



# DolceVita Spa & Wellness

Winter 2023-24

#### **COSMESI 100% MADE IN ITALY**

From the selection of raw materials, until the final packaging, all phases are carried out in the Merano.



Via Passo Rolle, 35 38054, Primiero San Martino Di Castrozza, Trentino – Italia Tel: 0439 - 68 174 - info@hotelsayonara.com





## FACE TREATMENTS

Choose the most suitable facial treatment for your skin type, if you need advice ask the staff of our Beauty

#### Rosa Alpina

Suitable for all skin types, countering the aggressions of external environmental agents by strengthening the natural defenses of the skin.

#### Noesis Vitamine

It renews the cells of the face, neck and décolleté. The combination of vitamins A, C, E combined with the action of active ingredients moisturizers, promotes the process of cell regeneration visibly attenuating small wrinkles giving firmness and elasticity.

## Pure Hydration

Fights skin aging and helps to restore the water balance of the skin giving it a younger and brighter look.

#### Face Cleansing

To maintain proper skin function, to prevent or mitigate the most common imperfections.

50 minutes - Price € 65,00 per treatment



#### WELLNESS MASSAGE

A special pampering to regenerate body and mind

## Candle Massage\*\*

Aromatherapy massage with candles that melt and release a fragrant oil perfect to relax the psyche and give a beneficial effect to the muscles and nourish the skin.

50 minutes – Price € 65,00 per treatment

## Lymphatic

drainage Manual lymphatic drainage is a massage technique designed to intervene on the flow path of the lymphatic vessels. In this way, the reabsorption of the lymph concentrated in the edema is promoted and it is circulated towards the rest of the body

50 minutes - Price € 75,00 per treatment

#### Deep tissue massage

A very deep massage, focused on muscle relaxation, performed a dry part to have greater effectiveness on the muscles, to conclude the massage with a relaxing oleation

60 minutes per treatment - Price € 80,00 per treatment

#### Bioenergy Massage

Given from a psychosomatic approach, it is a massage that relaxes through breathing exercises and tries to free the body from emotional tensions and energetic blocks, helping it to rediscover its harmony.

60 minutes per treatment - Price € 80,00 per treatment

#### Hot Stone Massage

Massage performed with hot lava stones through which you can dissolve contractures, improve blood circulation promoting total relaxation.

50 minutes – Price € 80,00 per treatment



#### TRADITIONAL MASSAGE

## Classic Massage

Total body: Duration 50 minutes per treatment - Price: € 65,00 per treatment Partial body: Duration 25 minutes per treatment - Price € 35,00 per treatment

## Anti-cellulite cupping

Partial body: Duration 25 minutes per treatment - Price € 40,00 per treatment

## Decontracting

Ideal massage also to relieve pain caused by trauma, sprains and distortions.

Total body: Duration 50 minutes per treatment - Price: € 70,00 per treatment

Partial body: Duration 25 minutes per treatment - Price € 40,00 per treatment

#### Personalized Massage

Relaxing back massage + Draining legs massage Decontracting back massage + Relaxing legs Total body

Duration: 50 minutes per treatment Price € 75,00 per treatment



#### **BODY TREATMENT**

They are carried out in the Nuvola Tube that in addition to a more visible result, brings benefits to the immune system, lowers the cortisol, helps breathing and physical recovery and helps to combat sleep disorders.

#### Thao Treatment

Toning and revitalizing body treatment, given by the hot-cold effect created by the synergies composed of essential oils, applied in specific areas of the body.

50 minutes – Price € 80,00 per treatment

#### Rosa Alpina Treatment

The exfoliation of the body stimulates cell renewal so the body mask deeply nourishes for a softer and more uniform skin, revitalized and regenerated back to its natural protective function.

50 minutes – Price € 80,00 per treatment

#### Relaxing Treatment

relieve muscle tension giving a psycho-physical relaxation with remineralizing, nourishing and purifying effect

50 minutes - Price € 65,00 per treatment

#### Body Wrap - Draining Bandage

Promotes an action of drainage and modeling, giving an intense feeling of lightness and decreasing cellulite imperfections

50 minutes – Price € 65,00 per treatment

#### NO-TOUCH Treatment

The Nuvola Tub has no contraindications, all adults and children can access it, so we thought of this treatment that balances body and mind, lowers the cortisol main cause of stress, helps to combat sleep disorders by regulating breathing, relaxes the muscles a cure-all in physical recovery the defense of the immune system.

20 minutes - Price: € 25,00 per treatment



#### PRIVATE SPA

A reserved area for two people, to enjoy well-being in absolute intimacy.

## Private Spa...Dolci Profumi

Immersed in the bubbles of the Jacuzzi Jacuzzi with chromotherapy intoxicated by the scents of aroma Hydro Bath and at the end you relax on the water bed sipping a hot herbal tea.

60 minuti - Price € 65,00 per couple

## Private Spa...Magici Momenti

Private spa ready for the irresistible game-scrub couple! After a whirlpool, you will have the body scrub that you will perform on each other and after the body hydration, wrapped in soft dry, you can lie down on the water bed and relax totally.

80 minutes - Price € 75,00 per couple

#### Romantic

Our staff will perform a partial couple relaxing massage performed and at the end will leave you in total relaxation of the chromotherapy whirlpool and relaxing with herbal tea and rest on the water bed.

80 minutes - Price € 95,00 a couple



# TRATTAMENTI ESTETICI

Hair removal		Mani e piedi	
Total legs and total groin	€ 50,00	Manicure basic	€ 35,00
Total legs and partial groin	€ 45,00	Manicure basic + nail polish	€ 40,00
Total legs	€ 35,00	Pedicure estetic	€ 40,00
Half legs (or arms)	€ 25,00	Pedicure estetic + nail polish	€ 45,00
Total groin	€ 22,00	Only nail polish hands (or feet)	€ 10,00
Partial groin	€ 18,00	Solarium	
Armpit	€ 15,00	5 minutes	€ 7,00
Upper lip	€ 8,00	10 minutes	€ 12,00
Eyebrows	€ 10,00	12 minutes	€ 14,00
Back (or pectoral)	€ 25,00	15 minutes	€ 17,00
		Card Solarium 5+1 free	