



Farm & Beauty

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

Available for guests

- the large 75 sq.m swimming pool heated to 29°
- the modern Technogym equipped fitness room
- the external solarium and extensive internal garden
- Herbal Tea Area

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.

Young guests under 14 years old are welcome at limited times, to book at the time of reservation.

Available only on reservation

- Whirpool
- Turkish Bath
- Sauna
- Vitarium
- Aromatic Shower
- Emotional Shower
- Herbal Tea Area

A multi-sensory journey eager to satisfy the needs of both body and psyche following rituals conducted by one of our Masters of Wellness.

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

No access to children under 14.

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.

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



Beauty, well-being and body care

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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.

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

Beauty

- *MANICURE*
Cost € 35
- *SPA PEDICURE*
Cost € 55
- *LUXURY PEDICURE (curative)*
Cost € 65
- *NAIL VARNISH ONLY*
Cost € 15
- *GEL HANDS*
Cost € 50
- *GEL FEET*
Cost € 70



Hair removal

Epilazione (Hair Removal)

- *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
- *MOUTH*
Cost € 8
- *CHEST*
Cost € 20
- *BACK*
Cost € 20
- *COMPLETE LEG - MEN*
Cost € 50



Massages

ANTISTRESS MESSAGES

This group of massages is suitable to eliminate physical and emotional tension. They are functional for reaching a complete psycho-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 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 25' - Cost € 39

Duration 50' - Cost € 65

Duration 80' - Cost € 90

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 € 79

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 € 79

Tibetan body deep sound ritual

Unique and emotional. The body ritual is a technique which uses the body and skin touch to enter deeply, over and above our mind, allowing us to explore our unconscious. This massage is a strong experience which makes us aware of our body, of the energy that pervades us and of the physical blocks, which create a real armour around us. The ritual is operated with Tibetan bells and hands with or without oil, considering the energy state of the customer. Treated areas: Zen deep meridians corresponding to the chakra points.

Duration 50' - Cost € 90 for the single - Cost € 160 for the couple

FUNCTIONAL MESSAGES

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

** 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*

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 € 79

Decontracting massage

It dissolves your muscle tensions and eliminates tensive rigidity.

Duration 25' - Cost € 45

Duration 50' - Cost € 79

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 € 79

Vodder method of lymphatic drainage massage

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

Duration 50' - Cost € 79

Duration 80' - Cost € 115

Cupping

Very ancient alternative therapeutic technique, coming from Chinese Medicine. The practice creates a local aspiration on the skin, stimulating the blood and lymphatic circulation, contributing to eliminate the stagnation of toxins and to give back vital energy to the body. The treatment is very useful and effective for muscles damage, coming from sport activity or stress muscles contractures. Also articular pains benefit from this. Just a caution: the cup, creating a skin aspiration, could leave light marks on the treated part, which will resolve in a week.

Duration 50' - Cost € 79

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 synergy is chosen together with the massage therapist, in order to help the energetic composition rebalancing.*
Supplement € 5

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 50' - Cost € 80

Traditional Thai massage / Thai Oil / Thai Bamboo

The massage therapist silently feels and operates the inner rhythm silent dance of the massaged body. People who choose the Thai massage can't leave aside a deep concentration and an inner peace condition. The Thai massage works on 10 energetic lines called Sen, which operates through a global approach using hands, fingers, feet, elbows, forearms, knees through pressures. The body is stretched and manipulated in a gentle and deep way following techniques compared to passive yoga.

Duration 50' - Cost € 79

Duration 80' - Cost € 115

Tui-na chinese 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 € 79

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 € 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 € 79





Thalassoterapy

Treatment with natural seaside mud

Draining, firming, anticellulite and lypolitic.

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 € 165

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*
- *massage with a specific serum • specific mask and cream*

Duration 50' - Cost € 75

Simple magic face

The treatment includes:

- *cleansing with milk and toner • dermabrasion peeling • massage with serum*
- *application of specific cream, chosen according to type of skin*

Duration 30' - Cost € 45

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)*

Duration 40' - Cost € 60

Reaction

Reaction is the first disposal which uses the CORETM technology which combines three different channels of radiofrequency and a additional channel, the fourth multichannel mode, which combines all three radiofrequencies in a unique impulse. It stimulates the production of collagen and elastin, increases the blood flow, helps the lymphatic drainage and stimulates the metabolism. Three are the application modalities:

• *facial modelling* • *skin firming* • *body modelling*

Facial treatment - Cost € 130

Body treatment - Cost € 140 - 150

Omeoenergetica

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

Facial treatment - Duration 50' - Cost € 100

Body treatment - Duration 70' - Cost €110

Fisiocare

An innovative methodology with neither collateral effects nor contraindications and of great effectiveness. It is increasingly applied for rehabilitation practices, for treatments of sport injuries and for severe traumatologic situations.

Duration 25' - Cost €50

Duration 50' - Cost €60

Facial treatment with hyperbaric oxygen

A gentle treatment based on pure oxygen that is relaxing and absolutely non invasive. 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

• cleansing • scrub • serum delivered with hyperbaric oxygen • specific cream

Duration 30' - Cost € 90 one session

Complete treatment with oxygen:

• cleansing • scrub • serum delivered with hyperbaric oxygen • specific mask

• specific cream

Duration 60' - Cost € 150 one session

Body treatments

Body exfoliation

Black Soap:

exfoliating treatment used in Hammams, eliminates the superficial dead cells and release toxins, leaving the skin soft, bright, smooth and more compact.

Duration 40' - Cost € 55

Herbal Salt Scrub:

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

Duration 10' - Cost € 30

Resoect for your appointment time is important.

In case of delay it won't be possible to guarantee the prearranged length of the massage.

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

Energetic and vitaminic treatment with citrus fruits

Energizing mineralizing, multivitamin. Ideal for dehydrated skins. The treatment includes: • *body exfoliation with fluid citrus gommage in the Nuvola tub*

Duration 50' - Cost € 65

Anti-age replumping smoothing treatment with rosea

Anti-age reducing, replumping. Ideal for mature skins. The treatment includes: • *body exfoliation with bio rose and apricot nut gommage in the Nuvola tub* • *balneotherapy with aromatic oils and massage with rose oil*

Duration 90' - Cost € 120

Polynesia treatment with coconut

Detoxifying, decontracting, 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



Phytotherapy treatments

Rebalancing of inflated abdomen with phytotherapy extracts

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

Duration 45' - Cost € 100

Postural reinstatement with phytotherapy 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' - Cost € 110

Body biodrainage with phytotherapy extracts

Treatment which stimulates the removal of waste and toxins, regularizes the digestive process and the intestinal activity, increases the quality of sleep and normalizes the transpiration. It cancels stress and tensions, encourages the lymphatic-energetic flow and it gives off the energy blocked by tension. Pumpings and openings of unloading points with relaxant oil and application of detox mud with hydro-salt fluid and rose facial mask.

Duration 50' - Cost €115



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 € 80

"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 € 60 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 € 70 single - € 90 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 petit-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

A concentration of active principles for a mineralizing balneotherapy.

During the treatment a fresh tasting will be offered.

Duration 30' – Cost €70 single - €90 Him&Her

AQVA DIVA LITHIUM SALTS – THE GOOD MOOD BATH

Hydro saline bath based on Lithium. Lithium helps maintaining a complete well-being condition thanks to the anti-stress, revitalizing and regenerating action.

AQVA DIVA DEAD SEA SALTS – A BATH IN WHITE GOLD

This bath recreates the benefits of baths in the Dead Sea waters, known for more than 2,000 years for their stunning properties.

AQVA DIVA MAGNESIUM SULFATE SALTS – THE BATH FOR SPORTSMEN

Hydro saline bath based on Magnesium. Magnesium influences our health in different ways: it facilitates the Calcium absorption, helps reducing muscular pains, has a relaxing effect on muscles and it contributes to increase the quality of sleep.

AQVA DIVA IODINE-SELENIUM SALTS – NATURAL SOURCE OF VITALITY

Hydro saline bath based on Iodine-Selenium. Iodine is essential for our body balance at all ages.

AQVA DIVA ZINC SALTS – A REGENERATING BATH

Hydro saline bath based on Zinc. Zinc, essential metal for human health, gives vitality and beauty to tissues, slowing down aging processes thanks to its antioxidants and decongestant properties.

AQVA DIVA CALCIUM SALTS – SOURCE OF ETERNAL YOUTH

Hydro saline bath based on Calcium. Calcium is fundamental for growing and for our bones health, ensuring their density and elasticity.

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



Beauty Day Rituals

Cornflower package

The package 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 € 170 per person - € 295 two people

Gentian package

The package 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 € 179 per person - € 348 two people

Heather package

The package includes:

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

Cost € 87 per person - € 169 two people

Magnolia package

The package 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 € 150 per person - € 290 two people

Bluebell package

The package includes:

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

Cost € 139 per person - € 269 two people

Mimosa package

The package 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 € 91 per person - € 172 two people



Special packages

Special packages

VENUS package 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 € 159 two people

MARS package 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 € 289 two people

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 musculo-skeletal disorders.

Duration 50' - Cost € 60

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 € 20

Ballerina feet

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

Duration 15' - Cost € 20

Sweet tooth massage

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

Duration 25' - Cost € 35

Gym with a real coach

Enjoyng workout

1 child - Cost € 30

2 children - Cost € 45

2 children - Cost € 55

The Gift Voucher is an elegant and completely personalised 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 programs and packages can be personalised.

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 personalise 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 lucky recipient 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.



*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 package 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 Florida salami factory, fresh fruit, water
- bottle of Prosecco sparkling wine

€ 229 for two people

Available every day except on Wednesday, on Thursday and on Friday



Società Agricola Azienda Agrituristica Valtellina

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www.lafiorida.com - info@lafiorida.com

...usi il navigatore satellitare? Imposta: Mantello, via Carlaccio

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