

La Perla

fam. Costa

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CORVARA

Benessere

Wohlbefinden

Wellness



La Perla

The pleasure of nature

SALUS PER AQUAM is a small wellness and beauty centre, an oasis of peace where body and mind can unite and find a perfect harmony in the essential elements of Nature. Nature is an alchemic dimension in which the essence of life, energy, and our intimate driving forces can find the ideal balance and transmit the true joy of living. It is a way to find that interior peace and calm which very often the hurried frenzy of our everyday life denies us.

SALUS PER AQUAM enjoys a great natural setting, immersed in a context of meadows, woods, mountains and a truly expressive sky, the natural elements of Nature celebrating our most intimate selves. It is in this context of serene beauty that we work, happy to find the rhythms and moods which do your body the world of good. For centuries, mankind has trusted Nature to restore an equilibrium to body and mind, to give a regenerative and revitalising boost to our being. And this is why we make use of precious minerals, plants and fruits as the core elements in all our treatments and in all the products which we use, for we know that so doing will result in one outcome: beneficial vibes and sensations from the force of the regenerative properties of mountain life.

In our gem cosmetics, only bio-preservatives and essential oils are used; they are rich in essential natural elements, have not been tested on animals, do not contain parabens, are not propane glycols, nor alcoholic. Our creams, serums and our preparations, as well as producing marvelous results, respect the environment and comply with the ethical values of our Casa as guided by the principles of the Common Welfare Economy.

Our professionally qualified and constantly updated assistants make use of age-old rituals, aesthetic treatments of modern conception, and products producing sensational results. Our intent is to accompany you through personalised treatment so as to replenish mind and body. Moments of serenity and calm will be yours, and the association with and respect for the fundamentals of Nature will surely be enhanced.

We are happy to provide a personal treatment programme for you, discussing your needs and requests together. We look forward to welcoming you for unforgettable times.

Bëgnodiis, Benvenuti!

SALUS PER AQUAM

SPA LA PERLA

Gem cosmetics

We are as the dust of stars, precious and bright as gems.

Why choose precious and semi-precious gems for a cosmetics line? Well, it is because they are actually really “precious”, in that they are universally known to be richer in trace elements than any other vegetables or minerals and provide the chemical and metabolic reactions indispensable for life, and able to naturally reactivate body vitality and defined as “biocatalysts”. The same minerals are present in the stars, in our body, in our gems. Our body reminds us of this factor every day and requires that we respond.

“Crystals are living things at the start of a creative process”

Nikola Tesla

Wellness

The practice of massaging has throughout time been one of the most natural of ways to strengthen the body, improve circulation, relax the mind, help tired limbs recover, and to ease pain. Types of massage provide a fascinating journey through time, incorporating antique traditions and fascinating techniques originating from diverse cultures.

Mountain massages

La Perla massage

A real exclusive style experience, befitting such a setting as the Dolomites!

La Perla Massage comprises a fusion of oriental and western techniques, rendering the experience unique indeed.

50 minutes euro 110

Alpine pine massage

Pine compacts for a relaxing massage, ideal to loosen muscles. Pine aroma has beneficial properties for the respiratory channels and the immune system.

50 minutes euro 100

Honey massage

A treat for your skin. A manual application, first with slow movements and then of a quicker and deeper intensity relax the muscles, and thanks to the nutritive qualities of honey your skin takes on a softer and fresher appearance.

50 minutes euro 100

Aromatic herb massage

Beneficial herbal medicinal plants wrapped in an oiled compound give a real invigorating massage. Ideal to energise, reactivate the circulation and facilitate the elimination of toxins.

50 minutes euro 100

Special massages

Dermosomatics

Ideal to boost energy and balance emotions and the vital functions associated with such.

60 minutes euro 120

Light massage

A mix of oriental and western techniques and making use of natural butters which on melting transform into aromatic nutrient oils, and create a soothing and memorable experience.

50 minutes euro 120

Loving care

Teaches to couples how to exchange attentions and sensorial emotions, each taking care of the other.

60 minutes euro 120

Expectant mums

For expectant mums from the fourteenth week on: relaxes the back and lightens the legs.

50 minutes euro 100

Dreamlike

Fluid movements relax muscles and give an elevated sense of calm.

50 minutes euro 100

80 minutes euro 140

Reactivating

A drainage massage, soft and delicate, stimulating blood and lymph circulation.

50 minutes euro 100

80 minutes euro 140

Tension free

Release the tensions created by stress to head, neck and shoulders and so as to recover mobility to the upper body.

50 minutes euro 100

80 minutes euro 140

Freedom

By applying pressure to specific reflex points of the feet and legs vitality, lightness, and equilibrium are restored.

50 minutes euro 100

Redesign

Working on your body with firming up and fat burning techniques to give shape to legs, abdomen and buttocks.

50 minutes euro 100

80 minutes euro 140

Togetherness

Massage for couples of an inclusive and loving nature, so giving a natural and tranquil harmony to the senses.

50 minutes euro 200

New skin

A “silk effect” smoothing massage regenerating skin with natural oils and Karité butter.

50 minutes euro 120

Massages from around the world

Californian

The best known of relaxing massages. Rhythmic and embracing movements, soft and sensual ‘hug’ the whole of the body. Delicate strokes and digit pression and muscle extensions produce a relaxing and calming effect, aiding both articulation and freeing the mind of problematic thoughts.

50 minutes euro 100

80 minutes euro 140

Hot stone

Hot volcanic lava and basalt stones give a beneficial massage, full of tranquility and relaxation. Thanks to pain-relieving and revitalising movements there is also a positive effect on blood circulation, and the action also favours the elimination of excessive liquid retention.

50 minutes euro 100

80 minutes euro 140

Ayurvedic

Embracing movements, having their origin in traditional Indian medicine, accumulate, redistribute, and balance the energy of all vital fluids, as well as strengthening the organism in general and raise health levels.

Hot oils, chosen depending on the actual season or the result required, complete this multi-sensorial experience.

50 minutes euro 100

80 minutes euro 140

Shiatsu

A technique of Japanese origin based on digit pressure on energy channels, restore equilibrium to the body and relax the mind.

50 minutes euro 100

80 minutes euro 140

Tibetan

The vibrant sound of the Tibetan bells reactivates dormant body zones and encourages a deep relaxation. Able manual manipulation gives harmony to inner reaches and dynamizes metabolic functions.

50 minutes euro 100

80 minutes euro 140

Beauty

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Each and every day our skin is under attack. Stress, pollution, inadequate diet, hormonal changes, physiological aging, climatic variations. These are the principal causes which have effect on our mood and on our skin. The extraordinary healing properties of plants and the gems associated to the giving of exclusive massages, give back to our skin its original beauty and this is so from the very first treatment onwards.

Facial treatments

Purification

Ultrasound face cleansing, delicate and efficient, followed by a cosmetic remineralization treatment.

50 minutes euro 100

Rehydration

Soothes and hydrates the face with Opal: stimulates the collagen synthesis and revitalises the epidermal cell structure; and strengthens the hydrolipid protective film.

50 minutes euro 100

Rebalancing

Thanks to Silicon, the skin's face takes on a uniform and healthy uniform appearance, purifying and closing pores, opacifies with a "matte" effect.

50 minutes euro 100

Protection

A mineral bandage refreshes, hydrates and calms scalp irritations from external aggressions and stress, and reinforces the auto-protective mechanisms.

50 minutes euro 100

The precious ones

Malachite, hydro restitution

Malachite hydrates and provides vital nutrition, especially for dry skins; rich in copper it rejuvenates the skin and cancels the signs of time passing.

50 minutes euro 110

75 minutes euro 140

Amethyst rebalances

Ideal for mixed type skins, closes pores and gives a new shine to the skin thanks to Ginseng and Silicon extracts from the Amethyst.

50 minutes euro 110

75 minutes euro 140

Smithsonite, soothes and repairs

Rids one of red blemishes and the annoying sensation of “skin which pulls”, this thanks to the Zinc extract contained in Smithsonite. Aids as a rapid protection and repair of the most sensitive skin.

50 minutes euro 110

75 minutes euro 140

Red jasper, revitalises

Rich in vitamins B, C and E, minerals and trace elements, gives to the skin an immediate shine; chestnuts and hazelnuts give a new vitality and vigour to the skin.

50 minutes euro 110

75 minutes euro 140

Jade, tonifies and intensifies

Jade, peony and blueberry, for a younger and fresher skin, and for greater definition of the face's contours.

50 minutes euro 110

75 minutes euro 140

White pearl, anti-aging whitening

It is the most innovative anti-age approach to contrast scalp discolouration: the GemWhite Complex (Bisabolol, Pearl of Magnesium, Vitamins C and B3) give the face a bright, young, vital shine.

75 minutes euro 140



La Perla anti-aging deluxe

Diamond, top 30 anti-aging deluxe

A mask in rich gel (30 elements) for a unique ritual. Diamonds, Smithsonite, Jade and Pearl, protect the skin, revitalise its splendour and reduce significantly wrinkles and lines.

25 minutes euro 60

Diamond, oxygenates and models

Diamonds, Tourmaline and hyaluronic acid regive the skin its natural splendour, tone, and well hydrated look. Diamond crystals treat wrinkles with a “soft focus” effect.

50 minutes euro 120

Pearls and diamonds, illuminates

Rediscover hydration and a bright look with Pearls and Diamonds, jewels of distinction, and an “anti-aging” effect without equal thanks to orchid; Diamond Crystals treat wrinkles with “soft focus”.

50 minutes euro 120

75 minutes euro 150

Diamonds, ruby, jada and collagen, lifts and shines

Diamonds, Ruby and Jade come together with collagen in a very innovative and personalised ritual, aimed at giving your face an immediate and deep replenishment and intensity.

The results are reinforced by a massage with precious natural gems.

80 minutes euro 180

La Perla face massage

A deep face massage with a tonifying and regenerative action which eliminates wrinkles, reactivates the microcirculation and restores a sensation of general wellbeing.

Results can be seen after the very first treatment: the oval of the face seems redesigned, wrinkles are less evident, the cheeks more pronounced.

25 minutes euro 55

Body treatments

Sapphire and mango, smooths and regenerates

A mango vitamin scrub which cleans thoroughly the skin.

Precious Sapphire cream with mint aroma. Essential cedar oils tonifies.

50 minutes euro 100

Mother pearl and peridot, smooths, relaxes, shines

Soft Mother of Pearl scrub and Peridot massage, relieves tiredness and vitalises in general.

Sensual and flower aroma essential oils of Ylang Ylang, orange and vanilla.

50 minutes euro 100

**Ruby, sapphire, peridot, anti-aging,
anti-stress, soothes and replenishes**

Three different ways to smooth and regenerate the skin depending on requirements: Ruby with cedar extract, essential cypress oils and myrrh produce an “anti-orange peel” and anti-aging effect. Sapphire with essential cedar oils, mint, rosemary, and aniseed produce a great tonifying effect. Peridot, it rich in magnesium, and essential oils of cinnamon and patchouli, and Ylang Ylang for a really relaxing and anti-stress result.

50 minutes euro 100

Tea and cocoa, slimming and drainage*

A drainage and detoxication treatment. The peeling effect of mango eliminates the impurities and smooths the skin, the massage with sapphire cream hydrates and purifies, and the tea and cocoa leaves complete the slimming action thanks to their drainage properties.

50 minutes euro 100

75 minutes euro 140

Pink grapefruit, antioxidant*

Mineral scrub and pink grapefruit rich of antioxidants, together with red berries, and raspberries provide an incomparable protection.

50 minutes euro 100

75 minutes euro 140

*The treatment is modular in nature and in conformity with the desires of the guest. If only a short time is available the massage is substituted by application of a specific cream.

Our personnel are available for advice and information.

Sport

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Incomparable mountains and woods and forests with miles and miles of ski and walking opportunities invite one and all to spend the day out in the open and marvel at the breathtaking views all around. So as to prepare you for your energetic activities and to take good care of you once you are back home with us, we have prepared a number of massages and treatments to enable you to enjoy to the full the mountain life and to have you in good shape on a daily basis to indulge in fresh activity.

Treatments and massages especially for the body

Green & snow

The ideal massage for whoever feels the need to free oneself from troublesome muscular aches and to establish a more correct and healthy posture. Ideal to eliminate lactic acid after a day on the slopes, a round of golf, or a bike-ride across the Dolomites passes.

50 minutes euro 100

80 minutes euro 140

Bike & run

A massage designed for and dedicated to sports enthusiasts and in particular to cyclists and walkers. Ideal to loosen up muscular tightness and start all over again in nimble tone.

50 minutes euro 100

80 minutes euro 140

Strength and energy

Ideal to detoxicate and top up again with vital minerals. All starts with a gentle brushing of the body, followed by the application of a hot volcanic mud which reactivates the microcirculation, a type of hot bath with Ruby salts, Sapphire or Peridot, chosen on the basis of anti-aging, slimming, or defined outcome required. All in all a regenerative personalised massage. Suitable for all sports activity, the massage leaves the body free of toxins, energised and in fine athletic state.

50 minutes euro 130

80 minutes euro 160

110 minutes euro 200

Recovery and lightness

Mint and horsetail give a wave of freshness. A natural cure to have light feeling legs, a deep massage to relieve muscular ache and to give an immediate sense of wellness, and leaving the body free from toxins caused by muscular cramps.

Ideal to recharge a light, energetic, athletic body.

50 minutes euro 130

80 minutes euro 160

Rest and balance

Karité butter rich in vitamins A, D, E and F, produces an intensive rehydration and feeds for repair purposes even the most damaged skins, they rediscovering softness and comfort. Peridot, rich in magnesium, with anti-tiring and vitality properties. A mix of Essential Ylang Ylang oils, orange with vanilla extract, to gift the most relaxing, soothing, and calming experience.

50 minutes euro 110

80 minutes euro 140

Touch of beauty

Manicure

from euro 50

Pedicure

from euro 65

Depilation

from euro 20

Wellbeing breaks

If you wish, we are happy to contact you a few days before your arrival here and our personal consultant will discuss with you and fix a private consultation meeting with you on your arrival so as to finalise a personalised programme of treatments. For any clarification or further information, we ask you to contact us directly at the Spa.

SPA emotions

The most flexible and simple of offers: a total of 4/8 hours per room to be used during your stay, and choosing between esthetic, relaxation, face and body treatments, or massages from the Spa Menu. Bookings can be made for times between 10.00 to 15.00, Monday to Friday.

4 hours of treatment, euro 380 per room

8 hours of treatment, euro 750 per room

Purification

A detoxication-oxygenating programme for face and/or body, ideal for who wants a deep cleansing and regenerative treatment: 80 minutes a day (for 3/6 days) of massages, treatments, personalised rituals.

4 hours of treatment, euro 380 per room

8 hours of treatment, euro 750 per room

In form

A programme for who wants to slim down, shape up and keep in form: 80 minutes per day (for 3/6 days) of massages, treatments, personalised rituals

3 days, euro 390 per person

6 days, euro 760 per person

Beauty

Anti-aging programme to recover flexibility and robustness: 80 minutes per day (for 3/6 day) for massages, highly personalised treatments, so as to as to reduce the signs of aging and photo-aging.

3 days, euro 390 per person

6 days, euro 760 per person

Reconnect

Specific for managers and business people generally who want to reconnect body, mind, and spirit, and gain new energy: 80 minutes per day (for 3/6 days) of massages, personalised face and body treatments.

3 days, euro 390 per person

6 days, euro 760 per person

Gift Wellbeing

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To always surprise and excite, SPA emotions has for ever chosen the best cosmetics on the market and the most innovative of solutions to guarantee excellent results for you and the persons who you hold dear. Choose the most convenient and functional way for yourself (specifying the value or the treatment) and gift your WELLNESS VOUCHER. In correspondence to the value attributed it will be possible to use the wellness and beauty services as offered by our Spa.

Spa policy

Times

SALVS PER AQVAM is open every day from 10.00 to 20.00. The wet area (saunas and Turkish bath) are open from 14.00 to 20.00. These times may be subject to slight variations and therefore kindly ask you to check all at the moment of making your booking.

Booking

The information regarding treatment bookings can be obtained in person directly at the Spa reception, or by calling the internal number 1084, or by forwarding an email to spa@hotel-laperla.it. From outside the hotel the number to call is +39 0471 831084. We recommend you to book well in advance so that you are sure to get the time and the treatment you wish for.

So as to make the most out of your Spa visit, we suggest that you arrive at least 10 minutes prior to your appointment. Experience tells us that most benefit is gained from the Spa experience if you are able to soak up and appreciate the atmosphere. We inform that in the case of late arrival it will not be possible to guarantee the entire length of the treatment as originally foreseen.

Cancellation of an appointment

Any treatment can be cancelled by 20.00 of the previous evening. If not cancelled as provided for, the entire sum of the treatment booked will be due. Where a guest does not turn up for any appointment as booked the entire sum of the treatment will be due.

Choice of assistant

On booking please indicate your preference for a male or female assistant. Our staff are trained to respect your privacy at all times.

How to dress in the Spa

Guests can enter the Spa wearing the robe and slippers provided in their bedroom. The wet area (sauna area) is a nude area and in the sauna and Turkish bath area it is not allowed for hygiene reasons to wear a bathing costume; we therefore ask all guests to undress and wrap a towel around them. In the pool area a costume is required to be worn at all times. Normal dress can be worn when one is merely seeking information at the SALVS PER AQVAM reception.

How to dress during a treatment

It is recommended to partake in all the treatments and massages without clothing. A slip will be provided for both men and women. During the massages and body treatments in general your body will be covered and only that part actually being treated will be exposed.

Health considerations

We will kindly ask you to complete the personal information sheet regarding your personal state of health and physical condition and/or communicate to Spa reception any physical condition, allergy, or other circumstance, which could influence the choice of treatment to be made for you.

Pregnancy

Specific treatments relating to the needs of expectant mums and mothers breastfeeding have been created. The Spa personnel are able to choose together with you the treatment best suited in such a special moment.

Children

SALVS PER AQVAM is a place of wellbeing and relaxation, a place where silence and the respect of personal space and an appreciation of the prevailing ambience is fundamental. Consequently, we ask you to understand that children up to the age of 14 can enter solely in the pool area until 18.00 and this under the supervision of a responsible adult. Please note also that in the so-called “wet area”, access is forbidden to children under 16 years of age.

Etiquette

The ambience of the Spa is one of calm and tranquility and to make the experience of one and all a peaceful and enjoyable one we kindly ask that cellular phones are kept on silent mode and that at all times and in all areas of the Spa a quiet tone of voice is maintained. It is furthermore requested that services provided in the SPA area are used in the appropriate manner and with due consideration for other guests. The use of shampoo and whatever type of soap is not allowed in the SPA. Smoking is not allowed and neither is it allowed to dive into the pool. Please remove shoes before entering the Spa.

Valuable objects

The management declines any responsibility for the loss of money or other valuable objects in the Spa.

Take a little bit of our Spa home with you

All the products used during your treatments can be purchased at the Spa reception, and in this way you will be able to prolong the benefits of the experience started here with us. Relaxation is only real relaxation in an ambience of silence.

Thank you for your cooperation.

***Remind yourself every day that you exist and are precious,
unique and irreplaceable.***





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