

ALPS ORIENTAL WELLNESS CAMPODOLCINO (SO)-0343 50014

WHATSAPP 347 1718828- HOTELORIENTAL.COM

Entrance to the SPA the entrance to the SPA provides a recommended route to be able to enjoy the benefits offered by the spa. Includes: • Courtesy KIT: Soft bathrobe, towel and slippers;

• Changing rooms with combination personal lockers and showers-antifungal treatment for feet.

• **FINNISH SAUNA PANORAMIC - FINNISH SAUNA:** The elements blend with the environment to give your body a new sense of wellbeing!

In the sauna the heat can reach temperatures up to 100 ° C, but thanks to the low humidity (20-30%) it turns into a pleasant embrace that relaxes the muscles and helps purify the body. From the wood the scent of nature is released, a primitive invitation to rediscover the serenity of the mind, freeing all tensions. The sauna has extraordinary capacity for relaxation and detoxification and has positive influences on the mind and body by discharging nervous tension and stimulating the natural rebalancing of psychophysical conditions. The skin is purified and the perspiration eliminates acids and toxins. The neurovegetative system is stimulated by improving the general metabolism.

On the aesthetic level, the decrease in cellulite and greater elasticity of the tissues are the best you can get by combining the sauna with a healthy diet.

The Finnish Sauna detoxifies the body and gives the skin a healthier appearance, relieves respiratory and nasal congestion.

• **TURKISH BATH - STEAM BATH:** Our steam room is in a very modern design. The benches offer a comfortable sitting position.

The large windows of the steam bath give a sense of breadth.

In the steam bath the environment and the air saturated with humidity form a stratified temperature fog (from 20/25 ° C to the level of the feet at 40/50 ° C at head height) which, depositing on the skin, invites to perspiration. The action of temperature and steam stimulates the pores of the skin to open and induces sweating. It is a natural and healthy effect because, in this way, a deep cleansing of the epidermis is promoted through the elimination of toxins and impurities. The cellular renewal is accompanied by a positive effect in the reduction of skin problems, such as acne and dermatitis. Even the most stubborn colds find resolution: the heat helps to decongest the mucous membranes, to dissolve and expel excess mucus. In addition, the vapor frees the respiratory tract, has a relaxing effect, stimulates blood and lymphatic circulation, oxygenating the tissues that are more toned and compact.

• **SALT ROOM - RELAX SALT:** The Salt Room is the refuge for your health, where you can take shelter from the cold winter and the climate of the city, where you can recover energy and well-being. Ensures protection against viral and infectious diseases and less sensitivity to the action of allergens, toxins and pollutants. We offer you a new experience of relaxation, peace and harmony, protected by the salt walls of our cave that you can benefit from in every season.

The pink salt wall of the Himalayas creates an environment that imitates in all respects the atmosphere that we could breathe at the sea. The pink salt is also nebulized in the air so that it can be breathed. The benefits are innumerable. In particular: at respiratory level soothes respiratory-related disorders; on dermatological level: salt is rich in beneficial elements that help to purify the skin and keep it clear. It is very useful in cases of acne and eczema. The salt room helps to remove stress and promotes relaxation.

• **ICE FALL CASCADE - ICE FALL:** The ice cascade offers an immediate and unmissable refreshment after the sauna, the steam bath or any treatment that raises body temperature.

• **EMOTIONAL SHOWERS - COLD BREEZE:** Aromas and colors combine to make the shower a regenerating moment against the stress accumulated during the day- Chromotherapy and aromatherapy, where associated with the water jet, help to wash away anxiety and stress, purifying mind and psyche. The main function of this practice will therefore be to excite, thus giving intense moments of physical well-being and connected mental gratification. To benefit from this will be the skin that, thanks to the different jets of water, will be softer and more elastic, a visible consequence of an active microcirculation.

MINIPOWER HYDROMASSAGE WITH CERVICAL JET: get the maximum relaxation, losing weight, improving circulation and giving a momentum to the mood: this is what a simple whirlpool can give to our body! The action of the hydromassage, in fact, is able to continuously stimulate not

only the superficial skin tissue, but also the layers under the skin, up to the muscle groups.

RELAXATION AREA: enjoy the soft comfort of our relaxation beds with a panoramic view, and relax between treatments.

TISANE / FRUIT AREA: it is essential to keep the body hydrated during the SPA path, for this reason, at your complete disposal you will find the herbal tea area where you can refresh yourself with a warm rebalancing herbal tea, water and fruit.

OUTDOOR TOWER: for the most fearless, in the outdoor solarium you can enjoy a hot whirlpool tub surrounded by nature. A sensational experience full of emotions!



MASSAGES AND TREATMENTS

You want a moment of pure relaxation to unload the accumulated stress and regain your strength, or simply to enhance your beauty?

Be pampered by a unique treatment, practiced by expert masseuses and beauticians qualified, in a warm and welcoming environment, suitable to discharge the stress accumulated in the days of work.

Our massages also include decontracting, sports, stone massage and stone massages therapy, anti-cellulitis, ayurvedic massage and foot reflexology.

FACE TREATMENTS

- EXTREME FACE Face Treatment

The treatment includes:

cleansing with milk and tonic • deep peeling • massage with specific serum • mask and cream specification. Duration 30 '

- SUPREME BEAUTY Facial Treatment - FACE CLEANSING

The treatment includes:

cleansing with milk and tonic • vaporizer • smoothing peeling • specific mask (chosen according to the type of skin) • specific cream with a light massage. Duration 50 '

- INTENSIVE Face treatment

Intensive ANTIAGE treatment

Intensive treatment ANTIMACCHIE - ACNE

FILLER intensive treatment with HYALURONIC ACID

MAKE-UP

1. PERFECT MAKE UP DAY

2. GLAMOR MAKE UP EVENING

3. MAKE UP LESSON: individual course - identify the type of skin and any type of skin presenting problems, the makeup is applied explaining the methods and techniques for obtaining a make up can enhance the face and minimize imperfections.

BODY TREATMENTS

EXTREME BODY TREATMENT (CLEANING THE BODY WITH SCRUB + SPECIFIC MUD WITH MASSAGE) the treatment is customized according to customer needs: anti-cellulite, draining, anti stretch marks, toning, firming

THE PRIVEE SPA

Would you like to give your sweet half an unforgettable experience? you want to enjoy maximum relaxation in the

total privacy of a private SPA, tailor-made for the couple? Book a couple package in our beautiful SPA priveè, an area EXCLUSIVELY RESERVED for the couple, in total freedom and privacy. The Spa Priveè has a magnificent Jacuzzi with chromotherapy, Finnish sauna, bio sauna, steam room and emotional shower. Access to the Prive 'is allowed in splendid packages made for You, or built to measure for your needs.

EXCLUSIVE WELLNESS NIGHT

Wellness Center all for you!

Exclusive wellness Night is a reservation formula that allows you to reserve the entire structure of the wellness center in an exclusive way. The package includes:

- exclusive use of the entire spa starting at 20.00
- extra-ordinary stay until 11.00pm
- SPA KIT: bathrobe and slippers
- exclusive use of: Finnish sauna, salt room, emotional showers with chromotherapy, mini-pool, whirlpool, relaxation areas, herbal tea area, outdoor area with hot tub.
- soft dinner by the pool with local cheeses of 0 Km, bresaola, fresh fruit, water, Prosecco.