



POSTA
ZIRM

WELLNESS
FARM

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

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

wellness-farm & swimming pool

General information

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

Full body relax massage	50 min. approx.	€ 74,00
Full body relax massage extra	80 min. approx.	€ 113,00
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.		
Partial massage legs or back	25 min. approx.	€ 49,00
Full body sports massage	50 min. approx.	€ 82,00
Full body sports massage extra	80 min. approx.	€ 124,00
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.		
Anti-Stress massage	50 min. approx.	€ 72,00
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.		

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

Face and scalp massage	25 min. approx.	€ 49,00
This treatment has a powerful relaxing effect on overstimulated brains as well as tensions in the neck area and general fatigue. Aromatherapy with pure essential oils, scalp stimulation, neck stretches, acupuncture, and facial massage are the techniques used to achieve a pleasant mind-body balance.		
Lymphatic drainage massage	80 min. approx.	€ 98,00
A gentle and precise massage technique that encourages the movement of lymph fluids around the body in order to reduce swelling, improve water retention while removing toxins and waste from the bodily tissues. This massage will be performed on the whole body.		
Hot Stone Massage	80 min. approx.	€ 113,00
The rebalancing, soothing and revitalizing effects of this treatment are obtained 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.		
Honey connective tissue massage	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.		

Mei body rituals

The Tree of Life

50 min. approx. € 89,00

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.

Fiordipelle

50 min. approx. € 92,00

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.

PindaMEI Body and Face Ritual

80 min. approx. € 150,00

The Pinda tradition is one of the remedies that dates back to the mists of time. We have evolved this wellness tradition into a ritual that enhances the power of the MEI herbs, prepared in a special micronized blend and enclosed in exclusive natural cotton pouches. The treatment technique with the Pindas is enhanced by the action of the warm rebalancing Tridosha oil on the body and by the precious Cotton Flower scented products for the regeneration of the face, thanks to the White Purity line with replumping effect. A real sensory immersion that gives immediately perceived benefits also in the case of muscle tensions. The combined action of manual techniques, heat and aromatherapy released by the PindaMEI pouches counteracts tension, stimulates the renewal of skin cells while giving immediately visible elasticity and brightness and rebalances energy as well as physical and mental well-being. From the ancient tradition of holistic well-being, a harmonious and complete ritual with immediate effect.

PMP - Classic

50 min. approx. € 79,00

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.

With the purchase of 3 Mei home SPA products, a 10% discount on all Mei rituals will be applied.

Mei peelings

Sardinian Gold

50 min. approx. € 89,00

A luxuriously aromatic treatment for your body! Dive into bliss with this precious body ritual that starts with an illuminating Sea Salt body scrub with myrtle and rosemary essential oils. After the exfoliation, you will be pampered with a full body relaxing massage using the exceptional Sardinian oil, wonderfully restoring for your skin. The final touch will be the application of the Gold of Sardinia body lotion, a perfect combination of shea butter and aloe vera pulp that will leave your skin perfectly hydrated and regenerated. The ritual includes aromathrapy and scalp massage and it is completed by sipping herbal tea

Dolce Vita

50 min. approx. € 89,00

Heavenly 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.

Botanical Beauty

50 min. approx. € 89,00

A special Mei treatment that aims to eliminate toxins that settle on our skin every day: smog, harmful agents, and bacteria. This ritual that leaves you feeling invigorated, toned and regenerated is performed with the Botanical Regenerating Peeling based on green clay and its absorbing power, the elasticizing Relax oil made with horsetail and completed with the Botanical Body Cream with calendula flower extract for a deep moisturizing and nourishing effect.

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Mei bouquets

Persian Rose Ritual

80 min. approx. € 138,00

The Persian rose bud originating from the Iranian highlands is the luxurious element that defines the entire line of exclusive products Rose Mei chosen for this refined ritual. Thanks to the Persian Rose oil, your skin will have the same softness and fragrance of the fresh buds of the plant. A complete body and face ritual that awakens your senses while delivering stunning results. Let yourself be spoiled by the gentle manual movements and the unique scents released. The ritual includes aromatherapy and scalp massage.

Earth and Sky

105 min. approx. € 152,00

Yin is the energy of the earth; yang is the energy of the sky. Between earth and sky there is man, man understood as life, life understood as harmony. Harmony is the result obtained from the combination between the PMP treatment, entirely dedicated to the well-being of the feet and the facial Detox ritual, for a purified and regenerated face thanks to the application of the precious natural Mei products. The ritual includes aromatherapy and scalp massage.

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

Mei bouquets

Fiordipelle Gold

105 min. approx. € 152,00

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.

Meiman/Meiwoman

105 min. approx. € 162,00

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.

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Mei face rituals

Anti Age Mei*

50 min. approx. € 97,00

A truly beautiful facial treatment with a specific anti-aging action. A serum-cream duo with highly concentrated active ingredients to renew skin for a real energy boost and renewed vitality. See a fresh, radiant complexion in no time thanks to the botanical hyaluronic acid and colloidal silver. The ideal treatment to regenerate asphyxiated or wrinkled skin.

Mei Detox*

50 min. approx. € 94,00

A skincare treatment formulated with potent beneficial botanical ingredients that revive blemished, oily or combination skin while improving appearance. Exfoliation and mask are followed by a massage with specific creams rich in South American quebracho bark extract to purify, renew and restore skin tone. Recommended during every season, ideal face ritual for men.

Mei Nutritive*

50 min. approx. € 94,00

A truly nourishing facial treatment that revitalizes dry and dehydrated skin. A delicate exfoliation prepares the skin for a vitamin-rich serum and the soft and rich cream made with macadamia oil and helichrysum flower extract that nourishes from the very first application, helping to keep the skin firm, toned and radiant. Recommended during every season for dry, stressed and dehydrated skin.

Mei face rituals

White Purity*	50 min. approx.	€ 94,00
A face ritual with illuminating effect designed to counteract hyperpigmentation spots due to excessive sun exposure, to soothe age spots and accumulations of melanin in general. Also suitable for the most sensitive skin, you will be inebriated by the wonderful fragrances of Cotton Flowers, Vanilla, Persian Rose and Geranium. The special massage performed with the pinda-pouches will leave your skin plumped and radiant.		
Rosemei*	50 min. approx.	€ 94,00
A blooming complexion like rose petals is the result of this enchanting treatment made from wild Persian rose buds. A very delicate exfoliant, a sea oil-based lotion and the cream enriched with the purest concentrated essential oil of Persian Rose. All luxurious ingredients for this surprisingly effective ritual. Being very soothing, it is recommended for delicate, light and sensitive skin.		
Eye Mask Mei*	25 min. approx.	€ 25,00
The area around the eyes is generally very sensitive and needs special attention. This natural treatment fights the signs of aging and helps the skin in the eye area bounce back to firmness.		
* a deep facial cleansing with extraction can be added to every Mei face ritual	25 min. approx.	€ 25,00
With the purchase of 3 Mei home SPA products, a 10% discount on all Mei rituals will be applied.		

Mei AD+ Advance Intensive Treatment

FACE MEI AD+ Advance Intensive Treatment – Youth Booster	50 min. approx.	€ 147,00
An innovative treatment solution that offers the possibility of customization based on the specific needs of your skin. For a lifting, redensifying, plumping and lightening effect, to combat the signs of aging and sagging skin. A real natural lifting that promises to rejuvenate your appearance in a harmonious way thanks to the mix of ultra-concentrated Boosters based on biomolecules and botanical peptides and a specific lifting massage which will make your skin look immediately younger and regenerated, silky and velvety.		
BODY MEI AD+ Advance Intensive Treatment – Lightness Bandages	50 min. approx.	€ 85,00
Since ancient times, bandages have been used in order to enhance wellbeing and health. The special MEI AD+ bandages, specific for the lower limbs, perform a compressive action and gradually release the natural active ingredients rich in botanical serums in order to improve blood and lymphatic circulation. The vasotonic, draining, anti-fatigue and anti-cellulite effect will be completed by a particular massage technique, resulting in a pleasant sensation of lightness and well-being.		
Toning Bandages with Eucalyptus, Ivy and Menthol Draining Bandages with Birch Tree and Dead Sea Salt Slimming Bandages with Siberian Ginseng and Green Coffee		
Youth & Lightness Harmony Treatment	110 min. approx.	€ 210,00
The treatment is a combination of the AD+ DRENA bandages rich in natural active ingredients such as Birch and Dead Sea Salts that improve lymphatic and blood circulation and the innovative AD+ BOOSTER facial treatment based on biomolecules and super-concentrated botanical peptides with anti-aging action. Your skin will be visibly improving “drop by drop”.		

The new frontier of organic
phytocosmetics is born from
the Mei Laboratory in order to
guarantee optimal results with 100%
pure vegetal active ingredients.

jacuzzi whirlpool-bath with pure essential oils

<p>Persian rose bath*</p> <p>The refined aroma of the precious Persian Rose essential oil is released during this bath, a delicate elixir that will leave your body moisturized and silky. Suitable for delicate and dehydrated skin.</p>	20 min. approx.	€ 26,00
<p>Alkaline bath*</p> <p>Excellent remedy against water retention and the sensation of heavy legs. Regenerating and toning.</p>	20 min. approx.	€ 26,00
<p>Desert dream bath*</p> <p>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.</p>	20 min. approx.	€ 26,00
<p>Sicilian scented bath*</p> <p>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.</p>	20 min. approx.	€ 26,00
<p>Provence scented bath*</p> <p>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.</p>	20 min. approx.	€ 26,00
<p>Dolomite scented bath*</p> <p>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.</p>	20 min. approx.	€ 26,00

* All these baths can be combined with a massage of your choice with 10% reduction on the original price.

hair removal

<p>Sugaring with Sweety, the gentle hair removal technique</p> <p>Sweety full body</p> <p>Sweety full legs and underarms</p> <p>Sweety half legs</p> <p>Sweety full legs</p> <p>Sweety bikini area</p> <p>Sweety arms/back</p> <p>Sweety underarms</p> <p>Sweety upper lip</p>	<p>€ 73,00</p> <p>€ 59,00</p> <p>€ 28,00</p> <p>€ 50,00</p> <p>€ 20,00</p> <p>€ 27,00</p> <p>€ 15,00</p> <p>€ 11,00</p>
<p>Hair removal with wax</p> <p>Full body waxing</p> <p>Full legs and underarms</p> <p>Half legs</p> <p>Full legs</p> <p>Bikini area</p> <p>Arms/back</p> <p>Underarms</p> <p>Upper lip</p>	<p>€ 70,00</p> <p>€ 57,00</p> <p>€ 25,00</p> <p>€ 48,00</p> <p>€ 25,00</p> <p>€ 23,00</p> <p>€ 12,00</p> <p>€ 10,00</p>

beauty treatments

Eyebrow shaping	<i>20 min. approx.</i>	€ 15,00
Eyelash coloring	<i>20 min. approx.</i>	€ 15,00
Eyebrow coloring	<i>20 min. approx.</i>	€ 15,00
Eyebrow and eyelash coloring	<i>20 min. approx.</i>	€ 25,00

manicure

Manicure*	<i>50 min. approx.</i>	€ 45,00
* with nail polish		€ 5,00
* nail polish removal and application	<i>30 min. approx.</i>	€ 15,00
Manicure with semi-permanent nail polish	<i>50 min. approx.</i>	€ 69,00
Pedicure	<i>50 min. approx.</i>	€ 57,00
Pedicure with semi-permanent nail polish	<i>50 min. approx.</i>	€ 78,00
Curative pedicure	<i>75 min. approx.</i>	€ 78,00
Semi-permanent nail polish		
Semi-permanent nail polish application only	<i>30 min. approx.</i>	€ 34,00
Semi-permanent nail polish removal only	<i>30 min. approx.</i>	€ 19,00

