



ELGUS

NATURE RETREAT

SPA MENU'

À LA CARTE

“

I let myself be carried away by the
music, the warmth and the nature
around me.

I free my mind,
I relax my body.

I savour this moment of wellbeing ”

Relaxation. Altissimo.


SPA

We have created a wellness space where you can rediscover yourself, recharge with pure energy and take care of your body and soul.

The Spa, closely connected to our land and the surrounding landscape, is the perfect place to surrender to tranquillity, comfort and a slower pace of life.

We have carefully selected the finest Made in Italy products, with respect for both the environment and your skin.

The range of treatments and rituals we have designed for you is inspired by the local area and the beneficial properties that nature teaches us.



Chiara Ristori
Spa Manager

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Tailor-made programme

Tell us about your wishes and needs.

Together, we'll identify the Wellness Experiences that are best suited to you.

Our team will be by your side to guide you towards your natural balance and a healthier lifestyle, using holistic techniques and moments of mindfulness dedicated solely to you.

HEALTH HISTORY

- Initial consultation
- Medical history questionnaire
- Skin test
- Body test
- Wellness programme
- Maintenance and home care advice

20 min / 28€



SIGNATURE

Our signature rituals use locally sourced ingredients from Monte Baldo: in particular, Swiss stone pine and wild medicinal herbs.

We are carrying on the dream of our forefather Augusto Girardelli, who dedicated his life to protecting the mountain and reforesting Monte Altissimo by planting Swiss stone pines.

This evergreen, with its extraordinary properties, promotes inner calm, clears the airways, improves sleep and saves the heart over 3,500 beats a day. Our signature rituals use locally sourced ingredients from Monte Baldo: in particular, Swiss stone pine and wild medicinal herbs.

IL CIRMOLO

The unique massage techniques, combined with the Swiss stone pine balls, help to release muscle tension, let go of stress and restore energy.

50 min / 98€

CIME E RADICI

A massage using warm Swiss stone pine oil, focusing on the head, shoulders and neck, using acupressure techniques to unblock energy flow. It concludes with a foot massage using arnica balm

40 min / 85€

SUL MONTE BALDO

A scrub using hay and Monte Baldo Swiss stone pine, followed by a hot stone massage with essential oils of aromatic herbs.

80 min / 125€

IL MONTANARO

A massage using warm compresses infused with Baldo herbs, combined with a back massage using arnica ointment. A body wrap with Swiss stone pine and herbs from the plateau.

80 min / 135€



PROGRAMMES

A programme of treatments designed to help you achieve your wellness goals.

REBALANCE

- Elgus Massage
- Hay Body Scrub
- Body Balance

230€

RELAXING

- Lumen Massage
- Sleep Ritual
- Sound Breathing Ritual

290€

RELIEVING

- Relaxing Massage
- Dorsalis Treatment
- Il Montanaro

295€

RECHARGE

- Salt Ritual
- Flower Ritual
- On Mount Baldo

320€

I, A WOMAN

- Draining Massage
- Detox & Drain body treatment with wraps
- Luminant facial treatment

310€

I, A MAN

- Sports Massage
- Body Active body treatment
- Longevity facial treatment

310€

ME, WHILST PREGNANT

- Maternity Massage
- Lymphatic Drainage Massage
- Face Sculpt
- Body Oil for Elasticity

340€

US, TOGETHER

- By Candlelight
- Embrace of Steam
- Longevity Facial Treatment for two
- Scented candle

650€



RITUALS

HAY EXFOLIATION

A scrub to smooth, nourish and soften. Ideal for preparing the skin for subsequent treatments.

50 min / 65€

DORSALIS RITUAL

A specialised treatment that helps to relieve tension in the back muscles through massage techniques designed to ease tension, cupping therapy and the use of clay.

50 min / 95€

SALT RITUAL

A treatment that offers an intense purifying and revitalising effect thanks to salt and its essential trace elements. It involves a massage using pink salt stones and a salt crystal wrap.

80 min / 130€

SLEEP RITUAL

A sensory ritual which, thanks to the Tranquillity blend, promotes relaxation. The ritual begins with a sugar crystal scrub, followed by a series of specific manual techniques and the use of soft brushes to stimulate the release of serotonin and melatonin.

80 min / 130€

FLOWER RITUAL

A welcome foot bath followed by a gentle exfoliating massage using rice powder and precious essential oils of lotus, jasmine and frangipani.

50 min / 95€

RITUAL OF THE POWDERS

A treatment that addresses specific imbalances in the body using pure oils, plant powders and essential oils, combined with specific integrated Bio-Functional massage techniques. It stimulates the elimination of toxins and boosts metabolic function.

50 min / 95€

RITUAL OF SOUND BREATHING

An emotionally engaging ritual which, thanks to the vibrations and sound of Tibetan bells, induces a deep sense of relaxation throughout the body.

50 min / 85€

STEAM TREATMENT

The enveloping warmth of the steam bath prepares the body for a skin purification treatment using the traditional Kessa glove and black soap. The ritual concludes with an Argan oil massage, enriched with delicate rose essences, to leave the skin feeling soft and promote a deep sense of well-being.

80 min / 140€

RITUAL OF THE CLOUD

The treatment begins with a gentle exfoliation. This is followed by a soothing body wrap. Whilst the wrap is taking effect, we will pamper your face with a specialised massage. A nourishing and rejuvenating experience that envelops you, leaving your skin soft and silky, like a cloud.

50 min / 95€



MASSAGGES

ELGUS

Our classic massage with the scent of the mountains. Pamper yourself with warm oil and precious essences. A massage designed to tailor your experience to your exact preferences.

50 min / 85€

LUMEN

A gentle massage performed using a candle made from shea butter. The warm butter, as it is poured over your body, creates a pleasant feeling of well-being whilst moisturising and smoothing your skin

50 min / 100€

DEEP TISSUE

The massage involves deep manual techniques designed to relieve muscle tension and release the tightest areas of your body.

50 min / 95€

DRAINING

Renata França method

A functional massage based on firm pressure and a fast rhythm. In addition to exclusive stroking and manoeuvres that guarantee immediate results, it helps to reduce water retention and cellulite. The result is a toned, less puffy and well-defined body, with a boosted metabolism and a marked sense of well-being

50 min / 120€

SPORT

A massage that targets the main muscle groups. Suitable for athletes who engage in frequent physical activity, it relieves fatigue and helps prevent injuries by improving the flexibility of the body's joints.

80 min / 145€

MATERNITY

A massage designed especially for expectant mothers. A pampering treat for mum and her unborn baby, using a special oil to improve the skin's elasticity during the changes that come with pregnancy.

50 min / 95€

BODY BALANCE

A massage designed to create balance both inside and out. It relieves mental and physical tension whilst gently soothing the body.

50 min / 95€

PARTIAL MESSAGES

- Back Relaxation
- Focus on the Feet
- Head, Shoulders and Neck
- Light Legs

20 min / 45€



THE DANCING

A series of bio-functional massages inspired by the four primordial elements. Each treatment is a dance that weaves together precise manual techniques, rhythm and breath, to restore fluidity to the body, lightness to the mind and vitality to the soul.

THE DANCE OF FIRE

A deep and transformative massage, centred on the element of Fire, a symbol of digestion, vitality and clarity. It focuses on the abdomen, the seat of physical and emotional metabolism.

50 min / 95€

THE DANCE OF WATER

A rejuvenating treatment that focuses on the element of Water, a vital force and a vehicle for cellular information. This technique draws inspiration from the movements of waves, promoting a harmonious flow through the body and emotions.

50 min / 95€



FACIAL

LONGEVITY

Detoxifies the skin from pollution, impurities and the first signs of ageing. The star of the range is the Detox Peel-Off mask, which delivers an immediate detoxifying, firming and anti-gravity effect.

50 min / 95€

SUBLIME

An intensive anti-ageing treatment that rejuvenates and restores density. For sagging skin that has lost its density, firmness and elasticity.

80 min / 130€

LUMINAT

A special brightening, anti-dark spot and oxygenating facial treatment. Ideal for dull, lacklustre and uneven-toned skin that needs revitalising through tissue oxygenation and pigment correction.

50 min / 95€

FUNCTIONAL

- Hydra Glow
- Defence
- Pureness

A specific, personalised treatment for every type of skin concern: blemishes, sensitivity and dehydration.

50 min / 85€

ULTRASONIC FACIAL DEVICE

A facial treatment combining ultrasound and microcurrent technology, with three main benefits:

- deep cleansing of the skin
- stimulation and regeneration
- product delivery

50 min / 95€

FACE SCULPT

A facial massage designed to sculpt and tone. Using deep, targeted manual techniques, it stimulates microcirculation, oxygenates the tissues and promotes collagen production. The result is a more relaxed, radiant and firm complexion, with an immediate lifting effect.

50 min / 110€

An aerial photograph of a rugged mountain range. The mountains are dark and rocky, with some snow patches visible in the valleys and on the slopes. The sky is a pale, hazy blue. The word "BODY" is written in a white, serif font in the lower-left quadrant of the image.

BODY

DOUBLE PEEL BODY

A complete and deep rejuvenation treatment for firm, smooth skin. Mechanical and chemical exfoliation, followed by a nourishing anti-ageing mask.

50 min / 85€

DETOX AND DRAIN

An intensive dual-action treatment, ideal for addressing the appearance of oedematous cellulite and lymphatic congestion. A draining, detoxifying and toning treatment with a cooling effect, using thermal mud.

50 min / 95€

+ bendaggi 80 min / 125€

GUA SHA MUD MASSAGE

A treatment inspired by Traditional Chinese Medicine which, through the use of two metal Gua Sha tools, stimulates circulation, promotes drainage and reshapes the silhouette. It leaves the skin feeling light and toned, with a visible sculpting effect.

50 min / 95€

BODY ACTIVE

A reshaping and toning treatment with a clay mask to restore firmness and vitality to the skin. A sculpting massage using a Wood Roller.

50 min / 95€

3in1

Three-phase intensive treatment: reactivates and improves skin microcirculation, stimulates lipolysis, reshapes and leaves the legs feeling light.

50 min / 95€

PRESSO TECH

Pressotherapy unit designed to improve venous circulation, relax muscles before and after physical activity, and reduce swelling in the lower limbs.

40 min / 60€

20 min / 30€

A close-up photograph of a plant with several upright, cylindrical spikes of small, reddish-purple flowers. The leaves are green, elongated, and have serrated edges. The background is dark and out of focus, highlighting the plant's details.

FOR TWO

A STEAMY EMBRACE

A rejuvenating ritual inspired by the ancient tradition of the Hammam. The experience begins with the enveloping warmth of the steam bath, which purifies the skin and relieves tension, followed by a gentle exfoliation using a Kessa glove and black soap. To round off the experience, an infusion of Monte Baldo mint tea accompanied by a selection of petits fours. A warm embrace of well-being that revitalises both body and spirit.

80 min / 280€

BY CANDLELIGHT

A ritual set against an intimate and evocative candlelit backdrop. The experience begins with a relaxing bath, followed by a 50-minute Lumen massage that rejuvenates both body and mind. A glass of Trento DOC, accompanied by fresh fruit and chocolate, to celebrate a moment of togetherness and unforgettable sweetness.

80 min / 240€

PRIVATE SPA SUITE

An exclusive wellness experience, where the Spa Suite becomes your private retreat. Enjoy the steam bath with an aromatic scrub and a soak in the bath with precious oils and essences.

To make the moment even more special, a glass of Trento DOC accompanied by a platter of typical Trentino specialities, to be savoured in complete privacy.

A unique ritual that combines relaxation, authentic flavours and an exclusive atmosphere.

80 min / 190€

EVENING SWIMMING

Immerse yourself in the warm waters of our outdoor pool with a whirlpool. The glow of the brazier and the starry sky will provide the perfect backdrop for this moment, which you can enjoy in complete privacy.

50 min / 110€

Bookings can be made after 7.00 pm



BABY SPA

Ages 5 to 12

BABY MASSAGGIO

Full-body massage with
premium oils

20 min / 45€

BABY VISO

Facial treatment using
natural products and Green
Formula-certified
ingredients

20 min / 45€

PRIVATE SPA

A ritual to share with Mum
or Dad. A soak in the bath
and a soothing massage.

50 min / 110€

A close-up photograph of a person's hand touching a dark, textured surface. The hand is positioned on the right side of the frame, with fingers slightly spread. The background is dark with several out-of-focus circular light spots (bokeh). The overall mood is tactile and sensory.

EXPERIENCES

Our spa is not just a place for treatments and rituals, but an invitation to rediscover balance and harmony through a deep connection with nature.

We offer rejuvenating activities that unite body and mind, promoting relaxation and mindfulness.

Some experiences take place outdoors, amidst the picturesque landscapes surrounding the hotel, to enhance the benefits of being in touch with the natural environment.

On request, each activity can also be enjoyed as a private one-to-one session, for an even more personalised and intimate experience.

YOGA

**MEDITATION AND
GUIDED
BREATHING**

**EVENING
RELAXATION**

GONG BATHS

**BAREFOOTING AND
FOREST BATHING**

**BEAUTY
MASTERCLASS**

**AUFGUSS AND
STEAM BATHS**

A scenic landscape with rolling hills and a bright sky, featuring a close-up of yellow wildflowers in the foreground. The text "DAY SPA" is overlaid in the lower-left quadrant.

DAY SPA

Access to our spa is also available to guests who are not staying at the hotel.

We look forward to welcoming you with the following treatments:

DAY SPA RETREAT

Day Pass with Lunch and Treatment

Includes:

- Spa kit (bathrobe, towel and slippers)
- Swiss stone pine treatment (50 mins)
- Lunch at the Bistrot (one starter and one main course, drinks not included)

165€

GUSTO E RELAX DAY SPA

Day Pass including Lunch

Includes:

- Spa kit (bathrobe, towel and slippers)
- Lunch at the Bistrot (one starter and one main course, drinks not included)

80€

MINI SPA ESCAPE

2-hour reduced-price entry

Includes:

- Spa kit (bathrobe, towel and slippers)

30€

HALF DAY SPA

4-hour reduced-price entry

Includes:

- Spa kit (bathrobe, towel and slippers)

€50

APERI-SPA RITUAL

4-hour afternoon Pass with aperitif

Includes:

- Spa kit (bathrobe, towel and slippers)
- Aperitif at our bar

€60

PRIVATE SPA NIGHT

**Entry including private spa,
pre-dinner drinks and sparkling
wine
2 hours (20.00 – 22.00)**

Wellness area made available exclusively for you. A private area featuring a Finnish sauna, Kneipp path, steam room and hydromassage pool.

Pre-dinner drinks with sparkling wine and sweet and savoury nibbles.

We also offer a salt scrub which you can enjoy in the Turkish bath.

For our non-resident guests: a locker with a spa kit, a bathrobe, slippers and a sauna towel.

We can organise small parties and events. Please contact us for further information.

Per couple: €195
Additional charge per person: €55



ETIQUETTE

For any enquiries or to book treatments, please contact the Spa Desk directly or the hotel's main reception.

TREATMENT TIMES

Every day from 10.00 am
to 7.00 pm

WELCOME

We ask our guests to arrive 5 minutes before their appointment. In the event of a delay, in order to ensure that subsequent appointments run to schedule, treatments may be subject to changes or may be shortened.

HEALTH

If you have any specific health conditions or are pregnant, please inform the therapists so that we can ensure you have a safe spa experience.

CHILDREN AND TEEN

Children under the age of 14 are only permitted access to the Family Spa and the Indoor Pool. All children must be accompanied by an adult at all times.

PREGNANCY

We would like to inform expectant mothers that our spa is ready to welcome you for body treatments and full-body massages from the 14th week of pregnancy.

CANCELLATION POLICY

Appointments not cancelled at least 12 hours in advance will be charged at 50% of the full price

SPA AREA RULES

We ask that you keep your voice at a moderate level, in keeping with the environment you have chosen, so as not to disturb other guests or treatments in progress.

Please keep your mobile phone switched off or on silent mode.

The Spa staff reserve the right to refuse entry to anyone who breaches the rules or whose behaviour may disturb or endanger other guests.

We ask our guests not to bring valuables into the Spa; the team accepts no responsibility for any items lost.



ELGUS

NATURE RETREAT