



# SPA à la carte

Pineta Experience



# Pineta Experience: **our mission**

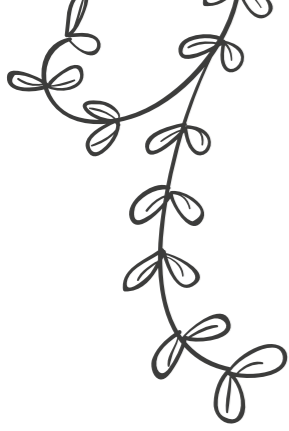
The **Pineta Experience** method is based on awareness and lifestyle improvement. Hectic schedules, drinking, smoking, stress, sleeplessness, electromagnetic radiation, and a poor diet put a strain on our bodies, releasing free radicals and frequently resulting in premature ageing.

This is why the best wellness consultants actively work together with our SPA team

to create specific programmes with different objectives exclusively for our guests:

- **Stress reduction**
- **Purification and detoxification of the body**
- **Slimming and toning**
- **Anti-ageing for face and body**
- **Sleep improvement**





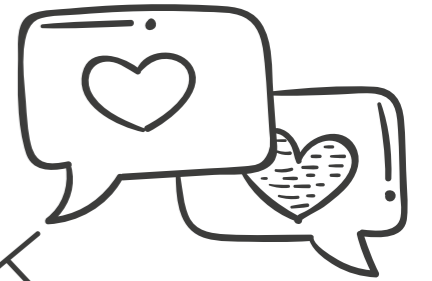
Our programs start in the spa and continue at home with maintenance tips provided while you are a guest at our **Pineta Nature SPA**. All the cosmetic products we use are locally produced and contain beneficial substances that are **vegan-friendly, environmentally friendly, and certified organic**.

They contain no perfumes, petrolatum, parabens or allergens, in keeping with our philosophy. Their packaging is recyclable and has low environmental impact. Everything reflects.



Browse all of our offerings at [www.pinetahotels.it](http://www.pinetahotels.it) or inquire at the front desk.

Please ask us about our products



**Win Win:**  
**you win - we win**

The personalised counselling service identifies the client's specific needs and accompanies them during a comprehensive wellness stay.

Duration **20-30 min.**  
Worth **45€ Free for everyone**

Book at reception or directly in the SPA. Our love and respect for the environment, pampering our guests, and providing them with the best comforts.

**Internal hotel number 438**  
**From outside the hotel**  
**0463/536866**

**Our Welcome** is made to pamper you while also offering individualised guidance, pointing you toward the exact **#PinetaExperience** services and products that will best meet your needs.

**Face Welcome**

Facial pampering + consultation with cleansing, toning and facial massage

**25 min. facial + 25 min. consultation**  
**85€ discounted 40€**

**Body Welcome**

Brushing with body scrub **Pineta Experience** + body consultation

**25 min. treatment + 25 min. consultation**  
**95€ scontato 50€**

# Pineta Nature Therapy



Stress is now universally recognised as the 21st-century disease. Its steady growth has significantly reduced people's psychological and physical wellness in recent decades. Numerous studies have demonstrated that living in a state of stress for an extended period of time can lead to highly dangerous conditions for people's health in addition to panic attacks, tachycardia, headaches, dizziness, and sleeplessness.

Since the **Pineta Nature Resort** has long been regarded as a model of excellence and a point of reference in the fields of wellness, hospitality, cuisine, and a wide range of activities in symbiosis with the environment, **we felt it was our responsibility to make an effort to assist those affected by this condition in the most direct way possible.**

For that reason, with the assistance of experts with whom we have been working closely for some time, we have researched and copyrighted a scientific approach that we have termed **"Pineta Nature Therapy"**: a genuine rejuvenating programme that offers immediate relief to everyone who is suffering from stress.

The programme calls for three specific fundamental steps:

- **Decompression/release**
- **Awareness**
- **Energy recovery**

This is a one-of-a-kind and exclusive experience at the Pineta Nature Resort that gives you the chance to feel better right away while learning how to deal with the stress that comes with living a busy life every day.



## What is included in this experience?

- Check-in with a private interview with highly qualified staff: a requirement for developing the individualised decompression/stress relief and energy recovery path;
- SPA experience with Sauna Master; in the stream and 7000 wellness steps;
- Individual or group yoga and pilates lessons;
- Circular breathing and autogenic training classes;
- Access to new services such as osteopath, physiotherapist, and other wellness specialists, such as;
- Beauty Expert Experience with specially designed treatments and vegan and environmentally-friendly cosmetics;
- Cooking experience with our Vital Pineta menus by Chef Mattia;
- Wine-tasting Experience with the Andreas Wine Cellar's products;
- Livio and Nicola's hiking excursion through the mountains and forests includes tree hugging, foot baths, and Kneipp;
- Experience close contact with rabbits, alpacas, horses, and golden retrievers;
- Cocktails with wellness supplements;
- Final check out with maintenance to do at home (relaxation exercises, anger management, stretching, etc.);

If there is one lesson we have learned in recent years, it is that in order to improve the world, you must put your talents at the service of others.

**Pineta Nature Therapy,**  
your natural stress remedy.

This is what we do at Pineta; seeking to help you improve your quality of life, and we do it with sleep specialist, and botanical expert.

Please inquire about our daily, weekend, and weekly Therapy promotions at the Reception desk.



# Fragrance of the Valley

## Intensive body treatments

### Pineta Nature Scrub

**20 min. 40€**  
+ relaxation time in the Turkish bath.

Treatment performed right here in our SPA lodge. Pampering includes a detoxifying brushing of the entire body with our **#PinetaBrush** and a gentle massage with our **#PinetaExperience** scrub. Relaxation in the Turkish bath deeply rejuvenates and detoxifies the body. The revitalising shower at the end of the treatment restores lightness.

Hay, rejuvenating shower, and massage with warm detoxifying oil. At the end of the treatment, a detoxifying herbal tea is served.

### Deep nourishing and cellular renewal

**50 min. 80€ / 80 min. 110€**

Ideal for those with very dry skin that needs deep moisturising. Welcome with full-body brushing, smoothing scrub, super nourishing wrap with mask, revitalising shower, and massage with nourishing butter that leaves the skin velvety and final pampering with organic herbal tea.

### Body detoxifying

**50 min. 80€ / 80 min. 110€**

Perfect treatment to begin any wellness programme. Welcome with full-body brushing, enveloping manoeuvres with our wonderful detoxifying hay scrub.



### Tension-relieving

With warm hay

Suitable for those suffering from muscle contractures, tension, and persistent pain (not in an acute phase).

#### Partial

**50 min. 85€**

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

#### Total body

**80 min. 135€**

Welcome with brushing, application of glyceric extract, warm hay wrap on the entire body, and full-body decontracting massage with arnica and detoxifying herbal tea.

### Draining, anti-cellulite, firming

**50 min. 80€**

Welcome brushing, specific serum, wrapping with algae, mud, or cloths depending on the imperfection and final application of a specific product.

Detoxifying back massage with Thun Honey, warm arnica mud wrap with decontracting and rejuvenating properties. Final full-body massage with warm oil.

### Rejuvenating with honey and arnica

**80 min. 110€**

Welcome with warm towel, full-body brushing, detoxifying back massage with Thun Honey, warm arnica mud wrap with decontracting and rejuvenating properties. Final full-body massage with warm oil.

### Combined, revitalising

Face and body treatment

**110 min. 165€**

Dedicated to those looking for complete rejuvenation in a single session with our **#PinetaExperience** method. Super-intensive facial treatment with products specific to each person's skin type and body detox treatment with brushing, mud/hay wrap and massage. Two hours of pure pleasure that will give your skin an unparalleled sensation of complete well-being.

# Facial treatments

## Advanced aesthetics



### Facial pampering

**20 min. 40€**

Facial pampering with our **#PinetaExperience**: products: toning and cleansing as a welcome and relaxing face, neck, and décolleté massage with Fragrance of the Valley cream.

### Baby-junior Pineta (under 16)

**50 min. 50€**

Purifying young skin treatment with cleansing, exfoliating, skin purifying, and specific rebalancing wrap.

### Super intensive

**50 min. 80€**

Super-intensive treatment with deep cleansing, recommended for those who want to properly care for their skin with products targeted to the type of blemish. Cupping, done by our beauty staff, will free your skin of impurities and toxins, deeply regenerating it. The final mask, along with the massage, will give you an intense sensation of freshness. Recommended before any other type of facial treatment.

### Biodinamic face treatment

**80 min. 115€**

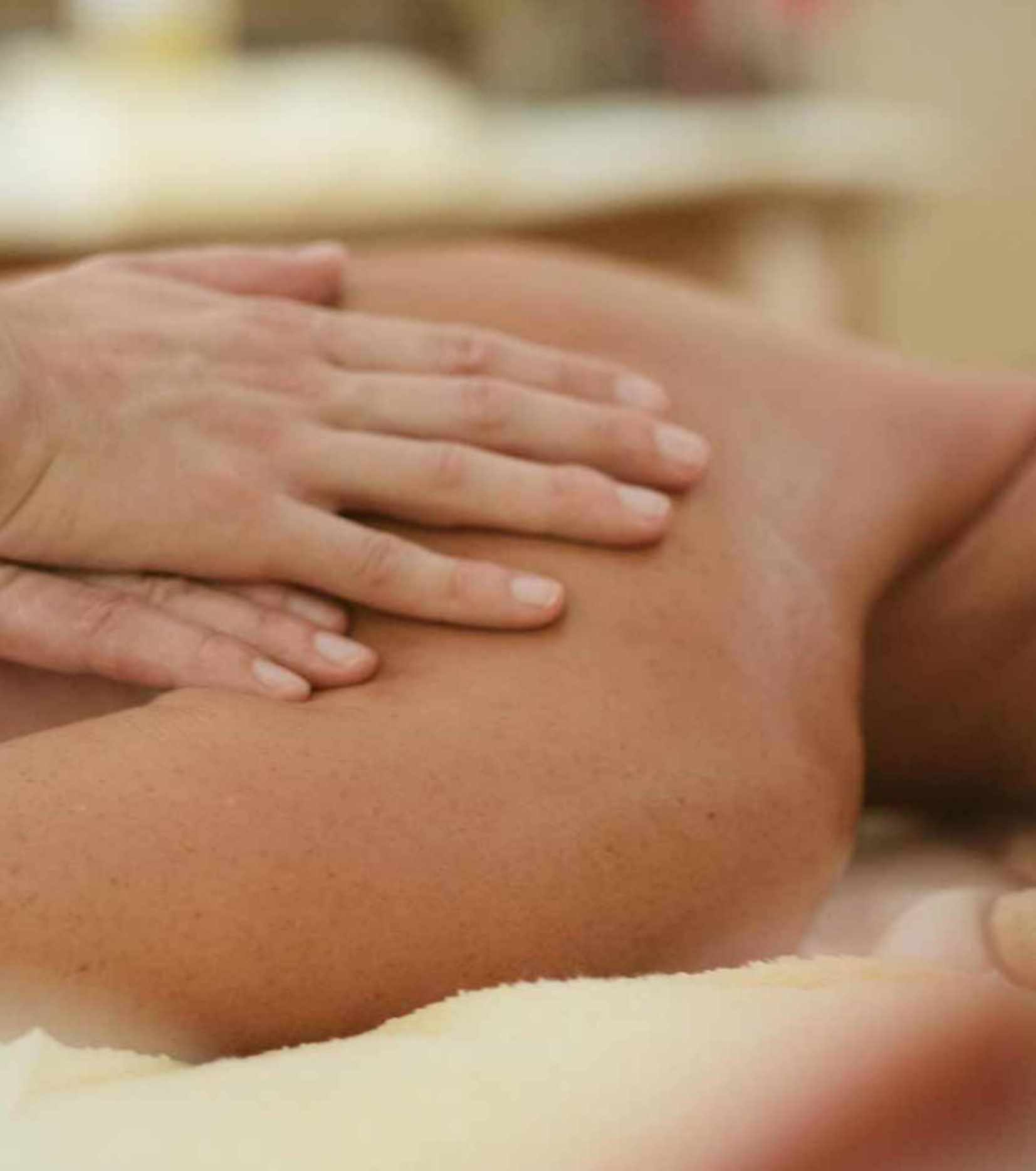
Biodinamic facial treatment with plumping and lifting effect. Recommended for those over 40, it was designed to stimulate and visibly reduce expression lines. Its cutting-edge and complex protocol penetrates deep into the tissues, promoting regeneration from the inside.

### Premium face treatment

**110 min. 165€**

Our best facial regenerates the skin in depth, stimulating collagen and elastin production and relaxing muscle tension in the neck and shoulders. It is our best protocol to completely rejuvenate your face, giving you a result beyond all expectations.





# Massages

## Relaxing Pineta Plus

**25 min. 45€/50 min. 75€**

The classic relaxing massage is one of the most ancient treatments to relieve fatigue and relax the body. Thanks to the applied techniques, soft lighting, warm oil and background music, the body is naturally stimulated to produce endorphins and balance energies.

**Extra pampering**  
Add a scented candle for an even more comforting and relaxing effect for an additional **+ 15 €**  
Add chosen Thun honey for a more draining and revitalising effect for an additional **+ 15 €**

## Decontracting Nordic

**25 min. 50€/50 min. 90€**

Welcome with detoxification, hot roller and back cupping, decontracting massage with mountain-grown arnica, and final detox beverage.  
The goal of this massage is to relax rigid muscles and dissolve muscle contractures.

## Rebalancing Californiano - Holistic massage

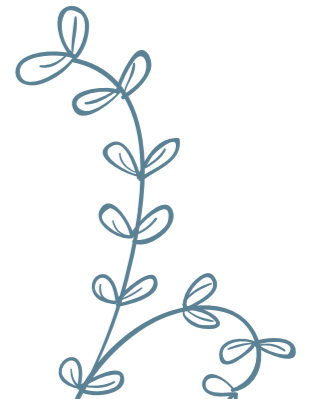
**50 min. 75€**

This holistic massage uses warm oil and enveloping techniques to promote whole-body wellness. It creates harmony between the physical and spiritual planes, allowing for a genuine moment of enjoyment.

## Abhyanga Holistic massage for insomnia

**50 min. 85€**

With the initial pouring of oil on the forehead, this vital therapy for health works to balance the Doshas and remove physical and mental impurities by treating the patient as a whole person—body and mind.



## Freely Holistic Massage

**25 min. 45€**

It is based on the Abhyanga massage but treats specific areas of the scalp, face, neck, and décolleté. Oil is applied to the forehead and followed by a relaxing massage on the scalp, face, neck, and décolleté.

## Revitalising Pinetasweda

**50 min. 80€**

Holistic massage characterised by beating and brushing techniques, using warm bags filled with spices and herbs soaked in hot oil called "Pinda". This method, which literally translates to "helping the body sweat," uses the positive effects of heat by allowing the herbs in the bundle to release their active compounds as they act on the body, rejuvenating it.

## Detoxifying and draining

Resonance with  
cupping

**50 min. 75€**

Intensive massage with a choice of back or leg cupping.

This specific technique helps remove many toxins effectively unblocking the body. It provides immediate lightness to the treated area. Final relaxation with Tibetan bell

## Customised

**50 min. in SPA €90**

**50 min. in forest €100**

This massage is tailored to the person's individual needs, with the possibility of combining various techniques (decontracting, toning, draining, Thai, with Tibetan bells, holistic and energy manuals, ...) depending on the area to be treated and the specific needs.

## Sensory

Pineta Stone with hot  
and cold lava rocks

**50 min. 80€/80 min. 110€**

Hot Stone It entails the use of smooth-surfaced, volcanic-origin basalt stones that can absorb heat and release it gradually. This type of natural massage treats a range of issues and has several positive effects on the body and mind.



## Premium 4 hand massage

**50 min. 147€**

The 4-hand massage is a unique procedure that combines the coordinated manual movements of two therapists to produce a soothing, uninterrupted rhythmic flow. Through rhythm, tempo, balance, and engagement, the body experiences an intense harmonic wave.

## Rebirth PineThai

**50 min in SPA €90**

**50 min in forest €115**

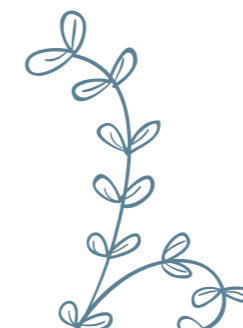
Thai massage is characterised by pressure and stretches that are combined with yoga techniques. The different forms of manipulation are intended to benefit the individual as a whole, not just physically but also psychologically.

**You can experience this in our forest, surrounded by the aromas of nature, from June to September. Massage performed with comfortable clothing**

## Deluxe

**50 min. + 30 min. relaxation  
in an Alpine hut €112**

After the SPA welcome, the treatment begins with a total body brushing to eliminate toxins. The customer chooses the massage, and it is tailored to meet their needs. After relaxing with the aroma of hay or pine, Chef Mattia pampers you as you sip organic apple cider.





# Cradle immersion.

**Where stress and insomnia are just a bad memory**

Our cradle is a wellness treatment that allows you to fully relax your body by floating in a cloud tub, in a foetal position with no water contact, providing numerous benefits at the muscular, spinal, circulatory, and nerve levels. The cloud tub treatment takes you back to the prenatal state, in the protective womb. The state of relaxation, water pressure, and constant temperature allow for maximum absorption of treatment elements from scrubs to wraps.

The cloud tub's most extraordinary benefit is the level of relaxation: one hour of sleep in the tub is comparable to eight hours in a regular bed!

**Definitely worth a try!**



## Packs Body in cradle

Full-body brushing with **Pineta Experience** body scrub  
50 min. 65€

Scrub with draining algae to lighten legs, followed by the application of cream  
50 min. 65€

Mud-hay wrap brushing with detoxifying and circulation-boosting effects followed by the application of cream  
50 min. 65€

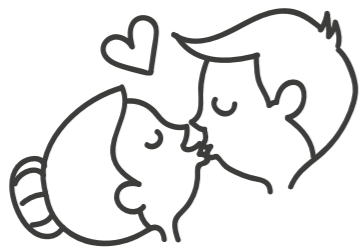
Super nourishing butter wrap for very dry and dehydrated skin  
50 min. 65€

Antioxidant-rich gourmet chocolate wrap for 50 minutes of body and mind renewal  
50 min. 65€

### 0 km body treatment

50 min 65€

0 km organic wrap: we combine the pulp of our best seasonal fruit with secret ingredients to create your personalised body treatment. Please inquire at the reception desk about our weekly special.



# Pineta Experience in Love

## Couple pampering

### Pampering with Mum and Dad (under 16)

**50 min. 120€**

Massage dedicated to Mum or Dad along with their son/daughter. Finish with a snack prepared by our Chef Mattia, accompanied by organic apple juice.



### Pineta love

**50 min. + 30 min. relax 165€**

Couples who also want to experience the pleasure of pampering in the same room can have a soothing massage together in a cosy and romantic setting. At the end of the treatment, a snack from Chef Mattia is served with a soft drink or bubbly in our private rooms.

### Pineta love deluxe

**50 min. + 30 min. relax 250€**

For those who want to surprise their sweetheart with the most beautiful of treatments. Detoxification with SPA welcome, choice of hot roller or hot pads on your back, massage and customisation from among all our massage proposals, relaxation in a private room with a choice of pine or hay with a bottle of DOC or non-alcoholic bubbly, and snacks from Chef Mattia..



## Private room

### Relax with bubbly

Relaxation in a pine lounge or hay hut with cider or organic apple juice and a snack from Chef Mattia.

**30 min. 15€ a persona**

### Mountain-scented relaxation with Alpine butters

Relaxation in a pine lounge or hay hut with nourishing butters for the face and body from our **Pineta Experience** line, with organic cider or apple juice and a snack from Chef Mattia.

**30 min. 20€ per person**

# Beauty



## Foot Relax

scrub, wrap, and massage

50 min. 60€

## Pedicure with peeling and massage

50 min. €50 + polish €5

## Manicure with peeling

45 min. 35€ + polish 5€

## Wax

Lip 5€

Eyebrows 10€

Small areas

underarms, groin, abdomen, total face 15€

Medium-sized areas

half leg, calf, arm, chest, back 30€

Full leg 40€

# SPA life

## Hours

Our wellness area is open daily  
**from 10 AM to 9 PM.**

Children may enter the pool  
always accompanied by an  
adult, preferably not after  
5:30 PM.

## Mobile phone use

Our SPA is an oasis of tranquillity  
and relaxation; therefore, we ask  
that you turn off your mobile  
phones or leave them in your  
room.

## Bookings

Vacancies fill up very quickly in  
our wellness area; therefore, we  
recommend that you book  
yours as soon as possible, even  
before your arrival at the hotel.

We look forward to receiving  
your booking requests.  
To contact us from home:

**Hotel phone 0463/536866**

**Email**  
[naturespa@pinetanatureresort.it](mailto:naturespa@pinetanatureresort.it)

To call directly from your room,  
**the internal number for SPA  
RECEPTION is 438 or 480**

**Internal number for Hotel  
RECEPTION is 9**

## Delays or cancellations

Please bear in mind that if you  
are late for an appointment  
in our SPA, the next guest's  
could be compromised, and  
consequently, your treatment  
time may need to be shortened;  
however, you will still be  
charged the full amount of the  
treatment.

Treatments not cancelled within  
24 hours of the appointment  
will be charged at 50%. We  
also recommend arriving a  
few minutes early for your  
treatments.





## What to wear

You only need a bathrobe and slippers to access our wellness area. We recommend that you use our bag to carry two more large towels (already included in the bag), which you will need for access to the saunas, and your swimsuit, which you will need for the pools and whirlpools. A bathing cap is not mandatory. In all our saunas, you can only enter without a swimsuit, covering yourself with a towel.

Used towels must then be taken back to the room so that they can be replaced the following day during cleaning.

We advise leaving gold and other valuables in the safe in your room.

**Children under 18 are not permitted in the sauna.**

## Your health comes first.

If you have health problems, allergies, food intolerances, or if you are pregnant, please let us know immediately. We will accompany you on a course of treatments suited to your needs.

## Gift Certificates

Would you like to treat someone to a treatment at our wellness centre? Our staff will be happy to help you find the perfect treatment for your gift.



# Enjoy your relaxation!



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Tel. +39 0463/536866

**[info@pinetahotels.it](mailto:info@pinetahotels.it) - [pinetahotels.it](http://pinetahotels.it)**



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