

Fameli

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INFORMATION

Fameli Spa opening times

Monday - Sunday 01:30 p.m. - 07:30 p.m.

Bookings

We will be happy to take your reservations for wellness treatments at the hotel reception or at the beauty reception, subject to availability. We will be happy to put together your personalised package.

Cancellations

If you can't keep an appointment for a booked wellness treatment, we ask you to cancel it 24 hours in advance, otherwise we will have to charge you.

Punctuality

Please come to your appointment a 5 minutes earlier, because we would like to offer our guests a punctual wellness treatment. Delays will be deducted from your treatment duration.

You will be met at the spa reception by the green armchairs and accompanied to the treatment room.

Bathrobe

You are requested to appear for all treatments in your bathrobe. A comfortable bathrobe is ready for you in the room. We also ask you to leave your jewellery in the room.

BIO-CERTIFIED COSMETICS FROM SOUTH TYROL

To be human from the roots to the flowers.

Man and nature form a powerful unit.

The four elements, water, fire, air and earth, exist in every living being. These inexhaustible sources of strength keep body, mind and soul in natural balance. If one of these elements becomes predominant in the human body, this also affects the skin, among other things. The aim of Phyto Art is to restore this balance using medicinal plants and crystals.

Phyto Art Cosmetics are developed and manufactured in South Tyrol and certified by the BDIH organic control centre.

Phyto Art cosmetics are free from PEC, parabens, perfumes and colourings; they are cruelty-free and dermatologically tested.

The packaging is 100% recyclable and increasingly free from plastic.



MASSAGES

RELAX MASSAGE

The gentle vibrations of the Tibetan bell, the lavender oil perfume and the slow, harmonious manoeuvres of the massage lead to total physical, mental and emotional relaxation.

50 Min. € 78,00 (total body)

75 Min. € 105,00 (total body)

TENSION-RELIEVING MASSAGE

Eliminates pain, tension, muscle contractions, promotes blood circulation and oxygen supply as well as muscle relaxation. Improves the general well-being.

25 Min. € 45,00 (back & neck)

25 Min. € 45,00 (legs)

50 Min. € 78,00 (total body)



LYMPH DRAINAGE

Activates blood and lymph circulation by bringing oxygen-rich blood and lymph to the tissues. Helps eliminate excess fluid. Improves lymphatic circulation by eliminating leg swelling and water retention.

25 min. € 45,00 (legs)

50 min. € 78,00 (total body)

FOOT REFLEXOLOGY

Stimulation of points associated with all organs to relieve pain and promote healing ability.

50 Min. € 75,00

KID'S MASSAGE

(from 4 to 12 years)

The Fameli kid's massage helps kids to get a good physical feeling and strengthens the emotional balance. Choose between chocolate or honey oil.

20 Min. € 40,00



TREATMENTS

HONEY DETOX

(BACK, LEGS & FACE)

The aim of this energetic detox treatment is to use the power of the honey to remove waste products and toxins from the connective tissue, as they disrupt the supply and manifest themselves in restricted mobility of joints, intervertebral discs, ligaments, tendons and in sagging, brittle skin.

In addition, the magnesium massage improves lipometabolism, blood circulation and the oxygen supply to the cells.

75 Min. € 110,00

100 Min. € 140,00 (incl. relaxing, moisturizing massage)

LIGHT LEGS

The special combination of leg massage and wrap invigorates and regenerates tired legs.

Alpine herbs in synergy with mineral salts stimulate blood circulation and relax your muscles. Plant extracts such as birch, dandelion, nettle and horse chestnut ensure lasting vitality for your legs. For tired and heavy legs!

50 Min. € 82,00

BALANCE ANTI STRESS

(BACK, DECOLETE & FACE)

Take a real break and let yourself go!

A select mixture of oils with the addition of grapefruit, orange and Lemon balm helps reduce stress, leave behind the frenetic rhythms of everyday life and free the mind.

Special massage maneuvers, combined with the Musk cream made with local herbs, dissolve the blocked muscles of the back and neck, while the use of various crystals stimulates the flow of energy, allowing to harmonise body and mind.

50 Min. € 82,00

DORSAL TREATMENT

(BACK)

An intensive treatment for tense back muscles.

The hot roll of the Kneipp method, scented with local herbs, warms the muscles and prepares them to receive the massage.

Cupping combined with a deep back massage removes blocks and regenerates the back structures. The herb-based ointment containing common houseleek, Saint John's wort, hop and plantain help the muscles relax with a long-lasting effect.

50 Min. € 82,00

ZIRBL ACTIV

(TOTAL BODY)

Perceive nature directly on your body!

This dynamic massage, performed using special Stone pine sticks and the massage with reactivating herb oil, has a regenerating and re-invigorating effect on the body.

The Stone pine aroma unclogs and improves your breathing, giving you the feeling of walking through a Stone pine wood in South Tyrol.

50 Min. € 82,00



PEELINGS

MOUNTAIN SCRUB

Rock salt nourishes the skin, supplying it with minerals and trace elements that ensure the correct acid-base balance.

Thanks to the fine structure of the salt, the skin is freed of dead cells and can absorb the nourishing oil made of hazelnut and grapefruit that revitalises and smooths the connective tissue. A classic and effective peeling.

25 min. € 47,00

50 min. € 82,00 (incl. partial massage back) - highly recommended to relax the body after this energetic treatment.

HERBS SCRUB

A delicate peeling based on herbal cream for a consistently well cared for skin. Finely ground pomaces, mallow, calendula, nettle, horsetail and edelweiss liberate the skin from dead cells and supply it with nourishing substances, ensuring long-lasting protection.

25 min. € 47,00

50 min. € 82,00 (incl. partial massage back) - highly recommended to relax the body after this energetic treatment.



COMPRESS

SPORT ENERGY

This regenerating compress is recommended for any kind of contracted muscle group, to revitalise the body and reinforce the immune system.

Wolf's bane, hemp and horse chestnut extracts, synergically blended with Stone pine and rosemary essences, have a stimulating effect on blood circulation. This ensures a greater supply of oxygen to the cells, that in turn favours the regeneration of muscles, revitalises the body and provides it with new energy.

25 min. € 47,00

50 min. € 82,00 (incl. partial massage back or legs)

DERMA ACTIV

The Alps blend with exotic charm. The active plant ingredients contained in birch, achillea and fennel, combined with incense, ylang-ylang and palmarosa, turn this compress into a relaxing and harmonising experience. The skin is therefore nourished and hydrated by an entire cocktail of plant extracts.

25 min. € 47,00

50 min. € 82,00 (incl. partial massage back or legs)

FACE TREATMENTS

EXCLUSIVE FACE CARE

Individually adapted to the skin, for him and her.

A holistic treatment with selected herbs in combination with a special crystal massage technique brings the skin into balance and lets it shine.

75 Min. € 95,00

BALANCE FACE CARE

Individually adapted to the skin, for him and her.

The synergy of sustainable skin care and a deeply effective massage reactivates the skin, allowing it to regenerate itself.

50 Min. € 75,00



ANTI AGE FACE MASSAGE

An energising and invigorating treatment that supplies oxygenated blood to the cells. It has a rejuvenating effect. Wrinkles visibly disappear.

50 Min. € 80,00

TEENIE FACE CARE

(from 11 to 16 years)

Individually adapted to the skin needs of teenagers.

Through gentle cleansing and care, sensitive skin shines anew. If necessary, a deep cleansing follows.

50 Min. € 65,00

