

ARMONIA

SPA & FITNESS

LONGEVITY SPA

Du Lac et Du Parc Grand Resort

Riva del Garda

IT



More than a treatment: a workout for your vitality. ARMONIA SPA embraces the Longevity revolution: cutting-edge programs designed to train your body to regenerate, stay youthful, and perform at its absolute peak.

May 2026 Edition (any previous edition is canceled).



Du Lac et Du Parc Grand Resort

LONGEVITY TREATMENTS

STARPOOL

Molecular Hydrogen Booster | Antioxidant Reset

A breath of cellular youth. Ideal for countering mental stress, it slows down cellular aging thanks to its powerful antioxidant action, providing new energy and mental focus.

20 min Session: € 30

As an Add-on: € 20

Zerobody Cryo | Metabolic Boost

A few minutes to awaken metabolism, reduce cellular inflammation, and release endorphins through the deep action of targeted neuro-essences. Maximum toning and instant muscle recovery.

3 -8 min: € 50

Zerobody Dry Float | Deep Relaxation

The regenerative power of 6 hours of sleep in just 20 minutes. A dry floating experience that eliminates body weight, perfect for insomnia, spinal tension, muscle and joint pain, while the deep action of neuro-essences cradles and regenerates the mind.

20 min € 50

TIMELESS COMBOS (Synchronized)

Simultaneous experiences optimize time and maximize benefits.

Zerobody dry float& PMP Short (20 min) — € 85

The effectiveness of Dry Floating combined with the PMP protocol for intense regeneration.

Zerobody dry float& Collagen Mask (20 min) — € 70

Deep floating combined with a plant-based collagen face mask for radiant skin.

Zerobody dry float& Molecular Hydrogen (20 min) — € 70

The ultimate "Antioxidant Reset": cellular oxygenation while the body floats in relaxation.

REGENERATIVE JOURNEYS (Sequential)

Complete pathways for profound transformation.

Zerobody dry float & Express Facial Rhea (50 min) — € 95

A targeted facial treatment combined with the total relaxation of Dry Floating.

Zerobody dry float & Body Massage (80 min) — € 125

The pinnacle of well-being: preparatory floating followed by a decontracting body massage.

LONGEVITY PROGRAMS

ANTISTRESS

From chronic stress to absolute clarity. A sensory biohacking path using the Starpool method to reset the nervous system and enhance cognitive performance.

Discovery Session: Zerobody Cryo and Zerobody Dry Float with Mindfulness path (approx. 40 min) € 85.00

Short: 3 sessions in 3 days (approx. 40 min) - € 240.00

Weekly: 6 sessions in 6 days (approx. 40 min) - € 460.00

SLEEP RECOVERY

A cutting-edge bio-technological path designed to reset the nervous system, eliminate mental "noise", and improve sleep quality. A ritual that aims to challenge premature aging and rediscover absolute clarity.

Discovery Session: Zerobody Dry Float with the Breathwork program (approx. 30 min) - € 50.00

Short: 3 sessions in 3 days (approx. 30 min) - € 120.00

Weekly: 6 sessions in 6 days (approx. 30 min) - € 230.00

PERFORMACE PRE SPORT

A cutting-edge ritual designed to prime the muscles using Zerobody Cryo technology, defying premature aging while boosting peak performance.

Discovery Session: Zerobody Cryo from 3 to 8 minutes - € 50.00

Short: 3 sessions in 3 days (approx. 8 min) - € 135.00

Weekly: 6 sessions in 6 days (approx. 8 min) - € 270.00

RECOVERY AFTER SPORT

Turn your recovery into an asset: harness the benefits of cold, breath, and weightlessness to improve your daily life and athletic performance.

An excellent combination after intense and prolonged training to aid muscle recovery.

Discovery Session: Zerobody Cryo and Dry Float with Breathwork path (approx. 40 min) - € 85.00

Short: 3 sessions in 3 days (approx. 40 min) - € 240.00

Weekly: 6 sessions in 6 days (approx. 40 min) - € 460.00

LONGEVITY

Invest in your future: discover the power of Conscious Breathing to harmonize heart rate and manage stress, and the effectiveness of Molecular Hydrogen to protect your cells from aging. Science and awareness combined for active longevity and visibly regenerated skin.

Discovery Session: Zerobody Cryo, Zerobody Dry Float with molecular hydrogen, and the Breathwork program
(approx. 40 min) € 100.00

Longevity Deep Reset 3 Days - € 260.00

- Day 1: Zerobody Cryo, Zerobody Dry Float with molecular hydrogen, and the Breathwork program.
- Day 2: Zerobody Dry Float with molecular hydrogen and the Breathwork program.
- Day 3: Zerobody Cryo, Zerobody Dry Float with molecular hydrogen, and the Breathwork program.

BEAUTY LONGEVITY PROGRAMS

At Armonia Spa, time stands still where longevity science meets tailored dermo-cosmetics. Starpool longevity technologies prepare the mind and activate cellular receptors, enhancing the dermo-technological efficacy of Rhea treatments. Discover this exclusive synergy: a deep regenerative journey that awakens skin's youth for a visibly younger face and a deeply regenerated mind.

FACIAL

“GLOW QUICK RESET” 3 Days - 458€

A "reset" button for your skin. An energy concentrate that instantly erases stress and signs of fatigue, restoring a relaxed, protected, and extraordinarily radiant face. The ideal boost following the regenerating benefits of Zerobody Dry Float, the cellular activation of Zerobody Cryo, and the deep anti-aging action of molecular hydrogen.

- Day 1: Molecular Hydrogen Booster: 20 min, Trattamento viso New Light (con peeling): 50 min
- Day 2: Zerobody Cryo: 3-5 min, Lift Up Treatment 50 min.
- Day 3: Zerobody Dry Float: 20 min, Rhea Age-Factor Treatment 80 min.

“CHRONO REVERSE” 3 Days – 534€

Stopping time is possible today. The Chrono Reverse package combines the benefits of Zerobody, Zero Gravity, and molecular hydrogen — ideal for detoxifying and clearing psychophysical stress — with the innovative MySkinetic technology. Designed to awaken deep cellular energy and repair skin damage, this treatment stimulates total regeneration.

- Day 1: Molecular Hydrogen Booster: 20 min, MySkinetic: 80 min.
- Day 2: Zerobody Cryo: 3-5 min, Total Age: 80 min
- Day 3: Zerobody Dry Float (Floating): 20 min (Neuro-relaxation)

CORPO

“CRIOSCULPT” 3 Days – € 367.00

Reshape, detoxify, relax: three actions in a single, powerful path. This package combines the regenerating strength of Zero Gravity, Zerobody, and molecular hydrogen with the shock action of the Rhea reducing body treatment. While the mind is freed from tension and cells are purified from oxidative stress, the Rhea treatment works to redefine your shape. *It is recommended to repeat the package for 6 days to amplify the effectiveness of the treatment and maximize results.*

- Day 1: Zerobody Cryo: 3-5 min total body, Draining Massage: 50 min.
- Day 2 Zerobody Cryo: 3-5 min, Slim Shock Treatment: 50 min.
- Day 3: Zerobody Dry Float: 20 min, Slim Shock Treatment: 50 min.

SPORT

“FLASH MUSCLE RECOVERY” 3 Days - € 438.00

- This package combines Zero Gravity, Zerobody, and molecular hydrogen technology with a specialized program targeted at three fundamental objectives: decongesting and reducing inflammation in tissues, activating a total muscle reset, and promoting stretching and joint mobility. By eliminating gravity and oxidative stress, the body drastically accelerates lactate clearance and micro-injury repair. The perfect ally to push your limits and shorten recovery times between workouts.
- Day 1: Decongest and Reduce Inflammation
Zerobody Dry Float with Molecular Hydrogen Booster: 20 min, Draining Massage: 50 min.
- Day 2: Muscle Reset
Zerobody Cryo: 3-5 min, Decontracting Massage: 45 min.
- Day 3: Stretching and Mobility
Zerobody Cryo: 3-5 min, Zerobody Dry Float: 20 min with Molecular Hydrogen Booster 20 min, Stretching Massage: 50 min.

OPENING TIME

BEAUTY

09.00 – 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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#armoniaspa



