



WELLNESS PRICE LIST

Spa

LOCALLY INSPIRED

	MIN	EUR
MEDITERRANEAN RITUAL ESSENCE OF SARDINIA	80	305

MASSAGES

	MIN	EUR
BACK & NECK	25	130
REFLEXOLOGY	25	130
RELAXING	50/80	220/280
LYMPHATIC DRAINAGE	50/80	240/305
DEEP TISSUE	50/80	240/305

FACIALS

	MIN	EUR
VALMONT L'ELIXIR DES GLACIERS TRATTAMENTO MASTERPIECE	90	395
VALMONT HYDRATION OF THE BISSES	25/55/ 90	125/225 350
VALMONT FIRMNESS OF THE HILLS	55/75	250/275
VALMONT PURITY OF THE ALPS	55	225
VALMONT GENTLEMAN'S AWAKENING	55	225

BODY RITUALS

	MIN	EUR
MOOR MUD RITUAL BY OMOROVICZA*	80	305
QUENCH BODY RITUAL BY OMOROVICZA*	55/80	240/305

COUPLES

	MIN	EUR
COUPLE'S MASSAGE	50	420

YOUNG SPA (YOUNGER GUESTS)

	MIN	EUR
MANICURE YOUNG GLOW		80
PEDICURE YOUNG GLOW		110
MINI FACIAL GLOW	25	125

ENHANCEMENTS

	MIN	EUR
LAVA STONE TOUCH	10	50
GUA SHA FACIAL MASSAGE	15	50

Finishing touches

TRATTAMENTI MANI E PIEDI

	EUR
MANICURE WITH REGULAR NAIL POLISH	80
PEDICURE	120
NAIL POLISH CHANGE	50
SEMI-PERMANENT REMOVAL	40
SEMI-PERMANENT POLISH	40

HAIR REMOVAL

	EUR
UPPER LIP	20
UNDERARM	50
BIKINI AREA	60
BRAZILIAN BIKINI	80
ARMS	70
HALF-LEG WAX	80
FULL-LEG WAX	120
BACK	90

Prices are quoted in euros and include 22% VAT.
All treatments can be enjoyed in your room for an additional
100 euros per person.

Movement

GYM SERVICES

	MIN	EUR
STRUCTURAL BALANCE MOVEMENT ASSESSMENT	45	190
SHOULDER RELEASE	45	180
SPINE&HIPS RESTORE	45	180
MOBILITY FLOW	45	235
FOUNDATION: FEET&BALANCE	45	165
MOVEMENT LOWER BODY SCULPT	45	225
ATHLETIC PERFORMANCE LAB	45	225
CORE INTEGRATION	45	170
COOL DOWN RECOVERY RECOVERY RELEASE	55	250
SOUND THERAPY	45	190
GUIDED MEDITATION	45	165

PRIVATE LESSON WITH PERSONAL TRAINER

COMPLETE	55	115
INTENSIVE	45	95
BASIC	25	75

PILATES/YOGA

INTENSIVE YOGA	90	165
COMPLETE	55	120
CLASSIC	45	100
BASIC	25	80

POSTURAL STRETCHING THERAPY

COMPLETE	55	135
CLASSIC	45	115
BASIC	25	80
ADD-ON	15	45

MAURO'S SIGNATURE PRIVATE CLASSES

	MIN	EUR
PRIVATE LESSON WITH PERSONAL TRAINER		
COMPLETE	55	85
INTENSIVE	45	65
BASIC	25	45
PILATES/YOGA		
COMPLETE	55	90
INTENSIVE	45	75
BASIC	25	55
POSTURAL STRETCHING THERAPY		
COMPLETE	55	107
INTENSIVE	45	87
BASIC	25	47

For non-resident guests gym one time access* 150 euro
(* complimentary if booked with a lesson.

The use of the pilates studio is not included.

Prices are per person, VAT included.
We suggest booking your lesson at least one day before
scheduling. Free cancellation up to 24 hours beforehand.
Cancellation fee equal to the full price of the service booked.

For information and reservations, please contact:
mauro@lsnsport.com

TENNIS AND PADEL

	MIN	EUR
PRIVATE LESSONS	60	170
EXTRA PLAYER		30
BEAT THE PRO	90	225 OR FREE
FAMILY PACKAGE	10/20H	1600/3000
COURT BOOKINGS	50	50