



Savoy
DOLOMITES
LUXURY
SPA 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* SPA

A woman with dark hair, eyes closed, looking upwards, against a blurred green background. She is wearing a grey zip-up jacket.

“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 D^R 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

Based on your skin needs and scientific findings, the manual treatment method TEAM DR JOSEPH starts deep in the tissue.

Following the natural laws of function, the skin metabolism is brought into balance: calming of the nervous system, relaxation of facial expressions, harmony of the fluid balance, normalization of the microcirculation to care for and maintain your holistic skin feeling, your skin health and your incomparable beauty.

Experience the individual beauty care according to the method of TEAM DR JOSEPH:
pureness. recreation. protection

🌿 INTENSE PURIFYING FACE TREATMENT 🌿

Intensive deep cleansing according to the TEAM DR JOSEPH method, tailored for your skin type, for a clear complexion and a refined pore structure.
The skin feels pure and soft.

With warm herbal steam compresses, a gentle lymph-stimulating massage, peeling, purifying with cupping glasses and deep cleansing.

This is followed by a toning sheet mask, peel off mask and skin-specific daycare. For a visibly fresher complexion and a vital glow.

50 min 95 €



🌿 CELLULAR RECREATION FACE TREATMENT 🌿 deep-acting beauty care

A wonderfully natural functional ingredient care specially adapted to your skin needs with an immediate effect and a deeply relaxing pampering according to the TEAM DR JOSEPH method.
With highly effective natural functional ingredients for healthy and intensively cared for skin.

Skin analysis, eyebrow shaping, lymph stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, modulated facial massage, intensive mask and a concluding individual daycare.

80 min 120 €

🌿 ADVANCED BIO LIFTING FACE TREATMENT 🌿

The holistic maximum program according to the TEAM DR JOSEPH method: individually customized intensive treatment with biodynamic lifting massage.
Experience a truly unique beauty treatment for lasting effect, immediate visibility and maximum impact.

110 min 145 €



🌿 EXPRESS POWER LIFT FOR MEN 🌿

The fast and effective care for the man with pampering program.
Natural high-tech power ensures a pure and refined skin texture.
For a powerful and well-groomed appearance.

50 min 85 €



🌿 DETOXIFYING CELLULITE TREATMENT 🌿 straightforward body modification · innovative cellulite

With seaweed bath: 80 min.

Experience a unique and effective cellulite treatment:
cupping treatment in combination with efficient natural ingredients for a
long-term and visible alleviation of the signs of cellulite.

Unique features of this treatment include an activating foot bath,
an invigorating body exfoliation, a stimulating cupping treatment and a
modulated cellulite massage.

To reinforce the effects, we recommend that you combine
the cellulite program with a seaweed bath for extra hydration and
metabolic activation.

The very definition of full-body care!

50 min 85 € · with wrap 80 min 100 €



🌿 MIND RELAXING AROMA MASSAGE 🌿 individual down time



Your completely personalized massage ritual. With the help of this massage, we can meet your individual needs and wishes. The modulated massage techniques, in combination with the select aromatic oils promote muscle performance. You will feel free, supple, and agile. Release tension and tightness - Effective, holistic, traditional!

25 min 50 € · 50 min 80 €

🌿 CLASSIC MASSAGE 🌿

A relaxing and sculpting massage for your body. Activates circulation and stimulates cell renewal.

50 min 85 €

🌿 SPORT MASSAGE 🌿

An intense massage aimed at releasing muscle tension and oxygenating the tissues by promoting blood flow to the muscle. This prepares and regenerates the body for physical activity.

50 min 95 €

🌿 ENERGIZING HERBAL STAMP POWER TREATMENT 🌿 natural power of herbs



This herbal pouches massage by VITALIS Dr. Joseph is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!

50 min 95 €

🌿 HOT STONE MASSAGE 🌿



The Hot Stone Massage is an ancient Asian massage technique, performed with volcanic stones (basalt) which are heated in water. The warmed stones are placed on the body's energy points.

The volcanic stones have many benefits.

Their mineral content has a beneficial effect on the balance of body and mind. Their warmth relaxes the muscles and reduces stress, tensions and tiredness.

They induce the dilation of the blood vessels, stimulate the metabolism and improve the blood circulation, providing the cells and tissues with more oxygen and helping to eliminate toxins.

50 min 90 €

🌿 DYNAMIC RECREATION BACK MASSAGE 🌿
effective finale · sophisticated back program

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. gong bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

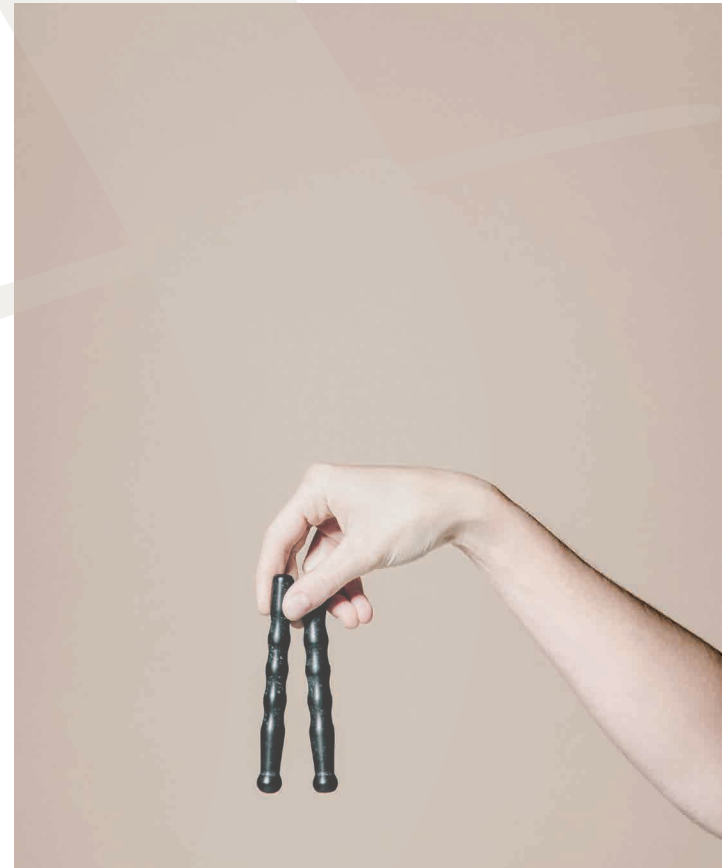
50 min 85 €



🌿 RELAXING HEAD AND NECK MASSAGE 🌿

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

50 min 85 €





🌿 RELAXING BACK TREATMENT 🌿

This relaxing back treatment with alpine mud wrap and a back massage promotes detoxification and regeneration of the entire back. Tension is released and the skin is cared for and strengthened.

50 Min 80 €

🌿 REVITALIZING & FIRMING ABDOMEN TREATMENT 🌿

This efficient body concept has a central firming effect, helps the decongestion of the abdomen and improves digestion. By gently stimulating the abdominal area, the skin tension improves, the core is toned and the abdominal girth is gently reduced. The solution for your body centre!

40 min 60 €

🌿 DYNAMIC FEET AND LEGS MASSAGE 🌿

Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

50 min 85 €

🌿 FACE, NECK, DÉCOLLETÉ MASSAGE 🌿

Relaxing face, neck and décolleté massage ensures rosy, radiant skin.

25 min 45 €





🌿 FULL-BODY SCRUB WITH APRICOT PITS AND HAY EXTRACTS 🌿 optimal purity

The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

25 min 45 €

🌿 FULL-BODY AROMA SALT SCRUB 🌿 intensive softness

This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.

25 min 45 €

🌿 DETOXIFYING ALPINE FANGO BODY WRAP 🌿 deep alpine strength

A “wellness must” for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative. Deep, strong care, natural and powerful.

25 Min 45 € · with massage 50 min 80 €

🌿 SPORT & VITALITY BODY WRAP 🌿 bundled energy · with Arnica and St. John's Wort

Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

25 min 45 € · with massage 50 min 80 €

CRYSTAL BATH

Colour • Sound • Magnet

Atmospheric lighting accompanies the bath. While bathing, the water transmits the vibrations and the bather can feel the music in unimagined intensity. The harmonising energy of the built-in energy field completes the experience.

A personalised bath with Dead Sea salt enriched with essential oils.

- ✿ Rose has a relaxing and balancing effect
- ✿ Orange lifts the mood and gives you a zest for life
- ✿ Mountain pine relieves muscle and joint pain

20 min 40 € • 2 people 50 €

“DONA DINDIA” PRIVATE SPA

Spend some quality time together, whether with your partner, your best friend or with a mate. Enjoy 2 hours exclusive use of our private steam room with a salt scrub. Take a relaxing bath in our Crystal tub with music and lights and relax on the large waterbed.

- ✿ Couple • rose scrub, strawberries and prosecco
- ✿ Girlfriends • orange scrub, fruit platter and Hugo or Veneziano
- ✿ Men together • pine scrub, Schüttelbrot and speck and Weizen beer

ca. 120 min 120 €



BEAUTY À LA CARTE

Individual treatments

✿ Eyelash tint	15 €
✿ Eyebrow tint	13 €
✿ Eyelash and eyebrow tint	25 €
✿ Eyebrow shaping	10 €
✿ Manicure	40 €
✿ Manicure with varnish	45 €
✿ Pedicure	48 €
✿ Pedicure with varnish	53 €
✿ Hair removal with warm wax	
✿ Half leg	40 €
✿ Whole leg	50 €
✿ Upper lip or chin	15 €
✿ Bikini line or underarm	20 €
✿ Back or chest	40 €



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 15 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. Our 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 15 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.

