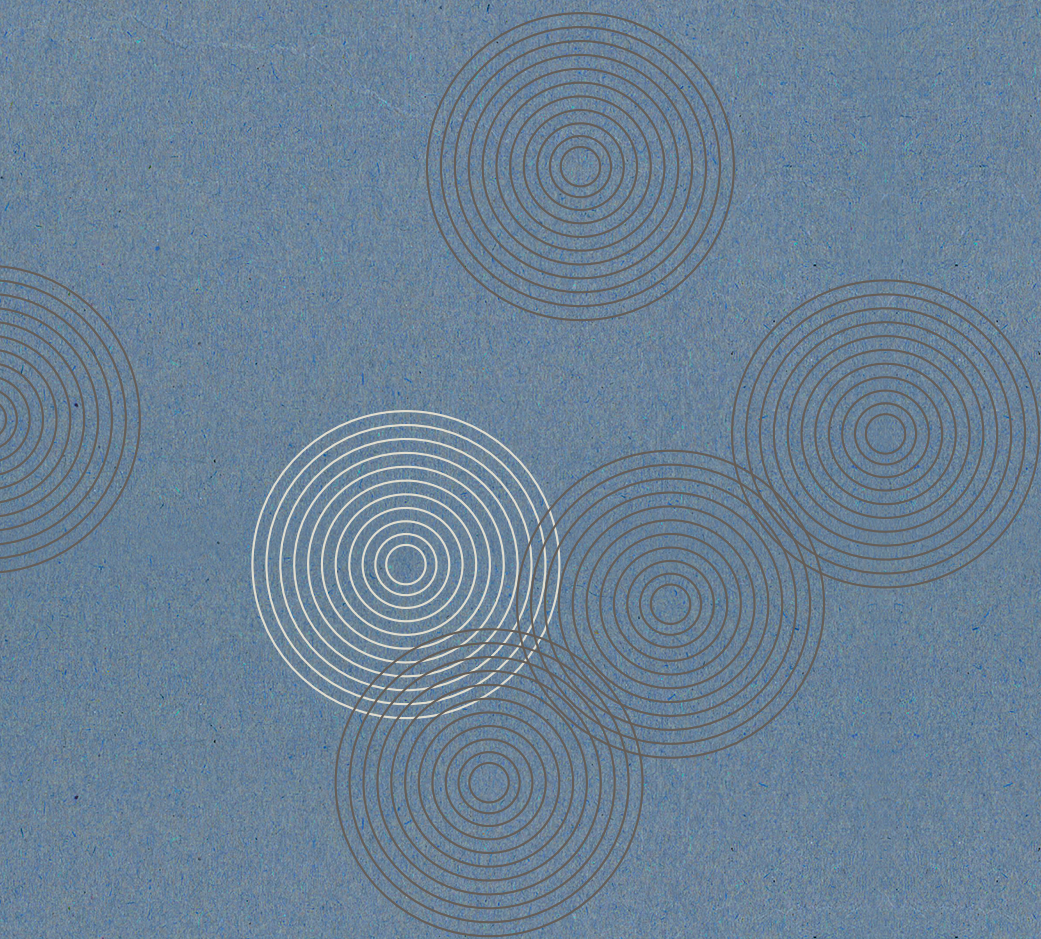
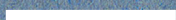


# Stroblbad



## SPA 2022



**TAKE TIME FOR YOURSELF,  
EXPERIENCE THE POWER  
OF CALM AND DISCOVER  
THE LIGHTNESS OF BEING.**



**ANNA – SPA EMPLOYEE**

Passion for my profession, passion for innovative products, professional skills for effective treatments. Breathe in the scent of the oils as you enter a world of tranquillity and relaxation.

I look forward to working with you during your stay.

# FEEL GOOD

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## TAKE TIME FOR YOURSELF

In order for us to prepare your personalised treatment and to ensure you can enjoy your full treatment time, we ask you to arrive at the Stroblbad spa approximately 10 minutes before your treatment is due to begin. You will be asked to fill in our confidential guest data sheet while you are waiting.

We will meet you in the seating area directly in front of the bar in good time for your appointment. Please understand that if you are late, your treatment time will be shortened accordingly, out of respect for the guests after you.

## CLOTHING

Please come to your treatment in a bathrobe or light clothing. You are welcome to use the changing room in the wellness area. In order to protect your privacy, we offer you disposable briefs for each treatment and work with various covering techniques.

## CANCELLATIONS

If you wish to cancel your appointment, please do so at least 24 hours before your treatment is due to begin. In the event of a later cancellation, we regret that we will be obliged to charge you the full price.



HIGHTECH NATURAL COSMETICS

# TEAM D<sup>R</sup> JOSEPH

SÜDTIROL

## TOWELS

In the room you will find a swim bag with towels for the pool/ sauna and bathing pond. Please bring the towels back so that we can replace them. The towels are changed daily.

## POOL AND SAUNA AREA

Please wear swimming costumes in the pool area.  
For reasons of hygiene, we ask you not to wear clothes in the sauna area. The quiet rooms are places for silence and tranquillity. Please be considerate of this.

## OUR WELLNESS THERAPIES

You are welcome to book your desired treatment directly at the reception or in the SPA area. We will be happy to advise you on the best treatment for you.

Stroblbad opening times: 7.00 am – 8.00 pm

Treatments: Monday to Saturday

Pool: daily from 7.00 am to 8.00 pm

Sauna: daily from 3.00 pm

Team Dr. Joseph's award-winning high-tech natural cosmetics combine carefully selected natural ingredients with the latest technology to create holistic skincare products and treatments.

Founded in 1986, this family business grew from a lifelong fascination with the world of plants and their active ingredients. In Vitalis – Team Dr. Joseph we have found our ideal partner: natural cosmetics created in South Tyrol and celebrated throughout the world.



# REGENERATE

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## CELLULAR RECREATION FACE TREATMENT 80 min. €105.00

A wonderfully natural treatment with active ingredients specially adapted to the needs of your skin. Carried out using the Team Dr Joseph method, the effect is immediate and deeply relaxing. With highly effective natural active ingredients for healthy and thoroughly pampered skin.

Cleansing – peeling – cupping – eyebrow shaping – special serum – facial massage – intensive mask – skin-specific day cream

## INTENSE PURIFYING FACE TREATMENT 80 min. €105.00

Intensive deep cleansing according to the TEAM DR JOSEPH method, tailored for your skin type, for a clear complexion and a refined pore structure. The skin feels pure and soft.

Cleansing – peeling – cupping – eyebrow shaping – toning face pack – alginate mask – skin-specific day cream

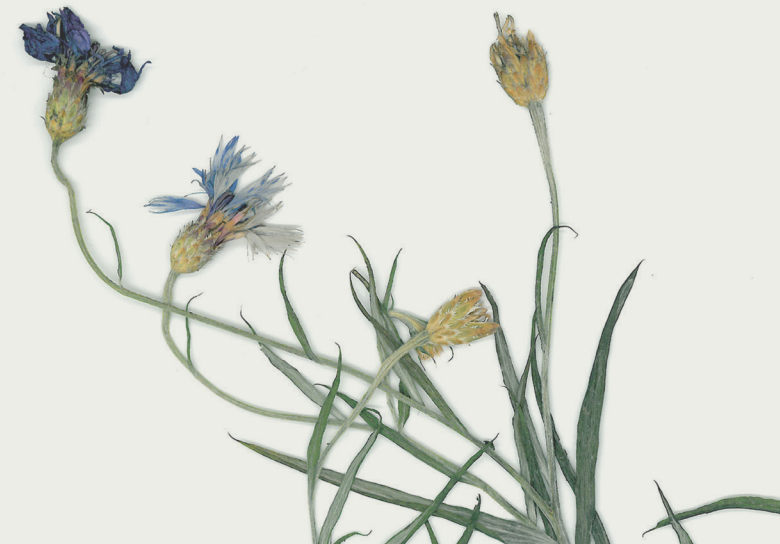
## ADVANCED BIO LIFTING FACE TREATMENT 110 min. €140.00

Our top holistic programme based on the Team Dr Joseph method: individually customised intensive treatment with biodynamic lifting massage. Experience a truly unique beauty treatment for lasting effect, immediate visibility and maximum impact.

Cleansing – peeling – cupping – eyebrow shaping – special serum – biodynamic pistil lifting massage – intensive mask – skin – specific day cream

## EXPRESS POWER LIFT FOR MEN 50 min. €72.00

A fast and effective pampering programme for men. Based on the Team Dr Joseph method, high-tech cosmetics from natural ingredients ensure a clearer, smoother skin texture. For a powerful and well-groomed appearance.



# REVIVE

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## **FIRMING AND TONING BODY MASSAGE** 50 min. €72.00

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A customised body massage concept to lift and firm your figure. Active ingredients and innovative massage techniques stimulate metabolism and support lymphatic activity. An intensive peeling leaves your skin feeling velvety smooth. A powerful body programme with a slimming effect.

## **DETOXIFYING CELLULITE TREATMENT** 80 min. €90.00

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An effective cellulite treatment with a lasting effect on your complexion and connective tissue. A combination of cupping and highly effective natural ingredients visibly alleviates cellulite and has an amazing effect on body tissue. A stimulating body peeling, special massage techniques and an algae pack work in combination to support this detoxifying concept.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation. The very definition of full-body care!

## **LINEN GLOVE DRY BODY SCRUB** 25 min. €35.00

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## **BODY WRAPS** 50 min. €72.00

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This stimulating whole-body peeling with unbleached linen gloves and potent essences improves blood and lymphatic circulation and supports metabolism. It has a purifying effect for a clear and radiant complexion and a noticeable energy boost.

**Our tip:** Combine this treatment with a cream pack chosen according to your skin type.



# FEEL

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## INDIVIDUAL MASSAGE

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A full-body massage tailored to your needs. Using herbal oils with effective active ingredients, tight muscles are relieved and blood circulation is stimulated.

50 min. €72.00

75 min. €90.00

## „ABHYANGA“

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75 min. €90.00

This gentle and harmonious Ayurvedic massage with warm herbal oils balances your energy flow and has a liberating effect on both a mental and spiritual level.

## PACKAGE: RELAX

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€302.00

Abhyanga, 75 min.

Face Treatment, 110 min.

Hot Stone Massage, 50 min.

Duration: 2–3 days

Deep Relax Body Oil for home use



## HOT STONE MASSAGE

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Let the gentle warmth of volcanic stones gently pamper you. Tension is released on both a physical and mental level.

50 min. €72.00

75 min. €90.00

## FOOT REFLEXOLOGY

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50 min. €72.00

The application of pressure to specific point on the soles of your feet indirectly stimulates and soothes your entire body.



# SOOTHE

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## **DYNAMIC RECREATION BACK MASSAGE** 50 min. €72.00

A rejuvenating back treatment with techniques and intensity levels tailored to your needs. The highly effective active ingredients in the massage oils optimise the experience, while the unique combination of cupping glasses and singing bowls helps to relieve tension and improve the dynamics of the spine.

## **RELAXING HEAD AND NECK MASSAGE** 50 min. €72.00

An exceptional massage to awaken your senses. Special massage techniques for the head, neck and shoulder area combine with powerful plant extracts to release tension and clear the mind. The deep contact and gentle aromas help you to switch off from everyday stress. An unforgettable and deeply liberating experience.

## **SPORTMASSAGE** 50 min. €72.00

The combination of special massage techniques, stretching and tapping loosens fasciae and relaxes the muscles. Ideal before or after sports activities.

## **PACKAGE: BACK** €216.00

Dynamic Recreation Back Massage, 50 min.  
Relaxing head and neck massage, 50 min.  
Individual massage, 50 min.  
Duration: 3–4 days  
Arnica Sport Balm for home use



# CARE

PEDICURE	60 min. €65.00
WITH NAIL POLISH	75 min. €75.00
MANICURE (WITH NAIL POLISH)	60 min. €65.00
SPA PEDICURE	80 min. €95.00

Foot scrub, Pedicure, Foot massage, Foot wrap

SPA MANICURE	80 min. €95.00
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Hand scrub, Manicure, Hand massage, Hand pack

## DEPILATION

FACE	15 min. €15.00
HALF LEG	30 min. €35.00
WHOLE LEG	45 min. €50.00
BIKINI LINE	30 min. €35.00
BACK AND CHEST	30 min. €35.00
UNDERARMS	15 min. €20.00

## EYEBROWS & EYELASHES

EYEBROW COLOURING	15 min. €15.00
EYELASH COLOURING	15 min. €20.00
EYELASH AND EYEBROW COLOURING	30 min. €30.00
EYEBROW SHAPING	15 min. €15.00

## PACKAGE: ALL-ROUND BEAUTY

€307.00

Deep-action beauty treatment, 80 min.  
Firming And Toning Body Massage, 50 min.  
Manicure, 60 min.  
Pedicure, 60 min.  
Extra Glow Tonifying Oil for home use







# STROBLBAD WELLNESS & SPA

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STROBLBAD AT STROBLHOF

ITALY – SOUTH TYROL  
39057 SAN MICHELE/APPIANO (BZ)  
VIA PIGANÒ 25

[www.stroblhof.it](http://www.stroblhof.it) – [hotel@stroblhof.it](mailto:hotel@stroblhof.it)  
T +39 0471 662 250