

## FACIAL COLLECTION

### Facials By La Vallée

La Vallée esteemed Swiss brand, deemed as a skin expert, offers highly advanced skincare, designed to care for any skin need. Natural botanical ingredients - outcome of long-term researches – offer long lasting immediate visible results. The combination of essential oils of lavender and lemon, and Swiss Alps spring water and Nectapure, an exclusive molecule obtained by the unique synergy of Buddleia Davidii and Thymus Vulgaris, will leave your skin feeling exceptionally pure, refreshed and rejuvenated.

<p><b>La Vallée Perpetual Juvenescence Facial</b> La Vallée Facial specifically designed for mature and devitalized skin. This ultimate anti-aging treatment will leave your skin totally regenerated, firm and supple. Fine lines and wrinkles will be smoothed for younger appearance.</p>	150€/195€	50/80 Min.
<p><b>La Vallée Caviar Essence Uniqueness</b> La Vallée Caviar Essence Facial offers a high-tech powerful formula with active ingredients of Exclusive Golden Spheres, Rhodochrosite – precious mineral and Active Cellular Protectors for visible results and aging prevention. This unique facial, using Caviar Extract, will instantly smooth, plump and firm your skin.</p>	185€/220€	50/80 Min.
<p><b>La Vallée Hydrating &amp; Destressing Treatment</b> Strongly recommended for dehydrated skin as an intensive treatment program or to be carried out periodically, in order to maintain normal skin state.</p>	140€/190€	50/80 Min.
<p><b>La Vallée Purifying Treatment</b> Recommended for oily skin to normalise the production of sebum, refresh and restore scars and skin damages. Skin is refreshed, clear and matt; unified and brighten complexion.</p>	140€/190€	50/80 Min.
<p><b>La Vallée Aftershave Treatment for Men</b> La Vallée Aftershave Facial has been especially developed for men to combat the damage shaving can do. Using in-depth replenishing and rehydrating techniques, this revitalizing treatment rebalances the skin's natural oils, allowing skin to regenerate and bounce back after shaving.</p>	140€/190€	50/80 Min.

## Facials by Aromatherapy Associates

Aromatherapy is an alternative form of holistic therapy that uses essential oils to help improve and balance you both emotionally and physically, while helping you to take time out for yourself, even for a moment. The aromas experienced through aromatherapy and essential oils have a dynamic effect on the mind and body.

<b>Rose Infinity</b> latest advanced research ingredients work at cellular level to repair ageing DNA, radically increasing moisture levels and collagen production. Wrinkles and lines are plumped out for younger, smoother looking skin.	150€/180€	50/80 Min.
<b>Age Repair Facial</b> effectively reduces the signs of ageing thanks to natural oils of inca inchi and larch extract which stimulate collagen formation to deliver firm and tightened skin, improving suppleness and elasticity.	140€/170€	50/80 Min.
<b>Hydro-Soothing Facial</b> with a special cold stone massage, ideal for reducing redness, deeply hydrate and for restoring firmness and radiance.	130€	50 Min.
<b>Rose Natural Glow</b> a hydrating, revitalizing, oxygenating facial for replenished, healthy, glowing looking skin.	130€	50 Min.
<b>Deep Cleanse Facial</b> a purifying treatment for oily and combination skin, ideal to help regulate sebum production.	130€	50 Min.
<b>Essential Man Facial</b> a deep cleansing, brightening and hydrating facial with a relaxing scalp massage.	80€	30 Min.
<b>AA Vitality Facial</b> express facial for a softer, smoother and more radiant looking skin.		
<b>Extraction</b> ideal to purify the skin thanks to warm vapor (possible to add to each facial treatment)	30€	50 Min.

## BODY MESSAGES COLLECTION

<b>Castadiva “Tranquillità”</b> a massage involving an extraordinary combination of deep relaxing movements.	140€/190€	50/80 Min.
<b>Castadiva “Deep Tissue”</b> a massage ideal to reduce muscle tension.	140€/190€	50/80 Min.
<b>Castadiva “Leggerezza”</b> fully legs detoxifying and draining.	130€	50 Min.
<b>Castadiva “Hot Stones”</b> totally balancing, warming and tension relieving.	150€/195€	50/80 Min.
<b>Castadiva “Crystal Chakra”</b> a sensory experience designed to influence the mind, body and spirit using healing crystals.	195€	80 Min.
<b>Castadiva “Blend Reflex”</b> foot reflexology massage stimulates pressure points to relieve tensions throughout the body.	100€	40 Min.
<b>Castadiva “Back &amp; Neck”</b> ideal to release localized body tension.	80€	30 Min.
<b>Castadiva Body Exfoliation</b> with almond oil and Himalayan salt.	70€/130€	30/50 Min.

## Body Massages by Aromatherapy Associates

<b>Signature “Ultimate Experience”</b> a hero massage combining finest aromatherapy experience with eastern and western techniques to sooth body & mind.	140€/190€	50/80 Min.
<b>Intensive “Muscle Release”</b> an intensive massage to release deep seated tension, ideal for aching muscles.	140€/190€	50/80 Min.
<b>“Sleep Deeply”</b> induces deep relaxation, leaving you prepared for an excellent night’s sleep.	140€	50 Min.
<b>“Head &amp; Shoulder” Massage</b> deeply relaxation for cleared mind. With specific hair oil.	80€	30 Min.
<b>Ultimate “Rose Pregnancy” Massage</b> totally relaxing and soothing, includes a relaxing scalp and face massage.	140€	50 Min.

## BODY TREATMENT COLLECTION

### Body Treatment by La Vallée

<b>Body Contouring Treatment</b> scrub and body contouring massage techniques to treat cellulite and sculp your body.	190€	80 Min.
<b>Skin Refining Scrub</b> apricot polish for moisturized and hydrateted skin.	85€	30 Min.
<b>Body Draining Wrap</b> extract of Ivy prevent water retention, body bloat and provide a slimmer silhouette.	95€	30 Min.
<b>Light Legs Treatment</b> chestnut, arnica, menthol extracts and specific application methods drain puffy legs, ankles and feet.	160€	50 Min.

### Body Treatment by Aromatherapy Associates

<b>Body Refiner</b> a toning, anticellulite treatment to refine body contours and eliminate excessive fluids.	160€	60 Min.
<b>Bespoke Skin Polish</b> body exfoliation with deeply nourishing products for a smooth, radiant skin.	80€	30 Min.
<b>Heavy Leg Reviver</b> optimal for refreshed, energized, beautiful legs, easing puffy legs and ankles.	140€	50 Min.
<b>Perfect Back</b> a cleansing back treatment for glowing polished skin. Extraction may be added upon request.	80€	30 Min.

## FINISHING TOUCHES

<b>Classic Manicure</b>	70€	50 Min.
<b>French Manicure</b>	75€	60 Min.
<b>Luxury Manicure</b> with scrub and mask.	90€	80 Min.
<b>Nail Varnish</b> application only.	30€	20 Min.
<b>Classic Pedicure</b>	80€	60 Min.
<b>French Pedicure</b>	85€	70 Min.
	95€	80 Min.
<b>Luxury Pedicure</b> with scrub and mask.	100€	40 Min.
<b>CALLUSPEELING - care foot</b> is a delicate and pleasant treatment which gives a new shine and an extraordinary softness to the feet. Without the use of blades or drills completely removes cracked hard calloused skin (a perfect complement to pedicure).		
<b>SHELLAC gel polish soak off</b> – combined with manicure and pedicure only.	40€	20 Min.
<b>SPA Luxury Wax</b>	From 25€ To 90€	
<b>SPA Vertical UV Lamp</b>	20€	

## PRIVATE SPA SUITE EXPERIENCE

	Price per person	Time
<b>SPA Suite EARTH</b> with private Steam Bath and soft water couch for two.	50€/100€	30/50 Min.
<b>SPA Suite WATER</b> with private Steam Bath, Jacuzzi and relax area with water couch for two.	110€	50 Min.
<b>SPA Suite AIR</b> with private Steam Bath and relaxation area with a soft oval water couch.	50€/100€	30/50 Min.
<b>SPA Suite FIRE</b> with private Steam Bath, Swedish Sauna and relaxation area.	50€/100€	30/50 Min.

## SPA SUITE RITUALS

Price per person	Time
320€	2 Hr. 10 Min.

**SPA Suite Ritual “WATER”**

**50 Min. Private SPA Suite WATER** with private Steam Bath, Jacuzzi and relax area with a soft water couch.  
**30 Min. “Tranquillità” Body Massage** a massage involving an extraordinary combination of deep relaxing movements.  
**50 Min. AA Hydro-Soothing Facial** with a special cold stone massage, ideal for restoring firmness and radiance.  
*The Ritual includes an analcolic cocktail*

**SPA Suite Ritual “FIRE”**

240€ 1 Hr. 40 Min.

**50 Min. Private SPA Suite FIRE** with private Steam Bath, Swedish Sauna and relaxation area.  
**50 Min. Chromatic Sensational** relaxing massage on a warm soft rainbow-like water couch.  
*The Ritual includes an analcolic cocktail*

**SPA Suite Ritual “AIR”**

310€ 2 Hr. 10 Min.

**50 Min. Private SPA Suite AIR** with private Steam Bath and relaxation area with a soft oval water couch.  
**30 Min. Body Exfoliation** with almond oil and Himalayan salt.  
**50 Min. “Tranquillità” Body Massage** a massage involving an extraordinary combination of deep relaxing movements.  
*The Ritual includes an analcolic cocktail*

**SPA Suite Ritual “EARTH”**

240€ 1 Hr. 40 Min.

**50 Min. Private SPA Suite EARTH** with private Steam Bath and a soft water couch.  
**25 Min. Foot Massage**  
**25 Min. “Head & Shoulder” Massage** deeply relaxation for cleared mind. With specific hair oil.  
*The Ritual includes a non-alcoholic cocktail*

**SPA Wellness & Fitness Experience**

Price per person

<b>SPA Wellness Experience with Fitness Studio</b>	50/70€	4/6 Hours
<b>SPA Wellness &amp; Lunch</b> 4 Hours SPA Wellness Entrance and a Light Lunch includes two main courses, dessert, water and coffee at our Bar Bellini	115€	
<b>SPA Wellness &amp; Dinner</b> 4 Hours SPA Wellness Entrance and a Light Dinner includes two main courses, dessert, water and coffee at our Bar Bellini	130€	
		starting from 70€
<b>SPA Wellness &amp; Cocktail</b> 4 Hours SPA Wellness Entrance and a drink at our Bar Bellini		

*Enjoy the luxurious CastaDiva SPA Relaxation Journey in the spectacular Wellness Area with heat and cooling experiences to unwind your mind and prepare your body for the treatment experience to follow. Our Wellness Experience offers the following services*

- Finnish Sauna
- Steam Bath
- Mediterranean Bath
- Kneipp Circuit
- Refreshing Ice Cascade
- Relaxation Pool wide side jets
- Vitality Pool with hydromassage
- Emotional Showers with different fragrances
- Himalayan Rose Salt Relaxation Room
- Darsena Relax Area, an original XIX century dock gently suspended on the lake
- Fitness Studio with Kinesis and Technogym equipment

## SPA Etiquette

### OPENING HOURS



<b><u>WINTER SCHEDULE</u></b>	MON - SUN
SPA Facilities	10:00 – 20:00
SPA Treatments	10:00 – 20:00
SPA Gym	10:00 – 20:00

<b><u>SUMMER SCHEDULE</u></b>	MON - SUN
SPA Facilities	09:00 – 21:00
SPA Treatments	10:00 – 21:00
SPA Gym	09:00 – 21:00

### **ARRIVAL TIME**

May we suggest arriving to the SPA Reception at least 60 minutes prior to your appointment in order to enjoy the exclusive SPA Facilities. In order to start your treatment on time, we kindly ask to arrive to the SPA Reception at least 15 minutes prior to commencement. Please be aware that late arrivals may result in reduced treatment time.

May we suggest External Guests to book the Wellness Area in advance. The SPA will provide robes, towels, slippers and all amenities required for use during your visit. Residential Guests may arrive at the SPA wearing the robe and slippers provided in Hotel room.

### **SCHEDULING AN APPOINTMENT**

To ensure your preferred time and service is available we do advise booking in advance. To schedule an appointment please speak with our specialist SPA Reception Team.

Tel. No.: **+39 031 3251 3030 (Int. No. 3030 – Room Telephone)**

Address: CastaDiva Resort & SPA – Via Caronti, 69 – 22020 Blevio – Como Lake – Italy

E-Mail: [spa@castadivaresort.com](mailto:spa@castadivaresort.com) Website: [www.castadivaresort.com](http://www.castadivaresort.com)

Bookings must be confirmed and secured with a credit card.

### **CANCELLATION POLICY**

A 100% cancellation charge will be incurred for any treatment or SPA Program not cancelled at least **6 hours** prior to appointment.

### **SPA ETIQUETTE**

Our SPA ambience is one of relaxation and tranquility. Please respect all SPA Guest's right to privacy and serenity.



In light of this, the SPA is a mobile phone and smoking free zone.

#### **CHILDREN & YOUNG ADULTS**

Children under the **age of 10** are invited to enjoy SPA Treatments created for this special age. Please ask our SPA Reception for **“The Little Prince and Princess Treatment Collection”**. Kindly note a child’s tutor presence is required throughout the treatment time. Baby-sitting services are available at an extra charge and need to be booked in advance.

Guests in between the **age of 11-16** are welcome to visit the SPA and enjoy the SPA Wellness Experiences, when accompanied by an adult. Please note, use of the Swedish Sauna and Steam Bath, is **recommended** only for young adults over the age of 16.

#### **HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies, injuries or pregnancy when making your SPA reservation. For your kind information, we will ask you to sign a waiver according to [legislative decree No. 196/2003](#) of the personal data protection code.

#### **PREGNANCY**

We have specially designed treatments for expectant and nursing mothers. Please allow our SPA Specialist to guide you in selecting the most suitable treatments for you, during this special time.

#### **GIFT VOUCHER**

Gift vouchers are an ideal present for someone special. They may be purchased at the SPA Reception and have 6 months validity. SPA Coupons are non-refundable and must be presented at time of treatment or purchase.