



MASSAGGES

SHORT MASSAGES

25 minutes

50,00€

NEURO LIFTING VISAGE - face massage with a relaxing and lifting effect

PLANTAR REFLEXOLOGY - this treatment increases the self-healing abilities of the body and eliminates fatigue

DIEN CHAN FACE REFLEXOLOGY - vietnamese technique which stimulates the rebalancing of internal organs

SPINE AND CERVICAL

BRUSH MASSAGE - performed with a specific brush and followed by a moisturizing and nourishing skin treatment

ON ERGONOMIC CHAIR - with a 15€ surcharge the massage can be performed inside the salt cave

CLASSIC MASSAGES

50 minutes

80,00€

TOTAL BODY RISHAPING AND AESTHETIC – restores the skin tone and elasticity

CALIFORNIAN - performed with smooth movements which recreate a pleasant contact with the body

LIMPH DRAINING – helps the metabolism to get rid of swellings in legs, glutes and abdomen

ATHLETIC – helps refresh and activate body with a reinvigorating sensation

SPECIAL & PERSONALIZED MASSAGES

OLISTIC MASSAGE – 50 minutes

100,00€

Plantar, face and scalp reflexology followed by a decontracting and harmonizing massage

HOT LAVA STONES – 50 minutes

120,00€

Hot stones help decontacture back muscles and release body and mind tensions

MIXED HERBS SWABS – 50 minutes

120,00€

Relaxing and anti-inflammatory massage with herbs infused swabs

CHENOT METHOD – 50 minutes

130,00€

Executed using glass suction cups

ANTISTRESS SIGNATURE LE CAVE – 80 min

150,00€

Brush massage; plantar, face and scalp reflexology; warm alpine herbs application over chest and stomach; detox and soothing massage



TREATMENTS

FACE TREATMENTS

ALPINE HERBS MASK – 30 minutes	50,00€
Cleansing process, mask application and moisturizer treatment	
MASCHERA DI BELLEZZA – 30 minutes	50,00€
Cleansing process, mask application and moisturizer treatment. The typology of the mask will be decided with the therapist according to the skin type.	
SHORT PEELING – 30 minutes	50,00€
Cleansing process, appliance of the peeling product, moisturizer treatment.	
DEEP PORE CLEANSER – 50 minutes	120,00€
Accurate and deep face cleansing process.	

DERMALREVISION TREATMENTS WITH A NATURAL DIFFERENCE PRODUCTS

Dermalrevision is a special process that **increases microcirculation** of the face, neck and décolleté skin: cellular respiration is improved through an **increased injection of oxygen to the tissues**. This treatments are a safe technic to stimulate the self-healing functions of the skin and **reduce**, in a totally natural and non-invasive way, **the visible signs of aging skin**.

DERMAL SPA SPIN TRAPS – 30 minutes	60,00€
Antioxidant treatment that reduces redness	
DERMAL ENZYME ALPHA – 50 minutes	100,00€
Enzymatic treatment with mango that smooth and regenerates the skin and stimulates the cellular turn over	
DERMAL ENZYME BETA – 50 minutes	100,00€
Corrective and antioxidant enzymatic treatment with gradual exfoliation that helps reduce photo-aging and skin signs	
PLASMA DERMALREVISION – 50 minutes	120,00€
Treatment that oxygenates skin tissues and reduces impurities giving vitality and tone to the face	

BODY TREATMENTS

CERVICAL DECONTRACTING – 40 minutes	40,00€
Initial skin brushing, alpine herbs treatment and warm cushion application on cervical area, destressing oil. This treatment re-establishes the correct muscular functionality necessary to regain the psychophysical balance.	
LUMBAR DECONTRACTING – 40 minutes	40,00€
Initial skin brushing, treatment with hay extract and hay filled cushion on the lumbar area, destressing oil. It allows to obtain a long lasting sense of well-being and lightness.	
ALKALINE BODY SCRUB – 30 minutes	50,00€
Honey and alkalizing salts scrub followed by a moisturizing treatment which detoxify and re-mineralize the skin.	
DEEP NOURISHMENT AND CELL RENEWAL – 50 minutes	80,00€
Initial skin brushing , scrub with alpine herbs and sea salts, regenerating body mask. Preserves skin hydratation, softness and youthness.	



SWOLLEN AND CONTRACTED ABDOMEN – 50 minutes

80,00€

Destressing oil followed by a treatment with anti-swelling cushion and detoxing oil. It relaxes and flatten the abdomen bringing a well-being feeling.

ADIPOSE ABDOMEN – 50 minutes

80,00€

Destressing oil, abdominal mask with hay powder and massage with shaping emulsion. Relaxes, flatten and detoxifies the abdomen.

COLD BANDAGE FOR SWOLLEN LEGS – 50 minutes

80,00€

Initial skin brushing followed by a cold bandage with extracts of alpine herbs, hay and mint. Ideal for summer.

HEAVY AND SWOLLEN LEGS – 50 minutes

80,00€

Initial skin brushing, anti-swelling extract, mud-hay application, treatment with warm cushion on the renal area, massage with detoxifying oil.

BODY DETOX – 80 minutes

110,00€

Initial skin brushing, toning scrub, mud-hay application and detox massage. Improves the well-being of the skin with a decongestant and detoxifying effect, while encouraging diuresis.

BACK MUSCLES DECONTRACTING – 80 minutes

110,00€

Initial skin brushing, massage with alpine herbs swabs, treatment with hay cushion and massage with destressing oil. It loosens the contractures and muscular tension while helping the circulation.

INTENSE DETOX SLIM – 50 minutes

110,00€

Purifying wrap treatment based on ancient remedies born before the eighteenth century. Relieves stress, reduces fatigue and gives a feeling of lightness obtaining at the same time a deflating and slimming effect. **Not recommended for delicate or very sensitive skin types.**

ALPINE HERBS AND HAY CUSHIONS

Herbs and hay originates from *Höbe Pergh* fields, populated by **wild herbs that grow in their natural habitat, on a soil that is never treated**, neither with organic products. Mown by hand in the waning moon periods, the hay is not damaged by machines, which would disperse the flowers, the most precious part.

Herbs and hay cushions are packed in different shapes to be easily positioned on different body parts and, as they are sealed, they are **also suitable for people suffering from hay dust allergy.**

The herbs contained in the cushions have various beneficial properties: they **eliminate toxins**, help **relax the body and mind** and they **cure joint and muscular pains.**

Those treatments start with an initial brushing of the concerned area followed by an activating serum, the application of the cushion and at the end a moisturizing treatment.

The areas where the cushion can be applied are:

- **BACK – 50 minutes** **80,00€**
- **CERVICAL AREA – 50 minutes** **80,00€**
- **LUMBAR AREA – 50 minutes** **80,00€**
- **CELLULITIS – 50 minutes** **80,00€**
- **Combination of CERVICAL + LUMBAR AREA – 50 minutes** **120,00€**
- **Combination of CERVICAL AREA + CELLULITITIS - 50 minutes** **120,00€**



HAIR REMOVAL

LIP CONTOUR	8€
EYEBROWS	10€
ARMPITS	15€
HALF LEG AND BIKINI AREA	25€
WHOLE LEG AND BIKINI AREA	45€
BACK	40€

MANICURE & PEDICURE

MANICURE – 30 min	25€
MANICURE SPA – 50 min Includes a moisturizing treatment	55€
AESTHETIC PEDICURE – 45 min	40€
PEDICURE SPA – 50 minutes Includes a scrub and a feet mask	55€
CURATIVE PEDICURE – 60 min	55€

COUPLE PATHS

BRUSH & DREAM - 80 minutes **75,00€ per person, brush purchase included**

Didactic and relaxing experience that involves the well-being of the couple even once back to everyday life: the first part of the treatment consists of a brush massage during which the therapist will provide necessary indications to replicate the treatment independently.

The massage is followed by a **regenerating treatment with an alpine herbs emulsion**.

HERBAL WELLNESS FOR TWO - 2 h and 30 minutes **210,00€ per person**

Sauna/Turkish Bath assisted by the therapist who will alternate them with **cold herbal ablutions** and a self-managed **scrub** with a basis of honey and alkaline salts.

The second part of the treatment consist of a **muscular relaxing massage** at the back and the application of **alpine herbs and hay cushions**.

AROMATIC OILS AND EXTRACTS OF ALPINE HERBS - 2 h **180,00€ per person**

Short initial warm-up in Sauna/Turkish Bath.

Draining dry treatment with brush followed by an envelopment with aromatic mountain herbs.

30 minutes Californian massage.

This path has **emollient and destressing properties** and, at the same time, **relaxes body and mind**.