WELLNESS ~ SPA

nidum

MASSAGES & RITUALS

massages & rituals

Relax and make yourself at home

With a bath robe and slippers you are well dressed for a visit to the spa facilities.
Come to your treatment 5 minutes earlier, without any accesory or jewels.
You can wait for your appointment on the sofa and sip a cup of herbal tea for a relaxed start to your feel-good programme!

A gift
for the body
and for the spirit

Nidum is your 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

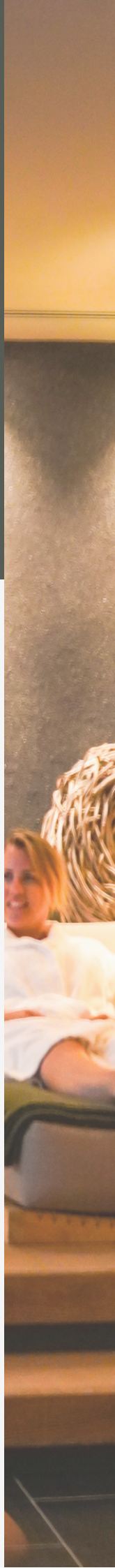
Rituals, massages and treatments
2.00 – 8.00pm (Sunday rest day)

Sauna and steam bath
3.30 - 8.00pm

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.



Body massages & 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 experienxce of well beeing

mountaineer antistress ritual

60 min 100euro

For millennia, hay baths have helped to relax and relax the muscle bands. After brushing a destressing 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.

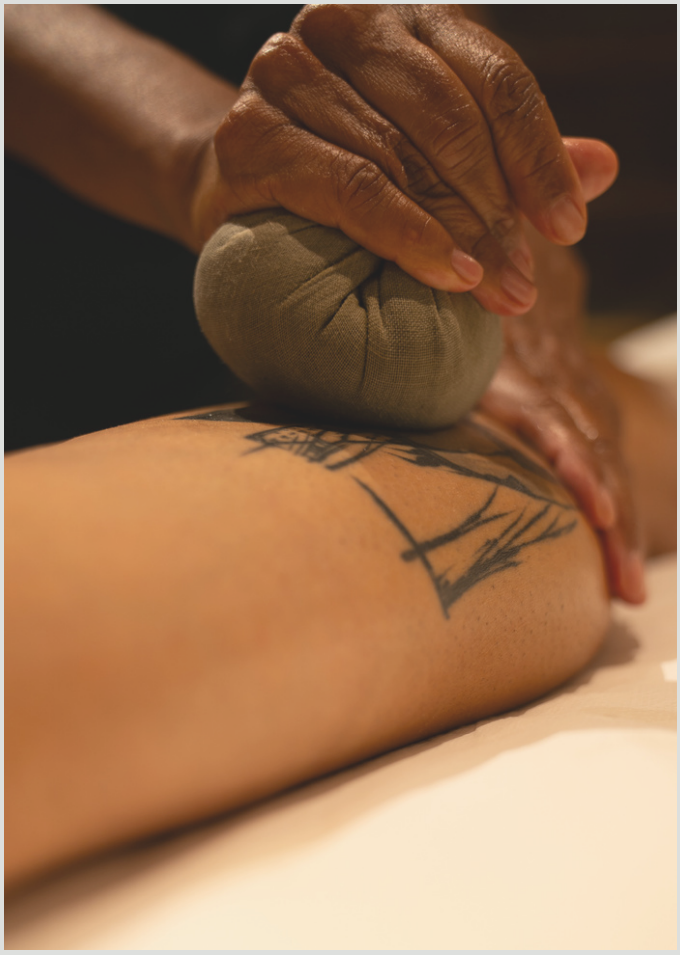
(The treatment requires prior preparation time and must be booked with min. 2 hours in advance).

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 inoil 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.

light 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 treatments

all the beauty of nature

lifting treatment intensive anti aging with rice sprouts

50min 80euro
An invaluable treat with immediate lifting effect.
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.

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
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.

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.

packages

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

a day for myself

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

facial beauty

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

total body

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

mari's special

1 reiki
1 cranial sacral theraphy
1 access bars
~~225 euro~~ 200 euro

perfect legs

1 light legs ritual 50'
1 lymphatic drainage legs 50'
1 grape seed oil leg massage 25'
~~205 euro~~ 185 euro

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

Together is
better

for couples

private spa

From 8.00 to 10.30pm
Book the wellness center exclusively for you and your sweetheart.
150 euros per couple including the supply of the SPA bag, aperitif & fingerfood

private spa & simultaneous couple SPA ritual

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

Spa etiquette

Entrance to the SPA is by reservation
and only for adults older than 14 years

Silence regenerates, helps to find harmony and promotes the recovery of physical and mental balance.
With silence you contribute to your well-being and that of those around you.

Please remember to turn off your cell phone.

Please lie down on the towel in the sauna
(no sweat on the bench)
Always rinse the seat
of the steam bath when you go out

Remember to leave the relaxing beds free
when you go out

In the SPA it is forbidden to eat

It is forbidden to be naked in the relaxation area and immerse yourself naked in the tubs.

Book now

Whatsapp e telephone
+39 0342 904485

From the room dial
n. 9