

BEAUTY & WELLNESS

RELAX CENTER APHRODITE



Take some time only for you



TIMETABLE

WELLNESS CENTRE

From 15.00 to 19.00

On booking, in turns of 45 min, max 4 families each
Saturday or check-in days closed

BEAUTY CENTRE

From 15.00 to 19.00

On booking

MASSAGES AND BODY TREATMENTS

SPORT MASSAGE

55,00

Sport massage therapy to enhance pre-event preparation and reduce recovery time for maximum performance during training or after skiing/ hiking. It promotes flexibility, reduces fatigue, improves endurance, helps preventing injuries and prepares body and mind for optimal performance. *45 min*

RELAXING- ANTISTRESS MASSAGE

55,00

For a total relaxation, promotes the energy balance in the body. Recommended for anyone who wants to break free from the stress accumulated, to stimulate the strength of the body and to find the right well- being. *45 min*

DRAINING MASSAGE

55,00

Pressures and manipulations on the trigger points to soothe stiffness of muscles, and joints and enhances a deep relaxation. *45 min*

LYMPHATIC DRAINAGE

55,00

Gentle massage that facilitates drainage of waste fluids of the body. Gives the physical lightness as facilitates the expulsion of toxins and fluids in excess. It is especially indicated for swollen legs. *45 min*

- New -

CANDLE MASSAGE

55,00

Moisturizes, nourishes and perfumes the skin with the best vegetable butters; the flame melts the butter, for a pleasant, prolonged and toning action on the skin. You can choose between: TRIBE ELISIR - raspberry and shea butter (karité) for an emollient, revitalizing massage with a "lifting" effect; TRIBE SPORT & DETOX - arnica and alpine herbs for a relaxing, detoxifying and toning massage; TRIBE ANTIAGE - Grape-seed Oil, Grape Extract, Shea Butter (Karité) Coconut Butter for a moisturizing massage and adjuvant in the prevention of stretch marks. *45 min*

- New -

PLANTAR REFLEXOLOGY

55,00

It helps to maintain the body-fluid's balance thanks to specific pressures on the feet. *45 min*

BODY SCRUB WITH MASSAGE

55,00

Exfoliation of the skin followed by a massage with warm nutritious oil. *45 min*

DEEP TISSUE MASSAGE

55,00

Massage with a decontracting and draining aesthetic action for feet– legs– back. *45 min*

DEEP DRAINING MASSAGE

55,00

Exclusive Bioline technique– massage with a deep detoxinating aesthetic action for legs– arms– back. *45 min*

BACK AND SHOULDERS MASSAGE

35,00

Ideal to deeply relax your back, that often accumulates a lot of tension. It is a mix between light and deep movements, and offers relaxation. *20 min*

LEGS MASSAGE

35,00

Ideal to soothe heavy legs after skiing or sport, and to facilitate the micro flow of blood. It gives new energy to your muscles. *20 min*

FACE, NECK AND HEAD MASSAGE

35,00

The massage is done with warm oil. The benefits are improvement of brightness and skin tone, modelling and reduction of wrinkles. Ideal for a break of total relax. *20 min*

Book your massage as soon as possible and you will have the possibility to choose the best time for you. The massage room is inside the Relax Centre Aphrodite.

In case of no-show, 50% of the price will be charged on your bill.

All prices are in euro.

FACE TREATMENTS

24.7 NATURAL BALANCE

55,00

Preserves the beauty of the skin in relation to lifestyle; lacking in essential elements is the main cause of premature aging. Vitamins, oxygen and mineral elements from fruits and plant of Trentino Alto Adige are the ingredients that balance the natural equilibrium of the skin (Bioline products). *45 min*

DEOX-C EVOLUTION

70,00

Double protection from oxidation and glycation with the most advanced form of vitamin C and multi-purpose active complexes. Vitality, protection, compactness to maintain the radiance of the young skin and repair the damages from external agents exposure (Bioline products). *45 min*

ANTIAGE TREATMENT WITH EDELWEISS - NEW -

60,00

Edelweiss has an anti-oxidation power and has an anti-wrinkle effect. Made with organic and local Olga Casanova products. Ideal for mature skins. *45 min*

SNAIL DROOL AND EDELWEISS TREATMENT - NEW -

55,00

The snail drool has healing power. So this facial treatment is indicated for young skins. Thank to the edelweiss, it has also an enriching and anti-oxidation power. With bio products of Olga Casanova. *45 min*

MINIFACIAL

30,00

It is a shorter facial treatment that can be made alone or that can be added with the mentioned above treatments to boost the results. *25 min*

*In case of no-show, 50% of the price will be charged on your bill.
All prices are in euro.*

BEAUTY TREATMENTS



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|---|-------|
| PEDICURE WITH NAIL POLISH | 35,00 |
| PEDICURE | 30,00 |
| FRENCH STYLE MANICURE | 30,00 |
| MANICURE WITH NAIL POLISH | 25,00 |
| MANICURE | 20,00 |
| FRENCH STYLE NAIL POLISH APPLICATION | 15,00 |
| NAIL POLISH APPLICATION ONLY | 10,00 |
| TOTAL WAXING | 40,00 |
| Legs and bikini line. 60 min | |
| PARTIAL WAXING | 25,00 |
| Half legs. 30 min | |
| SMALL AREAS WAXING | 10,00 |
| Underarms/ bikini line/ whisker/ eyebrow. 15 min each | |

*In case of no-show, 50% of the price will be charged on your bill.
All prices are in euro.*

WELLNESS PACKAGES AND OFFERS



WELLNESS WEEK

250,00

- 1 face treatment 45'
- 1 body scrub with massage 45'
- 2 body massages on choice 45'
- 1 manicure + pedicure 90'

Package length: 5 days

BEAUTY DAYS

150,00

- 1 face treatment 45'
- 1 body scrub with massage 45'
- 1 manicure + pedicure 90'

Package length: 3 days

MAN WELLNESS

150,00

- 1 man's facial treatment 45'
- 1 sport massage 45'
- 1 back and shoulders massage 25'
- 1 manicure 25'

Package length: 3 days

PREGNANCY

150,00

- 1 face treatment 45'
- 1 body treatment for stretch marks (body scrub with massage)45'
- 1 manicure + pedicure 90'

Package length: 3 days

NEW MUM

150,00

- 1 specific face treatment 45'
- 1 body scrub with massage 45'
- 1 draining massage 90'

Package length: 3 days

CUDDLE DAY "MUM & DAUGHTER"

70,00

- 1 face treatment for Mum 45'
- 1 hands treatments for Daughter (massage + nail polish) 15'

Package length: 1 day

GIRL LITTLE PRINCESS

30,00

- 1 hands and feet massage + nail polish application 30'

Package length: 1 day

Bathrobe rental and Hotel Vioz slippers are included in all packages.

SUNDAY SPECIAL

5 euro discount on all 45-min massages on Sunday

SPECIAL 3

10% discount on 3 or more treatments/ massages on choice

*In case of no-show, 50% of the price will be charged on your bill.
Special Sunday and Special 3 can not be combined with other packages.
All prices are in euro.*

COSMETIC PRODUCTS



BIOLINE LINE +

AQUA + moisturising with jaluronic acid

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| Super moisturising cream | 42,00 |
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| Aqua gel eye cream high hydration | 32,00 |
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PURA + impure, oily skins

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| Mattifying T-zone cream | 37,00 |
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DOLCE + sensitive, delicate skin

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| Soothing nourishing cream | 44,00 |
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| Soothing moisturising cream | 42,00 |
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| Nectar in drops intense relief | 30,00 |
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VITA + revitalising, nourishing

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| Super nourishing cream | 45,00 |
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| Nourishing cream | 43,00 |
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BIOLINE PROTECTIVE LINE ANTIAGE *DE-OX-C EVOLUTION*

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| Crema occhi/ labbra correzione intensa | 72,00 |
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| Crema Radical Capture | 72,00 |
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| Siero Essential C | 57,00 |
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BIOLINE PREVENTION LINE *NATURAL BALANCE*

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| Botanical O2 crema faggio e bacche rosse | 42,00 |
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| Phytomineral crema crescione e altea | 42,00 |
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| Vitamin C Fusion crema biancospino e rosa canina | 42,00 |
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| Vitamina C+E Nettare rosa canina e artemisia | 36,00 |
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- NEW -

LINEA OLGA CASANOVA LA STELLA DEL BENESSERE
AZIENDA AGRICOLA LOCALE BIOCERTIFICATA

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| Olio di arnica montana | 22,,00 |
| Crema arnica e timo | 22,00 |
| Crema multiuso alla calendula | 18,00 |
| Siero contorno occhi alla stella alpina | 38,00 |
| Siero viso alla stella alpina | 38,00 |
| Crema antiossidante alla stella alpina | 68,00 |
| Olio detergente trattante alla stella alpina | 19,50 |
| Acqua floreale trattante alla stella alpina e fiordaliso | 15,00 |
| Crema viso bava di lumaca e stella alpina | 39,00 |
| Maschera peeling aha e stella alpina | 29,00 |
| Crema mani alla stella alpina e calendula | 15,00 |
| Balsamo labbra alla stella alpina e calendula | 4,90 |
| Latte per il corpo alla stella alpina | 23,00 |
| Balsamo di monte | 14,00 |
| Linea bimbo crema all'arnica | 16,00 |
| Linea bimbo crema alla calendula | 15,00 |
| Balsamo dopo barba alla stella alpina | 36,00 |

LUMEN CANDLE FOR MASSAGE

20,00

The melting point is very low, about 38 °: the effect on the skin will be pleasant and will favor the penetration and release of natural cosmetic active ingredients.

TRIBE ELISIR: raspberry and shea butter (karitè) for an emollient, revitalizing massage with a "lifting" effect

TRIBE SPORT & DETOX: arnica and alpine herbs for a relaxing, detoxifying and toning massage

TRIBE ANTIAGE: Grapeseed Oil, Grape Extract, Shea Butter (Karitè) Coconut Butter for a moisturizing massage and adjuvant in the prevention of stretch marks

WELLNESS CENTRE



Relax Centre Aphrodite is open from 15⁰⁰ to 19⁰⁰, **on booking in turns of 45 minutes, max 4 families per shift.** Children must be accompanied by an adult.

You can bring all what you need for sauna from your room or you can rent it in the relax centre.

Our beautician and masseuse *Paola* is on hand for any request.

Price in hotel formula includes access to:

SAUNA

TURKISH BATH

KNEIPP

OUTDOOR WHIRLPOOL

GYM (2nd Floor in House Lisetta)

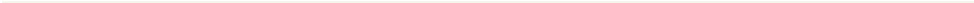
INDOOR SINGLE WHIRLPOOL not included (15 min) 8,50

All prices are in euro.

PRICE LIST



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| JOLLY PACKAGE 3 coins for indoor single Whirlpool | 20,00 |
| BATHROBE RENTAL for the entire stay | 8,00 |
| TOWEL RENTAL per day | 1,50 |
| SLIPPERS | 3,00 |
| INDOOR WHIRLPOOL ESSENCE | 3,00 |



SUGGESTIONS



Notes for the use of the outdoor Whirlpool: before going into the bath tube, wash yourself to remove any cream or shower gel residual. In the water there is chlorine as stated in current regulation. The maximum stay is of 15 minutes, in order to avoid sudden illness and to let other guests use it.

Contraindication for the use of the outdoor Whirlpool: infectious illnesses, high blood pressure, low blood pressure, pregnancy and children under 3 years old.

Suggestions for the use of sauna and steam bath: before entering, take off all your clothes and jewels, take a lukewarm shower and dry well yourself. Try to be neither on empty nor on full stomach, drink an herbal tea to facilitate sweating and never drink alcohol after sauna or steam bath.

Contraindication for the use of sauna and steam bath: heart disease, rheumatisms, tuberculosis, infectious illnesses, skin disease, epilepsy, internal inflammations, varicose vein, and phlebitis.

Kneipp philosophy: rent your bathrobe or use yours brought from home and wear it already in your room to go and come back from the relax center. According to the Kneipp Philosophy, indeed, going to cooler temperatures after heat baths is beneficial for body because it reinforces the immunitary system, activates resistance for walking and skiing and let you reach a firm interior equilibrium.

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