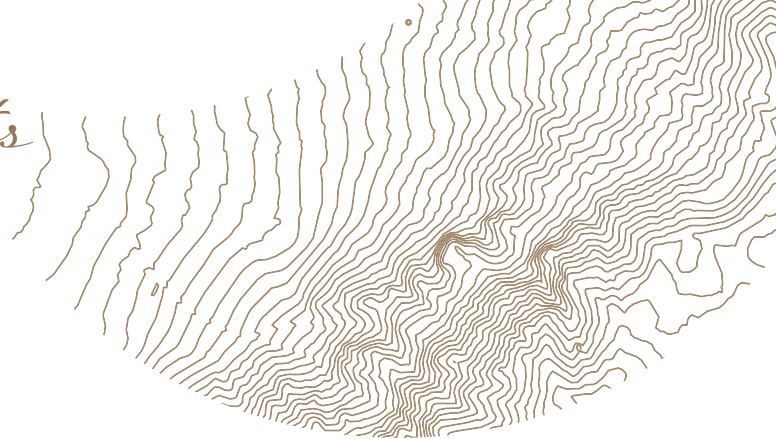
BATH WITH ALPINE MILK AND HONEY FROM THE VAL BADIA

Bathtub with milk, honey and essential oils.

Approx. 30 min.: € 94,00



Body treatments



STARDUST

Feel even more beautiful

- 1 Hydra Global face mask for firm, smooth and moisturized skin
- 1 manicure or 1 pedicure
- 1 tanning session in the solarium

Approx. 90 min.: € 169,00

MUM-TO-BE

For pregnant women

- 1 eye treatment
- 1 facial treatment
- 1 pedicure or 1 manicure

Approx. 2 h: € 208,00

SWEET MAGIC

- 1 peel
- 1 partial body relaxing massage
- 1 facial treatment

Approx. 90 min.: € 187,00

MEN'S HEALTH

Recharge your batteries after a busy day

- 1 herbal bath: to relax your muscles
- 1 sports massage
- 1 face mask for men

Approx. 90 min.: € 170,00

CARIBBEAN DREAM

- 1 body peel
- 1 partial body massage
- 1 face mask
- 1 jacuzzi session

Approx. 90 min.: € 187,00

Packages for couples

ROMANTIC COCKTAIL

Experience endless relaxation with your partner

- 1 body peel with yogurt and exotic oils
- 1 partial body relaxing massage
- 1 face mask
- 1 jacuzzi session
- Sweet and savoury nibbles, 2 cocktails

Approx. 80 min.: € 309,00

CAPRICCI...

Take a delightful dip in our relaxation pool, with countless colours all around you and romantic music playing.

Approx. 30 min.: € 116,00 for 2 people



Beauty treatments



HAND AND FOOT CARE

Pedicure Approx. 60 min.: € 75,00

Medical pedicure Approx. 90 min.: € 90,00

Manicure Approx. 60 min.: € 59,00

INTENSIVE FOOT AND HAND TREATMENT

Peel, healthy mask and massage

Approx. 25 min.: € 45,00

SEMI-PERMANENT NAIL POLISH + MANICURE

Approx. 90 min.: € 98,00

Not including removal of gel or semi-permanent polish

WAXING

Full leg € 60,00

Half leg € 40,00

Underarm € 17,00

Bikini line from € 25,00 a € 32,00

Upper lip € 12,00

Arms € 32,00

Back and chest € 40,00

Full body € 93,00

(underarm, standard bikini line and full leg)

APPLICATION OF NAIL POLISH

Approx. 20 min.: € 15,00

PEDICURE + SEMI-PERMANENT FEET

ca. 90 min.: € 119,00

ADDITIONAL TREATMENTS

Eyelash tinting € 25,00

Eyebrow tinting € 25,00

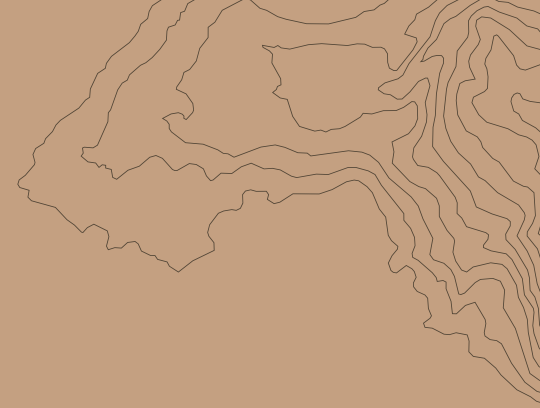
Eyebrow correction € 25,00

TANNING

Get a golden tan in the solarium.

High pressure *Approx. 24 min.: € 28,00*

Low pressure *Approx. 12 min.: € 26,00*



OPENING TIMES:

Beauty salon: 9:00 am to 8:00 pm

Saunas: 3:00 pm to 7:30 pm

Indoor pool: 8:00 am to 8:00 pm

Outdoor pool: 8:00 am to 10:00 am / 3:00 pm to 8:00 pm

Fitness centre: 8:00 am to 8:00 pm

The cost of the entire treatment shall be charged if an appointment is cancelled less than 12 hours before the scheduled start.

Gift vouchers: A voucher for an exclusive treatment in the Kolfuschgerhof Hotel Spa is an ideal gift for every occasion.

You can order gift vouchers by telephone or email, specifying how you would like them to be delivered.



Kolfuschgerhof - Mountain Resort - Via Rönn 7, I-39030 Colfosco - **T** +39 0471 836188
info@kolfuschgerhof.com - www.kolfuschgerhof.com