



SEELEITEN

LAKE SPA HOTEL

2023



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

Purity. Clarity. Optimism.

This is what Nymphaea -  
the flower of the water lily - promises.  
It lives from the power of the sun.  
In the borderland between earth,  
water and air.

Magical beauty and  
natural perfection.  
The water lily radiates calm  
and spreads a peaceful,  
light-filled atmosphere.





# spa ninfea

**HERE WE MAKE YOUR SOUL BLOSSOM.  
REFRESH THE OUTSIDE. STRENGTHEN THE INSIDE.  
THIS IS THE NEW SPA NINFEA.**

What awaits you? Fascinating methods with impressive individuality.  
Ninfea stands for magical beauty and pure vitality.  
Arrive, let go and enjoy.

Feel it for yourself.

*Comper Gara*  
SPA manager





# mesoestetic

## MEDICAL COSMETIC LINE FROM BARCELONA

### EXCLUSIVE AND INDIVIDUAL.

The new skin treatment of the stars. MESOESTETIC 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.

### HARD TO BEAT FOR VERSATILITY.

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.





TOP  
of the  
TOP

**AGE ELEMENT  
THE NEW BEAUTY IN EVERY AGE.**

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.

80 min | 160 €

**MESOESTETIC INDIVIDUAL  
FACE TREATMENT WITH IONTOPHORESIS**

The solution for all your skin problems. 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.

50 min | 120 €





# art of care south tyrol

**NATURAL ORGANIC COSMETICS  
FROM SOUTH TYROL WITHOUT ANIMAL SUBSTANCES**

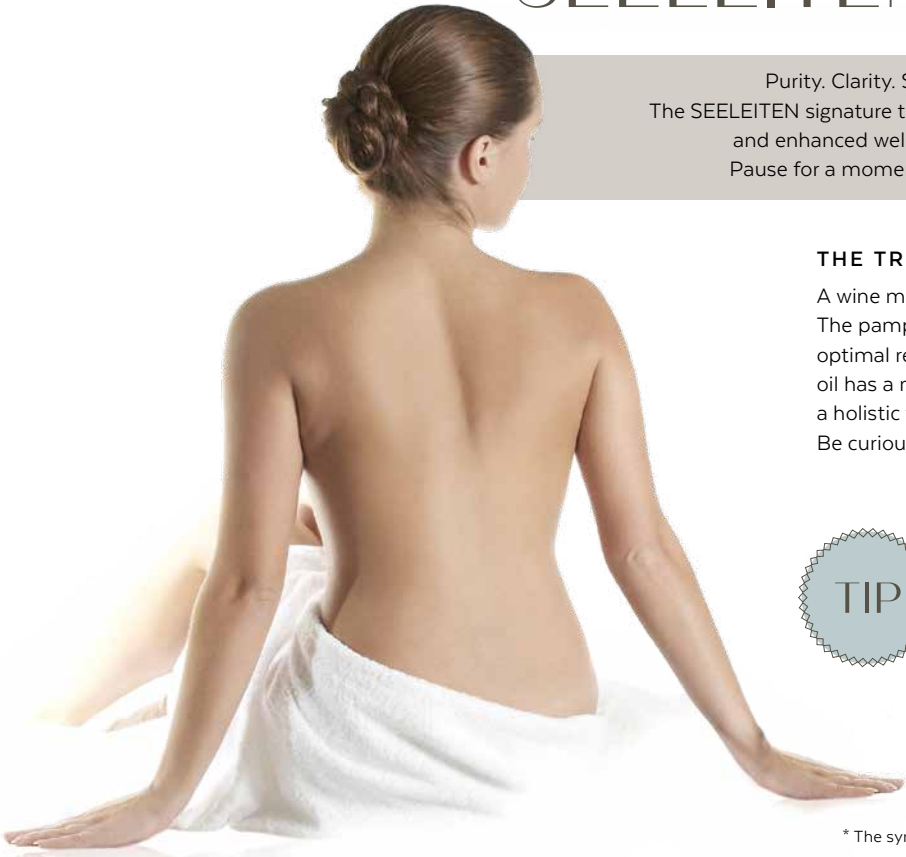
**BEING HUMAN FROM ROOT TO FLOWER.**

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 gently 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. Surrender. Blossoming.  
The SEELEITEN signature treatment promises magical beauty and enhanced well-being. Immerse yourself. Pause for a moment. Let yourself carry away.


### THE TREATMENT

A wine marc peeling frees your skin from impurities. The pampering massage with hot lava stones ensures optimal relaxation and recuperation. Valuable grape seed oil has a moisturising and firming effect. Be curious about a holistic treatment with local products and little surprises. Be curious about exclusive SEELEITEN moments.

 80 min | 145 €



Can also be booked as a couple treatment.\*

\* The symbol  indicates treatments that are suitable as a couple treatment.

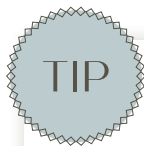


# beautiful eyes

## BALANCE EYES ART OF CARE

This treatment reactivates and revitalises the eye area and crow's feet are smoothed out.

25 min | 48 €



TIP

### BALANCE EYES

in combination with  
a facial treatment only 25 €.

## MESOESTETIC GLOBAL EYECON

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.

2 x 50 min | 190 €

## SHAPING AND DYEING

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.

30 min | 48 €

## EYELASH - LIFTING

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

50 min | 86 €





# facial treatments

## **AGE ELEMENT THE NEW BEAUTY IN EVERY AGE.**

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.

80 min | 160 €

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

The solution for all your skin problems. 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.

50 min | 120 €

## **BALANCE FACE CARE +**

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.

80 min | 130 €

## **BALANCE FACE CARE**

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

50 min | 90 €



# hand- and footcare

## MANICURE WITH/WITHOUT NAIL VARNISH

50 min | 70 €

## QUICK TO GO MANICURE

25 min | 48 €

## LUXURY MANICURE WITH OR WITHOUT VARNISH

Comprehensive treat for your hands and nails: hand peeling, manicure with or without varnish, hand massage and nourishing hand pack.

80 min | 110€

## PEDICURE WITH/WIHTOUT VARNISH

50 min | 70 €

## LUXURY PEDICURE WITH/WITHOUT VARNISH

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

80 min | 110 €

## OPI PERMANENT VARNISH

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

Removing

+20 €

30 €



# body treatments



TOP  
of the  
TOP

## BODY SHOCK

100% personalized body treatment on 6 different zones!

Whether water retention, fat accumulation or sagging skin, we have the solution. Part of the medical cosmetic treatment is a peeling, which makes the skin more receptive. We prepare a cocktail of active substances tailored to you, which we will massage in and leave to take effect. You will get a significantly improved skin appearance, a beautiful silhouette and tightened contours.

50 min | 120 €

## DETOX HONEY-RITUAL

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.

80 min | 130 €

## LIGHT LEGS

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.

50 min | 85 €

## PEELING MOUNTAIN

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.

25 min | 48 €

## MESOESTETIC INDIVIDUAL BODY TREATMENT WITH IONTOPHORESIS

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.

50 min | 130 €

## DEPILATION WITH WARM WAX

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

# massages

BY ART OF CARE SOUTH TIROL

## I BREATH

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.

50 min | 85 €

## ALPINE HERB PADS

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!

50 min | 98 €

## BALANCE ANTI STRESS

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.

50 min | 85 €

## ZIRBEL ACTIV

This dynamic massage, performed using special stone pine sticks and the massage with reactivating herb oil, has a regenerating and re-invigorating effect on the body. You feel released, flexible and loose.

50 min | 85 €



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

## INTENSIVE BACK

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.

50 min | 85 €

## HOT STONE

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

80 min | 130 €



# the classics

## DERMA RELAX FULL BODY MASSAGE

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

50 min | 85 €

## PARTIAL BODY MASSAGE

This just feels so good! The classic relaxation massage strengthens you and gets you ready for the day.

Back

Legs

Face and head

25 min | 48 €

## LYMPHATIC DRAINAGE

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

50 min | 85 €

## FOOT STIMULATING MASSAGE

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.

50 min | 85 €

## LOMI LOMI NINFEA

Through the deep relaxation during the massage, one experiences oneself intensely in the body. You become more aware of yourself, feel yourself anew, experience inner harmony and the feeling of self-love and security that flows through your body.

 80 min | 130 €

## LOMI LOMI FOR PREGNANT WOMEN

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

50 min | 89 €





# special massages

## **TAILORMADE MASSAGE**

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.

50 min | 90 €

## **THAI MASSAGE**

Combines the acupressure points with stretching techniques, improving the flow of the body's energy. It gives lightness, fluidity and mobility. We recommend that you come to the dry massage in comfortable clothing.

75 min | 130 €

## **ABHYANGA**

Ayurvedic full body massage with high quality, tempered oils. An enriching experience according to the three Ayurvedic energy principles. For rejuvenation, relaxation and to clear the mind.

50 min | 95 €

80 min | 130 €

## **SPORTMASSAGE**

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

50 min | 95 €





## for our little guests

### MANICURE WITH COLORFUL VARNISH

25 min | 48€

### DELICATE MASSAGE WITH HONEY OR CHOCOLATE

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

25 min | 48 €

TIP

Also bookable as a package:  
manicure & massage  
90 €



# packs

**PACKAGES IN THE SOFT-PACK TUB  
WITH PRODUCTS OF ART OF CARE.**

## **DERMA RELAX**

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.

25 min | 48 €

## **SPORT ENERGIA**

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.

25 min | 48 €

## **META ACTIVE**

Detoxifying bath with algae & citrus.

Brown algae have a wide range of positive effects on health because 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.

25 min | 48 €



The packs are particularly suitable as preparation for a massage.

## **SOFTPACK WITH MASSAGE**

50 min | 90 €





# ninfea treatment package

PACKAGE COMBINATIONS RECOMMENDED BY OUR SPA EXPERTS.

## PACKAGE DETOX

- Peeling mountain ART OF CARE
- Meta active ART OF CARE
- Lymphatic drainage detox

100 min | 175 €

## GENTLEMANS DAY

- Sport energia ART OF CARE
- Partial body massage
- Balance face care ART OF CARE

100 min | 180 €

## ONLY FOR KIDS

- Massage with honey or chocolate
- Manicure with colorful varnish

100 min | 90 €

## WOMEN LUXURY MESOESTETIC


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

200 min | 395 €

## DELUXE PACKAGE NINFEA

Romantic package for two.

- Lomi Lomi Ninfea
- Signature treatment SEELEITEN

 2 x 160 min | 530 €





# spa sensea

## FEEL. SMELL. TASTE. SEE. HEAR.

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. Dreaming inside, always keeping an eye on the outside. Smell. Aromas of wood and herbs. Listening to the rhythm of life. That is the new Spa Sensea.

For adults and those seeking relaxation. Peace has never been more alive than here.

## 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 etiquette

## OPENING HOURS

Our spa is open daily for our guests, from 8 am to 7 pm. It is meant as a haven of peace and relaxation. Please respect this atmosphere.

## RESERVATIONS

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

## MAKE TIME FOR ENJOYMENT

Take the time you need before coming to a treatment appointment. 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.

## CLOTHING

Bathrobe and bathing slippers are appropriate wear for your spa visit. We recommend leaving your valuables in the hotel room safe.

## DELAYS AND CANCELLATIONS

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

## HEALTH CONDITIONS

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

## GIFT VOUCHERS

Our spa vouchers are a wonderful gift for all occasions. Our staff are happy to assist you in selecting the perfect gift voucher from our range of options.

We look forward to welcoming you!  
Your Ninfea spa team



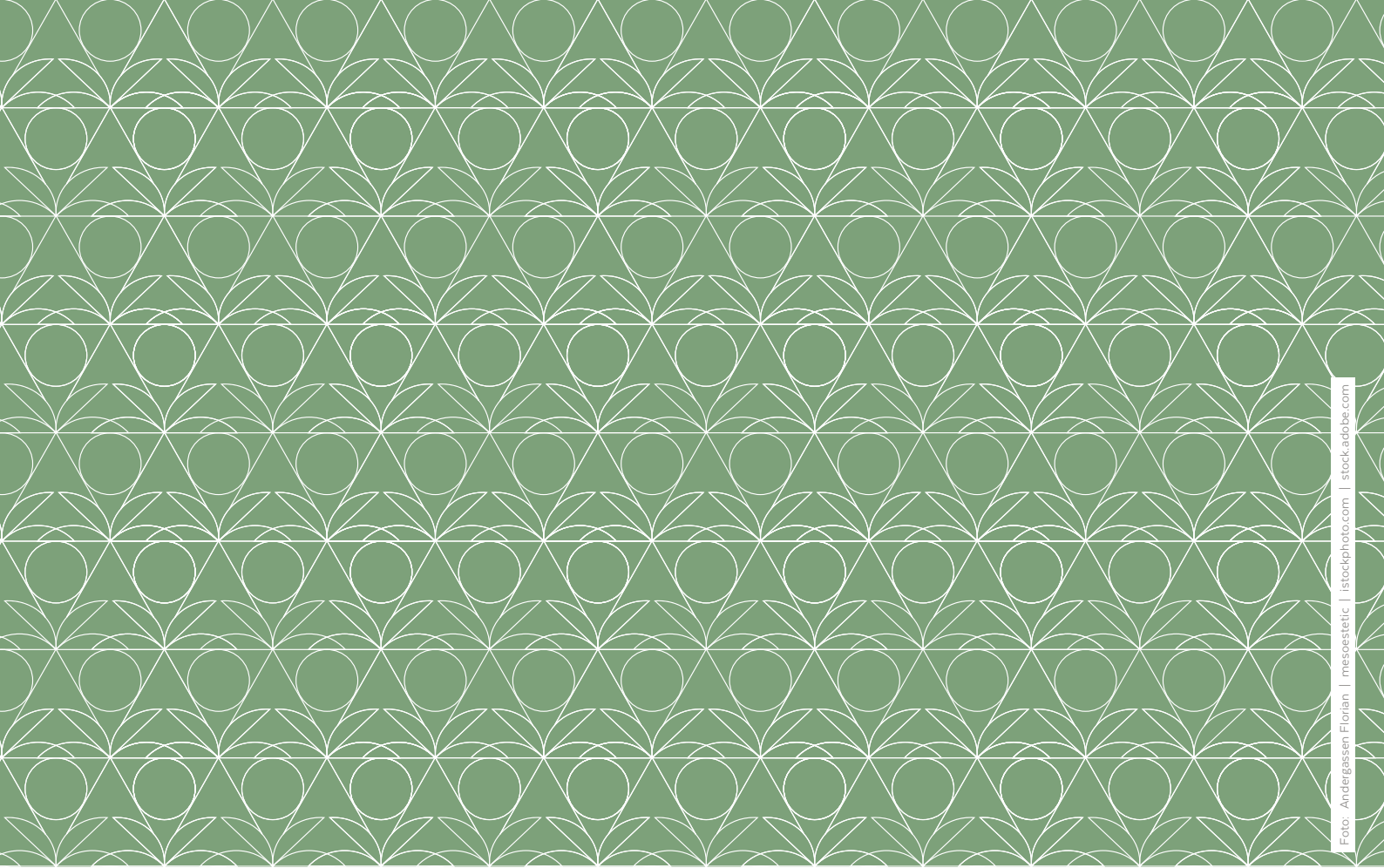


Foto: Andergassen Florian | mesoestetica | istockphoto.com | stock.adobe.com

**LAKE SPA HOTEL SEELEITEN | FAMILY MOSER**

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