

ENG



ALPENHEIM

CHARMING SPA & HOTEL

BEAUTY CATALOGUE

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 1289 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 1289 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.



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, that brings health,
happiness and well-being.



FACIAL TREATMENTS

THE PRECISE EXPERIENCE

CALMING - calm & soothe

Instant relief. It promptly soothes and balances the skin. Ideal for extremely sensitive and irritated skin - reduces reddening and irritation and inflammation and strengthens the skin's own defence mechanisms against irritants.

PURITY - deeply clear

Goodbye to blemished skin. Visibly cleansed, nourished skin. Counters impurities and reduces reddening. Provides immediate relief.

HYDRATING - plumped & revived

Moisturizing filler. Plump, smooth and pale complexion. For extremely dehydrated skin with visible wrinkles caused by dryness. Provides immediate intensive moisturization to the skin.

Treatment time:

50 min.

€ 89,00

80 min.

€ 120,00

The logo for BABOR, featuring the brand name in a serif font with a small crown icon above the letter 'O'.



FACIAL TREATMENTS

FACIAL TREATMENTS

THE LUXURY EXPERIENCE - AGE PREVENTING

COLLAGEN TREATMENT

Tightens and reactivates the skin from within, reduces wrinkles, stimulates the structure of collagen fibres and tones the skin.

REFINE - even & radiant

No tired skin anymore. An even complexion with a radiant glow. For skin showing signs of environmental ageing such as pigmentation spots, dull and lacklustre with an uneven texture. Skin radiance is assured!

HSR - lifting treatment

Cosmetic facial lifting to treat all types of wrinkles. For visibly firmer and smoother skin, suitable for mature skin.

Treatment time:
55 min.

€ 112,00



DS V-LINE

TREATMENT
WITH THE
WOW
EFFECT!



DS V- LINE EXPERT SENONER PRISKA

The collagen threads are suitable for all skin types and promote firmer, younger and healthier skin. The collagen threads smooth the wrinkles on the face, stop skin ageing and impart radiance and a smoother surface to the skin.

We recommend DS V- LINE collagen threads for those who prefer a minimally invasive procedure without scars and incisions. Effects are visible immediately after the first treatment and will improve even more in following sessions.

ORIGINAL TECHNIQUE WITH COLLAGEN THREADS:

- non-invasive face lift
- prevents and relaxes facial wrinkles
- slows down the ageing process
- immediate and lasting results
- suitable for all skin types
- no side-effects
- rejuvenating without needles and injections
- no pain and scarring

THE TREATMENT ZONES ARE:

face or neck and décolleté.

Reserve your appointment now for the DS V- LINE collagen thread treatment with Priska!

The treatment lasts approx. 2h

from € 260,00 to € 350,00



BABOR MEN

SELECTED TREATMENTS FOR MEN

BABOR MEN POWER

Our facial treatment for the well-groomed man offers vitality and energy, soothes shaving-related skin irritations and provides the required moisture.

Treatment time:
50 min.

€ 85,00

SPORTS MASSAGE (legs and back) using woodruff massage lotion

Intensive deep massage that relieves tense muscles and soothes pain. Ideal following sporting activities. The woodruff massage lotion has a regenerating effect on the body due to its ingredients from the forest such as fern, lichen and roots. Recommended in state of exhaustion.

Treatment time:
50 min.

€ 89,00

HANDS AND FEET

Classic manicure	30 min.	€ 52,00
Classic pedicure	60 min.	€ 58,00

ADDITIONAL TREATMENTS



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AMPOULES INTENSIVE TREATMENT

Ampoules have become masterpieces of beauty care. In perfect concentration, they have an immediately noticeable effect and break every beauty barrier drop by drop.

Treatment time: € 62,00
25 min.

FACE, NECK AND DÉCOLLETÉ MASSAGE

Pamper yourself with a beneficial and relaxing massage.

Treatment time: € 48,00
25 min.

TIME FOR MASK

Allow yourself some time off and indulge your skin. Select a "Babor" mask and we will apply it for you! Relax and meanwhile enjoy a sparkling glass of Prosecco.

WHERE:

SPA SOREGHINA
(swimming pool, sauna,
wherever you wish)

Treatment time: € 28,00
15 min.



TREATMENTS

GROOMED HANDS AND FEET

CLASSIC MANICURE nail polish	€ 62,00
CLASSIC PEDICURE nail polish	€ 69,00
LIGHTER FEET WITH BABOR (pedicure, scrub, wrap)	80 min. € 92,00
MANICURE OR PEDICURE with semi-permanent	€ 80,00
NAIL POLISH ONLY	€ 25,00

AN ALLURING EFFECT FOR THE EYES

EYEBROWS SHAPE	€ 11,00
EYEBROWS DYEING	€ 18,00
EYELASHES DYEING	€ 18,00

DEPILATION

HALF LEG	€ 35,00
FULL LEG	€ 45,00
BIKINI ZONE	€ 20,00
ARMS	€ 25,00
UNDERARMS	€ 18,00
UPPER LIP	€ 10,00
BACK	€ 37,00



PEELING

The skin is gently and effectively freed from dead flakes and other particles, while at the same time it is cleansed, soothed and strengthened. Rough, flaky skin is softened and recovers its resistance.

SALT SCRUB
HONEY, STONE PINE SCRUB
CREAM SCRUB

25 min.

€ 48,00

POWERFUL
PLANTS.
GENUINE EFFECTS.



ALPINE HERBAL TREATMENTS

MASSAGE WITH ARNICA LOTION

A massage with this premium quality lotion cools the skin and joints, while at the same time intensively stimulating the circulation. Muscles and joints that are under a lot of strain, particularly after sporting activities, recover more quickly and tension in the back and neck area can be relieved. Suitable for muscle and joint complaints, inflammation of the tendons, contusions and sprains.

MASSAGE WITH ST. JOHN'S WORT LOTION

The massage application fosters blood circulation, tones the tissue and soothes irritated skin and nerves. St. John's wort is highly valued in herbal medicine for its anti-inflammatory and wound-healing ingredients. Suitable for sciatica and lumbago, as well as cellulite, sunburn, scarred and blemished skin.

STONE PINE/ HONEY MASSAGE

The evocative, serene scent of stone pine forests and naturally pure mountain bee honey relaxes body and mind in the face of stress and tension in day-to-day life. Blood circulation is gently stimulated, tension is eased, the skin becomes supple and effectively strengthened.

Full body massage:
50 min. € 79,00

PARTIAL MASSAGE (legs or back)

Treatment time:
25 min. € 49,00

SPORTS MASSAGE (legs and back) using woodruff massage lotion

Intensive deep massage that relieves tense muscles and soothes pain. Ideal following sporting activities. The woodruff massage lotion has a regenerating effect on the body due to its ingredients from the forest such as fern, lichen and roots. Recommended in state of exhaustion.

Treatment time:
50 min. € 89,00

alpienne
KRAFT DER ALPEN



PRIVATE SPA

PRIVATE SPA SOREGHINA (2 people)

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. Afterwards you can enjoy a delicious glass of Prosecco in our waterbed.

Treatment time:
120 min.

€ 215,00

PRIVATE MOMENTS IN THE PRIVATE SPA (2 people)

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.

Treatment time:
120 min.

€ 160,00



SPECIAL TREATMENTS

HARMONY

A gentle cleansing and moisturising treatment for dry and stressed skin. Includes a pine honey scrub and an activating massage that stimulates blood circulation.

Treatment time:
55 min. € 95,00

LYMPH DRAINAGE

Gentle massage to release congestion and drain fluids. Reduces swelling and detoxifies the body.

Treatment time:
50 min. € 74,00

FOOT REFLEXOLOGY

The reflex map around the foot. Targeted pressure massage, working on the nervous system, organs and joints.

Treatment time:
25 min. € 52,00

DOLOMITES PACKAGE

Continue to enjoy the freshness and fragrance of our Dolomites after a hard day's skiing or a long hike. This treatment includes a gentle arnica scrub to leave your skin soft and supple, a special back massage with arnica lotion to relax the muscles, followed by fragrant and fresh wraps to tone the legs, relieve muscle cramps and stimulate blood circulation.

Treatment time:
55 min. € 110,00

INFRARED SAUNA AND MASSAGE

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

Treatment time:
55 min. € 85,00

STONE PINE VITAL MASSAGE

A deeply relaxing and long-lasting strengthening Alpine massage treatment.

This extraordinary stone pine vital massage uses not only handmade stone pine extracts, but also the active ingredients of mountain arnica and rosemary. The highlight of this alpine treatment lies in the various, heated stone pine sticks, which are guided over the body in rhythmic movements. Tension is released and self-healing powers are activated.

Treatment time:
55 min. € 110,00

CHILD OF THE ROSE TREATMENT

Rose bath, rose scrub and a relaxing massage. Savour a soothing rose bath with rose oil from the Damascene rose with rose hydrolate, rosehip oil as well as a special active ingredient complex with snow algae (stimulates collagen production). Using the same active ingredients, this is followed by a moisturising rose scrub and a final relaxing rose-based massage.

Treatment time:
With partial body massage 55 min. € 94,00
With full body massage 80 min. € 135,00



VITALIS STEAM BATH

HAY BATH

Immersed in warm hay, from our alpine meadows, at approx. 1,800 h.a.s.l., hand-mown, and rich in alpine herbs. Relaxing the muscles and the entire musculoskeletal system in the heated soft pack lounger. Blood circulation is promoted, tiredness is blown away, pain in the back and legs is relieved, the skin is cleansed, and the soul is strengthened.

Treatment time:
25 min.

€ 52,00

WATER BATHS

STONE PINE BATH (relaxing)

The evocative serene scent of stone pine forests relaxes body and mind and helps handle stress and tension in daily life.

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.

One or two people:
25 min.

€ 40,00



SPECIAL MASSAGES

“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.

Treatment time:

30 min.

€ 52,00

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.

Treatment time:

75 min.

€ 102,00

ALPIN LOMI LOMI

The Alpin 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 with warm oil, rhythmic and deep movements; muscle tension is eased resulting in a deep relaxation which helps you to leave everyday life behind.

Treatment time::

50 min.

€ 92,00



SOREGHINA SPA ETIQUETTE

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.

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 SPA & HOTEL

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