

# *general information*

---

**If you need to cancel an appointment, 24 hours notice is required  
Without sufficient notification, the full price of the treatment will be charged**

---

**In case the guest shows up late, the treatment will be carried out in the remaining time  
without any price deduction**

---

**Youngsters under 14 years of age are not allowed to use the gym and the sauna area  
We are not allowed to perform any treatments on youngsters under 14 years of age**

- 
- ▶ **For bookings or information we kindly ask you to contact our staff during the opening times  
of the Wellness-Farm, internal number: 890**
  - ▶ **External guests can reach us for information and reservations during opening times  
at the following number: 0471/833890**

## *opening time*

### **Winter opening time from Monday to Saturday**

from 09.00 to 12.00 and from 14.30 to 20.00 massages, beauty treatments, gym and swimming-pool

from 14.30 to 19.00 swimming-pool, gym and SPA with sauna area

from 19.30 to 22.00 swimming-pool, gym and SPA with sauna area

### **Sunday**

from 14.30 to 19.00 swimming-pool, gym and SPA with sauna area, the SPA is closed for treatments on Sundays.

The Wellness-Farm will be closed on Sunday morning.

### **Summer opening time from Monday to Sunday**

from 09.00 to 12.00 and from 14.30 to 20.00 massages, beauty treatments, gym and swimming-pool

from 15.00 to 19.30 swimming-pool, gym and SPA with sauna area

### **Late night opening**

Starting from the 27 December, the Wellness-Farm will be open for external guests from 19:30 to 22:00 with swimming-pool, gym and sauna area. This special opening time will be prolonged until mid March.

## *wellness-farm & swimming pool*

### **General informations**

Our Wellness-Farm was designed according to the principles of FENG SHUI, an ancient Eastern philosophy based both on a careful observation of, and on the respect for NATURE and ENVIRONMENT. While seeking to meet the modern needs of guests, the Wellness-Farm was created with these philosophical principles in mind, drawing inspiration from the five elements or cyclical energy aspects - FIRE, WATER, WOOD, METAL and EARTH. Each room and relaxation area is dedicated to one such element and as a result, you will enjoy the benefits around the well-being of body, mind and soul.

Our primary aim was to create a unique environment, a sheer oasis of health, a quiet and harmonious place where you can relax and find new energies for your body and soul. Our desire was to create an ideal environment where undying human needs as PRIVACY, PEACE, WARMTH and WELL-BEING could be fulfilled.

Our Wellness-Farm is composed by:

**sauna** area that offers Laconicum, Finnish Sauna, Frigidarium with cold water bucket, Kneipp, aroma showers with essential oils, relax area, Tepidarium for deep relaxation, Calidarium and Infrared cabin;

**swimming-pool** area offering relax area, shower, water stream, geyser, waterfall, neck-waterfall and whirlpool;  
**gym**, massage and **beauty area**.

## *Mei & the Posta Zirm Hotel*

The knot for the relationship between the family owned Italian company Mei and the Posta Zirm Hotel was tied in June 2013. After many years spent searching for a company that produces natural products as well as detoxifying programs connected to diet, we found in Mei an ideal partner. Their research and processing transparency as well as their constant cooperation with renowned Italian Universities, confer to their products and detox plans scientific credibility and excellence. We are confident in having found in Mei a partner that does keep his promises and we are very glad and proud in being able to introduce you to the MEI philosophy in our Wellness-Farm. Upon request, Helga and her staff, all certified operators according to the standards of the WFA – Wellness from Feet Academy, invite you to discover the world of Mei during a complimentary personal consultation.

## our massages

<b>Full body relax massage*</b>	50 min.	€ 72,00
<b>Full body relax massage extra*</b>	80 min. approx	€ 91,00
The slow, rhythmic movements of this massage have a deep soothing action on the nervous system. Ideal choice in order to reduce stress and enhance the sensation of well-being.		
<b>Partial massage legs or back*</b>	25 min. approx	€ 48,00
<b>Full body sports massage*</b>	50 min. approx	€ 79,00
<b>Full body sports massage extra*</b>	80 min. approx	€ 121,00
This fairly strong massage is mainly performed on legs and back. It helps releasing contracted areas and accelerates muscular recovery after exercise through the drainage of lactic acid.		
<b>Reinvigorating treatment for legs</b>	50 min. approx	€ 79,00
Treatment that stimulates circulation, drains excessive fluids, reduces swellings and relieves muscular congestion and contractions. The applied phyto-cosmetic products based on essential oils also help reactivating lymphatic circulation conferring a pleasant sense of lightness.		
<b>Anti-Stress massage*</b>	50 min.	€ 69,00
A unique treatment that combines foot reflexology with moves that gently stimulate liver, pancreas and intestines. It relieves tensions in the neck area moving up to relax face and scalp. An intense and extremely soothing treatment that melts away stress. This massage concentrates on the front side of the body only.		
<b>Lymphatic massage*</b>	50 min.	€ 78,00
A gentle massage technique stimulates the lymphatic circulation and encourages the drainage of fluids and waste mainly from the lower limbs.		

Our qualified Wellness-Farm staff is looking forward to welcome you and will be assisting you in choosing the treatments that best meet your requirements and preferences

<b>Face and scalp massage**</b>	25 min. approx	€ 46,00
Increases blood circulation of the head and neck area and offers a relief for people who often suffer from headache. It relaxes muscles of the neck area and relieves mental fatigue and stress.		
<b>Hot Stone Massage</b>	80 min. approx	€ 102,00
The rebalancing, soothing and revitalizing effects of this treatment are achieved through the application of basalt stones heated in water and essential oils on key points of the body. The therapist performs then a deeply relaxing massage while making the stones glide along. These release their heat relieving muscular tension and increasing blood circulation.		
<b>Ayurvedic Massage</b>	80 min. approx	€ 102,00
The Ayurvedic oil massage is recommended for overall health and well-being. It deeply relaxes mind and body, improves muscle suppleness as well as the flexibility of the joints. It increases blood and lymphatic circulation, enhances the complexion and is deeply nourishing. The massage oil will be applied on the body and on the head.		
<b>Honey connective tissue massage</b>	50 min. approx	€ 79,00
This special back treatment is performed by using pure alpine flower honey. It efficiently detoxifies, helps reducing muscular tensions, increases blood pressure and improves the strength of the immune system. At the end a massage with honey oil will complete the pampering and make you feel totally restored.		
<b>Hawaiian massage Lomi Lomi Nui</b>	50 min. approx.	€ 84,00
This wonderfully relaxing massage is given in fluid, rhythmic motion using the forearms as well as the hands combining positions of gentle stretching. Its positive effects spread from the lymphatic, digestive and respiratory system to the blood circulation. It also promotes free flow of life energy in the recipient and is very effective in removing emotional blocks.		

\* Adding of essential oils € 6,00

\*\* Adding regenerating facial cream € 3,00

# Mei body rituals

Born from research,  
the Mei rituals represent a new era  
of scientific well-being  
with immediate, tangible  
and certain results

<p><b>The Tree of Life</b></p> <p>As in plants' life, the lymph plays a crucial role for humans: it eliminates toxins, regulates the immune system and is involved in body metabolism. This treatment gently but deeply stimulates the drainage of liquids, in order to cleanse the body and regain energy. The tree of life will be drawn on the body with the Podostrigiles® by following the lymph flow and the energy meridians. The precise manual skills are enhanced by the action of hot mud made of Italian Green Clay, three types of Algae and eight essential oils from wild plants. The flow of energy regains its original strength. It includes aromatherapy and scalp massage and it is completed by sipping a herbal tea.</p>	50 min. approx.	€ 87,00
<p><b>Natural Renaissance</b></p> <p>This is the ultimate detoxifying treatment, that cleanses the skin of the whole body with Italian Green Clay scrub. This ritual is the essential physical relief after a hard workout. The muscular tissue gets revitalized as the blood circulation gets improved. The lactic acid gets drained alleviating the pain. The ritual also includes aromatherapy and scalp massage and it is completed by the following relaxation session, while sipping a herbal tea.</p>	60 min. approx.	€ 72,00
<p><b>Fiordipelle</b></p> <p>The best option for belly, butt and thighs! This innovative ritual has the power to fight water retention and energize the tissue, contrasting cellulite accumulation thanks to the powerful synergy between the effective massage with the Podostrigiles® and the action of high quality active principles conveyed under the skin. It includes aromatherapy and scalp massage and it is completed by sipping a herbal tea.</p>	60 min. approx.	€ 92,00
<p><b>Mediterranean</b></p> <p>Only the best of the Mediterranean is enclosed in this precious ritual and its rebalancing action: clay and pure essential oils of Orange and Lemon. The first stage is detoxifying, with a scrub made from Italian Green Clay. Then the ritual follows with a special massage performed with pure essential oils, that once absorbed, they create a pleasant harmonious condition. It includes aromatherapy and scalp massage and it is completed by sipping a herbal tea.</p>	60 min. approx.	€ 89,00

<p><b>Dolce Vita</b></p> <p>Blissful body ritual that will spoil skin and senses starting with an illuminating sugar crystals and Sicilian Sweet Orange essential oil full body scrub. The treatment continues with the application of the heavenly scented and nourishing Sweet Orange body cream that will leave your skin deliciously perfumed. The ritual includes aromatherapy and scalp massage and it is completed by sipping a herbal tea.</p>	50 min. approx.	€ 89,00
<p><b>Sotto sale</b></p> <p>Energizing body treatment that starts with a toning full body exfoliation performed with sea salt crystals, green tea, ginseng and peppermint essential oil from Piedmont. The ritual continues with the application of the refreshing Green Mint body gel for a fresh and radiant skin. The ritual includes aromatherapy and scalp massage and it is completed by sipping a herbal tea.</p>	50 min. approx.	€ 89,00
<p><b>Persian Rose Ritual*</b></p> <p>The roses bloom all year long with this precious ritual for face and body. The essence of Persian Rose envelops the skin in a soft caress thanks to its smoothing and brightening effect. Treat yourself to harmonious manual techniques, enhanced by 7 Mei natural products and your skin will literally re-flourish. After the treatment, enjoy its benefits while sipping a herbal tea.</p> <p>* Take the chance to combine the Persian Rose Ritual with the purchase of the 5 Rosemei products with a 20% discount on the products.</p>	80 min. approx.	€ 138,00 € 275,00
<p><b>Earth and Sky</b></p> <p>The highly active oxygenating effect on the facial skin is combined with the beneficial PMP® method to create an earth &amp; sky effect: two opposites together, to provide an unbeatable feeling of relieve and, above all, immediate results. This ritual is highly detoxifying and it includes aromatherapy, scalp massage.</p>	105 min. approx.	€ 152,00

# Mei body rituals

<p><b>Fiordipelle Gold</b> Particularly recommended in case of cellulite, venous stasis and water retention, this ritual is able to restore the blood/ water exchange, the peripheral oxygenation and the balance of liquids. The 50 minutes of the PMP® method, entirely dedicated to feet, are completed by the 55 minutes of innovative massage on thighs, buttocks and abdomen, creating a special feeling of well-being also thanks to the preciousness of the natural products used. The ritual includes aromatherapy and scalp massage and it is completed by sipping a herbal tea.</p>	105 min. approx.	€ 152,00
<p><b>Meiman/Meiwoman</b> The body returns to its toned and strengthened condition, the skin glows and the soul smiles again, thanks to the ritual that is customized for women or for men who want to revitalize themselves completely. A real and proper "remise en forme". Starting from the feet and up to the head, the treatment involves eight different phyto-cosmetic products and different targeted actions, specific for Her and for Him. The ritual for women is characterized by sugar and the fabulous scents of Sicilian Citrus, while the one for men is performed with Sea Salt, Ginseng and Peppermint. Firstly, the body is treated with a detoxifying exfoliation, followed by the targeted massage with selected anti-stress essential oils and an anti-aging facial treatment.</p>	120 min. approx.	€ 162,00
<p><b>PMP - Classic</b> PMP is the first patented method that gives a new shape to overall well-being starting from the feet. The PMP Classic consists of a detoxifying action of the skin, specific gymnastics, hot or cold fango therapy, of applying 5 high-quality natural products and 5 phases of manual and instrumental foot massage with the patented Podostrigiles®. Ideal for reactivating peripheral microcirculation, reducing swelling of ankles and feet and releasing a deep, long-lasting sense of well-being.</p>	60 min. approx.	€ 71,00
<p><b>PMP - Dynamic</b> The PMP Dynamic offers immediate relief and the best chance of resuming activity with renewed energy and vigour. It consists of 2 aromatherapy moments, applying 5 high-quality natural products and 4 phases of manual and instrumental foot massage with the patented Podostrigiles®. It's ideal for regenerating and toning up after physical activity or after a sauna.</p>	30 min. approx.	€ 46,00

# Mei face rituals

<p><b>Mei Lifting</b> Mei Lifting ritual gives back a rejuvenated, plumped and glowing skin with an incredible feeling of general well-being. Wise scientific maneuvers, also performed with Podostrigiles, and a specific line based on colloidal silver, vegetable waters from wild plants and essential oils will give you an immediately visible result. The ritual ends with the application of the Solid Perfume made with Sandal and Lime oil that will accompany you while preserving the emotion of this unforgettable ritual.</p>	ca. 60 min.	€ 124,00
<p><b>Anti Age Mei</b> With the passage of time, the skin unveils the aggression of the climatic agents and the lifestyle mistakes. This ritual was specifically designed to restore tone, glow and compactness of the facial skin and hands thanks to the antioxidant and the extraordinary anti-wrinkle treatment performed with Tamanu oil extracted from this precious fruit of Polynesia. This ritual includes aromatherapy and scalp massage and is completed by sipping a herbal tea.</p>	ca. 50 min.	€ 94,00
<p><b>Natural Protection Mei</b> Pure mallow, calendula and chamomile are the main botanical extracts used during this specific treatment suitable for soothing irritated skin, reducing redness and protecting the facial skin against winter's ravages.</p>	ca. 50 min.	€ 89,00
<p><b>Oxygenating Mei</b> This ritual is a wonderful experience and the benefits are not only limited to the face. The intensity of the action creates a wave of deep well being, able to involve the whole body. Silica is the core element of the treatment, further enhanced by Argan oil, able to reduce the signs of time and oxygenate the skin of face and hands, making them compact and glowing. This ritual includes aromatherapy and scalp massage and is completed by sipping a herbal tea.</p>	ca. 50 min.	€ 97,00

## Mei face rituals

<b>Rosemei</b> The essential oil of Persian Rose is the main ingredient that makes this ritual a real jewel. Its unique aroma, released by the scrub, the tonic and the cream, is enhanced by innovative manual skills for an immediate result. Inebriated by the magic note of the queen of flowers, a dream for the facial skin and for general relaxation. This ritual includes aromatherapy and scalp massage and is completed by sipping a herbal tea.	<i>ca. 30 min.</i>	<b>€ 49,00</b>
<b>Purifying Mei</b> The antiseptic and antibacterial properties of Propolis have always been known to mankind. This treatment, employing the precious element, is deeply purifying leaving your skin firm and glowing.	<i>ca. 30 min.</i>	<b>€ 48,00</b>
<b>Eye Mask Mei*</b> The area around the eyes is generally very sensitive and needs special care. This natural treatment fights the signs of aging and helps the skin in the eye area bounce back to firmness.	<i>ca. 30 min.</i>	<b>€ 33,00</b>

\* If added to a face ritual € 26,00

## special treatments

<b>Sweet mamy</b> Sweet Mamy Pregnancy Massage is a blissful body ritual that supports the needs of future mums balancing physical changes and increasing emotional stability through a deep relaxation experience. Sweet Mamy varies according to the period of the pregnancy. During the first trimester, it focuses on preventing stretch marks and on inducing a state of deep relaxation. During the second trimester, attention is focused on relaxing the cervical muscles, the entire spine and pelvic area. During the the third trimester, the treatment aims again to prevent stretch marks, promoting fluid drainage, and encourage a deep muscle relaxation.	<i>60 min. approx.</i>	<b>€ 89,00</b>
<b>Aromatic wraps by Mei*</b> Detox wraps Firming wraps Slimming wraps	<i>20 min. approx.</i>	<b>€ 32,00</b>

\* All the aromatic wraps can be combined with a partial body massage approx. 50 min. € 78,00

*jacuzzi  
whirlpool-bath  
with pure  
essential oils*

<b>Purifying aromatic bath*</b> Effective remedy thanks to the sun ripened green Italian clay which has an anti-acid, purifying and mineralizing effect. The addition of the balsamic mix Essentior helps relieving cold symptoms, sore throats and joint soreness.	<i>20 min. approx.</i>	€ 26,00
<b>Alkaline bath*</b> Excellent remedy against water retention and the sensation of heavy legs. Regenerating and toning.	<i>20 min. approx.</i>	€ 26,00
<b>Desert dream bath*</b> Myrrh, incense and sandalwood are the main vegetable extracts of this evocative bath experience. The exotic and warm scent inspires a deep feeling of serenity.	<i>20 min. approx.</i>	€ 26,00
<b>Sicilian scented bath*</b> The citrus fruits from Sicily are celebrated during this bath. The natural fragrance will take you far away in the Mediterranean and make you feel restored and uplifted.	<i>20 min. approx.</i>	€ 26,00
<b>Provence scented bath*</b> In the countryside of Provence there is a type of lavender growing spontaneously that has a decisive but pleasant aromatic note. This bath is calming and has a positive effect on the respiratory system.	<i>20 min. approx.</i>	€ 26,00
<b>Dolomite scented bath*</b> The refreshing and balsamic fragrance of this bath reflects the energy of the mountains that surround us. Ideal to reinvigorate and revitalize after a tough day, a long journey or intense workout.	<i>20 min. approx.</i>	€ 26,00
* All these baths can be combined with a massage of your choice with 10% reduction on the original price. * Upon request all the baths can be enjoyed as a couple in the bathtub for two	<i>20 min. approx.</i>	€ 36,00

*hair removal*

<b>Sugaring with Sweety, the gentle hair removal technique</b>	
Sweety full body	€ 73,00
Sweety full legs and underarms	€ 59,00
Sweety half legs	€ 28,00
Sweety full legs	€ 50,00
Sweety bikini area	€ 20,00
Sweety arms/back	€ 27,00
Sweety underarms	€ 15,00
Sweety upper lip	€ 11,00
<b>Hair removal with wax</b>	
Full body waxing	€ 70,00
Full legs and underarms	€ 57,00
Half legs	€ 25,00
Full legs	€ 48,00
Bikini area	€ 17,00
Arms/back	€ 23,00
Underarms	€ 12,00
Upper lip	€ 8,00
<b>Integral tan "Club Tan"</b>	€ 15,00
<b>Integral tan "Club Tan" 3 applications</b>	€ 35,00

*solarium*





