FARM & BEAUTY



LA FIORIDA
AGRI RELAIS



ACCESS TO THE WELLNESS CENTRE

OPEN EVERYDAY FROM 9:00 A.M. TO 8:00 P.M.

The Wellness Centre gives an oasis of peace and relax surrounded by alpine greenery.

The Path of the Senses is a multi-sensory journey of well-being that includes the use of:

· Finnish sauna
· Turkish bath
· Aromatic showers
· Relax room with water beds
· Vitarium sauna
· Hydromassage Pool
· Herbal tea Area

In the Weekend and in some time slots during the week, the Path of the Sense becomes a ritual enriched by the guidance of the Master of Wellness, with sensorial activities of Aufguss in the Sauna, Savonage in the Turkish Bath, Body Scrub, Face Mask and a sensory walk in the internal garden. The sessions last 1 hours and 30 minutes and they are limited to 10 guests.

OTHER AVAILABLE FACILITIES INCLUDED:

· 75mq heated swimming pool
· Fitness room equipped with Technogym
· Herbal teas area
· Cabanon sauna in the garden
· Solarium and private garden with deck chairs

RATES

The Path of the Sense **guided by the Wellness Master** € 60
the Path of the Sense **in autonomous mode** € 35
Limited access for the pool, solarium and Cabanon Garden sauna € 20
(from Monday to Friday, excluded public holidays, holidays and pre-holidays)

Children under 14 years old cannot access the Wellness Centre, except hotel guests, with limit access for the pool and only if accompanied by the parents. The use of swimsuits, cap and slippers is mandatory, available for purchase at the Wellness Centre.

SUBSCRIPTIONS

10 Entry Weekday WELLNESS CENTER

Enjoy the relaxation of our Wellness Center with a subscription that offers 10 weekday entries. Excluding eves, holidays, and long weekends, this package includes:

- Access to the Sensory Pathway (1 hour and 30 minutes)
- 75 sqm heated swimming pool
- Cabanon Sauna in the Garden
- Technogym-equipped Fitness Room
- Solarium and indoor garden with loungers
- Herbal Tea Area

€ 250 Single

10 Entry SWIMMING POOL

Take advantage of our heated pool with a subscription that offers 10 entries, this package includes:

- 75 sqm heated swimming pool
- Cabanon Sauna in the Garden
- Technogym-equipped Fitness Room
- Solarium and indoor garden with loungers
- Herbal Tea Area

€ 150 Single



THE CABANON SAUNA IN THE GARDEN

We are pleased to announce the arrival of the Effe Cabanon sauna in our garden. Designed by Rodolfo Dordoni in collaboration with Michele Angelini, this sauna represents a perfect blend of simplicity, sophisticated design, and technological innovation. The "Garden" model features a symmetrical glass window that allows natural light to illuminate the interior and offers a breathtaking view of the stables and the Orobic mountains. The interior, crafted from thermally treated wood, combined with LED lighting between the benches and walls, creates a warm and welcoming atmosphere. It's ideal for an outdoor wellness experience and perfect for a moment of pure relaxation immersed in nature

effe
PERFECT WELLNESS

ESTHETICS, WELLNESS, AND BODY CARE

Treatments and massages are available every day,
by appointment only, which can be made by phone
at the Wellness Center reception or online.

Beauty Treatments and Hair Removal 7
Anti-Stress Massages 9
Functional Massages 10
Oriental Massages 11
Facial Treatments 12
Body Treatments 14
Ahura Harmonic Ritual 16
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In case of cancellation of the appointment with less than 24 hours notice by phone, we reserve the right to debit the amount. Respect for your appointment times is important. In case of delay it won't be possible to guarantee the prearranged length of the massage.

BEAUTY TREATMENTS AND HAIR REMOVAL

Beauty

MANICURE	€ 50
PEDICURE	€ 65
GEL HANDS	€ 60
GEL FEET	€ 75

Hair removal

COMPLETE LEG WITH BIKINI	€ 50
COMPLETE LEG WITOUT BIKINI	€ 45
PARTIAL LEG WITH BIKINI	€ 30
PARTIAL LEG WITHOUT BIKINI	€ 25
UNDER ARMS	€ 17
BIKINI	€ 17
ARMS	€ 20
EYEBROWS	€ 10
MOUTH	€ 10
CHEST	€ 20
BACK	€ 20
COMPLETE LEG-MEN	€ 40



MASSAGES

ANTISTRESS MASSAGES

This group of massages is suitable to eliminate physical and emotional tension. They are functional for reaching a complete psyco-physical wellbeing.

Each massage can be enriched with a specific essential oil, whose fragrance and synergy is chosen together with the massage therapist, in order to help the energetic composition rebalancing. Supplement € 5.

CLASSICAL RELAXING

A deep and rhythmic massage, accompanied by music, which takes you to feelings of total relaxation, fundamental to attain inner and physical well-being.

Duration 25' € 45 - Duration 50' € 75

STONE MASSAGE

The massage with hot stones is beneficial for the body and mind, dissolving the accumulation of deeply hidden tension and leaving room for sensation of harmony and positive energy.

Duration 50' € 85

LOMI LOMI

Through a series of long and rhythmic movements, relaxes the muscles and loosens the joints, so that it is both relaxing and toning, and excellent for the circulation. It restores the balance between the body and spirit, giving sensations of serenity.

Duration 50' € 85

RITUAL FOR COUPLES

Shared moments, together in the same cabin, with two different professionals. With your partner or a friend, or perhaps mother and daughter. Ritual with massage and a small sweet tasting, relaxing the body and mind, interchanging subtle energies and the positive vibrations of dual tranquility.

Duration 40' € 170

FUNCTIONAL MASSAGES

This group of massages is suitable for improving your health condition and stimulating your blood and lymphatic circulation. Functional to drain and reactive the body functionalities, to relax and detoxif

**Each massage can be enriched with a specific essential oil, whose fragrance and synergy is chosen together with the massage therapist, in order to help the energetic composition rebalancing. Supplement €5.*

SPORTS MASSAGE

Ideal for everyone who does sport. It helps eliminate lactic acid and stimulates the circulation of the blood. It increases the athletic performance and reduces recovery times.
Duration 50' € 85

DECONTRACTING

It dissolves your muscle tensions and eliminates tensive rigidity.
Duration 25' € 50 - Duration 50' € 85

RENATA FRANÇA MASSAG

A fully manual treatment with an intensive draining effect, based on light strokes along the muscle fascia. The technique involves targeted movements that physically shift adipose tissue, effectively stimulating blood and lymphatic circulation, improving cellular oxygenation and fluid drainage. The result is a visible remodelling and toning effect, as the skin is stimulated to produce collagen and improve tissue firmness.
Duration 50' € 110 - Duration 80' € 195

VODDER METHOD OF LYMPHATIC DRAINAGE

This stimulates the lymphatic circulation, helping to eliminate excess fluids.
Duration 50' € 85 - Duration 80' € 120

ORIENTAL MASSAGES

This group of massages take care of energetic and emotional imbalances, for your body well-being and your peace of mind, through the ancient holistic discipline.

**Each massage can be enriched with a specific essential oil, whose fragrance and sinergy is chosen together with the massage therapist, in order to help the energetic composition rebalancing. Supplement € 5.*

AYURVEDA

An ancient Indian massage applying warm oil to the body. It can penetrate in depth, nourishing and lubrificating the surface and deep tissue. superficiali profondi.
Duration 50' € 90

THAI OIL / THAI BAMBOO

Thai is an ancient art, an extremely effective holistic treatment for psycho-physical and energy rebalancing. It can be performed using pressure, finger pressure, guided stretching or with the use of hot oils or bamboo canes.
Duration 50' € 90
Duration 80' € 125

TUI-NA CINESE

An ancient manual technique that uses the energy points of acupuncture to regain psyco-physical well-being. It uses mascular compression, digital pressure and joint traction for total well-being.
Duration 50' € 90

Plantar Reflexology

Treatment for psyco-physical well-being. This massage on the foot, considered the mirror of the organs, restores the harmony and balance between the spheres of the body, mind and emotions.
Duration 50' € 90



FACIAL TREATMENTS

When **you look after your face**, your complexion immediately becomes more radiant and vital, giving you appeal and freshness.

FACIAL CLEANSING

A targeted treatment for deep cleansing of facial impurities, resulting in visibly healthy and clean skin. This treatment includes the use of microcurrents and ultrasound.
Duration 50' € 80

SIMPLE MAGIC FACE

An intensive moisturizing treatment. In just 25 minutes, we restore the skin's tone and hydration.
Duration 25' € 55

WELLNESS FACE RITUAL

Treatment designed and developed to provide relaxation for the face while also involving the body. It includes various types of treatments such as:

- Revitalizing Papaya
- Essence of Silk
- Purifying Lavender
- Brightening Nashira
- Murumuru Butters

Duration 50' € 85

FACIAL TREATMENT WITH HYPERBARIC OXYGEN

A gentle treatment based on pure oxygen that is relaxing and absolutely non invsive. Different types of serum which contain hyaluronic acid, aloe vera and vitamins are delivered to the face with the pressure of a dispenser, without using needles, leaving a fresh and relaxing sensation. In only 30 minutes of treatment, the skin feels and looks years younger. The face is smooth and purified, nourished and moisturized.

- Mini treatment with oxygen *Duration 25' € 90*
- Complete treatment with oxygen *Duration 50' € 150*



BODY TREATMENT

BLACK SOAP

Exfoliating treatment used in Hammams, eliminates the superficial dead cell and release toxins, leaving the skin sodt, bright, smooth and more compact.
Duration 40' € 65

HERBAL SALT SCRUB

eliminates impurities and dead cells, activates the blood microcirculation and improves the skin hydratatio.
Duration 10' € 37

YOUTH RITUAL

A face and body reshaping treatment combined with exfoliation, and the use of pistachio-scented oils and butters. With the help of the Khloto protein synthesis, it regenerates, nourishes, hydrates, tones, and prevents skin aging.
Duration 50' € 85

FISIOCARE

An innovative methodology with neither collateral effects nor contraindications and of great effectiveness. It is increasingly applied for rehabilitation practice, for treatments of sport injuries and for severe traumatologic situation
Duration 25' € 55 - Duration 50' € 65



AHURA

purezza equilibrio cura

HARMONIC RITUALS

Wonderful rituals in which everyone can find themselves, allowing themselves the right time to feel the Beauty, Happiness and Exclusivity of being with themselves!

AQUA MARIS

The sea is the cradle of life. And each time we return to it we can feel how powerful its healing power remains for both body and spirit. It's a clear and always wholesome sensation that springs from the combination of the regenerating action of sea water, algae and Dead Sea mud alongside the know-how and expert dexterity of the professional masseurs.

Duration 90' € 165

VITIS ELISIR

Since ancient times, the vine has been celebrated as an emblematic element of nature by time-honoured civilisations. Expression of immortality, symbol of youth and eternal life. The Vitis line exalts the virtues of the grape, integrating its natural potential with the most recent cosmetological research into the field of stem cells contained in the fruit. The detoxifying, antioxidant and anti-inflammatory action of the vine is combined with the element of strengthening of the metabolism and cell turnover, thus limiting the natural decay of dermal protein. The Vitis Elisir ritual significantly improves the quality of local microcirculation and acts on problems related to venous insufficiency and the consequences of aging, giving vitality and regeneration to the body at the same time.

Duration 50' with a final oiling only € 99 - Duration 80' with a full massage € 139

LUX SOLIS

In the plant world, seeds, oils and butters are the substances where maximum vitality is concentrated, due to the heat processes conducted by solar activities. The gently revitalising effect that those very substances can bring to the human body through the practice of massage encourages the person to rediscover their ancestral link with the Sun and to benefit not only in the Body but in particular and above all in the Soul. By enveloping the recipient with warmth and loving care, it allows the person to become not only aware of his or her body dimension but also to the very deepest inner states.

Duration 50' with a final oiling only € 99 - Duration 80' with a full massage € 139



AHURA

purezza equilibrio cura

TREATMENTS PHYTOTHERAPHY

REBALANCING OF INFLATED ABDOMEN WITH PHYTOTHERAPHY EXTRACTS

Specific treatment for the rebalancing of inflated and tense abdomen which helps obtaining a muscles relaxation, correct breathing and a detoxination: energic release with sage essence, drainage with anise oil, pumping with St. John's wort, application of specific abdomen mud and slimming cream.
Duration 45' € 105

POSTURAL REINSTATEMENT WITH PHYTOTHERAPHY EXTRACTS

Treatment aiming to give back muscular relaxation to the contracted back with manoeuvres of stretching and disconnection: energetic release with essence of Scots pine, stretching of the column with Arnica oil, handling with relaxant oil, thermal mud wrap and warm spicy swabs.
Duration 50' € 115

BODY BIODRAINAGE WITH PHYTOTHERAPHY EXTRACTS

Treatment aiming to give back muscular relaxation to the contracted back with manoeuvres of stretching and disconnection: energetic release with essence of Scots pine, stretching of the column with Arnica oil, handling with relaxant oil, thermal mud wrap and warm spicy swabs.
Duration 50' € 120



AROMATIC AND HAY BATHS

"LA FIORIDA" MILK BATH

An authentic Cleopatra bath, immersed in a blend of warm water and raw milk, milked just a few hours earlier directly from the cows on our farm. The treatment begins with a gentle milk scrub and continues in the bath for a relaxing and enveloping experience. A sweet tasting is served during the bath. At the end, a moisturising body cream is available.

Duration 50'
€ 85 Single - € 130 Two people

VALGEROLA HAY BATH

The fumes released during the treatment together with the essencial oils give a hay bath natural curative effects. Used for centuries by peasants as a home remedy, herbs such as arnica, mountain camomille, yarrow, veronica and plantago relieve joint pain and muscular fatigue during a hay bath, through the absorption by the skin of the natural active ingredients they contein. Also recommended for people suffering fromn hay fever. Hay from the pastures of Sacco in Valgerola is used for the bath.

Durata 25'
€ 95 Single

BATH IN VALTELLINA RED WINE

An experience inspired by the aromas and terraced vineyards of Valtellina. The treatment begins with a dedicated scrub and continues with a red wine bath in an intimate and relaxing setting. During the bath, a tasting of local products is served with a glass of Valtellina wine. At the end, a moisturising body cream is available.

Duration 50'
€ 85 Single - € 130 Two people

DARK CHOCOLATE BATH

A warm and enveloping experience dedicated to cocoa. The treatment begins with a chocolate scrub and continues in the bath, where cocoa and the warmth of the water create a pleasant feeling of softness and well-being. A small pastry tasting is served during the bath. At the end, a moisturising body cream is available.

Duration 50'
€ 85 Single € 130 Two people



SPECIAL PACKAGES

Every programme offers menus with different contents
and durations, so that well-being is truly made-to-measure.

VENUS package for two people

- Access to the large swimming pool of 75sqm and to the Path of the Senses. A multi-sensory journey that satisfy the needs of body and mind with beauty and wellness rituals.
- Free workout in the fitness room
- Spa Menu with hors d'oeuvre, first course and dessert at the chef's choice

two people € 230,00

PAMPERING BATHS PACKAGE

- Access to the large 75 sqm pool with the Sensory Pathway. A multi-sensory journey designed to meet the needs of both body and mind through wellness rituals.
- Free workout in the fitness room
- Bathrobe and slippers
- • 50-minute bath of your choice: milk, wine or dark chocolate, including a specific initial scrub and a moisturising body cream available at the end. The Valgerola Hay Bath is not included in this package.

€ 135 Single - € 230 Two people

FIORDALISO

- Access to the large swimming pool of 75sqm and to the Path of the Senses. A multi-sensory journey that satisfy the needs of body and mind with beauty and wellness rituals.
- Free workout in the fitness room
- Bathrobe and sandals
- • 25-minute bath of your choice: milk, wine or dark chocolate, including a specific initial scrub and a moisturising body cream available at the end.
- 25-minute relaxing massage with aromatic oil of your choice.

€ 190 Single - € 325 Two people

Package FOR HER

Lomi Lomi massage with a choice of aromatic oil

- Wellness Facial Ritual: a relaxing treatment consisting of 5 different types, listed below:
- Revitalizing Papaya
- Brightening Nashira
- Essence of Silk
- Murumuru Butters
- Purifying Lavender

€ 170

Package FOR HIM

- 50-minute Decontracting Massage with aromatic oil
- 50-minute Facial Cleansing

€ 170

FARM WELLNESS PACKAGE

A moment of relaxation designed for couples.
Two hours to relax the body and mind
in a space dedicated exclusively to you.

The package includes:

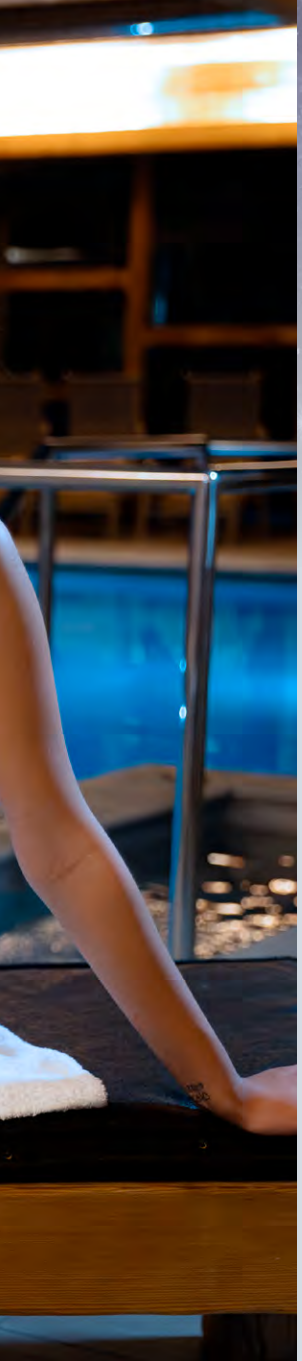
- 50-minute "La Fiorida" Milk Bath: a gentle milk scrub, followed by an immersion in warm water and raw milk, milked just a few hours earlier from the cows on our farm, with a moisturising body cream available at the end.
- Facial mask
- 40-minute relaxing couples massage
- Bottle of Champagne

Duration: 2 ore € 305









EXCLUSIVE WATER NIGHT

WELLNESS CENTER JUST FOR YOU

An entire evening with exclusive use of the 400 sqm Wellness Center.

Exclusive Water Night is a booking option that allows you to reserve the entire wellness center exclusively. An exciting experience to enjoy with a partner or friends, including a soft dinner by the pool..

- Exclusive use of the 400 sqm Sensory Pathway from 9:00 PM
- Extended stay until midnight
- xclusive use of: pool, hydro-massage pool, sauna, Turkish bath, vitarium, emotional showers, fitness room, herbal tea area, and relaxation with water loungers
- Sensory table with body scrub and facial mask
- Bathrobe and slippers
- Use of one bath towel per person
- Soft dinner by the pool with fresh dairy products and cold cuts from La Fiorida, fresh fruit, pastries, and water
- Bottle of sparkling winea

€ 320 for two people - Available every day

Want to organize a personalized exclusive event?
Contact us at centrobenessere@lafiorida.com for more information.



WELLNESS FOR KIDS

FAIRY HANDS

Manicure with glittery nail polish, moisturizing mask, and scented cream.

Duration 15' € 30

DANCING FEET

Pedicure with glittery nail polish, moisturizing mask, and scented cream.

Duration 15' € 30

SWEET TOOTH MASSAGE

Chocolate or honey-flavored massage, a delight for the skin.

Duration 25' € 45



VOUCHER GIFT

An elegant and fully customizable way to give a momentof wellness
at La Fiorida Farm & Beauty.

WHAT CAN YOU GIFT? You can choose from the always appreciated wellness center entry, Sensory Pathway, or among numerous treatments, even combined or in addition to the wellness center entry, such as: massages, aromatic and hay baths, facial and body treatments, special beauty day rituals...If you don't find what you're looking for among our options, remember that all programs and packages are customizable.

HOW TO REQUEST A GIFT VOUCHER? Simply send an email with your request to **prenotazione@lafiorida.com** or call **0342.680846**, specifying the package or creating a custom gift from scratch. Indicate the number of wellness center entries or the chosen treatments or massages from this brochure or on our website **www.lafiorida.com**.

Want to customize the Gift Voucher? Provide us with the name and message for the lucky recipient, and we will create the voucher according to your specifications.

How can you pay? Upon receipt of your request, we will contact you to arrange the voucher delivery and payment method. Payment can be made directly upon collection in cash, with credit or debit cards, or by bank transfer or credit card if the voucher is to be shipped.

Is there an expiration? Gift vouchers have a validity of one year from the date of issue. Some packages may have a different validity period, which will be specified in the description..

How can the recipient use it? The recipient can book the date to use the gift voucher by calling our reservation office at **0342.680846.** The wellness center is open 365 days a year, with opening hours that may vary depending on the season.

LA FIORIDA
AGRI RELAIS

A UNIQUE EXPERIENCE

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