

INFORMATION FOR THE CLIENTS:

In case of cancellation we ask you the following

Please communicate cancellation 24h before the treatment in order to avoid a penalty of 50% room charge.

Please communicate cancellation 5h before the treatment in order to avoid a penalty of 100% room charge.



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LIDANA SPA
WELLNESS & BEAUTY



LIDANA SPA
WELLNESS & BEAUTY

*... the fairytale goes on in the
Lidana Beauty & Spa...*



UP TO DATE TREATMENTS AND EXPERIENCED HANDS TAKE YOU TO A WORLD OF COMPLETE RELAXATION, TRANQUILITY AND ABSENCE OF THOUGHTS....

LIDANA SPA WELLNESS PACKAGES

Alpine Sport Active Package

Euro 160

- 1 Body Peeling with Salt Crystals & Honey
- 1 Relaxing Massage for the Muscles with Arnica
- 1 Regeneration Body Mask in the Nuvola & Partial Massage
- 1 Herbal Bath with Relaxing Chromotherapy
- 1 Vitality Tea

Depurative Package (against cellulite & retention)

Euro 165

- 1 Body Peeling with Salt Crystals & Honey
- 1 Draining Massage with St. John's Worth
- 2 Depurative Body Mask in the Nuvola & Partial Massage
- 1 Draining– Depurative– Tea

Wellbeing Package "Neck & Back"

Euro 155

- 1 Massage Head– Neck– Back
- 1 Back– Massage with Warm Herbal Bags
- 1 Regeneration Back Mask in the Nuvola & Partial Massage
- 1 Back- & Neck Massage with warm Lava Stones
- 1 Wellbeing– Tea with Aloe

Lidana Man's Special Package

Euro 150

- 1 Massage Back– Neck– Head
- 1 Face Treatment/ Deep Cleansing Anti– Tiredness
- 1 Herbal Foot Bath
- 1 Relaxing & Stimulating Foot Massage
- 1 Relax Tea



SPA TREATMENTS FOR THE SMALLEST

Treatments for the children(from 12 to 18 years...)

One winter day the queen was doing needle work while gazing out her ebony window at the new fallen snow. A bird flew by the window startling the queen & she pricked her finger. A single drop of blood fell on the snow outside her window. As she looked at the blood on the snow she said to herself: "How I wish I had a daughter that had skin as white as snow, lips as red as blood, and hair as black as ebony."



Face Cleansing with Natural Products

(Soft Cleansing for Young Skin)

45 min. Euro 45

Soft Massage with perfumed Oil

(Light Massage with Camomile Oil & Honey)

20 min. Euro 36

Mini Manicure & Hand Massage

(Short Hand Treatment with Nail Polish)

25 min. Euro 30



PACKAGE DAY SPA JUNIOR

- 1 Face Treatment
- 1 Short Massage
- 1 Milk & Honey Bath
- (also accompanied by an adult)

Euro 80

INFORMATION

The parents need to give their authorization for the treatments in the Lidana Beauty & Spa. If it is desired they can assist their children, but their presence is not obligatory.

LIDANA SPA
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OUR PARTNERS ...



Package „Sweetness of the Gardena Valley“

Euro 235

- 1 Honey Body Peeling
- 1 Relaxing Massage with warm perfumed Oil
- 1 Face Treatment with Hop, Cembra Pine, Grapefruit & Biopir
- 1 Sweet Milk & Honey Bath
- 1 Alpine Fango & Mountain Pine Body Mask in the Nuvola
- 1 Hand or Foot Massage with Honey & Lemon
- 1 Fruit Tea or Apple Juice

Wellness Package „Total Alpienne“ (FACE & BODY)

Euro 200

- 1 Honey Body Peeling Alpienne
- 1 Face & Hand Treatment Anti-Age Alpienne with warm Stamps
- 1 Alpienne Body Mask in the Nuvola with Soft Massage
- 1 Aromatic Body Massage Alpienne
- 1 Mountain- Herbs- Tea

Wellness Package „Total Carita“ (FACE & BODY)

Euro 260

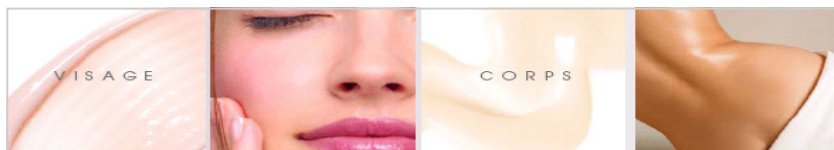
- 1 Carita Face Treatment with Ideal Pro-Lift
- 1 Carita Body Peeling & Treatment Renovateur de Satin
- 1 Relacing Face & Body Massage with Fluide de Beauté 14
- 1 Harmony Tea

Harmony Rite Alpienne

50 min. **Euro 65**

- 1 Herbal Foot Bath
- 1 Relaxing Foot, Face & Head Massage
- 1 Honey & Mountain Pine Bath
- 1 Relaxing Tea





FACE TREATMENTS CARITA

(treatments created by the experts of the Maison de Beauté)

*The Face Treatments Carita can be done in a manual way or with the extraordinary machine **Ideal Pro-Lift**. It does wonders for your skin: deep cleansing, optimizing of the absorption of the active ingredients & consolidation of your skin is the result.*

Rénovateur Pureté
(Opacity & Purity)
with IDEAL Pro- Lift 75 min. Euro 105

Rénovateur Hydratation Intense
(Hydration & Vitality)
with IDEAL Pro- Lift 90 min. Euro 120
manual 60 min. Euro 100

Rénovateur Douceur Extrême
(Calming & Structure)
with IDEAL Pro- Lift 90 min. Euro 120
manual 60 min. Euro 100

Rénovateur Nutrition Intense
(Nutrition & Wellbeing)
with IDEAL Pro- Lift 90 min. Euro 120
manual 60 min. Euro 100

L'HOMME IDEAL CARITA - man

specific face treatments for men

Anti Tiredness Treatment 60 min. Euro 90
(clean, fresh, relaxed skin)

Anti Age Treatment 60 min. Euro 100
(strengthens & regenerates the skin)

DEPILATION

Depilation with bee wax

Complete Depilation (Full Leg & Bikini) Euro 48
Depilation Half Leg Euro 35
Depilation Bikini Euro 19
Depilation Arm Pit Euro 15
Depilation Arm Euro 25
Depilation Back or Chest Euro 38
Depilation Upper Lip Euro 10

Eyebrow Shaping Euro 15
Dyeing of Eyelashes Euro 20
Dyeing of Eyebrows Euro 20
Dyeing of Eyelashes & Eyebrows Euro 35

TANNING

Solarium 12 min. Euro 12

ESTHETICAL TREATMENTS

Foot & Hand Treatment

Hands are the most visible parts of you, but they also take a lot of abuse. You use them in every day activity, and yet, they are the ultimate accessory. You must give them the same attention you give your face. Specific treatments, peeling and masks offer your skin a new softness just like velvet.

Esthetical SPA Pedicure 1h & 10 min. Euro 75
Esthetical Pedicure 55 min. Euro 45
French Pedicure (Nail Polish) 15 min. Euro 10
Esthetical SPA Manicure 1h & 10 min. Euro 63
Esthetical Manicure 50 min. Euro 33
French Manicure (Nail Polish) 15 min. Euro 10
Nail Polish 15 min. Euro 8

BATHS WITH ESSENTIAL OILS

Single Baths or for the Couple
(also parents & children)

A warm bath at the end of the day helps you to relax... This precious moment of caresses is able to warm your soul giving you the sensation of absolute quiet. Lose yourself and open your mind to this magical ambience: ... the perfect combination of smells, sounds and light.

„Sleep Well Bath“ (Camomile) (relaxing, calming, for a good sleep)	15 min.	Euro	33
Aromatic Lavender Bath (relaxing, good for the skin)	15 min.	Euro	33
Aromatic Lemon Bath (against psychic & physical heaviness)	15 min.	Euro	33
Aromatic Tangerine Bath (wakes up the child in oneself, good in state of pregnancy & for children)	15 min.	Euro	33
Aromatic Rose Bath (it forms the patience, being nice & spirituality)	15 min.	Euro	33
Aromatic Sandalwood Bath (opens the soul for spirituality, calming, helpful for meditation)	15 min.	Euro	33
Aromatic Ylang Ylang Bath (creates harmony, frees happiness & sensuality)	15 min.	Euro	33
Aromatic Red Orange Bath (gives happiness, acts against sadness & boosts your intuition)	15 min.	Euro	33



BATHS IN THE WHIRLPOOL

Single Baths or for the Couple
(also parents and children)

Honey & Milk Bath	15 min.	Euro	30
Honey & Mountain Pine Bath	15 min.	Euro	30
Romantic Candlelight Bath for the Couple (... with two glasses of Prosecco)	20 min.	Euro	40

NATURAL FACE TREATMENTS ALPIÈNNE

Face treatments with natural products only

Alpiènne offers pure natural care products with unsurpassed effects and the air of something very special. In all products for your wellbeing you can find testimony to the wealth of experience of alpine traditional medicine combined with scientific progress of leading research institutes in the alpine region. Tradition meets medicinal Know-how.

Face Treatment Alpiènne 45/60 min. Euro 60
(cleansing with peeling & mask)

Face & Hand Treatment Alpiènne Anti Age 80 min. Euro 85
(deep cleansing, face & hand treatment with Biotin with massage with warm herbal bags)

BODY TREATMENTS CARITA

Professional treatments with exclusive techniques

Rénovateur Peau de Satin 75 min. Euro 110
(renewal of the skin, soft & illuminated skin like silk)

Rénovateur Corps parfait 85 min. Euro 145
(for a remodelled & tonic body- Anti Age Body)

Rénovateur Revitalisant Corps 75 min. Euro 130
(relaxing treatment with hot stones)



BODY TREATMENTS IN THE NUVOLA

Treatments in state of weightlessness...



This fantastic water bed for massages was invented in order to create quiet, freedom and harmony that one feels only in the mother's womb. These are moments for the health of body and soul ... It is intended as the absolute relax for the musculature. The body dedicates itself to the water without getting wet. And in the end it will be the total relaxation.

Regeneration Body Mask 50 min. Euro 50

(components: Spelt Flour, Bee Wax, Extract of St. John's Wort, Olive Oil, Essential Oil of Geranium & Sage)

Purifying Body Mask 50 min. Euro 50

with Short Esthetical Plantar Massage
(components: Spelt Flour, Olive Oil, Bee Wax, Extract of Birch Leaves, Juniper, Orange Essential Oil)

Relaxing Body Mask 50 min. Euro 50

Relaxing (components: Extract of Gentian & Peppermint) (useful after doing sports regenerative for the musculature)

Original South Tyrolean Hayflower Bath 50 min. Euro 50

(this bath is prepared in an antique traditional South Tyrolean Style with special relaxing effects for the musculature, good for combating tiredness)

Algae Body Mask 50 min. Euro 50

(this precious Body Mask with Algae eliminates the accumulated adiposity & remineralizes the skin)

Alpine Fango & Mountain Pine Body Mask 50 min. Euro 53

(the Fango with the Alpine Active Ingredients gives a sensation of lightness to your musculature!)

BODY PEELING IN THE „ZERO“ BED

Skin Renewal & Nutrition

Honey Peeling 20 min. Euro 39

(skin cleaning with penetration of the active ingredients of honey with salt crystals of the alps)

MASSAGES

Esthetical face & body massages with oil

The massage (the word comes from the Greek verb „massein“ that means „to handle, touch, to work with the hands, to knead dough“) is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process, and promote relaxation and well-being. Massages involve acting on and manipulating the body with pressure—structured, unstructured stationary, or moving—tension, motion or vibration, done manually or with mechanical aids.

Aromatic Massage 45 min. Euro 63

(with aromatic oils/essences)

Relaxing Massage—Free Your Mind 45 min. Euro 60

(relaxing for body & soul)

Esthetical Massage (Classical) 45 min. Euro 60

(classical, esthetical, draining)

Relaxing Massage for the Muscles 45 min. Euro 65

(dissipates the muscular tensions & relaxes the body)

Esthetical Partial Massage 20 min. Euro 36

(concentrated on back or legs - optional)

Classical Face Massage 20 min. Euro 38

(relaxing after stress, giving tonicity to your skin)

Massage Head— Back— Neck 35 min. Euro 50

(concentrated on head, neck, back... dissipates the tensions & the accumulated stress)

Magic Massage Warm Strokes 45 min. Euro 60

(relaxing body massage with warm candle wax)