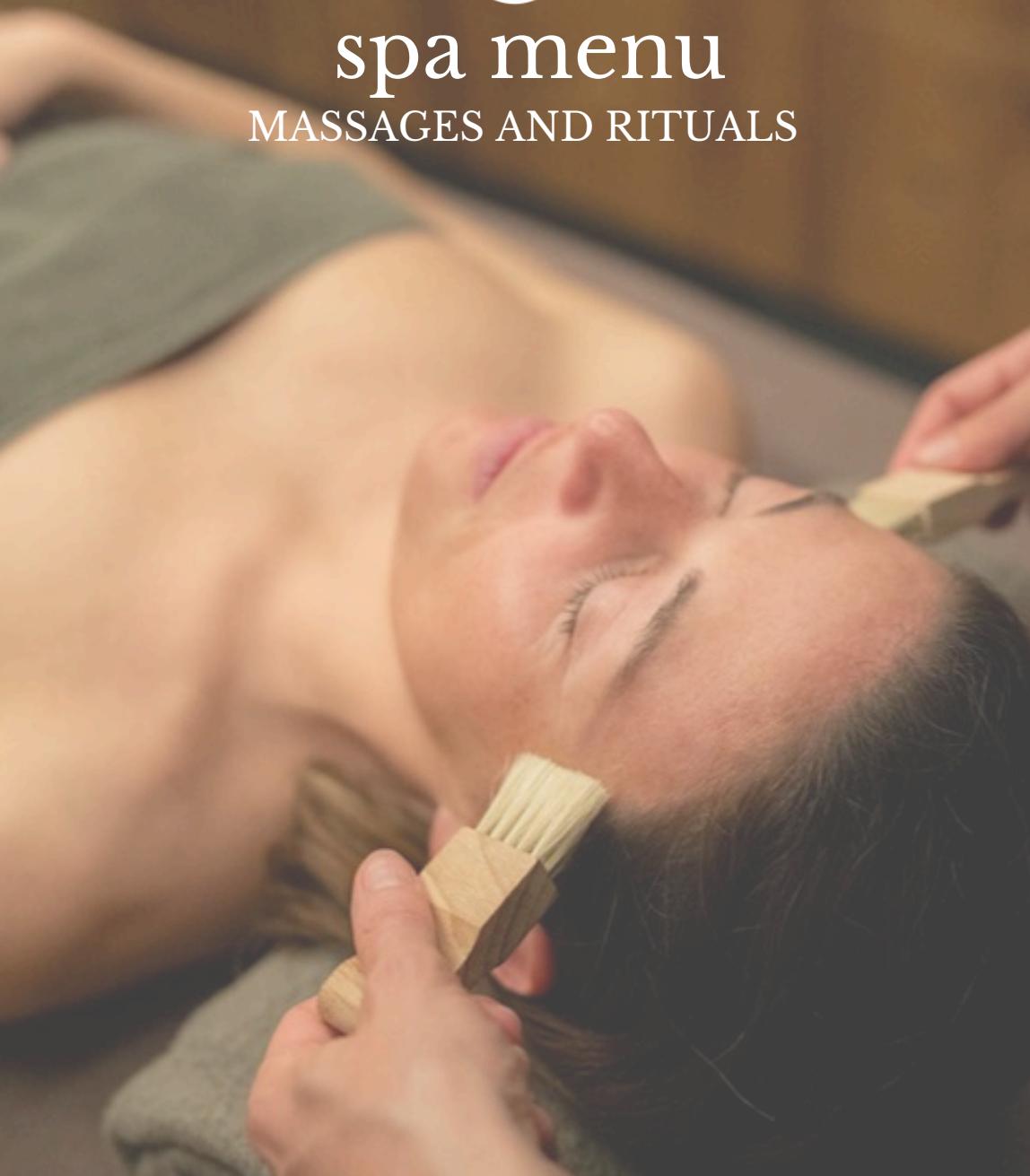




spa menu

MASSAGES AND RITUALS



A gift for the body and for the spirit

Nidum is our SPA.
A nest of harmony, beauty and joy.
Through rituals based on hay and
mountain flowers we promise you
a moment of intense well-being and
relaxation.

Two words meet each other in the
alpine products
Hobepergh and Trehs.

The millennial wisdom of alpine folk
medicine with its natural ingredients
and the latest scientific findings.
A link between Research and the
Force of Nature with a unique
concept of sustainability and
effectiveness; sincere and territorial
cosmetics with a long vision term for
a sustainable future of our earth.



Opening times

Rituals, massages and treatments

2.00 – 8.00pm (Sunday rest day)

Sauna and steam bath

3.30 – 8.00pm

(from 2.00pm in case of bad weather)

Private SPA

8.00 - 11.00pm

SPA entrance reservation

Entry is by reservation and allowed

only to those over 14 years of age

For info and reservations contact the
reception.

Reservations & cancellation of treatments

Reservations for massages and treatments
can be made at the hotel reception.

It is possible to cancel or change the
appointments booked at the SPA no later
than 10.00 pm of the previous day,
otherwise the entire amount of the booked
treatment will be charged. In case of delay,
the treatment will always end at the
scheduled time in order not to disfavour
the next guest.

The cost of the treatment will not undergo
changes in the charge.



A woman in a white robe is reclining in a massage chair, looking relaxed with her eyes closed. She is holding a book in her lap. The setting is a spa or wellness center, with warm lighting from hanging lamps and a large wicker basket in the background.

massages
& body rituals

peeling & detox rituals

alpine scrub

30 min 45euro

An express treatment with herbal salts from the Asiago plateau and beeswax to remove excess cells, skin impurities and moisturize the skin.

detox exfoliating ritual

60 min 80euro

Thanks to the HöbePergh hays and herbs this treatment has a detoxifying action and facilitates the elimination of toxins, giving the right balance to the body. Ideal for finding harmony perfect and physical well-being. The treatment includes a scrub with alpine herbs and beeswax, a hay mud pack and a short massage

purifyig treatment with hot hay pillow

60min 80euros

To detoxify, purify and reactivate the metabolism. The treatment starts by using the HöbePergh Bronze Brush that stimulates microcirculation, bringing oxygen and nourishment to the tissues. It continues with the application of precious extract of alpine herbs and a wrapping of a warm pillow of hay in the liver area. The purifying ritual ends with a pleasant detoxifying oil massage. (The treatment requires prior preparation time and must be booked with min. 2 hours in advance).

alpine experience of well being

mountaineer antistress ritual

60 min 100euro

For millennia, hay baths have helped to relax and relax the muscle bands. After brushing a distressing extract is applied to the back and followed by wrapping in a hay pillow.

The treatment ends with a relaxing massage will suit you new energy.

(The treatment requires prior preparation time and must be booked with min. 2 hours in advance).

deep nourishment treatment with alpine butters

60 min 80 euro

Treatment with butter and hay cream, application and wrapping with a nourishing mask deep and finally massage with precious emulsion.

body ritual with simple hay bundles

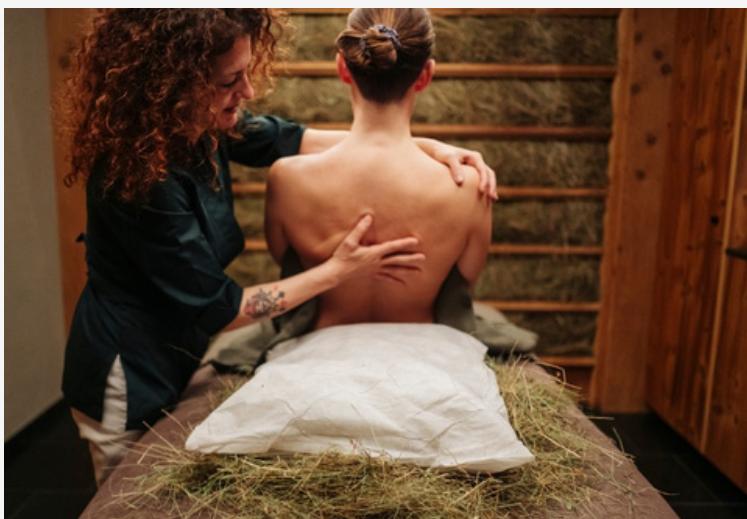
75 min 120euro

A beneficial brushing of the body precedes a massage performed with warm bundles of hay and alpine herbs soaked in oil and medicinal extracts. Promotes the elimination of toxins, releases tension and deeply relaxes the body and mind. (The treatment requires prior preparation time and must be booked with min. 2 hours of advance)

relaxing back ritual

60 min 100euro

Extremely effective treatment in relaxing and relieving back and neck muscle pain. It includes a localized brushing, an application of extract of alpine herbs and a warm pillow of hay. Finally, a massage with hot oils, will give an immediate sensation of relief and relaxation.



classic massages

massage with stone pine oil

50 min 75 euro

Enveloping massage with warm stone pine oil. Activates skin circulation and gives the skin elasticity and brightness. The essence of *pinus cembra* naturally gives a deep sense of calm giving peace of well-being.

relaxing massage

50 min 75 euro

Relaxing massage performed with gentle and enveloping maneuvers induce a deep state of well-being, relaxes the muscles, stimulates circulation and helps to find inner peace.

relaxing back massage

25 min 50 euro

A short massage to recapture your wellbeing, focusing on the back.

leg massage

25 min 50 euro

Relaxing leg and foot massage. Stimulates blood circulation that gives a feeling of lightness, designed to relieve fatigue and drain excess fluids.

after sport

full body sports massage

50 min 80 euro

For those who love a bit more powerful massage. It acts intensely on the muscles loosening the contractures and relaxing the full body

light leg ritual

50 min 80 euro

The ideal treatment for tired and heavy legs. Stimulates blood circulation, has a draining effect and relieves tension. You will experience a scrub, followed by hot packs & finally a massage with pine stone oil and Leg Gel Trehs.

facial



all the beauty of nature

lifting treatment intensive anti aging with rice sprouts

50min 80euro

A precious treatment with an immediate lifting effect: using iodine-rich brown rice sprouts, this treatment acts like a natural botox to regenerate and revitalise the skin. Bio Surice is a unique line that restores the layers of the epidermis for long-lasting and visible results.

deep moisturizing facial treatment

50min 80euro

The moisturizing treatment hydrates and deeply nourishes the layers of the epidermis; the skin appears velvety and bright. Suitable for all types of skin, even the most sensitive.

exfoliating - regenerating

50min 80euro

The enzymatic action of sprouted brown rice peeling removes dead cells and facilitates the penetration of active ingredients. Thanks to the regenerating action of Sprouted Brown RiceTM cream, this treatment deeply moisturizes the skin, restoring tone and reducing wrinkles.

flash beauty

relaxing - illuminating

30min 55euro

The glow effect is guaranteed by mask based on alginates and a face massage

antistress

30min 55euro

Acupressure helps right away relax and surrender to the hands of the therapist. The following massage will do the rest.

eye contour

45min 70euro

A gentle and effective treatment, with natural phytoextracts, specifically for treating the eye contour area. It gives greater firmness and increases skin elasticity while protecting the eye area from aging and external agents.

packages

by booking a spa program prior to arrival you will receive
a 10% discount packages per person

hay and alpine herbs

1 alpine pine oil massage 50'
1 relaxing hay oil massage 50'
1 relaxing back ritual with warm hay pack 50'
~~250 euro~~ 225 euro

deluxe alpine well-being

1 anti-stress mountain man ritual 60'
1 nourishing body treatment with alpine butters 60'
1 hay bundle ritual 75'
1 relaxing stone pine massage 50'
~~375 euro~~ 335 euro

a day for myself

1 alpine scrub 30'
1 relaxing massage 50'
1 antistress facial massage 30'
~~175 euro~~ 158 euro

total body

1 deep moisturizing facial treatment 50'
1 light legs ritual 50'
1 back relaxing ritual
~~265 euro~~ 235 euro

facial beauty

1 intensive antiaging facial 50'
1 deep mostourizing facial treatment 50'
1 facial lymph drainage 30'
~~205 euro~~ 180 euro

for couples

private spa

From 8.00 to 10.30pm

Book the wellness center exclusively for you and your sweetheart.

160 euros per couple including the supply of the SPA bag, aperitif, hot & cold fingerfood

private spa & simultaneous couple SPA ritual

From 7.00 to 10.30pm

Your SPA night will start at 19.00

with an alpine herb treatment for two (approx. 75 min)

You can then take advantage of the magical romantic atmosphere in the evening and sip an aperitif & fingerfood
280 euros per couple including the supply of the SPA bag

simultaneous couple SPA ritual 75min

For HIM/HER relaxing back ritual with warm hay pillow and for HIM/HER deep moisturizing facial treatment

75 minuti 135euro

simultaneous couple SPA ritual 90min

For HIM/HER hobepergh hay bath
for HIM/HER Alpine scrub and foot massage with muscle relaxing extract

90 minuti 150euro



stay fit

gym

A space dedicated to the free body, equipped with mats, rollers and technogym bench with weights.
It can be accessed at any time.
Ask the front desk to enable entry.

yoga sessions & other classes

Each week you will find different classes and group activities.
The front desk will keep you informed!
Places are limited and we recommend that you register early.
Please feel free to request an extra towel

private classes

Book a private session and focus only on yourself.

- muscle awakening
- stretching
- yoga
- pilates
- antigravity yoga
- holistic hammock experience

Classes will focus on your particular needs such as a body part, or breathing, or even meditation.
yoga sessions and other classes

spa etiquette

Entrance to the spa is by reservation only
and only for adults over the age of 14

Silence regenerates, helps you find harmony and
promotes the recovery of physical and mental
balance.

With silence you contribute to your own well-being
and to that of those around you.

Please remember to turn off your cell phone.

In the sauna please lie on the towel
(no sweating on the bench)

Always rinse the seat
of the steam room when you leave.

Please remember to leave the
the loungers when you leave.

Eating is prohibited in the spa.

It is forbidden to be naked in the relaxation area
and dipping naked in the hot tubs.

book now

You can book your treatment at the front desk.
Contact us at #9 from the room phone or via
whatsapp 0342904485

Please arrive in your bathrobe and without
jewelry about 5 minutes before your treatment.
Sip quietly a herbal tea or cold brew.

It is possible to notify us of schedule changes
and cancellations up to 10 p.m. the previous
day. Delays or late cancellations will be
charged the full cost of the treatment.

In case of allergies or special health conditions
please notify us at the time of booking.

If you are pregnant consult your doctor and
notify us at the time of booking.

WELLNESS - SPA
nidum
MASSAGES & RITUALS



La Genzianella
ALPINE CHIC HOTEL

t. 0342 904485
www.genzianella.com
Via Zandilla, 6 Bormio

