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seiser alm urthaler
designed by nature ★★★★★

ANTERMOIA SPA

Seiser Alm Urthaler
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SPA Things to know

YOUR APPOINTMENT

Book your treatments as soon as possible to secure your desired time and date.

Tel. +39 0471 727919, antermoia@seiseralm.com.

Extension from hotel room to SPA: 599 or Reception 540

CANCELLING APPOINTMENTS

It may happen that you cannot make it to an appointment. Appointments that are cancelled 24h before the start of the treatment will not be charged.

PREPARATION TIME

We kindly ask you to arrive in the SPA a few minutes before the start of your appointment. In our SPA-area you will find tea, water and magazines. It is best to arrive wearing a bathrobe or comfortable sportswear for your appointment.

HEALTH

In order for us to guarantee your well-being, please let us know about any allergies, afflictions, accidents or intolerances.

SAUNA-ZONE

Please note that this area is for nude bathing only. Our sauna is open for children aged 14, only accompanied by an adult.

QUIET ZONE

Please do not use electronic devices. We remind you that the entire SPA zone is an area for relax and quiet.



Antermoia SPA

OPENING HOURS ANTERMOIA SPA

Opening hours pools and fitness room 7.30 – 19.30

Opening hours Sauna area 14.00 – 19.30

Opening hours Beauty and Massage 9.00 – 19.30

ANTERMOIA POOL

The water zone shining in light with an exceptionally generous indoor pool: depth 1,35m, length 20m, water temperature 30° C. Loungers with view on the Dolomites.

ANTERMOIA SAUNA

Finnish sauna, steam bath, Bio-sauna (nudist area) and relax area.

ANTERMOIA FITNESS

200 m² fitness room with premium equipment by „David“ and „Technogym“.

ANTERMOIA ALPINE GARDEN

Relax garden with ponds, Kneipp path and Dolomites view.

ANTERMOIA BEAUTY & SPA

Exclusive facial and body treatments, massages, water baths and compress with skin care lines by REVIDERM and the alpine wellness line by Dr. VITALIS. Joseph, South Tyrol.

Extension from hotel room to SPA: 599 or 540



Beauty Classic

HAND AND FOOT CARE

Manicure.....	40 Min.	€ 42,00
Pedicure.....	50 Min.	€ 52,00
Nail polish		€ 10,00
Manicure and Pedicure with Nail polish.....	90 Min.	€ 95,00

COSMETICS

Eyebrow trimming		€ 17,00
Eyebrow coloring.....		€ 16,00
Eyelashes coloring		€ 19,00
Eyelashes and eyebrows coloring.....		€ 27,00

DEPILATION

Depilation upper lip		€ 10,00
Depilation armpit.....		€ 17,00
Depilation bikini area.....		€ 17,00
Depilation arms.....		€ 24,00
Depilation legs up to knee		€ 26,00
Depilation full legs		€ 35,00



Dolomites body rituals in the tub Vitalis

ORIGINAL SEISER ALM HAY RITUAL

The herbs and flowers of Seiser Alm gently strengthen your body, support blood circulation, loosen tired muscles and alleviate rheumatism and joint pains. The hay essence shower optimally prepares the skin for the soft hay pack in the steam tub. After a pleasant rest, you will enjoy a revitalizing neck-shoulder massage. This treatment is only of limited suitability for allergy sufferers.

.....	50 Min.	€ 69,00
with partial massage.....	80 Min.	€ 99,00

ANTERMOIA APPLE RITUAL

The natural essences of the apple, rich in vitamins and minerals, support skin regeneration and have an exceptionally refreshing effect on the body. The ensuing apple shower stimulates and optimally prepares your skin for the intensive treatment with apple emulsion and fresh apples. Comfortably wrapped, you relax in the steam tub before the treatment concludes with an energetic neck-shoulder massage.

.....	50 Min.	€ 69,00
.....	80 Min.	€ 99,00

Your wellness experience in the Tyrolean bathing room starts with a fragrant cup of herbal tea or a glass of apple juice and a Kneipp bath.



Specials

RITUALE FANGO

Body wrap to regenerate, detoxify and activate the whole body.

..... 50 Min. € 75,00

REVITALIZING LEGS RITUAL

Arnica and blueberries wrap to purify and drain. Ideal after physical activity following a stimulating leg massage.

..... 50 Min. € 75,00

FACE TREATMENT WITH PLASTER PUSH-UP EFFECT

The treatment includes a purification and a peeling. Serum contains vitamin C, collagen and elastin. It is perfect for a plaster push-up effect for the face.

..... 50 Min. € 95,00



Massagges

CLASSIC MASSAGE

Full body massage 50 Min. € 65,00

Partial body massage 25 Min. € 41,00

BACK AND FOOT MASSAGE 50 Min. € 70,00

RELAX MASSAGE 50 Min. € 65,00

AROMATIC OIL MASSAGE 50 Min. € 70,00

HEAD – NECK – BACK MASSAGE 50 Min. € 70,00

SPORTS MASSAGE

Full body massage 50 Min. € 72,00

Partial body massage 25 Min. € 51,00

CANDLES MASSAGE 50 Min. € 70,00

BACK CUPPING MASSAGE 25 Min. € 51,00

LYMPH-STIMULATING MASSAGE

Full body massage 50 Min. € 72,00

Partial body massage 25 Min. € 51,00

REFLECTIVE FOOT MASSAGE 25 Min. € 51,00

LEG AND FOOT MASSAGE 25 Min. € 51,00



Dr. Joseph Face Bio treatment for her and him

CLASSIC FACE TREATMENT

In-depth cleaning specific to your skin type based on the method of TEAM DR JOSEPH: Starting with warm herbal compresses, a gentle massage stimulating the lymphatic system, peeling, cleansing with cupping glasses and deep cleansing, followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.
..... 50 Min. € 67,00

CELLULAR RECREATION FACE TREATMENT

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program based on the method of TEAM DR JOSEPH. Skin diagnostics, contouring your eyebrows, a massage stimulating the lymphatic system, warm herbal compresses, peeling, deep cleansing with cupping glasses, special serum, a modulated facial massage, an intensive facial mask and finally, individual daily skin care. With highly effective natural active ingredients for healthy and thoroughly cared skin.
..... 80 Min. € 105,00

ADVANCED BIO LIFTING FACE TREATMENT

The holistic maximum program based on the method of TEAM DR JOSEPH: intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics, contouring your eyebrows, a massage stimulating the lymphatic system, warm herbal compresses, peeling, deep cleansing with cupping glasses, special serum, a bio-energetic lifting massage, an intensive facial mask and finally, individual daily skin care and stabilization. Nature’s high tech solution for a sustained impact, immediate visibility and maximum effect.
..... 110 Min. € 135,00

Cuddles for her and him

ALPINE RELAX

Exciting relax with warm and fragrant towels for neck and back. For legs a lymphatic massage and then a special relaxing back massage.
.....50 Min. € 75,00

ALPINE BALANCE (against daily stress)

“Luffa” massage with herbal wrap
Effective treatment with rich products in natural substances and extracted from the alpine world has a purifying, detoxifying and balancing effect.
.....50 Min. € 75,00

ALPINE SPICE

Body wrap with hot spicy herbs oil (the aromas vary according to the seasons)
Brightened by a foot, hand and face massage (25 min.) and finally a relaxing body massage (50 min.)
.....80 Min. € 90,00



Wellness packages

Excellent against fatigue, muscle tension, heavy legs and cellulite

BANDAGES LEGS

- Detox (papaya extract)
- Revitalizing (algae extract)
- Tonic (Coffee and Guarana)

..... 25 Min. € 45,00
 With relaxing partial massage 50 Min. € 79,00

We recommend a minimum of 3 treatments for an excellent result.

For all our teenagers (up to 14 years)

Classic face treatment 50 Min. € 59,00
 Mini face treatment 25 Min. € 39,00
 Mini pedicure/manicure 25 Min. € 29,00
 Back or foot relax massage 30 Min. € 35,00
 Full body massage 40 Min. € 45,00



Reviderm High – Tech face treatment for her

CLASSIC FACIAL

This treatment is tailored to the individual needs of your skin and leaves it refined and smooth. It includes micro or enzyme exfoliating scrub, active components concentrate, massage and cream treatment.

..... 50 Min. € 69,00

ANTI AGING FACIAL

This intensive treatment provides lasting regeneration and care for your skin. Wrinkles are visibly smoothed out. It includes micro exfoliating scrub, active components concentrate, massage, rich collagen mask or ultrasound and revitalizing cream treatment.

..... 80 Min. € 119,00

MANAGERESS TREATMENT

Tired and stressed skin is effectively soothed, cell activity is stimulated and the skin renewed from the inside. It includes micro exfoliating scrub, active components concentrate, massage, refreshing-collagen mask and vitalizing cream treatment.

..... 110 Min. € 139,00

FACIAL DE LUXE

For a radiantly clear complexion and a sense of well-being. It includes micro exfoliating scrub, active components concentrate and ultrasound treatment, massage, intensive eye care, mask and rich cream treatment.

..... 110 Min. € 149,00



Reviderm High – Tech face treatment for him

SPORT MAN'S BASIC

Classic facial - individualized and adapted to your skin's requirements, this treatment provides a fine complexion. It includes micro exfoliating scrub, active components concentrate, massage and cream care.

.....50 Min. € 69,00

BIO EXPRESS POWER

Powerful, natural, effective: deep cleansing, special serum, intensive mask with a face, nape and shoulder massage and an individual day cream.

.....50 Min. € 89,00

VITAL MANAGER TREATMENT

Lasting vitality and freshness

Tired and stressed skin is efficiently soothed, cell activity stimulated and the skin renewed from the inside. It includes micro exfoliating scrub, active component concentrate, massage, refreshing collagen mask and vitalizing cream treatment.

.....80 Min. € 119,00



Dr. Joseph Bio body treatments

PEELINGS

All scrubs promote skin regeneration and activate the lymphatic system.

- **Mountain salts:** detoxifying
- **Thalasso:** draining
- **Fruit acids (vitamin C):** balancing, antioxidant
- **Kiwi:** rich in vitamins
- **Blueberry:** great for sensitive skin
- **Grapefruit:** regenerating

.....25 Min. € 40,00

With relaxing partial massage.....50 Min. € 79,00

PACKS IN THE VITALIS TUB

The head remains outside the steam bath, a unique variant of their kind. Precious oils and customized packs are spread on the body. Our nourishing wraps give hydration and revitalize the body.

- **Stone pine**
- **St. John's wort**
- **Arnica**
- **Apple**
- **Evening primrose oil**
- **Clay**
- **Seaweed**
- **Coffee and Guarana**

Pack of your choice25 Min. € 50,00

With relaxing partial massage.....50 Min. € 79,00