

MASSAGES AND BEAUTY TREATMENTS



“The ability to be in the present moment is a major component of mental wellness.”

The atmosphere envelops you with a unique peaceful sensation, where delicate fragrances and relaxing music create a magical mood. Take some time for yourself, because here your dreams can come true.

We wish you a relaxing and memorable time being pampered by our professional team who are always on hand to assist you with their wealth of experience, so you can just lie back and rediscover your emotional and physical well-being.

We mainly use almond oil. Sometimes it could be more suitable sesame oil, or hypericum. A short interview with your masseuse will help you understand which is the most suitable.

The wellbeing of your body is the wellbeing of your soul!



Spa Etiquette

SSSSSHHHH!

Just relax! Our Salus Per Aquam is thought to be the place to relax in silence.

Therefore, we kindly ask You to chat softly in a quiet way. Please maintain a quiet and reserved manner in all areas. Please don't take with you laptops, smartphones, and other mobile devices. Thank you for your cooperation.

YOUR HEALTH IS IMPORTANT

Inform us if you are pregnant, have any medical issues or pathologies; some treatments are not recommended, and it is vital that our operators have all the information to advise you in the best possible way.

TIME FOR YOU

To ensure availability on your dates and times of choice, we recommend making your reservation when booking your stay.

Please arrive a few minutes prior to your scheduled appointment time. Please be aware that if you are late for your appointment, your treatment duration may be reduced so as not to inconvenience the following guest.

Morning treatments and massages must be booked at least the day before within 6 pm

DELAYS AND CANCELLATION

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RITUALS

By booking 3 treatments at the same time, these will be discounted by 15%.

After having a massage/treatment, is compulsory to have a shower with soap before use the Wellness Area.

GET READY TO BE PUMPERED

Body exfoliation: purifies, regenerates, illuminates, and smoothens the skin, preparing it for massage

DRY BRUSHING

25 min. € 43

The dry brushing performed along the meridians and specific acupuncture points, allows vital energy to flow freely around the body. The quality of the skin improves immediately, it becomes more toned and vital and acquires a healthy glow.

BODY PEELING

30 min. € 43

Restore your skin's radiant glow with an exfoliating sea salt enriched with essential oils which removes the excess of dead cutaneous cells, for a smooth and fresh skin

After the peeling we will massage your skin with a light body cream

BODY TREATMENTS

SEA MUD WRAP

40 min. € 48

ARNICA BODY WRAP

40 min. € 48

Excellent to dissolve tensions, perfect after sport activity

SHAPING BODY TREATMENT

40 min. € 53

Effective treatment against cellulite: a mask composed by a synergic mix of herbs which reduces fat tissue imperfections. (We suggest you at least 3 times to have benefits)

MASSAGES

Gentle and light

CIARNADOI DE-STRESS

50 min. € 78

*In the summer farmers cut the grass to obtain fodder to feed the animals during the winter. The animals were moved to high pastures and watched over by a shepherd who took care of them. Towards the middle of September, the shepherd took the animals from the mountain's pastures down the valley to a place – called the “Ciarnadoi” – where his job was finished and every owner “retrieved” (from the Latin *cernere* to retrieve: Ladin is a neo-Latin language) their cows and took them back to their cowshed. From there the name “Ciarnadoi” was given to the hotel that was built on the place where cattle owners “retrieved” their cows who had come down from the Vael pastures or more precisely from the “Mandra” Malga just below “Pael de Sot”*

We thought a massage for you just to make you return this experience of *retrive*.

Reset the body, helping to stimulate the necessary resources for this exchange of forces, and regain a dynamic equilibrium. Smell the scent of freshly cut grass and left to dry as a reserve for the winter.

Stock up on this feeling of well-being and relaxation, take advantage of the massage with hay oil, with its characteristic scent: an alchemy made of sun and dew, rain and cool nights

CANDLE MASSAGE

50 min. € 68

A relaxing massage carried out using the warm oils of perfumed candles. It relieves tension and delivers new and pleasant sensations to the body

AROMATHERAPY MASSAGE

50 min. € 68

This relaxing massage involves the use of high quality natural essential oils. The essences, absorbed by the skin and by scent, infuse wellness and reduce stress. This kind of treatment is a real elixir for body, mind, and soul

LYMPHODRAINING MASSAGE

50 min. € 63

Lymph drainage is a very gentle type of massage. This kind of massage stimulates the lymph flow

MASSAGE FOR COUPLES

50 min. € 118

KEEP YOUR FEET ON THE GROUND AND YOUR THOUGHTS AT LOFTY HEIGHTS

" The human foot is a masterpiece of engineering and a work of art," said Michelangelo. Feet are your body's foundation, so keeping them healthy is vital to your overall health.

The **PERFECT TREAT**

40 min. € 50

scrub, impacco e massaggio con digitopressione

FOOT MASSAGE

20 min. € 35

A pleasant massage that relaxes the whole body and not just the extremities.

True relief for your feet!

FOOT REFLEXOLOGY

40 min. € 55

Feet reflect the entire human body like a mirror. With deep and light pressures we try to reestablish a balance within the body by massaging the feet in ways that match our mental and physical well-being, starting from a holistic vision aimed at increasing awareness and awakening the resources within us all.

Special Massages

MASSAGGIO TAILOR MADE

50 min. € 73

Together with the operator, choose the massage technique and oils that are most suitable for you, for a super personalized massage

4 HANDS AYURVEDA MASSAGE

40 min. € 130

The pleasant light sensation of four hands moving together over the body. This treatment reawakens a person's more instinctive side by the targeted stimulation of specific energy points.

TREATMENT WITH TIBETAN BELLS

45 min. € 63

Thanks to the bell vibrations, the mind is more lucid and present, sleep is more balanced, energy flow is improved, and intelligence is livelier and more flexible. Benefits: It combats insomnia and hyperactivity, eases energy blocks caused by routine and stress

HEAD MASSAGE

25 min. € 43

Head massage by finger pressure that helps to eliminate stress and stimulate blood circulation, improving hair vitality

Massages on futon

On request, (at least 12 hours before) it is possible to book those massages:

SHIATSU

55 min. € 100

THAI

55 min. € 100

An effective combination of pressure, stretching and mobilisation techniques and soothing manipulation stimulate the energy flow by resolving blockages that can manifest, for example, as muscle tension.

Wearing comfortable, loose clothing is recommended for those treatments

Rhythmic and deep massages

SPORT MASSAGE

50 min. € 68

Especially designed to relieve tension after sporting activities and provide maximum support for muscle regeneration

ALPINE MASSAGE WITH STONE PINE WOOD

45 min. € 68

Feel the Energy of nature on your skin! The benefit of the stone pine sticks gives this massage a memorable experience. The special massage technique will give sense of healings in the airways and the general immune system will gain in force and strength. It is like a real walk in between the perfumed woods of Trentino

AYURVEDA MASSAGE

55 min. € 88

Natural oils massage that strengthens the body's vital functions, frees lymphatic blocks, cleanses, relaxes, improves sleep

DETOX

50 min. € 63

This drainage massage is also known by the name 'pump and roll', due to the type of movements that are performed during the treatment, which are the most effective for promoting the release of fat accumulations, thus stimulating lymphatic circulation

PARTIAL MASSAGE

25 min. € 37

Personalized massage on legs or bag and neck

50 min. € 58

“DOLOMITI ESSENCE VITANOVA”

A complete body pampering that will be brushed and then treated with Ribes Nigrum massage oil and a warm mud Arnica. In combination, in the air your favorite essence.

Back Ritual

40 min. € 63

Body Ritual

50 min. € 78

75 min. € 110

Facials

CUDDLE FOR THE FACE

50 min. € 73

Natural and relaxing facial ritual. With the use of natural products made in Merano with Rosa Alpina extract, soothing and moisturizing and relaxing and regenerating dexterity.

Deep cleansing, relaxing massage, eye contour application and nourishing cream.

Suitable for all skin types

MINI FACIAL

25 min. € 40

Deep cleansing, eye contour application and nourishing cream.

Suitable for all skin types

RELAXING MASSAGE

25 min. € 35

Skin cleansing, relaxing massage.

Suitable for all skin types

KIDS: 4 to 12 years

RELAXING MASSAGE with almond oil

25 min. € 25

CHILD MANICURE

15 min. € 15

ESSENTIAL OILS

- Sweet Orange
Helps to relax muscles, to overcome fatigue and stress
- Lavender
It plays a balancing action on the nervous system. It is simultaneously tonic and sedative
- Lemon
Mind calming, it helps in cases of anxiety and nervousness disorders
- Peppermint
Tonic, it is useful in case of mental and physical fatigue
- Mountain Pine
Invigorates, it is indicated in cases of hypotension
- Rosemary
Stimulates the organism, is useful in the physical and emotional fatigue conditions



WELLNESS

We are happy to welcome You in our Wellness SPA, the perfect break after a skiing day or a trekking on the Dolomites.

The wellness area is reserved exclusively for guests over the age of 18. Please be considerate of other guests and help us provide a tranquil environment by talking quietly and limiting conversation to a minimum. Disconnect completely from the outside world to find peace and serenity. Please leave your mobile devices in your room.

In the **saunas** we ask you to sit on a towel without making direct contact with the wooden benches. We recommend that you leave the sauna room should you feel unwell. One session should last between 8 and 12 minutes, in any case no more than 15 minutes. Furthermore, we remind you to pay attention to hydration: it is beneficial to drink water or another drink both before and after the session.

In the **steam bath** it is recommended to rinse the bench before and after sitting.

It is recommended to leave jewellery and watches in your room. We will not accept liability for any lost or stolen items.

In the **swimming pool** children under 14 years cannot be left alone. Kids under 2 years must wear swimming diapers. Diving, heckling, water games, running around the pool are forbidden.

FINNISH SAUNA “LARICE”



Temperature 85° - 95°

Humidity 10%.

The hottest, the best one for skin care. The high temperature improves muscles stress relief. Wood from “Larice” (larch) tree racks heat up, and maintains it for long time...

SAUNA TEPIDARIUM “ABETE”



Temperature 60° - 65°

Humidity 30%

Made in fir wood, is bright and light coloured. With its low heating, help to remove toxins.

HERB BIO SAUNA “HEMLOK”



Temperature 60° - 63°

Humidity 60%

Sweet smell of essential oils, and pleasant humidity. Perfect for relax of body and mind.

AROMATIC STEAM BATH



Temperature 42° - 46°

Humidity 100%

Perfect for skin and hair care, helps to free the respiratory system.

