



MASSAGES MENU

'Take care of your body, it's the only place you have to live' - *Jim Rohn*

Our masseur presents himself like this:

“Massaging means taking charge of a person's emotions and problems, it means knowing how to listen not only to what is said to us verbally, but what the body transmits to us”

BIO and natural oils are used during the massages.

For any intolerances, allergies, illnesses or operations you have undergone, please let us know in advance.



RELAXING MASSAGE

Total body 50 min. – Foot massage only 30 min.
€ 70,00 - € 35,00

The **total body** relaxing massage is done on the whole body, face included, with slow and enveloping movements, exerting more or less deep pressure.

This massage has the function of **stimulating relaxation** and giving awareness of one's body. The relaxing **foot only massage**, on the other hand, is a panacea in the event of countless problems, not strictly connected to the extremities of our body, reminding us that the foot is one of the most sensory points of our body and the energy radiates from the sole of the foot to the whole body

FACIAL MASSAGE

30 min.
Face cream
€ 40,00

Facial massage has a **detoxifying action**, it therefore allows you to release the toxins accumulated over time. Through the stimulation of the dermis, which contains collagen, elastin and hyaluronic acid, the face massage has a profound invigorating, toning and anti-aging effect.



SCALP MASSAGE FACE-HEAD

40 min.
Cream
€ 45.00

Relaxing massage technique carried out specifically on the head, scalp, face and neck.
Perfect for releasing tension and **erasing tiredness from the face**. Furthermore, the movements of the fingers and fingertips keep the blood circulation active, which is essential for the **rapid and strong growth of the hair**.

CONNECTIVE MASSAGE

50 min.

€ 65,00

Connective tissue massage is a type of massage that involves specific manipulation techniques that reach and stimulate the **connective tissue**.

Connective tissue massage is used both as a treatment against various types of blemishes and as a remedy against disorders affecting muscles and joints.



DECONTRACTING MASSAGE

50 min.

€ 65,00

The decontracting massage is a type of massage that acts on muscle contractures, to loosen and restore the **correct mobility** of the affected joints.

SPORT MASSAGE

Pre or post winter sport / competition or maintenance

50 min.

€ 70,00

Suitable for skiers or hikers and born precisely for **sportsmen**, multiple techniques are used.

Sports massage can be of two types:

Before sport or a competition, it will be activating and energetic;
After sport or competition it will be relaxing and energy recovery and is recommended for those who have already finished physical activity.
The **maintenance sports massage** is the heaviest technique of sports massages, slow and deep movements, suitable for periods outside the race/competition during more or less intense training.



DEEP TISSUE MASSAGE MYOFASCIAL

50 min.

€ 70,00

Myofascial massage uses various manual techniques including elbows, forearms, knuckles and fingers to work on the **muscle** fascia and structural aponeurosis. Its objective is to restore correct flow and tension state of the muscles and the connective tissue that covers them.

CUSTOMIZED MASSAGE ON REQUEST

From 30 min.
From € 40,00

On request it is possible to have a personalized massage based on your needs and requirements on one of the following parts of the body:

- Legs
- Back
- Cervical
- Abdomen

The techniques and type of massage used are based on the needs of the individual client:

- Connect her
- Lymphatic drainage
- Just relaxing
- decontracting



CANCELLATION POLICY

Free within 24 hours in advance, otherwise the total cost will be charged

Not only massages...

TIME TO TAKE CARE OF YOUR WELL-BEING

To relax the body it is not necessary to start from it, but sometimes
relaxing your mind is precisely the first step to freeing
the body from tension.

Below are our *tips* for a **pampering** not only for the body,
but **also for the soul.**



MINDFULNESS practices and mental and gustatory journeys into the
world of tea, 100% organic and BIO raw material, sustainable for our
planet and imported directly from the East, selected by our Tea
Sommelier.

THE SAUNA AUFGUSS RITUAL



The infusion of steam in the **new Event Sauna** with *#latemarview* inspired by Northern Europe has a spiritual component called "the breath of the sauna" which is part of Finnish culture.

Our Aufgussmeister, from the AISA school, will try to make you obtain many benefits through the infusions of steam, including correct blood circulation, the elimination of toxins by deeply purifying the skin, enjoying a decontractual effect on the muscles and increasing the immune system.

Essential oils of natural origin will be used, **BIO** and created with local products from the Fassa & Fiemme valleys.

THE PURIFICATION RITUAL IN OUR PRIVATE SPA OFURO - お風呂

A new wellness experience: from mind to body, where you can take care of each other in complete intimacy

Experience of pure harmony: our **Ofuro Private Spa**, inspired by the ancient **Japanese purification ritual** that we have studied for you, offers a refuge to rebalance mind, body and spirit, according to **Zen** philosophy. Relax in your **private 41° Ofuro-style outdoor tub** where there will only be nature in front of you and you will discover a well-being that transcends the physical, bringing complete harmony to your life. Primary well-being is mental: it frees the mind from daily tensions, gives clarity and serenity. This inner peace is reflected on the body, relaxing it completely and giving a feeling of total physical well-being: a harmonious fusion that **regenerates mind and body**, bringing relaxation and vitality to your day.

Once you cross the threshold of the Private Spa, you will feel all the incredible strength of simplicity, you will realize that all that matters is the here and now. Just you and me...

Just you & the #latemarview!

Different packages available starting from €195.00 for 2 people (2 hours)



***New!* FOREST BATHING**

Immersion in the forest above the hotel (*in winter, too*)

The "Forest Bathing" is a practice born in Japan with the name of "Shinrin Yoku" and is widespread in some countries of the Far East, where it **plays a great role in preventive medicine**.

Several scientific studies conducted in Japan and South Korea have shown that some volatile substances, components of the essential oils produced by different species of trees also present in our Val di Fassa, if inhaled in sufficient doses and for an adequate period of time, induce prolonged **physiological changes in the human body**, such as reducing stress, blood pressure, raising the immune system.

The walk consists of a guided path to **find yourself and connect with nature**, thus detaching from the constraints of time and space of the daily routine. Our Gessica, Tea Sommelier, will let you **taste a fine leaf tea from the Orient immersed in nature**.

