

mountain health





Welcome to Christophorus Beauty and More

Our Wellness & Spa is the ideal place to find the right sense of tranquility and wellbeing. Sweating for health in the Finnish sauna, in the sanarium or in the steam bath with relaxing chromo therapy. Take a rest in the relaxation room after a massage or a beauty treatment. Soft, pleasant music and a cosy atmosphere offer the best conditions to feel well. What's good for your soul, works positively for your body. Relax and inner peace gives you wellbeing.



Massages	7
Baths	10
Softpack baths	12
Body Treatments	14
Facial Treatments	16
Special for men	20
For a perfect body	22
General information	23







Massages

Massage is the oldest form of physical therapy. It has been widely used since the ancient time by different cultures to ease muscular tensions, counter pain and remove weariness. Dedicate some time to yourself and allow yourself to be pampered by the professional hands of our practitioners.

Aromatic Massage – Choose among three different themes:

Harmony: relaxation and “anti-stress” programme

The harmony oil by Vitalis Dr. Joseph® wraps your body in a pleasant fragrance, scented with faint notes of pine wood and sweet traces of vanilla and citrus fruit which produce the sense of profound relaxation and wellbeing. This precious product consists of biological calendula oil, which is one of the most successful oils for assisting people with sensitive skin, and pine and spruce oil which help balancing the rhythms of body and soul and impart a pleasant feeling of relaxation and wellbeing.

Vitality: a strong energy boost for body and mind.

This stimulating massage according to Vitalis Dr. Joseph® uses Alpine arnica oil, famous for its fortifying properties, together with essences of juniper which intensifies the effects of the arnica oil with its distinctive scent. The warmth and the energetically components of rosemary and cypress enhance balance and harmony and the essences of lemon and grapefruit confer new energy to body and mind.

Balance: an oasis of peace and tranquillity

The relaxing properties of the European herbs of angelica, lavender, mandarin and grapefruit are mixed with the calming effect of the exotic scents of incense, patchouli and ylang-ylang and the precious fragrance of Indian spikenard which is harvested directly on the Himalayan mountains. The Iberian oil constitutes the basis of the massage oil and enriches it with warmth and the power of easing mental and muscular tensions. This oil strengthens self-confidence and imparts the sensation of peace and tranquillity.

per Aromatic Massage ca. 50 min. € 56.00

Lymphatic Drainage Massage

ca. 45 min. € 55.00

This massage is used to redirect excessive lymph fluid. It is practiced, for instance, to treat oedema and cellulite and for problems with water retentions. We suggest to combine this massage with a sea salt bath.

Vitalstone Massage®

ca. 75 min. € 80.00

Already before the beginning of the treatment, you will be welcomed by the warmth emanated by the basalt stones, which are placed on the different Chakra points, and by the fragrance released by a synergy of essential oils tuned to the lymphatic system. This is the moment to trust yourself to the professional hands of our practitioners and to enjoy the stone massage.

Full Body Massage

Partial Massage

Relaxing Face Massage

ca. 50 min. € 50.00

ca. 25 min. € 30.00

ca. 25 min. € 35.00

Stimulating Foot Massage

ca. 25 min. € 35.00

The concepts of foot massages derive from the traditional Chinese medicine and are based on the application of pressure onto particular areas of the foot sole. This treatment is particularly effective for the treatment of temporary pains and diseases of the gastrointestinal system, they aid digestion and ease nervous tensions and migraine.

Vitalis Massage Vitalboli®

ca. 50 min. € 70.00

This herb massage according to Vitalis Dr. Joseph® is a very special ritual which is conceived to produce a profound feeling of relaxation. By enhancing regeneration of body and soul, it improves your physical wellbeing and gives you new energy and vitality. The ideal healthcare-treatment after exercise and sports events.



Hydro Massage Baths Sanospa

Sanospa: a bathtub and masseur in one: It is a special tub, with more than 200 water jets that gently yet effectively massage your body from your toes up to your neck. The chromo therapy completes the relaxing effect of the bath. You will feel like you were bathing in Champagne.

per Bath ca. 30 min. € 35.00



Cleopatra Bath

Milk was used as luxurious skin moisturizer even in ancient cultures. Cleopatra, the legendary Egyptian queen, was known to soak herself in luxurious baths of goat milk and honey. Thanks to the healing and hydrating properties of milk, this bath is highly recommended for all those who have problems with dry and weary skin.

Algae Bath

Stimulates metabolism, blood circulation and the lymphatic system, detoxifies your body and releases muscular tensions.

Sea Salt Bath

This bath contains many minerals, purifies the organism and at the same time cleanses the skin.

Energizing Bath

Macadamia oil, sesame oil and orange.

Equalizing Bath

Macadamia oil, sesame oil, lemon and geranium.

Relaxation Bath

Macadamia oil, sesame oil and lavender.

Orange blossom Bath®

Our orange blossom bath helps alleviating stress and regaining mental balance.

Dwarf Pine Baths®

Dwarf pine essences strengthen the immune system and confer vitality.

Thyme Baths®

This bath revs up your immune system which is important and recommended when the flu season is there.

Hay Bath®

A hay bath blows away weariness, eases joint and muscular pain and firms and cleanses the skin. It's, of course, impossible to compare the bath in water to the classical hay bath, but one is sure – the therapeutic effects of hay are the same.

by Vitalis Dr. Joseph®

Softpack Baths

Our softpack treatments make use of a soft waterbed and a thermo blanket with heated linen soaked in your favourite herbal solution. The slow movement of the waterbed and the warmth of the blanket create the sensation of pure relaxation and favour the absorption of the active principles contained in the linen. The innovative alpine healthcare baths exploit the synergy of the Alpine active principles to enhance your feeling of wellbeing. Immerse yourself into the miraculous world of Alpine tradition and experience the pleasure of a first class beauty treatment.

Alpine baths_healthcare by Vitalis Dr. Joseph®



Wild Thyme & Stone Pine Bath®

Detoxify your body and relax in pleasant atmosphere. Wild thyme stimulates skin metabolism, enlivens skin tissues and strengthens nerves. Together with the equalizing effect of stone pine on blood circulation, this healthy bath gives new energy to your respiratory apparatus and nervous system.

Mountain Arnica & Amber Bath®

Bath and feel the power of the Sun Herbs pervading your body and soul. This revitalizing bath gives new energy to joints and weary muscles. The combined powers of the active principles of arnica and amber erase stress and release all kinds of tensions.

Alpine Mud & Dwarf Pine Bath®

An absolute “must” for lovers of Alpine wellbeing. Dwarf pine trees emanate the typical Alpine scent which, mixed with fine-grained natural sediments, enhances detoxification through the skin and helps to bring about invigorating effects.

Calendula and Camomile Bath®

A special treatment for weak and tired skin. Calendula and camomile activate cell regeneration and have an emollient effect upon irritated skin: your skin tone regains freshness and dry skin becomes soft and fair.

Apple & Rosehip Bath®

Indulge in a fruity beauty bath. Apples are rich in vitamins, minerals, pectins and wax: an ideal fruit for regeneration. Together with the precious rosehip they enhance cell regeneration and prevent dehydration. Your skin regains tone and elasticity.

per Softpack Bath

per Softpack Bath with Massage

ca. 30 min. € 38.00

ca. 55 min. € 70.00

Alpine Hay Bath

ca. 30 min. € 40.00

According to an ancient tradition, sleeping one single night on hay is enough to make you feel completely regenerated. The alpine herbs contained in the hay are the secret of this treatment. The heat makes give off the active ingredients of the herbs that are absorbed by the body, stimulating the circulation and relieving joint and muscular pain.

Grape Seed

and Sea Buckthorn Bath®

Ultimate regeneration. Enjoy the sensation that pervades your body. Grape seeds and sea buckthorn berries contain a cocktail of nutrients, vitamins, carotenoids, palmitic acids and procyanidins, which protect your skin from stress and oxidation and leave it silky and smooth.

Hay Flowers and Juniper®

Feel like a new, relaxed, stronger. Herbs selected from the high altitude meadows of the Dolomites and the magical power of mountain juniper will make you forget the tiredness of a long day.



Body Treatments

Hay Scrub

ca. 30 min. € 30.00

Confers a boost of energy, enhances wellbeing, relaxation and tranquillity and regenerates skin cell turnover.

Sea Salt Scrub

ca. 30 min. € 30.00

This treatment not only cleanses and hydrates your skin, but detoxifies and stimulates blood circulation.



Beauty bases on harmony and vitality. It is the result of a perfect balance between body and mind. The RVB Holistic Beauty Thay Treatments base on the principles of Tibetan medicine and help regaining mental and physical balance: a smooth and gentle skin and a firm, well-shaped body.

per Body Treatment ca. 55 min. € 80.00

Fire

Ram Osmocell: Effective anticellulite programme thanks to its detoxifying and stimulating effect on microcirculation. It assists the body in releasing toxins and reduces the appearance of cellulite by accelerating the regeneration of skin cells.

Water

Bham Dermoderm: Important lipolysis and slimming programme based on the use of liporeducing and hydrating active principles. Highly draining treatment which frees the body from toxins.

Earth

Lam Dermotonic: Active principles intervene to re-shape your body and confer harmony. Earth means solidity and abundance. Lam is the treatment that strengthens the connective tissue and re-shapes your body.

Air

Yam Dermoelast: Sensitive Skin care not only for mums. Air is the element that regenerates and confers vital energy. The Yam treatment has been conceived especially for future mums, but it helps also countering stretch marks and repairing damaged and dehydrated skin.

Ether

Om dermosense: Relaxation programme based on active principles with sedating and soothing effect. A treatment that helps you to achieve a state of deep and total relaxation.

Facial Treatments

All our facial treatments include:

Skin analysis, deep cleansing, exfoliation, active ingredients, massage, facial mask, cream and special techniques.

Face make-up

ca. 20 min. € 33.00



Thanks to the findings of the most advanced cosmetic technology, Light Life has deep penetration power to transport the precious active principles that skin is waiting for in order to nourish itself and re-waken. A complete recipe for all kinds of skin.

Age Prevention

Skin balance is altered, facial skin starts to sag. The loss of elasticity is due to free radicals and dehydration. Light Life intervenes against the free radicals with powerful substances which replenish and strengthen the moisture reserves of your skin. Your skin remains hydrated, compact and elastic.

Age Repair

Skin aging processes have caused the loss of skin tone and firmness. Light Life reverses the aging process by tightening and reshaping your skin. The skin appears instantly more resilient and feels firmer. Its tone is even and rejuvenated, depth and number of wrinkles are reduced.

per Treatment ca. 90 min. € 115.00

Simply White

Simply White is an exclusive, intelligent and highly effective cosmetic treatment designed for those who feel the necessity to give new life to their face skin, for those who want to correct skin imperfections and for those who want to fight the development of new brown skin blotches. The combined action of exfoliating, depigmenting, anti-aging and hydrating active ingredients reduces and lightens skin blotches and leaves skin instantly more radiant, even and smooth.

per Treatment ca. 60 min. € 75.00

Oily Skin

The oil producing sebaceous glands are overactive, skin is oily and as-phyctic. Light Life restores beauty to skin by regulating sebaceous gland activity and cleansing the pores of impurities. The skin loses its oily shine, imperfections are reduced and open pores are tightened.

Sensitive

The control mechanism of the skin lymphatic system is altered. This generates the chain reaction of free radicals damage. Light Life rebalances optimal skin's moisture level and promotes a better lymphatic microcirculation. Redness is reduced, the skin's resistance to irritating materials is strengthened.

Facial combined with a special massage
that involves face and body:

Back – detoxifying phase

Face – relaxing phase

Neck and chest – loosening phase

Feet – balancing phase

per Treatment with a special Massage ca. 60 min. € 75.00

Bioessential

The oxygenating treatment for all skin types. Bioessential is the treatment that helps eliminate toxins because it stimulates the microcirculation of the skin and activates cell metabolism.

Biohydra

The skin gets moisture. Biohydra, with its innovative formulation, not only protects the skin's water, slowing down evaporation, but improves skin texture, strengthening its barrier function for a moisturizing and excellent durability.

Biocalm

An oasis of pleasure for sensitive skin. Biocalm protects the skin from dirt, and reduces redness and itching. The result is a pleasantly decongested, nourished, smooth and hydrated skin.

Biopurity

For pure and rebalanced skin. Biopurity is a cosmetic solution that re-balances the production of sebum and reduces impurities with a gentle micro-exfoliation.

Bioage

Bioage is the line with anti-wrinkle action and a rich complex of natural active ingredients for firming, toning and protect skin from external aggression.

All "ego individual cosmetic" products are made of pure, carefully selected and high-quality phytofunctional raw materials. We collaborate with the world's most intelligent laboratory, the Nature.

Vitalis treatment well-age®

80 min. € 85.00

An intensive and luxurious program for mature skin. With the active ingredients in this line the skin becomes silky, moisturized and radiant look. A feeling of profound well-being and a true natural lifting.

Vitalis treatment base®

60 min. € 59.50

Basic treatment with cleansing, phial, massage and mask.

Vitalis treatment rugiada®

80 min. € 79.50

The dew. Facial treatment for dehydrated and dry skin. A special steam bath with flower essences makes this treatment become a unique experience.

Vitalis treatment quiete®

80 min. € 79.50

Quietness. This cosmetic approach treats skin irritations and redness and leaves your skin shiny and smooth.



Special treatments for men



Alpine Mud & Dwarf Pine Bath® for him

Softpack Bath with Massage

ca. 55 min. € 70.00

An absolute “must” for lovers of Alpine wellbeing. Dwarf pine trees emanate the typical Alpine scent which, mixed with fine-grained natural sediments, enhances detoxification through the skin and helps to bring about invigorating effects.

Facial treatments for him

ca. 60 min. € 60.00

Intensive treatment with exceptional effects. It guarantees wellbeing and relaxation in short time and increases your level of energy, vitality and freshness. Our treatments make use of a variety of products to suit each type of skin. A well-aimed massage of face, head and neck or a Tibetan bowl massage round off and complete the treatment.

Pedicure for him

ca. 60 min. € 38.00

Manicure for him

ca. 30 min. € 28.00



Alpine Hay Bath for him

ca. 30 min. € 40.00

According to an ancient tradition, sleeping one single night on hay is enough to make you feel completely regenerated. The alpine herbs contained in the hay are the secret of this treatment. The heat makes give off the active ingredients of the herbs that are absorbed by the body, stimulating the circulation and relieving joint and muscular pain.

Dwarf Pine Bath® for him

ca. 30 min. € 35.00

Dwarf pine essences strengthen the immune system and confer vitality.

Vitalis Massage Vitalboli® for him

ca. 50 min. € 70.00

This herb massage according to Vitalis Dr. Joseph® is a very special ritual which is conceived to produce a profound feeling of relaxation. By enhancing regeneration of body and soul, it improves your physical wellbeing and gives you new energy and vitality. The ideal healthcare-treatment after exercise and sports events.

For a perfect body

Waxing

Full body	50 min.	€ 40.00
Half leg	15 min.	€ 20.00
Full leg	30 min.	€ 30.00
Groin	15 min.	€ 15.00
Armpits	10 min.	€ 12.00
Upper lip	5 min.	€ 7.00
Arms	15 min.	€ 15.00
Chest or back	20 min.	€ 20.00

Face

Eyebrow correction	10 min.	€ 8.00
Eyebrow tint	10 min.	€ 7.00
Eyelash tint	15 min.	€ 10.00
Eyelash and eyebrow tint	15 min.	€ 15.00

Hand & Feet

Manicure	30 min.	€ 28.00
Manicure with polish	40 min.	€ 30.00
French manicure	40 min.	€ 38.00
Pedicure	60 min.	€ 38.00
Healing pedicure	75 min.	€ 49.00
Pedicure with polish	60 min.	€ 43.00
French pedicure	60 min.	€ 48.00



General Information

You can book your treatments at the Reception of the Christophorus Mountain Residence or with the staff of the Christophorus Beauty & More, which can also provide all the necessary information and advice on your appropriate treatments or packages of personalized treatments.

Please tell us at the time of booking if you are pregnant, taking medication or about specific health problems or allergies to certain substances or products.

You can cancel the treatment up to 8 hours before the appointment. After that time any annulment involves payment of the treatment price. Instead, you can move the appointment at any time considering the availability.

All the products of our cosmetic lines are sold at the reception of our wellness and spa Christophorus Beauty & More.



Christophorus Mountain Residence, Via Catarina-Lanz-Straße 26
I-39030 San Vigilio di Marebbe - St. Vigil in Enneberg, Südtirol - Dolomiten
Tel. +39 0474 501 333, Fax +39 0474 506 755
info@christophorus-residence.com, www.christophorus-residence.com