



LAGORAI

panoramic resort

VAL DI FEMME

Beauty & Treatments



A little moment for you

WELCOME to a world of wellbeing created exclusively for you



In our Spa, every treatment is born from the harmony between nature, balance, and personal care, offering you an experience of deep relaxation and authentic wellbeing.

We have carefully selected natural and eco-friendly cosmetic products, formulated with full respect for both the skin and the environment. Our rituals combine precious active ingredients, professional techniques, and relaxing gestures, guiding you through a regenerating sensory journey for body and mind.

For our treatments, we have chosen the TEAM DR JOSEPH skincare line, a leader in high-quality natural cosmetics since 1986. Thanks to bio-certified formulations, innovative technologies, and a holistic approach, each treatment is designed to meet the specific needs of the skin, promoting deep and long-lasting regeneration. The brand's philosophy, focused on sustainability and respect for natural resources, perfectly reflects the vision of our Spa: to offer authentic and effective wellbeing in complete harmony with nature.



MASSAGES

The Art of Massage



CLASSIC MASSAGE · 50 / 80 MIN · € 75 / 105

A timeless treatment designed to restore balance between body and mind. The classic massage combines gentle, enveloping strokes with deeper pressure. Ideal for relieving tension, stress and fatigue, this ritual provides a pleasant sense of general well-being, whilst improving skin elasticity and joint mobility. Let yourself be enveloped by a unique sensory experience, in which every movement is designed to restore you to a state of deep harmony and total regeneration.

PARTIAL CLASSIC MASSAGE · 25 MIN · € 45

A relaxing and customizable treatment, ideal for releasing tension and quickly restoring balance. This massage combines traditional techniques to focus on specific areas of the body, depending on your needs: back, neck, shoulders, legs, or feet. Perfect for a regenerating break, it helps stimulate circulation, relieve stress, and provides a pleasant overall sense of wellbeing.

SPORT MASSAGE · 50 MIN · € 85

A premium treatment designed for rapid and effective recovery, ideal after physical activity or when experiencing deep muscle tension. Thanks to the use of high-quality arnica-based products, renowned for their soothing and muscle-relaxing properties, this massage promotes an immediate sensation of relief and lightness. The enveloping and targeted techniques stimulate circulation, helping to eliminate toxins and quickly reduce fatigue and muscle stiffness. A rejuvenating ritual that infuses the muscles with new energy and guides the body toward a swift and harmonious recovery.





DRAINING MASSAGE · 50 MIN · € 85

A gentle, rhythmic treatment designed to stimulate the lymphatic system and promote the elimination of excess fluids. Ideal for reducing swelling and the feeling of heaviness, it provides immediate lightness and well-being.

Slow, harmonious movements reactivate circulation and help redefine tissues, leaving the skin more toned and radiant.

CANDLE MASSAGE · 50 MIN · € 85

Let yourself be enveloped in a unique sensory experience with our Candle Massage. A special candle, formulated with natural butters and fine essential oils, melts into a warm massage oil that deeply nourishes the skin and relaxes the mind. The gentle warmth helps release muscle tension, whilst the enveloping fragrances create an atmosphere of pure well-being. The slow, harmonious movements provide a feeling of deep relaxation, leaving the skin soft, moisturised and delicately scented.

AYURVEDA ABHYANGA · 50 MIN · € 80

Ancient Ayurvedic treatment performed with warm natural oils, ideal for relaxing body and mind. Slow, flowing movements promote circulation, help release tension, and deeply nourish the skin.

A regenerating experience that brings balance, well-being, and a pleasant sense of harmony.



TAILOR MADE MASSAGE

· 50 MIN · € 90

A treatment created exclusively for you. After a brief initial consultation, the therapist will identify the techniques and approaches best suited to your body's needs and overall wellbeing. Professional massage techniques, carefully selected products, and innovative tools come together in a unique and personalized experience, designed to restore balance, lightness, and deep harmony between body and mind.

MASSAGES

by TEAM DR JOSEPH method

DYNAMIC RECREATION BACK MASSAGE · 50 min · € 90

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.



MIND RELAXING AROMA MASSAGE · 50 min · € 80

A relaxing massage with a calming effect on the physical and mental level. The scent of selected organic aromatic oils and the gentle massage technique touch holistically. A multi-sensory treatment that brings your muscles into balance and relaxes the mind.

DETOXIFYING CELLULITE TREATMENT

· 50 / 80 min · € 95 / 120

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.



DEEP RELAX STONE MASSAGE · 50 min · € 80

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.

ENERGIZING HERBAL STAMP POWER TREATMENT

· 50 min · € 100

These herbal pouches massage is a powerful and intensive full-body treatment with precious natural oils, select herbal blends and unique combinations of active components. The herbal stamps are patted over your body intensively, with gentle pressure. This stimulating technique and the herbs used help to relieve stress, while the finest aroma massage oils bring you vitality. Start off balanced and full of energy!



DYNAMIC FEET & LEGS MASSAGE · 50 min · € 80

Do you spend the whole day on your feet? Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.



SCRUB

by TEAM DR JOSEPH method



FULL-BODY SCRUB WITH APRICOT PITS & HAY EXTRACTS · 25 min · € 45

The gentle, efficient, organic body scrub with hayflower extracts and ground apricot pits cleanses the skin deep into the pores and makes it appear clearer and brighter.

AROMA SALT BODY SCRUB · 25 min · € 45

This full-body scrub with aromatic massage oil and salt from the Dead Sea supports the rejuvenation of your skin, promotes tissue metabolism, and makes your skin silky smooth. For an intense, fresh feeling.



WRAP

by TEAM DR JOSEPH method



DETOXIFYING ALPINE FANGO BODY WRAP

· 50 min · € 80

A "wellness must" for lovers of alpine tradition. The alpine mud smells distinctively alpine. In combination with natural sediments, it works to detoxify the body through the skin - both invigorating and restorative.

SPORT & VITALITY BODY WRAP · 50 MIN · € 80

Feel the invigorating power of sun plants. This health wrap brings new fitness to your tired joints and muscles. The power of the active ingredients, arnica and St. John's wort, reduces stress, relieves tension, and supports the performance of your muscles.

REGENERATING BODY WRAP

· 50 MIN · € 80

Regeneration and gentle care for the skin! A special pampering program featuring aloe vera, grapes, sea buckthorn and baobab, promoting skin elasticity and regeneration while providing a balanced, deeply nourished skin sensation.

MOISTURIZING BODY WRAP

· 50 MIN · € 80

Pamper your skin with a fruity and sensual beauty bath. Apple extract is rich in vitamins, minerals, pectin, and waxes - the perfect active ingredients to care for demanding skin. In combination with precious rose hips, it considerably improves the skin's well-being and significantly reduces drying. Your skin will appear smoother and more supple.



FACIAL TREATMENTS

by TEAM DR JOSEPH method



INTENSE PURIFYING FACE TREATMENT · 50 min · € 90

This facial treatment is ideal for all skin types and offers intensive deep cleansing to purify your skin in depth without stripping it of moisture or natural oils. Pores appear refined, the tissue is purified and the skin is ideally prepared for active ingredient care. Experience deep cleansing of the skin for a visibly fresh, purified and even complexion.

CELLULAR RECREATION FACE TREATMENT

· 80 min · € 120

Natural active ingredient care with an immediate effect for a radiant complexion and healthy, intensively nourished skin. This deep-acting facial treatment with modulated facial massage is tailored to the individual needs of your skin and offers visible results. Highly effective, natural active ingredient care for healthy and intensively cared for skin.

EXPRESS POWER LIFT FOR MEN · 50 min · € 90

Natural high-tech power for men for an improved and clear complexion. This facial is the ultimate pampering program specifically for men that is fast and effective. Experience deep cleansing, refined pores and an improved complexion in the shortest amount of time - without compromising on well-being and results.

EXPRESS EYE + FACE LIFT · 25 min · € 45

This express facial treatment with Gua Sha massage provides a visibly tightened eye area and a radiant, fresh complexion in no time. This treatment helps strengthen and tighten the skin, improve elasticity around the eyes, and reduce dryness and puffiness. Ideal for wrinkles, fatigue, and puffiness around the eyes for a rosy-fresh, visibly firmer complexion.

SENSORY BATH



SEA SALT AND ESSENTIAL OILS BATH

· 20 min · € 30

A relaxing whirlpool bath enriched with sea salts and essential oils, ideal for relieving body and mind. The bubbles and warm water help stimulate circulation, while the salts help purify and revitalize the skin.

A pure wellness experience that brings lightness, relaxation, and a pleasant sense of harmony.

BEAUTY

MANICURE WITH NAIL POLISH · € 45

PEDICURE WITH NAIL POLISH · € 55

PEDICURE DELUXE · € 90

An exclusive ritual dedicated to the beauty and well-being of the feet.

The treatment begins with a deep and thorough cleansing, followed by a luxurious exfoliating scrub that gently smooths the skin, removing dead cells and instantly revealing a radiant glow.

Next comes a nourishing anti-aging moisturizing wrap, formulated to deeply nourish the skin.

The ritual concludes with a relaxing massage that stimulates circulation and leaves you with a profound sense of lightness and well-being.



HAIR REMOVAL

EYEBROW SHAPING · € 15

UPPER LIP OR CHIN · € 10

UNDERARM · € 15

PARTIAL BIKINI ZONE · € 20

FULL BIKINI ZONE · € 25

LEG UP TO THE KNEE · € 25

FULL LEG · € 35

ARMS · € 20

MEN'S CHEST OR BACK · € 25

SOLARIUM

LOW-PRESSURE SUNBED · 10 MIN · € 15

3-SESSION PACKAGE · € 35



GENERAL INFORMATION

OPENING HOURS

Indoor swimming pool and gym: from 7:00 a.m. to 8:00 p.m.

Outdoor swimming pool: from 2:00 p.m. to 7:00 p.m.

(morning access available upon request)

Spa: from 3:30 p.m. to 7:00 p.m.

BOOKINGS

To ensure maximum availability and to fully enjoy your relaxation experience, we recommend booking your desired wellness and beauty treatments in advance, directly from home.

Our team will be happy to assist you with any information or requests:

☎ +39 0462 340 454

☎ Internal line 9 (Reception)

✉ info@hotel-lagorai.com

We remain at your complete disposal to make your stay even more enjoyable and personalized.

CANCELLATIONS AND DELAYS

Please inform us of any appointment cancellation by the evening before. In case of late cancellation, the full treatment price will be charged.

In case of delay, the duration of the treatment cannot be extended to recover lost time.





BEFORE THE TREATMENT

- We kindly ask you to arrive a few minutes before your scheduled treatment time at the Spa reception.
- During the treatment, all necessary disposable items will be provided to prevent soiling your clothes or personal bathrobe.
- Please inform the therapist of any allergies, recent injuries, pregnancy, surgeries, infectious diseases, or other relevant health conditions. This allows us to recommend the most suitable treatment while ensuring maximum safety and well-being.
- We recommend removing any jewelry before the treatment. The facility declines all responsibility for any loss or damage to personal belongings.
- Mobile phones must be kept in silent mode for the entire duration of the treatment.

POOL AND SAUNA REGULATIONS

- Please keep your mobile phone switched off or in silent mode and maintain a low voice level to ensure a relaxing environment for all guests.
- In the swimming pool area, wearing a swimsuit is mandatory and a shower must be taken before entering the water.
- Children under the age of 14 must always be accompanied and supervised by an adult. Diving is prohibited, as is the use of toys not intended for floating, such as balls, water guns, and other similar items.
- It is forbidden to bring or consume unauthorized food and beverages within the wellness area.
- Sauna and steam bath cabins are wellness areas and, for hygiene reasons, access is permitted without swimwear.
- In the Finnish sauna, it is mandatory to sit on a towel and place your feet on it, in order to ensure hygiene and protect the wooden surfaces.
- In the steam bath, towels must not be used on the seating area; before sitting down, please rinse the surface using the provided water jet.
- In both the sauna and steam bath, entry is required without slippers.

