



Vital - Alpin - Relax



**Breathing gives to us two blessings,
We breathe in and we exhale;
Refreshing after first compressing,
Such wonders can this life entail.**

J.W. von Goethe



A time to indulge yourself

We live in a beautiful mountain landscape, where nature plays a leading role and richly endows us with its abundance. We wish to share this wealth with our guests – not only on our tours, in our kitchen and in our wine cellar, but also in our wellness area.

We therefore make use of products made from local wood, flowers and herbs in our massage and sauna areas in order to treat you both with and to the power of nature, strengthening your whole organism. Indulge yourself and book your well-being experience now!

A day out in the fresh mountain air can be truly successful in harmonising mind, body and soul; while relaxing in Eggen, our peaceful mountain village, offers strength and energy to each visitor.

Opening times

Massages by appointment from the hotel reception

Pool open from 07.00 to 19.00

Sauna area open from 15.00 to 19.00

Gym open from 07.00 to 19.00

Please wear only a bathrobe for your massage appointment and remove all jewellery. To ensure you completely relax, we would ask you to switch your phone to silent mode.

You will be asked to inform us of any health problems or allergies.

SPECIAL MESSAGES

For a stronger back – DYNAMIC RECREATION BACK MASSAGE

Sustainable relaxation for your back. Your back will be treated with the application of highly effective natural ingredients and a personalised massage. Singing bowls and cups help ease tension in the back muscles and improve the dynamics of the spinal column.

50 Min.

68,00 €

Hot Stone Massage

This massage uses hot lava stones and precious oils to give a feeling of deep relaxation, strengthening the body and giving you a new sense of balance.

50 Min. / 90 Min.

60,00 € / 100,00€

Herbal pouch massage

The herbal pouches are applied to the body with gentle pressure and intense patting. This stimulating technique combined with the effects of the herbs helps reduce stress: the herbs are detoxifying and purifying and can prevent sore muscles. Ideal for rebalancing the body after strenuous activity.

50 Min.

60,00 €

MIND RELAXING – aromatic oil massage – active or relaxing

Precious almond oil is combined with essential oils, selected according to your wishes. The massage with oil ensures a soothing feeling of relaxation.

50 Min.

55,00 €

BODY MESSAGES

Arnica massage

This Alpine massage not only offers balm for the soul, it also provides new energy for tired joints and muscles. The essence of St. John's wort soothes both body and soul.

25 Min. / 50 Min.

41,00 / 55,00 €

CARE & REGENERATION

Marigold and camomile soothe and regenerate the body. An ideal form of care for stressed skin. Treat yourself to this Alpine beauty massage.

25 Min. / 50 Min.

41,00 / 55,00 €

Relaxing massage

This anti-stress and relaxing treatment ensures that you fully unwind. Muscle tensions are eased, the mind can relax and your ability to concentrate is freshly stimulated.

50 Min.

50,00 €

Lymph stimulating massage

Even after deep relaxation your body can still be in overdrive: this effective, gentle method will stimulate the metabolism, helping the purgative and drainage processes. A form of body cleansing to bring about well-being and relaxation.

25 – 50 Min.

39,00 € – 51,00 €



PARTIAL MESSAGES

Head and neck massage

The emphasis of this massage is on the head and neck area, with targeted massage techniques to relax the head, face, décolleté and neck, easing tensions and causing the spirit to flow again.

40 Min.

48,00 €

Leg massage

Tension in the legs is eased, the muscles are stretched and a firm kneading and stroking technique stimulates the blood circulation.

25 Min.

39,00 €

The effects of our essential oils

Juniper

cleanses, relieves pain, strengthens the circulatory system

Stone pine

strengthens, stimulates, rebalances

Mountain pine

stimulates the blood circulation, eases tensions, clears the respiratory system

Sport & Relax

with marjoram and camomile, strengthens, relaxes, loosens

Lavender

rebalances, improves the mood

Melissa

calms, stimulates, cheers, releases cramps, refreshes

Rosemary

Calms the nerves, releases cramps, stimulates the blood circulation

Eucalyptus

refreshes, helps with colds

Tea-tree oil

cleanses, strengthens, rebalances



SAUNA RITUAL

Finnish sauna

The various types of sauna take their names from the different levels of temperature and humidity. The classic sauna, also called the dry or Finnish sauna, reaches temperatures of up to 90°C at the Marica Hotel and thus has a very low humidity. The metabolism is stimulated and the body freed of toxins.

Vitalpina sauna fragrance

Juniper-grapefruit-vetiver

This sauna oil is a blend of pure essential oils, with cleansing juniper (a basic theme of Vitalpina), uplifting grapefruit oil and stabilising vetiver oil to put guests in a good mood while at the same time giving a feeling of “spiritual cleansing” (which was also the original sense of the sauna or steam bath), as well as stability and power.

Spruce & mountain pine

Refreshing and relaxing forest scents as a treat for the senses during each sauna session. Enter a world of Alpine forests: restful, calming and rebalancing.

Steam sauna

A steam sauna on the other hand attains temperatures of 50-60°C. The interior is therefore lined with tiles and not (as in a dry sauna) with wood. Humidity values of up to 100% are reached in here: it is highly recommended either before a massage or simply as a way to loosen the muscles.

Mountain herbs

The wonderful fragrance of pure essential oils with mountain pine, fir and spruce. Soothingly fresh scents of mountain herbs and Alpine forests: refreshing, tangy and balmy.



Making hay outdoors at the Marica!

Draw on the resources nature gives us in the soft hay, enjoy rest and relaxation, let the heat gradually flow through your body as you immerse yourself mentally in the richness of the mountain pastures, their colours, their scents and their music. In summer, the best way to finish off a day's holiday high up in the South Tyrolean mountains is with a hay bath. In winter, you can stimulate the circulation of the blood after a sauna by stepping quickly in the hay. Bathing in fresh Alpine hay has purifying and relaxing effects, stimulating the immune system and ensuring general well-being.

Take the strength of nature with you...

... according to this principle, we try to give our guests a "little more" of South Tyrol. It is not just in the kitchen that local herbs are used – our masseuse too swears by the healing powers of nature.

Each room contains a wooden bowl containing fresh pine shavings, produced by "our" artist Toni, known as The Cobbler. The scent of pine wood provides us with energy and strength at stressful and hectic times, helping us revive our spirits. The clean scent of Swiss stone pine pervades the rooms and creates a wholesome, healthy atmosphere, also helping to increase our powers of resistance against illness. The pine scent also reduces the heart rate, letting us sleep in a quieter and more relaxed frame of mind.

We also place a fresh bottle of mountain water in every room for our guests to enjoy each day. Toni has also carved a wooden stand from a carefully chosen walnut tree as a form of due respect for the quality of the water as a gift of nature.

**I believe the climate affects people –
as the mountain air has something
that nourishes and inspires the spirit.**

F. Nietzsche



Give the gift of joy – take a little piece of South Tyrol home with you!

Vitalpina Fragrance Vita – contrasts at play

South Tyrol is a land of contrasts, a place where fragrant Alpine air meets Mediterranean scents: a symbiosis of the warm southern atmosphere and the soothing scents of the mountains, as wood and mountain flowers meet summer breezes from the south. As relaxing as your first visit to South Tyrol!

Price 25,80 € for 250ml

Vitalpina Fragrance Alpina – the essence of happy days spent in Alpine climes

Sky blue, forest green, flowering meadows – this is the backdrop to the Alpine lifestyle to be found in South Tyrol. Nature plays with the crisp morning air of the mountains. Woody notes of Swiss stone pine, mountain pine and juniper combine with the refreshing scents of mountain herbs and forest fruits. As invigorating as your first visit to South Tyrol!

Price 25,80 € for 250 ml



Alpicare® BeinGel BIO for tired legs

14,80 Euro

1. regenerates and refreshes tired, hot feet and legs
2. has a slight deodorant effect
3. rapidly absorbed
4. leaves no greasy film
5. with pure organic essential oils, extract of sweet and horse chestnut, mint, witch hazel and juniper

Provides ideal relaxation and refreshment after a day's hiking, hard work or sporting activities. This "BeinGel BIO" contains precious Alpine herbs and plants to refresh and revive heavy legs, giving you a new tempo when walking and allowing you to get through the day with ease. Your legs will feel light, refreshed and cared for.

Spent the whole day on your feet?

Wellness for tired feet and heavy legs!

ICEA – ethical and environmental certification for cosmetics

The European natural cosmetics seal of the highest quality. ICEA no. 146 BC 016

Application: rub Alpicare® BeinGel into your legs in the mornings and evenings. Lightly massage in the gel, working from the lower to the upper leg.



ICEA - cosmetic certificate
ICEA N° 146 BC 016





Pure Herbs Soothing Body Lotion, 250ml

- pH-skin neutral
- skin compatibility dermatologically approved
- with rosemary, melissa and thyme extract



Pure Herbs Vitalizing Shampoo, 250ml

The especially gentle herbal formula with natural extracts of melissa, rosemary and thyme makes your hair look bouncy and full of shine - from root to tip.

- pH skin neutral
- skin compatibility dermatologically approved
- with rosemary, melissa and thyme extract



Pure Herbs Energizing Shower Gel, 250ml

You can look forward to a pure shower experience. Invigorating herbal extracts of rosemary, melissa and thyme nourish sensitive skin and guarantee a good mood and positive energy thanks to their stimulating fragrance.

- pH skin neutral
- skin compatibility dermatologically approved
- with rosemary, melissa and thyme extract

VITALIS
DR JOSEPH

