

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 retreat to recover your mental and physical energy from the increasing stress of our day-to-day lives.

Technology, innovation and nature are the basis of our philosophy.

Our best selection of unique and tailor made treatments awaits for you

Wellness moments in HARMONY.

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Du Lac et Du Parc Grand Resort





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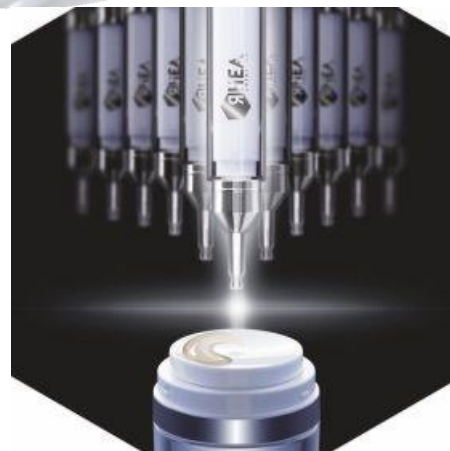
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Each skin is unique and one of a kind. Rhea allows you to create tailor made cosmetics solutions thanks to bendable high-tech formulas: custom-made skin care and treatments ideal for everyone.



FACIAL TREATMENTS RHEA



Total Age

A revitalising facial where paprika stamina cells provide a deep regeneration, restore your natural skin functions, while 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 turnover for an intensive regenerating effect. Euro 125,00 – 80 minutes

Lift Up

A revitalizing skincare for a supreme lifting, reshaping and plumping action. It raises the renewal of collagen and elastin production, assuring 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 bolster skin density, plumps and firms skin that is already experiencing a loss of density.

Euro 110,00 – 50 minutes

New Light

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

Euro 85,00 – 50 minutes

Chrono Eyes

An anti aging eye care treatment, explicitly aimed to provide a lifting action. It helps reduce dark circles and puffiness under Your eyes. Its firming ingredients 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 get a specific program for your home skin care.



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

Mint leg wrap treatment

A refreshing bandage for a firming and draining action. It acts deeply on the skin as a tonic and stimulant thanks to the synergy of organic extracts, salts deriving from hyaluronic acid, equisetum, burdock and Asiatic pennywort. This treatment is particularly effective for heavy legs sensation.

Euro 40,00 – 20 minutes





HANDS & FEET BEAUTY RITUAL

Manicure

Euro 40,00

Polish application, "Flash" system.

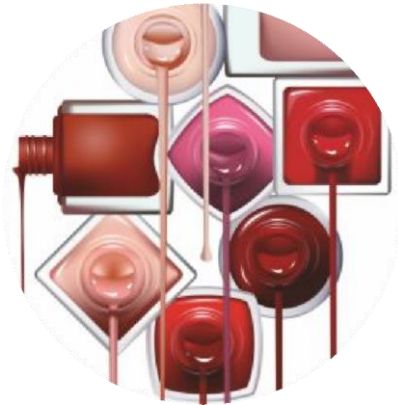
Euro 15,00

Pedicure

Euro 50,00

Polish application, "Flash" system.

Euro 15,00

**Pedicure Spa**

Our pedicure ritual includes exfoliating skin refining scrub, classical pedicure, relaxing nourishing foot massage and nail polish and your choice of nail polish. (Nail polish application is not included).

Euro 80,00

Manicure Spa

Our manicure ritual includes exfoliating skin refining scrub, classical manicure, nourishing hand mask.

Polish application, "Flash" system and your choice of nail polish. (Nail polish application is not included).

Euro 60,00

Semi-permanent polish application

Including nail preparation

Euro 55,00 – 50 minutes

In combination 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

Philip Martin's care products are made of organic certified ingredients, which guarantee the authenticity, origin and quality of these products. The properties of these complex mixture naturally help protect, nourish and hydrate your skin



BODY TREATMENTS PHILIP MARTIN'S



ARIA – Body Scrub

This basis treatment will exfoliate your skin, sloughing off dead skin cells and rubbing away hard and flaky skin, leaving it feeling soft and smooth. This is usually recommend to prepare the body to next treatments. Euro 40, 00 – 20 minutes

Coffee Scrub

Natural grinded coffee beans provide an organic exfoliation. It stimulates the cell renewal and thanks to its antioxidant action. Thanks to the coffee properties, this treatment has an anti-radical action, while leaving a delicate tanning on your skin.

Suitable for face and body.

Euro 85, 00 – 50 minutes

ETNA – Anti-cellulite treatment. This specific treatment for skin with cellulite adiposity, very rich in active principles helps to eliminate toxins, to eliminate water retention while reducing accumulation of localized fat. It consist of an exfoliation, a pack and final massage.

Euro 115,00 – 80 minutes

**Armonia massage**

Euro 45,00 – 20 minutes

Euro 75,00 – 50 minutes

Euro 110,00 – 80 minutes

Expert hands and warm natural oil will embrace your body and mind through the harmony of our relaxing personalized massage. It stimulates endorphins production, while enhancing your mood, reducing muscle tension and stress level.

Massaggio drenante

Euro 75,00 – 50 minuti

Gentle massage with light movements and light repeated pressure to delicate reactive lymph circulation, through the opening of lymphatic vessels to release fluids to go back up through the lymph nodes. Particularly suitable for problems related to fluid retention, cellulitis and swollen legs.

Organic Candle Massage

Euro 85,00 – 50 minuti

The perfect moisturizing massage with our organic candle. Cocoa and Shea Butters enriched with Jojoba are mixed with a superior blend of relaxing natural scents to relax Mind, Body and Soul.

CORPO & ANIMA IN ARMONIA

Purifying massage with Garda Trentino olive oil, rice and coconut

Euro 75,00 – 50 minutes

A gentle, pleasant exfoliating scrub performed just like a full body massage, highly regenerating thanks to properties of Jasmine rice powder blended with extra virgin olive oil and coconut oil.

Hot Stone massage

Euro 85,00 – 50 minutes

Euro 120,00 – 80 minutes

Hot stone massage techniques date back to ancient China and the South Pacific. The use of warm basalt, smooth volcanic stones induces relaxation, releases pain and enhances circulation. This treatment relieves muscles tension and aches, improves flexibility, while reducing stress and anxiety.

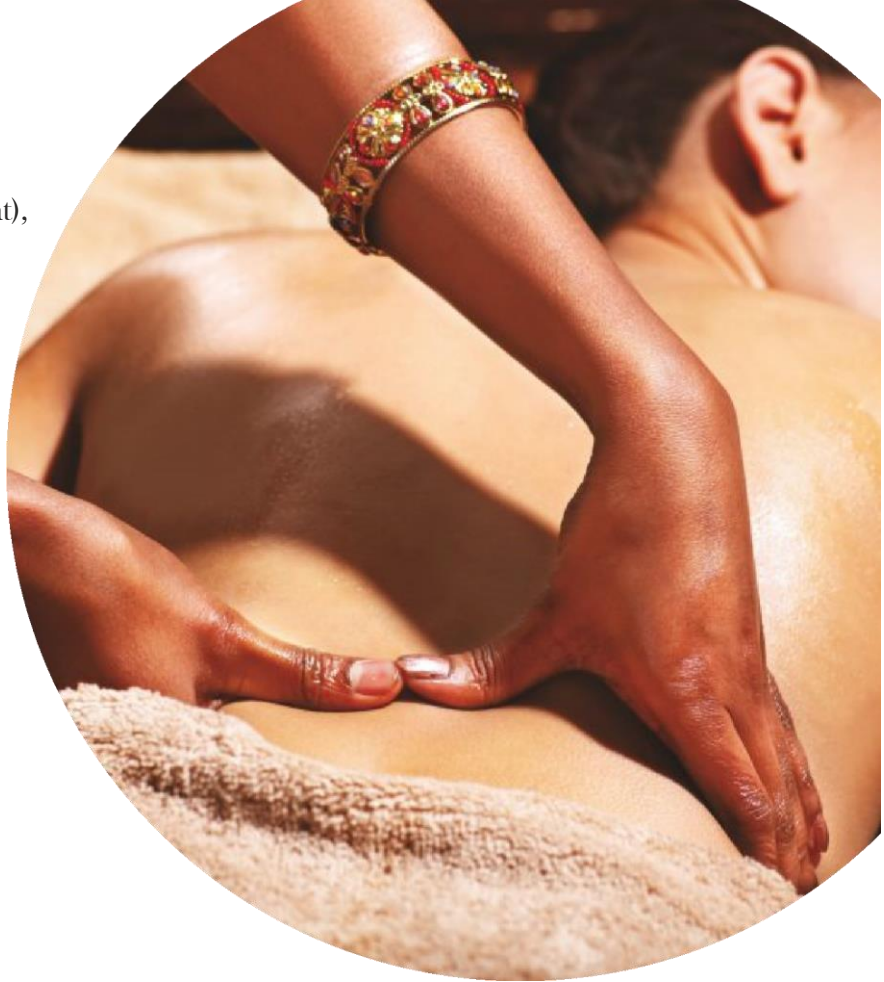
Foot massage Armonia

Euro 45,00 – 20 minutes

It provides a sense of relaxation and well-being on the whole body, thanks to the stimulation of the energetic points placed in the feet.



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 deep feeling of well-being.



AYURVEDA



Udvarthana

Euro 85,00 – 50 minutes

Abhyanga

Euro 85,00 – 50 minutes

Euro 110,00 – 80 minutes

Abhyanga with Shirodara

Euro 130,00 – 80 minutes

A revitalizing exfoliation with Ayurveda herbal powders and warm oils ideal to prepare your skin to receive one of our ayurvedic massage.

Abhyanga massage is the most famous ayurvedic treatment, which has its roots in the ancient Indian ayurvedic medicine. In Sanskrit, it means “massage for the whole body”. It provides a calming, relaxing and stimulating effect, while purifying and nourishing skin and hair thanks to warm sesam oil.

Shirodhara comes from the two Sanskrit words “shiro” (head) and “dhara” (flow). Warm oil is poured onto your forehead in combination with a body, scalp and head massage. This treatment has a relaxing, soothing calming effect, while improving sleep quality.





ARMONIA FOR KIDS



A range of treatments specific for our kids guests from 6 to 12 years old.

Facial treatment

A pumper facial particularly suitable for young skin. A gentle touch to enhance freshness for their delicate skin. Euro 45,00 – 20 minutes

A little manicure

Nails polish application for a fashionable look. Euro 35,00 – 20 minutes

A taste of Harmony

A gentle massage, the sweetest way for children to relax. Euro 45,00 – 20 minutes



WELLNESS RITUAL

Coffee ritual for face and body

Pumper your skin with this revitalising 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 a leg 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

RITUALS FOR COUPLES

IN CARE SUITE

Ritual gold of Garda

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

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 a moisturizing 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:

GYM REGULATION

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





ARMONIA SPA POLICIES AND PROCEDURES

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 adapt it to your individual needs and wishes.

All information are strictly confidential.

Welcoming

The scheduled time of your service is the time your service will start. Please arrive at least 10 minutes prior to your appointment so that you have time to fill out our client information health form. 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 guests receive their treatments as scheduled. For safety reasons, please leave Jewellery and items of value 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 is 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 will be given towels to cover yourself at our SPA desk. For Jacuzzi and relax area please keep on bath suit and slippers. Children under 16 years of age are not allowed within the entire wellness area which includes (Jacuzzi, relax area and saunas) except to the indoor Cristallo pool when accompanied by adults. 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 19.00





OPENING TIMES

BEAUTY

9.00 – 13.00 / 14.00 – 19.00

WHIRLPOOL & SAUNA

Mon – Fri: 14.00 -19.00

Sat – Sun: 9.00 – 19.00

CRISTALLO POOL

8.00 – 20.00

**DU LAC
ET
DU PARC**

GRAND RESORT

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

Tel. Armonia: 0464 566755

Internal extension 755

armonia@dulacetduparc.com

Du Lac et Du Parc Grand Resort

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#armoniaspa





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