

EN



AURORA SPA

AYURVEDA - LONGEVITY - BEAUTY - BODY



*Where touch becomes
consciousness.*

*A return to a living connection of
body, mind and soul.*

WELCOME TO THE MIRABELL AURORA SPA

Gentle hands, shaped by experience and guided by mindfulness, accompany you on your journey back to balance. With exquisite products and a refined sense of care, we offer moments of deep well-being.

Leave time and space behind. Immerse yourself in a world of silence, where body, mind, and soul find harmonious alignment.

Feel. Let go. Renew.

Sustainably restored, you return to your everyday life with new strength, inner calm, and a smile that comes from within.

With heart and passion, we dedicate ourselves to your very personal escape and look forward to welcoming you to the Aurora Spa.

Your Aurora Spa Team



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SPA ETIQUETTE

RESERVATIONS IN THE AURORA WORLD

To best accommodate your personal appointment requests, we kindly ask you to book your treatments at our Aurora Spa in advance when reserving your room.

Direct line: **+39 0474 497 941**

Email: ***beauty@mirabell.it***

BEHAVIOR

The Aurora butterfly is gentle and calm, and our Aurora world is dedicated to rest and relaxation for body, mind, and soul. We kindly ask you to avoid unnecessary noise and to switch off your mobile phones.

CHECK-IN

We kindly ask you to arrive 5 minutes before your appointment and take a seat in the waiting area, preferably in a bathrobe and without jewellery. We strive to begin all treatments on time.

CANCELLATION

Please inform us in good time if you are unable to keep your booked appointments. Treatments cancelled less than **24 hours in advance** will be charged at 100% of the price.

ENVIRONMENTAL AWARENESS

Sufficient towels are provided for your stay. Respectful care for our environment is an integral part of any spa experience.

We kindly ask you to use only as many towels as you actually need.

OPENING HOURS

AURORA SPA

09.00 - 19.00

AURORA SAUNA

13.00 - 19.30

AURORA ACQUA

07.00 - 19.30

AURORA FITNESS

07.00 - 19.30

AYURVEDA MEETS MODERNITY



PROVEN INDICATIONS FOR AYURVEDIC TREATMENTS

- Allergies and asthma
- Overweight
- Rheumatism and joint complaints
- Gastrointestinal disorders
- Skin conditions
- Metabolic disorders
- Headaches (migraine)
- High blood pressure
- Pregnancy
- Menopausal symptoms
- Stress
- Burnout

VATA, PITTA & KAPHA

The teachings of Ayurveda divide the human personality into three components, known as Doshas:

Vata = movement

Pitta = energy

Kapha = stability

These elements fill the human being with energy. As long as they remain in balance, a person is healthy. Due to stress, strain, pathogens, social environment, and environmental influences, our Doshas can become disturbed—leading to discomfort, imbalance, and even pain or illness.

At Mirabell Dolomites Hotel, we analyse our guests' Doshas, base treatments on this assessment, and provide guidance in the areas of nutrition and lifestyle.





ALEXANDER KIRCHLER
Mirabell's Ayurveda Expert

Since December 2000, he has been managing the Ayurveda Pavilion at Mirabell, supported by a professional and experienced team, with a focus on: Ayurveda, classical homeopathy, phytotherapy, trigger point therapy, electroacupuncture, iris diagnosis, and detoxification methods such as cupping, as well as naturopathic psychotherapy.

From the very beginning, Alexander has placed particular emphasis on the field of Ayurveda.

MEDICAL AYURVEDA



CONSTITUTION CHECK-UP

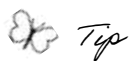
The constitution check-up includes iris diagnosis as well as pulse and tongue analysis. Based on these findings, an individual determination of your type according to Vata, Pitta, Kapha, or a mixed type is made. This is complemented by a detailed description of your constitution, along with personalized recommendations for lifestyle and nutrition. For greater balance and holistic well-being.

45 min | Euro 120,00

PULSE AND TONGUE DIAGNOSIS

Constitutional assessment, lifestyle advice, and nutritional recommendations.

30 min | Euro 60,00



IRIS DIAGNOSIS AND CONSULTATION

Specific tendencies toward certain conditions, as well as constitutional characteristics, can be identified through distinctive signs in the eye, specifically the iris, using a specialized iris diagnostic device. Particularly suitable for preventive health care.

30 min | Euro 70,00

45 min | Euro 100,00

HYDROCOLON THERAPY

When the function of the small and large intestine is impaired, this can lead in the short term to constipation, bloating, and diarrhoea, and in the long term to gastric and intestinal disorders.

Colon hydrotherapy is an effective method for treating imbalanced intestinal function.

45 min | Euro 120,00

AYURVEDA TREATMENTS



ABHYANGA MASSAGES

Abhyanga means "anointing" or "oil application." It refers to all forms of oil massage, individually adapted to each person's constitution.

FULL BODY

This massage supports detoxification, stimulates energy and lymph flow, and has a deeply soothing and relaxing effect. It also helps to tone the skin and connective tissue.

45 min | Euro 100,00

75 min | Euro 145,00



HEAD & FACE

This massage improves blood circulation in the head and oxygen supply. The soothing facial massage gently stimulates the nerves.

20 min | Euro 60,00

BACK

A soothing, deep-acting massage that runs from the hips along the spine up the head.

20 min | Euro 60,00

LEG

Through gentle massage strokes, the muscles of the legs are loosened, allowing relaxation to set in quickly.

20 min | Euro 60,00

AYURVEDA KIDS MASSAGE

6–12 YEARS

20 min | Euro 65,00

4 HANDS MASSAGE

45 min | Euro 160,00

SHIRODHARA OIL FOREHEAD TREATMENT

The warm oil flowing over the forehead acts on the central nervous system, inducing deep relaxation. It is successfully used for stress, insomnia, and states of exhaustion, as well as for neck and shoulder tension and headaches.

Tip: Traditionally, the oil forehead treatment is performed after an Ayurvedic full-body massage.

20 min | Euro 80,00

VISHESH

A deep-acting and highly beneficial full-body massage. It is very similar to Abhyanga, but performed with firmer pressure, which has a stimulating and revitalising effect on the metabolism.

45 min | Euro 100,00

GHEE FULL-BODY MASSAGE

This treatment has a cooling, rejuvenating, and blood-purifying effect. It strengthens the body and enhances vital energy. It also supports the liver and gallbladder.

45 min | Euro 100,00

GARSHAN MASSAGE

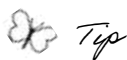
A dry full-body massage that stimulates the metabolism, performed with raw silk gloves.

45 min | Euro 90,00

UDVARTANA FULL-BODY MASSAGE

This massage uses the stimulating and friction-based properties of a powder paste made from various grain flours, herbs and oils. It has a cleansing effect and supports the metabolism as well as lymphatic flow.

45 min | Euro 105,00



UPANAHASVEDA BACK MASSAGE

This massage is performed along the spine, starting from the hips. In addition to warm oil, a fresh ginger compress is applied, promoting strong blood circulation in the muscles.

40 min | Euro 90,00

PATRA PINDA SVEDA FULL-BODY MASSAGE

This treatment uses warm pouches with lemon and coconut, creating a skin-firming and fat-reducing effect. It stimulates lymphatic flow and is commonly used as a beauty and regenerative treatment for scars and cellulite.

50 min | Euro 105,00

SASTIKA PINDA SVEDA FULL-BODY MASSAGE

Using warm rice pouches, this massage has a deeply nourishing effect. It softens and supplies the body, increases joint mobility, cleanses the body channels, and improves circulation and overall appearance.

50 min | Euro 105,00



PADABHYANGA FOOT MASSAGE

This treatment is one of the most refined and delicate massage techniques in Ayurvedic therapy. Special combinations of grips and gentle strokes harmonise the feet, calves, and knees, creating a balancing effect.

20 min | Euro 60,00

40 min | Euro 90,00 + Kaash bowls

The **Kaash bowls** are made from the health-supporting metals copper and tin and are used in foot massage with oil, moving in circular motions over the soles to create pressure, warmth, and relaxation. They have a soothing, balancing, and strengthening effect and may help with sleep disorders, headaches, nervousness, exhaustion and menopausal symptoms.

SVEDANA HERBAL OIL STEAM BATH

This Ayurvedic steam bath is usually applied after a full-body massage to stimulate circulation and metabolism. The treatment also has a beneficial effect on muscle stiffness.

20 min | Euro 60,00

PRATIMARSHA NASYA

This Ayurvedic nasal treatment supports detoxification of the nasal passages. It activates the immune system and is used for chronic colds as well as sinus infections.

20 min | Euro 48,00

EYE BATH WITH GHEE

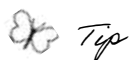
Highly beneficial for tired or inflamed eyes. It soothes the eyes and supports visual strength.

20 min | Euro 55,00

Our Ayurvedic health packages can be found on [page 27](#).



AURORA SPECIALS



Tip

AYURBELL

This treatment combines techniques from Abhyanga massage with singing bowls, creating a unique form of deep relaxation. Embark on a journey of sound and gentle touch.

60 min | Euro 125,00

AYURBODY

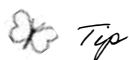
This full-body treatment promotes a sense of closeness and inner connection. It combines an individually tailored Abhyanga and sound massage with the application of warm basalt stones.

75 min | Euro 145,00

AURORA DETOX & RELAX MASSAGE

A holistic treatment beginning with a smudging ritual to cleanse the energetic body (aura), followed by an Ayurvedic full-body Abhyanga massage and the use of healing stones.

75 min | Euro 145,00



Tip

VEGETODYNAMIK

Vegetodynamic is a holistic body therapy that uses mindful touch, subtle body awareness, and empathic dialogue to support deep self-regulation and healing.

It helps release inner tension, recognize emotional blockages, and strengthen the connection to one's body awareness. For greater vitality, clarity and inner balance.

75 min | Euro 145,00

HYPNOSIS

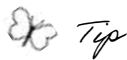
Under the guidance of the hypnotist, attention is directed inward, imagination is enhanced, and external impressions gradually fade into the background.

Whether as support for smoking cessation, weight reduction, performance improvement for athletes, sleep disorders, migraines, or the release of emotional blockages—hypnosis helps focus inward, intensifies emotional experience, and facilitates the resolution of unresolved issues.

To achieve the desired results, 2–3 sessions are recommended.

45 min per session | Euro 120,00

PAIN THERAPIE



BREUSS METHOD

This gentle massage uses targeted pressure techniques along the spine and back muscles, combined with warm St. John's wort oil.

45 min | Euro 90,00

SHOCKWAVE THERAPY

By palpation, our therapist identifies the painful area. Short acoustic shockwaves are then applied directly to the affected region. This increases blood circulation, stimulates metabolism, and activates the body's natural repair mechanisms.

25 min | Euro 70,00

45 min | Euro 98,00

3 sessions - 45 min | Euro 275,00

SHOCKWAVE THERAPY CELLULITE

Shockwaves break down thickened cell membranes of fat cells, improve blood circulation, and stimulate lymphatic drainage and metabolism.

3 sessions - 45 min | Euro 275,00

TRIGGER POINT MANIPULATION

This targeted treatment is used for back, neck, and shoulder pain, herniated discs, joint pain, as well as tennis and golfer's elbow. The cause is so-called trigger points, tight knots in muscles and connective tissue that can develop due to spinal misalignments.

25 min | Euro 65,00

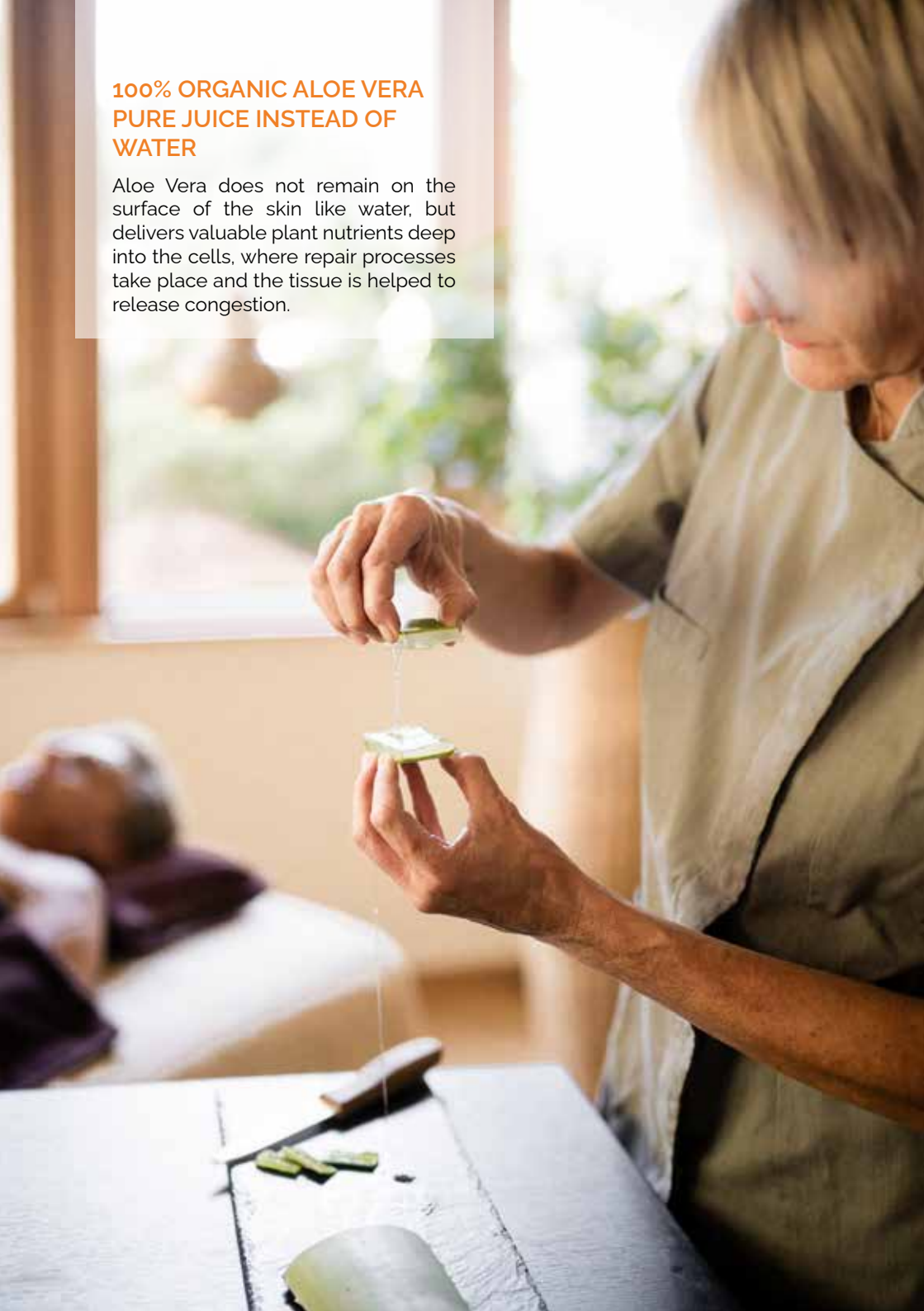
40 min | Euro 95,00

FOR THE FOLLOWING COMPLAINTS:

- Chronic pain
- Chronic neck, shoulder or back pain
- Sciatica
- Herniated discs
- Chronic elbow pain (tennis or golfer's elbow)
- Joint pain (knee, hip, shoulder, etc.)
- Osteoarthritis
- Patellar (kneecap) pain under load
- Chronic Achilles tendon pain
- Heel pain
- Headaches (migraine)

100% ORGANIC ALOE VERA PURE JUICE INSTEAD OF WATER

Aloe Vera does not remain on the surface of the skin like water, but delivers valuable plant nutrients deep into the cells, where repair processes take place and the tissue is helped to release congestion.



PHARMOS NATUR FACIAL TREATMENTS

LOVE YOUR AGE

FOR DRY, TIRED SKIN & FINE LINES

Pure nature with rejuvenating power. Collagen-boosting ingredients improve skin density, plump the skin, and promote a radiant feeling of well-being. Wrinkles are smoothed, their depth is visibly reduced, and connective tissue is strengthened.

60 min | Euro 105,00

90 min | Euro 135,00

DEEP NOURISHING

FOR DRY & STRESSED SKIN

Intensive nourishment with highly effective plant seed extracts. They nourish, repair, and regenerate the skin.

STRESS RELEASE

FOR IRRITATED, STRESSED & DEPLETED SKIN

Deep relaxation for skin and mind. Signs of stress and tension fade away as new energy stimulates cell renewal. Redness is reduced and the skin appears visibly calm and soothed.

SKIN BALANCE

FOR COMBINATION, ENLARGED-PORE OR IMPURE SKIN

An intensive cleansing treatment with deep-acting effects. Its balancing and anti-inflammatory properties refine the complexion and promote clearer skin.

DETOX

FOR COUPEROSE, IMPURE SKIN, CONGESTION & SWELLING, DETOXIFICATION

It is a detoxifying, tissue-cleansing treatment. Redness, swelling, and congestion are reduced.

INTENSIVE MOISTURE

FOR DEHYDRATED SKIN

An intensive hydrating treatment that works deep within the skin. A freshly prepared Aloe Vera mask provides a fresh, revitalised, and youthful appearance.

NATURE OF MEN

Experience nature that works – SACRED PLANTS. Visible and tangible effects are felt immediately on the skin and overall well-being. Cell-renewing, regenerating, and revitalising. The highlight is the application of a fresh Aloe Vera leaf. Firm, toned skin and perfect care. Also ideal for sensitive skin.

60 min | Euro 105,00

90 min | Euro 135,00



BEAUTYFUL EYES

Tension, fatigue, and puffiness are reduced. Dark circles, shadows, and under-eye bags are visibly diminished. The delicate eye area is gently firmed.

30 min | Euro 60,00

ROHINI REGENERATING

This intensive treatment ritual pampers the skin with selected adaptogenic plants. Their intelligence is unique, unfolding their full effect exactly where needed. This provides the skin with precisely what it requires, true regeneration and silky care that works in depth and radiates from within.

60 min | Euro 140,00

90 min | Euro 205,00

FRESH KICK

After a gentle cleansing, the skin is deeply hydrated, soothed, and refreshed with a fresh Aloe Vera leaf. The finishing care leaves the skin plump and radiant.

30 min | Euro 65,00

Choose one of our treatments or let us create a personalised facial treatment tailored to your skin's individual needs.




Mirabelle

PHARMOS NATUR BODY

DETOX SALT SCRUB

This intensive sea salt scrub with precious medicinal plants stimulates metabolism, detoxifies, and nourishes the skin with a wide range of nutrients.

50 min | Euro 95,00

LOVE YOUR AGE SCRUB MASSAGE

Exclusive herbal peeling massage and rich body care - a fountain of youth for skin and metabolism. The perfect interplay of precious herbs with mindful touch forms the basis of this extraordinary full-body treatment. Your metabolism is stimulated, skin and tissue are tightened and vitalised. Your skin becomes velvety soft, smooth and supple. You feel as if you have been reborn.

50 min | Euro 95,00

DETOX

**FOR DETOXIFICATION, CELLULITE,
CONGESTION AND HEAVY LEGS**

A holistic detox treatment for the body using detox oil and the Aloe Vera leaf. The treatment focuses on the abdomen, legs, and arms.

75 min | Euro 140,00

RELAX & MOVE

**FOR TENSIONS, MUSCLE AND JOINT
PAIN, PRE AND POST SPORT**

A warming, detoxifying massage that releases tension, revitalises muscles and joints, and promotes circulation.

60 min | Euro 110,00

STRESS RELEASE

**FOR DEEP RELAXATION, RELEASING
STRESS, AND RESTORING ENERGY**

An ideal treatment to let go of stress, counteract overload, and recharge new energy. Focus is placed on the head, neck, and feet.

75 min | Euro 140,00

LOVE YOUR AGE

**FOR INTENSIVE REGENERATION,
FIRMING AND REJUVENATION**

An intensively nourishing and rejuvenating massage with pure plant power. The skin is nourished, firmed and its elasticity improved.

75 min | Euro 140,00

RITUAL FOR *Women*

FACE & BODY

This wonderful head-to-toe pampering ritual invites you to relax and let go.

The **back massage** relieves you from the burdens of everyday life, while the following **facial ritual** with fresh Aloe Vera leaf and the valuable active ingredients "Love your Age" pampers your skin and can take effect during the **foot and leg massage**.

90 min | Euro 155,00



RITUAL FOR *Men*

FACE & BODY

This wonderful head-to-toe pampering ritual invites you to relax and let go.

The **back massage** relieves you from the burdens of everyday life, while the following **facial ritual** with fresh Aloe Vera leaf and the valuable active ingredients "Nature of Men" pampers your skin and can take effect during the **foot and leg massage**.

90 min | Euro 155,00





MASSAGES

BELVITA PREMIUM SPA MASSAGE

St. John's wort oil and Swiss stone pine oil are used to promote relaxation, while mountain pine oil has an activating effect after strenuous activity.

This treatment can be booked as either an activating or a relaxing massage. Both versions help reduce stress and support better sleep.

50 min | Euro 95,00

CLASSIC MESSAGES

Using the hands, pressure and traction techniques are applied to the tissues and muscles, increasing local blood circulation and helping tense muscles to relax.

FULL BODY

45 min | Euro 92,00

BACK & LEGS

40 min | Euro 88,00

PARTIAL MESSAGES

BACK

LEGS

HEAD & NECK

20 min | Euro 58,00

BACK POWER

This massage releases deep-seated tension in the back using a combination of different massage techniques. In addition, cupping glasses and a hot compress are used to mobilise the spine and loosen the muscles.

45 min | Euro 90,00

MAGNESIUM GEL MASSAGES

Deeply relaxing and regenerating treatment for the back and leg muscles through the application of magnesium gel.

LEGS & BACK

40 min | Euro 88,00

PARTIAL MASSAGES

BACK

LEGS

20 min | Euro 70,00

VITAL STONE

A deeply relaxing massage using warm basalt stones and precious essential oils. It releases muscular tension and stimulates lymphatic flow and circulation.

75 min | Euro 140,00



FOOT ZONE MASSAGE WITH PEELING

The feet connect the body with the earth and form its foundation. A peeling combined with gentle pressure on the reflex zones promotes relaxation and enhances overall well-being.

40 min | Euro 88,00

LYMPH STIMULATING MASSAGES

Massages to relieve congestion or fluid accumulation in the body. Gentle techniques stimulate the lymphatic system.

FULL BODY

50 min | Euro 80,00

LEGS

40 min | Euro 72,00

FACE

20 min | Euro 58,00

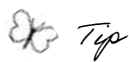
PREGNANCY

LOMI HAPAI

Lomi Hapai is a gentle Hawaiian massage for pregnant women, focusing on mother and child.

It promotes relaxation, connection, and strength for childbirth through slow, wave-like strokes with plenty of oil in a comfortable side-lying position. The treatment supports overall well-being and helps the body adapt to the changes of pregnancy.

60 min | Euro 110,00



„MOM TO BE“ PHARMOS NATUR

Experience the power of pure plants on and in your skin. Your legs feel light again, stressed connective tissue is strengthened, your back is relieved, and the baby bump is gently cared for.

Through consultation and special treatments, we support maintaining or restoring physical and emotional balance, which is especially important during pregnancy.

50 min | Euro 105,00



AYURVEDA PACKAGE 3-4 DAYS

- **1 Ayurvedic pulse and tongue diagnosis** (30 min)
- **1 Lomi Hapai** (50 min)
- **1 Abhyanga full-body massage** (45 min)
- **1 Abhyanga head & face massage** (20 min)
- **1 Padabhyanga foot massage + Kaash bowls** (40 min)

Euro 385,00



AYURVEDA PACKAGE 5-6 DAYS

- **1 Constitution check-up with iris diagnosis**
- **3 Abhyanga full-body massages** (45 min each)
- **1 Lomi Hapai** (50 min)
- **2 Abhyanga head & face massages** (20 min each)
- **1 Padabhyanga - foot massage** (20 min)
- **1 Foot wrap** (for heavy legs)
- **1 Gandhusa** (oil pulling with sesame oil)

ADDITIONAL TREATMENTS FOR THE PARTNER:

- **1 Abhyanga full-body massage** (45 min)
- **1 Padabhyanga - foot massage** (20 min)

Euro 780,00

BECOMING PARENTS PACKAGE 4-5 DAYS

NATURALLY PREGNANT

- **1 Constitution check-up with iris diagnosis**
- **1 Iris diagnosis for the partner**
- **4 individually tailored treatments**

The aim of this package is to enhance fertility and readiness for conception, reduce pregnancy-related complications, support detoxification and promote optimal fetal development. It helps bring body, mind and soul into harmony.

The desire of couples to conceive naturally, experience a relaxed pregnancy and have a natural birth has become increasingly important. Ayurveda and homeopathy offer excellent possibilities to support this wish.

Euro 550,00

PRIVATE SPA

Bad Scharthl

CLASSIC FOR 2

- **1 Rasul bath for two with mutual peeling in the steam bath**
- **2 classic full-body massages**
(45 min each)
- **1 aromatic salt bath**

120 min | Euro 305,00

AYURVEDA FOR 2

- **1 Rasul bath for two with mutual peeling in the steam bath**
- **2 Abhyanga massages**
(45 min each)
- **1 aromatic milk bath**

120 min | Euro 320,00



Baths and massages can also be booked individually at Bad Scharthl upon request.

LUMINOUS INFRARED MASK

Visible freshness, a renewed glow and deep relaxation thanks to state of the art LED light technology.

LUMINOUS GLOW QUICK RITUAL

Enhance your massage or cosmetic treatment with a soothing light therapy session. Give your skin a radiant upgrade. Available as an add-on to any treatment.

10 min | Euro 15,00

LUMINOUS GLOW RITUAL

- ***Infrared LED Therapy***
- ***Head massage***
- ***Vital Drink***

Infrared LED therapy supports the skin's natural regeneration and promotes a fresh, radiant complexion. A gentle head massage releases tension and provides deep relaxation, while a selected vitality drink enhances your well-being from within. For an all-round revitalised feeling and renewed radiance.

20 min | Euro 45,00

LIGHT EFFECTS

BLUE: for impure and irritated skin

YELLOW: for sensitive, dry, or easily reddened skin

RED: for freshness, vitality, and a plumper appearance

DEEP INFRARED: for soothing deep warmth, regeneration, and balance



COSMETIC TREATMENTS

MANICURE & PEDICURE

MANICURE	Euro 52,00
with polish	Euro 65,00
semi-permanent polish	Euro 80,00

PEDICURE	Euro 60,00
with polish	Euro 75,00
semi-permanent polish	Euro 88,00

DEPILATION

Full body	Euro 80,00
Back	Euro 45,00
Legs	Euro 55,00
Lower legs	Euro 40,00
Arms	Euro 30,00
Bikini	Euro 25,00
Armpits	Euro 20,00
Upper lip	Euro 15,00

EYELASHES & EYEBROWS

Eyelash tinting	Euro 25,00
Eyebrow tinting	Euro 18,00
Eyebrow shaping	Euro 18,00



AYURVEDA HEALTH PACKAGES



AYURVEDA DAY

- **1 Abhyanga full-body massage**
(45 min)
- **1 Abhyanga head & face massage**
+ **Shirodhara oil forehead treatment** (40 min)
- **1 Padabhyanga foot massage + Kaash bowls**
(40 min)

These relaxing and regenerating treatments promote increased well-being, energy, and vitality.

1 day | Euro 315,00

AURORA AYURVEDA DETOX

- **1 Check-up with iris diagnosis**
(45 min)
- **1 Udvartana full-body massage**
(45 min)
- **1 Ghee full-body massage**
(40 min)
- **1 Aurora Detox & Relax massage**
(75 min)

These treatments have a detoxifying and cleansing effect.

3 - 4 days | Euro 425,00

HUMAN RELAX HUMAN MOVE

RESTART WEEK

- **1 Check-up with iris diagnosis**
(45 min)
- **12 individually tailored treatments**
- **Information and recommendations on nutrition and lifestyle, including a final personal consultation**

The week begins with a constitutional check-up with iris diagnosis, allowing your classification into one of the three personality types (= Doshas).

Based on this, a consultation is conducted in which Ayurvedic treatments are tailored to your constitution (with a lifestyle and nutrition programme).

This week at Mirabell has profoundly changed the lives of many of our guests.

7 - 10 days | Euro 1.150,00



RASAYANA LONGEVITY DAYS

- **1 Check-up with iris diagnosis** (45 min)
- **1 Abhyanga full-body massage** (45 min)
- **1 Shirodhara oil forehead treatment** (20 min)
- **1 Padabhyanga - foot massage** (20 min)
- **1 Pharmos Natur facial treatment** (60 min)
- **1 Patra Pinda Sveda full-body massage** (50 min)
- **1 Svedana herbal oil steam bath** (20 min)

A rejuvenation cure with a strongly re-generating effect.

5 - 6 days | Euro 595,00

HAPPY LONGEVITY

- **1 Check-up with iris diagnosis** (45 min)
- **4 individually tailored Ayurvedic treatments**

Good memory and concentration depend on many aspects of body and mind, such as nutrition, circulation, and gut health, among others.

Based on iris, pulse, and tongue diagnosis, we identify weaknesses and underlying causes. On this basis, we can create a brain-supportive nutrition plan, treatments, and dietary supplements for you.

4 - 5 days | Euro 490,00





GUT HEALTH

"In the gut lies the origin of health or disease!"

This ancient knowledge highlights the fundamental importance of a well-functioning digestive system. It is known that almost every physical and psychological condition is directly or indirectly influenced by bacterial toxins absorbed through the gut.

For this reason, our Aurora Spa places special focus on this area, helping you to restore renewed well-being.

HEALTHY GUT 3-4 DAYS

- **1 Check-up with iris diagnosis** (45 min)
- **Nutritional consultation**
- **1 Hydrocolon therapy** (if needed- 45 min)
- **3 individually tailored treatments** (45 min each)

Euro 485,00

HEALTHY GUT 6-7 DAYS

- **1 Check-up with iris diagnosis** (45 min)
- **Nutritional consultation**
- **2 Hydrocolon therapies** (if needed- 45 min)
- **5 individually tailored treatments** (45 min each)

Euro 775,00



BECOMING A "NON SMOKER"

- **1 Constitution check-up with iris diagnosis** (45 min)
- **1 Electro auricular acupuncture**
- **2 Hypnosis sessions** (45 min each and self-hypnosis instruction)
- **4 Individually tailored treatments** (45 min each) including a final personal consultation

We help you reprogram your subconscious so that it becomes easier to quit smoking permanently. Smoking cessation is one of the most well-known applications of hypnosis and is highly popular. At Aurora Spa, we combine smoking cessation with electro auricular acupuncture, homeopathy, and Ayurvedic detox treatments for the best possible results.

5 - 8 days | Euro 720,00

MENS SANA IN CORPORE SANO

A healthy mind in a healthy body

ACTIVE PROGRAM

STRENGTHENING LIFE ENERGY

Our Mirabell active program combines dynamic movement with soothing relaxation, giving you renewed vitality inspired by the unique energy source of the Dolomites.

Diverse yoga sessions, powerful fitness exercises, and targeted muscle relaxation awaken the body and calm the mind. Surrounded by the impressive mountain landscape, you recharge your energy and consciously connect with nature.

Experience how every breath in the clear mountain air of the Dolomites awakens new strength, how gentle movements strengthen the muscles, and flowing yoga sequences bring inner balance.

Whether during an active start to the morning, regenerative afternoon sessions, or mindful moments of rest, every movement becomes a source of new vitality.

Start your day actively, feel your strength, and enjoy the wonderful feeling of being in harmony with yourself and nature.

SAUNA INFUSIONS

RELAXATION FOR BODY & SKIN

Regular sauna sessions strengthen the immune system, heart, and circulation, have a beneficial effect on the respiratory system, and care for the skin.

Our tip: daily infusions in our outdoor sauna "Stube". Selected essences create special moments of well-being.

Pouring water over the hot stones generates intense bursts of steam, promotes sweating, and produces a relaxing, natural effect on the skin and respiratory system.



AURORA SAUNA WORLD

*Lean back and let your thoughts drift away
on a journey of exploration*

Feel a pleasant tingling sensation spreading through your body.
The soothing warmth of the Aurora sauna area opens the door to
bliss and a new sense of well-being that words cannot fully capture.



- | | | | |
|----------|-----------------------|--------------|---------------------|
| A | Lounge | G | Sleep room "Silent" |
| B | Herbal sauna | H | Kneipp area |
| C | Steam bath | I + L | Showers |
| D | Finnish sauna | J | Whirlpool |
| E | Outdoor sauna "Stube" | K | Cold plunge pool |
| F | Relax room | M | Lounge |



*Health means living
in the right balance;
knowing when to act, when to pause,
when to enjoy and when to let go.*

*Balance is not a destination,
but a way of life.*

Belvita

LEADING WELLNESSHOTELS
SÜDTIROL

Mirabell



★★★★★ DOLOMITES.
LUXURY.
AYURVEDA & SPA.

Fam. Agstner

Hans-von-Perthaler-Street 11 | I-39030 Valdaora/Alto Adige
Tel. +39 0474 49 61 91 | hotel@mirabell.it | www.mirabell.it