



The skin is said to be the mirror of the soul!. For beauty and health to be in harmony, it is vitally important to use products which favour detoxification and supply energy. To be healthy and to have a healthy aspect is in fact a common desire.

### FACIAL TREATMENTS

**Face cleaning:** with steam and the benefits of essential oils the skin is purified and regenerated. The revitalizing action will restore natural radiance and compactness.  
(60 min.)

**Men's moisturizing facial treatment:** an intensive nourishing program from the new Noesis line of Piroche Cosmetiques; a reinvigorating effect.  
(60 min.)

**Noesis facial treatment:** excellent for cell regeneration of face, neck and décolleté. Strong thanks to excellent revitalizing substances dermo-functional conferred on the skin. Perfect to give natural light, freshness and new vitality to the face  
(60 min.)

**Expressions Natural Face Lifting Treatment:** an intensive program to contrast the formation of expression lines; it regenerates and moisturizes. This treatment stimulates biochemical mechanisms. Its distinctive feature is the immediate tensing effect of the active ingredients.  
(70 min.)

**Mini facial treatments:** delicate cleansing followed by a nourishing mask.  
(40 min.)

**Soothing treatment:** the skin is treated with soothing and decongestant products, suitable for skins with a tendency to blotching or reddening  
(50 min.)

**Purifying treatment:** a complete program (suitable for combination to greasy tendency skins) with a precious combination of essential oils to balance the excessive production of sebum  
(50 min)



# Vitality SPA Bellavista



Beauty treatments and programs created especially for you

Taking special care of ourselves is a desire that can easily become reality. Among the requirements for an exceptional holiday: **Wellness for soul, mind and body...** the Vitality SPA Bellavista becomes a fundamental element for letting oneself go...

**Be cuddled ... Research inner silence...**

Specifically designed Holistic Beauty Treatments and programs combined with quality products and competent operators will make every treatment a truly healthy and memorable experience.

After the treatments that relax disharmony and tensions, feel renewed vitality.

**Our Wellness Spa of 500 sq.m.:**

Swimming Pool / Whirlpool (bathing caps compulsory): 10.00 - 19.30

Sauna Area (reserved to adults, over 18 years of age): 15.30 - 19.30

Treatments: on appointment

Information and appointments at the Reception Desk or directly at the Spa (tel. nr. 160).

Appointments cancelled less than 24 hours in advance will be charged.

**10% discount will be applied to MORNING appointments for Massages and treatments**



**HOTEL CAMPIGLIO BELLAVISTA**

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### Body Treatments

**AQA WOOD:** is a NEW and REVOLUTIONARY wet table equipped with a hydrotherapy massage brush that makes it ideal for wet treatments- Its most INNOVATIVE feature is its steam bath which improves the efficiency of all body treatments, (peeling, slimming, draining, nourishing and firming) as the heat increases the absorption of the active ingredients and thus the effectiveness.

#### BODY TREATMENTS WITH AQA WOOD WET TABLE:

Body scrub	(30 min.)
Personalised pack	(30 min.)
Relaxing Treatment (algae pack + Massage)	(50 min.)
Legs draining Massage ( Yin algae pack + Massage)	(50 min.)
Anti - cellulite Treatment (Yang algae pack + Massage)	(50 min.)
Toning Treatment (Yin-Yang algae pack + Massage)	(50 min.)
Moisturizing treatment (Hydraplus /Vulcanus/Cydonia algae pack + Massage)	(50 min.)
Anti - Age Treatment (Tilia pack + Massage)	(50 min.)
Ritual Aqa Wood (peeling+ custom pack + Massage)	(80 min.)

#### Natural ancient treatments

The SCRUB treatment is an ancient beauty process and consists in a scrubbing technique which purifies the skin and contrasts the natural aging process; it furthermore favours oxygenation and absorption of nourishing and moisturizing products, stimulates the micro-circulation and brings renewed radiance and texture to skin fatigued and strained by stress and smog.

SALT AND LEMON: with salt, oil, lemon	(25 min.)
CINNAMON: cinnamon, brown sugar, honey, oil	(25 min.)



### TREATMENTS and MASSAGES

**Aroma - Massage:** enveloping and relaxing benefits of essential oils are used. Free from stress and uplifts the morale revitalizing Body and Spirit. **(50 min.)**

**Holistic Massage:** a combination of different techniques such as stretching, acupressure and deep maneuvers to re-establish a renewed body harmony. **(50 min.)**

**Ayurvedic Massage (Abyengam method):** from the most antique traditions of the orient, a massage to restore the body balance, contrasting stress and acting on the lymphatic, nervous and muscular systems. **(50 min/70 min.)**

**Deep Massage:** a synergy of deep manual helps to ease tension and muscle contractures. To relax after a busy day of physical activity. **(25/50min.)**

**Relaxing Massage:** rhythmic and harmonic movements to alleviate stress and fatigue. It increases body flexibility, stimulates blood circulation and energy flow, producing a sensation of intense vitality. **(25/50 min.)**

**Circulatory Massage (legs):** a pleasant synergy of movements which helps the flow of blood and stimulates the nerve terminals. Warming the muscular system helps to better the blood vessel elasticity. **(50 min.)**

**Complete Lymphdraining Massage:** a light pumping technique: a new lymph draining method which stimulates the process of a global regeneration, purification and remodeling. Excellent on imperfections such as cellulite and water retention. **(25/50 min.)**

**Face and Scalp Massage:** after cleansing the skin thoroughly, making a manual massage and relaxing and energizing techniques to stimulate the microcirculation of the scalp and face. **(25 min.)**

**Legs Draining Massage:** rhythmic and delicate movements to the circulation system using a specific de-fatiguing gel, restore lightness to legs. **(50 min.)**

**Foot reflex Drainage:** a massage to the sole of the feet where the entire body is represented, facilitates the liquid circulation of the organism. **(25 min.)**



**WELLNESS** : *Special packages to suit personal requirements*

LAND  
WOOD  
METAL

WATER  
FIRE

**BEAUTICIAN**

**Depilation:**

- Partial legs (no groin)
- Partial legs + groin
- Full legs (no groin)
- Full legs + groin
- Arms
- Groin
- Armpits
- Moustache
- Eyebrows

**Hands & Foot Treatments:**

- Esthetic Manicure
- Esthetic Pedicure
- Curative Pedicure

- Solarium tri-facial (high pressure) (10 min.)
- Solar shower (low pressure) (10 min.)

**HOTEL CAMPIGLIO BELLAVISTA**



**LAND TRAIL**

**To release physical tensions and mental stress. 1 1/2 hours**

It begins with a whirlpool (20 min.) to stimulate circulation, continues with a seaweed Relax wrap (40 min.) on Aqawood table. It ends with the head and foot massage (30 min) using essential oils that deepen relaxation. We recommend at least 20 minutes relax.

**WATER TRAIL**

**To drain the excess fluids, swollen legs, cellulite. 1 1/2 hours**

Start with a Lymphatic Massage (30 min) to stimulate the lymph and body renewing lightness to the body, we proceed with a whirlpool (15 min.)& finish with a Yin algae body wrap on the Aqawood table (40 min). We recommend at least 20 minutes relax.

**WOOD TRAIL**

**To detoxify and revitalize the body. 1 1/2 hours**

It's a cleansing course that starts with the Turkish Bath (20 min.) to detoxify the body. We proceed with a Body Scrub (25 min.) to revitalize the skin. It ends with an Ayurvedic Abhyanga Massage (30 min.) to give way to a revitalizing energy. We recommend at least 20 minutes relax.

**FIRE TRAIL**

**To balance the emotional states. 1 1/2 hours**

Begins with the herbal sauna (20 min.) which helps to restore Mind - Body contact, continues with a scented Body Scrub (30 min) and ends with the Holistic Massage (30 min.) to indulge in a deep pampering. We recommend at least 20 minutes relax.

**METAL TRAIL**

**To alleviate shoulders, neck, respiratory tensions. 1 1/2 hours**

Starts in the Turkish Bath (20 min.) with its essences which clear breathing; followed by a Vulcanus body wrap (40 min.), which helps to nourish the skin and ends with a Deep Massage (30 min.) for a deep synergy of the whole body. We recommend a minimum of 20 minutes relax.