

## Welcome to our GIUS Pur Balance Private SPA

"A healthy mind lives inside a healthy body." Now and then, you should allow yourself to enjoy quiet and relaxation. Get away from your everyday life and experience a journey for your senses. A massage is a highly relaxing experience. All your worries slowly fall off. Anger and tensions you felt before, get substituted by a pleasant feeling of calm and well-being.

Our Balance Private Spa program includes therapeutic and medical massages, directly at your suite, as well as at our Pur Balance Private SPA. The Pur Balance Private SPA has probably the most beautiful placing at our GIUS: The highest floor, which allows you to have a breathtaking panorama view of vineyards and mountains across the lake of caldaro.

We will be glad to advise you on the selection of the optimal massage. Our therapist will pick you up at your suite and will cater for your specific needs and wishes. It will do you good!

### **Opening hours:**

From Monday to Sunday from 08.00 every 20.00.  
(Appointments to set)



## Treatments

### **Relaxing massage with warm vegetable oils**

Let yourself be pampered by the in-depth massage of the legs, arms and back. Classic as well as gentle massage strokes help against muscle tension and stress relief.

Duration: 60 minutes

Price: 90 euros

### **Cupping massage for the back or legs**

In cupping, blockages are loosened by loosening and perfusing the skin, connective tissue and muscles. Clay substances in the body and adhesions dissolve. This is followed by an intensive back massage.

Duration: 60 minutes

Price: 90 euros

### **Resonance massage for the back**

The resonance massage is the synergy of ancient techniques, alpine tradition and other cultures. The perfect massage experience to forget everyday life. The resonance massage brings the body into vibration, uniting sound, massage of energy points, relaxation and proven techniques, effectively harmonizing body and mind. Pure luxury.

Duration: 60 minutes

Price: 90 euros

### **Singing bowls massage**

The foundation of the singing bowl massage is based upon ancient knowledge of the healing properties of sound. Imagine a stone dropped in water - it creates ripples that expand outward setting every water molecule into motion. During a singing bowl massage the same thing happens to the body. During the massage singing bowls are being placed onto your body and the frequencies and soft vibrations of the sound will stream through it and create harmony on a cellular level. A sound massage could therefore be seen as an inner process and the invitation to "listen" to what it is that the human "instrument" needs to be completely "tuned" to its surroundings in order to maintain a happy, stress-free, balanced existence.

Duration: 60 minutes

Price: 90 euros

### **Sports massages**

Deep massage with arnica oil for tense and tired muscles. The oxygen intake is increased and the removal of lactic acid improves, the muscles become more efficient again.

Duration: 60 minutes

Price: 90 euros

### **Foot-reflexology massage**

The sensory nerves of the internal organs that spread throughout the body are mainly gathered around the soles of the feet. This makes it possible that by applying pressure onto particular areas of the soles of the feet a reflex action in another part of the body is stimulated.

This massage is effective in stimulating the functions of the internal organs as well as in relieving pain, stiffness of muscles and symptoms such as headache, stress, asthma and migraine.

Duration: 60 minutes

Price: 90 euros

### **Full body lymph drainage over the foot reflex zones in combination with a back massage**

The lymph combats infections, it repels everything that is harmful to the body, it has the task to transport these foreign bodies from the trade. With the whole-body lymph drainage via the foot reflex zones, the cell metabolism and the regeneration of the body cells is promoted, thus supporting the entire organism. The immune system strengthened. This is followed by a back massage. The back and neck muscles are stretched and mobilized. Tensions and slag materials are solved. By stroking the stress is reduced and increases the happiness hormones.

Duration: 60 minutes

Price: 90 euros

### **Aromatherapy massage**

Aromatherapy massage combines the use of essential oils and therapeutic massage. Essential oils quickly penetrate the skin and become absorbed into the bloodstream, loosening muscles and helping to release any suppressed tension. They also have calming and anti-inflammatory properties, which help to combat insomnia and anxiety, - providing you with new energy for the day and a good night sleep.

Duration: 60 minutes

Price: 90 euros

### **Combined Dorn & Breuss-therapy**

The Dorn method is a form of manual, holistic alternative therapy used to correct claimed misalignments in the spinal column and other joints which often results in an asymmetrical, crooked or displaced spinal column. If any 'unbalanced' areas are found, possible underlying misalignments are treated with gentle pressure using the thumb or hand against the spinous processes, which helps to divert the muscle tension and to realign bones.

Breuss spinal cord therapy is a gentle, energetic back massage which relieves physical and mental tension and regenerates the intervertebral discs. This method is perfect for dissolving vertebral joints, tendon and ligament -tensions. It is also particularly efficient against headache, dizziness, neuralgia, gastro-intestinal disorders, night sweating and exhaustion.

Duration: 90 minutes

Price: 130 euros

### **Back intensive massage according to J. Salchenegger**

This massage combines elements of classical massage and cupping massage. The long strokes make you feel instantly relaxed. Cupping stimulates the metabolism and thus tension of the muscles and the deeper layers can be solved. Slight stretching improves mobility especially in the thoracic spine of the neck and shoulder region.

Duration 60 minutes

Price: 90 euros

### **Time-out Massage**

This massage is composed of time-honored techniques. Back, shoulders and neck are specially massaged with valuable St. John's Wort oil and special relaxation points on the head and facial area are included. As a result, the entire back is strengthened, the joints dissolved and encouraged the restful deep sleep. This massage is ideal for reducing stress, arouses the vitality and provides excellent services in burnout prevention.

Duration: 60 minutes

Price: 90 euros

### **Grape seed oil massage**

The relaxing full body massage with warm grape seed oil gives new energy and relaxes the senses. A power package helps the skin fight free radicals that accelerate the aging process. Grape seed oil is rich in linoleic acid, which counteracts moisture loss of the skin. The cold-pressed oil also contains the "anti-aging" vitamin E and the antioxidant OPC.

Enjoy a wonderful massage with this valuable oil.

Duration: 60 minutes

Price: 90 euros

**"The body relaxes, the mind calms down and the soul *recharges* new power. The inner and outer balance is promoted, the balance is restored. "**