



Dolasilla

MOUNTAIN - PANORAMIC - WELLNESS - HOTEL



Beauty y Spa "Rajeta"

www.dolasilla.it

Benvenuti nella nostra *Beauty Spa „Rajeta“*

Le vacanze, il momento ideale per prendersi cura di sè e lasciarsi coccolare da mani esperte.

PrendeteVi il tempo per voi stessi!

Proponiamo un'ampia e completa gamma di massaggi e trattamenti viso, corpo, mani, piedi per sentirsi in forma, belli e sereni. Siamo a vostra completa disposizione per consigli e appuntamenti. Contattateci al nr. tel. **0471 847006** oppure **info@dolasilla.it**

Willkommen im *Beauty Spa „Rajeta“*

Der Urlaub, die beste Zeit um sich zu erholen und sich von fachkundigen Händen verwöhnen zu lassen.

Nehmen Sie sich Zeit für sich selbst!

Wir bieten eine große Auswahl von Massagen und Behandlungen für Gesicht, Körper, Hände und Füße, damit Sie sich vor allem im Urlaub einfach schön und wohl fühlen. Lassen Sie sich von uns beraten und buchen Sie Ihre Wunschbehandlung. Sie erreichen uns unter: **+39 0471 847006** oder **info@dolasilla.it**

Welcome to the *Beauty Spa „Rajeta“*

The holiday, the best time to take care of yourself and be pampered by expert hands.

Take the time for yourself!

We offer a wide range of massages and treatments for the face, body, hands and feet to make you feel beautiful and comfortable, especially on holiday. Let us advise you and book your treatment. You can contact us at: **+39 0471 847006** or **info@dolasilla.it**



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DEUTSCH 20 - 35

ENGLISH 36 - 51



Natural products, formulated in an intelligent way. Since 1986.

We have found our ideal partner in VITALIS DR JOSEPH.

Internationally successful and at home in **South Tyrol**, VITALIS DR JOSEPH stands for the same principles that guide our hotel:

- respect for nature in its purity and diversity
- sustainable and effective quality at all levels
- a sense of responsibility and respectful treatment of natural resources
- effective high-tech natural cosmetics with a holistic approach

TEAM DR JOSEPH means **100% nature** and effect in every package.

Nature comes first for VITALIS DR JOSEPH. Our aim is to refine **natural active ingredients** with the latest **micro-technological** methods, and bring them together in harmony with traditional knowledge into holistic products and treatments.

We think holistically on a human level as well.

Mutual support and promotion, in cooperation with **plants, nature, ancient know-how, and modern technology** make us a synergistic collaboration.



**For your face, the best is just good enough!**

Based both on the needs of your skin and scientific findings, the manual treatment method of **TEAM DR JOSEPH** starts deep in the tissue.

Following the natural laws of function, the **skin's metabolism is brought into balance**: The nervous system is calmed, facial expressions become relaxed, the flow is harmonized and micro-circulation is normalized, with the aim of caring for and maintaining the holistic feel of your skin, your health and your incomparable beauty.

All TEAM DR JOSEPH's face care line products can be purchased at our reception.

**INTENSE PURIFYING FACE TREATMENT*****Intense purifying face treatment***

Deep cleansing treatment based on the TEAM DR JOSEPH method.

Your skin? Soft and clean. Your face? Radiant and silky. You feel? Clear-headed and vitalized.

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.

50 min. € 78,00

CELLULAR RECREATION FACE TREATMENT***Deep penetrating beauty treatment***

A wonderfully natural treatment with active ingredients for immediate effects following the TEAM DR JOSEPH method: skin analysis, eyebrow correction, deep cleaning with cupping glasses, intense serum, modulated facial massage, intensive mask and final individual day care.

With highly effective natural active ingredients for a healthy and well-groomed skin.

80 min. € 107,00

BIO LIFTING FACE TREATMENT***Intensive treatment with biodynamic lifting massage***

Experience a truly unique beauty treatment at the highest level 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 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. The skin regains more vitality, elasticity, brightness and firmness.

110 min. € 130,00

EXPRESS POWER LIFTING FOR MEN***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.

50 min. € 78,00



Even your hands and feet need special care and pampering.

CLASSIC MANICURE

- without nail polish 45 min. € 45,00
- with nail polish 50 min. € 50,00

CLASSIC PEDICURE

- without nail polish 50 min. € 50,00
- with nail polish 55 min. € 55,00

- File and nail polish 20 min. € 20,00
- "French" nail polish 25 min. € 25,00
- Paraffin bath 20 min. € 20,00
- Semi-permanent nail polish 30 min. € 30,00
- Semi-permanent nail polish removal € 15,00

WELLNESS PEDICURE & MANICURE WITH NAIL POLISH

Complete care and well-being treatment for hands and feet with aesthetic manicure, pedicure and relaxing foot massage. 90 min. € 90,00

EXTRAS FOR THE FACE

- Plucking of eyebrows (included during a facial) 10 min. € 10,00
- Depilation upper lip and chin 10 min. € 12,00

DEPILATION WITH WARM WAX

- Complete depilation 55 min. € 60,00
- Legs 40 min. € 50,00
- Back or chest 25 min. € 35,00
- Half leg or arms 20 min. € 20,00
- Bikini area 20 min. € 25,00
- Armpits 15 min. € 15,00
- Upper lip and chin 10 min. € 12,00





RELAXATION

A gentle and soothing massage with slow and rhythmic movements that puts the body in a deep state of rest and gives a pleasant sense of well-being and relaxation.

25 min. € 38,00
50 min. € 65,00

SPORTS MASSAGE

Before or after a sporting activity, tense muscles are loosened by powerful grips and the blood circulation is stimulated to prevent muscle soreness.

25 min. € 45,00
50 min. € 79,00

ANTISTRESS MASSAGE

This massage relaxes the muscles, especially the nervous system and helps remove all the tension in your body. It is performed with slow, rhythmic and intense strokes which treat exactly the places that are mostly cramped and under stress.

80 min. € 110,00

PARTIAL MASSAGE

Ideal to dissolve quickly individual parts of the body in need of treatment.

25 min. € 45,00

FACE & SCALP

A specific facial massage with a regenerating and soothing moisturizing mask. The scalp is gently massaged with an aromatic blend of sage and menthol to stimulate the blood circulation and strengthen the hair.

25 min. € 40,00

HEAD & NAPE

25 min. € 40,00

HEAD, NAPE, FACE & BACK

50 min. € 69,00

BACK & NECK

Too much stress and too long sitting at the desk often overstrain your lower back, causing neck tension and headaches. Treat yourself and your back to this special relief massage.

50 min. € 75,00



LYMPH STIMULATING MASSAGE

Gently detoxes your body and stimulates your lymph system. Perfect to treat small-scale swellings and stasis in the body. Performed with gentle strokes to increase your sense of wellbeing. It also works in the cellulite fight.

25 min. € 35,00
50 min. € 68,00

FOOT MASSAGE

To relax and activate the self-healing powers. Especially recommended for stress, headaches, overwork, rheumatic complaints and indigestion.

25 min. € 35,00
50 min. € 68,00

KIDS-MASSAGE

Relaxing massage for kids & teens

25 min. € 25,00





HOT STONE

Hot stone massage

It is a holistic treatment with stones of volcanic origin whose heat penetrates deep into the skin and helps to dissolve muscle stiffness giving immediate relief in case of back pain or rheumatism.

50 min. € 85,00

HERBAL STAMP MASSAGE

Massage with warm herbal stamps

Enjoy warm oil and the scent of fresh herbal stamps on your skin. The massage and the pleasant warmth relax the muscles and stimulate the metabolism and the circulation. It is particularly indicated for rheumatic and muscular pains.

50 min. € 85,00

AROMA OIL MASSAGE

Body massage with warm aromatic oils

The entire body is rubbed in with fragrant, soothing oil, which detoxifies, relaxes and harmonizes the skin at the same time. The gentle and rhythmic movements provide a deep relaxation full of well-being.

25 min. € 37,00

50 min. € 73,00

CANDLE MASSAGE

Aromatic candle massage

A fascinating and relaxing pampering experience with warm aromatic candles, consisting of fluid vegetable butter and high-quality oils, which regenerates and nourishes the skin, giving you a feeling of softness and well-being.

50 min. € 83,00

"DOLASILLA" RITUAL MASSAGE

Made to measure

An exclusive ritual massage, specially designed for our guests. The ritual begins with a body scrub, followed by a mix of different massage techniques in combination with hot stones, where you experience a deep relaxation from head to toe.

80 min. € 120,00

AYURVEDA

Holistic oil massage

Ayurvedic massage is one of the oldest healing techniques in the world, developed in India 5000 years ago, with the aim of restoring the psychophysical balance of the person, by stimulating the body's energy centers, the chakras. Ailments such as muscle tension, insomnia, stress, headaches and articular pains are resolved through the use of specific oils and mildly gentle maneuvers. It also promotes blood and lymphatic circulation, giving a deep relaxation from head to toe.

50 min. € 85,00





It is an optimal skin preparation for treatments and massages to promote the effect of the products and to rid the skin of dead cells.

MOUNTAIN PINE PEELING

Renewing and nourishing

A body scrub with fine rice particles and mountain pine oil, accompanied by a revitalizing body massage. The skin immediately appears softer and velvety.

25 min. € 40,00

AROMATHERAPY SALT SCRUB

Intense gentleness

This full-body scrub with aromatherapy massage oil and Dead Sea salt promotes skin regeneration, stimulates tissue metabolism and makes your skin silky smooth. For an intensely fresh feeling.

25 min. € 40,00

LINEN GLOVE EXFOLIATION

Exhilarating freshness

This activating full-body exfoliation using an unbleached linen glove and highly effective essential oils has a cleansing effect, leaving you with a clear and radiant complexion. Ideal for particularly dry and sensitive skin.

25 min. € 38,00

**SPORT & VITALITY****Body wrap with Arnica & St. John's wort**

Feel the invigorating power of sun plants. This health wrap brings new vitality to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

25 min.	€ 45,00
50 min.	€ 79,00 (with body massage)

HARMONY**Sweet relaxation with calendula & chamomile**

Enjoy a special pampering program with a calendula and chamomile recovery wrap. The activating and calming ingredients have a balancing effect on sensitive and irritated skin. Your complexion will be refreshed and your skin made supple and radiant.

25 min.	€ 39,00
50 min.	€ 70,00 (with body massage)

RELAXING BACK TREATMENT**Aromasoul back & neck**

The self-heating mud promotes blood circulation in the shoulder and neck area and relaxes the muscles. This is followed by an exclusive decontracting massage that releases tension in the head, neck, neck and back area.

25 min.	€ 45,00
50 min.	€ 79,00 (with body massage)

DRAINING & STIMULATING**Anti-cellulite massage**

This intensive massage stimulates the lymphatic and blood circulation, removes jammed fluid. The skin is improved, the connective tissue is strengthened and the silhouette is tightened. To boost the effects, we recommend combining the massage with a specific wrap for all-round definition!

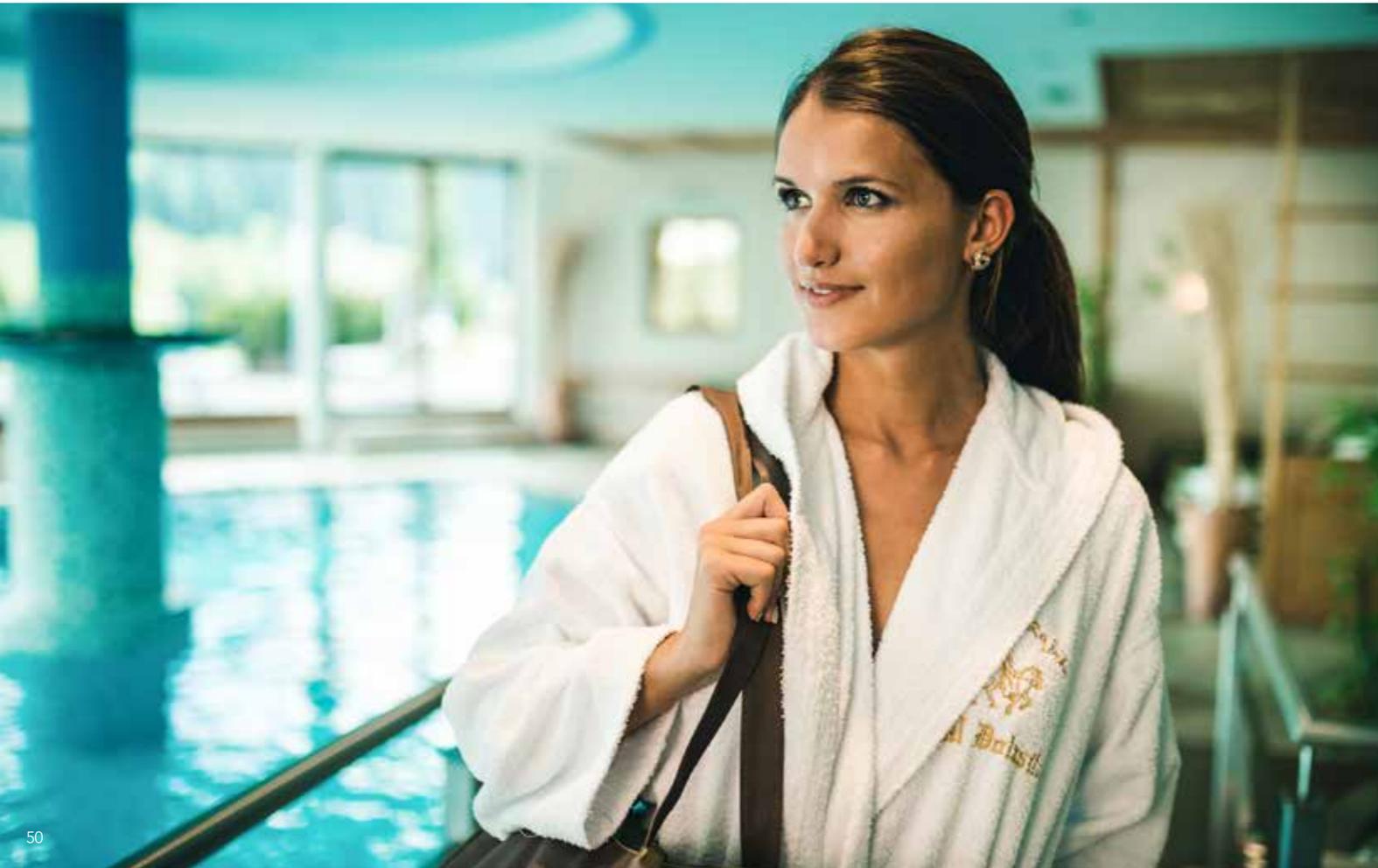
25 min.	€ 40,00
50 min.	€ 78,00 (with body pack)

TONIFYING & MODELLING WITH SEA ALGAE**Cellulite algae peel-off**

An intensive treatment with massage and peel-off body mask based on laminaria algae, guarana, caffeine and rosemary and lemon extracts that mineralize, sculpt, tighten and moisturise the skin. Indicated to fight the imperfections of cellulite such as: water retention and localized adiposity.

50 min.	€ 78,00
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WE RECOMMEND YOU

- to fix the treatments in the **morning** to get the special discount of **10%** (not cumulated with other offers)
- to **book** the appointments **at least one week in advance**, because the available places are limited
- a **full-body peeling** before the first treatment or massage to optimize the conditioning effect
- to enjoy a 10-15 minute session on the **infrared chair**, so that the radiant heat can penetrate deep into the organism and thus prepare the muscles for the massage
- to arrive in the bathrobe about **5 minutes before** appointment time

GOOD TO KNOW

DELAYS AND CANCELLATIONS

- Any **delayed arrival** at the appointment leads to a corresponding shortening of the treatment and the full price will be charged.
- We also ask you to inform us of any **cancellations** at least 24 hours before the beginning. For short-term changes or cancellations, we will charge the full price.
- **Prices** are subject to change without notice.
- The publication of this price list replaces the previous ones (December 2021).



HIGHTECH NATURAL COSMETICS
TEAM D^o JOSEPH
SÜDTIROL



**FOR YOU
WITH LOVE**



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