

ENGLISH • 2021



★★★★★

PREIDLHOF

Luxury DolceVita Resort



**TRANSFORMATIONAL
WELLNESS À LA CARTE**

THE PREIDLHOF WAY

DISCOVER YOURSELF

ON THE 46° PARALLEL WHERE THE MEDITERRANEAN BEGINS

You & the food

Enjoy the "Wellness Healing Gourmet Menu" in the new Wellness Lounge Restaurant applying all you have learned in the mindful & sensorial eating classes: a menu to heal through food and to expand awareness through the senses.

You & the mind

Discover new richness and fresh perspectives through precious sharing, fascinating techniques and sensorial experiences.

You & the body

A balance of harmonising and healing treatments will enhance your natural perceptions. Be better able to understand the body's expressions and start to see the body as the great Master.

You & South Tyrol

Let the power of the mountains come to you, experience the healing effect of the forest, connect with local traditions, people, places and elements that have a high transformational power. Immerse in nature and restore inner balance: don't miss Forest Bathing with Ms Irmgard Moosmair.

**NEW SIGNATURE CONCEPT
THE PREIDLHOF WAY
PLEASURE & VALUE**



**BALANCING HEDONIC & EUDAIMONIC WELL-BEING
THE SECRET TO TRULY FLOURISHING**

Surrounded by nature, in search of an inner peace, we balance zest and serenity: the hedonic side, the lover of beauty and life, with the eudaimonic, an understanding of the deep contentment that comes from a renewed approach to living. All in a blessed location emanating the positive power of Mother Earth.

"Our goal is to promote a lifestyle with a 'hedonic' approach to the present, to savour this, while also bringing an 'eudaimonic' approach to the past and future, to make them count."

Patrizia Bortolin, Spa Designer & Holistic Coach



À LA CARTE TREATMENTS - CONTENT

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A serene spa treatment room with white curtains and folded towels on a massage table. The room is bright and clean, with a window in the background showing a view of the outdoors. The text is centered over the image.

À LA CARTE TREATMENTS

"To become healthy and complete, the modern man has to master 3 things: **the art of resting, the art of contemplation, the art of laughing and smiling.**"

R. Assaggioli



THE ART OF MASSAGE

RELAX & ENJOY

All massages integrate with the method and protocols of the 'The Preidlhof Way' and our professional therapists may tailor and personalise treatments accordingly.

The oil used is pure, organic Italian almond oil.

A Preidlhof professional zeoliti and cannabis oil that is especially relaxing and works on an even deeper level, can be added to most massages to further promote tension release and relax muscles and joints. (+ € 15.-)

AROMA MASSAGE

Relaxing massage using powerful aromatherapy oils. Essential oils have some of the highest frequencies in nature, offering potent therapeutic benefits for health, skin and mind. In this special relaxing massage, a simple scent test reveals your deepest needs. The combined aroma body massage renews the spirit and awakens the soul.

| | |
|--|---------|
| <i>approx. 50 min.</i> | € 93.- |
| <i>approx. 75 min.</i> | € 132.- |
| <i>Well-being aroma consultation & experience, approx. 40 min.</i> | € 50.- |

COLOUR HEALING MASSAGE

Inspiring fragrant and sensory massage crafted with the healing and potent power of colour, crystals and sounds. Following a short visual test, your therapist will select the colour oils to suit the needs of the massage and the desired result. Every colour has its own distinctive energy. What will it be, orange, red, blue, yellow, violet, indigo, green? Or ... the magic of pink? In this relaxing massage, colour therapy harmonises energy to provide a greater sense of general well-being.

In the 75-minute massage you'll enjoy a total colour-emotional rebalancing by means of gentle touch on specific pressure points and the use of the most heavenly scented products.

| | |
|---|---------|
| <i>approx. 50 min.</i> | € 93.- |
| <i>approx. 75 min.</i> | € 132.- |
| <i>Well-being colour consultation & experience, approx. 40 min.</i> | € 50.- |

TOTAL MASSAGE

From head to toe, this engaging, intuitive and relaxing massage brings calm and harmony, lightening body and mind. The perfect massage for those who desire to totally let go and who adore long massages and soothing, enveloping techniques.

approx. 75 min. € 104.-

RELAX MASSAGE

Relaxing massage made with enveloping movements which calm and cocoon while medium intensity pressure soothes the muscles.

approx. 50 min. € 71.-

approx. 75 min. € 104.-

PREIDL HARMONY

Refined experience that includes a massage with precious stones. A delicious body and face massage intricately choreographed with the finest blend of oils to help you melt, relax and let go.

approx. 75 min. € 112.-

BELVITA PREMIUM SPA

Relaxing or invigorating massage made with St John's Wort or mountain pine oil (dependent on your need). It helps to promote sleep and recovery after intense sporting activity. After the massage, it is advisable to rest for at least 30 minutes on a pillow of local pine fibres.

approx. 50 min. € 71.-

CANDLE MASSAGE

Engaging and sensorial massage conducted with the organic Preidlhof Mediterranean candle: orange, vanilla and jasmine. Beautifully scented, the lit candle turns into a nourishing massage balm. Enjoy a smooth touch to the skin, feel the body gradually relax and the mind inspired.

approx. 50 min. € 82.-

SOUND & QUARTZ

Mystic ritual carried out on a warm therapeutic treatment bed where heated quartz sand gently adapts to the shape of the body. This unique treatment can be either relaxing or regenerating thanks to very deep vibrations resonating from Tibetan bells positioned and activated on the body - these follow precise and personalised rhythms.

approx. 50 min. € 79.-





THE ART OF TOUCH HEAL & TRANSFORM

GLOWING FLOW SESSION

Extraordinary sessions created by Stefano Battaglia. Techniques, conversation and bodywork attend to the needs of the body which releases emotional blocks, anxiety and imbalance. An original researcher with a unique touch, he uses several refined bodywork techniques which connect and harmonise mind and body as one. Specialising in Trauma Touch Skills, Stefano helps the body to release blocked emotions caused by various forms of trauma, he also teaches and practises meditation. A short interview is required in advance of this session. Comfortable clothing recommended.

approx. 80 min. € 250.-

ANCIENT HEALING SESSION

Based on the concepts of integral medicine, TCM, Traditional Chinese Medicine and other ancient approaches, Martin Kirchler has created a personalised therapeutic session combining exceptional quality of touch and massage which delve deep to reveal and release. Includes breathing and movement suggestions and exercises to practise at home.

approx. 75 min. € 135.-

ZEN SHIATSU

Session with Andrea Martinelli, Shiatsu Master who chose the Masunaga Method method to create his personalised healing session: it can be strong and dynamic, or gentle and more meditative. The aim is to effect an emotional transformation through meridians to reach the source of any disharmony. The treatment is performed on a futon wearing comfortable clothes.

approx. 50 min. € 82.-

approx. 75 min. € 135.-

PERSONALISED THERAPEUTIC MASSAGE

Taking a multi-disciplinary approach, our specialist therapists use massage as a treatment for problems relating to muscles, structure and joints. The massage will include different techniques depending on the specialisation of the therapist (cupping, Dorn & Breuss, reflexology, sports etc.).

approx. 50 min. € 80.-

approx. 75 min. € 122.-

ANMO TUINA

Personalised massage based on the concepts of integral medicine, TCM Traditional Chinese Medicine. Enjoy a refined massage that focuses on muscle bands, cervical tendons, arms, shoulders, back, hips and legs. Calm the nervous system and reactivate the qi (anmo).

approx. 50 min. € 99.-

MULTI REFLEXOLOGY

Face, body or hand reflexology according to your needs and the specialisation of the therapist. Through the stimulation of reflex points, it is possible to act on the whole body to promote overall health and general well-being.

approx. 50 min. € 90.-

OSTEO-BALANCING

This deeply effective session with Stefano Battaglia combines 2 different osteopathy based techniques. One is a gentle and non-invasive method that treats chronic stress and problems associated with structural and postural imbalances; this is achieved through the quality of touch and using delicate maneuvers while boosting the body's self-regulation. The second one is based on various ancient healing cultures and intuitive manual therapeutic work to heal the body.

approx. 50 min. € 150.-

FOOT REFLEXOLOGY

Plantar reflexology to stimulate, reactivate or balance the entire body through pressure on the various organs reflected on the soles of the feet.

approx. 50 min. € 71.-

HAWAIIAN HEALING SESSION

Extra-ordinary experience inspired by ancient massage and medicine where love and breath become healing tools. An engaging massage that can increase awareness, loosen psycho-physical tensions, and infuse the body and mind with new possibilities through breathing, movement and energy touch. Choreography, music and original products make this massage unforgettable.

approx. 110 min. € 198.-



LOMI LOMI

Harmonising massage, scented and enjoyable. It takes inspiration from the Lomi Lomi, Hawaiian massage, and is performed using some wonderful cosmetic products from Hawaii. Enjoyed in the morning it sets up the day with a marvellous energy.

approx. 75 min. € 132.-

HOT & COLD STONE MASSAGE

A ritualistic, excellent massage using the application of geo-thermotherapy. Deep penetrating heated stones, alternating with colder stones, are applied to the body and used to massage specific areas. This brings about physical and emotional release and a more balanced and centred feeling.

approx. 75 min. € 104.-

KOKORO - SHIATSU

Personalised Shiatsu session with Elisabeth Raich, a therapist with a sensitivity that is highly prized: the quality of her presence and her deep experience are quite exceptional.

approx. 50 min. € 82.-

approx. 75 min. € 135.-

LYMPHATIC DRAINAGE

Manual lymph drainage conducted according to the Vodder method: a gentle, slow and rhythmic massage designed to stimulate the flow of lymph. No oil is used in this treatment and the pressure applied is necessarily very gentle.

approx. 50 min. € 71.-



PREIDLHOF BACK MESSAGES

HOLISTIC BACK MASSAGE

Personalised, deep back massage focussing on articulations and muscle chains. It includes massage, precise manipulations, and balancing and harmonising movements.

approx. 50 min. € 80.-

REFLEX BACK MASSAGE

Intense back massage and stimulation of the dorsal area through the reflected areas on the foot. This massage goes beyond the muscle relaxation of the back thanks to the rebalancing effects of plantar reflexology.

approx. 50 min. € 73.-

approx. 75 min. € 104.-

KNEIPP BACK MASSAGE

A potent back massage using the power of heat and short deep massage techniques to relax and dissolve physical tensions. A special material soaked in hot water is applied on the back with a special application technique; this deeply penetrates and heightens the impressive benefits.

approx. 50 min. € 73.-

MUD & MASSAGE

Combining a specific mud rich in antioxidants with deeply relaxing, tension-releasing properties, and a personalised back massage with a professional healing oil or ointment according to your needs. A complete treatment and highly effective.

approx. 75 min. € 132.-

DEEP & RELAX BACK MASSAGE

Personalised back massage using Swedish massage technique to release tensions and tone muscles.

approx. 50 min. € 75.-

HAPPY BACK

A back massage which is both subtle and deep, inspired by traditional remedies. Combines a relaxing massage of the back with cupping, hot sponges and ends with the harmonising sound of Tibetan bells.

approx. 50 min. € 73.-





AYURVEDA

ENJOY & TREAT

SHARIRA ABHYANGA

High-quality herbal oils support the detoxifying effect of the whole body massage, accumulated Ama (waste products) are disposed of and lymph flow is stimulated. Total harmonisation and relaxation.

approx. 50 min. € 71.-

approx. 75 min. € 104.-

VISHESHA PRATHIKARA

Dissolves and relaxes the entire musculature of the back, as well as the shoulder and nape area.

approx. 50 min. € 71.-

SHIRODHARA

One of Ayurveda's most popular therapies, warm oil is drizzled on the forehead in a constant flow which is especially effective for sleep problems, anxiety, headaches and high blood pressure. Tailored to your individual constitutional type, warm oil is poured over the forehead in slow, gentle movements.

approx. 50 min. € 71.-

SHIRSHA / MUHUNA / PADA ABHYANGA

This particular combination of head, nape, face and foot massage reduces tension, stress and increases psycho-physical energy.

approx. 25 min. € 39.-

approx. 75 min. € 104.-

VISHESHA SHARIRA

During this full-body treatment, our Ayurvedic therapist Nisha focuses particularly on tense joints.

approx. 50 min. € 71.-

KALARI

Kalari is a very intense massage made with the feet; it reactivates, revitalises, deeply stimulates, and dissolves fatigue.

approx. 50 min. € 71.-





BEAUTY – FACE LAB

Introducing Preidlhof's new professional line of high performance, cosmeceuticals for brighter, healthier and more radiant skin. Locally produced and delivering immediate, long-lasting results: illuminate, tone and hydrate.

With the help of our Team of Experts, we have created a line of cosmetics to be used in the treatment rooms. Suitable for all skin types, our cosmetics contain a high percentage of active ingredients to deliver visible, long-lasting results even after the first treatment.

The new cosmetic line, the professionalism of our Beauticians, in synergy with the refurbished Spa area and Preidlhof's 5 star protocols, give rise to a range of glorious treatments that are high-performing, harmonious and enjoyable.

SHOW: THE LIFTING EFFECT

Treatment with an immediate lifting effect performed with innovative high-precision tools and products to boost the skin's appearance: reduce wrinkles and other visible signs of aging to achieve an overall improvement and glowing, more radiant skin with enhanced tone. An extraordinary result is achieved with a blend of highly active products conveyed by means of short impulses that act on the intracellular spaces to stimulate the biosynthesis of collagen and elastin and promote cellular respiration.

approx. 75 min. € 125.-

BEAUTY: EXPRESSION BOOSTER

Non-invasive treatment and alternative to Botox to visibly reduce facial tension and contractures, reduce fine lines and prevent the visible signs of aging. The treatment makes the face more relaxed without reducing its expressiveness, and also improves its overall appearance to bring about clearer, more luminous skin. Products rich in active ingredients are conveyed deep into the skin by means of a technological tool which delivers electrical impulses to intensify results and shorten the duration of the treatment.

approx. 75 min. € 100.-

FRESH: HYDRATING

Enjoyable facial treatment with plumping and deeply hydrating effects: immediately reveals a fresher and relaxed look and a comfortable sensation. Products are rich in active ingredients and delivered deeper with the help of a little technological tool.

approx. 75 min. € 100.-

COMFORT: FOR SENSITIVE SKIN

Delicate, enjoyable and manual facial with relaxing and hydrating effects comforting for sensitive faces. Active and sensitive products help to reduce redness, puffiness, and leave a sense of calm.

approx. 60 min. € 85.-

OXYGEN: NEW LIFE

Seasonal treatment, active and oxygenating to renew, hydrate, stimulate and illuminate. Refines the skin, making it smoother and more compact, and evens the overall tone.

approx. 75 min. € 100.-

FACE MASSAGE

Face massage customised to observe and read the structure and features of the face. Inspired by ancient Asian, beneficial massage techniques, this massage, carried out with fine, biological face oil of pomegranate, almond or apricot, blends cocooning touch for a more relaxed look offering a general sense of well-being.

approx. 50 min. € 71.-

FACE & SCALP MASSAGE

Relaxing face, hair and scalp massage to relieve stress, stimulate circulation, help release tension and the mind while loosening facial expression. A final feet massage will bring you "back on earth."

approx. 50 min. € 71.-

RADIOFREQUENCY

Combining the benefits of heat and radio waves to mimic the facelift effect, this technology is extraordinarily effective. A non-invasive and needs-modulating treatment that boosts radiance and tone, firms the face, improves skin texture and improves the tone of the face, neck, cleavage and body.

approx. 40 min. € 140.-





BEAUTY

SU-MAN'S STYLE

Inspiring beauty guru and Celebrity Facialist, Su-Man Hsu, teaches her method, for the first time, to Preidllhof's Beauticians.

Her facials are true holistic experiences that, like a hologram, are the culmination "of 10,000 facials" – to use this extra-ordinary Therapist, Su-Man's own words – and the success and wisdom of a brilliant career.

SU-MAN SKIN REBORN SCULPTING FACIAL

Holistic and highly effective facial performed by Preidllhof's Beauticians according to the teachings of Su-Man: a scrub, mask, and Su-Man skincare products combine in this transforming massage Asian-style.

approx. 75 min. € 195.-





BEAUTY

TERME DI COMANO FOR PREIDLHOF

Special partnership between Preidlhof and the healing Thermal Source of the Region.

A delicate facial performed with products and protocols of Terme di Comano, containing the precious healing water known for its beneficial effects on inflamed and reactive skin like dermatitis, eczema, and psoriasis.

LOVE YOUR SKIN

Gentle and complete facial following Terme di Comano Method. Calms, hydrates, restore and nourishes. Thermal water is sprayed during the treatment.

approx. 50 min. € 85.-

BODY - THERMAL SOS

SOS body cream and thermal water can be added to the facial.

approx. 15 min. € 20.-



BEAUTY SERVICE

HANDS

CLASSIC MANICURE

Enjoy a short hand soak, followed by care for the nails and cuticles, then a choice of whether to extend the massage or apply nail polish.

approx. 50 min. € 56.-

FEET

CLASSIC PEDICURE

An invigorating footbath and a delicate marble peeling prepare the skin for nail and foot care. A choice of a nail polish or foot massage follows.

approx. 50 min. € 56.-

NATURAL PEDICURE

Relaxing pedicure using natural based products to smooth and treat the feet.

approx. 50 min. € 56.-

HANDS & FEET THERAPEUTIC MUD

A healing and soothing volcanic mud applied to hands and feet to prevent, reduce or treat inflammation, swelling and pain.

approx. 50 min. € 75.-

POLISH

We have selected the healthiest nail polish available.

Semi-permanent, approx. 20 min. € 23.-

Semi-permanent removal, approx. 20 min. € 20.-

Note: A detox and break from applying nail polish is very important for nail health, so is the choice of the safest products possible.

BEAUTY CHECK WITH YOUR BEAUTICIAN

Time to adjust any beauty details such as eyebrow shaping and tinting, eyelash tinting, hair removal of small areas, classic face skin-cleansing, or time to enjoy getting made-up for an evening or your special occasion.

approx. 20 min. € 40.-

approx. 50 min. € 79.-

approx. 75 min. € 107.-





BODY TREATMENTS

SILHOUETTE MASSAGE

Activating and stimulating localised massage: improves circulation and tones the female silhouette by homing in on certain areas of the body. A specific product is then chosen and applied according to your body's needs.

approx. 50 min. € 80.-

CHOCO SCRUB

Gentle but effective: a stimulating Mediterranean body scrub that leaves the skin smooth and beautifully scented.

approx. 20 min. € 45.-

NEW SKIN

Preidlhof cosmetic treatment to soften, smooth and renew the skin: a combination of nut shells, rice and almond oils, glycolic and lactic acids.

approx. 20 min. € 45.-

SHAPING MUD

Remodelling and intense with an immediate effect, this treatment is popular in Medical Spas: it helps to lighten the silhouette and eliminate excess water and toxins. Products rich in essential and natural active oils and an enzyme saline scrub are massaged on the body then a specific bandage is worn before applying the mud that solidifies and allows the actives ingredients to take effect.

approx. 100 min. € 195.-

KNEIPP EXPERIENCE

Using the traditional method of Sebastian Kneipp, a German priest famous for the treatment based on the alternation of hot and cold water designed to reactivate our natural energy. The therapist chooses techniques including brushing, washing, body wrap and massage, depending on whether you want to relax or energise the body and mind. Brushing of the body to warm and reactivate circulation and smooth the skin is followed by a quick application of a small cold stimulus, then a short massage and partial wrapping with the famous "Wickel" while the therapist stays in the room helping the guest to observe the sensations while the body temperature adjusts.

approx. 100 min. € 195.-

RADIOFREQUENCY

Combining the benefits of heat and radio waves to mimic the lifting effect, this is extraordinary technology. Non-invasive and needs-modulating treatment that boosts radiance and tone, which firms skin, improves skin texture and improves the tone of the body.

approx. 40 min. € 140.-

SPARKLING ITALY - IL RITUALE

Spumante, the local "Champagne" of our Region, is the base of this beautiful beauty ritual designed for Preidlhof. A family-owned winery and farm created a cosmetic line from the wines used for their superb white wines. This 80-minutes sensorial ritual includes a luxurious body wash with grape soap; a body mask gently massaged on the body; an enjoyable facial; and a final illuminating touch with hydrating, sparkling wine water. A beautiful scented gift is offered as a souvenir of the "sparkling attitude" towards life that this treatment inspires.

approx. 80 min. € 129.-

PRIVATE SPA SOLO

Time alone is the new luxury. With 100 square meters of private Spa Suite at your disposal, guided by your therapist and with a rich selection of products to make the experience truly sensory and beneficial, enjoy the steam room, Finnish sauna, hot tub and total relaxation together. Just for you.

approx. 110 min. € 236.-



SLEEP CLINIC

Preidlhof takes great care of the quality of your sleep:

special attention has been given to the building, maintenance and organisation of the resort, and natural supplements and drinks are available in the room. The wellness experiences that support and care for this essential part of life are exceptional.



TRANQUILITY - SLEEP MASSAGE

Innovative massage that acts on three different sensory pathways. Deep relaxation that promotes sleep and recovery from jet-lag. The unique Tranquillity blend of Comfort Zone, the dexterity inspired by the Indonesian Sea Malay massage and Ayurveda are combined with the use of fluffy brushes which lead to a state of calm for body and mind.

approx. 75 min. € 129.-

SLEEP DISCOVERY

Take a journey as you discover what's happening while you sleep. The Coach, trained by experts from sleep clinics, will guide you on a simple but sophisticated journey, to check and review the quality of your night's rest. You'll receive a broad overview of what happens during the sleep cycle, how it can affect your life, and what you can implement to immediately improve this. If you don't feel refreshed when you wake up, think you're not sleeping well, or if you're curious about what's going on in your body while you sleep, you can discover the benefits of this blend of technology, science and wellness first-hand.

After the first meeting, you will collect a little sleep device, wear it overnight and deliver it to the doctor the next day; together you will analyse the measurements and act on the results.

approx. 20 min. + 50 min. (20 min. with Sleep Coach and 50 min. with the Doctor) € 270.-

ONYRICON - SLEEP MASSAGE

To help relieve insomnia, anxiety, jet lag and stressful periods, the Italian Dolomitic Water company has designed a highly professional treatment blending neuroscience, bodywork, wellness and the healing effects of products from the mountains sourced in this beautiful part of Italy. Enjoyable and relaxing, this massage provides a deep sensation of peace and helps to improve the quality of night sleep.

approx. 75 min. € 129.-

SLEEP BETTER RETREAT

7-day programme dedicated to improving sleep quality under the guidance of a team of experts. Further details in the Retreat section.

PRIVATE SPA

A woman with blonde hair, wearing a white bathrobe, is being embraced from behind on a set of wide, grey stone steps. To the left of the steps is a large, vibrant bush of yellow and white flowers. The background shows more stone steps leading up a hillside. The overall scene is bright and serene, suggesting a luxurious outdoor spa setting.




PILLOW
PROTECTOR



MEDITERRANEAN SPA SUITE FOR 2

In the private Spa Suite you can share a series of refined and engaging experiences combining well-being, regeneration and relaxation with the person you want to have close. The treatments have been designed to enhance this special secluded space and create experiences to remember. The overall mood evokes memories of the Mediterranean.

RED HAMMAM FOR 2

Wrapped in steam and the beautiful red mosaics that characterise this little private Hammam, purify the skin and connect with one another. Aromatic natural products "made in the Mediterranean" specifically for the hamman, envelop the senses and make the skin radiant. Guided by the Red Hammam Therapist, receive a relaxing and purifying footbath, an exfoliating and renewing hand wash, and an effective face mud-mask. Inside the steam room, there are two important steps to complete: self application of the body mud which will melt with the heat and steam; and then, a final wash with exfoliating and regenerating black soap. A fresh shower, a touch of nourishing almond cream on the hands, and a face spray with cosmetic water and Mediterranean infusions conclude this beautiful experience.

approx. 50 min. (price for two) € 130.-

AROMA MASSAGE FOR 2

After a short psycho-aromatherapy test, essential oils are selected for use during the massage to achieve a relaxing, stimulating, euphoric or soothing effect. The effect of the chosen essence combined with the engaging movements of the massage, creates a personalised experience and also connects us with the person we are closest to.

approx. 50 min. (price for two) € 186.-

CANDLE MASSAGE FOR 2

Engaging and sensorial massage conducted with the organic Preidlhof Mediterranean candle: orange, vanilla and jasmine. Beautifully-scented, the lit candle turns into a nourishing massage balm. Enjoy a smooth touch to the skin, feel the body gradually relax and the mind inspired.

approx. 50 min. (price for two) € 164.-

COLOUR MASSAGE FOR 2

Inspiring fragrant and sensory massage crafted with the healing and potent power of colour, crystals and sounds. Following a short visual test, your therapist will select the colour oils to suit the needs of the massage and the desired result. Every colour has its own distinctive energy. What will it be, orange, red, blue, yellow, violet, indigo, green? Or ... the magic of pink? In this relaxing massage, colour therapy harmonises energy to provide a greater sense of general well-being.

approx. 50 min. (price for two) € 186.-

SPA SUITE MAGENTA FOR 2

After a welcoming magenta footbath, the body is treated with a natural scrub followed by a beneficial bath with Bach's Flowers chosen according to the needs of the couple (or using the healing magenta colour water). A relaxing massage with coloured Magenta and Gold oils, alchemically harmonised with sound crystals and the energy of chromotherapy concludes this very pleasant ritual. Enjoy quality time together, build new energy, and with lightness of mind foster a greater understanding of self and each other.

approx. 110 min. (price for two) € 280.-

BEAUTY FOR 2

A personalized face and body beauty session to be shared with the person you want to be with. Body peeling and hydration is followed by a mini facial and face massage. Our Beauticians use Preidlhof's Professional Cosmetic line to create an enjoyable treatment that delivers impressive results.

approx. 50 min. (price for two) € 170.-

approx. 75 min. (price for two) € 205.-

CHOCOLATE & SPARKLING WINE FOR 2

Chocolate therapy and wine therapy are perfectly matched in this delicious ritual: two experiences to be enjoyed in the suite for two. Who will choose the chocolate and who the sparkling wine? Choco experience is a long cosmetic massage for body and face while Sparkling Italy is a delightful beauty ritual for face and body with cosmetics produced with the local "Champagne", Spumante.

approx. 80 min. (price for two) € 210.-

PRIVATE SPA DELUXE FOR 2

Enjoy our 100 m² Spa Suite, accompanied by your therapist and with a large selection of Mediterranean care products, which provide a highly beneficial sensory experience: Steam bath, Finnish sauna, Whirlpool bath, Relaxation for two.

approx. 110 min. (price for two) € 236.-

EXTRA FOR TWO

UNFORGETTABLE SMELL KIT

A kit to seal unforgettable moments and connect them to an untold olfactory memory. Created by a researcher-artist, the kit offers ampoules containing neutral scents, not yet associated with memories, which once opened will become the olfactory soundtrack of the experience you want to remember. The fragrance then becomes a jewel to wear around the neck.

..... € 99.-

SENSORIAL TOUCH

In the Spa boutique there is a selection of products for 2 and sensorial touches that can make days more enjoyable, entertaining and experiential.

..... from € 12.-





BABYMOON





NEW LIFE

Preidlhof always pays special attention to the wonderful experience of pregnancy, from the buffet to the adaptation of the menu and wellness treatments made by specialised therapists. Please advise the spa team when booking that you are pregnant and the month of gestation so that the assigned therapists are aware.

PREGNANCY MASSAGE

A highly specialised massage conducted by therapists specifically trained on the best techniques to use during pregnancy. After a short consultation, the therapist tailors the massage to your needs. Special touches complete the experience like the dedicated massage pillow, a choice of oil and lavender and rose face water.

approx. 50 min. € 73.-

RELAX MASSAGE

Relaxing massage made with enveloping movements and techniques that calm and cocoon. Medium intensity pressure soothes muscles. The oil used in the massage is organic, Italian almond oil.

approx. 50 min. € 71.-

approx. 75 min. € 104.-

FRESH: HYDRATING

Enjoyable facial treatment with plumping and deeply hydrating effects: immediately reveals a fresher, relaxed look and a comfortable sensation. Products are rich in active ingredients and delivered deeper with the help of a little technological tool.

approx. 75 min. € 100.-

LOVE YOUR SKIN

Gentle and complete facial following the Terme di Comano Method. Calms, hydrates, restores and nourishes. Thermal water is sprayed during the treatment.

approx. 50 min. € 85.-

Other beautiful treatments can be added to your spa journey and personalised to you, please ask the Spa Reception Team for recommendations.





PREIDL MED

Dr. Med. Alexander Angerer, Resident Physician





PREIDL MED SPA

The Preidlhof Medical Spa concept embeds the fundamentals of science with the latest evolutions in complementary medicine, deep listening and knowledge of individual dynamics.

HRV MEASUREMENT

Heart rate variability (HRV) describes the dynamic rhythm of your heart and measures your body's energy efficiency. The ability to regulate the heart, or its ability to regulate the functions of the body, is fundamental to our well-being.

In addition to assessing the body's stamina in stressful situations, HRV measurement also enables control of the process and helps assess the effectiveness of an existing therapy. Raising awareness of your body and its state of health **helps you on the road to a sustainable and healthy lifestyle.**

approx. 25 min. € 98.-

MEDICAL INTERVIEW WITH DR. MED. A. ANGERER

approx. 25 min. € 98.-

approx. 50 min. € 196.-

ACUPUNCTURE

Sitting acupuncture with Dr. Med. A. Angerer who, in many years of clinical experience, also complementary medicine practice, has discovered an effective cure treating pain and energy flow disorders with acupuncture (predominately of the skull).

approx. 25 min. € 87.-

PAPIMI

A medical device facilitating the high pressure induction of electromagnetic pulses directly into the cell of the body. Activates and accelerates the body's ability to self-heal, **the perfect support to both traditional and complementary medicine.**

approx. 25 min. € 50.-

3 sessions of 25 min. € 135.-





PREIDL
CONTOURING



PREIDL CONTOURING

PREIDL CONTOURING

A medical treatment based on a new approach to remove unsightly, stubborn fat deposits in a painless and non-invasive way. The non-invasive remodelling of the silhouette uses ultrasonic waves and advanced technology developed by plastic surgery specialists and scientists. Backed with extensive knowledge in the field of aesthetic medicine, excellent results are achieved by eliminating fat cells in a selective and definitive way.

After an initial interview with Dr. Med. A. Angerer to determine the areas of intervention, the session takes place in the comfortable Preidl Med Spa and includes personalized recommendations for a healthier lifestyle.

..... *from € 750.-*

FREE CONSULTATION

Complimentary medical consultation to check or plan individual goals and to define the areas of the body that need to be reshaped (approx. 25 min.).



DEEP SEA RELAX & EXPAND

THE FUTURE OF RELAXATION

Deep Sea, an award-winning technological innovation, the first of its kind in the world, is a space unto itself, created in every detail by Daniel Lathan, visionary, original audiologist and creative genius. To create this room he suspended himself in time and space, immersed in the room for weeks. He built sound players, isolated the room, floated in it. This room, this marvel, is the culmination of all his knowledge in psychology, meditation, creativity, relaxation, design and personal development.

Immerse yourself in something you have never experienced, abandoned to an experience that fuses abstraction and form. Absorb the vibration of sound and the energy of colour in a place where the mind has nothing to do, cannot interpret and can therefore relax and give space to creativity.

DEEP SEA ROOM

Choose the programme that is best for you, all the result of an algorithm, always slightly different. Enter the room, get on the 'flying carpet' and travel between mind and matter.

approx. 15 min. € 19.-



SPA ETIQUETTE

Detailed information and all kinds of interesting facts
to ensure that everyone enjoys their time here.



CLOTHING & PREPARATION

It is best to wear a bathrobe with sandals and a swimsuit/trunks. We provide disposable briefs for most treatments. If you have booked **Shiatsu, Glowing Flow or Osteo-balancing**, we kindly ask you to wear a tracksuit or comfortable, loose clothing.

Please leave your valuables in the room safe and also refrain from using your mobile phone so that tranquillity is ensured for all guests throughout the Spa facilities. If possible, show up at the spa department **10 minutes before** your appointment so that you are not rushed.

CONSULTATION

Spa Director Patrizia Bortolin and her team can be reached daily from 8.30 am to 7.30 pm.

Dr. Med. A. Angerer can give you comprehensive and expert advice after your departure. On request, our health professional will be happy to contact you after two, and a further four months following the start of therapy, to ensure the best possible after-care.

BOOKING THE TREATMENTS

Please book your desired treatments when you reserve your room if possible. Appointments are very quickly booked out in our PREIDL SPA. **Short-notice bookings can be made at the Spa Reception.**

FOR YOU PERSONALLY

The comprehensive and expert care of our guests is very important for us. We do require some information in advance so that we can tailor our treatments to your individual needs. You will receive a questionnaire for this on arrival or **at the Spa Reception.**

CANCELLATION

Cancellations are free of charge up to 24 hours before your appointment. You are otherwise charged 50 % of the price.

QUALITY GUARANTEE

The Preidlhof is certified by Alpine Wellness, Belvita Leading Wellness Hotels, Dolcevita Hotels, the German Wellness Association and Premium Selection, and is one of the **leading wellness hotels in the Alps**.



TOP 30 DESTINATION SPA
IN THE WORLD

AWARDS

2020

- **Destination Deluxe Awards 2020:** 3rd "Wellness Retreat of the Year"
- **Destination Deluxe Awards 2020:** Winner "Holistic Treatment of the Year" with Glowing Flow
- **Tatler SPA Guide 2020:** "Best for Unleashing Joy"
- **Tatler SPA Guide 2020:** Stefano Battaglia among the "5 Best International Healers"
- **Condé Nast Traveler (US) Reader's Choice Awards:** "Best 30 Spa Resorts of the World"
- **Condé Nast Traveller (UK) SPA GUIDE:** Best Spas in the world
- **Active Hotel Awards 2020:** "Best Mountain Sport" category winner
- **The Top Ten Energy Healer Awards 2020:** Winner – Stefano Battaglia

2019

- **Tatler Spa Awards:** Best Spas in the World, category winner
- **Condé Nast Traveller (UK) Spa Awards:** Category winner
- **TripAdvisor Travellers' Choice**
- **Wellness Heaven Award**
- **European Health and Spa Awards:** "Best Destination Spa", runner-up

2018

- **Wellness Aphrodite:** Beauty & Treatments category winner
- **Trivago Award:** Best 5-Star Hotel in Italy
- **European Health and Spa Award:** "Best Spa Innovation" category winner for Sleep Suite

2017

- **German Wellness Certificate Premium 2017–2019** (German Wellness Association)

2016

- **European Health and Spa Awards:** "Best Hotel Spa in Italy" category winner
- **European Health and Spa Awards:** "Best Spa Innovation" category winner

Preidlhof is the first wellness spa and resort in the world to be certified ISO 17679-2016



PREIDLHOF MAP

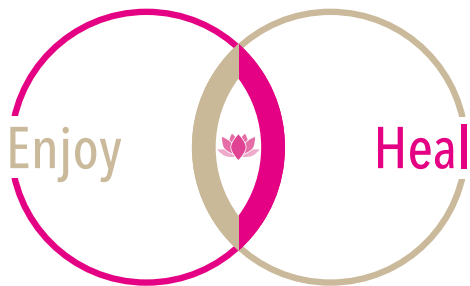
1. **"SONNENSCHLÖSSL" AREA**
2. PREIDL SPA & Med SPA
3. Gym Pavilion
4. Panorama Garden
5. Sunny Pavilion with Waterbeds
6. Connection to the Outdoor Pool
7. Panorama Pool 34 °C
8. Sunshine Pool 28 °C with Relax Beach
9. Blue Moon Swimming Grotto with Waterfall
10. Schwarzbrenner dress-on Sauna 60 °C
11. Relax Pool and Private Outdoor SPA – **TOP!**
12. Love Swing Basket for Two
13. Sky-Infinity Sport Pool on the Roof – 20 m – **TOP!**
14. Outdoor SPA Cinema
15. Hotel's Own Vineyard

16. **"DOLCEVITA LODGE" AREA**
17. Penthouse Suites
18. the 50s – Exclusive Indoor Pool 31 °C
19. Organic Herb Garden
20. Wellness VIP Lounge

21. Cocktails & more – Bar
22. Giardino Breakfast Terrace
23. Wine & Spirits (Vinotheque & Distillery)
24. Panoramic Restaurants

25. **SAUNA-TOWER⁶ AREA** – The Sauna House with 16 Sweating, Steam and Relaxation Attractions spread over 6 Floors
26. Infinity-Sky Salt-Water Pool 35 °C – **TOP!**
27. Hot & Fun – Finnish Show Sauna 90 °C
28. Deep Sea Relaxation Room – **TOP!**
29. Bio Olive Panorama Sauna 55 °C
30. Fire Lounge with Open Fire Place and Dream View
31. Salt Lounge
32. Elements Sauna
33. Functional Fitness Area
34. Wine Sauna
35. Walk of Love
36. Indoor connecting Passageway to the Sonnenschlössl
37. Yoga Pavilion

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aus nachhaltiger
Forstwirtschaft



AUFBLÜHEN · FIORIRE · FLORISH THE PREIDLHOF WAY



★★★★★
PREIDLHOF
Luxury DolceVita Resort

Family Ladurner · St.-Zeno-Straße 13 · 39025 Naturno/Italy
Phone: 0039-0473-666251 · E-mail: info@preidlhof.it

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