

# la serra

*The Boutique Spa*



Grand Hotel  
Excelsior Vittoria  
sorrento  
\* \* \* \* \*

2018



## YOUR RELAXATION OASIS

*in Sorrento*

**The Boutique Spa La Serra** beautifully built in a 19<sup>th</sup> century greenhouse according to Feng Shui, offers a wide range of treatments in its luxurious and soothing surroundings.

Featuring a host of private treatment rooms and exclusive suites, the Spa provides a unique five-star journey for everyone.



Wellness at the  
**Boutique Spa La Serra**

Rituals

Facials

Massages

Beauty



## PURE INDULGENCE

### *La Serra Signature Rituals*

The Signature Rituals express our concept of unconventional luxury: intimate, comfortable and exclusive. They have been thoughtfully designed to be enjoyed with a loved one and create special moments we hope will last with you long after you leave.

Be it an anniversary celebration or simply a friendly get-together, our beautiful spa suites, with Jacuzzi, private relaxation garden, and en-suite changing area, provide the perfect ambience for an unforgettable experience.

#### **La Dolce Vita**

Full body Swedish massage with italian cold pressed almond oil;

Couple Jacuzzi bath with scents released from freshly cut roses;

Classic Franciacorta, pleasantly fresh and crisp Italian sparkling wine, paired with a selection of buffalo cheese.

*1 h. 30 min. € 360 (per couple)*

## FACIAL TREATMENTS

### *Valmont*

**Vitality of the Glaciers Treatment:** an intense energizing treatment that allows the skin recover all its beauty thanks to the collagen mask. Wrinkles and fine lines fade away, the complexion is radiant and the facial features become fuller. The skin is regenerated, radiant and firmer. A vital treatment for overstrained, lifeless skin.

*30 min. € 80*

*75 min. € 200*

*90 min. € 225*

**Peaks of Firmness Treatment:** this treatment brings novel sensations with surprising results to gentle skins: lifting and firming motions are alternated to light strokes, pressures, pinching and smoothing. Then comes a relaxing moment with the collagen mask.

The contours of the face are redefined and wrinkles smoothed, the face is visibly firmed and denser.

*75 min. € 200*

*90 min. € 225*

**Sublime Regard Treatment:** a comprehensive and targeted treatment to eliminate wrinkles, dark circles and puffiness. The youth and radiance of the eyes is restored.

*30 min. € 80*



# FACIAL TREATMENTS

## *Cinq Mondes Paris*

**Ko Bi Do Precieux:** this “global anti-ageing” facial, manual anti-wrinkle treatment from the Japanese Ko Bi Do ritual paired with a regenerating mask, deeply works on wrinkles, firmness and dewy complexion and focuses on eye contour, lips and neckline. Skin feels soft and youthful, and the spirit and mind very restful.

*75 min. € 180*

**Ko Bi Do de Jeunesse:** this manual anti-wrinkle facial from the ancestral Japanese Ko Bi Do Ritual is associated with a unique anti-ageing active complex. Enjoy this holistic approach to lift and tonify your facial contours and effectively renew smooth and plump lines on the face and neckline.

*50 min. € 120*

**Rituel aux Cinq Fleurs:** based on an ancestral Balinese ritual, this treatment includes a purifying deep pore cleansing and blends the extracts of five tropical flowers and a skin glowing patented ingredient, the Kombuchka®. A mesmerizing massage of the face awakens skin vitality.

*50 min. € 110*

**Rituel Fleurs de Bali:** enjoy the delicate scents of tropical flowers in this “express radiance” treatment inspired by Balinese Beauty Rituals and discover its beneficial effects of skin cleansing, wellbeing and beauty.

*30 min. € 70*





# BODY TREATMENTS

*Cinq Mondes Paris*

## Body Scrub

*30 min. € 80*

## Crème de Café

Inspired by a Brazilian ritual, this firming and contouring treatment combines caffeine, well-known as the most powerful slimming ingredient, with a unique massage and kneading technique to fight cellulite and burn fat on the legs, abdomen, hips and arms. This treatment is followed by a fresh, firming and purifying body wrap.

*50 min. € 120*

## Crème Minceur Udvartana

Indian body slimming treatment that incorporates drainage techniques to help fight aqueous cellulite on the legs, hips and arms. A warm body wrap before the treatment will help to maximize detoxification and the benefits of ginger and Lipocare (*patented slimming active ingredient*).

*50 min. € 120*

# BODY TREATMENTS

## *Cinq Mondes Paris*

### **Rituel du Siam**

Indulge in a world of tranquillity with this delicate yet effective body polishing technique based on a Siamese ritual that uses a special papaya purée. Skin is buffed to perfection to unveil a superb radiance.

An enveloping Balinese massage with a traditional melting balm made from tropical nuts completes the ritual providing deep relaxation while toning the body.

### **Rituel Sublime de Polynésie**

A bliss-inducing ritual for sensitive skin from the Polynesian islands. This traditional Monoï preparation made of macerated Tiare blossoms, raw sugar, ground coconut powder and noni fruit, regenerates the skin and renews the spirit. A body massage inspired by Lomi-Lomi completes the ritual and gives instant relaxation.

### **Rituel de Bengalore Ayurvedique**

This delightful Javanese inspired ritual comprises a toning massage based on a millennia old Indian tradition that uses a combination of invigorating strokes. Heavenly vanilla and cardamom fragrances leave the skin feeling silky-soft, help to relieve aching muscles, and encourage a sound sleep.

### **Rituel Traditionnel de l'Orient**

A sensorial journey from the North-African hammam tradition. Exfoliate and purify with Traditional Black Soap, detox with a Rassoul Crème wrap. A final relaxing massage with delicate hot Argan oil eliminates toxins and muscle pains.

*90 min. € 195*

# BODY MASSAGE

## **Your Personalised Massage**

For the ultimate in relaxation, design the massage of your choice with our expert therapists by combining together your favourite massage techniques.

## **Manual Lymphatic Drainage**

Deeply calming and relaxing massage with Vodder's technique. It is ideal for moving the lymph and draining the connective tissue.

This massage stimulates microcirculation and lymph vessel motility.

## **Hot Stone**

A massage that combines a variety of strokes and techniques using warm stones and hands, working over kinks in the muscles to encourage the body to detox and heal. This massage helps to release stored tension, recharge energy levels, and increase a sense of relaxation and calmness.

*75 min. € 165*

# BODY MASSAGE

## **Antistress**

A gentle massage using soft strokes to relax both mind and body.

## **Aromatherapy**

A delicate massage using a blend of natural essential oils of your choice together with breathing techniques to rebalance and restore body and soul.

## **Anti-cellulite**

A wide range of movements that reactivate blood and lymph circulation and have oxygenating and revitalising effects.

## **Swedish**

Traditional massage that combines various techniques to soothe daily stresses and strains.

*25 min. € 65*

*50 min. € 110*

## **Sport**

Medium-pressured massage that helps to energize and de-stress tired, fatigued muscles.

*50 min. € 120*

*75 min. € 180*

## DEDICATED TO MUMS

### **Pregnancy Massage**

Reduces hormonal and physical stress, and prevents stretch marks by stimulating the blood flow to improve circulation and the skin's elasticity. A facial and scalp massage completes the treatment.

*75 min. € 165*

### **Mother and Child**

Share a spa experience and a relaxing massage with your child.  
*(up to 16 years old)*

*50 min. € 165 (for both)*



## BEAUTY

La Serra	Manicure	€ 45
	Pedicure	€ 65
File and Polish		€ 30
OPI GelColor	Manicure	€ 60
	Pedicure	€ 80
OPI GelColor	Soak Off <i>(only in addition to a nail treatment)</i>	€ 15
Waxing		<i>Ask for details</i>

# ETIQUETTE

**Ambience:** to ensure a quiet and healthy environment for all our guests, the spa is a no smoking area and mobile phones should be switched off.

**Arrival:** arrive 10 minutes before your appointment to complete the necessary documents and allow us to personalize your spa experience.

**Assistance:** please let the Spa know before you arrive if you need special assistance.

**Belongings:** Boutique Spa La Serra and Grand Hotel Excelsior Vittoria staff are not responsible for any unattended, lost or damaged items.

**Cancellation Policy / Late Arrivals:** as a courtesy to all spa guests, cancellations must be made at least 4 hours in advance of your appointment time. Failure to do so will result in a 50% cancellation fee charged to your account. For a no show a 100% service rate of the treatment will be charged to your account. If you are running late, a phone call is always appreciated. We will reschedule your appointment, if possible. If we are not able to reschedule your appointment time, your service will begin as previously scheduled. Your arrival time will determine the length of your treatment time, which will end as scheduled, so the next guest may begin promptly. If you are more than 30 minutes late, you might not receive your treatment.

**Late Bookings:** for all services starting from 7pm a 20% price surcharge will be applied.

**Minors:** children under 15 years must be accompanied by an adult who must be present during the treatment.

**Music:** you can ask the reception to play your own playlist during the treatment.

**Payment Methods:** we accept all major credit cards. Prices include service, tax and VAT. Gratuities are not included.

**Spa Attire:** we recommend bathing suits for treatments that include hydro-therapy.

Services and prices are subject to change.

Gift vouchers and professional spa products are available for sale at the

Boutique Spa La Serra

Please dial # 877 to book your appointment

**CINQ MŌNDES**  
SPA PARIS

  
**VALMONT**

**O·P·I**

[www.excelsiorvittoria.com/laserra](http://www.excelsiorvittoria.com/laserra)

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*The Boutique Spa*

Informations & bookings

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