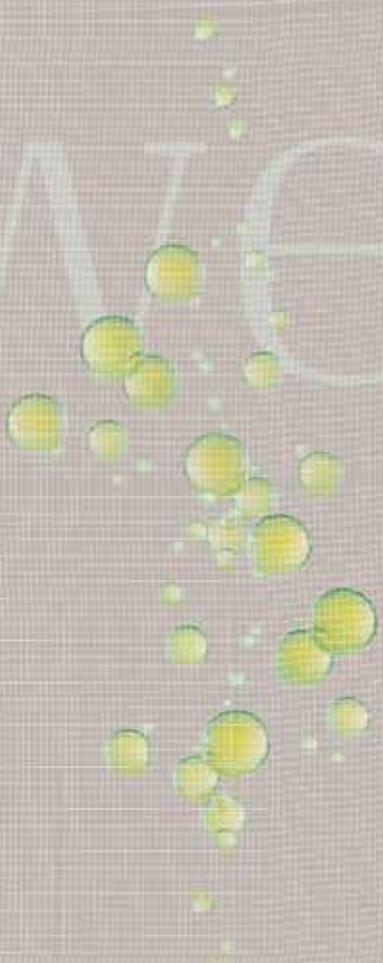
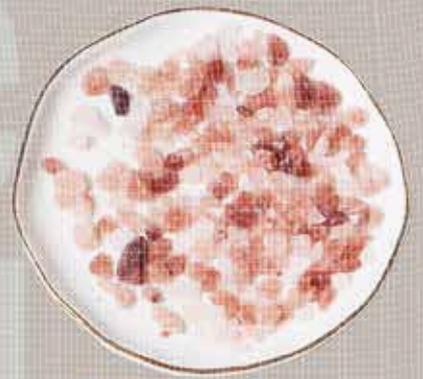


Sillian-  
hafte  
Wohl-  
welt



Wellness  
in Hochpustertal



SUPERIOR

Dolomiten · Residenz

**Sporthotel Sillian**



Welcome  
to the World of Well-Being

Just sillianous.

☆☆☆☆  
— SUPERIOR —  
Dolomiten · Residenz  
**Sporthotel Sillian**



*"Do we feel beautiful both inside and out, Therese?"*

Where else can you find more space for personal well-being than in a house built specifically for indulging in wellness and spa in its most generous form?

Welcome to the Wellness Residenz!

A pool and sauna landscape of tasteful elegance, impressive size and sophisticated variety.

Soothing massages, facial and body treatments and baths refined with selected products. Natural cosmetics from Magdalena's 100% made in Tyrol with the power of local medicinal plants and the energy of the Alps.

Special wellness programmes for kids and teenagers, so that mums and dads can indulge in our varied pampering programme.

All this and more awaits you at Dolomiten Residenz in Sillian, where we have built a light-flooded residence for your well-being.

With a natural swimming pond and outdoor pool in the garden with unobstructed views of the Dolomites and the mountains of Hohe Tauern. Draw renewed energy from the invigorating mountain spring water and luxuriate in the sillianous world of harmony, relaxation and comfort.

*"Oh yeah! Just sillianous."*





# MAGDALENA'S

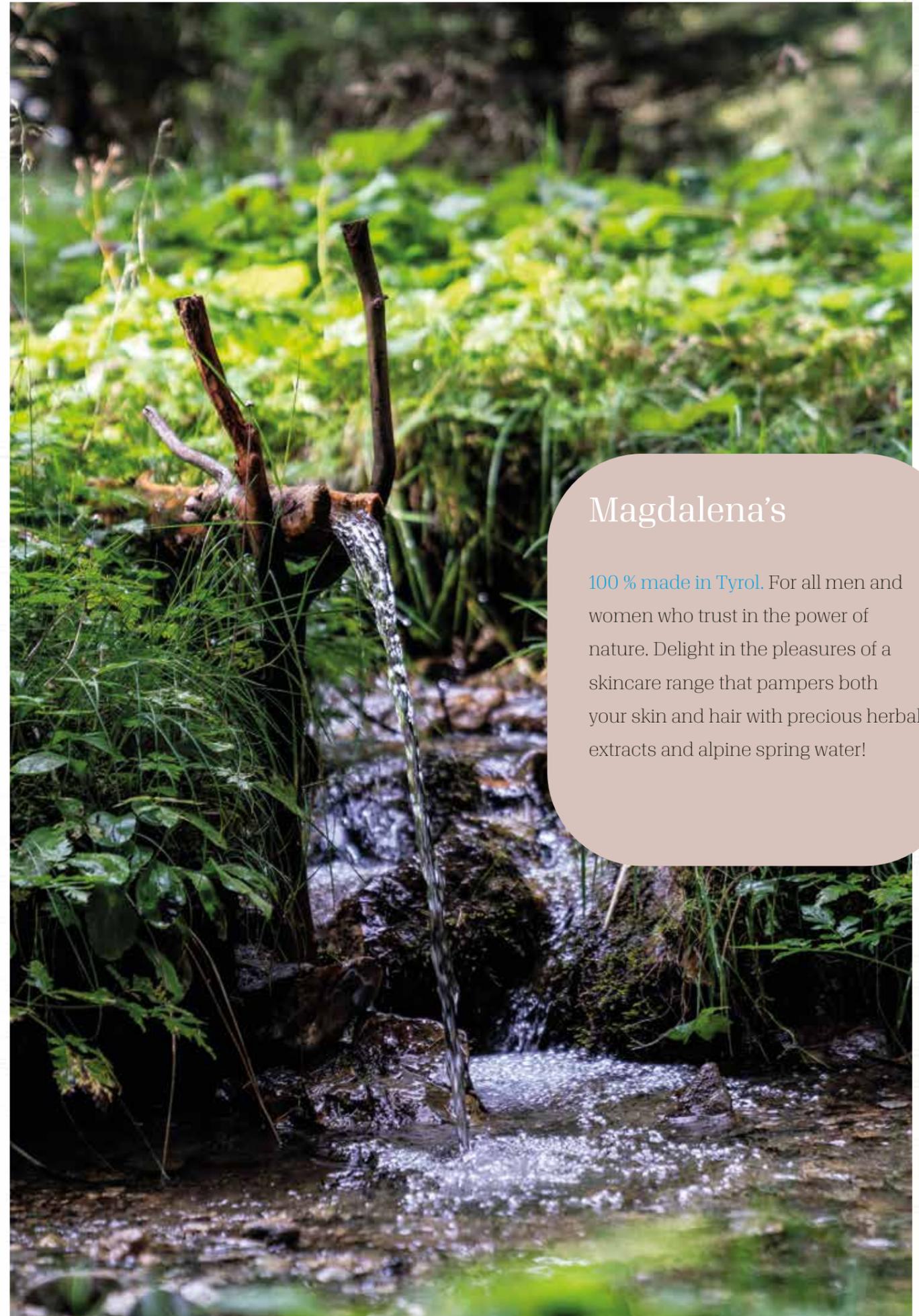
MADE IN TYROL

Magdalena's 100% made in Tyrol is our in-house vegan hotel cosmetics range. Nothing but fresh mountain water is used to create Magdalena's products: a very special ingredient that has a deeply penetrating effect on the skin and provides lasting hydration. The balanced mineral content of this water from the heart of the Alps is an important prerequisite for the consistent high quality of our products. High-quality creams and lotions afford the skin with an abundance of moisture, providing long-lasting stability and elasticity.

The effects of a sophisticated blend of exquisite alpine herbs and healing plants from the Alps gently unfold. Yellow clover, for example, which relaxes areas of stressed skin. Meadowsweet, which has anti-inflammatory and regenerative powers. St. John's wort, which harmonises body and soul. Or gentian, which is not only good for the skin, but also a wonderful muscle and joint relaxant.

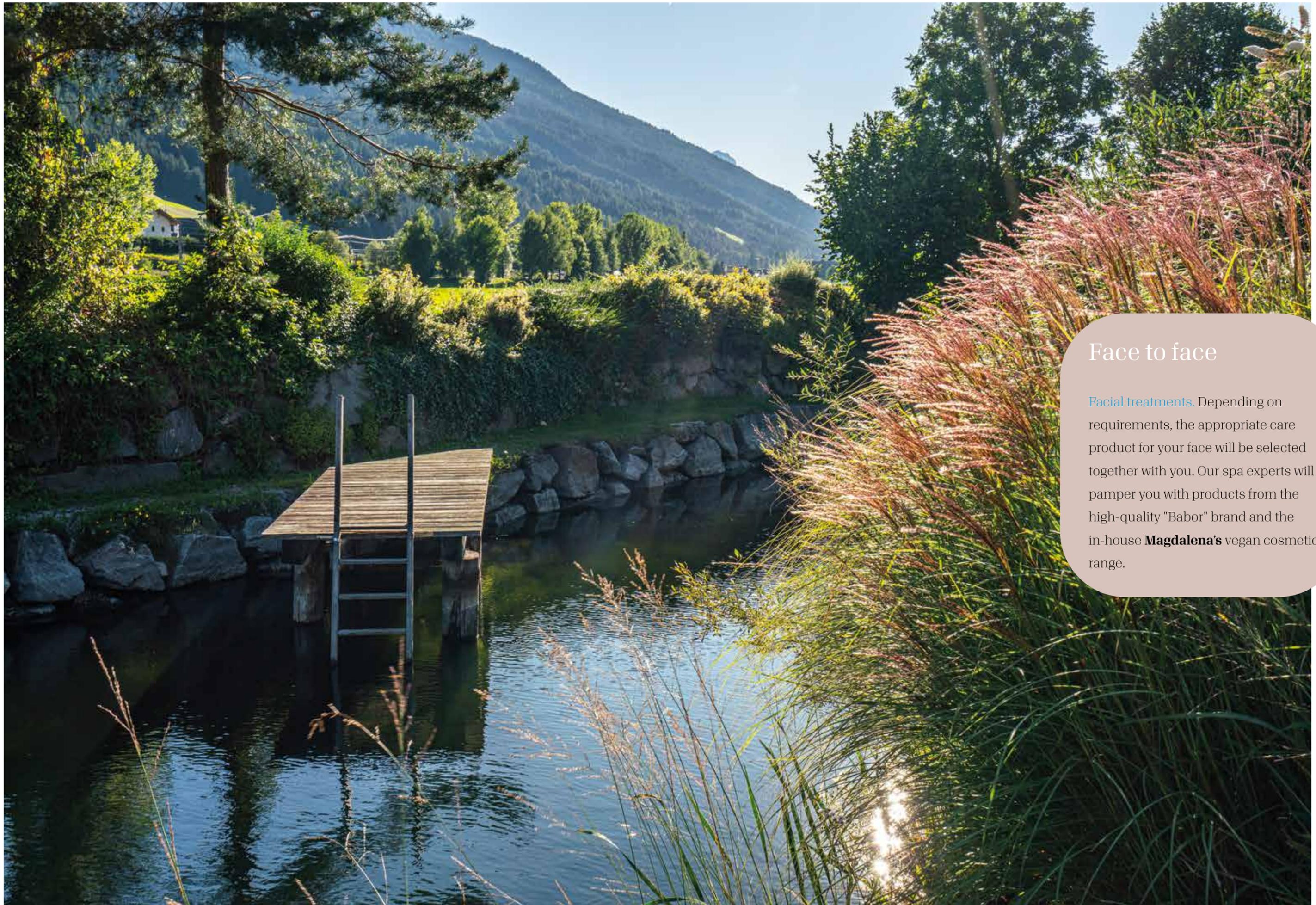
By the way, you will find Magdalena's shampoo, conditioner, body lotion and a bar of soap in your room or suite.

<b>Magdalena's All in One</b>	ca. 85 minutes	€ 99.00
Cleansing, exfoliating, vaporiser, deep cleansing, eyebrow shaping, facial massage, active ingredient, mask, finishing cream.		
<b>Magdalena's Bright Eyes</b>	ca. 25 minutes	€ 34.00
A special treatment with natural active concentrates that lends sparkle and shine to the eye area.		
<b>Magdalena's Mountain Massage</b>		
Full body massage with Magdalena's massage oils.	ca. 45 minutes	€ 55.00
Partial body massage with Magdalena's massage oils.	ca. 25 minutes	€ 35.00
<b>Magdalena's Body Scrub</b>	ca. 30 minutes	€ 41.00
Pure relaxation and soothing care for every skin type.		
<b>Magdalena's Power of the Alps</b>	ca. 55 minutes	€ 69.00
Cleansing, exfoliation, vaporiser, deep cleansing, active ingredient, cream mask, day or night cream.		
<b>Magdalena's Dolomiten Hamam in the Serail Bath</b>	ca. 40 minutes	
Allow us to pamper you in our cleansing ritual using soapy suds from Magdalena's vegan cosmetic range. Afterwards, your skin will be massaged with nourishing Magdalena's aromatic oil. Then savour the relaxing after-effects with some herbal tea.		1 person € 31.00 2 persons € 47.00



## Magdalena's

100 % made in Tyrol. For all men and women who trust in the power of nature. Delight in the pleasures of a skincare range that pampers both your skin and hair with precious herbal extracts and alpine spring water!



## Face to face

**Facial treatments.** Depending on requirements, the appropriate care product for your face will be selected together with you. Our spa experts will pamper you with products from the high-quality "Babor" brand and the in-house **Magdalena's** vegan cosmetic range.

# Beauty Basics

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## Brows and Eyelashes

Eye brow tint	€ 9.00
Eye brow shaping	€ 9.00
Eye lash tint	€ 9.00
Eye brow + eye lash tint	€ 17.00

## Wax Depilation

Upper lip – chin	€ 9.00
Underarm	€ 17.00
Legs to the knee	€ 32.00
Full leg	€ 50.00

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## Manicure

with hand massage	ca. 35 minutes € 27.00
with hand massage + varnish	ca. 45 minutes € 35.00
with permanent varnish	ca. 65 minutes € 42.00
with permanent French varnish	ca. 65 minutes € 42.00

## Hand Care De Luxe

Manicure with exfoliation, wrap and massage	ca. 55 minutes € 45.00
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## Pedicure

with foot massage	ca. 45 minutes € 37.00
with foot massage + varnish	ca. 55 minutes € 45.00
with permanent varnish	ca. 65 minutes € 52.00
with permanent French varnish	ca. 65 minutes € 52.00

## Pedicure de Luxe

Pedicure with foot bath, exfoliation, wrap and massage	ca. 55 minutes € 64.00
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## Varnish

ca. 15 minutes € 12.00
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## Body and Soul

**Baths and body treatments:** Using the power of nature for a more radiant complexion and heavenly relaxation.

## Revitalising Baths

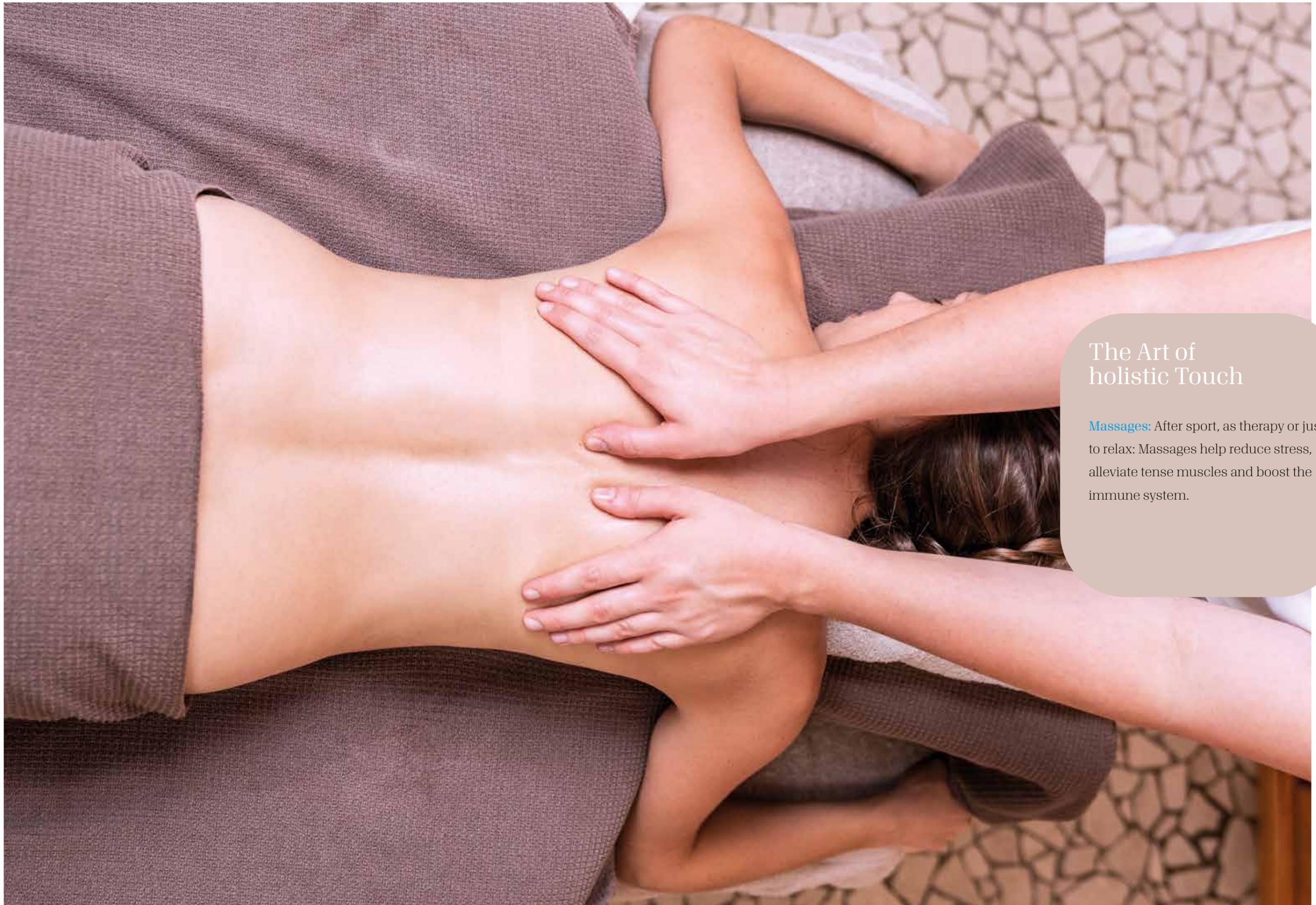
**Indulge in the essential pleasures of relaxation and well-being, combined with an unparalleled feeling of bliss in our vitality baths. Rejuvenation for body, mind and soul.**

<b>Sanotherm</b>	ca. 30 minutes € 31.00 for 1 person	Sanotherm – a heavenly feeling. We allow our guests to float on water. You can choose between exfoliations and wraps on a heated treatment bed.
<b>Serailbad</b>	ca. 30 minutes € 31.00 for 1 person € 47.00 for 2 persons	A specially prepared treatment is spread thinly over the whole body, after which the effects are stimulated in the mild warmth of the Serail cabin (ca. 45°C). <b>Dolomite Moor:</b> pain relieving, anti-convulsant, improves circulation, the body's immune system is given a welcome boost. <b>Salt Mud:</b> purifying, detoxifying, diuretic, gentle peeling effect, firms the skin. <b>East Tyrolean Healing earth:</b> effectively cleanses the skin and provides a basic detoxifying effect. <b>Body Scrub:</b> with pure sea salt and rich aromatic oils, revitalises the skin and boosts circulation.
<b>Magdalena's Dolomite Hamam</b>	ca. 40 minutes € 31.00 for 1 person € 47.00 for 2 persons	Allow us to pamper you in our cleansing ritual using soapy suds. Afterwards, your skin will be massaged with nourishing Magdalena's aromatic oil.
<b>East Tyrolean Hay Bed</b>	ca. 40 minutes € 37.00 for 1 person € 57.00 for 2 persons	This has always been a popular home remedy used by the Pustertaler mountain farmers and is still used to this day: For this treatment we cover our rustic waterbed in fragrant, warm hay from the alpine pastures around Sillian. This results in mild overheating, which boosts the cardiovascular system, relaxes muscles and stimulates die gastro-intestinal tract.

## Whole Body Treatments

**Your body gives its best every single day, so it should be pampered when on holiday.**

<b>Magdalena's Body Scrub</b>	ca. 30 minutes € 41.00	The holistic exfoliant experience for your skin. A mineralising body scrub, enriched with various herbal extracts, followed by the application of high-quality body lotion leaves your skin hydrated and smooth.
<b>Body Style Treatment</b>	ca. 70 minutes € 69.00	Fully body exfoliation, detoxifying seaweed wrap followed by a short massage using a firming lotion.
<b>Cellulite-Individual Treatment</b>	ca. 55 minutes € 61.00	Exfoliating massage for thighs, bottom and tummy, followed by a circulation-boosting wrap and firming lotion.



## The Art of holistic Touch

**Massages:** After sport, as therapy or just to relax: Massages help reduce stress, alleviate tense muscles and boost the immune system.

<b>Classic Massages</b>		
Whole body	ca. 45 minutes € 50.00	Back, neck, legs, arms and stomach
Partial body	ca. 25 minutes € 31.00	Back or legs
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<b>Face Massage</b>	ca. 20 minutes € 27.00	
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<b>Face-Neck-Head Massage</b>	ca. 35 minutes € 42.00	
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<b>Sports Massage</b>		
Whole body	ca. 35 minutes € 45.00	Back and legs
Partial body	ca. 20 minutes € 37.00	Back or legs
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<b>Combi-Massage</b>	ca. 45 minutes € 62.00	Combination of back massage and foot reflexology massage.
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<b>Manual Lymphatic Drainage</b>		A very relaxing and gentle form of massage.
		The use of special techniques enables congested tissue fluid to be removed as well as assisting the venous backflow.
Whole body	ca. 45 minutes € 52.00	
Partial body	ca. 25 minutes € 32.00	
Face	ca. 25 minutes € 32.00	
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<b>Foot Reflexology Massage</b>	ca. 25 minutes € 37.00	The soles of your feet are massaged using thumb pressure. The entire body is positively influenced via the nerve endings in your feet.
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<b>Magdalena's Mountain Massage</b>		With an aromatic oil of your choice.
Whole body	ca. 45 minutes € 55.00	Back, neck, legs, arms and stomach.
Partial body	ca. 25 minutes € 35.00	Back or legs.
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<b>Breuss-Massage</b>	ca. 30 minutes € 39.00	St. John's Wort oil massage for the spine. Various soothing movements gently stretch and regenerate the spine and its discs. Suitable for: those with a stressed back and strained intervertebral discs.

<b>Dorn and Breuss Spinal Therapy</b>	ca. 55 minutes € 69.00	In addition to the Breuss massage, spinal blockages can be relieved using rhythmic movements. Suitable for those suffering from spinal misalignment, scoliosis and arthrosis.
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<b>Four Hand Massage</b>		With our four-hand massage, two masseuses work at the same time, so the client is massaged by four hands simultaneously. An unparalleled experience that induces a state of deep relaxation and luxuriant tranquillity.
Whole body	ca. 35 minutes € 60.00	
Partial body	ca. 20 minutes € 52.00	
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<b>Herbal Posy Massage</b>	ca. 85 minutes € 95.00	Intensive treatment and relaxation with a massage using a fist sized "cotton pouch", filled with herbs, spices and skin care products.
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<b>Dolomites Lomi</b>		Lomi is a traditional Hawaiian type of massage. This massage experience with precious herbal oils from the mountains not only enables deep relaxation, but also sustainable regeneration on a mental and spiritual level.
Whole body	ca. 80 minutes € 99.00	
Partial body	ca. 40 minutes € 45.00	
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<b>Anti-Stress Massage</b>	ca. 55 minutes € 79.00	A special treat for your whole body. Your body is treated to gentle strokes from top to toe, then pampered with warm massage pouches, instantly relieving stress.



## Wellness for Men

**Well-being and grooming for men. Savour tailor-made treatments for men's skin.**

<b>Babor Men Facial treatment</b>	ca. 55 minutes € 69.00	Fresh and revitalised appearance, perfectly groomed male skin. This soothing treatment increases the skin's resilience, resistance to stress and regenerative capacity, natural protective functions and cell membranes. Cleansing, exfoliation, deep cleansing, active ingredient, mask, day or night cream.
<b>Magdalena's Mountain Massage</b>		With an aromatic oil of your choice.
Whole body	ca. 45 minutes € 55.00	Back, neck, legs, arms and stomach
Partial body	ca. 25 minutes € 35.00	Back or legs
<b>Sports Massage</b>		
Whole body	ca. 35 minutes € 45.00	Back and legs
Partial body	ca. 20 minutes € 37.00	Back or legs
<b>Manicure + Hand Massage</b>	ca. 35 minutes € 27.00	
<b>Hand Care De Luxe</b>	ca. 55 minutes € 45.00	
<b>Pedicure + Foot Massage</b>	ca. 45 minutes € 37.00	
<b>Pedicure De Luxe</b>	ca. 55 minutes € 64.00	

## Wellness for Children and Youngsters



**Are you between 6 and 14 years old? Here you can enjoy your very first experiences of wellness and spa, your first massages and treatments and look forward to the pampering programme. Tip: The Wellness-Residenz invites children and families to sample its delights three days of the week.**

<b>Introductory Massage</b>	ca. 20 minutes € 25,00	Super pleasant, where the whole body
<b>Full body massage</b>	ca. 35 minutes € 40.00	is massaged.
<b>What Girls Want</b>	ca. 55 minutes € 58,00	Styling, relaxation and beauty. – Fingernail shape and varnish – Back massage – Face pack including massage
<b>For Cool Guys</b>	ca. 55 minutes € 58.00	Just what you need after an active day: A soothing Serail bath with wrap, followed by a relaxing back massage.
<b>For Active Youngsters Girls &amp; Boys</b>	ca. 20 minutes € 35.00	Active and strong throughout the day. During a sport massage we give your muscles a thorough kneading, followed by a delicious cocktail.
<b>Happy Hands &amp; Feet</b>	ca. 30 minutes € 20,00	We paint your fingernails and toenails in a cool colour and throw in a quick hand and foot massage for good measure.
<b>Mother-Daughter Pampering Day</b>	Price for 2 persons ca. 55 minutes € 92.00	Enjoy an exfoliation session in our steam bath. Your skin will feel lovely afterwards, really soft and smooth. Followed by a pedicure or manicure. – Magdalena's scrub in the Serail bath – Pedicure or manicure
<b>Father Son Pampering Day</b>	Price for 2 persons ca. 60 minutes € 116.00	Take some time out with your dad in the hay bed. Followed by a sports massage. – East Tyrolean hay bed for two – Partial sports massage



## Pools & Sauna Landscape

The water landscape is flooded with natural light and generous dimensions, whilst enjoying fabulous mountain views. The sheer diversity of sauna rooms and steam baths provides variety for relaxing and unwinding. Replenish flagging energy levels in our hotel with indoor pool, outdoor pool and sauna area.

Immerse yourself in the element water with all its beneficial facets. Views of the Dolomites and the mountains of Alta Pusteria will impress you even while swimming in the natural swimming pond (in summer) and in the heated outdoor pool. The spacious garden landscape with sunbathing areas, relaxation loungers and natural bathing pond is accessible via the terrace and the pool areas.

Our younger guests can look forward to a designated children's pool with tube slide and their own baby pool with a little elephant slide. A glass partition between the children's and adult swimming pools allows parents to keep a relaxed eye on their young ones.

### **Our water world at a glance:**

Indoor pool (L-shaped) approx. 150 m water surface (indoor pool at 32 °C)  
with whirl zone and waterfall shower,  
heated outdoor pool approx. 40 m (outdoor pool at 33 °C) with whirlpool area  
Children's pool (30 °C) with tube slide  
Children's pool (33 °C) with tube slide  
Natural swimming pond with water surface area of approx. 500 m  
(water temperature dependent on outside temperature)  
spacious indoor rest areas with sunbeds and showers  
large sunbathing lawn with sunbeds outside (in summer).

Daily sauna infusions and themed infusions in the Sauna World

Children's sauna 3 x weekly

No admission in the sauna for children under 16 years (except children's sauna),

Nude area (textile-free sauna)

