

simply: beautiful.  
Treatments & Packages

**Simply: book.**

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

vigilius mountain spa

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[www.vigilius.it](http://www.vigilius.it)

# Information about our Spa

## 1200 m<sup>2</sup> spa area with

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56 m<sup>2</sup> (14 m x 4 m) indoor swimming pool

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32 m<sup>2</sup> (8 m x 4 m) indoor and outdoor whirlpool

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1 sauna approx. 85 C°

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1 steam bath approx. 40 C°

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11 treatment rooms

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1 room for sporting activities and meetings

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## Opening hours:

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Pool: 7.00 a.m. to 10:00 p.m.

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Sauna: 3.00 p.m. to 10.00 p.m. or earlier on request

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Spa reception: 9.30 a.m. to 12.30 p.m. and 3.00 p.m. to 6.30 p.m.

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Spa treatments: 9.30 a.m. to 8.00 p.m.

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# Care for your face

## 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.

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

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

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## **Ytsara Facial Yoga** | NEW

This treatment bolsters the skin from the inside, smoothing out wrinkles. It makes the skin seem more alive by imparting a glowing complexion. Lotus fights the signs of ageing skin and increases the skin's moisture with marine extracts. A deep-reaching Jade stone massage stimulates the blood-circulation while supplying the skin with more oxygen.

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45 min | Euro 82.-

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## **Ytsara Flawless Eye Contour** | NEW

Protect and enhance the sensible skin surrounding the eye with an intensive treatment. Plankton extract and microalgae reduce or even dissolve those fine lines and increase collagen formation. Protective ginkgo and horse chestnut make the skin look brilliant and reduce swellings. Corn-blossom moisturizes and soothes. The signs of age are reduced so as to let the eyes appear youthful.

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45 min | Euro 82.-

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# Manicure and pedicure

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

Manicure	50 min	Euro 56.-
Pedicure	50 min	Euro 66.-
Deluxe pedicure	80 min	Euro 98.-
Nail polish		Euro 12.-

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

For further information please contact our Spa Reception.

# 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 full body massage

80 min |

Euro 152.-

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# Peel

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
- Hay flower peel moderately energising and firming
- Mountain salt peel rich in minerals, strengthening and very stimulating

Peel with moisturising cream	45 min	Euro 72.-
Peel with full body massage	80 min	Euro 148.-
Peel with wrap and half body massage	80 min	Euro 148.-

## Body wraps

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.-

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## Body packages

Floating gently wrapped up in the cosy warmth of the Soft-Pack-lounger, regeneration and well-being for your mind and body. Select products 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**

Purifies, detoxifies and tightens the body, strengthens connective tissue and stimulates 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. Acts positively on joints and muscles, relieves stress and loosens 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.-

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## 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.-

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# 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.-

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## Classic massage

Nourishing 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.-

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## Deep 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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Back & legs	50 min	Euro 109.-
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## Intensive back massage

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

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with cupping	50 min	Euro 84.-
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### **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.

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80 min | Euro 130.-

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### **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.

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50 min | Euro 109.-

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## 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.

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Plantar massage	35 min	Euro 69.-
Combined foot and back massage	50 min	Euro 86.-

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## 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.

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	50 min	Euro 84.-
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## 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.

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	25 min	Euro 54.-
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# 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**

Hay peel	45 min	
Hay bath	45 min	
Relaxing massage	50 min	
Bath with hydro massage with mountain pine or Swiss stone pine	25 min	Euro 252.-

## **vigilius zen**

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

## **vigilius slow down**

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**

Facial for pure relaxation and radiance with Sodashi	50 min
Draining massage	50 min
Firming body wrap with Sodashi	80 min
Shiatsu	50 min

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Euro 450.-

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### **Silver quartzite Detox “Art of Simplicity” 5 Days | NEW**

Silver quartzite “Urstein Massage”	80 min
Silver quartzite Cleansing Ritual	80 min
Mineral Sport Intensive Detox	75 min
Mineral Feet Detox	50 min
Detox – Silver quartzite Soft Pack	110 min

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Euro 615.-

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### **Silver quartzite Detox “Art of Simplicity” 3 Days | NEW**

Silver quartzite – Ritual Smoke Offering	
Head Ritual (Ears)	60 min
Detox – Silver quartzite Soft Pack	110 min
Mineral Feet Detox	50 min

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Euro 335.-

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# 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, for rehabilitation or simply to improve your level of fitness.

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Individual lesson (per person)	50 min	Euro 65.-
Personal training package of 3 hours (per person)		Euro 170.-

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## Vitality Check

Measurements of your cardiorespiratory fitness and basal metabolic rate are important indicators for your general health and can help you reach your training goals.

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Vitality Check

Euro 130.-

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## Fit 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 580.-

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# 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 kindly ask you to 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 note that children are not allowed in the spa area after 5 pm.
- Please wear swimwear in the pool area.
- The sauna and steam bath areas are naked areas, we therefore ask you to 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.**

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