




BEAUTY
CINDARELLA



Family Hotel Posta
Val Gardena ★★★★★
DOLOMITES KIDS' PARADISE

Wellness for the entire Family

The purpose of the Cindarella Spa is to grant each family member a moment of relaxation, the chance to dedicate a little time to oneself, escape from the daily grind of life and return home more balanced and full of energy.

Opening times

Tuesday to Saturday from 9.00 am to 08.00 pm. Sunday and Monday from 01.00 pm to 07.00 pm.

Reservations

via Extension number „860“ or trough the Beauty Centre or Hotel reception desk.

Cancellations

cancellation of appointments is accepted until 24 hours before the fixed date and time; after that, all pre-booked treatments will be charged to your bill for entire.

Mobile Phones

We kindly ask you to speak quietly and to take some time for yourself without your mobile phone!

All treatments scheduled during the
morning hours receive a 10% discount!



Behind the Piroche brand there is also an excellent line of cosmetics, made even more precious through the use of natural ingredients and an exclusive method of treatment based on traditional Chinese medicine.

The Piroche Cosmétiques method contributes to the stimulation of the correct flow of the body's energy, bringing body, mind and soul back to their natural balance. The result is genuine psycho-physical well-being, which is reflected in a fresh, bright and absolutely natural look.

All Piroche treatments are suitable both
for man and woman.

FACIAL TREATMENTS

Bio-Energetic Face-Lifting Massage

Bio-energetic drainage which purifies tissues and imparts to the skin a fresh and radiant look. A short treatment with immediate effect.

25 minutes € 39,00

Facial Cleansing Treatment

Basic treatment which provides the skin with new energy and freshness. Your face will look brighter and more relaxed. Cleansing, exfoliating cream, blackhead extraction, eyebrow shaping, massage, face-lifting and clay mask.

50 minutes € 70,00

Noesis Vitamin Treatment

Regenerating treatment based on a multivitamin complex, which revitalizes, firms and tones the skin, to restore brightness, freshness and vitality to your face. Cleansing, exfoliating cream, blackhead extraction, eyebrow shaping, bio-energetic Massage, face lifting, massage with vitamin ampoule and mask.

80 minutes € 95,00



Rosalpina & Alpine Herbs Age Protect

100% natural products in combination with facial massage make ENERGY WALKING a unique treatment. The massage, specially developed by Piroche, stimulates acupuncture points to revitalize and energize your skin. Ideal for all skin types, especially for very sensitive skin.

50 minutes € 73,00

80 minutes € 98,00



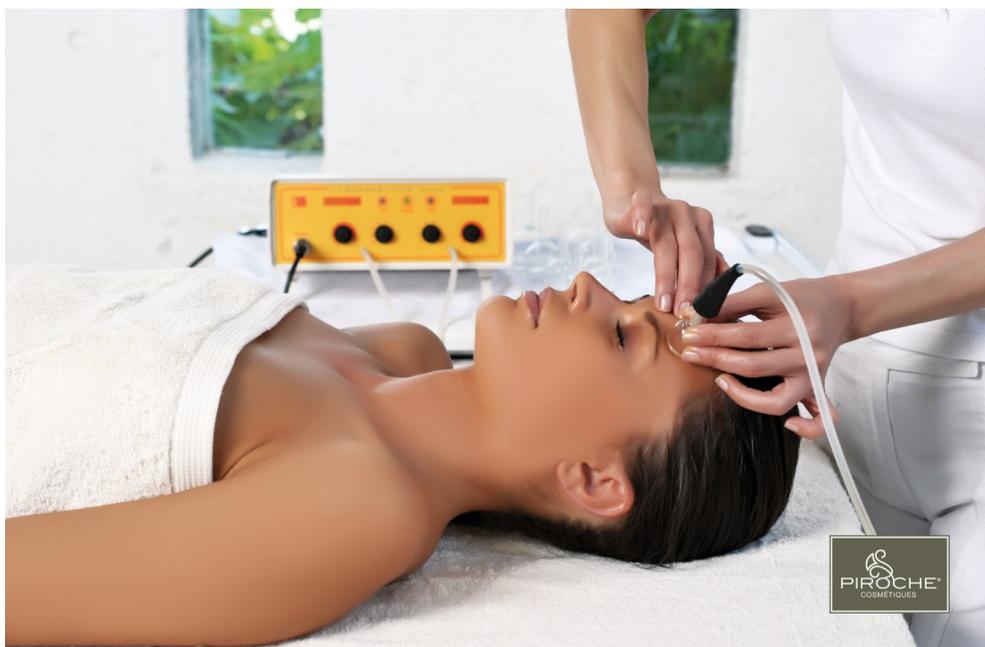
Bio- Energetic Treatment with Modelling Mask

Helps the skin to recover its radiance and firmness, with a lightening effect on skin spots.

Cleansing, exfoliating cream, blackhead extraction, eyebrow shaping, bio-energetic massage, face lifting, modelling mask and hand massage.

80 minutes € 95,00

You are kindly invited to combine bio-energetic massage face-lifting with a facial treatment a few days after, in order to extend its effect.



BODY TREATMENTS

Poppy & Sugar Exfoliating Treatment

This treatment consists of exfoliation of the skin's superficial layers in order to stimulate the production of new cells, making the skin softer, silkier and fresher.

20 minutes €39,00

The exfoliation treatment is ideal as preparation for massage, body wrap or other treatment.

Bio- Energetic Treatment for Back

Bio-energetic massage of the back, followed by a relaxing seaweed body wrap.

Ideal for the stretching tissues and muscles subject to daily tension.

50 minutes € 65,00



Anti- Cellulite Treatment

Draining bio-energetic massage with specific products, followed by a seaweed body wrap.

Ideal for the detoxification, drainage and toning of body tissues.

50 minutes € 75,00



You are warmly recommended to purchase our unique anti-cellulite products in order to best extend the effects of the anti-cellulite treatment.

BODY WRAPS IN THE THERMO & SPA BATHTUB

"It's like floating on the clouds..."

The ultimate **Thermo Spa bathtub** is an innovative floating method which allows for the complete relaxation of body and mind. It conveys the feeling of the absence of gravity.

Unforgettable moments for the well-being of your body and mind alike. Feel your muscles completely relax, as your backbone stretches and your entire body benefits from indulging in the healthy and toning influence of water.

Seaweed - Draining Body Mask

Seaweed contains many active agents with a moisturizing and detoxifying function.

Rose - Sensitive Body Mask

Rose oil and minerals actively moisturize and nourish your skin. Ideal for dry and sensitive skin types.

Hay - Decontracting Body Mask

The active agents found in hay have a detoxifying and draining effect, ideal to counteract tight muscles and stiff joints.

Tilia - Firming Body Mask

A firming mask rich in minerals endows the skin with new youthfulness, firming it and toning it. The special composition of its clay content restores the natural electrolyte balance of the skin.

Vulcanus - Nutritive Body Mask

Mask with highly moisturizing properties. Volcanic clay rich in precious oligo elements combined with jojoba oil, shea butter and wild mango butter deeply moisturize the skin for a soft and smooth effect.

20 minutes - all € 39,00



MASSAGES



Bio- Energetic Body Drainage

A unique draining technique. By using a suction cup machine combined with essential oils and natural active agents, your metabolism will be stimulated and the skin tissues will receive new energy. Your body will recover its energetic balance and harmony, with favourable aesthetic results.

50 minutes € 72,00

Rosalpina & Alpine Herbs Massage

Plunge into the magical scents of the woods and mountains thanks to this unique treatment, based in innovative natural products, exclusively made in South Tyrol and perfectly integrated within this treatment. Rhododendron stem cells protect your skin and increase its resistance. Swiss pine, South Tyrolean mountain pine, arnica and St. John's wort bestow Alpine flair to this energetic massage.

50 minutes € 68,00





Mountain massage with pinewood

This type of massage relaxes the muscles and reduces tensions thanks to small wood sticks whose particular perfume gets the respiratory tracts stronger and helps to sleep well during the night.

50 minutes € 72,00

Zen Kung Fu Chio massage with Chinese spheres

Technique born in ancient China. This practice has various aims: contrast water retention activating the skin circulation; loosen stiffness and tension; help our energy flow. It's a very soft massage with Chinese spheres made of metal, usually warmed up to body temperature. During the sphere manipulation a light tinkling helps the treated person to a complete relax.

50 minutes € 69,00

Hawaiian Massage: "Lomi Lomi nui Aloha"

Everything around us aims to harmony and love! "Aloha" describes Hawaiian spirit, famous all over the world. It means friendship, respect, tolerance and joy of sharing one's own energies. The aim of a real "lomi lomi" massage is just this: transfer Love from heart and through the hands to the other's body, that has to be considered as ours... as a lovely touch; a union of heart, hands and soul with the source of life energy. We can wish this concept might spread throughout our everyday life. The masseuse, having first established a verbal approach, fits her manipulation to the person's symptoms and pain. It is considered an intuitive massage, the person who makes it must get on the same wavelength as the person treated, synchronizing the breathing.

50 minutes € 84,00

Energetic Massage with semiprecious stones

This massage stimulates and brings into harmony the main Chakra of our body. It's a light but at the same time deep massage as long as to let the stones on each single Chakra.

50 minutes € 69,00

Body Balancing Bio Dinamic

It's a massage which implies much of the experience of the past and knowledge of modern techniques of body treating for joints and myalgia relaxation. The "Bio Dynamic Body Balancing" takes in consideration the psyche/body relation, the interaction between emotional stress and physical stress.

50 minutes € 78,00

80 minutes € 105,00

Draining Massage

Delicate massage technique focused on the lymphatic tissue. Ideal to counteract water retention, for swollen legs and during pregnancy (from third month).

Full 50 minutes € 63,00

Partial legs 25 minutes € 39,00



You are kindly invited to combine to the massage a body wrap
in the Thermo & Spa bathtub

Sport massage for back and legs

The sport massage is an addition to traditional massage. Here we use the traditional massage and other complementary handles and responds to the needs of the athlete and the specific problems in sports.

45 minutes € 65,00

Kinesiology Taping max. 30 minutes € 25,00

Classic Massage

Deep muscle massage to reduce tensions (not therapeutic)

Full 50 min. € 63,00

Partial, back or legs 25 min. € 39,00

Relaxing Massage

To unwind from the troubles of everyday' s life, reduce stress and recharge your body with natural energy.

50 minutes € 63,00

Face and Head Massage

Restores a feeling of lightness and serenity. Slow and deep movements concentrated on the face and scalp will completely relax you. Ideal under stressful conditions, against sleep disorders, anxiety and headaches.

25 minutes €39,00



MASSAGES WITH SHEA BUTTER

Body Massage

Body massage with Shea butter is a real elixir of beauty.

Shea butter is extracted from the nuts of the shea tree, the plant which natives call “the tree of health and youthfulness”. Combined with the movements of a relaxing massage it releases all its properties, spreading a wave of physical and energetic well-being on the whole body.

Shea butter has got softening, nourishing and healing qualities. It has got revitalizing and protective properties and it's rich in vitamins which help maintain a soft and moisturized skin. It protects skin from sun and intense cold, helps blood circulation, combats wrinkles.

45 minutes € 69,00

Face and Décolleté Massage

With the softening, nourishing, hydrating properties of shea butter the face massage stimulates the blood and lymphatic circulation on face, neck and décolleté, reduces wrinkles and signs of skin aging, giving the skin shine and freshness.

The antioxidant qualities of shea butter, due to its vitamins, protect the skin from free radicals, harsh climate, dehydration and pollution damages.

During the summertime the massage with shea butter is the perfect balm on tanned skin to protect and highlight it.

20 minutes € 39,00

Total Massage (Body and Face)

50 minutes € 85,00

Pregnancy Massage (with shea butter or almond oil)

Very relaxing, draining, firming and nourishing body massage

This massage will be adapt to the mother by the months of pregnancy.

45 minutes € 69,00



AYURVEDA MESSAGES

Ayurveda massage, find your type of dosha: Vata, Pitta o Kapha?

Ayurveda treatments are based on the importance of balance between the elements and man as regards the universe, inside and outside the body. Inside our body Ayurveda assumes the existence of three dosha, that are the vital energies responsible for man's vital processes themselves.



Ayurveda hemicranias massage

It's useful to cure many ailments such as hemicranias. It can be relieved massaging from the forehead to the temples and the neck down to the collarbone. This improves the blood circulation and flow to the brain and fights the pain.

20 minutes € 43,00

Head and Scalp: "Shiroabhyanga"

Ayurveda massage on head and scalp acts positively on skin and hair. It helps it get stronger, preventing its loss and contrasting the growing of grey hair and dandruff. Along with these benefits the massage on forehead, temples and neck increases the blood flow to the brain contrasting hemicranias and cephalad, giving thus a deep psychophysical comfort.

25 minutes € 45,00

Face: "Mukhabhyanga"

Ayurveda massage is suitable to relieve anxiety and stress, acting also against possible fits of insomnia.

It also gives a younger and purer look, because it helps the oxygenation of skin and face.

25 minutes € 43,00

Feet: “Padabhyanga”

Ayurveda massage on feet gives a benefic effect on blood circulation and on swelling of feet and ankles. It relieves the pains in the joints and thanks to the use of vegetal oils it has got a softening and deeply moisturizing effect.

25 minutes € 39,00

Hands: “Haathabhyanga”

The Ayurveda hand massage (Haathabhyanga) stimulates all organs of the body via the corresponding reflex zones. It stimulates and promotes the circulation of the subtle energy flow and leads to a state of deep relaxation of the whole body.

The massage strengthens the sensory organs, has a positive influence on nervousness, insomnia and exhaustion and counteracts dryness and roughness on the hands

25 minutes € 39,00

Full Body: “Sarvanga Abhyanga”

The complete Ayurveda massage provides body, head and face massage with warm oil, starting from the head and gradually down to the feet with regular and intense movements. Special care is given to those parts of the body most pain stricken. Muscles and connective tissue will get benefit. All tensions will be relieved and the skin will be intensely moisturized. From a psychological point of view after the massage the relaxation will be so complete to loosen stress and anxiety and to better the night sleep and its quality.

80 minutes € 105,00



BEAUTY

Pedicure with nail polish	approx. 50 min. € 50,00
Manicure with nails polish	approx. 45 min. € 45,00
Manicure with semi-permanent UV nail polish	approx. 50 min. € 70,00
Pedicure with semi-permanent UV nail polish	approx. 50 min. € 75,00
Nail Polish (hands of feet)	approx. 15 min. € 12,00
Semi-permanent UV nail polish	approx. 45 min. € 40,00
Removing of semi-permanent UV nail polish	approx. 25 min. € 15,00
Eyebrow shaping	€ 12,00
Eyebrow colouring and shaping	€ 20,00
Eyelash colouring	€ 20,00



Hair Removal

full body (legs, bikini line and armpits)	€ 56,00
armpits	€ 10,00
bikini line	€ 15,00
back and chest	€ 35,00
partial leg	€ 25,00
full leg	€ 35,00
lip hair	€ 6,00
lip hair and chin	€ 12,00

KIDS

Baby Massage

Circulating and gentle movements ensure the well-being of the baby. Mom and Dad learn the most important handgrips for the relaxation of the little ones.

20 minutes € 45,00

Little Hands and Feet

We can shorten nails and massage hands and feet.

For the little princess we have coloured nail polish.

25 minutes € 35,00



Children Under Our Spell

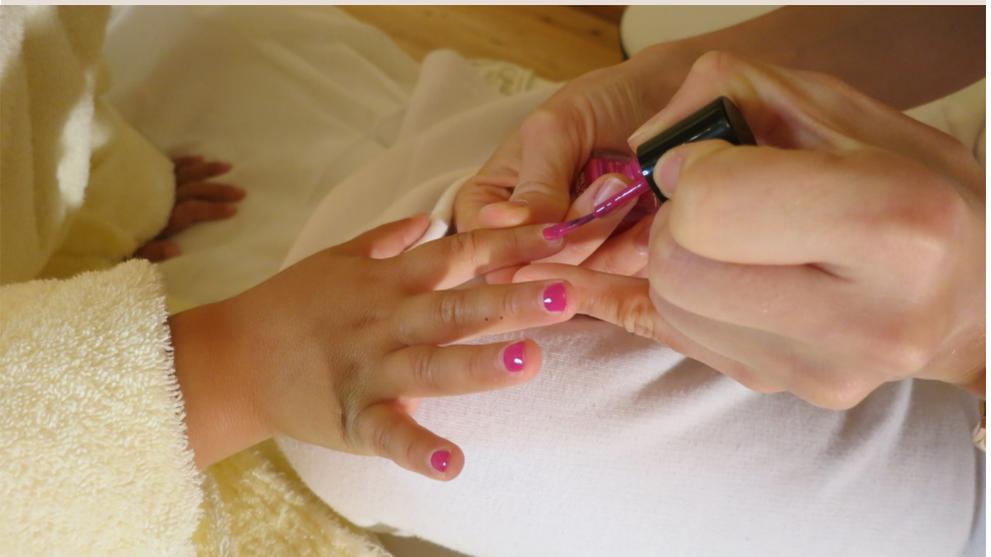
We pamper our young guests with a pleasant and relaxing massage using our healing products.

25 minutes € 35,00

Chocolate Dream

Enjoy chocolate without eating it. The happiness hormone serotonin is stimulated. This ensures relaxation, reduces stress and makes you happy.

45 minutes € 60,00



TEENAGER (FROM 12 TO 16 YEARS)



Facial Treatment for Young Skin's Small Troubles

Cleansing, exfoliating cream, blackhead extraction, eyebrow correction, mask and cream for a fresh and bright face

25 minutes € 39,00

Teenager Massage

This massage is ideal for forgetting everyday life, reducing school stress and fuelling energy.

45 minutes € 60,00

Teens Manicure with Nail Polish

45 minutes € 45,00

Teens Pedicure with Nail Polish

50 minutes € 50,00



BEAUTY PRODUCTS



Noesis

Vitamin day cream	50ml	60,00
Vitamin restoring cream	50ml	58,00
Multivitamin face gel	50ml	60,00
Eye lifting gel	20ml	60,00
Active retinol phials	12pz	58,00

Rosalpina

Body

Body oil	125ml	34,00
Body lotion	250ml	34,00
Hand fluid	50ml	26,00
Set Rosalpina	3pz	30,00

Face care

Cleansing cream	125ml	26,00
Peeling	125ml	40,00
Firming mask	125ml	42,00
Tonic lotion	250ml	28,00
Nourishing cream	50ml	58,00
Fluid mixed skin	50ml	56,00
Eye balm	15ml	48,00
Alpine herbs serum	20ml	50,00

Basics

Lait de toilette	250ml	28,00
Vegetal oil emulsion	250ml	31,00
Acid Lotion	250ml	27,00
Mineralising lotion	250ml	27,00

Creme

Acid cream	50ml	39,00
Moisturising cream	50ml	41,00
Purifying cream	50ml	42,00
Mirco gommage	125ml	40,00
Face clay mask	125ml	40,00
Gel for tired legs	150ml	30,00

Cellulite System

Infiltrans cream	250ml	52,00
Infiltrans spray	100ml	50,00

NEW

Sport Linie Piroche

Unstoppable passion



Warm up cream

Cream with thermo-active formula

150ml

29,00

Recovering balm

Arnica ointment

75ml

25,00

Restoring Spray

Restorative arnica friction

250ml

20,00

Coon down gel

Reinvigorating leg gel

150ml

29,00

WELLNESS AND SWIMMING POOL

A real corner of paradise

Our outdoor swimming pool with entrance inside has a constant temperature of 33 ° C. The bright and spacious relaxation area with fireplace allows you to fully enjoy the panoramic view of the garden.

Opening times:

During summer daily from 08.00 am to 08.00 pm,
during winter from 02.00 pm to 08.00 pm.



SPORT



Fit and Healthy

Our fitness area is fitted out with modern cardio, speed and endurance equipment of one of the best brands for fitness.

The well-being of your body will improve visibly and with it your health.

Opening times:

Daily from 08.00 am to 08.00 pm

OUR SAUNAS



Finnish Sauna

Temperature: 80 - 100C°

Humidity: 10 - 30%

The change in heating-cooling temperature produces a great benefit to the whole organism of the body, imbuing energy, cleansing the skin and helping to eliminate impurities.

Benefits:

- Strengthening of the body's natural defences
- exercise for cardiovascular circulation
- benefit for the entire nervous system

Bio– Hay Sauna

Temperature: 50 - 60C°

Humidity: 45 - 55%

Benefits:

Warm heat and light aromatic vapours of the essences of natural plants envelop the body. The sensitive adaptation to the bio-sauna climate has healing effects on the skin and hair.

The respiratory tract is stimulated and purified, and the aromatized steam of the bio-sauna creates a unique atmosphere offering you a unique experience. Come in, sit back, relax and breathe deeply.

Turkish Bath with essential oils

Temperature: 45C°

Humidity: 70 - 80%

Benefits:

The Turkish bath for its properties is one of the best treatments for tensions, daily stress, acne, dermatitis and produces a calming effect.

In fact, enlarged pores caused by heat facilitates the penetration of steam and allows the skin to get rid of all the impurities purchasing brightness, elasticity and smoothness. The Turkish bath is suitable for the whole family.

Proper use of saunas

- Take a shower before entering and dry well
- Leave slippers behind when entering
- Enter the sauna without swimsuit
- Spread the towel and lie down, taking care not to let the wood directly touch the skin, as the specially untreated wood benches will ruin easily with sweat and humidity
- Finally, on leaving, cool the body with a shower
- Children under the age of 18 do not have access to the saunas (except Family sauna)

Opening times:

During summer daily from 03.00 pm to 08.00 pm,
during winter from 02.00 pm to 08.00 pm.



FAMILY HOTEL POSTA DOLOMITES KIDS' PARADISE

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