



CASTEL  
**FRAGSBURG**

THE SMALLEST 5-STAR-HOTEL  
IN THE ITALIAN ALPS

# Salutary Experience

The Salutary Experience is a little time out to strengthen your health, give your body a rest and mobilise your self-healing powers.

We will spoil you with tasty, varied, healthy delicacies from our michelin-starred cuisine. All dishes are prepared from vegan alkaline foods with seasonal products, fresh vegetables and herbs, for the most part directly from our Fragsburg Soul Garden.

Taking into account the metabolism in combination with light exercise, regenerating massages and special treatments, you will increase your well-being and feel fitter, more resilient and your immune system will be strengthened.

Your modern alchemist and holistic wellbeing consultant

Renate De Mario Gamper



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## OUR 7-DAY PACKAGE INCLUDES:

Your stay starts with a personal introductory talk with our modern alchemist, including a Bach flower test.

- \* Salutory breakfast, light lunch and an alkaline 3-course menu every evening
- \* 3 warm herbal belly compresses (30 min. each)
- \* 2 hay pillow heat packs (30 min. each)
- \* 2 metabolic-base detox baths (45 min. each)
- \* Full body salt peeling (30 min.)
- \* Foot healing and care treatment (50 min.)
- \* Full body dry brush massage (30 min.)
- \* Head/neck massage with nourishing hair pack (50 min.)
- \* Warm herbal stamp massage with alpine herbs (50 min.)
- \* Vital massage with rosemary and meadowsweet (50 min.)
- \* We offer a 10% discount on other treatments
- \* Vegetable broth and Fragsburg spring water included during the day
- \* Access to our garden gym



During a final consultation with our holistic wellbeing consultant, you will receive a small vade mecum with tips for your health and delicious recipes to try out.

The price for the package is 2040.00 € per person and can be booked for a minimum stay of 7 nights. We are happy to book a suite of your choice separately.

You will arrange the appointments for the individual treatments directly with our modern alchemist Renate De Mario Gamper.



# CASTEL FRAGSBURG

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## OUR 10-DAY PACKAGE INCLUDES:

Your stay starts with a personal introductory talk with our modern alchemist, including a Bach flower test.

- \* Salutory breakfast, light lunch and an alkaline 3-course menu every evening
- \* Biophilia Experience with Medicine Walk (4 hours)
- \* Bioenergetic treatment (90 min.)
- \* 3 warm herbal belly compresses (30 min. each)
- \* 2 hay pillow heat packs (30 min. each)
- \* 2 metabolic-base detox baths (45 min. each)
- \* Full body salt peeling (30 min.)
- \* Foot healing and care treatment (50 min.)
- \* Full-body dry brush massage (30 min.)
- \* Head and neck massage with nourishing hair pack (50 min.)
- \* Warm herbal stamp massage with alpine herbs (50 min.)
- \* Vital massage with rosemary and meadowsweet(50 min.)
- \* We offer a 10% discount on other treatments
- \* Vegetable broth and Fragsburg spring water included during the day
- \* Access to our garden gym

During a concluding talk with our holistic wellbeing consultant, you will receive a small vade mecum with tips for your health and delicious recipes to follow.

The price for the package is 2860.00 € per person and can be booked for a minimum stay of 10 nights. We are happy to book a suite of your choice separately.

You will arrange the appointments for the individual treatments directly with our modern alchemist Renate De Mario Gamper.