



SONNWIES

DOLOMITES

SALIENTES RUNCADA

ALPINE SPA

EN



OUR ALPINE WORLD
**FABULOUS
NATURE!**

A long time ago a “Salty Young Lady” was said to have lived here in Ronco (from the Latin term “Runcada”, meaning “cleared place”). This graceful and benevolent girl, who cared deeply for the good of men, kept a fountain with extraordinary powers in a magnificent garden full of medicinal plants. Whoever bathed in the water of the Ronco mountain spring miraculously healed from all suffering and pain and shone with a new youth. For this reason, the visits to the salty young lady became more and more frequent. However, one day the inhabitants of Luson, at Easter, preferred to visit the fountain of eternal youth in Ronco (as the place had been baptised), ignoring the Easter procession that took place in the village. So it was that the girl disappeared into thin air and the same fate also affected the miraculous spring, which suddenly dried up.

8	WELLNESS-AREA	6	WELLNESS-LABEL
16	FACIAL BEAUTY TREATMENTS - FOR HIM	10	FACIAL BEAUTY TREATMENTS - FOR HER
20	PEELING	18	TREATMENT FOR HANDS AND FEET
21	WRAPS	22	BATHS WITH ALPINE SPRING
24	PLEASURE FOR TWO	25	AND NOW A LITTLE TIME FOR ME
26	MASSAGES	30	MASSAGES AND TREATMENTS FOR KIDS
31	FOR BABY	32	FOR FUTURE MUMS
35	GIFT VOUCHERS		





SALIENTES RUNCADA FAMILY SPA

Thanks to the healthy air of the glaciers, the herbs of the alpine pastures and the great freedom of movement, Luson already offers extraordinary opportunities for physical and spiritual regeneration. And also in our hotel you will find a space dedicated to the care of body and soul: with the Salientes Runcada, deeply inspired by the legend, we wanted to enhance the priceless treasures of our alpine world, as is evident in the use of natural materials, wood (which smells of centuries-old traditions) from local forests and pure water from alpine springs... elements that can recreate a deep sense of safety and trust, while giving a pleasant atmosphere of gratification and tran-

quillity. In the selection of revitalizing and beauty treatments we have also thought of the purity of alpine nature, choosing products that well reflect the primordial strength and energy of our lands. The regenerating and revitalizing properties of local plants, such as edelweiss and the alpine orchid or the hay of the mountain pastures, will awaken your vital energies and promote in all of you a sure harmonizing effect ... in short, they will turn into a real fountain of eternal youth: for young and old!

Let yourselves go... to pure pleasure!

The Hinteregger Family and the SPA collaborators



WELLNESS - LABEL

For us it is essential that you can fully enjoy your stay! Here is some information that will surely come in handy.

CHECK IN

Please arrive at least 5 minutes before the scheduled time, as all treatments must begin on time (punctuality is a key rule of our centre). Remember that if you are late, if the operator or cabin is already booked for the next time period, we will inevitably have to reduce the duration of your treatment in proportion to your delay.

MEDICAL CONTRAINDICATIONS

Since some treatments are not recommended in case of certain pathologies, please inform us about any special medical needs.

PREGNANCY

Don't forget that in this wonderful period certain rules must be followed. Rely on our experience: we will personally advise you on the ideal treatments for expectant mothers.

WATER VITALISED WITH THE GRANDER METHOD

Throughout the hotel (in the showers, in the swimming pool, in the fountains, etc.) you can enjoy the vitalised water obtained according to the Grander method, which is able to transform ordinary water through oscillations. The water thus obtained is able to transmit all its vital force.

PEACE AND RELAXATION

Most of the guests at the wellness centre are looking for peace and quiet. Please respect this and keep your mobile phone switched off.

CLOTHING

For treatments, we recommend that you go in a bathrobe with slippers and bathing suit. Do not forget to leave any valuables in the safe in your room. We will provide you with a pair of disposable briefs for each treatment, you will find them in the cabin.

SHAVING

We recommend that men shave 3-4 hours before a facial treatment.

CANCELLATION

If you need to cancel an appointment it is possible, as long as you do so at least 24 hours in advance. Otherwise we will be forced to charge the full cost of treatment.





NEW,
LUMINOUS
FITNESS ROOM
WITH THE BEST
TECHNOGYM
EQUIPMENT

SONNWIES ADULTS ONLY





SONNWIES ACQUAPARK

SONNWIES ACQUAPARK

- 01 Entrance
- 02 Changing rooms
- 03 Biosauna with children's cinema
- 04 Children's pool, 40 cm (35°C)
- 05 Swimming pool and whirlpool (at 30°C) with 80 m² pool
- 06 Children's swimming pool with water puppet by Ferdi
- 07 Quiet area with access to the garden and outdoor pool
- 08 **NEW:** additional children's pool with cinema, 50 m² surface area and depth 30 cm (35°C)
- 09 Outdoor pool, 140 m²
- 10 Relaxing areas with deckchairs
- 11 Splendid water attractions in the Acquapark
- 12 Wide-wave slide, indoor
- 13 70-m tunnel slide, indoor

SONNWIES ADULTS ONLY

- 14 Reception
- 15 Thermo Spa
- 16 Massage room
- 17 Beauty
- 18 Relaxing room
- 19 Wellness Spa with steam bath, cosy corner and romantic bath
- 20 Resting area with cosy corner, water beds and stove
- 21 Solarium
- 22 Wellness & sauna area with Tyrolean sauna, flower steam bath, fir wood sauna, drinking fountain, multi-sensory showers with ice fountain and Kneipp pond
- 23 Garden with pond



FACE

THE FACE: THE MIRROR OF THE SOUL

Stress factors, both external and internal, frequently undermine the harmony of mind-soul-body and the skin of the face can be significantly affected, showing clear signs of fatigue or causing redness and irritation. In the delicate area around the eyes, there is often the formation of fine wrinkles and shadows. This applies to both women and men.

Our beauty treatments use only the best of nature, complemented by the most modern methods and the latest scientific discoveries. The extraordinary combination of phytocosmetic active ingredients found in exclusive lines of beauty products, such as BABOR and TEAM Dr JOSEPH, will take care of all skin types.

Seeing is believing: your skin will look incredibly refined and your face will shine with a new radiant beauty.

BABOR

VITALIS
DR JOSEPH



SALIENTES RUNCADA

FACIAL CARE - WOMAN

With professional expertise and over 60 years of experience, BABOR translates the secrets of the best natural active ingredients into luxurious skin care that combines exceptional product quality with the performance of the active ingredients. The award-winning, highly effective treatments combine experience and beauty care at the same time. A treatment with BABOR products is a promise we make to our skin to protect and preserve it optimally. And this is achieved with selected active ingredients. In this way, BABOR pampers the most demanding customers worldwide, revealing their individual beauty and creating a space for holistic well-being. BABOR is the symbol of precise skin care "Made in Germany" and is available exclusively in the main day spas and in the excellent wellness centres of hotels.

BABOR REVERSIVE® – THE ANTI AGING TREATMENT



For a bright, radiant skin! Thanks to this extraordinary treatment with beneficial massage and visible effects, every sign of ageing is instantly reduced. Your skin radiates youth and is smoother, firmer, more regular and softer than velvet. ReVersive® is a beauty treatment that makes your dreams of blocking the effects of time come true. Rejuvenate your skin and show a renewed charm, shine and uniformity.

80 min. **€ 169**

HYDRA BOOST – BABOR TREATMENT



To regain the beauty and tone of your skin in a short time. A well hydrated skin radiates vitality and is the basis for all care products. You will feel the superlative effect by applying up to three ampoules of active substances in sequence on your skin. The active ingredients contained in the ampoules are beauty substances that are absorbed by the skin in depth and without residue, thus performing a rapid and effective action.

25 min. **€ 69**

DOCTOR BABOR – The Art of precise skin care

It all started in 1956 with a black rose, a symbol of perfect beauty. As a pioneer of professional skin care, BABOR has since set the standard in skin care research “Made in Germany”. Even today, we are still driven by our passion to satisfy the desire for individual beauty.

BABOR SKINOVAGE – THE INDIVIDUAL TREATMENT



It is a specific treatment for your skin type, which offers a synergy between professional beauty treatment. The treatment sequences and active ingredients are individually composed after a careful analysis of the skin, thus ensuring a perceptible and visible success. The BABOR SKINOVAGE treatment is based on an integral beauty concept. In this way, the active ingredients are absorbed even better by the skin. At the same time, the body’s energy systems are perfectly balanced – resulting in long-lasting beauty and total inner harmony.

(without massage and without ampoules)

50 min. € 95

DR. BABOR ULTIMATE FACE LIFTING – THE COLLAGEN INFUSION TREATMENT



The real alternative to the injection of collagen and hyaluronic acid. Restructures and replenishes the skin. Reduces lines and wrinkles with extraordinary results. Firms the skin, gives it elasticity and prevents ageing. (deep cleansing, massage, ampoule and mask)

80 min. € 152

VITAMIN TREATMENT – THE DETOX TREATMENT



PERSISTENT SKIN REGENERATION

The combination of powerful minerals and vitamins neutralises harmful substances on the skin and reduces the causes of ageing due to environmental factors. The resulting revitalisation is of fundamental importance to keep the skin young and supple. A special treatment for irritated skin in need of protection (e.g. tired, dull skin with signs of ageing due to the environment and inflamed skin).

50 min. (without cleansing) € 105

ANTI-CELLULITE WRAP



After a gentle scrub, your legs and your stomach are wrapped tightly with the Babor Anti-Cellulite Wrap. This accelerates the burning of fats and the lymph nodes are stimulated.

50 min. € 99

BREAST WRAP



A scrub that shines the skin, a massage with high-concentration ampoules and products that firm and shape the breast. Thanks to the deep heat of the wrap, the active ingredient stimulates in depth and the breast appears firmer and more cared for. Especially suitable after breastfeeding and tissue relaxation.

45 Min. € 89

TEAM DOCTOR JOSEPH METHOD

Based on scientific knowledge and the needs of your skin, the manual treatment method of TEAM DR JOSEPH starts from the depth of the tissue. Following the functional laws of nature, the balance of the skin metabolism is re-established: the nerves relax, the expression relaxes, the balance of the flows harmonises, the microcirculation normalises, with the aim of treating your skin completely and of maintaining and promoting the health of your skin, giving it an unparalleled beauty.

INTENSE PURIFYING FACE TREATMENT

INTENSE CLEANSING FACE TREATMENT

Specific deep cleansing according to skin type with the TEAM DR JOSEPH method: Your skin? Clean and delicate. Your face? Glowing! Your mood? Excellent and full of energy. It starts with steam compresses with moist herbs, a gentle massage that stimulates the lymphatic system, peeling, cupping treatment and deep cleansing. It is followed by a face pack, a peel-off mask and a specific skin care for the day. For visibly fresher colouring and a healthier, more vital appearance.

50 min. € 99

ADVANCED BIO LIFTING FACE TREATMENT

BIO LIFTING INTENSIVE FACE TREATMENT.

The complete holistic programme according to the TEAM DR JOSEPH method: intensive treatment with biodynamic lifting massage, carried out entirely according to the needs of your skin. Enjoy a unique beauty treatment with skin analysis, eyebrow correction, lymph-stimulating massage, warm herbal compresses, peeling, deep cleansing with cups, special serum, bioenergetic lifting massage, intensive mask, individual day care and stabilisation. Nature's high-tech for long-lasting effect, visible results and maximum effect.

110 min. € 165



VITALIS
DR JOSEPH



CELLULAR RECREATION FACE TREATMENT

CELLULAR RECREATION FACE TREATMENT.

An unmistakable facial treatment with natural active ingredients particularly suited to the needs of your skin with immediate effect and a deeply relaxing program to pamper yourself according to the TEAM DR JOSEPH method: skin analysis, eyebrow correction, deep cleansing with cups, special serum, modulated facial massage, intensive mask and individual day treatment. With natural active ingredients that are particularly effective for healthy and intensely cared-for skin.

80 min. € 125

DEPILATION WITH HOT WAX

Complete leg depilation € 52

Partial leg depilation € 39

Bikini line depilation € 29

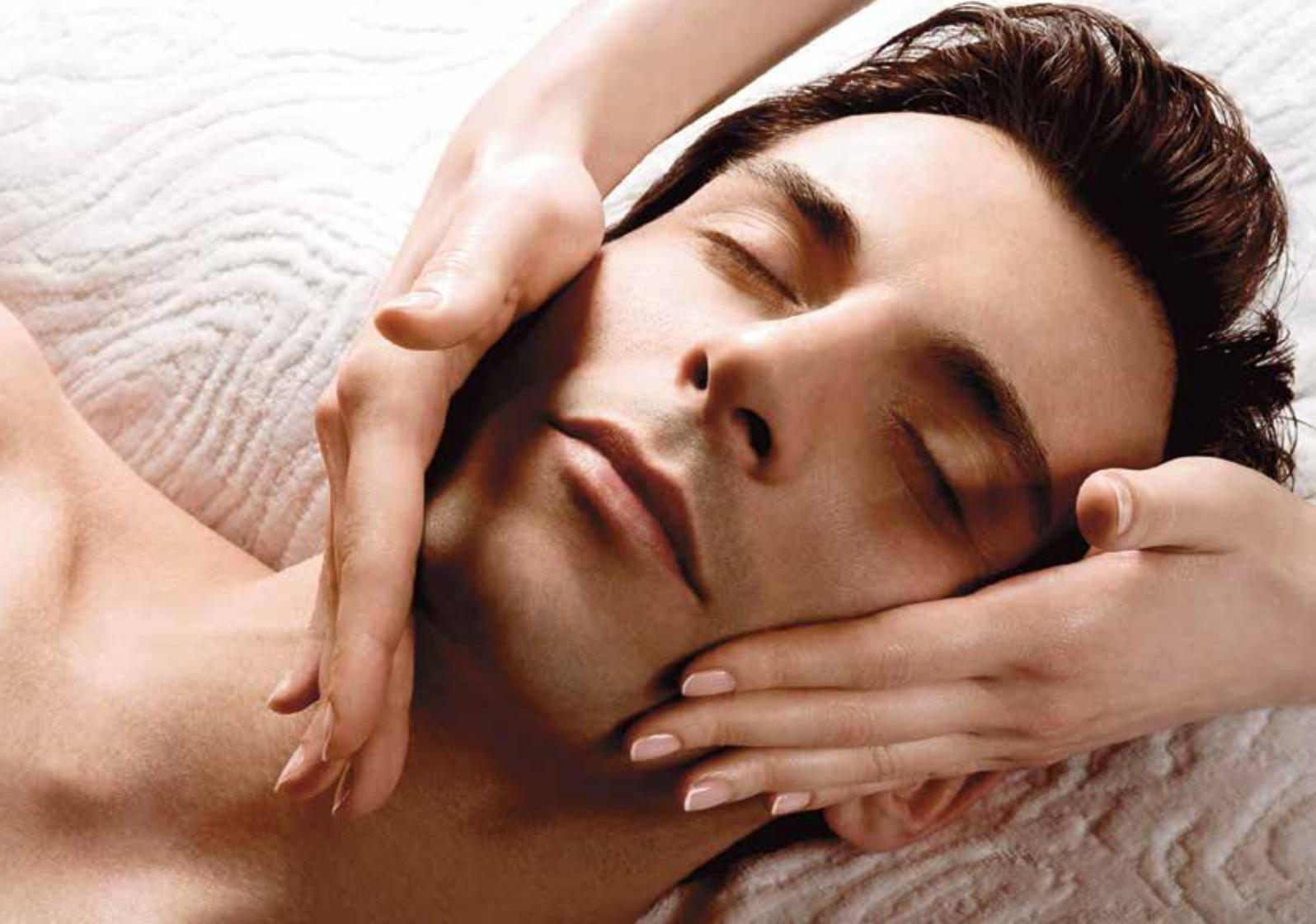
Underarm depilation € 29

Upper lip or chin depilation € 19

EYES AND EYEBROWS

Eyebrow tinting or correction € 15

Eyelash tinting € 19



FACIAL BEAUTY TREATMENTS - MAN

Forget the “cursed” heroes, all wrinkles and cigarettes: they are now definitely out of fashion! The man of today must in fact focus on a well-kept and healthy appearance, especially in the face. The BABOR Men beauty line is designed specifically for the needs of a modern and dynamic man: a real “time-out” for your skin!

TIME OUT FACE BABOR MEN

FOR A WELL-KEPT, VITAL APPEARANCE!

A mix of active ingredients based on Siberian ginseng, taurine and hops accelerates the process of regeneration of skin microlesions caused by shaving, increasing the resistance of skin cells to stress and ensuring a lasting supply of moisture.

50 min. € 95
+ Facial massage and ampoule 80 min. € 152

DEPILATION WITH WAX

Man chest depilation € 52
Man back depilation € 52

EXPRESS POWER LIFT FOR MEN

EXPRESS POWER LIFT FOR MAN.

The TEAM DR JOSEPH method for Him. Intense, natural, effective: skin analysis, lymph-stimulating massage, hot herb compresses, peeling, deep cleansing, special serum, intensive mask with a face massage and an individual day cream. Natural High-tech effectiveness for a vital and well-kept appearance.

50 min. € 95

SALIENTES RUNCADA

TREATMENT FOR HANDS AND FEET

RELAX FOR THE HANDS

FOR WELL-KEPT, SOFT HANDS.

Soothing, moisturising and intensive treatment for nails and hands with peeling, mask and massage.

25 min.(without nail polish) **€ 49**

CLASSIC MANICURE

With hand massage or nail polish application **€ 65**

With application of Shellac enamel..... **€ 95**

EXTRAS

Application of nail polish **€ 28**

Application of French enamel **€ 35**

Application of Shellac enamel..... **€ 52**

Application of French Shellac enamel **€ 59**

Peeling for hands or legs **€ 19**

RELAX FOR YOUR FEET

INTENSE TREATMENT FOR TIRED FEET

With nourishing peeling, protective mask, and relaxing foot massage.

25 min.(without nail polish) **€ 49**

CLASSIC PEDICURE

With foot massage or nail polish application **€ 69**

With application of Shellac enamel **€ 105**

TANNING

Full tanning solarium: tokens are available at the reception

10 min. **€ 19**



BODY

HAPPINESS IN LIFE IS A MATTER OF HARMONY: PERFECT AGREEMENT OF MIND-SOUL-BODY AND SELF-SATISFACTION ARE KEY ELEMENTS.

In our wellness centre we have developed different methods to “reconcile” body and soul and increase a person’s level of satisfaction. The central element of all treatments is the water from the glaciers of the highest Alpine peaks around Luson: a water rich in the primordial active ingredients of our mountains, capable of releasing strong and vigorous aromas, which act on our deepest unconscious, helping us to regain peace and tranquillity and rebalance our vital energies.

SALIENTES RUNCADA

STRENGTH AND ENERGY FROM OUR MOUNTAINS

PEELING WITH HAY AND PINK MOUNTAIN SALT

Peeling with Red Sea salt enriched with precious oils: the secret for a clean, soft and elastic skin. To amplify the results, we provide you with a post-peeling nourishing treatment to reintegrate the natural lipid mantle.

25 min. € 55

+ Application of shea butter with lipidising action 50 min.... € 93

BODY PEELING WITH LOCAL APRICOT KERNELS

Peeling with ground local apricot kernels, enriched with precious oils: the secret for a soft and elastic skin. To amplify the results, we advise a post-peeling nourishing treatment to reintegrate the natural lipid mantle.

25 min. € 55

+ Application of shea butter with lipidising action 50 min. ... € 93



THERMOSPA TREATMENTS

WITH LUSON ALPINE WATER

SPECIAL RELAXING DEEP-ACTING BEAUTY TREATMENTS. Surrounded by the aroma of pine wood and wrapped in soft waves, you will feel like you are floating gently in warm, welcoming waters. The pleasant warmth released and the state of deep relaxation induced allow, at epidermal level, an optimal absorption of the active ingredients contained in the products used.

ALGAE PACK

It makes the skin softer, especially promotes blood circulation, activates skin metabolism and gives shine and a pinkish colour. With triple anti-cellulite effect, with wrap and final lotion.

45 min. € 85

MINERAL MUD PACK

The warm temperature of the mud soothes joint and muscle pain. The metabolism and blood circulation will be toned. The partial massage that follows will put you in a state of relaxation.

45 min. € 85

CREAMY WRAP BASED ON EVENING PRIMROSE OIL

Suitable for very dry and sensitive skin, the wrap has a moisturising and revitalising effect.

25 min. € 52

ALPINE HAY BATH

Close your eyes and enjoy the intoxicating scent of freshly harvested mountain hay. The pleasant warmth of the pasture grasses and the energy of the alpine plants relax your body and mind. Particularly suitable for combating colds, stress and muscle tension.

45 min. € 69

BATHS WITH ALPINE SPRING WATER

IN A HYDROXEUR TUB

Millions of tiny whirls of the purest alpine spring water make our baths a unique experience. Thanks to the noble essences and precious extracts used, you can inhale intoxicating scents and experience the pleasant experience of an unforgettable massage that envelops the whole body.

MUSCLE RELAXATION

The local mountain pine oil promotes blood circulation and relieves tension.

25 min. € 52

SWEET DREAMS BATH

Pine oil relaxes and has a beneficial effect on cardiac activity.

25 min. € 52

MILK BATH

Milk extracts have always contained the secret of natural beauty. Honey provides the skin with numerous vitamins and nutrients.

25 min. € 52

WITH ROSE PETALS

Intoxicating scents harmonise the skin, which will appear soft and smooth as silk: welcome to the realm of the senses.

25 min. € 52



RITUALS

IN OUR SALIENTES RUNCADA WELLNESS SUITE

Give substance to your most intimate desires and treat yourself to the luxury of spending a few hours in the unparalleled atmosphere of our SPA Suite: an oasis of personal and private wellness with Turkish bath, double bath with Jacuzzi and a romantic “nest” to relax and pamper yourself. It is up to you to decide whether to spend a couple of hours wrapped in an unforgettable intimacy or choose from the following packages:



SALIENTES RUNCADA

PLEASURE FOR TWO

THE SENSATION OF AROMAS ALL TO OURSELVES

Enjoy our Salientes Runcada Wellness Suite for two: sauna in the Turkish bath with subsequent salt peeling, rose flower bath in double whirlpool tub, 2 short butter massages and, finally, cuddle down in the water bed and enjoy a selection of healthy foods.

110 min. **€ 235**

DREAM COUPLE TREATMENT

Sauna in the Turkish bath, 2 short massages with nourishing chocolate pack and relaxing bath in the whirlpool for two, tasting of home-made pralines and sparkling wine.

110 min. **€ 235**

RELAX FOR TWO

A revitalising bath with mountain pine essential oil in the luxurious whirlpool bath, followed by a back massage with application of arnica to relieve stress. The pleasure continues with a break in the cosy relaxation areas. As a little extra we will give you a body lotion with arnica to apply at home.

110 min. **€ 235**

THE SUITE ALL FOR US

Let yourself go to the pleasure of intimacy wrapped in an enveloping and discreet atmosphere. An experience you will not forget: Turkish bath and romantic aromatic bath in a double tub with whirlpool, relaxation on a water bed. All accompanied by a bottle of sparkling wine... and don't forget to taste our delicious fruit skewers.

100 min. **€ 135**



SALIENTES RUNCADA

AND NOW A LITTLE TIME FOR ME

WATER AND STONES

A relaxing and pleasant aromatic oil bath followed by a massage with warm lava stones.

80 min. € 139

FREE TIME FOR MUM

Relaxing and being pampered, this is what all mothers dream of. A morning of well-being just for me.

→ 1 facial treatment

→ 1 manicure with nail polish application

→ 1 pedicure with nail polish application

140 min. € 199

FREE TIME FOR DAD

Relaxing and being pampered: even some dads dream of it. A morning of well-being just for me.

→ 1 facial treatment for men

→ 1 classic massage

80 min. € 142



MASSAGES

**ARE A REAL BOON FOR BODY AND SOUL:
THEY ARE ABLE TO INCREASE THE WELL-
BEING OF THE INDIVIDUAL BY ELIMINATING
STRESS AND TENSION.**

Due to their versatility of use, we have developed a program that can meet the needs of the whole family: parents, alone or in pairs, and children.

MASSAGE IN SUITE - RELAX AND WELL-BEING WITHOUT MOVING.

With the in-suite massage, you will enjoy all the wellness of classic massages without moving from your suite. Ask for the hours available.



SALIENTES RUNCADA

SPECIAL MASSAGES

VITALBOLI® MASSAGE

Modulated herbal stamp massage with individual alpine herbal mixtures. Vitalising for muscles and joints, regenerating for the skin: for perfect aesthetics and daily well-being. This beauty ritual restores vitality and energy to the body. Ideal after sports activities.

50 min. € 92

BREUSS MASSAGE WITH ST. JOHN'S WORT OIL

The Breuss massage is an energy massage specifically for the spine. It begins with brief acupressure of certain points on the soles of the feet, followed by stretches along the spine to relax the muscles and ligaments. This releases mental and physical blocks. For this treatment, a special St. John's Wort oil is used, which is easily absorbed by the intervertebral discs, strengthening them and making them softer and more elastic. The massage loosens the muscular bands that support the spine, regulating the energy flow.

45 min. € 75

HOT STONE MASSAGE

An experience of pure well-being: the body is massaged with warm lava stones and essential oils of flowers and plants... for total relaxation and reactivation of the body's energy flow: try it for yourself.

50 min. € 85

LUSON HONEY MASSAGE

Reactivates and revitalises the back.

45 min. € 75

ANTISTRESS MASSAGE

Performed with light movements, it gives immediate well-being, exerting a harmonising and calming effect.

80 min. € 129

SALIENTES RUNCADA

CLASSIC MESSAGES

FULL-BODY MASSAGE

Ideal for harmonising and regenerating.

45 min. € 75

PARTIAL MASSAGE

Legs, back or head.

25 min. € 49

HEAD-NECK-BACK MASSAGE

It relieves tension in the back and neck, stimulating the flow of energy within the body.

45 min. € 82

CLEAR THE MIND

Lately you are very stressed and overworked? Then book our "Clear the Mind" treatment. We start with a treatment with ear candles to reduce stress, headaches and sinusitis. At the same time, a lymph-stimulating facial massage is performed with pressure movements. With the subsequent neck and shoulder massage, optimal relaxation is achieved, which restores the energy reserves.

45 min. € 78

LYMPH-STIMULATING MASSAGE

A gentle technique able to awaken the lymphatic circulation with a consequent deep detoxification of the organism.

50 min. € 85

TIME-OUT MASSAGE

The massage consists of well-proven techniques. Back, shoulders and neck are specifically massaged. Then the main joints of the body are treated and finally the special relaxation points on the head and face. As a result, the entire back becomes stronger and the joints are loosened, promoting a deep and restful sleep. This massage is ideal for relieving stress, reawakening vitality and optimally preventing burn-out syndrome.

50 min. € 85

REFLEX POINT MASSAGE

All our organs are reflected in the sole of the foot. This particular massage can positively influence the mind, soul and body.

25 min. € 52

45 min. € 85





FOR KIDS

→ FOR GIRLS

AS BEAUTIFUL AS SNOW-WHITE

Face massage, light make-up, nail polish application and surprise gift

THE SLEEPING BEAUTY

Milk beauty bath and relaxing massage, surprise gift

45 min. each € 75

→ FOR BOYS

LION KING

Aromatic bath and massage with magical powers

45 min. € 75

CHILD'S MANICURE OR PEDICURE WITH NAIL POLISH

25 min. € 49

RELAXING MASSAGE FOR CHILDREN

25 min. € 49

CHOCOLATE MASSAGE FOR CHILDREN

25 min. € 49





FOR BABY

NEONATAL BUTTERFLY MASSAGE - LIGHT MASSAGE

The relaxing massage positively promotes the development of children.

25 min. € 45

HIPP - BUBBLE BATH

Bubble bath in the whirlpool with parents with a specially mild body lotion suitable for the skin of small children, developed by Hipp.

25 min. € 52





FOR FUTURE MUMS

BODY WRAP WITH ROSEBUDS

During pregnancy, care for your body is a must! Our rosebud treatment is suitable for uncomplicated pregnancies.

25 min. € 52

DREAM BATH

Chamomile and rose will help you to re-establish a beneficial equilibrium of mind-spirit-body.

20 min. € 52

THE PUBOCOCCYGEAL MUSCLE: THE REAL STRENGTH OF THE FEMALE DIMENSION

The training of the pubococcygeal muscle will help you to find the right dimension of life. Thanks to muscle, breathing and visualization exercises, you will rediscover new strength: you will enjoy renewed sexual desire, experience the joy of living again and actively combat the discomforts of incontinence.

(Group sessions: small groups max. 6 women)

60 min. € 112 per group
(shared among participants)

PREGNANCY MASSAGE

A special massage for future mothers.

50 min. € 85

OASIS OF WELL-BEING FOR EXPECTANT MOTHERS

Possibility to choose between different offers (according to individual wishes and needs) accompanied by an experienced midwife.

→ **A path dedicated to self-perception** ...to understand your needs: a moment dedicated to the exercises of self-perception and visualisation of the body

→ **Interviews and consultations**

→ Strengthening of vital energy: a moment dedicated to bio-energetic foot massage or full body butterfly massage according to the Eva Reich method

The oasis of well-being is an opportunity to take care of yourself and your baby: a moment of well-being that strengthens the bond between mother and child loosens any internal blockages and strengthens confidence in your body...an optimal preparation for the delicate moment of childbirth.

Appointments: to be agreed on the spot

50 min. € 115

PLASTER CAST

Have a plaster cast made at the height of your pregnancy: it will be an extraordinary and unique and memory that can be finished off with personal touches.

45 min. € 85



OUR PROPOSAL FOR EXPECTANT MOTHERS

Facial treatments

page 10 - 15

Pedicure and manicure

page 18

Lymph drainage
for the legs

page 30



SALIENTES RUNCADA GIFT VOUCHERS

MOMENTS OF WELL-BEING FOR SPECIAL PEOPLE

If a special person always asks for a special gift, you can never go wrong with a **Salientes Runcada Wellness Centre gift voucher**. We will listen carefully to your needs and create an ad hoc gift voucher based on them. On request, we will also deliver the “surprise” to the address that you indicate. For further information we await you at the reception or in our magnificent world of wellness Salientes Runcada!

**MAKE YOUR
DEAR ONES
HAPPY!**

Apply to the
RECEPTION
or to the **SALIENTES
RUNCADA
WELLNESS
CENTRE!**



www.sonnwies.com