

en



EALA

LUXURY SPA

*“...in the continuous and  
uninterrupted search of **BALANCE**  
it is sometimes necessary to  
**LISTEN** to oneself...  
in order to create the basis for a  
**complete act of FREEDOM and  
LOVE versus body, soul and mind.”***

*Veronika Miotto*  
Spa Manager

A handwritten signature in black ink, consisting of a large, stylized initial 'V' followed by a series of connected, fluid strokes that form the name 'Veronika Miotto'.

BALANCE  
LISTEN  
FREEDOM  
LOVE

Welcome to EALA Luxury SPA, 1'500 qm  
of Wellness thought exclusively for you.

Our professional staff will take care of all your needs  
with a unique range of treatments to awaken your  
most sensitive yourself with a holistic, sensorial  
and natural approach using raw material from our  
territory.

We commit ourselves and we dedicate you our  
passion and know-how in terms of Wellness and  
well-being.

**Looking forward to your visit at EALA Luxury Spa  
we thank you very much for your trust.**

*Your*  
EALA LUXURY SPA TEAM





# EALA

LUXURY SPA

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Countless are the places which leave you an emotion.

But it is exactly here, at Lake Garda where *Veronika Miotto* Spa Manager of EALA Luxury Spa draws inspiration to create **8 exclusive sensorial experiences**.

## TERRITORIAL EXPERIENCES

An alternative journey in middle of the scents of Lake Garda, will allow you to get to the most famous locations our territory has to offer.



# LIMONE SUL GARDA

110 minutes  
€ 270

Tied to the town where EALA was born, this treatment remembers an antique postcard with fresh emotions.

A “Natural Body Scrub” with dried lemon zest, organic nectar, fresh basil and EVO oil of Garda, prepares the body to this specific sensorial “Total Body” massage of cervical and head, with Neroli elisir and oil of Lake Garda. A stroll through lemon tree houses with sweet fragrances of nature.

# RIVA DEL GARDA

110 minutes  
€ 270

That pleasant morning perfume which brings us to a new start.

“Natural Body Scrub” with an exclusive mix of coffee selected by “Roasting company Omkafe 1947” of Riva del Garda, pure vegetable oil of coconut and hot pepper. The touch of bitter cocoa enhanced by coconut oil has something of the Tonka bean and enwraps you softly in this intensive sensorial “Total Body” massage.

# MONTE BALDO

110 minutes  
€ 270

Dedicated to one of the biggest and most variegated Botanical Garden of Europe.

The discovery of the Monte Baldo journey starts with a “Natural Body Scrub” of stone grinded corn flour of Storo, honey from the Baldo, mountain pasture yoghurt, thyme leaf essence, hay flowers and mountain herbs.

A detox alpine mud wrap prepares your musculature to a specific anti-fatigue massage with synergy on oil and balsam of mountain arnica extract and an infusion of juniper berries.

# BARDOLINO

110 minutes  
€ 270

Like a stroll at the end of summer, a revival of the atmosphere of the most known vineyards of south Lake Garda.

Through an intensive “Natural Body Scrub” of grape seeds, grapeseed oil and sugar crystals ends the course in memory of mulled wine.

A relaxing massage of grapeseed oil, red oranges and lemon, apple essence, filtered with cloves, cinnamon and star anise.

# SIRMIONE

110 minutes  
€ 270

*«Here: the green Sirmio in the shine lakes smile,  
flower of the peninsulas»* by Giosuè Carducci  
in the lyrics of “Odi barbare 1881”.

Passing through the drawbridge of the Scaliger castle  
we dive into the thermal waters rich of beneficial  
properties.

A thermal mud soap in Hammam,  
cleans your skin in depth, detoxes and regenerates it.  
To follow a thermal wrap of special sulphureous water.  
The purified skin concludes its detox through a specific draining  
massage of the legs with fragrances from towns close by.

# COLLINE MORENICHE DEL GARDA

110 minutes  
€ 270

*Expanses of lavender caressed  
by the winds of Lake Garda.*

This exclusive “Natural Body Scrub” with shelled lavender flowers  
and mint leaves, sweetened by whole wheat brown sugar,  
organic nectar and its sensational properties of Enotera oil,  
brings us to the spectacular blossom of the Morainic Hills.  
A soothing moisturizing pack of sage essence  
feeds in depth your skin.

This specific sensorial massage of face and head combined  
with a soothing foot massage of mellow eucalyptus creates  
a total sense of wellness.

# ISOLA DEL GARDA

110 minutes  
€ 270

Let us dock at the most exclusive island of Lake Garda, and let us start our sensorial walk in the beautiful bloomy gardens

with a premium “Natural Body Scrub” of almond, sesame, jojoba, sunflower and soya enriched by bitter orange zest and grapefruit essence. A relaxing massage with pure coconut vegetable oil and infusion of rosebuds as well as essence of noble Chamaemelum followed by a soft draining wrap which feeds hands and feet.

# SALÒ

110 minutes  
€ 270

Fresh, like the morning breeze in the gulf of Salò. Regenerating, like the famous Tassoni drinks which finds home here. This tribute goes to the richest and most admired town of Lake Garda where citron, due to the perfect microclimate, offers unique proposals.

An intensive “Natural Body Scrub” finds birth with leaves of lemongrass as well as aromatic spices of Marjoram and oregano mixed with EVO oil, organic nectar and pure essence of lime.

This sparkling tour goes on with a specific reactivating face/head/hair message with extract of citron and sage which ends up with a feedy draining wrap for scalp and hair.



# VITALIS

DR JOSEPH



## Team Dr Joseph Hightech Natural Cosmetics

Imagine nature and science would form an alliance.

**Team Dr Joseph** has dared this alliance and, with over 30 years of history and experience in the production of natural cosmetics, has created a new product category: Hightech Natural Cosmetics – a combination of plant-based high-tech functional ingredients and advanced technology. Results-driven and perfectly synchronized formulations are transformed into highly effective products that are specifically tailored to the skin's needs.

Visible, immediate effect;  
High-tech natural cosmetics;  
Holistic treatments;  
Sustainable, respectful approach to nature;  
Bio-certified functional cosmetics;  
Light, non-greasy, fast-absorbing textures;  
For your skin health.

## Team Dr Joseph

### Intense purifying face treatment

50 minutes  
€ 110

Intensive deep cleansing according to the **Team Dr Joseph** method, tailored for your skin type, for a clear complexion and a refined pore structure. The skin feels pure and soft. With moist-warm herbal steam compresses, a gentle lymph-stimulating massage, peeling, purifying with cupping glasses and deep cleansing. This is followed by a toning sheet mask, peel off mask and skin-specific daycare. For a visibly fresher complexion and a vital glow.

### Cellular recreation face treatment

80 minutes  
€ 145

#### Deep-acting beauty care

A wonderfully natural functional ingredient care specially adapted to your skin needs with an immediate effect and a deeply relaxing pampering according to the TEAM DR.JOSEPH method. With highly effective natural functional ingredients for healthy and intensively cared for skin.

Skin analysis, eyebrow shaping, lymph stimulating massage, herbal steam compresses, peeling, deep cleansing with cupping glasses, special serum, modulated facial massage, intensive mask and a concluding individual daycare.

### Express power lift for men

50 minutes  
€ 110

#### Team Dr Joseph method for him.

The fast and effective care for the man with pampering program. Natural high-tech power ensures a pure and refined skin texture. For a powerful and well-groomed appearance.

## Relaxing head and neck massage

50 minutes  
€ 100

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

## Dynamic recreation back massage

50 minutes  
€ 100

### Effective Finale Sophisticated Back Program

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages. Stand up straight!

## Revitalizing and firming abdomen treatment

50 minutes  
€ 100

### Focus on the Core - Stomach Streamlining Program

This efficient body treatment helps to decongest the abdomen, to reduce waist circumference and to streamline the abdominal wall. The goal of this intensive massage is gentle stimulation of the abdominal cavity to improve tone and streamline contours.

## Detoxifying treatment

50 minutes

€ 100

With seaweed  
bath

80 minutes

€ 175

### Straightforward Body Modification Innovative Cellulite Program

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

To reinforce the effects, we recommend that you combine the cellulite program with a seaweed bath for extra hydration and metabolic activation. The very definition of full-body care!

## Deep relax stone massage

50 minutes

€ 100

### Rustic Life Force Basalt Stone Massage & Deep Relaxation

At the beginning of this relaxing stone massage, the energy centers of the body are stimulated with pleasantly warmed basalt stones. The gentle massage that follows, with efficient essential Chakra oils, stimulates lymph activity and the body's detoxification processes. Enjoy exceptionally deep heat and fragrant aroma oils in this stone massage - primal power for your body and soul.



## Massage "EALA"

This kind of massage improves the blood circulation and stimulates the lymph drainage;  
On top of it there is the possibility of customizing the treatment as well as to choose the texture of your preferred product.

PARTIAL 25 minutes € 75,00

RELAX CLASSIC 50 minutes € 95,00

CIRCULATION RELAXANT 50 minutes € 95,00

DELUXE 80 minutes € 145,00

## Massage "Face and Head"

The nurture at the beginning prepares to a relaxing massage for neck, shoulders, décolleté and head; Specifically meant for strong headaches and face tension.

PARTIAL 25 minutes € 75,00

CLASSIC 50 minutes € 95,00

## "Foot reflexology" massage

Anti fatigue and relaxing, this specific massage stimulates the balance of the body through pressure of some parts of the foot.

PARTIAL 25 minutes € 75,00

CLASSIC 50 minutes € 95,00

## "Active" Massage

Deep and intensive anti fatigue massage, ideal for athletes (before and after sports); The use of specific synergies reinforces the advantages of this treatment.

PARTIAL 25 minutes € 85,00

CLASSIC 50 minutes € 105,00

## “Drainage” Massage

Through specific as well as light and rhythmic pumps, fluid and toxins of the body are exuded. All is strengthened by a synergy with the product used during the massage.

PARTIAL FACE 25 minutes € 85,00

PARTIAL BODY 50 minutes € 105,00

DELUXE COMPLETE 80 minutes € 165,00

## Massage with “essential oils”

The selection of specific high-quality essential oils creates a unique and overwhelming sensorial experience.

PARTIAL 25 minutes € 75,00

CLASSIC 50 minutes € 95,00

DELUXE 80 minutes € 155,00

## “Prenatal” massage

Meant for pregnant women from gestation week 15; This massage stimulates the lymph drainage and the blood circulation and attenuates bloating and heaviness.

PARTIAL 25 minutes € 75,00

CLASSIC 50 minutes € 95,00

DELUXE 80 minutes € 155,00

## “Myofascial” Massage

It does not act directly on the musculature but in between the muscles.

PARTIAL 25 minutes € 75,00

CLASSIC 50 minutes € 95,00

DELUXE 80 minutes € 155,00

## “Specific” Massage

Intensive approach on a part of the musculature to ease tension and fatigue.

**PARTIAL** 25 minutes € 85,00

**CLASSIC** 50 minutes € 105,00

## Massage with “stones”

Loosening and captivating, this specific massage is for the ones who can hardly unbend.

Warm and cold stones stimulate the micro circular flow and completely stretches the musculature.

**PARTIAL** 50 minutes € 105,00

**DELUXE** 80 minutes € 165,00

## “Synchronized 4-handed” massage

With two synchronized masseuse, this massage stimulates vitality and calms the psychophysical condition.

**CLASSIC** 50 minutes € 190,00

## “Traditional Thai” massage

Directly from the “Land of Smiles“, the technique of this vintage oriental massage is based on pressure, stretch, distension and passive Yoga.

**PARTIAL** 80 minutes € 165,00

**CLASSIC** 110 minutes € 225,00



## “Classic” treatments

- Steam Face nurture 50 minutes € 105,00
- Steam Face nurture 80 minutes € 135,00
- Back care 50 minutes € 95,00

## “Additional” treatments

- Colouring of eyelashes € 30,00
- Colouring of eyebrows € 25,00
- Colouring of eyelashes and eyebrows € 50,00
- Wedding-Day Makeup € 195,00

## “Hands and feet” treatments

- Manicure Express 30 minutes € 45,00
- Classic Manicure with traditional nail varnish € 60,00
- Manicure with semi-permanent nail varnish € 75,00
- Manicure EALA Deluxe nourishes hands with vitamin and moisture 80 minutes € 85,00
- Classic Pedicure with traditional nail varnish € 70,00
- Pedicure with semi-permanent nail varnish € 85,00
- Pedicure EALA Deluxe nourishes feet with vitamin and moisture 80 minutes € 95,00
- Application of traditional nail varnish € 25,00
- Application of semi-permanent nail varnish € 35,00

## Depilation

- Adjustment eyebrows “Fast” € 15,00
- “Shaping” of the eyebrows € 25,00
- Upper lip € 15,00
- Chin € 15,00
- Armpit € 20,00
- Leg partial (half leg) € 50,00
- Complete depilation leg and groin € 65,00
- Groin partial € 25,00
- Groin complete € 30,00
- Arms € 30,00
- Back € 30,00



## “Intensive” scrub

Biological cane sugar and  
salt from the Dead Sea € 60,00

## “Enzymatic” scrub and loofah

Mix of fruit acid with the  
mechanical effect of loofah € 60,00

## “Aromatic” scrub

Salt from the Dead Sea and  
selection of essential oils € 60,00

## “Body” scrub with exfoliating gloves

Dry scrub with exfoliating gloves  
of linen and copper € 60,00

## “Morning energy” scrub

Fresh roasted coffee,  
cocoa, coconut butter  
and biological cane sugar € 60,00

## “Hammam” Scrub

Warm and deep scrub  
with exfoliating gloves  
and detox soap € 75,00

## “Mountain” scrub

With hay flowers  
and apricot pit € 60,00



## Wrap at the emotional basin

Intensive draining wrap (odorless) € 65,00

Regenerating wrap with pits,  
sea buckthorn and baobab € 65,00

Anti-age wrap with botanical hyaluronic acid,  
apple and rosehip € 65,00

Soothing wrap with marigold and chamomile € 65,00

Aromatic moisturizing wrap  
with essential oils (selection of oils) € 65,00

Sports and vitality wrap  
with arnica and St. John's Wort € 65,00

Salt wrap € 65,00

Mountain mud wrap € 80,00

Mud wrap € 80,00

Loam wrap € 80,00

Draining seaweed wrap € 80,00

## Cool Wraps

Cold, draining and remodelling leg wrap € 80,00



## Women

Hairdrying and hair washing from € 40,00

Haircut from € 40,00

Specific treatment (no hairdrying) € 50,00

## Men

Haircut from € 40,00

# EALA BOX TREATMENT

While booking one of the following exclusive **EALA Box Treatment**, you will additionally get a reduction of 10%:



## The "Peler"

€ 195

- 1 Classic Manicure without or with traditional nail varnish
- 1 Classic Pedicure without or with traditional nail varnish
- 1 Face and head massage 25 minutes

## The "Ponal"

€ 290

- 1 Steam face nurture 50 minutes
- 1 Intensive body scrub
- 1 Draining body wrap
- 1 Partial "EALA" massage 25 minutes

## The "Bali"

€ 380

- 1 Intensive body scrub
- 1 Face and head massage 25 minutes
- 1 Partial "EALA" massage 25 minutes
- 2 Classic "EALA" massages 50 minutes

## The "Ora del Garda"

€ 485

- 1 Intensive body scrub
- 2 Seaweed wrap
- 1 Specific leg wrap
- 2 Partial draining body massages 50 minutes

EALA Box Treatment remains untouched  
and cannot be changed in any ways.

# MISCELLANEOUS EALA LUXURY SPA

## RESERVATIONS

We suggest you to reserve your treatment at booking stage, to be sure that all treatments will still be available. You can wait up and do it on spot too, the reception of **EALA Luxury Spa** on level 6 is at your complete disposal, you can also dial +39 0365 954613 or send an email at [spa@calalakegarda.com](mailto:spa@calalakegarda.com) if you prefer to do so. The Spa team awaits you 10 minutes prior the treatment at the reception. **Please be on time, any delay will not be made up for and are not reimbursed, in order not to create any inconveniences to the following guests.**

## CANCELLATION POLICY

A cancellation free of any charge is possible 24 hours prior the treatment. **50% of the cost will be held in for cancellations until 4 hours prior the treatment, a cancellation later than that will not be reimbursed at all.** At booking stage the credit card details are due to secure the reservation.

## DAY SPA

It is necessary to book a treatment at least 48 hours in advance. Please be advised to get to the reception with your voucher early enough, in order to have access to the Spa on time. Our dear guests are obliged to wear a swim suit at the pool. Entrance is permitted from the age of 18 years, the validity of the voucher is 1 year from the issuing date.

## SPA ETIQUETTE

To guarantee all guests some pleasant and relaxing moments at the Spa, all mobile phones and electrical devices must be silenced or switched off. **Our dear guests are obliged to wear a swim suit at the pool and in the common areas.** It is on the other hand prohibited to wear a swim suit in the sauna and in the Turkish bath. Personal bags are allowed just in the locker room.

## BURGLARY OR LOSS

EALA Hotel refuses any responsibility in case of burglary, loss of personal belongings and/or money or damage to personal belongings.

## GENERAL HEALTH CONDITIONS

Please inform our hotel staff at booking stage in case of any allergies or any health problems which might have an impact on the regular process of the treatment.

## PRODUCTS AND GIFT VOUCHER

All EALA gadgets, voucher and professional products used during the treatment can be either purchased at the reception of **EALA Luxury Spa** or at the Front Office.

## CLEANLINESS UND HYGIENE

The accessories are regularly sanitised and sterilized after each treatment to guarantee and keep up hygiene as well as to have a high standard of cleanliness and safety.

# OPENING HOURS OF EALA LUXURY SPA

<u>EALA Luxury SPA</u>	from 9.00 o'clock to 20.00 o'clock
<u>Infinity-Pool</u>	from 8.00 o'clock to 21.00 o'clock
<u>Fitness-Technogym</u>	from 7.00 o'clock to 23.00 o'clock

FLOOR 6

<u>Pool-Area</u>	from 10.00 o'clock to 20.00 o'clock
<u>Sauna and Relax area</u>	from 10.00 o'clock to 20.00 o'clock

FLOOR 7

