

ALPINE CITY WELLNESS
HOTEL DOMINIK



SPA
COLLECTION



“Walking means to me, to get into nature.
That’s why I ever walk slow, I almost never run...
I walk to see, to feel, with all my senses.
my soul goes into the trees,
the meadows, the flowers.
To me high mountains are a feeling.”

Reinhold Messner



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Our partners

Dolomitika

Nature, elegance, technology and innovation, these are the values that build Dolomitika's philosophy! The new cosmetic line was developed from old alpine wellness traditions – all natural and typical from the region. The continuous research and the development of enveloping textures and pleasant fragrances is what make this product completely new and totally different from all other beauty products. Dolomitika is a unique and exclusive cosmetic line, with an unmistakable character. An innovative solution that will show immediately results from the first treatment.



Guinot

Guinot: more than 50 years' experience in beauty treatments. This trademark is a brand leader in treatments. Guinot has developed exclusive and innovative treatments to reveal the beauty of every woman. The effectiveness of the treatments and the products made the trademark to a reference point for every SPA all over the world.



Dominik SPA

Imagine to be in a place, where the sunlight shines through large windows and strokes your face. Remember the magical atmosphere and feel the nature: energy, grandeur, silence, peace. That is what you will find in this special place, where mind and soul will rediscover real emotions. This is the wellness temple called DominikSPA.

Who is looking for naturalness and wellness, will find unique sensations and experiences in the Dominik SPA.

Our inspiration has been the unique nature, from whom we get our precious and authentic strength. The intensity of our mountains, give us vitality and make us one with our essence.

The concept of Dominik SPA is based on the strength of the surrounding region, combining the ancient wisdoms with innovative techniques.

The fundamental principles of our wellness philosophy are:

Remember that everything
that makes us feel good
is just in the **NATURE** around us.

NATURE

A rich interlacing of leaves and twigs recalls to the elements of earth and reproduces the strength of a great nature. Through this element you will regain your creativity and vitality.

HEAT

The sun: source of life and energy. The sun gives us the warmth that goes and comes to and from the heart. Abandon yourself to the pleasant hands of our professionals and feel the stimulating and detoxifying effect.

ROCK

The rock is the central point: it gives us strength and stability. Here we find balance and wisdom.

PURE AIR

Spirit and soul are one with this mystical element. It helps to reduce stress.

SOURCE WATER

The water is a source of life and wellness. In this element you will feel a unique lightness and will find harmony and tranquillity.

Next to the treatments, you will find the symbols of the elements, which concerns this treatment.



Face treatments

Dolomitika line

Lift Activ Anti Age Plus



Combats the signs of aging by sending impulses into the lower layers of the skin. It awakens the production of collagen, increases the cell breathing and reinforces the supporting structures.

55 min. €81 €90

Calming Sensitive



Intensive treatment, with calming effects. It contains the blue micro seaweed "spirulina maxima" and vitamin E.

On the skin it has a repairing and protecting effect. It improves visibly the superficial capillary.

55 min. €72 €80

Oxy Active



Treatment that renews the skin. Suitable for dull skin. This treatment energizes the cells. The skin becomes smoother and more hydrated.

55 min. €77 €85

Guinot line

Hydradermie Detox



Cleaning and detoxing treatment

Hydradermie is a innovative treatment that cleans the skin in the depth. The active ingredients allow a deep cleaning of the skin. This exclusive treatment makes the skin look younger and more beautiful. The skin will look brighter, cleaner and compact.

55 min. €77 €85

Hydradermie Plus



Smoothing and anti-effort treatment for the eye surrounding.

This treatment has the same function as the Detox treatment, but it concentrates on the eye surrounding. This special serum makes the skin more elastic.

80 min. €88 €98

Hydradermie Lift



Firming and lifting treatment for face and neck

Toning treatment for the face and neck muscles. It redraws the contours of the face, it highlights the cheekbones and brightens. A long lasting non surgical lifting.

50 min. €86 €95



Hydradermie Deluxe



Detoxing, lifting and up firming treatment

Double anti age treatment: it joins the hydraemic detox treatment and the hydraemic Lift treatment. It has a three-dimensional action. It makes the skin look younger.

80 min. €99 €110

Hydradermie Yeux



Specific treatment for the eye surrounding

This treatment enhances the non-aesthetic points in the surrounding eye, like wrinkles, eye bags and eye rings

45 min. €59 €65

Age Summum



Manual anti-aging treatment with vitamin C and E

Manual anti-aging treatment with hyaluronic acid, that minimalizes wrinkles and makes the skin full and bright. It combats hyperpigmentation.

50 min. €81 €90

Lift Summum



Manual lifting and up firming treatment

Manual anti-aging treatment with mahogany bark. It redraws the contours of the face and activates the production of collagen and elastin, for a lifting effect.

50 min. €81 €90

Hydra Peeling



Manual brightening and peeling treatment

Manual treatment that renews the skin. The skin looks brighter and more luminous for a long time. Treatment for face, neck and décolleté.

50 min. €77 €85

Body treatments

Purifying Scrub



We purify the body with sea salt and aloe. We detox the skin and with the energy of aloe we make the skin silky and smooth.

25 min. €32 €35

Alpine hay peeling



(for delicate skin we use a grape peeling)

Our mountains hay cleans the skin deeply and makes it bright and shiny

25 min. €32 €35

Scrub glycol



A scrub with glycol acid and micro granules. It rebuilds the skin and the cells. Better and brighter skin colour.

25 min. €32 €35

Refreshing bandages



Refreshing bandages that take back the body to normal conditions. A wellness and light feeling for the lower body. It detoxes the body. Ending with a relaxing massage.

50 min. €59 €65

Shaping bandages



Shaping bandages that remodel the silhouette and bring it back to normal conditions. Accelerates the metabolism and shapes the body. Ending with a relaxing massage.

50 min. €63 €70

Osmo-Thermy

an original body scrub, a delicious silky sensation

This highly original body care treatment combines exfoliation and deep cleansing of the skin using sea salt with a prolonged thermal body mask of oligo-salts and micronized algae. The resulting osmosis helps effectively clear the skin tissues. At the end of this treatment, the client notices waste has been eliminated and dimpling skin clearly smoothed. She experiences a marvelous sensation of purity and well-being. The skin itself takes on a softer, silkier texture. Recommended as a "one-off" treatment for instant renewed skin, or as a series of body slimming treatments.

MAIN ACTIVE INGREDIENTS

- **Guérande Salt:** for many centuries, the site of GUÉRANDE, ideally located between land and sea on the Atlantic coast, had its activity associated with that of salt – genuine "white gold". The crystallization of the salt and its mineral content is determined by the harvesting method.
- **Flower petals (cornflower, calendula and elder flower),** with stimulating colors and complementary properties to fruit and flower extracts.

80 min. €99 €109



Wellness body rituals

How the treatment works: at first you will get a gentle and effective body peeling, afterwards you lie comfortably in the Soft-Pack system during the treatment and can relax in an almost weightless state. The body is wrapped in a special film. This has the advantage that you don't come into contact with water while the applied products work their magic on the body. Due to the gentle water pressure the film caresses your body so that the active ingredients can absorb perfectly into the skin (occlusion effect: the skin's ability to absorb active ingredients is increased ten-fold by this method). A comfortable massage will end the treatment

Sweet Chocolate



Detoxing and energizing chocolate treatment

The intense aroma of chocolate will envelope you. A sweet peeling detoxes the skin. Then your body will be sprinkled with a sweet warm oil and our professional will massage you and dissolve the tension in your muscles. The products that we use have a hydrating action for the skin and an anti-stressing action for the mind. This treatment activates the production of endorphin and serotonin and makes you feel happy.

SPA Experience



Cleaning and brightening apple treatment

An apple exfoliating treatment for your body. We begin with a light peel to make the skin smooth and silky. Afterwards we massage the body with warm apple oil that brightens and promotes blood circulation.

Body Energy



Relaxing pine treatment

The pine oil is known as "blessed oil" and is a natural revitalising essence. It improves blood circulation and relaxes muscles. This treatment contains a body exfoliant and a massage with pine oil.

Dominik ritual



Relaxing and anti-aging grape treatment

The properties of grapes are many. This fruit is used in a lot of sectors, even in the cosmetic sector. The agents of grape make the skin more elastic. A light peeling with wine extract will make the skin silky and smooth. This formula renews the skin and detoxes it. The fruity perfume will relax your whole body.

Excellence



Nutrition rice treatment

A delicate wellness treatment. The hydrating power of rice, the skin becomes smoother and softer. To this the power of rice will have an anti-aging action and the body will become solid and slim.

80 min. €95 €105



Slim logic Guinot

Double-action manual Treatment method:

- Reduces fat due to manual techniques and Caffeine
- Reduces fluid due to a body wrap ('sauna' effect)

ACTIVE EXFOLIATOR

Enzymatic exfoliation helps boost the absorption of active slimming ingredients and reinforces the Treatment's effectiveness. Furthermore, Ginger helps stimulate the microcirculation and boost drainage.

FAT-REDUCING MASSAGE

Fat-reducing massage combines effective manual techniques known to mobilise fat and break down fat deposits. Caffeine helps burn fat.

FLUID-REDUCING BODY WRAP

The anti-fluid retention body wrap drains due to an occlusive effect, eliminates excess fluid in the tissues due to Alginates and burns fat due to Caffeine. The peeloff mask does not require showering. The anti-fluid retention body wrap refines

The skin appears more radiant immediately after the Treatment.

As a Treatment course consisting of several Treatments:

- The figure is resculpted and the contours are slimmer
- The skin's orange peel appearance is visibly reduced

Activ ingredients

- **Papaya and AHA:** exfoliate and prepare the skin for the active ingredients in the treatment.
- **Ginger:** boosts the microcirculation to stimulate detoxification.
- **Caffeine:** helps burn fat.
- **Bromelain:** helps reduce cellulite.
- **Ivy:** detoxifies and stimulates the microcirculation

Ca. 55 min. €82 €88



Waterbed and Relax

Effective, body treatment on the free-floating bed. The slow movement of the mat and the heat of the blanket will favour the relax and the absorption of the products. The body is floating, even if it's not in the water. The body absorbs the products in a completely natural way.

Traditional hay bath



The hay bath is very popular in the region of South Tyrol. The bath is an ancient and natural cure. This ancient hay bath stimulates the blood circulation and relaxes the muscles. The muscle aches will be alleviated in a natural way. This treatment is not recommended in case of hay allergy or heart aches

25 min. €42 €47

Mud compresses



This compress is very effective because of the active ingredients contained in this mud. This mud helps to stimulate the metabolism and improves the blood circulation.

25 min. €36 €40

Moisturizing compress



This compress is made of a moisturizing cream with Aloe Vera, vitamin E and chamomile. This treatment is for people with dry and rough skin. With this treatment the skin will become smoother and moisturized.

25 min. €41 €45



Before you get a compress, we suggest to make a peeling treatment. The effect will be better.

Classic massages

Relaxing massage



Calming massage for body and soul. Slow and deep movements, will calm the muscles and bring new energy to the body.

55 min. €68 €75 | 40 min. €53 €58

Draining massage



Delicate massage that stimulates the lymphatic system and helps to drain the body.

55 min. €68 €75

Sportive massage



A massage with lime mint oils that has a detoxing effect and helps remove the lactic acid. The perfect massage after a long skiing day or a walking day.

50 min. €70 €77 | 40 min. €55 €60

Massage with warm lavender oil



Sensorics massage with warm lavender oil. You will get a completely wellness sensation.

55 min. €68 €75

Relaxing and tension relieving



This massage will relax the muscles and improve the blood circulation.

55 min. €70 €77

Up firming massage



A specific product will be applied in the affected regions of the body. The elimination of the toxins will be improved, due to the treatment and the special movements.

55 min. €68 €75

Partial massages:



- Head and cervical massage
- Relaxing leg and feet massage

25 min. €38 €42

*All massages
are cosmetic*

Special massages

Holistic Tibetan massage



The goal is to go to put harmony between body and mind, thus balancing the dynamics of the five elements and therefore acting on the three main vital functions. All these factors are connected. When the masseur works on a point of the body it acts simultaneously on the elements, on the moods, on the physical component and on the psychic one.

55 min. €74 €81

Massage + brush Dominik



with apple oil

The mechanical action of dry brushing is wonderful for exfoliating dry winter skin. It also helps detoxify by increasing blood circulation and promoting lymph flow/drainage. Dry brushing unclogs pores in the exfoliation process. It also stimulates your nervous system, which can make you feel invigorated afterward. The reinvigorating massage ends the treatment.

55 min. €74 €81

Reflexology massage



With specific movements we stimulate the reflexing points of the feet. This points allow us to bring back harmony and balance to the body.

40 min. €50 €55

Hot stone



with honey and ginger oil

The hot stones have a wellness action on the body. They help to dissolve the tension of the muscles and improve the metabolism.

55 min. €74 €81





Candle Massage



A relaxing massage for body and soul. The skin will become smooth due to the warm vegetable butter. Abandon yourself to the beautiful sensation of the light, smooth vegetable butter, that we will spread on your skin. This will give new energy to your body and gives you a feeling of pure wellness.

55 min. €72 €80

Special back massage



This special back massage consists in one first part where your back will be covered with a warm herbs pillow that helps to relax the muscles. The second part consists in a deep massage that will increase your wellbeing and relieve back pain.

50 min. €63 €70

Manhattan massage

with coconut butter



This massage is made of two stages: in the first stage we make a deep muscular massage that energizes, in the second stage the massage will be very light and improves the blood circulation.

40 min. €53 €58





Men's SPA

Hydradermie Detox



Cleaning and detoxing treatment

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Hydra Peeling



Manual brightening and peeling treatment

Manual treatment that renews the skin. The skin looks brighter and more luminous for a long time. Treatment for face, neck and décolleté.

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Special back massage



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Body Energy

Relaxing pine treatment

The pine oil is known as "blessed oil" and is a natural revitalising essence. It improves blood circulation and relaxes muscles. This treatment contains a body peeling and a massage with pine oil.

80 min. €95 €105



Sportive massage

A massage with lime mint oils that has a detoxing effect and helps remove the lactic acid. The perfect massage after a long skiing day or a walking day.

40 min. €55 €60



Relaxing massage

This particular massage will relax the muscles and improve the blood circulation.

55 min. €68 €75



40 min. €53 €58



Relaxing and tension relieving

This massage will relax the muscles and improve the blood circulation.

55 min. €70 €77





Speciale Kids

From 5 to 14 years

Chocolate massage

Relaxing massage with the sweet taste of cocoa.

A very greedy treatment!

25 min. €36 €40



Honey massage

Aromatic honey massage.

25 min. €36 €40



Girl & Boy Face

Treatment for young skin. We will use specific products for specific skin.

The products are with raspberries, with milk, or we use light scrubs.

50 min. €54 €60



Beauty service

Beauty pedicure	€ 49 - € 80
SPA pedicure – scrub + mask	€ 60 - € 100
Beauty manicure	€ 32
SPA manicure – scrub + mask	€ 43
Epilation – total (legs + groin + armpits)	€ 55
Epilation – legs	€ 43
Epilation – partial leg	€ 36
Epilation – arms	€ 25
Epilation – groin	€ 20
Epilation – Armpit	€ 20
Epilation – upper lip	€ 15
Epilation – back	€ 30
Correction – Eyebrow	€ 16
Dyeing – Eyebrow	€ 20
Solarium	€ 15
Application uv polish + manicure	€ 68
Removing uv polish	€ 20
Application uv polish + pedicure	€ 84





Wellness programs

Beauty Day

- 1 Purifying scrub
- 1 Relaxing massage 40 min
- 1 Hydradermie Detox Guinot
- 1 Beauty manicure

€193

Sportive

- 1 Body Energy
- 1 Special back massage 50 min
- 1 Traditional hay bath
- 1 Sportive massage 40 min

€255

Body and Soul

- 1 SPA Experience
- 1 Relaxing Massage 40 Min
- 1 Hydra Peeling Guinot
- 1 Candle massage

€281

Short Detox face and body

- 1 Slim Logic Guinot
- 1 Hydradermie Detox Guinot
- 1 Mud compress
- 1 Up firming massage

€238

Long Detox face and body

- 3 Slim Logic Guinot
- 3 Up firming Massage
- 1 Hydra Peeling
- 1 Hydradermie Deluxe
- 3 Mud compress

€670

Dominik SPA info

Prices

The prices in **stone color** (reduced rate) refers to treatments made until 11:30 am.

Reservations

Dear guests, we recommend you reserve your treatments before your arrival. You can reserve the best time for your treatments. Of course, we will send you your treatment program via e-mail. We will take your reservation under this address and phone:

info@hoteldominik.com

T: +39 0472 830144

Showing

We are excited for your arrival and want to help you achieve the ultimate SPA experience. We suggest that you arrive 5 minutes before the time of your treatment so that we do not have to reduce the time of your treatment.

Suggestions

Please let us know your wishes, so we will be pleased to make the perfect wellness treatment program for you.

SPA etiquette

Please mind that the wellness area is a relaxing and quiet area. We beg you to respect the other guests and their relaxing experience. Please don't run and don't play in the swimming pool/whirlpool area. We ask the parents to keep an eye on your children, to respect the solitude of the other guests.

In case of cancellation

It is possible to cancel or change the time of the treatment for free till 24 hours before treatment. If the cancellation occurs later than 24 hours before treatment, we will charge the total amount of the treatment.

SPA Dress

Please show up to the treatment wearing your bathrobe. For a change of the bathrobe we will charge € 10, -. In the wellness area you will find bath towels for the use in the wellness area. For the environment please use a maximum of two towels per person.

For adults only

The sauna is for adults only. So please don't take your kids in the sauna with you. The sauna is meant to be used naked.

SPA Timetables

BEAUTY CENTER AND MASSAGES	09:00 - 11:30	15:00 - 20:00
SAUNA AND RELAX ZONE		15:00 - 20:00
SWIMMINGPOOL AND WHIRLPOOL		07:00 - 20:00
FITNESS (keys are to be collected at reception)		07:00 - 20:00
WHIRLPOOL ON THE TERRACE (summer)		11:00 - 19:00



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