



Wellness
in Hochpustertal

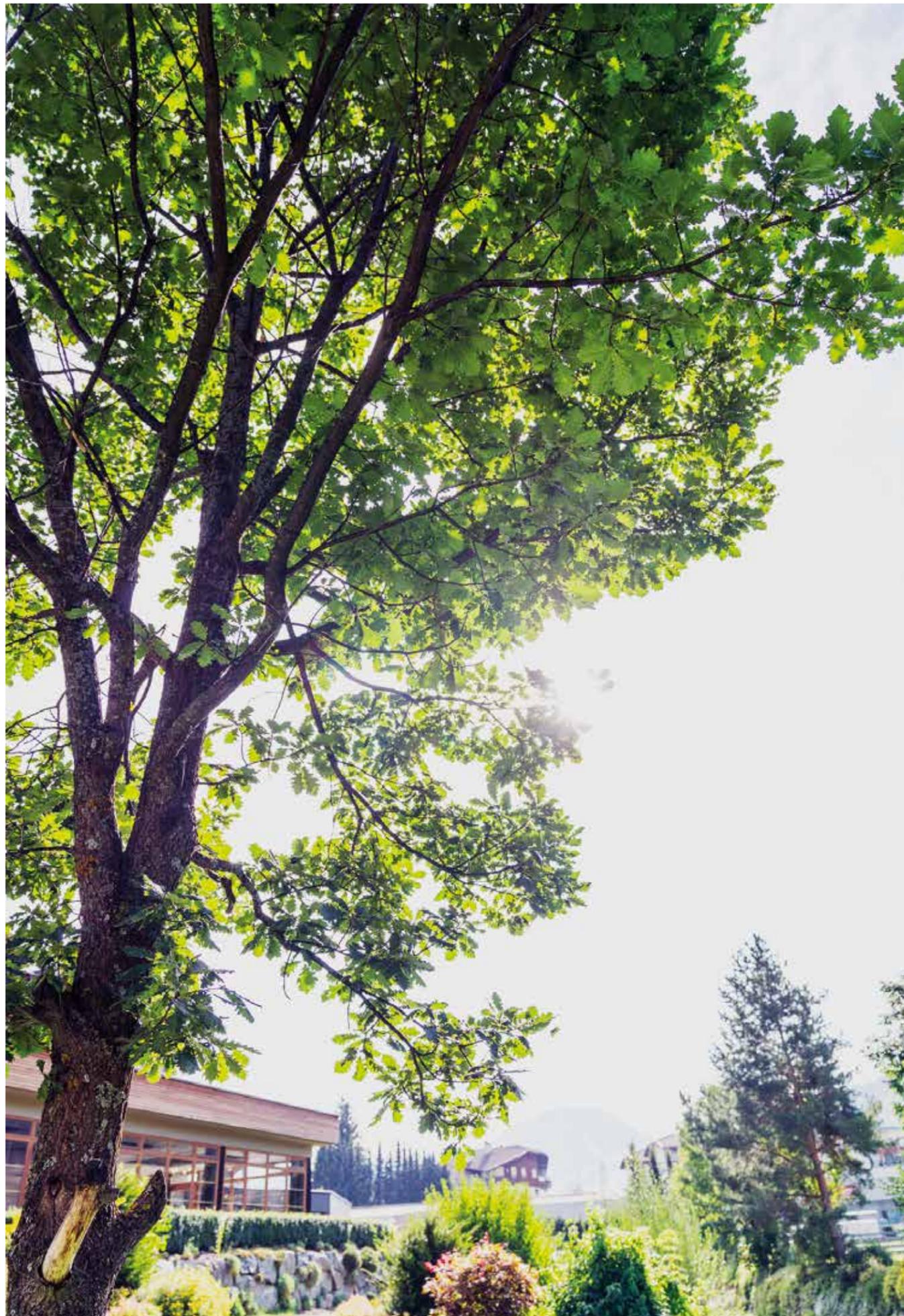
MAGDALENA'S
cosmetics sustainably produced in tyrol



SUPERIOR

Dolomiten · Residenz

Sporthotel Sillian



Welcome
to the world of well-being

Just sillianous.



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

Magdalena's 100% made in Tyrol is our very own vegan cosmetics line.

At Magdalena's, we only opt for fresh, mountain crystal water: a very special ingredient that provides your skin with deep-acting and long-lasting hydration. The balanced mineral content found in this water, that has been sourced right from the heart of the Alps, is a key requirement for the consistently high quality of our products. Creams and lotions of premium quality provide your skin with generous amounts of moisture, leaving it with lasting resilience and elasticity.

At the same time, refined combinations of valuable alpine herbs and medicinal plants from the Alps unfold their effects. Such as yellow sweet clover that relaxes stressed areas of the skin and meadowsweet, with its anti-inflammatory and regenerative powers. Then there's St. John's wort that brings body and soul into harmony, or gentian, which has a wonderfully relaxing effect on muscles and joints. By the way, you will find Magdalena's hair shampoo, conditioner, body lotion and a bar of soap in your room or suite.

You can also purchase all Magdalena's products at the wellness reception or online at www.magdalenas.tirol.

Magdalena's Mountain Massage

Full-body massage: activating, loosening, relaxing, soothing

approx. 45 minutes € 68,-

Partial massage: for carefully targeted, selective activation

approx. 25 minutes € 42,-

Magdalena's Body Beauty Treatment

Your skin is provided with intensive and lasting moisture, leaving it firmed, strengthened and toned.

approx. 50 minutes € 90,-

Facial Treatment "Power of the Alps"

Cleansing, peeling, Vapozon deep cleansing, mask and finishing treatment

approx. 55 minutes € 79,-

Magdalena's Bathing Ritual in the Serail Bath

We prepare Magdalena's herbal peeling and the soap foam for you, which you then apply to your skin yourself. The pleasant warmth (around 45° C) opens the pores, allowing the valuable essences to be better absorbed by the skin. Your skin immediately feels wonderfully refreshed.

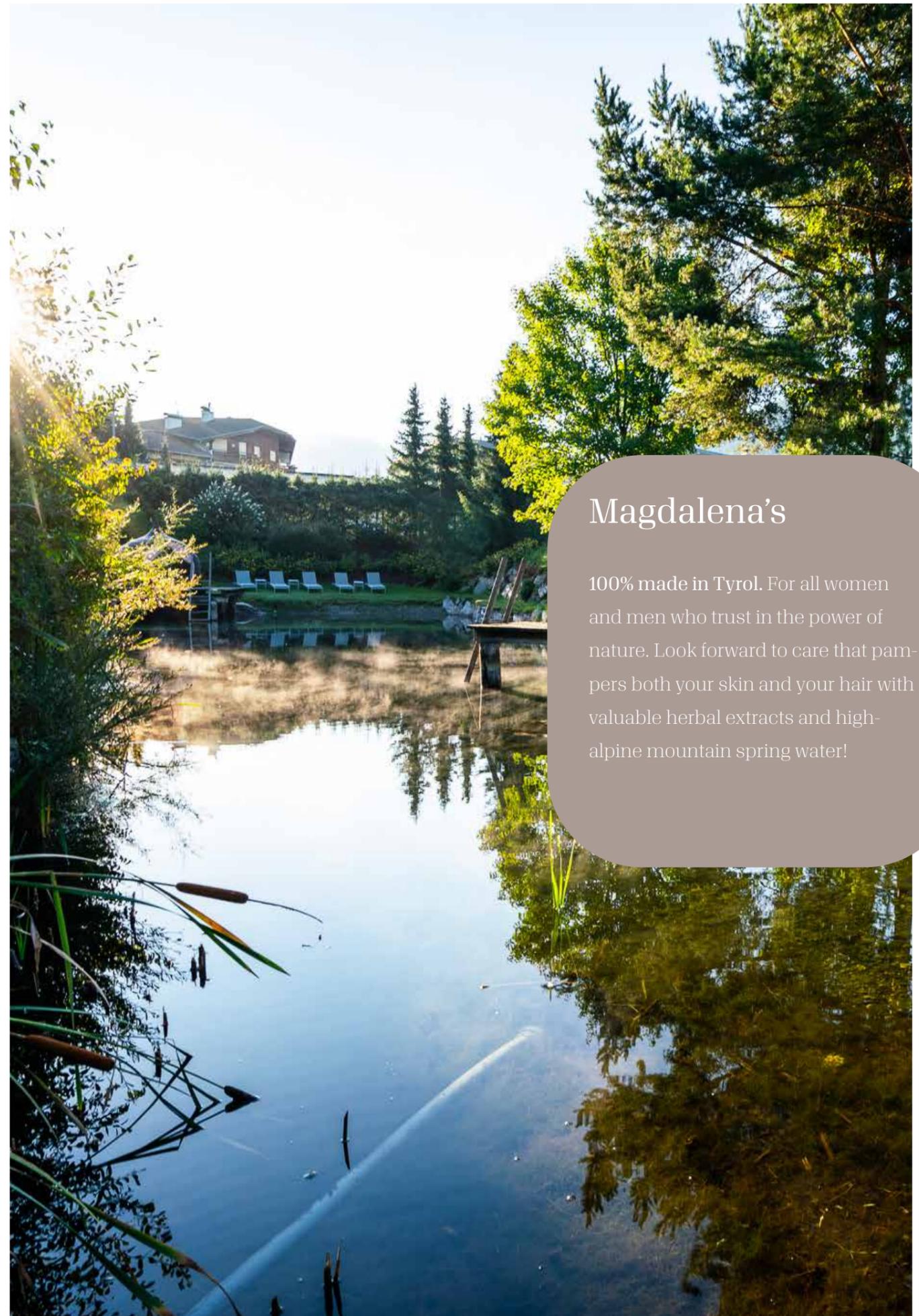
approx. 40 minutes

1 person

€ 40,-

2 people

€ 60,-



Magdalena's

100% made in Tyrol. For all women and men who trust in the power of nature. Look forward to care that pampers both your skin and your hair with valuable herbal extracts and high-alpine mountain spring water!

Facial treatments

Magdalena's 100% made in Tyrol This is our very own vegan line for all women and men who trust in the power of nature. Look forward to care that pampers your skin with valuable herbal extracts and high-alpine mountain spring water.

Alpienne is considered a pioneer when it comes to alpine natural cosmetics. The high-quality, 100% natural formulas are consciously and deliberately manufactured in small batches in traditional, artisanal fashion. Regional and climate-neutral. 100% natural, 100% different.

Facial Treatment "Woodruff" - for HIM

Cleansing, peeling, Vapozon deep cleansing, serum, mask, finishing treatment approx. 55 minutes
€ 79,-

Facial treatment "Power of the Alps" - for deep cleansing

Cleansing, peeling, Vapozon deep cleansing, mask and finishing treatment approx. 55 minutes
€ 79,-

Facial Treatment "Fountain of Youth" - anti-aging + toning

Cleansing, peeling, Vapozon deep cleansing, eyebrow shaping, serum, massage, detox mask, face pack, finishing treatment approx. 85 minutes
€ 116,-

Treatment "Bright-Eyes" - A good morning kiss for a radiant look

Cleansing, peeling, eye serum, eye mask, eye pads, finishing treatment approx. 25 minutes
€ 44,-

Beauty Basics

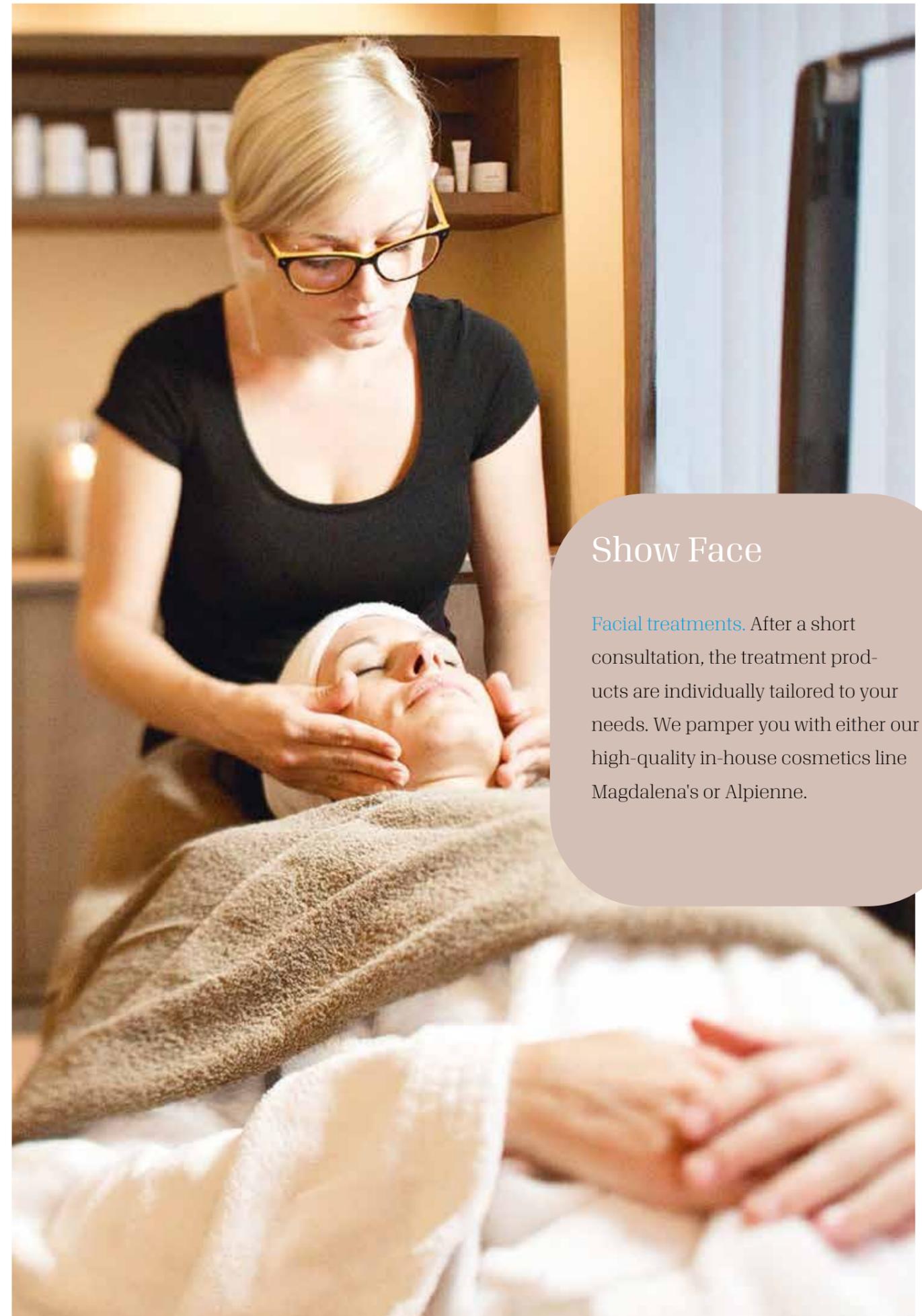
Eyebrow shaping	€ 12,-
Eyebrow tinting	€ 12,-
Eyelash tinting	€ 12,-
Eyebrow + eyelash tinting	€ 21,-
Depilation upper lip/chin	€ 10,-
Leg depilation full	€ 59,-
Leg depilation to the knee	€ 35,-



Soft Hands and Feet

Every manicure and pedicure includes a hand or foot massage, and as a small gift you get to take the nail polish you selected home with you.

Manicure without polish	€ 32,-
Manicure with polish	€ 43,-
Manicure with shellac	€ 47,-
Manicure with shellac & French	€ 47,-
Pedicure without polish	€ 43,-
Pedicure with polish	€ 56,-
Pedicure with shellac	€ 61,-
Pedicure with shellac & French	€ 61,-



Show Face

Facial treatments. After a short consultation, the treatment products are individually tailored to your needs. We pamper you with either our high-quality in-house cosmetics line Magdalena's or Alpienne.

Massages

Magdalena's Full-Body Mountain Massage

Activating, loosening, relaxing, well-being for the whole body

approx. 45 minutes € 68,-

Magdalena's Partial Mountain Massage

For carefully targeted and selective activation

approx. 25 minutes € 42,-

Sports Massage Back and Legs

Circulation and metabolism activating massage technique

approx. 35 minutes € 48,-

Face, Neck & Scalp Massage

Feel the tension melt away

approx. 35 minutes € 46,-

Foot Reflexology Massage

Through the reflex zones, your whole body is vitalised

approx. 25 minutes € 43,-

Manual Lymphatic Drainage

Relieves swelling, assists in draining excess fluid,
very gentle massage technique

approx. 45 minutes € 63,-

Combination Massage

Back massage combined with foot reflexology massage

approx. 45 minutes € 73,-

Singing Bowl Massage

Singing bowls are purposefully positioned on certain parts of the body.
The sound and vibration help to achieve a state of deep relaxation.

Please come dressed in comfortable, loose clothing

(no bathrobe or swimwear)!

approx. 50 minutes € 45,-

Herbal Stamp Massage

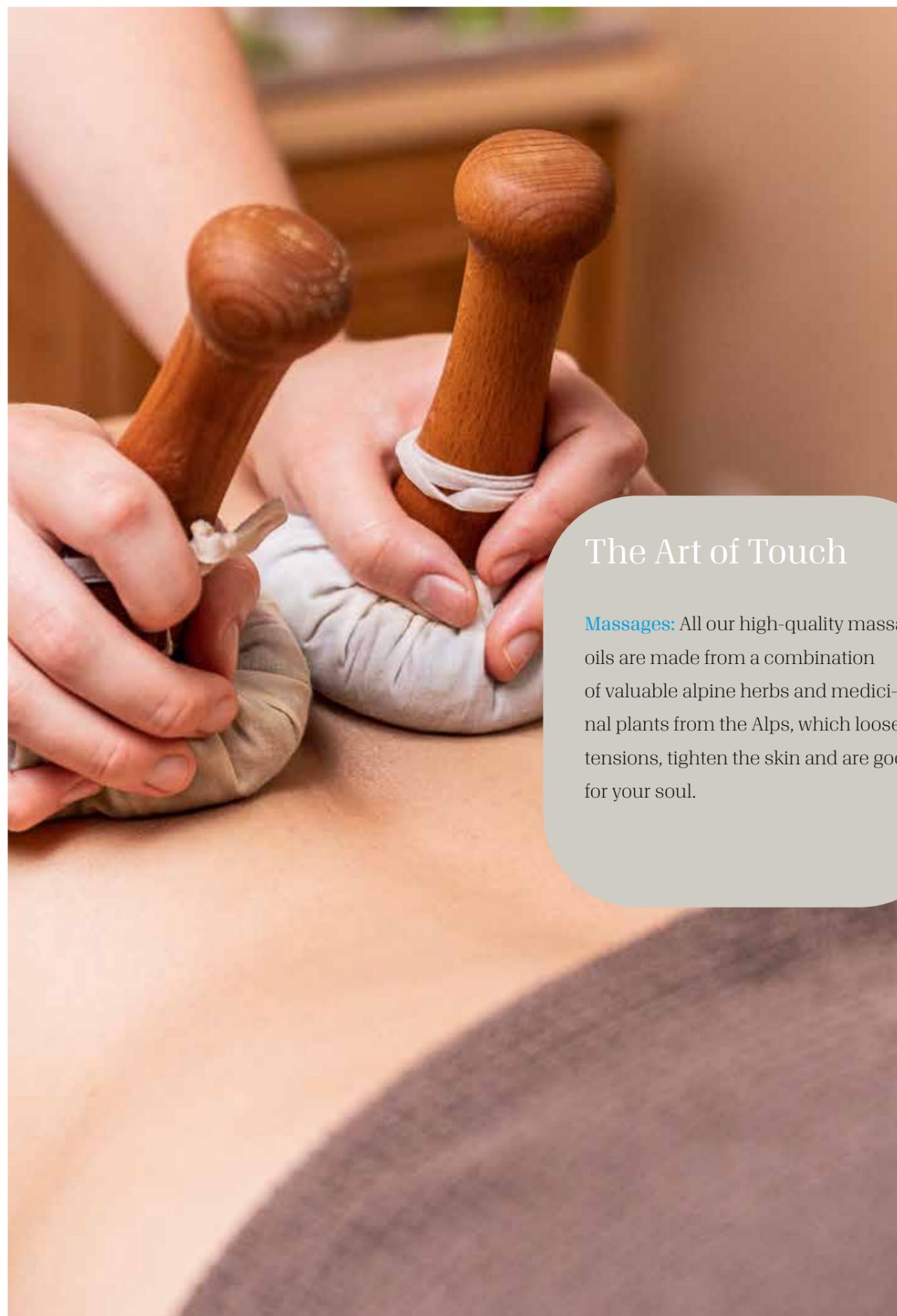
Massage ritual with a fist-sized warm woollen stamper
filled with herbs. A wonderful olfactory experience.

approx. 75 minutes € 108,-

Anti-Stress Massage

The relaxing massage with St. John's wort oil offers pure herbal powers
to strengthen the nerves and restore inner peace. It includes a soothing
massage on the back, legs, arms, hands, feet, abdomen, face and head.

approx. 60 minutes € 99,-



The Art of Touch

Massages: All our high-quality massage oils are made from a combination of valuable alpine herbs and medicinal plants from the Alps, which loosen tensions, tighten the skin and are good for your soul.

Baths and Body Treatments

Serail Bath

We prepare a mud pack that you apply to your skin yourself.

The pleasant warmth and the humidity first lightly dry the mud.

Then the first surge of steam (around 45° C) moistens the mud on the body.

Purifies, reduces pain, removes cramps and promotes circulation.

approx. 30–40 minutes

1 person € 40,-

2 people € 60,-

Magdalena's Bath Ritual in the Serail Bath

We prepare the Magdalena's herbal peeling and the soap foam for you, which you then apply to your skin yourself. The pleasant warmth (around 45° C) opens the pores, allowing the valuable essences to be better absorbed by the skin.

Your skin immediately feels wonderfully refreshed.

approx. 40 minutes

1 person € 40,-

2 people € 60,-

East Tyrolean Bed of Hay

You are placed in our rustic waterbed with scented, warm and slightly damp mountain hay from the alpine pastures. This is mildly heated.

Activates the circulatory and digestive systems.

approx. 40 minutes

1 person € 37,-

2 people € 57,-

Body Beauty Treatment by Rosenhauch

Your skin is provided with intensive and lasting moisture, leaving it firmed, strengthened and toned.

approx. 50 minutes

€ 90,-

Welnami's Wellness Bed

Impulses from audio and vibration frequencies calm body and mind and settle them into a relaxed state ... like during a meditation.

approx. 30 minutes

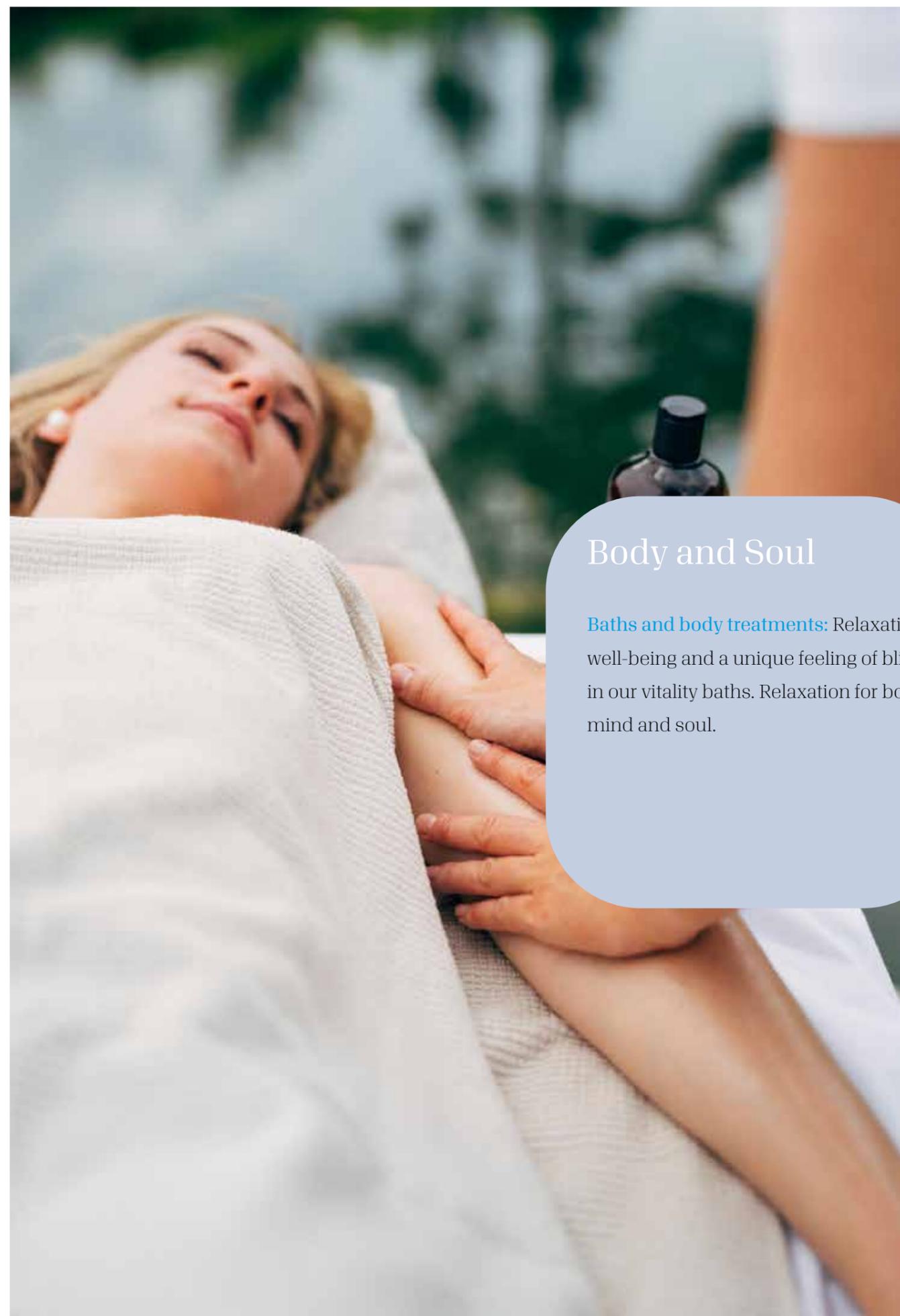
€ 20,-

Woodruff Reloaded

Invigorating treatment for the whole body. A foot bath is followed by a revitalising treatment for feet and legs and a sports massage with fascia rollers.

approx. 50 minutes

€ 100,-



Body and Soul

Baths and body treatments: Relaxation, well-being and a unique feeling of bliss in our vitality baths. Relaxation for body, mind and soul.

Children's Wellness (6–14 years)

Here you can experience wellness, enjoy your first massages and treatments, and simply relax and enjoy the pampering program.



Trial Massage

Soothing touches for your back

approx. 20 minutes € 30,-

Full-Body Massage "Gipfelstürmer"

Just the right thing after an active day. Your entire body is massaged.

approx. 35 minutes € 42,-

Cool Nails

Mini manicure with nail polish

approx. 30 minutes € 30,-

Teen Facial Treatment (for young + pubescent skin)

Cleansing, peeling, Vapozon deep cleansing, mask, finishing treatment

approx. 45 minutes € 60,-



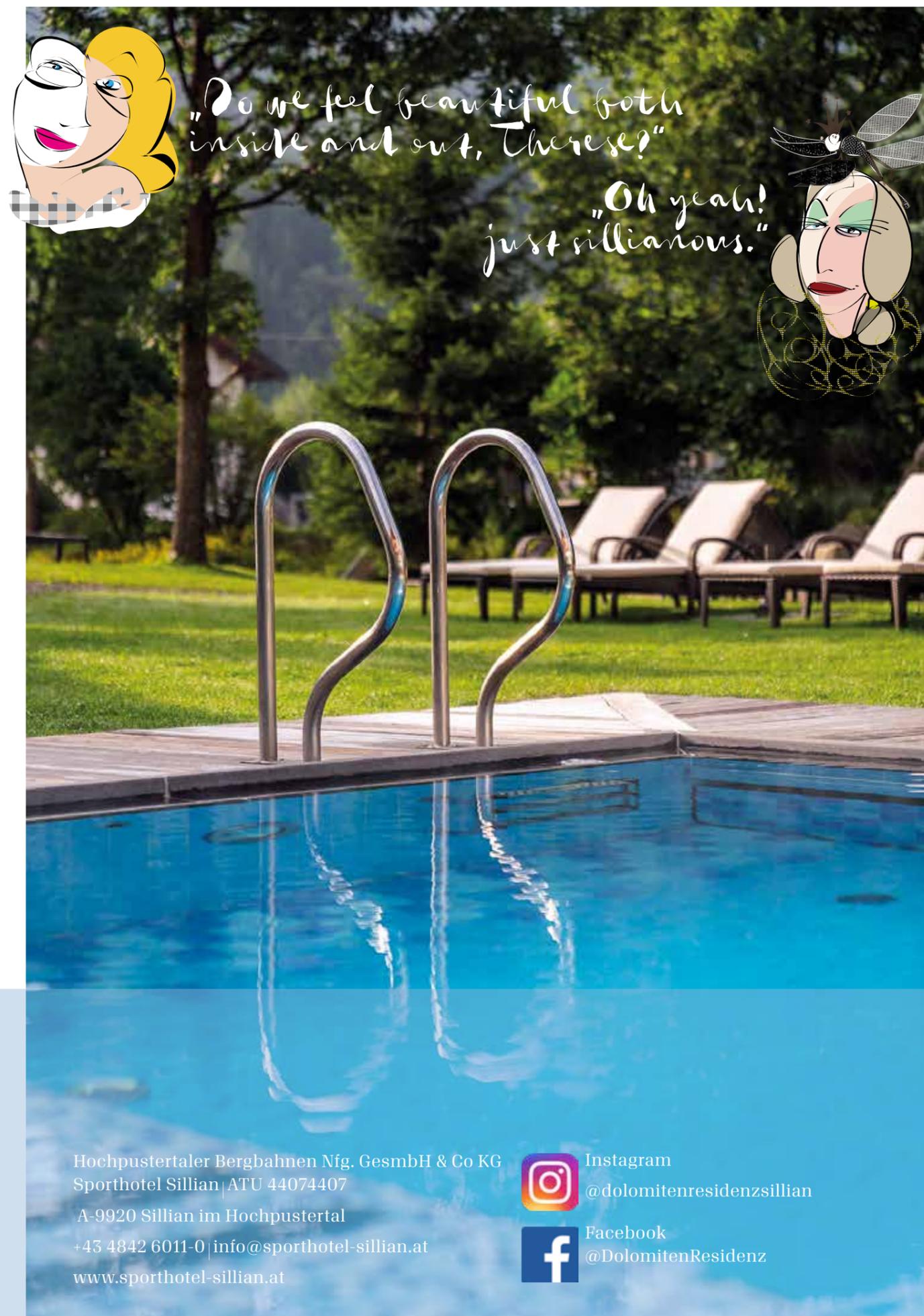
Important information:

Arrive at the wellness reception in the lower level at least 5 minutes before your appointment.

Please bring the filled-out SPA checklist for the wellness application; additional SPA checklists are available at the wellness reception.

Please inform us of any cancellations at least 12 hours before the agreed treatment time; otherwise we will have to charge you for the booked treatment.

We do our best to start all treatments on time, so if you arrive late to your booked appointment, we will have to shorten your treatment.



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