



# Treatments & Massages



**störes**  
beauty farm



**störes**  
*living nature*

A couple is sitting on a circular, tufted daybed in a rustic setting with dark wood paneling. They are both wearing white bathrobes and are looking at each other. The daybed has two red patterned pillows. A large, semi-transparent circular graphic is overlaid on the left side of the image. The text "il Vostro Benessere, la Nostra passione" is written in a white, cursive font across the bottom of the image.

*il Vostro Benessere, la Nostra passione*

# BEAUTY FARM

Opening hours  
09.00 bis 20.00  
Tel. 500



I trattamenti vengono prenotati direttamente presso la nostra Beauty Farm Freina seguendo i consigli professionali delle nostre terapiste.

Si prega di notare che le cancellazioni senza preavviso di almeno **12 ore** verranno addebitate con l'intero costo del trattamento.

Behandlungen werden direkt in unserer Beautyfarm Freina gebucht nach professionellem Rat unserer Therapeuten.

Bitte beachten Sie, dass Stornierungen ohne Vorankündigung von mindestens **12 Stunden**, gänzlich berechnet werden.

Treatments are booked directly at our Beauty Farm Freina following the professional advice of our therapists.

Please note that cancellations without notice of at least **12 hours** will be charged with the full cost of the treatment.

*“Il vostro benessere,  
la nostra passione.”*

Scoprite l'Arte dei nostri rituali di  
bellezza e dei nostri massaggi.

Il rilassamento è la chiave per la salute e  
per il recupero fisico perché stimola la  
nostra capacità di guarigione innata.

La nostra beauty farm ha preparato per  
voi un'accurata scelta di trattamenti con  
linee di **prodotti d'eccellenza**: Charme  
D'Orient, Maria Galland e Dr. Vitalis.

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*“Ihr Wohlbefinden,  
unsere Leidenschaft..”*

Entdecken Sie die Kunst unserer  
Schönheitsrituale und Massagen.  
Entspannung ist der Schlüssel zur  
Gesundheit und körperlicher Erholung,  
denn sie stimuliert unsere angeborene  
Heilungsfähigkeit. Unsere Beauty-Farm  
hat für Sie eine sorgfältige Auswahl an  
Behandlungen mit **ausgezeichneten**

**Produkten** vorbereitet: Charme D'Orient,  
Maria Galland und Dr. Vitalis.

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*“Your well-being  
is our passion..”*

Discover the art of our beauty rituals  
and massages. Relaxation is the key to  
health and physical recovery because it  
stimulates our innate healing ability.  
Our beauty farm has prepared for you a  
careful choice of treatments with lines  
of **excellent products**: Charme D'Orient,  
Maria Galland and Dr. Vitalis.

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## BRIGHTEN YOUR FACE

*Charme D'Orient Maria Galland*

### **NATURAL CHARM** ..... **79 €**

Gentle and delicate facial cleansing but at the same time deep and effective to regain brightness and compactness. Regenerates and reoxygenates tired and devitalized skin.

### **DELUXE CHARM** ..... **85 €**

Specific complete and nourishing treatment, moisturizing and elasticizing. It relaxes the tissues and reduces skin imperfections.

### **D-TOX** ..... **75 €**

Treatment indicated for an opaque and dull skin complex. Thanks to a deep cleansing with ultrasound and a final clay mask, the skin is brighter and full of vitality.

### **THALASSO** ..... **89 €**

Care originating from the sea with purifying algae mask. Microalgae stimulates metabolism and repair the skin in depth.





**ACTIV AGE - MENOPAUSE** ..... **99 €**

Aimed at rebalancing skin hormonal changes of women entering menopause, ensuring 100% deep hydration.

**NUTRIVITAL- LIFTING** ..... **109 - 139 €**

Iconic ritual with effective products and extraordinary lifting and modeling techniques: the self-warming mask, the specific boosters and the use of ultrasound leave the skin firmed and smooth. Excellent ANTI-AGING treatment.

**DERMA BALANCE** ..... **99 - 119 €**

Specific treatment indicated for sensitive skin with couperose, hyperpigmentation (spots) or with dryness with an atopic tendency. The effectiveness of the active ingredients used in their various types, guarantees an improvement in skin imperfections.

**LIFT FACE MASSAGE** ..... **35 - 47 €**

Through firming manual skills, the muscles of the face are stimulated, increasing the production of collagen and elastin in a natural way.

It is considered a relaxing massage for the mind as well.

## HAND AND FOOT CARE

HEALING MANICURE/ SHELLAC .....	45 -59 €
CURATIVE PEDICURE/ SHELLAC .....	65 -79 €
REMOVAL OR APPLICATION OF SIMPLE ENAMEL / SHELLAC .....	15 -25 €
MOISTURIZING HAND/FOOT WRAP .....	18 €

## DEPILATION

UPPER LIP .....	7 €
ARMPITS .....	15 €
GROIN .....	15 -25 €
HALF LEG/ FULL .....	32 -42 €
ARMS /CHEST/ BACK .....	20 -27 €
FULL HAIR REMOVAL .....	75 €
EYEBROW CORRECTION AND COLORING ...	17 -29 €





## EXCELLENT TREATMENTS

### *Body wraps in the Softpack Charme D'Orient*

The "Softpack" is a soft, hot waterbed that stimulates the effects of the substances applied on the body, making the treatment relaxing and enveloping. A real experience of psychophysical relaxation.

#### **GOMMAGE WITH ALUM STONE**

Peeling indicated for all skin types and specific for cellular turn-over with the scent of amber or green tea.

#### **PEELING WITH YOGURT, PAPAYA AND COCONUT OIL**

Delicate body scrub with moisturizing effect, recommended for sensitive skin and pregnant women.

#### **MOISTURIZING COMPRESS WITH SHEA BUTTER**

Total relaxation with completely natural deep hydration for all skin types.

25' - 51 €

#### **DETOX**

Detoxifying compress with Dead Sea mud.

#### **ANTI-CELLULITE PACK**

For those suffering from water retention and fluid stagnation, it improves microcirculation.

#### **We recommend**

combining each compress with a partial or complete massage to enhance the effect of the products used.

**85 - 119 €**

# THE POWER OF MOUNTAIN HERBS

## HAY - THERAPY

*Dr. Vitalis*

Hay therapy has been used by farmers in South Tyrol since the 19th century to sleep better after a day of hard work. The secret of this care is in mountain plants. Thanks to the humid heat released by wet hay, in fact, the active ingredients contained in the herbs are effectively absorbed by the body. This treatment is recommended especially for those suffering from digestion problems, water retention and psychophysical fatigue: it has draining, purifying, balsamic and de-contracting effects.



### **BODY PEELING WITH HAY FLOWER AND APRICOT \_\_ 45 €**

Gentle exfoliating peeling that prepares your skin for treatment.

### **THERAPEUTIC HAY BATH ----- 69 €**

### **BODY PEELING AND HAY BATH ----- 79 €**

### **CLAY WRAP ----- 49 €**

With anti-inflammatory and deflating properties, essential to soothe persistent joint pain and to counteract water retention. Possibility of compress also localized.





**ARNICA BODY WRAP** ----- **49€**

For those who have muscle problems or tension due to incorrect postures.

**BODY PEELING, HAY BATH AND PARTIAL MASSAGE** ----- **139€**

Treatment recommended by our therapists to improve your well-being according to your needs.



## THE ART OF WESTERN MESSAGES

25' -  
50' -

### **HOLISTIC AROMATIC** ..... 46 - 75 €

The touch is delicate and soft, suitable for those suffering from anxiety or those who cannot receive more intense and profound massages.

### **DE-CONTRACTING** ..... 49 - 79 €

Specific manual maneuvers to relax the muscles and promote circulation.

### **DRAINING / LYMPHATIC DRAINAGE** ..... 51 - 83 €

Improves the tone of the lower limbs and treats the fatty layers of the skin that cause cellulite and fluid retention.

### **MYOFASCIAL** ..... 51 - 83 €

Full body massage, deep and relaxing. It acts on muscle groups, releasing connective adhesions and contractures.

**Private infrared sauna for two people on reservation at the Beauty Farm reception.**

### **SPORT** ..... 52 - 84 €

Indicated for athletes to promote the recovery process after activity.

#### **We recommend**

We recommend a package of 5 fascial / sports massages that can be divided (family, friends).

**380 €**



## THE ART OF ORIENTAL MASSAGES

### THAI YOGA MASSAGE

In this type of treatment, manual muscle stretching and pressure on the meridians are used to soften tensions and rigidity, both physically and mentally (it takes place with comfortable clothing on a futon matres).

### LOMI LOMI NUI

Slow and embracing massage that nourishes the joints thanks to stretching and fascial distention movements reminiscent of ocean waves. With plenty of hot oil it is a real journey of psychophysical relaxation from head to toe.

55' - 99 €

### SKY AND EARTH

Massage that pays attention to our extremities: Head and Feet. The Sky (the Head) and the Earth (the Feet) must be in balance to feel good and to give lightness and breath to the whole body.

### HOT STONE MASSAGE

It improves mental and physical sphere by rebalancing the Chakras, our energy centers, and thanks to the heat of the stones on the skin, increases microcirculation and promotes muscle relaxation.



## WELL-BEING STARTS WITH FEET

The feet are your first contact with the earth, the roots of our growth and our walking in the paths of life. Taking care of the feet means taking care of ourselves, of our body, of our health.

### FEET RITUAL

Regenerating aromatic feet bath, complete feet treatment with peeling, osmotic clay compress, active/passive gymnastics and reflexology (possibility to add a pedicure)

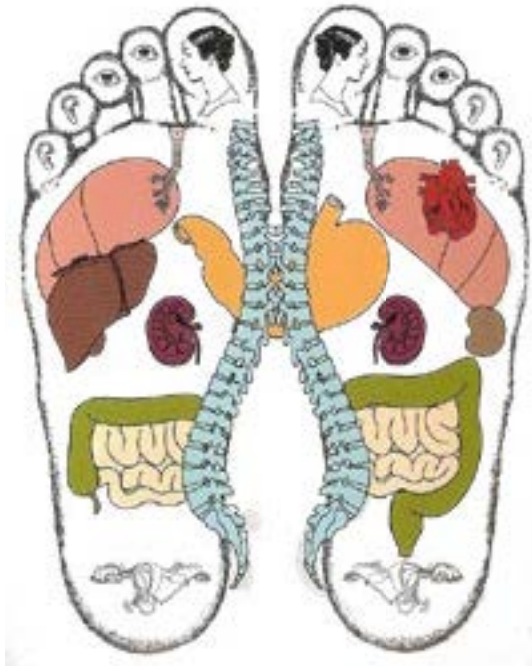
**55** ..... **79 €**

### FOOT REFLEXOLOGY AND BACK

A discipline that exploits the link between the areas of the body and the feet. The latter are adequately stimulated in order to create responses from the receptors that reach the internal organs, glands and corresponding muscle areas.

**25** ..... **51 €**

**50** ..... **85 €**





## THE SECRETS OF AYURVEDA

Ayurveda is a holistic philosophy which has Indian origin that deals with the well-being of man in his totality: body, mind and soul. In everyone the 5 elements (air, earth, fire, water and ether) exist in different combinations, giving rise to the different constitutions, the doshas (VATA, PITTA AND KAPHA) that determine many of our physical and emotional characteristics. Based on these types, there are specific treatments to rebalance them and to give global health.

### VATA

It recalls the idea of movement, lightness, expansion and is by its nature unstable, cold, mobile. When there is imbalance, these characteristics turn into anxiety, fear, tendency to worry, distraction and excessive sensitivity to cold.

55' - 99 €



### PITTA

It is constancy, order and discipline and is by its nature warm and vigorous. The imbalance leads to inflammation, stomach acid, high blood pressure, anger and frustration.

### KAPHA

It is solidity, cohesion, stability and slowness but when it is unbalanced it could present apathy, possessiveness and tendency to accumulate fat tissue.

### PEELING SALT AND SESAME OIL ..... 39 €

It gives energy and balance to the body by eliminating toxins. Neutralizes and prepares the body before receiving the chosen Ayurvedic treatment.

55' - 99 €

#### ABHYANGA MASSAGE

Personalized manual maneuvers with warm oil on body and hair with a relaxing, detoxifying and draining effect. Rebalancing the chakras with the use of essential oils, chosen according to the type of dosha.

#### SHIRODARA TREATMENT

Hot oil poured on the forehead to stimulate the sixth chakra (also called the Third Eye) and head massage. Indicated to reduce mental stress, psycho-emotional disorders and insomnia.

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## RELAXATION FOR TWO HEARTS

*private spa with infrared sauna*

Let yourself be carried away by your senses, your feelings, music and our couple treatments.

Dedicate yourself a moment of friendship or love in our Private Spa.

### **YOU AND ME** ..... **79 €**

Private spa for you and your partner with the possibility to a mutual massage exchange and a moisturizing peeling to each other following the advice of our therapists. Relaxing music and two glasses of prosecco for an intimate and special moment.

### **LA VITA E' BELLA** ..... **169 €**

Two fascial massages with aromatic oils from the Charme D Orient line, relaxing background music, moisturizing face masks and two glasses of prosecco.

### **SARA PERCHE' TI AMO** ..... **245 €**

Two Western full body massages, two shea butter face and lip mask with amber scent, two moisturizing hand wraps and a relaxing bath accompanied by two glasses of prosecco and fresh fruit.

### **RITUAL CHARME D Ó RIENT** ..... **299 €**

Two oriental full body massages, feet peeling with moisturizing compress, two facial treatments, two dry hair wraps with Argan oil, a relaxing bath with oriental scents accompanied by cocktails and dessert from our pastry shop. On request private infrared sauna



## FOR YOUR LITTLE ANGELS

### **CHOCOLATE MASSAGE** ..... **35 €**

20 minutes of fragrant and relaxing massage for your baby

### **BABY MAGIC MOMENT** ..... **68 €**

Give your children a unique experience: two massages with a sweet and enveloping touch and a small surprise in our Private Spa.

### **CUDDLES WITH MOM / DAD** ..... **79 €**

A precious moment of relaxation and complicity to share with your child.

### **MANICURE AND PEDICURE FOR LITTLE PRINCESSES** .. **29 €**



## PHISICAL ACTIVITY

Several times a week, we offer **30-minute** class of stretching, Pilates and water aerobics in small group to start the day with energy and well-being, in a small group.



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## CUSTOMIZED PACKAGES

There are times in life when we most need to take care of our body and well-being. We have designed for you some paths and treatments (**Maternity, Menopause, Detox, Man Care, Family ...**) which can be chosen according to your personal needs, consulting the Beauty staff.

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beauty farm

**ORARI APERTURA** TUTTI I GIORNI  
**ÖFFNUNGSZEITEN** JEDEN TAG  
**OPEN TIME** EVERY DAY

**BEAUTY** 9:00 20:00 H  
**SAUNA** 15:00- 20:00 H

**PISCINA / SCHWIMMBAD / SWIMMINGPOOL**  
**INTERNA/ ÜBERDACHTER POOL / COVERED POOL** 14:00 20:00 H  
**PANORAMA-POOL** 7:00 20:00 H

**STORES SPA**  
BEAUTY RELAX RESORT  
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