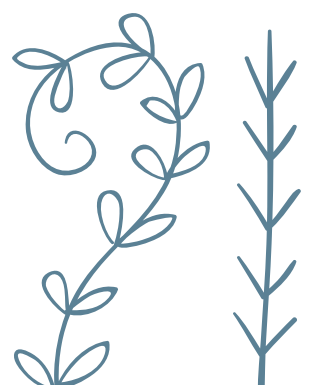


Spa à la carte

Pineta Experience



Pineta Experience: **our mission**

The **Pineta Experience** method is based on awareness and lifestyle improvement. A hectic life, alcohol, smoking, stress, insomnia, electromagnetic waves and an unhealthy diet put a strain on our bodies, releasing free radicals and often leading to premature ageing.

Our mission is to improve the quality of life of our guests by teaching a healthy and correct lifestyle, in order to improve everyone's performance, bringing out the best in each person.

This is why the top wellness consultants we work with have created specific programmes with different objectives exclusively for our guests:

- **Stress relief**
- **Purification and detoxification of the body**
- **Slimming and toning**
- **Antiaging for the face and body**
- **Improved sleep quality**





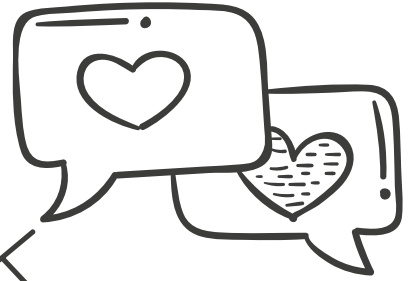
Our beauty journey begins in the Spa and continues at home through the tips that are given to you during your stay in our **Beauty Nature Spa**.

All the cosmetic products we use originate from our territory, with certified organic, eco green, vegan friendly fragrances and active ingredients.

They are fragrance, petrolatum, paraben and allergen free - that's our philosophy. The packaging is recyclable and has a low environmental impact. Everything reflects our love and respect for the environment, giving the best comfort and the most special pampering to our guests.



Find all our offers on www.pinetahotels.it or ask at the reception.



Please ask
us about our
products

Win Win:
you win - we win

Our personalised consultation identifies the client's specific needs and accompanies him/her through a stay with total well-being.

Duration: 20-30 min.
Worth: ~~45€~~ Free for all

To be booked at the reception or directly at the Spa.

Internal number at the hotel 438

Externally 0463/536866

Welcome Face

Treatment
Face - intensive
+ consultation face

60 min.
85€ reduced 40€

Welcome corpo

Brushing with body scrub
Pineta Experience
+ consultation body

60 min.
95€ reduced 50€

Valley scents

Intensive body treatments.

Pineta Nature Scrub

30 min. 40€ + relaxation in our Turkish steam bath

Ritual performed directly in our cabin inside the spa. A pampering that involves brushing the entire body with our **#PinetaBrush** with a detoxifying effect and a gentle massage with our **#PinetaExperience** scrub. Relaxation in the Turkish steam bath allows you to deeply renew and detoxify your body. The revitalising shower at the end of the treatment restores a sense of lightness.

Pleasant hay mud wrap, regenerating shower and massage with warm detoxifying oil. At the end of the treatment, a detoxifying herbal tea is served to conclude the treatment.

Deep nourishment and cell renewal

60 min. 80€/ 80 min. 105€

Ideal for those who have very dry skin and need deep hydration. Welcome with brushing, smoothing full-body scrub, super-nourishing wrap with mask, revitalising shower, massage with nourishing butter for velvety skin and final pampering with organic herbal tea.

Body Detox

60 min. 80€ / 80 min. 105 €

Perfect treatment to start any wellness journey. Welcome with full-body brushing, comprehensive treatment with our wonderful detoxifying hay scrub.



Decontracting

Suitable for those suffering from contractures, tensions, persistent pain (not in acute phase).

Neck massage

50 min. 70€

Welcome with brushing, application of glycerin extract, warm hay wrap on the neck, localised decontracting massage with arnica and detoxifying herbal tea.

Partial massage

60 min. 85€

Welcome with brushing, application of glycerin extract, warm hay wrap on the back or the legs or the abdomen, localised decontracting massage with arnica and detoxifying herbal tea.

Total body

60 min. 95€/ 80 min. 135€

Welcome with brushing, application of glycerin extract, warm hay wrap on the whole body, localised decontracting massage with arnica and detoxifying herbal tea.

Draining, anti-cellulite, firming

60 min. 80€

Welcome with total body brushing, specific serum for an aesthetic appearance, algae

warps or bandages or mud wraps, intensive and draining massage with a specific product or pressure massage.

Regenerating and antioxidant

80 min. 105€

Welcome with a full-body scrub, nigritella or currant mud wrap with strong antioxidant and regenerating powers, a shower to stimulate circulation, a full-body massage with a specific currant or nigritella-scented cream.

Combined bio-revitalizing face and body treatment

120 min. 165€

Dedicated to those who want to regenerate completely in a single session with our **#PinetaExperience**.

Super-intensive facial treatment with specific products for your skin type and detoxifying body treatment with brushing, mud/hay wrap and massage. Two hours of pure pleasure, for a clean, radiant skin and an unparalleled feeling of total well-being.



Facial treatments

Advanced cosmetics

Intensive

30 min. 40€

A facial pampering with our **#PinetaExperience** products: welcome cleansing and toning and a relaxing face, neck and décolleté massage with a cream with the scents of the valley.

Baby-junior Pineta (under 18)

50 min. 50€

Purifying treatment for young skin, including cleansing, exfoliation, skin purification and a specific rebalancing wrap.

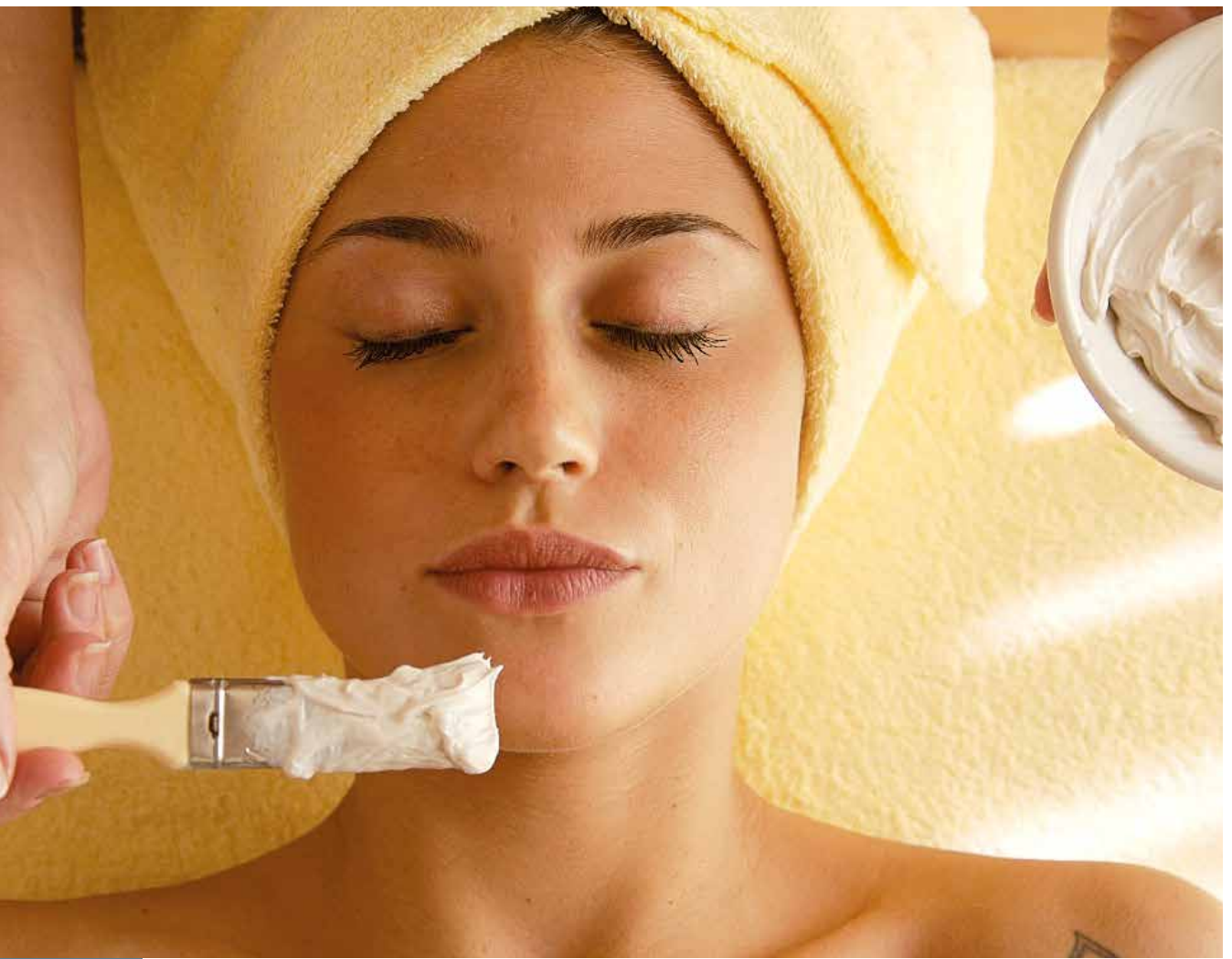
Super intensive

60 min. 75€

Super-intensive treatment recommended for those who want to take care of their skin with specific products according to the individual skin type. Cupping, carried out by our beauty staff, will free your skin from impurities and toxins, deeply regenerating it.

The mask as a finish, together with the massage, will give you an intense feeling of freshness. Recommended before any other type of facial treatment.





Biodinamic face treatment

80 min. 95€

Supreme facial treatment with a plumping and lifting effect. Recommended for ages 40+, it is designed to stimulate and visibly reduce facial expression lines. This treatment has an innovative and sophisticated treatment protocol, which works deep into the tissues to regenerate them from within.

Premium face

110 min. 165€

Our best facial treatment regenerates the skin in depth, stimulating the production of collagen and elastin and relaxes muscle tension in the neck and shoulders. Our best protocol to completely regenerate your face, giving you a result beyond all expectations.



Massages

Relaxing Pineta Plus

30 min. 45€/50 min. 70€

Our relaxing massage is one of the oldest treatments to relieve fatigue, pain and at the same time relax muscle stiffness. Thanks to the massage, the body is naturally led to produce endorphins, which in combination with the warm lights and background music balances the energy.

Decontracting Nordic

50 min. 80€

Strong massage for those with muscle contractures, widespread pain or after intense sporting activity. In this massage the “myofascial trigger points”, i.e. tender points, are deactivated, which, when unblocked, provide immediate well-being by relaxing the muscles.

Rebalancing Californian

50 min. 70€

It aims to achieve well-being of the body and a “rebalancing” between the physical and spiritual. The aim is to achieve a state of harmony between body and mind.

Abhyanga

Holistic massage
against insomnia

60 min. 85€

Essential treatment for well-being; it acts on the subject as a whole, body and psyche, with the aim of harmonising the doshas and eliminating physical and mental toxins.

Liberating

30 min. 45€

It originates from the Abhyanga massage but treats specific areas of the scalp, face, neck and décolleté.

Revitalising

Pinetasweda

50 min. 75€

Pineta Sweda, with alpine herb pinda, is an Ayurvedic treatment of Indian origin that is performed with boluses containing alpine herbs and essential oils, soaked in warm oil. This practice, which literally means 'helping the body to sweat', uses the beneficial action of heat, allowing the herbs contained in the bolus to release their active ingredients and act on the body, regenerating it.

Detoxifying and draining

Resonance with cupping

40 min. 60 €

Intensive massage with cupping at your choice of back, abdomen or legs.

A specific technique that helps to remove many toxins and decisively unblock the body. Gives immediate lightness to the treated area.

Liberating

Tibetan bells

40 min. 60€

An ancient practice that involves a holistic approach to the body as an organism capable of perceiving vibrations given by the deep sound of the bells, which pass from the muscles, to the blood, to the hormonal system, to the nervous system, to the brain waves. Excellent for calming anxiety and stress, and increasing sleep quality.

Emotional

Pineta Stone with hot and cold lava stones

50 min. 70€/80 min. 100€

Hot stone massage. It involves the use of basalt stones of volcanic origin, with a smooth surface, capable of retaining heat and releasing it slowly. This type of natural massage works on various problems, bringing many benefits to both body and mind.





Premium

4-handed massage

50 min. 147 €

The 4-hand massage is a special treatment involving the harmonic manual skills of two therapists who create a relaxing and continuous rhythmic flow. Through rhythm, time, balance and participation the body perceives a harmonious and intense wave.

Deluxe

50 min + 20 min. di relax in malga 112€

After the spa welcome, the treatment begins with a total body brushing to eliminate toxins. The massage is chosen by the client and tailored to his or her needs. Relaxation time with the scent of pinus cembra or hay ends with Chef Mattia's pampering with a glass of organic apple cider.

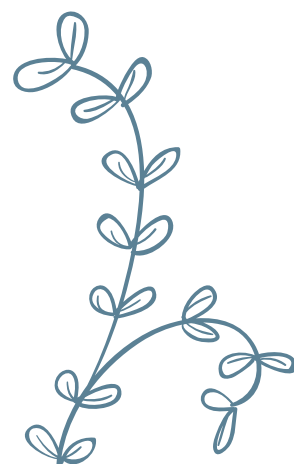
Rebirth

PineThai

60 min. 84€

The thai massage is characterised by the performance of different types of treatment, including pressure, stretching and elongation, which are combined with so-called passive yoga techniques.

From June to September you can experience it in our forest, surrounded by the scents of nature.



A plunge in the cradle.

When stress and insomnia are just a bad memory.

Our cradle is a wellness treatment that allows you to completely relax your body by floating in a float pod, in a foetal position without contact with water, with numerous benefits at muscular, vertebral, circulatory and nervous levels. Treatment in the float pod takes you back to the prenatal state, into the protective womb. The state of relaxation, the water pressure and the constant temperature allow for maximum absorption of the treatment elements from scrubs and wraps.

The most extraordinary benefit of the float pod is related to relaxation: one hour of sleep in the tub is comparable to 8 hours in a normal bed!

You have to try it!





WRAPS

Body in the float pod

Brushing with **Pineta Experience**
body scrub

40 min. 50€

Brushing with draining algae and
appliance of cream afterwards

40 min. 50€

Mud-hay or thyme and mugo pine
and appliance of cream afterwards

40 min. 50€

Nigritella or currant with appliance
of cream afterwards

40 min. 50€

Chocolate wrap

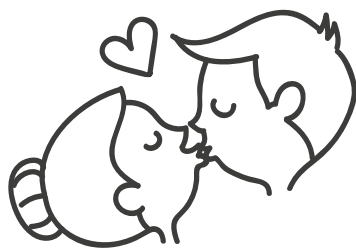
40 min. 50€



Body treatment with local ingredients

40 min 45€

Organic wrap with local ingredients: we combine the pulp of our best seasonal fruit with secret ingredients to create your own personalised body treatment. Ask at the reception for the proposal of the week.



Pineta Experience in Love

Pampering for couples

Relax in private room

40€

Massage oils, snacks and bubbles.

Hay & pampering treatment

60 min. 130€

Body scrub in the couple's cabin (30 min.) and 30 min. hay relaxation with body butters to spread, snack from the kitchen.

Pampering for mother and child

45 min. 110€

For mothers and daughters/son.
Massage and snack from our chef.

Pineta love

50 min. + 10 min. relax 150 €

Relaxing couple's massage for those who wish to share the pleasure of a pampering in the same cabin, in a relaxing and romantic atmosphere.

At the end of the treatment, a snack from Chef Mattia is served with a soft drink or a glass of bubbly.

Pineta love deluxe

60 min. + 30 min. relax 247€

For those who want to surprise their sweetheart with the most beautiful of our treatments. Detoxification with a welcome from the spa, choice of hot roller or hot pads on the back, massage and personalisation from all our massage proposals, relaxation in the private room with a choice of pine or hay scent with a bottle of DOC sparkling wine or non-alcoholic drink, snacks from chef Mattia from our kitchen.





Private room

Relax 1

Relaxation in a hut with pine or hay scent.

30 min. 5€ per person

Relax 2

Relaxation in a hut with pine or hay scent and a snack.

30 min. 10€ per person

Relax 3

Relaxation in the alpine hut with pine or hay scent, the **Pineta Experience**, nourishing face and body butter, snacks from the kitchen and organic apple juice/sparkling wine.

30 min. 20€ per person



Beauty



Feet relaxation

scrub, wrap and massage with finger pressure

40 min. **50€**

Pedicure with peeling and massage

60 min. **50€** + nail polish 5€

Manicure with peeling

45 min. **35€** + nail polish 5€

Depilation

Upper lip and eyebrows 5€

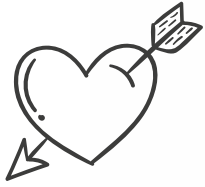
Small areas

armpits, bikini line, belly button, complete face 12€

Zone medie

lower leg, thigh, arms, chest, back 25€

Complete leg 35€



We wish
you a good
relaxation!



Pineta

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PINETA
NatureResort

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NatureResort

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