

spa

turm<sup>\*\*\*\*\*</sup>

Romantik Hotel Turm  
June, 3:45 pm







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# The History of the Hay bath

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Officially speaking, hay baths have been on offer in Völs am Schlern since 1903. The tradition itself, however, dates back to a much earlier age: Read on to find out about the healing powers of the herbs so familiar to our forebears.

Written records tell us that the people of the Alps have used mountain herbs to heal and ease pain, boost the body's defences and enhance general health since the Middle Ages but, in all likelihood, the practice has much older roots.

Natural healer and pastor Sebastian Kneipp (1821-1897) recommended taking hay baths to treat rheumatism and sciatica, and the great Ludwig van Beethoven (1770-1827) also considered them to be exceptionally relaxing.

In 1901, Stephan Pramstrahler's maternal great-grandfather, Anton Kompatscher - endorsed by a Dr. Josef Clara, local doctor of Völs at that time - requested permission from the Imperial and Royal Governorship in Innsbruck to open an inn with a hay bath, in the premises which went on to become today's Hotel Heubad in Obervöls.

Permission was granted in 1903, but by that time, the unofficial provision of hay treatments had already reached widespread popularity throughout the State of Tyrol. "Seven hay baths and nine (!)

wine baths" was the motto of the day – although, needless to say, the wine was simply drunk.

Hay bathing has always been a sociable event, which is why we would dearly love to preserve the tradition: Here in the pine-panelled hay bath of the Turm, sweating as we put the world to rights is so much fun!

## WHAT'S IN THE ALPINE HAY?

Ever since 1993, the quality of the hay used in South Tyrol has been subject to regulations outlined in two Provincial Decrees (no. 12/93 and no. 7/94).

To name some examples, the grass or hay used for hay baths must be sourced from Alpine meadows of minimum of 1,500 m above sea level, must not have been treated with mineral fertilisers or herbicides,







and must grow at a distance of at least 150 m from roads. In compliance with these regulations, our own hay comes from the meadows of the Moartl Alm on the Seiser Alm, at approximately 2,050 metres. Our 7 hectares of Alpine meadows have received certification and are, therefore, approved for hay baths.

Alpine hay is filled with a veritable encyclopaedia of Alpine herbs, ranging from arnica to self-heal, calendula, thistle, gentian, lady's mantle, quaking grass and many more. Careful harvesting, thorough drying and appropriate storage methods ensure that all of their powers are retained without diminishing their quality.

## THE TREATMENT

Research has demonstrated that hay baths are a much more gentle treatment than mud baths or mud packs.

You can take either a “wet” or a “dry” hay bath in the Turm. In a dry hay bath, you lie down in a waterbed, where you are enveloped in hay and covered with a blanket. As the hay warms through it releases essential oils and, over the subsequent 20 minutes, the endless shapes and forms of its leaves, flowers and stalks stimulate the skin; this causes the body to sweat which, together with the mild overheating of the body and a slightly quickened heart rate, enhances detoxification.

During a “wet” hay bath, you climb into a wooden bathtub and lie down on a hay cushion in the warm waters of the Schlern (also known as the “blood of the Schlern”). During the 20-minute treatment, the infinite array of active ingredients in the grasses, flowers and herbs dissolve in the water and their concentrated essences work their magic directly on your skin.

Both of these treatments are a power-pack of goodness for body, mind and soul.

Scientific research calls our attention to the 8 to 10-month effect that a cycle of 7 to 8 hay baths provides in the easing of arthrosis, sciatica, rheumatism, sleep disorders, digestive disorders, and mental and physical fatigue. More generally, hay baths boost the blood circulation, stimulate the metabolism, enhance relaxation, strengthen the immune system and improve the functions of the skin.



## Taking a bath in our “Zirmstube” trusting in the knowledge and experience of our ancestors

### In a wooden tub

#### Hay Herb Bath With Alpine Hay From Malga Mortl

Traditional Fiè hay bath with a linen bag filled with Alpine hay that is immersed in Sciliar spring water, like a large tea bag. Improves skin function, stimulates the metabolism and relaxes tense muscles. Subsequent massage recommended. \*

**25 minutes ... Euro 42**  
**with partial body massage ... Euro 81**

#### Spruce-Mountain Pine Remedial Bath When Suffering With A Cold

With floating spruce tips from the Sciliar forest and Val Sarentino mountain pine oil. Strengthening effect on the immune system: Balm for the respiratory tract and calming effect on the body.

**25 minutes ... Euro 38**

#### Swiss Pine Bath With Mint

Swiss pine shavings with wild mint and herbs in a jute sack. The bioactive energy, limosin and different flavonoids of the Swiss pine positively affect the cardiovascular system, sleep disturbances and weather sensitivity and also have an antibacterial effect.

**25 minutes ... Euro 40**

#### Alpine Herb Bath With Organic Alpine Honey

A brewed bundle of herbs and its liquor mixed with organic Alpine honey has a calming effect on mind and soul and stimulates the body by fighting fatigue. This bath is particularly recommended before any massage.

**25 minutes ... Euro 38**

### On a Soft Pack Lounger

#### Hey Herb Bath In Steamed Alpine Hay From Malga Mortl

Traditional Fiè hay bath, whereby the whole body is covered in steamed warm Alpine hay. Due to the effect of the essential oils and the heat, this application is invigorating, strongly detoxifying and helps to relieve cramps.

Three generations of our family developed and improved this traditional hay bath. Dr. Josef Clara recommends 5-7 hay baths for long-term effect.\*

**25 minutes ... Euro 43**  
**with partial body massage ... Euro 82**

#### Alpine Fango

The special form of heat and the natural, valuable ingredients from the moors ensure that this treatment is particularly effective for rheumatic symptoms and tensions. Also has a detoxifying and draining effect.

**25 minutes ... Euro 45**

#### Tyrolean Rock Oil Pack

This rock oil pack is particularly recommended for tensions, musculoskeletal conditions such as gout, rheumatism and for muscle and joint pain. It encourages blood flow and general wellbeing.

**25 minutes ... Euro 38**

\* read more about it  
on the previous page  
“The History of the Hay bath”







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# Exceptional wine bath on the hot stone

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## Wine Marc Bath With Grape Seed Oil Massage

Our wine bath is a special experience you can enjoy on your own or together with your partner. First you enjoy an enzymatic whole body peeling with cold pressed wine marc that gently removes the dead skin cells through the fruit acids and gives you soft and delicate skin. Then you will be treated to a soothing grape oil massage lying on a hot stone. To make sure that you feel the special effect of the wine marc and the wine not only from the outside but also from the inside, we serve you a glass of South Tyrolean Lagrein with this treatment - because what would a wine bath be without a glass of wine?

**for 1 person 70 minutes ... Euro 135**  
**for 2 people 100 minutes ... Euro 198**

## Honey Brine Peeling With Wine Marc

Full body peeling with wine marc, organic Alpine honey and a blend of salts to refine the appearance of your skin. Already in the Middle Ages wine products were used for cosmetic purposes. The gentle heat of the hot stone is extremely relaxing. Peeling removes dead skin cells and is therefore recommended before every massage and body treatment so that the skin is better able to absorb the care products and oils.

**for 1 person 45 minutes ... Euro 75**  
**for 2 people 70 minutes ... Euro 133**

## You & Me For 2 People

Belvita You & Me - the ideal treatment for lovers! You will be treated to a relaxing body peeling with salt and honey, followed by a special massage with aphrodisiac oils with rosemary and roses. Rounded off with a glass of sparkling wine and chocolates!

**for 2 people 100 minutes ... Euro 209**







# Massages On The Waterbed By Candlelight

## Swiss Mountain Pine Massage

Thanks to the Swiss pine oil from South Tyrol's Val Sarentino this classic full body massage is a truly special experience. Swiss mountain pine, locally also called "mountain blessing", is the probably oldest plant in Val Sarentino that is used for medical purposes. The essential mountain pine oil nourishes the skin and stimulates the blood flow. It revitalises body, mind and soul with its characteristic resinous forest fresh aroma, leading to natural wellbeing.

**50 minutes ... Euro 88**

## Melum Pistil Massage - relaxing

The bundle massage, enriched with apples, uses particularly natural products: not only are apples a very popular and widespread fruit in South Tyrol, they also contain important substances such as pectins, flavonoids, vitamins A, B, C and E, and are therefore an important weapon in the fight against wrinkles. They are also very good for your heart. Apples, Swiss pine oil and our secret spice mix ensure that this popular massage is a fantastic experience. Thanks to the unique movements with the apple bundles and the heat rushing through your body, you will feel like being born again.

**50 minutes ... Euro 103**

## Pantai Luar - revitalizing

During Pantai Luar the body will be massaged with hot stamps and a warm oil of plant extracts. This massage will relax and revitalise the body, because thanks to the special mixture of the active ingredients the blood supply to the skin is improved, muscle tensions are reduced and toxins are softly drawn from the body. The herbs, spices and fruits will have a calming effect on you.

**50 minutes ... Euro 105**

## Hot Stone

A different kind of massage! Instead of hand pressure, this massage uses lava stones! The hot lava stones and the pleasantly warm sunflower oil activate healing powers and achieve very deep relaxation.

**80 minutes ... Euro 135**







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# Romantic Emperor Bath

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Our baths in the emperor tub are particularly romantic for you and your partner: candlelight and a glass of sparkling wine will accompany you.

## Cleopatra Bath

Particularly nourishing for the skin thanks to a blend of milk, honey and olive oil. Look forward to a treat once enjoyed by Egyptian queen Cleopatra.

**1 person 25 minutes ... Euro 49**

**2 people 25 minutes ... Euro 69**

## Mountain Apple - Yoghurt Bath

This blend of South Tyrolean mountain apples, yoghurt and precious olive oil nourishes the skin and revitalises it with its fruit acids. The fun is enhanced by the extra foaming experience.

**1 person 25 minutes ... Euro 49**

**2 people 25 minutes ... Euro 69**

## Herbal Oil Bath A.H.

The herbal oil bath prepared by our herb guru A.H. using 12 herbs (camomile, marigold, mallow, yarrow, hops, St. John's wort, cornflower, thyme, lemon balm, peppermint, lady's mantle, sage) has a particular relaxing and soothing, and mildly detoxifying effect.

**1 person 25 minutes ... Euro 49**

**2 people 25 minutes ... Euro 69**

# Turm's Wellness Packages

## For The Man In The Turm

The relax package tailored to the needs of male skin!

- A spruce-mountain pine oil bath in a wooden tub
- A sports massage with Vitalis sport oil and arnica cream
- A hot stone massage with hot lava stones
- A Dynamic Feet & Leg massage

**for the price of Euro 315  
instead of Euro 351**

## Beauty Package For Her

Enhance your natural beauty!

- A body treatment Guinot Slim Logic
- A manicure Deluxe
- A pedicure Deluxe
- A Hydradermie Plus facial by Guinot
- A mountain apple and yoghurt bath in the Emperor tub

**for the price of Euro 372  
instead of Euro 414**

## Romantic Wellness Package For 2

Spend a relaxing time for together!

- A Cleopatra bath in the Emperor tub for 2 people
- A You & Me treatment for 2 people
- Two traditional hay baths in wooden tubs followed by partial body massage

**for the price of Euro 396  
instead of Euro 440**

## Try & Relax

The ideal taster package for 1 day

- A wine bath lying on a hot stone with massage
- A Swiss pine bath with mint in a wooden tub
- A Detoxygene facial by Guinot

**for the price of Euro 256  
instead of Euro 285**



## **Dolomites Magic**

Mountain pine, hay  
and edelweiss - relaxation  
South Tyrolean style

- A honey brine peeling  
with wine marc and  
hot stone
- A herbal hay bath  
in a wooden tub with  
our Alpine hay followed  
by a partial body massage
- A mountain pine oil  
full body massage
- A classic facial by  
Fermes de Marie

**for the price of Euro 296  
instead of Euro 329**

## **Anti-Cellulite Purification Package**

We fight cellulite  
with the power  
of nature!

- A honey brine peeling  
with wine marc and  
hot stone
- One Alpine fango  
on a soft pack lounger
- A cosmetic  
lymphatic drainage
- A body treatment  
by Guinot Slim Logic

**for the price of Euro 272  
instead of Euro 303**

## **Healthy Back**

Give your back  
a real treat!

- A herbal hay bath  
in a wooden tub with  
our Alpine hay
- A soothing Dorsalis  
Resonance Massage
- A relaxing Head  
and Neck Massage
- One anti-stress  
massage

**for the price of Euro 288  
instead of Euro 320**

The treatments of the  
spa packages will take place  
between 9 am and 4:30 pm.

**Babysitting:** For you in order  
to completely relax, we can try to  
organise a babysitter on request!







# Massages on a classic massage bed

## Dynamic Feet & Legs Massage

Have you been on your feet all day? Treat yourself to a deep and grounding leg massage that loosens tissue, restores blood circulation and clears your head. For vitalised, rested and relaxed feet and legs and deep mental fitness.

**50 minutes ... Euro 88**

## Dorsalis Resonanz Massage

Powerful natural products and a special massage with singing bowls and cupping glasses loosen back muscle tensions and improve the dynamics of the spine. The vibrations of the singing bowls have a calming effect and dissolve any stress.

**50 minutes ... Euro 98**

## Anti-Stress Massage

The solution for very tense back and leg muscles. While the legs are loosened, the back gets ready for the subsequent relaxing massage, wrapped in warm lavender compresses.

**50 minutes ... Euro 92**

## Relaxing Head and Neck Massage

This unique method with special massage grips and precise effective plant extracts, gently releases tensions in the head, neck and shoulder area. Deep touches and a modulated individual application technique ensure pleasant relaxation and switching off from the stress of everyday life. Micro-circulation is encouraged and vessels, sensory organs and nerves are strengthened.

**50 minutes ... Euro 88**





### Dorn Breuss Massage

Dorn Breuss massage is a combination treatment with intense back massage. This gentle yet energetic spine massage stretches the back to relax tensions. The muscles along the spine are loosened and under-supplied intervertebral discs are regenerated. All joints in the body are gently put back in their original position. This re-setting of the spine influences the internal organs and your psyche. Treatment in 2 parts: first exercises to be done together, then a massage to nourish the intervertebral discs.

**80 minutes ... Euro 135**  
**treatment in 2 parts**

**25 minutes ... Euro 55**  
**massage to nourish the**  
**intervertebral discs**

### Cosmetic Lymphatic Drainage

This gentle lymphatic drainage directly impacts on the body's lymphatic system and thus also strengthens the whole immune system with drainage and purification.

**50 minutes ... Euro 87**

### Cosmetic Foot Reflex Zones Massage

A targeted technique stimulates the organism to self-regulate over or under-functioning of specific organs. This massage is highly efficient and provides optimum relaxation for the mind and revitalization of the organism.

**50 minutes ... Euro 87**

### Sports massage with vitalis sport oil and arnica cream

Firm classic full body massage, whereby Vitalis sport oil and arnica cream are used to work on particularly tense muscles. Our ancestors already regarded Arnica as a miracle cure.

**50 minutes ... Euro 90**

### Aroma Oil Massage

Classic full body or partial body massage to loosen tensions. Several oils are available.

**80 minutes ... Euro 129**  
**50 minutes ... Euro 85**  
**25 minutes ... Euro 49**

# Facials by Guinot

## Facial Hydradermie Plus

Hydradermie - The star of treatments through muscle stimulation. Hydradermie is an exclusive and innovative treatment that deeply cleanses the skin. Thanks to ionization, the skin better absorbs the active ingredients, as early as by the end of the treatment your face looks beautifully rested and visibly more beautiful.

**85 minutes ... Euro 134**

## Facial Hydradermie Lift

HYDRADERMIE LIFT - Rejuvenation of facial features. HYDRADERMIE LIFT is a lifting application that not only treats and firms the skin, but that also strengthens the facial features in depth through muscle gymnastics: cell activity is stimulated again and the facial features are raised spectacularly. For visible rejuvenation of the face three HYDRADERMIE LIFT treatments are recommended.

**85 minutes ... Euro 145**  
**3 treatments ... Euro 370**

## Facial Hydradermie Deluxe

The best anti-ageing treatment by Guinot - Hydradermie Deluxe, combines Hydradermie Plus and Hydradermie Lift!

**115 minutes ... Euro 174**

## Eye Treatment Lift

An application that treats the age- and fatigue-related problems of the eye contour. Lines and wrinkles are reduced. The eye contour is „lifted“. Lachrymal sacs and dark circles are reduced. The feeling of heavy eyelids is alleviated.

**45 minutes ... Euro 82**



### Facial Age Summum

Novelty treatment by Guinot - ideal anti-age care with vitamin C and E, 56 active ingredients and hyaluronic acid. This acupressure massage relaxes the facial and neck muscles. Visible effect already after the first treatment.

**50 minutes ... Euro 125**

### Facial Detoxygène

Detoxygène is a treatment to detoxify and to oxygenate the skin. In only 1 hour dead skin cells, toxins and impurities will be removed and the skin will be provided with oxygen. The skin can breathe again and will look radiant!

**50 minutes ... Euro 110**

### Facial Hydra Peeling

For perfect radiance: the top layers of the skin, which often suffer from dryness, can be responsible for a dull complexion. This treatment with peeling effect will remove the calloused and dull cells in a soft and gentle way and will enhance the new radiance of the young cells.

**50 minutes ... Euro 110**

### Facial Lift Summum

This exclusive facial tightens and rejuvenates the facial features particularly effectively: firmer, plumper and lifted. Fine lines and wrinkles are smoothed and as a result the facial contours are redefined. Signs of fatigue and ageing are reduced.

**50 minutes ... Euro 125**

### Facial Hydra Summum

Pamper Your face with an extra portion of moisture: a soft peeling, hyaluronic acid to smooth fine wrinkles and to improve the radiation of the skin and a special hydrating mask to give Your skin a deep pleasant feeling.

**50 minutes ... Euro 115**





## Guinot Packs



**For delicate skin** (1 Hydradermie Plus + 1 Detoxygène) ... **Euro 207 instead of Euro 244**

**For perfect radiance** (1 Hydradermie Plus + 1 Hydra Peeling) ... **Euro 207 instead of Euro 244**

**Anti-Ageing Programme** (1 Hydradermie Deluxe + 1 Lift Summum + 1 Serum according to skin type\*) ... **Euro 317 instead of Euro 374**

**Anti-Stress Programme** (1 Hydradermie Plus + 1 Age Summum) ... **Euro 220 instead of Euro 259**

**Wellbeing Programme** (1 Detoxygène + 1 Peeling Mirific + 1 Serum according to skin type\*) ... **Euro 229 instead of Euro 270**

\* choose from: Serum Hydra Sensitive, Serum Eclaircissante, Hydra Cellulaire Serum, Serum Bioxygène, Serum Nutri Cellulaire, Serum Longue Vie

## Facials by Fermes de Marie

### Facial Seve de Vie

Unique anti-ageing facial with the line Fermes de Marie, edelweiss-based with the special regenerating effects of Himalayas elixir. The treatment starts with a short back massage and continues with a special face mask. The face massage with jade rollers is complemented by a cosmetic facial lymphatic drainage.

**85 minutes ... Euro 110**

### Classic facial treatment

Facial treatment with the French edelweiss-based line Fermes de Marie.

**55 minutes ... Euro 85**

## Body treatments

### Hair Removal With Warm Wax

Leg to knee ... **Euro 35**

Whole leg ... **Euro 54**

Whole leg with bikini line ... **Euro 64**

Bikini line ... **Euro 22**

Arm pit ... **Euro 22**

Upper lip or chin ... **Euro 18**

Arms ... **Euro 34**

Back (men) ... **Euro 35**

Chest ... **Euro 32**

Eyelashes and eyebrows dyeing ... **Euro 30**

Eyebrow plucking ... **Euro 18**

1 Solarium ... **Euro 15**

3 Solarium ... **Euro 35**

## Manicure and Pedicure

Classic aesthetic manicure ... **Euro 55**

with French polish ... **Euro 61**

### Manicure Deluxe

Soothing and intensive nail and hand care including nourishing bath, peeling and hand mask to regenerate the skin. We will also treat you to a relaxing hand massage.

without polish (55 minutes) ... **Euro 65**

with polish (85 minutes) ... **Euro 85**

Classic aesthetic pedicure ... **Euro 60**

with French polish ... **Euro 65**

### Pedicure Deluxe

Soothing and intensive nail and foot care including nourishing bath, peeling and foot mask to regenerate the skin. We will also treat you to a relaxing foot massage.

without polish (55 minutes) ... **Euro 70**

with polish (85 minutes) ... **Euro 90**



### Guinot Mirific Relax

This treatment combines the best manual techniques and 4 precious oils with anti-aging and nourishing properties. Ideal to relieve tension, restores vitality and softness to the skin.

**50 minutes ... Euro 85**

### Guinot Slim Logic

This effective body treatment has a slimming and anti-cellulite effect. Starting with a body scrub with mint and caffeine and continuing with different specific manual techniques to go against fat pads. A final “sauna effect” will help to drain.

**80 minutes ... Euro 96**

Direct phone number from your room to the spa reception: 905

We kindly ask you to inform us before the beginning of the treatment about any medical care, past or current, also about a possible pregnancy, since this could influence the treatment.

To fully enjoy your spa treatment we advise you to be at the spa reception 5 minutes before the actual start of the treatment.

Please note that in case of delay on your part or no show, without having cancelled the treatment at least 4 hours before the booked start, the full amount of the treatment will be charged.







# Time for two



Relaxing together in the sun, taking a refreshing dip in our pools, enjoying a revitalising spa treatment, and other romantic experiences all promise quiet and relaxed moments of cosy togetherness in the “Belvita Romantic –You and Me” hotels.

**As a member of the Belvita Leading Wellnesshotels Südtirol, this hotel promises the highest quality at all levels.**



## Belvita

LEADING WELLNESSHOTELS  
SÜDTIROL

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