



*Farm & Beauty*

*La Fiorida Farm & Beauty is open every day from 9.00 a.m. to 8.00 p.m.  
From 1st October to 1st June, every Thursday until 10.30 p.m.*



*The path of the senses*



The Wellness Centre is a special place where you can spend hours of peace and relaxation, surrounded by greenery, in the midst of an Alpine panorama.

It is accessible to everyone staying on the farm and to visitors.

**Entrance to the path of the senses includes the use of all the areas of the wellness centre, i.e.:**

- Swimming pool
- Hydromassage tub
- Turkish bath
- Sauna
- Vitarium
- Aromatic shower
- Sensory shower
- Tisane and relaxing area
- Fitness room
- External solarium on the lawn with use of deckchairs
- Outdoor wooden area

All the pools have water heated to between 28°C and 34°C.

No access to children under 14.

Out of courtesy guests on the farm may access the pool even with children under 14 but only if they are accompanied by their parents and for a maximum period of one hour and a half.

The entrance fee includes the use of a bath towel.

Swimming costume, cap and sandals, on sale at the reception of the wellness centre, are compulsory.

***The entry to the Path of the Senses of La Fiorida Farm & Beauty is € 35.***

*Treatments are available every day,  
to be booked by phone to the reception of the Wellness Centre.*



*Beauty, well-being and body care*



## *Treatments*

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*In the case of cancellation of the appointment with less than 24 hours notice by phone, we reserve the right to debit the amount.*



*Beauty treatments and hair removal*

## *Beauty*

- MANICURE  
Cost € 28
- SPA PEDICURE  
Cost € 35
- LUXURY PEDICURE (curative)  
Cost € 55
- NAIL VARNISH ONLY  
Cost € 8
- FRENCH MANICURE ONLY  
Cost € 10

## *Epilazione*

- COMPLETE LEG WITH BIKINI  
Cost € 45
- COMPLETE LEG WITHOUT BIKINI  
Cost € 40
- PARTIAL LEG WITH BIKINI  
Cost € 25
- PARTIAL LEG WITHOUT BIKINI  
Cost € 20
- UNDER ARMS  
Cost € 15
- BIKINI  
Cost € 15
- ARMS  
Cost € 20
- EYEBROWS AND MOUTH  
Cost € 10
- CHIN  
Cost € 5
- CHEST  
Cost € 20
- BACK  
Cost € 20
- COMPLETE LEG - MEN  
Cost € 50



*Spray tanning consists of the application of a natural substance based on aloe, without colourings, which nourishes the skin and gives it the desired, natural colour. It does not stain and it does not cause photo-ageing.*



*Spray tanning*



## *Application of Spray*

During the session, which lasts a few minutes, the tanning product is applied on the cleansed and dry skin.

The tan remains for a variable period, depending on the type of skin, but on average lasts for between 3 and 4 days.

- |          |           |           |
|----------|-----------|-----------|
| • FACE   | • LEGS    | • BODY    |
| Cost € 8 | Cost € 14 | Cost € 26 |

## *Hair removal and Spray application*

Hair is removed from the skin before application of the tanning product to guarantee an even and longer lasting tan. The tan can last from 6 to 8 days.

- |           |           |           |
|-----------|-----------|-----------|
| • FACE    | • LEGS    | • BODY    |
| Cost € 14 | Cost € 26 | Cost € 38 |



## *Massages and Scrubs*



## *Relaxing massage*

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 50' - Cost € 60*

*Duration 25' - Cost € 35*

## *Aromatic massage*

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

The choice of the essence will be based on the characteristics of the client and each time may vary from fragrances that are sweeter or more citrus-based, more oriental and spicy or more delicate and relaxing.

*Duration 50' - Cost € 70*

*Duration 25' - Cost € 40*

## *Vodder method of lymphatic drainage massage*

This stimulates the lymphatic circulation, helping to eliminate excess fluids.

*Duration 50' - Cost € 65*

*Duration 80' - Cost € 80*

## *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 sensations of harmony and positive energy.

*Duration 50' - Cost € 65*

## *Partial massage*

Targeted massage, to choose from back, legs, shoulders, face or feet.

*Duration 25' - Cost € 35*

## *Massage for headaches and migraines*

A valid natural alternative to relieve pain and to offer a moment of relaxation to everyone who is in the grip of stress. This special massage falls into that category of treatments carried out for the aim of keeping the body in perfect condition. Ideal to fight, in addition to headaches, other related problems such as: insomnia, anxiety, sight problems and problems of concentration.

*Duration 50' - Cost € 60*



## *Sport 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' - Cost € 60*

## *Physio-postural massage*

Masso-physiotherapeutic massages are used in particular to re-establish the body's functions, and relieve painful states of the musculoskeletal system.

*Duration 50' - Cost € 60*

## *Plantar reflexology*

Treatment for psycho-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' - Cost € 60*

## *Chinese tui-na massage*

An ancient manual technique that uses the energy points of acupuncture to regain psycho-physical well-being. It uses muscular compression, digital pressure and joint traction for total well-being.

*Duration 50' - Cost € 65*

*Duration 80' - Cost € 80*

## *Oriental massage*

Oriental massage is an ancient art and an extremely effective holistic discipline because it takes care of energy and emotional imbalances. It is possible to choose from: traditional Thai, Thai oil, Thai herbal, Thai spa and osteo-Thai.

*Duration 50' - Cost € 65*

*Duration 80' - Cost € 80*

## *Lomi Lomi massage*

Also called the massage of the soul, 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' - Cost € 70*

*Duration 80' - Cost € 80*



## *Shiatsu treatment*

An ancient Oriental discipline that literally means “pressure of the fingers”. It has very positive effects on the quest for well-being, both from the physical and psychic points of view. It is the art of “healing with the fingertips”.

*Duration 50' - Cost € 70*

## *Body scrub*

### **Scrub with black soap:**

This scrub treatment used in hammams removes the surface dead cells and frees the toxins, leaving skin soft, radiant, smooth and more compact.

*Duration 40' - Cost € 45*

### **Scrub with fine Guérande salt:**

This eliminates impurities and dead cells, activates the microcirculation of the blood and improves the hydration of the skin.

*Duration 10' - Cost € 30*

*It is important to be punctual for your appointment.*

*If late, it will not be possible to guarantee the scheduled duration of the massage.*



*Ayurveda massages*



## *Detox Ayurveda massage*

A light but deep touch which restores the balance between mind and body, giving a sensation of profound relaxation and detoxifying the organism.

*Duration 80' - Cost € 80*

## *Lymph-drainage Ayurveda massage*

A very gentle decongesting massage that allows drainage of fluids, improving the circulation and eliminating swelling.

*Duration 80' - Cost € 80*

## *Pinda-Sweda Ayurveda massage*

A massage with the warm touch of pouches containing spices, essences and natural substances. Excellent for decontracting and relaxing both for the body and mind.

*Duration 25' - Cost € 35*

*Duration 50' - Cost € 65*

## *Snehana Ayurveda massage*

An ancient Indian massage applying warm oil to the body. It can penetrate in depth, nourishing and lubricating the surface and deep tissues.

*Duration 80' - Cost € 80*



*Thalassotherapy*



## *Treatment with natural Guérande mud*

Draining, firming, anticellulite and lipolytic.

It stimulates the metabolism, accelerates the lipolysis of fats and the drainage of toxins. Due to the richness of the components, it is recommended in the treatment of cellulite and accumulated fat.

*Duration 50' - Cost € 75*

## *Back into Shape treatment*

This allows treating imperfections such as cellulite, fluid retention, tissue slackness and localized fat, taking advantage of the beneficial effects of algae, marine active ingredients and phytotherapeutic extracts such as Marine Fennel, an extraordinary plant rich in minerals, Vitamin C and essential oil with antiseptic properties.

The treatment includes:

- *bio-samphire gommage* • *cream of algae body wrap* • *compress with natural Guérande silt*
- *draining cream bath with fennel* • *massage with samphire gel*

*Duration 2h - Cost € 145*

## *Body wrap with algae leaves*

A beauty treatment body wrap with leaves of laminaria algae, excellent for the treatment of fat and cellulite. Thanks to the precious active ingredients in the algae, the treatment eliminates toxins, stimulates the metabolism, eliminates fluid retention and firms. Ideal for those suffering from swollen legs or abdomen.

*Duration 50' - Cost € 85*

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



*Facial treatments*



## *Facial cleansing*

The treatment includes:

• *cleansing with milk and toner* • *deep peeling* • *steaming and cleansing of impurities, such as comedones* • *massage with a specific serum* • *specific mask and cream*

*Duration 60' - Cost € 65*

## *Simple magic face*

The treatment includes:

• *cleansing with milk and toner* • *dermabrasion peeling* • *specific mask (chosen according to type of skin)* • *application of specific cream, chosen according to type of skin, with a light massage*

*Duration 30' - Cost € 40*

## *Deluxe magic face*

The treatment includes:

• *cleansing with milk and toner* • *double peeling (lactobionic + dermabrasion)* • *specific mask (chosen according to type of skin)* • *specific serum (chosen according to type of skin)* • *application of specific cream with light massage*

*Duration 50' - Cost € 70*

## *Reaction for face*

A combined system of radio-frequency-vacuum.

The treatment with Reaction stimulates the production of collagen and elastin, increases the blood flow, helps lymphatic drainage and stimulates the metabolism.

The final effect is a sensation of greater tone and evenness of the complexion.

*Duration 60' - Cost € 130*

## *Omeoenergetica for face*

Omeoenergetica® is a beauty-treatment method which works on the principles of basal energy of our organism. The inner energy balance is thus reflected in an overall sensation of well-being.

With the help of an innovative technology, Omeoenergetica can reactivate the resources of the organism, to re-establish the harmony of all the components of well-being and beauty, with a deep drainage.

*Duration 50' - Cost € 100*



## *Facial treatment with hyperbaric oxygen*

A gentle treatment based on pure oxygen that is relaxing and absolutely noninvasive. 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:**

The mini-treatment includes:

- *cleansing • scrub • serum delivered with hyperbaric oxygen 10 min*
- *specific cream*

*Duration 30' - Cost € 90 one session - € 480 six sessions*

### **Complete treatment with oxygen:**

The complete oxygen-therapy treatment includes:

- *cleansing • scrub • serum delivered with hyperbaric oxygen 20 min • specific mask*
- *specific cream*

*Duration 60' - Cost € 150 one session - € 790 six sessions*



*Body treatments*



## *Bust well-being*

Bust replumping, volumizing and firming treatment.

The treatment includes: • *gommage* • *enzymatic peeling* • *firming mask* • *application of cream with massage*

Duration 40' - Cost € 55

## *Africa treatment with citrus fruit*

Energizing, remineralizing, multi-vitamin. Recommended for dehydrated skins.

The treatment includes: • *body scrub with fluid citrus gommage in a Nuvola tub*

Duration 50' - Cost € 65

## *Asia treatment with three teas*

Anti-ageing, reducing, firming. Recommended for mature skins. The treatment includes:

- *body scrub with three tea gommage* • *30' balneotherapy with effervescent tablets*
- *massage with essential oils*

Duration 90' - Cost € 120

## *Polynesia treatment with coconut*

Detoxifying, decontracturing, relaxing. Recommended for dehydrated skins, muscular contractions and stress. The treatment includes: • *scrub with coconut sablage* • *compress with coconut powder in a Nuvola tub* • *balneotherapy with lagoon crystals* • *massage with Polynesian oil*

Duration 90' - Cost € 130



*Technology of well-being and  
Fisiocare curative treatments*



## *Reaction*

Reaction is the first device to use CORE™ technology which combines three distinct channels of radio frequency and an additional channel, the fourth multi-channel mode, which combines all three radio frequencies in a single impulse. It stimulates the production of collagen and elastin, increases the blood flow, helps lymphatic drainage and stimulates the metabolism. There are three methods of application:

• *face shaping*

• *skin firming*

• *body shaping*

*Facial treatment - Cost € 130*

*Body treatment - Cost € 140 - 150*

## *Omeoenergetica*

Omeoenergetica® is a beauty-curative method, which works on the basal energy principles of our organism. The inner energy balance is thus reflected in an overall sensation of well-being.

With the help of an innovative technology, Omeoenergetica can reactivate the resources of the organism, to re-establish the harmony of all the components of well-being and beauty, with a profound drainage.

*Facial treatment - Duration 50' - Cost € 100    Body treatment - Duration 70' - Cost € 110*

## *Fisiocare*

An innovative and highly effective methodology without side effects or contradictions. It is becoming increasingly confirmed in rehabilitation, in the treatment of injuries due to sport and traumatological situations, including in an acute phase.

*Duration 25' - Cost € 50*

*Duration 50' - Cost € 60*



*Aromatic and hay baths*



## *"La Fiorida" whey bath*

The whey from the milk of our cows gives skin sheen and suppleness, purifying it from toxins. Naturally rich in proteins, essential amino acids and vitamins.

*Duration 25' - Cost € 50*

## *"La Fiorida" milk bath*

Cleopatra's bath plunged into a mixture of hot water and fresh milk, milked just a few hours earlier and directly from the cows on our farm. Relaxing and moisturizing.

"Pampering" to be shared.

*Duration 30' - Cost € 59 single - € 80 Him & Her*

## *Bath in Valtellina wine*

The wine bath, ideal to reduce imperfections of the skin such as stretch marks, wrinkles and skin discolouring. The main action is that against the ageing of the skin, but the anti-bacterial and anti-viral properties are also significant.

During the treatment, a sample of typical products accompanied by a glass of wine is also offered.

*Duration 30' - Cost € 65 single - € 85 Him & Her*

## *Dark chocolate bath*

The cocoa bath has remineralizing and nourishing effects, thanks to the presence of numerous active ingredients and natural fats that nourish the skin, to which it restores optimal hydration. The cocoa bath also helps the drainage of excess fluids, inducing greater tone of the tissues. It can also be used in the treatment of states of depression. During the treatment, a sample of petits-fours accompanied by a glass of milk is offered.

*Duration 30' - Cost € 60 single - € 80 Him & Her*

## *Hay bath in a Nuvola tub*

The fumes released during the treatment together with the essential oils give a hay bath natural curative effects. Used for centuries by peasants as a home remedy, herbs such as arnica, mountain camomile, 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 contain.

Also recommended for people suffering from hay fever .

Hay from the pastures of Sacco in Valgerola is used for the bath.

*Duration 45' - Cost € 65*



## *Effervescent bath with ajono sea salt*

A real thalassotherapeutic treatment.

A concentrate of sea water and active ingredients for remineralizing and moisturizing balneotherapy with a profound purifying effect. It helps lower the acidity of the body and to rebalance the natural pH of the skin, enveloped in a pleasant fragrance.

During the treatment, refreshments are offered.

*Duration 30' - Cost € 65 single - € 85 Him & Her*

## *Energizing citrus bath*

For people who do sport, it is an excellent tonic for the body.

To have a relaxing effect, the temperature must be increased to 38°.

During the treatment, refreshments are offered.

*Duration 30' - Cost € 65 single - € 85 Him & Her*

## *Relaxing milk, honey and mother-of-pearl bath*

A cocktail of 112 minerals and trace elements, released by honey oleolite, a concentrate of algae and mother-of-pearl lagoon salts, which are naturally rich in sodium, is added to the intrinsic properties of our milk. Delicately perfumed, it nourishes and gives well-being and relaxation of body and mind.

*Duration 30' - Cost € 65 single - € 85 Him & Her*

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



*Beauty Day Rituals*



## *Cornflower Packet*

The packet includes:

- access to the Path of the Senses with: pool, hydromassage, sauna, Turkish bath, vitarium, sensory showers, tisane and relaxation area, outdoor solarium on the lawn with use of deckchairs
- free workout in the fitness room
- bathrobe and sandals
- chocolate scrub lasting 10'
- hot chocolate bath lasting 25'
- relaxing chocolate bath lasting 25'

*Cost € 150 per person - € 262 two people*

## *Gentian Packet*

The packet includes:

- access to the Path of the Senses with: pool, hydromassage, sauna, Turkish bath, vitarium, sensory showers, tisane and relaxation area, external solarium on the lawn with use of deckchairs
- free workout in the fitness room
- bathrobe and sandals
- relaxing massage lasting 50'
- manicure with peeling, nail varnish and scented cream
- pedicure with peeling, nail varnish and scented cream

*Cost € 155 per person - € 296 two people*

## *Heather Packet*

The packet includes:

- bathrobe and sandals
- relaxing massage lasting 25'
- hammams scrub treatment with black soap

*Cost € 76 per person - € 152 two people*

## *Magnolia Packet*

The packet includes:

- access to the Path of the Senses with: pool, hydromassage, sauna, Turkish bath, vitarium, sensory showers, tisane and relaxation area, outdoor solarium on the lawn with use of deckchairs
- free workout in the fitness room
- bathrobe and sandals
- scrub gommage treatment with fine Guérande salt
- Guérande mud
- treatment in Nuvola tub

*Cost € 135 per person - € 260 two people*



## *Bluebell Packet*

The packet includes:

- bathrobe and sandals
- relaxing aromatic massage lasting 50'
- deep facial cleansing treatment

*Cost € 142 per person - € 262 two people*

## *Mimosa Packet*

The packet includes:

- access to the Path of the Senses with: pool, hydromassage, sauna, Turkish bath, vitarium, sensory showers, tisane and relaxation area, outdoor solarium on the lawn with use of deckchairs
- free workout in the fitness room
- bathrobe and sandals
- simple magic face treatment lasting 30'
- regenerating treatment for hands

*Cost € 70 per person - € 132 two people*

*A whole evening with exclusive use of the 400 sq.m. of the wellness centre.  
A thrilling experience to enjoy as a couple or with friends,  
with a light dinner around the pool.*



*Exclusive Water Night*



## *Wellness Centre all for you*

Exclusive Water Night is a type of reservation that allows you to reserve all the facilities of the wellness centre for your exclusive use.

The packet includes:

- exclusive use of the 400 sq. m. of the Path of Senses of the wellness centre from 9.00 p.m.
- open until midnight
- exclusive use of: pool, hydromassage tub, sauna, Turkish bath, vitarium, sensory showers, fitness room, tisane and relaxation areas with the water beds
- bathrobe and sandals
- use of one bath towel per person
- light dinner at poolside with dairy products and Bresaola (air-cured beef ) produced at the La Fiorida salami factory, fresh fruit, water
- bottle of Prosecco sparkling wine

**€ 190 for two people**

*Available every day except Wednesday and Thursday*

*Rehabilitation in water is very important in physiotherapy.  
Water is the ideal medium to allow people with motor disabilities,  
including temporary, to do therapeutic exercises.*



*Rehabilitation in water  
and assisted training*



## *Rehabilitation in water*

Rehabilitation is a therapy based on exercises done in a pool heated to between 28° and 34°, and uses the physical characteristics of water for the recovery of some types of musculoskeletal disorders.

*Duration 50' - Cost € 50*

## *Assisted training in the gym*

A dedicated personal trainer will assist in the aerobic and anaerobic activities, preparing a plan of exercises aimed at toning, defining, slimming or according to the client's requirements, with specific athletic training.

*Duration 30' - Cost € 30*

*Duration 50' - Cost € 45*



*Well-being for children*



## *Fairy hands*

Manicure with glittery nail varnish, volcanic peeling and scented cream.

Duration 15' - Cost € 15

## *Ballerina feet*

Pedicure with glittery nail varnish, volcanic peeling and scented cream.

Duration 15' - Cost € 15

## *Sweet tooth massage*

Massage with the flavour of chocolate or honey, delicious for the skin.

Duration 25' - Cost € 35

## *Sweet baths*

The baths can be taken with Mummy and Daddy or with a maximum of 4 children per tub, under the supervision of an adult. There is a choice between: • *chocolate bath with sweet treats* • *milk, honey and mother-of-pearl bath, with sweet treats* • *green mountains bath, with sweet treats* • *citrus bath, with sweet treats*

Duration 30' - Cost € 85

*The Gift Voucher is an elegant and completely personalizable way to offer a moment of well-being at La Florida Farm & Beauty.*



*Gift Voucher*



## *What can you give?*

You can choose entry to the wellness centre, to the Path of the Senses, which is always much appreciated or from the numerous treatments, including in combination or in addition to entry to the wellness centre, for example: massages, hay baths, aromatic baths, facial and body treatments, special beauty ritual days...

If you cannot find what you want in our suggestions, remember that all the programmes and packets can be personalized.

## *How to ask for the gift voucher?*

Just send an email with your request to **prenotazione@lafiorida.com** or call **0342.680846** stating the standard packet or creating your gift from scratch, indicating the number of entries to the wellness centre or the treatments or massages chosen in this brochure or on the website **www.lafiorida.com**.

**Do you want to personalize the Gift Voucher? Give us the name and the message for the lucky person who will receive this gift and we will make the voucher as you want it.**

## *How can I pay?*

On receipt of the request, we will contact you to agree on sending the Voucher and the method of payment. It is possible to pay directly on collection in cash, by credit card or debit card, or by bank transfer or credit card if the Gift Voucher is to be sent without being collected at reception.

## *Does it expire?*

The Gift Vouchers have a standard validity of six months from the date of issue. Some booklets may have a different period of validity but in this case it is specified in the description.

## *How can the person receiving it use it?*

The giftee can reserve the date to use the Gift Voucher by calling our reservations office at 0342.680846.

The subscriptions for three months, six months and a year are stored on the La Florida Fidelity Card, which is free. The subscription holder can then access the facilities simply by showing the card at each entry. The card is personal and cannot be transferred.

The wellness centre is open 365 days a year, with opening times to the public that may vary depending on the season.



### **Booklet of 10 Entries:**

This gives you the right to ten entries to the Path of the Senses in the Wellness Centre. Valid 6 months from the date of issue. It is used up when all 10 entries have been used.

*Cost € 315*

### **Massage Booklet:**

This entitles you to 10 massages of your choice, each lasting 50', with the exclusion of the Ayurveda massages. Valid 6 months from the date of issue.

*Cost € 550*

### **Three-month deal:**

This entitles you to unlimited entry to the Path of the Senses in the Wellness Centre. Valid 3 months from the date of issue. Weekends and public holidays, evening or extraordinary openings included. The holder can also bring one guest a month free of charge.

*Cost € 500*

### **Six-monthly deal:**

This entitles you to unlimited entry to the Path of the Senses in the Wellness Centre. Valid 6 months from the date of issue. Weekends and public holidays, evening or extraordinary openings included. The holder can also bring one guest a month free of charge.

*Cost € 800*

### **Annual deal:**

This entitles you to unlimited entry to the Path of the Senses in the Wellness Centre. Valid one year from the date of issue. Weekends and public holidays, evening or extraordinary openings included. The holder can also bring one guest a month free of charge.

*Cost € 1.400*

## *Wellness Voucher*

### **Black soap and eucalyptus scrub in a steam bath, with a choice of facial or body massage**

The classic hammams treatment, appreciated for its purifying and regenerating characteristics. The scrub and detoxifying action leaves skin soft, smooth and radiant. At the end of the treatment, the body will be massaged with a mixture of olive oil and argan oil. In conclusion 25' facial or body massage.

*Cost € 75*

### **Daily entry to the Wellness Centre for one person or a couple**

Plunged in a picturesque Alpine scenario, the wellness centre of over 400 sq. m. offers a swimming pool, hydromassage tub, sauna, vitarium, Turkish bath, aromatic and sensory showers, tisane area, relaxation area, fitness room, outdoor solarium on a lawn and wooden area to pass hours of relaxation.

*Cost € 35 a persona*

### **Daily entry to the Wellness Centre and a "Him & Her" Milk Bath**

For couples, a day in the Wellness Centre of over 400 sq. m. with access to all the areas and a "Him & Her" fresh milk bath heated to about 37°. Relaxing and moisturizing. "Pampering" to be shared.

*Cost € 138*



## *Special packets*

### **Venus Packet for two people**

- Access to the Path of the Senses with: swimming pool, hydromassage tub, sauna, Turkish bath, vitarium, sensory showers, tisane and relaxation area, outdoor solarium on lawn with use of deckchairs
- Free workout in the fitness room
- Spa menu with hors d'oeuvre, first course and dessert

*Cost € 120*

### **Mars Packet for two people**

- Access to the Path of the Senses with: swimming pool, hydromassage tub, sauna, Turkish bath, vitarium, sensory showers, tisane and relaxation area, outdoor solarium on lawn with use of deckchairs
- Free workout in the fitness room
- Bathrobe and sandals
- A relaxing massage lasting 50' with essential oil
- Light menu with Bresaola (air-cured beef ) and rocket, grilled escalope with vegetables, a dish of fresh fruit and green tea

*Cost € 240*



**Società Agricola Azienda Agriturstica Valtellina**  
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**[www.lafiorida.com](http://www.lafiorida.com) - [info@lafiorida.com](mailto:info@lafiorida.com)**  
...do you use a satellite navigator? Enter: Mantello, via Carlaccio



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