



SPA opening hours

Hotel guests - 7.00-23.00

Visitors - 9.00-21.00

Spa treatments: 9.00-20.15

Kindly notify Reception about each visit

by phone 8 613 09 788

or e-mail spa@esperanzaresort.it

SPA

ESPERANZA

Swimming pool, steam bath, sauna, collagen and
vitamin D lamp, infrared chairs, gym:

3 hours - 35 € weekdays,

50 € weekends and festive days

Club members - 3 hours - 25 € weekdays,

40 € weekends and festive days

Discount for children under 12 years old - 50%

Free of charge for hotel guests.

Fridays, Saturdays and festive days children under 12
years of age are welcome at swimming
pool area from 9 .00 a.m. to 5.00 p.m.



CLOUD 9

Cloud 9 is otherwise called the mother's uterus because of a similar position of the body in which no stress and tension can be felt. The device which allows experiencing the special deep relaxation was created by an artist who combined philosophy studies and holistic therapy. A combination of image, light, colours, sound and swaying produce a feeling of resting on a cloud. Twenty minutes in Cloud 9 is equal to two hours of deep sleep

€ 40.00
20 min

Holistic fusion.
Mind, spirit, body and me.



SAND BED

The healing properties of hot sand were already known in Antiquity: when it is hot, it activates the flow of blood and lymph, encourages sweating, aids weight loss, stimulates oxidation processes and enhances kidney function, removes facial swelling and improves metabolism. Psamotherapy (hot sand therapy) helps treat traumatic disorders of the musculoskeletal system, as well as poorly flexing joints and the peripheral nervous system.

€ 35.00
30 min

Sand bed therapy

€ 60.00
60 min

Back, neck and shoulder area massage performed on warm sand bed unwinds your body and has a therapeutic effect.

€ 120.00
90 min

Bamboo ritual

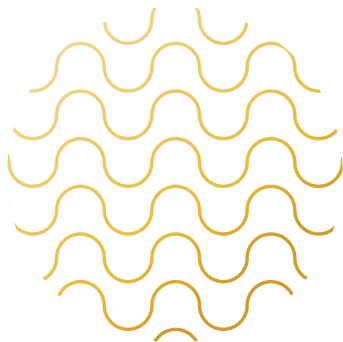
Bamboo cosmetics nurtures facial and body skin. Ritual begin with a body scrub using very effective peel enriched with antioxidants. Entire body is massaged with bamboo sticks employing pressure technique and calming movements. Treatment concludes with facial and scalp acupressure massage. This wellness treatment will grant you harmony and serenity, promotes good blood circulation and a silky-smooth skin.

€ 70.00
60 min

Bellefontaine wellness massage

€ 100.00
90 min

Relaxing and calming massage with a cocktail of luxury oils reputed for their highly soothing, regenerating and hydrating properties.



AMPHIBIAN

Exclusive luxury hydromassage bed with SpaWave therapy. A combination of music and vibration, also called a binaural beat, creates a special atmosphere which directly stimulates the brain and internal organs. Clinical research has proved that the therapy reduces depression and relieves stress by 40–60% and improves sleep quality by 80%.

€ 40.00

40 min

€ 70.00

70 min

SpaWave Therapy

The music and vibration beat specially designed to treat depression, stress and anxiety. The vibration in the rhythm of your internal organs ensures complete relaxation of the organs.



FLOATING BED

The heated floating bed envelops you in soft sheets and transfers to the state of weightlessness. Treatments performed in this bed are more effective than usual, because masks can penetrate deeper into each cell of the skin.

€ 80.00
60 min

Rejuvenating wrap

Firms the skin, helps to smooth out wrinkles and enriches skin tone. Due to unique qualities of the bed, this wrap is very effective and relaxing.

€ 90.00
90 min

Slimming anti-cellulite wrap by “Bioslimming”

Proven to be Europe's most effective slimming wrap. This wrap is aimed to eliminate body imperfections, acts on aesthetic problems by breaking up subdermal fat tissue, removes toxins, helps to smooth the skin and reduces fluid retention.

€ 20.00
20 min

Floating therapy

€ 30.00
30 min

Floating, as if in the waters of the Dead Sea will relax your body and clear your mind. Effectively removes the load on the joints and diminishes its pain.

€ 100.00
90 min

Bellefontaine wraps discovery *According to the skin and body type*

This treatment tonifies, regenerates and protects the skin from external aggressions. Skin recovers suppleness and comfort.



LIBRA

RELAXING RITUALS:

Warm *hammam* bed and special horizontal shower treatments: balancing, energising or relaxing. Different temperature of water currents stimulate blood circulation, relieve the body, and revive the spirit. Senses are enhanced by selecting a ritual with special scents which also includes exfoliation, massage and full body mask.

€ 50.00
60 min

YIN / YANG Energy Scrub

This unique scrub will pamper your body and grants a sense of inner harmony. During the treatment entire body scrub is performed, then in order to restore inner balance our specialists will select an energizing or relaxing massage tailored to your needs.

€ 35.00
30 min
€ 60.00
60 min

All body Firming Scrub

This treatment provides gentle exfoliation of the skin and is formulated from natural invigorating substances of marine origin. It helps to restore the skin's silkiness by smoothing skin imperfections, and providing a pleasant feeling of well-being and fitness. It tightens and tones the upper layers of tissue, preventing skin slackening; it stimulates peripheral microcirculation, prevents skin aging, dehydration and softens the skin.

€ 40.00
30 min
€ 70.00
60 min

Bellefontaine exfoliation „Feel Silky“

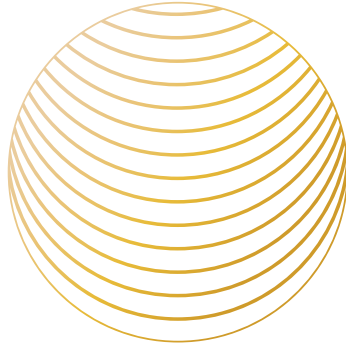
Dead cells are removed with care. Skin instantly feels silky with a surge of vitality.

“SPA Esperanza”
Signature treatment

€ 150.00
120 min

“SPA Esperanza” Signature treatment

The signature SPA Esperanza ritual nurtures and revitalizes the body, makes facial skin luminous and radiant. The ritual begins with a gentle body scrub which prepares and purifies the skin, gives softness and incomparable firmness sensation. Particularly deep relaxation state is attained while lying in a heated quartz sand bed when the whole body is massaged with warm sand bags. This treatment not only relax the muscles but also relieves back and joints pain. Facial skin is indulged with luxurious elixirs and nurtured with effective massage techniques which are able to bring luminosity to the skin, smoothing out wrinkles and making it more radiant. The ritual ends with relaxing head massage.



WINFORM TECARSIN *BODY TREATMENT:*

TREATMENTS AGAINST CELLULITE EXCESS FAT
AND MUSCLE TONING:

Scientific researches have proven that this is a safe and pleasant slimming technique which aids in body weight reduction.

Winform TecarSin is able to control, manage and quantify Tecar radio frequency, transdermal delivery (active ingredients delivered into the skin cells without intervention) and the pressure wave adapted to the individual. Such synergetic effect has a positive role in wound healing. This is also an innovative method to treat cellulite. The device helps restore blood circulation in damaged areas, metabolism, and muscle tones, localises excess fat, and rejuvenates skin.

SLIMMING

€ 200.00
120 min

Full body

BUTTOCKS, THIGHS, ABDOMEN,
SIDES, ARMS

6 course treatment – 1100.00 €

€ 80.00
60 min

Abdomen and sides

6 course treatment – 440.00 €

€ 80.00
60 min

Stretchmark removal in one area

€ 120.00
90 min

Thighs and buttocks

6 course treatment – 680.00 €

€ 70.00
60 min

Arms and sides under shoulder blades

6 course treatment – 380.00 €

THAI MASSAGES

€ 70.00

60 min

Nuad Thai

TRADITIONAL THAI MASSAGE

€ 90.00

90 min

Massaging with the hands, forearms, feet and the power of the entire body, the flow of vital energy is activated and over a hundred marma energy points are mobilized.

€ 70.00

60 min

Aroma Thai

TRADITIONAL MASSAGE WITH
AROMATIC OILS

€ 90.00

90 min

Essential oils have a positive effect on the skin, while the unique massage technique promotes relaxation and restores the body's natural balance.

€ 60.00

60 min

A Touch of Summer

WEIGHT LOSS MASSAGE

A massage performed using Thai oils, which encourages the elimination of fats and toxins and improves body lines.

€ 50.00

50 min

The Power of Points

EASTERN FOOT MASSAGE

Normalizes internal organ function, improves blood circulation.

€ 50.00

50 min

The Tree of Life

BACK, NECK AND NAPE MASSAGE

Powerful point stimulation decreases pain and tension in the nape and back areas.

€ 40.00

30 min

Lotus Flower

THAI MASSAGE OF THE
STOMACH AREA

This massage can become an excellent natural remedy for metabolism or digestion issues, as well as constipation.

TRADITIONAL MESSAGES

€ 60.00
60 min

Therapeutical full body massage

€ 80.00
90 min

€ 35.00
30 min

Back, neck and shoulders massage

€ 50.00
60 min

€ 70.00
60 min

Whole body lymph-drainage massage

€ 25.00
30 min

Foot massage

€ 20.00
20 min

Hand Massage

€ 20.00
20 min

Head massage

€ 40.00
30 min

Firming facial massage

Classic deep tissue relaxing whole body massage performed with oils. Ideal choice for those who has never experienced a massage.

Classic massage performed with oils improves blood circulation in the upper body, reduces or even eliminates back pain.

A gentle and very relaxing massage aimed to stimulate lymphatic drainage, which improves and promotes blood circulation, removes toxins, reduces swellings and has a relaxing effect on the nervous system.

Deep tissue foot massage. Benefits freezing feet blood circulation and small muscular tensions.

Oils with moisturizing characteristics nurture the skin of hands, special massage technique activates blood circulation in freezing hands.

Relaxing gentle acupressure massage of the scalp, performed by means of either light and vibration or heated sand therapy.

Facial contour is noticeably lifted, fine lines are smoothed away. Treatment concludes with a sensation of deep relaxation.

FACIALS

€ 100.00
60 min

Anti-aging treatment by Margy's Monte Carlo

This unique treatment ensures the transformation of the skin due to the valuable active ingredients used during the process, mainly pure, biologically active collagen for a richly moisturized skin. This treatment will slow down the appearance of skin aging signs and noticeably smoothing out wrinkles.

90 min

PRESTIGE Collagen from Margy's Monte Carlo

Pure - 130.00 €
Hyaluron / Vit C - 150.00 €
Botolift - 160.00 €

This exclusive treatment is designed to achieve instant results. Native collagen balances moisture loss from the skin, makes and rejuvenates the dermis. Ideal for all skin types with signs of aging, or for an instant regenerative action.

€ 150.00
60 min

Collagen treatment for men with vitamin C from Margy's Monte Carlo

Active lifestyle, the ravages of shaving and environmental conditions show on the skin. This treatment activates the cells which produce collagen; Vitamin C supports the skin's production of collagen and aids in the growth of cells giving the skin its firmness. Skin will look visibly rejuvenated.

€ 45.00
30 min
€ 85.00
60 min

Facial treatment according to the skin type

A specific consultation and diagnostics is carried out in order to identify most appropriate treatment. Personalized skin care plan is created to ensure most effective results.

€ 120.00
60 min

Specific essential Bellefontaine treatments

According to the skin type

This program is created especially for demanding skin. Strongly recommended for any skin type to be carried out personally, in order to maintain normal skin rate.

€ 180.00
90 min

Luxury anti-age Bellefontaine golden caviar treatment

This program is created especially for demanding skin. Strongly recommended for any skin type to be carried out personally, in order to maintain normal skin rate.

FACIALS

€ 180.00
90 min

Luxury Bellefontaine Cellstemine treatment with stem cells

This anti-aging treatment highly concentrated in Edelweiss, Argan and Alpine rose stem cells, boosts the cell regeneration and repair process, helping epidermal cells protect themselves against environmental aggressions. The skin is regenerated, moisturized and plumped up; wrinkles and fine lines are corrected.

€ 110.00
60 min

Man's facial Bellefontaine treatment

This program is created especially for demanding skin. Strongly recommended for any skin type to be carried out personally, in order to maintain normal skin state.

€ 80.00
60 min

Moisturizing facial treatment

This is the vital treatment in skincare. Only well-moisturized skin looks fresh and radiant. The treatment removes fine lines and signs of tiredness.

€ 80.00
60 min

Calming facial treatment

First aid for reddening skin. The skin is calmed, nourished and moisturized. The sensation of tightened skin diminishes, the surface of the skin becomes more plane, toned and supple.

€ 85.00
60 min

Radiating treatment

Especially effective, versatile and harmless chemical peel program. It purifies the skin, soothes inflammations, brings out radiance and brightens pigment spots.

€ 40.00
20 min

Moisturizing and wrinkle smoothing collagen mask for immediate effect

€ 40.00
20 min

Intensely hydrating and nourishing under eye mask.

€ 90.00
60 min

Microdermabrasion treatment

Evens the skin, giving a restorative effect and preventing wrinkles, accelerating the cell renewal process, decreasing deep and minor wrinkles.

FACIAL TREATMENTS WITH DEVICES

WINFORM TECAR CRV

Controls and directs a calculated radio frequency, transdermal (special product introduced directly to the cell without intervention) transmission and individually selected hit wave for each client. The device has no negative effect on the body's functions. The treatment corrects and intervenes with aging processes in the skin, making it elastic, diminishing even the deepest wrinkles, toning and removing pigmentation spots. Effective against skin rashes. The effect is lasting and improves daily.

€ 160.00
75 min

Face

€ 80.00
45 min

Décolletage

€ 170.00
90 min

Face and neck

€ 150.00
60 min

Acne treatment

€ 190.00
120 min

Face, neck,
décolletage

EYEBROW AND EYELASH TREATMENT

€ 6.00
15 min

Eyebrow shape

€ 10.00
20 min

Eyebrow tint

€ 10.00
20 min

Eyelash tint

MANICURE AND PEDICURE

€ 18.00
45 min

Manicure

€ 20.00
20 min

Nail gelish

€ 35.00
75 min

**Manicure and nail
gelish**

€ 40.00
60 min

Pedicure

€ 55.00
75 min

**Pedicure and
nail gelish**

€ 10.00
15 min

**Nourishing paraffin
bath for the hands**

€ 8.00
15 min

Nail polish

€ 25.00
60 min

**Manicure and
nail polish**

€ 9.00
15 min

**Removing of
nail gelish**

€ 45.00
90 min

**Pedicure and
nail polish**

€ 30.00
30 min

**EXPRESS
pedicure**

WELLNESS FOR CHILDREN

5-13 years old

€ 35.00 30 min	Fairy-tale treatment	Relaxing massage for the little princesses and princes.
€ 15.00 45 min	Princess nails	The very first manicure and its tutorial.
€ 5.00 15 min	Nail arts	
€ 40.00 20 min	Cloudlet	Unwinding therapy of illuminations, sounds and vibration.

All treatments for children requires parental consent with a signed form.

WELLNESS FOR TEENS

13-18 years old

€ 45.00 45 min	"My very first SPA"	Gentle purifying back scrub, relaxing ritual for back, shoulders and head.
€ 80.00 60 min	„SPA smooth skin“	Facial treatment for oily and acne-prone skin.
€ 40.00 20 min	„Cloud“	Unwinding therapy of illuminations, sounds and vibration.

All treatments for teens requires parental consent with a signed form.

RUSSIAN SAUNA TREATMENTS

(advance reservation is required)

€ 290.00
2 hours

Bathhouse rental (2 hours)
UP TO 10 GUESTS

€ 400.00
4 hours

Bathhouse rental (4 hours)
UP TO 10 GUESTS*

* Additional hour € 85.00

* Additional guest € 30.00

€ 30.00
15 min

**Massage with
Brushwood and
Leaves of Deciduous
Trees**

Whipping (massage) body with two different types of brushwood affects the main body meridians and heats problem body zones affected by tension. Whipping (massage) is performed under optimal temperature and therefore is suitable for everyone.

€ 20.00
15 min

**Soap Foam
Massage**

Full body massage is performed using natural soap. Light foam massage soothes, refreshes, and relaxes muscles, improves blood circulation and metabolism.

€ 20.00
15 min

Body Scrub

This unique treatment replenishes the skin with sea water naturally rich in minerals.

€ 20.00
15 min

Express massage

Post-sauna whole body massage. Treatments are performed using oils or creams, with a focus on problematic areas in the body.

HAIR CARE SERVICES

Haircare and make-up services requires 48 hrs advance booking.

ADDITIONAL SERVICES

20min usage of each lamp is included in the wet area fee.

Additional usage of lamps: 10 € - 20 min.

20 min

Vitamin D Lamp

SONNENWIESE U lamp provides a natural tanning without harmful rays and protects the beauty and health of the skin. The ceiling mounted canopy produces a similar effect to natural sunlight. A small amount of UV rays allow production of vitamin D required for strengthening the bones and the immune system.

20 min

Collagen Lamp

SONNENWIESE K lamp stimulates production of collagen. Collagen rays stimulate natural skin regeneration process similar to that which is taking place when the skin is damaged. Damaged skin cells regenerate and the skin becomes fresher and firmer.

20 min

Infrared chairs

Therapeutic heat of the infrared sauna engulfs the body comfortably seated in a special oak chair. The waves penetrate deep into the body. As a result, the infrared energy fills the body with heat without exhausting it.



Our gift certificates are a wonderful gift for a special occasion. To order a certificate or learn more, kindly approach the SPA Reception.

ETIQUETTE

- We recommend to arrive at least 10 minutes prior to your scheduled appointment time to change clothes and fill out a health questionnaire.
- SPA is a relaxation area, we kindly ask you to relax before and after treatment and allow other guests to do so.
- If your children are under 18 years, we kindly ask you to come together with them or fill out authorisation for treatment and/or for using the swimming pool zone facilities.
- It is recommended that you leave valuables in your guestroom safe. The spa does not assume liability for any valuables.
- We kindly ask you to book massages and beauty treatments in advance to ensure preferred times and availability.
- Please give us at least 4 hours notice if you are unable to keep your appointment for a treatment, otherwise the price for the treatment can be included in your hotel bill.
- Smoking and consumption of alcohol within the SPA premises are strictly prohibited.
- If you are late for a treatment, your treatment time may have to be shortened.
- We kindly request that you let the SPA personnel know if you have any health conditions.