

Welcome to relaxing Antermoia

The Ladin name “Antermoia” reveals what awaits guests visiting the heart of the Seiser Alm Urthaler – a genial realm “between the waters”, amidst the crystal clear ponds of the Alpine Regeneration Garden and the idyllic panorama pool with its mountain spring water. Here, at this open and ample place of rest, you will indulge in precious moments of profound relaxation on two different floors. Ceiling-high windows admit nature to the house, from the first early-morning sunrays until the sunset behind the mountains every evening.

Seiser Alm Antermoia

T +39 0471 727 919

Local exchange: 599 or 532

antermoia@seiseralm.com

OPEN HOURS

Indoor Swimming pool	7.30 a.m. to 7.30 p.m.
Sauna Area	2.00 p.m. to 7.30 p.m.
Fitness Room	7.30 a.m. to 7.30 p.m.
Beauty & Massage	9.00 a.m. to 7.30 p.m. or by arrangement

A world of peace and harmony

Urthaler guests enjoy even more wellness experience at relaxing Antermoia:

ANTERMOIA INDOOR SWIMMING POOL

Leave daily life behind while you take a swim. The swimming area is bathed in light; in addition to its extraordinarily spacious indoor swimming pool (1.35 metres deep, water temperature 30° C) with a further outdoor pool and deckchairs both indoors and outdoors, it captivates through its transparency and modern design. Unlimited enjoyment of swimming – with a marvellous panoramic view of Langkofel, Plattkofel and the Sellagruppe.

ANTERMOIA SAUNA

It gets really hot here. An active day in the Dolomite's impressive mountain scenery is best completed with a refreshing and invigorating sauna. The or clothing-free area with a Finnish sauna, vapour bath and salt spring vapour bath promises easy-going relaxation and lasting well-being.

ANTERMOIA ALPINE REGENERATION GARDEN

The entire energy of the mountains takes effect here. Discover the genial tranquillity and meditative power of this Alpine garden. Amidst the rugged Dolomite peaks and the peace of the small lakes, you will relax in complete harmony with nature and yourself.

ANTERMOIA BEAUTY FARM

A hearty welcome to the world of beauty! Relax in our exclusive beauty farm with energetic massages, agreeable body treatments, and different beauty programmes. In our spacious treatment rooms you will be spoiled with products from Carita, Reviderm and Vitalis Dr. Joseph.

Enjoy a touch of luxury in our Private Spa or in the Jacuzzi of Antermoia. The gentle essences from oil, herbs, milk or champagne have a positive effect on your body and soul. The scent will penetrate and activate all your senses, and you will feel completely relaxed and spoiled. However, this luxury is also an adventure for two. Just let your soul tingle and enjoy pure relaxation!

Our professional Antermoia team implements all their knowledge and skills into each single treatment and will look after your personal wellbeing. Only on very rare occasions have you felt so well!

ANTERMOIA FITNESS ROOM

It's a pleasure to keep fit here. Numerous highlights are to be found in this ultra-professional fitness room with "David" and "Technogym" equipment. The seven cardio-trainers and fifteen machines have trained a number of national teams to glory in world championships.

You are in the Best Hands here.

Take your time for the wonderful things in life. Let yourself be spoiled and cared for – with crafted experience and discrete sensitivity, we will take care of your most personal needs here at the Seiser Alm Antermoia. Enjoy a rendezvous with your own beauty and youthfulness.

REVIDERM

For a fresh look and well-protected skin. Inspired by the uniqueness of your skin, REVIDERM combines exclusive care products rich in cosmetic agents with a holistic treatment concept. It features the modern Microdermabrasion, a gentle, scientifically tested and extremely successful micro-peeling method. It noticeably stimulates the regeneration process of the skin and helps it to absorb highly potent care agents. Allow yourself to be impressed by our wide range of high-quality REVIDERM products at our spacious sales area.

VITALIS DR. JOSEPH

The wonderful world of Alpine health and vitality tradition with nature at its core. The Vitalis St. Joseph method follows an enduring holistic, approach. The results: revitalisation, relaxation and inner peace.

CARITA

Exclusive, innovative, unusual. The beauty concept of the CARITA luxury beauty-care line is based on an exquisite blend of wellbeing and efficiency, complexity and simplicity, research and many years of experience.

Rénovateur: This unique exfoliation method forms a basis of all Carita treatments. The highly effective formula of its roasted, ground sunflower seeds together with etheric oils enhances your skin, leaving it glowing with radiance.

Pro-Lift: One of the most modern and effective anti-ageing concepts for sensational results even after the first treatment. The use of exclusive pro-lift equipment improves and intensifies the effect of Carita products, stimulates muscles and has a long term tightening effect on the skin.

Carita Facial Treatments

Moisturising care “Rénovateur Hydratation”

Wonderfully refreshing. Lasting moisturisation for dry skin for improved elasticity and a complexion that radiates with vitality. With Rénovateur-exfoliating treatment, modelling Pro-Lift-Massage, moisturising serum and vitalising cream.

80 min. Euros 128,-

Intensive “Rénovateur Nutrition” Facial treatment

For silky soft skin. Exclusive active ingredients nourish tired, dry skin, leaving it silky soft and protected from environmental skin-damaging influences. With Rénovateur exfoliating treatment, modelling Pro-Lift-Massage, nourishing care concentrate and rich, nourishing cream.

80 min. Euros 128,-

Calming “Rénovateur Douceur” Facial Care

Radiant, relaxed skin! With this treatment, your sensitive and irritation-prone skin will feel relaxed and protected. For a wonderfully soft, silky skin and a long-lasting suppleness. With Rénovateur-exfoliating treatment, modelling Pro-Lift-Massage, active serum, nutrition mask and protective cream.

80 min. Euros 128,-

Anti Aging “Rénovateur Anti-Age” Treatment

Toned skin that radiates vitality. The structure of aging skin is redefined, smoothed and toned. With neck and shoulder massage, tightening active ingredients, smoothing micro mask for eye contours, hand and foot massage and firming cream.

80 min. Euros 158,-

“Rénovateur Visage Parfait” Anti Aging Deluxe

The invigorating and stimulating care of this unique, highly effective luxury treatment revitalises aging skin and guarantees and toned, smooth result. With neck and shoulder massage, Rénovateur-exfoliating treatment, modelling Pro-Lift-Massage, intensive toning serum and care cream to combat wrinkles.

105 min. Euros 165,-

Reviderm Facial Treatments

Classic Face Treatment

Quick and effective. Attuned to the individual needs of your skin, this treatment will bring about a refined, fresh complexion. With micro-peeling, a concentrate of cosmetic agents, massage and a cream treatment.

50 min. Euros 65,-

Anti-Aging Face Treatment

Timeless beauty. This intensive treatment provides long lasting regeneration and nourishment of your skin. Wrinkles are visibly smoothed out and your skin's elasticity is improved instantly. With micro-exfoliation, active ingredient concentrate, massage, nourishing collagen massage or ultrasound treatment and nourishing cream care.

80 min. Euros 115,-

Manager Treatment

You deserve it! Lasting vitality and freshness is the effect of this deeply effective treatment. Tired and stressed skin will be soothed, cell activity will be stimulated and the skin will be renewed from within. With micro-peeling, a concentrate of cosmetic agents, massage, refreshing collagen mask and a revitalizing cream treatment.

110 min. Euros 125,-

Face Treatment de Luxe

Relax – and let your face relax, too. This holistic treatment combines exclusive care with harmonizing moments of peace for a radiant complexion and relaxed well-being. With micro-peeling, a concentrate of cosmetic agents, harmonizing massage, intensive eye care, mask and a rich cream treatment.

110 min. Euros 135,-

Special Face Treatment

There is no reason to accept acne. With this successful fruit acid treatment the skin will be cleansed gently and effectively, and it will be soothed and provided fresh energy. Your complexion will appear clear and beautiful. With micro peeling, deep cleansing, a concentrate of cosmetic agents, mask and a refreshing cream treatment.

55 min. Euros 59,-

Cosmetics

Eyebrow plucking	15-20 min.	Euros	15,-
Eyebrow dyeing	15 min.	Euros	9,-
Lashes dyeing	20 min.	Euros	12,-
Eyebrow and lashes dyeing	25 min.	Euros	19,-

Depilation

Upper lip		Euros	8,-
Under arm		Euros	15,-
Bikini area		Euros	15,-
Arms		Euros	22,-
Legs up to the knees		Euros	22,-
Full Legs		Euros	30,-

Solarium

Low Pressure Tanning Device			
	12 min.	Euros	14,-

Private Spa

Exclusive use of whirl bath and vapour bath			
	50 min.	Euros	74,-

Hand and Foot Care

Manicure	50 min.	Euros	35,-
----------	---------	-------	------

Hand care "Rénovateur Mains"

Beauty knows no age. With this exclusive Carita regeneration treatment, the signs of ageing will be eradicated. Your hands will be smooth and healthy looking.

	55 min.	Euros	75,-
--	---------	-------	------

Pedicure	55 min.	Euros	45,-
----------	---------	-------	------

Lacquer		Euros	6,-
---------	--	-------	-----

French Lacquer		Euros	11,-
----------------	--	-------	------

Bathes

Generosity and space for your beauty. Enjoy the luxury of a royal bath with pleasing essences and caring emulsions – completely customized to your wishes and needs – in the relaxed atmosphere of the Antermoia’s private spa.

Mountain Herbs Bath

For inner balance and well-being. The harmonizing blend of herbs soothes lastingly, stimulates the circulation and facilitates profound relaxation.

	25 min.	Euros	28,-
incl. relaxing partial massage	50 min.	Euros	61,-

Eucalyptus Bath

Invigorating and relieving! Strengthen your immune system with the animating agents of eucalyptus.

	25 min.	Euros	28,-
incl. relaxing partial massage	50 min.	Euros	61,-

Buttermilk Bath

A delightful treatment for your body. The caring, nourishing and relaxing effect of the buttermilk will bestow on you a skin as soft as silk.

	25 min.	Euros	28,-
incl. relaxing partial massage	50 min.	Euros	61,-

Bathing Pleasure for Two

“Rosengarten” Bath

Sensual and tempting. Together, you will enjoy the pleasurable effect of fragrant rose bud essence and caring wild honey. You’ll also be served a glass of cool rosé wine.

per couple	25 min.	Euros	38,-
incl. relaxing partial massage	50 min.	Euros	102,-

Champagne Bath

A sparkling bathing pleasure. Experience the marvellously vitalizing effect of this extraordinary bath over a glass of champagne.

per couple	25 min.	Euros	42,-
incl. relaxing partial massage	50 min.	Euros	105,-

Body Care

Mountain Salt Peeling

For a skin that's velvet to the touch. The gentle care cleansing with precious salt crystals refines the skin.

	25 min.	Euros	29,-
incl. relaxing partial massage	50 min.	Euros	61,-

Cembra Pine Package

Sheer relaxation in the Antermoia steam tub. The pleasing essences of the South Tyrolean Cembra pine stimulate your circulation, energising and soothing you at the same time. Ideal before active sports or to prevent sore muscles.

	25 min.	Euros	38,-
incl. Cembra pine oil massage	50 min.	Euros	71,-

Evening Primrose Oil Package

Spoil yourself and your skin. The moisturizing and nourishing packing bestows on your skin lasting elasticity and has an extremely relaxing effect on body and mind.

	25 min.	Euros	38,-
incl. relaxing partial massage	50 min.	Euros	71,-

Antermoia Intensive Body Care

Enjoy an exclusive experience for the senses. A gentle mountain salt body peeling will optimally prepare your skin for the vitalizing fango packing. The subsequent vapour bath at the Antermoia private spa will further stimulate your circulation. Your skin will gain a fresh and rosy glow.

	50 min.	Euros	84,-
--	---------	-------	------

Antermoia Cellulite Treatment

For a firm silhouette. The micro circulation of areas susceptible to cellulite is specifically stimulated and revitalized. The body gains a firm outline, the skin becomes smooth and silky.

	50 min.	Euros	74,-
--	---------	-------	------

Smoothing body care "Rénovateur Peau de Satin"

For skin that is soft as silk. The Rénovateur-exfoliating treatment gently softens hard skin, improves circulation and leaves your skin feeling tremendously fresh and supple. A relaxing massage rounds off the treatment.

	75 min.	Euros	130,-
--	---------	-------	-------

Vitalising body care "Rénovateur Revitalisant"

Nurturing care for body and soul. Your skin is smoothed with Rénovateur-exfoliating treatment, while compresses with minerals and oils restore your skin's vitality. A facial massage with cooling pumice stones relaxes, followed by a massage with warm oils and pebbles in a revitalising shower-bath.

	80 min.	Euros	145,-
--	---------	-------	-------

Anti-Aging body care "Rénovateur Corps Parfait"

Precious substances and techniques for a perfect result. Rénovateur-exfoliating treatment prepares your skin for the Pro-Lift-Massage with ultra-efficient Anti-Age-Serum. Your skin will be strengthened and feel toned and supple. A fabulous figure-improving massage rounds off this treatment.

	80 min.	Euros	160,-
--	---------	-------	-------

Exclusive Care Programmes

Original Seiser Alm Hay Bath

Rich in tradition with a unique fragrance and effect. The animating and at the same time relaxing effect of hay has been well known among mountain farmers for hundreds of years. The pleasing herbs and flowers of the Seiser Alm purify and invigorate your body in an incredible way; they improve circulation and ease rheumatic troubles and joint pain. The hay bath is also recommendable for allergy sufferers.

Your wellness experience in the Antermoia's Tyrolean parlour bath starts with a cup of fragrant herbal tea and a Kneipp bath. The following hay essence shower prepares the skin optimally for the soft hay packing in the vapour tub. A relaxing rest prepares you for the final revitalizing shoulder and neck massage.

90 min. Euros 95,-

Original Vitalis Apple Bath

A fountain of youth for body and soul. Originally developed for the Seiser Alm Urthaler, the Original Vitalis Apple Bath is widely known today. The natural essences of the apple, rich in vitamins and minerals, help your skin regenerate and allow for an extraordinarily refreshing body care. For a wonderful feeling of ease and vitality.

A glass of apple juice will get you in the mood for the invigorating Kneipp bath. The subsequent apple shower animates and prepares your skin ideally for the intensive care with apple emulsion, apple wax and fresh apple. Softly enwrapped, you will relax in the vapour tub and finally enjoy an energetic neck and shoulder massage.

90 min. Euros 95,-

Rasul Trilogy

The right time for two to be spoiled. Far more than only purifying, this programme, stimulating your circulation, is animating, firming and purging. The pleasing care programme starts with a revitalizing soap brush massage at the Antermoia private spa. Fine healing earth is applied to the skin and you will relax in the vapour bath until soft rain cleanses your skin. Finally, you will enjoy a nurturing oil bath.

per couple 120 min. Euros 137,-

Massages

Classic Massage

With gentle kneading and firm pressure, your muscles will relax and your circulation stimulated. Stiffness disappears, a lasting sense of well-being remains.

Full body	50 min.	Euros 56,-
Partial body	25 min.	Euros 34,-

Relaxation Massage

Profound relaxation. The balancing strokes of the masseuse have a harmonizing and soothing effect on body and soul. Energy streams are stimulated, tensions eased, and your vital energy will be balanced.

	50 min.	Euros 56,-
Partner massage	50 min.	Euros 105,-

Aromatic Oil Massage

Inspires all the senses. Adapted to your individual needs, you can choose between invigorating or soothing ethereal oils. Gentle massage strokes relax your muscles and the genial fragrance pleases and results in bodily and mental balance.

	50 min.	Euros 61,-
--	---------	------------

Head, Neck and Back Massage

Do yourself a favour! Through the intensive Head, Neck and Back Massage, tensions are directly counteracted, and the self-regulation of the body is activated. Stiffness disappears and circulation is stimulated.

	50 min.	Euros 61,-
--	---------	------------

Sports Massage

Tension and relaxation. Before or after sports, this massage soothes and animates and helps to prevent injuries and muscle pain. You will feel recreated, fit and full of fresh energy.

Full body	50 min.	Euros 61,-
Partial body	25 min.	Euros 37,-

Back and Foot Massage

More vital energy and vigour. Energy streams along your back and feet are gently massaged, thus stimulating self-healing power of your body. Muscles relax lastingly and the back is especially strengthened.

	50 min.	Euros 61,-
--	---------	------------

Face Massage

For a radiant complexion. Calm, circling motions bestow incredible well-being, ease accrued tensions and harmonize the mind

	20 min.	Euros 34,-
--	---------	------------

Lymph Stimulating Massage

For a relaxed appearance and youthful freshness. Extraordinarily gentle, this massage stimulates the lymph circulation and helps the body to purify and relax. Your skin will be soothed and feel noticeably smooth.

	50 min.	Euros 61,-
--	---------	------------

Antermoia Packages

Antermoia Intense

- 1 Carita "Rénovateur Anti-Age" Facial treatment
- 1 Carita "Rénovateur Revitalisant" body treatment
- 1 Manicure
- 1 Pedicure

Euro 339.-

Antermoia Body

- 1 Antermoia Intensive Body Care
- 1 Antermoia Cellulite Treatment
- 1 Lymph Stimulating Massage

Euro 179.-

Antermoia Beauty

- 1 Manicure
- 1 Reviderm Deluxe facial treatment
- 1 Carita "Rénovateur Peau de Satin" body treatment

Euro 265.-

Antermoia Fit

- 1 Carita "Rénovateur Hydratation" facial treatment
- 1 Aroma oil massage
- 1 Cembra pine pack

Euro 199.-

Antermoia Men

- 1 Manager Treatment
- 1 Mountain salt exfoliation
- 1 Full body sport massage
- 1 Pedicure

Euro 229.-

Antermoia Sports

- 1 Full body sport massage
- 1 Full body classic massage
- 1 Original Seiser Alm Hay bath

Euro 179.-

Antermoia Junior

- 1 Special facial treatment
- 1 Mountain salt exfoliation
- 1 Classic partial body massage

Euro 105.-

Antermoia Partner

- 2 Carita "Rénovateur Nutrition" Facial treatment
- 1 Rasul-Trilogy for two
- 2 Relaxation massage

per couple

Euro 429.-

Cancellation:

24 hours before the appointment without charges; otherwise the full price will be charged