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*Beauty & Spa*

*"Sometimes the most important thing  
in a whole day is the rest we take  
between two deep breaths"*

- ETTY HILLESUM

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# Information

## **IT'S FAMILY TIME LIVE IT NOW**

All the treatments at our Beauty & Spa entitle you to receive a leaf of the "It's Family Time" tree: MyTime for the treatments you choose to enjoy alone, TwoTime for treatments as a couple, KidsTime for children treatments and FamilyTime for when you are all together.

## **Punctuality**

In order to enjoy the treatment you have booked in complete relaxation, we kindly ask you to arrive 5 minutes before your appointment. If you arrive late for your treatment, unfortunately we have to shorten the duration of the treatment itself.

## **Health**

We kindly ask you to communicate at the moment of booking eventual health problems, allergies to certain products or ongoing pregnancies. Sun exposure is not recommended after any treatment.

## **Silence**

We are an oasis of calm. Therefore we kindly ask you to speak quietly and to take some time for yourself without your mobile phone.

## **Cancellation policy**

Any cancellation must be notified directly to the beauty centre the day before the treatment, otherwise the full price will be charged.

## **Products purchase**

All the products we use can be purchased at our Beauty & Spa. We can also deliver products directly to your home (no shipping charges for orders over €200).

## **More info**

All the treatments and the massages described in this brochure are considered aesthetical.

**All the massages in this brochure can be done as a couple at twice the price of the single one.**





# Relax Massages

## Traditional massage with essential oils

Traditional techniques to relax the muscles and reactivate the circulation. It gives a feeling of relaxation and physical regeneration.

50 min. | 79 €

25 min. (back or legs) | 44 €

## Stress-Less massage

Slow and rhythmic hand movements with orange oil for a deep relaxation of body and mind. The essential orange oil has a positive and soothing effect on the nervous system.

50 min. | 79 €

## Yin Yang massage NEW

By means of deep maneuvers and following the energy flows of the body, this massage will bring back a feeling of intense regeneration.

50 min. | 79 €

## Guasha NEW

Manual facial massage accompanied by special quartz stones that bring a detoxifying and oxygenating effect to the tissues.

50 min. | 79 €

## Cavallino Bianco

Our special massage coordinating various massage techniques to satisfy your particular needs and desires.

80 min. | 130 €

## Cavallino Bianco Package

1 Cavallino Bianco 80 min.

1 facial treatment 50 min.

1 Spa Exotique 50 min.

1 relax massage 50 min.

425 € **365 €**





# Vitality Massages

## Intense classic massage

This massage carries out a relaxing action, also through stretching, on the muscular areas affected by daily stress and physical activity.

50 min. | 86 €

## Back massage with arnica oil

Back and neck pain? A hot roller and selected maneuvers will stretch your muscles and dissolve the contractures accumulated over time, giving you a feeling of well-being and regeneration.

50 min. | 86 €

## Activ massage with Swiss pine wood NEW

This dynamic massage, made with special Swiss pine sticks, has a regenerating and invigorating effect on the body. The special rolling and staking technique helps blood circulation and relieves muscle tension.

50 min. (back or legs) | 86 €

80 min. (entire body) | 130 €

## Cupping massage NEW

The cupping method has been known for thousands of years.

This treatment combines manual massage with the use of special cups. Tissues are reoxygenated, muscles relaxed and circulation reactivated.

50 min. (back) | 86 €

80 min. (entire body) | 130 €

## Royal Thai

Treatment that combines stretching movements with palm and digital pressure on the body with light touches passing through several yoga positions. It relieves stress and helps to reunite mind, body and spirit. Massage without oil. During this treatment we kindly ask you to wear comfortable clothing.

50 min. | 98 €

80 min. | 152 €

## Vitality Package

3 vitality massages 50 min.

1 express facial treatment 50 min.

1 arnica wrap 25 min.

~~392€~~ **352 €**



# Bodystyling Rituals

## Firming massage

Thanks to selected products, this massage stimulates the microcirculation and the oxygenation of surface tissues with excellent moisturizing and firming effects.

50 min. | 79 €

## Anti-cellulite massage

This massage combined with specific products is recommended to correct imperfections of various types, concentrating on legs, abdomen and buttocks.

50 min. | 79 €

## Draining massage

A sequence of gentle, slow and rhythmic movements which reduces water retention, promoting a pleasant feeling of light legs.

50 min. | 79 €

## Bahia ritual, Brazil

Inspired by a Brazilian ritual, this body modelling treatment combines the slimming properties of caffeine with the special massage technique of tapping with a toning effect.

Localized treatment for belly, legs and hips.

50 min. | 99 €

## Ritual Minceur-Fermenté

Heavy legs? A draining massage combined with bandages enriched with horse chestnut and algae, donate a pleasant feeling of light legs.

50 min. | 99 €

## Bodystyling Package

- 1 body peeling 25 min.
- 2 bodystyling mass. 50 min.
- 1 bodystyling ritual 50 min.
- 2 algae wraps 25 min.
- 1 legs cupping 50 min.

477 € **405 €**

## Well aging ritual **NEW**

Combining a regenerating and cell-renewing scrub with an invigorating and antioxidant massage, this ritual will bring a brighter and more toned appearance to your skin.

50 min. | 99 €

## Legs cupping massage **NEW**

Goodbye orange peel! This treatment combines manual massage with the use of special cups.

Tissues are reoxygenated, circulation is reactivated and muscles are relaxed.

Metabolism and lymphatic activity are stimulated, waste products are eliminated more quickly, so the appearance of the skin is improved.

50 min. | 86 €

# Geoway

## GEOWAY benefits:

**Fitness:** training without muscle pain. The thermal infrared rays improve the blood circulation of the muscles, ideal before and after workout.

**Wellness:** detoxify the body by sweating (twice as much as during a sauna).

**Regeneration:** suitable as a solution for symptoms like rheumatism, pain, tension and stress.

**Pure antistress:** stimulates the production of Vitamin D. Losing weight in a healthy way.

**RECOMMENDATION:** to increase its effectiveness, we recommend Geoway before each treatment.

## 1 Treatment

30 min. | 40 €

45 min. | 50 €

## Pre and post sport

15 min. | 20 €

## Geoway Packages

4 Geoway 30 min.

~~160€~~ **144 €**

4 Geoway 45 min.

~~200€~~ **180 €**

# Ayurveda

Relaxing rituals with enveloping manual techniques help to balance the invisible link between body and mind.

## Abhyanga & Kerala

A traditional Indian massage with warm oil that improves the circulation and nourishes the skin, restoring the body energy balance.

### Abhyanga

50 min. | 94 €

### Kerala

80 min. | 152 €

## Udvarthana NEW

This ancient ritual helps to drain and reactivate the microcirculation.

Thanks to the mixture of hot oil and plant powders you get a detoxifying and regenerating effect.

50 min. | 94 €

## Shirodara massage NEW

An enveloping and relaxing sensation on the whole body followed by a pleasant flow of oil on the forehead.

It offers benefit to those who suffer from insomnia and stressful situations, calming the body and mind.

50 min. | 94 €

## Pada-Mukabhyanga

A combination of ayurvedic massages for head, face and feet with a relaxing and beneficial effect on headaches, sleeping and cervical disorders.

50 min. | 82 €

## Ayurveda Package

1 Kerala 80 min.

2 Ayurveda mass. 50 min.

1 essences bath 25 min.

1 ayurvedic wrap 25 min.

430 € **380 €**

## Pinda Sweda

Massage with herbal pads and precious oils, synergies of herbs and fine pure essential oils.

A relaxing, regenerating and revitalizing massage for the body.

50 min. | 94 €

## Ayurvedic wrap NEW

Deeply detoxifying and rejuvenating, this particular traditional ayurvedic wrap harnesses the natural abilities of flower and herbal extracts to give radiant, silky and purified skin.

25 min. | 46 €



# Wellness Massages

## **Bali massage**

Immerse yourself in a world of peace and tranquillity with this ancient ritual from Bali. This sensual break includes a gentle stretching massage technique with embracing maneuvers to alleviate tension.

50 min. | 98 €                      80 min. | 152 €

## **Polynesian massage**

A massage technique inherited from traditional healers to forget about time and space. Energy blocks are released with deep and decontracting manual techniques, performed with the forearms.

50 min. | 98 €                      80 min. | 152 €

## **Lomi Lomi**

A ritual that combines dances, body work and massage, completely relaxes and allows you to let go of all your worries. Revitalizing effect, it strengthens the nervous system, activates the lymphatic and vascular circulation and also the metabolic process.

50 min. | 98 €

## **Hot Stone**

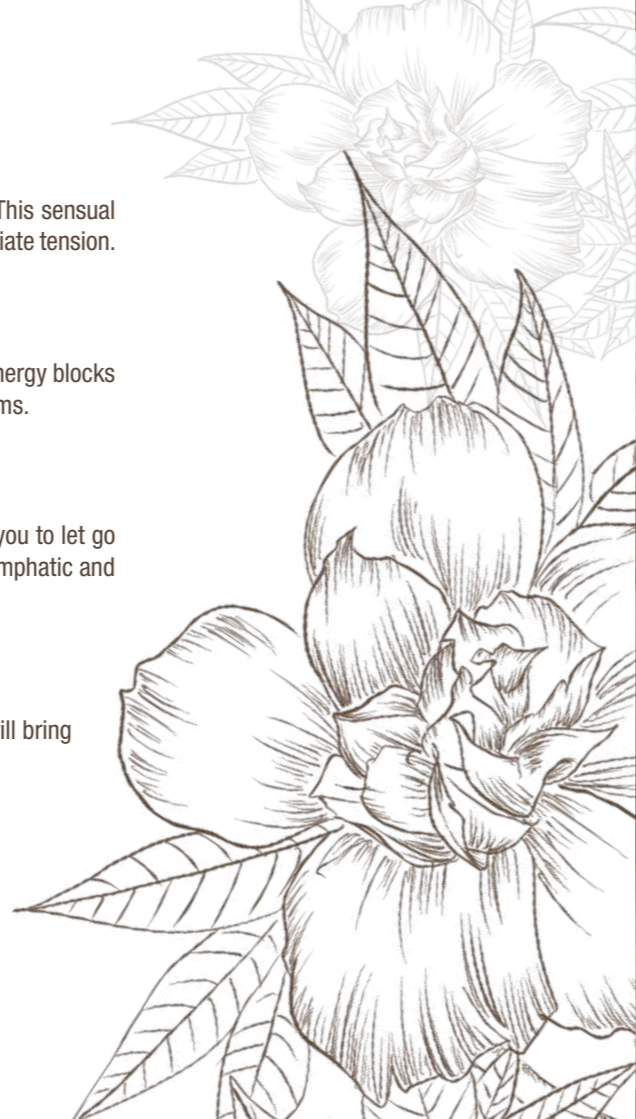
Immerse yourself in the warmth of lava stones. The gentle maneuvers of this massage will bring you to a state of deep relaxation, creating harmony and a positive energy flow.

50 min. | 98 €

## **Energetic foot reflexology**

Stimulation of reflex points on the sole of the foot, giving reflex relief to internal organs, reducing stress and improving microcirculation.

25 min. | 50 €                      50 min. | 82 €



# Well-being Treatments

**RECOMMENDATION:** to increase the relaxing and detoxifying effect, combine your wrap with a massage.

## Wrap

Immerse yourself in the “Softbath” lounger and feel like in a cloud, promoting the absorption of active substances into the skin.

**Algae wrap:** draining/firming/anticellulite

**Honey and arnica wrap:** muscle relaxing/detoxifying/hydrating

**Nourishing wrap:** nourishing/moisturizing/soothing

25 min. | 46 €

## Hay bath: the power of the herbs

A hay bath is an experience for all the senses: essential oils of various herbs stimulate circulation, relax, detoxify and produce a calming effect.

25 min. | 52 €

## Luxurious essence bath

Let time stand still and enjoy a relaxing bath. Let yourself be seduced by the perfumes of various essences and by their beneficial effects.

25 min. (for one person or as a couple) | 46 €

## Ayurvedic wrap NEW

Deeply detoxifying and rejuvenating, this particular traditional ayurvedic wrap harnesses the natural abilities of flower and herbal extracts to give radiant, silky and purified skin.

25 min. | 46 €





## Body peeling

**RECOMMENDATION:** a body peeling before a treatment increases the receptivity of the skin.

**Sublime gommage:** sugar/coconut powder/monoi oil/tiarè flowers

**Papaya gommage:** papaya fruit kernels

25 min. | 42 €

### Spa Exotique

This luxurious treatment is a combination of a mango peel and a massage with a nourishing cream that will give your skin a smooth and silky appearance.

50 min. | 91 €

### Oriental treasures

Let yourself be transported to the heart of the magical world of the Oriental tradition. This ritual with glove exfoliation opens the pores and stimulates microcirculation. The application of Shea butter will leave the skin soft and radiant.

50 min. | 91 €

### Rose's

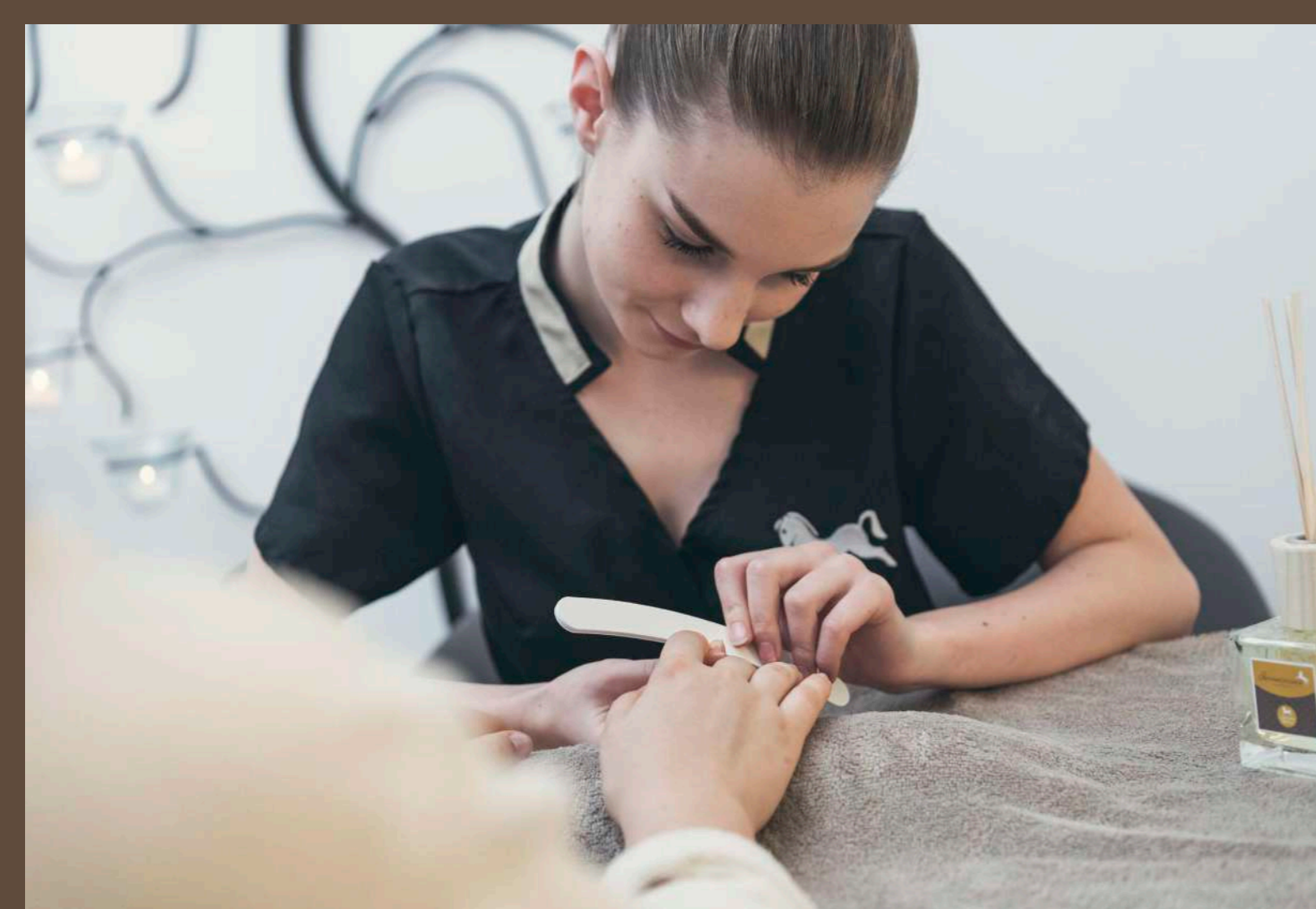
The pleasant warmth of the aromatic Turkish bath stimulates the senses and relaxes the muscles. This ritual is rounded off with a foamy soap scrub and a rose-scented Aphrodite beauty bath.

50 min. | 107 €

couple 90 min. | 164 €







## Aesthetics

Hand mask	€ 17
Foot mask	€ 17
Aesthetic pedicure	€ 55
Aesthetic pedicure with semi-permanent nail polish	€ 66
Aesthetic manicure	€ 50
Aesthetic manicure with semi-permanent nail polish	€ 64
Semi-permanent nail polish removal	€ 20
Semi-permanent nail polish	€ 36
Total depilation (legs, bikini, armpits)	€ 66
Depilation legs	€ 45
Partial depilation legs	€ 32
Depilation arms	€ 27
Depilation bikini	€ 20
Depilation armpits	€ 20
Depilation upper lip	€ 13
Depilation chest/back	€ 33
Eyebrows tinting	€ 17
Eyelashes tinting	€ 25
Eyelashes and eyebrows tinting	€ 40



# Facial Treatments

**Relax with a tailor-made facial treatment.**

**Let our experts suggest you the best for your skin.**

**RECOMMENDATION:** combine your face treatment with a hand or foot mask to deeply nourish and moisturize the skin.

## Mary Cohr

### Face massage “Aromatique”

25 min. | 44 €

### Catio Vital and Catio Vital Express

Deep cleansing treatment, customized for each skin type.

80 min. | 120 €

50 min. | 88 € (eyebrows correction and massage **not included**)

### Catio Lift

Through the combination of specific equipment and cosmetic products, facial skin and muscles are stimulated to regain brightness and vitality.

50 min. | 124 €

### Catio Vital Yeux

This treatment is ideal for relaxing the eyes, reducing dark circles, smoothing heavy eyelids and reducing puffiness.

50 min. | 106 €

### Beauty Secrets Package

2 facial treatments 50 min.

1 Guasha 50 min.

1 well aging body ritual 50 min.

425 € **365 €**

### Phytoxygene

Climate and environmental changes have worsen the air pollution and therefore stressed our skin. This treatment is an exclusive method to oxygenate and detoxify the skin thanks to the power of nature. The complexion results fresh and purified, the texture of the skin is smooth and the face is radiant.

50 min. | 124 €

### Dermo-peeling

The alternative treatment to aesthetic medicine. Ideal for those who want to erase visible signs of aging, regain a glowing skin and lighten dark spots.

50 min. | 124 €

### Age Firming

This treatment makes the skin of the face and décolleté visibly firmer. Thanks to boosted active ingredients and focused massage techniques, it stimulates the subcutaneous tissues, relaxes and reshapes the face, for an immediate lifting effect.

50 min. | 124 €

### Age Repair

Intensive and complete effect: an innovative treatment, based on regenerating active ingredients, which redesigns the facial features, acting directly on the deepest layers of the epidermis. After the first treatment the signs of aging are smoothed, wrinkles and fine lines are relaxed and the skin feels more compact and luminous.

50 min. | 142 €

### Catio Lift Deluxe

This treatment is perfect to battle skin aging. Thanks to the Catio Lift stimulation great results will be reached.

80 min. | 152 €



# Cinq Mondes

## Fleur de Bali

Inspired by the beauty rituals of Bali, this treatment allows you to enjoy the delicate fragrance of tropical flowers and to discover the calming effects of the skin cleansing.

25 min. | 60 €

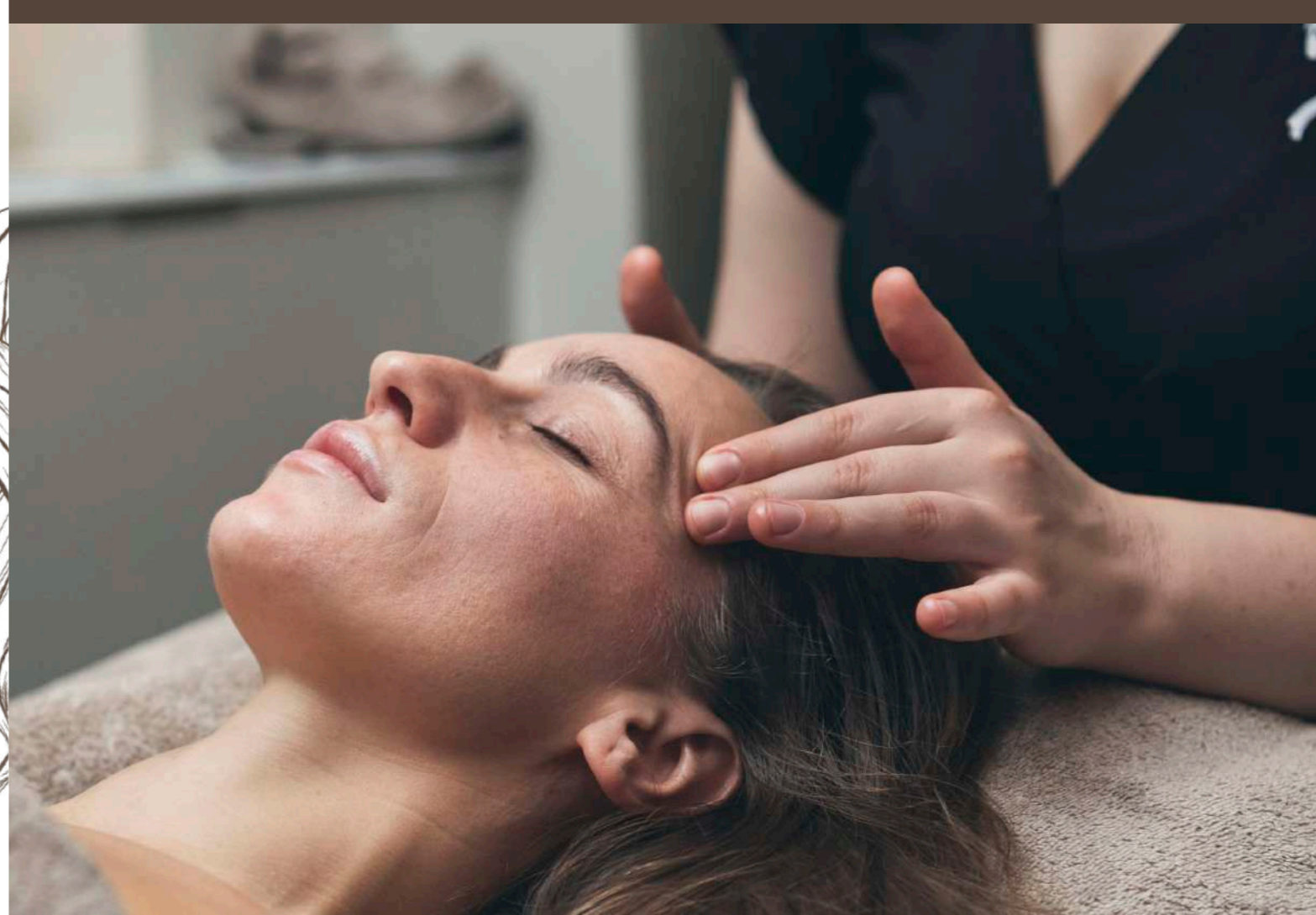
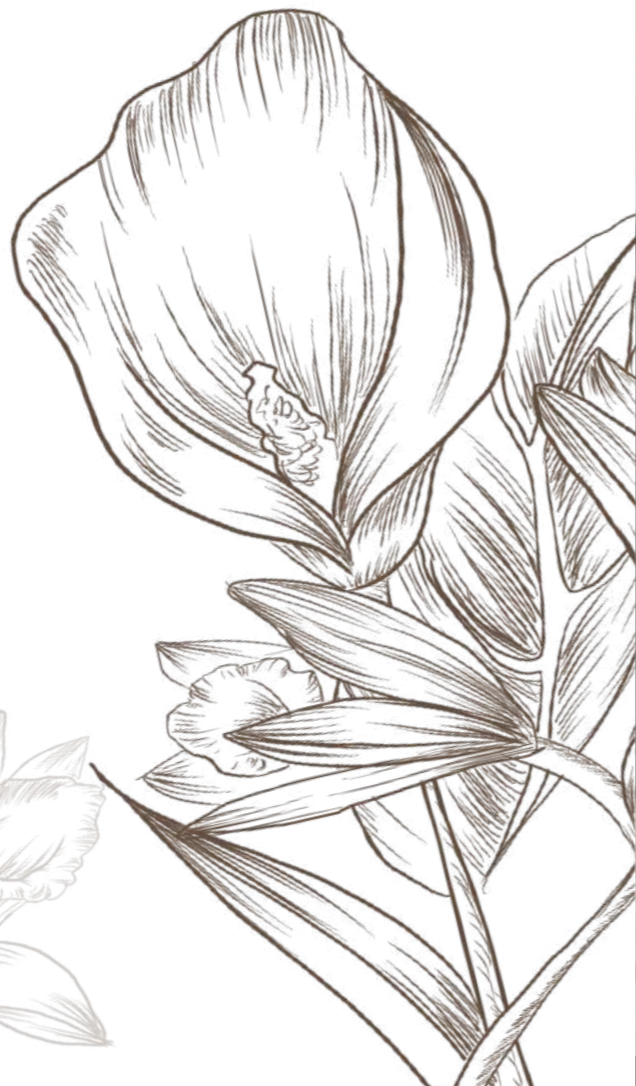
50 min. | 98 €

## Ko Bi Do Facelift

A manual lifting inspired by the Japanese massage “Ko Bi Do”. A real “anti-aging treatment” with deep action against wrinkles and spots, useful to increase skin elasticity. It affects in particular the facial area of the eyes, mouth and décolleté.

50 min. | 124 €

80 min. | 152 €





## Packages

### Cavallino Bianco Package

- 1 Cavallino Bianco 80 min.
- 1 facial treatment 50 min.
- 1 Spa Exotique 50 min.
- 1 relax massage 50 min.

425€ **365 €**

### Vitality Package

- 3 vitality massages 50 min.
- 1 facial express treatment 50 min.
- 1 arnica wrap 25 min.

392€ **352 €**

### Ayurveda Package

- 1 Kerala 80 min.
- 2 Ayurveda massages 50 min.
- 1 essences bath 25 min.
- 1 ayurvedic wrap 25 min.

430€ **380 €**

### Bodystyling Package

- 1 body peeling 25 min.
- 2 bodystyling mass. 50 min.
- 1 bodystyling ritual 50 min.
- 2 algae wraps 25 min.
- 1 legs cupping 50 min.

477€ **405 €**

### Couple's Amour Package

- 1 relax massage per person 50 min.
- 1 facial aromatique massage per person 25 min.
- 1 relaxing bath together 25 min.
- 1 facial treatment per person 50 min.

268€ **244 € per person**

### Beauty Secrets Package

- 2 facial treatments 50 min.
- 1 Guasha 50 min.
- 1 well aging body ritual 50 min.

425€ **365 €**

### Geoway Packages

- 4 Geoway 30 min. 160€ **144 €**
- 4 Geoway 45 min. 200€ **180 €**

**The treatments must be used by 1 person during 1 stay.**

**Cavallino Bianco vouchers or other promotions can not be combined with the above offers, but can be used for any additional treatment.**

## Mamma Time

### PREMAMAN treatments...loving care

The mother's relaxation has a positive effect on her baby as well. Our Beauty & Spa has developed some cosmetic programmes you can book after the 12th week of pregnancy:

#### Premaman massage

A cuddle for mom: the energy of life needs to feed on cuddles and love. A relaxing and regenerating massage with a gentle and rhythmic technique, to find relief and serenity.  
50 min. | 79 €

#### Draining massage

A sequence of gentle, slow and rhythmic movements which reduces water retention, promoting a pleasant feeling of light legs.  
50 min. | 79 €

#### Abhyanga

A traditional Indian massage with warm oil that improves the circulation, nourishes the skin and restores the balance of body energy.  
50 min. | 94 €

#### Pada-Mukabhyanga

A combination of ayurvedic massages for head, face and feet with a relaxing and beneficial effect on headaches, sleeping and cervical disorders.  
50 min. | 82 €



# Family Time

## Well-being for the family

### **Dream Bubbles** (max. 4 people)

Family whirlpool with amazing fragrances from our skincare line Bellino.

50 min. | 90 €

### **Family Dream** (max. 4 people)

This treatment involves the family in fun and games. You will take a bath in the large “family” tub, followed by a small snack for the whole family.

90 min. | 164 €

### **Mom & Daughter Bubbles · Dad & Son Bubbles**

A relaxing bubble bath with the soothing essences of our new skincare line Bellino.

A moment to be enjoyed together with mum or dad, followed by a body massage.

50 min. | 150 €

# Baby Time

FOR BABIES FROM 0 TO 2 YEARS OLD

## **Positive effects of the treatments**

These massages foster the breathing activity, stimulate the circulation and relieve small complaints such as colicky pain in newborns.

## **Massages for babies and children**

The wide offer of massages for infants and children arises from the fusion of different treatments like Ayurveda, reflexology and yoga.

25 min. | 32 €

## **Massage lesson**

A short course where parents can learn all the movements of different massage techniques, which they can perform once back home.

25 min. | 32 €

## **Mummy & baby**

A unique experience for the mother and her baby. This treatment combines a common soothing bath followed by a massage for the child.

50 min. | 80 €

## **Happy Bath**

Calming bath with beneficial essences from our skincare line Bellino.

25 min. | 44 €





## Kids Time

FOR KIDS FROM 3 TO 11 YEARS OLD

**We ask parents to be present during the baths.  
The staff declines any responsibility.**

### **Princess Dream**

Our “fairies” will transform the girls into little princesses.  
A beautiful hairstyle with a bit of make-up and nail polish: just like in fairy tales.

40 min. | 54 €                      50 min. two kids | 83 €

### **Princess Dream with accessories**

The perfect dress should not be amiss in addition to the “Princess Dream” treatment.

40 min. | 69 €                      50 min. two kids | 113 €

### **Dream Bubbles** (max. 4 kids)

Whirlpool with amazing fragrances from our skincare line for children Bellino.

50 min. | 90 €

### **Beauty Princesses** (for 2 sisters or friends)

A fun bath with relaxing essences from the Bellino line with a nice massage at the end  
Double the fun with the little sister or friend.

50 min. | 130 €

### **Little Princesses grow**

#### **Manicure Kids**

25 min. | 24 €

#### **Pedicure Kids**

25 min. | 29 €





### Massage for children

Soothing massage with gentle products suitable for younger skin.

25 min. | 39 €

### Sweet Candy

Joyful and relaxing moments for those with a sweet tooth. A gentle body peeling followed by a relaxing full body massage, for a heavenly treatment.

50 min. | 65 €      two kids | 130 €

### Beauty Queen

Bath in the whirlpool followed by a pleasant massage for girls.

50 min. | 58 €      two kids | 97 €

### Beauty King

Milk bath followed by a pleasant chocolate massage for boys.

50 min. | 58 €      two kids | 97 €

### Pretty Girl · Cool Boy

This facial treatment is ideal for our youngest guests. Natural care products gently cleanse the skin and moisturize it.

25 min. | 42 €



## Teenager Time

FOR TEENS FROM 12 TO 16 YEARS OLD

### Junior VIP

This facial treatment for young skin is ideal for irritations and first impurities.

50 min. | 68 €

### Dream

Relaxing and intensively nourishing bath with our extra mild shower gel.

25 min. | 51 €

### Teenage Dream (for 2 sisters or friends)

A relaxing bath with soothing essences followed by a massage.

50 min. | 130 €

### Be a Star

Make-up for a special event.

25 min. | 40 €

### Papaya gommage

The pleasant scent of papaya invites you to relax. This peeling with the kernels of the fruit gently cleanses the skin and makes it glow again.

25 min. | 42 €

### Teenager massage

Relaxing massage for our young guests.

50 min. | 70 €



# Hair Spa

**For beautiful, healthy and cared hair**

## **Pramasana Hair Spa**

The Pramasana line is inspired by Ayurveda, the ancient Indian healing art. Intensive treatment which restores the balance of the scalp, repairing, strengthening and moisturizing damaged hair.

Let yourself be carried away by a pleasant massage to the scalp and hands. The care of our scalp is essential for healthy and beautiful hair.

45 min. | 75 €

## **Repair treatment & styling**

Intensive restructuring treatment that improves damaged hair. Thanks to the quinoa protein and a blend of pure vegetable oils (jojoba, soy and nangai oil) the hair will be visibly repaired, hydrated and radiant. The treatment will be followed by a hairstyling.

60 min. | 68 €

## **Mini scalp treatment**

Scalp and hair length treatment with products customized to your needs. Relaxing and stimulating. Ideal before hairstyling.

20 min. | 29 €



Wash and style (medium hair)

€ 40

Wash and style (long hair)

€ 45

Wash and style for teenagers

€ 30

Wash and style for kids

€ 20

Haircut

€ 35

Haircut for teenagers

€ 30

Haircut for children

€ 20

Men's haircut

€ 25 - 35

Meches

€ 40 - 80

Hair dye / Colour radiance and shine gloss

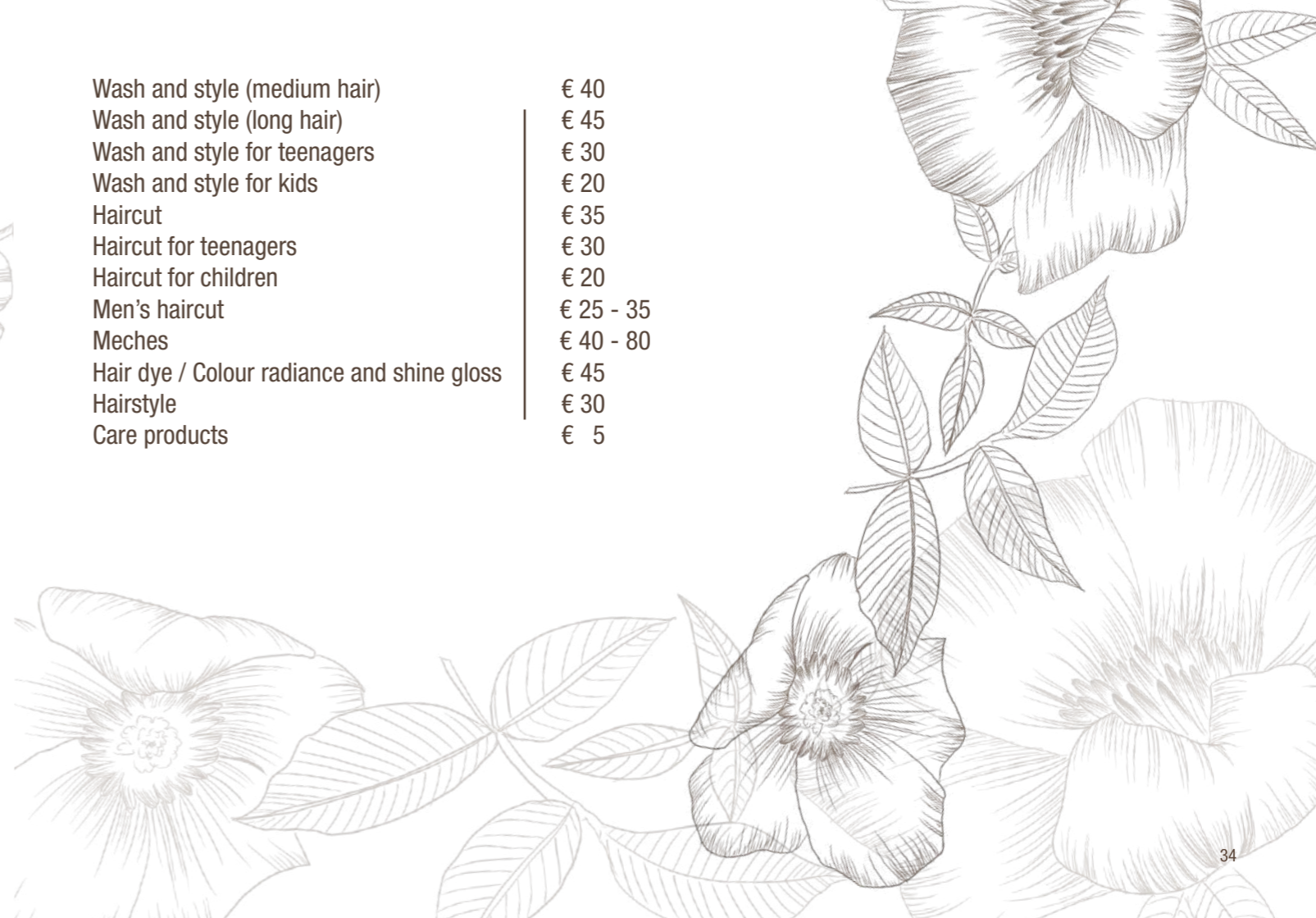
€ 45

Hairstyle

€ 30

Care products

€ 5









THE **BEST HOTEL FOR**  
**FAMILIES**  
WORLDWIDE

**Cavallino Bianco Family Spa Grand Hotel**

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