



**Farm & Beauty**

[www.lafiorida.com](http://www.lafiorida.com)



**La Florida Farm & Beauty**  
is open everyday from 9:00 a.m. to 8:00 p.m.



**The path of 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 Technogym equipped fitness room
- the external solarium and extensive internal garden
- Herbal Tea Area

Access to the swimming pool area only is permitted to guests under the age of 14, only if accompanied by their parents. Parents must remain present throughout the children's stay in the wellness center area.

**Available only on reservation:**

- Whirpool
- Turkish Bath
- Sauna
- Vitarium
- Aromatic 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 available every day in certain time slots communicated at the time of booking.

All the pools have water heated to between 28° 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 **everyday**,  
to be booked by phone to the reception of the Wellness Centre.



**Beauty, well-being and body care.**

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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 Waxing

## Beauty

- MANICURE ..... € 40
- PEDICURE DELUXE ..... € 72
- NAIL POLISH ..... € 20
- SEMI-PERMANENT HANDS ..... € 50
- SEMI-PERMANENT FEET ..... € 70

## Waxing

- 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 AND UPPER LIP ..... € 10
- UPPER LIP ..... € 10
- CHEST ..... € 20
- BACK ..... € 20
- COMPLETE LEG-MEN ..... € 40



# Massages



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## ANTISTRESS MESSAGES

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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 an aromatic oil, the fragrance and synergy of which is chosen together with the masseur, in order to help energy 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' - € 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 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' - € 85***

### **Ritual for couples – Massage**

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' - € 160***



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## FUNCTIONAL MESSAGES

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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 detoxify.

\*Each massage can be enriched with an aromatic oil, the fragrance and synergy of which is chosen together with the masseur, in order to help energy 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' - € 85***

### **Decontracting massage**

It dissolves your muscle tensions and eliminates tensile rigidity.

***Duration 25' - € 50***

***Duration 50' - € 85***

### **Vodder method of lymphatic drainage massage**

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

***Duration 50' - € 85***

***Duration 80' - € 120***



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## ORIENTAL MESSAGES

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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 an aromatic oil, the fragrance and synergy of which is chosen together with the masseur, in order to help energy 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 tissue.

***Duration 50' - € 90***

### **Thai Oil / Thai Bamboo Massage**

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 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' - € 90***

### **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' - € 90***



# Facial treatments



When taking good care of your skin, your complexion immediately becomes more radiant and vital, enhancing your appeal and giving a sense of freshness

## **Facial cleansing**

Treatment aimed at deep cleansing of facial impurities, giving visually healthy and clean skin, accompanied by the use of microcurrents and ultrasound.

***Duration 50' - € 80***

## **Simply magic face**

Moisturizing and intensive treatment. In just 25 minutes we give the tissue tone and hydration

***Duration 30' - € 55***

## **Wellness face Ritual**

Treatment designed and studied to give relaxation to the face while also involving the body.

It includes different types of treatments which are:

- Revitalising Papaya
- Lightening Nashira
- Essence of Silk
- Burri Murumuru
- Purification with Lavender

***Duration 50' - € 80***



## **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' - € 90***

## **Complete treatment with oxygen**

- cleansing
- scrub
- serum delivered with hyperbaric oxygen
- specific mask
- specific cream

***Duration 60' - € 150***

# Body treatment





## **Black Soap exfoliating treatment**

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

***Duration 40' - € 65***

## **Herbal Salt Scrub**

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

***Duration 10' - € 37***

## **Ritual of youth**

Face and body reshaping treatment combined with the use of exfoliation, pistachio-scented oils and butters. With the help of protein synthesis Khloto this treatment regenerates, nourishes, hydrates, tones and prevents skin aging

***Duration 50' - € 79***



## Omeoenergetica

L'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 25' - € 100***

***Body treatment - Duration 50' € 110***

## 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 situations.

***Duration 25' - € 55***

***Duration 50' - € 65***

# Harmonic Rituals Ahura



Three 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 Ritual**

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. In this dynamic synergy, the Ahura Method encourages you to reconnect your body to the fluid and primordial component of life, regenerating the entire body, stimulating the metabolism and at the same time purifying the spiritual element.

***Duration 90' – € 165***

## **Vitis Elisir Ritual**

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 Ritual

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. Ahura has developed the Lux Solis ritual, bringing out the natural power of pure oils, butters and their active ingredients through a massage that stimulates the entire body. 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***



# Phytotherapy treatments

## Ahura





## **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' - € 105***

## **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' - € 115***

## **Body biodrainage with phytotherapy extracts**

Treatment that promotes the removal of waste and toxins, regulates the digestive process and intestinal activity, improves the quality of sleep and normalizes perspiration. It erases stress and tension, promotes lymphatic-energetic flow and releases energy blocked by tension. Pumping and opening of drainage points with draining oil and application of detox mud with hydrosaline fluid and rose face mask.

***Duration 50' - € 120***

# Aromatic and hay bath



## **“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 farms. Relaxing and moisturizing. “Pampering” to be shared. During the treatment a sweet tasting is offered.

***Duration 30’***

***€ 70 Single***

***€ 89 Of Couple***

## **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 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’***

***€ 75 Single***

***€ 99 Of Couple***

## **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’***

***€ 70 Single***

***€ 95 Of Couple***



## Valgerola Hay bath

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 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 contain. Also recommended for people suffering from hay fever. Hay from the pastures of Sacco in Valgerola is used for the bath.

***Duration 30'***

***€ 75 Single***

***€ 99 Of Couple***

# Special packages



Each program offers courses with different content and duration so that well-being is tailor-made.

## **Venus package for two people**

The package includes:

- 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 entrée, to choose freely from our menu served at our Quattro Stagioni restaurant, water and coffee included

***Cost €199 two people***

## **Fiordaliso package**

The package includes:

- 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
- body scrub lasting 10'
- aromatic bath lasting 25' (milk, chocolate,wine or Hay)
- relaxing massage with aromatic oil lasting 25'

***€ 180 per person***

***€ 309 two people***



## **Pampering Baths**

The package includes:

- Entry to the large 75 sq.m swimming pool and the Percorso dei Sensi. A multi-sensory journey that aims to satisfy the needs of both body and psyche alongside wellness rituals.
- free personal workout in the fitness room
- bathrobe and light slippers
- aromatized hot bath (milk, chocolate, wine or hay) lasting 25'

**€ 125 Single**

**€ 185 Couple**

## **Package for Her**

The package includes:

- lomi lomi massage with aromatic oil of your choice lasting 50 minutes
- Wellness facial ritual: a relaxing treatment that uses the very best properties of the products: revitalizing Papaya, lightening Nashira, Essence of Silk, Burri Muru-muru, Purification with Lavender

**€ 170**

## **Package for Him**

The package includes:

- Decontracting massage with aromatic oil lasting 50 minutes
- Facial cleansing lasting 50 minutes

**€ 170**





**An exclusive spa moment,  
in a room dedicated just to you.**

### **Wellness Package on the farm**

Moments of well-being designed for the couple.

Two hours in which to relax body and mind in a space dedicated exclusively to you.


The package includes:

- Valgerola hay treatment, rich in herbs such as arnica, mountain chamomile, yarrow, veronica and
- plantain, to relieve joint pain and muscle tiredness, through the skin's absorption of all the natural
- active ingredients within.
- Face mask
- Relaxing massage for couples lasting 40 minutes
- Dessert tasting
- Bottle of Champagne

***Duration 2 hours € 295.00***







## A whole evening with **exclusive use** of the 400 sqm of the Wellness Centre

### **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. A thrilling experience to enjoy as a couple or with friends, with a light dinner around the pool.

The package includes:

- exclusive use of the 400 sqm of the Path of Senses of the wellness Centre from 9:00 p.m.
- Exclusive use of: pool hydromassage tub, sauna, Turkish bath, vitarium, sensory showers, fitness room, tisane and relaxation areas with the water beds
- open until midnight
- bathrobe and sandals
- sensory table with body scrub and face mask
- use of one bath towel per person
- light dinner at poolside with dairy products and La Florida cold cuts, fresh fruit, dessert and water
- bottle of Local sparkling wine

**€ 289 for two people**



# Well-being for children





## **Fairy Hands**

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

***Duration 15' - € 25***

## **Ballerina feet**

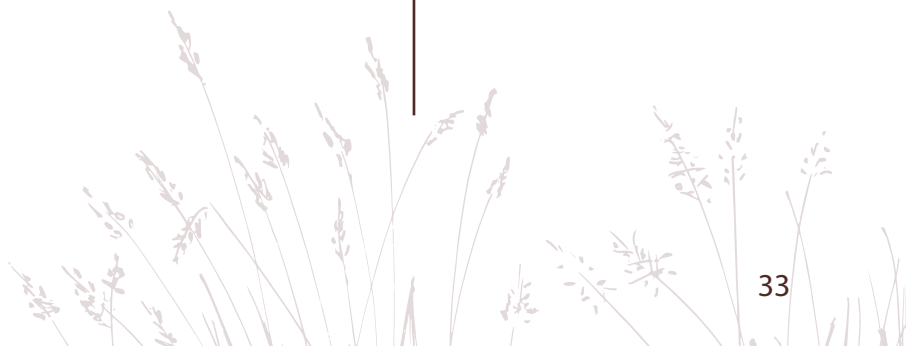
Pedicure with glittery nail varnish, volcanic peeling and scented cream.

***Duration 15' - € 25***

## **Sweet tooth massage**

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

***Duration 25' - € 40***





## Gift Voucher

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

### **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 **allo 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 customise the Gift Voucher?

Simply let us know the name and your message to the lucky recipient of this original gift: we will design the voucher just as you wish.

## 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 the reception.

## Does it expire?

The Gift Vouchers have a standard validity of one year from the date of issue. Some booklets may have 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 reservation office at **0342.680846**.





*Un'esperienza unica*

**La Fiorida S.r.l.**

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**SCOPRI IL  
NOSTRO  
MONDO!**