



SEELEITEN

LAKE SPA HOTEL



EN

2024



Purity. Clarity. Optimism.

This is what Nymphaea -  
the flower of the water lily - promises.

The pure white of the flower.  
The clear spirituality of the water.  
The promising colours of the blossoms.

The water lily radiates calm  
and spreads a peaceful,  
light-filled atmosphere.



# Spa Ninfea

Step in, unwind and enjoy the bliss - welcome to Spa Ninfea. Here, you embark on a personal journey of sensory delight and profound well-being. Experience holistic regeneration with every breath. Gain pure joy of life with every second.

We look forward to accompanying you on this journey.



spa manager  
Spa Ninfea



Keep an eye out for this symbol on the following pages! It highlights treatments that are suitable as a couple's treatment.



# Mesoesthetic

Medical cosmetic line  
from Barcelona

## **EXCLUSIVE AND INDIVIDUAL**

Mesoesthetic stands for medical cosmetics and high-grade effectiveness. The products are developed together with dermatologists, scientists and cosmeticians according to the latest findings in bio- and nanotechnology. An essential component of the method is an iontophoresis device that infiltrates the highly effective substances even into deep layers of the skin.

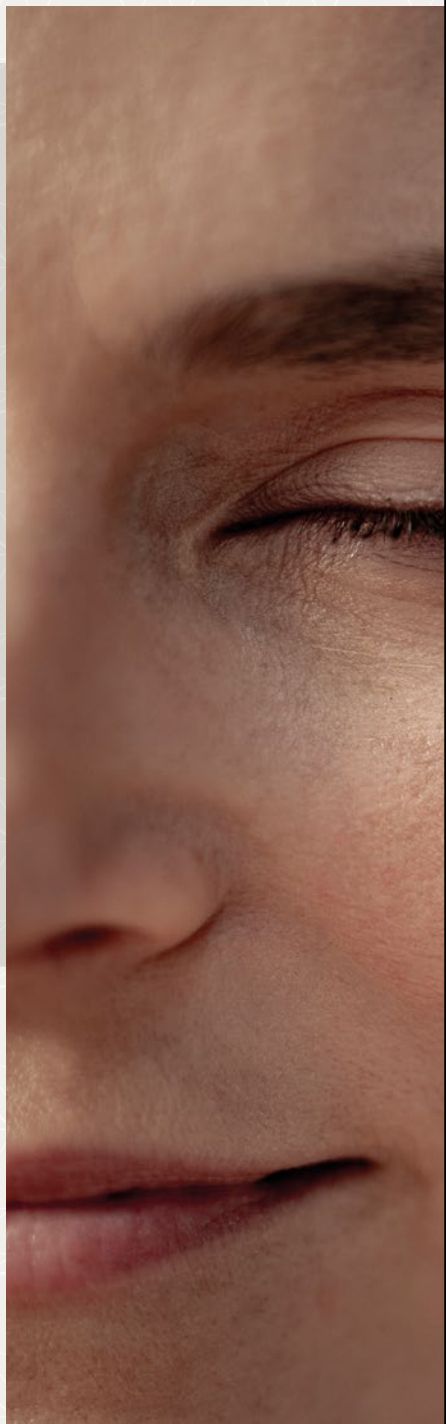
## **VERSATILE EFFECTIVENESS.**

Your skin benefits from a huge range of active ingredients. Various skin problems such as depigmentation, dryness or loss of elasticity are combated highly effectively. Anti-ageing treatments, lifts or tightening are just as recommended as skin cell renewal, drainage or slimming therapies. Our cosmetic experts analyse your skin type and adapt the treatment to your individual needs.

## **MESOESTETIC INDIVIDUAL FACE TREATMENT WITH IONTOPHORESIS**

50 min | 130 €

The treatment is suitable for various skin problems: depigmentation, dryness, or loss of elasticity are effectively combated. Initially, a peeling removes dead skin cells. Then, active ingredients specially adapted for you infiltrate deeply into the skin. The result is a visibly improved complexion.





highlight



**AGE ELEMENT**  
**BEAUTY IN EVERY AGE**

80 min | 180 €

An innovative and exclusive active complex that reverses the effects of gene expression markers and counteracts the signs of aging. Look forward to an activating lifting massage and a surprising result.



# Art of Care South Tyrol

Natural organic cosmetics  
from South Tyrol  
without animal substances

## **BEING HUMAN FROM ROOT TO FLOWER.**

Our alpine region is abundant with natural treasures and effective officinal plants that draw their vital active ingredients and nutrients from the heart of the earth. The South Tyrolean natural organic Art of Care cosmetic uses these invigorating and noble resources to create inner and outer beauty and holistic well-being.


Each facial care product from the cosmetic line contains at least four officinal plants that can be connected to the four elements: fire, water, earth and air. We also use precious stones formed by the earth over millennia. The ancient power of the stones reinvigorates and strengthens the skin. The philosophy of this high-quality products is based on the knowledge that man and nature form an inseparable unity capable of establishing the right balance between soul, body and mind - from root to flower.

# SEELEITEN signature

Purity. Clarity. Dedication. Our  
SEELEITEN Signature Treatment:  
A magic for beauty and well-being.  
Allow yourself to be whisked away.



## THE TREATMENT

80 min | 160 € 

We begin with a grape marc peel: gently cleanses, deeply purifies. The subsequent massage with grape seed oil hydrates and tightens the skin. Experience a comprehensive treatment! Local products, holistic pleasure. Concluding with a surprise that revitalizes. Special SEELEITEN moments are waiting for you. Also ideal as a couple's treatment.



# Beautiful eyes

## **BALANCE EYES ART OF CARE**

25 min | 49 €

This treatment reactivates and revitalises the eye area and crow's feet are smoothed out. Book this treatment in combination with a facial treatment for a surcharge of only 25 €.

## **SHAPING AND DYEING**

25 min | 49€

Styling for beautiful eyes and a long - lasting manicured look. Experience the change of perfectly arched eyebrows and eyelashes in a color that highlights your natural beauty. Shaping and dyeing of eyebrows, dyeing of eyelashes.

## **MESOESTETIC GLOBAL EYECON**

2 x 50 min | 190 €

Global treatment to combat the numerous signs of tiredness and ageing around the eyes. Expression lines, bags and dark circles are reduced and the sagging of the upper eyelid is counteracted. Thanks to the double application, you get an impressively long-lasting effect.

## **EYELASH - LIFTING**

50 min | 86 €

An awake, radiant look right from the first glance in the morning. No mascara or false eyelashes needed! Lasts 6-8 weeks.





# Facial treatments

## **AGE ELEMENT: BEAUTY IN EVERY AGE**

80 min | 180 €

An innovative and exclusive active complex that reverses the effects of gene expression markers and counteracts the signs of aging. Look forward to an activating lifting massage and a surprising result.

## **MESOESTETIC INDIVIDUAL FACE TREATMENT WITH IONTOPHORESIS**

50 min | 130 €

Part of the medical cosmetic treatment is a peeling that frees the skin from dead cells. With the iontophoresis device, we infiltrate the active ingredients adapted for you deep into the skin. You get a visibly improved complexion and your face gains radiance.

## **BALANCE FACE CARE**

50 min | 90 €

The synergy of sustainable skin care and a deeply effective massage reactivates the skin, allowing it to regenerate itself. Eyebrow correction included.

## **BALANCE FACE CARE+**

80 min | 130€

Individually adapted to the skin Thanks to selected herbs in combination with a special crystal massage technique, this intensive facial treatment brings your skin into absolute balance. You get a visibly clearer and more even complexion. Eyebrow correction and lady's beard included.

# Hand- and footcare



## **MANICURE WITH/WITHOUT NAIL VARNISH**

50 min | 70 €

## **QUICK TO GO MANICURE**

25 min | 49 €

## **PEDICURE WITH/WITHOUT NAIL VARNISH**

50 min | 70 €

## **LUXURY MANICURE WITH/ WITHOUT NAIL VARNISH**

80 min | 110 €

A treat for your hands and nails:  
hand peeling, manicure, hand  
massage and nourishing hand pack.

## **LUXURY PEDICURE WITH/WITHOUT NAIL VARNISH**

80 min | 110 €

The care for feet that want to be  
seen: Foot bath, foot peeling,  
pedicure with varnish, foot massage  
and nourishing foot pack.

## **OPI PERMANENT VARNISH**

+ 20 €

The special OPI nail polish is applied like  
classic varnish, cured under the UV lamp  
and is dry immediately. Immediately  
you can enjoy a walk, swim or go to the  
sauna. Without a second thought.

Removing | 30 €

# Body treatments

## DETOX HONEY-RITUAL

80 min | 130 €

The aim of our detox treatment is to use the special honey treatment to remove waste products and toxins from the connective tissue. The specific herbal mixture of birch, nettle, yarrow and dandelion stimulates kidney, liver and intestinal activity and thus supports the removal and excretion of waste products. The vitality-giving treatment increases your well-being from head to toe.

## LIGHT LEGS

50 min | 85 €

For tired and heavy legs! The special combination of leg massage and wrap invigorates and regenerates tired legs. Plant extracts such as birch, dandelion, nettle and horse chestnut ensure lasting vitality for your legs.

## DEPILATION WITH WARM WAX

Half leg, underarm and bikini zone	80 €
Full leg	60 €
Back	49 €
Belly and chest	45 €
Face	45 €

## MOUNTAIN PEELING

25 min | 49 €

An effective classic. Rock salt nourishes the skin, supplying it with minerals and trace elements that ensure the correct acid-base balance. The oil with rose hip and grapefruit revitalises and smooths the connective tissue.

## MESOESTETIC INDIVIDUAL BODY TREATMENT WITH IONTOPHORESIS

50 min | 130 €

With the iontophoresis device, we infiltrate the active ingredients customized for you deep into the skin, we manage to be more specific to your blemishes. The result is a beautiful silhouette with tightened contours.

## BODY SHOCK

50 min | 130 €

100% personalized body treatment on 6 different body zones! Part of the medical cosmetic treatment is a scrub that makes the skin more receptive. Tailored to your needs, we prepare a cocktail of active ingredients that we massage in and allow to take effect. You will see a significantly improved skin texture and complexion, a beautiful silhouette, and tightened contours. Also helps with water retention, fat accumulation, or saggy skin.



# Massages

by Art of Care South Tyrol

## I BREATH

50 min | 89 €

The special massage with yosp and fennel on the back and chest area opens and relaxes the airways and the massage of the intestines has a positive effect on the lungs. By inhaling cornflower, myrtle, elderberry and lime blossoms, the airways are also cleaned and strengthened.

## BALANCE ANTI STRESS

50 min | 89 €

Special massage maneuvers, dissolve the blocked muscles of the back and neck. The use of various crystals stimulates the flow of energy, allowing body and mind to harmonise.

## ALPINE HERB PADS

50 min | 98 €

Enjoy the interplay of warm oil and stamps with alpine herbs. The delicate movements performed during the massage using hot pads elicits the different effects of the herbs. The stimulating treatment technique and the herbs used help to reduce stress, while the finest aromatic oils provide new vitality. Get off to an energetic and balanced start!

## INTENSIVE BACK

50 min | 89 €

An intensive back treatment with highly effective natural active components. Cupping combined with a deep back massage removes blocks and regenerates the back structures. Get rid of strains and blockades and walk upright through life.

## HOT STONE

80 min | 130 €

The calming effect of hot lava stones stimulates blood circulation and relaxes the muscles. A wonderful way to relax.

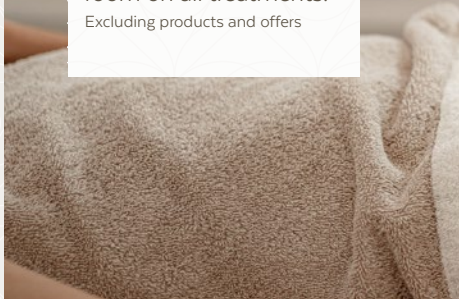
## ZIRBEL ACTIV

50 min | 89 €

This herbal oil massage, using special stone pine sticks, activates the body's regeneration. You'll feel released, flexible and loose.



If you book treatments worth 300 €, you will get a 10% discount per room on all treatments. Excluding products and offers





# The classics

## **DERMA RELAX FULL BODY MASSAGE**

50 min | 89 €

This exclusive full body relaxation massage takes you into a world of sensorial experience. Deep relaxation and carefree well-being are guaranteed.

## **PARTIAL BODY MASSAGE**

25 min | 49 €

The relaxation massage strengthens you and gets you ready for the day.

Back | legs | face and head

## **LOMI LOMI NINFEA**

80 min | 130 € 

This massage helps perceive oneself more consciously, enhances self-awareness, and the ability to feel anew. It fosters a sense of inner harmony, self-love, and security, as these feelings flow through the body.

## **FOOT STIMULATING MASSAGE**

50 min | 89 €

The human body is reflected in the feet. If a certain point on the sole of the foot is stimulated, it has an effect on the corresponding body zone, whereby the energetic balance can be restored.

## **LYMPHATIC DRAINAGE**

50 min | 89 €

Thanks to gentle, rhythmical circling and pumping movements, this massage stimulates the lymphatic flow, reducing congestions and swelling in the tissues.

## **LOMI LOMI FOR PREGNANT WOMEN**

50 min | 89 €

A very special massage with gentle strokes for you and your baby. Sink into a deep, blissful state of inner peace and serenity.



# Special massages

## **TAILORED FOR YOUR SENSES**

50 min | 90 €

Massage according to your wishes. Fill in the questionnaire, tick your preferences. Various techniques combined and tailored to your needs. Let yourself be pampered according to your desire.

## **ECOPASSION DEEP OPENER**

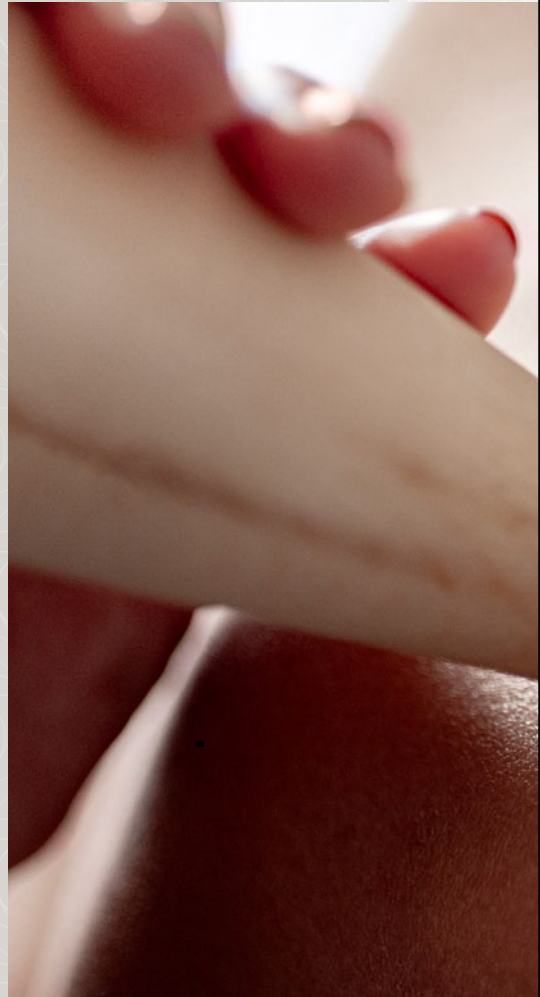
50 min | 98 € oder 80 min | 130 €

A new, healthy body sensation thanks to specific massage techniques and physiotherapeutic methods. A powerful hemp seed oil with CBD and plant extracts reactivates muscle regeneration and provides energy.

## **THAI MASSAGE**

75 min | 130 €

Combines the acupressure points with stretching techniques, improving the flow of the body's energy. It gives lightness, fluidity and mobility. Dry massage: please wear long and soft clothing!



## **SPORTMASSAGE**

50 min | 95 €

A special massage to release tensions after being active and to best support the regeneration of the muscles.





# For our little guests

## **DELICATE MASSAGE WITH HONEY OR CHOCOLATE**

25 min | 49 €

Soothing and calming massage for our younger guests. They will love it.

## **MANICURE WITH COLORFUL VARNISH**

25 min | 49 €



Also bookable as a package: manicure & massage for 90 €.

# Packs



packages in the soft-pack tub  
with products of Art of Care

## **DERMA RELAX**

25 min | 49 €

The Alps blend with exotic charm. The active plant ingredients contained in birch, yarrow and fennel, combined with incense, ylang-ylang and palmarosa, turn this softpack into a relaxing and harmonising experience. The skin is therefore nourished and hydrated by an entire cocktail of plant extracts.

## **SPORT ENERGIA**

25 min | 49 €

Relax your muscles and revitalise your body. Arnica, hemp and horse chestnut extracts, synergically blended with stone pine and rosemary essences, have a stimulating effect on blood circulation. Revitalises the body and provides it with new energy.

## **META ACTIVE**

25 min | 49 €

Detoxifying bath with brown algae & citrus. They activate cell metabolism, support the activity of the thyroid gland and detoxify the connective tissue. Rose hip, orange and grapefruit firm and smooth the tissues, boost blood circulation and provide the cells with oxygen and nourishing substances.

## **SOFTPACK WITH MASSAGE**

50 min | 90 €

The packs are particularly suitable as preparation for a massage.





highlight

# Ninfea treatment package

## **PACKAGE DETOX**

50 min | 90 €

- Peeling mountain Art of Care
- Meta active Art of Care
- Lymphatic drainage detox

## **WOMEN LUXURY MESOESTETIC**

200 min | 395 €

- Global Eyecon Treatment
- Face treatment
- Body treatment with BodyShock

## **GENTLEMAN'S DAY**

100 min | 180 €

- Sport Energia Art of Care
- Partial body massage
- Balance face care Art of Care

## **DELUXE PACKAGE NINFEA**

2 x 160 min | 530 € 

Romantic package for two

- Lomi Lomi Ninfea
- Signature treatment SEELEITEN

## **ONLY FOR KIDS**

50 min | 90 €

- Massage with honey or chocolate
- Manicure with colorful varnish

# Spa Sensea

With all your senses

Feel the warmth. Enjoy the scents. Refreshing yourself. Playing the full range of perception. Up and down. Hot and cold. In between, tasty vitamins to fortify yourself. And always with a view. Inner dreaming, while enjoying the outside. Listening to the rhythm of life. That is the Spa Sensea at the infinity pool. For adults and those seeking relaxation.

## **FAMILY SPA**

A large textile sauna area for families. With steam bath, hay bath, infrared- and finnish sauna. A private relaxation room with view to the vineyards. The Family Spa by the indoor pool. Open until the evening.



# Spa Ninfea etiquette

Our spa Ninfea is open daily for our guests, from 8 am to 7 pm.

## **MINDSET**

Our spa Ninfea is meant as a haven of peace and relaxation. Please respect this atmosphere. Enjoy the swimming pool and sauna, preparing your body, spirit and mind for the treatments. To get the greatest benefit from your treatment, we recommend arriving to the spa area 10 minutes in advance.

## **RESERVATIONS**

Our spa and reception teams are happy to provide information! When booking spa treatments worth 300 € or more, you receive a discount of 10 % per room on all treatments (products and packages excluded).

## **CLOTHING**

Bathrobe and bathing slippers are appropriate wear for your spa visit. Please wear long, soft clothing for dry massages.

## **HEALTH**

If you suffer from any health conditions, please inform us upon booking, since certain treatments could be unsuitable for you under circumstances.

## **DELAYS AND CANCELLATIONS**

Please understand that arriving late may entail a reduction of your treatment time, out of consideration for the following guests. Please inform us of cancellation at least 24 hours in advance. With short-notice changes or cancellations, the treatment will be charged in full.



Book your SPA treatment  
easily online.  
[order.ando.cloud/seeleiten/spa](https://order.ando.cloud/seeleiten/spa)

## LAKE SPA HOTEL SEELEITEN | SPA NINFEA

Tel. +39 0471 960 200

[spa@seeleiten.it](mailto:spa@seeleiten.it) | [www.seeleiten.it](http://www.seeleiten.it)



Contact Spa Ninfea  
+39 335 108 00 70



KALTERN *am See*  
CALDARO *al lago*



*m*  
weingut | tenuta moser