



your
personal
WELLNESS
Program



Romantik Hotel Post

Cavallino Bianco

Holiday in an idyllic landscape

Our hotel, steeped in tradition, enjoys a sunny, panoramic location, nestling against the natural backdrop of the imposing Dolomites, with shaded forests and our own 40,000 sqm park. The "Cavallino Bianco" hotel combines a traditional style with a refined ambience, together with attentive service, sophisticated cuisine and a warm South Tyrolean welcome. The wonderful natural landscape and numerous comforts available in our hotel mean you can look forward to a holiday of blissful sensations and unforgettable memories.

We look forward to your visit!

The Wiedenhofer Family



Horses are our Passion!

Horses have always played an important role in the history of the 'Weisses Roessl-Post Romantic Hotel' – from the old workhorses right through to the stud farm of today. Our horses are mainly 'quarter horses' with an excellent pedigree, suitable for breeding, leisure riding and gymkhanas.





The concept behind our Cavallinospa

Venture into King Laurin's realm on horseback, breathe in the aroma of his rose garden or feast on the brightly colored, lush meadow which surrounds the hotel like the horses who can't seem to get enough of the grass and flowers that grow there.

Spend some romantic hours in our comfortable Cavallinospa with panoramic views, surrounded by the scent of roses or immersed in a bath of mare's milk from our very own horses.

Our partner VITALIS Dr. Joseph

VITALIS
DR JOSEPH



We have found our ideal partner close to home in VITALIS Dr. Joseph. Internationally successful and located in South Tyrol, VITALIS Dr. Joseph stands for the same principles that also guide our hotel. VITALIS Dr. Joseph has made it its mission to respect nature in its purity and diversity, to capture it gently and reflect its uniqueness in sustainable and effective quality products. To us, a sense of responsibility and a respectful way of handling natural resources is a priority and a commitment, both of which we share with VITALIS Dr. Joseph.



The Wellness Program

A fine selection of classical and unique pampering programmes, refined and developed with 'mares' milk. Our qualified experts specify your 'IHR' personal programme together with **you for your specific requirements.**

Cavallinospa PROGRAM „à la carte“

This offer allows you to enjoy the following privileges:

- 10% discount on all our Cavallino SPA treatments
- Offer valid on advance booking of at least 3 treatments "à la carte". Book before you arrive to ensure you get the best choice of available appointments and treatments!



Depilation care | Aesthetics

- Overall depilation, incl. 'bikini' zone and armpits **45,00 €**
- Overall leg depilation **25,00 €**
- Depilation of legs to the knee **20,00 €**
- Depilation of 'bikini zone' or armpits **15,00 €**
- Eyebrow correction, eyelash colour **15,00 €**

Hand- and feet care | Aesthetics

- Manicures 40 min - **35,00 €**
- Pedicure 50 min - **40,00 €**
- Packs and peeling for hands or feet 20 min - **20,00 €**
- Nail polishing **10,00 €**

NATURAL CARE, SIMPLY LOVELY



Cavallinospa **face** treatments

In-house-produced mare's milk and active ingredients extracted from buckthorn, bilberries, evening primrose oil and natural hyaluronic acid.
Cleanses, invigorates, protects, moisturizes.
 Ideal for skin which is sensitive, dry, mature or demanding.



Cavallinospa **CLASSIC | face** 55 min **68,00 €**

Feels almost like taking a walk in warm Summer rain... The treatment includes a basic cleansing, peeling, deep cleansing, relaxing facial massage, moisturizing mask and finishing cream. Your skin is brought to life and moisturized.

Cavallinospa **PREMIUM | face** 80 min **98,00 €**

At the beginning of the facial treatment, the current status of your skin is reviewed by our beautician and an individualized program is agreed with you. Premium facial treatment with organic certified mare's milk natural cosmetics, deep cleansing, including exfoliation, massage with active ingredients, facial mask and nourishing hand massage.

... **A new dimension in care and regeneration!**

Cavallinospa **ANTI AGE | face** 55 min **68,00 €**

A classy care ritual for mature, demanding skin using pure mare's milk, finest extracts and natural antioxidants. This highly effective, individually tailored, anti-aging natural cosmetic application begins with a facial, neck and décolletage cleansing, followed by a special lifting mask and a pampering facial massage with a final treatment.

St. Barth Pureness 55 Min **75,00 €** / 80 min **112,00 €**

FACIAL AND DÉCOLLETÉ TREATMENT WITH HAND MASSAGE
 Luxuriate in an exceptionally gentle treatment of face, neck, décolleté and hands. Enjoy the fresh fragrances of natural elixirs reminiscent of a colorful Caribbean fruit basket.

MASSAGES



Classical massages

- Relaxation- / overall body massage 50 min **58,00€**
- Back massage 25 min **38,00€**
- Leg massage 25 min **38,00€**
- Head, nape and shoulders 25 min **38,00€**
- Aroma massage 50 min **68,00€**
- Foot reflexology massage 25 min **38,00€**

Vitalis massage vitalstone hot stone

50 min **75,00 €**

This deep relaxation massage is based on hot basaltic stones and precious essential oils. It provides the sensation of global harmony after periods of strong physical or emotional stress, in periods of interior renewal and relaxation or more simply as a gift for one's self or for a dear one.

Lymph stimulating massages drainage

50 min - **58,00 €**

The return flow of the lymph will be activated by a gentle pumping action. The lymph stimulating cosmetic massage is a very gentle, light massage and extremely recommendable for tired legs, for cellulite phenomenons and during pregnancy.

St. Barth Harmony

50 min - **75,00 €**

PAMPERING BODY MASSAGE Enjoy a relaxing, gentle body massage with intensive care products specially tailored to your needs. Choose pure, slightly warmed coconut oil for intensive conditioning of especially dry skin, cold-pressed avocado oil to support the functioning of particularly delicate skin or ivy gel and menthol oil for strengthening tissue and skin layers. To round off the experience, let yourself be pampered with a touch of the Caribbean. Select your favourite body lotion with coldpressed avocado oil and the fragrance of pure bourbon vanilla, the Caribbean tiaré flower or the especially feminine scent of the lily.

MASSAGES



Herbal massage

50 min **68,00 €**

Regenerating, skin-caring, skin-protective. The intensive gentle taps of the herbal pistil pouches have a strongly invigorating effect. The ORGANIC herbs employed are deemed strongly de-stressing, and afterwards the finest precious oil makes for a smoothly soft skin structure.

St. Barth Sensation

50 min **65,00 €**

LUXURIOUS BODY MASK WITH PAMPERING RELAXATION MASSAGE

The pampering body mask provides the skin with an intensive moisture boost and is a pleasure for all the senses.

Select your favourite scent: bourbon vanilla, delicate tiaré flowers or exotic lily. A creamy, silky mask is gently applied to your entire body to supply your skin with intensive nutrients and lipids from high-quality plant oils. The absorption of the mask is intensified by a wonderfully fragrant relaxing massage as a finish (~25 minutes). Your entire skin takes on a visibly improved appearance and velvety smooth texture

St. Barth Slimness

50 min - **58,00 €**

SOOTHING AND RELAXING LEG MASSAGE

For rapid relief and relaxation of heavy legs, for instance after extended periods of sitting, standing or after long flights, or simply for beautiful, slim legs. Our ivy gel releases blockages and drains excess water while strengthening the veins and stimulating the lymphatic system. Menthol and camphor promote micro-circulation, refresh and revitalise. As finish, let your legs be pampered with a touch of the Caribbean. Select your favourite body lotion with coldpressed avocado oil and the fragrance of pure bourbon vanilla, the Caribbean tiaré flower or the especially feminine scent of the lily.

Cavallinospa **RELAXING DELUXE** Program

80 min - **95,00 €**

Opt out, and commence your Deluxe Programme with a calming Cup of **Sweet Dreams Tea**. Especially attuned to your needs, you can select the ideal **Bath or Pack** under the guidance of our Staff for your programme. After that, you can enjoy a gentle and extended **VITALSTONE Massage** with warm basalt stones or select a **DORSALIS back massage** to remove even the last traces of any tension.



Cavallinospa **DETOX** Program

110 min - **115,00 €**

You commence our powerfully effective detoxification programme with a de-acidifying Cup of **Antacid Tea**.

Absolutely attuned to your needs, you can select the ideal **Bath or Pack** for your programme with the assistance of our Staff. Enhance the effects with an **Alpine Body Peeling** treatment with detoxification hay-flowers extract.

The **lymph stimulating massage** successfully rounds off the Detox Programme and skilfully stimulates the lymph flow.

BODY TREATMENTS



vitalis massage resonanz **CELLULITE**

80 min - **95,00 €**

The innovative and effective cellulite program

Unique massage techniques and potent natural products help to alleviate and abate cellulite marks efficiently and sustainably. The specialties of the massage are an invigorating foot bath and body peeling, a seaweed wrap, a stimulating cupping-glass treatment, as well as a modulated cellulite massage with sound-bowls as per VITALIS Dr. Joseph.

vitalis massage resonanz **DORSALIS**

50 min - **58,00 €**

The sophisticated back program!

Potently effective natural products and a modulated massage tuned to your needs with sound-bowls and cupping glasses alleviate tension in the back muscles, and improve the dynamics of the spine. Relaxation is provided for the stressed back and assists in keeping up with the correct comportment.

BODY PEELING AND RASUL



PACKS AND BATHS

Alpine BODY PEELING with hay-flowers 25 min 28,00 €

The gentle, efficient ORGANIC hay-flowers body peeling treatment with ground apricot stones and hay-flowers extract provides an in-depth cleansing of the skin and lets it appear vibrant afterwards.

Cavallinospa RASUL 25 min 1 pers. 42,00 € 2 pers. 62,00 €

The 'Rasul' bath or 'Rhassoul' bath originates from Egypt and is a variant of the steam bath. You will be papered with a richly healing earth pack. Makes for relaxation and detoxification.

Cavallinospa MARES MILK PEELING 25 min 38,00 €

A pampering milk peeling treatment with 'mares' milk.

St. Barth Softness 25 min 45,00 €

BODY PEELING MASSAGE WITH COCONUT OIL AND PAPAYA

Relaxing peeling massage for velvety soft and smooth skin. The fruit enzymes in fresh papaya, natural yoghurt and a special sea-sand polish complex enriched with minerals remove dead skin cells. Pure coconut oil provides lasting care for the skin while pampering it with valuable nutrients. The ideal base for an especially long-lasting and even tan.

Cavallinospa BÄDER in der Kaiserwanne

25 min 42,00 € - for two pers. 50,00 €

- Maresmilk Bad
- Eucalyptus Bad
- Orange- blossom Bad
- Rose-blossom Bad
- Hey-flowers Bad
- St. Barth Dream

Hair packs with avocado or coconut oil

20,00 €

Cavallinospa PACKUNGEN in der SoftPack

45 min 42,00 €

- VITALIS Alpine fango and dwarf pine pack
- VITALIS Arnica and St. John's Wort pack
- VITALIS Hay-flowers and Juniper pack
- Classic Hay-flowers pack
- Milk ghee pack
- Body peeling „Ligne St. Barth“



Cavallinospa regional natural cosmetics with our own inhouse 'mares' milk

Cavallinospa cosmetics

Mare's milk is healthy and beauty enhancing. This has been known by many different peoples for thousands of years. It is rich in vitamins, unsaturated fatty acids, trace elements and minerals. Our Cavallinospa natural cosmetics line stands out due to its high mare's milk content. In combination with its unique active ingredients extracted from local flowers and herbs, and enhanced with sea buckthorn and evening primrose oil, Cavallinospa offers much more than standard body care products do.

The Cavallinospa products are effective and have a longlasting effect. Long-term and targeted use will unpack its extraordinary nourishing potential.

Cosmetics certified BIO

No synthetic fragrances, no colouring agents, no- preservatives, -silicon, -paraffin, no animal trials, no alcohol content.
ICEA – ORGANIC certified natural cosmetics

We are happy to recommend the following...



Cavallinospa **FACE CREAM** 50 ml **42,00 €**

This intensive moisturizer was specially developed as a intensive regenerating skincare product. Ideal care using a natural combination of active ingredients for sensitive, dry and highly demanding skin. The intense, yet gentle cream helps strengthen the skin's own barrier function against external influences. The pleasantly fast absorbing cream will give your skin new strength and resilience and leave a satiny soft comfortable feeling.

Cavallinospa **FACE SERUM** 30 ml **38,00 €**

This powerfully regenerating special serum will give you a radiant complexion and provide you with new energy. The stimulating active ingredients provide your skin with extra moisture and lend greater elasticity.

Cavallinospa **FACE TONIC** 200 ml **18,00 €**

Mild facial toner for optimal refreshment after cleansing with mare's milk, comfrey and chestnut extracts.

Cavallinospa **CLEANING MILK** 200 ml **21,00 €**

Clean and maintain pores deep down. For soft, clear skin. Contains refreshing blueberry extracts and the incomparable mare's milk active ingredients.

Cavallinospa **BODY CREAM** 200 ml **24,00 €**

Experience the full body care that makes your skin feel smooth and gives it a radiant appearance while gently seducing your senses. Feel the valuable and regenerative nutrients brought by the evening primrose oil, the sea buckthorn and the mare's milk to every pore.

Cavallinospa **SHOWERGEL** 200 ml **12,00 €**

Showering becomes an experience. Mare's milk and rose hip extracts ensure a natural showering experience and provide soothing relaxation.

Cavallinospa **HAND CREAM** 30 ml **10,00 €**

Exclusive hand cream for perfect protection and optimal care. Moisturizes and protects skin from external influences.

Cavallinospa **SOAP** 100 g **6,00 €**

This traditional hand-crafted natural soap gives your skin a soft and gentle glow.

A piece of the Alps for your home



Balm WILD THYME and SCOTCH PINE BIO

BREATHE ACTIVELY AND FREELY. In periods of colds and icy weather, the alpine essential oils of wild thyme, scotch pine, mint and eucalyptus will keep you freely breathing again. Ideal before retiring and during the day. **Ingredients:** wild thyme, scotch pine, mint, eucalyptus, lavender, sea-buckthorn, bee wax, rosemary, cypresses' ... **Application:** apply to the chest and back and gentle massage into the skin.

Balm JUNIPER and WILD ROSE BIO

DRIVE FOR THOSE TIRED JOINTS. Juniper and wild rose further your mobility and build up your fitness. Suitable before and after sports. Ideal for sports' people, hikers, ... **Ingredients:** dwarf juniper, rosehips, jojoba, lavender, bee wax, olive oil, rosemary, ... **Application:** apply and gently massage the balm into the joints (knees, feet and ankles, hips, ...).

Organic Balm, 50 ml **14,80 €**

Leg gel CHESTNUT and MINT

A REFRESHING AND COOLING GEL FOR TIRED LEGS. The Alpicare® legs gel with high quality alpine herbs and plants is a pleasure for tired legs. Precious chestnut and mint extract and pure essential oils restore and revitalize your legs and give you new strength and endurance.

leg gel, 100 ml **16,20 €**

Balm ARNICA and ST. JOHN'S WORT BIO

KEEP YOUR MUSCLES FIT. Bracing alpine essential oils of arnica and St. John's Goat Weed Wort lend help for supporting your fitness. Suitable before and after sports. Ideal for sports' people and hikers, etc... **Ingredients:** arnica, St. John's Goat Weed Wort, jojoba, spruce, rosehips, bee wax, rosemary, ... **Application:** apply the balm and gently massage into the muscles (back, legs, arms, ...).

Balm MARIGOLD and BLUE CAMOMILE BIO

CARE FOR STRESSED SKIN. Caring essential oils of blue camomile and marigold regenerate the skin and provide skin protection. Immediate and long sustainable effectiveness even for strongly stressed skin. **Ingredients:** camomile, marigold, bees wax, sea-buckthorn, olive oil, rosehips, karité butter, ... **Application:** apply the balm and gently massage into stressed parts of the skin (hands, feet, elbows, ...).

Alpine HERBAL TEAS

Enjoy relaxation. Have a cup of tea from one of our relaxing herbal- and fruit teas, refined with the 'tingling' fresh notes of citrus myrtle and lavender blossoms. This glorious combination of fruits and herbs will lead you on an all-round carefree journey. Simply enjoy these unique and therapeutically pleasant tea varieties.

herbal teas, 15 filterbags **8,70 €**



Südtirol fragrance home fragrances



Südtirol fragrance 212 balance

The journey begins in the south-Mediterranean climate with coaxing sweet harmonious scents. Apple blossoms and rose petals reminiscent of warm summer nights. A delicate accord of jasmine and geranium gives feminine elegance. Herbs and spices make Südtirol fragrance 212 an irresistible bouquet with an Italian flair and an alpine soul.

Südtirol fragrance 707 green passion

Magnificent, colourful, green gardens in the heat of summer and full, blooming meadows. Unusual but harmonious, the juxtaposition of tomatoes and herbs, spices and flowers. The intense green herbaceous scent of flowers mixes pleasantly with the light floral note of lavender and the fruity Mediterranean aroma of bergamot and grapefruit.

pure natural ARGAN OIL

This high-grade ORGANIC-certified, lightly roasted Argan Oil, also known in Morocco as 'liquid gold', is gained from the seeds of the fruit of the Argan tree and possesses a high concentration of essential fatty acids. Argan oil is rich in antioxidants and vitamin E and is especially suitable for dry, sensitive, mature and stressed skin types. The oil has a protective and caring effect and strengthens the nails and dry hair.

Argan Oil, 200 ml **57,80 €**

Südtirol fragrance 505 well-being

Immerse yourself in the wonderful mix of tradition and Mediterranean flair. The scents of coffee, cinnamon and almonds are as cosy as candlelight and as warming as a crackling open fire. Be captivated by the pleasant aroma of delicious apples and fresh limes, vanilla and oranges at the fruit market, the Südtirol fragrance 505 brings a delicate, fruity note to your home which evokes memories of sunny summer warmth.

Südtirol fragrance 1900 relaxing

Walking through the forests of South Tyrol there is a calm oasis. The air is slightly spicy, filled with the scent of pine needles and mint, oak moss, lichens and resin. Balmy, earthy, mossy, a fragrance with distinct contours. Contrapuntally, the mild sweetness of the berries: strawberry, raspberry and blueberry harmoniously balanced. Südtirol fragrance 1900 is an irresistible temptation.

Südtirol fragrance 3905 vitalizing

Crossing glaciers, climbing cliffs, the air is clear, the visibility virtually unlimited. At the core of the fragrance: meadow, mint and the unmistakable hint of pine and larch. Firm enough to venture into high alpine regions. Delicate flowers, grasses and mosses complete this unique Südtirol fragrance 3905.

Südtirol fragrance, 200 ml **28,00 €**

St. Barth retail products



ST. BARTH BATH & BODY

AVOCADO OIL 125 ml € 43,00 200 ml € 63,00

ST BARTH avocado oil, from the first cold pressing, is well tolerated by the skin and can be applied directly to both skin and hair, or used as bath oil. Its richness conditions the skin, nails and hair.

ALOE VERA GEL 125 ml € 34,00 200 ml € 51,00

The aloe vera gel with mint is an excellent aftershave and after-sun product. It is suitable for every skin type, even particularly sensitive skin. Manufactured without alcohol, it has a pleasantly refreshing effect and immediately calms irritated skin.

PAPAYA PEELING SHOWER CREAM 125 ml € 41,00

The combination of jojoba wax pearls and the natural enzymes of papaya removes dead skin cells, purifies the skin, and allows it to breathe.

SHAMPOO WITH SPIRULINA 125 ml € 29,00 200 ml € 43,00

Contains spirulina algae extracts rich in protein and minerals, which revitalize the scalp and restore the hair's natural shine, making it silky soft. Can be used every day.

CONDITIONER WITH JASMINE 125 ml / € 29,00 200 ml € 43,00

Thoroughly removes all traces of shampoo, while disentangling hair, making it easy to style. Also restores the hair's natural shine and vitality.

SHOWERGEL 125 ml € 30,00 200 ml € 43,00

A very mild liquid soap containing cleansing plant extracts, nourishing coconut oil, and vetiver and lavender extracts.

UNSCENTED BODY LOTION 125 ml € 55,00

Enriched with mango butter, this moisturizing body lotion is made specifically to treat sensitive skin. It nourishes, revitalizes, and protects the skin, restoring its natural elasticity and firmness.

AVOCADO BODY LOTION 125 ml € 33,00 200 ml € 47,00

Emulsion composed of purified Caribbean seawater with high quality avocado oil. This ultra-hydrating moisturizing body lotion leaves the skin feeling soft to the touch, with a velvety appearance. Three exotic fragrances are available: sensual vanilla bourbon, refreshing tiaré flower and enchanting royal lily.

MASSAGE GEL WITH IVY 125 ml € 37,00 200 ml € 54,00

The ivy gel is particularly suitable after major weight loss for firming the connective tissue on the abdomen, buttocks, legs, and cleavage. Applied as a thin layer, it helps to dehydrate the tissue.

RELAXING OIL WITH MENTHOL 125 ml € 37,00 200 ml € 54,00

The menthol oil is perfect before sports for warming up, supplying the body with blood and loosening up the muscular system. After sports, it has a soothing effect, relaxing muscle groups.

BANANA HAND CREAM 50 ml € 51,00

A rehydrating cream for the hands, which relaxes and deeply nourishes the skin. It is easily absorbed, leaving the hands soft. It is produced without using any stabilizers or synthetic preservatives.

COCONUT OIL 125 ml € 30,00 200 ml € 43,00

Pure and natural coconut oil is rich in active nutrients and protects the skin from drying out while intensifying a tan and lending stressed hair luster and vitality.

ST. BARTH FRAGRANCES

Eau de toilette Les Alizé	50 ml	€ 88,00
Eau de toilette Quanalao	50 ml	€ 88,00
Eau de toilette Tijuca	50 ml	€ 88,00
Eau de toilette Fleur De Canne À Sucre	50 ml	€ 88,00
Eau de toilette Eau De St Barth	50 ml	€ 88,00
Eau de toilette Fleur De Gingembre	50 ml	€ 88,00
Eau de toilette Patchouli Arawak	50 ml	€ 88,00
Perfume Vanille	50 ml	€ 104,00

ST. BARTH SOLAIRE

Roucou face cream SPF 20	50 g	€ 97,00
Roucou ÖI SPF 4	200 ml	€ 56,00
Roucou ÖI SPF 4	125 ml	€ 38,00
Roucou sun cream SPF 8	125 ml	€ 43,00
Roucou sun cream SPF 15	125 ml	€ 48,00
Roucou sun cream SPF 30	125 ml	€ 51,00

ST. BARTH HOMME

Homme (eau de toilette)	100 ml	€ 92,00
Homme shower gel	200 ml	€ 45,00
Homme shower gel	125 ml	€ 29,00
Homme body lotion	200 ml	€ 60,00
Homme body lotion	125 ml	€ 43,00
Homme face fluid	125 ml	€ 75,00

St. Barth Visage

CLEANSING MILK 125 ml € 41,00

With its special combination of plant-based substances, this light emulsion gently cleans the face and body.

TONIC LOTION WITH MELON 125 ml € 27,00

A particularly light and refreshing, alcohol-free tonic lotion, containing vitamin-rich melon extracts to soften, rehydrate, and revitalize the skin.

PAPAYA PEELING 50 g € 66,00

The mild papaya peeling cream restores the skin's youthful shine. Papaya's natural enzymes and fruit acids help remove dead skin cells. Jojoba wax pearls gently remove skin impurities.

CREAM MASK WITH PINK CLAY 50 g € 72,00

For normal to dry skin types. This combination of pink clay and passion fruit extract is particularly appropriate for dehydrated and sensitive dry skin. The curative properties of the fruit strengthen skin tissue, giving a clear and radiant complexion.

CREAM MASK WITH GREEN CLAY 50 g € 72,00

For oily skin types. This cream facemask with ananas extracts, green clay and pineapple extract soothes slightly irritated skin and helps to strengthen skin tissue.

MANGO BUTTER CREAM 50 g € 92,00

An ultra-hydrating cream that also helps to prevent wrinkles. It is suitable for all skin types.

ENRICHED MANGO BUTTER CREAM 50 g € 113,00

An extremely rich anti-wrinkle cream specially made for demanding, sensitive, and dehydrated skin types.

LIP BALM WITH SUGAR CANE EXTRACT 15 ml € 41,00

This original lip balm contains a subtle combination of carefully selected, natural ingredients. It has a calming effect and accelerates the healing process for dry or cracked lips.



cavallinospa



Cavallinospa & wellness

Our new wellness area is intended to provide exhilaration, wellbeing and internal equilibrium. For this reason, we only use completely natural substances and join the ambience directly to nature outdoors. The various 'Sauna' applications are rounded off by comprehensive offerings of massages and baths in our beauty department.

Please be so kind as to observe the following notes:

- Children under 16 are not permitted to enter and use the sauna area and the fitness room.
- Use of the entire wellness area is at one's own risk!
- We recommend using the shower in your room first before using the wellness area. Shampoos, bubble bath products and any kinds of soap are forbidden
- Access to the sauna area without bathing dress is permitted only with bath slippers, a towel or bathrobe.
- Please wear a towel or bathrobe outside of the naked sauna area.
- Please speak softly in the relaxation area so as not to disturb other guests.
- The use of mobile phones and smoking is not permitted in the wellness area.
- Please only reserve the relaxation couches as long as you really need these.
- Access to the indoor pool is permitted with bathing dress, bathing slippers, towel or bathrobe. Please use the grey towel for the swimming pool provided in your room, and please return it to your room. Missing towels and bathrobes will be charged for. Your bathrobe will be changed every 7 days. Intermediate changes will be charged at EUR 5.00 per time.
- Access the fitness room please with clean sports' shoes. Please spread a towel when using the equipment!
- The saunas are to be found in the unisex naked area, with the exception of the Ladies' Sauna, which is only for use by women. All saunas can be repeated after a 30 minute interval.

'KNEIPP' PADDLING BASINS

Our 'Kneipp' paddling basins are practically small medical sensations. They regulate the circulation and stabilize the nervous system and revitalize psychic wellbeing. Special paddling pebbles massage the soles of the feet underwater and thus influence all parts of the body.

EXPERIENCE SHOWER

In the unisex naked area. A tropical thunderstorm rain shower have a refreshing and long-lasting effect.

SALT WATER POOL

Salt water pool with a temperature around 35°C and a salinity of 25% to 28%. Simply enjoy the feeling of weightlessness! Repeated showering and bathing with unsuitable toiletry products encroach upon the very important natural protective functions of our skin. Bathing in salt water can restore this skin condition. The inhaling of salt water vapors is also restorative for the respiratory system as well. Use: with bathing dress as a relaxing application after the visit to the sauna.

CALTRUN SAUNA

In the unisex naked area. Caltrun is the name of a cold spring bubbling throughout the year in the middle of the forest in the immediate vicinity. Legend tells us, that a large jug stood there with a valuable treasure in it strictly guarded by a large worm. The drinking water from the spring is used in our sauna area.

The Caltrun sauna is a steam bath with a temperature between 45°C and 48°C and an ambient humidity of between 90% and 100%. Has a skin cleansing effect and activates the respiratory system. Use: remain in the steam bath for 15 to 20 minutes and then take a cold shower.

LADIES SAUNA

Is reserved for women only! This is a steam bath with a pleasant temperature between 45°C and 48°C and an ambient humidity of between 90% and 100%. Has a skin cleansing effect and activates the respiratory system. Use: remain in the steam bath for 15 to 20 minutes. Thereafter, take a cold shower. Also enjoy the beneficial effect of the 'mist' shower and the tropical rain shower within the women's only area.

SAUNA STUBE

In the unisex naked area. The classical Finish Sauna with dry hot air at temperatures between 80°C and 100°C and 10% to 15% ambient humidity. We built the sauna of 200 -300 year old spruce wood, from a former hay barn. Over all these years, it has stored so much sunshine and warmth, that it is now radiating these again in a sauna cabin. The 'parlor' or 'cabinet' is still today the warmest and most significant room in any farmhouse, where the family assembles for meals, relaxation, and entertainment.

Use: each sauna session of 15 to 20 minutes (please spread towels on the seats!), and shower off cold afterwards.

PINUS SAUNA

In the unisex naked area. An organic sauna with moderate ambient humidity of 50% to 60% and a harmonious temperature between 55°C and 60°C. The origin of this form of sauna is the herbal steam 'scrutching bath' whose health furthering effect was already known to- and appreciated by our mountain farmer ancestors in their highland cottages. On the bath boiler, were strewn fresh spruce fronds. The inherent etheric oils will penetrate the body via the skin and respiratory system, and you will feel yourself newborn. Use: each sauna session of 20 to 30 minutes, and shower off cold afterwards.



Romantik Hotel Post
Weisses Rössl

Famiglia Wiedenhofer • Via Carezza, 30 • 39056 Nova Levante • Alto Adige • Dolomiti
Tel.: +39 0471 613113 • Fax: +39 0471 613390 • info@romantikhotelpost.com • www.romantikhotelpost.com