

PARAVIS
Tyrol

ENGLISH

There are places that will live in your heart forever. Like our Paravis Spa, an oasis of wellbeing in the heart of the Dolomites where you can feel radiant and spend moments of joy and relaxation, where you can regenerate your mind and soul by soaking in a world of calm, serenity, and wellbeing.

Our enviable team of expert therapists is waiting to offer you the most exclusive treatments and wellness paths inspired by the nature of South Tyrol and Tuscany. For the duration of your stay, you can enjoy free use of our Fitness Room and Wellness & Sauna area, TyPools & whirlpools.

Opening hours

Treatments: from 10:00 a.m. to 7:00 p.m.

TyPools and whirlpools: from 8:00 a.m. to 8:00 p.m.

Wellness - Saunas: from 3:00 p.m. to 8:00 p.m.

Fitness room: open 24/7.

Reservation is required in advance: dial 453 on your room telephone or contact reception.

“Take care of your body.
It’s the only place where you have to live”

Jim Rohn

Spa Rituals

Combining a spa body treatment with a facial or massage, each ritual at the Paravis SPA is a journey of the senses, a magical moment to experience and share in a relaxing Tyrolean atmosphere.

SWEET RELAXATION FACE & BODY

approx. 110 minutes - € 175

Allow yourself into the hands of our experienced practitioners on a sensual journey that will make you pleasantly forget everything else. Enjoy a detoxifying body and face wrap, followed by a relaxing grape seed oil massage.

TOTAL BODY WELLNESS

approx. 80 minutes - € 120

A scented ritual for smooth and radiant skin with aromatic scrub and a relaxing massage.

MAGIC MOMENTS

approx. 90 minutes - € 145 for 1 person

approx. 90 minutes - € 270 for 2 people

Indulge in a candle massage and a soothing aromatherapy massage with warm shea butter to nourish and relax your skin. A customized face mask and gentle head massage are a wonderful way to banish unwanted thoughts and relieve stress, along with a delicious fresh juice or fresh fruit.

ALPINE DREAM

approx. 90 minutes - € 160 for 1 person

approx. 90 minutes - € 290 for 2 people

Sitting comfortably in the Kraxenofen, the hay vapors will warm your back and remove all tension, while a pleasant aroma-therapy foot bath will give you an immediate feeling of well-being. This is followed by a relaxing massage with warm oils that will regenerate your body and mind. All complemented by a delicious tasting of homemade cakes and hot chocolate.

WINE EXPERIENCE

approx. 80 minutes - € 145 for 1 person

approx. 80 minutes - € 270 for 2 people

A complete relaxation experience where wine and hay are the undisputed stars of this unique ritual: an unforgettable grape-seed oil massage on hay beds is followed by a memorable and luscious wine bath! And the icing on the cake is a delicious tasting of speck, local cheese, and a glass of red wine.

LIGHT LEGS GARSHADREN RITUAL

approx. 60 minutes - € 110

Intensive, invigorating and draining treatment, ideal for heavy and tired legs, suited for alleviating swelling, fatigue and heaviness.

SOLAR PLEXUS UDARA RITUAL

approx. 60 minutes - € 110

Abdomen ritual that allows through functional active ingredients to drain and activate circulation with beneficial action on swelling.

Facial Treatments

Our facial treatments are designed to meet the most demanding requirements of all our customers, through the expert skills of our operators, the exclusive application methods, and our high-end wellness products.

DETOX FACIAL

approx. 50 minutes - € 85

Deep cleansing with scrub for the face, neck, and décolleté, followed by a mask tailored to the guest's skin type for a visibly fresher and more radiant complexion.

SHORT FACIAL

approx. 30 minutes - € 55

A pleasantly soothing treatment with a refreshing and moisturizing effect.

LIFTING EFFECT

approx. 50 minutes - € 110

A luxurious tailor-made treatment with a collagen mask and lifting-effect massage techniques.

EXPRESS FACIAL

approx. 50 minutes - € 95

A splendid, personalized treatment performed with an enriched collagen mask and lifting massage techniques.

PERFECT EYES

approx. 20 minutes - € 40

A special massage session that stimulates acupuncture points in the eye muscles to improve blood circulation, relieve eye fatigue and reduce puffiness and dark circles.

Spa Body Treatments

Our body treatments are the fusion of a strong connection with our traditions. On a journey between South Tyrol and Tuscany, natural active ingredients with intense fragrances such as mountain pine, lavender, and grape marc are some of our special ingredients for a holistic experience, a deep feeling of well-being and complete relaxation in harmony with nature.

GOURMET BATH IN THE TUB

approx. 30 minutes - € 90 for 1 person

approx. 30 minutes - € 150 for 2 people

A unique and antioxidant bath. Discover the many benefits of wine therapy, an inebriating red wine bath rich in polyphenols, anti-aging, giving you radiant, silky skin, and improving circulation while pleasantly intoxicating your senses. You will also be able to sample delicious finger food from the house accompanied - *ça va sans dire* - by a glass of red wine for a perfect blend of South Tyrolean and Tuscan flavors.

ALPINE HERBS BODY SCRUB

approx. 50 minutes - € 80

Body scrub for smooth skin, scented with alpine herbs melted in salt crystals and essential oils.

GRAPE SEED BODY SCRUB

approx. 50 minutes - € 80

Body scrub with grape seed for radiant and silky skin.

MOUNTAIN ARNICA BACK COMPRESS

approx. 50 minutes - € 85

Relaxing and soothing treatment to dissolve all back and neck tension.

SUNVEDA RITUAL

approx. 50 minutes - € 90

A gentle body scrub prepares the skin for upcoming sun exposure.

Brightening and nourishing, with coconut and lavender.

THERMOSPA

approx. 30 minutes - € 80

Lulled in weightlessness in a bed of tempered water and accompanied by a gentle melody, you can choose between a mud treatment ideal for easing muscle and joint tension or a hay treatment for total relaxation and improved sleep.

DRAINING BANDAGE

approx. 30 minutes - € 80

Performed in our Thermo Spa, where a special warm waterbed will pamper you with a pleasant and rejuvenating moment of relaxation.

Massage Treatments

PARAVIS SPA MASSAGE

approx. 50 minutes - €100

This therapeutic massage is performed with high-quality arnica oil to amplify the stress-relieving effects on the muscles and relieve tension.

AROMATHERAPY MASSAGE

approx. 50 minutes - € 105

Massage with essential oils from mountain herbs and alpine forests such as mountain pine, spruce, and lavender to restore the perfect balance of mind and body.

TAILOR-MADE MASSAGE

approx. 60 minutes - € 110

This massage is tailored and performed to meet your specific needs. Ask our Beauty Specialists for the treatments that would best suit you.

RELAXING MASSAGE

approx. 50 minutes - € 85

This massage is performed with gentle and enveloping hand movements that relax muscles and improves circulation, giving a feeling of lightness.

DRAINAGE MASSAGE

approx. 50 minutes - € 90

This massage combats fluid retention, improves circulation, and gives a feeling of lightness.

SPORT MASSAGE

approx. 50 minutes - € 105

Recommended before and after sports activities and workouts, it helps to relieve muscle tension and eliminate lactic acid.

HOT STONE MASSAGE

approx. 60 minutes - € 110

The special properties of heated basalt lava stones in the hands of our experienced therapists will give your body a feeling of extreme relaxation and complete psychophysical well-being.

CANDLE MASSAGE

approx. 60 minutes - € 110

This pampering massage is performed with warm, moisturizing, and nourishing shea butter: the warm embracing heat provides a relaxing and soothing sensation.

GUA SHA FACIAL MASSAGE

approx. 30 minutes - € 60

Facial Gua Sha is a massage technique designed to relieve tension in the muscles of the face, boost blood circulation, and encourage lymphatic drainage to banish bloat. The massage is performed with quartz stones for a detoxifying and oxygenating effect on the facial tissue.

Express Massage

approx. 20 minutes - € 50

Light feet. Massage to relieve sore and tired feet after a hike in the mountains.

Head and scalp. A relaxing massage to relieve tension and free the mind from stress.

Partial. Massage to relieve muscle tension by relaxing only the affected area.

Spa Beauty Treatments

EPILATION

Eyebrow correction - € 15

Upper lip - € 15

Armpits - € 15

Bikini - € 15

Arms - € 25

Half leg - € 30

Back or chest - € 30

Full leg - € 60

BASIC MANICURE

approx. 50 minutes - € 50

PARAVIS SPA MANICURE

approx. 80 minutes - € 75

Exclusive manicure with scrub, mask, and massage for flawless hands.

BASIC PEDICURE

approx. 50 minutes - € 65

PARAVIS SPA PEDICURE

approx. 80 MINUTES - € 90

Foot bath, scrub, compress and massage for an unforgettable and relaxing pedicure.

NAIL POLISH APPLICATION

approx. 20 minutes - € 25

Spa Packages by Paravis Spa

PARAVIS SPA professionals and Beauty Specialists are at your complete disposal to design and create your tailor-made SPA package to best serve your needs.

USEFUL INFORMATION

We are pleased to welcome you to our PARAVIS SPA, a little corner of heaven in the heart of the Dolomites. We ask you to help us maintain a quiet atmosphere by speaking softly and refraining from the use of cell phones or other electronic devices.

Parents are responsible for their underage children, who are not allowed to enter the wellness area after 6:30 pm.

APPOINTMENTS

All the Spa treatments are subject to availability: therefore, we highly recommend booking your treatment in advance to ensure that your preferred time and service are available. Any appointment for guests under 18 years of age must be made by a parent or guardian, who must also accompany them on the day and time of the treatment.

DIGITAL DISCONNECTION

Our spa environment is one of serenity and we would appreciate it if you can turn off your mobile devices to respect all Spa guests' right to privacy and serenity.

CANCELLATION OR AMENDMENT

Please allow 4 hours' notice of cancellation or amendment to avoid charges. Cancellations or amendments within 4 hours will incur a 50% charge. No show without cancellation will incur a 100% charge.

ARRIVAL

We recommend that you check in at Spa Reception at least 10 minutes before your first scheduled appointment. This way we can provide you with the best experience and start your treatment on time. Out of respect for the other guests, please understand that late arrivals will not receive an extension of scheduled treatment and the full price will still be charged.

WELL-BEING

For your comfort and safety, please inform us of any pre-existing conditions such as injuries, illnesses, or allergies at the time of booking as some treatments may not be advisable. Please also inform the operator of any health problems before you start the treatment.

PRECAUTIONS

We recommend that you eat and drink in moderation and refrain from alcoholic beverages before a treatment or a session in the wellness area. If you need to shave (especially for men's facials), it is advisable to do so at least two hours before the treatment. You should not shave your legs before a body peeling treatment. Sunburn can affect the effectiveness of spa treatments: be careful and always use sunscreen.

JEWELRY AND VALUABLES

During most treatments, it is better not to wear jewelry. We recommend taking off necklaces and bracelets and leaving valuables in the room.