



ALPENHEIM

CHARMING HOTEL & SPA

Beauty - Massages

SOREGHINA

Beauty must be discovered and seen.
Nature gifts each living thing its own individual beauty, so that all
are unique in their own way.

SOREGHINA

Dolomiten Spa



... SPA PHILOSOPHY

Our ancestors told us that...

- once upon a time the brightness of Soreghina lived on the charming sun terrace of Farghina.

Soreghina, the beautiful sun princess, whose life was dependent on the light and warmth of the sun.

One fine day, while Soreghina basked in the sun on the meadows of Farghina, she came across a young wounded soldier called "Ey-de-Nét" and immediately came to his aid.

While he recovered they fell in love.

They lived happily together in a wooden hut on the sun terrace of Farghina.

Legend has it that the Soreghina Spa oasis is built on that exact same place in the sun.

REJUVENATE AT AN ALTITUDE OF 1200 M IN THE
HEART OF DOLOMITES ...
FOR HEALTH, WELLNESS & BEAUTY ...

Discover our wellness and beauty spa where our products are mostly composed from natural ingredients.

Partake in an authentic spa experience here at an altitude of 1200m and be sure of nothing but the best for your personal well-being.

Potent idyll - the greatest benefits that you can enjoy in the mountains are entirely free of charge - the luscious meadows - according to colour psychology the colour green has a calming influence, this is then a genuine oasis for relaxation - find yourself a pleasant place to stop and breathe in deeply - our mountain air is rich with

the fragrant and stimulating scents of grass, herbs & pine. And then to the "SOREGHINA DOLOMITEN SPA" for the second wellness experience, where you will take pleasure in our wonderful & regional treatments such as "Almyurveda" a blend of traditional Ayurveda and alpine beauty elements.

Our hay bath followed by a massage is extremely popular. The heat of the dried alpine grass (hand mown, non-fertilized which grows at over 1800 m above sea level), the essential oils of calendula and gentle touches not only loosen the muscles, but also release the spirit.





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SPA EMOTIONS

...Wellness is a lifestyle...
... experience exceptional feelings and impressions

This is the motto at the Soreghina Spa,
where feelings are true.

The atmosphere envelops you with a unique peaceful sensation, where delicate fragrances and relaxing music create a magical mood. Take some time for yourself, because here your dreams can come true.

We hope you have a relaxing and memorable time being pampered by our professional team who are always on hand to assist you with their wealth of experience, so you can just lie back and rediscover your emotional and physical well-being.

The harmony between body, mind and soul is very precious and should be cherished. Wellness is a lifestyle, a lifestyle that brings health, happiness and well-being.



BABOR COSMETICS

Discover your most beautiful self with BABOR. BABOR stands for premium quality cosmetics that combine innovative scientific knowledge and the properties of nature at the highest level. Unique benefits from precious ingredients sourced largely from nature guarantee maximum tolerability. True beauty care experiences at their best from the hands of experts. Enjoy and experience the holistic effects of BABOR Cosmetics.

SKINOVAGE PX

The intelligent premium skincare range

The SKINOVAGE px treatment is a synergy of professional beauty care and effective soothing massage. Treatment steps and ingredients are individually combined according to skin analysis, creating a successful and tangible treatment experience.

Skinovage px intensive facial

Cleansing, deep cleansing, enzyme peeling, active substance concentrate, massage, mask, eye care, finishing treatment.

Pamper time: 80 minutes

€ 115,00

Skinovage px classic facial

Cleansing, peeling, active substance concentrate, mask, eye care, finishing treatment.

Pamper time: 50 minutes

€ 68,00

Skinovage px quick facial

Cleansing, peeling, active substance concentrate, finishing massage.

Pamper time: 25 minutes

€ 45,00





BABORGANIC

The natural skin care with the power of the Alps.

Baborganic contains: complex active substances from pure glacier water, edelweiss, meadowfoam herbal oil and innovative active oxygen.

Free from:

- synthetic colouring • synthetic perfumes • paraffin

Baborganic intensive facial

Foam cleansing with peeling effect, crystal peeling, tonic, active substance concentrate, massage with rock crystals, mask, eye care, finishing treatment.

Pamper time: 80 minutes

€ 105,00

Baborganic classic facial

Cleansing, crystal peeling, tonic, active substance concentrate, massage with rock crystals, mask, eye care, finishing treatment.

Pamper time: 50 minutes

€ 62,00

Baborganic quick facial

Cleansing, crystal peeling, tonic, active substance concentrate, eye care, finishing treatment.

Pamper time: 25 minutes

€ 42,00





HSR®

The new dimension in lifting and anti-aging skin care

An anti-aging world first from BABOR laboratories. With the ultimate high-performance active ingredient HSR® telovitin all signs of skin aging are delayed and reduced more than ever before. The skin is visibly smoother, firmer and youthfully radiant. The facial contours are visibly toned.

HSR® intensive facial

Cleansing, blood flow mask, enzyme peeling, active substance concentrate, lifting massage, active fleece mask, eye care, finishing treatment.

Pamper time: 80 minutes

€ 128,00

HSR® classic facial

Cleansing, peeling, active substance concentrate, active fleece mask, eye care, finishing treatment.

Pamper time: 50 minutes

€ 75,00





BABOR MEN

Professional skin care created especially for men.

Undeniably masculine, totally impressive with innovative textures and the energizing Taurec active complex. Increases the skins resistance. Works against fatigue and stress.



BABOR MEN classic facial

Cleansing using BABOR Men Brushes, deep cleansing, tonic, active substance concentrate, eye refresher, mask & massage, finishing treatment.

Pamper time: 50 minutes

€ 65,00

BABOR MEN quick facial

Cleansing using BABOR Men Brushes, active substance concentrate, massage, finishing treatment.

Pamper time: 25 minutes

€ 42,00





BABOR YOUNG (up to 18 years)

BABOR YOUNG

Pure is a complete skin care system for impure teenage skin. The special active ingredients reduce impurities, clear the complexion and give noticeably visible results.

Cleansing, deep cleansing, peeling, mask, skin care cream.

Pamper time: 45 minutes **€ 52,00**

ADDITIONAL TREATMENTS:

Sensational eyes treatment

An intensive treatment for superb, sensational eyes.

Cleansing, active substance concentrate, massage, mask, active pads, finishing treatment.

Pamper time: 45 minutes **€ 55,00**

Ampoule crash course

The fast beautifier for your skin. Experience how up to 5 ampoules in one treatment thoroughly hydrate the skin.

Cleansing, peeling, ampoule crash course, finishing treatment.

Pamper time: 25 minutes **€ 42,00**

Face and décolleté massage

Let us spoil you with a relaxing and beneficial massage.

Pamper time: 25 minutes **€ 35,00**





CARE FOR HANDS AND FEET

DEPILATION



- 👉 Classic manicure with nail polish or massage
 Approx. 55 minutes € 49,00

- 👉 Babor magical hands
 Treatment for perfect hands
 (includes peeling, pack and massage)
 Approx. 30 minutes € 35,00

- 👉 Classic pedicure with nail polish or massage
 Approx. 60 minutes € 52,00

- Only nail polish
 Approx. 15 minutes € 17,00

- 👉 Light feet from Babor
 Treatment for silky smooth fresh and light feet
 (includes foot bath, pack and massage)
 Approx. 45 minutes € 45,00

A SEDUCTIVE FLUTTER OF THE EYELASHES

- 👉 Eyebrow shaping
 Approx. 10 minutes € 11,00

- 👉 Eyelash tint
 Approx. 10 minutes € 11,00

- 👉 Eyelash and eyebrow tint
 Approx. 15 minutes € 18,50

- 👉 Lower leg
 Approx. 20 minutes € 30,00

- 👉 Full leg
 Approx. 30 minutes € 45,00

- 👉 Bikini zone
 Approx. 15 minutes € 20,50

- 👉 Underarms
 Approx. 10 minutes € 16,50

- 👉 Upper lip
 Approx. 10 minutes € 9,50

- 👉 Full leg, bikini zone and underarms
 Approx. 50 minutes € 67,00

- 👉 Back
 Approx. 25 minutes € 37,00



BABOR SPA

“It’s not the years in your life that counts; it’s the life in your years”

Each Babor Spa treatment celebrates the art of touch and creates the most wonderful feeling of well-being. The method is so flexible that it is an individual, tailor-made pleasure for each guest.



WHAT MAKES YOU FEEL GOOD?

SELECT THE RIGHT BABOR TREATMENT FOR YOU:

- Shaping for body**
Tones, smoothes, silhouette forming
- Energizing**
Refreshing, invigorating, body revitalizing
- Relaxing**
Relax, reduce stress, simply unwind
- Balancing**
Strengthens, find your balance

BABOR SMALL

Enjoy our Babor Spa treatments, each taking just 25 minutes, and find the Babor treatment that is best suited to your body.

- Peeling € 38,00
- Bath € 38,00
- Pack € 38,00
- Partial massage € 38,00

Pamper time: 25 minutes € 38,00

BABOR MEDIUM

Enjoy our Babor Spa treatments, each taking just 50 minutes, and find the Babor treatment that is best suited to your body.

- Peeling + partial massage € 60,00
- Pack + partial massage € 60,00
- Bath + partial massage € 60,00
- Full body massage € 60,00

Pamper time: 50 minutes € 60,00

BABOR LARGE

Enjoy our Babor Spa treatments, each taking just 80 minutes, and find the Babor treatment that is best suited to your body.

- Peeling, pack and partial massage € 95,00
- Bath + pack and partial massage € 95,00
- Peeling and full body massage € 95,00

Pamper time: 80 minutes € 95,00



ALPIENNE SPECIAL TREATMENTS AND PACKS

Harmony (Alpienne)

Gently cleansing and moisturizing dry and damaged skin.

Includes honey peeling and an invigorating massage which stimulates the blood circulation.

Approx. 55 minutes € 73,00

Dolomites pack

After a hard day on the slopes or a long hike, you can continue to enjoy the freshness and fragrance of our Dolomites.

The treatment involves a gentle arnica scrub that leaves your skin soft and supple, a special back massage with arnica milk to relax the muscles, and then fragrant and fresh pack that tones the legs, relieves muscle spasms and stimulates blood circulation.

Approx. 55 minutes € 76,00

Infrared sauna & massage

Enjoy a relaxing hour in an infrared sauna - relaxes the back muscles and strengthens the immune system, followed by a soothing back massage.

Approx. 45 minutes € 59,00

Bandage – massage pack

Arnica, St. John's wort or marmot bandage + partial body massage

Approx. 25 minutes € 60,00

Arnica, St. John's wort or marmot bandage + full body massage

Approx. 50 minutes € 95,00

ANTI-CELLULITE TREATMENT ACCORDING TO BABOR



Anti-cellulite treatment according to BABOR

This treatment is very effective in preventing cellulite in the early stages. It regulates blood circulation, strengthens the arteries, blood vessels and the capillaries. A salt peeling leaves the skin feeling smooth and supple and is the perfect preparation for the skin to absorb the products that follow (refreshing spray, thermal lotion and stop cellulite gel), giving a wonderful result.

Approx. 50 minutes € 68,00

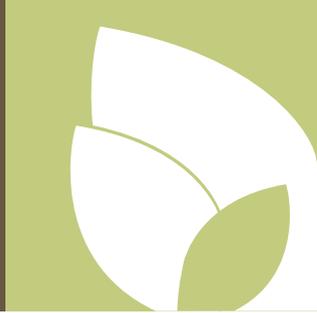




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CLASSIC MESSAGES

Healthy and tender care needs products that are made with passion and craftsmanship. And because we believe that personal care is also health care, we only use massage oil products which are based exclusively on pure olive oil, bees wax, wool wax and propolis. Thus only pure natural materials.



A moment of complete relaxation

Enjoy our classic deep tissue massage

- Full body massage 50 min. € 68,00
- Partial body massage 25 min € 36,00
- Head and neck massage 25 min. € 36,00

Reflexology

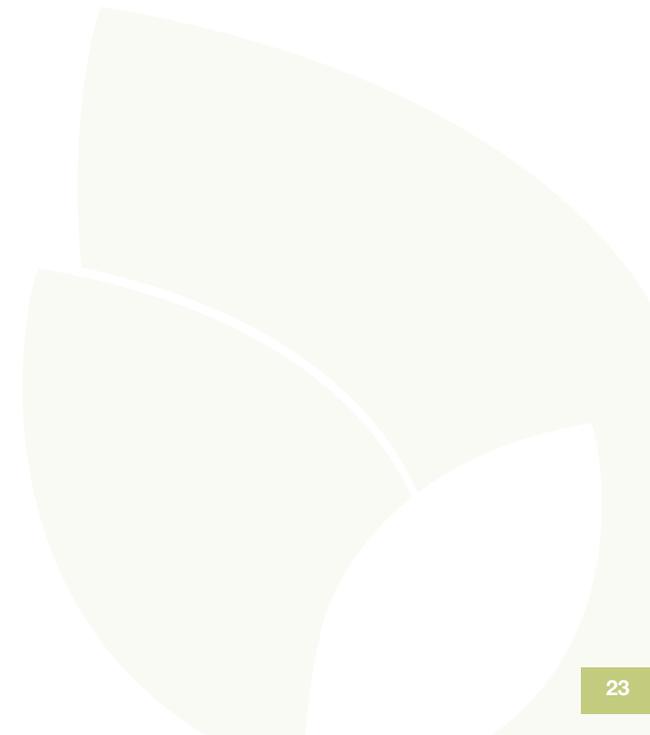
The reflex map of the foot. With full-body effect on the nervous system, organs and joints.

25 minutes € 40,00

Lymph drainage

Gentle draining treatment to detoxify and purify.

50 minutes € 70,00





SPECIAL MESSAGES IN ALPENHEIM



“Sun Princess” massage

“Soreghina” is the wonderful sun princess... beautiful, relaxed and with velvety-soft skin!

This is a slightly different massage technique that is performed on the back and partly on the back of the legs, in which the entire body is included by the harmonious movements. Cramps can be eased and the whole body given its required energy. Just like the sun princess we also need to feel the warmth from light and energy to help us feel good.

Approx. 40 min.

€ 52,00

AlmYurveda Abhyanga (alpine Ayurveda)

In the Ayurvedic tradition, this treatment is in first place for the conservation and restoration of perfect health. The massage gives the body harmony, emotional and physical toxins are broken down, a positive energy flow is activated and the spirit is lifted. The massage is performed from head to toe with warm sesame oil.

Approx. 55 min.

€ 85,00

Hot Stone Massage

Naturally rounded hot lava stones replace the hands of our therapists and provide a high-energy connection to the earth. The hot stone massage eases muscle tension and activates the energy in the meridians. It leaves behind a sense of weightlessness and encourages the development of harmony and positive energy flow.

Approx. 75 min.

€ 95,00

Herb Stamp Massage

The heated herbal pouches are directed over the body in rhythmic movements. The gentle stroking movements or pulsating stamp movements let the heat penetrate into the body and lead to deep relaxation.

Choose between the following stamp compositions

- Regenerating
- Stimulating
- Detoxifying

Approx. 55 min.

€ 95,00

Lomi Lomi

The Lomi Lomi massage, also known as Hawaiian massage, is an ancient massage technique which comes from the shaman healers of Hawaii. Blocked energy in the body is released through the use of the forearm and by the rhythmic and deep movements; muscle tension is eased resulting in a deep relaxation which helps you to leave everyday life behind.

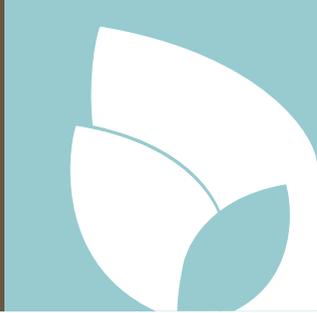
Approx. 55 min.

€ 75,00



VITALIS STEAM BATHS

Valuable hay and care oils with different effects are carefully applied to the body, which is then wrapped in soft linen cloths. You then float away on comfortable temperatures, the body is surrounded by a light molecular steam that opens the pores and aids the optimal dispersion of the active ingredients.



All treatments

25 min. € 38,00

Hay bath

Promotes blood circulation, fatigue is blown away, pain in back and legs is relieved, the skin is cleansed and the spirit is strengthened.

Arnica & St John's wort bath

An exquisite floral bouquet has a beneficial effect on your skin. This health bath gives new life to your tired joints and muscles. The power of the active ingredients of Arnica and St. John's wort reduces stress and relieves tension.

Hay & juniper bath

Feel reborn, relaxed and strengthened. Selected medicinal herbs from the high-altitudes of the South Tyrolean mountain meadows and the magical power of mountain juniper help you to forget fatigue and everyday stress.

Evening primrose oil bath

Regulates the metabolic balance whilst being highly conditioning and moisturizing. Ideal for sensitive and dry skin due to the high content of gamma-linolenic acid.



CLASSIC WATER BATHS

Wellness for body, mind and soul. There are many different baths but all have one positive effect in common: relaxation. The baths allow you to reach physical and mental well-being as well as loosening the muscles. We cover all your needs with our alpine products.

One person approx. 25 min. € 22,00

Two people approx. 25 min. € 29,00

Beauty bath (conditioning and sensual)

Also called the "Cleopatra", this milk bath is the bath of Queens that enchants the body, leaving the pores refined and the skin feeling firm and supple.

Rose petal bath (regenerating and nourishing)

The rose petal bath is a very sensual bath that should open up the heart and stimulate the emotions.

Mountain pine bath (activating and detoxifying)

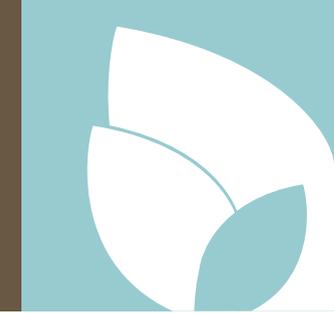
The mountain pine bath strengthens the immune system and gives new vitality.

Lavender bath (calming)

The lavender bath gives a feeling of balance and relaxation. The essential oils not only affect the muscles but also the central nervous system, thus aiding mental relaxation.

Honey-mountain pine bath (healing and nourishing)

A nourishing bath that also stimulates the sense of smell. Our alpine honey makes your skin feel supple and radiant.





PRIVATE SPA

Select the product line that's right for you (Alpienne, Babor)

Private Spa (1 person)

This is a very special highlight: enjoy peace and relaxation in a totally private atmosphere. Harmony for body, mind and soul for two at the "Soreghina Private Spa" area. The spacious rooms offer pure enjoyment:

Infrared sauna, bath, massage and a hanging water bed for the ultimate peace and quiet.

Approx. 85 min. € 102,00

Private Spa Soreghina (2 people)

Infrared sauna – relaxation begins for you both in the infrared sauna, before enjoy a soothing bath of your choice. Afterwards you will be spoiled with a light massage and special oils and then a glass of Prosecco in the hanging water bed.

Approx. 120 min € 180,00

Private Moments in the Private Spa

Hire our Private SPA for two hours just for you. Say goodbye to the daily routine and enjoy some moments together.

Start with an infrared sauna, pamper your body with a mutual peeling. Then a romantic water bath of your choice. Followed by a relaxing period in a waterbed with a small surprise.

Approx. 120 min. € 110,00





📅 Appointments are booked directly with us

Our Spa hotel is the place to relax and leave your worries behind. It is therefore recommended to try and avoid any scheduling problems. We would be happy to inform of appointments in advance. Wellness treatments that are important to you should already be booked when reserving a room. Wellness packages are handled by us automatically.

👕 Clothing in the spa area

It is best to come to your wellness treatments in your bathrobe. All body massages are better performed without clothes, parts of the body not being treated are covered with towels. Of course you can leave your underwear on or ask for disposable underwear (recommended for full body massages).

📋 In preparing for your Spa treatment we recommend...

Please do not drink any alcohol or smoke before your Spa treatment and do not eat anything approx. 20 minutes prior to your treatment. Please do not wear any jewellery or makeup. There is a swimming pool and sauna area available which you are welcome to use in advance of your treatment if you wish.





What happens if I come to my appointment late?

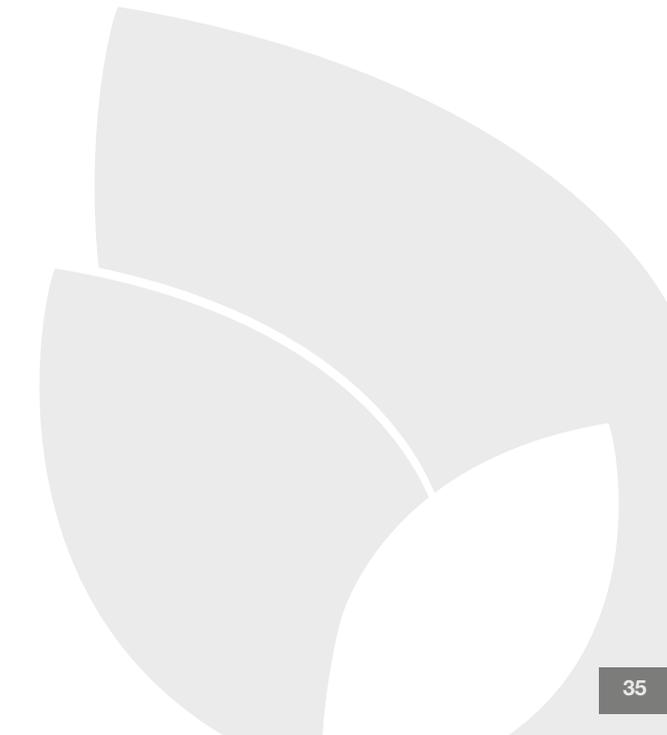
Unfortunately, should you arrive late for a Spa appointment, we must shorten your treatment. As a rule the Spa treatments must end on time, so that the subsequent treatments are not disturbed and other guests are not kept waiting. You are quite welcome to sign in at our Spa reception 5 to 10 minutes before your Spa treatment.

Can the Spa appointments be cancelled?

It is usually possible to cancel your Spa appointments with us up to 24 hours before the planned start of your treatment. Cancellations thereafter must unfortunately be charged as the time was reserved especially for you.

Rules of conduct in our Spa's swimming pool and sauna area

- Every guest should respect the fact that all the guests in a Spa hotel are primarily looking for peace and quiet.
- Please wear swimwear in the swimming pool area.
- Our sauna is mixed and without clothes.
- Please shower before using the swimming pool or sauna.
- In the sauna area please lie or sit on a towel
 - plenty of towels are available at all times.





ALPENHEIM

CHARMING HOTEL & SPA

Alpenheim Charming Hotel & SPA

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