



SEELEITEN  
LAKE SPA HOTEL

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## The formula for a long life

At SEELEITEN, health and beauty go hand in hand. From wellness massages to therapeutic treatments, from medical to natural skincare, and our own signature rituals – every experience is guided by a single intention: to give you time. Calm. And renewed strength.



## Where cold comfort is taken literally

### CRYOTHERAPY

1 session | 49 Euro  
5 sessions | 190 Euro  
10 sessions | 300 Euro

Three minutes at -140°C – intense but effective! Cryotherapy activates metabolism, reduces inflammation, and releases endorphins and serotonin – for a positive effect on the entire body.

### THE MOST IMPORTANT BENEFITS

- Pain relief & regeneration – ideal for rheumatism, gout, and post-surgery recovery
- More performance & energy – faster muscle regeneration and increased resilience
- Wellness & anti-aging – firmer skin, more collagen, and enhanced fat burning

Regular cryotherapy sessions amplify and sustain these positive effects over time.

## New energy for your cells

### IHHT

45 min | 149 Euro

3 sessions | 390 Euro

10 sessions | 1100 Euro

Intermittent hypoxia-hyperoxia therapy (IHHT) revitalises the mitochondria by alternating between high-oxygen and low-oxygen air supply in a controlled manner. This strengthens the immune system, encourages blood flow, and supports the lipometabolism – all without physical exertion.

### REVITALISE THE CELLS

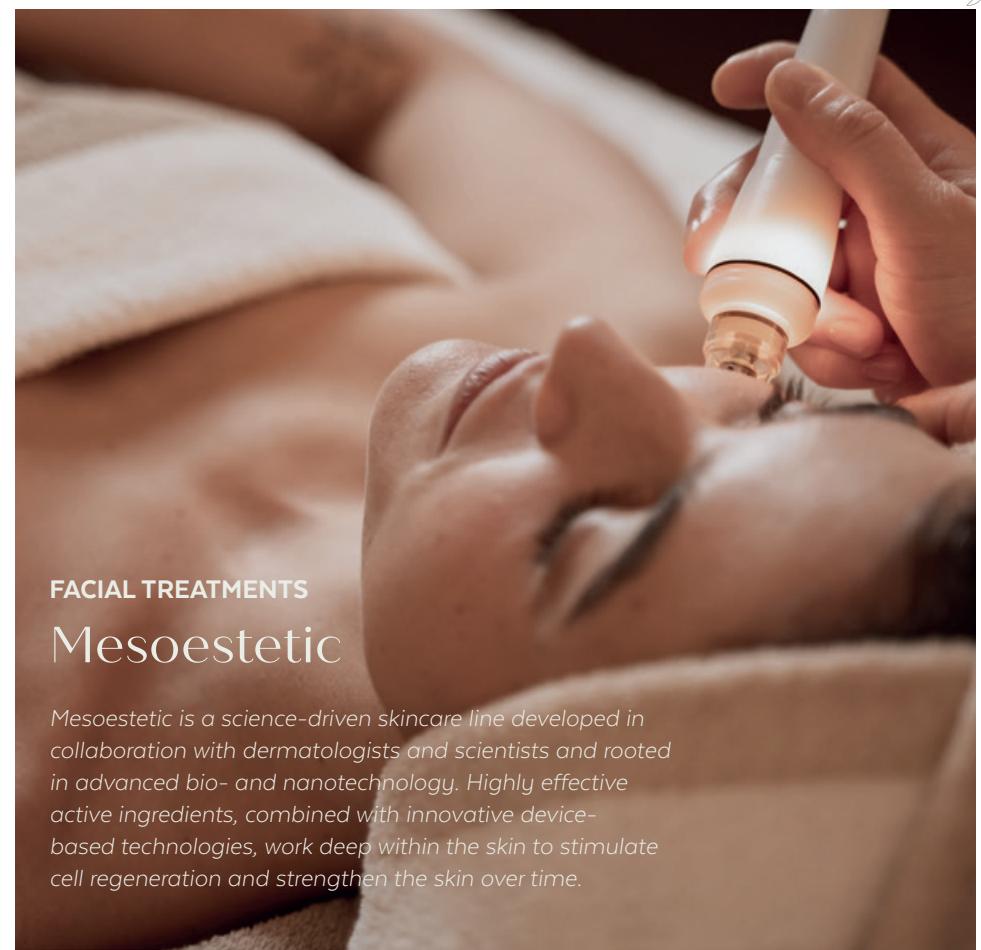
The ground-breaking research on how cells sense and adapt to oxygen availability, which also explained the positive effect of intermittent hypoxia training, was recognised with the Nobel Prize in Physiology or Medicine in 2019. Even though IHHT had been in use long before this Nobel Prize was awarded, the research in question gave impressive testimony to its effectiveness. Whether you are suffering from chronic fatigue or long COVID or are looking to enhance your athletic performance: IHHT can reduce stress, release happy hormones, and supply your cells with fresh energy in just 45 minutes. Increase your quality of life – it's simple, effective, and non-invasive.



**SKINCARE**

## Glowing skin, natural beauty

Our concept merges the gentle power of alpine nature with advanced active substance technology. Healing plants and minerals provide vitality and freshness; highly effective active substances regenerate your skin. Art of Care, an alpine organic natural cosmetics line, harnesses the power of natural medicinal plants. The cosmetics line Mesoestetic, on the other hand, uses medical epigenetic agents tailored to the requirements of your skin. All this creates a multifaceted care experience which brings out your natural beauty in a unique manner.

**FACIAL TREATMENTS**

### Mesoestetic

*Mesoestetic is a science-driven skincare line developed in collaboration with dermatologists and scientists and rooted in advanced bio- and nanotechnology. Highly effective active ingredients, combined with innovative device-based technologies, work deep within the skin to stimulate cell regeneration and strengthen the skin over time.*

**AGE ELEMENT**

75 min | 179 Euro  
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.

**FLOW FACE**

50 min | 145 Euro - face  
75 min | 189 Euro - face, neck and décolleté  
This device-based treatment combines transcutaneous delivery of active ingredients, radiofrequency and muscle stimulation to achieve measurable skin renewal. By specifically activating collagen production and strengthening the facial muscles, the skin appears firmer and more youthful after just one session.

## FACIAL TREATMENTS

# Art of Care

Art of Care is an organic natural skincare line from South Tyrol, inspired by revitalising alpine botanicals that nurture both inner and outer beauty. Its philosophy is based on the connection between people and nature - from root to blossom.

### BALANCE FACE CARE

50 min | 109 Euro - face

75 min | 149 Euro - face, neck and décolleté and eyebrow correction

This finely tuned ritual combines sustainable skincare with carefully selected herbs and a crystal massage, working deep within the skin. It activates the skin's natural self-regeneration, softens facial features and reveals a fresh, radiant complexion.

Add Balance Eyes within your booked treatment time for a supplement of just 25 Euro.



### LOVE YOUR AGE

75 min | 160 Euro

A holistic well-aging facial treatment for visible wrinkle reduction and skin revitalization. Gentle cleansing, moisturizing and antioxidant care with dandelion honey, and targeted anti-aging techniques leave the skin looking firmer, fresher, and more even.

### BALANCE EYES

25 min | 49 Euro

This treatment reactivates and revitalises the eye area and crow's feet are smoothed out. High-quality active ingredients reduce puffiness and dark circles while revitalising the delicate eye area.

### EYELASH AND EYEBROW LIFTING

From the very first glance in the morning, your eyes look radiant. A vegan lash lift enhances your natural expression, while professional brow shaping and tinting create fuller, well-defined brows with a long-lasting, polished finish. Results last for 6-8 weeks.

#### Eyelash lifting

50 min | 95 Euro

#### Eyebrow lifting

50 min | 95 Euro

#### Eyelash and eyebrow lifting

75 min | 145 Euro

### SHAPING AND DYEING

25 min | 59 Euro

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.

# Beautiful eyes





## Manicure and pedicure

### MANICURE

25 min | 49 Euro

Quick to go: trimming, filing and shaping.

50 min | 75 Euro

Additionally: cuticle removal, with polish or a hand massage.

### LUXURY MANICURE

75 min | 110 Euro

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

Polish removal | 30 Euro

### PEDICURE

50 min | 75 Euro

With polish or a hand massage.

### LUXURY PEDICURE

75 min | 110 Euro

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

### LONG-LASTING POLISH

+ 20 Euro

The special long-lasting polish is applied like a classic nail polish, cured under a UV lamp and instantly dry.

## Body treatments



### THALASSO NINFEA RITUAL

75 min | 145 Euro

Indulgent body ritual with peeling and a nourishing wrap. Float weightlessly on a warm water bed while marine extracts regenerate and revitalize your skin.

### LIGHT LEGS

50 min | 95 Euro

The combination of massage and wrap invigorates and regenerates tired legs — with birch, dandelion, nettle, and horse chestnut for long-lasting revitalization.

### SHAPE PERFORMANCE

50 min | 130 Euro

This mesoesthetic body treatment focuses on one of six selectable areas, combining exfoliation with an active ingredient massage to refine contours. Ideal for localised fat deposits, water retention and loss of firmness.

### HOT WAX DEPILATION

Half leg, underarm and bikini zone

80 Euro

Full leg

60 Euro

Half leg

49 Euro

Back

49 Euro

Belly and chest

49 Euro

Face

49 Euro

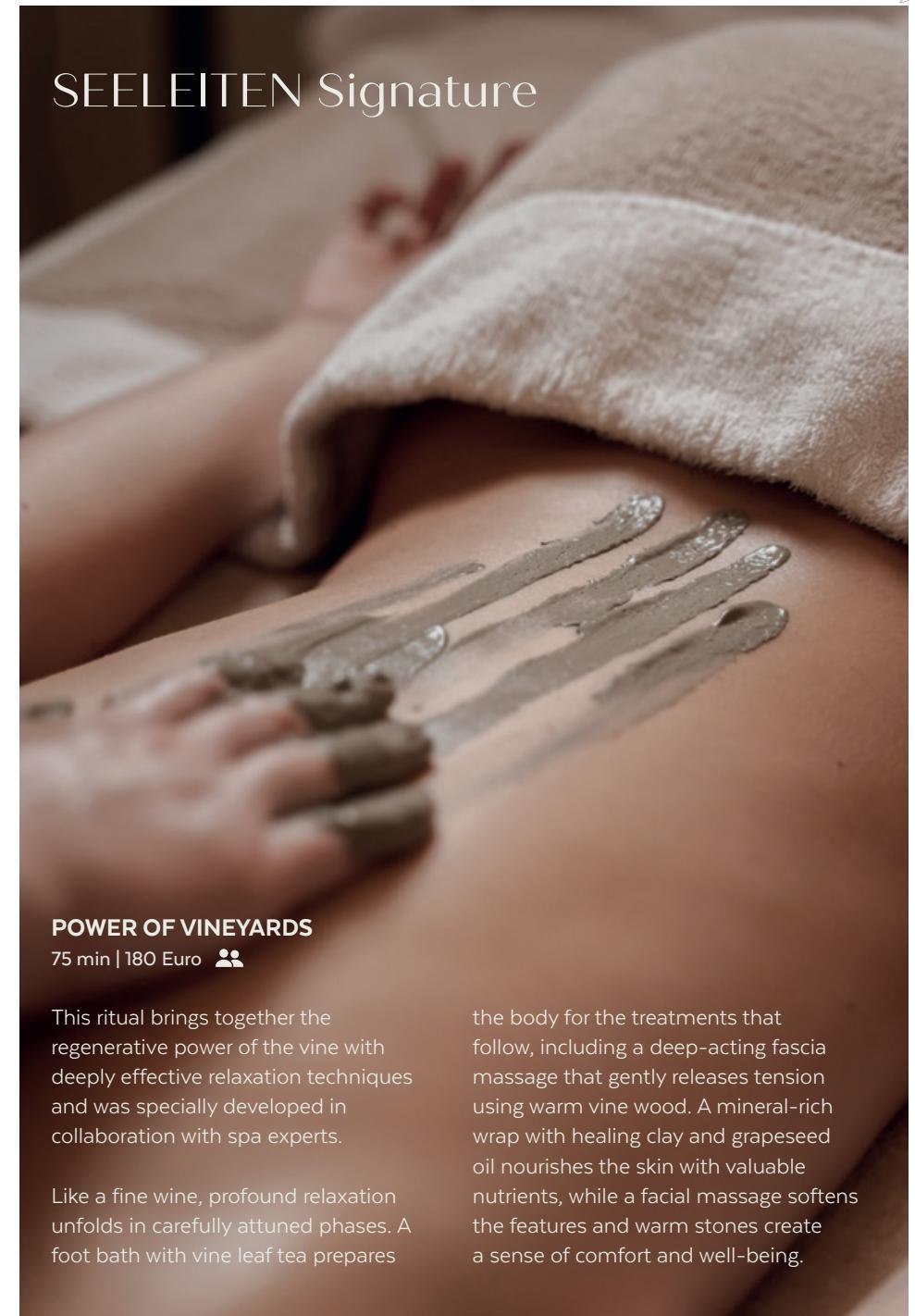
**MASSAGES**

## A gentle touch to the body and soul

Professional massage techniques open up room for deep relaxation and inner balance. A soft and precise touch helps relieve tension from the body. Carefully chosen techniques replenish your energy and leave you feeling in full harmony.

 All our wellness massages are suitable as a couple's treatment.

## SEELEITEN Signature



### POWER OF VINEYARDS

75 min | 180 Euro 

This ritual brings together the regenerative power of the vine with deeply effective relaxation techniques and was specially developed in collaboration with spa experts.

Like a fine wine, profound relaxation unfolds in carefully attuned phases. A foot bath with vine leaf tea prepares

the body for the treatments that follow, including a deep-acting fascia massage that gently releases tension using warm vine wood. A mineral-rich wrap with healing clay and grapeseed oil nourishes the skin with valuable nutrients, while a facial massage softens the features and warm stones create a sense of comfort and well-being.



## Four Elements Massages

Our *Four Elements Massages* were designed together with the cosmetics producer Art of Care. The effect of the four elements fire, water, earth, and air is a common denominator in all the products of this South Tyrolean family business: medicinal plants are associated with the elements and are deliberately used to support the effect of the respective treatments.

### FIRE: ENERGY AND ACTIVATION

75 min | 145 Euro

This treatment activates the energy of fire. South Tyrolean Arolla pine wood stimulates the blood flow to your connective tissue and muscles. This deep-action massage relieves tension and supports regeneration. The result: a strengthened back and a new sense of mobility.

### WATER: REST AND RELAXATION

75 min | 145 Euro

Soft, flowing movements in combination with precious stones reduce stress and harmonise your body's own energy. This treatment calms your senses, brings down emotional barriers, and gives your skin a pure and fresh glow.

### EARTH: HARMONY AND BALANCE

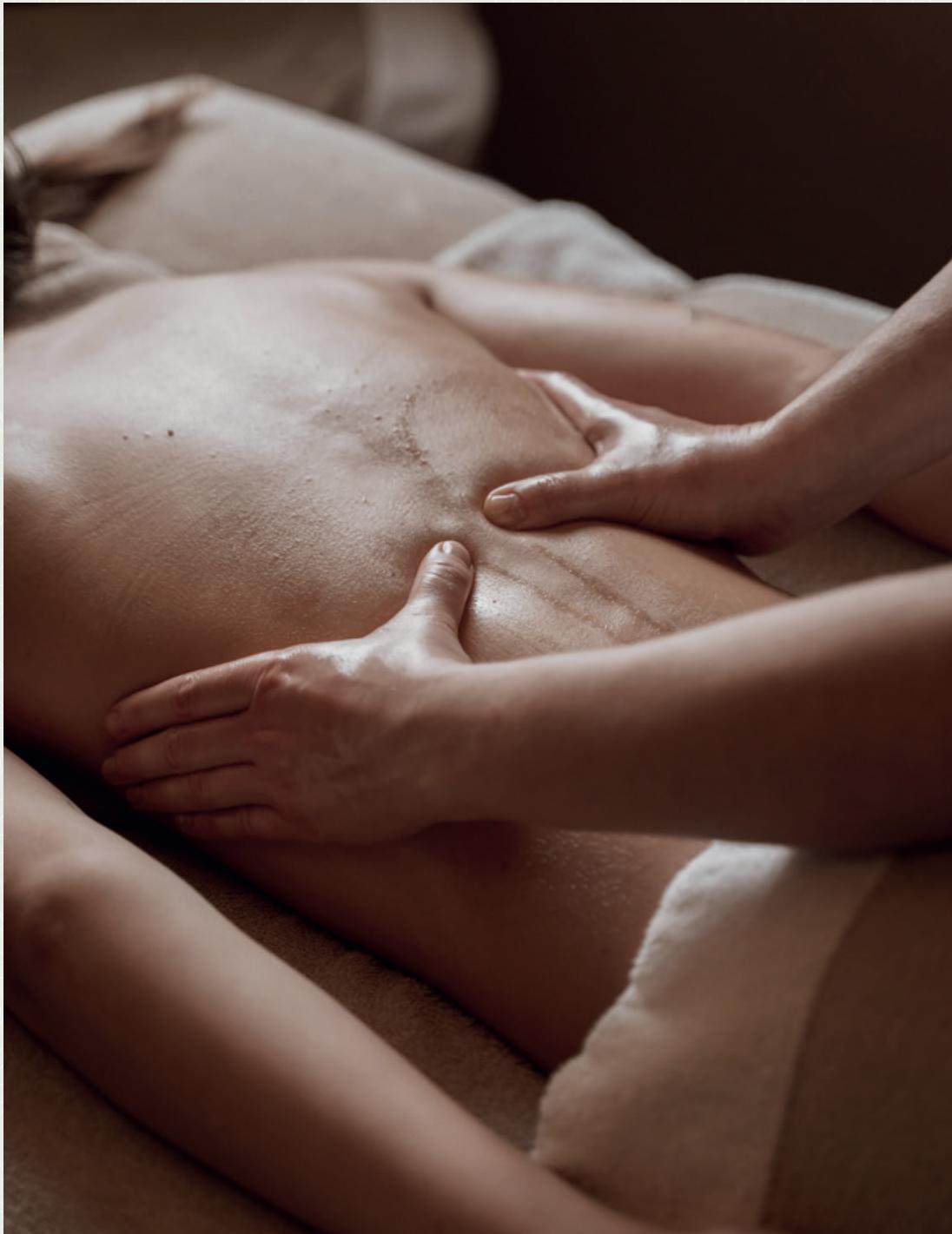
75 min | 145 Euro

Controlled impulses loosen you up, ground you, and provide a counterbalancing factor against stress and unrest. Hot serpentine rocks from the Pfunderer valley relax the body and support regeneration. Combined with the cooling effect of Laas/ Lasa marble, they create a soothing alternation which releases tension and strengthens your inner equilibrium.

### AIR: POWER AND VITALITY

75 min | 145 Euro

New energy and a fresh lightness for your body and soul: inhaling alpine herbal steam gently opens up your airways while a targeted massage encourages blood flow and relieves tension in your chest and shoulders. The result: more vital energy, deeper respiration, and a strengthened immune system.



## Classic massages

### RELAXATION MASSAGE

50 min | 95 Euro 

75 min | 135 Euro 

The full-body relaxation massage is both deeply relaxing and revitalising at the same time. A holistic experience that restores a sense of lightness and enhances overall well-being in a lasting way.

### PARTIAL BODY MASSAGE

20 min | 55 Euro 

The relaxation massage strengthens you and gets you ready for the day.  
Back | legs | face and head

### FOOT STIMULATING MASSAGE

50 min | 95 Euro 

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 | 95 Euro 

75 min | 135 Euro - including face 

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

### PREGNANCY MASSAGE

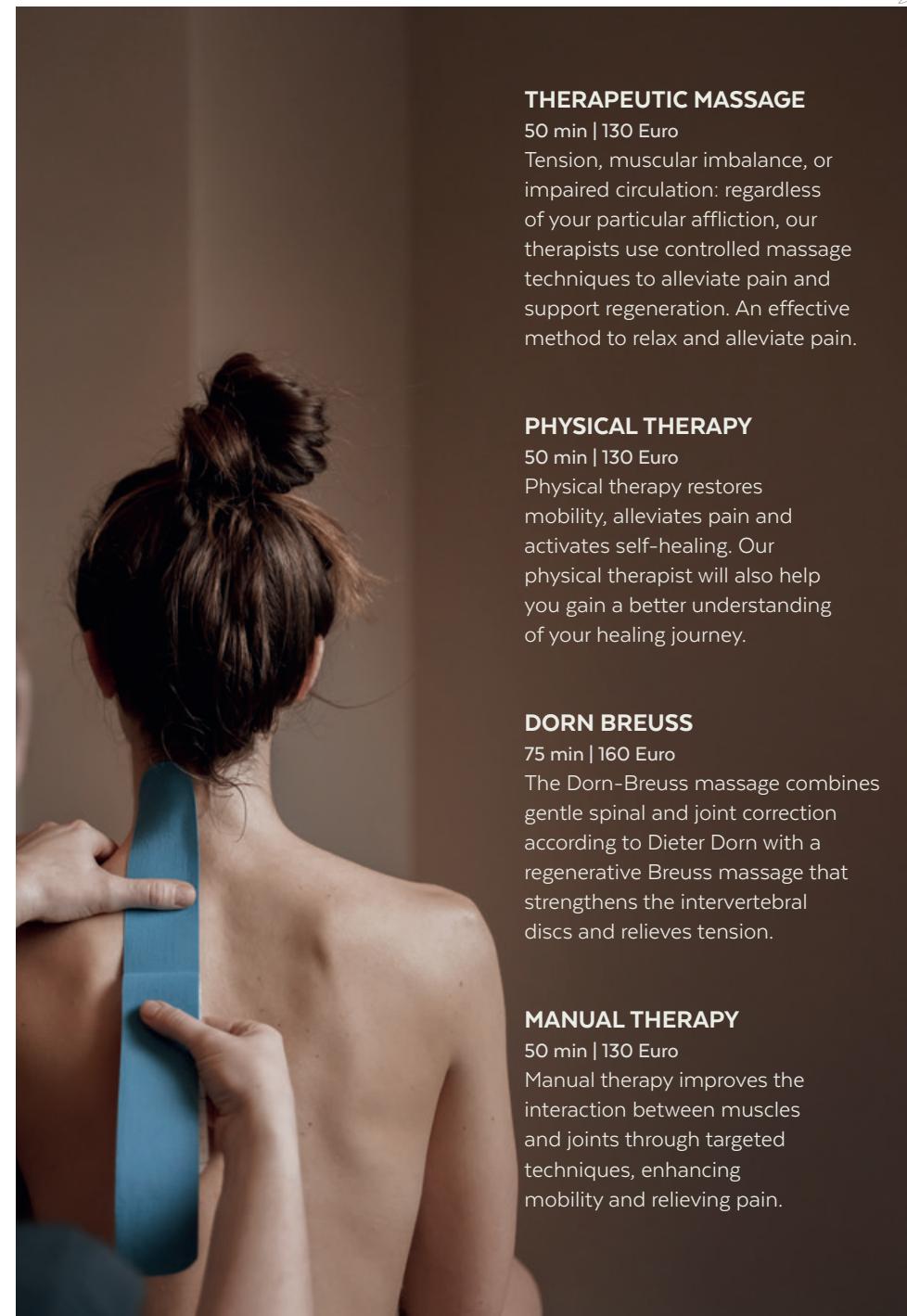
50 min | 95 Euro 

A gentle massage specially designed for pregnant women with soft, soothing strokes. Sink into a deep state of inner peace and relaxation.

## **THERAPY & REGENERATION**

# Bridging sports and health

Our team combines state-of-the-art methods, targeted training and sustainable therapies to support your body in the best possible way. Alongside IHHT and cryotherapy, physiotherapy treatments and therapeutic massages play a central role.



## **THERAPEUTIC MASSAGE**

50 min | 130 Euro

Tension, muscular imbalance, or impaired circulation: regardless of your particular affliction, our therapists use controlled massage techniques to alleviate pain and support regeneration. An effective method to relax and alleviate pain.

## **PHYSICAL THERAPY**

50 min | 130 Euro

Physical therapy restores mobility, alleviates pain and activates self-healing. Our physical therapist will also help you gain a better understanding of your healing journey.

## **DORN BREUSS**

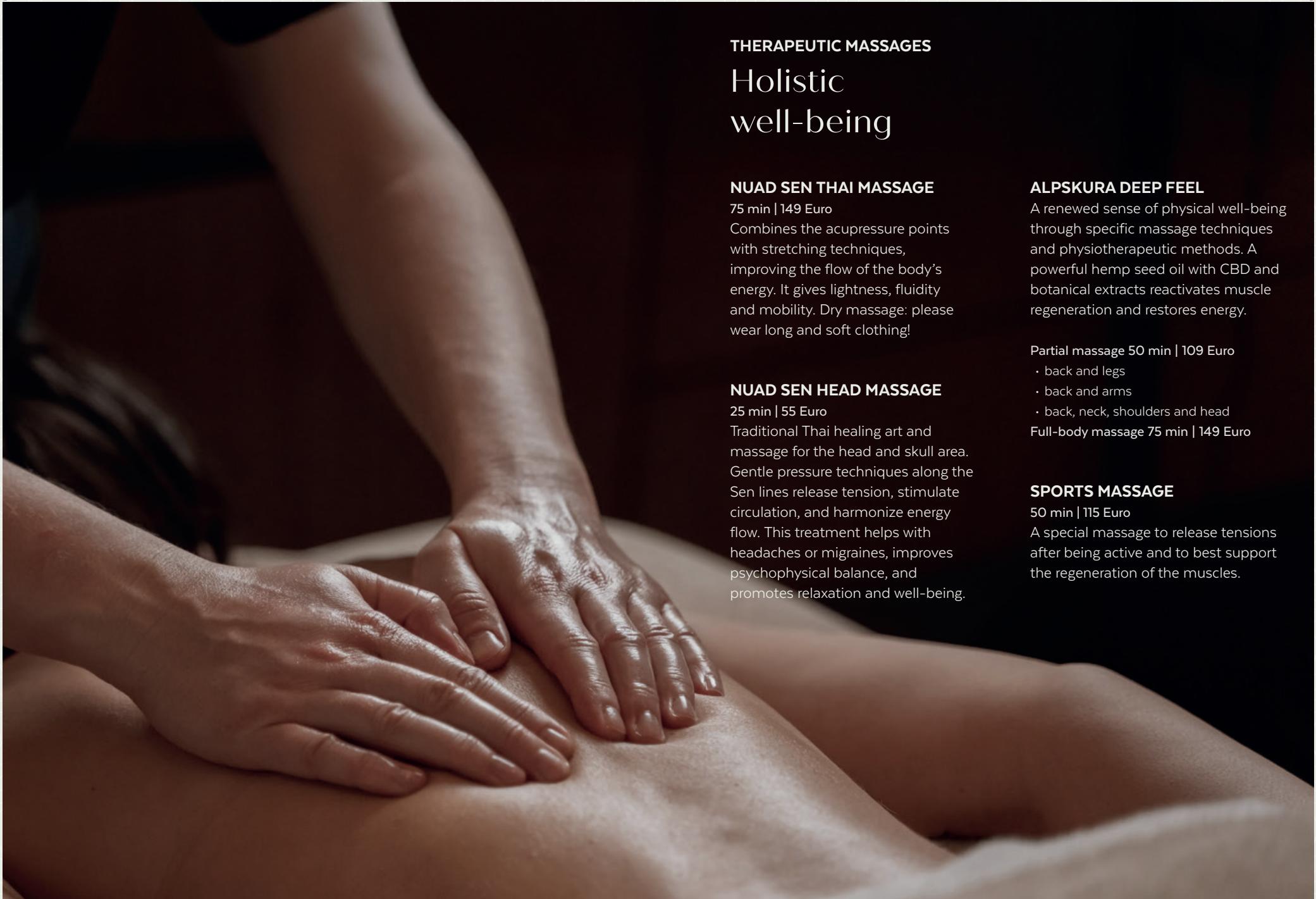
75 min | 160 Euro

The Dorn-Breuss massage combines gentle spinal and joint correction according to Dieter Dorn with a regenerative Breuss massage that strengthens the intervertebral discs and relieves tension.

## **MANUAL THERAPY**

50 min | 130 Euro

Manual therapy improves the interaction between muscles and joints through targeted techniques, enhancing mobility and relieving pain.



## THERAPEUTIC MASSAGES

# Holistic well-being

### NUAD SEN THAI MASSAGE

75 min | 149 Euro

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!

### NUAD SEN HEAD MASSAGE

25 min | 55 Euro

Traditional Thai healing art and massage for the head and skull area. Gentle pressure techniques along the Sen lines release tension, stimulate circulation, and harmonize energy flow. This treatment helps with headaches or migraines, improves psychophysical balance, and promotes relaxation and well-being.

### ALPSKURA DEEP FEEL

A renewed sense of physical well-being through specific massage techniques and physiotherapeutic methods. A powerful hemp seed oil with CBD and botanical extracts reactivates muscle regeneration and restores energy.

Partial massage 50 min | 109 Euro

- back and legs
- back and arms
- back, neck, shoulders and head

Full-body massage 75 min | 149 Euro

### SPORTS MASSAGE

50 min | 115 Euro

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

# Body wraps

Spa body wraps are treatments in which selected active ingredients are applied to the skin under gentle warmth, helping to relax the muscles, deeply nourish the skin and support metabolism and regeneration. All wraps are combined with a soothing application massage on the water floating bed and are carried out exclusively using products from Art of Care South Tyrol.

## **SPORT WRAP**

45 min | 99 Euro

The alpine moor mud, combined with arnica and horse chestnut, unfolds its circulation-boosting, revitalizing, and relaxing effects on the muscles with the essences of Swiss pine, silver fir, and juniper.

## **RELAX WRAP**

45 min | 99 Euro

The combination of active ingredients from birch, yarrow, and fennel, enhanced with essential oils of frankincense, ylang-ylang, and vanilla, transforms this wrap into a relaxing and harmonizing experience for body and mind.



## **DETOK WRAP**

45 min | 99 Euro

Dandelion honey combined with healing clay supports the removal of toxins from connective tissue and promotes the body's natural detoxification processes.

## **ANTICELLULITE WRAP**

45 min | 99 Euro

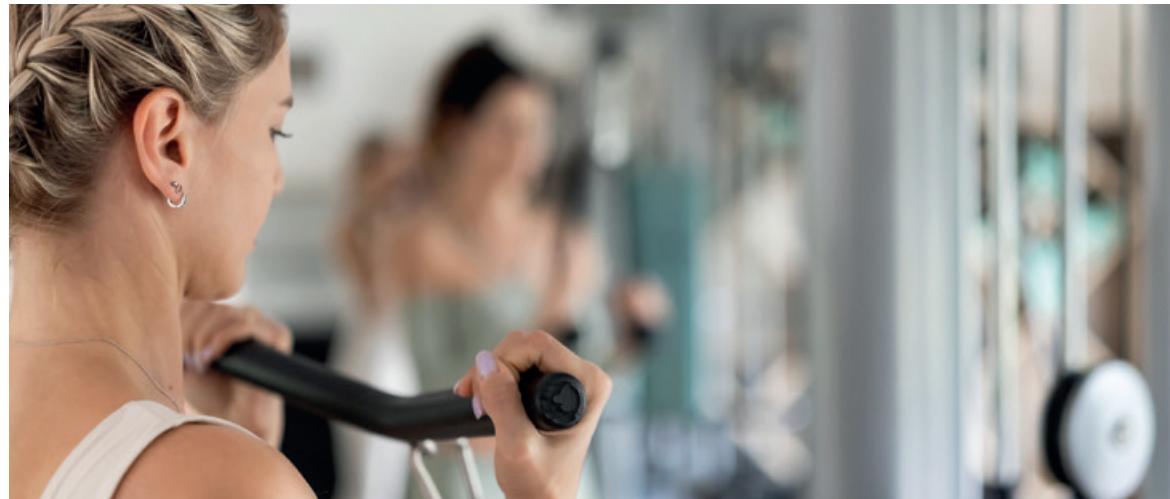
The blend of brown algae, rosehip, orange, and fennel stimulates cellular metabolism, purifies connective tissue, and contributes to firmer, smoother skin.

# Exklusive Coaching

## PRIVATE YOGA SESSION

60 min | 89 Euro

Yoga on the banks of the lake at sunrise? Or would you prefer an evening session in the exercise room? You decide. During a private session with yoga instructor Manuela, you will experience a customised mix of breathing exercises, meditations, or various types of yoga, all tailored to your wishes.



## PERSONAL FITNESS COACHING

60 min | 89 Euro

180 min | 199 Euro

A customised training session delivers quick results, whether to build muscle, to increase your flexibility, or to live a pain-free life. Our experienced triathlon and fitness coach Helmuth provides the right technique, motivation, and individual customisation. This lets you exercise safely and efficiently, and enjoy every minute of it, meeting your own needs and following your own goals.

# Treatment packages

## WOMEN LUXURY

225 min | 399 Euro

- Flow Face Mesoestetic 75 min
- Luxury Manicure 75 min
- Thalasso ritual

## GENTLEMAN'S DAY

90 min | 179 Euro

- Balance Face Care 50 min
- Manicure quick to go
- Partial body massage

## PREGNANCY PACKAGE

150 min | 230 Euro

- Pregnancy massage
- Pedicure
- Balance Face Care 50 min

## ONLY FOR KIDS

For kids up to 13 years old

40 min | 90 Euro

- Massage with honey or chocolate 20 min
- Manicure with colorful varnish 20 min



# Health treatments

## IMPROVE SLEEP

270 min | 649 Euro

- 3x IHHT
- 3x Cryotherapy
- Massage AIR

## ANTI STRESS PACKAGE

235 min | 569 Euro

- 3x IHHT
- Nuad Sen head massage
- Massage EARTH

## PERFORMANCE PACKAGE

115 min | 269 Euro

- Cryotherapy
- IHHT
- Sports massage

## DETOX PACKAGE

170 min | 279 Euro

- Thalasso ritual
- Lymphatic drainage
- Detox pack



## Arrive. Unwind. Unfurl.

Our Ninfea Spa is designed as a haven of peace and relaxation. We kindly ask you to respect this tranquil atmosphere. Enjoy the pool and sauna to prepare body, mind and spirit for your treatments. To gain the greatest benefit from your experience, we recommend arriving at the spa area at least 10 minutes in advance.

## Spa Ninfea etiquette

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

### HEALTH

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

### CLOTHING

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

### THERAPIST PREFERENCE

Our team consists of both female and male therapists. Please let us know your preferences when booking.

### DELAYS AND CANCELLATIONS

Please note that late arrival may result in a shortened treatment time, out of consideration for subsequent guests. Cancellations must be communicated at least 24 hours in advance. In the case of short-notice changes or cancellations, the full treatment price will be charged.



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