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## SOARIA SPA

### MENU

#### Opening Hours

Area	Hours
Pool	12:00 – 20:00
Relax Area	14:00 – 20:00

#### Immerse yourself in our SOARIA SPA — “free your spirit”

In our Soaria wellness area, completely surrounded by nature and overlooking the local mountains, you will find our SPA MANAGER ready to welcome you and offer the best advice to immerse yourself in relaxation and well-being. The bright, open spaces gaze onto the surrounding greenery, and in every season — both indoors and outdoors — you will feel connected to the landscape.

#### Our Cosmetic Line in collaboration with [logo Bormoline]

Bormoline is a new local brand, fresh yet rich in experience. Italian laboratories, researchers, partners: a team that always looks to the future.

The core value is passion for relationships — within the team, with clients, and with partners.

Great energy and goodwill are the key ingredients of this brand.

Everything strictly **Made in Italy**.

Explore the world of Bormoline, and for any questions, do not hesitate to contact us!

[product photos from Bormoline website]

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## Massage Menu

### LOTUS: Rebirth of the Body

The lotus flower is a sacred symbol of purity, rebirth, and beauty. Every rebirth begins through the body, and SOARIA SPA offers you 4 treatments to regenerate your body:

**RELAXING MASSAGE** Exclusive relaxing treatment offering a state of deep well-being and relaxation. Gentle, soothing techniques bring harmony and balance to the body. *Duration: 50 min (including rest time) — €90.00*

**DETENSING MASSAGE** Energetic, deep techniques to release muscle knots and ease muscle tension after intense physical activity or demanding workdays, with benefits for posture and movement. *Duration: 50 min (including rest time) — €100.00*

**PERSONALIZED MASSAGE** Mixed-technique treatment tailored to the client, designed to meet every need. *Duration: 80 min (including rest time) — €140.00*

**BACK & NECK** Deep, targeted treatment to release and relax the shoulders, back, and neck area. *Duration: 40 min (including rest time) — €95.00*

**SPORTS MASSAGE** Restore your physical and mental form. Our sports massage is designed for athletes and sports enthusiasts to help prevent injuries, reduce muscle pain, and improve physical performance. Relieves muscle tension and pain, improves flexibility, mobility, and physical recovery. *Duration: 50 min (including rest time) — €90.00*

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## TAO: Rebirth of the Mind

TAO represents the path of one's own individual journey — balance and harmony. Every rebirth requires a centered and balanced mind. SOARIA SPA offers you 2 treatments with 2 paths to regenerate your mind:

**AROMA TOUCH TREATMENT** Exclusive deep, targeted aroma-therapeutic treatment that, through the sensory and beneficial synergy of essential oils, takes the client on an intense, fragrant journey.

- **“Peace of Mind” path** — Lavender-scented treatment to promote relaxation and carefreeness.
- **“Breathe Your Mind” path** — Peppermint-scented treatment to activate and fully open the airways thanks to its balsamic action.

*Duration: 50 min (including rest time) — €100.00*

**COUPLE'S AROMA TOUCH TREATMENT** Exclusive deep, targeted aroma-therapeutic treatment that, through the sensory and beneficial synergy of essential oils, takes the couple on an intense, fragrant journey.

- **“Love” path** — Treatment scented with YLANG YLANG and INCENSE, a flower that nurtures the beauty and harmony of the couple, combined with the purifying and soothing scent of incense.
- **“Peace of Mind” path** — Lavender and mandarin-scented treatment to promote relaxation and carefreeness.

*Duration: 50 min (including rest time) — €180.00*

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## CHAKRA: Energetic Rebirth

The “CHAKRAS” represent the energy centers of our body, connected to our health and happiness. Every rebirth needs ENERGY, and SOARIA SPA offers you the following treatments to recharge your energetic well-being:

**TRANQUILLITY RITUAL SCRUB** Exclusive exfoliating body scrub treatment for deep purification, offering pleasant cellular renewal by eliminating signs of fatigue and aging of skin tissue.

*Perfect when paired with Tranquillity Ritual Massage*

*Duration: 30 min (including rest time) — €60.00*

**TRANQUILLITY RITUAL MASSAGE (Sleep Ritual)** Innovative ritual recommended after 5:00 PM, providing intense relaxation, promoting sleep and psycho-physical recovery. The relaxing synergy of warm, scented oil and exclusive background sound, combined with dry brushing, induces a deep state of balance and peace for body and mind.

*Duration: 50 min (including rest time) — €90.00*

**Soaria Spa recommends the complete experience:**

**TRANQUILLITY MOMENT** (Tranquillity Ritual Scrub + Ritual Massage) *Duration: 80 min (including rest time) — €140.00*

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## HAMSA: Rebirth of Your Beauty

From the Arabic word for “five” or “hand”, representing beauty, love, and protection. Every rebirth needs to listen to the 5 senses and nurture light and beauty. SOARIA SPA offers the following treatments to love and nurture your beauty:

**BORMOLINE FACE MASSAGE** More than a facial treatment — it is a sensory journey combining Alpine nature with emotional cosmetics. After a thorough consultation, a personalized ritual will be created in which the face is pampered with BORMOLINE LIVIGNO natural cosmetics.

Through massage using pure botanical active ingredients and plant stem cells, the face is relaxed, toned, and deeply oxygenated. The skin regains breath, light, and serenity.

For those seeking authentic luxury born from contact with oneself.

Also suitable for the most sensitive skin.

*Duration: 50 min (including rest time) — €120.00*

**HANDS & FEET RITUAL** Ritual dedicated to the deep care and nourishment of hands and feet. Restores the natural balance of the skin, nourishes, renews, and improves blood and lymphatic circulation.

*Duration: 40 min (including rest time) — €80.00*

**DRAINING ANTI-CELLULITE MASSAGE** Reshaping and draining massage aimed at the health and beauty of tissues and body. Intensive techniques activate lipolysis and fluid drainage, providing an immediate, visible firming and reshaping effect.

Results include an immediate feeling of lightness and a visible reduction of water retention.

*Duration: 50 min (including rest time) — €100.00*

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## ENSO: Rebirth of Your Spirit

A Buddhist symbol known as the Zen circle, representing strength, light, and the universe. Every rebirth starts from the body and reaches the spirit:

**HOT STONE MASSAGE** Relaxing ritual with powerful sensory impact using heated basalt stones. Helps release muscle tension and boosts metabolism while relaxing tissues.

*Duration: 50 min (including rest time) — €120.00*

**CANDLE MASSAGE** The warmth of a butter that melts directly onto your skin, providing tissue relaxation, soothing, and nourishment for your body. A 360° sensory journey.

*Duration: 50 min (including rest time) — €110.00*

**TIBETAN MASSAGE** A massage and a true sound ritual. “Sound therapy” is a form of vibrational medicine that reduces anxiety and stress by activating the body’s natural healing mechanisms. Reduces stress and anxiety, improves blood circulation, helps eliminate toxins, and boosts immune function.

*Duration: 60 min (including rest time) — €120.00*

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**PHYSIOTHERAPY TREATMENT** Deep, targeted treatment to release and relax the muscles of the shoulders, back, and neck area. *Duration: 50 min — €90.00*

**OSTEOPATHIC TREATMENT** Restore your physical and mental form. Designed to prevent injuries, reduce muscle pain, and improve physical performance. Relieves muscle tension and pain, improves flexibility, mobility, and physical recovery. *Duration: 50 min — €90.00*

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## SOARIA SPA RITUAL

 **SCRUB RITUAL IN THE TURKISH BATH** A purifying experience that renews the skin and awakens the senses. Deep exfoliation brings radiance, softness, and a visibly healthier complexion.

 **AUFGUSS IN THE FINNISH SAUNA** The traditional “steam throw” ritual that envelops body and mind in an intense moment of well-being. The heat, combined with ice and essential oils, creates a suggestive, multi-sensory atmosphere, promoting the release of tension and toxins.

 **A sensory journey that regenerates, relaxes, and rebalances.**

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## SOARIA SPA


### SUMMER WELLNESS PROGRAM

Find your balance. Regenerate body and mind. Live the summer of well-being.



 **BREATHING & YOGA JOURNEY** *Yoga & Breath Experience*

Breathe. Move. Let go. A deep practice to release tension, free emotions, and rediscover inner harmony.

 Outdoors (weather permitting)  Morning: 07:00 – 08:00  Evening: 19:00 – 20:00   
Duration: 50 minutes

 €15.00 per person

 **SPECIAL PACKAGES**  Yoga & Breakfast → €30.00  Yoga & Aperitif → €40.00

 Booking required by 7:00 PM the previous day  Open to external guests as well


 **ENERGETIC SPA EXPERIENCE**


A guided sensory journey to awaken energy, body, and mind.

 Rituals in the Turkish bath  Aufguss ceremony in the sauna  Sound Healing  Healthy Gourmet Aperitif

 Let yourself be enveloped by warmth, scents, and vibrations in a unique experience.

 19:00 – 21:00 (Extension available upon request until 22:00)

 €20.00 per person

 By reservation (by the previous evening)


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## SOARIA SPA

### SUMMER WELLNESS WEEK



Wellness, movement, and nature.

 **WEEKLY SCHEDULE**

Day	Activity
<b>MONDAY</b>	 Yoga & Breath → 07:00 – 08:00 / 19:00 – 20:00
<b>TUESDAY</b>	 Hiking (beginner/intermediate level)
<b>WEDNESDAY</b>	 Yoga & Breath → 19:00 – 20:00
<b>THURSDAY</b>	 MTB (beginner/intermediate level)
<b>FRIDAY</b>	 Energetic Spa Experience → 19:00 – 21:00
<b>SATURDAY</b>	 Yoga & Aperitif → 19:00 – 20:00
<b>SUNDAY</b>	 Yoga & Breakfast → 07:00 – 08:00

### PRICES

Activity	Price
Yoga	€15
Yoga & Breakfast	€30
Yoga & Aperitif	€40
Energetic Spa Experience	€20

 Booking required by the previous day  Activities open to external guests

 **Breathe. Move. Regenerate.**