

simply: beautiful.
Treatments & Packages

Care for your face

Simply: book.

Our spa team is looking forward to receiving your reservation, via phone, email or directly via our website.

vigilius mountain spa

spa@vigilius.it

Tel: +39 0473 556652

Internal: 52

www.vigilius.it

Facials à la carte – Salin de Biosel

Each facial can be perfectly tailored to you, making it personal and unique. The ingredients of roots, bark, leaves and flowers from a whole variety of plants have their own energetic identity and are either calming (yin) or stimulating (yang). The energy balance in the skin's tissue can be restored thanks to these properties.

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| Deluxe: with special active ingredient concentrate | 80 min | Euro 136,- |
| Intensive | 80 min | Euro 121,- |
| Business | 50 min | Euro 84,- |

Manicure and pedicure

Facials by Sodashi – pure relaxation with pure raw materials

After a gentle wash using cleansing milk and a peel, a warm face compress pampers your skin. The face massage afterwards prepares the skin for the face pack, chosen specifically for your individual needs. The high-quality products from Sodashi leave your skin looking radiant with a fresh, clear complexion. Choose between:

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| Thermal shaping: a natural luxurious face lift, nourishing and lifting the skin | 80 min | Euro 179,- |
| Vitality: strong anti-aging effect with marine minerals, protects against environmental influences | 50 min | Euro 122,- |
| Intensive Vitality: with an extended face and neck massage | 80 min | Euro 159,- |
| Radiance: a skin care range chosen especially for your skin type leaving you looking radiant | 50 min | Euro 114,- |
| Intensive Radiance: with an extended face and neck massage | 80 min | Euro 155,- |
| Men's Special: relaxing back peel along with a new freshness and vitality for your face | 80 min | Euro 159,- |

A luxury care programme for soft hands, relaxed feet and healthy nails.

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| Manicure | 50 min | Euro 56,- |
| Pedicure | 50 min | Euro 66,- |
| Intensive pedicure for tired feet | 80 min | Euro 98,- |
| Nail polish | | Euro 12,- |

In addition we offer depilation as well as eyebrow and eyelash tinting.

Body treatments

Aroma exfoliation massage with Sodashi

After a cleanse with high-quality Sodashi beauty products, mind and body take a breather and feel free of stress and tension. Choose between:

- Jojoba: moisturising, also suitable for sensitive skin
- Vanilla: nourishing, warming and gentle
- Green tea: detoxifying, stimulates circulation
- Balance: balancing, ideal for tired, aching muscles with a build-up of lactic acid

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| Aroma exfoliation massage with moisturising cream | 50 min | Euro 114,- |
| Aroma exfoliation massage with full body massage | 80 min | Euro 152,- |

Peel

Purity of the mountains

A breather for your skin. A peel removes excess dead skin cells from the top layer of skin and stimulates circulation. Your skin feels fresh, soft and smooth again and absorbs the cream or wrap better afterwards. Ideal at the start of any stay. Ideal to start your holiday with us. Choose between:

- Mountain pine peel made from dried mountain pine cones: very gentle and warming and regenerating
- Apple and honey polenta peel freshly prepared based on a recipe from the vigilius mountain spa, rich in vitamins and very moisturising
- Hay flower peel moderately energising and firming
- Mountain salt peel rich in minerals, strengthening and very stimulating

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| Peel with moisturising cream | 45 min | Euro 72,- |
| Peel with full body massage | 80 min | Euro 148,- |
| Peel with wrap and full body massage | 110 min | Euro 179,- |

Beneficial treatments

Gently wrapped up: Sodashi body wrap

A peel prepares your skin for the body wrap. A hair pack is massaged into the scalp during this therapeutic body wrap. Your skin is moisturised to finish. Choose between:

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| Detoxifying: with green tea and brown algae, special purifying effect | 80 min | Euro 170,- |
| with full body massage | 110 min | Euro 233,- |
| Firming: with jojoba pearls and pink clay – also suitable for pregnant women | 80 min | Euro 170,- |
| with full body massage | 110 min | Euro 233,- |

Relaxation for your head, arms and legs with Sodashi

A short journey through the Sodashi skin care ritual: A head massage releases tension and supplies the scalp and hair with valuable nourishment. An arm and leg peel and massage using high-quality plant essences give you new energy and vitality.

80 min | Euro 160,-

Intensive care treatment using mountain pine

Revitalising, energising peel with cream oil wrap and full body massage afterwards. Provides the skin with valuable nutrients. The body looks radiantly rosy and fresh.

80 min | Euro 130,-

Floating with ease

Floating gently wrapped up in the cosy warmth of the water, regeneration and well-being for your mind and body. Select products in the Soft Pack lounge cleanse, relax and revitalise the whole body and give you a feeling of weightlessness.

Hay bath – with mountain herbs from South Tyrol

Herbs stem exclusively from mountain pastures that are situated above 1,700 m. Cleanses and strengthens, releases tension and boosts circulation.

Algae – the power of the sea

Valuable active ingredients from the sea purify, detoxify and strengthen the body, firm connective tissue and stimulate circulation.

Brine and fango – rich in minerals

Brine fango stimulates the circulation and the metabolism and is excellent for muscular tension throughout the body.

Arnica and St. John's wort – experience a health bath

Arnica and St. John's wort, also grown up on Monte San Vigilio/Vigiljoch, have a positive effect on joints and muscles. This bath relieves stress and tension.

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| Wrap with tea | 45 min | Euro 79,- |
| Wrap with half body massage | 75 min | Euro 119,- |
| Wrap with full body massage | 95 min | Euro 148,- |
| Peel, wrap and full body massage | 110 min | Euro 179,- |

Bath with vigilius water

A whirlpool strengthens the mind and body. Muscles are relaxed and circulation is stimulated through hydro massage. Pick your favourite essence:

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| Mountain pine bath – stimulating and warming | 25 min | Euro 40,- |
| Swiss stone pine bath – calming and relaxing | 25 min | Euro 40,- |

Massages

The touch that moves body, mind and soul. Classic massages or the art of finger pressure according to Far Eastern teachings can be either harmonising and relaxing or empowering and invigorating depending upon the specific treatment.

Signature body massage with Sodashi

Gentle movements with light to moderate pressure increase the flow of energy and lymph flow throughout the body and release physical and emotional blockages. Sodashi's precious plant oils combined with natural essences also supply the skin with the nutrients it needs. Depending on the oil selected, the massage is relaxing, stimulating, harmonising or detoxifying.

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| Signature massage for one person | 50 min | Euro 109,- |
| Deluxe signature massage for one person | 80 min | Euro 168,- |
| Signature massage for couples | 50 min | Euro 218,- |
| Deluxe signature massage for couples | 80 min | Euro 336,- |

Classic massage

Aromatherapy oils massaged into the skin using gentle pressure release blockages and relax muscles. Energy and vitality can flow unhindered again and the skin looks radiantly rosy and fresh.

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| Half body massage | 25 min | Euro 47,- |
| Full body massage | 50 min | Euro 84,- |
| Deluxe full body massage | 80 min | Euro 129,- |

Intensive massage

Muscle relaxing massage, ideal before or after sport. The muscle fascia are loosened up using stretching grips and firm pressure deep down.

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| Half body | 50 min | Euro 109,- |
| Full body | 80 min | Euro 159,- |

Draining massage

A gentle massage where the lymph flow is stimulated to improve the elimination of toxins.

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| | 50 min | Euro 86,- |
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Shiatsu

Shiatsu, the ancient Far Eastern teaching of finger pressure, stimulates the body's own power of self-regulating itself. The natural balance of mind, body and soul is permanently restored through gentle stretching and careful stimulation of the meridians. The whole body feels as if reborn. Please wear light, comfortable clothing.

50 min | Euro 109,-

Plantar massage

The reflexology zones are stimulated and rebalance the body. A reflexology massage restores inner harmony and mobilises the body's own self-healing powers. A person's organ and tissue functions also improve as a result of this treatment.

With foot peel and wrap 50 min | Euro 86,-

Plantar massage 35 min | Euro 69,-

Combined foot and back massage 50 min | Euro 86,-

Intensive back massage

A warming wrap prepares the back for the back massage. Tension and blockages are released and energy can flow again.

50 min | Euro 84,-

A clear head and light feet

Warm foot compresses and aromatherapy inhalation accompany this massage. Your head and neck are loosened up, blood circulation and lymph flow are improved by the foot massage and the inner organs are activated.

50 min | Euro 84,-

Scalp treatment with Sodashi

Relaxing head massage with nourishing hair pack from Sodashi. Clarifies and cleanses the scalp. Boosts circulation and the growth of new healthy hair. Balances the production of grease and revitalises dry, damaged and coloured hair.

25 min | Euro 54,-

Silver quartzite primordial stone massage

An incense ritual and stone chants accompany this deeply relaxing treatment. The enormous power of silver quartzite works in combination with therapeutic herbs and warming tree oils. The soul acquires a new lightness of being and a feeling of being grounded via the senses.

80 min | Euro 130,-

Spa packages

Non-stop packages

Regeneration with Sodashi

These treatments reduce stress, supply skin with valuable nutrients and boost skin regeneration.

- Aromatherapy exfoliation massage using Jojoba
- Firming body wrap with pink clay and lavender
- Head massage with nourishing hair pack
- Facial: pure relaxation and vitality using marine mineral with powerful anti-aging effect

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| Non-stop | 2.5 hours | Euro 280,- |
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Stimulation with Sodashi

Your whole being is supplied with fresh energy through a peel, massage and facial.

- Aromatherapy exfoliation massage using Himalaya salts
- Signature body massage with a high-quality oil made from Macademia nut, lime and ylang ylang
- Facial: pure relaxation and vitality using marine minerals with powerful anti-aging effect

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| Non-stop | 3 hours | Euro 330,- |
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Purification with Sodashi

Half a day just to purify yourself. Pampered from head to toe: a peel, wraps, face masks and massage. Making the skin look firmer and feel silkier and really soft.

- Aromatherapy exfoliation massage using green tea
- Purifying body wrap with blue algae and green clay
- Head massage with nourishing hair pack
- Signature body massage using cypress, lemon and geranium
- Thermal shaping: a luxury facial with natural face lift effect

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| Non-stop | 4 hours | Euro 440,- |
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vigilius packages

vigilius alpine

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| Hay peel | 45 min | |
| Hay bath | 45 min | |
| Relaxing massage with South Tyrolean herbs | 50 min | |
| Bath with hydro massage with mountain pine or Swiss stone pine | 25 min | Euro 252,- |

vigilius zen

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| Shiatsu | 50 min | |
| Intensive à la carte facial | 80 min | |
| Plantar massage with foot peel and wrap | 50 min | Euro 299,- |

vigilius purity

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| Peel with algae wrap and purifying massage | 110 min | |
| Algae wrap with purifying massage | 95 min | |
| Intensive à la carte deep cleansing facial | 80 min | Euro 435,- |

vigilius slow down

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| Silver quartzite stone massage | 80 min | |
| A clear head and light feet | 50 min | |
| Signature body massage | 50 min | |
| Facial for pure relaxation and radiance with Sodashi | 50 min | Euro 430,- |

vigilius for Mums-to-be

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| Facial for pure relaxation and radiance with Sodashi | 50 min | |
| Draining massage | 50 min | |
| Firming body wrap with Sodashi | 80 min | |
| Shiatsu | 50 min | Euro 450,- |

Just for men

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| Aromatherapy exfoliation massage using Himalaya salts | 50 min | |
| Facial for pure relaxation and radiance with Sodashi using the men's range by Sodashi | 50 min | |
| Intensive back massage | 50 min | |
| Bath with hydro massage, with mountain pine or Swiss stone pine | 25 min | Euro 340,- |

move & explore

The mountains will revive your spirits! Take part in our free move & explore programme and book our personal trainer for an individual training session.

Personal Training

An individual training unit, designed entirely after your sporting preferences and training goals, for instance to strengthen your back, to build up muscles or to simply improve your level of fitness.

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| Individual lesson | 50 min | Euro 65,- |
| Personal training package of 3 hours | | Euro 170,- |

Vitality Check

A performance test on the ergometer measures the basal metabolic and performance rate and allows to establish precise recommendations on how to best reach your training goals.

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| Vitality Check | Euro 130,- |
| Vitality Check with training plan | Euro 220,- |

Fit Week

After the Vitality Check, our personal trainer establishes a custom-made training plan for you and guides you through your sporting week.

The fit week package includes a Vitality Check with training plan, 5 hours of personal training and two massages (50 min).

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| Per person | Euro 590,- |
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Information about our Spa

Opening hours:

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| Pool: | 7.00 a.m. to 10:00 p.m. |
| Sauna: | 3.00 p.m. to 10.00 p.m. or earlier on request |
| Spa reception: | 9.30 a.m. to 12.30 p.m. and 3.00 p.m. to 6.30 p.m. |
| Spa treatments: | 9.30 a.m. to 8.00 p.m. |

Contact:

vigilius mountain spa
spa@vigilius.it
Tel: +39 0473 556652
Internal: 52
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Facts:

1200 m² spa area with
56 m² (14 m x 4 m) indoor swimming pool
32 m² (8 m x 4 m) indoor and outdoor whirlpool
1 sauna approx. 85 C°
1 steam bath approx. 40 C°
11 treatment rooms
1 room for sporting activities and meetings

Our spa etiquette:

Enjoy the silence

at the vigilius mountain spa – a space for tranquillity and relaxation. Take all the time in the world to relax, rest and indulge.

To show consideration to our guests' need for quiet, we request you observe the following:

- Please conduct yourself in a quiet manner.
- Please leave mobile phones outside the spa area.
- Please leave objects outside the pool.
- Please refrain from jumping or diving into the pool.
- Please make sure to keep children under your supervision in the spa area at all times.
- Please wear swimwear in the pool area.
- The sauna and steam bath areas are naked areas, we therefore request that you take off any swimwear before entering the area. Our tip: Simply wrap a towel around your hips and chest.

We also recommend that you leave any jewellery and valuables in your room.

Flip flops and a brown bag with towels which can be used for your visit to the spa are provided in your room.

Booking

We recommend booking the treatments you want before you arrive. We will be happy to advise you on your choice.

Health

For your health's sake: Please let us know at the time of booking whether you are pregnant or have any health problems, such as high blood pressure, heart disease, metabolic issues or allergies or if you have recently had an operation. We kindly ask you to consult with your doctor to avoid any undesirable side effects.

Unless otherwise informed, we assume that you are healthy enough to enjoy the treatments offered by us.

Cancellation deadline

If you are unable to keep any of your appointments, we ask that you cancel it 24 hours beforehand. For last-minute cancellations, we charge the regular treatment price. Thank you for your understanding.

Clothing

Please wear your bathrobe to your treatment session. We will ask you to undress depending on the treatment. We will be happy to provide disposable underpants, and our spa staff will cover you up appropriately during the treatment.

For shiatsu treatments, we recommend that you wear light cotton clothes.

Time

To enjoy your full treatment time, please make sure to arrive at the spa reception approx. 5 – 10 minutes before the start of your treatment. If you are late, the time will be deducted from your treatment time.

Our tip: A visit to the pool or sauna before your treatment is an ideal preparation for your skin. It warms up the muscles, making them more relaxed, and it opens up the pores which means that care products are absorbed better.

Payment

Treatments and products are added to your room bill.

vigilius
mountain resort. **simply: be.**

vigilius mountain resort · Pawigl / Pavigolo 43 · 39011 Lana · South Tyrol · Italy
fon +39 0473 556600 · fax +39 0473 556699 · info@vigilius.it · www.vigilius.it