

# ARMONIA

SPA & FITNESS

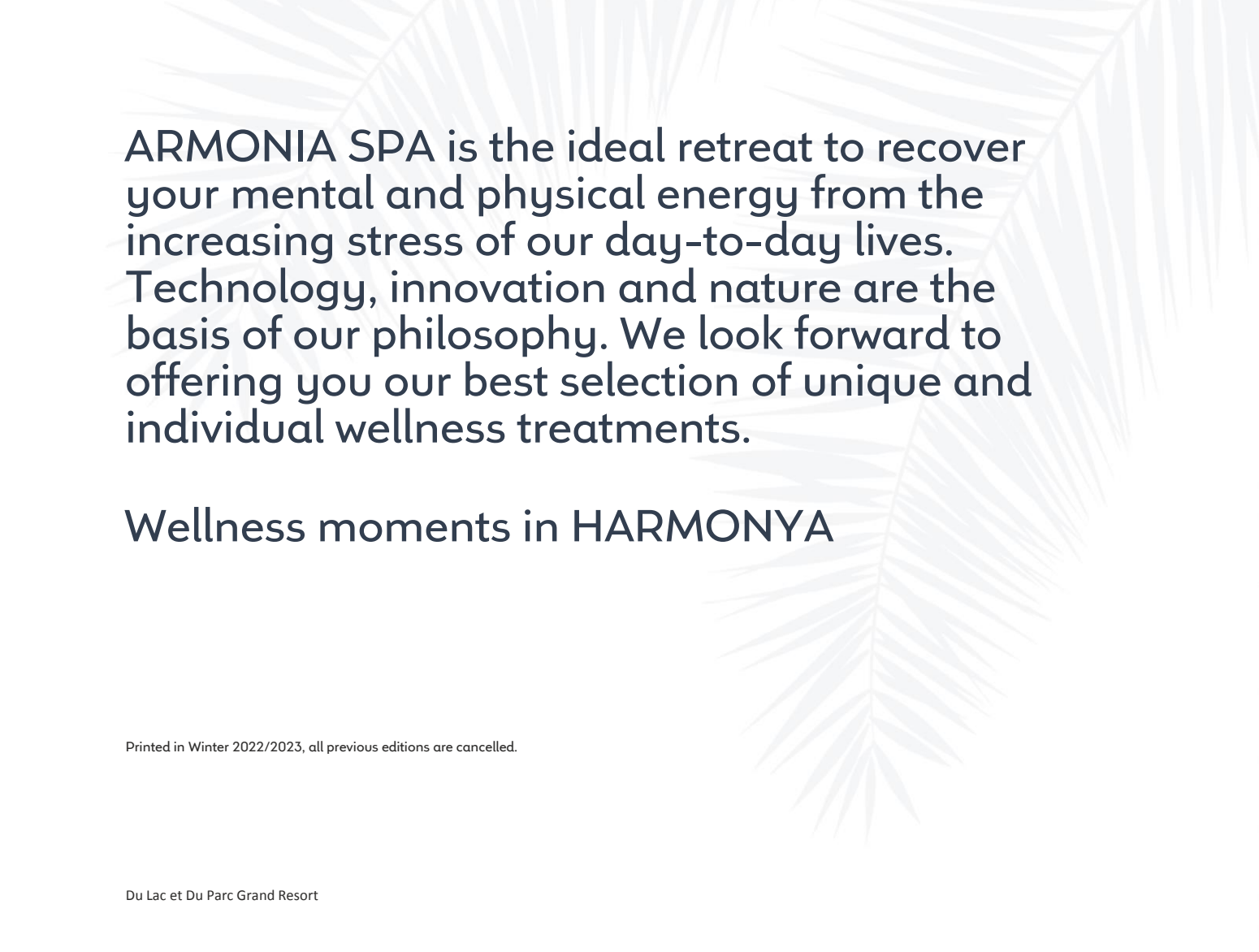
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Du Lac et Du Parc Grand Resort

Riva del Garda

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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 Winter 2022/2023, all previous editions are cancelled.



# ARMONIA SPA ETIQUETTE

## Reservation

We highly recommend you to schedule your wellness services in advance by sending us an email to [Armonia@dulacetduparc.com](mailto: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.

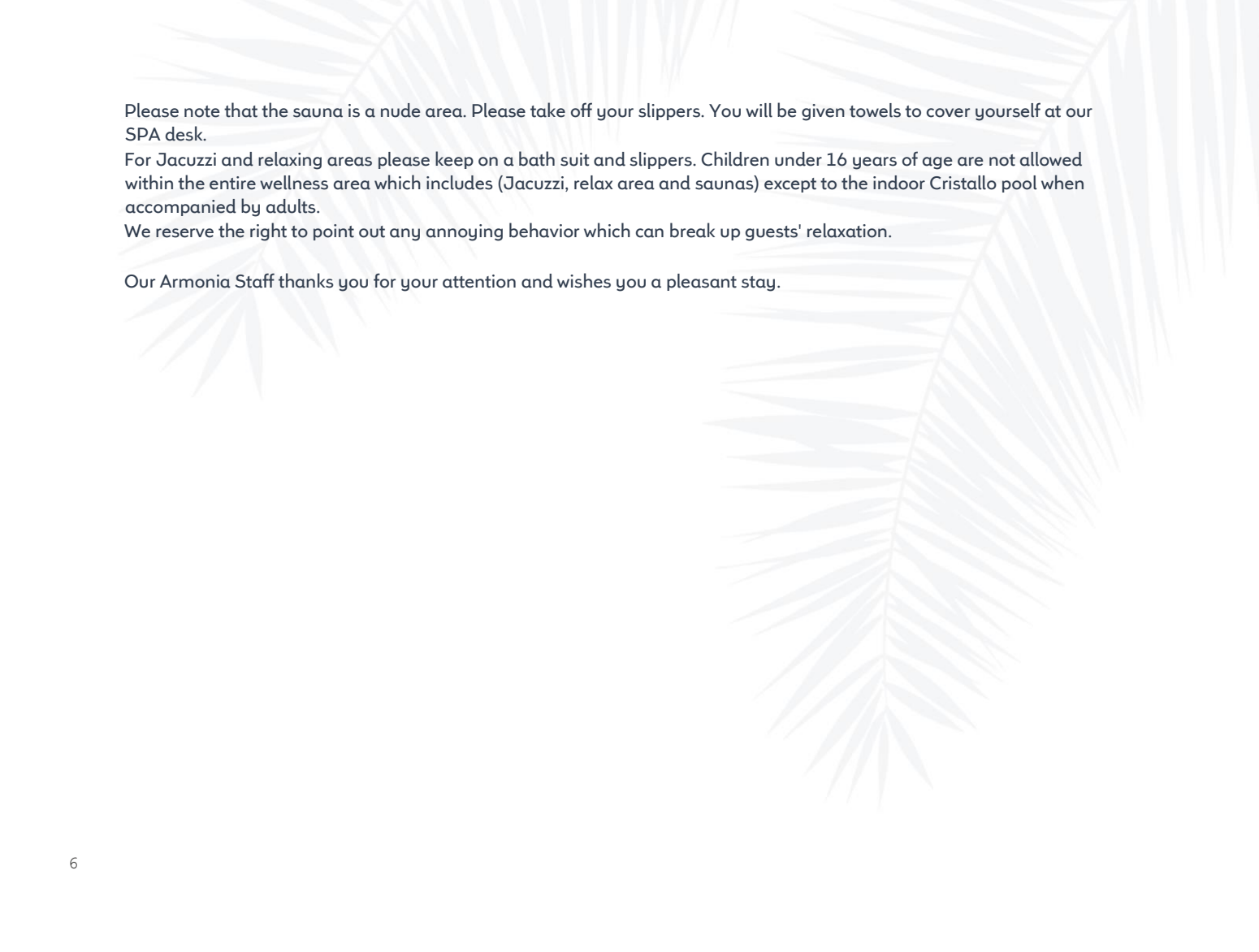
## Gender preference

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

- RHEA FACIALS
- MYSKINETIC
- BEAUTY ESSENTIAL
- MASSAGES
- RELAX AND REGENERATION
- AYURVEDIC TREATMENTS
- SPA SERVICES FOR KIDS
- TREATMENTS FOR PREGNANCY
- WELLNESS RITUALS
- RITUALS FOR COUPLES
- FITNESS CENTER
- CRISTALLO POOL





# RHEA FACIALS TREATMENTS

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Rhea cosmetics was founded on the principle that for unique skin type and conditions, unique treatments are required. Our dermo aestheticians analyse each individual's unique skin issues and recommend a tailored made skin care plan. The client is seen as the active participant in the treatment.



### Age Factor Intense NEW 2023

This ritual for face relies on the innovative exosome philosophy. It is made up of a special a complex consisting of 24 active ingredients. It improves a deep skin regeneration as well as promoting cell growth and repair.

Euro 150,00 - 80 minutes

### 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.

### OUR ADVICE

In order to make your facial more effective, we advise you to reserve it in combination it with our eye contour ritual.



# MYSKINETIC

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MySKINETIC, goes deeply into the layers of your skin. It works actively against the signs of aging, while preserving youth. Each treatment is tailor-made, according to the individual needs. The contours appear firmer and lifted, thanks to a perfect synergy between micro current and a lifting massage. This innovative procedure takes inspiration from three kind of methods based on the aesthetic medicine: Dermoablation deriving from Dermaplaning Micro-photostimulation inspired to Needling Ioninduction deriving from biorivitalization.







### MySkinetic Regenera

It stimulates the cell activity, while enhancing skin's biological functions.

50 min € 145,00

### MySkinetic +

It revitalizes and repairs skin's genetic cells damages.

80 min € 195,00



# BEAUTY ESSENTIAL

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## FOR FACE

Eyelash tinting  
Euro 30,00

Eyebrow tinting  
Euro 20,00

Eyebrow and eyelash  
tinting Euro 45,00

## FOR BODY

Waxing  
Euro 15,00/55,00

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



## 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

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Armonia Massage  
Euro 50,00 – 20 minutes  
Euro 80,00 – 50 minutes  
Euro 130,00 – 80 minutes

Draining Massage  
Euro 80,00 – 50 minutes

Candle Massage  
Euro 90,00 – 50 minutes  
Euro 140,00 – 80 minutes


Purifying massage with Garda Trentino olive  
oil, coconut oil and jasmine rice powder  
Euro 80,00 – 50 minutes

Let's pamper yourself with our classical full body relaxing massage, that can be customized to your specific needs. The result is an overall sense of wellbeing and regeneration.

A gentle massage performed with gentle movements and light repeated pressure to delicate reactive lymph circulation. The detoxifying, draining effect is enhanced by the use of sweet orange, mandarin and oregano essential oils. Particularly suitable for problems related to fluid retention, cellulitis and swollen legs. Its action can be improved combining it with a refreshing leg wrap.

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. Ideal for couples.

A very gentle peeling performed just like a full body massage, highly regenerating thanks to properties of Jasmine rice powder blended with extra virgin olive and coconut oils.



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.

Stress relieving massage  
Euro 90,00 – 50 minutes  
Euro 140,00 – 80 minutes

This soft and gentle massage therapy, combined with essential oils, stimulates positive emotions and mind relaxation. The inhalation of the essential oils promotes pain relief while alleviating muscle pain.

# 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

Highly recommended for tired feet, this detoxifying and energizing treatment gives a decongestant and soothing effect  
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 wellbeing thanks to water, phytomud, essential oils and podostrigiles massage technique.  
Euro 80,00 – 50 minutes





# FOR REGENERATION AND RELAX

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# BODY SCRUB



## Salty Body Scrub

Detoxifying body scrub with Sicily sea salt enriched with Piedmont peppermint, and wild mint essential oils blended with green tea and ginseng organic extracts. Ideal also for men.

Euro 50,00 – 20 minutes

## Dolce Vita Body scrub

Regenerating and enlightening body scrub with sugar microcrystals, sweet orange and tangerine essential oils.

Euro 50, 00 – 20 Minuti

# 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 seaweeds 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

#### **WE ADVICE TO...:**

Combine a body scrub with a wrap to get a perfect renewing and nourishing effect on your body.

# BODY TREATMENTS

## 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

## OILTHERAPY – Relaxing and soothing Body Treatment



The main purpose of this body care treatment is relaxing, reached through the soothing action of aromatherapy. It can be personalized blending up specific products, in order to make unique and suited to any client's needs.

Euro 125,00 - 80 minuti



# AYURVEDA

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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.



### Abhyanga

Euro 90,00 – 50 minutes

Euro 140,00 – 80 minutes

### Abhyanga with Shirodara

Euro 150,00 – 80 minutes



Abhyanga massage has its roots in the ancient Indian Ayurveda medicine. In Sanskrit, it means, “massage for the whole body”. It is performed with warm sesame oil and has calming as well as rebalancing properties.

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**

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# 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 minutes

## 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**

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Pregnancy is a magic experience in women's lives.

We are more than glad to offer specific wellness procedures based on 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

## 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.



## Citrus Fruits wellness ritual

Their scent inebriates the senses and their colours 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 – Approx. 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

## 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 behaviour 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

09.00 – 13.00 / 14.00 – 19.00

## WHIRLPOOL & SAUNA

Mon – Fri: 14.00 -19.00

Sat – Sun: 10 -19

## 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

Mail: [armonia@dulacetduparc.com](mailto:armonia@dulacetduparc.com)

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