



★★★★★
PARK HOTEL  PARK SPA
MIGNON

Spa and Beauty treatments



Massages

Full body massage (ca. 45 Min.)	53,00 €
Anti stress massage (ca. 45 Min.)	53,00 €
Partial body massage (ca. 25 Min.)	35,00 €

Deep tissue massage to work on tension, on your muscular system and also to reduce stress.

5 full body massages	238,00 €
5 partial body massages	158,00 €

Mignon massage with essential oil (ca. 45 Min.)	58,00 €
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Partial body massage with essential oil - of your own choice relaxing, vitality, tightening or revitalizing.

Mignon massage for hikers (legs and feet)	35,00 €
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After a hiking tour your legs and feet will experience a new sensation; we will spoil them with a relaxing herbal oil massage and after that we will apply a precious foot lotion.

Mignon harmony honey massage (ca. 45 Min.)	60,00 €
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with a pleasant and fragrant honey massage oil for legs or back.

Full body massage (ca. 45 Min.)	55,00 €
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with warm olive oil from the Gardens of Castel Trauttmansdorff

Lymph drainage (ca. 60 Min.)	78,00 €
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Partial lymph drainage (ca. 25 Min.)	41,00 €
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Lymph drainage: therapists work with flat hands, using all the fingers to simulate gentle, specific wave-like movements. These subtle manual manoeuvres activate lymph and interstitial fluid circulation as well as stimulate the functioning of the immune and parasympathetic nervous systems.

Shiatsu massage (ca. 60 Min.)	90,00 €
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Shiatsu is an oriental (eastern) therapy of physical and energy rebalance. Usually it is defined as an oriental „massage“ but it is much more than that. It acts through pressure with thumbs, fingers and palms applied to determined areas and points of the human body, without the use of any mechanical or of other type instrument, correcting internal dysfunctions, promoting and keeping the health and treating specific illnesses.

La Stone massage (ca. 60 Min.)	90,00 €
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La Stone therapy is the application of geo-thermotherapy, using deep penetrating heated stones alternating with chilled stones, to bring about chemical release within the body's systems.

Massages-Ayurveda

Hot Stone massage (ca. 50 Min.) 85,00 €
for this massage we only use hot stones

Foot pressure massage (ca. 30 Min.) 42,00 €
Foot pressure massage is the application of pressure, stretch and movement to feet and hands to effect corresponding parts of the body. Reflexologists view feet and hands as a mirror image of the body. By applying techniques a reflexologist can break up patterns of stress in other parts of the body

Physiotherapy (ca. 45 Min.) 74,00 €
performed by an external certified therapist

Ayurveda

Shirodara fore head affusion (ca. 25 Min.) 42,00 €

Ubtan powder massage (ca. 45 Min.) 58,00 €

Special anti stress oil massage Bahya Snehana (ca. 45 Min.) 58,00 €

Garshan - silk gloves massage (ca. 30 Min.) 42,00 €

Pinda Svedan partial body treatment with herb tampons (ca. 25 Min.) 42,00 €

Abhyanga – ayurvedic full body massage (ca. 60 Min.) 84,00 €

Ayurveda package „Trio“ for him (ca. 75 Min.) 99,00 €

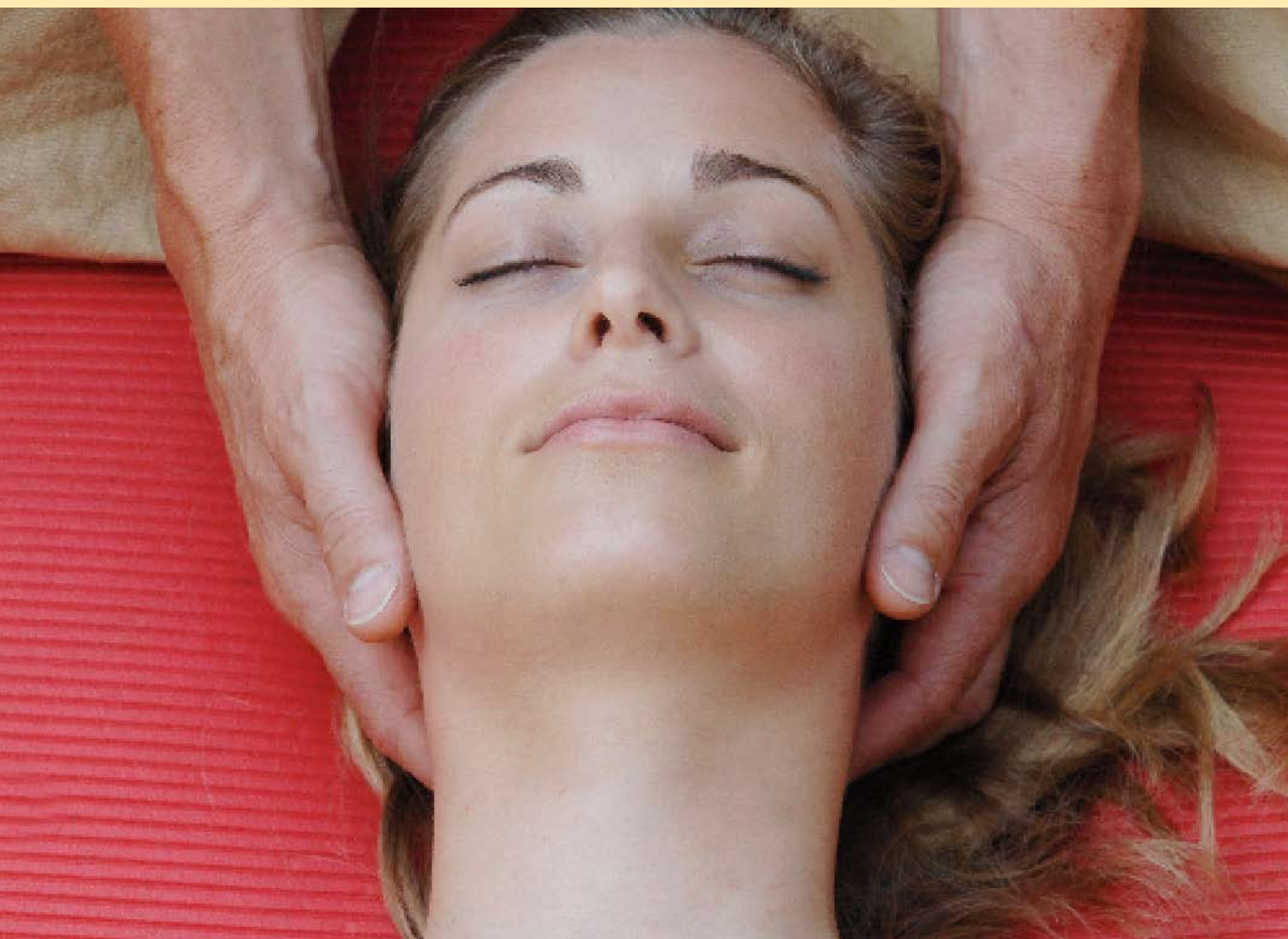
„Ubtan“ massage peeling, „Abhyanga“ back massage, „Padabhyanga“ foot massage

Ayurveda package „Trio“ for her (ca. 75 Min.) 99,00 €

Garshan soft peeling, face massage „Mukabhyanga“, hand massage „Marma“



Body treatments



Body treatments

Softpack bath (ca. 25 Min.) <i>(fango, hay, Cleopatra, algae, evening primrose oil, saline solution, apple, arnica, whey, Swiss stone pine)</i>	48,00 €
Bandage (ca. 40 Min.)	48,00 €
South Tyrolean apple body treatment (ca. 75 Min.) <i>with softpack bath, shower, apple drink and massage with high quality apple products</i>	99,00 €
Mignon bioenergetic body treatment Yin Yang (ca. 40 Min.)	50,00 €
Bioenergetic cellulite treatment (ca. 50 Min.)	58,00 €
Bioenergetic body treatment (ca. 40 Min.)	48,00 €
Bioenergetic back treatment (ca. 30 Min.) <i>Tensions, cellulite and corporeal deficits are often consequences of energetic imbalance. With the bioenergetic body treatment of Piroche we will reconstitute the balance within your body.</i>	42,00 €
Cellulite leg treatment „Methode Maria Galland“ (ca. 45 Min.)	53,00 €
Body peeling with sea salt and short massage (ca. 40 Min.)	48,00 €
Grape seed peeling with short massage (ca. 40 Min.)	48,00 €
Chickpea peeling with short massage (ca. 40 Min.)	48,00 €
Presso therapy (ca. 30 Min.)	48,00 €
Mignon - Amazonie body treatment „Methode Maria Galland“ (ca. 90 Min.)	115,00 €

Facial treatments

Mignon – luxury facial treatment with caviar and gold (ca. 90 Min.)	115,00 €
Masque Modellant Methode Maria Galland (ca. 90 Min.)	115,00 €
Therapie Cocon Methode Maria Galland (ca. 90 Min.)	106,00 €
Classic facial cleaning (ca. 60 Min.)	74,00 €
Bioenergetic face lifting treatment with ampule (ca. 30 Min.)	54,00 €
Bioenergetic facial treatment for all types of skin (ca. 50 Min.)	74,00 €
Soin Thalasso Methode Maria Galland (ca. 90 Min.)	106,00 €
with additional eye outline treatment	32,00 €

Our staff will be pleased to recommend the products used within your treatment.



Try out, how good it feels...

In our hectic life it is getting more and more important to take the time to relax and rebalance body and soul. We are speaking about the silence of a green oasis in the middle of the life, fragrant smells, the care of soft hands and a new good body feeling. We invite you to spoil all your senses - you will be astonished how great you will feel!

and now... just relax!

Well being
packages



Well being packages

Welcome (ca. 70 Min.)	103,00 €
<i>Body peeling in the tub, body wrap, shower and special care with nurturing body lotion.</i>	
Energy with ayurveda (ca. 90 Min.)	125,00 €
<i>Body wrap with ayurvedic herbs, which regenerate the ph-value of your skin, hereafter you can enjoy an ayurvedic full body massage Abhyanga and in the end we will serve a cup of ayurvedic tea.</i>	
Oasis for your skin (ca. 50 Min.)	77,00 €
<i>Body peeling with sea salt, evening prime rose oil softpack bath and a glass of sparkling pro-secco</i>	
Balance (ca. 50 Min.)	85,00 €
<i>Body treatment with relaxing head and foot massage, a glass of sparkling prosecco will complete the total relax</i>	
Spoil yourself (ca. 90 Min.)	99,00 €
<i>Body peeling with shower, evening primrose oil softpack bath, partial body massage</i>	
Water (ca. 50 Min.)	63,00 €
<i>Lymph drainage for your legs with dehydrating leg treatment</i>	
Perfect feet (ca. 50 Min.)	63,00 €
<i>Foot peeling, pedicure, massage with nurturing lotion, nail polish</i>	
Special care for your hands (ca. 50 Min.)	63,00 €
<i>Hand peeling, manicure, hand treatment, massage with nurturing lotion, nail polish</i>	
Body care (ca. 55 Min.)	71,00 €
<i>Body peeling with treatment, shower, massage with protecting lotion</i>	
Mignon beauty day (2,5 hours)	178,00 €
<i>Body peeling, Cleopatra bath, bioenergetic facial treatment, partial body massage</i>	
New energy and shiny skin (3,5 hours)	208,00 €
<i>Mignon facial treatment, manicure, pedicure, partial body massage, evening primrose oil soft-pack bath</i>	

Well being packages

Well being for you	340,00 €
<i>3 Thalasso bandages, 2 presso therapies, 2algae baths, 1 leg lymph drainage</i>	
Good vibes	199,00 €
<i>1 bioenergetic facial treatment, 1 facial massage with ampoule, 2 bioenergetic body treatments</i>	
Caress for ourselves	131,00 €
<i>1 body peeling, 1 body treatment, 1 head massage, 1 foot massage</i>	
Float back	211,00 €
<i>2 presso therapies, 2 Thalasso wraps, 1 leg lymph drainage</i>	
Welcome sweet senses	127,00 €
<i>1 fragranced hay bath, 1 apple bath, 1 leg peeling, 1 pedicure</i>	
Vigorous menu for senses and soul	257,00 €
<i>2 grape skin baths, 2 fragranced hay baths, 1 apple body treatment</i>	
The mountains are calling - Special for hikers	136,00 €
<i>3 partial massages, 1 softpack bath of your choice</i>	
Relaxing day for future mommies	179,00 €
<i>1 facial treatment Therapie Cocon Methode Maria Galland, 1 evening prime rose oil softpack bath, 1 draining leg massage</i>	

Seasonal ceremonials

Spring light

241,00 €

1 bioenergetic body treatment, 1 facial cleansing, 1 body peeling with treatment, 1 full body massage, 1 refreshing blossom bath

Lavender dream – for her (80 Min.)

89,00 €

Experience the calming and balancing impact of lavender, while enjoying a body peeling with facial mask. Thereafter we will spoil you with a lavender-scented oil massage. A glass of sparkling prosecco will complete the total relax.

Vital like a Swiss stone pine – for him (80 Min.)

89,00 €

Enjoy the benefit of the South Tyrolean Swiss stone pine essence. After a Swiss stone pine body peeling and a relaxing face mask we will spoil you with a pine oil massage. Can we offer you a glass of sparkling prosecco or a pine liquor after that?

SPRING



Wonder-whey – for her (120 Min.)

167,00 €

Purification...Experience our whey softpack bath, followed by a juvenescent Thalasso facial treatment and a hand wrap and to top it all off we will serve a glass of finest whey.

Mint fresh – for him (75 Min.)

114,00 €

During our purifying facial treatment the fresh wild mint infiltrates into the deeper skin layers and you will experience a new sensation of freshness. Thereafter we will spoil you with a foot wrap and a back massage with mint oil accompanied with a glass of sparkling prosecco.

Refreshing summer

257,00 €

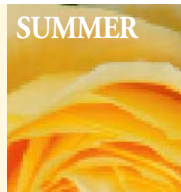
1 sparkling Yin-Yang body treatment, 1 bioenergetic body treatment, 1 sea salt softpack bath, 1 full body massage with orangelemon oil, 2 leg bandages and a glass of sparkling prosecco

Summer sun

194,00 €

1 body peeling, 2 solarium, 1 full body massage, 2 algae baths

SUMMER



Autumn light

138,00 €

1 fango bath, 1 full body massage with warm aroma oil, 1 body peeling with treatment and a relaxing herbal tea

Grapes for her (85 Min.)

113,00 €

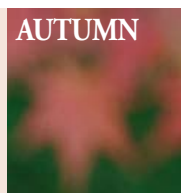
Experience a new feature of South Tyrolean grapes and try our marc body peeling. The highly effective marc particles lend the skin a smooth, young and fresh-looking tint. This feeling will be intensified by the following warming body wrap. Along with the nurturing foot massage with grape seed oil we will serve a glass of grape juice.

Hay for him (75 Min.)

90,00 €

Weary limbs and woolly thoughts? Try our relaxing softpack hay bath followed by a stimulating foot pressure massage. A glass of finest apple juice will conclude the treatment.

AUTUMN



Beauty- Services

Manicure	32,00 €
Pedicure (ca. 30 Min.)	37,00 €
Pedicure (ca. 45 Min.)	47,00 €
Eye-lash dyeing	13,00 €
Eye-brow dyeing	10,00 €
Eye-brow correction	12,00 €
Make up	26,00 €
Solarium	13,00 €

Depilation, soft hair removal with honey wax

Partial leg	24,00 €
Complete leg	35,00 €
Complete leg and Inguinal	46,00 €
Inguinal	19,00 €
Armpit	16,00 €
Armpit and Inguinal	25,00 €
Arms	25,00 €
Partial leg and Inguinal	35,00 €
Partial leg, Inguinal and armpit	45,00 €
Upper lip	13,00 €
Back	22,00 €

Man only

Orient

166,00 €

*1 Ayurveda package „Trio“ for him: „Ubtan“ massage peeling + „Abhyanga“ back massage
+ „Padabhyanga“ foot massage
1 Shirodara – forehead effusion
1 Pinda svedan partial body treatment with herb tampons*

Energy

123,00 €

*2 bioenergetic body treatments
1 bioenergetic face lifting treatment with ampule*

Relax

156,00 €

*1 antistress massage
1 softpack bath of your choice
1 classic facial cleansing*

Fresh & fruity

175,00 €

*1 South Tyrolean apple body treatment
2 grape skin baths*

Facial treatment for him

60,00 €

Individually matched facial treatment with cleansing, peeling, relaxing face massage, mask and nurturing lotion.

If you book a facial treatment we suggest to shave 4-5 hours before the appointment.

