



**CASTANEA  
SPA**



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THE CASTANEA WORLD OF SAUNAS



**VITALIS**  
DR JOSEPH



## CASTANEA SPA

- 1** Wellness reception
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- 6** Children's pool with slide
- 7** Garden
- 8** Relaxation area with fireplace
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### OPENING HOURS

**Swimming pools and fitness area:**  
7:30 a.m. to 8 p.m.

**Treatments:**  
9 a.m. to 12 p.m. and 3 p.m. to 8 p.m.  
Sunday closure at 7 p.m.

**Saunas:**  
3 p.m. to 8 p.m. (Winter from 2.30 p.m.)

(The access to the saunas is not allowed for children under the age of 16; the sauna is a nudist area)

# WELLNESS-ETIQUETTE

## BOOKINGS:

To ensure we can meet your requirements, we advise you to indicate the beauty treatments you want at time of booking, or indeed to book them directly by emailing:

[castanea@unterwirt.com](mailto:castanea@unterwirt.com)

Internal phone no: 600

### Check-in:

Please arrive at least 5 minutes before your appointment. If you arrive late, we will have to cut short the time of your treatment.

### Medical conditions:

Please let us know if you have any health problems, as some types of treatment are not advisable if you suffer from certain conditions.

### Pregnancy:

We will be happy to give you personal advice about treatments you can undertake during pregnancy.

### Spa Dress:

Please attend your treatment in a bathrobe and slippers. Leave your valuables in the safe in your room. Suitable gym clothes and trainers should be worn in the fitness room. For reasons of safety and hygiene, please wear flip-flops in the wet area.

### Sauna:

Towels for the sauna are provided in your room. The sauna is a nudist area. Please enter the sauna without a swimsuit.

### Calm and relaxation:

Most guests are looking for peace and calm in the wellness area. Please would you respect their wishes.

### Children:

Children under the age of 16 are only allowed in the fitness room if accompanied by a parent.

### Cancellation:

Appointments can be cancelled free of charge up to 24 hours before the scheduled time. Otherwise, you will be charged the full amount for the treatment booked.

## USEFUL INFORMATION ABOUT OUR TREATMENTS

To help you find your personal wellness package, our applications are categorized as follows:



nourishing and relaxing



cleansing and detoxifying



activating and revitalizing



special Castanea treatments



# FACE



## **BEAUTY TREATMENT WITH DEEP ACTION CASTANEA**

80 mins.

Amazing facial treatment based on natural active ingredients, with an immediate effect. Pamper yourself with our ultra relaxing programme: Skin analysis, eyebrow contouring, eyelash colouring, lymph drainage massage, hot herbal compresses, facial peeling, deep cleansing with cupping, special serum, modulated facial massage, intensive mask and personalised day-care treatment. Based on highly effective natural active ingredients to produce healthy, beautifully tended skin.

€ 113.00



## **INTENSIVE FACE CLEANSING TREATMENT VITALIS D<sup>R</sup> JOSEPH**

50 mins.

Deep cleansing for your particular skin type using the TEAM DR JOSEPH method: It starts with warm herbal compresses, a gentle lymph draining massage, facial peeling, eyebrow contouring, cleansing with cupping glasses and deep cleansing. This is followed by an invigorating beauty mask, an exfoliating mask and a special day-care treatment for your skin. The result is a visibly fresher skin and a lively, dynamic look.

€ 82.00



## **INTENSIVE TREATMENT WITH BIODYNAMIC LIFTING ACTION - VITALIS D<sup>R</sup> JOSEPH**

110 mins.

A complete holistic programme using the TEAM DR. JOSEPH method: Experience a truly unique beauty treatment with skin analysis, eyebrow contouring, gentle lymphatic massage, hot herbal compresses, facial peeling, deep cleansing with cupping glasses, special serum, bio-energetic lifting massage with flower pads, intensive mask, and personalised, stabilising day-care treatment. High technology directly from nature for a lasting effect, visible results and maximum effect.

€ 139.00



### **ULTRASONIC FACIAL LIFT VITALIS D<sup>R</sup> JOSEPH**

50 mins.

#### **Express ultrasonic lifting treatment**

This completely new process will help give you a younger complexion, free of unsightly marks. Ultrasonic frequencies enable natural, active substances to safely penetrate the deeper layers of your skin. This method allows the substances to release their full potential, giving your skin in-depth compactness. The beneficial effects of the ultrasonic process are immediately visible in your smoother, firmer complexion. The treatment can be individually adapted to your needs, in line with your skin condition: lymph gland stimulation, hot compress face packs, cleansing, in-depth enzyme and ultrasonic peeling, ultrasonic repair and lifting treatment, and daily care cream.

€ 82.00



### **SUPREME ULTRASONIC FACIAL LIFT VITALIS D<sup>R</sup> JOSEPH**

80 mins.

#### **Premium ultrasonic lifting treatment**

This top-quality intensive treatment uses a completely new method to make the skin of your face firmer and brighter, giving it a fresher and more youthful look. Ultrasonic frequencies enable natural, active substances to safely penetrate the deeper layers of your skin. This method allows the substances to release their full potential, giving your skin in-depth compactness. The beneficial effects of the ultrasonic process are immediately visible in your smoother, firmer complexion. The treatment can be individually adapted to your needs, in line with your skin condition: lymph gland stimulation, hot compress face packs, cleansing, in-depth enzyme and ultrasonic peeling, alginate mask, ultrasonic repair and lifting treatment, revitalising neck and face massage, daily care cream.

€ 120.00



# COSMETICS

## HANDS AND FEET



### DELUXE MANICURE OR PEDICURE WITH PERMANENT LACQUER - CASTANEA

75 mins. - manicure .....€ 72.00

75 mins. - pedicure..... € 78.00

### CLASSIC MANICURE

55 mins. ....€ 52.00

### CLASSIC PEDICURE

55 mins. .... € 58.00

### SIMPLE MANICURE OR PEDICURE WITH PERMANENT LACQUER

40 mins. ....€ 46.00

## EYES AND EYELASHES

### EYEBROW AND EYELASH TINT WITH EYEBROW CONTOURING

25 mins. ....€ 35.00

### EYEBROW CONTOURING

15 mins. ....€ 15.00

### EYEBROW TINT

15 mins. ....€ 12.00

### EYELASH TINT

15 mins. ....€ 17.00

## BODY

### FULL DEPILATON

55 mins. .... € 62.00

### PARTIAL DEPILATION WITH HONEY WAX

25 mins.....€ 42.00

### SMALL AREA DEPILATION WITH HONEY WAX (intimate zone, armpits, chin)

15 mins. .... € 18.00

After each depilation, a soothing  
“Calm Fluid” is applied.

### SOLARIUM

12 mins. ....€ 15.00

Tokens are available at Recep-  
tion and in the Castanea Beauty  
Section.



# MASSAGES

The Castanea World of Wellness massages take place in comfortable, relaxing cubicles, making your body and spirit feel completely at ease. Our masseurs will focus on your particular needs, employing traditional or innovative therapies tailored to your specific requirements. They will determine the right massage and pressure methods for you, and will pamper you with penetrating oils, using warmth or vibration to assist the process. Energy blockages can thus be effectively eliminated, and the gentle pressure is sure to result in deep relief.



## CHESTNUT HONEY MASSAGE CASTANEA

50 mins.

Our detoxifying massage with chestnut honey is an ancient and highly effective remedy. This special massage technique with a cleansing action stimulates the metabolism, relieves tension and stress, counteracts the after-effects of any neglected conditions and strengthens the immune system. This allows the whole body to regenerate itself. **Chestnut honey** works by penetrating deep into the connective tissue. The waste elements in the connective tissue can be dissolved and then eliminated from the body, leaving the skin smoother and softer, and the tissue more toned. The treatment ends with a delightful massage, during which our own brand of Castanea Body Lotion is applied. Important: do not take a sauna before the massage!

€ 70.00



## DELUXE FULL BODY MASSAGE CASTANEA

45 mins.

Our grandmothers' traditional knowledge is combined with a proven massage technique and the use of medicinal herbs such as arnica and hypericum. The warmth from two basalt stones and the soothing power of chestnut will help you feel wonderfully calm and relaxed.

€ 65.00



### FACE AND HEAD MASSAGE CASTANEA

20 mins.

Relaxes face and head muscles.

€ 40.00



### FOOT MASSAGE CASTANEA

20 mins.

Complete relaxation for your feet,  
using a refreshing leg gel.

€ 40.00



### FOOT ZONES MASSAGE

50 mins.

Foot reflexology is based on the  
idea that the feet interact with  
the whole body through corre-  
sponding reflex points.

€ 68.00



### DELUXE MASSAGE WITH AROMATIC OILS

45 mins.

Subtly blended essential oils com-  
plement this massage and indulge  
your senses.

€ 62.00



### DELUXE MASSAGE WITH AROMATIC OILS FOR COUPLES

45 mins.

Enjoy deep relaxation for two, in a  
larger-sized cubicle.

€ 116.00 for 2 people



### HOT STONE MASSAGE

50 mins.

Massage with hot basalt stones  
and essential oils.

€ 62.00



### SINGING BOWL MASSAGE

45 mins.

Delicate sound vibrations reach into all the joints and muscles, and the whole body is gently relieved of deep-seated tensions.

€ 59.00



### BREUSS BACK MASSAGE

20 mins.

The Breuss massage is an energetic back massage, which relieves mental and physical tension and helps to regenerate neglected intervertebral discs. It was designed as a preventative treatment for intervertebral disc problems.

€ 40.00



### DYNAMIC BACK MASSAGE VITALIS®

50 mins.

A reconstructive back treatment using highly effective natural active ingredients and a massage tailored to your specific needs. Singing bowls and cupping glasses relax the tension in the back muscles and improve the suppleness of your spine, giving you lasting relief. Free yourself from stress and blockages, and stand up straight!

€ 68.00

### MASSAGE WITH JUNIPER AND APPLE EXTRACT - VITALPINA®

Apples not only taste good, but also have positive effects on our body. The malic and citric acids found in the apple protect the epithelial cells, and have a regenerating effect on skin and tissue. Juniper is a symbol of long life. It helps to strengthen the veins, while its scent acts to restore emotional wellbeing. This massage has been specially designed for VITALPINA®-Hotels. Choose from:



### LEG MASSAGE WITH JUNIPER AND APPLE EXTRACT VITALPINA®

20 mins.

€ 40.00



### BACK MASSAGE WITH JUNIPER AND APPLE EXTRACT VITALPINA®

20 mins.

€ 40.00



### BACK & LEGS MASSAGE WITH JUNIPER AND APPLE EXTRACT VITALPINA®

50 mins.

€ 70.00



# THE POWER OF NATURE IN ITS PUREST STATE

The Universe has given us everything we need to live: the four primordial elements of Earth, Air, Fire and Water, and all the wonderful gifts of Nature. All the elements are in symbiosis, and connected to each other by energy pathways. We human beings are also part of this great energy network, and so react to its vibrations with varying degrees of sensitivity. These ground-breaking treatments use the interaction of these various energy forces and make the hidden energies of the Universe accessible to human beings.



## **REVITALISING AND FIRMING ABDOMEN TREATMENT VITALIS D<sup>R</sup> JOSEPH**

50 mins.

### **Streamlining treatment for a perfect figure**

This effective body treatment helps to decongest the abdomen, trim the waist and strengthen the abdominal wall. The intensive massage gently stimulates the abdominal cavity, to improve tone and streamline contours.

€ 65.00



## **DETOXIFYING CELLULITE TREATMENT VITALIS D<sup>R</sup> JOSEPH**

80 mins.

### **Innovative cellulite treatment with sculpting effect**

A unique and effective cellulite treatment: cupping is combined with active natural ingredients for long-term and visible alleviation of signs of cellulite. The special features of this treatment include an invigorating foot bath, a body exfoliation, a stimulating cupping treatment and a graduated cellulite massage. To reinforce the effects, we recommend that you combine the cellulite programme with a seaweed bath to provide extra hydration and re-awaken the metabolism. The true meaning of full-body care!

€ 92.00



## INTENSIVE DETOX CASTANEA BACK MASSAGE



80 min.

Tense muscles contain acid. Thanks to the paste based on salt and honey crystals, the acids are extracted from the muscles and lungs by means of pumping and cupping movements. In this way the wastes and adhesions are dissolved and the lymphatic flow is activated.

The intensive back massage with St. John's wort relaxes the nerves, muscles and intervertebral discs. A massage of the connective tissue on the abdomen is then carried out with a liver pack, to promote detoxification on a physical and emotional level.

The intestine, not surprisingly, is also called the "second brain" and is the point where stress and tension converge.

This treatment helps fight abdominal bloating, constipation, migraines, muscle stiffness, anxiety, depression, fungal diseases, rheumatic diseases and the loss of vitality often caused by the accumulation of toxins.

The organs that make up the excretory system, the liver, lungs, kidneys and intestines, are relieved.

The treatment activates the intestinal lymphatic system and is excellent for the elimination of toxins, rebalancing the nervous system.

The intensity and technique of this massage activate the flow of energy in the back, improve the mobility of the spine and head, and release the basic tension in the back, neck and lumbar muscles.

This treatment is also extremely effective in reactivating the immune system.

In addition, the reflex zones of the feet are stimulated.

€ 119.00



## INTENSIVE DE-ACIDIFICATION OF THE WHOLE BODY VITALIS D<sup>R</sup> JOSEPH

80 min.

The skin is prepared with a body brushing massage, using a mixture of salt and oil. The pores open, the salt penetrates the deeper layers of the skin, and the oil gently nourishes. Cupping accelerates the removal of wastes through the lymph. A cayenne pepper gelatine compress is then applied with moist bandages. The warm compress on the whole body with strong cleansing properties deacidifies and purifies the tissues and regenerates them. This treatment cleanses and relieves the tissue from wastes that pollute the metabolism (cellulite). Finally, an alkaline face mask is applied to clean skin. The alkalinity of the mask helps to eliminate acids and wastes through the sebaceous glands and, in this way, stimulates a pleasant self-lubrication and regeneration of the skin.

(excellent during slimming treatments and against cellulite)

€ 130.00





**ENERGIZING HERBAL STAMP  
POWER TREATMENT  
VITALIS D<sup>R</sup> JOSEPH**

INVIGORATING HERBAL POWER –  
HERBAL STAMP MASSAGE 50 min.

A massage that activates and builds up muscles and the musculoskeletal system. The naturally pure herbal stamps are guided over the body with gentle pressure and tapping technique and create a peeling effect on the skin. The blood circulation is improved, and the metabolism stimulated. The scent of the finest aromatic oils helps to reduce stress and gives new vitality. Get off to a good start, full of energy and balance!

**BENEFITS:**

- Invigorating and activating
- Tonifies the muscular and musculoskeletal system
- Improves blood circulation
- Increases the metabolism
- Peeling effect on the skin
- Unique fragrance experience with herbal active ingredients

**FOR WHO:** Woman and man, before or after sport, everyone who loves being active

€ 68.00



**INNER BALANCE CHAKRA TREATMENT  
VITALIS D<sup>R</sup> JOSEPH**

INNER STRENGTH – ENERGETIC  
CHAKRA MASSAGE 50 min.

Your personal way to harmony and inner balance. This composition of gently-scented, pure chakra oils, targeted massage strokes acting on your 7 energy centres and the use of gemstones have a deeply relaxing effect.

A special treatment that promotes your body awareness and gives pleasure!

**BENEFITS:**

- Stimulation of the 7 energy centers
- Spiritual experience for body and mind
- Promotes body awareness
- Mental freedom
- Harmonization and mindfulness from the inside give new strength to the outside
- Back to a soft, harmonized body feeling – full of joy

**FOR WHO:** For spiritual people, delicate personalities, sensitive people

€ 68.00



# PEELS, PACKS AND BATHS

In our Spa, we combine the established rural traditions of South Tyrol baths with the very latest in wellness science. We use an original wooden tub, and fill it either with such luxurious ingredients as milk and honey, or with pure Alpine spring water enriched with special extracts of chestnuts, grapes, and mountain herbs. You can enjoy your soak either alone or with your partner. The powers of the Castanea bath additives developed especially for the Unterwirt Hotel will energise your skin and enhance your sense of smell, while at the same time relaxing you and stimulating your whole system. You will feel as if you are floating on air – and your thoughts will soar up to heaven!



## **BODY PEEL TREATMENT AND CASTANEA PACK**

50 mins.

Our gentle body peel with chestnut extracts beautifies your skin, leaving it clear and luminous. It stimulates the metabolic functions of the skin and improves blood circulation. Sweet, seductive compress: extracts of sea buckthorn and grapes care for skin in need of hydration, giving it intense nourishment. For a soft, velvety skin!

€ 73.00



## **BASIC BODY TREATMENT**

50 mins.

The body is thoroughly massaged with a special massage brush. The blood and lymphatic flow are activated, and the wastes and adhesions of the connective tissue are dissolved. A healing earth pack is then used. During this process, the body is detoxified from acids, joint fatigue disappears, and the connective tissue is firmed and purified.

€ 65.00



### WINE AND CASTANEA PACK

20 mins.

Precious essences of chestnut are combined to create a gently acting pack. When applied all over the body, it produces highly effective results. The various substances in the chestnut with their many different vitamins nourish the skin, leaving it firm and well-toned.

€ 40.00



### ALGAE PACK

20 mins.

Algae are rich in minerals, trace elements and iodine. They make the skin more beautiful, nourishing it with minerals and promoting micro-circulation.

€ 38.00



### MUD PACK

20 mins.

Thanks to the high temperature, the mud can promote blood circulation in the skin, connective tissue and muscles. This helps to relax the muscles and relieve pain. Highly recommended before a massage.

€ 38.00



### COMPRESS FOR MUSCLE JOINTS

20 mins.

A special cure for muscle fatigue. The powerful active ingredients in these alpine herbs, arnica and hypericum, infuse new vitality into tired joints and muscles, reducing stress and relieving tension.

€ 38.00



### **WINE AND SWEET CHESTNUT BATH**

20 mins.

Relax in a pleasantly decorated setting, with soothing music, candle light and a wooden bath tub filled with very special ingredients.

The active power of chestnut produces a revitalising effect, and helps to firm the skin. A special experience involving relaxing essences and stimulating chestnut tea, and ending with a final surprise.

€ 40.00

€ 52.00 for 2 people



### **MILK AND HONEY BATH THE CLASSIC ONE!**

20 mins.

The classic beauty bath with a long tradition involves the use of milk, honey and precious oils, producing a moisturising and re-mineralising effect on the skin.

€ 38.00

€ 46.00 for 2 people



### **HAY BATH**

20 mins.

The bath with genuine mountain hay from South Tyrol contains many precious medicinal herbs. It has a calming effect on joint pain, relaxes muscles and tissues, and also promotes blood flow and helps prevent rheumatism.

(The hay bath is not a water bath, the effects are produced by hot vapours. Only available for 1 person.)

€ 38.00



# PACKAGES FOR ONE OR MORE DAYS

Our packages and treatments have a wide range of overall effects: you'll be amazed how you feel, even weeks later. The combined beauty treatments achieve their optimal effects only if used together in the proper way and at regular intervals. Our specialists will carry out these treatments over a period of several days, thus ensuring that your body achieves the maximum degree of relaxation.



## OUR TASTER PACKAGE CASTANEA

- Castanea Body Care (Peeling and Pack) 50 mins.
- Castanea Deluxe Full Body Massage 45 mins.

**Length of treatment: 1-2 days**

€ 124.00



## HEALTHY BACK PACKAGE

- Intensive Castanea back massage 80 mins.
- Resonant back massage 50 mins.
- Mud pack 20 mins.
- Vitalpina back massage 20 mins.
- Infrared treatment 20 mins.

**Length of treatment: 3 days**

€ 252.00



## DETOX AND TONING PACKAGE

- Intensive de-acidification of the whole body 120 mins.
- Detoxing Cellulite Treatment 80 mins.
- Chestnuts honey massage 50 mins.
- Basic body treatment 50 mins.

**Length of treatment: 3-4 days**

€ 321.00



### CHESTNUT-WINE PACKAGE FOR 2 PEOPLE

- 2x Castanea body care (peeling and pack) 50 mins.
- 1x Castanea chestnut-wine bath for two in wooden tub 20 mins.
- 1x Aroma oil massage for two 50 mins.

**Length of treatment: 1-2 days**

€ 282.00



### HARMONY PACKAGE (ALSO FOR EXPECTANT MOTHERS)

- Castanea deep-action face beauty treatment 80 mins.
- Classic manicure 55 mins.
- Classic pedicure 55 mins.
- Castanea face and head massage 20 mins.

**Length of treatment: 3-4 days**

€ 236.00



### MY DAYS OF WELLNESS

- Bath with milk and honey 20 mins.
- Intensive face-treatment with Vitalis Dr Joseph biodynamic lifting 110 mins.
- Relaxing massage with Tibetan bowls 50 mins.

**Length of treatment: 3 days**

€ 212.00



# SAUNAS



## THE FINNISH SAUNA:

TEMPERATURE	80° to 100°C
HUMIDITY	low
FEATURES	steam jets
EFFECTS	improves resistance to infections, strengthens the cardiovascular system, enhances general well-being



## THE DOLOMITES STEAM SAUNA:

TEMPERATURE	40° to 50°C
HUMIDITY	up to 90%
FEATURES	enriched with precious stones and rock crystals
EFFECTS	alleviates cramps and relieves congestion, cleanses the skin and clears respiratory passages.



## THE CESTNUT SAUNA (ORGANIC):

TEMPERATURE	50° to 60°C,
HUMIDITY	approx. 45-55%
FEATURES	pleasant aroma of chestnut wood
EFFECTS	improves well-being and mental harmony. Nourishes the skin and hair, and cleans and stimulates the respiratory tract

## THE ARTEMISIA SAUNA:

TEMPERATURE	40° bis 45°C
HUMIDITY	high
FEATURES	The water vapour is enriched with special herbal mixtures. The healing power of the essential oils and herbs enters through the respiratory tract
EFFECTS	Calms irritated nerves, clears the bronchial tubes, relieves rheumatic ailments



## THE INFRARED SAUNA:

TEMPERATURE	your body is warmed not by an oven, but rather via infrared rays
HUMIDITY	normal
FEATURES	the rays penetrate the skin and warm the deeper layers of the body
EFFECTS	stimulates circulation, helps the body to rid itself of toxins, alleviates mild rheumatic complaints
TIP	also suitable for seniors and children.



We ask you to book the infrared sauna in advance. € 15.00 for one person, € 25.00 for 2 people at the same time.

# SAUNA - HERE'S HOW IT WORKS!

## **Meals**

Avoid heavy meals before entering the sauna.

## **Sports and sauna**

Wait until your pulse rate is normal before entering the sauna.

## **First of all: have a shower**

Always shower before your first session in the sauna, washing and drying yourself carefully. Do not enter the sauna when wet: it will delay the sweating process.

## **Sauna sessions**

Whatever type of sauna you choose, a maximum of three sessions is advisable. The rest intervals should last at least as long as the sauna sessions.

## **Duration**

The first session should last from eight to twelve minutes, the second and third sessions for a maximum of 15 minutes. The same principle always holds: short and hot is better than long and warm.

## **Nude sauna**

There are very specific reasons for entering the sauna completely naked: this is the only way the skin can absorb the optimal amount of moisture and sweat in the correct manner. Bathing costumes or boxer shorts are a breeding ground for bacteria, and as the sauna can become very hot, there is even a risk of them melting.

## **Steam jets**

During the process of steam discharge, the humidity in the air increases by about 50%. The body is exposed to additional heat. Fan the air with a cloth and wait until the steam diffuses. The steam jet function is best used at the end of the sauna session.

## **Cooling off**

After a sauna session, cool off in the open air. Walk up and down to stimulate your circulation. Then rinse yourself with cold water (always working towards the heart) or take a cold shower (with a bucket of cold water or crushed ice).

## **Rest**

After taking a cold shower, it is advisable to rest for at least 15 minutes. Cover up well to avoid getting cold.

## **Drink enough liquids**

Do not drink during sauna sessions, just after the final one. This is the only way the body can be properly detoxified.

## **Shower**

After the last sauna session, do not use soap or shower gel when taking a shower, as the skin will already be thoroughly cleansed. If you use soap products, your skin will dry out and its protective acid coating will lose its natural balance. After the shower, care for your skin by applying a good quality cream.





## **TAUBERS UNTERWIRT**

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