



Spa Minera

Plunhof



Body treatments

'Below the surface'

Back to the source

...at the Plunhof's Spa Minera!



Experience the *special atmosphere* of a truly exceptional place. A journey within; back to the source. Leave the daily pressures behind. Swap them for activity and tranquillity, and their 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.

Spa Minera – above and below the surface – bringing together nature's most precious properties. A spa where regionality means letting nature and the elements flow from outside in and from inside out.

A place of wellbeing. Feel at ease just being yourself.

Welcome to Spa Minera.

Time may be relative, but time invested in ourselves is the best investment of all!

The Spa Minera team

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Uncommon variety

Coalescing nature and the skills of our expert team, our innovative range of treatment combinations offers an exceptional and holistic experience. Effective, harmonious and inspiring, our rituals ensure you leave Spa Minera feeling absolutely wonderful. Daylight and darkness, nature in bloom and the power of the mountain's core – contrasts in harmony – accompany you throughout Spa Minera. Experience an enchanting new era of spa.

Beauty as philosophy

Spa Minera's tailor-made solutions offer innovative beauty care at its most sophisticated. High-tech natural skincare products, certified organic cosmetics and exclusive solutions support the skin at the point where nature reaches its limits. Anti-ageing treatments with collagen, pioneering exfoliation technology and energising oxygen ensure impressive results and leave skin looking firmer, younger and more radiant.



Dr. Spiller Pure skincare solutions

Dr. Spiller Facials

Over many decades, Dr. Spiller's focus has been on creating sustainable skin health solutions that combine tradition and innovation. Painstaking development and production in the company's own laboratory ensure top-quality products with ingredients of the utmost biological purity. Dr. Spiller deliberately chooses regional ingredients: pure spring water from the Chiemgau and natural essences are the foundation for these sophisticated products.

Dr. Spiller *CELLTRESOR* facial

The exclusive concept for relaxed facial features and ultimate skin volume: this programme of deep, relaxing and activating treatments maximises skin rejuvenation. Targeted muscle relaxation smooths the skin deep down and relaxes the facial features. With intensive hydration and volume build-up, this treatment results in even, smooth and youthful skin.

80 mins €125 (with deep cleansing and eyebrow shaping)

Dr. Spiller *ALPENRAUSCH* facial

Certified organic products with the concentrated power of the mountains. Classic Alpine botanicals such as gentian and edelweiss combine with the energising essences of wild herbs. Treat yourself to this deep-acting Alpine formula of gentle cleansing, regenerating mask and concentrated 24-hour moisturising – tailored to your skin type.

50 mins €68

80 mins €99 (with deep cleansing and eyebrow shaping)

Dr. Spiller Body

Body harmony

Dream of fragrant meadows as the Alpine ingredients take effect. This body treatment combines a soothing herbal bath and gentle massage, leaving your skin feeling smooth and remoisturised.

50 mins €65

Body perfection

The holistic way to sophisticated body revitalisation. This treatment starts with a deep-cleansing body scrub, followed by a body wrap for a concentrated boost of nutrients, leaving skin feeling silky soft. To finish, enjoy a stimulating full-body massage with energising creams and smoothing oils.

80 mins €99

Body detox

Soft-pack bed treatment

Harnessing the synergy of three different types of seaweed, this thalasso treatment detoxifies the skin, firms tissue and enhances the silhouette. A body scrub to stimulate blood flow is followed by a detoxifying body wrap to firm the tissue. We recommend that you follow this treatment with a leg massage to encourage fluid to be drained from the tissue.

50 mins €65

80 mins €99 (with leg massage)



'Global Adventures'

Body care programmes for holistic wellness

Give your skin the experience of far-off places! Our Global Adventures take you to the most beautiful parts of the world: Asia, Africa, the South Seas and the Amazon. Seductive fragrances and active herbal ingredients take you on a journey of the senses with a powerful exfoliating treatment 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.

50 mins €65

80 mins €99 (with full-body massage)

Dr. Spiller MAN AGE your skin



MAN AGE your skin

A cutting-edge skincare system tailored to the needs of men's skin, using natural ingredients and decades of research to create innovative formulas.

Skin Boost Treatment

Looking for an express treatment? Amazingly efficient, targeted moisture gets rid of dryness and provides the skin with valuable energy reserves. Deep-acting ingredients both soothe and energise.

45 mins €59

Intensive Face Treatment

Bring healthy balance to skin and soul. The cellular metabolism is activated to boost all protective functions while collagen synthesis stimulation slows the ageing process. A rejuvenating fleece mask restores resilience and results in stressed skin returning to its vibrant and smooth former self.

75 mins €99

!QMS MEDICOSMETICS

!QMS Medicosmetics

Award-winning excellence – this highly efficient skincare system is the recipient of many accolades, including the World's Best Spa Brand in 2015, 2016 and 2017. Developed by Dr Erich Schulte and made in Germany, this skincare collection has a huge global fan base. Powerful anti-ageing products for face and body combine revolutionary techniques with the most precious of ingredients, tailor-made to rejuvenate the skin.

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.

50 mins €69

Collagen Rejuvenation

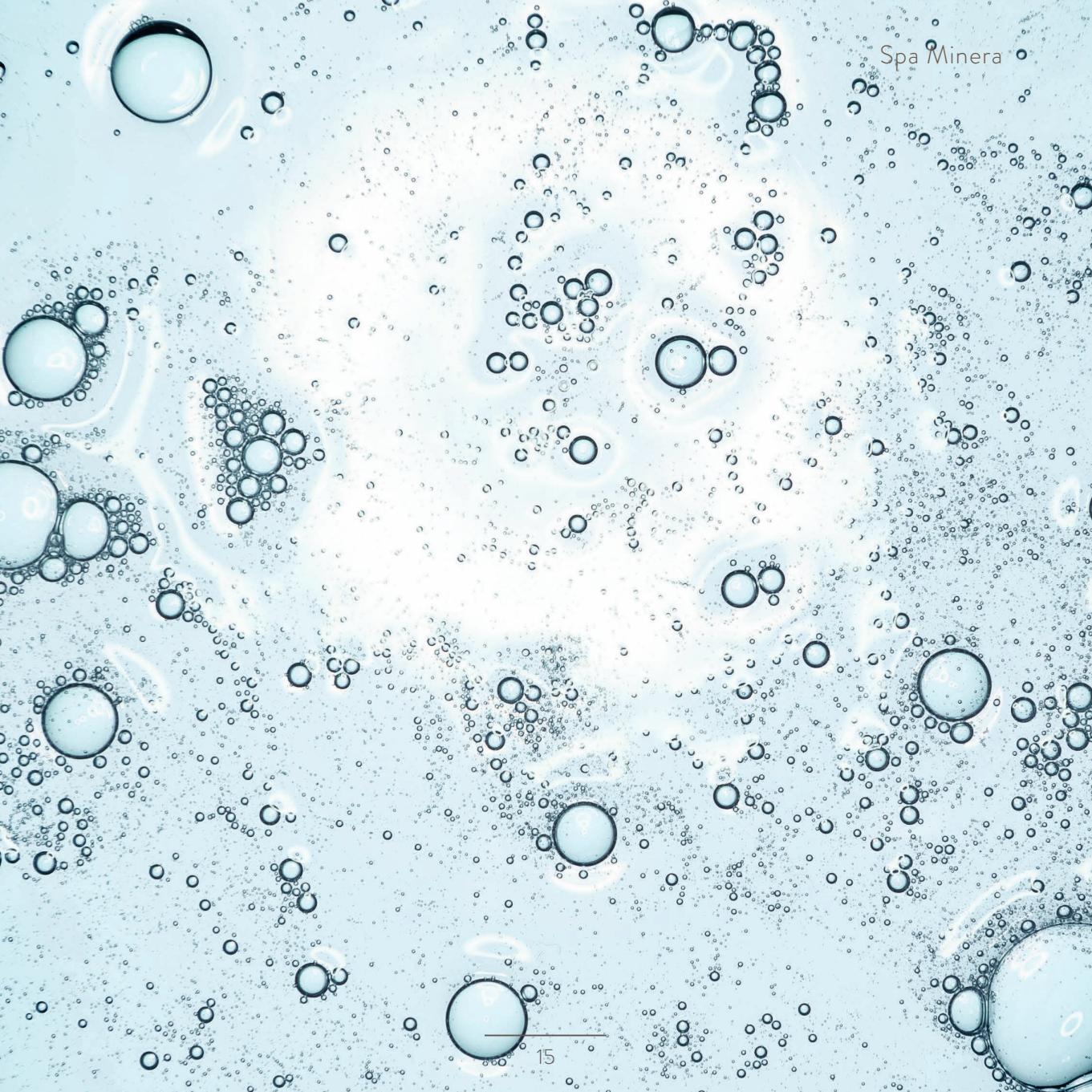
This rejuvenating and revitalising anti-ageing treatment uses a unique system of high-quality, natural and soluble collagen combined with pioneering exfoliation technology. Deep cleanse and exfoliation, eyebrow shaping, seaweed sculpting mask, innovative Day Collagen or Night Collagen serum, rejuvenating sculpting mask plus eye cream and moisturiser. Tightens even sagging skin!

80 mins €129

Oxygen beauty boost!

98% pure oxygen concentrate
for fresh, radiant and healthy skin

15 mins €32



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.

80 mins €129



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 cleanse 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.

80 mins €145

Mary Cohr Paris

Beauty meets tech treatments

Mary Cohr Paris

An exclusive product line based on pioneering research that offers science-based skincare. Innovative methods combine with patented technologies and professional aromatherapy.

Aromatic Beauty facial

This unique treatment combines the soothing power of essential oils with gentle, precise massage techniques. Look radiant and relaxed thanks to the tailored beauty mask with five plant concentrates.

50 mins €69

Age Repair facial

Highly effective technology combined with manual techniques fights the signs of ageing with immediate results. A special anti-ageing massage works the serum (with hyaluronic acid) deep into the skin while the mask adds youthful radiance.

50 mins €85

Eye Repair

A complete treatment to combat wrinkles, puffiness and dark circles. Concentrated ingredients promote cell renewal, while the eye mask has an immediate lifting and firming effect.

25 mins €38

CatioVital anti-ageing facial

The skin's cellular activity decreases with age. Cells are depleted of energy and take longer to renew. This patented ionisation technology permeates the skin with rejuvenating ingredients to leave the face looking younger. The skin is visibly smoother, firmer and more radiant.

80 mins €105 (with deep cleansing and eyebrow shaping)



CatioLift facial

This special lifting treatment stimulates and strengthens facial muscles, tightening facial features by improving muscle tone. Energising essential oils firm the skin, leaving it radiant. Enjoy the instant effects of this anti-ageing treatment!

80 mins €105 (with deep cleansing and eyebrow shaping)



CatioSuperior facial treatment

Combination of CatioVital and CatioLift.

110 mins €155 (with deep cleansing and eyebrow shaping)

Horst Kirchberger

Make-up

Horst Kirchberger Exclusive Make-up Collection

Leading make-up artist Horst Kirchberger knows that make-up is so much more than just colour and understands that the shape of a person's face is everything. Accordingly, he has developed his own product range with a simple consultation method to help you achieve the perfect make-up effect.

Elegant make-up for day

Make-up that suits your skin, is subtle and long-lasting can give you radiance and confidence.

€32

Bold make-up for night

Your very own wow effect for a ball, a party or simply a wonderful evening.

€45

Basics

Spa Minera

Beauty à la carte

Eyelash tinting €15

Eyebrow tinting €10

Eyebrow shaping €12

Hair removal with honey wax

Facial hair removal – legs – bikini – underarm – chest – back – from €15

Hand and foot care

Manicure €49

Pedicure €59

Deluxe pedicure including foot scrub, wrap and massage €85

At Spa Minera our therapists use a new **nail varnish** for each treatment which you are welcome to take away as our gift – this way we can guarantee that our hygiene standards stay far above the legal requirement, as well as offering real value for money!

Spa Minera

Chill & Care

Wellbeing for teenagers



Wellbeing for teenagers

Flexible and individual!
An exciting selection of soothing treatments and useful information.

First Beauty – facial

...Caring for my specific skin type

A gentle touch of make-up

...Applying make-up so it's subtle, stylish and suits me

Hands up – manicure

...Shaping, painting and caring for my hands and nails

Fit young feet – pedicure

...Caring for my feet

Teenager's massage

Because relaxing is important at any age...

Choose your options and create a personal wellbeing programme!

25 wellbeing minutes **€35**

50 wellbeing minutes **€57**

80 wellbeing minutes **€95**

Foot wellness concept

Spa Minera



Phytomassopodia®

A ritual for great-feeling feet

The first foot wellness concept

This unique foot treatment programme for lasting wellbeing is coordinated down to the very last detail. A soothing combination of exercise, massage and wrap applied using unique techniques and premium plant extracts to make you feel like you're walking on air.

50 mins €70

The *Phytomassopodia® method* is the scientific answer to overall wellbeing using the feet as the gateway.

Spa Minera
Inspiring baths & wraps

Natural fragrance

Enchanting baths...

We take you back in time to an age of emperors and kings. Enjoy this sumptuous, nostalgic experience in a huge bronze bath heated to a pleasant temperature with accompanying drink – also available for couples. Choose from a range of themes.

Alpine herbal bath

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

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.

Alkaline bath

Detoxifies and deacidifies.

per person 30 mins €38 | for two 30 mins €48

...with a glass of Prosecco

Natural tradition

Float on the soft-pack bed

South Tyrolean hay wrap

The powers of Alpine hay have been known and proven for over a century. Dried mountain flowers, grasses and herbs such as arnica, yarrow and sweet clover produce essential oils and a fragrant experience – to detoxify and stimulate the metabolism.

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.

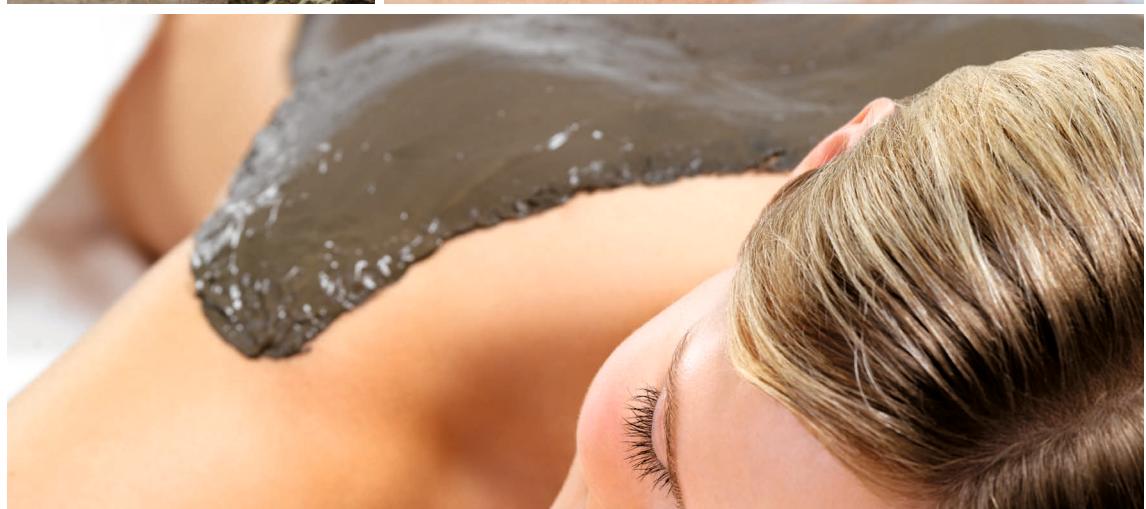
Seaweed detox wrap

This full-body wrap detoxifies the skin, firms the tissue and improves the silhouette thanks to the synergy of three different seaweeds.

20 mins €45

Tip

Combine your body wrap with a partial or full-body massage.



Spa Minera

Treatment rituals



Silver Quartzite Treatments

Inspiring combinations

'In this advanced world, we are driven by stress and the pressure to succeed yet find ourselves searching for pockets of calm, places to envelop us and help us feel that we are an important part of the whole. This wellness ceremony is guided by natural resources. We draw our energy from the treasures that surround us and harness nature's hidden magic to provide you with an experience that is unique in the world.'

Stones from the shores of the Tethys Sea

Although imperceptible to the eye, vibrational primal forces exist and form a universal energy that connects the entire cosmos. The South Tyrolean primeval stone massage follows this universal principle. Recently developed, the innovative wellness treatment is based on silver quartzite from the mountains of the Pfitsch Valley, an intriguing rock from a small quarry in the Hohe Tauern window. Its shimmering silver surface makes it a gem for mineral collectors, and now its inner values are coming to the fore too: its high silica content give this stone therapeutic properties. The primordial rock can be used to tighten connective tissue, strengthen bones and deacidify the body. It also contains rare biotite, muscovite and zircon – precious minerals with proven antibacterial and heat-conducting effects. Silver quartzite has a unique composition and is the first Alpine stone to prove ideal for energetic massage therapy.

Silver Quartzite Stone Massage

This highly effective ritual is accompanied by music and smoke from pure coal. The meridian massage combines silver quartzite with powerful herbs and warming oils. This full-body treatment boosts strength, deacidifies the body, loosens knots and results in a general sense of release. Employing all the senses, the treatment offers the soul a new sense of ease and groundedness.

75 mins €129

Silver Quartzite Back Treatment

This silver quartzite back massage releases deep muscular and inner tensions, restoring strength and vigour. The treatment is ideal if you feel like you have come to an obstruction in your life and seek change. Restore lightness to your life.

50 mins €85

Silver Quartzite Purification Ritual

In this ritual, you are the focus of meditation by the therapist treating you... It is a deeply relaxing and highly detoxifying full-body treatment for a holistic effect with a naturopathic approach. The silver quartzite ritual activates the parasympathetic nervous system and soothes the vegetative nervous system.

75 mins €129

Mineral Detox Treatment

This soothing massage ritual harnesses the extraordinary naturopathic and deacidifying properties of silicon-rich healing earth from South Tyrol's Pfitsch Valley. The treatment releases toxins from muscles and connective tissue to regenerate and remineralise the body. Special touches include a smoking and warm herb-filled pillows on the liver and kidneys to stimulate your inner alchemist. Power and new life energy will be apparent after this treatment!

75 mins €129



The power of stone

A Spa Minera signature treatment

The power of stone

reconnects body, mind and spirit...

This ritual consists of a series of treatment steps that results in a soothing symphony of wellbeing. The experience is a feast for the senses offering lightness, inner harmony and balance.

Power of stone

Me time...

First, the power of the earth: a wrap of sun-dried natural earth combined with pure flower water 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 to bring 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!

110 mins €139

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

Salt for flowing energy

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 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.

80 mins €99



Pine vitality

A harmonious blend of different 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.

80 mins €99

Ulten sheep's wool treatment

As you lie on a sheep's wool blanket you are covered by the finest sheep's wool wrap. Deep cleansing and a smudging with herbs precede the energy flow treatment. Energising and gentle, this treatment helps you switch off, let go and relax. You are welcome to take both blankets home with you.

50 mins €119

Includes your personal sheep's wool blanket for you to take home after your treatment.

Spa Minera
Massages

Classic & special massages

with the power of nature

Marmot oil, St. John's wort, mountain pine, arnica, propolis, South Tyrolean honey... These natural treasures improve blood flow, strengthen the immune system, aid rapid recovery after exercise, soothe and firm skin, can be either cooling or warming, relax, promote wellbeing, and much more.

Classic massages

Back and neck massage with heat pack – 50 mins €60

Back massage – 25 mins €39 | Deep back massage – 45 mins €60

Full-body massage – 50 mins €65 | Sports massage – 50 mins €65

Special massages

Aromatherapy massage – 50 mins €65 | Honey massage – 50 mins €65

Anti-stress massage – 50 mins €65 | Herbal stamp massage – 50 mins €70

Lymph-stimulating massage – 50 mins €65

Foot zone massage – 25 mins €40 | 50 mins €65

This is just a small selection of our massages.
For further recommendations, please speak to our Spa Minera therapists.



The Acqua Minera

...the most powerful of the elements



Acqua Minera

Immerse yourself

Water: probably the most powerful – and precious – of the elements.
Here in the South Tyrolean mountains, we feel a deep bond between us and the pure,
mineral-rich water that gushes down from the mountain.

‘Water is the first principle of everything. Everything is made of water, and everything returns to water.’
Thales of Miletus

The magical world of water

4,000sqm of 'wellness above and below the surface'



Source of wellbeing

- 20m indoor pool
- Indoor relaxation pool linked to outdoor poolscape
- Year-round heated 17m outdoor pool
- Outdoor Jacuzzi
- 173sqm natural pool with water loungers

A breath of fresh air

- Spacious relaxation area around the natural pool
- Relaxation roof terrace – breathe easy in a green oasis
- Yoga and meditation roof terrace with inspiring vistas

Grounding and peace

- Relaxation gallery with double loungers, library and fireplace
- Panoramic relaxation room

New energy and a way of rediscovering your inner self

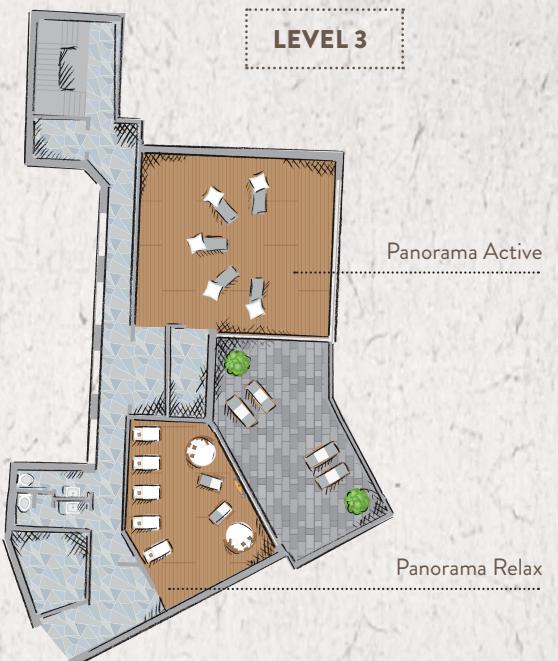
- Panoramic fitness hall
- Panoramic Yoga & Meditation hall

Elemental power

- Powerful purity in natural products
- Anti-ageing with high-tech active ingredients
- Spa Minera signature treatments – harnessing the power of the Alps
- Alpine rituals for body and soul



Acqua Minera





Spa Minera

Begin your fascinating journey...

Let us take you back to bygone times. A new type of spa experience in the extraordinary Spa Minera.
A variety of spaces and themes to explore and enjoy!

The journey begins

Spa reception

The spa reception team will be happy to provide information about the spa area and make appointments for treatments.

Spa lounge

A comfortable waiting area to get you in the spa mood.

Drinks bar

Enjoy a variety of teas made with local herbs.



Our journey continues from the miner's meadow into the world of grottos – your relaxing experience begins...

Miner's meadow

In the open air, natural elements such as wood, stone and water come together in a unique symbiosis. The saltwater whirlpool invites you to relax and soak up the sun in a magical garden ambience.

World of grottos

A magical tunnel pool helps you relax and immerse all your senses.

Tunnel sauna

Heated to 80°C–100°C, this sauna will get rid of stress and get your circulation working as you enjoy the view from the one-way panoramic window. There's no better way to break out in a sweat...

Grotto realm

A restful place of relaxation between the tunnel sauna and the tunnel pool.



Miner's house with saltwater whirlpool



The miner's realm

combines water, warmth and calm

Water realm

A private thermal shower temple with lovely fresh spring water. Cooling natural ice in a stone trough and an impressive waterfall ensure a wonderful shower experience. Three refreshing Kneipp pools at different temperatures will leave you feeling at ease.

Relaxation area

Get comfortable on one of just four loungers and let your mind drift in private seclusion...

Drinks area

Quench your thirst with cooling mountain spring water and warming herbal teas.



Relaxation area

Heat zone

Feuerlöchl infrared cubicles

Take time out to regenerate after exercise or simply relax on ergonomic wooden loungers in infrared cabins. Time for two: Enjoy time alone as a couple and look back over your day...

Steam room

The power of unique South Tyrolean silver quartzite balances your energy levels as your body is enveloped by steam.

Bio sauna

Warm body, mind and spirit at a mild 60°C – a gentle sauna experience.



The miner's house

For a real mountain feel

Miner's sauna

A unique and cosy 45sqm sauna on the ground level of the mining house heated to 80°C-100°C with a one-way panoramic window. A sheltered textile-free area in the miner's meadow is ideal for cooling off after the sauna.

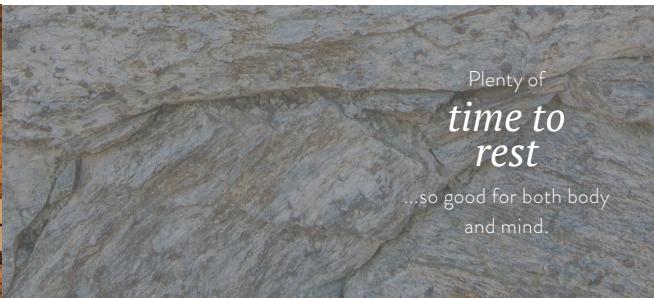
Pithead

At the top of the mining house, a relaxation area offers views of the outside while preventing anyone from looking into this haven of natural light and materials.



Power from Rock & Soil

Local natural stone with its unique silvery shimmer finds a fitting home at Spa Minera.



Plenty of
*time to
rest*

...so good for both body
and mind.



Relaxation area

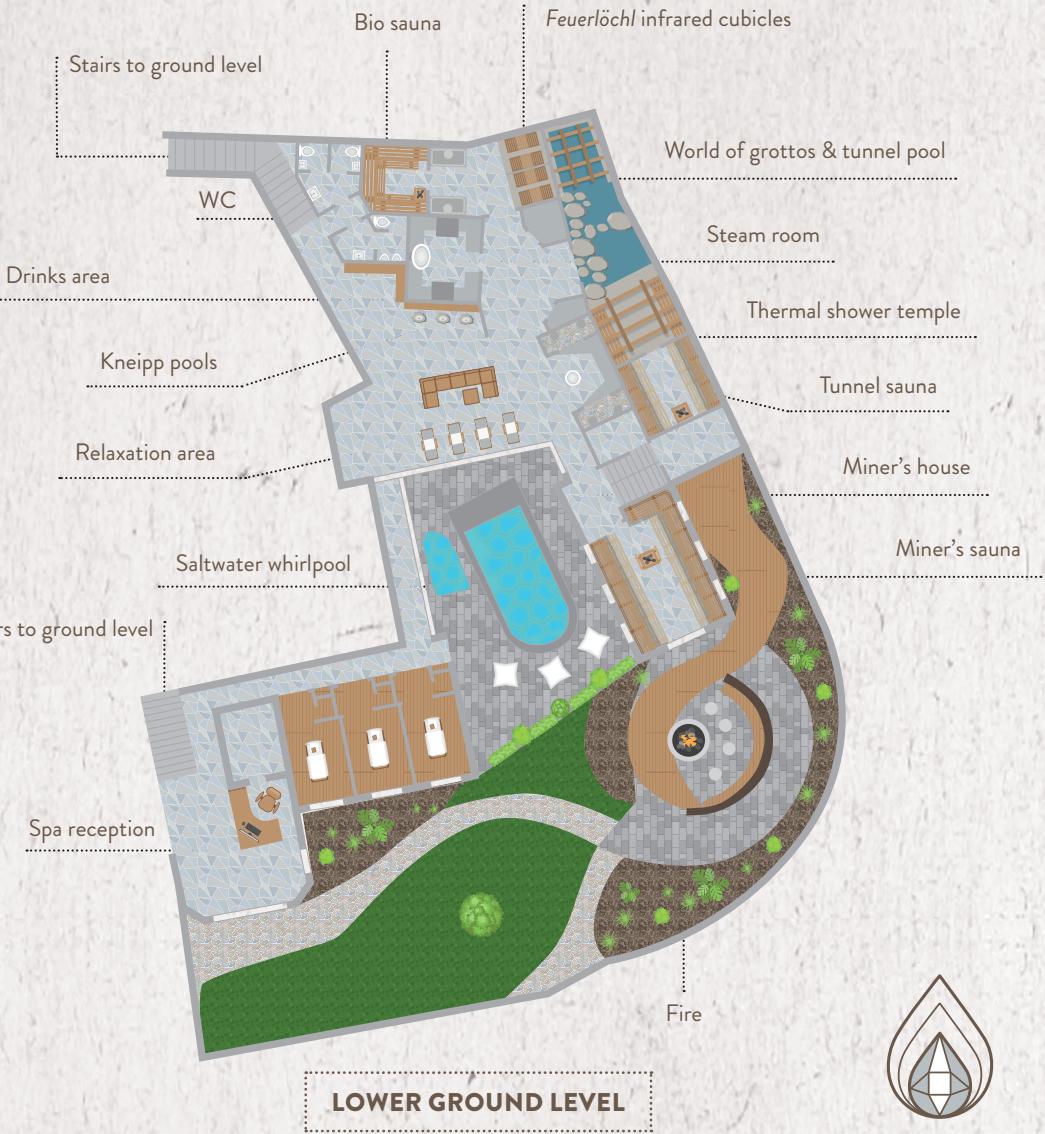
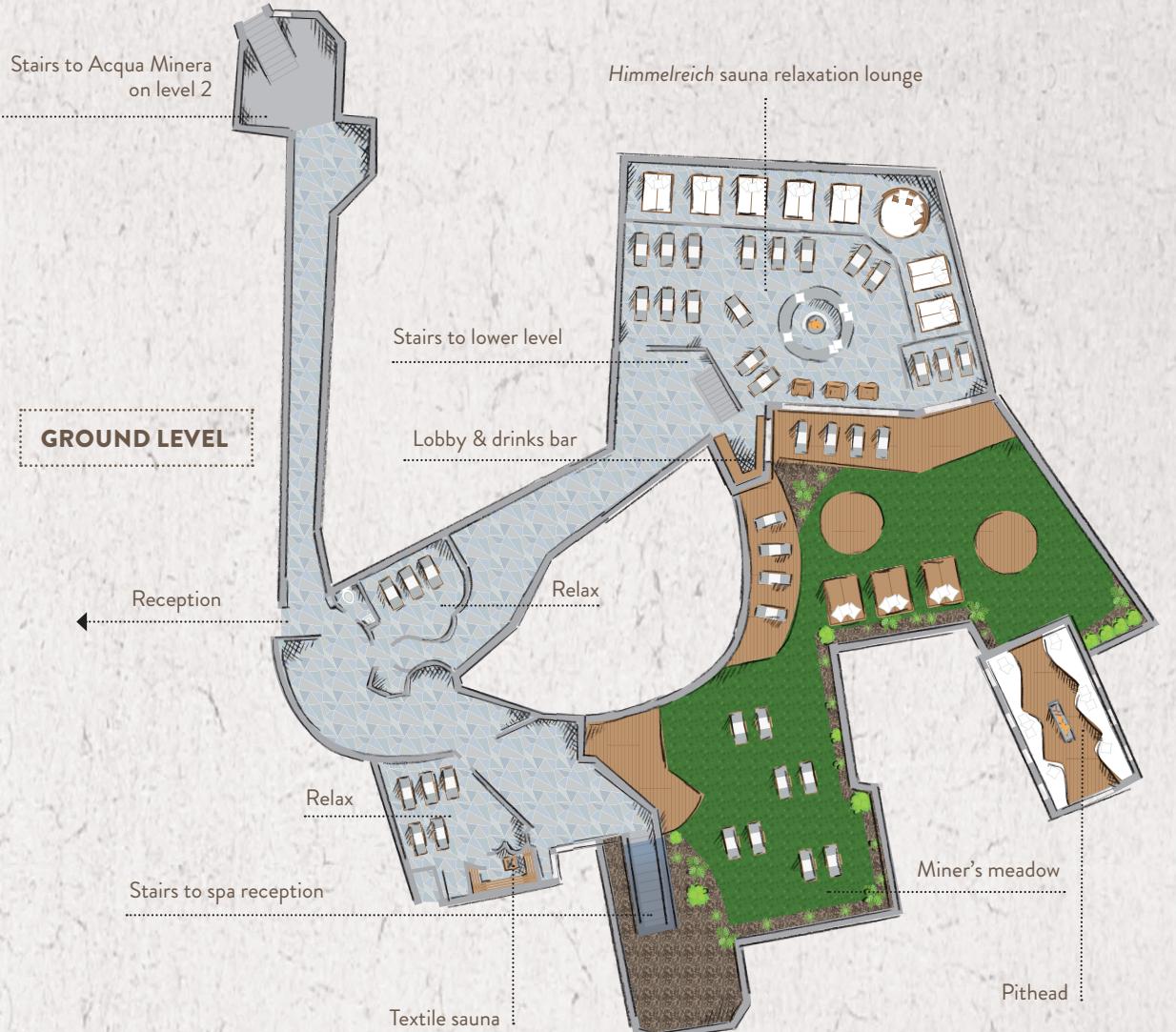
Himmelreich sauna

Relaxation lounge

After all these experiences, the calming *Himmelreich* sauna relaxation lounge is the perfect spot... Find stillness, relax, recharge and let go on heavenly relaxation beds. Watch the flames dance in the fire and listen to the water gently falling. The library has plenty of reading material for all tastes.

A corridor connects the sauna area with the
beauty and health area.

Take time out in the luxurious treatment cabins flooded with daylight and enjoy authentic treatments for face and body as well as massages and wraps combined with natural, regional products. The spa reception team will be happy to advise you and make appointments. Try out our varied programme, from signature treatments to herbal oil massages.



Spa Minera

Spa etiquette

To help all our guests enjoy the Plunhof's Spa Minera in peace and quiet, please speak quietly and turn off all mobile phones. The spa is open to people aged 15 and over.

Happy to help

If there is anything you need or you have a suggestion, please let us know.

Book treatments in advance

On certain days our treatment slots can get booked up very quickly. To secure the appointment you want and to ensure that we meet your requirements, we recommend that you forward your booking requests prior to arrival. Appointments can be cancelled free of charge up to 12 hours beforehand. After this time, we must charge 50% of the treatment cost. We hope you will understand that, in the event of late arrival, your treatment time will be reduced accordingly.



Your time for wellbeing

To enjoy your full treatment time, please arrive at the spa reception 10 minutes before your appointment is due to start.

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.

Hand towels

In your room you will find a basket of hand towels that you are welcome to use when visiting Spa Minera.

Opening hours

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

We hope you have a wonderful time!

The Hotel Plunhof Spa Minera team

This price list supersedes all previous price lists. Typing & printing errors excepted.
Changes may be made without prior notice.
Spa concept & copy editing: marketing-deluxe at



Plunhof

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