



ANNA : SPA



Dear ones,
I proudly run
our cozy spa with
a lot of heart.

Let us consciously pamper
you and feel the personal recharge.

Thank you for being with us,
Anna with Helene and Andrea

Anna

Opening hours

Indoor & outdoor pool 7:00–20:00

Saltwater infinity pool until 19:00

Spa treatments 9:00–19:00

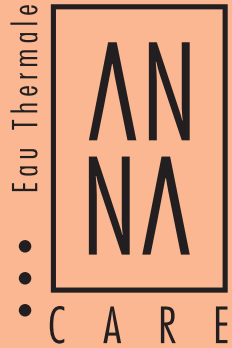
Sauna winter 14:00–19:00, summer 16:00–19:00

Fitness 7:00–19:00

Spa extension 908, +39 0473 29 11 35,
annaspa@muchele.com, muchele.com

PACKAGES

To Start Sea salt peeling, pedicure with polish, Beauty Flash, eyebrow and eyelash tinting	EUR 201
Love Your Age Leg massage, intensive cosmetic treatment, anti-stress massage	EUR 293
ANNA CARE Eau Thermale Facial and body treatment	EUR 166
Balance Soothing bath, Kerala	EUR 260
Antistress Antistress bath, draining full body massage (50min), foot massage (25min)	EUR 168
You Are The Best Power eyebrow & eyelash lift, intensive cosmetic treatment	EUR 295
Mommy To Be Shiro Abhyanga, leg massage, beauty flash	EUR 142
Wine Time Wine marc peeling, Vinum magic	EUR 183
Vitality Man 2 sports massages, Gentleman Like	EUR 240
Five Senses Shiro Abhyanga, Maha Marma, Kerala	EUR 264



THE POWER OF THERMAL WATER IS THE BASIS OF MY CARE,
A TRUE MIRACLE CURE.

Body Nature "ANNA CARE Eau Thermale" 50 MIN | EUR 78
Regenerating full-body peeling with healing clay and citrus fruits, firming massage with lime, white grapefruit and vanilla. The skin becomes more receptive and soft to the touch.

Natural cosmetics "ANNA CARE Eau Thermale" 55 MIN | EUR 88
Gommage, eyebrow correction, deep relaxation massage with valuable plant oils, mask, care. Anti-inflammatory, regenerating effect.

Since 2016 Vegan
Cruelty-free & made in Italy



GESICHTSBEHANDLUNG BY ANNA

I use individually formulated active ingredients to bring the body's own energy systems into perfect balance. The result is lasting radiant beauty and complete inner balance. After a treatment, the skin is smoother and firmer, the complexion glows anew. The stressed décolleté area is also cared for. We work exclusively with "Clarins", "Skinjexion", "Murad" and our own natural care line based on thermal water "ANNA CARE".

**I ask the women to come to our date without make-up.
I want you to be completely natural :)**

Beauty Flash "Freshness Kick" 30 MIN | EUR 48
Deep relaxation massage with valuable plant oils, mask, care.

Eye Flash 20 MIN | EUR 45
This effective treatment decongests and tightens the fine, stressed skin around the eyes.

Natural cosmetics „ANNA CARE Eau Thermale“ 55 MIN | EUR 88
Gommage, eyebrow correction, deep relaxation massage with valuable plant oils, mask, care. Anti-inflammatory, regenerating effect.

Cosmetics „Clarins“ 55 MIN | EUR 88
Gommage, eyebrow shaping, deep relaxation massage with valuable plant oils, mask, care.

Royal Cosmetics 85 MIN | EUR 115
Gommage, intensive cleansing, eyebrow shaping and tinting, eyelash tinting, deep relaxation massage with precious plant oils, mask, care.

Small lifting "Skinjexion"

80 MIN | EUR 165

Intensive facial treatment with an immediate effect thanks to vibrations and the use of the micro-needling roller. Activates the skin's self-renewal mechanisms and the production of new collagen and elastin fibers. Active ingredients penetrate deeper into the skin via micro-channels. Visibly improves the skin structure, rejuvenates the skin, reduces wrinkles and scars. The skin becomes significantly denser, firmer and lastingly tighter. The eyebrows are corrected during this treatment.

Power Cosmetics "Murad" Vitamin C

80 MIN | EUR 165

(enjoy in the evening after sunbathing)

The deep exfoliation of the AHAs enables intensive cell activation and supports the penetration of the treatment based on pure vitamin C, which lightens and counteracts visible skin discoloration. This is a treatment that counteracts skin ageing caused by environmental factors. I recommend this treatment for skin discoloration caused by the sun or for smoker's skin.

Kosmetik Intensiv „Murad“ Retinol

80 MIN | EUR 165

Intensive two-phase treatment that improves the penetration of active ingredients thanks to Retinol Tri-Active Technology and an exclusive peeling formula. Visibly reduces wrinkles, tightens and evens out the complexion, giving the skin a younger and more radiant appearance. Highly effective deep care.

Gentleman Like

50 MIN | EUR 88

Gommage, intensive cleansing, eyebrow correction, deep relaxation massage with valuable plant oils, mask, care.

Dear men, please come to the treatment shaved.

What can you do to make your rosy complexion last longer after the facial treatment?

Anna's insider tip:

Quite simple: treat yourself to a beauty flash 1-2 days after your facial!

AYURVEDA

Without touch, we become ill.

So that the energy can flow through the whole body, you are wrapped in warm sesame oil from head to toe.

Abhyanga deep relaxation massage

50 MIN | EUR 85

The great oiling - physical cleansing and touching the soul. It is the oldest traditional massage treatment in the world. Toxins are eliminated and the skin becomes soft and supple.

Maha Marma Energetic balancing of the chakras

50 MIN | EUR 88

All 7 chakras are opened with various essential oils and the corresponding stones, stimulated by a circular pressure massage and then connected.

Kerala Pure harmony

80 MIN | EUR 128

Used to relieve tension and fatigue, has a stimulating and vitalizing effect on the metabolism. A blessing for body, mind and soul.

Shiro Abhyanga head, neck and back massage

30 MIN | EUR 48

Stress, tension, long periods of standing or working in a sitting position tense the muscles. This massage with warm sesame oil balances the energy of all the chakras.

Pada Abhyanga foot massage

45 MIN | EUR 58

Has a regenerating, cleansing, invigorating effect and protects against inflammation. Releases energy blockages and emotional blockages, regulates the lymphatic system and ensures velvety soft skin. Foot bath with chakra stones and refreshing lemongrass, gel wrap. Soothing, deep-acting massage with precious essential oils.

Beautification or relaxation in an hour?

Anna's insider tip:

Preferably both. I like to combine the Shiro Abhyanga with a Beauty Flash afterwards.

BODY TREATMENTS

Valuable, natural active ingredients nourish the skin and revitalize the body.

Body Nature „ANNA CARE Eau Thermale“ 50 MIN | EUR 78
ration for body, fascia and tissue. Directly noticeable effect. Regenerating full-body peeling with healing clay and citrus fruits, firming massage with lime, white grapefruit and vanilla. The skin becomes more receptive and soft to the touch.

Grape marc peeling 25 MIN | EUR 48
With grape seed extract massage 80 MIN | EUR 126
Cleansing full-body peeling with natural grape marc, gentle without abrasive particles. The high fruit acid content refines, smoothes and tightens the skin. Suitable for sensitive skin.

Sea salt peeling 25 MIN | EUR 48
Activating full-body peeling, promotes the breakdown of waste products and thus firms the connective tissue.

Kuntrawant miracle 60 MIN | EUR 95
Full-body coffee scrub with massage. Caffeine helps against cellulite and stretch marks, strengthens body and mind. This treatment drains the tissue and stimulates circulation. Wonderful, long-lasting coffee fragrance and soft, supple skin.

Royal body 120 MIN | EUR 160
Gommage „ANNA CARE Eau Thermale“, massage with organic aromas, precious oils and activating mask. A detoxifying algae wrap is applied as the crowning touch. Whether relaxing, detoxifying or firming: an absolute pampering care experience

Back care 50 MIN | EUR 75
The back is an area of the body that we often neglect. This treatment helps with impurities and includes cleansing, gommage and a relaxing massage. Finishes with a clarifying algae pack.

by Helene

Fascia Detox

Cupping massage with BA salts for intensive detoxification. Great cleansing for the body, fascia and tissue. Directly noticeable effect.

Full body detox 50 MIN | EUR 85

Bath with full body detox 80 MIN | EUR 128

Bioenergetic treatment

To detoxify the tissue and promote cell regeneration. Stimulates the oxygen supply. After intensive tissue purification, the skin is strengthened, revitalized and smoothed. Look forward to new vitality and energy. Energy blockages are harmonized.

Legs or back 50 MIN | EUR 95

combination legs & back 80 MIN | EUR 137

Short treatments with a great wellness effect:

Shiro Abhyanga, Beauty Flash, wine marc peeling, foot massage, partial massage

MASSAGES

Full body massage 50 MIN | EUR 82

Partial body massage 25 MIN | EUR 46

Foot massage 25 MIN | EUR 46
50 MIN | EUR 78

The feet are the mirror image of the organs, glands, joints and bones. Irritations can be recognized and treated on the feet. This powerful energetic treatment harmonizes the flow of energy throughout the body.

Foot & back massage 50 MIN | EUR 82

Foot & leg massage 50 MIN | EUR 82

Sports massage 50 MIN | EUR 82
80 MIN | EUR 126

Muscle tensions are released, metabolism and blood circulation activated. Mobilization of the joints, activation of self-healing.

Grape seed extract massage 25 MIN | EUR 46
50 MIN | EUR 82

Cleansing full body peeling with natural grape marc, gentle without abrasive particles. The high fruit acid content refines, smoothes and tightens the skin. Suitable for sensitive skin.

Antistressmassage 50 MIN | EUR 82

The loosening of the joints relaxes and invigorates the muscles and reduces stress. The relaxation massage increases vitality and well-being and has a restorative and relaxing effect on the nervous system. The body is put into a wonderful state of rest. Conscious touch for body and mind. A relaxing massage that has a calming effect on the body and mind.

by **Andrea**

Intensive back massage 50 MIN | EUR 84

Intensive, tension-relieving massage with deeper strokes. By warming up the back, neck, shoulder and lumbar muscles, the mobility of the spine and head is improved and tissue circulation is increased.

Draining massage 50 MIN | EUR 84
80 MIN | EUR 125

Gentle lightness. Rhythmic pressure movements stimulate the lymphatic flow, relieve water retention and oedema (chronic or acute swelling). The immune system is also strengthened. This treatment helps the body to remove excess toxins. This relieves the connective tissue.

Draining facial massage 25 MIN | EUR 46

A decongesting, soothing, gentle facial massage. Accompanied by a relaxing head massage

Ticklish feet?

**Don't worry, you'll enjoy the
massage and feel the soothing effect :)**

BATHS

You can also enjoy the bath as a couple.

Fascia detox bath 25 MIN | EUR 44

Detoxifying, clarifying, improves blood circulation to the skin.

Anti-stress bath 25 MIN | EUR 44

Soothing bath 25 MIN | EUR 44

Enjoy in the evening.

Vinum magic 90 MIN | EUR 135
FÜR ZWEI | EUR 220

Regenerating, moisturizing. The healing power of wine and oil was already known in ancient times. That's why we pamper you with a gentle wine bath followed by a massage using the natural products from the vineyards. This treatment promotes the elimination of toxins and the cold-pressed grape seed oil used makes the skin particularly supple. The polyphenols contained in the magic potion wine stop premature skin ageing, stimulate the red blood cells and have an anti-inflammatory effect. Our dad always says: "Better a glass of red wine a day than none at all." With this in mind, we invite you to join us for a glass of wine afterwards.

Anna's insider tip:

**Treat yourself to a massage afterwards
for an all-round feeling of well-being.**

VISIT CARD

Power eyelash lift EUR 85

This treatment boosts the eyelashes, lengthens them visually and gives them an irresistible look for 4-6 weeks. Tinting included.

Power eyebrow lift EUR 85

For thicker and fuller eyebrows, for 4-6 weeks. Tinting included.

Power eyelash & eyebrow lift EUR 130

Eyebrow correction EUR 20

Eyebrow tinting EUR 20

Eyelash tinting EUR 25

Eyebrow and eyelash tinting EUR 35

Pedicure EUR 65

Pedicure with varnish EUR 70

FOR OUR LITTLE ONES

Up to 12 years

My first massage 20 MIN | EUR 32

Girls among themselves 45 MIN | EUR 54

Relaxing massage, cleansing mask, must-have nail polish, cocktail voucher for our beauty fairy.

Suddenly Princess EUR 28

Nail shaping, polish with glitter stones.

Spiderman 25 MIN | EUR 35

Relaxing massage, cleansing mask. We invite you to a men's cocktail.

RESERVATION

We recommend that you reserve your preferred times a few days in advance. We will be happy to put together an individual and personal program after an on-site consultation.

PREPARATION

To avoid wasting precious time during your treatment, we ask that you arrive showered, in swimwear or underwear, a bathrobe and without jewelry. No make-up for facial treatments. We recommend that you drink plenty of water before and after your treatment to help your body detoxify.

HEALTH

Each treatment is individually tailored to you. Take a few minutes to rest after the treatment. Please inform us in advance if you have any health complaints or are pregnant.

REST AND RELAXATION

Our spa is a refuge of peace and relaxation. Please support this atmosphere of tranquillity. The bathing and sauna area is non-smoking and e-cigarettes are not permitted.

IN CASE SOMETHING COMES UP

Please inform us of any changes or cancellations up to 6 hours before the agreed appointment. Otherwise we will charge the full 100% of the treatment price. If you arrive late, we ask for your understanding that your (or the?) treatment time will be shortened accordingly.

BATH TOWELS

You will find the Muchele bath bag filled with bath towels in your room. We ask you to use them in an environmentally friendly way.

DAY SPA

You are also welcome to come to us if you are not a house guest - both for treatments and for the day spa.