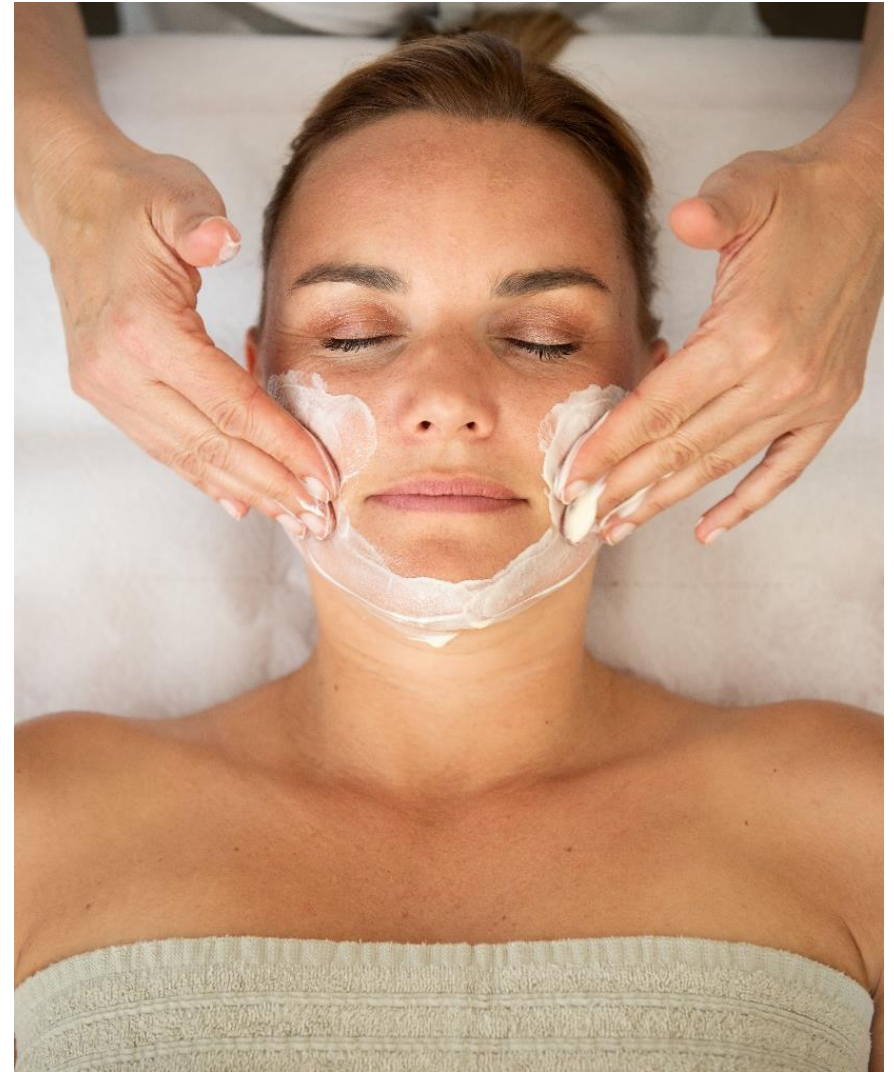


BEAUTYCENTER „LA FONTANA“

FOUNTAIN OF YOUTH
AND WELLBEING

Time for you



MASSAGES

THE STRENGTH IN OUR HANDS

RESONANCE-MASSAGE

intensive back treatment

This combination of century-old alpine practices and antique traditions leads to a harmonious alignment of body and mind. Through cupping, we release deep seating resistances and clean the tissue from any remaining toxins. Meanwhile, the vibration of the Tibetan bells stimulates the flow of energy. This therapy is ideal in case of unresolved back pain.

50 min. | 85 €

ALPENFLORA VITAL-MASSAGE

a relaxing experience from head to toes

Vitalizing herbal-stamp-massage. A soft massage relaxes the back, whilst the warm herbal-stamps resolve deep-seated tensions. The vitalizing wellness program for skin, muscles, and nerves with aromatic herbs from our alpine region guarantees absolute wellbeing.

50 min. | 88 €

ANTI-STRESS-TREATMENT

leave your daily worries behind

Let yourself be guided in an oasis of lightness and well-being! After the foot peeling with grounded hay follows a special stress-releasing massage with alpine herbal oil. The final body mask nurtures your skin and spreads harmony.

50 min. | 88 €

HOT STONE MASSAGE

old knowledge interpreted anew

The deeply relaxing touch of warm basalt stones let all tension in your muscles melt and reunifies body, mind, and soul.

50 min. | 84 €

SALT-PEELING MASSAGE

for velvet skin

This massage stimulates the metabolism of your skin, furthers the blood and lymph flow, and the expulsion of toxins from your body; signs of cellulite will be dampened and leave you with a satin-like skin.

50 min. | 79 €

CLASSIC MASSAGE FOR RELAXATION

let the soul dangle

This massage stimulates your blood flow, reactivates the energy in your body, and minimizes the consequences of bad posture. The slow rhythmic movements will lead to deep relaxation.

50 min. | 75 €

25 min. | 47 €

HONEY-MASSAGE

the joy of life and living

Through a special massage technique, the honey is worked deep into the connective tissue of your skin. This stimulates your metabolism and furthers the blood flow. Thereby tissue waste, sebum, and salt will be washed out of your organism.

50 min. | 79 €

AYURVEDIC MASSAGE

FROM INDIAN MEDICINE

SPORT MASSAGE

relaxation for back and legs

This massage furthers your elasticity, regulates the tone of your muscles and prevents strains, contractions, sprains, and pain. Any remaining toxins will be washed out of your body to promote a speedy regeneration after walking, running, or biking. The massage furthers the blood flow and thereby the oxygen in your tissue which will remain healthy and effective.

50 min. | 94 €

FOOT-ZONE-MASSAGE

feel well all the way down to your tiptoes

This massage makes sure that the blood flow in your feet and reflex zones is stimulated. These areas of your body are directly connected to all your organs and segments of your body. Energy, strength, and calmness will flow through your entire body. You'll feel well and relaxed.

25 min. | 54 €

DRAINAGE MASSAGE

resolves pain and edema

Stimulating your lymph is a healthy, natural, painless, and effective treatment. By draining the lymph fluids that often become congested, captured toxins finally leave the tissue. This treatment is especially suited for pregnant women.

50 min. | 79 €

PADABHYANGA

wellbeing for the entire body

The foot and leg massage calms and regenerates all organs through flowing movements. This soft Indian treatment has a vitalizing and harmonizing effect at the same time. The circulation of blood and lymph are stimulated through the use of sesame oil. This treatment is especially recommended in cases of pregnancy or heavy legs.

40 min. | 72 €

UPANAHASVEDA

strength through harmony and lightness

This very enjoyable back massage relaxes all muscles and stimulates the marma points in your body – your energy centers. The subsequent herbal package unties deep-seated knots.

50 min. | 84 €

MUKABHANGA

head, neck, and facial massage

A warm sesame oil massage will stimulate the marma points on your head, neck, and face. Thereby the blood circulation of the scalp is improved and toxins are removed for a radiant appearance and balance.

50 min. | 84 €

ABHYANGA

the queen of the oil massages

Abhyanga means deep regeneration with loving hands. This massage constitutes one of the most effective and enjoyable rituals of the Ayurveda tradition. It creates a harmonizing interplay between skin and organs that supports the relaxation and regeneration of your body.

60 min. | 103 €

FACIAL TREATMENTS

CHARISMA GROUNDS IN YOUR ATTITUDE
TOWARD YOURSELF

SOIN HYDRA'GLOBAL

a splash of energy and freshness

Moisturizes your skin deeply and leaves it cushioned, revitalized, and bright. This treatment will leave a satin-like feeling on your skin and provide it with new energy. Signs of tiredness will be reduced visibly.

70 min. | 127 €

SOIN COCON

wellness and relaxation

Active substances are accompanied by a soft and foamy mask that surrounds your face like a cocoon. Your face will light up with new energy.

70 min. | 127 €

SOIN MASQUE MODELANT

a proven classic

The warming modelling mask will rise your skin temperature slightly and stimulates the lymph and blood circulation. Your pores will open up to absorb the special treatments. This "masque modellant" will bring youth and vitality to your taint.

90 min. | 127 €

SOIN SUPRÊME YEUX

for bright and energized lineaments around your eyes

This treatment for soft skin around your eyes dampens the signs of ageing and tired skin. The manually completed lymph drainage guarantees excellent and proven results.

30 min. | 55 €

FACIAL CLEANSING DETOX

for a gentle purification

Fine textures cleanse the skin and prepare it for the subsequent care package. With eye-brow shaping, peeling, and mask. For beautiful skin.

30 min. | 64 €



SHINING BEAUTY

COMPLETE CARE

Manicure | 46 €

Pedicure without / with nail polish | 50 € / 61 €

Depilation | 17 - 61 €

PACKAGES

FOR THIRSTY SKIN

BEAUTY PACKAGE IN HASLAUER-WATERBED

peace of mind and relaxation

Weightlessness and a constant temperature of 38°C lead to deep relaxation and a homey feeling. Through the heat, your muscles will relax and your pores open up to allow for optimal absorption of the treatment.

20 + 30 min. relaxing time | 46 €
with partial massage 50 min. | 83 €

KASTELRUTH HAY BATH

traditional health bath

The grasses, flowers, and herbs from the meadows of the natural reserve surrounding Puflatsch (approx. 2000 meters above sea level) constitute an ideal and effective combination. During the moisturizing process, the essential oil coumarin is set free. This releases tensions in your muscles, alleviates problems in your joints, opens the airways, and blows away chronic fatigue. Especially recommended for smokers.

20 + 30 min. relaxing time | 50 €
with partial massage 50 min. | 86 €



PACKAGES FOR TWO

FOR THOSE FOND OF EACH OTHER

KISS ME NATURE

Pure regeneration with nature

2 x partial massages
2 x original Kastelruther hay baths
2 x relaxation with vitalizing herbal tea

for 2 persons | 153 € | ca. 80 min. (including relaxation)

FONTANA ROMANTIC

new beauty and fresh dynamism

2 x foot bath
2 x nurturing beauty packs with your favorite aromas
2 x glass of Prosecco accompanied by a chocolate heart
ca. 50 min.

for 2 persons | 99 € | ca. 50 min.



BODY TREATMENTS

BODY-WELLBEING SIGNATURE-TREATMENT

Body-wellness treatment for a perfect feeling of happiness. For those of you who want to take a break from your daily routines.

SOURCE D'ÉNERGIE

for a perfect feeling of happiness

This harmonizing and stimulating massage donates positive energy to your body and mind.

60 min. | 105 €

SECRET DE BEAUTÉ

beauty from the inside

This warm, calming, and regenerating massage offers deep relaxation to make sure that your energy will flow calmly through your body.

60 min. | 105 €



PACKAGES

INTENSE ENJOYMENT OF THE GOOD

FONTANA DONNA MARIA GALLAND

the wonderful enjoyment of a perfect treatment

1 facial treatment Maria Galland of your choice

1 body treatment Maria Galland of your choice

1 x 70 or 90 min. 1 x 60 min. | 193 €

FONTANA BODY

for well-defined lineaments and a revitalized skin

1 x SOURCE D'ÉNERGIE

1 x SECRET DE BEAUTÉ

1 x anti-stress-treatment

2 x 60 min. 1 x 50 min. | 248 €

FONTANA VITAL

show your best side

1 x facial detox cleansing

1 x manicure

1 x pedicure

1 x 30 min. 2 x 45 min. | 140 €

