

ARMONIA

S P A & F I T N E S S

Du Lac et Du Parc
Grand Resort

Riva del Garda

ARMONIA SPA is the ideal place to restore your energy levels from the increasing stress of our day-to-day lives.

Technology, innovation and nature support our expert team.

We await you with the best selection of unique and taylor made wellness treatments.

Wellness moments in HARMONY.





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The innovating technology **CINETIC™ LIFT EXPERT** based upon the synergic action of **MICRO-STREAMS**, **LED** and **ULTRASOUNDS**, improves the facial treatments and amplifies the product's efficacy. It guarantees evident, immediate and longlasting results.

FACIAL BEAUTY CARITA PARIS





Parfait 3 Ors GLOBAL ANTIAGE

Euro 245,00 – 110 minutes

An exceptional treatment, characterized by the precious complex 3 GOLDS, gives a special performance on each face's area, revitalises the complexion.

Hydratation de Lagons HYDRATION AND BRIGHTNESS

Euro 170,00 – 80 minutes

The lagoon's water is characterized by an exceptional minerality, thanks to the volcanic rocks of Polynesia. Its efficacy amplifies during the ritual, deeply operating on the skin, that reloads new energy and appears smoother, moisturized and brighter.



CARITA
PARIS



Each skin is unique and one of a kind. Rhea becomes a dress tailored to fit your needs. An exclusive blend of cosmetic actives to help you play a leading role in your treatment.



FACIAL BEAUTY RHEA



Total Age

A revitalising facial where paprika stamina cells confer a deep regeneration, restoring the correct natural skin functions and giving a real overall wellbeing.

Euro 145,00 – 80 minutes

Global Age

A global deep stimulating ritual for face. It provides an antioxidant action, while energizing the physiological skin cells turn-over for an intensive regenerating effect.

Euro 125,00 – 80 minutes

Lift Up

A revitalizing skincare for a supreme lifting, reshaping and replumping action. It raises the acceleration of collagen and elastin production, bestowing a new skin regeneration.

Euro 110,00 – 50 minutes

Pro-Age

An extra anti-aging care aimed to reduce wrinkles as well as fine lines. It helps redensify and replump, while firming skin tissues.

Euro 110,00 – 50 minutes

New Light

Enriched with Vitamin C for a brightening action, this lightening facial provides spots reduction with an intensive skin layers oxygenation.

Euro 95,00 – 50 minutes

Vita – Power

An accurate deep revitalizing vitamin facial cleansing to prepare your skin to a following more specific treatment. Eyebrows shaping is included.

Euro 110,00 – 80 minutes

Teen time

A specific rebalancing highly moisturizing skin care for young skin.

Euro 85,00 – 50 minutes

Chrono Eyes

An anti aging eye care treatment, specifically studied for a lifting action. It helps reduce dark circles and puffiness. Its firming agents minimize fine lines around this delicate area.

Euro 55,00 – 50 minutes

In combination with a facial: Euro 25,00

Right after your facial treatment, you'll receive a specific program for your skin care at home.



BEAUTY EXTRAS



FACIAL

Eyelash tinting

Euro 30,00

Eyebrow tinting

Euro 20,00

Eyelash and eyebrow tinting

Euro 45,00

BODY

Hair removal

Euro 25,00/55,00

Press therapy

A treatment that promotes lymphatic drainage, thanks to its intensive effect on your micro-circulation. Ideal to combat weary legs, cellulite or after sports activity.

Euro 50,00 – 20 minutes

Mint leg wrap treatment

A refreshing draining gel is used in conjunction with salt wraps, making this treatment especially effective for that weary leg feeling.

Euro 40,00 – 20 minutes





HANDS & FEET BEAUTY RITUAL



Manicure

Euro 40,00

Polish application, "Flash" system

Euro 15,00

Pedicure

Euro 50,00

Polish application, "Flash" system

Euro 15,00



Pedicure Spa

Ritual with exfoliation, pedicure and relaxing foot massage (polish application not included).

Euro 80,00

Manicure Spa

Ritual with exfoliation, manicure and warm nourishing mask (polish application not included).

Euro 60,00

Semi-permanent polish application

Including nail preparation

Euro 55,00 – 50 minutes

In conjunction with a complete Armonia manicure or pedicure

Euro 35,00 – 25 minutes

Removal of semi-permanent polish or gel

Euro 25,00 – 20 minutes



PHILIP MARTIN'S®

MADE OF ITALY

The Philip Martin's products are realised with botanic ingredients of certified biological origin, which guarantee great efficacy and highest care to clients, operators and environment.

BODY
TREATMENTS
PHILIP
MARTIN'S





ARIA – Body Scrub

This treatment is recommended to free the skin from dead cells and toxins that slacken physiological processes and to prepare the body to next treatments.

Euro 40,00 – 20 minutes

Coffee Scrub

Natural exfoliant obtained from grinded coffee beans. It stimulates the cellular renewal and thanks to the anti-oxidant effect it protects skin from free radical reactions. Suitable for face and body.

Euro 85,00 – 50 minutes

ETNA – Reducing and anti-cellulite treatment

Intensive treatment for skin with cellulite and adipose tissues. Specific actives induce draining and lipolitic effects and improve the elasticity of the skin tissue. It includes exfoliation, pack and massage.

Euro 115,00 – 80 minutes



Armonia massage

Euro 45,00 – 20 minutes

Euro 75,00 – 50 minutes

Euro 110,00 – 80 minutes

Massage is one of the most pleasant ways of relaxing. Treat yourself to a personalised massage that soothes and regenerates body tissue. Relax in the expert hands of our team.

Draining massage

Euro 75,00 – 50 minutes

Smooth massage that improves the lymphatic flow, with a detoxifying and draining effect.

Organic Candle massage

Euro 85,00 – 50 minutes

Relaxating manual dexterity combined with a precious and nourishing mix of mango, cocoa and karité butter make the organic candle massage a unique experience. The candle flame emits natural aromas, gives warmth and softens the butter. The gentle massage relaxes the muscles and sweetens the skin. A real polysensorial experience. Recommended for couples.

BODY & SOUL IN HARMONY

**Purifying massage with Garda Trentino
olive oil, rice and coconut**

Euro 75,00 – 50 minutes

A gentle, pleasantly exfoliating and highly regenerating massage using Jasmine rice powder, extra virgin olive oil and coconut.

Hot Stone massage

Euro 85,00 – 50 minutes

Euro 120,00 – 80 minutes

An ancient massage technique using lava stones and hot oils. Warmth and energy embrace the body giving a pleasant sensation of relaxation and renewed vitality.

Foot massage Armonia

Euro 45,00 – 20 minutes

It provides a positive influence on the whole body, thanks to the stimulation of the energetic points located in the feet.

Traditional Thai massage

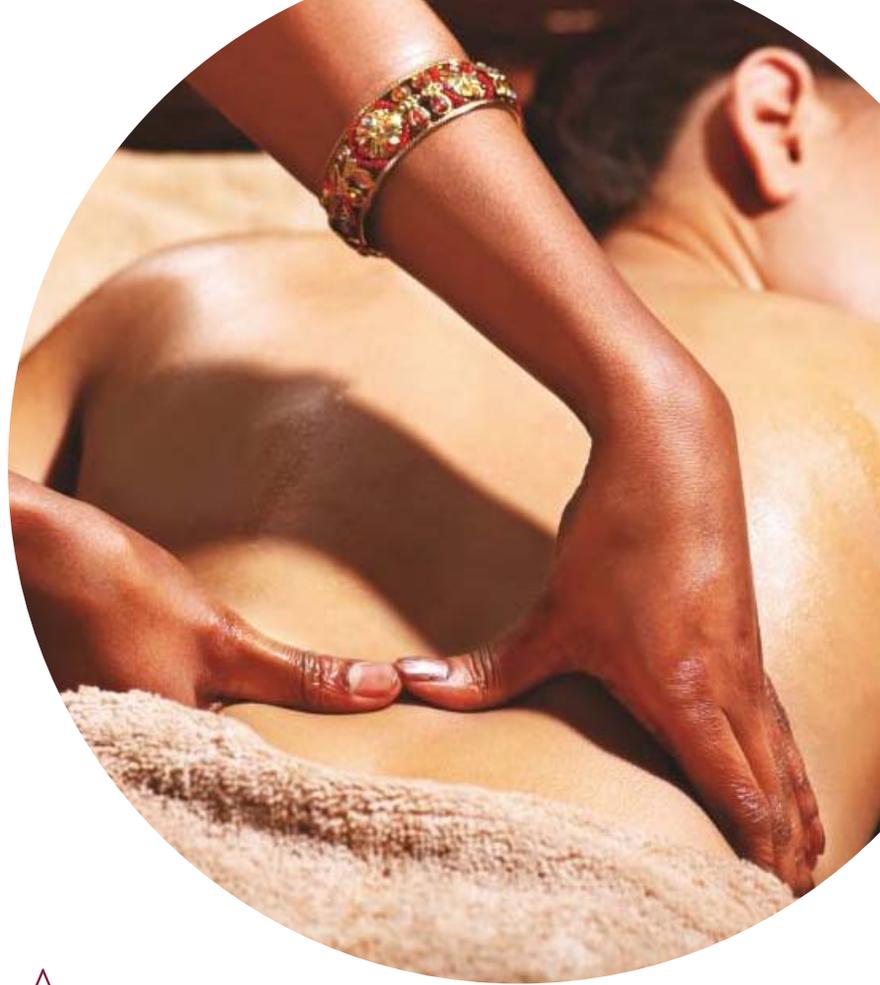
Euro 85,00 – approx. 50 minutes

Euro 110,00 – approx. 80 minutes

Thai massage is carried out on a futon on the floor. The therapist uses pressure and special stretching movements directly benefitting the body's meridians. It can improve mobility and general physical well-being. (We advise you to wear lightweight sports clothing).



Ayurveda means “the science of life” and originates from Indian medicine. It aims to create equilibrium between Vata (movement), Pitta (transformation) and Kapha (stability). The result is a profound feeling of well-being.



AYURVEDA



Udvarthana An activating massage using micro herbal powders and hot oils.
Euro 85,00 – 50 minutes

Abhyanga Abhyanga massage is part of traditional, ancient Indian science. Using hot oil, it has a calming, relaxing and energising effect, while it purifies and nourishes skin and tissues.
Euro 85,00 – 50 minutes
Euro 110,00 – 80 minutes

Abhyanga with Swedanam The combination of Abhyanga ayurvedic massage and the aromatic Swedanam steam bath, a typical Indian tradition, gives a deeply relaxing and purifying sensation.
Euro 120,00 – 80 minutes

Abhyanga with Shirodara This is the most intense ayurvedic treatment, during which a gentle stream of warm oil is poured onto the third eye area of the forehead at the sixth chakra. It will free up even the most remote depths of your mind, allowing the body to succumb to deep relaxation.
Euro 130,00 – 80 minutes





ARMONIA FOR LITTLE PEOPLE





A selection of treatments especially dedicated for our younger guests, from 6-12 years of age.

Facial treatment

Carefully chosen products and a delicate touch to enhance the freshness of youthful skin.

Euro 45,00 – 20 minutes

A little manicure

Nails beautified and varnished with bright, fashionable colours for a trendy look.

Euro 35,00 – 20 minutes

A taste of Harmony

A light touch and perfumed oils for your first massage experience.

Euro 45,00 – 20 minutes



WELLNESS RITUALS

Coffee ritual for face and body

Perk up your skin with this invigorating coffee scrub enriched with organic butters. Thanks to its intensely moisturizing action, it provides a moment of deep regeneration and wellbeing.

Euro 145,00 – approx. 110 minutes

Brione ritual

Ideal to recover your inner balance. The ritual includes a full body remineralizing wrap, our Armonia foot massage and a back massage.

Euro 100,00 – approx. 80 minutes

Bastione ritual

Let's pamper yourself with this detoxifying ritual for a revitalizing sensation starting from a purifying body exfoliation, followed by a draining massage combined with an invigorating mint wrap.

Euro 130,00 – approx. 100 minutes

Sweet Wellbeing ritual

Especially recommended starting from the third week pregnancy, this ritual includes a gentle body exfoliation, a body wrap with white clay and an organic candle massage.

Euro 110,00 – approx. 80 minutes

PELER

3 DAYS

to discover the ancient culture and philosophy of oriental well-being.

- 1 Udvarthana – 50 minutes
 - 1 Abhyanga con Swedanam – 50 minutes
 - 1 Shirodara – 80 minutes
- Euro 255,00



RITUALS FOR COUPLES

IN CARE SUITE

Ritual gold of Garda

For an exclusive use to live an experience in privacy in our care suite this ritual includes a relaxing purifying gentle exfoliation with Garda olive oil, coconut oil and rice powder long with a relaxing break with seasonal fruits and sparkling wine.

Euro 210,00 – approx. 90 minutes

L'Ora ritual

Share this special moment with your beloved. This ritual includes a welcoming treatment for back, an organic candle massage and an hydrating mask for face.

Euro 230,00 – approx. 90 minutes

Couple massage

Pamper yourself and your partner with a gentle soothing full body massage in the relaxing atmosphere of our care suite.

Euro 150,00 – approx. 50 minutes

FITNESS CENTER

PHYSICAL ACTIVITIES WITH ATTENDANT OR FITNESS TRAINER:

Aqua Gym

Water is an element that offers a double benefit: by applying a natural resistance to movement, it enhances physical exercise without placing stress on joints, whilst, at the same time, carrying out a constant massage of all parts of the body.

Pilates

Simple exercises of balance and posture based on the philosophy of Joseph Pilates, accompanied by relaxing music.

GYM REGULATIONS

- You are kindly asked to wear suitable clothing and footwear for physical exercise (bathrobes and slippers are not allowed).
- Please respect other guests by leaving the equipment clean after use.
- For security reasons children under the age of 14 years are not permitted to the gym.

Zumba

Zumba is dancing and fitness together, pure, healthy fun carried out to the mesmerising rhythm of Latin music, ideal for toning and shaping the body.

Body Tonic

Toning exercises for the whole body. Concentrating on the legs, buttocks, abdominals and back to improve the body profile.

Fit Ball

A global training with a big soft elastic ball aimed to reinforce muscles and improve coordination.

Super Abs (super abdominals)

A special session to tone up those hard to find abdominal muscles!

Stretching

A form of exercise in which muscles are deliberately flexed and stretched in order to improve muscle elasticity and flexibility.

Excursions

Walks through the splendid scenery of Lake Garda.





ARMONIA BON TON

Reservation

It would be a pleasure to fulfil your personal requests so to ensure that we are able to accommodate your preferred appointment times, we kindly ask you to schedule them with as much as advance notice as possible. You can reserve them as you book your vacation or once arrived at the hotel.

To make a reservation please contact 0464 566755 or send an email to armonia@dulacetduparc.com.

Health

Please inform us at the time of scheduling of any health condition, allergies, special needs or concerns you have. Your safety is important to us and some services may not be appropriate for certain conditions especially during pregnancy.

This is a special but sensitive time for women and in Armonia SPA we usually carry out full body massage starting from the third month for security reasons. Nevertheless once arrived at our SPA desk you'll be asked to fill in a short health form before getting the treatment, so that we can adjust it to your individual needs and wishes. All information are strictly confidential.

Welcoming

We would like you to reach our SPA reception 5 minutes before your treatment with dressing gown and slippers on. We kindly ask you for your understanding that we are not able to extend the duration of your treatment if you arrive late. This is a common courtesy to make sure that the following guest receive their treatments as scheduled. Jewellery and items of value: for safety reasons, we request that you leave valuables in your room safe. The hotel accepts no responsibility for any items lost in the SPA.

Cancellation policy

You can cancel your treatment free-of-charge up to 24 hours beforehand. Otherwise or in event of a no-show, we reserve the right to charge a 100% cancellation fee.

Therapist preference

If you prefer either a male or a female therapist you can request this at our SPA desk at the time of your reservation. If you have enjoyed the services of a specific therapist on a prior visit, feel free to request that person.

Wellness Area

Our SPA is meant to be an oasis of rest and relaxation, that's why we kindly ask you to avoid any kind of noise, to switch your cell phone off and to assume a soft-spoken tone of voice.

Please note that the sauna is a nude area. Please take off also your slippers. You'll be given towels to cover yourself at our SPA desk. For Jacuzzi and relax area please keep on bath suit and slipper. Children under 16 years of age are not allowed within the entire wellness area (Jacuzzi, relax area and saunas) except to the indoor Cristallo pool when accompanied by an adult.

We reserve the right to point out any disturbing behaviour which can brake up the relaxation of other guests.

Our Armonia Staff thanks you for your attention and wishes you a pleasant stay.

CRISTALLO POOL

CRISTALLO POOL REGULATIONS

- Our youngest guests are allowed only if accompanied by their parents.
- Children under 3 years of age must wear a napkin-costume.
- The use of balls or other toys that can disturb or endanger other guests is not allowed.
- Diving or noising or any other behaviour that may disturb other guests are not allowed.
- Entering the pool area from outside wearing shoes is not allowed.
- For any need, please apply to the lifeguard or to the Armonia team.
- For privacy regulation, taking photos or videos in the pool area is not allowed, if not previously authorized.

Pool's depth

1,20 m

Water temperature

28°-31°

Opening times

Every day from 8.00 to 20.00





OPENING TIMES

BEAUTY

9.00 – 13.00 / 14.00 – 20.00

WHIRLPOOL & SAUNA

11.00 – 20.00

CRISTALLO POOL

8.00 – 20.00

We are pleased to accept your requests before your arrival at:

Tel. Armonia: 0464 566755

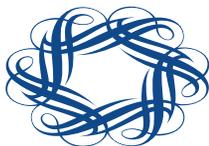
Internal extension 755

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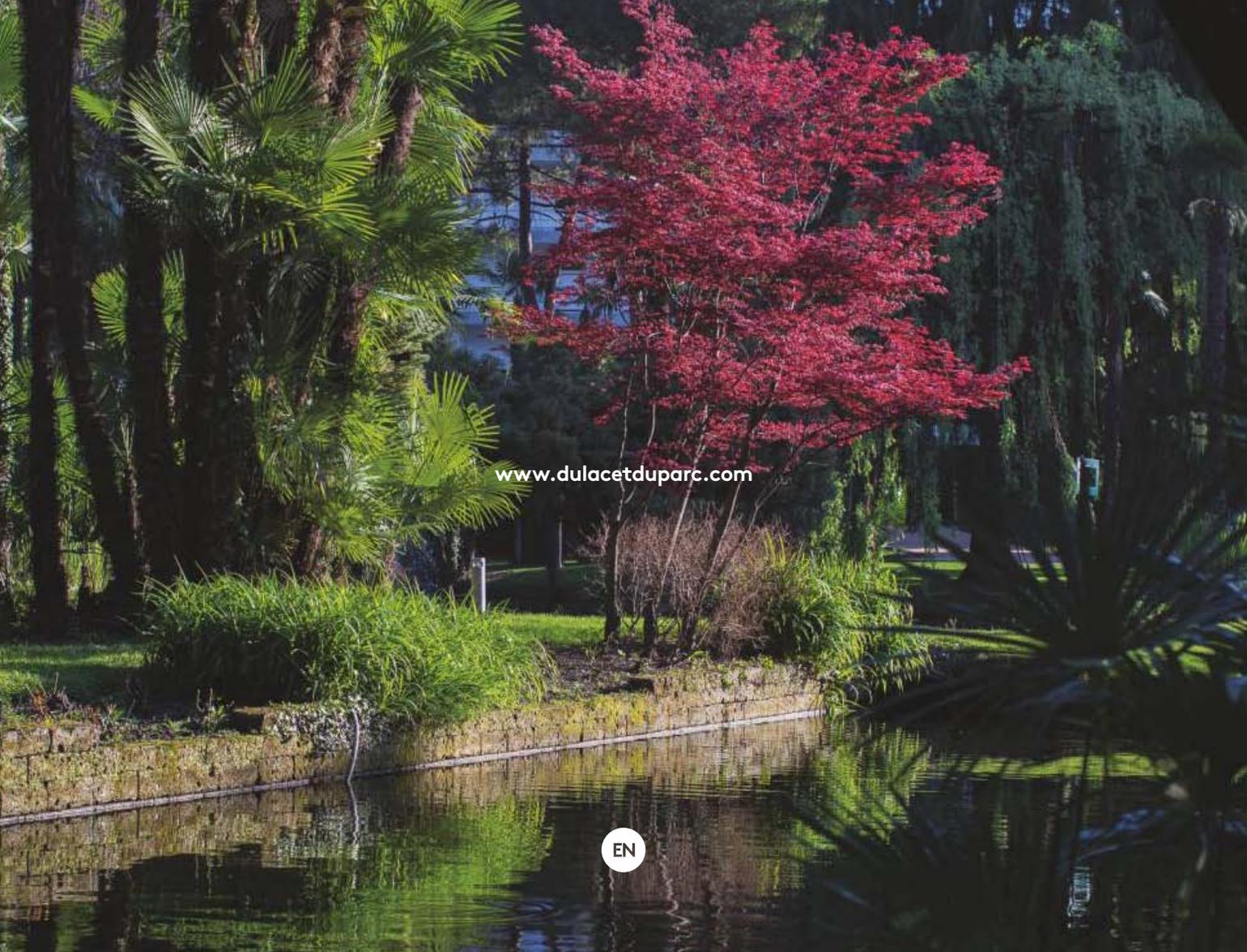


DU LAC ET DU PARC

GRAND RESORT

#armoniaspa



A scenic view of a pond in a park. The pond is in the foreground, reflecting the surrounding greenery. A prominent red maple tree stands in the middle ground, its vibrant leaves contrasting with the lush green palm trees and other foliage. The background shows a path and more trees, suggesting a well-maintained park setting.

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