



WELLNESS PROGRAM



ART OF CARE

PHYTO ART®

natural quality products

NATURAL ORGANIC COSMETICS FROM SOUTH TYROL

Being human from root to flower.
Men and nature form an inseparable unity.

The four elements – water, fire, air and earth – are an integral part of every living being. These inexhaustible sources of energy maintain a natural balance in the body, mind and soul. If one of these elements dominates inside our bodies, the effects will also be visible on our skin.

Phyto Art aims to restore this balance using officinal plants and crystals.
Phyto Art, for a beauty that takes root and blooms in all its splendour.



FACIAL TREATMENT

Activ-Lift Balance

about 80 wellness minutes Euro 90,00

This treatment activates cell renewal and counteracts the skin's ageing process.

The precious rosehip, hemp, yellow sweet clover, sanicle and horsetail extracts, combined with natural hyaluronic acid, fight free radicals, support oxygen transfer and promote collagen production to make the skin firm and smooth. The special gua-sha massage with fluorite stimulates skin regeneration and provides a renewed vitality.

Hydro Sensitiv Balance

about 80 wellness minutes Euro 80,00

A special touch for dry and dehydrated skin prone to irritation. This particularly delicate treatment, with selected active plant ingredients like houseleek, birch, lime, oat and hops, hydrates all the epithelial cells, protects the hydro-lipid layer and eliminates the fine lines caused by dryness. Furthermore, the green aventurine massage roller soothes and relaxes, restoring harmony to the skin.

Pure Balance

about 80 wellness minutes Euro 80,00

A cleansing and purifying treatment to remove impurities and reduce the sebaceous secretion to a minimum. Wild pansy, blackthorn, cardoon and burdock regulate the skin's lipid content, tighten the pores and have an anti-inflammatory effect. The special gua-sha massage with fluorite cleanses and reinvigorates the tired and pale skin, giving it a fresh and clean appearance.

Eye Balance

about 25 wellness minutes Euro 45,00

The very sensitive area around the eyes requires an intensive treatment, because that's where the skin is particularly thin and constantly moving as our facial expressions change. The special massage around the eyes with crystals, revitalising serum and alginate mask smooth and firm up the crow's feet. The special balm with cornflower, fennel and horsetail also works to fight under-eye bags and dark circles. Thus the eye area appears reinvigorated and revitalised.

Facial cleanse

about 50 wellness minutes Euro 60,00

This deep facial cleanse removes dead cells, freeing the skin from blackheads and white spots. The cleanse is followed by a mask and intensive treatment to restore skin balance. The aesthetician will choose the most suitable products for this purpose.

DEPILATION WITH WARM WAX

Legs total	about 40 minutes	Euro 45,00
Lower leg	about 25 minutes	Euro 30,00
Arms	about 10 minutes	Euro 20,00
Armpits	about 10 minutes	Euro 15,00
Upper lip	about 10 minutes	Euro 12,00
Chin	about 10 minutes	Euro 12,00

CARE FOR YOUR HANDS AND FEET:

Manicure, without nail varnish	about 30 minutes	Euro 35,00
Manicure with nail varnish	about 40 minutes	Euro 45,00
Pedicure, without nail varnish	about 50 minutes	Euro 50,00
Pedicure with nail varnish	about 60 minutes	Euro 55,00

CLASSIC MASSAGE

Full body	about 50 wellness minutes	Euro 60,00
Partial body (back, leg, head & neck, facial)	about 25 wellness minutes	Euro 35,00
Sports massage leg and back	about 50 wellness minutes	Euro 75,00
Sports massage leg	about 25 wellness minutes	Euro 45,00
Essential oil massage	about 50 wellness minutes	Euro 65,00
Essential oil massage	about 75 wellness minutes	Euro 85,00

A massage with high quality aromatic essentials for relaxation, vitalization or harmonization of body, spirit and soul. Choose among different essentials the one you prefer to enhance your personal well-being.

Alpine swiss pine massage about 50 wellness minutes Euro 65,00

Feeling nature directly on your body, special pinecone wooden sticks turn this massage into a unique experience. Muscle fibres are loosened and relaxed. The strength of the pine cone invigorates the respiratory tracts and the immune system. It feels like an amazing walk through South Tyrolean woods.

Cellulites massage about 50 wellness minutes Euro 65,00

The connective tissue of the problematic zones is ideally prepared thanks to an herbal extract. A special cellulites cream „Bodylotion Silhouette“ will round this special treatment off.

Relaxing massage á la "Art of Care" about 50 wellness minutes Euro 65,00

A unique relaxing massage from head to toe with smooth, rhythmic movements, lost in a world of senses. The pleasant hot Kneipp roll enriched with an herbal mixture loosens and relaxes your muscles.

Lymph stimulating massage about 50 wellness minutes Euro 65,00

Ideal for the soft decongestion and stimulation of the lymph. Small swelling and congestion in the body can be treated here. A soft and relaxing effleurage for the whole body.

Herbal stamp massage about 50 wellness minutes Euro 65,00

A gentle massage elicits the warm herbal stamp's purifying and skin caring effects. Lost in an enchanting world of wonderful fragrances taking care of you during this relaxing and refreshing treatment.

Intense back massage about 50 wellness minutes Euro 75,00

Using the hand palms and the underarms, we'll prepare the back muscles, neck muscles and the shoulder muscles for the follow up cupping glass massage. The result of massaging with the underarms will make you relaxed and regenerated.

PEELING

Cleansing mountain salt peeling about 25 wellness minutes Euro 38,00

The mountain salt eliminates keratinised, dead skin cells and lends at the same time mineral salts and trace elements. With this exfoliation treatment the skin is clearly more absorbing for the following nutrition and skin care products. An efficient classic treatment, before a massage or beauty pack.

Herbal scrub about 25 wellness minutes Euro 38,00

A delicate herbal scrub with a common mallow, marigold, nettle, horsetail, edelweiss and finely ground pomace base frees the skin from dead cells and provides it with nutritious substances.

MASSAGE FOR CHILDREN

Chocolate massage about 25 wellness minutes Euro 30,00
With this massage children enjoy chocolate without eating it, happy hormones are stimulated as with consumption

Princess Lillifee massage about 25 wellness minutes Euro 30,00
This pamper massage for little princesses lends silky soft and glittery skin

Mini manicure for our little guests about 20 wellness minutes Euro 27,00

ZIRM'S WELLNESS PACK

Berghotel Zirm's back pack (2-3 days) about 100 wellness minutes Euro 131,40
2 partial back massages
2 mountain salt peeling

Berghotel Zirm's Cellulites pack (4-5 days) about 200 wellness minutes Euro 248,40
2 traditional European cellulites massages
2 herbs peeling

Berghotel Zirm's beauty pack (3-5 days) about 220 wellness minutes Euro 239,40
1 herbs peeling
1 short facial treatment
1 manicure
1 hydrating and relaxing compress
1 relaxing massage á la "Art of Care"

ZIRM'S WELLNESS INFO:

Appointments: arrange your treatments according to your personal time table. An early booking of any appointment for the wellness area is recommended, the best solution is to book before your arrival or upon your hotel booking confirmation! In this way it will be easier for us to meet your special needs in timing and treatments.

Cancellations: are unpleasant for everyone involved, but of course they can happen. Please inform us at least 24 hours before your appointment. In case of short notice or nonappearance we shall charge your booked treatment's full price.

Health problems: in case of specific health problems, medications, a recent operation or pregnancy, please inform us beforehand upon your appointment setting and before every treatment.

Appointments on site: are possible to set any time checking availability at the Hotel- or wellness reception: Hotel reception: NR. 151 – Wellness reception: Nr. 152

Clothing: Please wear your bathrobe, flip flops and bathing suit. For every treatment you will receive our single use slip which is ready for you in the changing room before the treatment.

Men: please shave before your facial treatment, so that the skin can absorb active substances better

Please shower beforehand: having a shower before the massage is recommended, as pores will open and absorb active substances better.