



# Wellness *and* Beauty



# Wellness

## *in the heart of Carnia*

Hotel Centro Benessere Gardel\*\*\*S is pleased to welcome you to its Wellness Center, a space meticulously designed and dedicated to providing you with moments of enjoyable relaxation.

Our heated pool, Finnish sauna, and Turkish bath, along with our Spa & Beauty treatments using natural products and delivered with the utmost professionalism are at your service.

Enjoy our relaxation area featuring fresh fruit, flavored water, and a variety of herbal teas.

The Wellness Center operates daily from 9:00 am to 7:30 pm.

### **Our Spa Rules**

Our Wellness Center is a place of relaxation where guests are kindly asked to:

- Refrain from using smartphones to enjoy a true moment of relaxation
- Maintain a soft speaking voice
- Refrain from diving into the pool
- Refrain from running
- Refrain from taking pictures and videos in the Spa areas

Wearing a swimming cap is mandatory for pool access.

Please note that bringing food and drinks into the Spa, as well as glass or potentially dangerous objects, is forbidden. Pets are not allowed.

*To ensure the well-being and relaxation of all guests, please maintain a soft speaking voice to ensure a pleasant experience for everyone.*

### **Clothing**

For hygiene reasons, always use a towel to sit on.

Always wear suitable slippers.

Access to the pool is allowed only in a bathrobe or towel.

Use lockers in the changing rooms for your clothes.

Leave jewelry and other valuables in your room.

Pool towels are provided directly in the pool area.

A slippers and bathrobe kit is available upon request at an extra fee.

Il kit con ciabattine e accappatoio sono extra su richiesta.



### **Reservations**

To book your treatments, you can reach out to Reception or directly contact the wellness center's staff. Failure to attend the appointment will result in charges for the treatment. In case of a late arrival to the appointment, the treatment will be performed for the remaining time.



### **For the parents of our young guests**

Children can access the pool area only from 2:30 pm to 4:00 pm, always under parental supervision. Leaving children under 16 years of age unsupervised in the pool area is strictly forbidden. We kindly request that no inflatable objects be brought into the pool. Diving, jumping, loud noises, and running around the pool edge are also forbidden. Children wearing diapers must use diapers specifically designed for pool use.

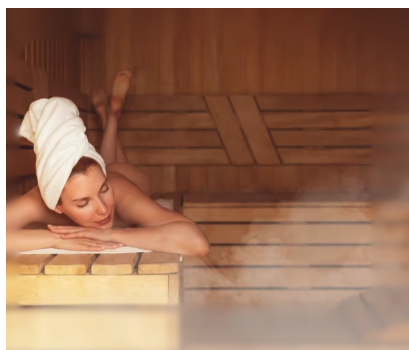
Management will not be liable for any accident caused by failure to comply with these rules.



# *Finnish Sauna*

# *Turkish Bath*

*These are paid services by reservation. The duration is 1 hour.*



## **Tips for a personalized experience!**

Inside the sauna, the air temperature ranges from 60°C to 100°C, with low humidity, allowing sweat to evaporate rather than remain on the skin. The sauna is a warm embrace that promotes sweating, helping expel liquids and toxins from the body. It is a purifying moment that liberates us from what burdens us.

Because sauna sessions are brief, the body experiences a sudden change in temperature, requiring careful management to maximize the beneficial effects. Here are our tips on how to maximize the benefits of a sauna session:

## **How to proceed:**

- It is advisable not to enter the sauna on an empty stomach!
- It is advisable to consume a light meal and be well hydrated
- Take a shower with soap before entering the sauna to remove dead skin cells
- Do not wear a swimsuit. Sauna sessions are done without clothes on! Alternatively, you can wear cotton undergarments or towels made from natural fibers
- Begin with an initial session of 10 to 15 minutes. Afterward, exit and take a cold shower, then relax for about 15 minutes
- Have a second session lasting 15 to 20 minutes, optionally adding a splash of water on the brazier to increase humidity and promote sweating
- Afterward, take another cold shower and end with an additional relaxing break

## **Warnings**

Finnish sauna and Turkish bath are prohibited for all minors under 16 years of age. Sauna and Turkish bath are NOT suitable for people suffering from heart conditions, hypertension, and arteriosclerosis.

# Massage Therapy Treatments



## **Overall massage of the spine and neck**

A massage that specifically targets the spine and neck area can provide significant benefits by relieving muscle tension, reducing stress, enhancing circulation, and alleviating pain.

30 min. € 45,00

## **Craniosacral massage**

A craniosacral massage relaxes and mobilizes the muscle bands of the body using specific techniques. Furthermore, through gentle manipulations imperceptible at the cranial level, craniosacral massage stimulates the rhythmic impulse of the cerebrospinal fluid. This interaction with the central nervous system has a significant impact on health and well-being.

55 min. € 60,00

## **Craniosacral-facial massage**

This massage consists of performing light manipulations at the cranial level to regulate the rhythm of the cerebrospinal fluid. This practice ensures benefits on multiple levels. After this step, we apply pressure and smooth movements on the facial muscle bands to enhance blood and lymphatic circulation in the face, promoting oxygenation and the elimination of toxins.

30 min. € 35,00

## **Lymphatic drainage massage**

A lymphatic drainage massage is a gentle and specialized technique that facilitates the drainage of accumulated lymphatic fluids in the body. It helps to reduce swelling and it enhances lymphatic circulation. A lymphatic drainage massage uses gentle, rhythmic, and circular movements applied with light pressure. These techniques are intended to stimulate the flow of lymphatic fluid and facilitate the drainage of accumulated fluids from tissues.

40 min. € 50,00

## Anti-Stress massage

An anti-stress massage focuses on alleviating symptoms associated with stress such as muscle tension, anxiety, nervousness, and mental fatigue. The massage techniques used calm the nervous system, decreasing cortisol levels (the stress hormone), and foster an overall feeling of peace and relaxation. The massage involves a blend of soothing techniques, including gentle strokes, deep pressure, and circular movements.

60 min. € 65,00



## Sports massage with arnica

Sports massage is a targeted massage technique crafted for athletes and individuals leading active lifestyles. It focuses on the back and legs to boost athletic performance, expedite muscle recovery, and prevent injuries. Sports massage can be customized according to specific athletic needs and the type of sport practiced.

30 min. € 45,00

## Foot massage with ritual

A foot massage provides a variety of benefits, including muscle relaxation, improved blood circulation, reduction of stress and anxiety, and relief from pain. During a foot massage session, the therapist uses techniques such as light strokes, deep pressure, circular movements, and stretching to achieve these effects.

20 min. € 25,00



# *Hydromassage*

## **Ozone hydro-massage with essential oils**

Ozone hydro-massage combines ozone therapy with hydrotherapy, using water for therapeutic purposes. In this treatment, water is infused with ozone, a type of active oxygen renowned for its antibacterial, anti-inflammatory, and regenerative properties. Incorporating essential oils into ozone hydro-massage can amplify these therapeutic benefits, offering a more soothing and therapeutic experience.

20 min. € 20,00

## **Ozone hydro-massage with essential oils plus reaction massage**

Reaction massage involves manipulating specific reflex points or areas of the body linked to other parts of the body. This type of massage operates on the principle that stimulating these points can positively influence overall health and well-being.

40 min. € 40,00

50 min. € 55,00

# *Body treatments for men and women*

## **Firming body mask and massage**

A firming body mask is a cosmetic treatment that enhances skin appearance and health. It offers toning and moisturizing benefits to firm and tighten the skin, reducing cellulite and sagging effects. Massaging is fundamental for stimulating microcirculation.

50 min. € 50,00

## **Anti-Cellulite hyperemic wrapping and massage**

The term "hyperemic" refers to the warming and stimulating effect that wraps have on the skin. Anti-cellulite hyperemic wraps are a type of cosmetic treatment designed to reduce the appearance of cellulite and improve skin texture. These wraps involve the application of specific cosmetic substances to the skin, followed by tight wrapping to promote the absorption of active ingredients and stimulate local blood circulation.

50 min. € 50,00

### **Anti-Cellulite mud and massage**

Anti-cellulite mud is a type of cosmetic treatment that uses mud featuring a combination of clays, seaweed extracts, plant extracts, essential oils, and other active ingredients designed to reduce the appearance of cellulite and improve skin health.

50 min. € 50,00

### **Alpiflora alpine herb body treatment, exfoliation, and massage**

Alpiflora is a body treatment with Alpine herbs using natural products. The exfoliation and massage with extracts of Mallow, Marigold, Edelweiss, St. John's Wort, Yarrow, and peppermint essential oil provide elasticity and softness to the skin, revitalizing even the most delicate and sensitive one.

60 min. € 90,00

### **Sea salt scrub**

A sea salt scrub is a cosmetic treatment that uses a blend of sea salts, essential oils, and other ingredients to exfoliate and revitalize the skin.

30 min. € 30,00

## *Reflexotherapy and Pressotherapy*

### **Plantar reflexology**

Plantar reflexology, also known as foot reflexology, is a therapeutic approach based on the principle that specific points on the feet, known as "reflexes," correspond to specific parts of the body. According to this theory, stimulating these reflexes can have a positive influence on health and overall well-being.

20 min. € 30,00

### **Pressotherapy\***

Pressotherapy is a non-invasive therapeutic technique that uses a specialized device to apply graduated pressure to various parts of the body. Its goal is to enhance blood circulation, encourage lymphatic drainage, and alleviate water retention.

30 min. € 30,00

### **Pressotherapy and cold wrapping\***

The combination of pressotherapy with cold wrapping is a highly effective aesthetic treatment for improving blood and lymphatic circulation, reducing water retention, and fighting off cellulite.

60 min. € 55,00

\*\*Contraindications Not recommended for those suffering from deep vein thrombosis, heart or vascular problems, renal insufficiency, acute infections, and open skin lesions. Prior medical advice is required.



# *Complete facial treatments for women and men*

## **Alpiflora Facial treatment, exfoliation, and massage**

The Alpiflora facial treatment with natural oleolites of Calendula, Mallow, and Edelweiss offers anti-inflammatory, antibacterial, and antioxidant properties. These properties improve blood circulation, enhance oxygen delivery to the tissues, and prevent the formation of free radicals. This effectively fights skin aging, preserves collagen, and promotes skin elasticity. It also contains amino acids and polysaccharides with hydrating and nourishing effects.

60 min. € 80,00

## **BECOS Facial treatment - Acid regeneration**

Acid regeneration is a treatment aimed at exfoliating and rejuvenating the skin by utilizing a combination of 6 acids and 7 pure active molecules, suitable for all skin types. The procedure includes cleansing, exfoliating using mandelic acid, and applying a mask. An anti-aging booster serum featuring retinol and ferulic acid, a rebalancing agent with ellagic acid and vitamin B3, a repairing product with polyglutamic acid and astaxanthin are also applied. A regenerating and rejuvenating action with high-performance formulas thanks to the skillful combination of acids and concentrated and pure active ingredients.

50 min. € 80,00

## **BECOS Facial treatment - Aqua factor**

The Aquafactor treatment is designed to restore hydration to dry and less receptive skin using a blend of plant-based active ingredients. This helps the skin regain radiance and enhances its ability to absorb nutrients, which is essential for maintaining healthy skin. The treatment includes cleansing, exfoliation, and application of a hydrating serum on the face. A sorbet mask and eye contour patches are applied to drain and smooth wrinkles, followed by the application of a final hyaluronic acid and collagen-based cream.

50 min. € 70,00

## **BECOS Treatment - Calm**

This treatment soothes the skin with a decongestant action, offering relief to reactive skin and reducing redness using plant extracts. It restores comfort and hydration to the skin. The treatment involves applying serum to the face and neckline, as well as applying a repairing concentrate and a calming and hydrating mask and finishing off with the application of a soothing anti-redness cream.

50 min. € 60,00

# Facial Beauty

## Facial Massage

20 min. € 25,00

## Facial Cleansing for Her & Him

Cleansing, exfoliation, deep cleaning with steam, massage, mask, and cream application.

50 min. € 55,00

## FACE TREATMENT PROGRAM

*OLOS treatments call for the use of relaxing and enveloping techniques along with the application of a series of products applied in sequence. Exfoliation, active phase, application phase, and massage with natural products from the Olos line.*

### Rejuvenating line

A treatment dedicated to mature and dehydrated skin focused on restoring glow and hydration. This treatment is suitable for preventing premature skin aging and can be repeated in short intervals for greater impact on the skin.

50 min. € 60,00

### Moisturizing line

Highly moisturizing and plumping products Your skin will be rich in water, hydrated, soft, and ready to shine.

HYPER-FERMENTED ALOE: extracted through sustainable processes.

Moisturizing, antioxidant, and protective action.

50 min. € 50,00

### Calming line

Products rich in calming, nourishing, and strengthening properties.

The skin is nourished, soothed, stronger, and protected.

50 min. € 50,00

### Purifying line

Products rich in astringent, moisturizing, and purifying effects.

Sebum production is regulated and optimized, the hydrolipidic film is reconstructed, and the skin texture is refined.

50 min. € 50,00

# *Hair removal for Women and Men*

Face	€ 8,00
Underarms	€ 11,00
Bikini line	€ 11,00
Half leg	€ 21,00
Full leg and bikini line	€ 35,00
Back and chest hair removal (Men)	€ 40,00
Buttocks and legs hair removal	€ 45,00
Back or chest hair removal (Men)	€ 25,00

\*\* Prices may vary depending on the time required

## *Hands, Feet and Legs*

### **Cryogel cold wrapping**



The ideal treatment for those suffering from swelling in the lower limbs on hot days.

Cold bandages with cryogel are aesthetic treatments primarily used to reduce water retention, improve blood circulation, and fight off cellulite. These bandages harness the action of cold, often through the application of specific gels (cryogels) to achieve their beneficial effects.

30 min. € 35,00

Manicure	€ 30,00
Manicure with nail polish	€ 35,00
Pedicure	€ 38,00
Pedicure with nail polish	€ 42,00

### **Spa Pedicure**

The perfect program for taking care of dry and cracked feet: Peeling, pedicure, mask, and massage.

1 hour and 30 min. € 54,00



# Kids and Teens Wellness

*For kids and teens from 12 to 16 years old*

## **Baby face cleansing**

50 min. € 45,00

A gently cleaning treatment.

Facial treatment dedicated to young skin.

Includes peeling, relaxing massage, and purifying mask.

## **Young manicure with nail polish**

30 min. € 38,00

## **Young pedicure with nail polish**

30 min. € 38,00

## **Teenie massage** (up to 16 years old)

30 min. € 30,00

A relaxing massage for our youngest guests.



# Cosmetics



## BECOS

Ama la tua Bellezza

Beauty is a personal matter.

BECOS leads you to the discovery of your own beauty to recognize, understand, and fulfill your skin's desires.

The BECOS method allows our professionals to tailor a beauty program just for you. Products and technologies work synergistically, meeting the needs of our clients and leading them to their destination. We are not just talking about achieving more beautiful skin or a more toned body. With BECOS, you can rediscover a new love for yourself.

## OLOS®

LA BELLEZZA È NATURA

Natural beauty for over 30 years.

The Greek word OLOS represents the union between humanity and nature. Thanks to our everlasting pioneering spirit, our laboratories produce formulas rich in natural and sustainable ingredients to achieve authentic beauty together with you.



Alpiflora, a company by the Favre Brothers, was born from a project to develop a small line of medicinal plants to recover and give value to the wild plants in the less known corners of Valle d'Aosta. It offers natural cosmetics that echo a long tradition of eco-friendliness, awakening our senses and connecting us to the earth through the aromatic notes of medicinal herbs.

# Daily spa

With the hectic pace of daily life, it is important to take time to focus on your well-being. Creating your "daily spa" can help you relax, rejuvenate, and better face the challenges of the day.

## Useful information\*\*

Booking 24 hours in advance is required to access the Daily Spa. For access to the pool, a swimming cap and appropriate slippers are mandatory. For wellness appointments, please arrive at least 10 minutes early.

**Morning Daily Spa** - from 9:30 AM to 12:30 PM  
**The price includes a light lunch (vegetable buffet)**

**€ 150,00**  
**per person**

- Access to the pool for half a day
- 1-hour access to the sauna and Turkish bath
- A 30-minute massage
- Body peeling with sea salt
- Choice of treatment: pedicure, manicure, or facial cleansing

**Afternoon Daily Spa** - from 3:30 PM to 6:30 PM  
**Price includes dinner**

**€ 165,00**  
**per person**

- Access to the pool for half a day
- 1-hour access to the sauna and Turkish bath
- A 30-minute massage
- Body peeling with sea salt
- Choice of treatment: pedicure, manicure, or facial cleansing

Wellness kit with bathrobe, slippers, and towel.  
Herbal tea corner and fresh fruit.

# Packages

## Special draining program

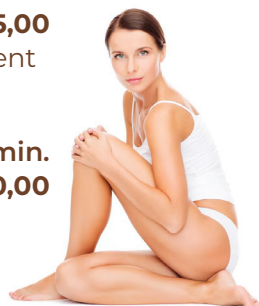
- 1 body peeling
- 1 anti-cellulite mud treatment or wrapping treatment
- 1 40-minute draining massage

**90 min.**  
**€ 95,00**

## Total body program

- 1 ozone hydro-massage with essential oils
- 1 facial cleansing
- 1 sea salt and essential oils body peeling
- 1 pedicure or manicure without nail polish

**150 min.**  
**€ 120,00**



*Your Appointments:*

<i>Hour</i>	<i>Day</i>	<i>Treatment</i>	<i>Notes</i>

*Wellness and balance for your body, mind, and wishes  
In wellness, we feel touched by the lightness of an invisible hand.  
Every burden, every wound, every sadness fades away.*





HOTEL GARDEL

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