




La Spa



*Escape, Relax,
Renew your body,
your mind and your soul...*

FACE TREATMENTS WITH PRECIOUS GEMS

*Gemology beauty treatments are customized thanks to 3D Digital Derm Diagnosis.
Precious gems are skilfully used by our beauticians to enhance the pleasure of the treatment.*

Essential & Rebalancing Treatments

For all types of skin.

Opal *Refreshing*

This moisturizing treatment will awaken and reset the skin. It soothes and relaxes the facial skin, thanks to the regenerating properties of Opal, which dynamize collagen synthesis and remineralize epidermal cells. It awakens the skin's biological activity and ensures deep hydration by restoring the skin's hydrolipidic film.

Pierre de Lune *Purifying*

Purifies, evens out, and illuminates the face thanks to the synergy with Red Jasper, rich in Silicon. This ritual with exceptional adsorbing power narrows pores, attenuates irregularities, and mattifies it with a "matte" effect; it restores the skin's brightness and protects it from daily aggressions.

Lapis Lazuli *Soothing and Protective*

Refreshes, hydrates, and calms the skin by acting as a real "mineral shield," fighting external aggressions and stress by strengthening the skin's self-protective mechanisms. The restorative effects are evident immediately and continue in the following days. The skin becomes smoother, brighter, and more protected.

Diamond *Regenerating Anti-Aging*

An anti-aging and anti-fatigue treatment ideal for skin marked by time and external aggressions. It stimulates the production of collagen, essential in reducing the signs of aging and expression lines. The skin is immediately more relaxed and smoother, soft and compact, and the complexion is illuminated and radiant.

50 min € 95

*All facial treatments include the Personalized Face Massage.
It is possible to add a deep facial cleansing for € 20 for 15 minutes.*

FACE TREATMENTS WITH PRECIOUS GEMS

Precious Treatments

Anti-ageing focus for all skin types.

Amethyst *Purifying*

Purifies, tones, and restores the skin to its natural silkiness. Iron and Silicon, along with Ginseng and vitamins C and E contained in Amethyst, are utilized to reduce pores and smooth the dermis.

Smithsonite *Soothing and Repairing*

It calms and protects the skin with the regenerating power of Zinc contained in Smithsonite. Goodbye to redness and the annoying sensation of "tightness" of the skin. It provides plenty of gentleness with a quick action to protect and repair skin irritated and marked by the elements.

Diamond Gel Mask *Brightening and Redensifying*

Gel mask with thirty active ingredients, the perfect restorative skin treatment after a long day of sports. Diamond, Smithsonite, Jade, and Pearl work together to restore the skin's natural glow while dramatically reducing fine lines. The final result is firm, hydrated, and smooth skin.

75 min € 120

*All facial treatments include the Personalized Face Massage.
It is possible to add a deep facial cleansing for € 20 for 15 minutes.*



FACE TREATMENTS WITH PRECIOUS GEMS

Anti-age Deluxe

Intensive anti-ageing focus for specific results.

Diamond Deluxe *Regenerating*

The special molded mask with Diamond, Tourmaline, and Hyaluronic Acid restores the radiance of your complexion and smooths the lines of your face, leaving your skin with improved tonus and a sense of well-being.

Diamond & Collagen *Lifting Effect*

Diamond and Pure Collagen for an innovative lifting treatment; it provides the skin on the face with immediate and deep restructuring and densification. Beauticians enhance the results with a precious gem massage.

Pearl and Diamond Light *Brightening*

The complexion regains radiance with the action of Diamond, Pearl, and Vitamin C. An amazing mask prepared in a shaker, with a pearly texture that brings light and hydration to the skin.

White Pearl *Anti-spot*

The most innovative anti-aging facial treatment to counteract skin spots. The GemWhite complex, acting on pigmentation with Bisabolol, Pearl Magnesium, Vitamin C, and B3, makes the skin brighter, younger, and more vital. Massage with the gems on the hands and scalp boosts the anti-aging and relaxing action.

75 min € 130

All facial treatments include the Personalized Face Massage.

It is possible to add a deep facial cleansing for € 20 for 15 minutes.

BODY TREATMENTS WITH PRECIOUS GEMS

All beauty treatments offered by Gemology are customized to ensure a unique experience and incomparable results. Precious gems are skilfully integrated into body massages to enhance their pleasantness and effectiveness.



Exfoliating & Smoothing

Mango and Sapphire *Energizing*

Energizing and rich in vitamins, this treatment deeply cleanses the skin, giving a feeling of lightness and freshness. A Sapphire and mint-scented cream will complete the ritual and prepare your body for any activity.

Mother-of-pearl and Peridot *Relaxing*

Relaxing and soothing, this treatment will make the skin glow. The Peridot cream is rich in ylang-ylang, orange blossom, and vanilla essential oils. This ritual helps ease muscle fatigue and promotes relaxation, leaving you ready for the next activity.

Rubin *Smoothing and Anti-age*

The smoothing and anti-aging properties of cedar and ruby, together with cypress and myrrh essential oils, fights skin imperfections.

Sapphire *Slimming and Firming*

Regenerating with essential oils of Cedar, Mint, Rosemary, and Aniseed for a toning, draining, and slimming effect.

Peridot *Anti-fatigue*

Relaxing, rich in Magnesium, and with essential oils of Cinnamon, Patchouli, and Ylang Ylang for deep anti-fatigue and anti-stress action. Fine butters and natural vegetable oils complete the silkening and nourishing action

60 min € 80

It is possible to shorten the duration of the treatment to 30 minutes at a cost of € 55.

During the treatment, the specific product will be applied, without the Gem Massage.

BODY TREATMENTS WITH PRECIOUS GEMS

Remise En Forme

Tea and Cocoa *Draining and Slimming*

Slimming, draining, and detoxifying treatment with Tea Leaves and Cocoa Beans for a harmonious silhouette. The Gem Body Massage, with its draining effect, ensures lightness and tissue definition. Ideal for athletes.

Pink Garnet *Invigorating*

Extraordinary antioxidant. Pink Garnet, Red Cranberry, and Raspberry wrap the body, eliminating free radicals accumulated during sports activities. For toned, smoothed, and protected skin. Essential for athletes.

Rotorua Volcanic Mud *Remineralising*

Intensive remineralizing treatment, rich in volcanic mud from New Zealand, symbol of purity, a prelude to good health, as passed down by the Maori tribes. It restores essential minerals, lost during physical activity, to the tissues.

Mint and Horsetail *Light legs*

Mint and Horsetail for a wave of freshness for smooth and perfectly toned legs. Goodbye to tired and heavy legs! Essential for athletes and all lovers of light legs.

90 min € 110

It is possible to shorten the duration of the treatment to 50 minutes at a cost of € 80.

During the treatment, the specific product will be applied, without the Gem Massage.





WELLNESS LESSON

Our beautician will provide a session dedicated to teaching couples the art of caring for each other through gentle massage.

This experience will involve learning targeted movements and techniques aimed at promoting emotional connection and physical well-being between partners.

The focus will be on creating a relaxing and intimate environment, where they will learn to use essential oils and customize the treatment to suit individual preferences, thereby enhancing the emotional bond and complicity within the couple."

50 min € 80

for the couple

FACE MASSAGE

Gem Massage

Energetic face massage with Rock Crystal, Quartz, and Jade. Precise massage techniques, both manual and with stones, smooth the lines and plump up the face, acting as a natural facelift. The skin regains its beauty, radiance, and tone.

Personalized Facial Massage

Massage that reshapes and relaxes the features and gives energy to the epidermis.

30 min € 45



BODY MASSAGES

Poiano La Spa Experience *Customized Massage*

A fusion of Eastern and Western techniques tailored to individual needs, maximizing the benefits of massage for a multi-sensory, unique, and unforgettable experience.

Precious Gem

When Rose Quartz, Rock Crystal, and Jade are massaged over the body, they exude various properties that boost the immune system and increase energy levels. This full-body massage utilizes both precious stones and manual techniques to ease stiff muscles.

Spa Emotions Stone Massage

Experience the sweetness, heat, and energy of lava stones in an anti-stress massage, detoxifying and effective for reactivating metabolism.

Relaxing Aromatherapy

A manual ritual promoting complete relaxation and psychophysical harmony through gentle, deep wrapping movements and the balancing action of essential oils.

Body Draining

This relaxing treatment restores the natural lightness of the legs and promotes the elimination of excess fluids, countering the onset of imperfections.

Shaping

Harmonize your silhouette with firming and lipolytic manual skills targeting the legs, abdomen, and buttocks.

Exfoliating

Enjoy a skilful blend of Eastern and Western techniques, natural butters, oils, or creams melded with Peridot, Sapphire, or Ruby Salts, transforming into aromatic oils with exfoliating properties for an unforgettable experience.

Sport Massage

Tailored for athletes and sports enthusiasts, perfect for cyclists, motorcyclists, and runners, ideal for loosening tense muscles and restarting with lightness. It's also great for eliminating lactic acid after swimming or golf competitions.

30 min € 45

50 min € 80

75 min € 105

BODY MESSAGES

Back & Neck

Combining traditions from the Alps with ancient civilization skills and techniques, this revitalizing and decontracting massage provides an immediate sensation of profound well-being.

Reflexology Massage

This massage technique is applied to the foot's reflex areas reflecting organs, aiming to rebalance the entire body.

Sky & Earth

Designed for those who spend long hours working and need to unwind, this head and feet treatment is the perfect stress reliever.

Pregnancy Massage

A special massage using nourishing almond oil to relax tired backs and reduce leg fatigue during pregnancy.

Child & Teen

Supporting circulation, digestion, respiration, and hormonal systems, this massage is perfect for kids and teens, promoting relaxation of both body and mind.

30 min € 45

50 min € 80

75 min € 105





BEAUTY SERVICES

Quick Manicure or Quick Pedicure *40 min € 35*

Nails and cuticles cutting, application of cream and nail polish.

Spa Manicure or Spa Pedicure *60 min € 65*

Aromatic wrapping, exfoliation, nail cutting and filling, cutting and restorative treatment for cuticles, nails polishing, application of nail polish, lacquer.

Change of nail polish *€ 15*



HAIR REMOVAL

Full legs	€ 45
Half legs	€ 30
Half legs + groin	€ 40
Half legs + groin + arm pits	€ 50
Groin	€ 18
Groin bikini line	€ 22
Total groin	€ 28
Abdomen	€ 25
Arm pits	€ 20
Lip zone	€ 15
Arms	€ 28
Chest or back	€ 28
Eyebrows	€ 15

Information of interest

Poiano La Spa offers a relaxing lagoon with panoramic views, sauna, bio-sauna, Turkish bath, emotional showers, relaxation area, herbal tea corner, and a total of 4 rooms for massages and treatments. Our specialists are available to recommend the most suitable path according to your needs.

Service Cost

The entrance fee to the wellness area is €15.00 per person. The spa kit (robe, towel, and slippers) is included in the entrance fee. **We recommend checking availability by calling the number 8794** (Spa Reception) directly from your accommodation's phone **or by emailing spa@poiano.com**.

Reservations and Opening Hours

The Spa is open from 2:00 PM to 8:00 PM from Monday to Friday and from 10:00 AM to 8:00 PM on Saturday and Sunday. For those booking treatments, we recommend arriving 15 minutes before the appointment. In case of delay, it will not be possible to extend the duration of the treatment or reduce the expected cost for the session. The indicated timings include the use of the cabin.

Rules and Regulations

Appointment Cancellations

For cancellations or rescheduling of appointments, we require communication at least 2 hours in advance. Otherwise, 100% of the treatment cost will be charged.

Spa Etiquette

The Spa environment is tranquil and relaxing; therefore, we kindly ask you to respect the serenity of other guests and avoid the use of cell phones and laptops inside the spa.

Children and Teenagers

Entrance to the Spa is not permitted for children and teenagers aged 0 to 15 years. From 16 to 18 years old, admission is allowed only if accompanied by a parent.

Entrance to the humid area

Access to saunas and the Turkish bath is not permitted for pregnant women, those with low blood pressure, heart problems, or individuals with a pacemaker. Before accessing the wet area, it is mandatory to complete the personal welcome form.

Health

Please inform us of any medical issues concerning your health (pregnancy, allergies, surgeries, etc.) to avoid any potential interference.

Spa Family Hour

A cuddle for the whole family, a service for parents who want to relax with their children.

From Sunday to Friday, from 2.00 pm to 3.00 pm, the relaxation lagoon is dedicated to families.

Access costs € 5.00 per person including the towel.

Reservations are required by calling the Spa Reception on 8794 directly from your accommodation, or by email at spa@poiano.com.

Freedom Spa

The Freedom Spa offer consists of a capital of 4 or 8 hours per room booked, to be spent in the Spa during the stay.

These hours can be utilized by any member of the room, freely choosing from the extensive range of services offered by the Center: beauty treatments, relaxation sessions, and massages selected from the numerous types presented here.

Freedom Spa... the easiest and most comfortable way to experience wellness on Lake Garda!

Cost per room

Freedom 4 hours € 250,00

Freedom 8 hours € 460,00



Via Poiano - 37016 Garda VR Italia +39 0457200100
reservation@poiano.com • www.poiano.com

SPAZMOTIONS
S.P.A. - Via Poiano, 1 - 37016 Garda (VR) - Italia