

ALPNESS RETREAT



SPA COLLECTION





CONTENTS

Introduction to Alpress Retreat	4
Spa areas	5
À la carte treatments	
• Body	7
• Face	8
• Rejuvenating baths and compresses	10
Massages	
• Classic	13
• Special	13
Sports	14
Men's Spa	15
Wellness Rituals	16
Wellness Programmes	17
Beauty Service	18
Day Spa	18
Spa Info	19

ALPNESS RETREAT

Welcome to the world of wellness of Alpness Retreat: a magical place - small but exclusive - where the keyword is: retreat. You will find yourselves immersed in a true paradise, to forget the stress, tiredness and worries of everyday life. In this wonderful context, we have considered your beauty and your body, creating wellness routes that get you back in shape, both physically and mentally. You can choose from a wide range of innovative facial and body treatments, and from olfactory and sensory experiences characterised by sounds, aromas and colours. A world of well-being where the motto is to meet expectations and to predict wishes.

We wish you many happy hours.
The Callegari Family

SPA AREAS

GENZIANA SUITE

An exclusive and cosy place where you can relax, enjoying all things good for your body and soul. The area has a water bed which, thanks to the temperature it reaches (37/38 °C), favours relaxation in the musculature, as well as absorption of the active ingredients applied. It is used for specific treatments like detoxing, relaxing, nutritious and moisturising compresses.

IMPERIAL BATH

Let yourself be carried away by the pleasant aromatic scents of essential oils of mint, lavender, rosemary, bitter orange and petit grain, given off by this beautiful bath, accompanied by wonderful massaging water jets. Here, you will experience olfactory emotions that will put you through a real ritual, harmonising your energy.

WELLNESS BOOTHS

The spa area has three booths where you will find the intimacy necessary for specific facial and body treatments, as well as massages.

SAUNA AREAS

Here is where your path to wellness begins. To emphasise the beneficial effects of these treatments, it is best to associate each sitting with a Finnish sauna, a Biosauna, or an aromatic Turkish Bath. And

to finish, our ice fountain will give you pleasant refreshment, thanks to the crushed ice you can rub all over your body. You can finish the whole process with a moment of tranquillity in the "Tepidarium", a corner of our relaxation area with precious heated mosaic benches.

SWIMMING POOL

Immersing yourself in the water at a pleasant temperature produces an immediate feeling of relaxation. The massaging water jets guarantee energetic caresses for effective well-being.





* In all Bionenergy treatments, we use a tool that will help us to dissolve muscular tension: glass bells which, together with the massage provided by the operator, will allow us to stimulate energy points and paths, producing soothing, draining and detoxing effects, thus restoring balance to the body's energy.

“À LA CARTE” TREATMENTS

BODY

Moments of Relaxation

AROMATIC SCRUB 25 min.

€ 34 € 38

For an extraordinarily silky skin. A pleasant massage with a scrub cream, with micro-particles that help to eliminate dead cells, for excellent skin rejuvenation. Ideal in preparation for a massage, compress, or specific treatment.

PRECIOUS MANGO GOMMAGE 25 min.

€ 36 € 40

This 100% natural gommage delicately clears the skin of corneous cells, while the mango butter extracts nourish and soften the skin.

BIOENERGY*

€ 72 € 80

ANTICELLULITE TREATMENT 50 min.

An effective combination of chosen products allow to treat the specific zones. An ideal treatment for detox, draining and tones tissues.

BIOENERGY*

€ 77 € 85

DRAINING WITH BODY DETOX PACK 55 min.

A body mask of algues and clay in combination with essential oils with depurative proprieties on specific zones.

BIOENERGY* BACK RELAX 50 min.

€ 68 € 75

A body pack of algues and essential oils with relaxing proprieties followed by a massage. Ideal for distending the tissues and the muscles with a lot of tensions.

BIOENERGY*

€ 72 € 80

FOR THE LEGS WITH REFRESHING BANDAGES 50 min.

A bio-energetic draining massage for the legs, followed by refreshing bandaging, which provides an amazing feeling of lightness. Improves shape and firms tissue.

FACE

Emphasis on pampering

CATIO VITAL JEUNESSE 55 min. € 70 € 78

This is a classic facial treatment with effective in-depth cleansing that individually treats the needs of each skin type and age group. Through its innovative forms of treatment it replaces traditional methods.

CATIO VITAL JEUNESSE + EYE REPAIR 85 min. € 99 € 110

This is a repairing treatment for stressed and mature skin, with additional particular attention for the eyes, which are carefully treated with specific equipment.

EYE REPAIR 50 min. € 59 € 65

Specific treatment for the area around the eyes. Smooths wrinkles, reducing bags and clearing dark circles. The area around the eyes becomes visibly younger and more rested.

CATIO VITAL LIFTING 55 min. € 81 € 90

A natural "lift": under-skin muscles are firmer and get their volume back. The face appears younger, the skin smoother and more compact. Visibly rejuvenates the facial features, increasing muscular firmness.

BEAUTÉ AROMATIQUE 50 min. € 70 € 78

A personalised manual treatment with essential oils and plant concentrates, to bring light to all skin types and to bring a glow to the face, providing balance and an intense feeling of well-being. Also suggested for male guests!

BEAUTÉ LIFTING 55 min. € 77 € 85

Anti-age facial treatment with rejuvenating effect. Thanks to the use of marine collagen based products, the treatment has a firming, lifting and remodelling effect on the face. Specific products are applied directly to the individual wrinkles, thus obtaining a firming and revitalising action.

DERMO PEELING 50 min. € 77 € 85

A very new treatment, suitable for all skin types and for all ages. Helps to remove visible signs of time, clearing dark spots and bringing a glow to the complexion.

CATIO VITAL LIFTING WITH BEAUTÉ LIFTING 85 min. € 99 € 110

For all women sensitive to the signs of age. In this treatment - technical-professional but also extremely pleasant - they will find the answer to ageing. The combination of these two high-performance treatments will favour the spreading and absorption of active ingredients, with a truly spectacular result!

AGE REPAIR 50 min. € 95 € 105

An exclusive skin care treatment that erases signs of ageing. This anti-ageing treatment adds youthful radiance to the skin. The face appears several years younger. The skin's surface looks more youthful, wrinkles and fine lines are smoothed away, skin texture is refined and the skin recovers a youthful radiant glow.



REJUVENATING BATHS AND PACKS

Purification: the new frontier in wellness

GENZIANA SUITE 30 min. € 45 € 50

RELAX SEAWEED PACK

This poultice combines the beneficial properties of the seaweed *Laminaria digitata* and of clay with the relaxing effects of a special blend of essential oils. Ideal to slacken muscular and tissue tension.

YIN SEAWEED PACK

This poultice combines the beneficial properties of the seaweed *Laminaria digitata* and of clay with the toning and refreshing effects of a special blend of essential oils.

YANG SEAWEED PACK

This poultice combines the beneficial properties of the seaweed *Laminaria digitata* and of clay with the warming and depurative effects of a special blend of essential oils. Ideal treatment for cellulite blemishes.

SEAWEED PACK

This pack has purifying and hydrating properties for your skin. Does not contain essential oils.

TILIA FIRMING BODY MASK

Tilia, a firming mask rich in sodium, magnesium and potassium, endows the skin with new youthfulness, firming it and toning it. The special composition of its clay content restores the natural electrolyte balance of the skin, while a blend of dermofunctional substances ensures protection against early aging and endows elasticity.

VULCANUS FIRMING BODY MASK

Mask with highly moisturizing properties. Volcanic clay rich in precious oligoelements combined with jojoba oil, shea butter and wild mango butter deeply moisturize the skin for a soft and smooth effect. The active substances also have an important lenitive effect in soothing irritations and itching.



IMPERIAL BATH 20 min.

€ 36 € 40

BATH ALGUE

A bath that provides the skin with the nourishing substances of *Laminaria digitata* algae to both remineralise the skin and, concurrently stimulate metabolism, regeneration and circulation.

CALMING BATH

A bath with lavender and petit grain essential oils, whose immense aromatherapy value is exploited to relax both mind and body.

SPORTIVE BATH

A bath with essential oils designed to stimulate body purification. Ideal combined with adipose treatment.

REGENERATING BATH

A blend of 8 essential oils, which act synergetically to ensure a regenerating, purifying and stimulating effect.

DRAINING BATH

A bath designed to encourage water elimination from subcutaneous tissues. Ideal for blemishes caused by water retention

RELAXING BATH

A bath, whose essential oil content has a relaxing effect on bodies subject to muscular and tissue stress.



MASSAGES

Rejuvenation in harmony

CLASSIC MASSAGES

MASSAGE WITH "JARDIN DES SENS" CANDLE 50 min. € 72 € 80

A precious candle with pure vegetable oils is lit, and its molten wax is used for an intense and soothing massage that will also affect your mood. Possibility of choosing from a variety of aromas and fragrances.

RELAXING MASSAGE WITH AROMATIC OILS

The anti-stress massage is used to relieve muscular tension, favouring blood circulation. Thoughts and emotions are soothed, resulting in an improvement in psychological and physical balance.

ca. 50 min. € 72 € 80
ca. 25 min. € 36 € 40

DRAINING MASSAGE 50 min. € 68 € 75

A specific and effective method for dealing with water retention. Through slow movements and delicate pressure, we stimulate the lymphatic circulation, thus helping to drain fluids and improve defects resulting from cellulite.

AESTHETIC FOOT REFLEXOLOGY 25 min. € 41 € 45

The peculiarity of the technique consists in stimulating certain points on the sole of the foot which correspond to reflex zones of our internal organs. This form of massage diminishes feelings of stress and inner tension by improving blood circulation and loosening muscle strains.

SPECIAL MASSAGES

ABHYANGA 80 min. € 90 € 100

This is an Indian technique used to restore deep balance. Ayurvedic massage is a treatment that acts on the entire body, using a variety of manipulations and stimulations, accompanied by the use of oils chosen depending on the different body types of the subjects. These particular oils reinforce muscles and articulations, strengthening and firming tissues, nourishing the skin, and providing light. Harmonises the mind, body and spirit.

BIOENERGY* BODY DETOX 55 min. € 77 € 85

An effective draining technique carried out with the help of a device that uses suction caps, in combination with essential oils and natural active ingredients, which together stimulate the metabolism and bring new energy to the tissues. The body's energy balance and harmony are restored, in favour of the aesthetic result.

HOT STONE

This is an ancient massage technique in which we use hot volcanic rocks - capable of holding the heat for a long time and releasing it gradually during the treatment. The massage soothes contractures, improves blood circulation, and helps to ease muscular rigidity. It also re-activates energy in the meridians.

Face and body 80 min. € 90 € 100
Body 50 min. € 72 € 80

This treatment is not advisable for subjects with capillary fragility.

SPORTS

The best performance

BIOENERGY* SPORT 80 min. € 95 € 105

Excellent treatment both to boost performance before physical activity and to recover afterwards. Relieves aching and tense muscles. Ideal after long walks and strenuous physical activity.

BIOENERGY* BACK RELAX 50 min. € 68 € 75

A body pack of algae and essential oils with relaxing properties followed by a massage. Ideal for distending the tissues and the muscles with a lot of tensions.

BIOENERGY* BALANCE 80 min. € 104 € 115

A body pack of algae and essential oils with relaxing properties followed by a massage. Ideal for distending the tissues and the muscles with a lot of tensions.

SPORTIVE BATH 20 min. € 36 € 40

A bath with essential oils designed to stimulate body purification. Ideal combined with adipose treatment.

* In all Bionenergy treatments, we use a tool that will help us to dissolve muscular tension, glass bells which, together with the massage provided by the operator, will allow us to stimulate energy points and paths, producing soothing, draining and detoxing effects, thus restoring balance to the body's energy.

MEN'S SPA

Well-being for men

CATIO VITAL JEUNESSE 50 min. € 70 € 78

This is a classic facial treatment with effective in-depth cleansing that individually treats the needs of each skin type and age group. Through its innovative forms of treatment it replaces traditional methods.

DERMO PEELING 50 min. € 77 € 85

A very new treatment, suitable for all skin types and for all ages. Helps to remove visible signs of time, clearing dark spots and bringing a glow to the complexion.

BEAUTÉ AROMATIQUE 50 min. € 70 € 78

A personalised manual treatment with essential oils and plant concentrates, to bring light to all skin types and to bring a glow to the face, providing balance and an intense feeling of well-being.

REGENERATING BATH 20 min. € 36 € 40

A blend of 8 essential oils, which act synergistically to ensure a regenerating, purifying and stimulating effect.

BIOENERGY* BODY DETOX 55 min. € 77 € 85

An effective draining technique carried out with the help of a device that uses suction caps, in combination with essential oils and natural active ingredients, which together stimulate the metabolism and bring new energy to the tissues. The body's energy balance and harmony are restored, in favour of the aesthetic result.

ABHYANGA 80 min. € 90 € 100

This is an Indian technique used to restore deep balance. Ayurvedic massage is a treatment that acts on the entire body, using a variety of manipulations and stimulations, accompanied by the use of oils chosen depending on the different body types of the subjects. These particular oils reinforce muscles and articulations, strengthening and firming tissues, nourishing the skin, and providing light. Harmonises the mind, body and spirit.

BIOENERGY* BALANCE 80 min. € 104 € 115

A true decontracting treatment for the body's muscles. Thanks to the combination of seaweed compressed, enriched with essential oils, and the bio-energetic massage, which will act on the main pressure points, you will feel a sensation of absolute well-being and lightness.

WELLNESS RITUALS

GENZIANA RITUAL 110 min. € 144 € 160

A beauty ritual based on the Alpine orchid. The body treatment starts with a delicate peel, which prepares the skin to absorb the moisturising properties of the cream compress, also orchid-based. Delicate, sensitive, and elegant, but strong in the roots, the Alpine orchid provides a synergy of beneficial and natural substances, which have a moisturising and anti-ageing effect on the skin. The treatment ends with a pleasant soothing massage.

HARMONY & BALANCE RITUAL 80 min. € 113 € 125

A multi-sensory path, which begins with a relaxing bath in the beautiful imperial bath. This is followed by the application of several aromatic oils, which will help to relax your muscles. The bio-energetic massage, finally, will give you a feeling of absolute purity and relaxation.

SOFT SKIN RITUAL 50 min. € 72 € 80

Allow yourself to be transported by the inebriating scents of lotus flowers and mango. We will start with the Precious Mango Gommage treatment, and will continue by delicately wrapping the body with a lotus extract and Shea butter balm, to make the skin nourished and silky.



WELLNESS PROGRAMMES

Anti-Stress Package	5-6 days	3-4 days	1-2 days	Day Spa
Soft Skin Ritual	1	1	1	1
Beauté Aromatique	2	1	1	1
Relax Seaweed Pack	1	1		
Abhyanga	1	1		
Aesthetic foot reflexology massage	2	1		
Relaxing Bath	1			
Price per person	€ 464	€ 318	€ 142	€ 142

Genziana Package	5-6 days	3-4 days	1-2 days	Day Spa
Genziana Ritual	1	1	1	1
Massage with "Jardin des Sens" candle	2	1		
Tilia Firming Body Mask	1			
Catio Vital Jeunesse	1	1	1	
Beauté Lifting	2	1		
Price per person	€ 556	€ 363	€ 214	€ 144

Sports Package	5-6 days	3-4 days	1-2 days	Day Spa
Bioenergy* Sport	1			
Bioenergy* Back Relax	1	1		
Bioenergy* Balance	1		1	1
Sportive Bath	1	1		
Catio Vital Lifting	1	1	1	
Yang seaweed pack	1	1		
Price per person	€ 428	€ 230	€ 185	€ 104

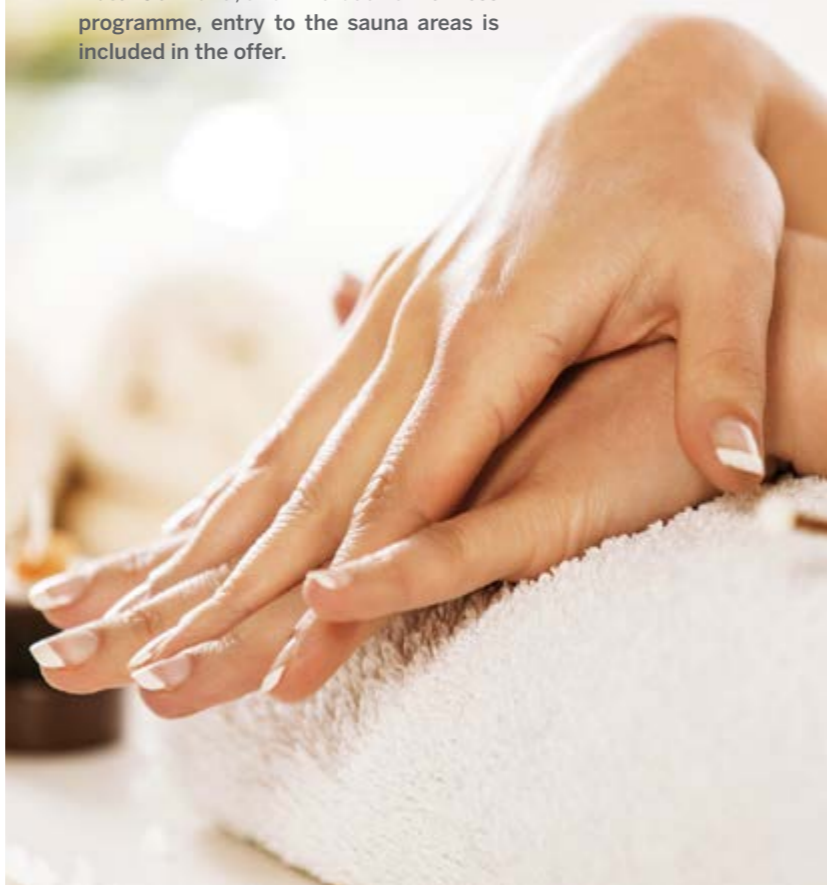
Detoxing Package	5-6 days	3-4 days	1-2 days	Day Spa
Aromatic Scrub	1	1	1	
Bioenergy* Body Detox	2	1	1	1
Dermo Peeling	2	1		1
Bioenergy* draining with body detox pack	2		1	
Bath Algue	1	1		
Price per person	€ 529	€ 223	€ 187	€ 153

BEAUTY SERVICE

Cosmetic pedicure	€ 50
Cosmetic pedicure with permanent polish	€ 60
Cosmetic manicure	€ 33
Cosmetic manicure with permanent polish	€ 43
Depilation: legs, bikini zone, armpits	€ 55
Depilation: legs	€ 45
Partial depilation: legs	€ 35
Depilation: arms	€ 25
Depilation: bikini zone	€ 20
Depilation: armpits	€ 20
Depilation: upper lip	€ 15
Depilation: back	€ 30
Eyebrow corrections	€ 17

DAY SPA

For guests who are not residing at the Hotel Genziana, and who book a wellness programme, entry to the sauna areas is included in the offer.



SPA INFO

PRICES

The prices in green colour (with reduced tariff) are valid for treatments finished before 4 pm.

SUGGESTIONS

We would like to satisfy any request, so please notify us of any particular requirements. We are available to identify and assemble the treatments and wellness programmes that best suit your needs.

BOOKINGS

We suggest booking wellness treatments before your arrival, so that we can schedule a time that suits you. We can fulfil your wishes at the following contacts:

Telephone: 0471 77 28 00 - E-mail: info@hotel-genziana.it

HEALTH AND PREGNANCY

In the case of pregnancy, allergies or various pathologies, please inform us at the time of booking. In this way, the team will be able to better advise you on using the SPA.

PRESENTATION

We suggest you present yourselves to the reception of the SPA 5 minutes before the treatments are scheduled to begin. While you wait, you will be invited to taste a pleasant herbal tea. If you are late, the treatment will last as long as the time left in the scheduled time slot (without any price reductions).

IN CASE OF SETBACKS

It is possible to cancel or change the time of your chosen treatment up until 24 hours before the appointment, without any charge. In case of cancellation or change on short notice, you will be charged 50% of the price.

PLEASE NOTE

All massages are considered beauty treatments.



Charming Hotel
Genziana

Str. Ciampinèi 2 - 39048 Selva Val Gardena
Dolomiti · Italy · Tel. +39 0471 772800
info@hotel-genziana.it • www.hotel-genziana.it