

# la serra

*The Boutique Spa*



Grand Hotel  
Excelsior Vittoria  
sorrento  
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2016



## 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*

Be it an anniversary celebration or simply a friendly get-together, our beautiful spa suites provide the perfect ambience for a special experience.

Designed to fully enjoy the comfort of the Spa and based on natural and organic ingredients from our own garden, the Signature Rituals express our concept of unconventional luxury: intimate, comfortable and exclusive.

### **Caporiva**

Full body Swedish massage with our extra virgin olive oil

Facial treatment with olive oil, olive pips, essences flowers, yogurt, honey

Hydro-massage

Sparkling wine and Tapas by our chef

*2 h. € 240*

### **Sorrento Lemons And Oranges**

Full body scrub with lemon and orange peel, tea leaves and sea salt

Hydro-massage

Full body Swedish massage with citrus oil

Sparkling wine and Tapas by our chef

*2 h. 30 min. € 300*

### **Honeymoon Ritual**

Full body Swedish massage with cold pressed almond oil

Hydro-massage

Sparkling wine and Tapas by our chef

*1 h. 30 min. € 320 (per couple)*

### **La Dolce Vita**

Hydro-massage

Full body Swedish massage with cold pressed almond oil

Express facial with a selection of organic and natural ingredient

Manicure for her and him

Sparkling wine and Tapas by our chef

*3 h. € 540 (per couple)*

# OXYGEN FACIALS

## *Intracuticals\**

This scientifically proved facial uses pure hyperbaric oxygen to infuse concentrated serums rich in hyaluronic acid, vitamins and antioxidants for instantly radiant and youthful skin.

All treatments include a basic skin preparation.

**Rejuvenate:** premature aging, fine lines and wrinkles, sagging and loss of tone.

**Opulence:** uneven pigmentation, dull skin tone, age spots.

**Clarity:** blemish prone, oily or combination skin, daily build-up of keratinisation, enlarged or congested pores.

*50 min. € 150*

### plus

**Atoxelene:** expression lines appear smoother, firmer and visibly reduced, eye contour more defined.

*25 min. € 70*

### add-on

**Boosters:** strengthens, protects and supports healthy skin with a selection of synergistic serums. Consult our Intracuticals facial expert.

*25 min. € 70*

## FACIAL TREATMENTS

### *Evidens de Beauté*

EviDenS skin care fuses French finesse, Japanese expertise based on cosmetic innovations and the exclusive formula QAI® Complex.

A skin care based on an exceptionally gifted formula combining four active components that decrease the visible signs of aging and are also highly compatible even with very sensitive skin.

The unique QAI® Complex is found in every single product of the EviDenS range and is based on: Triple Collagen, white mulberry root extract, Co-Enzyme Q10 and essential amino acids.

With its precious ingredients, rich textures and sensual fragrances, EviDenS skincare is the most powerful, age-defying cosmetic range specifically designed for sensitive skin.

<b>Sensitive Saho</b>	<i>50 min. € 125</i>
<b>Hydrating Saho</b>	<i>50 min. € 125</i>
<b>Purifying Saho</b>	<i>50 min. € 125</i>
<b>Anti-Aging Saho</b>	<i>75 min. € 180</i>

#### add-ons

**Steaming and extractions**    *25 min. € 50*

**Intracutaneous Booster**    *25 min. € 70*

# FACIAL TREATMENTS

## *Cinq Mondes Paris*

Inspired by the ancient beauty and wellness traditions of the world, Cinq Mondes skincare has been praised as the French pioneer in professional Spa treatments based on a wide selection of organic and natural ingredients.

**Rituel Fleurs de Bali:** cleanses and hydrates skin with rich mango butter, hibiscus, passion fruit, and kèmiri essential oil. The perfect express facial.

*25 min. € 60*

**Rituel aux Cinq Fleurs:** discover the ancient Balinese secret of revitalizing and illuminating the skin. Includes the exclusive Aromacology® technique based on Chinese medicine.

*50 min. € 90*

**Ko Bi Do de Jeunesse:** based on the skin care tradition of Japanese royals, this facial reduces the first signs of ageing to restore radiance and tone.

*50 min. € 110*

**Ko Bi Do Precieux:** the ultimate, natural anti-ageing facial. Dermopuncture® massage rejuvenates eyes, lips, neck, and décolleté for an immediate, visible lifting effect thanks to the advanced formulas Matrixyl® and Essenskin®.

*75 min. € 160*

### add-ons

**Steaming and extractions**     *25 min. € 50*

**Intracutaneous Booster**     *25 min. € 70*

# BODY TREATMENTS

*Cinq Mondes Paris*

## **Body Scrub**

- Papaya purée (illuminates)
- Sublime scrub (illuminates and smoothes)
- Aromatic scrub with spices (tonifies and refines)
- Scrub with traditional black soap (cleanses and purifies)

*25 min. € 65*

## **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. € 100*

## **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. € 100*

# 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 that uses gentle Thai pull and stretch movements, and the application of a traditional melting balm made from tropical nuts complete the ritual.

### **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. € 165*

# 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 relaxations and calmness.

*75 min. € 150*

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## 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.

## Sport

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

*25 min. € 65*

*50 min. € 100*

## 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. € 150*

### **Mother and Child**

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

*50 min. € 150 (for both)*

## FOR MEN ONLY

*A selection of treatments designed for men*

### **Favorita**

Enjoy a deeply relaxing treatment to sooth and distress. A focused back, legs and feet massage followed by an express facial.

*75 min. € 150*

### **Rivale**

Ideal to purify the skin and stimulate the energy flows. This treatment includes a sea salt and spices body scrub followed by a body massage and an express facial, it improves skin's suppleness and elasticity.

*90 min. € 165*

**La Serra Gentlemen's Manicure**

€ 30

**La Serra Gentlemen's Pedicure**

€ 50



## BEAUTY

La Serra	Manicure	€ 45
	Pedicure	€ 65
File and Polish		€ 30
OPI GelColor	Manicure	€ 60
	Pedicure	€ 80
OPI GelColor	Soak Off	€ 10
Waxing		<i>Ask for details</i>
Make-up day/evening/weddings and events		<i>Ask for details</i>

# ETIQUETTE

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

**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.

**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.

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

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

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

**Cancellation Policy:** please give four hours' notice if you need to cancel or reschedule your appointment otherwise you may be charged a 50% cancellation fee. A no-show automatically incurs a 100% charge of the total treatment value. If you are late, you will incur a 100% service charge, and the treatment will last for the remaining time only.

If you are more than 30 minutes late, you might not receive your treatment.

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

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



intra+ceuticals  
**BOOSTERS**

**O·P·I**

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

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# la serra

*The Boutique Spa*

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