



TROFANA **R** O Y A L

★★★★★
SUPERIOR

Gourmet- und Relaxhotel
Fitness • Wellness • Beauty

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Beauty-reception desk: Please dial 927



SOOTHING FOR BODY, SOUL AND MIND

Immerse yourself in a world scents and essences. Let go of everyday stress and worries and just pursue your own needs in a peaceful and harmonic environment.

Get pampered with exclusive treatments by skilled beauty professionals.

Experience your own beauty, become one with the universe ...

Welcome to the royal world of wellness, vitality, activity and beauty.

Surrounded by breathtaking nature and with one of the most beautiful and varied spas of the Alpine region: The Trofana Royal Spa & Vitality World is a 2,500-m² facility with fantastic spa and vitality areas as well as a park and patio landscape of similar scale where you can regenerate your body, mind and soul.

The body is a mirror to the soul, and the body must be taken care of in order for the soul to feel at peace. In view of this, we offer four renowned beauty methods, for “his” and “her” inner and outer beauty: Cellular cosmetics “Cellcosmet”, “Alpienne” – with the power of the Alps, “dermalogica” – the world-leading professional skin care system of the stars. All of our treatment methods

have been tested and proven for decades, and consist of mature massage techniques, electro-therapeutic currents and top-quality beauty care products. Purifying and firming body treatments and packs, peelings, hand and foot cares, as well as cleansing, rejuvenating and refreshing baths round off our body care catalogue. The classic and special Royal massages are guaranteed to make you feel deeply pampered. After this deep relaxation, what would feel better than a swim in the Adonis adventure pool or exploring the many sauna types at the Wellness Oasis ...

Yes, this is the sense of delight that we call vitality. It is time to let your body, soul and mind prosper!



MAKE-UP

With individual consultations!

Day make-up € 40,-

Evening make-up € 45,-

EXTRAS

Facial Treatment

Vial € 18,-

Color eyebrows € 12,-

Color eyelashes € 15,-

Color eyelashes
and eyebrows € 20,-

Eyebrow shaping € 10,-

Individual post-
treatment make-up € 25,-

HAIRDRESSER

*Our hair-stylists are available from
Monday to Saturday between 9 a.m.
and 7 p.m.*

Please dial 919 to make an
appointment.

FACIALS *using a variety of methods*

dermalogica® a skin care system researched and developed by The International Dermal Institute

dermalogica is the number one choice of skin care professionals and consumers worldwide. Stars swear by these products made from only the best and purest ingredients available. dermalogica covers the various needs of skin, and with the help of dermalogica's own skin mapping analysis, all skin types receive optimal individual care. The multi award-winning formulas are an efficient mix of scientific discoveries and old wisdoms – a product line free of common irritants and ingredients that could cause breakouts (including lanolin, SD alcohol, mineral oil, artificial colors and fragrances). All properties originate from environmentally safe sources. Enjoy pure beauty with a clean conscience: This is dermalogica.

„ROYAL CLASSIC“ **dermalogica professional**

- Skin-type diagnosis
- Special face-mapping
- Peeling, Vapozon
- Removal of skin impurities
- Eyebrow-shaping
- Special active agent serum
- Face massage
- Mask, Cosmetic crème

approx. 85 treatment min. ... € 110,-
on request with cellcosmet
products, incl. serum € 120,-

Get to know „ROYAL BASIC“

- Cleansing
- Peeling, Vapozon
- Removal of skin impurities
- Mask, Cosmetic crème

approx. 50 treatment min. ... € 75,-

„FLASH BEAUTY“ *pure moisture*

Cooling power mask with seaweed for an extra helping of moisture, combined with cleansing, peeling, special active agent serum and seaweed mask.

approx. 55 treatment min. ... € 85,-

MICRO DERMABRASION AND ULTRASOUND

Removal of the top horny layer with a precision crystal beam and ultra sound infiltration of premium active agents.

approx. 55 treatment min. ... € 115,-

„MASQUE MODELANT“ *Skin-deep beauty*

Used for impurities, sensitive skin and anti-ageing treatments. Firming and mildly warming mask:

- Cleansing
- Peeling, Vapozon
- Removal of skin impurities
- Special active agents based on your individual skin type
- Modelling and Cosmetic crème

approx. 120 treatment min. . € 125,-

cellcosmet **cellmen** Switzerland

This is the secret to eternal youthful appearance. Cellcosmet & Cellmen are the first cosmetic products to be based on the principles of cellular therapy that use the much more effective active biological component cells on the skin. This new generation of care products protects the skin with special active agents, supplies it with moisture and actively supports cell regeneration.

CELLCOSMET FACE-LIFT *“Gourmet“ treatment*

A special bandaging treatment is used for this little face-lift. This makes the skin healthier and more beautiful. Includes a relaxing hand massage.

approx. 120 treatment min. . € 140,-

CELLCOSMET COLLAGEN TREATMENT

This treatment includes a deep cleansing, a facial massage, a special active agent serum and a toning collagen non-woven mask.

approx. 85 treatment min. ... € 125,-

FACIALS *purely for men*

With our special care products for men, guys can experience a totally individual treatment. Allow our experienced cosmeticians to guide you. Shaving before a facial treatment is not absolutely necessary. It is advisable to leave at least 2 hours between shaving and treatment.

„MEN RELAX CLASSIC“ **with dermalogica**

Oh boy, this is great!

- Skin-type diagnosis
- Peeling, Vapozon
- Removal of skin impurities
- Eyebrow-shaping
- Special active agent serum
- Face massage
- Mask, Cosmetic crème

approx. 85 treatment min. ... € 110,-

Manicure „ONLY FOR MEN“

- Nail shaping
- Hand bath
- Cuticle removal
- Massage with strengthening hand cream for men and cuticle oil

approx. 50 treatment min. ... € 45,-

Get to know

„MEN RELAX BASIC“

- Cleansing, Peeling, Vapozon
- Removal of skin impurities
- Mask, Cosmetic crème

approx. 50 treatment min. ... € 75,-

HAIR REMOVAL

Hair removal with waxing!

Back waxing € 38,-

Chest waxing € 38,-

NATURAL COSMETICS – ALPIENNE *Power of the Alps*



*Grown in the mountains, harvested by hand,
and processed according to old tradition. Nothing
but pure nature – this is the power of the Alps!
For firm, healthy, balanced and beautiful skin.*

Natural products from Alpienne. The harvesting of herbs is indeed hard work for the mountain farming families. The wild-growing plants must be harvested plant-by-plant, blossom-by-blossom from the flowering mountain pastures, and then each plant must be carefully sorted, dried and processed. This time-consuming labor is necessary to conserve and amplify the herbs' healing powers, and to produce the unique Alpienne products.

ALPINE SPA SINGLE TREATMENTS

ALPIENNE PEELING

- Honey-peeling massage with crystal rock salt
- Relaxing honey-Swiss stone pine bath
- Aftercare with honey crème
- Rest and relaxation

approx. 70 treatment min. € 80,-

ALPIENNE RELAX & HARMONY

- Herbal foot bath and foot massage with Saint-John's-wort crème
- Head massage with arnica tonic and face massage with Saint-John's-wort, chamomile or honey crème
- Relaxation massage with Saint-John's-wort massage lotion with steam-heated herbal sachets
- Rest and relaxation

approx. 85 treatment min. € 118,-

ALPIENNE SPORT VITALITY

- Hay blossom footbath combined with foot massage with marmot crème
- Marmot oil, arnica- or Saint-John's-wort-wrap for joints and back
- Sport & Vitality back massage with steam-heated herbal sachets with marmot oil
- Rest and relaxation

approx. 50 treatment min. € 88,-

ALPINE SPA PACKAGES

ISCHGLER MOUNTAIN DREAM FOR "HER" 2-day program

DAY 1:

- 1 peeling treatment with honey peeling massage
- 1 honey-Swiss stone pine bath

approx. 50 treatment min.

DAY 2:

- 1 Relax & Harmony treatment with herbal foot bath and foot massage
- Head and face massage
- Relaxation massage with steam-heated herbal sachets

approx. 85 treatment min. € 155,-

ISCHGLER MOUNTAIN DREAMS FOR "HIM" 2-day program

DAY 1:

- 1 Alpienne Sport & Vitality treatment with herbal foot bath and foot massage
- Herbal wrap and vitality back massage with steam-heated herbal sachets

approx. 50 treatment min.

DAY 2:

- 1 Relax & Harmony treatment with herbal foot bath and foot massage
- Head and face massage
- Relaxation massage with steam-heated herbal sachets

approx. 85 treatment min. € 175,-





BODY TREATMENTS *nurturing, purifying and firming*

PURIFYING & FIRMING BODY TREATMENTS

FIRMING CHEST-LIFTING TREATMENT

With cellular products from Cellcosmet.

approx. 50 treatment min. ... € 80,-

SPECIAL FIRMING ANTI-CELLULITE TREATMENT

Precision firming of the connective tissue with intensive cellular products from Cellcosmet.

approx. 50 treatment min. ... € 85,-

THALASSO THERAPY „ROYAL“

Enjoy a wonderful seaweed/seasalt peeling followed by a bath in the whirl pool and a 100 % pure seaweed pack in our soft pack bed. The treatment is concluded with firming body care.

approx. 110 treatment min. ... € 105,-

ÄGYPTOS WRAP

Our Highlight!

- Rejuvenates and firms from the first treatment.
- Detoxifies, purifies and deacidifies the body. Strengthens health and immune system.
- Visible cellulite results after the third treatment, purification results equaling two weeks of fasting.
- Regenerating and stress reducing

approx. 120 treatment min. ... € 145,-

3 treatments ... € 410,-

ÄGYPTOS VITALITY WRAP „QUICK“

For those who are pressed for time.

approx. 80 treatment min. ... € 115,-

Amazing anti-cellulite results when combined with partial lymphatic drainage treatments.

PEDICURE & MANICURE

Classic manicure € 48,-

Medical pedicure € 58,-

Extra nail polish:

• with treatment € 10,-

• without treatment € 20,-

French manicure:

• with treatment € 15,-

• without treatment € 25,-

SPA MANICURE

Exclusive hand treatment

Nurturing hand bath, peeling, nail shaping, cuticle removal, massage and treatment mask.

approx. 80 treatment min. ... € 70,-

SPA PEDICURE

Refreshing herbal foot bath, peeling, nail shaping, cuticle and calluses removal, Massage and treatment mask.

approx. 80 treatment min. ... € 78,-



BODY PEELINGS

BODY SPA with dermalogica

Gentle wellness peeling followed by skin care.

approx. 25 treatment min. ... € 39,-

PURIFYING SEA DELIGHTS

Firming perfection with seaweed peeling.

approx. 25 treatment min. ... € 45,-



HAIR REMOVAL

with wax

Upper lip € 15,-

Cheek or chin € 17,-

Underarms € 25,-

Bikini line € 25,-

Lower legs € 38,-

Whole legs € 52,-

TANNING

The tanning-booths are located in the spa & beauty facilities, and can be activated with your room key.

15 tanning min. ... € 9,-

CLASSIC MESSAGES

FULL BODY MASSAGE

This is the crowning relaxation therapy. Not only does a massage relieve painful muscle cramps, it also assists mental relaxation. By treating yourself to an all-over body massage you are also treating yourself to a new feeling of life, full of energy and vitality.

approx. 50 treatments min. € 75,-

SPORT MASSAGE

This massage serves to release muscle tension after athletic activities. It is a treat for sore muscles and boosts future performance.

approx. 25 treatments min. € 55,-

approx. 50 treatments min. € 85,-

PARTIAL BODY / BACK MASSAGE

The burdens of everyday life are carried on your back. The spinal column, deserves special treatment. Arms and legs are constantly in motion. The extremities are particularly susceptible to sore muscles after playing sports. To prevent these unpleasant experiences you should treat yourself to our localized body massage.

approx. 25 treatments min. € 52,-

BRUSH MASSAGE

Experience your body tingling. This form of stroking massage stimulates the circulation and also strengthens and tautens your connective tissue. The treatment is rounded off by the application of a cosmetic crème.

approx. 25 treatments min. € 52,-

HEAD MASSAGE

approx. 20 treatments min. € 48,-

FACE AND NECKLINE MASSAGE

This special massage method relaxes and pleasantly increases blood flow to the face and neckline.

approx. 25 treatments min. € 48,-

COMBINATION MASSAGE

Back massage and reflexology foot massage

approx. 50 treatments min. € 80,-

REFLEXOLOGY FOOT MASSAGE

Your feet will carry you all your life. Reflexology zones on the soles of your feet are the best tools you have for helping and healing. Get to know your body in a very special way, step by step. **Foot peeling included.**

approx. 50 treatments min. € 75,-

LYMPHATIC DRAINAGE

Lymphatic drainage is a gentle therapy that treats edemas and swellings. Excess fluids are transferred from the tissue to the lymphatic system with circular movements **with light pressure.**

PARTIAL BODY LYMPHATIC DRAINAGE

approx. 50 treatments min. € 70,-

LOCALIZED LYMPHATIC DRAINAGE

approx. 80 treatments min. € 98,-

MASSAGE FOR CHILDREN

Enjoyable relaxation massage for children and teens between 6 and 14 years-of-age.

approx. 20 treatments min. € 35,-



OXYGEN RELAXATION ROOM

Experience the beneficial high concentrate oxygen and pleasant colored lights in a comfortable massage chair. Improves skin and strengthens immune system.

1 treatment approx. 15 treatment minutes € 15,-

RELAXATION MESSAGES

AROMA MASSAGE

The aromatic oil massage is a gentle full body massage with special aromatic oil essences which speak to body, mind and soul.

approx. 50 treatments min. € 80,-

TYROLEAN VITALITY MASSAGE

A warming night-candle oil bath followed by a pre-treatment period spent in our "light crystal" facility prepares your muscles for a soothing massage with Tyrolean night candle oil. The treatment ends with the rubbing-in of Tyrolean night candle oil tonic.

approx. 90 treatments min. € 98,-

PHYTOMASSOPODIA

Foot pampering treatment!

The name Phytomassopodia is the first patented method for holistic wellbeing following ancient Roman rituals, where the feet are exclusively treated. These days our feet are neglected and are often forced into unsuitable shoes.

This method reawakens the wellbeing of the feet and the entire person. It is based – and this is unique – on five university disciplines: Kinesiology (the science of motor function), physiotherapy, podology, thermal medicine, and aromatherapy. The treatment reactivates the circulation promoting pump function of the foot, improves the blood and lymph circulation, reduces cramps and muscle pains, reactivates the inner organs, purifies and detoxifies the skin and reacts very positively on a psychosomatic level.

The treatment includes:

- Detoxification of the foot
- Releasing of blockages through passive and active podokinesiology
- Wrap with cold or warm herbal packs
- 3 types of manual massage
- 3 types of massage with Podostrigiles
- Incorporation of 5 different essential oil products made from growing wild herbs

Treatment will be carried out exclusively by those who have been trained in accordance with the criteria of the WFA – the Wellness from Feet Academy (of which our hotel in Ischgl is a member).

approx. 50 treatment min. €80,-



ROYAL BATHS *nurturing and cleansing*

CLEOPATRA BATH

Feel like Cleopatra, the Ancient World's icon of beauty and radiance. Exquisite ingredients – mares' milk, fresh honey, crème and select fragrances – act on your body and form a soft coat of smoothness. Treat yourself to this royal bathing ritual in a fantastic setting.

approx. 30 treatment min. € 38,-

ROSE, CAMOMILE, ORCHID OR HAY BLOSSOM BATH

Its seductive fragrance has elevated it to the queen of all perfumes. What's more, the rose, the camomile, the orchid or the hay blossom has purifying and strengthening effects on the blood and the heart.

approx. 30 treatment min. € 28,-

SERAGLIO BATH (up to 4 persons)

Rub your body with various kinds of mud. Enjoy the soothing radiant heat from the steam sauna. This experience is especially enjoyable when shared with friends or family.

approx. 50 treatment min. for 2 persons per person € 38,-

ORIENTAL BATH – CEREMONY

The Oriental bath has lost none of its appeal over thousands of years. This great tradition still continues at the "Trofana Royal". A cup of oriental tea gets you into the right mood for the bath, and your body will gradually relax as you alternately experience a soap brush massage, steam bath, whirlpool and peace and quiet. As a souvenir of your Oriental bath you will receive an energetically charged stone to take home with you.

approx. 60 treatment min. for 1 person € 70,-

approx. 85 treatment min. for 2 persons € 98,-

ROYAL BATHS *energizing and revitalizing*

ROCK OIL BATH

This highly precious oil from the Tyrolean Alps is particularly good at relieving back, joint and muscle problems. We also suggest you have a massage after the bath.

approx. 30 treatment min. € 38,-

CARBONIC-ACID BATH

Ideal after sport to neutralize the muscles.

approx. 25 treatment min. € 35,-

TYROLEAN VITALY BATH (also as cold & flu bath)

This one will definitely cheer you up in winter! A great way to feel completely rejuvenated after a day spent skiing or winter hiking.

approx. 30 treatment min. € 38,-

ROYAL HIGHLIGHT *in the "suspension bed" (soft-pack bed)*

Be gently rocked in the warm (36 – 38 °C) suspension bed and enjoy the moisturizing, rejuvenating or healing crème packs:

EVENING PRIMROSE/GOAT BUTTER CRÈME BATH

Intensively moisturizing, healing care. Effective against neurodermatitis and very dry skin.

approx. 50 treatment min. € 55,-

ISCHGLER HAY BATH

One hour before your bath, the hay from Ischgl is placed in water to soak. When you lay down in the sweet smelling hay and are lowered into the waterbed, the hay releases all of its beneficial effects. We suggest that after the treatment you allow yourself to rest for 20 minutes in our light crystal zone. This treatment regenerates the body and the autonomous nervous system.

approx. 50 treatment min. € 55,-

REJUVENATING PUMPKIN PACK

Purifying and nurturing pack with diuretic, peeling and moisturizing effects.

approx. 50 treatment min. € 55,-

ROSE BLOSSOM BATH

With stimulating essence of roses – moisturizing and with a heavenly scent.

approx. 50 treatment min. € 55,-

ORANGE BLOSSOM BATH

The sweet fragrance of Neroli oil, which is obtained from orange blossoms, has a relaxing and soothing effect.

approx. 50 treatment min. € 55,-

PURIFYING SEAWEED PACK

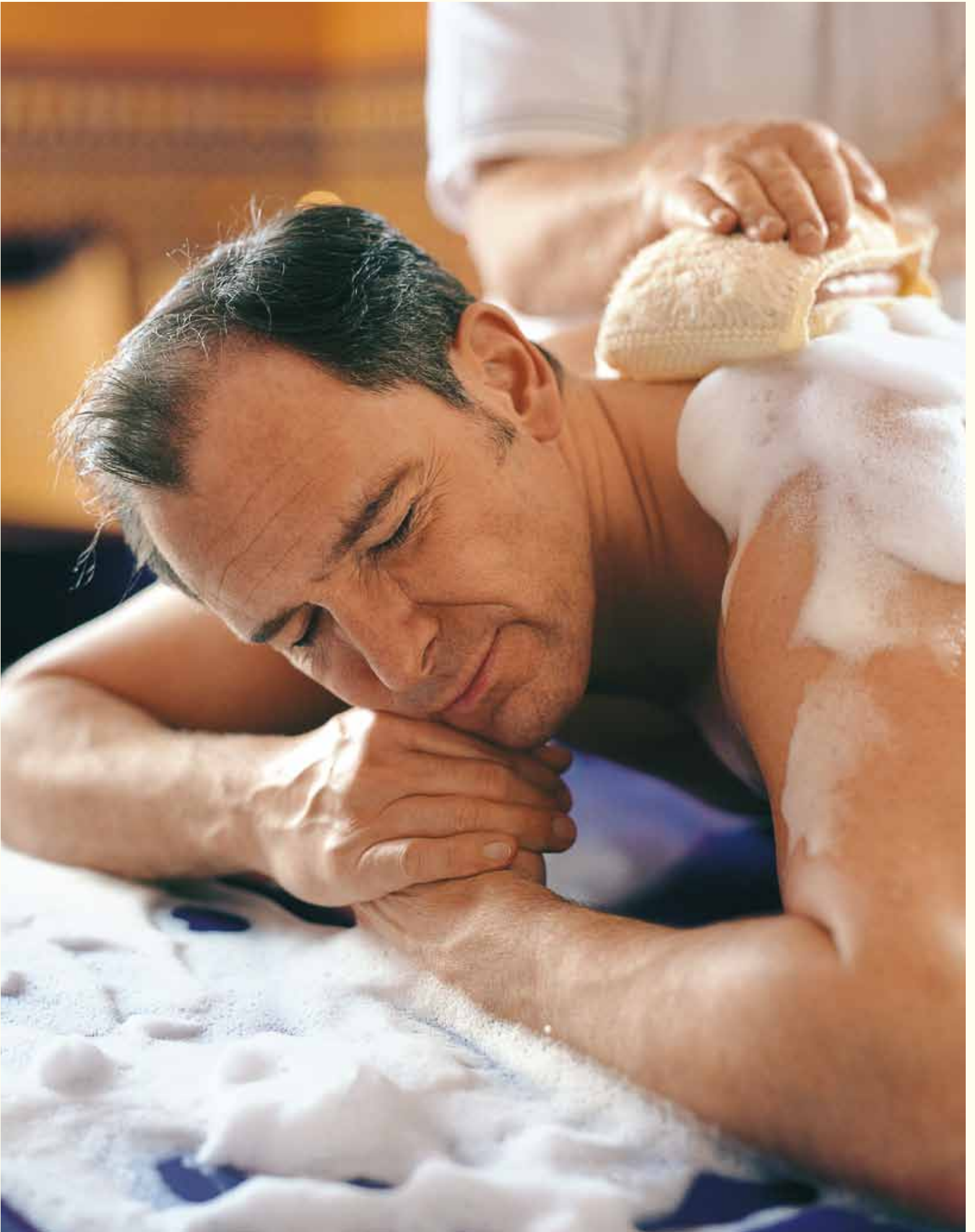
Treatment with detoxifying, smoothing and firming effects followed by a firming skin creme.

approx. 50 treatment min. € 55,-

MOOR OR FANGO MUDPACK

Soothes joint pains, inflammations and back tensions.

approx. 50 treatment min. € 55,-



HAPPINESS, THAT'S WHAT I WANT

Royal's beauty, health and relaxation packages comprise a carefully balanced symbiosis of our extensive range of products and services. In this sense, Royal Beauty, Royal Med, Royal Wellness and Royal Fit blend into each other. The synergies are used to open your mind to a wonderful world of individual wellbeing.

ROYAL BEAUTY & HEALTH PACKAGES

ROYAL-BEAUTY DAY

- 1 „Royal Classic“ facial
 - 1 Back massage
 - 1 Oriental bath ceremony with soap-brush massage
 - 1 Oxygen relax massage
 - 1 Classic manicure or classic pedicure with polish
- per Person* € 252,-

ANTI-STRESS DAYS FOR HIM

- 1 Classic “Men Relax” facial relaxation
 - 1 Classic manicure
 - 1 Floating sensation rose blossom bath
 - 1 Aroma relaxation massage
- per person* € 230,-

SNUGGLE PACK FOR HIM AND HER 2 to 3 days of treatment

- 1 Seraglio bath for two
 - 1 “Royal Classic” facial for her
 - 1 “Men Relax” facial for him
 - 1 Gentle peeling (dermologica) each
 - 1 Orange blossom bath each
- for 2 persons* € 395,-

ROYAL FEEL-GOOD DAY

- 1 Spa pedicure with refreshing foot bath
 - 1 “Royal Classic” facial
 - 1 Oriental bath
 - 1 Back massage
- per person* € 256,-

„ROYAL BEAUTY“ ANTI-CELLULITE PROGRAM – (4 to 5 days)

- The program for a firm figure*
- 3 “Aegyptos” wraps
 - 3 Localized lymphatic drainage treatments
 - 2 Firming anti-cellulite treatments
 - 1 Classic manicure with polish
 - 1 Classic pedicure with polish
- per person* € 717,-

ROYAL BEAUTY LUXURY WEEK (6 days)

- 1 Oriental bath ceremony
 - 1 Spa manicure or spa pedicure
 - 1 Wellness peeling
 - 1 Aroma relaxation massage
 - 1 Orange/rose blossom bath in the Soft-Pack-Bed
 - 1 Full body massage
 - 1 Cellcosmet face-lift luxury facial
- per person* € 426,-



- Please see our extra brochure for more treatments and offers.
- Treatment appointments may be cancelled without charge with at least 12 hours advance notice. In the case of later cancellations, and if we cannot find a replacement for your appointment, you will be charged a 50 % cancellation fee.
- No-shows are charged a 100 % cancellation fee.
- All rates are including tax.
- With the publication of this price list, all prior price lists are void.

THE FITNESS-REVOLUTION IN TROFANA ROYAL

POWER PLATE

Power Plate has revolutionized the spa, beauty and anti-aging industries. The principles of vibration training originate from Russian space technologies. During Power Plate training, nearly 100 % of muscle fibers are activated.

After only a 10-minute workout you have the effect of a long hard traditional workout, and additionally gain a multitude of benefits:

- Localized fat burning
- Intense blood circulation
- Skin enhancement
- Improved body control
- Enhanced endurance
- Immediate relaxation
- Well-being

Introduction approx. 20 minutes	€ 35,-
Introduction plus 1 session	€ 52,-
Introduction plus 3 sessions	€ 83,-
Introduction plus 5 sessions	€ 109,-
1 session	€ 20,-
3 sessions	€ 51,-
5 sessions	€ 75,-

ETIQUETTE & MISCELLANEOUS

We kindly ask you to respect our guests' need for peace and quiet, and therefore ask you not to use your cell phone in the spa and relaxation facilities. You are welcome to use your cell phone at the Orangerie.

Smoking is not allowed anywhere in the spa and relaxation facilities.

Please note that the sauna facility is to be used without swimwear, and that children under the age of 14 are not allowed to enter.

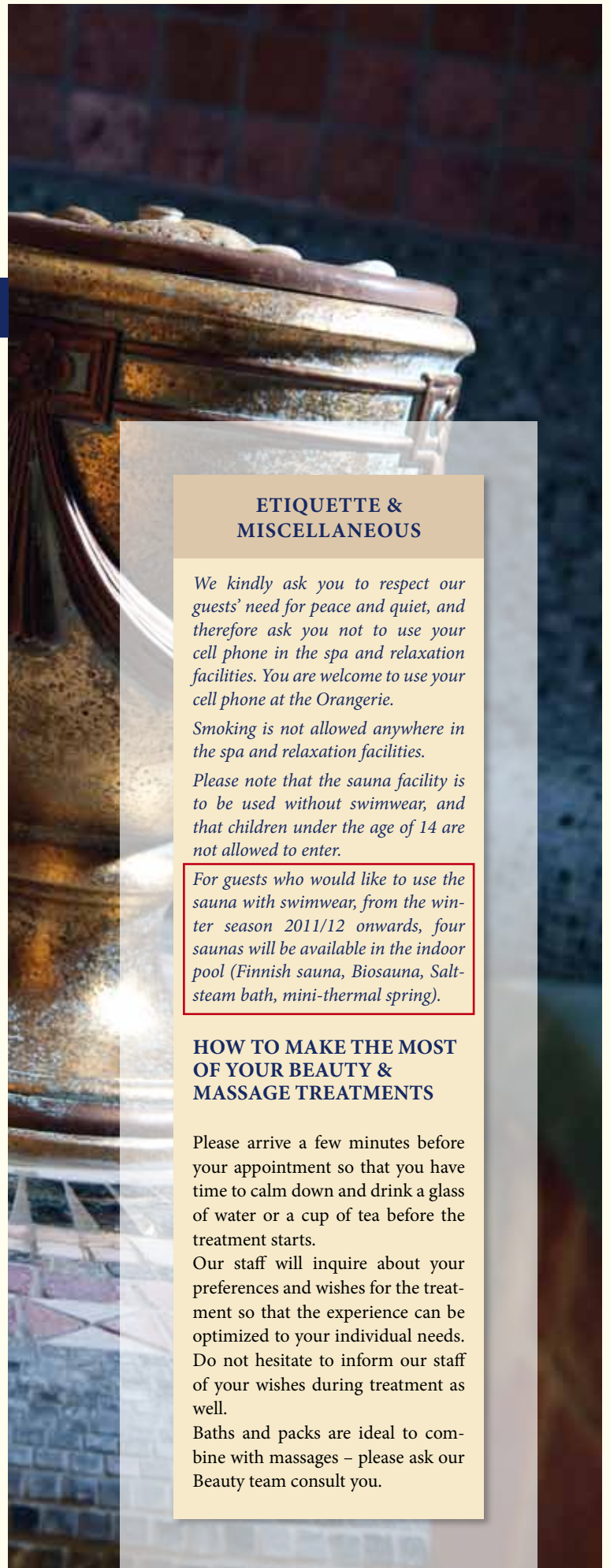
For guests who would like to use the sauna with swimwear, from the winter season 2011/12 onwards, four saunas will be available in the indoor pool (Finnish sauna, Biosauna, Salt-steam bath, mini-thermal spring).

HOW TO MAKE THE MOST OF YOUR BEAUTY & MASSAGE TREATMENTS

Please arrive a few minutes before your appointment so that you have time to calm down and drink a glass of water or a cup of tea before the treatment starts.

Our staff will inquire about your preferences and wishes for the treatment so that the experience can be optimized to your individual needs. Do not hesitate to inform our staff of your wishes during treatment as well.

Baths and packs are ideal to combine with massages – please ask our Beauty team consult you.



TROFANA ROYAL

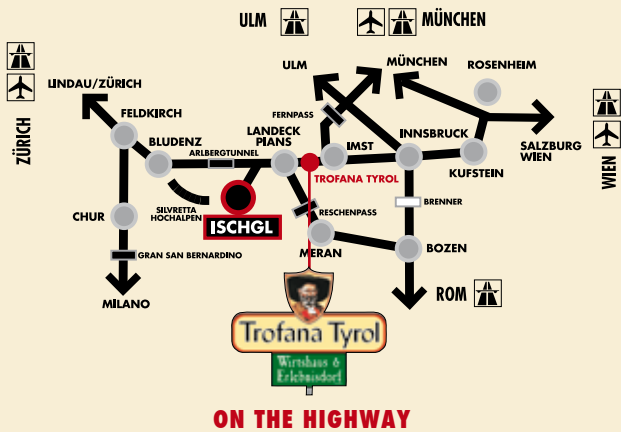
★★★★★
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Gourmet- und Relaxhotel
Fitness • Wellness • Beauty

The von der Thannen family · A-6561 Ischgl · Tyrol · Austria
Tel. +43 (0) 54 44 / 600 · Fax +43 (0) 54 44 / 600-90
office@trofana.at · www.trofana.at



Come and visit us at our
MOTORWAY REST STOP "TROFANA TYROL" IN MILS!
You can't miss us on the motorway
between Imst and Landeck.



Additional businesses run
by the von der Thannen family
in ISCHGL:

- Hotel Trofana : hospitality based on tradition
- Trofana Tenne : the "in" bar in the center of Ischgl
- Trofana Alm : après-ski, restaurant, disco
- Trofana Arena : top live entertainment

