



## Treatments Menu

The SPA staff at Hotel Lo Scoiattolo will guide you on this luxurious and rebalancing journey. Let yourself be transported to a paradise of natural well-being.

A space of peace, where time flows only to give you new emotions of well-being and awareness. The ingredients of this new experience are simple and natural, water and the relaxing atmosphere of the mountains with a holistic approach to personal care thanks to treatments and rituals of ancient wisdom.

### SPA OPENING

EVERY DAY 2.00pm - 8.00pm  
(last treatment at 6.30pm)



# MASSAGES

Treatments for moments of pure pleasure carried out by expert hands who will be able to give you maximum pleasure.

## MASSAGE LO SCOIATTOLO

It is a personalized massage that arises from the specific needs of each individual. The Lo Scoiattolo massage makes use of different elements and the beneficial properties of essential oils, as well as various manual massage techniques. It can also be useful for those who need to release stress and emotional tension, as well as any contractures.

Duration 50 minutes €75.00

## SKIER MASSAGE

The Skier's massage is a decontracting massage that acts in depth on the connective and muscular tissues, with the precise aim of releasing contractures and tension. The primary objective of the skier's massage is to dissolve contractures, also thanks to the help of innovative equipment.

Duration: 50 minutes €70.00

## MONTE ROSA MASSAGE

The Monte Rosa Massage is a particularly relaxing form of treatment. As the body relaxes, it loosens and dissolves muscular tension and releases blocked energy, thus inducing a state of deep relaxation and, at the same time, a restoration of vitality and joy of living.

Duration: 50 minutes €60.00

Duration: 25 minutes €35.00

## LYS MASSAGE

Among the benefits of the Lys massage there is certainly the reduction of liquid deposits by promoting drainage. The specific maneuvers will help the metabolism to function correctly and avoid those swellings that accumulate in the legs, buttocks or at the abdomen.

Duration: 50 minutes €70.00

## HOT STONE MASSAGE

The energy produced by the hot stone massage promotes a harmonizing and purifying effect such as to induce a meditative state of quiet and calm. The application of the hands, in conjunction with the stones, produces an intensification of the contact.

Duration: 50 minutes €70.00

## LOMI LOMI MASSAGE

The manual movements are long and slow and alternated with relaxation and rocking phases. The maneuvers are carried out mostly with the hands and forearms, in a very fluid manner. The operator carries out movements that evoke sea waves.

Duration: 50 minutes €70.00

## AYURVEDIC MASSAGE\*

Ayurvedic massage is a sweet and relaxing Indian treatment, very effective for body care, physical beauty and spiritual harmony. The person who undergoes the massage has the possibility of rejuvenating the body, keeping it healthy and strong, relieving pain, improving the functioning of the organs, regenerating the body's tissues and bringing the mind and body back into a state of balance with each other for a complete well-being.

Duration: 50 minutes €80.00

## DEEP BACK MASSAGE

A good back massage is one of the most beautiful and relaxing experiences in life. It can be so effective at relieving stress that people sometimes cry with relief when, with a combination of rhythmic movements and pressure in the right places, knots and muscle tension dissolve.

Duration: 25 minutes €40.00

## JET-LEG MASSAGE

the leg treatment is always regenerating and effective: a precious aid for athletes and an aesthetic treatment to regain tone and fight cellulite. The aesthetic treatment involves specific leg massage maneuvers and is useful in cases of edema, water retention and cellulite problems.

Duration: 25 minutes €40.00

\* Massage available only on certain days of the week, performed by a male therapist. Inquire at reception for availability.



# BODY & FACE

A complete selection of face and body treatments whose effectiveness and pleasure are maximized by exclusive execution techniques and natural products.

## TOTAL BODY LUXURY SCRUB

Scrub applied all over the body, aimed at exfoliation and the preparation of subsequent bandages. Exfoliation of the skin allows you to remove the surface layer of the epidermis, making it brighter and more hydrated.

Duration: 20 minutes €25.00

## DRAINING BANDAGE

The effectiveness is due to the technique of absorption of substances with hydrating and anti-inflammatory properties into the skin thanks to the application time of the bandage. They have a draining, reducing and immediate relief action.

Duration: 50 minutes €80.00

## ETERNAL YOUTH FACIAL TREATMENT

It is not only the passing of the years that determines the appearance of wrinkles, loss of tone and elasticity, but also atmospheric conditions and pollution.

The Eterna Youth facial treatment offers a great contribution against the damage of time, giving pleasantly velvety skin.

Duration: 50 minutes €70.00

## «AQUA» FACIAL TREATMENT

«Aqua» treatment suitable for all skin types, for dehydrated skin, thirsty for water.

It restores brightness and nourishment thanks to natural products capable of regenerating and restructuring elastic fibres.

Duration: 50 minutes €70.00

# LA SPA

RESERVED FOR HOTEL GUESTS

For your body, your mind and your senses...Let yourself be pampered by us! Sauna, Turkish bath with aroma and chromo therapy, hydromassage, Scottish shower, Kneipp path and relaxation area with herbal teas in a comfortable and refined environment.

Massages and wellness treatments, carried out by qualified personnel, to find harmony with yourself and your body.

The SPA service at Hotel Lo Scoiattolo is always free for all guests.

Access to the SPA area is freely permitted from the age of 14. The treatments are open to all ages.

## PRIVATE SPA

Exclusive use of the SPA from 2pm to 3pm upon reservation.

A moment of relaxation to be enjoyed alone or in the company of your loved ones in a unique environment pampered by the warmth of the sauna and Turkish bath with aromatherapy.

The beneficial properties of the hydromassage will help you eliminate toxins and relax your muscles.

Finally, a private break in the herbal tea area will complement your experience.

An operator will provide you with a bowl of body scrub to use independently inside the Turkish bath and will recommend the most suitable treatment for you to add to the Private SPA program.

For availability and reservations, contact reception.

Duration: 60 minutes €40.00 (excluding massages)



# Regulation

In order to guarantee you a unique stay at the SPA of the Hotel Lo Scoiattolo we asking you to read the following regulations

## TREATMENTS

We ask you to book treatments on 0125366313 or at the SPA reception open every day from 2pm to 8pm asking for all the necessary information.

It is preferable to go to the SPA at least 15 minutes before each appointment, unfortunately arriving late could compromise the duration of the treatment in the presence of subsequent treatments.

During the treatment, feel free to communicate your massage pressure preferences to the therapist to give you the greatest feeling of well-being.

Before each body treatment/massage and use of the wellness program we recommend you take a shower and remove your contact lenses.

It is advisable to cancel the treatment at least 24 hours in advance of the booking date; beyond this time and without cancellation in writing, 100% of the total cost will be charged.

## SPA

Dear customers, we inform you that the SPA premises are equipped with a video surveillance system.

To spend your stay in the SPA in complete relaxation, please keep your cell phones on silent and keep your voice low.

The use of cameras, cameras and diving into the pool is strictly prohibited.

The use of slippers inside the wellness center is mandatory, as wet surfaces can be slippery.

It is not permitted to bring pets.

Children under 14 years of age cannot access the SPA.

If one or more points of this regulation are breached, we reserve the right to remove the person from the centre.

Before using the SPA services, please read the specific regulations posted at the SPA.

In order to always improve and offer stays at our SPA that meet customer expectations, we are ready to listen to all your suggestions, ideas or criticisms, so don't hesitate to contact the SPA Reception.



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