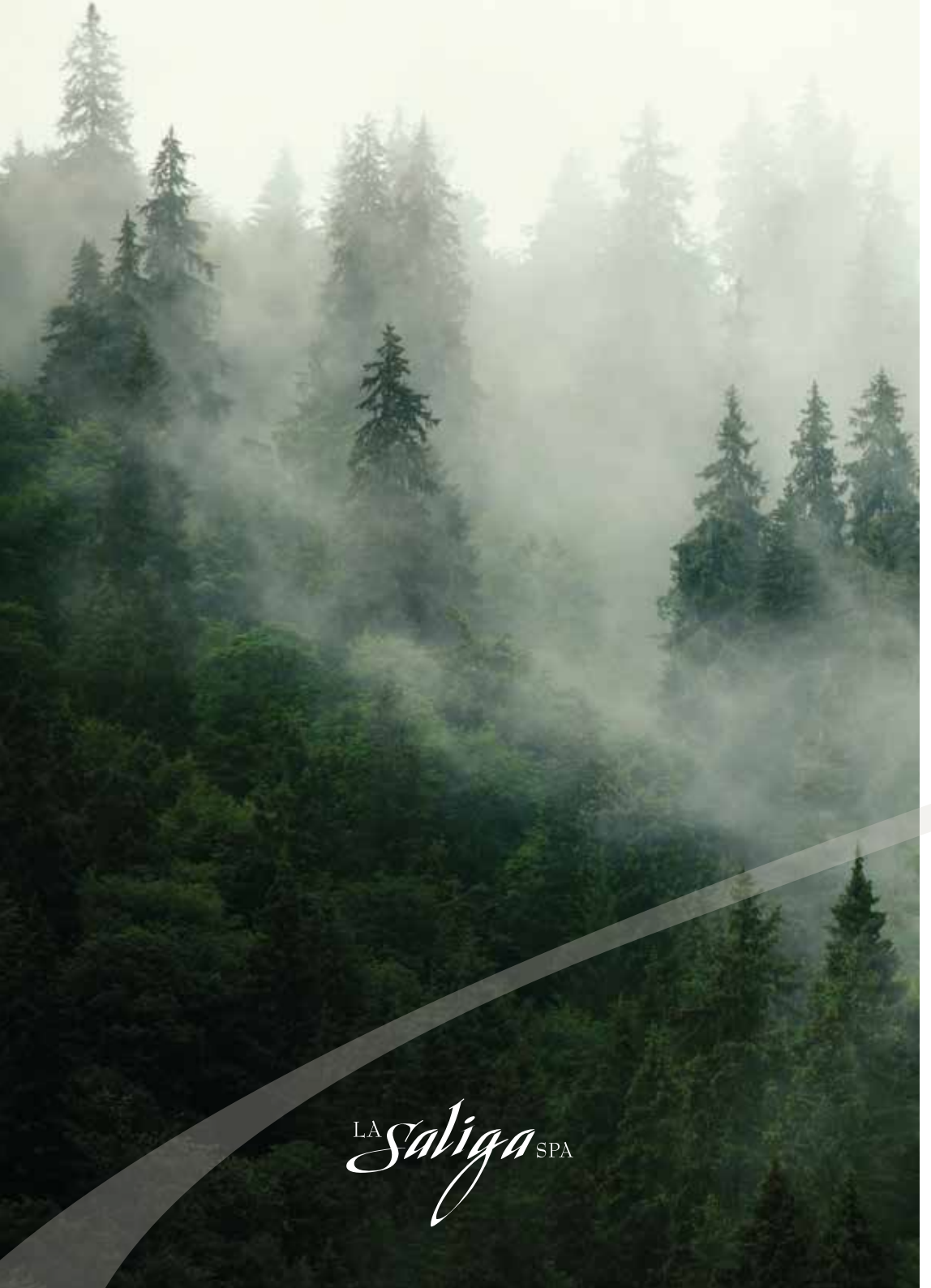

Savoy
DOLOMITES
LUXURY HOTEL
Spa Menu

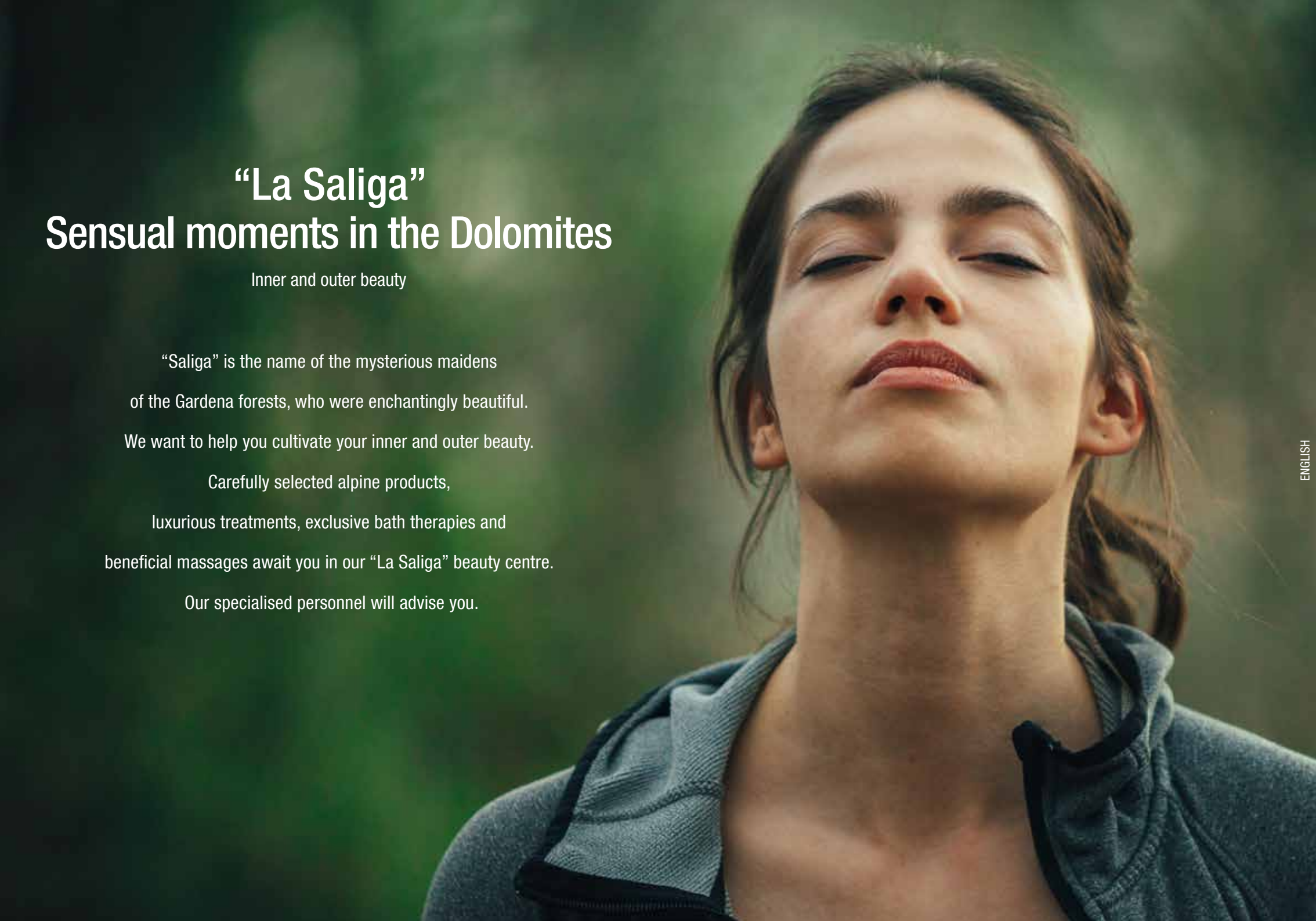


Orari d'apertura
Öffnungszeiten
Opening hours

Pool & Fitness room
07:00 - 20:00

Beauty
13:30 - 19:30

Sauna
14:30 - 19:00



“La Saliga”
Sensual moments in the Dolomites

Inner and outer beauty

“Saliga” is the name of the mysterious maidens

of the Gardena forests, who were enchantingly beautiful.

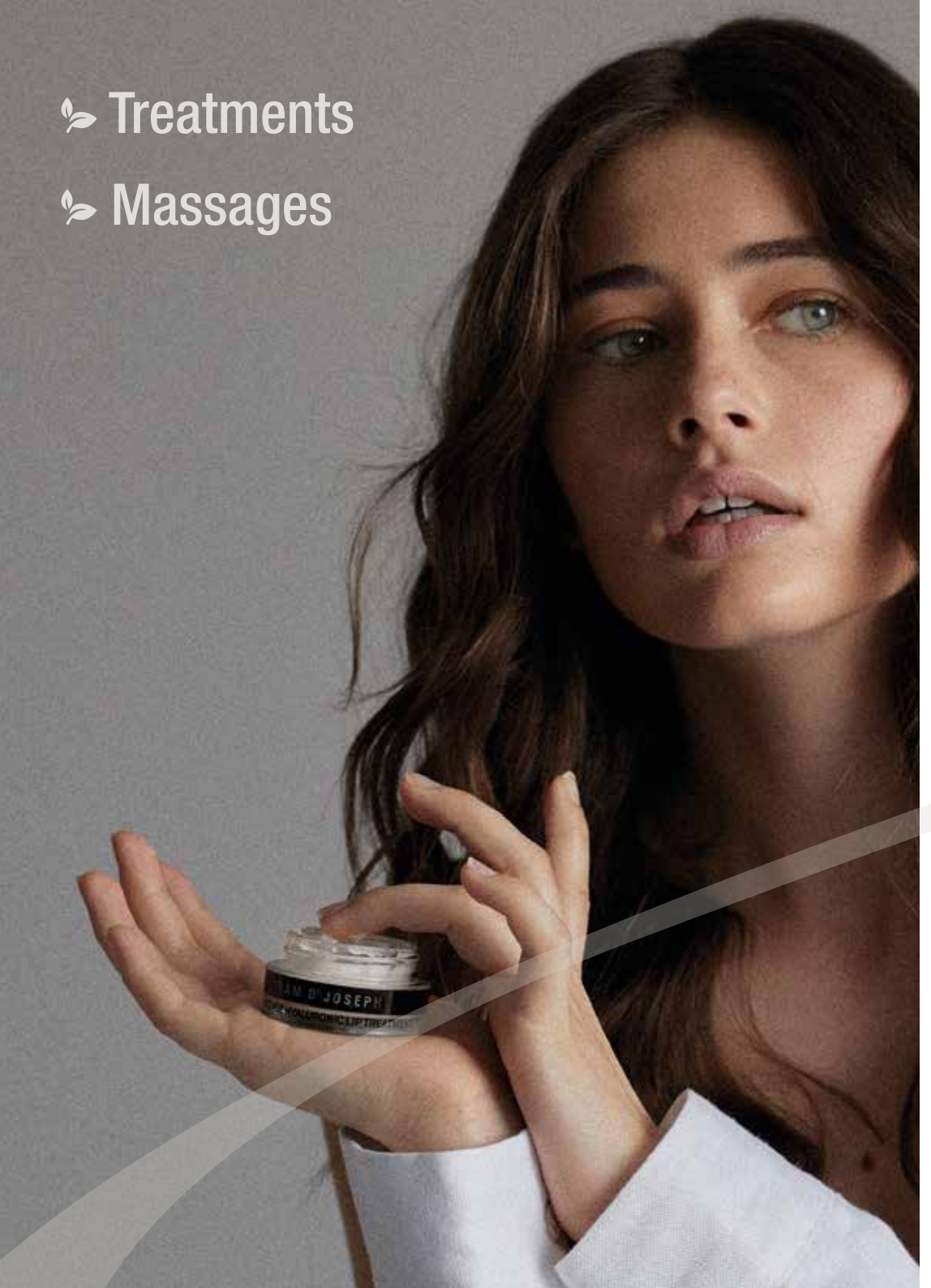
We want to help you cultivate your inner and outer beauty.

Carefully selected alpine products,

luxurious treatments, exclusive bath therapies and

beneficial massages await you in our “La Saliga” beauty centre.

Our specialised personnel will advise you.



- Treatments
- Massages

HIGHTECH NATURAL COSMETICS

TEAM DR JOSEPH

SÜDTIROL

Our partner: TEAM DR JOSEPH

With TEAM DR JOSEPH we have found our ideal partner. Founded in 1986, the family-owned company is the expression of a lifelong fascination for the world of plants and their functional ingredients. The award-winning high-tech natural cosmetics combine carefully selected natural functional ingredients with the latest technologies for your skin health.

TEAM DR JOSEPH embodies those principles that also guide our hotel:

- Responsible use of nature and its resources
- Highest quality
- Practiced sustainability
- Holistic approach
- Effective high-tech natural cosmetics with visible instant results
- Treatment methods individually customized to your needs
- The best of high-tech and nature.



TEAM DR. JOSEPH METHOD

The “Team Dr. Joseph” method is a holistic and natural approach that combines the effectiveness of cutting-edge technology with the power of natural ingredients. It brings together Alpine tradition and scientific research to restore balance to the skin’s metabolism, relax the nervous system and support healthy microcirculation. 100% natural products and certified efficacy.

PURIFYING FACIAL TREATMENT

A facial treatment suitable for all skin types. It provides deep cleansing and helps leave the skin looking more even, fresh and radiant.

50 min 120 €



CELLULAR RECREATION FACIAL TREATMENT

An intensive facial treatment that works deep within the skin, combining a personalised facial massage with selected active ingredients tailored to the individual needs of the skin. A customised ritual that helps revitalise, nourish and rebalance the skin.

80 min 180 €

INTENSIVE FACIAL TREATMENT WITH BIODYNAMIC LIFTING

An intensive facial treatment featuring a biodynamic massage designed to work deeply and support a lifting effect. The skin appears plumper, firmer and more relaxed, while fine lines are visibly reduced. The high-tech power of nature for effective and long-lasting results.

110 min 240 €



EXPRESS POWERLIFT FOR HIM

An energising facial treatment specifically tailored to the needs of men's skin. The skin is revitalised and treated with specialised products to create a fresher, brighter and well-groomed appearance. A concentrated boost of energy and well-being for a healthy and vital-looking complexion.

50 min 120 €



ANTI-CELLULITE PROGRAMME

A targeted treatment designed to support drainage and stimulate microcirculation, leaving the skin smoother and firmer. The combination of highly effective natural products and a cupping massage helps tone the skin and define the silhouette. Combined with a draining algae body wrap, the ritual is enhanced for a complete wellness experience.

50 min 95 € · with wrap 80 min 140 €



RELAXING AROMA MASSAGE



An enveloping experience combining a gentle massage with the beneficial properties of aromatic oils. An ideal ritual to release everyday stress, ease tension and restore a sense of harmony.

50 min 95 € · 80 min 150 €

CLASSIC MASSAGE

A wellness massage designed to give the body a pleasant feeling of lightness. Flowing and enveloping movements help relieve tension and promote muscular relaxation.

50 min 95 € · 20 min 50 €

SPORT MASSAGE

A targeted treatment designed to release muscular tension through deep and specific techniques. Ideal both before physical activity to prepare the muscles and after exertion to support recovery.

50 min 110 € · 80 min 185 €

WARM HERBAL COMPRESS MASSAGE



Enjoy a unique sensory experience inspired by Eastern traditions. This massage uses warm fabric pouches filled with aromatic herbs, which are applied to the body using rhythmic and gentle movements, creating a deeply relaxing sensation of warmth and well-being.

50 min 110 €

HOT STONE MASSAGE



A deeply relaxing ritual combining massage with the soothing warmth of heated stones. An ideal treatment to promote muscular relaxation, relieve tension and provide a profound sense of well-being.

50 min 100 €

DYNAMIC BACK MASSAGE

A sensory experience dedicated to the back, combining different massage techniques to create a journey into deep relaxation. The combination of a warm roller, cupping and manual massage helps release muscular tension, while Tibetan singing bowls guide the body towards a pleasant state of calm and harmony. An enveloping ritual to release tension and restore inner balance.

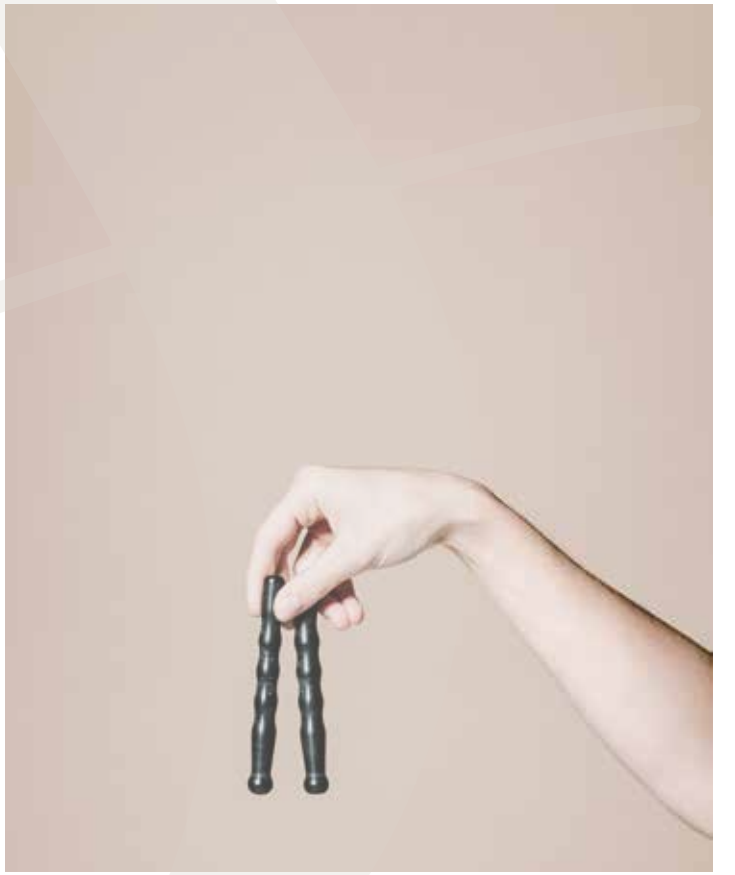
50 min 95 €

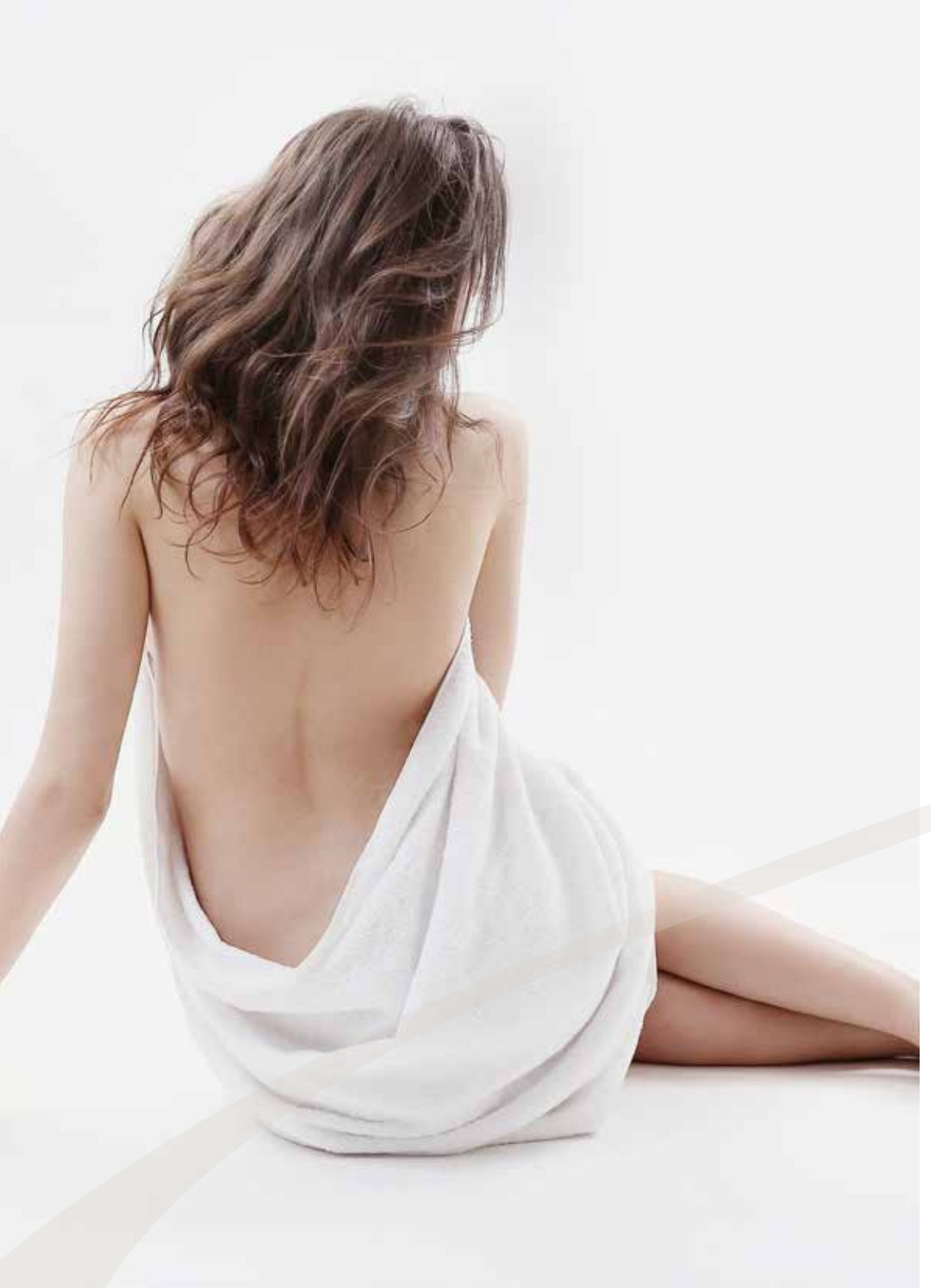


RELAXING HEAD, NECK & SHOULDERS MASSAGE

An indulgent treatment designed to relax both body and mind. Targeted and soothing movements on the head, neck and shoulders promote a deep sense of well-being and relaxation.

50 min 95 €





RELAXING BACK TREATMENT

A treatment combining the benefits of Alpine mud with a soothing, relaxing massage. An enveloping experience designed to release tension and provide a moment of pure relaxation.

50 Min 95 €

FLAT BELLY TREATMENT

A specialised treatment for the abdominal area, designed to improve skin firmness, support digestion and help create a more defined-looking waistline.

40 min 75 €

LIGHT LEGS MASSAGE

An energising and enveloping massage dedicated to the legs and feet, ideal for creating a pleasant feeling of lightness. Especially suited to tired and fatigued legs, the treatment helps relax the muscles and restore vitality.

50 min 95 €

FACE, NECK & DÉCOLLETÉ MASSAGE

A relaxing and soothing massage for the face, neck and décolleté, using harmonious and gentle massage techniques. A ritual designed to provide a deep and comforting sense of relaxation.

25 min 50 €





APRICOT KERNEL & HAY BODY SCRUB

A natural exfoliating treatment using the gentle action of apricot kernel micro-granules and hay to remove dead skin cells, leaving the skin smooth, soft and radiant.

25 min 50 €

SALT BODY SCRUB

The smoothing properties of salt combine with the delicate qualities of aromatic oils in a treatment that renews the skin and awakens the senses.

25 min 50 €

DETOX MUD WRAP

Enriched with the active ingredients of hay and mountain herbs, this treatment has a detoxifying effect on the body and helps relieve muscular tension, leaving you with a pleasant feeling of lightness.

25 Min 50 € · with massage 50 min 95 €

SPORT & VITALITY WRAP

A powerful combination of arnica and St John's wort provides a restorative and soothing effect, ideal for relieving tired muscles and joints. A perfect treatment before and after physical activity.

25 min 50 € · with massage 50 min 95 €

PRIVATE SPA

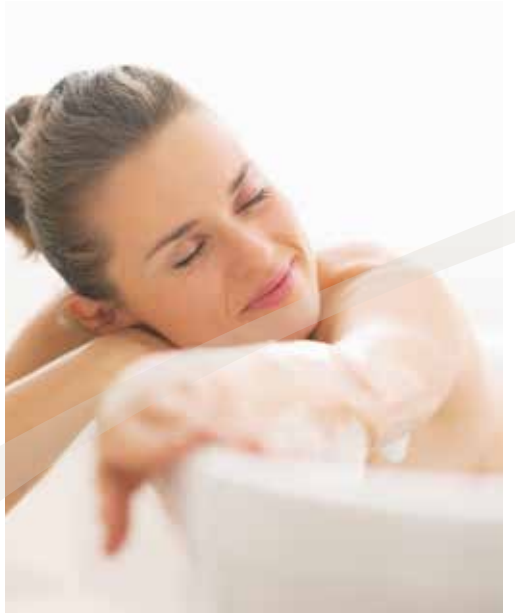
Treat yourself to a moment of pure well-being in our Private SPA - ideal for a romantic getaway, a special moment for two, or simply a few hours of complete relaxation.The ritual includes an aromatic rose body scrub, **a steam bath**, **a whirlpool** and a relaxing back massage.

120 min for 2 people 230 € · 80 min for 1 people 155 €

THAI MASSAGE

An ancient massage technique that combines acupressure, stretching and yoga poses to unblock energy channels, improve muscle flexibility and joint mobility

80 min 185 €



BEAUTY À LA CARTE

Eyelash tint	25 €
Eyebrow tint	18 €
Eyelash and eyebrow tint	40 €
Eyebrow shaping	20 €
Manicure	50 €
Manicure with varnish	60 €
Pedicure	60 €
Pedicure with varnish	70 €

(Please note that we do not offer a gel nail removal service at our spa)

Hair removal with warm wax	
Half leg	45 €
Whole leg	60 €
Upper lip or chin	18 €
Bikini line or underarm	30 €
Back or chest	45 €



KNOWING WHAT TO EXPECT AT THE SPA

Spa Etiquette

A trip to our spa should be a relaxing, blissful experience, but if it's your first visit, it can be slightly nerve-wracking not knowing what to expect. The following tips will help maintain a pleasant atmosphere while you're being pampered. Your mobile phone should be turned off – and kept off – while in the spa. Please keep the volume low when having a conversation as our spa is a quiet place of relaxation. Children under 18 years do not have access to the sauna area and should go to the pool only accompanied by an adult. Please do not reserve the loungers while using the sauna or during beauty treatments.

Your health

Please make sure to let us know if you suffer from high blood pressure, heart disease, metabolism problems, allergies, pregnancy, recent surgery or other health restrictions at the beginning of your stay. We take it for granted that our guests are aware of their health conditions and know what treatment suits them best.

Clothing

We recommend wearing the bathrobe and the slippers you find in the hotel room. Please undress to your underwear for body treatments and massages. Out therapists go to great lengths to maintain guest modesty and will allow you to disrobe and get comfortable under the sheet on the massage table.

Sauna area

The sauna area is an area of strict nudity for hygienic reasons. Please use a towel to enter the sauna and make sure to put it on the bench or chair you've chosen. Our guests can get further towels to protect their modesty. Children under 18 years are not permitted to enter.

To book treatments

We recommend booking your treatments before arrival. Please report to the Spa Reception a few minutes prior to your booked treatment. Your therapist will meet you there.

Delay

If you are running late for a treatment, you may lose part of it as the spa therapists cannot push back their following appointments. The treatment will end punctually, so the next guest won't have to wait.

Cancellation policies

Please note that booked treatments can be cancelled free of charge up to 24 hours prior the appointment. Short-notice cancellations will incur a charge of 80% of the price of the treatment. We thank you for your understanding.







melloudesign.it

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