

M A N N A S P A



GIANMARIAAMATORI



Personal well-being, harmony, and equilibrium are the core elements of our wellness center. Together with the entire structure, the wellness center was inspired by the ancient eastern world and has been meticulously thought out by Luisa to the finest detail to ensure maximum relaxation thanks to its scents, sounds, and comfortable furnishings.

At **MANNA SPA**, you will find a wet area with indoor-outdoor pool, saunas, steam baths, an herbal tea room, relaxation areas, and also an intimate space dedicated to our wellness rituals. You will have the opportunity to enjoy a unique experience by travelling from the Far East to the Caribbean, and back to our Dolomites

## **SPA ETIQUETTE**

### **OPENING HOURS**

The Spa is open daily from 10 a.m. to 8 p.m.

### **BOOKINGS**

Treatments can be booked at the Spa Reception or by calling internal number 507 from your room, during the time slot indicated above. We recommend you to book your relaxation time in advance to ensure greater availability.

### **APPOINTMENTS**

Please arrive at least 5 minutes in advance in order to benefit from the full duration of your treatment.

### **CELLULAR**

To ensure your relaxation and that of other guests, please keep mobile phones on silent mode.

### **WHAT TO WEAR**

We suggest you to enter the spa by wearing bathrobe and flip-flops, which you will find in your room. Inside the saunas and steam room we ask you to enter without swimsuite.

### **CANCELLATION POLICY**

It is possible to cancel any booked treatments by 8 p.m. on the previous day. Treatments cancelled after this time will be fully charged.

# MASSAGES

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## RELAXING

Perfect massage to take a break and let yourself be cuddled.

50 min. € 90,00

80 min. € 145,00

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## DRAINING

the ideal massage to help circulation, leaving a pleasant sensation of lightness.

50 min. € 90,00

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## SPORT

A full-body massage to reduce muscle tension.

50 min. € 100,00

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## PERSONALIZED

Tailor-made and carefully designed according to each individual need.

25 min. € 50,00

50 min. € 110,00

80 min. € 160,00

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# THAI MASSAGES

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The beginnings of the Thai massage go way back, and the wisdom and serenity they bring along with them have allowed NUAD-BORAN to obtain the UNESCO recognition of cultural heritage. The ultimate purpose of the Thai Massage is the attainment of a state of lightness and emotional and spiritual elevation for both those practicing and those receiving it. Thanks to her many experiences and travels throughout these distant and mystical lands, Luisa has therefore decided to involve professional figures coming from this very world, so rich in history and knowledge. In this way, these fascinating techniques can continue to be preserved and passed on.

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## THAI TRADITIONAL MASSAGE - NUAD BORAN

This technique is partially based on the Indian yoga. Indeed, no oils are used during the massage. Through the Sen (the primary energy pathways of the ancient Thai Medicine), this massage promotes a feeling of well-being, relaxation and balance, making it also well suited for those suffering from postural or joint stiffness. Performed on the futon: traditional mattress of oriental culture.

50 min. € 110,00

80 min. € 160,00

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## THAI OIL MASSAGE

This massage is developed through gentle and light engaging manoeuvres, combined with deeper unblocking movements. Oils and relaxing fragrances of this massage will make you experience a unique moment of inner peace.

50 min. € 110,00

80 min. € 160,00

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## THAI MIX

Harmonious combination of the two massages described above, Thai oil and Thai traditional.

80 min. € 160,00

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## THAI FOOT MASSAGE

This massage stimulates legs and feet to promote the circulation and reduce the sense of heaviness. Following from the same principles of the ancient Chinese Medicine, it is possible to stimulate the reflex areas of the internal organs through the energy channels and achieve balance for the whole energetic system.

40 min. € 70,00

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# BIO THAI RITUALS

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The skin is a fundamental organ for the well-being of the entire body, which is why it must be treated with the best natural ingredients. The Bio Thai cosmetics line uses active ingredients such as precious virgin oils, vegetable waxes and pure essential oils. Let yourself be enveloped in the oriental fragrances of this line, inspired by the most ancient Oriental traditions.

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## **THAI POWDER REGENERATION**

Enveloping peeling with coconut oil, essential oils, oriental Jasmine rice powder and regenerating herbs such as tamarind, ginger and lemongrass. Gives a smooth and regenerated skin, stimulates cell turnover and nourishes the skin in depth.

50 min. € 90,00

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## **VITALITY FACIAL TREATMENT**

Revitalising facial treatment to effectively fight the signs of ageing. Thanks to specific products and a massage performed with warm sachets of precious herbs, it restores the skin a charge of energy and active functional substances that make it more toned and plumped up.

50 min. € 110,00

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## **THAI HERBAL COMPRESS RITUAL**

From the ancient Thai tradition, a complete treatment that combines relaxation and rediscovery of one's own harmony. The bundles contain a combination of medicinal herbs used in traditional Thai holistic massage. The gentle, warm pressure applied to release muscular contractures, pain and joint stiffness, to relax and restore energy circulation.

50 min. € 110,00

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## **THAI CEREMONY**

Rediscover body harmony through an enveloping face, neck and cervical massage with coconut oil and a decontracting ginger balsam; followed by a draining foot massage with coconut oil and eucalyptus balsam.

50 min. € 90,00

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# LIGNE ST. BARTH TREATMENTS

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Immerse yourself in the quintessence of tropical flora and experience the naturalness and elegance of this skincare line inspired by the exotic, cheerful and ancestral reality of the Caribbean. Indeed, LIGNE ST. BARTH combines ancient phytotherapeutic knowledge with state-of-the-art technologies to offer unprecedented formulas, carefully designed for all skin types.

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## *Body*

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### **ST. BARTH SOFTNESS**

Delicate body exfoliation with coconut oil, papaya mousse, and Caribbean sand. Combined in a unique formulation, these elements stimulate cell regeneration and have a deep nourishing action, leaving a soft and silky skin feeling.

50 min. € 90,00

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### **ST. BARTH HARMONY SENSATION**

This intensive treatment involves the application of a pack containing moisturising and nourishing oils and a fragrance of your choice between vanilla, lily or tiare flower. This is followed by a relaxing total body massage using exotic and Caribbean fragrances and raw materials.

80 min. € 160,00

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### **ST. BARTH SLIMNESS**

This draining treatment helps to relieve the feeling of swelling in the lower body and alleviate muscular tensions. The use of ivy, camphor, and menthol stimulates the microcirculation and helps to refresh and rejuvenate the tissues. According to each personal need, the treatment can be combined with either a partial or a full-body massage.

with partial massage for back or legs 50 min. € 90,00

with full body massage 80 min. € 160,00

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## *Face*

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### **ST. BARTH PURENESS**

This facial treatment is designed both for treating impure skin and restoring its physiological balance. At the same time, it also has a stimulating action to boost cellular regeneration with an anti-ageing effect. The selection of the care products used in this treatment has been thoroughly researched to include the needs of the most sensitive skin types.

50 min. € 110,00

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# DR GIANMARIA AMATORI SKIN CARE LINE

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From his laboratory in Corvara, in the heart of the Dolomites, Dr Gianmaria Amatori creates remedies that work in synergy and are aimed at obtaining positive therapeutic effects on the overall personal well-being, as well as on skin balance and health. It is worth noting that the active ingredients are extracted directly from plants harvested in organic cultivations in South Tyrol and therefore are pure, local, and natural. The products are not tested on animals and do not contain parabens nor SLS (Sodium Lauryl Sulfate).

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## **CUSTOMISED AMATORI FACIAL TREATMENT**

Customised facial treatment with oxygenating and nourishing active principles. A tailor-made treatment is designed through skin analysis.

50 min. € 110,00

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## **AMATORI FACIAL TREATMENT PLUS**

Through the combination of a personalised facial treatment, a specific massage and a special alginate mask with highly remineralising phytomelatonin, the active ingredients of the Amatori line penetrate deeper, increasing the effectiveness of the treatment.

80 min. € 130,00

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## **SPECIFIC EYE TREATMENT**

Gentle massage with specific products to tone and drain the eye contour, followed by an alginate mask with special decongesting properties.

25 min. € 50,00

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## UNIQA FACE LINE

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The entire Uniqa line is produced in Italy using advanced technologies, a line of specific antioxidant and anti-ageing treatments that nourish the skin using pure vitamins in single doses.

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### UNIQA FACIAL TREATMENT FOR SENSITIVE SKIN

A series of applications with specific products to desensitise and strengthen even the most reactive skin.

50 min. € 110,00

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### UNIQA ILLUMINATING FACIAL TREATMENT

Suitable for dull skin marked by dyschromia, which regains brightness and firmness.

50 min. € 110,00

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### UNIQA LIFTING FACIAL TREATMENT

A specific combination of selected active ingredients to attenuate and slow down skin ageing. This treatment has a significant anti-ageing and firming action.

50 min. € 110,00

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## LUXURY VISAGE

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### T.E.D. FACIAL TREATMENT

T.E.D., short for Trans Epidermal Device, was developed after prolonged research and in-depth studies. With its innovative technology, it is able to convey the active ingredients deeply inside the skin tissues without causing excessive stress on the epidermis. It is also an excellent adjuvant for the endogenous production of collagen and elastin, which gives an immediate toning and rejuvenating effect to the skin. The active ingredients used from the Institute BCN line are sterile, single-use, dermatologically tested and highly compatible, and do not contain additives.

80 min. € 170,00

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# NUVOLA EXPERIENCE

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The Nuvola wellness treatment offers a unique sensory experience beyond words. Thanks to its innovative method of dry floating, you will be constantly embraced in warmth and music, while being indirectly cradled by the water. In this way, all elements combine in perfect synergy. In the absence of gravity, the body is freed from its weight and finally relaxes by stimulating the production of endorphins, while the mind regains calmness, serenity, and harmony.

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## **FULL-BODY HYDRATING WRAP.**

nourishing wrap, leaving your skin smooth and silky

25 min. € 50,00

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## **DE-CONTRACTING BACK WRAP**

Specific decontracting pack, indicated for muscle tension.

25 min. € 50,00

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## **FULL-BODY DETOX WRAP\***

detox salt bath, particularly recommended to reduce oedema and joint pain

**\* After this treatment, it is recommended to have a total body massage (at your choice).**

45 min. € 70,00

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## **FULL-BODY PURIFYING MUD WRAP**

purifying mud to give a glowing, toning and silky touch to your skin.

25 min. € 50,00

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# WELLNESS RITUALS

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We are pleased to propose following wellness rituals, resulting from the careful combination of different treatments, to offer you a complete relaxing break.

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## WELCOME TO MANNA RESORT

Thai Powder regeneration body 25 min.

Relaxing total body massage 50 min.

€ 135,00

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## LIGHT LEGS RITUAL

Slimness leg wrap 20 min.

Shoulder and cervical massage 20 min.

Thai foot massage 40 min.

€ 170,00

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## HEALING BACK RITUAL

Decontracting pack 25 min.

Partial back massage 25 min.

€ 100,00

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## RITUALE FACE&BODY

Peeling softness 25 min.

Thai Oil Massage 50 min.

Personalised facial treatment 50 min.

€ 265,00

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# COUPLE RITUALS

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In our spa, we also have a charming couple's treatment room, where you can share a moment of wellness and relaxation together. Here below are the rituals we offer for two. Upon request, we remain available to arrange further combinations

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## RELAXATION FOR TWO

The perfect massage to take a break and indulge yourself.

25 min. € 100,00

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## THAI OIL MASSAGE FOR TWO

This massage is developed through gentle and light engaging manoeuvres, combined with deeper unblocking movements. The relaxing oils and fragrances provide a unique moment of inner peace.

50 min. € 220,00

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## THAI CEREMONY FOR TWO

Rediscover body harmony through an enveloping face, neck and cervical massage performed with coconut oil and relaxing, decontracting ginger balsam. Followed by a revitalising face mask left on during a draining foot massage with coconut oil and eucalyptus balsam.

50 min. € 200,00

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