


ARMONIA

SPA & FITNESS

Du Lac et Du Parc Grand Resort

Riva del Garda

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ARMONIA SPA: The perfect place to rejuvenate and leave behind daily stress. Technology, innovation, and nature come together to support our team of expert professionals. We look forward to welcoming you with an exclusive selection of personalized wellness treatments. Experience moments of pure well-being in perfect ARMONIA.

March 2026 edition, all previous editions are hereby canceled.



ARMONIA BON TON

Reservations

To ensure you can enjoy the treatments you desire at your preferred time, we recommend booking in advance via email or phone.

Health

Please inform us if you have any medical conditions, allergies, intolerances, or if you are expecting a baby. Pregnancy is a special but delicate time, and at Armonia Spa, full-body treatments and massages are only performed from the 14th week of pregnancy. During your first appointment, you will be asked to fill out a brief health questionnaire to assess whether the requested treatment is suitable for your well-being.

Arrival

Please arrive at least 5 minutes before your appointment wearing a bathrobe and slippers, and without any jewelry. We do not take responsibility for lost or forgotten jewelry. In case of delay, to respect other reservations and appointments, treatments may be modified or shortened.

Cancellation Policy

Please cancel your reservation at least 24 hours in advance; otherwise, the full amount of the booked treatment will be charged.

Massage Therapist Preference

When booking, you can express your preference for a male or female therapist. We will be happy to accommodate your request.

Wellness Area

Our spa is designed to be an oasis of tranquility and relaxation. We kindly ask you to keep noise to a minimum and turn off your mobile phone.

Access to saunas and the steam bath is allowed without swimwear and slippers. In the whirlpool and relaxation areas, we kindly ask you to wear a swimsuit. Children and teenagers under 16 years old are not allowed in the entire SPA area, including the whirlpool and saunas.

We reserve the right to address any behavior that may disturb other guests.

The Armonia Team 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

Rhea is a cosmetic line based on the principle that every skin is unique and one of a kind, offering exclusive actions that make the client an active participant. Our Dermotechnologists will be happy to create the perfect facial treatment for you and your skin.

All our facial treatments include a specific treatment for the eye contour area.



Age Factor Intense

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

Euro 160.00 - 80 minutes

Total Age

Revitalizing facial ritual, with chili stem cells that create deep regeneration, restoring the skin's proper functions and providing overall, profound well-being.

€160.00 – 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 125,00 – 50 minutes

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 125,00 – 50 minutes

Vita – Power

A revitalizing and vitamin-rich treatment to regenerate the skin and prepare it for subsequent treatments.

Includes eyebrow shaping, if necessary.

Euro 135,00 – 80 minutes

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 minutes

With every facial treatment, you will receive a personalized self-care program.



MYSKINETIC

mySKINETIC revitalizes the heart of your skin. It acts globally on the signs of aging, preserving your youth. It plumps, smooths, and evens out the complexion. A personalized treatment tailored to your needs. It lifts the features through a synergy of currents and myolifting massage. The treatment is inspired by three techniques from aesthetic medicine:

Dermabrasion inspired by

Dermaplaning

Micro-photostimulation inspired by

Needling

Ionoinduction inspired by

biorevitalization





MySkinetic Regenera

Awakens cellular activity by stimulating the biological function of the skin.

50 min € 145,00

MySkinetic +

Revitalizes and repairs the skin's cellular genetic damage.

80 min € 195,00



BEAUTY ESSENTIAL

FOR FACE

Eyelash Tinting
Euro 30,00

Eyebrow Tinting:
Euro 20,00

Eyelash and Eyebrow Tinting
Euro 45,00

Eyelash or Eyebrow Lamination:
Euro 80,00

FOR BODY

Hair Removal:
Euro 15,00/55,00

Leg Bandage
Particularly effective for heaviness in the legs:
€50.00 – 20 minutes



BEAUTY CARE FOR HANDS AND FEET

Manicure

Euro 45,00

Supplement for nail polish application: €15.00

Pedicure

Euro 55,00

Supplement for nail polish application: €15.00



Pedicure Deluxe

Ritual with exfoliation, pedicure, and relaxing foot massage (nail polish application not included): €85.00

Manicure Deluxe

Ritual with exfoliation, manicure (nail polish application not included): €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 130,00 – 80 minutes

Indulge in the pleasure of a personalized classic massage with a relaxing and regenerating effect.

Draining Massage

Euro 85,00 – 50 minutes

A gentle manual massage with detoxifying and draining effects, using essential oils of sweet orange, mandarin, and oregano. It is recommended to combine this massage with a leg bandage.

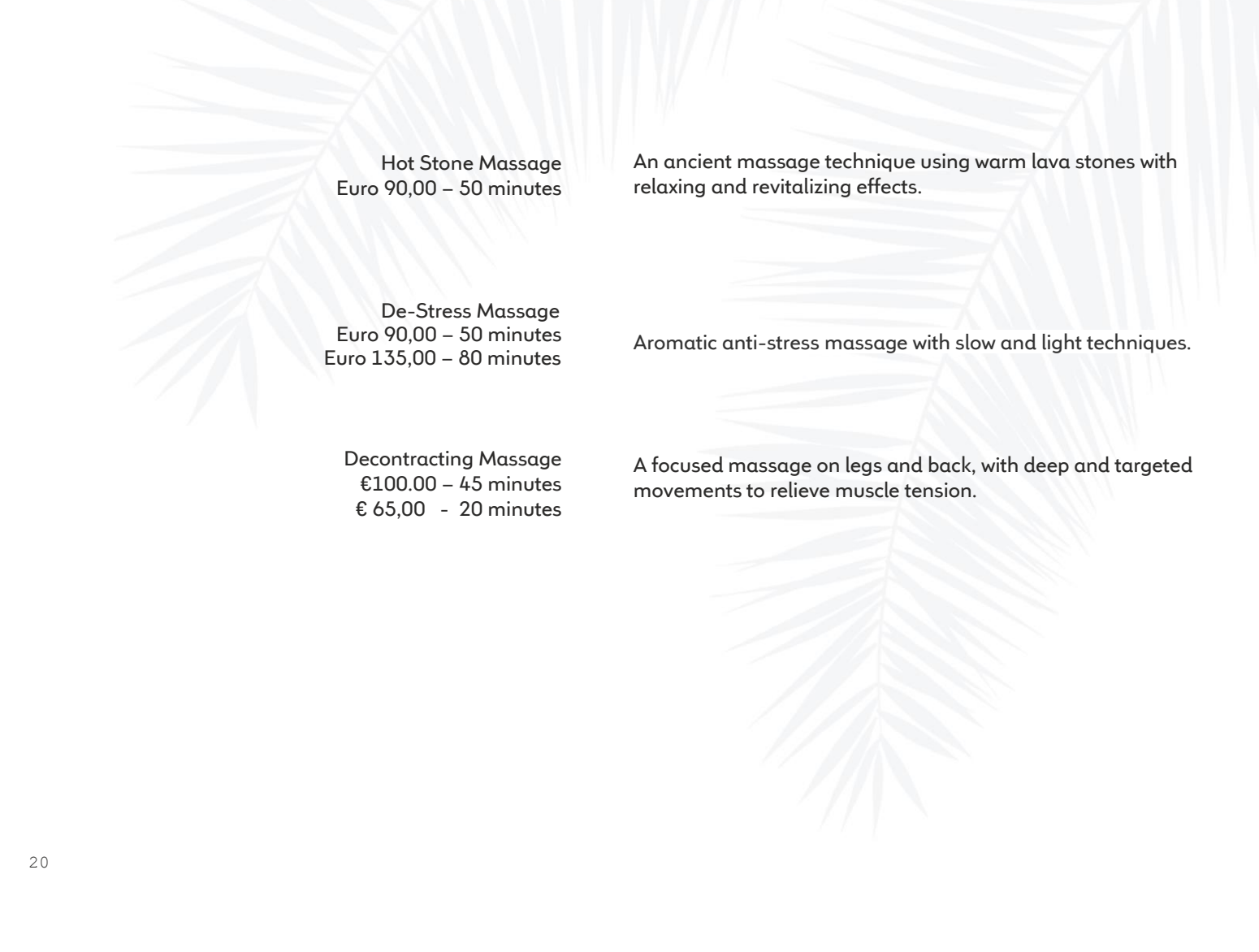
Candle Massage

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

Relaxing and enveloping techniques combined with a precious and nourishing mix of butters that help to relax the body and mind. Ideal for couples.

Exfoliating massage with Garda Trentino olive oil and olive pit powder
Euro 80,00 – 50 minutes

Massage-peeling, pleasantly exfoliating and deeply regenerating, with olive pit powder and extra virgin olive oil.



Hot Stone Massage
Euro 90,00 – 50 minutes

An ancient massage technique using warm lava stones with relaxing and revitalizing effects.

De-Stress Massage
Euro 90,00 – 50 minutes
Euro 135,00 – 80 minutes

Aromatic anti-stress massage with slow and light techniques.

Decontracting Massage
€100.00 – 45 minutes
€ 65,00 - 20 minutes

A focused massage on legs and back, with deep and targeted movements to relieve muscle tension.

PMP PHYTOMASSOPODIA

Phytomassopodia® is the first patented method that, starting from the feet, offers a new form of global well-being for the whole person. It is anti-stress, detoxifying, and regenerating.

PMP Short

A toning and energizing massage, ideal for tired feet.
Euro 50,00 – 20 minutes

PMP Revitalizing Anti-Stress Treatment

A complete treatment for the feet that creates a wave of well-being throughout the body.
Combines the use of water, phytomud, essential oils, and a massage with Podostrigiles.
Euro 80,00 – 50 minutes





FOR REGENERATION AND RELAX

BODY SCRUB



Sotto Sale Body Scrub

A detoxifying scrub based on Sicilian sea salt, essential oils of peppermint from Piemonte, and wild mint, combined with extracts of Green Tea and Ginseng. Ideal for men as well.

Euro 50,00 – 20 minutes

Dolce Vita Body scrub

A regenerating and illuminating scrub made with micro sugar crystals, and essential oils of Sweet Orange and Mandarin

Euro 50,00 – 20 Minuti

BODY WRAPS IN Soft-Pack®



The beneficial effect of the Soft-Pack® bath exceeds a normal bath, relieving muscle tension and back pain, providing a deep sense of well-being due to the floating experience at a temperature of approximately 37°C.

Additionally, the benefits of the chosen treatment, such as hydrating, decontracting, and detoxifying applications, are included.

Orange Blossom Body Wrap

A fruity wrap based on sweet orange, nourishing the skin and leaving a delightful citrus floral note that will stay with you for hours.

Sweet orange is known for its relaxing properties, it brings positive energy, and enhances and brightens the skin

Euro 50,00 – 20 Minutes

Arnica Body wrap

Arnica, an extraordinary plant with anti-inflammatory properties, will melt away your tensions and help you restart with renewed energy.

Ideal before and after sports activities

Euro 50,00 – 20 Minutes

Green Clay and Seaweed Body Wrap with Essential Oils

Tensions, stress, and lifestyle accumulate toxins in the body. This wrap immediately detoxifies, brightens, and oxygenates the skin.

Euro 50,00 – 20 Minutes

BODY TREATMENTS



SLIMSHOCK – Localized Body Reshaping Treatment

A targeted treatment for the abdomen, thighs, and buttocks with reshaping and firming effects.

Its action is focused on reshaping and firming, reactivating metabolism to burn fat and reduce adipose tissue.

€100.00 – 50 minutes



AYURVEDA

Ayurveda means “science of life” and originates from Indian medicine. It aims for the balance between Vata, Pitta, and Kapha, which represent movement, transformation, and stability. It produces a profound sense of well-being.



Abhyanga

Euro 90,00 – 50 minutes

Euro 140,00 – 80 minutes

Abhyanga with Shirodara

Euro 150,00 – 80 minutes

Earth and Sky Massage

€90.00 – 50 minutes

The Abhyanga massage is part of the ancient Indian science tradition. Performed with warm oil, it has calming and balancing properties.

This is the most characteristic Ayurvedic treatment, during which a gentle stream of warm oil is poured onto the forehead and flows down the head, allowing the body to surrender to a deep relaxation.

A relaxing massage specifically for the head, shoulders, and feet, helping to restore psychological and physical balance.



TREATMENTS FOR KIDS

KIDS

A selection of treatments dedicated to our young guests, from 4 to 12 years old.

Little Facial Treatment

Carefully selected products and delicate techniques to enhance the freshness of young skin.

€45.00 – 20 minutes

Little manicure/pedicure

Well-groomed nails with cheerful and trendy colors to stay stylish.

€35.00 – 20 minutes

Taste of Armonia

A light touch and coconut oil for a first introduction to massage.

€45.00 – 20 minutes



TEENAGER

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

Teen time

A facial ritual designed for younger skin with moisturizing and balancing action

Euro 85,00 – 50 minutes

Teen massage

A relaxing and anti-stress body massage with natural and hydrating oils..

Euro 80,00 – 50 minutes

Manicure

€45.00

Add-on: Application of “Flash” nail polish system

€15.00

Pedicure

€55.00

Add-on: Application of “Flash” nail polish system

€15.00





PREGNANCY FRIENDLY SPA TREATMENTS

Pregnancy is a magical moment in a woman's life.
We have created treatments dedicated to the well-being of the future mother.
Treatments will be performed from the 14th week onward.

"Mom to be"

Regenerating, moisturizing, and vitamin-rich facial ritual.

Euro 120, 00 - 80 min

Massage for pregnancy

Gentle, relaxing, and draining techniques with natural oils to drain, hydrate, and support the skin's elasticity.

Euro 80, 00 - 50 min

Mother to be ritual

Exfoliation to prepare the skin, hydrating and soothing body wrap, and a Candle Massage.

Euro 110,00 – Approx. 80 min.

Manicure

Euro 45.00

Add-on: Application of "Flash" nail polish system Euro 15.00

Pedicure

€55.00

Add-on: Application of "Flash" nail polish system €15.00





WELL BEING RITUALS

Brione Ritual

Detoxifying body wrap, foot massage, and back massage.
Euro 135,00 – Approx. 80 min.

Bastione Ritual

Body exfoliation, draining massage, and toning leg wrap to give your body a sensation of lightness and detoxification..

Euro 160,00 – Approx. 100 min.

OILTHERAPY – Relaxing, Toning, Detoxifying, and Nourishing Body Treatment

An aromatherapy body treatment that can be customized by blending products to make it unique and tailored to the skin's needs and the client preferences, both in terms of desired results and scent.

€125.00 – 80 minutes

RITUAL FOR COUPLES IN CARE SUITE

Respiro del Garda

A wellness ritual to be enjoyed by two, inspired by the scents of Garda Trentino.

A body scrub with local olive oil and olive pit powder for smooth, radiant skin, followed by a relaxing couples massage.

Euro 215, 00 – Approx. 90 min.



Citrus Fruits wellness ritual

A body ritual that begins with a soothing and enveloping scrub with micro sugar spheres, followed by a relaxing massage using citrus essential oils. The final touch with a silkening cream creates an unforgettable moment of well-being.

Euro 250, 00 – Approx. 90 min.

Couple massage

Treat yourselves to the pleasure of a relaxing massage together with your partner: a unique moment to share.

Euro 160, 00 – approx.. 50 minutes

FITNESS CENTER

GYM RULES

- Please wear appropriate clothing and footwear for physical activity (no bathrobes, swimsuits, or slippers).
- Out of respect for other guests, please clean the equipment after use.
- For safety reasons, children under 14 years old are not allowed access to the gym.





CRISTALLO POOL

CRISTALLO POOL RULES

- Access is allowed for our young guests only if accompanied by an adult.
- It is mandatory for children under 3 years old to wear a swim diaper.
- The use of balls or other toys that may disturb or compromise the safety of other guests is prohibited.
- Diving, splashing, shouting, or any behavior that may disturb the peace of other guests is prohibited.
- It is forbidden to enter from the outside with shoes.
- For any needs, please contact the lifeguard or the Armonia Spa staff.
- For privacy reasons, photography or video recording is not permitted unless previously authorized by the staff on duty.

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

10.00 – 13.00 / 14.00 – 19.00

WHIRLPOOL & SAUNA

Mon – Fri: 13.00 -19.00

Sat – Sun: 10.00 -19.00

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

Mail: armonia@dulacetduparc.com

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