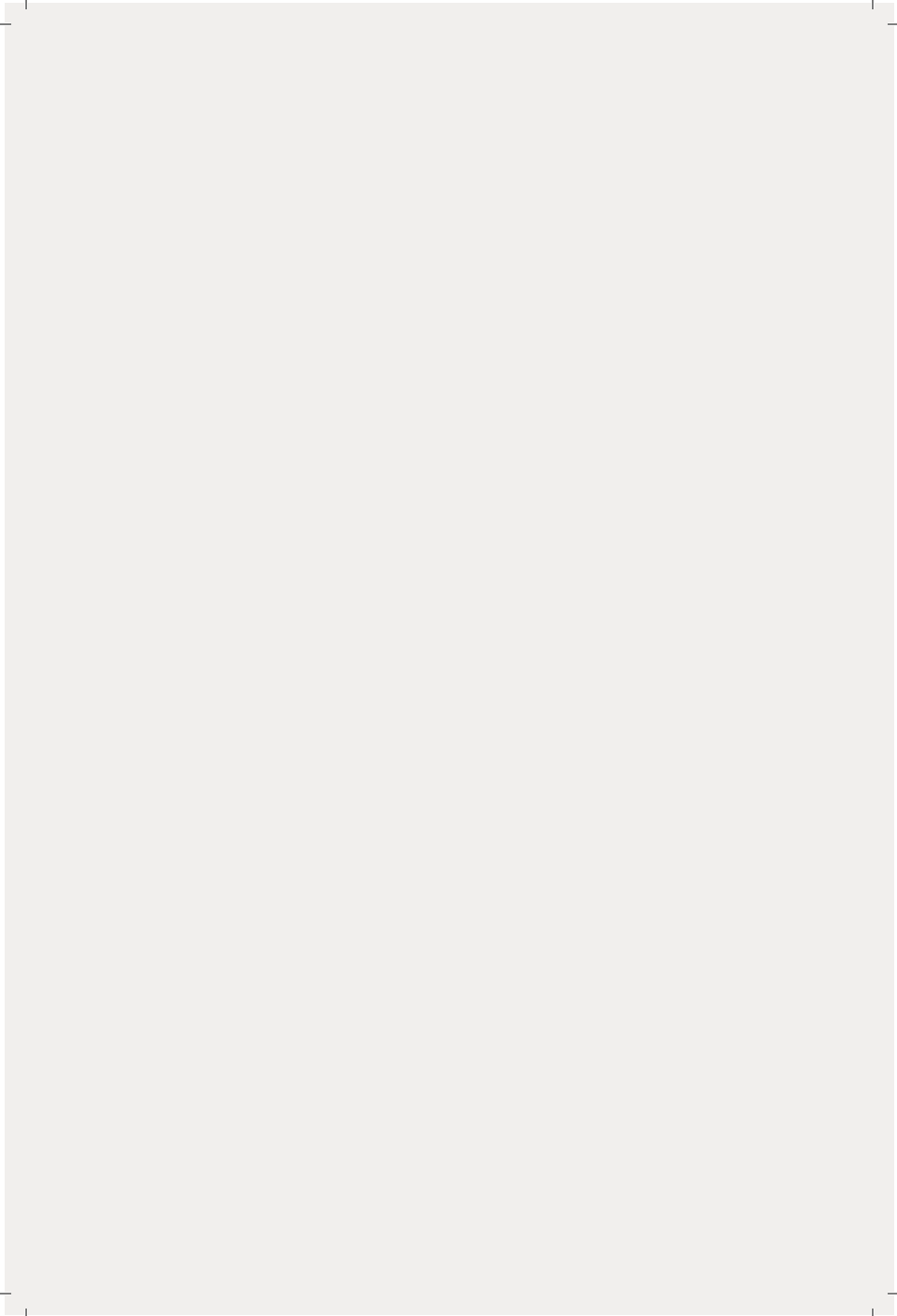


PARAVIS
Tyrol

ENGLISH

*A place to find yourself once more,
to "think with the body and feel with the mind"!
Leave behind the stress of the everyday when
you cross the threshold of the PARAVIS, where
you will enjoy a multi-sensory experience.
Musical notes of enveloping sounds, candles
and scents that elate the sense of smell
will all accompany you on this journey.
Choose between a wide range of treatments
exactly according to your desires.
We take individual care of the well-being of
our guests in order to ensure their experience
is unique.
Our well-being paths draw their inspiration
from nature.*

*We must do something for the body,
because the soul wishes to live within us.*



PARAVIS TREATMENTS

PARAVIS FACIAL TREATMENT

approx. 90 minutes – € 175

For ladies who expect the very best treatment in a special cabin, combining a ritual for the body with treatment for the face using the latest technology such as dermo-electroporation*.

PARAVIS BODY SCRUB

approx. 50 minutes – € 90

Aromatic scrub with rehydration, performed with essential oils and salt, followed by a relaxing massage.

An olfactory ritual for a luminous and smooth skin ready to receive other special treatments.

PARAVIS BODY MASSAGE

approx. 75 minutes – € 110

A journey through the four seasons.

Warm towels are laid on various parts of the body, while warm oils with the scents of forest, hills and distant lands accompany you on your journey to the PARAVIS.

PARAVIS TREATMENT FOR COUPLES

approx. 120 minutes – € 230

Sit comfortably in the “kraxenofen”, hay vapours warming your back and releasing tension.

A footbath with an exfoliation makes the ritual yet more relaxing. There follows a full-body massage with warm oils. We conclude with fruit kebabs and a restorative herbal tea.

PARAVIS MANICURE

approx. 75 minutes – € 75

Exclusive manicure with exfoliation, mask and massage. Protective nail polish.

A treatment to produce perfect hands.

PARAVIS PEDICURE

approx. 75 minutes – € 75

A way to ensure an unforgettable pedicure.

Footbath, exfoliation, poultice and massage with protective nail polish.

** Dermo-electroporation is an innovative technique that acts on the cellular regenerative processes through the application of a low-voltage galvanic current. The treatment is non-invasive and completely painless.*

Dermo-electroporation promotes the penetration of the active principles of our cosmetics, such as bio-hyaluronic acid and vegetable stem cells, into the deep layers of the dermis. The results are visible from the very first treatment!

FACE AND BODY

Face

Complete treatments to meet the most demanding requests of our customers, both male and female.

Exclusive skills and methods of application that will guarantee benefits and pleasant effects.

FACE CLEANSING WITH ULTRASOUND

approx. 50 minutes – € 70

The first step in obtaining maximum effectiveness for all the treatments that follow.

TREATMENT FOR HIM

approx. 50 minutes – € 75

Facial treatment designed for the requirements of the male skin. Includes cleansing of the skin.

BASIC FACIAL TREATMENT

approx. 50 minutes – € 125

Enhances the luminosity and natural beauty of the facial skin through the use of the new dermo-electroporation technology*.

COMPLETE FACIAL TREATMENT

approx. 75 minutes – € 145

A check-up for the skin: a special treatment designed for the specific requirements of your skin. It includes the cleansing of the skin, adjustment of the eyebrows and use of the new dermo-electroporation technology*.

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Body

Caring for one's own body is a practice that has ancient origins. Every person needs time in which to regenerate their own physical and mental energies.

Our expert hands will permit you to re-establish a deep feeling of well-being.

Our treatments use ingredients that convey the strong links with our traditions.

South Tyrol and Tuscany, hay and vinasse, stone pine and rosemary... these are just some of our special ingredients.

BATHS IN A TUB

for 1 person, approx. 30 minutes – € 45

for 2 people, approx. 30 minutes – € 80

Rice starch bath

An old recipe that is still valid today, producing a soft, hydrated and refreshed skin.

Let yourself be pampered by the scents with essential oils that we create just for you.

Gourmet bath

Come and discover the many benefits of grapes and wine with the famed VINOTHERAPY treatments and their proven ANTI-AGING properties.

Di-Vine Body Ritual

for 1 person, approx. 90 minutes – € 135

for 2 people, approx. 90 minutes – € 250

A experience for the skin, nose and palate.

A pleasant massage using grape-seed oil on hay mattresses, followed by a wine bath and concluded with a delightful assortment of speck, local cheeses and a glass of wine – all in a completely relaxed atmosphere. A ritual that will produce in you unique feelings.

GOURMET MASSAGE

approx. 50 minutes – € 90

Treatment based on the menu of the day.
Booking required the previous evening.

PERSONALISED MASSAGE

approx. 50 minutes – € 90

approx. 75 minutes – € 135

A massage by professionals based on
your specific requirements.

CLASSIC MESSAGES

approx. 50 minutes – € 80

Draining massage

Aesthetic massage to help eliminate
excess fluid and toxins.

Sports massage

For those with excessive lactic acid
and muscle strain.

Aromatic massage

Deeply relaxing personalised massage with
essential oils. Sage, lavender, cypress and citrus
fruits: our scents will stimulate your senses!

ALPINE MESSAGES

ca. 50 minuti – € 85

Massage with Alpine herbal pouches and warm oil

Alpine herbal pouches and warm oil are the main features of this massage that will produce purifying and pleasant effects on the skin.

Massage with honey

Alpine honey poured on the back for an energy-giving and relaxing massage.

WORLD MESSAGES

approx. 50 minutes – € 95

INDIA - Ayurveda Abhyanga

An essential oiling for the well-being, harmonising and rebalancing of body, mind and psyche.

HAWAII - Lomi Lomi

A series of movements with hands and forearms, using long and rhythmical movements to soothe the joints and at the same time relax, tone and extend the muscles.

This massage has totally beneficial effects on the muscular, lymphatic, respiratory, circulatory and digestive systems.

SPECIAL MESSAGES

approx. 50 minutes – € 85

Candle massage

A new dimension of massage, pleasant and beneficial for the skin.

Precious natural ingredients restore brightness and tone, while a delightful fragrance accompanies you for the rest of the day.

Hot stone massage

Warm lava stones are used in addition to the hands. The massaging of specific energy channels produces a feeling of complete relaxation.

Back & scalp massage

Application of fango to the entire back to warm it and melt away tensions, followed by a massage of the scalp and back.

Leg wraps

An aesthetic treatment with immediate effect.

An osmotic process eliminates excess fluids and toxins. Particularly recommended for combating cellulitis.

THE KRAXENOFEN OR HAY PANNIER

for 1 person, approx. 30 minutes – € 30

for 2 people, approx. 30 minutes – € 55

A thoroughly Tyrolean experience.

The name comes from the carriers or panniers that were used to transport hay on the shoulders.

The treatment consists of a combination of steam and the essential oils contained in high mountain hay. Comfortably seated, you are wrapped in a cloth and warmed by the steam enriched with precious substances that benefit the respiratory system and the skin. A true place of relaxation or, if in company, ideal for conversation.

THERMOSPA

approx. 30 minutes – € 45

Float in the absence of gravity on a water bed

at a perfect temperature for relaxing treatments.

Choose for yourself or let us recommend the best treatment for your well-being:

Fango to release joint and muscle tensions.

Aromatic wrap for a feeling of freshness for the rest of the day.

Hay for total relaxation and better sleep.

AND MUCH MORE BESIDES...

FITNESS & BEAUTY FOR MEN

2 hours of treatments – € 136

- 1 full-body exfoliation
- 1 pre- or post-sport massage
- 1 ThermoSPA session

WITH YOUR HEAD IN THE CLOUDS

2 days of indulgence – € 215

- 1 full-body exfoliation
- 1 body poultice in ThermoSPA
- 1 P A R A V I S pedicure
- 1 candle massage

MATERNITY DAYS

2 days of indulgence – € 175

- 1 basic facial treatment
- 1 P A R A V I S manicure

LIGHTER LEGS

6 days of indulgence – € 400

1 P A R A V I S body scrub

2 draining massages

3 leg wraps

DETOX

6 days of indulgence – € 345

1 P A R A V I S scrub

1 draining massage

2 hypersaline wraps

2 detox poultices in ThermoSPA

KIDS

We ensure the well-being of our junior guests with our "Otto the Eaglet" programme.

For the very smallest together with Mum or Dad

Bath tub with milk and honey

approx. 25 minutes – € 55

A relaxing bath for the skin of our little ones with a banana or an apple smoothie to enjoy.

Chocolate massage

approx. 20 minutes – € 35

A complete body massage with a chocolate cream. Following hot chocolate and cookies.

Treatment in ThermoSPA

approx. 20 minutes – € 35

Treatment in ThermoSPA in perfumed cream, relaxing in warm water. Following a homemade vanilla ice-cream.

Aromatic massage

approx. 20 minutes – € 35

An aromatic massage, with essential oils to relax our little guests, with a scented chalk as a gift.

TEENAGERS

Your children can enjoy their first beauty treatments with an expert beautician and learn to care for their own bodies.

Facial cleansing

approx. 50 minutes – € 40

Deep cleansing with steam, mask and final cream to eliminate impurities and keep the skin healthy and attractive.

Manicure

approx. 20 minutes – € 20

Filing and varnishing of nails.

For manicured and coloured hands.

BEAUTY

This service is available only in the mornings.

EPILATION

Face – € 10

Underarm – € 10

Arms – € 20

Bikini area – € 15

Half-leg – € 20

Full leg – € 40

Full epilation – € 60

SOLARIUM

1 token (16 minutes) – € 10

BASIC MANICURE

approx. 45 minutes – € 50

with nail polish – € 55

BASIC PEDICURE

approx. 45 minutes – € 55

with nail polish – € 60

VARNISH APPLICATION

approx. 15 minutes – € 15

SEMI-PERMANENT VARNISHING

approx. 55 minutes – € 50

*Take PARAVIS home
with you...*

*We can advise you on the cosmetic products
to take home with you to ensure you
preserve the benefits of our treatments.*

*All our cosmetics possess natural character-
istics and are totally free of parabens,
petroleum jelly, silicones or preservatives
that might damage the skin.*

Make sure you do your body good!

the 1990s, the number of people in the world who are under 15 years of age is expected to increase from 1.1 billion to 1.5 billion (United Nations 1999).

There are a number of reasons why the number of children in the world is increasing. One of the main reasons is that the number of children who are surviving to adulthood is increasing. This is due to a number of factors, including improved medical care, better nutrition, and a decrease in child mortality.

Another reason why the number of children in the world is increasing is that the number of children who are being born is increasing. This is due to a number of factors, including a decrease in the age at which women are having children and an increase in the number of children born to each woman.

There are a number of challenges that are associated with the increasing number of children in the world. One of the main challenges is that there are not enough resources to care for all of the children.

Another challenge is that there are not enough schools to educate all of the children. This is a particular problem in developing countries, where the number of children is increasing rapidly.

There are a number of ways that we can address these challenges. One way is to improve the quality of education and health care for children.

Another way is to reduce the number of children who are being born. This can be done by providing women with access to family planning services.

There are a number of other ways that we can address these challenges. We need to work together to find solutions that will benefit all of the children in the world.

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"LIFE IN PARAVIS":
USEFUL ADVICE

OPENING TIMES

PARAVIS is open every day from 9.00 a.m. to 8.00 p.m.

Fitness room is open from 8.00 a.m. to 8.00 p.m.

Swimming pool is open from 8.00 a.m. to 8.00 p.m.

Sauna is open from 3.00 to 8.00 p.m.

WHAT TO WEAR IN THE AREA

Dear guests, you may use the PARAVIS area while wearing the bathrobe and slippers that can be found in your room.

Guests must wear swimming costumes and bathing caps in the pool. Diving is not permitted.

Bathrobes and slippers must be worn in the sauna area. For hygienic reasons it is advised to enter the sauna and herbal sauna without clothing, wrapped in your own towel in order to sweat into the towel rather than onto the wooden benches.

WHAT TO WEAR DURING TREATMENT

Ladies and gentlemen will be issued with disposable underclothing for use during treatment.

We will cover your body during massages and body treatments and only expose that part of the body being treated or massaged at that moment.

BOOKINGS

We advise you to book your treatment in advance so as to be able to choose the time that best suits your requirements.

Our qualified staff will be pleased to provide you with information to help you in your choice.

Please ask at the P A R A V I S reception or call direct on 453.

TREATMENTS

We advise you to arrive at the P A R A V I S reception five minutes before the beginning of your treatment. You may come in bathrobe and slippers and leave all your valuables in the safe in your room.

We ask you to inform your therapist of your preferences and expectations.

IN THE EVENT OF CANCELLATION

The full cost of the booked treatment will be charged if notice of less than 24 hours is given prior to cancellation of an appointment.

AGE

In order to ensure a peaceful atmosphere, access to the P A R A V I S zone for minors of under 16 years of age is only permitted if they are accompanied by a parent.

NOISE AND SMOKING

PARAVIS is a place of relaxation and tranquillity. Please therefore respect the privacy and serenity of all other guests.

The use of mobile phones or other electronic devices is not permitted.

We ask you to speak quietly.

PARAVIS is a non-smoking area.

FOOD AND DRINKS

There is a corner area offering herbal teas and a drinking fountain.

Neither food nor drinks may be introduced or consumed.

LOST PROPERTY, ACCIDENTS AND DAMAGE

The Hotel Tyrol is not responsible for lost personal property nor for any damage to persons or property inside the SPA WELLNESS or BEAUTY PARAVIS areas.

DISCLAIMER

We ask you to sign a disclaimer in order to discharge the Hotel Tyrol from any responsibility for your own health.

This disclaimer must be signed and returned to the PARAVIS reception.



