



SALUS PER AQUAM

La Perla

The pleasure of nature

SALUS PER AQUAM is a small wellness and beauty centre, an oasis of peace where body and mind can unite and find perfect harmony in the essential elements of Nature. Nature is an alchemic dimension in which the essence of life, energy, and our intimate driving forces can find the ideal balance and transmit the true joy of living.

It is a way to find that interior peace and calm which very often the hurried frenzy of our everyday life denies us.

SALUS PER AQUAM enjoys a great natural setting, immersed in a context of meadows, woods, mountains and a truly expressive sky, the natural elements of Nature celebrating our most intimate selves. It is in this context of serene beauty that we work, happy to find the rhythms and moods which do your body a world of good.

For centuries, mankind has trusted Nature to restore an equilibrium to body and mind, to give a regenerative and revitalising boost to our being. And this is why we make use of precious minerals, plants and fruits as the core elements in all our treatments and products because we know that doing so will result in one outcome: beneficial vibes and sensations from the force of the regenerative properties of mountain life.

Our professionally qualified and constantly updated assistants make use of age-old rituals, aesthetic treatments of modern conception, and products producing sensational results. Moments of serenity and calm will be yours, and the association with and respect for the fundamentals of Nature will surely be enhanced. We are happy to provide a personal treatment programme for you, discussing your needs and requests together. We look forward to welcoming you for unforgettable times.

Bëgnodüs

SALUS PER AQUAM

SPA LA PERLA

Bun dé

*Treat yourself first thing in the morning:
activate your body and start the day
with a spring in your step.*

Alpine herb massage

Select medicinal alpine herbs wrapped in oil-bathed compresses for a re-energising massage. Ideal to reactivate the circulation, facilitate the elimination of toxins, and re-energise the body.

50 minutes 100 euro

‘Wake me up’ face treatment

An ideal morning treatment to reactivate lymphatic circulation complemented by an effective, specific anti-age massage.

50 minutes 110 euro

Alpine pedicure

A pedicure in our SPA including an alpine herb exfoliation, a nourishing mask, and an effective specific massage.

70 minutes 80 euro

Mountain massages

La Perla massage

A real exclusive experience, befitting such a setting as the Dolomites. This massage comprises a fusion of oriental and western techniques – a unique treatment, just what you deserve.

30 minutes 60 euro • 60 minutes 130 euro • 80 minutes 170 euro

Sassongher massage

Ideal after a day out and about to relax your muscles thanks to a stretching routine and the beneficial properties of arnica.

60 minutes 120 euro • 80 minutes 160 euro

Hot Stone massage

Hot volcanic lava and basalt stones for a beneficial massage delivering wellbeing, balance, and relaxation. Thanks to tension-easing and revitalising movements, this massage has beneficial effects on the muscles, and boosts blood circulation, thus favouring the elimination of excessive liquid retention.

60 minutes 120 euro

Alpine pine massage

Pine branches and fossilized pine for a relaxing muscular massage.

The aroma of pine wood has beneficial properties which improve the airways and the immune system.

50 minutes 100 euro

Honey massage

Releases tension in the head, neck, back, and shoulders to improve the body's upper mobility by applying honey, boosting the treatment's effectiveness.

50 minutes 100 euro

Traditional massages

Relaxing

Fluid movements relax the body's muscles,
giving an elevated sense of wellbeing.

50 minutes 100 euro • 80 minutes 140 euro

Motherhood

For women expecting a baby (14 week onwards):
relaxes the back and lightens the legs.

50 minutes 100 euro

Draining

Makes the body feel lighter as a whole
and stimulates blood and lymphatic circulation.

50 minutes 100 euro

Toning

Harmonises the silhouette with energetic movements to tone the legs,
abdomens, and glutes with a lypolitic effect.

50 minutes 100 euro

Reflexology

By applying pressure to specific points on the feet and legs,
this treatment delivers vitality and lightness
while also rebalancing the organism.

50 minutes 100 euro

Facial reflexology

This type of reflexology uses the face to reprogramme
the skeletal and muscular systems and internal organs
thus benefiting our entire organism.

60 minutes 120 euro

Ayurvedic

Enveloping movements based on traditional Indian medicine gather, disperse, and rebalance the energies and all vital fluids, boosting the organism and health. Warm essential oils complete this multisensorial experience.

70 minutes 140 euro

Thai

A technique employing acupressure and unlocking your energy channels. Balances out your body and soothes the mind.

70 minutes 140 euro

Californian

A world-famous relaxing massage, consisting of rhythmic, fluid, and enveloping movements which embrace the entire body surface. Delicate caresses and muscle stretches have a relaxing and soothing effect, giving elasticity to the articulations and freeing the mind from thoughts.

50 minutes 110 euro

Indonesian Sea Malay

Smooths out tensions in your head, neck, and back thanks to targeted manual pressure.

Provides your upper body with relief and extra mobility.

50 minutes 100 euro

Champi

An Indian massage targeting neck, shoulders, back, arms, and face.

Readdresses the chaotic thoughts in your mind providing it with some blissful order.

30 minutes 60 euro

Facial treatments

Refreshing

Ideal for all skin types and for whoever yearns for a refreshing treatment. Impacts your body's natural water reserve, giving your skin a holistic feeling of wellbeing.

60 minutes 120 euro

Protective

Soothing treatment for even the most fragile and sensitive skin. Protects your skin from the weather and the passing of time.

For a plumper and healthier skin.

60 minutes 120 euro

Purifying

Face cleansing combined with an algae and zinc treatment – ideal to detox and purify oily and mixed-type skin. Reduces sebum and tightens your skin pores. For a tighter and healthier skin.

60 minutes 120 euro

Balancing

Thalassotherapy to give that healthy shine back to your face. Readdresses the balance in your vital functions. Detoxes your skin and provides your face with a remineralising effect.

60 minutes 100 euro

For him

Reduces the signs of stress and worry. For a balanced, clean, and tighter-looking skin. Enriched with therapeutic minerals, it protects your sensitive skin from shaving and everyday stress.

60 minutes 120 euro

Anti-ageing face treatments

Spirulina Boost

A treatment to smooth out and revitalise your face thanks to marine magnesium. Ideal to fight the first signs of ageing caused by everyday stress and pollution. Works on all types of skin.

70 minutes 140 euro

Hyalu Procollagene

A treatment uniting three hyaluronic acids. It activates collagen-producing systems by employing a marine protein – smoothing out wrinkles and rejuvenating your skin.

80 minutes 160 euro

Silicon

This treatment employs hyaluronic acid and marine silicon cells to provide that smoothing and face-lifting effect. An ideal ally against the ageing of the skin. Immediate, visible effects.

For sharper contours and a tighter and younger-looking skin

80 minutes 180 euro

Excellence

Ideal to preserve your skin's youth. Great for smoothing out wrinkles, your skin will look tighter and more youthful right away – providing it with an immediate face-lift effect. A targeted therapy to relax your skin, obvious wrinkles, and droopy eyelids.

90 minutes 190 euro



Body treatments

Exfoliating

A deep, detox exfoliation to eliminate your skin's impurities. Delivers a smoothing effect to your skin for an intense sensation of wellbeing.

50 minutes 100 euro

Detoxing

This treatment uses marine algae to remineralise and detox the body. Thanks to the infusion of minerals and vitamins, your body will feel healthier, your skin tighter, and the treatment also aids weight loss.

50 minutes 100 euro • 90 minutes 180 euro

Draining

A complex, refreshing camphor and menthol compress. Ideal for varicose veins, venous insufficiency, and a sense of fatigue of the lower limbs. Reactivates and boosts circulation.

50 minutes 100 euro

Sculpting

A treatment employing activated oxygen targeted to relax your body and reduce fatty layers.

70 minutes 140 euro

Beautiful treats

Epilation *from 10 euro*

Manicure *from 60 euro*

Pedicure *from 70 euro*

Spa policy

Times

SALVS PER AQVAM is open every day from 10:00 to 20:00.
The wet area (saunas and Turkish bath) is open from 14:00 to 20:00.
These times may be subject to slight variations
– check opening times when you book your treatment.

Booking

Bookings can be made directly at the SPA reception,
by calling **1084** from your room or by emailing **spa@hotel-laperla.it**
External calls can be made by phoning **+39 0471 831084**.
We recommend you book well in advance to ensure your preferred time
and treatments are available.

Arriving on time

To make the most out of your SPA visit, we suggest you arrive
at least 10 minutes prior to your appointment. Experience tells us
that most benefit is gained from the SPA experience if you can soak up
and appreciate the atmosphere. In the case of late arrival
it will not be possible to guarantee the entire length of the treatment.

Cancelling a booking

Any treatment can be cancelled by 20:00 of the previous evening.
If not cancelled, the entire sum of the treatment booked will be invoiced.
If guests do not turn up for their bookings,
the entire sum of the treatment will be invoiced.

Choice of assistant

When booking, please indicate your preference for a male or female assistant. Our staff is trained to respect your privacy at all times.

How to dress in the SPA

Guests can enter the SPA wearing the robe and slippers provided in their bedroom. The wet area (sauna area) is a nude area: for hygiene reasons, no bathing costume can be worn in the sauna and Turkish bath; we ask all guests to undress and wrap a towel around them. In the pool area, a costume must always be worn.

Normal clothing can be worn when asking for information at the SALVS PER AQVAM reception.

How to dress during a treatment

We recommend you make the most of the treatments by not wearing any clothing. You will be provided with single-use trunks or bikini bottoms. During the massages and body treatments in general your body will be covered and only the part actually being treated will be exposed.

Health considerations

We ask you to complete the personal information sheet regarding your personal health and physical condition and/or communicate to the SPA reception any physical condition, allergy, or other circumstance which could influence the choice of treatment.

Pregnancy

Specific treatments relating to the needs of expecting mums and mothers who are breastfeeding are available. The SPA team and you can choose the treatment best suited to such a special moment.

Children

SALVS PER AQVAM is a place of wellbeing and relaxation, a place where silence and the respect of personal space and an appreciation of the prevailing ambience is fundamental. Consequently, we ask you to understand that children up to the age of 14 can enter solely in the pool area until 18:00 accompanied by an adult. The 'wet area' can only be accessed by guests older than 16.

Etiquette

The SPA is a place of peace and quiet – we therefore ask you to switch your mobile phones off or silent, and to speak in a low tone of voice at all times to make the SPA experience an enjoyable one for all. Make use of the SPA services in an appropriate manner and with due consideration for other guests. No shampoos or soaps can be used in the SPA. Smoking is not allowed and neither is diving into the pool. Remove your shoes before entering the SPA.

Valuable objects

The management declines any responsibility for the loss of money or other valuable objects in the SPA.

Take a little bit of our Spa home with you

All the products used during your treatments can be purchased at the SPA reception. This way you will be able to extend the benefits of the experience you started here with us.

**Relaxation is only real relaxation
when surrounded by peace and quiet.**

Giulan

*Remind yourself every day
that you exist and are precious,
unique and irreplaceable.*