

# WELLNESS

*Corona*  
Dolomites Hotel

★★★★S

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Superior Alpine Experience

A large, dark green, textured brushstroke that serves as a background for the text. The stroke is irregular and has a painterly quality, with some areas appearing darker and more saturated than others.

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	
14:00 - 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)  
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 14:00 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

## **Dolomiti <sup>BIO</sup>**

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

50 minutes, Euro 90

## **Equilibrio**

The sound of Tibetan bells accompanies acupressure applications and slow movements, to restore your inner balance and energy.

50 minutes, Euro 80

## **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 90

## **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

## **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 - 50 minutes, Euro 100 - 80 minutes, Euro 130

## **Dolce Attesa**

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

50 minutes, Euro 80

## **Insieme <sup>BIO</sup>**

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

50 minutes, Euro 170

# Scrub rituals

## Nuova pelle

### **Respiro himalayano** <sup>BIO</sup>

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

### **Rigenera**

Treatment inspired by the Hammam ritual,  
Black soap and exfoliating glove work together to deep-cleanse the skin,  
leaving it more luminous, smooth and healthy.

50 minutes, Euro 90

### **Rinnova** <sup>BIO</sup>

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

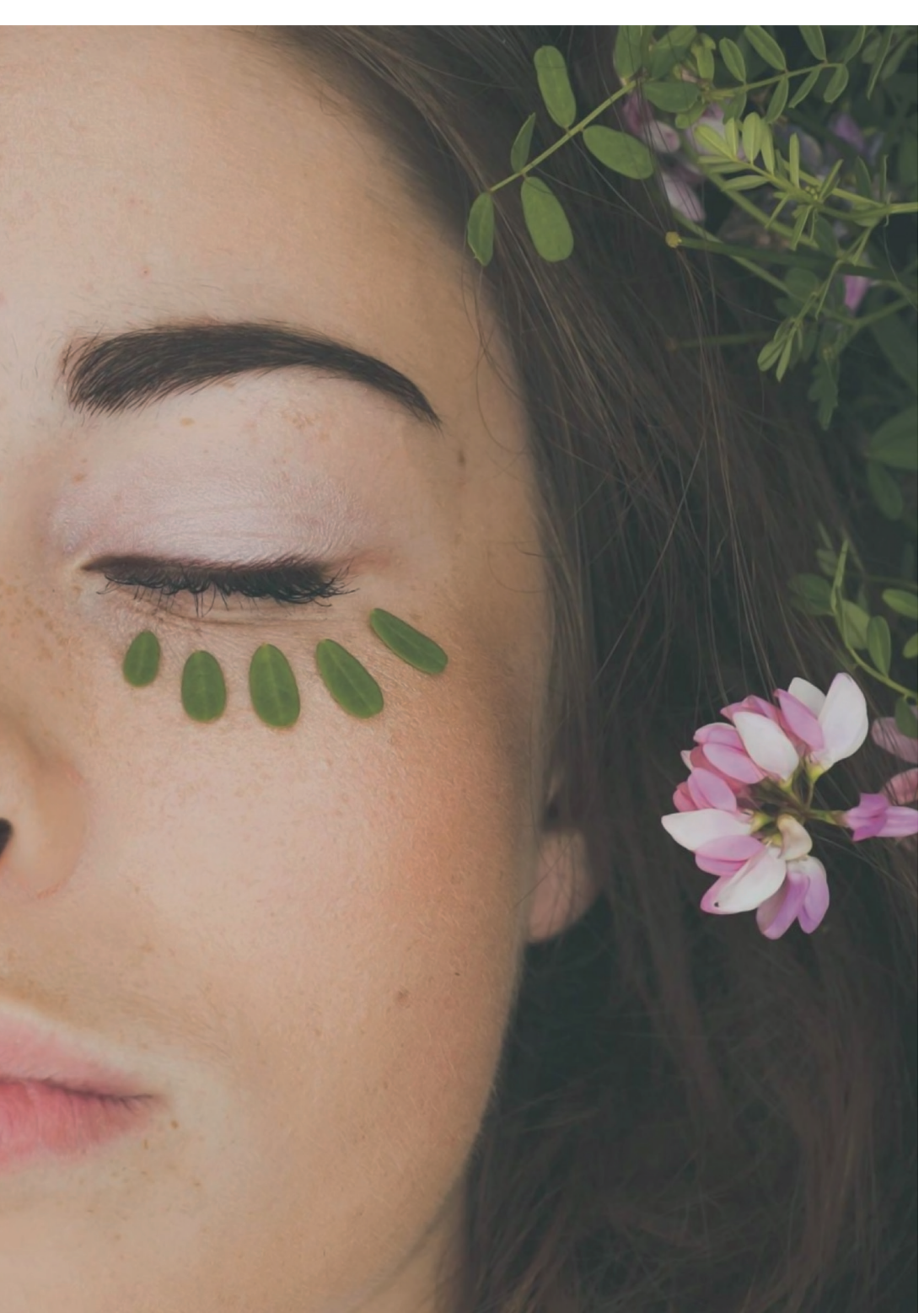
### **Seta** <sup>BIO</sup>

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

50 minutes, Euro 90

### **Rimodella**

Charcoal body scrub. In addition to its reactivating properties,  
it has detoxing and slimming effects.





# Body and face rituals

## **Viso quota<sup>BIO</sup>**

Oxygenating techniques and connective tissue massage.

Techniques are combined to improve the skin-tone and the circulation system.

50 minutes, Euro 70

## **Anticellulite leg bandaging**

Helps eliminate fatty tissue and orange-peel skin blemishes, remodelling your silhouette.

\* combined with a localised reactivating massage in the 50 minute version

25 minutes, Euro 60 - 50 minutes, Euro 110

## **Draining leg bandaging**

Shock treatment to contrast fluid retention and to alleviate leg swelling.

\* combined with a localised reactivating massage in the 50 minute version

25 minutes, Euro 60 - 50 minutes, € 110

## **Body black slim and detox**

Detoxing, slimming, draining and fat-burning treatment using activated charcoal and black pepper. Activates your metabolism while reducing fatty deposits for a visible slimming effect.

80 minutes, Euro 130

# 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

## **Facial cleansing Deluxe - customized**

80 minutes, Euro 120

## **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

## **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**

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

## **The iconic Maria Galland 'Masque Modelant'**

This Parisian treatment par excellence was created in 1963.

Celebrate in 2023 the return of this legendary treatment with the thermo-active heating mask and manual techniques for a new personal beauty.

80 minutes, Euro 130

## **Eye contour treatment**

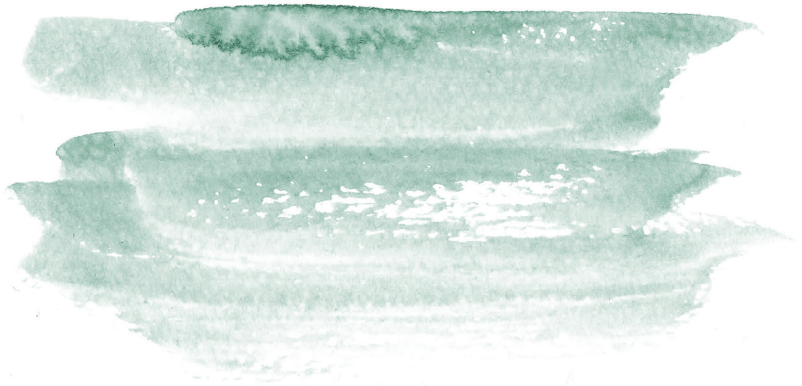
Excellent in combination with all facial treatments.

Includes hyaluronic acid serum, alginate eyes mask and an eye contour massage (combined with facial treatment € 30,00).

25 minutes, Euro 50



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



# Personal care

## Manicure

From Euro 35

## Manicure whit semi-permanent nail polish

Euro 50

## Pedicure

Euro 45

## Pedicure Delux Mavex **BIO**

Euro 65

## Pedicure with semi-permanent nail polish

Euro 60

## 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

Rimodella body scrub 25 min.

Sogna massage 50 min.

1 day, Euro 130

### Detox

Rigenera body ritual 50 min.

Ridisegna massage 50 min.

Detox facial treatment 25 min.

2 days, Euro 220

### Alpine Harmony

Benvenuto Corona Dolomites 25 min.

Dolomiti massage 50 min.

Viso Quota facial treatment 50 min.

2/3 days, Euro 190

## 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](http://www.coronadolomiteshotel.com)