



SEELEITEN

LAKE SPA HOTEL

25/26  
EN

# Welcome to the Ninfea Spa

Each of us is unique – and so are our spa treatments. Adopting a holistic approach, we help you regenerate and foster your health and physical fitness. A relaxing massage, physical therapy, medical cosmetics, or our signature treatment: we will treat you to an exquisite spa experience. We look forward to welcoming you!

*Compet Sara*  
Spa Manager



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

**CRYOTHERAPY**

# 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.

**IHHT**

# New energy for your cells

**IHHT**

45 min | 149 Euro  
 3 sessions | 390 Euro  
 10 sessions | 1.100 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.



# Bridging sports and health

Together, our team represents cutting-edge methods, targeted training, and sustainable treatments in order to support your body in the best possible way. Physical therapy, along with IHHT and cryotherapy, plays a pivotal role in that regard.

## 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.

## MANUELLE THERAPIE

50 min | 130 Euro

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



## LONGEVITY

# The formula for a long life

Thanks to a holistic “longevity” approach, health and beauty go hand in hand at the SEELEITEN hotel. The perfect amalgamation of advanced skincare, dynamic exercise, and therapeutic treatment results in a comprehensive wellness concept which strikes a lasting balance between body and soul.

## COSMETICS

# 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 Mesoesthetic, 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

## Beautiful eyes

### BALANCE EYES

25 min | 49 Euro

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 €.

### EYEBROW LIFTING

50 min | 95 Euro

Full, dense, and harmoniously shaped brows through professional correction and tinting. The effect lasts 6–8 weeks for a long-lasting, well-groomed look.

### 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.

### EYELASH AND EYEBROW LIFTING

75 min | 145 Euro

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

### AGE ELEMENT: BEAUTY IN EVERY AGE

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 MESOESTETIC

50 min | 145 Euro

75 min | 189 Euro

A highly effective combination of transcutaneous active ingredient infusion, bipolar radiofrequency, and electrical muscle stimulation revitalizes the skin. By specifically activating collagen production and strengthening facial muscles, it creates a firmer, more youthful complexion – with visible results after just one application.

### BALANCE FACE CARE

50 min | 95 Euro

75 min | 145 Euro

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

### 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.



# Hand and footcare



## MANICURE WITH OR WITHOUT NAIL VARNISH

50 min | 70 Euro

## QUICK TO GO MANICURE

25 min | 49 Euro

## PEDICURE WITH OR WITHOUT NAIL VARNISH

50 min | 70 Euro

## LUXURY MANICURE WITH OR WITHOUT NAIL VARNISH

75 min | 110 Euro

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

## LUXURY PEDICURE WITH OR WITHOUT NAIL VARNISH

75 min | 110 Euro

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 Euro

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 Euro

# 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.

## BODY SHOCK

50 min | 130 Euro

Customized 6-zone body treatment. A scrub with active ingredient massage for tightened contours and improved skin. Ideal for water retention, fat accumulation, or saggy skin.

## HOT WAX DEPILATION

Half leg, underarm

and bikini zone 80 Euro

Full leg 60 Euro

Back 49 Euro

Belly and chest 49 Euro

Face 45 Euro

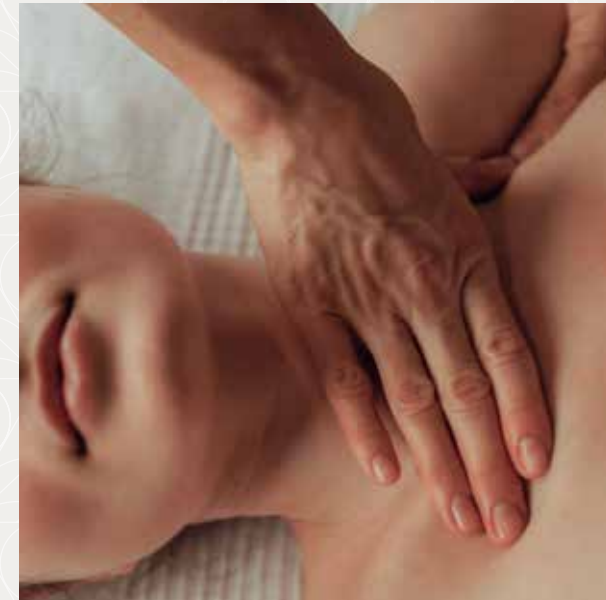


## MASSAGES

# 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.

# SEELEITEN Signature



## THE POWER OF THE VINEYARDS

75 min | 180 Euro 

This ritual combines the regenerative powers of the vine with deep-action relaxation techniques specially designed together with spa experts.

Like a good wine, deep relaxation also unfolds in finely tuned stages. The ritual begins with a foot bath with vine leaf tea, preparing the body for the treatments to come. Special

breathing exercises and soft pulsation bring you inner peace and quiet while a myofascial release massage with vine wood releases tension. After that, a high-mineral compress with medicinal clay and grape seed oil replenishes the skin with essential nutrients. A face massage relaxes your features whereas hot stones create a sense of safety 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 for a strong back**

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 for 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 for 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 for 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.

## RELAXING MESSAGES

# Tailored to your wishes

50 min | 95 Euro 

75 min | 135 Euro 

Every body is unique – and so should your relaxing massage be. Our personalized treatments allow you to choose the focus according to your needs – be it the whole body, your back, or your feet. Consult with our empathetic, experienced team to identify your needs and curate a customised treatment for you. Adopting a holistic approach, we help you relax and regenerate and foster your physical fitness and long-lasting health. Immerse yourself in pure relaxation.

### PARTIAL BODY MASSAGE

25 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

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.

## THERAPEUTIC MESSAGES

# Holistic well-being

### TAILORED FOR YOUR SENSES

50 min | 99 Euro

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 | 99 Euro

75 min | 130 Euro

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.

### SPORTS MASSAGE

50 min | 99 Euro

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



### NUAD SEN THAI MASSAGE

75 min | 145 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.



# Packs



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

## SPORT PACK

25 min | 52 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.

## DETOX PACK

25 min | 52 Euro

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

## RELAX PACK

25 min | 52 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.

## ANTICELLULITE PACK

25 min | 52 Euro

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

## PACK WITH MASSAGE

50 min | 95 Euro



# Exklusive Coaching

## PERSONAL FITNESS COACHING

60 min | 79 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.

## 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.

# Treatment packages

## WOMEN LUXURY

225 min | 399 Euro

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

## GENTLEMAN'S DAY

100 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

50 min | 90 Euro

- Massage with honey or chocolate 25 min
- Manicure with colorful varnish 25 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 | 265 Euro

- Cryotherapy
- IHHT
- Sports massage

## DETOX PACKAGE

150 min | 260 Euro

- Thalasso ritual
- Lymphatic drainage
- Detox pack

# Arrive, unwind, unfurl.

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.

## 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**

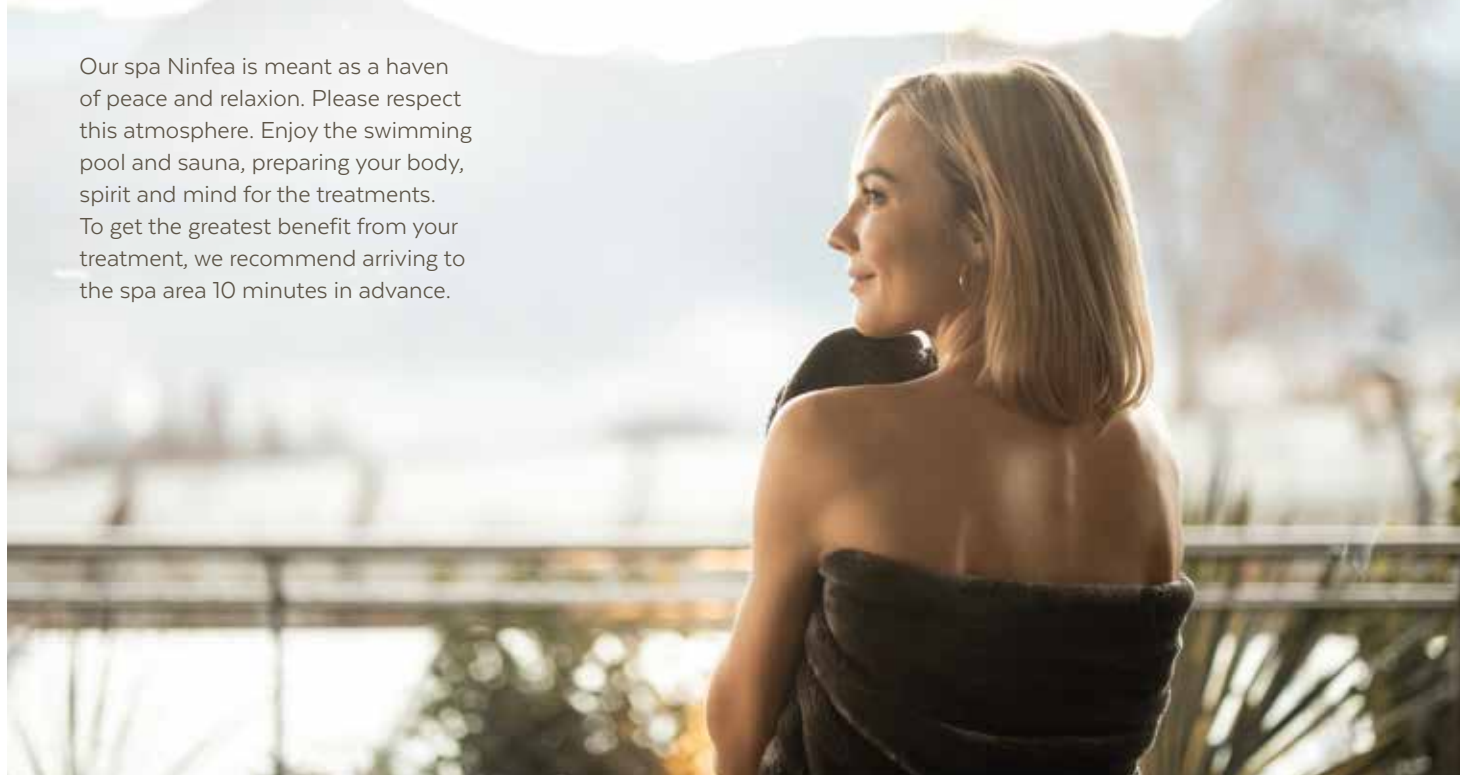
Bathrobe and bathing slippers are appropriate wear for your spa visit. Please wear long, soft clothing for dry massages.

### **THERAPIST PREFERENCE**

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

### **DELAYS AND CANCELLATIONS**

Please 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 online.  
[seeleiten.it/app](https://seeleiten.it/app)

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KALTERN *am See*  
CALDARO *al lago*



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weingut | tenuta moser