



Beautycenter La Fontana

Fountain of Youth and Wellbeing





Philosophy & Spa Information

Dear Guests,

At the Wellnesshotel Alpenflora, our goal is to enrich your vacation with precious moments of relaxation and well-being. That's why we've created a very special place. Our La Fontana beauty center – your personal retreat for relaxation and renewal.

Your body is your calling card – treat it with care, give it the attention it deserves, and it will reward you with radiance, vitality, and joy. Indulge in a little extra self-care and feel how fresh energy can help you shine from within.

A visit to La Fontana is time just for you – relaxing, rejuvenating, and inspiring.

Our tip: Give yourself a few extra minutes and arrive about ten minutes before your appointment. Enjoy a refreshing drink and ease into the experience of your personalized beauty ritual. Our spa team prepares each treatment with great care and attention to detail.

For your massage, we provide disposable undergarments for your comfort. To help us personalize your treatment, please let us know in advance about any allergies, pregnancy, or physical concerns. Your preferences – whether it's room temperature, music choice, or massage pressure – matter to us. We want to create gentle moments that stay with you.

Please note: Cancellations or changes to your appointment are free of charge up to 24 hours in advance.

Let yourself be pampered – your well-being is in the best hands with us.

Give yourself the gift of

Time for you

Your Spa Team



Massages & Detox Treatments

Relaxation, Cleansing, and Renewed Energy

Intensive Back Relief Massage with Cupping & Herbal Balm

Deep Relaxation for the Back

This treatment blends time-honored Alpine techniques with ancient healing wisdom to bring body and mind into balance. A warming herbal balm made from St. John's wort, houseleek, hops, and plantain is massaged into the back, followed by cupping therapy to release deep-seated tension, ease tight muscles, and stimulate detoxification of the tissue. Perfect for relieving chronic tension and restoring the energy flow.

40 min. | 65 €

Alpenflora Vitality Massage with Warm Herbal Compresses

Regeneration and Renewed Energy

The soothing warmth of the herbal compresses is enhanced by a harmonious blend of Alpine herbs, including St. John's wort, calendula, lemon balm, yarrow, nettle, lavender, grapevine leaves, and birch. This gentle massage stimulates lymphatic flow, helps flush out toxins, and deeply nourishes the skin. The herbs are both invigorating and calming, leaving you with a deep sense of vitality and inner peace.

50 min. | 88 €





Anti-Stress Treatment with Foot Scrub and Body Mask

Lightness for Body and Mind

A soothing experience that brings your body and mind back into balance. This treatment begins with an invigorating foot scrub made with lavender, yarrow, and calendula, followed by a gentle signature massage using a calming blend of fennel, orange, and cedarwood oils. A nourishing body mask completes the ritual, leaving you deeply relaxed and restored.

50 min. | 88 €

Hot Stone Full-Body and Facial Massage

Deep Relaxation through Soothing Heat

This signature ritual restores harmony to body, mind, and spirit. The comforting, penetrating warmth of hot stones melts away deep muscle tension, promotes energy flow, and brings profound relaxation.

Facial massage: A revitalizing hot stone facial massage that combines calming strokes with an energizing effect – perfect for tired or stressed skin.

Body 50 min. | 79 €

Face 25 min. | 45 €

Full Treatment 70 min. | 105 €

Salt Scrub Massage with Alpine Minerals

Boost Metabolism & Reveal Silky Smooth Skin

This revitalizing treatment stimulates the metabolism of your skin, enhances circulation, and supports lymphatic drainage. Fine mountain salt gently exfoliates dead skin cells while infusing the skin with revitalising minerals.

The result: smoother skin, refined texture, and a silky-soft touch – perfect for detox and deep skin nourishment.

50 min. | 79 €

Classic Relaxation Massage

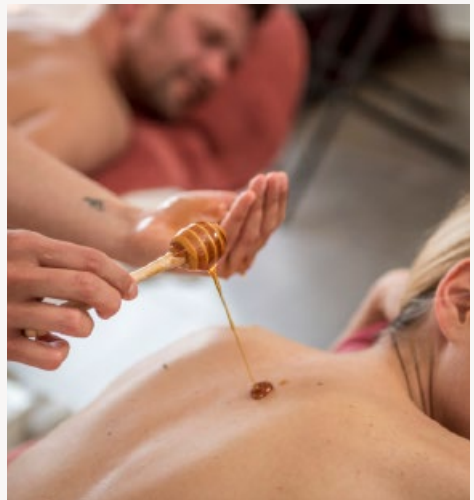
Let Go, Recharge, Find Calm

This gentle, soothing massage releases tense muscles, improves circulation, and activates your body's natural energy. It helps reduce the effects of poor posture and relieves muscle tightness. Slow, rhythmic strokes bring harmony to body and mind.

The perfect choice to reduce stress and recharge with pleasant relaxation.

50 min. | 75 €

25 min. | 40 €



Honey Massage with Propolis

Detox, Immune Boost, and Inner Balance

A nature-inspired ritual: warm honey is worked deeply into the connective tissue using special techniques, that stimulate your metabolism and mobilize toxins, excess sebum, and salts for elimination.

This is followed by a massage with nourishing honey oil. The propolis content strengthens the skin and immune system, leaving you with a feeling of comfort and inner peace.

Back 25 min. | 45 €

Full Body 50 min. | 79 €

Sports Massage with Herbal Oil

Recovery before or after Physical Activity

This energizing massage promotes tissue elasticity, regulates muscle tone, and helps prevent strains, tension, and pain. Increased blood circulation improves oxygen supply – for a healthy, energized body.

The treatment uses a stimulating herbal oil blend of arnica, Swiss stone pine, fir, and juniper to relax muscles and speed up recovery – ideal after hiking, skiing, or sports.

Legs 25 min. | 50 €

Full Body 50 min. | 88 €

Foot Reflexology Massage

Feel Good from Tip to Toe

This massage targets the reflex zones on your feet – sensitive points directly connected to internal organs and body systems. Stimulating energy flow helps balance your entire body, spreading vitality, inner calm, and renewed strength.

The treatment can be customized with either a moisturizing cream or nourishing St. John's wort oil, according to your preferences.

25 min. | 45 €



Head, Neck & Face Massage

Radiant Skin and Inner Balance

Soothing strokes with warm sesame oil activate key marma points in the face, neck, and scalp areas. This massage improves scalp circulation, balances oil production, and supports the natural removal of toxins.

The result: fresh, clear skin, relaxed facial muscles, and a deep sense of inner calm and harmony

40 min. | 65 €

Abhyanga

The Queen of Oil Massages for Renewal and Deep Relaxation

“Abhyanga” literally means “large-scale oiling with loving hands” – a central, soothing ritual of Ayurvedic healing. This gentle, systematic massage harmonizes skin, nerves, and organs, promoting relaxation while revitalizing body and mind.

A warm, high-quality oil blend of sesame, palmarosa, fennel, cinnamon, and cardamom is deeply worked into the skin – nourishing, balancing, and regenerating.

60 min. | 99 €

Light Legs

Refreshing Care for Tired Legs, also Ideal During Pregnancy

This soothing combination of massage and body wrap revitalizes and regenerates heavy, tense legs. Alpine herbs combined with mineral salts improve the circulation and relax your muscles.

Birch, dandelion, nettle, and horse chestnut have decongestant and invigorating effects, providing long-lasting freshness – especially suitable for water retention/swelling or during pregnancy.

40 min. | 65 €





Maria Galland Paris

Personalized Beauty Care at
the Highest Level

At the La Fontana Beauty Center, we rely on the exclusive Maria Galland Paris products that bring out your skin's natural radiance.

This premium skincare line is based on a holistic concept tailored specifically to your skin's individual needs.

Every formula is developed and produced with the utmost care—ensuring top quality, maximum compatibility, and visibly effective results.

MARIA GALLAND
PARIS



Maria Galland for the Face

Hydra Global

Intensive Hydration, a Refreshing Boost for Every Skin Type

This soothing treatment provides deep hydration and renewed energy—perfect for any season and all skin needs. Thanks to the innovative HYDRA² formula with double hyaluronic acid, the body's own production of hyaluronic acid and elastin is stimulated.

The result: plump, smooth skin with renewed firmness and a youthful glow.

50 min. | 90 €

Detox Facial Cleansing

Gentle Deep Cleanse for a Fresh Complexion

This intensive cleansing thoroughly removes impurities — gently but effectively. Customized skincare products tailored to your skin type work in combination with peeling, mask, and eyebrow shaping.

To finish, a moisturizing or nourishing cream pampers your skin—resulting in a clarified, visibly firmer, and regenerated complexion.

30 min. | 64 €





Modeling Lifting Treatment for Mature Skin

Maria Galland's Proven Classic

This deeply effective anti-aging treatment features a thermo-active mineral mask that delivers a visible lifting effect and noticeably rejuvenates the skin. The warmth opens pores, allowing powerful active ingredients to be optimally absorbed.

The result: strengthened, firmer skin, an even complexion, and renewed resilience.

60 min. | 105 €

Powerful Eye Treatment

For Radiant, Rested, and Younger-Looking Eye Contours

In just 30 minutes, this specialized care targets visible signs of fatigue and aging in the delicate eye area.

Manual lymphatic drainage reduces puffiness, stimulates microcirculation, and smooths fine lines—leaving you with an open, refreshed gaze and renewed radiance.

30 min. | 55 €





Maria Galland for the Body

Firming Anti-Cellulite Treatment

Contour Refinement and Skin Harmony

This exclusive treatment brings your inner beauty to the surface. A highly effective anti-cellulite MG concentrate combined with targeted massage techniques visibly smooths and firms the skin.

Contours appear more defined, the skin texture more even—giving you a renewed sense of lightness and feminine radiance.

60 min. | 105 €



Peelings and Body Wraps

Skin Renewal, Deep Care, and Holistic Relaxation

Mountain Salt Peeling

A Classic Treatment for Mineralization and Skin Renewal

Fine mountain salt supplies your skin with valuable minerals and trace elements that help balance the body's acid-base levels. Dead skin cells are gently removed while a nourishing oil with rosehip and grapefruit firms connective tissue and smooths the skin.

The result: an overall renewed, vital skin sensation.

25 min. | 40 €

Herbal Cream Peeling

For a Refined, Healthy and Glowing Complexion

This gentle yet highly effective creamy peeling emulsion removes dead skin cells. Finely ground grape marc, mallow, calendula, nettle, horsetail, and edelweiss deeply cleanse pores, nourish the skin with valuable nutrients, and provide lasting care and softness.

25 min. | 40 €



Alpenflora Vital Body Wrap

Pure Relaxation and Intensive Care

Maintained at a constant 100°F (38°C), this body wrap creates a sensation of weightlessness that promotes deep relaxation, nurturing warmth and a profound sense of well-being. Muscles release tension, pores open – creating ideal conditions for the skin to fully absorb the nourishing ingredients of the treatment.

For best results, combine with a body scrub and/or massage.

25 min. | 40 €

Kastelruth Hay Bath

Traditional Healing Bath with Alpine Herbs

Through gentle soaking the powerful grasses, flowers, and herbs from the alpine meadows around the Pufplatsch mountain release their natural benefits.

The essential oil coumarin promotes muscle relaxation, soothes joint discomfort, and opens the airways – making it especially beneficial for smokers. It also helps combat persistent fatigue.

25 min. | 40 €

Sports Body Wrap

Regenerating and Circulation-Boosting

This effective body wrap is ideal for loosening tense muscles, revitalizing the body, and strengthening the immune system.

Plant extracts from arnica, thistle, and horse chestnut, combined with the essences of Swiss pine, silver fir, and juniper, promote circulation, relaxation, and regeneration – perfect after sports or physical activity.

25 min. | 40 €





Moisturizing Body Wrap

Relaxing and Nourishing

This soothing treatment offers perfect relaxation and deeply hydrates the skin.

A harmonious blend of birch, yarrow, and fennel, along with essential oils of frankincense, ylang-ylang, and vanilla, pampers the senses and transforms the treatment into a comforting experience. Ideal for stressed or dry skin.

25 min. | 40 €

Anti-Cellulite Body Wrap

Detoxifying and Firming

This special body wrap is especially suited for targeted treatment of cellulite or detoxification of connective tissue.

A powerful combination of brown algae, grape seed oil, litsea, and grapefruit activates cellular metabolism, supports detoxification, and creates a smoother, firmer skin appearance.

25 min. | 40 €



Combinations

Finding the Perfect Synergy to Enhance Effects

Peeling and Body Wrap

Removing dead skin cells and revealing fresh, healthy skin layers significantly boosts the effectiveness of the body wrap.

50 min. | 75 €

Partial Massage and Body Wrap

Combine your body wrap with a relaxing massage to intensify the effect – for maximum regeneration and well-being.

50 min. | 75 €

Peeling, Partial Massage, and Body Wrap

The ideal complete package for holistic well-being, skin renewal, and deep relaxation.

75 min. | 105 €





Packages for Two

Shared Rituals for Connection, Relaxation, and Pampering

Kiss Me Nature

Alpine Wellness Time for Two

A shared ritual for those who want to enjoy nature and relaxation together. This treatment combines soothing care with alpine ingredients & pure relaxation with a natural touch.

What you can expect:

- Two refreshing drinks of your choice
- Two foot baths
- Two partial massages
- Two original Kastelruth hay baths

For 2 people
approx. 80 min. | 150 €

Fontana Romantic

New Beauty and Fresh Energy

A lovingly crafted package for indulgence and care together.

Gentle rituals, a cozy atmosphere, and little extras create a relaxed experience for two.

What you can expect:

- Two foot baths
- Two foot scrubs
- Two body wraps of your choice
- Two moisturising treatments
- Two glasses of Prosecco and pralines

For 2 people
approx. 50 min. | 99 €



Beauty Care for Hands, Feet, and Face

Radiant and Well-Groomed



Manicure

Well-Groomed Hands for a Polished Look

For visibly cared-for hands, neat contours, and perfectly shaped nails. Perfect for those who appreciate the details and a stylish appearance.

Manicure 30 min. | 46 €

Manicure with polish 40 min. | 57 €



Pedicure

Well-Being Right Down to Your Toes

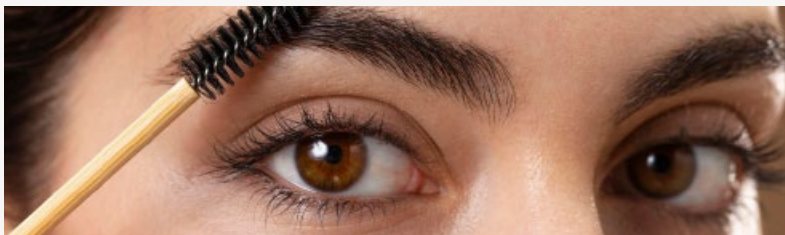
Soothing care for tired feet - relaxing, refreshing, and aesthetic.

Leaves your feet feeling cared for and walking light as air.

Pedicure 40 min. | 58 €

Pedicure with polish 50 min. | 69 €





Eyebrow Shaping

For an Expressive and Well-Groomed Look

Ideal as a complement to facial treatments or as a small beauty ritual in between.

10 min. | 15 €



Wax Hair Removal

Silky Skin that Lasts

Gentle hair removal for smooth skin without irritation.

Full legs	30 min. 52 €
Legs to knee	20 min. 40 €
Bikini area	10 min. 22 €
Underarms	10 min. 22 €
Arms	20 min. 40 €
Back	20 min. 40 €
Upper lip	5 min. 14 €

Our Care Products

Natural, High-Quality, and Effective

Art of Care

100% Pure Natural Products for Body Treatments

For our massages, body wraps, and scrubs, we use products from Art of Care. All products come from 100% organic cultivation and are certified by the ABCERT or BDHI control bodies. The herbs are carefully sourced in organic quality, gently harvested, and processed.

The plant oils are extracted using a particularly gentle method to preserve valuable nutrients, vitamins, and unsaturated fatty acids. These oils are used in our massages and wraps, providing deep-acting care.

The essential oils are obtained through steam distillation or cold pressing from flowers, leaves, bark, and roots. They are highly concentrated plant essences and are used in our treatments for massages and body wraps to pamper both body and mind.



Maria Galland Paris

Exclusive Premium Care for the Face

For our facial treatments, we rely on the exclusive products from Maria Galland Paris, which bring out the natural beauty of your skin.

This high-quality premium care line is based on a holistic concept tailored individually to the needs of your skin. The products are developed and manufactured with the utmost care—for the highest quality, maximum compatibility, and visible results.





Home Care

Extend Your Relaxation, Give Joy

The pampering program at the Beauty Center “La Fontana” doesn’t have to end with your stay. You can easily bring that feeling of well-being home with you.

Many of the products we use are also available for personal care—as a reminder of special moments or for daily pampering. We are happy to advise you on suitable products for your skin type.

Additionally, we offer thoughtfully crafted gift cards—ideal for treating loved ones to a memorable experience, whether big or small.

Our team in the beauty department and at reception is always happy to assist you.

Time for you

ALPENFLORA
HOTEL*****

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