



# Spa Treatments

Your view sweeps almost  
continuously across the  
surface of the water. The  
whisper of the pool  
is accompanied by the subtle rustling  
of the wind. Only where nature  
sets the pace we can speak about  
real wellness. Here in Kohlern.



In our spa at the Hotel Kohlern we dedicate ourselves entirely to your well-being and especially to your relaxation, all the while maintaining and improving your natural beauty. Our staff is ready to spoil you with body and facial treatments using natural Alpine products. We use the curative power of the plants and herbs of our region to offer you nature's best directly in the hotel.

Our wellness manager is available in our spa complex to answer your questions and give you information.

Book your therapies in good time so that we can agree with your preferred times.

Best regards

Your Kohlern Spa Wellness management





## Our BATHS

## **Kohlern hay bath**

Used for centuries by the local peasants as a home-made remedy, herbs like arnica, mountain camomile, yarrow, veronica and plantain penetrate the skin during the hay bath. The high temperature of the bath facilitates the opening of the pores, thereby allowing the substances to work in the best possible way: the bath stimulates the connective tissue and the vegetative nervous system while purifying and detoxifying.

Duration: 35 min..... 45,00 Euros

## **Kohlern mountain bath Purifying and invigorating**

- Pine body peeling
- Massage and removal of product with sponge gloves
- Pack with pine essential oil
- Bath in pine essential oil

The result is a glowing, velvety and elastic skin. You immediately notice a change with this type of peeling as the skin becomes soft and elastic. The woodland scent lets you experience a profound sense of peace and tranquillity.

Duration: 120 min..... 120,00 Euros

## **Kohlern South Tyrolean Lagrein Doc bath**

Defy the aging process

- Firming and toning massage
- Body pack in Lagrein DOC
- Brossage (brushing) massage and removal of product with sponge gloves
- Lagrein DOC bath

Result: the main aim of the treatment is to counter the skin's aging process and maintain its beauty through the numerous antioxidant properties of the grape, known since ancient times.

Duration: 120 min. .... 120,00 Euros

## **Milk, honey and rose bath Relaxing and nourishing**

- Body peeling with polenta flour, milk and honey;
- Massage and removal of product with sponge gloves
- Milk, honey and rose bath

The milk nourishes and brightens the skin, the honey is hydrating and softening and the rose petals, combined with the rose essential oil, are soothing with a very relaxing scent.

Duration: 90 Min..... 95,00 Euros



## Kohlern MASSAGES

### Relaxing massage with essential oils

Natural plant essences, better known as essential oils, are used in this massage with aromatic substances. They help produce a beneficial state of physical and mental relaxation, alleviate pain and harmonise the organic functions, all of which is indispensable for regeneration.

Duration: 50 min. ....65,00 Euros

### Back massage

For loosening the muscles and alleviating back problems.

Duration: 25 min. ....40,00 Euros

### Leg massage

Particularly helps to loosen muscles in the legs after tiring physical activity.

Duration: 25 min. ....40,00 Euros

## Shoulder and neck massage

The neck and shoulder muscles feel the tension of everyday life. This part of the body contains the meridians that correspond to the gall bladder and the liver: it is therefore very important to relax this whole area.

Duration: 25 min. ....25,00 Euros

## Foot reflexology massage

Our feet mirror all our vital organs. By stimulating the pressure points on the soles of the feet, we can influence the corresponding organ. The effect is very relaxing.

Duration: 50 min. ....52,00 Euros

## Revitalising massage

This massage reactivates the blood circulation and the muscles.

Duration: 50 min. ....65,00 Euros

## Manual lymphatic drainage

Manual massage of the head, face, neck and décolleté which stimulates the lymphatic system and improves the circulation.

Duration: 70 min. ....85,00 Euros

## Hand massage

A very pleasant massage which helps loosen muscular tension in the hands and forearm. A pleasant preparation for a manicure.

Duration: 10 min. ....15,00 Euros

## Facial massage

Massage of the face and scalp. You will feel immediate relaxation thanks to a very pleasant anti-aging massage of the face and specific stimulation of the scalp.

Duration: 25 min. ....35,00 Euros



## WELLNESS OFFERS at the Hotel Kohlern

### Love sensations “The joy of being together”

- 1) Reception: 45 minutes exclusive use of the “wetlands” area
- 2) Delicious interlude: Wine, chocolate and marron glacé tasting in the “Panorama” room
- 3) Your choice of:
  - Garshana-brossage (brushing) with chocolate and chestnuts
  - Relaxing chocolate massage
  - Relaxing honey massage
  - Relaxing apple massage
- 4) Hydro-massage for two with a choice of:
  - Pine essence
  - Milk
  - Wine
  - Relaxing infusion

Duration Approx. 4/5 hours .....250,00 Euros (couple)

### Sweet escape – “Honey-Honey”

- 1) Reception: 45 minutes exclusive use of the “wetlands” area
- 2) Delicious interlude: South Tyrolean cheese and honey tasting in the “Panorama” room

- 3) Garshana-brossage (brushing) with warm honey
  - 4) Hydro-massage with milk and honey with infusion
  - 5) Shower of emotions with honey-relax & fun massage
- Duration Approx. 4/5 hours..... 300,00 Euros (couple)

## Pleasant feelings

- 1) The whole treatment is intended as much as possible to be in darkness: you will simply hear music that recalls the sounds of nature
  - 2) Reception 45 minutes exclusive use of the “wetlands” area
  - 3) Delicious interlude: Knödel (dumplings) with melted butter and South Tyrolean wine soup in the “Panorama” room
  - 4) Brossage (brushing) with honey, apples and flour using sponge gloves and body efflorage with linen or silk gloves
  - 5) Relaxing apple massage
  - 6) Hydro-massage with milk
- Duration Approx. 5/6 hours..... 390,00 Euros (couple)

## Kohlern SPA gift vouchers:

If you want to make a special gift to a special person then you cannot go wrong with a Kohlern wellness gift voucher. You simply let us know what it should be and we will prepare the appropriate gift voucher for you.

## Clothing:

It is best for you to arrive for your treatment in a bathing robe, flip flops and a swimsuit.  
Keep an eye on your valuables.

## Cancellations:

You can cancel an appointment at least 24 hours before at no charge. Otherwise the treatment booked will have to be paid entirely.

## For same-day guests (only with advance reservations):

Sauna and swimming pool ..... 16,00 Euro per person  
for towels and bathrobe ..... 8,00 Euro per person



## BASIC TREATMENTS

## Facials

Facial cleansing (1 hr) .....	65,00 Euros
Anti-Age facial treatment (1 hr).....	80,00 Euros
Specific facial mask and relaxing massage (30 min.).....	40,00 Euros

## Body treatments

Scrub (1 hr).....	80,00 Euros
Slimming wrap (1 hr).....	80,00 Euros

## Depilation

Upper lip depilation (10 min.) .....	10,00 Euros
Eyebrow depilation (15 min.) .....	12,00 Euros
Bikini zone depilation (15 min.).....	15,00 Euros
Underarm depilation (10 min.).....	15,00 Euros
Arm depilation (20 min.).....	20,00 Euros
Partial leg depilation (25 min.).....	32,00 Euros
Full leg depilation (45 min.).....	48,00 Euros

## Pedicure and Manicure

Aesthetic pedicure (45 min.).....	42,00 Euros
Aesthetic manicure (30 min.).....	35,00 Euros
Nail varnish application (10 min.) .....	12,00 Euros

## Spa Pedicure

This treatment helps in eliminating blemishes while offering complete relaxation. A mechanical scrub helps eliminate dead and dying cells, followed by a thoroughly relaxing massage, rounded off with a regenerating pack.

Duration: 1 hr, 15 min..... 60,00 Euros

## Spa Manicure

Our hands are continuously exposed to negative external stress factors and therefore needs a restructuring treatment. We start with a soft peeling, followed by a deep cleansing facial, finishing off with a regenerating massage and revitalising pack.

Duration: 1 hr, 15 min..... 60,00 Euros



Panoramahotel & Idyllic Place Gasthof Kohlern seit/dal 1899 – Fam. Schrott, Kohlern 11 Colle  
I-39100 Bozen/Bolzano – Südtirol/Alto Adige – Tel. (+39) 0471 329978 – Fax (+39) 0471 329966

info@hotelkohlern.com – info@kohlern.com - [www.hotelkohlern.com](http://www.hotelkohlern.com) - [www.kohlern.com](http://www.kohlern.com) - [www.albergocolle.com](http://www.albergocolle.com)