



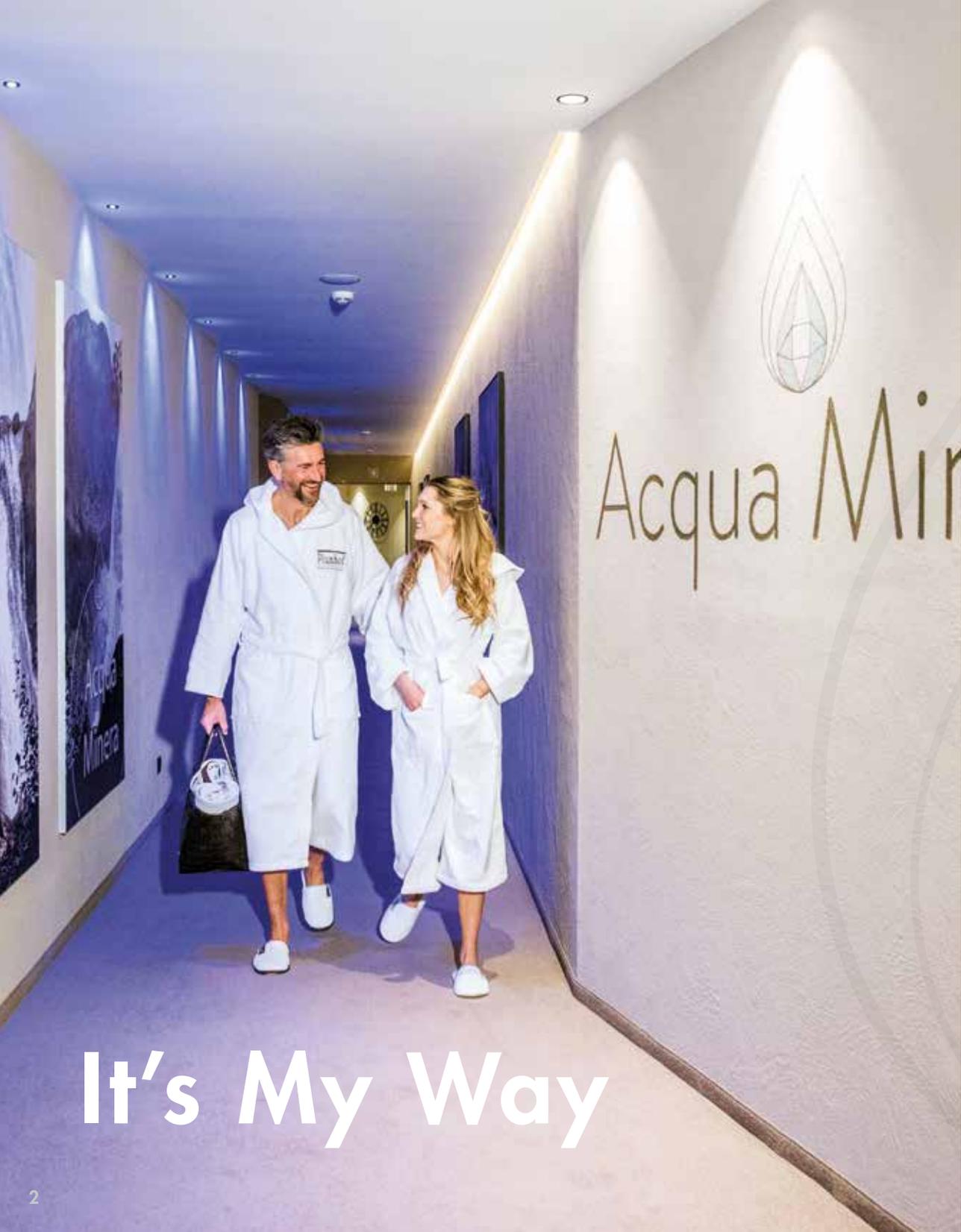
Spa Minera

# It's My Time

Your path to health, wellbeing and joy

# Plunhof

Home of generations



It's My Way

# Time for Change

Stay healthy, live sustainably, be natural

## To the Source

Arrive. And embark on a journey within. Authentic and inspirational spa rituals combine massage techniques and nature's precious gifts to provide body and mind with an unforgettable experience of absolute relaxation and equilibrium. Activity and tranquillity have a natural affinity with day and night, light and darkness. Connect with the rock and the soil, with the power and energy of the sun, of plants ... and water.

## Become, be and stay healthy!

Only a holistic approach, focusing on the five pillars of nutrition, exercise, restoration, emotional health and a healthy environment can bring about the harmonious interaction of body, mind and spirit.

The holistic Mylife Changer philosophy helps us reinforce our basic trust in life, providing the stimulus for a better quality

of life. A mindful rhythm in harmony with the self and nature's heartbeat is the foundation for a balanced life and enhanced physical and mental health. This innovative method was developed by Mylife Changer physicians and is based on a scientific approach.

## Sustainable

We desire to protect the environment in which we live. Therefore, our Mylife Changer treatments only use cosmeceuticals with organic or certified natural, vegan and cruelty-free ingredients and a limited CO2 footprint. Swiss ECOCERT certification confirms Laboratoires Syntil's commitment to ecological sustainability.

Welcome to Spa Minera. Time may be relative, but time invested in ourselves and our health is the best investment of all!

**The Spa Minera team**



**BACK TO THE SOURCE**

- 8 Silver Quartzite Massage Treatments
- 12 Relaxing Rituals
- 14 Cleansing Rituals
- 16 Body Wraps
- 17 Inspiring Baths
- 18 Massages
- 20 Beauty à la Carte
- 21 QMS Facials

**BECOME, BE AND STAY HEALTHY  
HOLISTIC MYLIFE CHANGER METHOD**

- 22 Mylife Changer – Time for Change
- 24 Interview with Dr Alexander Papp,  
Founder of Mylife Changer
- 26 Mylife Changer Method
- 32 Mylife Changer Face
- 34 Mylife Changer Organic Face
- 36 Mylife Changer Men
- 38 Mylife Changer Body Treatments
- 40 Mylife Changer Detox & Slimming
- 42 Mylife Changer Solution Massages
- 44 Mylife Changer Journeys
- 48 SportInfluence & TransSpirit
- 49 Nutrient Therapy & Nutrition
- 50 Spa Etiquette



## Signature Treatments & Authentic Rituals

Experience the unparalleled variety of our elaborate treatment combinations, holistically applying the interaction of nature and our experts' hands.



# Signature Treatments

## Back to the Source. A Bespoke Experience

Although invisible to the human eye, elemental forces are at work in the universe, creating an energy that connects the whole cosmos. The spa's unique massage using South Tyrolean primary rock follows this universal principle. Mined exclusively in the mountains of the Pfitsch Valley, this intriguing rock comes from a small quarry in the Hohe Tauern window, an interesting geological structure of the region. Its shimmering silver surface makes it a gem for mineral collectors, and now its inner values are coming to the fore too: the rock's high silica content endows it with therapeutic properties. Combined with hand-picked local herbs and our specially developed relaxation techniques, the rituals activate the body's self-healing powers, reducing stress and boosting the immune system. They energise the parasympathetic nervous system, thereby relieving the autonomic nervous system. Your muscles relax, you breathe more deeply, and your thoughts become ever clearer. Choosing this experience means choosing you.

### Silver Quartzite Stone Ritual

Your personal transformation ritual is a highly individual experience for body, mind and spirit, boosting your awareness and restoring strength. The interaction of silver quartzite, wild herb essences and a meditative smudging ritual calms the nervous system, taking you on a journey to your inner self. Let go, release stress and boost your immune system.

approx. 105 mins

€250

### Silver Quartzite Back Treatment

Release muscular and inner tensions. During this experience, we focus on the power of your spine and its associated meridian system. Firm pressure and detoxifying wraps re-energise your body. Silver quartzite crystals have an alkalising effect and can therefore bind toxins. Muscles and connective tissues are deacidified, your head feels clear, muscular imbalances are corrected.

approx. 75 mins      €190

### Silver Quartzite Detox Treatment

Your detoxification and revitalising ritual. Scientifically accredited medicinal clay from the Pfitsch Valley with a high silicon content has a deacidifying effect on muscles and connective tissues. This alkalising experience also leaves your mind and spirit feeling light and liberated. Enjoy the strength and vital energy that becomes apparent after this treatment!

approx. 50 mins      €150  
 approx. 80 mins      €175

### Silver Quartzite Mind Cleanse

Your deep-cleansing ritual. Enjoy the lasting effects of this experience that is designed to stimulate the metabolism and energetically cleanse your soul. The fragrances of larch resin and mountain juniper are accompanied by music and smudging to gently transport you to a state of deep meditation. Emerge refreshed, re-energised and revitalised.

approx. 75 mins      €250



## The Power of Stone

First, the power of the earth: a wrap of sun-dried natural earth deeply nourishes your skin with minerals and trace elements as it eases, cools and relaxes. This boosts the immune system, cleanses the body and, in conjunction with colour energy essential oils, bestows a holistic sense of wellbeing. Afterwards, enjoy a restful foot massage with fragrant body butter before we treat you to a neck and head massage that releases tension and brings about profound relaxation. The culmination of this exceptional treatment ritual is a massage that harnesses the power of stone: the tingling hot and cold effect of locally sourced mica schist provides energetic balance while essential oils stimulate the metabolism, relieve stress and increase vitality as the massage reconnects body, mind and spirit. A peerless Spa Minera treatment experience!

**approx. 110 mins**      **€159**

Your gift: a personalised colour energy spray for the home!

## Pine Vitality

A harmonious blend of massage techniques using heated pine rollers, pine pebbles and Swiss pine massage milk (pine and arnica or pine and honey) for inner calm and relaxation. The warmth of the massage rollers and the massage milk penetrates deep into the muscles and improves blood flow throughout the body, promoting energy flow and easing tension and blockages. The face massage with Swiss pine pebbles promotes all-over wellbeing. This relaxing ceremony facilitates access to the inner world and spirit. An effective method to promote health and activate self-healing powers.

**approx. 80 mins**      **€120**

## Ulten Sheep's Wool Ritual

Pure lambswool envelops the body in natural warmth, delivering lanolin which gently penetrates the deeper layers of the skin for concentrated beauty, wellbeing and tranquillity. This ritual is accompanied by a smudging with Swiss pine and Alpine rose to clear the mind and generate deeper relaxation. Slow down and savour the silence, wrapped in a fluffy wool blanket while your body is gently massaged with tufts of wool.

**approx. 50 mins**      **€119**

You will be given your sheep's wool fleece to take home with you after the treatment.





### Salt of Life

This holistic ritual for the face and body is based on the natural healing power of salt. Rock salt, precious plant oils, delicate herbs and the fragrance of essential oils – the purest ingredients bring you into harmony with yourself and the diversity of nature. Body scrub and wrap: choose from reviving rose, calming lavender, refreshing Alpine herbs or energising lime. Your salt scrub and wrap ritual is complemented by a facial massage and followed by a soothing rock salt massage – a beguiling mix of massage and energy work with a profound and relaxing effect. Real salt crystals tackle energy blockages and provide the skin with trace elements and minerals – harnessing the power of salt for the body, mind and spirit. You will be given the salt stones to take home for another detoxifying salt bath.

approx. 80 mins

€120



GǎOXÌNG



MÁGICO



MANARŪ



RAHIMA

### Global Adventure

Our Global Adventure makes use of massage to take you to the most beautiful parts of the world: Asia, Africa, the South Seas and the Amazon. Enjoy intense exfoliation and a massage with warm oils for complete relaxation. Indulge your skin in every way with exotic ingredients such as marula oil, buriti oil, lychee oil and monoi oil.

approx. 50 mins

€79

approx. 80 mins including full-body massage

€120



### South Tyrolean Hay Wrap

The powers of Alpine hay have been proven for over 100 years. Dried mountain flowers, grasses and herbs such as arnica, potentilla, yarrow and sweet clover produce essential oils – with a beautiful scent – to detoxify and stimulate the metabolism.

### Alpine Herbal Bath

Fresh rosewater, soothing edelweiss and pure mountain honey combine for deep moisturising. Refined with hay flowers to stimulate and calm.

### Mud Wrap

Mud is extremely versatile, and can be used to treat rheumatism, muscle tension and joint wear. It relaxes the muscles, combats inflammation, balances hormones and has a particularly deep-acting effect.

### Honey and Swiss Pine Bath

This relaxing bath with pure honey and the calming powers of Swiss pine essential oil smooths and moisturises, calms and improves overall wellbeing.

### Seaweed Pack

Thanks to the synergetic effect of three different algae, this full-body pack promotes skin detoxification and purification. Connective tissues are strengthened and the silhouette improved.

### Alkaline Bath

Delight in this alkaline bath which rebalances your skin's pH value, deacidifies and purifies the body.

Per person approx. 30 mins €59

#### TIP

Combine your body pack with a partial or full-body massage on our softpack bed.

Per person approx. 30 mins €53  
For two approx. 30 mins €64



### Classic Massages

Back and neck massage  
with heat pack  
**50 mins €72**

Back massage  
**25 mins €46**

Deep back massage  
**45 mins €77**

Leg massage  
**25 mins €46**

Deep leg massage  
**45 mins €77**

Full-body massage  
**50 mins €79**

Sports massage  
**50 mins €85**

### Special Massages

Aromatherapy massage  
**50 mins €79**

Honey massage  
**45 mins €77**

Anti-stress massage  
**50 mins €79**

Herbal compress massage  
**50 mins €79**

Lymph-stimulating massage  
**50 mins €79**

Foot zone massage  
**25 mins €46**  
**45 mins €77**

### Phytomassopodia

A ritual for great-feeling feet. A soothing combination of exercises, massage and treatment pack with premium plant extracts.

**50 mins**

**€77**

# Beauty à la Carte

## Eyes

Eyelash tinting

€25

Eyebrow tinting

€20

Eyebrow shaping

€18

## Hands

Manicure without polish

€39

Manicure with clear polish

€45

Manicure with polish (includes  
polish to take home)

€58

Manicure with gel nail polish

€79

Gel nail polish removal

€25

## Feet

Pedicure without polish

€59

Pedicure with polish (includes polish  
to take home)

€75

Pedicure with gel nail polish

€88

Deluxe pedicure including foot scrub,  
pack and massage

€85

## Waxing

Upper lip

€15

Lower leg

€29

Full leg

€38

Bikini or underarm

€18

Chest

€29

Back

€29

Arms

€29

# Facials

## QMS Deep Cleansing Treatment

An intensively cleansing facial specially formulated to remove impurities and dead skin cells. Soothing and moisturising ingredients in the signature QMS seaweed sculpting mask hydrate and restore the skin's natural balance. Eyebrow shaping included in treatment.

approx. 80 mins

€129

## QMS Neo Tissudermie

Firms and strengthens the tissue to leave it feeling like new. This highly regenerative treatment tightens and stabilises tired, sagging skin and fights the signs of ageing. Deep cleanse and exfoliation, eyebrow shaping, seaweed sculpting mask to soothe and hydrate, lifting massage with Co-Lectine 3, Hydro Foam Mask plus eye cream and moisturiser. Includes treatment for the sensitive neck, décolletage and chest areas.

approx. 80 mins

€139

## QMS Pure Oxygen Energy

A unique, energising facial treatment with oxygen. Oxygen Concentrator Advanced works the ingredients deep into the skin to effectively rejuvenate, stimulate blood flow, regenerate and tighten. Deep cleansing and exfoliation, eyebrow shaping, seaweed sculpting mask, oxygen boost with HO2 Hyaluron Oxygen Serum, Activator Mask, neck and décolletage massage plus eye cream and moisturiser.

approx. 80 mins

€159

Available  
separately for  
an additional  
charge:

Eyebrow and  
eyelash tinting

MY LIFE  
CHANGER

TIME FOR  
CHANGE

BECAUSE  
EVERYONE  
IS  
DIFFERENT

We can significantly influence how we feel, how healthy we feel and how that's reflected in our skin and appearance. All it takes is small changes to our lifestyles and skincare routine: Mylife Changing.

# TIME FOR CHANGE

**Mylife Changer is a holistic concept that combines the best of conventional and Traditional European Medicine with the latest scientific findings. It is based on cosmeceuticals, manual therapy, nutrient therapy, protein intake and herbal tonics. Based on 50 years of research at the Swiss Laboratoire Sintyl, we have developed a cosmeceutic treatment method that specifically targets cell health.**



“

If you're longing for change, start your journey with Mylife Changer at Hotel Plunhof.

Mylife Changer founder:  
Dr Alexander Papp

How can we get closer to the mythical goal of eternal youth? Gabi Volgger talks to Dr Alexander Papp, the founder of Mylife Changer.

**Gabi Volgger: Where can we start to look and feel great for longer?**

**Dr Alexander Papp:** There's no way to achieve eternal youth, but a lot of research has been done on the ageing process. The ageing process happens in the body's smallest cells. Keeping these cells active and healthy for as long as possible keeps us healthy and looking younger for longer. From nutrition to environmental factors, internal and external stressors and skincare, multiple factors contribute to premature cell ageing and vary according to circumstances and genetics.

That's why we need to take action on all of these fronts to achieve long-lasting results.

**Gabi Volgger: How can we kick-start the rejuvenation process?**

**Dr Alexander Papp:** With comprehensive solutions which are tailored to our needs and problems. Mylife Changer is a concept that combines the best of TCM and TEM with the latest research and scientific findings. It is based on cosmeceuticals, manual therapy, nutrient therapy, protein intake and herbal tonics. We have developed a cosmeceutic treatment method based on 50 years of research that specifically targets cell health. The key element is an individual analysis based on Hippocrates' typology teachings. Personalised serums are then created for each

A scientific method for pro-ageing, holistic health and blooming skin.

## NEXT GENERATION SKINCARE

guest and applied to the skin with special manual techniques alongside a purification process that supports optimal absorption. The result is a long-lasting healthier and rejuvenated cell metabolism, which slows cell ageing and activates cell renewal.

**Gabi Volgger:** Combined with our low-carb LoCal Cuisine and the Plunhof's programme of activities, we offer our guests a holistic

experience promoting sustainable health, vitality and wellbeing. It's a small step towards eternal youth and a giant leap towards comprehensively improved, rejuvenated skin.

We are delighted that our certified Mylife Changer concept won us a World Luxury Award 2023.

MYLIFE  
CHANGER

AN  
EVIDENCE-BASED  
APPROACH TO  
**COMBAT**  
THE SIGNS OF  
**AGEING**

A METHOD DESIGNED TO ACHIEVE THE  
BEST QUALITY OF LIFE  
NOW AND IN THE FUTURE

- ▲ Mind, body and soul in balance
  - ▲ A better quality of life
  - ▲ Energised metabolism
- ▲ Holistic skin health with an anti-ageing effect
  - ▲ Lasting weight loss
  - ▲ Purifying and detoxifying
  - ▲ Stronger immune system
  - ▲ Restorative and soothing

JEUN  GE



- Pro-ageing from inside and out
- Boosts performance
- Activates energy channels
- Balances physiological functions
- Sustainable lifestyle changes

**Shop Yourself Healthy**

Mylife Changer's nutritional supplements, nutrient therapy and herbal tonics support cellular health, boost the metabolism, activate the immune system and assist weight management. All products are available from our SHOP.

MYLIFE CHANGER IN  
COOPERATION WITH  
MÉTHODE PHYSIODERMIE®



## Morphological Analysis

Morphological analysis is based on ancient typological theories that divide people into four different basic tendencies according to build, skin texture, hair structure and character traits: nervous, bilious, sanguineous and lymphatic. This ancient theory has been revived and adapted to reflect the latest scientific findings for holistic (skin) health. The results are used to create individual treatment plans with personalised serums.

MYLIFE CHANGER 



**T1**

**TPOLOGY**

Profound morphological  
and skin analysis to  
determine type



**T2**

**TECHNOLOGY**

The latest patented technology  
and customised products



**T3**

**TREATMENT PROTOCOL**

Treatment plans  
based on  
individual typology

# T3

## THE BRAND'S **DNA**

During your typological consultation our certified therapists will arrive at your morphological tendency, analysing skin alterations and anomalies as well as physical and psychological imbalances. This analysis forms the basis of your bespoke treatment plan which includes personalised serums.

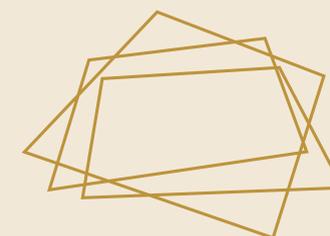
All the treatments combine elements from Asian and European therapeutic massage to ensure that the blood and lymph circulatory systems and muscles are thoroughly and efficiently stimulated. The detox treatments are designed to stimulate the body's detox functions, remove pollutants and boost blood flow. Restoring balance to the body allows nutrients and oxygen to invigorate our cells. Signs of ageing are visibly reduced.



Sanguineous



Lymphatic



Bilious



Nervous

J E U N  G EFACE  **MYLIFE CHANGER DETOX FACIAL**

Your Mylife Changer therapist will create a treatment plan tailored to you and the results of your typological analysis.

The facial includes cleansing, extractions, a peel, rebalancing, massage, mask and finishing treatment.

 **80 mins €129****AVAILABLE SEPARATELY FOR AN ADDITIONAL CHARGE**

-  Extractions
-  Eyebrow tinting
-  Eyelash tinting
-  Waxing

 **MYLIFE CHANGER PRO-AGEING FACIAL**

Your Mylife Changer therapist will create a treatment plan tailored to you and the results of your typological analysis.

The facial includes cleansing, extractions, eyebrow shaping, a peel, rebalancing, massage, anti-ageing massage, mask and finishing treatment.

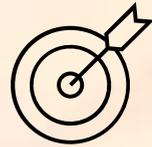
 **105 mins €179**

# ORGANIC SKINCARE



## ORGANIC

COSMOS ORGANIC certified by Ecocert Greenlife and based on the COSMOS standard



## EFFECTIVE

Functional, clinically effective ingredients and the highest possible active substance content



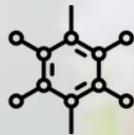
## SAFE

0% fragrance | silicones | parabens | mineral oils | EDTA/BHA/BHBT



## TRANSPARENT

All ingredients are described on the packaging, including their effect on skin



## PURE

Simple, effective formula. No additional ingredients, just what's needed for the desired effect



## INDIVIDUAL

We're all different. That's why our treatments are specifically tailored to your needs



## RENEW & RADIANCE

Deeply cleansed! Complete treatment for revitalised skin! The greeting ritual includes a lactic acid peel to prepare skin for profound cleansing and subsequent absorption of the active ingredients. A mask supports cell regeneration to boost the overall repairing effect. This is followed by a concluding emulsion application to provide moisture and strengthen the skin's natural protective barrier. Your Mylife Changer therapist will create a treatment plan tailored to you and the results of a thorough consultation. The facial includes cleansing, a peel, rebalancing, mask and finishing treatment.

 50 mins €99

**AVAILABLE SEPARATELY FOR AN ADDITIONAL CHARGE**

-  Extractions
-  Eyebrow tinting
-  Eyelash tinting
-  Waxing

## ENERGISING GLOW

Natural lifting! A micro peel detoxifies the skin, removing dead cells. Targeted hydration supplies the skin with precious energy reserves. A lipid-restoring mask with personalised serums enhances resilience while a special lifting massage counteracts skin sagging by boosting muscle strength. Stimulating specific energy points and meridians on the face helps to revitalise the skin surface, strengthen capillaries and regenerate skin cells more quickly. Your Mylife Changer therapist will create a treatment plan tailored to you and the results of a thorough consultation. The facial includes cleansing, lactic acid peel, rebalancing, massage, anti-ageing massage, mask and finishing treatment.

 80 mins €139



Researched and developed for male skin

 **DEEPLY CLEAN**

The cleansing gel welcoming ritual is specially tailored to men's skin, to meet the challenges life throws at it. This treatment includes cleansing, a peel, deep cleansing and a mask.

 50 mins €89

 **FRESH LOOK**

Your ally in the fight against eye bags and dark circles! In addition to cleansing the skin, a special massage technique stimulates lymph flow. This rejuvenating and revitalising facial treatment eliminates toxins and impurities, stimulates the lymphatic system, and counteracts lymphatic congestion.

 65 mins €109

 **PRO-AGEING CELL BOOST**

Profound cell regeneration and moisture boost! An intelligent anti-ageing facial for stressed skin that minimises the signs of ageing and soothes irritated skin. The treatment protects skin against damage caused by shaving and air pollution. After just one treatment, you'll see a significant reduction in the depth of wrinkles as the skin's moisture reserves are replenished.

 80 mins €139

# MYLIFE CHANGER MEN

**PIT STOP FOR HIM**  
A COMPREHENSIVE CLEANSE  
AND CARE COMBO



**DETOX**  
& SLIM

**RELEASE**  
& ENERGISE



 **MYLIFE CHANGER ABDOMINAL TREATMENT**

Lightness and ease! Digestion is key when it comes to radiant skin. This is why we stimulate the body's energy points to fuel the digestive system and support the body's toxin elimination. The activation of gastrointestinal function restores the natural balance of your body's organic processes and boosts your immune system.

The perfect treatment to galvanise food absorption!

 35 mins €59

 **MYLIFE CHANGER DETOX & SLIMMING BODY TREATMENT**

This treatment uses rhythmic movements and special techniques to stimulate venous and lymphatic circulation through the muscles, drain excess fluid and toxins from the tissues, reduce skin tension caused by water retention, and boost the immune system. The treatment improves the supply of oxygen and nutrients to the cells, while also boosting lipid metabolism. Supports natural detoxification!

 50 mins €84

 **MYLIFE CHANGER DETOX & SLIMMING BODY PROGRAMME**

This powerful detoxification programme includes the Detox & Slimming Body Treatment, a manual abdominal treatment, and a body contouring wrap. The method reduces toxins, water retention and any swelling in the body. The connective tissues are strengthened, lipid metabolism is promoted, arterial blood circulation is boosted and the cells are supplied with oxygen and nutrients. Improving peripheral blood and lymph circulation, nourishing cells, eliminating toxins and fatty deposits.

 95 mins €159

 **CURATIVE® WRAP – COOL**

A moist, cooling and purifying detox wrap with active ingredient serums and seaweed to penetrate the skin deeply and quickly. This treatment is anti-inflammatory and encourages the excretion of toxins. A concluding peel-off mask supports the instantly visible cellulite reduction!

 35 mins €59

 **TIP**  
Combine with detox programmes body treatment plus a medicinal plant detox for optimum results!

 **CURATIVE® WRAP – HOT**

Effective treatment with active ingredients, heat and steam! Fat cell volume is reduced, treated areas are firmer and more toned. The result is a refined body silhouette!

 35 mins €59



 **MYLIFE CHANGER ENERGETIC MASSAGE**

Insufficient exercise, bad posture and excessive stress affect the distribution of energy in the body and can cause obstructions. This treatment has physical and aesthetic effects. Nerve functionality is increased due to improved conductivity caused by releasing muscle contractions and blockages in the back area. Eliminating joint tension in the spine relieves pain and releases energy which is beneficial to the body's organs.  
Energise the spine!

 65 mins €109

 **MYLIFE CHANGER DEEP TISSUE FASCIA MASSAGE**

This deep massage activates the fascia thereby supporting the health of the entire musculoskeletal system. Loosening fascial adhesions stimulates blood circulation and improves the supply of oxygen and nutrients to the muscles. Stimulating the muscle insertions increases muscle tone, improves skin texture and reduces muscle spasms and tension. This technique is also used to treat disorders of the musculoskeletal system.  
Prevention and regeneration, before and after exercise!

 80 mins €134

 **MYLIFE CHANGER SOMATIC MASSAGE**

Stress and the pressure to achieve are felt in the body and have negative health effects. Being on the alert at all times causes perpetual muscle tension. Headaches, back and joint pain, persistent fatigue and poor posture are the consequences. This treatment encompasses the whole body but is particularly focused on those areas most affected by osteoarticular tension. Tensions and blockages are resolved, muscles stretched, and the body is re-energised.  
Calming and relaxing!

 80 mins €134

 **MYLIFE CHANGER HEAD TO TOE**

A head to toe reset! Detox and energise with our Signature Detox Facial and Detox & Slimming Body Treatment for optimal vitality of body and mind.

 125 mins €209

# JOURNEYS



## 6 TREATMENT DAYS

### DEEP DETOX RETREAT

- Morphological analysis and introduction to the Mylife Changer programme
- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- Herbal detox drinks
- 2 x Mylife Changer Detox & Slimming Body Programme (95 mins each)
- 1 x Mylife Changer Energetic Massage (65 mins)
- 1 x Mylife Changer Detox & Slimming Body Treatment (50 mins)
- 1 x Mylife Changer Pro-Ageing Facial (105 mins)
- 1 x full-body detox seaweed pack (approx. 30 mins)
- 1 x back and neck massage with heat pack (50 mins)

 €856 per person

## 6 TREATMENT DAYS

### MYLIFE CHANGER PRO-AGEING

- Morphological analysis and introduction to the Mylife Changer programme
- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- Herbal detox drinks
- 1 x Mylife Changer Head to Toe (125 mins)
- 1 x Mylife Changer Pro-Ageing Facial (105 mins)
- 2 x Detox & Slimming Body Programme (95 mins each)
- 1 x full-body detox seaweed pack (approx. 30 mins)
- 1 x Mylife Changer Energetic Massage (65 mins)

 €906 per person



#### 4 TREATMENT DAYS

##### MYLIFE IN FLOW

- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- 1 Mylife Changer Abdominal Treatment (35 mins)
- 1 x Mylife Changer Detox & Slimming Body Treatment (50 mins)
- 1 x Mylife Changer Detox Facial (80 mins)
- 1 x Mylife Changer Energetic Massage (65 mins)
- 1 herbal compress massage (50 mins)

 €437 per person

#### 3 TREATMENT DAYS

##### SHORT DETOX CLEANSE

- Morphological analysis and introduction to the Mylife Changer programme
- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- Herbal detox drinks
- 2 x Mylife Changer Detox & Slimming Body Programme (95 mins each)
- 1 x Mylife Changer Detox Facial (80 mins)
- 1 full-body massage (50 mins)

 €576 per person

#### 4 TREATMENT DAYS

##### MYLIFE IN BALANCE

- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- 1 x Mylife Changer Detox Facial (80 mins)
- 1 x pine vitality ritual (80 mins)
- 1 x Mylife Changer Somatic Massage (80 mins)
- 1 x full-body detox seaweed pack (approx. 30 mins)

 €420 per person

#### 3 TREATMENT DAYS

##### MYLIFE BOOST

- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- 1 x Mylife Changer Energetic Massage (65 mins)
- 1 anti-stress massage (50 mins)
- 1 x Mylife Changer Head to Toe (125 mins)

 €377 per person

#### 2 TREATMENT DAYS

##### MYLIFE WITH NATURE

- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- 1 x Mylife Changer Energising Glow Organic Facial (80 mins)
- 1 x Mylife Changer Detox & Slimming Body Treatment (50 mins)
- 1 x Mylife Changer Energetic Massage (65 mins)

 €315 per person

#### 1 TREATMENT DAY

##### ORGANIC GLOW

- Low-carb nutrition programme
- Cellviva nutrient therapy (excludes dietary supplements)
- The Plunhof's weekly programme
- 1 x Mylife Changer Detox & Slimming Body Programme (95 mins)
- 1 x Mylife Changer Energising Glow Organic Facial (80 mins)

 €283 per person

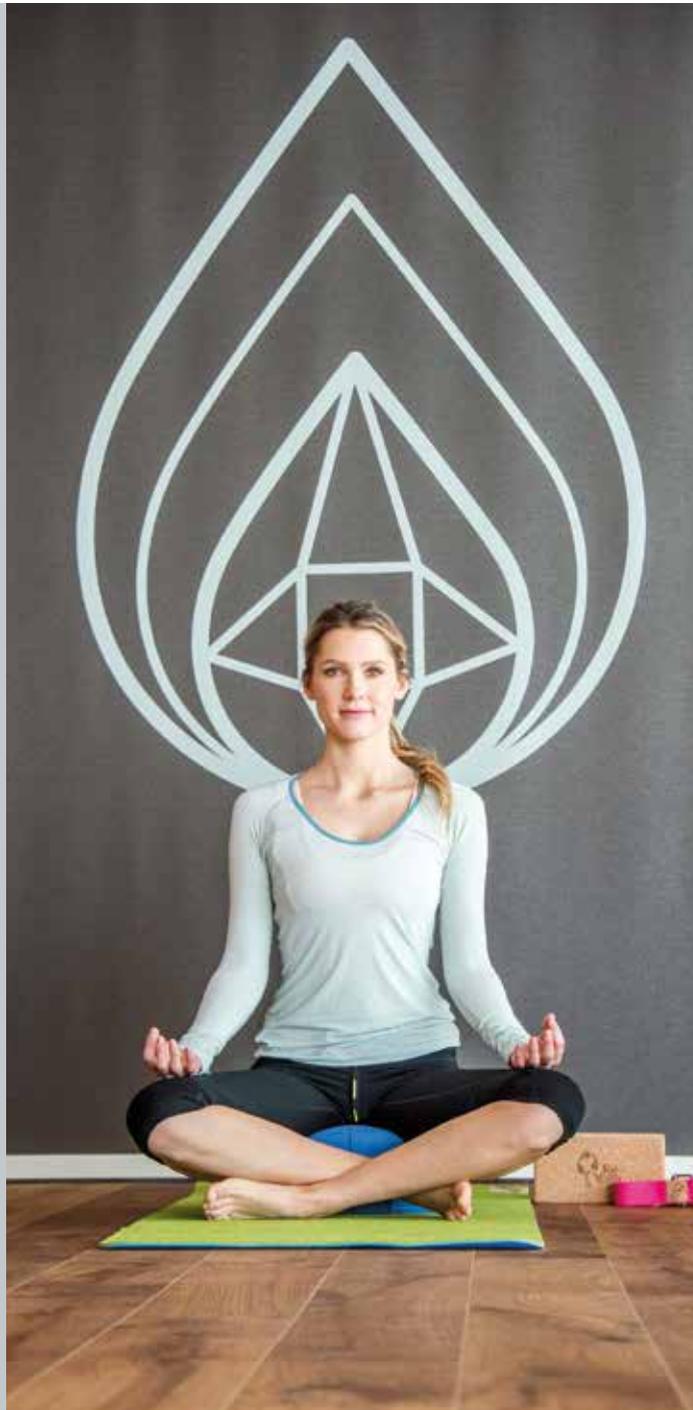


## SportInfluence & TransSpirit

A healthy mind lives in a healthy body. Even if the quote is sometimes misinterpreted, the core is always right because body and mind are connected and in constant interaction. That's why our weekly Plunhof programme offers a balanced mix of activities and rest for all the senses, providing equilibrium of body and mind. Sustained transformation through mindful actions. Motivates, invigorates and mobilises, reduces stress and gives you joy.

**Sustained transformation through mindful actions. Motivates, invigorates and mobilises, reduces stress and gives you joy.**

**Go mobile and stay tuned!**



## CELLVIVA NATURE'S BEST

Cellviva nutrient therapy and herbal tonics provide all the important micronutrients and active ingredients needed for our metabolic processes to run smoothly, and are essential components of all Mylife Changer programmes. **For lasting holistic cell health.**



**ESSENCE OF LIFE**  
Mylife Changer  
Cell Nutrition



## LoCal

The Plunhof's healthy nutrition concept for a sustainable lifestyle based on pleasure.

**Good to know:** controlled high protein intake maintains muscle despite a reduction in calories and carbohydrates.

Low carbs, low calories, high energy.

**Stay healthy!**

# Spa Etiquette

## Consultations and Bookings

Your health is important: Please inform us of any health complaints so that we can tailor your spa treatments to your needs.

## Clothing in the spa area

Please use the bathrobe provided for the duration of your stay and do not wear any jewellery.

## Your First Treatment and What to Wear

Please come to the spa reception at least 15 minutes before your appointment when you come for your first **Mylife Changer treatment**. We will ask you to complete a medical history questionnaire before you have your treatment because the method is individually tailored to you and your health needs.

Please be at spa reception at least 5 minutes before the start of your **wellbeing treatment** to give yourself time to settle in readiness for your ritual.

## Cancellations

We carefully prepare our rooms before any treatment. We therefore have to charge the full price for treatments that are cancelled at short notice. If you are unable to keep your appointment, please cancel at least 24 hours in advance.

## Opening Hours

The Spa Minera treatment team is available from 10am to 7pm.

## Mobile Phones

To help all our guests enjoy the Plunhof's Spa Minera in peace and quiet, please speak quietly and turn off all mobile phones.



# MY LIFE CHANGER



## Spa Minera

Obere Gasse 7  
39040 Racines-Ridanna  
SOUTH TIROL / ITALY  
Tel +39 0472 656 247  
Fax +39 0472 656 249  
info@plunhof.it  
[www.plunhof.it](http://www.plunhof.it)