

ARMONIA

SPA & FITNESS

Du Lac et Du Parc Grand
Resort

Riva del Garda

EN

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. We look forward to offering you our best selection of unique and individual wellness treatments.

Wellness moments in HARMONYA

Printed in 2022, all previous editions are cancelled.

Du Lac et Du Parc Grand Resort



ARMONIA SPA ETIQUETTE

Reservation

We highly recommend you to schedule your wellness services in advance by sending us an email to Armonia@dulacetduparc.com or by phone in order to fulfill your personal requests and guarantee your preferred appointment times.

Health

We kindly ask you to inform us previously of any health limitations, medical problems, allergies, special needs or concerns you may have.

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 massages starting from the third month for security reasons). Moreover once arrived at our SPA desk you'll be asked to fill out a short health form before getting the treatment, so that we can adapt it to your individual needs and wishes. All information is strictly confidential.

Guest welcoming

Please plan to arrive 10 minutes prior to your scheduled appointment time, so that you have time to fill out our health disclaimer. Should you arrive late please be advised that this time will be deducted from the duration of Your scheduled treatments. This is a common courtesy to make sure that the following guests receive their treatments as scheduled.

For safety reasons, please leave Jewelry 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.

Gender preference

We have both male and female service providers and you will be scheduled with either unless you state your preference at the time of the reservation.

Wellness Area

Our SPA is meant to be an oasis of leisure and relaxation. 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 your slippers. You will be given towels to cover yourself at our SPA desk.

For Jacuzzi and relaxing areas please keep on a 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 annoying behavior which can break up guests' relaxation.

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





SUMMARY

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- MYSKINETIC
- BEAUTY ESSENTIAL
- MASSAGES
- RELAX AND REGENERATION
- AYURVEDIC TREATMENTS
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- WELLNESS RITUALS
- RITUALS FOR COUPLES
- FITNESS CENTER
- CRISTALLO POOL

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.



RHEA FACIALS TREATMENTS

Total Age

This special intensive treatment has been specifically conceived to revitalize your skin. Paprika stamina cells provide a deep regeneration, restore natural skin functions, while giving a real overall wellbeing.

Euro 150,00 – 80 minutes

Lift Up

A revivifying skincare with supreme lifting and filling action. It increases the renewal of collagen and elastin production, while providing skin regeneration

Euro 115,00 – 50 minuti

New Light

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

Euro 100,00 – 50 minutes

Vita – Power

A deep revitalizing vitamin facial cleansing to prepare your skin to a following more specific treatment. Eyebrow shaping is included.

Euro 115,00 – 80 minuti

Chrono Eyes

An anti aging eye care treatment, specifically 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 60,00 – 50 minuti

In combination with a facial: Euro 30,00

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

The revolutionary method **MYSKINETIC** has been conceived to create the perfect synergy between technology and cosmetic performance. The purpose of this technique is to reach the cell from the inside, so as to restore its energy as well as slow down the cell's anti aging process.

MYSKINETIC

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MySkinetic Regenera

The faster way to revitalize skin layers.

It awakens cinetic cell activity while stimulating skin biological functions.

You'll get immediately a more vital texture.

50 min € 145,00

MySkinetic +

This revolutionary facial treatment revitalizes and repairs skin against genetic cell's damages.

80 min € 195,00



BEAUTY ESSENTIAL

FOR FACE

Eyelash tinting

Euro 30,00

Eyebrow tinting

Euro 20,00

Eyebrow and eyelash tinting

Euro 45,00

FOR BODY

Waxing

Euro 25,00/55,00

Cooling wrap for legs

A refreshing bandage for a firming and draining action. It provides a stimulating action thanks to the synergy of organic extracts, salts deriving from hyaluronic acid, equisetum, burdock and Asiatic pennywort.

This treatment is particularly effective for swollen legs.

Euro 50,00 – 20 minuti



BEAUTY CARE FOR HANDS AND FEET

Manicure

Euro 45,00

Extra charge for polish application, “Flash” system

Euro 15,00

Pedicure

Euro 55,00

Extra charge for polish application, “Flash” system

Euro 15,00



Du Lac et Du Parc Grand Resort

Pedicure Deluxe

Our pedicure ritual includes exfoliating skin refining scrub, classical pedicure, relaxing nourishing foot massage. (Nail polish application not included). Euro 85,00

Manicure Deluxe

Our manicure ritual includes exfoliating skin refining scrub and classical manicure. (Nail polish application not included). Euro 65,00

Manicure with semi-permanent polish application

Euro 75,00 – 80 minutes

Pedicure with semi-permanent polish application

Euro 85,00 – 80 minutes

Semi-permanent polish or gel removal

Euro 25,00 – 20 minutes

MASSAGES





Armonia Massage

Euro 50,00 – 20 minutes

Euro 80,00 – 50 minutes

Euro 115,00 – 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.

Draining Massage

Euro 80,00 – 50 minutes

A 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.

Candle Massage

Euro 90,00 – 50 minutes

Euro 140,00 – 80 minutes

A perfect deep skin nourishing massage with organic candles. Cocoa and Shea butters enriched with Jojoba oil are mixed with a superior blend of natural scents to relax mind, body and soul.

Purifying massage with Garda Trentino olive oil, coconut oil and jasmine rice powder

Euro 80,00 – 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 90,00 – 50 minutes

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

PMP PHYTOMASSOPODIA

Phytomassopodia® This is the first trademarked method, which provides a new form of overall well-being starting from feet. It provides stress relief, while having a regenerating and detoxifying effect.

PMP Short

Invigorating energizing treatment especially suitable for tired and swollen feet
Euro 50,00 – 20 minutes

PMP For a stress-relieving and Revitalizing action

This is the most complete treatment for feet, which gives a deep feeling of overall well being thanks to water, phyto mud, essential oils and podostrigiles massage technique.
Euro 80,00 – 50 minutes



FOR REGENERATION AND
RELAX

BODY SCRUB

Coffee Scrub

Natural grinded coffee beans for an organic exfoliation, which stimulates cell renewal thanks to its antioxidant power. One of coffee's most important properties is to have an anti-radical action, while leaving a delicate tanning on your skin. Suitable for face and body.
Euro 85,00 – 50 minutes

Dolce Vita Body scrub Mei

A refreshing body scrub which consists of sugar microgranules enriched with lemon and sweet orange essential oils for a soft and moisturized skin.
Euro 50,00 – 20 Minuti

BODY TREATMENTS



PHILIP MARTIN'S®

MADE OF ITALY

ETNA – Anti-cellulite treatment

This is our specific treatment for skin with cellulite problems, very rich in active principles that helps to eliminate toxins and water retention, while reducing accumulation of localized fat. It consists of an exfoliation, a pack and a massage.
Euro 115,00 – 80 minutes

BODY WRAPS IN Soft-Pack®

Enjoy the feeling of weightlessness!

A highly effective full body treatment. The temperature of this water floating bed reaches 37 degrees and this heat works by helping your muscles relax, which can alleviate both pain and stiffness. Applying heat to your muscles or joints also encourages circulation and blood flow to the area, which can reduce pain.

Moreover, if combined with the application of a special body wrap on choice (soothing, detox or decontracting) improves the efficacy of the desired result.

Body wrap with orange blossoms

Designed to improve your skin texture, this fruity treatment has a deep nourishing action, which leaves a delicate persistent fragrance.

Sweet orange is known for its relaxing properties. It energizes and uplifts the mind, improves skin tone while having a brightening action.

Euro 50,00 – 20 Minutes

Arnica Body wrap

Arnica is well known for its anti-inflammatory properties. It reduces post-exercise muscle pain and improves joint function.

Ideal for pre or post workout.

Euro 50,00 – 20 Minutes

Body wrap with arnica and green clay

This treatment has a specific detoxifying action on Your skin. Green clay helps to naturally exfoliate the dry skin layer and increase circulation, leaving your skin brighter, soft and oxygenated.

Euro 50,00 – 20 Minutes

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	A revitalizing exfoliation with Ayurveda herbal powders and warm oils ideal to prepare your skin to receive one of our ayurvedic massages.
Abhyanga Euro 90,00 – 50 minutes Euro 120,00 – 80 minutes	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 sesame oil.
Abhyanga with Shirodara Euro 150,00 – 80 minutes	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.

TREATMENTS FOR KIDS



KIDS

A range of treatments specific for our kids guests from (4 to 12 years old).

Kids 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

Little manicure/pedicure

Nails polish application for a fashionable look.

Euro 35,00 – 20 minutes

Taste of Armonia

A gentle massage, the sweetest way for children to relax.

Euro 45,00 – 20 minutes



TEENAGER

Face and body treatments designed for the skin and needs of younger teens, ages 12-18.

Teen time

A specific rebalancing highly moisturizing skin care specific for young skin.

Euro 85,00 – 50 minutes

Teen massage

Relaxing and anti-stress body massage with natural and moisturizers oils.

Euro 80,00 – 50 minuti

Manicure

Euro 45,00

Extra charge for polish application, “Flash” system

Euro 15,00

Pedicure

Euro 55,00

Extra charge for polish application, “Flash” system

Euro 15,00



PREGNANCY FRIENDLY SPA TREATMENTS

Pregnancy is a magic experience in women's lives.

We are more than glad to offer specific wellness procedures on the basis of the specific needs of pregnant women; accurately aimed at the overall well-being.

Our treatments for pregnancy start from the 14th week.

“Mom to be”

A regenerating and moisturizing ritual for face rich in vitamins.

Euro 120,00 - 80 min

Massage for pregnancy

It is usually a gentle massage with light and soft movements. It improves pain relief, reduces swelling thanks to its draining action and enhances relaxation. We also employ natural oils to improve skin elasticity and nourishment.

Euro 80,00 - 50 min

Mother to be ritual

Especially recommended starting from the third week of pregnancy, this ritual includes a gentle body exfoliation, a moisturizing soothing body wrap and an organic candle massage.

Euro 110,00 – Approx. 80 min.

Manicure

Euro 45,00

Extra charge for polish application, “Flash” system

Euro 15,00

Pedicure

Euro 55,00

Extra charge for polish application, “Flash” system

Euro 15,00



WELL BEING RITUALS

Coffee Ritual Face and Body

Pumper your skin with this revitalizing coffee scrub enriched with organic butters. Thanks to its intensely nourishing action, it provides a moment of deep regeneration and wellbeing.
Euro 150,00 – Approx. 110 min.

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 135,00 – Approx. 80 min.

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 160,00 – Approx. 100 min.

RITUAL FOR COUPLES IN CARE SUITE

IN CARE SUITE

L'oro del Garda ritual

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 enjoy a couple experience in our care suite.

Euro 215,00 – Approx. 90 min.



L'Ora ritual

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

Euro 230,00 – Aprox. 90 min.

Citrus Fruits wellness ritual

Their scent inebriates the senses and their colors brighten up every environment. Citrus fruits are a real elixir of wellbeing for your skin. This amazing ritual consists of a peeling with sugar granules followed by an enchanting delightful relaxing massage. Finally enjoy the cream application with its sumptuous and whipped texture all over your body.

Euro 250,00 – Aprox. 90 min.

Couple massage

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

Euro 160,00 – 50 minutes

FITNESS CENTER

PHYSICAL ACTIVITIES WITH ATTENDANT OR FITNESS TRAINER

GYM RULES

- You are kindly asked to wear suitable clothing and footwear for the 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.





CRISTALLO POOL

CRISTALLO POOL ETIQUETTE RULES

- 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 noise or any other behavior that may disturb other guests is 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 am to 20.00 pm





OPENING TIME

BEAUTY

9.00 – 13.00 / 14.00 – 19.00

WHIRLPOOL & SAUNA

Mon – Fri: 14.30 -20.00

Sat – Sun: 10.00 –20.00

CRISTALLO POOL

8.00 – 20.00

**DU LAC
ET
DU PARC**

GRAND RESORT

We are pleased to accept your
request 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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