

valserhof

IMMERSE AND RELAX

A SENSE OF WELL-BEING IS THE KEY ❖ AT THE VALSERHOF SPA



valserhof



CUSTOM MADE WELLNESS

Peace, tranquillity and adventures close to the sky are awaiting you at Valserhof. Your very personal place of retreat and vitality is here in the midst of the majestic Dolomites.

04

VALSERHOF VITAL SOURCE

Being at one in the world of the senses

05

THE VALSERHOF VITALQUELLE

Is the source of beauty and wellbeing

08-09

WELLNESS À LA CARTE

10 personal wellness packages

10-11

SOOTHING BODY TREATMENTS

Indulge your body with extracts from nature

12-13

THE INVIGORATING POWER OF TOUCH

Vitalising massages at Valserhof

14-15

EXCLUSIVE FACIAL TREATMENT

Concentrate on all that benefits the skin

16-17

PAMPERING BATHS COMFORTABLY TEMPERED

Immerse and resurface in complete relaxation

18-19

WELLNESS SPECIALS

TREHS the South Tyrolean pearl from Sarn pines

20

VALSERHOF COSMETIC TREATMENTS

21

BIOTEAQUE

The Chiemgau Tea Manufacturer

22-23

THE WORLD OF VALSERHOF

Indoor and outdoor

SWITCH TO OFFLINE MODE & CHILL DOWN





VALSERHOF VITAL SOURCE

The source of strength and relaxation is the origin of beauty and wellbeing. Valserhof Spa is a place where you can dream and unwind in the world of the senses - our saunas and steam baths provide gentle music, delicate scents and lots of soothing warmth.

The aromas and delights of nature make Valserhof wellness treatments a wonderful experience. Listen to the sound of silence, relax and immerse yourself in crystal clear water that awakens all life spirits.



VITALITY AND PURE ENERGY

SAUNA

The element of fire stands for the force of life, vitality and pure energy. Feel for yourself what a positive effect heat has on your body in our sauna area with steam bath, bio-sauna, outdoor sauna and sauna garden. The saunas at our spa hotel in South Tyrol are heated every day from **1.00** to **7.00** p.m.

Sauna area with: steam bath, bio sauna, outdoor sauna, event sauna, water loungers for relaxation and recuperation, cold water pool, quiet room "Silence" in pine wood with water loungers, own sauna garden for oxygen replenishment. Close your eyes and feel the warmth.

RELAXATION

The relaxation and chill-out zones at Valserhof Spa are in a class of their own. Water beds, floating beds, comforting cushions ... Here you can lean back, switch to offline mode and simply let the world be for a while. In the summer our terrace and sun deck invite you to sunbathe.

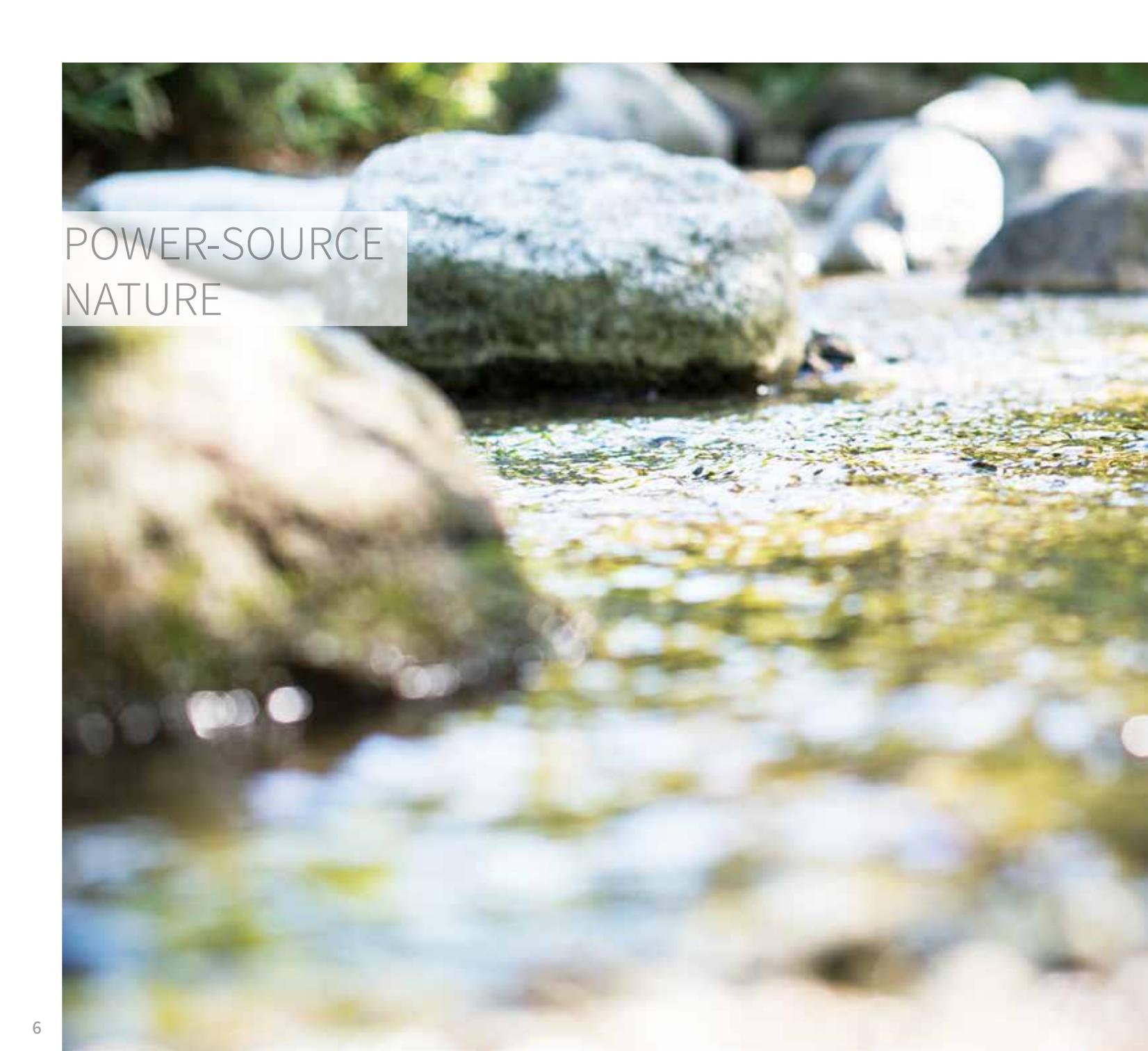
BEAUTY

To be beautiful and feel great, what more can you possibly want? The vast range of treatments does not make your decision easy at the Valserhof spa hotel in South Tyrol. However, we are happy to help you find the right pampering treatment for you and contribute to you totally relaxing! You can choose from massages, wraps, peeling, facials and body treatments!

POOLS

Water is life - dive deep into its heart! Let yourself be carried by the lightness of the water and feel how the bubbling water tingles on your skin. Your "intuition of the senses" is awakened in our new indoor and outdoor pools and our hot whirlpool. You can look forward to some refreshing moments in our world of water.

Opening hours: daily from **7.00** am to **19.00** p.m.



POWER-SOURCE
NATURE



NATURE

The natural landscape around the Valserhof is a unique and vast wellness arena. Kneipp in one of the bubbling little mountain streams, rest in a meadow and inhale the scent of alpine herbs, enjoy the uplifting feeling of standing on a summit and looking at the world from above, leaving your mark in the freshly fallen snow - nature has given us a magnificent gift, we simply need to accept it.

FEEL GOOD PACKAGES

You can save around 20% on individual treatments when you book one of our wellness packages.

VITALPINA WELCOME PACKAGE

- * Soothing bath with apple and rose hip extracts
- * Relaxing massage (back or legs)

approx. 1 hour
59,00 Euro

TASTER PACKAGE

- * Facial treatment Maria Galland
- * Relaxing massage (back or legs)
- * Foot treatment/pedicure

approx. 2.5 hours
129,00 Euro

LITTLE TEENAGER PACKAGE

- * Facial treatment Soin Dermatologique
- * Back massage

approx. 1.5 hours
79,00 Euro

RELAXING PACKAGE

- * Soothing bath with arnica and St. John's wort extracts
- * Relaxing massage (back or legs)
- * Stimulating foot massage with juniper extract
- * "Sassi dei Vulcano" full body treatment
- * South Tyrolean hay bath
- * Full body massage with aromatic oil

spread over 3-6 days
219,00 Euro

ANTI-CELLULITE PACKAGE

- * Algae peeling
- * Algae bath
- * Algae wrap with massage
- * Silhouette cellulite treatment

spread over 3-4 days
189,00 Euro

BE BEAUTIFUL DURING PREGNANCY

- * Pedicure
- * Manicure
- * Cooling salt wrap with leg massage
- * Eye treatment

spread over 1-4 days
129,00 Euro

VITALPINA FEEL-GOOD DAYS

- * Herbal stamp partial body massage
- * Regenerating back and leg massage
- * Hay brush peeling

spread over 2-3 days
119,00 Euro

DETOXIFYING PACKAGE

- * Algae peeling
- * Algae bath
- * Classic full body massage
- * Algae wrap with massage

spread over 2-4 days
149,00 Euro

BEAUTY PACKAGE

- * Salt and oil peeling
- * Relaxing massage (back or legs)
- * Facial treatment Maria Galland
- * Pedicure
- * Manicure
- * Goat butter cream bath
- * Stimulating foot massage with juniper extract

spread over 2-7 days
239,00 Euro

VALSERHOF MASSAGE PACKAGE

- * Relaxing massage (back or legs)
- * Stimulating foot massage with juniper extract
- * Herbal stamp full body massage
- * Classic full body massage

spread over 3-4 days
169,00 Euro



INVIGORATING

HAYBRUSH PEELING WITH JUNIPER EXTRACT

A peeling treatment using the natural products of hay and juniper from South Tyrol. The ingredients soothe the stressed body and mind, deeply cleanse the skin and stimulate lymph flow.

Approx. 25 Min. 39,00 Euro

SOOTHING BATH WITH APPLE AND ROSE HIP EXTRACTS

The apple protects the skin flora and regenerates the tissue. The rose hip strengthens the vessels, e.g. for venous disorders, and improves the oxygen supply to the body cells.

Approx. 25 Min. 39,00 Euro



FOR A WONDERFUL SILKY SKIN

SALT AND OIL PEELING

approx. 25 min. 37,00 Euro

ALGAE PEELING

approx. 25 min. 39,00 Euro

CHOCOLATE PEELING

approx. 25 min. 37,00 Euro

BODY SCRUB WITH SARN MOUNTAIN PINE

approx. 25 min. 39,00 Euro

SILHOUETTE BODY CARE Maria Galland

Peeling made of the finest sea salt, massage and wrap using products specially adapted to your problem zones.

abdominal/legs/bottom . approx. 50 min. 89,00 Euro

Full body treatment detox . approx. 80 min. 109,00 Euro

COOLING SALT WRAPS

Legs . approx. 30 min. 29,00 Euro

Legs and stomach . approx. 30 min. 39,00 Euro

Salt wrap with massage . approx. 50 min. 54,00 Euro

PURIFYING ALGAE WRAP

Legs . approx. 30 min. 34,00 Euro

Legs and stomach . approx. 30 min. 42,00 Euro

Algae wrap with massage . approx. 50 min. 59,00 Euro

STIMULATING MASSAGES



Touch alone can often be of great benefit. Massages have the beneficial effect of harmonising the body and soul and making you feel like you've been reborn. After an eventful day in South Tyrol's mountains a relaxing massage at the Valserhof is just the right thing for you!

RELAXING MESSAGES

Back and neck . approx. 25 min.37,00 Euro
Legs . approx. 25 min.37,00 Euro

FULL BODY MESSAGES

approx. 50 min55,00 Euro

REGENERATING BACK AND LEG MASSAGE

approx. 50 min.64,00 Euro

STIMULATING FOOT MASSAGE WITH JUNIPER EXTRACT

approx. 25 min39,00 Euro

FULL BODY MASSAGE WITH AROMATIC OIL

Back and neck . approx. 25 min41,00 Euro
Full body massage . approx. 50 min.59,00 Euro

REVITALISING FACE MASSAGE WITH ARNICA OIL

approx. 20 min.25,00 Euro

HERBAL STAMP MASSAGE

Partial body massage. approx. 25 min.54,00 Euro
Full body massage . approx. 50 min.89,00 Euro

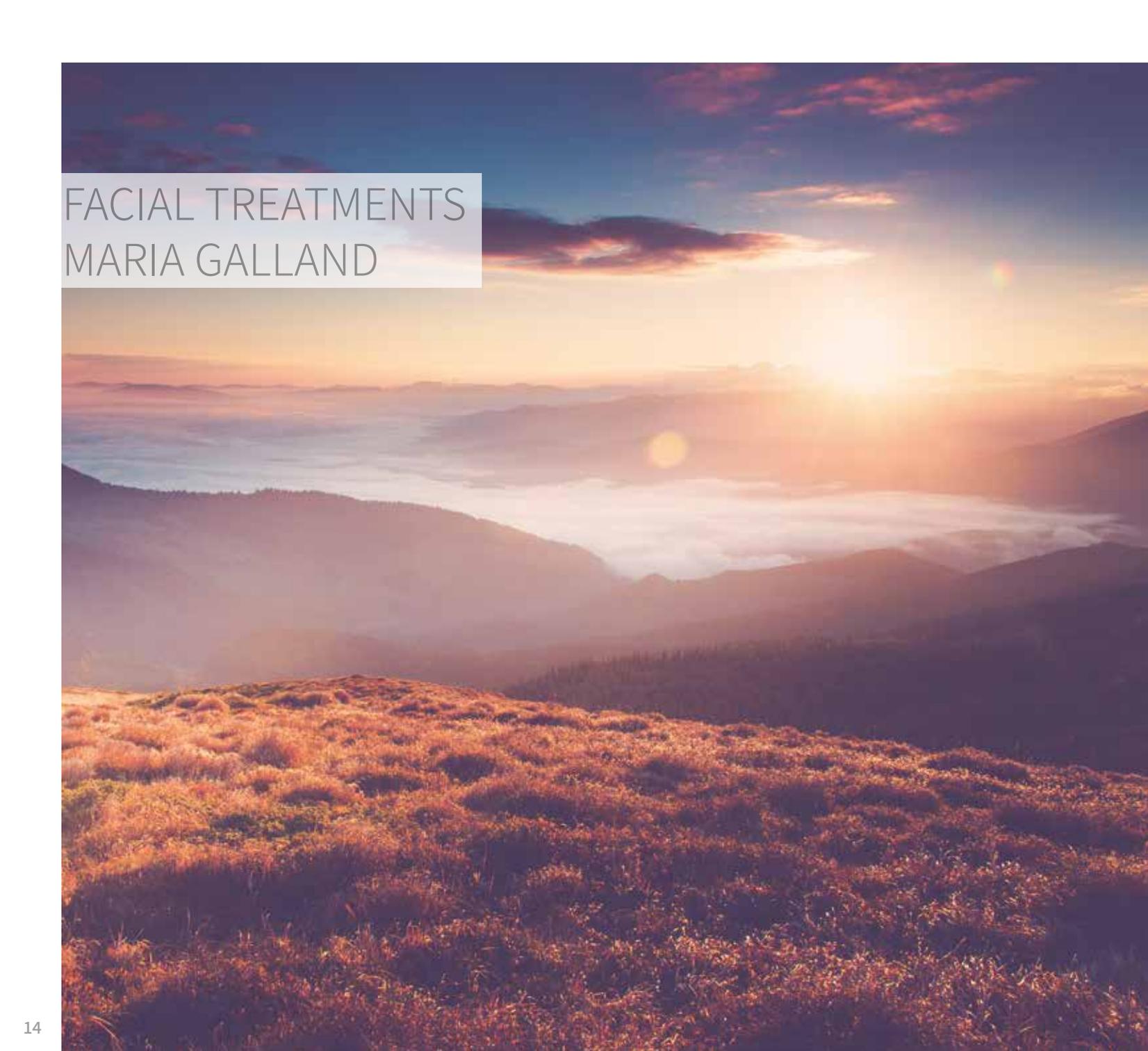
SINGING BOWL MASSAGE

Partial body massage . approx. 25 min.45,00 Euro
Full body massage . approx. 50 min.79,00 Euro

HOT STONE MASSAGE

Partial body massage . approx. 25 min.54,00 Euro
Full body massage . approx. 50 min.79,00 Euro





FACIAL TREATMENTS
MARIA GALLAND

INTENSIVE FACIAL TREATMENT

Intensive face, neck and décolleté treatment with peeling, deep cleansing, eyebrow shaping, facial massage, cream mask and moisturising cream
approx. 70 min. 79,00 Euro

MEN'S FACIAL

ca. 50 Min. 54,00 Euro

MASQUE MODELANT YEUX (EYE TREATMENT)

Firming and relaxing eye treatment that reduces fine lines and dark circles under the eyes. Can be booked as an individual treatment or additional treatment with all facials.
approx. 25 min. 34,00 Euro

SOIN THÉRAPIE COCON

Feel like you've been reborn. The Masque Thérapie Cocon combines state-of-the-art high-tech preparations with holistic wellness. While you simply feel great, your skin becomes more elastic and supple.
approx. 85 min. 89,00 Euro

SOIN MASQUE MODELANT

This treatment method with peeling, ampoule and mask, which has been proved a million times over, provides intensive moisture.
approx. 85 min. 89,00 Euro

SYSTÈME DERMATOLOGIQUE

for him and her

This facial focuses on what is important, on what is good for the skin. This treatment achieves a great anti-ageing effect using highly concentrated active ingredients. The textures are modern and light, the active ingredients are meticulously coordinated. Particularly suitable for allergy sufferers, pigment disorders, acne, couperose and dermatitis.
approx. 70 min. 89,00 Euro

MASQUE THALASSO - THALASSO FACIAL

Wellness from the sea! The "Masque Thalasso" algae mask is refreshing, invigorating and supplies the skin intensively with minerals and moisture. Ideal for sensitive skin and couperose.
approx. 70 min. 79,00 Euro



WATER BATH
VITALQUELLE



Take a bath in the Spa at the Hotel Valserhof, lean back and simply chill out! Our water baths have a relaxing, detoxifying or regenerating effect, totally depending on your needs. Herbs and essences from South Tyrol are used for this!

HAY BATH WITH ORIGINAL SOUTH TYROLEAN MOUNTAIN HAY

on the Soft-Pack floating bed

South Tyrolean mountain hay is rich in valuable medicinal herbs. The active ingredients of medicinal herbs are released in the hay bath, stimulate circulation and are detoxifying as well as preventing rheumatism, fatigue, backache and aching limbs.

approx. 25 min. 41,00 Euro

MOOR BATH – FANGO

on the Soft-Pack floating bed

Pure volcanic origin sea sludge prevents rheumatism, fatigue, backache and aching limbs.

approx. 25 min. 37,00 Euro

ALGAE BATH – THALASSO

on the Soft-Pack floating bed

The freshly prepared algae are rich in vitamin C and iodine. They activate the body's own production of collagen, are detoxifying, reduce cellulite and strengthen connective tissue. Algae are the key to a great figure!

approx. 25 min. 37,00 Euro

EVENING PRIMROSE CREAM OIL BATH

on the Soft-Pack floating bed

The oil extracted from the seeds of the golden-yellow evening primrose blossoms is precious for the skin and psyche. It is used in particular with premature ageing of skin, psoriasis and neurodermatitis.

approx. 25 min. 42,00 Euro

GOAT BUTTER CREAM BATH

on the Soft-Pack floating bed

Valuable protein, minerals, trace elements, vitamins and added oils make skin supple and provide it with moisture. The goat butter cream bath is a treat for anyone who wants to really moisturise their skin.

approx. 25 min. 42,00 Euro

CLEOPATRA'S BATH

on the Soft-Pack floating bed

This beauty bath with a long tradition is one of the most famous bathing rituals. Milk, honey and excellent quality oils restore moisture and mineralise the skin.

approx. 25 min. 37,00 Euro

ROSE BLOSSOM BATH

on the Soft-Pack floating bed

A bath for the mind and body. The balancing, mood-enhancing effect of rose blossoms is particularly felt with this bath. The slightly lipid-regulating and moisturising properties nurture the skin.

approx. 25 min. 37,00 Euro

CHOCOLATE BATH

on the Soft-Pack floating bed

You will experience the perfect yet completely calorie-free chocolate experience while the valuable ingredients of cocoa enrich your skin.

approx. 25 min. 37,00 Euro

ARNICA AND ST. JOHN'S WORT

on the Soft-Pack floating bed

Feel the invigorating power of the sun plant. This health bath makes tired joints and muscles feel fitter. The power of the complex of active ingredients of arnica and St. John's wort reduces stress and relieves tension.

approx. 25 min. 39,00 Euro

TREHS BODY OIL WRAP

on the Soft-Pack floating bed

Mountain pine oil strengthens the body's immune system, stimulates circulation and relieves muscle tension.

approx. 25 min. 43,00 Euro



OUR SPA SPECIALS

At the Valserhof we always strive to offer quality in all areas. In doing so, we particularly rely on South Tyrolean products, in our spa area too. As wherever a wellness holiday in South Tyrol is mentioned, wellness from South Tyrol is also involved!

TREHS

Trehs is a South Tyrolean product that extracts various beneficial care properties from the Sarn mountain pine.

The raw material, i.e. the Sarn mountain pine, is grown in the wild and originates from sustainable forestry management. The crop rotation from mountain pine clearing to pasture generation is documented by forestry authorities and PEFC-certified.

Mountain pine oil is antiseptic, anti-bacterial, anti-inflammatory, an expectorant and stimulates circulation. It strengthens the body's immune system and leads to relief with flu-like infections, asthma, joint pain, neuralgia, migraines, headaches, sore throats, stiff shoulders and neck. In a fragrance lamp it improves the air quality. It is used in a base oil for massage with rheumatism, gout, tense muscles and circulation problems. Mountain pine oil does not irritate the kidneys, in contrast to other conifer oils.

TREHS MOUNTAIN FORCE – MIND AND BODY

Partial body massage

Trehs body oil wrap on the Soft-Pack floating bed
approx. 50 min. 69,00 Euro

TREHS SPORTS TREATMENT

Trehs full body massage

Trehs body oil wrap using Sarn mountain pine oil (good for aching muscles and stimulates circulation)
approx. 1.5 hours 84,00 Euro

TREHS BODY PEELING

approx. 25 min. 39,00 Euro

TREHS BACK MASSAGE

approx. 25 min. 43,00 Euro

TREHS LEG MASSAGE

approx. 25 min. 43,00 Euro

TREHS BODY OIL WRAP ON THE SOFT-PACK FLOATING BED

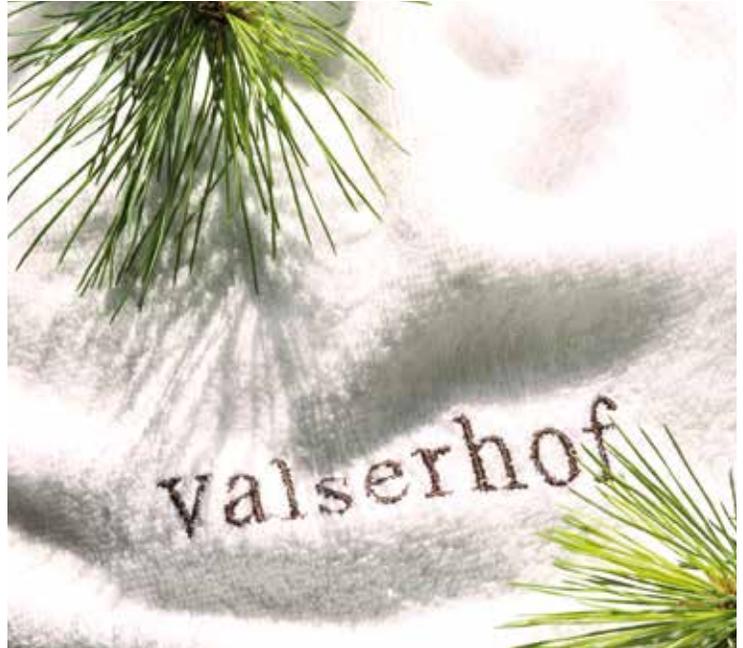
approx. 25 min. 43,00 Euro

TREHS BODY TREATMENT

approx. 50 min. 62,00 Euro



BEAUTY TREATMENTS



MANICURE	approx. 45 min.	39,00 Euro
MANICURE WITH NAIL POLISH	approx. 60 min.	44,00 Euro
PEDICURE	approx. 60 min.	44,00 Euro
PEDICURE WITH NAIL POLISH	approx. 60 min.	49,00 Euro
EYEBROW SHAPING	approx. 15 min.	10,00 Euro
EYEBROW TINTING	approx. 15 min.	11,00 Euro
EYELASH TINTING	approx. 15 min.	15,00 Euro
EYELASH + EYEBROW TINTING	approx. 30 min.	21,00 Euro
FULL LEG HONEY WAX	approx. 45 min.	44,00 Euro
HALF LEG HONEY WAX	approx. 30 min.	32,00 Euro
BIKINI ZONE HONEY WAX	approx. 15 min.	10,00 Euro
UNDERARMS HONEY WAX	approx. 15 min.	10,00 Euro
UPPER LIP OR CHIN HONEY	approx. 15 min.	10,00 Euro
MEN'S BACK HONEY WAX	approx. 30 min.	34,00 Euro
MEN'S CHEST HONEY WAX	approx. 30 min.	34,00 Euro



BIOTEAQUE CHIEMGAU TEA MANUFACTURER

Our exclusive and very tasty teas from BIOTEAQUE, the Chiemgau tea manufacturer are of the highest quality. Organic tea blends in an extraordinary quality. The colourful, aromatic and large-leaf tea blends create a good feeling and ensure a very special kind of tea enjoyment. Available in our shop (next to the hotel entrance).

MIADE MONI

A delicious herbal tea with soothing melissa and the natural aroma of fresh mint. A discerning break for body and soul.

GFEIDA MAXI

An exquisite herbal fruit tea with the natural aroma of delicious strawberries and fresh mint.

SCHNITTIGE SISSI

Critic lemon grass, refreshing pieces of ginger and aromatic liquorice root are considered to have a health-promoting effect and provide our Sissi with a round and pleasant-tasting balance.

FRISCHE RESI

Pure refreshment - finest Sencha green tea with lemongrass and real ginger. Fruity and citrusy as if you were just about to pick the lemons yourself. Very refreshing when served cold.

GREANA GUSTL

The rolled tea leaves remind of traditional gunpowder. With its nutty, slightly bitter taste, it's also ideal for green tea newbies.

HÜTTENZAUBER

A wintery rooibos blend with delicate baked apple and cinnamon.



INDOOR & OUTDOOR FITNESS





OUTDOOR IN SUMMER

- * Guided tours with proven hiking guide several times a week
- * Comprehensive hiking library and hiking info map with tour suggestions
- * Hiking poles and backpacks free to rent
- * South Tyrolean balance trail in Vals

OUTDOOR IN WINTER

- * Jochtal, our local ski area is literally right on our doorstep and together with the Gitschberg mountain offers 60 kilometres of superbly prepared slopes
- * Winter hiking trails and snowshoe trails
- * Cross-country skiing (800 m from Hotel)
- * Toboggan runs

WELLNESS & FITNESS

- * Indoor & outdoor pool (heated all year round)
- * Whirlpool
- * Our sauna area with steam bath, bio-sauna, outdoor sauna and sauna garden
- * 4 different relaxation and chill-out zones
- * Gym
- * Lawn
- * Terrace and sun deck invite you to sunbathe
- * Professional fitness equipment
- * Water gymnastics
- * Movement and relaxation units

GRANDER-WATER

The purity and origin of water is crucial for our well-being. That is why only the purest mountain spring water flows out of our taps at the Valserhof spa hotel in South Tyrol. A real wellness special for our guests! With the Grander® technology, water is revitalised and refined until it is able to restore its original properties that were lost. It tastes incredibly natural and stimulates your self-healing powers in a natural way.



valserhof

Erlacher Family
Pichlstraße 24
I-39037 Vals
South Tyrol . Italy

T. +39 0472 547 177 ❖ F. +39 0472 547 208 ❖ info@valserhof.com ❖ www.valserhof.com

