

WELLNESS

Corona
Dolomites Hotel

★★★★S

Superior Alpine Experience



Reclaim the peace
of hearing and
help spread the
ecology of silence
to experience
well-being for
yourselves and
respect the well-
being of others.

#superioralpinexperience

Timetables

SWIMMING POOL	GYM	BEAUTY	SAUNAS
8:30 - 19:30		10:00 - 12:00	
13:00 - 18:00 <i>opening time for kids too (under 14)</i>	8:30 - 19:30 only adults	14:30 - 19:30	15:00 - 19:30 only adults

Beauty treatments can be booked by the room's phone (dialling 200), by email (spa@coronadolomiteshotel.com) or at the reception.

Dress code

The most appropriate dress code is bathrobe and slippers. Swimsuits are not allowed during sauna and steam bath, meanwhile wearing a terry cloth towel is suggested.

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The swimming pool

Indoor and outdoor swimming pool at 32° ionized with salt to guarantee a perfect water sanitation without using chlorine.

The saunas

A pleasant warm embrace to relax, cleanse the skin and eliminate toxins.

Finnish sauna 70/90°, humidity at 20%, max. recommended time of 15 min.

Bio sauna 50/60°, humidity at 50/60%, max. recommended time of 20 min.

Steam bath 40°, humidity at 90%, max. recommended time of 15 min.

The icefall

Highly recommended after the sauna and steam bath treatments:
icing wrists, ankles and the back of
the neck helps restore normal body temperature.

Golden tips

Take your time.

Help your body get used to the high temperatures starting with the bio sauna then alternating between the Finnish sauna and the steam bath.

It is very important to listen to your body and never overdo.

Take a refreshing shower between treatments and keep yourself hydrated.

We kindly remind you that swimsuits
are not allowed during sauna and steam bath treatments,
meanwhile wearing a terry cloth towel is suggested.

Avoid the sauna and steam bath treatments in case of:

pregnancy, high or low blood pressure,
peripheral circulation problems or fever.

Kids and teens

Kids under 16 years are not allowed in the saunas and the gym.
Kids under 14 years are allowed in the swimming pool only from 13:00 to 18:00.

Food and drinks

Food and beverages are not allowed in the Spa area.
They are only allowed in the inside relax area and the external solarium area.

Afternoon snack

Every afternoon, from 16.00 to 17.30, an afternoon snack is offered in the living-bar area. Wearing bathrobe and slippers is allowed during the break.

Health and pregnancy

In case of specific health issues, please advise us during the reservation to discuss together an appropriate treatment.
In case of pregnancy, please inform us prior to making a reservation and consult your doctor to choose the most suitable treatments.

Get rid of what you don't need

Leave your personal effect in the locker or, if you're staying at the Hotel, leave them in your room.

Recomendations

It is recommended to shave at least 2 hours before the treatments.
In case of sun exposure before or after the treatments, please consult the Spa therapist.

Be on time

We kindly ask you to be on time and respect the booking time to avoid unpleasant setbacks and delays. Our cancellation policy guarantees the free cancellation only by 20:00 the day before.

Body massages

Benvenuto Corona Dolomites

Relaxing back massage, a deep well-being sensation thanks to hot compress with mountain pine and mint essential oils .

25 minutes, Euro 50

Mio

Personalized massage, fusion of occidental and oriental techniques, according to personal needs after consultation with the Spa therapist.

25 minutes, Euro 50 — 50 minutes, Euro 80 — 80 minutes, Euro 110

Sogna

Enveloping movements to embrace the body and donate a deep sense of tranquillity.

50 minutes, Euro 80

Armonia

Rhythmical massage with long movements, done with the forearms, to donate a sense of harmony.

50 minutes, Euro 85

Ridisegna

Tightening massage with cups that stimulate circulation and eliminate localized fat.

50 minutes, Euro 90 — 80 minutes, Euro 120

Silenzio

Mind and spirit will benefit from this massage with hot stones that release accumulated tension.

50 minutes, Euro 90 — 80 minutes, Euro 120

Vola

Pressure on the reflex points of the foot to donate vitality and lightness.

45 minutes, Euro 70

Dolomiti ^{BIO}

Deep massage with wooden sticks, sensorial journey through the Dolomites.

50 minutes, Euro 90

Sciogli

Strength and energy, recovery and relax,
before and after intensive physical activity.

25 minutes, Euro 50 — 50 minutes, Euro 90

Terre Lontane

Ayurvedic techniques to balance energy, strengthen body and health.

50 minutes, Euro 85

Oro del Marocco

Unforgettable experience thanks to the combination of body,
head and hair massage with Argan oil.

25 minutes, Euro 60 — 80 minutes, Euro 130

Dolce Attesa

For pregnant ladies, from the 14th week on, to relax back and legs.

50 minutes, Euro 80

Insieme ^{BIO}

Embracing and tranquillity massage for couples, inspired by alpine atmospheres.

50 minutes, Euro 160

Upon request, Thai and Shiatsu massages too



Scrub rituals

Nuova pelle

Respiro himalayano ^{BIO}

Combination of pink Himalayan salt, medical Thai herbs and essentials oils.
The purity of the combined elements guarantees a fast elimination
of toxins and a relieving sensation of lightness.

50 minutes, Euro 100

Rinnova ^{BIO}

Alternation of hot and cold salt stones to give a reactivating effect, combined with
honey massage milk, rock salt and propolis to provide a soft, purifying exfoliation.

50 minutes, Euro 90

Seta ^{BIO}

Smoothing massage with coconut oil and rice to regenerate the skin's softness.

50 minutes, Euro 90

Rivitalizza ^{BIO}

Body scrub with rosemary and lemongrass to free the skin from impurities
As a gift, you will receive a peeling cream to continue the treatment at home.

25 minutes, Euro 60

Riequilibra ^{BIO}

Body scrub with Swiss stone pine and honey for a deep self-care.
As a gift, you will receive a peeling cream to continue the treatment at home.

25 minutes, Euro 60



Body and face rituals

Viso quota **BIO**

Oxygenating techniques and connective tissue massage.
Techniques are combined to improve the skin-tone and the circulation system.

50 minutes, Euro 70

Bendaggio gambe

Application of bandages that stimulate the microcirculation,
relieving swelling and heaviness to improve leg tone and circulation.

25 minutes, Euro 50

Dolomiti Essence

Sensorial ritual, inspired by alpine atmospheres.
Nature and well-being combined to evoke the magic of an enchanted forest.

50 minutes, Euro 110

Detox **BIO**

Combination of zeolite, honey, coriander and grapefruit
extracts to eliminate body toxins.

50 minutes, Euro 120

Face treatment essentials

Facial cleansing

Deep cleanse treatment with specific products according to the skin-type. Complete treatment with wringing and eyebrows regulation.

55 minutes, Euro 80

Detox

Cleansing treatment. Enzymatic peeling with glycolic acid and charcoal microspheres, combined with a detox mask with clay and papaya to absorb impurities.

25 minutes, Euro 60

Regenerating rose treatment ^{BIO}

Regenerating treatment with rose's oil, glacier seaweed and hyaluronic acid.

25 minutes, Euro 60 — 55 minutes, Euro 90

Moisturizer treatment

Perfect treatment for every type of skin. Refreshing, hydrating and equilibrating seaweed mask.

55 minutes, Euro 90

Face treatment specific

Brightening treatment

Exclusive beauty treatment that reveals a new luminosity and a youthful, fresh radiance.

55 minutes, Euro 95

Toning and redensifying

100% manual lifting massage that instantly firms and defines the facial contours, plumps the skin and smooths wrinkles, creating a more lifted, sculpted look.

75 minutes, Euro 110

Lifting action - over 50

Peptides, raspberry and red bean stem cells are the innovative ingredients that plump and smooth the skin.

80 minutes, Euro 120

Eye contour treatment

Excellent in combination with all facial treatments.

Includes hyaluronic acid serum, alginate eyes mask and an eye contour massage (combined with facial treatment € 20,00).

25 minutes, Euro 50



Free your mind, breathe deeply,
feel the energy of the mountains.



Personal care

Manicure

From Euro 35

Pedicure

Euro 45

Pedicure Delux Mavex **BIO**

Euro 60

Pedicure with semi-permanent nail polish

Euro 55

Eyebrow color

Euro 25

Eyelash color

Euro 35

Eyelash lamination

Euro 90

Eyebrow lamination

Euro 90

Epilation Ladies & Gentlemen

From Euro 10 to 60

Wellness packages

Corona Dolomites Relax

Riequilibra body scrub 25 min.

Sogna massage 50 min.

1 day, Euro 130

Detox

Rinnova body ritual 50 min.

Ridisegna massage 50 min.

Detox facial treatment 25 min.

2 days, Euro 220

Armonia alpina

Dolomiti Essence body ritual 50 min.

Dolomiti massage 50 min.

Viso Quota facial treatment 50 min.

3 days, Euro 240

Wellness stay

If you prefer a more personalized wellness experience,
a few days before your arrival,
our staff can contact you to customize your treatment program.



A gift for your special one

A Wellness dream: is there anything more beautiful to gift to the people you love? Corona Dolomites Hotel's gift cards are perfect for every occasion.

Buy them on our website or at our reception desk.

www.coronadolomiteshotel.com