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PURMONTES

PRIVATE LUXURY CHALET

THE ART OF SPA



Nature has the power to bring us back to our roots and let our spirit soar high at the same time. Feel that power in the light-flooded Purmontes spa area, with premium treatments tailored to your needs for an exclusive wellness experience.

KINTECH NATURAL COSMETICS
TEAM D^r JOSEPH
SERTIVAL

VITALIS
DR. JOSEPH
V

More than just ingredients: natural raw materials from South Tyrol are processed into high-tech active ingredients and perfected using advanced microtechnology. The cosmetic line by Team Dr Joseph is highly effective and 100% natural, with premium products made from purest ingredients selected for top quality and eco-sustainability. Local company Team Dr Joseph brings together solid know-how, innovative technologies, and environmental awareness

Nature is in fact a key element to the concept developed by Vitalis Dr Joseph: “We strive to create holistic products and treatments by using natural active ingredients perfected through cutting-edge techniques in the field of microtechnology and combined with traditional knowledge. Our whole vision is based on a holistic approach. Our synergy is inspired by the interaction of natural elements, ancient know-how, and modern technologies in idyllic Val Pusteria/Pustertal.”





Our Alpine region is full of natural treasures and powerful medicinal plants that draw their nourishing, vital active ingredients from deep within our earth. With the unique South Tyrolean organic natural cosmetics from Art of Care, these invigorating resources are gently transferred to the skin. The goal: to reveal the natural beauty of each person with the help of the power of nature.



For more than 30 years, LIGNE ST BARTH has been offering innovative products that stand out for maximum effectiveness and top quality. Named after the island of St. Barth, the brand taps into nature's generous gifts to create exclusive formulas enriched with the alluring scents of the Caribbean.





/ MASSAGES

Holistic lifestyle treatments

A feeling of security and confidence. Our massages help you let go and enjoy a sense of weightlessness as gentle massage techniques lead you into a world of regeneration and well-being.

/ WINKLER WELLNESS MASSAGE

A full-body massage tailored to your needs.

50 min. _____ **€90**

75 min. (with face and head massage) _____ **€133**

/ WINKLER BACK OR LEG MASSAGE

A massage paired with cupping to release tensions in the legs or back.

25 min. _____ **€58**

/ WINKLER SPORT MASSAGE

A combination of heat pad, massage, and cupping to release tensions in the legs and back.

50 min. _____ **€94**

/ HONEY MASSAGE

Combined with the wholesome properties of honey, this special massage releases even deep-set tensions. This treatment includes a full-body massage with honey oil that relaxes the muscles and improves tissue tone.

50 min. _____ **€94**

/ UPLIFTING DYNAMICS - SUSTAINABLE SPINE CONCEPT Dynamic recreation back massage

An uplifting back treatment with an individually tailored massage. The highly effective, natural active ingredients of the massage oil optimise the result. Tibetan singing bowls and cups relieve tensions in the back muscles and improve spinal dynamics, leaving you feeling relaxed and liberated from any tightness.

50 min. _____ **€94**

/ REVITALISING FOOT AND LEG MASSAGE Dynamic foot and leg massage

Experience light-footedness thanks to this leg-build-ing treatment that revitalises, relieves, and relaxes tired legs. A very special dynamic energy and freshness kick for feet and legs.

50 min. _____ **€94**

/ LOMI LOMI NUI

This full-body massage comes from Hawaiian traditional medicine. Its gentle moves and fragrant essences help restore the energy flow and rebalance the body, mind, and soul.

75 min. _____ **€140**

/ TIBETAN BOWL MASSAGE

The body is gradually put into a state of deep relaxation – a necessary condition to restore its self-healing abilities.

50 min. _____ **€104**

/ ST BARTH CHILL-OUT

A relaxing, de-stressing massage performed with self-heating shells and cold-pressed avocado oil.

75 min. _____ **€150**

/ ST BARTH HARMONY

Treat yourself to a relaxing body massage with exclusive cosmetics chosen to meet your needs.

50 min. _____ **€104**

/ PRIMAL STONE POWER – BASALT STONE MASSAGE

A stone massage for deep relaxation

At the beginning of this deeply relaxing treatment, warm basalt stones stimulate the seven energy centres of your body. The following gentle aromatic oil massage stimulates the lymph flow and has a calming effect on the nervous system. The special fragrance and warmth relieve physical and mental stress for deeper relaxation. The elemental power of the stones affects both body and mind.

50 min. _____ **€104**

/ INNER STRENGTH – ENERGETIC CHAKRA MASSAGE

Inner balance chakra treatment

Your personal path to harmony and inner balance. This combination of gently fragranced and pure chakra oils, targeted massage techniques acting on your seven energy centres, and the use of gemstones has a deeply relaxing effect, increasing body awareness.

50 min. _____ **€104**

/ REFLEXOLOGY FOOT MASSAGE

A combination of pressure point massage and the finest energy work. The stimulation of the foot reflex zones positively affects organs and the entire body. The energy flow is stimulated, the immune system is strengthened, and your body comes back into balance. This foot reflexology massage helps you to feel alive as well as grounded.

25 min. _____ **€58**

50 min. _____ **€90**

/ HEAD, NECK, AND SHOULDER MASSAGE

Relaxing head and neck massage

A massage delight that invigorates the senses: special grip techniques for the head, neck, and shoulder area as well as highly effective plant extracts release tension and clear the mind. This massage promotes microcirculation and strengthens blood vessels, sensory organs, and nerves. The deep-reaching moves and the gentle fragrance allow you to fade away from everyday stress and experience a feeling of liberation.

50 min. _____ **€94**

/ LYMPH STIMULATING MASSAGE

Liberated and exhilarated: this particularly light massage treatment improves circulation, relieves the connective tissue, supports the lymph flow with gentle pulsating movements, and strengthens the immune system. It provides a sense of weightlessness and all-round well-being.

50 min. _____ **€90**

A person wearing a grey apron is shown from the chest down, pouring water from a white ceramic bowl into a large, shallow, light-colored bowl. The water is captured mid-pour, creating a fine mist. The background is a soft, out-of-focus grey. The overall mood is calm and serene.

BALANCE TREATMENTS

Breathe in. Breathe out. Unwind. Draw inspiration from nature. Recharge.
Let your body and mind come into perfect balance.

/ ACTIVATING – INVIGORATING HERBAL STAMP MASSAGE

Enlivening herbal stamps power treatment

A massage experience that activates and restores your muscles and musculoskeletal system. The all-natural herbal stamps are guided over the body with a gentle pressure and tapping technique to create an exfoliating effect on your skin. Blood circulation is improved and the metabolism is stimulated. The fragrance of the finest aromatic oils helps to reduce stress and gives you renewed energy and vitality. You'll leave feeling energetic and well-balanced.

50 min. _____ **€101**

/ DETOXIFYING – ACTIVATING LINEN GLOVE DRY PEEL

Linen glove dry body scrub with detoxing Alpine fango

This activating full-body peel with a raw linen glove and powerful essences improves your blood and lymph circulation and supports the metabolism. It has a cleansing effect and ensures a clear and radiant complexion. Experience new energy and a sense of restorative strength.

50 min. _____ **€101**

/ RELAXING – DEEP RELAXATION MASSAGE RITUAL

Mind-relaxing aroma massage

Experience a relaxing massage that has a calming effect both physically and mentally. The fragrance of selected organic aromatic oils and the gentle massage technique are designed to deeply affect you. Treat yourself to a multi-sensory treatment that restores balance to your muscles and soothes your soul. It's as effective as it is traditional.

50 min. _____ **€101**

/ RELAXING FOOT MASSAGE

Feet and legs massage

On your feet all day? This is a restorative massage for fatigued feet and legs that stretches tissues, boosts circulation, and clears the mind. A relaxing treat for your legs and feet that induces a state of deep well-being.

50 min. _____ **€104**

A woman with dark hair, wearing a grey robe, is holding a white mug and looking towards the camera. She is standing in a modern interior space with a wooden ceiling and several warm, glowing pendant lights. A thick rope hangs from the ceiling, and she is holding it with her right hand. The background is slightly blurred, showing a modern interior with large windows and a staircase.

AYURVEDA

A world of exotic charm, profound relaxation, and heavenly lightness.
An exclusive experience to re-centre your life.

/ ABHYANGA

The most popular of all Ayurvedic massages inspires a sense of elating wholeness. Warm oil is poured onto the skin for a gentle massage with energising and revitalising effects.

75 min. (incl. 10 min. rest break) _____ **€140**

/ SHIRODHARA

A constant flow of warm oil poured onto the forehead stimulates the central nervous system inducing a state of deep relaxation.

35 min. _____ **€75**

/ MUKABHYANGA

A head, neck, and face massage that rejuvenates the skin and soothes the mind.

45 min. _____ **€80**

/ SHIRODHARA & MUKABHYANGA

75 min. _____ **€136**

/ SHIRODHARA & ABHYANGA

100 min. (incl. 10 min. rest break) _____ **€210**



BOWTECH®

The Original Bow Technique

RELAXING STIMULI FOR MORE WELL-BEING

Your body has the innate ability to balance itself under the right conditions. **Bowtech®** supports this process with **gentle but precise massage techniques**. Dynamic **muscle and connective tissue therapy** is performed on specific parts of the body in a **set sequence**. The **fasciae** and the upper tissue layer are stimulated with light strokes. **Breaks** give your body time to process the stimuli and activate your **self-healing powers**.

/ GENTLE YET SO EFFECTIVE

/ INDIVIDUAL TREATMENT

50 min. _____ €94

/ COUPLE'S TREATMENT

50 min. _____ €150

/ Bowtech® is used to support medical treatments in the following areas, among others:

MUSCULOSKELETAL SYSTEM

- / Cervical spine and spinal column
- / Shoulders, arms, elbows, and hands
- / Pelvis, thighs, knees, and feet
- / Sport-related and other injuries

ORGANS

- / Stomach, intestines, liver, kidneys, gall bladder, and all other abdominal organs
- / Heart and circulation
- / Skin and respiratory tract

FOR STRESS AND TENSION

- / Your psychological well-being is positively influenced due to the relaxing stimuli.



/EXCLUSIVE BODY TREATMENTS

Botanical spa highlights

In our holistic treatments, we focus on your biodynamic rhythm and help you find a dynamic flow balance on all levels of sensuality and beauty.

/ ST BARTH SLIMNESS

A combination of pack and massage with ivy gel and camphor menthol oil for the fast relief and relaxation of heavy legs.

50 min. _____ **€105**

/ WINKLER ABDOMEN MASSAGE

Revitalising abdomen-firming treatment

This effective body treatment helps to purify the abdominal area, gently reduce girth, and tighten the abdominal wall. The aim of this intensive massage is the gentle stimulation of the abdomen, which improves the skin's elasticity and tightens the contours.

50 min. _____ **€100**

/ FIRMING BODY TREATMENT

Firming and toning body treatment

An individual body treatment that tightens and firms the silhouette. Active ingredients and innovative massage techniques activate metabolism and lymph circulation. This powerful body therapy has a slimming effect and your contours will be optimised to a dream figure.

50 min. _____ **€100**

NEW



TIME TOGETHER

Enjoy the moment together in the Luxury Spa Lounge.

“Our hearts beat as one ... we love these unforgettably beautiful moments.”

/ JOURNEY THROUGH SOUTH TYROL

Experience South Tyrolean tradition with a full-body honey peel, a stone pine bath, and a 20-minute relaxation massage with arnica oil. Ending with South Tyrolean delicacies and time to rest.

140 min. _____ **€280**

/ SECRETS OF INDIA

Your journey starts with a chai tea and a unique sound bath with Tibetan singing bowls. The highlight of this deeply relaxing journey is the Ayurvedic massage, Abhyanga, in which your body is sensitively massaged with warm oil. Relax afterwards with a lassi and fruit.

140 min. _____ **€330**

/ ROMANTIC LOUNGE

Enjoy unforgettable moments together during a soothing sauna session, a wonderful bath with rich nutrients, and a relaxing aroma massage rounded off with Prosecco and snacks.

140 min. _____ **€280**

/ WINKLER PRIVATE SPA

Enjoy your private wellness treatment. Body peel, sauna/steam bath, luxurious bath in a whirlpool/double bath, oiling, and Prosecco with snacks.

110 min. _____ **€145**

/ ST BARTH LUXURY CARIBBEAN

A touch of the Caribbean: body peel with ocean sand, coconut oil, and papaya, feel-good bath with essences from St Barth, and duo full-body massage with warm clamshells. Afterwards, relax with exotic fruits and Champagne.

140 min. _____ **€430**

SPA TEAM'S
TIP

Exclusively at Hotel Lanerhof



/ PEELS FOR SKIN AND SOUL

Only the best will do. Natural ingredients, a velvety touch, an entirely new skin sensation.

/ AROMATIC PEEL

A body peel with fine, pure essential oils that revitalises the skin leaving it perfectly moisturised.

20 min. _____ **€56**

/ ALPINE POWER PEEL

Enriched with fine mountain salt, this hay peel stimulates cell regeneration and cleanses the skin in depth leaving it brighter, smoother, and radiant.

20 min. _____ **€56**





/FACE TREATMENTS

Gentle movements and wholesome essences for a radiant appearance. Let your natural beauty shine through.

/ PURIFYING FACE TREATMENT

Intense purifying face treatment

An intensive, deep-cleansing facial treatment consisting of: cleansing, peel, massage and cupping, deep pore cleansing, mask, and daytime skincare product.

50 min. _____ **€104**

/ DEEP-REACHING FACE TREATMENT

Cellular recreation face treatment

A deep-reaching skincare ritual: cleansing, peel, massage and cupping, deep pore cleansing, eyebrow shaping, special serum, face massage, intensive mask, and daytime skincare product.

80 min. _____ **€130**

/ INTENSIVE FACE TREATMENT

Advanced bio lifting face treatment

An intensive facial with a biodynamic lifting effect: cleansing, peel, massage and cupping, deep pore cleansing, eyebrow shaping, special serum, lifting massage with herbal compress, intensive mask, and daytime skincare product.

110 min. _____ **€165**

/ ST BARTH PURENESS

An exceptional, fresh-scented facial treatment that induces a state of deep, wholesome relaxation.

80 min. _____ **€130**

/ ULTRASONIC EXPRESS FACE TREATMENT

Ultrasonic facelift

Ultrasound helps the high-tech natural ingredients to safely reach the deepest layers of skin, gently stimulating the synthesis of collagen and elastin. The result: skin that is immediately visibly smoother, firmer, and plumper.

50 min. _____ **€120**

/ INTENSIVE ULTRASONIC FACE TREATMENT

Supreme ultrasonic facelift

Intensive ultrasonic facial lift: cleansing, enzymatic and ultrasound peel, mask, ultrasonic repair & lifting treatment, revitalising face and neck massage, and daytime skincare product.

80 min. _____ **€146**

/ VISIBLE ANTI-AGEING PACKAGE

1 intensive ultrasonic face treatment
2 ultrasonic express face treatments

3 days _____ **€327**

SPA TEAM'S
TIP

A woman with her hair in a bun, wearing a grey tank top, stands in profile looking out a large window. The window shows a view of mountains and a building. The scene is lit with warm, golden light, suggesting sunrise or sunset. The background is a blurred interior space with a white wall and a white object on a table.

SHEER BEAUTY

Little treats for great results. Make time for yourself.

/ EYE AREA

| | |
|--------------------------------|-----|
| Eyebrow shaping _____ | €30 |
| Eyebrow and eyelash tint _____ | €48 |
| Eyelash tint _____ | €35 |
| Eyebrow tint _____ | €30 |

/ HAIR REMOVAL WITH WARM WAX

| | |
|--|-----|
| Combo (legs, underarms, and bikini line) _____ | €70 |
| Full leg _____ | €54 |
| Lower leg _____ | €44 |
| Arms, underarms, or bikini line _____ | €34 |
| Upper lip or chin _____ | €24 |

/ HANDS AND FEET

| | |
|---|-----|
| Manicure _____ | €65 |
| • with nail polish _____ | €73 |
| • with semi-permanent nail polish _____ | €90 |
| Pedicure _____ | €70 |
| • with nail polish _____ | €78 |
| • with semi-permanent nail polish _____ | €93 |
| File and polish _____ | €35 |



A MAN'S WORLD

Tensions are released. The body feels recharged.
The mind is free to wander. Just what a gentleman needs.

/ MEN'S FACE TREATMENT

Express power lift for men

This intensive treatment for men gives a healthy, well-groomed, and glowing appearance. It includes: deep cleansing, peel, massage, and a special skincare product.

50 min. _____ **€104**

/ WINKLER MEN'S WORLD

1 pedicure
1 dynamic feet and legs massage
1 dynamic recreation back massage

Price _____ **€226**

/ MEN'S SPA - MEN'S CARE

Manicure _____ **€65**

Pedicure _____ **€70**

Back hair removal _____ **€48**

Chest hair removal _____ **€48**





/SPA PACKAGES

Choose from our creative packages for an exclusive wellness experience. Because a bit of pampering is what makes life worth living!

/ WINKLER "AROUND THE WORLD" PACKAGE

- 1 Lomi Lomi Nui
- 1 Abhyanga
- 1 St Barth Chill-out

Price _____ €410

/ WINKLER WOMEN'S WORLD

- 1 deep-reaching face treatment
- 1 pedicure with nail polish
- 1 manicure with nail polish
- 1 aromatic peel
- 1 St Barth Harmony

Price _____ €421

/ TIME OUT FOR EXPECTANT MUMS

- 1 pedicure with nail polish
- 1 manicure with nail polish
- 1 Mukabhyanga
- 1 purifying face treatment
- 1 Winkler wellness massage or lymphatic drainage

Important: After completion of the 12th week of pregnancy, we are happy to spoil you with a soothing massage.

Price _____ €405

/ WELLNESS PACKAGE

- 1 deep-reaching face treatment
- 1 inner balance chakra treatment
- 1 Lomi Lomi Nui

Price _____ €354

/ MOUNTAINEER'S PACKAGE

- 1 dynamic recreation back massage
- 1 Winkler sports massage
- 1 Winkler back or leg massage

Price _____ €226

/ BOWTECH PAMPERING PACKAGE

- 2 Bowtech treatments
- 1 pedicure
- 1 manicure
- 1 St Barth Pureness

Price _____ €445



/YOGA

The journey to the self

Inner peace strengthens your soul and helps you find your centre. Yoga takes you on a journey through yourself to find the true you. Which style of yoga is right for you?

/HATHA YOGA

Hatha yoga combines asanas (poses) with pranayama (breathing exercises) and meditation to achieve balance between the body and soul. The exercises are performed slowly and promote flexibility and balance. By focusing on yourself, stress is alleviated, paving the way to greater relaxation.

Book your private yoga session for an additional fee.

/VINYASA FLOW YOGA

Vinyasa yoga developed from Hatha yoga, the original form of yoga. This dynamic style combines various asanas (poses) into flowing, breath-synchronised movements. Breathe. Flow. Unwind. This style of yoga not only promotes endurance and concentration, but also soothes your soul.

/YIN YOGA

Yin yoga is a tranquil, passive style of yoga that is mainly practised in a seated position or lying down. This form of yoga brings the opposing forces of yin and yang into balance and helps your breath flow freely. You find peace while latent tension in your organs and muscles is released.

VITALIS
DR. JOSEPH



/ A SYMBIOSIS OF ADVANCED TECHNOLOGY AND NATURE

Pamper your skin with the best – with high-tech natural cosmetics made in South Tyrol.



DAILY SKIN CALMING CREAM

Soothing and protecting
face cream



PURIFYING CLEANSING GEL

Clarifying facial
cleansing gel



DAILY REPAIR WELL AGING CREAM

Facial cream for
demanding skin



AGE REPAIR MIRACLE DROPS

Highly concentrated face oil
for demanding skin

/ THE SPIRIT OF NATURE

Dive into the treasures of tropical gardens and feel the lightness of the Caribbean.



AVOCADO OIL

An elegant, vitamin-rich oil from ripe avocados for skin and hair care



ALOE VERA GEL WITH MINT

Intense hydration for face and body with the fragrance of two types of mint



ENRICHED FACE CREAM WITH MANGO BUTTER

Rich active ingredients for intensively moisturised skin



ESSENTIAL FACE CREAM WITH MANGO BUTTER

Light face cream with a fruity fragrance for a radiant complexion



/SPA GUIDE

Booking your treatment

You are kindly advised to secure the date and time of your preference by booking your treatments in advance, preferably before your date of arrival.

Make time for your treatment

We ask that you arrive five minutes prior to your appointment in order to prepare for the treatment and relax beforehand. We ask for your understanding that in the event of a delay on your part, the treatment time will be shortened accordingly out of respect for the subsequent guests.

Cancellation policy

Bookings can be cancelled at no cost until 12 hours before the appointment. For cancellations made with less than 12 hours' notice, you will be charged 70% of the treatment price.

What to wear

We ask that you enter the treatment room wearing a bathrobe and spa slippers. During treatments, suitable coverage will be provided in order to protect your modesty.

Health

Please inform our spa staff about any illnesses, pregnancy, or allergies, so that we can offer you a treatment tailored to your needs.



WWW.WINKLERHOTELS.COM



Mantana 47a
39030 San Lorenzo | Italy
T. +39 0474 403205
purmontes@winklerhotels.com