

EN



natural beauty

WELCOME  
TO





## FIND ENERGY AND INNER PEACE AT DIE WALDRUHE

Time to breath. Time to relax, to leave the day-to-day routine behind and clear your mind. The nature hotel **die waldruhe** – forest calm – is true to its name: naturalness at its purest, topped by a fantastic panoramic view, are waiting for you to be our guest. The peaceful surroundings are invigorating. The forest, the nature and the sun up in the sky fill you with energy and restore your inner balance. Our wellness hotel at the Val Pusteria/Pustertal valley has a lot to offer – start a relaxing journey into yourself.

VITALIS Dr. Joseph has taken up the task of respecting and capturing the purity and richness of nature and reintroducing its properties into sustainable and effective quality products. A responsible and mindful use of natural resources is both a key concern and a promise.

The Sarntal dwarf pine oil has always been an essential part of every medicine cabinet in the Val Sarentino/Sarntal valley. The ancient farmers already knew its healing effects. Today, the oil is still extracted by careful distillation following traditional methods. It has a revitalising effect, stimulates the self-regulation functions of the body and conveys nature's equilibrium.

Since 1912, Bergila – now in its fourth generation – has been working to support your well-being. Attention and patience are needed to capture the essence of nature. Own controlled organic cultivation. Harvested by hand. Water from pure springs. Slow and careful distillation. All this in order to offer you only the best of nature.



# BEAUTY PACKAGES

## WOMEN'S PACKAGE

- .. Traditional body scrub
- .. Anti-cellulite massage
- .. Facial treatment 50 min.

**Duration:** 2.5 h " " " " 155.00 Euro  
Including relax

## PREGNANCY PACKAGE

- .. Leg massage
- .. Pedicure
- .. Facial treatment 50 min.

**Duration:** 2.5 h " " " " 155.00 Euro  
Including relax

## MEN'S PACKAGE

- .. Hay flower scrub
- .. Full-body massage
- .. Pedicure

**Duration:** 2.5 h " " " " 155.00 Euro  
Including relax

## KIDS & TEENS' PACKAGE

- .. Mini manicure
- .. Mini facial
- .. Kids' massage

**Duration:** 1.5 h " " " " 82.00 Euro  
Including relax

## ANTI-CELLULITE PACKAGE

- .. Cane sugar scrub
- .. Team Dr. Joseph  
Cellulite treatment

**Duration:** 2 h " " " " 108.00 Euro  
Including relax



# FACIAL TREATMENTS

## INTENSE PURIFYING FACE TREATMENT

### **Intense cleansing for your skin**

In-depth cleansing specific to your skin type based on the method of TEAM DR JOSEPH: Your skin? Bright and soft. Your face? Radiant. Your feeling? Clear and energetic. Beginning with warm herbal compresses; a gentle massage stimulating the lymphatic system; peeling; cleansing with cupping glasses and deep cleansing – followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.

**Duration:** 50 min " " " 75.00 Euro

## EXPRESS POWER LIFT FOR MEN

### **Lifting for him**

The TEAM DR JOSEPH method for men. Powerful, natural, effective: Skin diagnostics; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing; special serum; an intensive mask with facial massage, and finally, individual daily skin care. Natural high-tech power for a powerful and well-groomed appearance.

**Duration:** 50 min " " " 75.00 Euro

## CELLULAR RECREATION FACE TREATMENT

### Thoroughly effective beauty care

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program based on the method of TEAM DR JOSEPH: Skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a modulated facial massage; an intensive facial mask and finally, individual daily skin care. With highly effective, naturally active ingredients for healthy and thoroughly cared-for skin.

**Duration:** 80 min " " " 95.00 Euro

## ADVANCED BIO LIFTING FACE TREATMENT

### Intense treatment with biodynamic lifting effects (for mature skin)

The holistic maximum program based on the method of TEAM DR JOSEPH: Intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics; contouring your eyebrows; a massage stimulating the lymphatic system; warm herbal compresses; peeling; deep cleansing with cupping glasses; special serum; a bio-energetic lifting massage; an intensive facial mask, and finally, individual daily skin care and stabilization. Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect.

**Duration:** 110 min " " " 125.00 Euro

## FACIAL MASSAGE

A gentle facial massage stimulates circulation to the skin, boosts the skin's metabolism, has a relaxing and calming effect and, last but not least, helps remove toxins from your body. A small beauty treatment with immense brilliance.

**Duration:** 25 min " " " 41.00 Euro

## FACIAL TREATMENT FOR KIDS

This very pleasant beauty treatment for kids and teens begins with the application of warm herbal compresses and a soft peeling. This is followed by classic cleansing of the skin, a tonifying facial wrap, a peel-off mask and daily skin care according to the skin type.

**Duration:** 50 min " " " 65.00 Euro

## DEPILATION

### Genuine eye-catchers

Eyebrow shaping	" " " 20.00 Euro
Eyebrow tinting	" " " 20.00 Euro
Eyelash tinting	" " " 22.00 Euro
Combination treatment: Eyebrow and eyelash tinting	" " " 30.00 Euro



# DEPILATION

## DEPILATION

Half leg (up to the knees)	..... 35.00 Euro
Full leg	..... 49.00 Euro
Back or chest	..... 35.00 Euro
Bikini zone or underarms	..... 25.00 Euro
Upper lip	..... 5.00 Euro
Combination treatment: Half leg, bikini zone, underarms	..... 60.00 Euro

## BEAUTIFUL HANDS

Indulge yourself with a classic manicure. Not only does it provide intensive care, it also rejuvenates your hands.

Manicure (without polish)	..... 50.00 Euro
Nail polish	..... + 5.00 Euro

## SMOOTH FEET

Give your feet a well-deserved time-out with this classic pedicure. It will give them the energy needed for new and big adventures.

Pedicure (without polish)	..... 50.00 Euro
Nail polish	..... + 5.00 Euro





# SCRUBS AND WRAPS

## AROMATIC SALT SCRUB

Classic Dead Sea salt scrub that improves the regeneration of your skin. For a skin as soft as velvet and a profound feeling of freshness.

**Duration:** 25 min " " " 38.00 Euro

## ALPINE HAY FLOWER SCRUB

This gentle and effective organic body scrub with hay flower extracts and ground apricot kernels cleanses your skin deep down to the pores, leaving it clear and bright.

**Duration:** 25 min " " " 38.00 Euro

## ALPINE MUD DETOX WRAP

For lovers of Alpine traditions, this wellness treatment is a must. Infused with the fragrance of the Alpine mountains alongside natural sediments, the Alpine mud boosts detoxification through the skin and has a revitalising and firming effect: The basis for beautiful and healthy skin.

**Duration:** 25 min " " " 38.00 Euro



ГРЕНС®

# MASSAGES

A vertical photograph of a woman lying on her side, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her head is resting on her hand, which is placed on a dark, textured towel. The background is softly blurred, showing what appears to be a spa or massage room setting with warm lighting.

## TREHS SPORTS BACK TREATMENT

This treatment for your back is a special form of massage that begins with the application of dwarf pine oil on your body. This massage combines elements of forearm massaging techniques with cupping glasses. The result is a profound feeling of relaxation and regeneration.

The in-depth effectiveness of this massage intensifies tissue circulation and eliminates toxins naturally. The warm compresses with essential oils are soothing. The massage ends with the application of a sports cream.

**Duration:** 50 min. " " " 75.00 Euro

## TREHS SPORTS LEG TREATMENT

This leg treatment is an effective method of releasing tensions. It begins with a dwarf pine oil massage. Cupping glasses stimulate the muscles and relieve the body of physical tension. Warm compresses with essential oils are applied to soothe the body. Afterwards, an effective sports cream is applied.

**Duration:** 50 min. " " " 75.00 Euro



# OUR MASSAGES

## TRADITIONAL MASSAGE

The traditional massage is the best-known and most popular massage technique around the world. It is a proven method to release tension and knots, it alleviates illnesses and misalignments of the musculoskeletal system and stimulates blood circulation. But the most important thing is this: A massage is one of the best things in life!

**Duration:** 25 min. " " " 41.00 Euro

**Duration:** 50 min. " " " 68.00 Euro

## REFLEXOLOGY FOOT MASSAGE

**Our feet are maps of our bodies**

The soles of our feet are divided into areas that are linked to specific organs of the body. Stimulating certain points on the soles of the feet has a reflexive effect on the corresponding organs. This massage activates self-healing powers, improves circulation to the organs, releases congested energy channels and restores the flow of vital energy.

**Duration:** 50 min. " " " 75.00 Euro



## AROMATIC MASSAGE

### Anti-stress

Gently enveloped in the soothing scent of conifers, citrus and vanilla, the vitalis aromapure | anti stress massage relaxes body and soul and lets you forget all worries. This exquisite massage with organic calendula oil is particularly suited for sensitive skin. Swiss stone pine and spruce have a calming effect on mind and body.

**Duration:** 50 min. " " " " 75.00 Euro

## CALENDULA | CHAMOMILE MASSAGE

### The ideal massage for stressed skin

Treat yourself to this both relaxing and regenerating Alpine beauty massage. The beautiful calendula flower is an especially famous medicinal plant which, in combination with the blue chamomile's active ingredient complexes, stimulates cell regeneration and soothes the skin. The skin feels fresh and supple, silky smooth to the touch.

**Duration:** 50 min. " " " " 75.00 Euro

## JUNIPER | ROSEMARY MASSAGE

### Immerse yourself into a world of relaxation with this gentle massage

Feel reborn, relaxed and strengthened. Feel the real pleasure of this Alpine massage. Exquisite herbs and the magical energy of mountain juniper will make you forget your fatigue on a beautiful day. Rosemary is revitalising.

**Duration:** 50 min. " " " " 75.00 Euro

## ARNICA | ST. JOHN'S WORT MASSAGE

### A soothing treatment for the soul

This Alpine massage fills tired joints and muscles with new energy. Enjoy the invigorating power of the Herbs of the Sun: Alpine active ingredients from arnica and St. John's wort relieve stress and release tension. Feel strengthened and reborn.

**Duration:** 50 min. " " " " 75.00 Euro

## SWISS STONE PINE | WILD THYME MASSAGE

Wild thyme has the power to boost skin metabolism, strengthen the nerves and stimulate blood circulation to the skin. In combination with the Swiss stone pine's balancing effect on circulation and well-being, this massage does not only improve your breathing, it is good for your nerves, too.

**Duration:** 50 min. " " " " 75.00 Euro



# MASSAGES

## WALDRUHE MASSAGE

Choose your own forest scent. This massage has the same effect as the forest on people: it relaxes and calms body and soul.

**Duration:** 50 min. " " " " 78.00 Euro

## HEAD, FACE AND NECK MASSAGE

**Especially designed to get those worries out of your head**

Let it all go and start afresh with a clear head.

**Duration:** 25 min. " " " " 41.00 Euro

## RELAXING HEAD AND NECK MASSAGE

**Anti-stress treatment for big thinkers**

Relaxing head, neck, shoulder and face massage. An innovative and unique method designed to softly release tension in the head, neck and shoulders. The basalt stone massage wands allow for a deeper treatment of the muscles.

A multi-sensory highlight for the head, neck, shoulders and face. It allows you to let loose and begin anew. Enjoy these unforgettable moments of pure relaxation.

**Duration:** 50 min. " " " " 78.00 Euro

## HEAD, FACE, NECK AND FOOT MASSAGE

Bring your body into harmony. Leave old burdens behind and start afresh with new energy.

**Duration:** 50 min. " " " " 75.00 Euro

## INTENSIVE SPORTS MASSAGE

This sports massage helps improve athletic performance and is suitable for athletes, beginners and experts. This massage prepares the body for physical and athletic activities and stimulates local circulation.

It is an excellent preparation for performing your workout correctly and safely as it helps prevent tiredness and strains. It boosts circulation and the supply of oxygen to the tissue.

**Duration:** 50 min. " " " " 75.00 Euro

## COMPREHENSIVE BACK TREATMENT

The vitalis resonance massage | dorsalis is modulated to suit your needs. The effective natural products, singing bowls and cupping glasses release back tension and help improve the dynamics of the spine. They have a relaxing effect on stressed backs and help maintain a good posture.

**Duration:** 50 min. " " " " 78.00 Euro

HOT STONE  
MASSAGE





## THE POWER OF NATURE, THE POWER OF STONES

The pleasant warmth opens the energy centres: the chakras. Mind and soul break free from negative influences and the whole organism is filled with energy and new vitality. The vitalstone treatment is deeply relaxing and provides you with a feeling of perfect harmony and well-being.

### VITALSTONE

**With warm basalt stones and precious essential oils**

They fill you with a sense of holistic harmony after a period of great physical or mental distress, at a time of new beginnings and letting loose or simply as a great gift to yourself.

**Duration:** 75 min. " " " " 105.00 Euro  
50 min. " " " " 85.00 Euro



HERBAL  
STAMP  
MASSAGE

VITALIS  
DR. JOSEPH



The herbal stamp massage based on the method of VITALIS DR. JOSEPH is an intensive full body treatment with precious natural oils, organic Alpine herbal blends and a unique synergy of essential oils.

## VITALITY

The vitalis vital boli | vitality massage is an energising, muscle strengthening sports massage. It enhances your physical well-being, giving you new strength and energy. It is the ideal treatment after performing athletic activities. It shortens the time of physical recovery. The blend of rosemary, arnica and lavender prevents soreness from appearing in the first place.

**Duration:** 50 min. " " " 89.00 Euro

## REGENERATION

The vitalis vital boli | regeneration massage is truly rejuvenating, it provides intensive care and protection for the skin. The intensive patting with the herbal stamps is highly stimulating, the organic herbs used for this treatment provide gentle stress relief. The finest apricot kernel oil makes the skin as soft as velvet.

**Duration:** 50 min. " " " 89.00 Euro

## DETOX

**Cleansing, detoxifying, purifying**

The vitalis vital boli | detox massage with selected herbs and natural plant-based oils, in combination with high-quality centella oil, stimulates the elimination of unwanted toxins and tightens the tissue. The ideal treatment against cellulite.

**Duration:** 50 min. " " " 89.00 Euro

# EAR CANDLING



## EAR CANDLING WITH A HEAD AND NECK MASSAGE

An ancient Indian healing tradition (Hopi Indians) for deep relaxation and to relieve stress, nervousness, sleep disorders, chronic headaches and tinnitus.

**Duration:** 50 min. " " " 75.00 Euro





# HONEY MASSAGE

## HONEY MASSAGE

The power of bee honey unfolds its effect directly on the back. Connective tissue adhesions are common causes of back problems. Thanks to the special massage technique, the honey is worked deep into the connective tissue, the adhesions loosened and the waste products excreted.

**Duration:** 25 min. " " " 45.00 Euro

# SERENITY TREATMENT



## FREQUENTLY ASKED QUESTIONS

### **Spa opening hours**

- “ Our Natural Beauty spa treatments are available daily from 9 am to 8 pm. To make a reservation, please call the Natural Beauty reception desk at phone number 506 (in-house) or call our front desk at phone number 9 (in-house).
- “ Indoor area: open daily from 7 am to 7:30 pm; outdoor pool: open daily from 2 pm to 7:30 pm
- “ Steam bath and pine tea lounge: open daily from 2 pm to 7:30 pm
- “ Infrared sauna: open daily from 10 am to 7:30 pm (self-service), also at the disposal of our younger guests
- “ Alpine meadow sauna (follow the path towards the swimming pool, turn left, one floor up): open daily from 2 pm to 7:30 pm
- “ Forest spa with pine sauna and relaxation room: open daily from 2 pm to 7:30 pm
- “ Infinity whirlpool (swimwear required): open daily from 10 am to 7:30 pm

### **Wellness and spa etiquette**

Our wellness environment and Natural Beauty spa are rest and relaxation areas. Children under the age of 14 are not admitted. They are, however, free to enjoy their time in the panorama pool.

We kindly ask you to speak quietly and switch your mobile phone to silent mode.

### **Health issues and pregnancy**

Please address any health concerns, illnesses or pregnancy before booking a treatment.

### **Booking treatments**

In order to guarantee your desired appointment, we recommend booking your treatments together with your room reservation.

### **Appropriate clothing**

Please arrive to your scheduled treatment in a bathrobe and refrain from wearing jewellery and bringing valuables with you. Our sauna facility is a nude area. For health and hygiene reasons, swimwear is not allowed in the sauna (please place a towel under your whole body).

### **Cancellation policy**

We know that plans can change at any time. In order to organise our schedule in the best possible way, we kindly ask you to submit your cancellation at least a day in advance. Later cancellations will be charged with a cancellation fee of 40 % of the treatment price.

### **Payment**

If desired, the treatments can be added directly to your hotel bill.



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