

512



Beauty

Wellness

*Lavandula officinalis*



Effective skin care from head to toe, rejuvenating baths that regenerate every single muscle, and gentle peelings: Relying on the power of nature, we offer the perfect treatment for your individual needs.

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# Facial care



## Team Dr. Joseph facial care

For women & men

The highest priorities for Team Dr. Joseph are purity, quality and sustainability. No raw material is too expensive, and all ingredients are certified organic and 100 % natural. The team's treatments are targeted toward nurturing and enhancing the feel and the health of your skin, and your beauty.

### Intense purifying face treatment

—  
The treatment begins with a gentle lymphstimulation massage, warm, damp herbal compresses, peel and deep-cleansing with cupping glasses, followed by a toning face pack, peel-off mask and nourishing cream selected for your skin type. For a visibly fresher complexion and a radiant vitality.

75 mins. – 98 Euro

### Advanced bio lifting face treatment

—  
Experience a truly unique beauty treatment with lymph stimulation massage, warm, damp herbal compresses, peel, deep-cleansing with cupping glasses, special serum, bio-energetic flower-blossom compress lifting massage and an intensive mask, rounded off with a nourishing cream selected for your skin type.

85 mins. - 120 Euro

### Cellular recreation face treatment

—  
A fabulously natural treatment with active ingredients selected specifically to your skin's needs, and instant results: Skin diagnostics, lymph-stimulation massage, warm, damp herbal compresses, peel, deep-cleansing with cupping glasses, special serum, facial remodelling massage, intensive mask and nourishing cream. Outstandingly effective active ingredients for a healthy, intensely nourished skin. High-tech nature for outstanding, lasting results.

75 mins. – 98 Euro

### Feel-good package

+ Cellular recreation  
face treatment  
+ Relaxing partial  
massage

130 Euro

# Cosmetics

## Eyes

- 
- Eyelash tint 16 Euro
- Eyebrow tint 16 Euro
- Eyebrow shaping 16 Euro

## Depilation

- 
- Full leg 43 Euro
- Leg to knee 28 Euro
- Bikini area 20 Euro
- Back 25 Euro
- Arms 25 Euro
- Underarms 18 Euro
- Upper lip 11 Euro



## Pedicure

—  
Refreshing foot bath, classic pedicure and moisturising massage to round off.  
47 Euro

## Pedicure with polish

—  
Incl. nail polish to take away.  
54 Euro

## Pedicure with permanent nail polish

—  
Classic Pedicure with permanent nail polish. Lasts up to 4 weeks.  
63 Euro

## Spa Pedicure for silky-soft feet

—  
Optimal care programme for dry, cracked feet: with peel, foot care, mask, massage.

80 mins. – 71 Euro

## Manicure

—  
Classic Manicure with nourishing, moisturising massage.  
41 Euro

## Manicure with polish

—  
Incl. nail polish to take away.  
48 Euro

## Manicure with permanent nail polish

—  
Classic Manicure with permanent nail polish. Lasts up to 2 weeks.  
57 Euro

## Care for hands & feet

+ Manicure  
+ Pedicure

83 Euro

# Body care



## Body scrub

—

A body peel cleanses the skin deeply and intensely, removes dead skin cells and leaves your skin feeling silky soft. Products applied to the skin after a peel penetrate more deeply, allowing their effects to unfurl to the full.

Peeling of your choice  
20 mins. – 39 Euro



## Cellulite Body Ritual

—

Experience a unique cellulite treatment with outstanding results: revitalising body peel, stimulating cupping-glass treatment with body-shaping cellulite massage and an algae bath for extra moisture and a metabolism boost.

75 mins. – 95 Euro

## Abdomen Vitality

—

During the Abdomen Vitality programme, the stomach area is decongested and the circumference of the abdomen is reduced. The aim of this massage is to gently stimulate peristalsis, with a resultant improvement in the tone and firmness of the body's contours.

50 mins – 72 Euro

## Relaxation Body Ritual

—

A body peel starts off this treatment, followed by a relaxing massage with soothing essential oils and a comforting body wrap with a nurturing, calming effect.

75 mins. – 95 Euro

## Back Vitality

—

Intensive back treatment with highly-effective natural ingredients. This back programme is tailored to your own specific needs and includes massage, cupping and heat treatment to ease tense muscles and relieve blockages.

45 mins. – 72 Euro

## Body packages

+ Body scrub  
+ Nourishing body pack

50 mins. – 77 Euro

—

+ Body scrub  
+ Nourishing full massage

70 mins. – 97 Euro



# Massages



## Classic

### Classic Massage

—  
Kneading, stroking and rolling techniques stimulate blood flow to the muscles and revitalise the body. The positive effect on the central nervous system triggers an instant sensation of wellbeing and relieves muscular tension.

Full massage  
50 mins. – 69 Euro

Partial massage  
25 mins. – 42 Euro

### Foot stimulation massage

—  
This massage has a beneficial effect on a variety of the body's organs as well as the lymphatic and nervous system. It boosts blood circulation, eases stress and relieves tension and blockages. With a revitalising herbal foot bath.

40 mins. – 65 Euro

### Sports massage with arnica oil

—  
Particularly beneficial after sporting activity. Vigorous massage techniques together with arnica oil bring relief to overworked muscles.

Back and legs  
45 mins. – 72 Euro

### Lymph stimulation massage

—  
An extremely gentle, relaxing massage with stroking and pumping movements to stimulate the entire lymphatic system, ease puffiness and congestion and detoxify the body.

50 mins. – 72 Euro  
25 mins. – 44 Euro

### Head, neck and shoulder massage

—  
The combination of targeted massage techniques, warm basalt wands and highly-effective plant extracts ease tension in the head, neck and shoulder area.

50 mins. – 72 Euro

### Individual massage

—  
Is a rehabilitation technique in which various techniques of manual manipulation are carried out. Our physiotherapist recommends exercises at home that you can use every day to do something good for your body.

50 mins. – 79 Euro

### Stronger back

+ Back "Vitality": tailored back programme with massage, heat treatment and cupping to ease tense muscles and relieve blockages  
+ incl. Arnica sports balm to take away (50 ml)

50 Min. – 84 Euro

## Aromatic oil massage

This massage helps us to meet your needs to the full. Sculpting massage techniques together with the selected essential oil ease tension and rigidity, leaving your muscles feeling liberated, smooth and supple:

### Harmony

—  
The aroma massage oil spoils you with a fresh scent of coniferous wood and the sweet notes of vanilla and citrus fruits in a gentle calm. Its base of almond, jojoba and quality marigold oil offers protection for delicate skin.

### Vitality

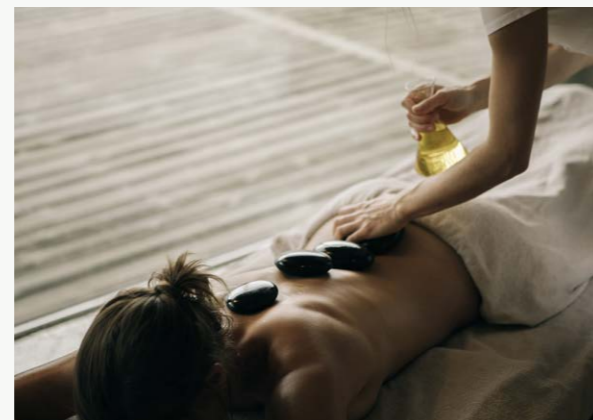
—  
For a vitalizing and activating massage. Precious arnica extracts in combination with jojoba, almond oil and juniper from the Alps give this massage oil its powerful note and its unique fragrance.

### Firming & Toning

—  
This firming and toning aroma massage oil with ivy extract and selected power ingredients gives the body a pleasant invigorating feeling of dynamic freshness and stimulates the microcirculation of the skin.

Full-body oil massage  
Harmony, Vitality or Firming & Toning  
50 mins. – 72 Euro

Full-body oil massage  
Harmony, Vitality or Firming & Toning  
with head & scalp massage  
75 mins. – 97 Euro



## Extraordinary

### Deep relax stone massage

—  
At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage – primal power for your body and soul.

Full-body massage  
50 mins. – 72 Euro

Full-body massage  
with head and scalp massage  
75 mins. – 97 Euro

### Herbal stamp massage

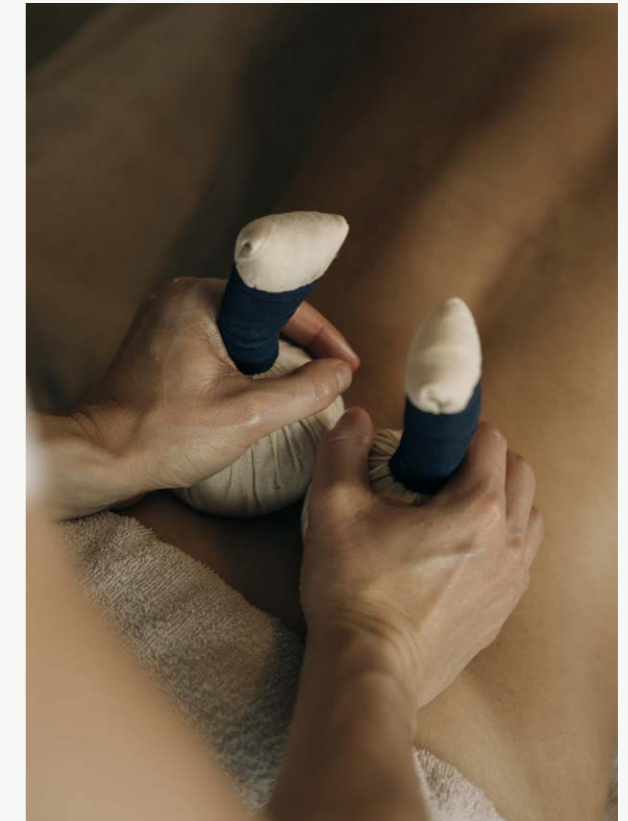
—  
The herbal stamp massage is invigorates and purifies the body. The heat and herbs have a restorative, purifying effect on the skin.

50 mins. – 79 Euro

### Singing bowls massage

—  
The singing bowl massage will lead you to a sensation of pure well-being and a state of deep relaxation: Breathing becomes calmer and deeper, and tension and blockages are eased. The singing bowl massage brings body, mind and spirit into harmony.

50 mins. – 72 Euro



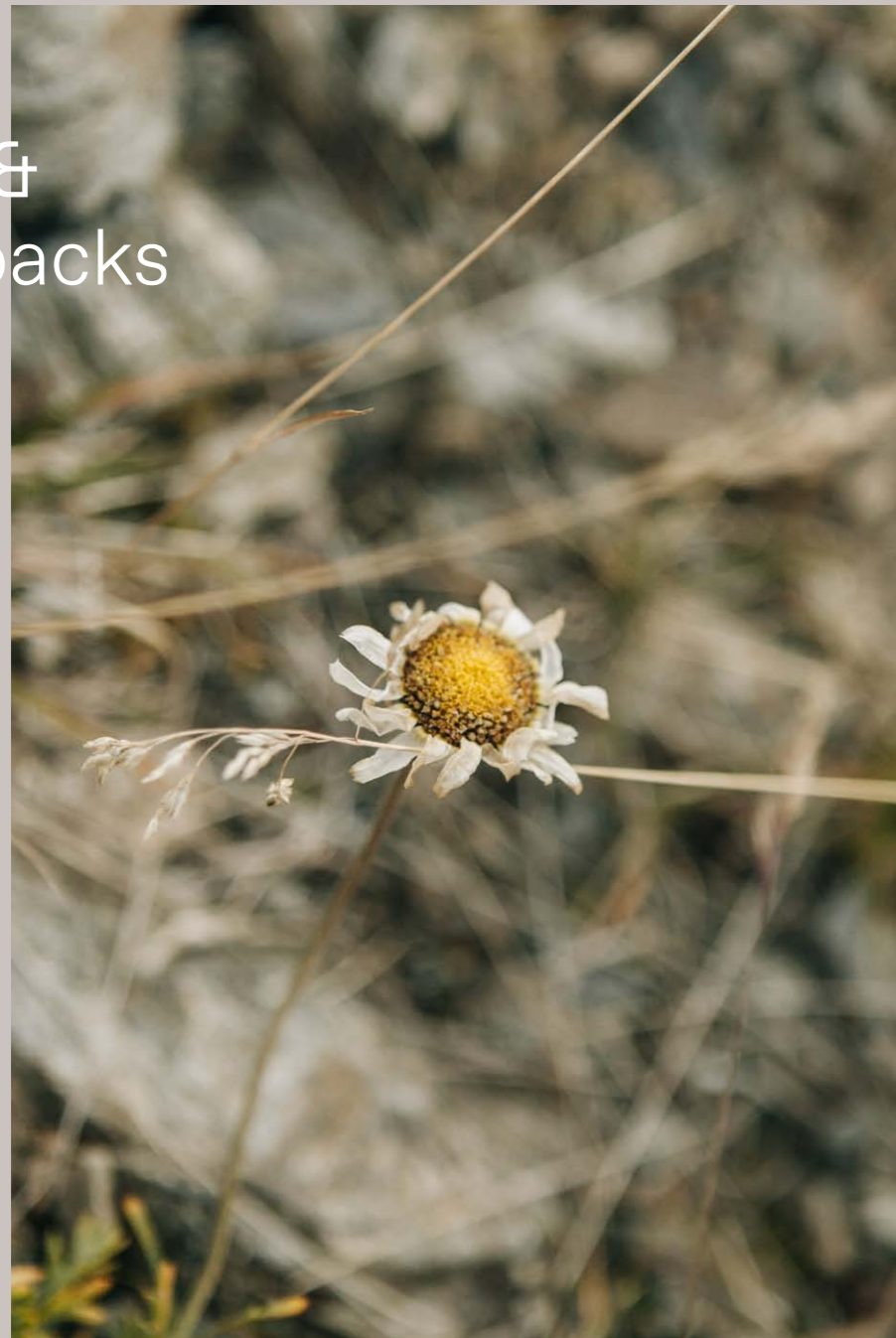
### Deluxe für 2

+ Hay scrub  
+ Full massage

For 2 persons  
70 mins. – 199 Euro



## Baths & body packs



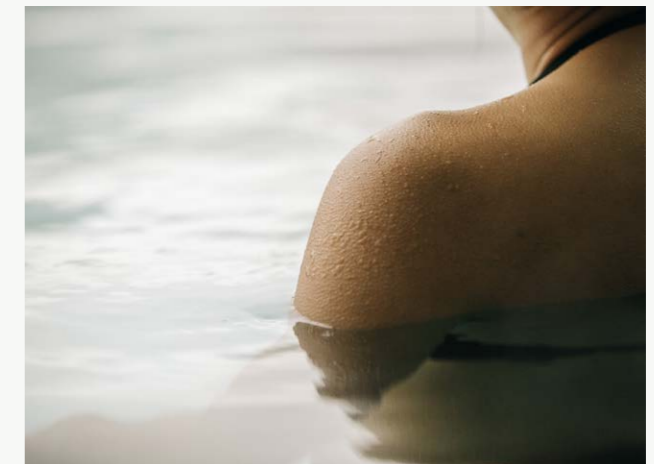
## Baths in the imperial tub

Winding down in water – A bath in the Imperial tub is a tonic for body and soul, and its soothing warmth is the perfect way to de-stress and replenish your energy reserves. Enjoy a bath on your own or as a couple.

### Stone pine bath with crystal salt

—  
A sea salt bath has a regenerative effect on the skin, tones the connective tissue and boosts the metabolism. The natural, fresh scent of stone pine has a liberating, clarifying, calming effect and promotes restful sleep.

Bath alone or as a couple  
20 mins. – 49 Euro



### Milk bath Skin care

—  
The milk and honey bath is particularly well-suited to sensitive skin. For smooth, deeply-moisturised skin.

Bath alone or as a couple  
20 mins. – 49 Euro

### Stone oil bath for hikers and sports enthusiasts

—  
The stone oil bath is an age-old home remedy for overworked muscles and joints. The active substances held within stone oil are considered to have healing and nourishing properties.

Bath alone or as a couple  
20 mins. – 49 Euro

Pure relaxation for 2  
+ Bath of your choice  
in the imperial tub  
+ 2 full massages

For 2 persons  
70 mins. – 175 Euro

## Floatation bed body packs

Floating weightlessly in 38°C water, yet your skin remains completely dry. The pleasant warmth helps your pores to open and stimulates the microcirculation, allowing the body pack to work to its full advantage. The pinnacle of skin care and relaxation, guaranteed!

### Arnica pack

—

The perfect body pack to give tired muscles and joints a new lease of life. The combination of active substances includes arnica and St. John's Wort to release stress and relieve tension.

20 mins. – 43 Euro

### Original South Tyrol hay bath

—

The South Tyrol mountain hay vanquishes all tiredness and stress. The scent of mountain hay and the warmth of the bath fill you with a renewed sensation of vitality and well-being. The hay bath has a detoxifying effect, and eases limb and back pain.

20 mins. – 43 Euro

### Anti-aging body pack

—

The power of grapes and sea buckthorn come together to give you a radiant, youthful glow. This beauty pack enhances the skin's self-protective mechanisms and leaves your skin feeling toned and smooth.

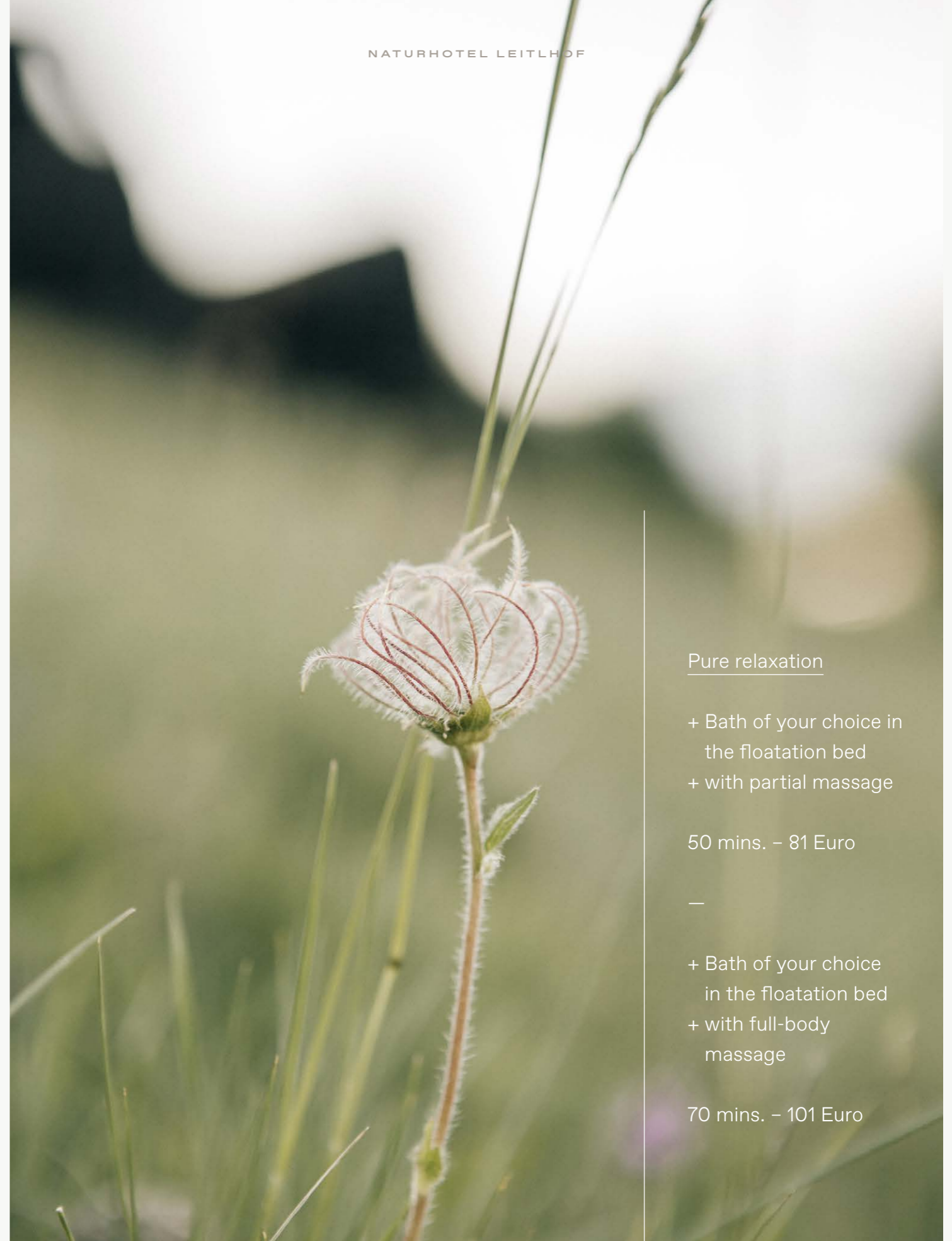
20 mins. – 43 Euro

### Detox pack

—

Alpine mud is packed with all the scents of the Alps and natural sediments. This pack works to detoxify the body through the skin, and guarantees invigorating, revitalising results.

20 mins. – 43 Euro



### Pure relaxation

+ Bath of your choice in the floatation bed  
+ with partial massage

50 mins. – 81 Euro

—

+ Bath of your choice in the floatation bed  
+ with full-body massage

70 mins. – 101 Euro

## Wellness for pregnancy



Relaxation and pampering during pregnancy can be really beneficial for both: mum and baby. Enjoy one of our pregnancy friendly spa treatments.

### Team Dr. Joseph facial treatment

—  
A fabulously treatment with active ingredients for a healthy, intensely nourished skin.

50 mins. – 71 Euro

### Pregnancy Massage

—  
Relaxing pregnancy massage can reduce stress hormones and relieve muscle aches.

40 mins. – 59 Euro

### Manicure

—  
Classic manicure with nourishing, moisturising massage.

41 Euro

### Pedicure

—  
Refreshing foot bath, classic pedicure and moisturising massage to round off.

47 Euro

## Wellness for young luxury-lovers

For children & young people up to 18 years old



### Mini facial

—  
Designed to meet the needs of young skin, helps to rid the skin of impurities. With gentle scrub, relaxing massage and purifying mask.

45 mins. – 59 Euro

### Mini-manicure with nail polish

—  
Incl. nail polish to take away.

30 mins. – 29 Euro

### Kids massage

—  
Calming massage with scented and gentle products. Suitable for young skin. Up to 12 years old.

25 mins. – 35 Euro

### Mini-pedicure with nail polish

—  
Incl. nail polish to take away.

30 mins. – 29 Euro

### Teen massage

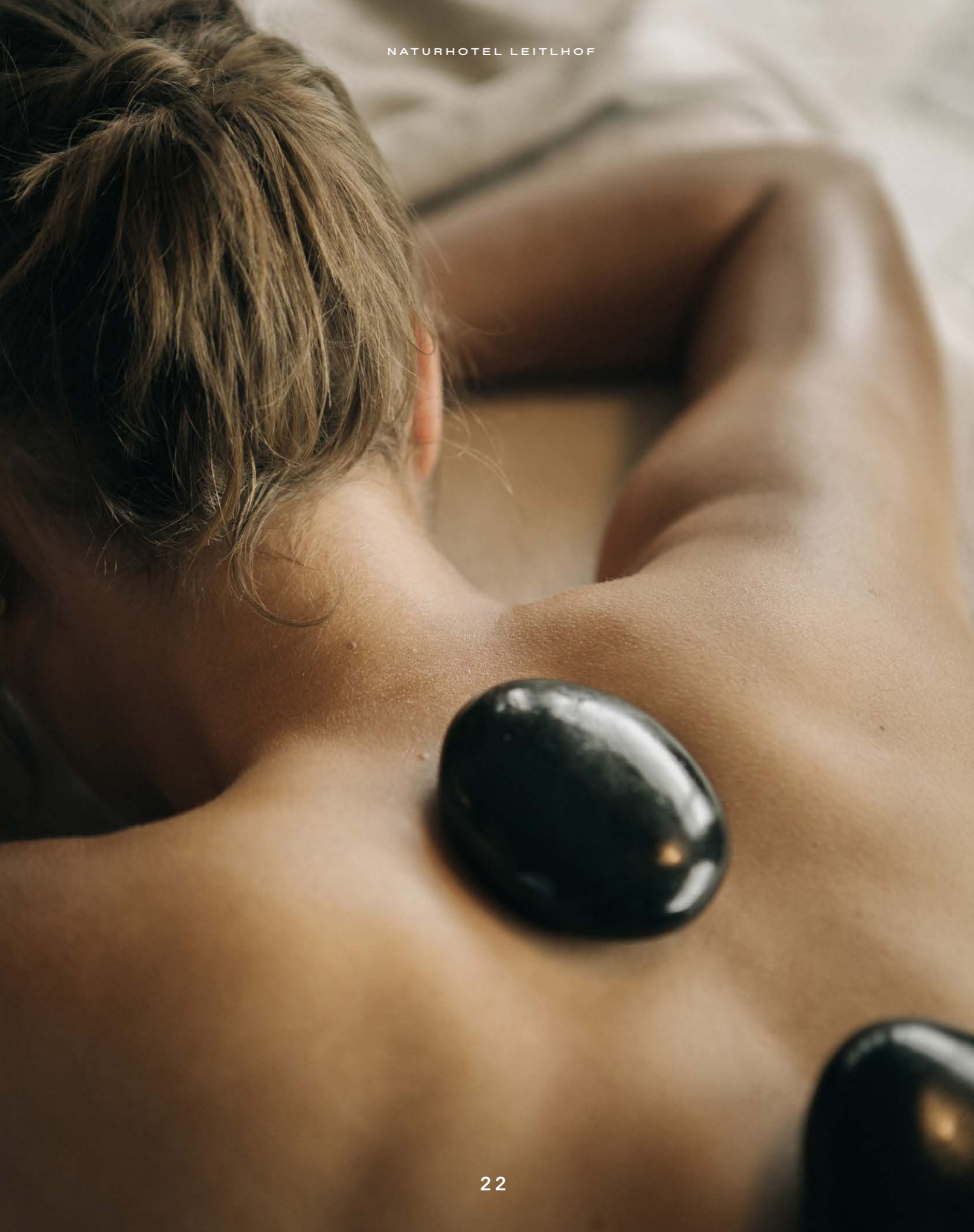
—  
Relaxing massage especially designed for teenagers. Up to 18 years old.

40 mins. – 59 Euro

### For mother & child

+ Lavender milk bath  
incl. bath ball  
with surprise  
+ Partial massage

45 mins. – 103 Euro



# Spa etiquette

## Enjoy the peace

Our Spa is a haven of peace and relaxation. We therefore ask our guests to:

- + Avoid the use of mobile phones
- + Not jump into the pool
- + The fitness room, the relaxation room and both outdoor saunas are reserved for adults only (from 18 years and over). Our younger guests can enjoy themselves in both pools.

## Appropriate clothing

- + Our sauna area is a no-clothing zone. Please do not wear bathing clothes here. Our tip: Wrap a towel around your hips and breasts.
- + We also recommend that you leave all jewellery and valuable objects in your room. In your room, you will find a wellness bag with bathrobe to use in the Spa. Bathing slippers can be requested at the reception.



## Booking

We recommend booking your treatments before your arrival. We will be delighted to help you choose. You can book by phone at +39 0474 913440, and by e-mail at [info@leitlhof.com](mailto:info@leitlhof.com).

## Health

Please let us know at the time of booking if you are pregnant or if you have any health conditions such as high blood pressure, heart complaints and allergies. We recommend consulting your doctor beforehand in order to avoid potential adverse effects.

## Cancelling appointments

Please notify us at least 24 hours in advance if you would like to cancel or reschedule an appointment. Late cancellations are charged at the full treatment price. Thank you for your understanding.

## Time

To ensure that you can enjoy your treatment time to the full, please come to the spa reception 5 minutes before the beginning of your appointment. If you arrive late, we will have to reduce your treatment time accordingly.

## Booking hotline

+39 0474 913440  
or [info@leitlhof.com](mailto:info@leitlhof.com)

## Leitlhof Spa Plus

+ 10 % discount on cosmetic treatments and massages in the morning

+ When you book an individual package with 3 treatments (minimum duration is 50 mins.) you receive 10 % discount.

Bookable one time

+ When you book an individual package with 5 treatments (minimum duration is 50 mins.) you receive 15 % discount.

Bookable one time

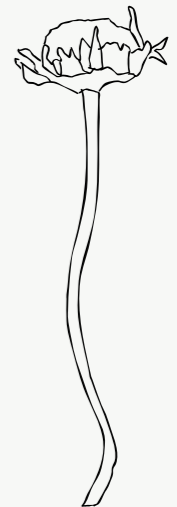
+ We keep you up to date with all current offers and packages in our Evening Post or our guestnet: [info.leitlhof.com](mailto:info.leitlhof.com)

+ Gift vouchers for beauty packages, treatments or cosmetic products



Leitlhof Spa

- + 2000 m<sup>2</sup>
- + Panoramic swimming pool
- + Heated panoramic outdoor pool
- + Lawn for sunbathing
- + Panorama relaxation room with water beds and relaxation loungers
- + 4 indoor saunas:  
turkish bath sauna, salt bath sauna,  
finnish sauna, herbal sauna
- + 2 outdoor saunas:  
saunas in birch and pine-wood huts  
in the garden
- + 5 treatment rooms
- + Fitnessroom





Booking hotline

+39 0474 913440

or [info@leithof.com](mailto:info@leithof.com)

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