



Stephanshof
GRANPANORAMAHOTEL



VINALPINUM SPA

IHR PERSÖNLICHES
WELLNESS PROGRAMM

IL VOSTRO **PROGRAMMA**
WELLNESS PERSONALE

YOUR PERSONAL
WELLNESS PROGRAMME



vinalpinum spa

The wellness department of the Granpanorama Hotel StephansHof reflects the special position of the Isarco Valley, a white wine producing valley in the Alto Adige region surrounded by the Dolomites, Italy's northernmost and highest wine producing area. Our beauty and wellness treatments rely on the antioxidant properties of grape seed extract combined with the benefits of alpine herbs. These elements form the basis of our own special concept of wellness.



Alpine Wellness

Guests of the Granpanorama Hotel StephansHof
can enjoy particular features of the area:

Villandro extends from the valley floor of the Valle Isarco
at an altitude of roughly 500 m to an altitude of 2500 m (Monte di Villandro).

There is a huge variety of vegetation: from the vineyards lower down,
you pass through flower meadows and fragrant woods higher up
until you reach the mountain pastures (Alpe di Villandro) –
which provide the hay we use for our hay bathing –
and the barren and rocky mountain landscape.

In the past, the alpine herbs which grow in this uncontaminated soil
were gathered by the inhabitants of Alto Adige and used for medicinal purposes.

Arnica, calendula, hypericum, hay flowers, mountain juniper, mountain pine,
gentian root ... the list of herbs from the high mountain pastures
with beneficial properties is very long.

At Granpanorama Hotel StephansHof you can try out
the beneficial active ingredients of this mountain pharmacy.

Di-wine Wellness

The Isarco Valley is the northernmost wine-producing area in Italy
and one of the highest in terms of altitude.

With its mineral-rich soils that enhance the aromas of the grapes,
the wine-producing area of the Isarco Valley, surrounded by the Dolomites,
produces white wines which are renowned not only in South Tyrol,
but throughout Italy.

Our wellness department uses these natural products typical of the valley:
the precious ingredients found in grape seeds
have for a long time been considered the true guardians of health and beauty.

The precious active ingredients of resveratrol, polyphenols and viniferin
are extracted from the grape seeds via a complex procedure,
but it is definitely worth the effort, as the grape seeds have a high antioxidant
power, and they are recommended also by doctors.

The properties of grape seed extracts help to prevent premature skin ageing,
correct pigmentation disorders, and prolong skin cell life.



OUR PARTNER

TEAM D^R JOSEPH

TEAM DR JOSEPH
is our ideal partner close to home.

TEAM DR. JOSEPH has achieved great success at international level but has its roots in South Tyrol and shares our principles. TEAM DR. JOSEPH aims to respect the purity of nature, its variety and its biodiversity, delicately capture it and reflect its special characteristics in effective high-quality products.

For us, a sense of responsibility and an approach that respects natural resources is both an opportunity and an obligation which we share with TEAM DR. JOSEPH.



OUR PARTNER

VINOBLE COSMETICS

A natural product obtained from grape seed extract.

The philosophy of the **VINOBLE** products won us over right from the beginning, also because South Tyrol is a wine producing region and its wines are known and appreciated throughout Italy.

With the VINOBLE products, we have extended our passion for wine also to the wellness department.

The success story of VINOBLE began in 1998 and since then the line based on grape seed extract has become well-established in the beauty sector.

Furthermore, in 2015 VINOBLE won the prestigious SPA Diamond Award.

This is no surprise, as the health benefits of wine were already known in ancient times.

Natural Beauty



Anti-Aging Treatment

CLASSIC FACIAL TREATMENT

After thorough cleansing, the skin is nourished with a special mask based on precious active ingredients that give the skin new radiance and tone. This extraordinary treatment firms the skin, leaving it visibly more toned and radiant. The treatment is completed by the application of a Vinoble moisturizing cream, selected according to your skin type. Also suitable for men.

50 minutes · 74,00 €

Eye & Face Anti-Aging Treatment

FACIAL TREATMENT DELUXE

A relaxing facial massage is followed by a facial mask rich in active ingredients. This treatment also includes an eye treatment. Precious active ingredients tailored to your skin type penetrate deep into the skin and nourish it from within. The facial massage and cleansing is followed by a special Vinoble eye treatment that makes your eye area look fresh again. The result: an immediately visible skin improvement!

80 minutes · 118,00 €

Luxury Anti-Aging Treatment

VINO MASK

Visible effects even after the first treatment.

This new luxury therapy is a gratifying experience as the refreshing wine face mask significantly reduces signs of skin ageing.

Highly effective vials smooth and eliminate wrinkles.

Your skin will look younger, healthier and more vital.

80 minutes · 128,00 €

Sensitive Skin Facial Treatment

FACIAL TREATMENT VINOBLE PURE

Purest natural cosmetics without critical ingredients (all raw materials are COSMOS certified!) and with a high concentration of active ingredients - tailored to your skin type.

The natural skin processes are reactivated and vitalised. This slows down ageing processes caused by the environment. Even sensitive skin with special requirements gets what it really needs and looks its best naturally.

This treatment is also particularly suitable for men.

80 minutes · 128,00 €

Beautiful Eyes

EYE TREATMENT

After a specific highly relaxing massage of the area around the eyes, a rich mask with soothing decongestant action is applied.

The products applied subsequently have a pleasant silky texture, are rapidly absorbed and revitalize the delicate area around the eyes.

25 minutes · 34,00 €

Love at first Sight

EYE TREATMENTS

Eyebrow correction: 18,00 €

Eyebrow dyeing: 22,00 €

Eyelash dyeing: 22,00 €

Body Wax

DEPILATION

Leg waxing up to the knee: 42,00 €

Complete leg waxing: 48,00 €

Back waxing: 32,00 €

Bikini or underarm areas: 28,00 €

Lip waxing: 24,00 €

Beautiful Hands

MANICURE

Smooth delicate hands and beautiful nails require proper care.
Our treatment ensures a perfectly manicured look.

Treatment without nail varnish: 38,00 €

Treatment with nail varnish: 48,00 €

Lovely Feet

PEDICURE

A special treatment for your feet.
A pleasant footbath followed by application of a soothing cream
helps to make your heels smooth and soft. Your nails will be perfectly shaped.
A real pampering for a healthy groomed look.

Treatment without nail varnish: 48,00 €

Treatment with nail varnish: 58,00 €



Detoxifying Cellulite Treatment

ANTI-CELLULITE MASSAGE RESONANCE

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage. To reinforce the effects, we recommend that you combine the cellulite program with an alpine fango wrap for extra hydration and metabolic activation. The very definition of full-body care!

50 minutes · 74,00 €

Salt & Oil Body Treatment

PEELING WITH SEA SALT & GRAPE SEED OIL MASSAGE

A wonderful peeling experience with grape seeds and Dead Sea salt. Once the skin is thoroughly purified and cleansed, it absorbs the cold-pressed grape seed oil which, with its precious unsaturated fatty acids, provides in-depth skin nourishment and moisturization.

50 minutes · 74,00 €

Skin Repair Anti-Aging Massage

BEAUTY MASSAGE SEA BUCKTHORN & WINE GRAPES

Intensive anti-ageing massage for a youthful radiance and a unique skin feeling. Super antioxidants offer optimal protection, while the high-quality extracts from grapes, sea buckthorn and baobab make the skin firm and smooth.

50 minutes · 68,00 €

Skin Repair Anti-Aging Body Wrap

BEAUTY WRAP SEA BUCKTHORN & WINE GRAPES

Pure regeneration - slip into a new skin.

The combined power of wine grapes and sea buckthorn in this beauty wrap improves your skin's ability to protect itself and provides a pleasant, silky feeling of well-being!

Treatment with massage: 50 minutes · 74,00 €

WINE & ALPINE HERBS BEAUTY PACKAGE

Our “Wine & Alpine Herbs Beauty Package” ensures all-round beauty: while the massage with the active ingredients of sea buckthorn and grapes makes your skin soft and supple, our classic facial treatment with the active ingredients of grape seeds revitalises your facial skin and reduces wrinkles. A manicure and pedicure complete the beauty package.

- Beauty Massage Sea Buckthorn & Wine Grapes (25 minutes)
- Classic Facial Treatment
- Manicure and Pedicure

3 hours · 198,00 € > 159,00 €



Gentle Detox



Full Body Scrub with Hay Extract

HAYFLOWER PEELING

The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

25 minutes · 38,00 €

Hayflower Immersion

HAY BATH

Hay from the high mountain pastures has a special composition of flowers and herbs. Mountain hay bathing is a real cure-all that detoxifies the body without negative effects on the circulation.

25 minutes · 38,00 €

Detoxifying Alpine Fango Body Wrap

DETOXIFYING WRAP WITH ALPINE MUD

A “wellness must” for lovers of alpine tradition.

The alpine mud smells distinctively alpine.

In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative.

Deep, strong care, natural and powerful!

Treatment with massage: 50 minutes · 74,00 €

Energizing Herbal Stamp Power Treatment

DETOX HERBAL POUCHES MASSAGE

This herbal pouches massage is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components.

The herbal stamps are patted over your body intensively, with gentle pressure.

This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality.

Start off balanced and full of energy!

50 minutes · 74,00 €

WINE & ALPINE HERBS DETOX PACKAGE

Our Detox package purifies and detoxifies the whole body.

The peeling with sea salt and grape seeds opens the skin pores and reinforces the detoxification process. This is followed by an alpine mud body wrap which not only stimulates the metabolism but also ensures effective purification.

The purification is completed by a massage with herbal pouches which has a balancing and energizing effect. A daily sauna is also recommended.

- Peeling with Sea Salt & Grape Seed Oil Massage
- Detoxifying Wrap with Alpine Mud
- Detox Herbal Pouches Massage

2½ hours · 186,00 € > 142,00 €

Deep Relax



Dynamic Recreation Back Massage

RELAXING BACK RITUAL

A reconstructive back treatment. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. The following massage with natural oils improve its efficiency. Lasting relaxation for your back.

50 minutes · 74,00 €

Deep Relax Stone Massage

BASALT STONE MASSAGE

At the beginning of this relaxing stone massage, the energy centres of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with essential Chakra oils, stimulates lymph activity and the body's detoxification processes.

50 minutes · 74,00 €

Mind Relaxing Aroma Massage

RELAX MASSAGE PINWOOD & CITRUS FRUITS

A relaxing massage with a calming effect on the physical and mental level. The scent of selected organic aromatic oils and the gentle massage technique touch holistically. Balance your body and ease your mind.

50 minutes · 68,00 €

Relaxing Head and Neck Massage

HEAD-NECK-SHOULDER MASSAGE

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area.

Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life.

The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

50 minutes · 68,00 €

Holistic Sound Treatment

HOLISTIC SOUND MASSAGE

Vibration and sound influence the autonomic nervous system and the muscles.

The applied sound patterns of the sound massage influence in a health-promoting way the heartbeat, breathing, blood pressure, brain waves and muscle tone.

The entire sound treatment with Tibetan singing bowls, cymbals and tuning forks is based on Peter Holzknecht's specially developed, health-promoting "Intense Listening" which is leaned on the Deep Listening® concept of Pauline Oliveros.

A "reverberating" experience.

50 minutes · 74,00 € (on request)

WINE & ALPINE HERBS RELAX PACKAGE

The Vinoble foot ritual is the ideal way to start this treatment:

Your feet are pampered with a salt scrub and pure grape seed oil.

This is followed by a revitalising wine wrap for your feet.

For refreshment, we serve you a fine, alcohol-free grape juice from South Tyrol.

This is followed by a head, neck and shoulder massage for deep relaxation and a feeling of weightlessness. Recharge your batteries for new tasks.

- Vinoble Feet Ritual
- Head-Neck-Shoulder Massage

1½ hours · 118,00 € > 92,00 €

Pure Regeneration



Classic Body Massage CLASSIC MASSAGE

Classic massage is definitely the best-known and most popular massage worldwide. This type of massage has proved effective in loosening tense and stiff areas, providing relief in the case of illness and postural alterations of the locomotor system and stimulating blood circulation.

But the most important aspect is that a massage is one of the pleasures of life!

25 minutes · 38,00 €

50 minutes · 68,00 €

Dynamic Feet & Legs Massage VITALIZING FOOT AND LEG MASSAGE

Do you spend the whole day on your feet?

Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear.

For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

25 minutes · 38,00 €

Sport & Vitality Body Massage

REGENERATION MASSAGE ALPINE ARNICA & ST. JOHN'S WORT

Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration. The precious ingredients of alpine arnica and St. John's wort activate and relax the muscles and improve the performance. The perfect option for active people.

50 minutes · 68,00 €

Sport & Vitality Body Wrap

REGENERATION BODY WRAP ALPINE ARNICA & ST. JOHN'S WORT

Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

50 minutes · 74,00 €

WINE & ALPINE HERBS REGENERATION PACKAGE

Our regeneration package ensures recovery after strenuous mountain hikes and provides new energy. The sea salt grape seed peeling prepares the skin for the following regeneration pack. The now open pores enable the active ingredients of arnica and St. John's wort to penetrate the skin even more effectively. The active ingredients stimulate the blood circulation and revitalise the muscles. The final leg massage restores strength and energy for new mountain adventures.

- Peeling with Sea Salt & Grape Seed Oil
- Regeneration Body wrap Alpine Arnica & St. John's wort
- Vitalizing foot and leg massage

2 hours · 150,00 € > 118,00 €

Romanticism



Romantic Moments

PRIVATE SPA

The Granpanorama Hotel StephansHof offers many romantic opportunities for sharing treatment with a special person:

our private wellness department features a whirlpool, sauna and waterbed.

You'll find there a small bottle of sparkling wine and fresh fruit.

A love nest for couples.

120 minutes • 92,00 €

WINE & ALPINE HERBS ROMANTIC PACKAGE

Our Romantic Package offers couples moments of joy and happiness for two. The high-quality extracts from grape, sea buckthorn and baobab make the skin firm and supple. The grape seed oil massage provides deep relaxation and has a harmonising effect. The shared bath in our private spa with wine and grapes and relaxing on the giant water bed complete our romantic package.

- Two Beauty Wraps Sea Buckthorn & Wine Grapes
- Two Grape Seed Oil Massages
- Romantic Bath in the Private Spa

3 hours • 244,00 € > 148,00 €

USEFUL INFORMATION

- If possible, please book your treatments before your arrival so that we can meet your individual needs.
- We recommend that you arrive at the spa reception 5 minutes before the start of your treatment.
- Please arrive for your treatment in your briefs or swimming costume and bathrobe. Our spa staff will provide bath towels during your treatment. We are also happy to provide you with single-use briefs if required.
- Please inform our spa staff prior to your treatment of any health conditions such as high blood pressure, heart disease, metabolic disorders and allergies, pregnancy, recent surgery or other physical ailments. Otherwise, we assume that you meet all health requirements for the treatments.
- During the treatment, we aim to satisfy your individual needs. For this reason, we ask you before the treatment what is particularly important to you. Competent advice is part of the treatment and is very important to us.
- The SPA is a place of peace and relaxation. Please understand that children are only admitted from the age of 14.
- We regret that in the case of delays it is not possible to extend treatments beyond the agreed time. If you arrive later than booked, your treatment will be shortened accordingly.
- If you are unable to keep an appointment, please cancel it no later than the day before. If you cancel at short notice, we will unfortunately have to charge you 50% of the treatment price. Thank you for your understanding.







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