



# Sky Spa

open from 9 a.m. to 11 a.m.  
and 3 p.m. to 8 p.m.

You can reach our Sky Spa by phone on 513.  
Otherwise, please call the hotel reception on 501.



**HOTEL LAMM**

Design // Gourmet // Dolomites



**[comfort zone]**

conscious skin science

## Comfort Zone

This cosmetic line shares four fundamental principles that you will find throughout our hotel:

- Respect for nature in its beauty and diversity
- Quality, sustainability, effectiveness
- Sense of responsibility for natural resources
- High technology

The formulations rich in natural ingredients are free from animal derivatives, silicones, parabens and are developed and produced in Italy according to rigorous safety criteria.

“The beauty that inspires us is an expression of balance, sustainability and ethics.”

We kindly ask our guest to be at the beauty spa 10 minutes before your booked treatment.

Please note that the reservation is binding; in case of cancellation less than 24 hours before your appointment, we charge 100% of the total cost.

## *Pedicure and Manicure*

### PEDICURE

Pedicure	48,00 Euro
Polish	7,00 Euro

### MANICURE

Manicure	37,00 Euro
Polish	7,00 Euro

## *Others*

### DEPILATION

Whole leg	40,00 Euro
Half leg	28,00 Euro
Upper lip	12,00 Euro
Back	30,00 Euro
Bikini area	20,00 Euro
Armpits	20,00 Euro
Arms	20,00 Euro
Breast	25,00 Euro

Eyebrow tinting	15,00 Euro
Eye lash tinting	18,00 Euro
Eyebrow shaping	16,00 Euro

## *facial Treatments*

### Defense and Anti - aging

#### SKIN REGIMEN LONGEVITY

50 min.	90,00 Euro
50 min. with eye-contour treatment	110,00 Euro
25 min. Express	65,00 Euro
Treatment designed to rejuvenate stressed skin and prevent accelerates aging.	

#### SKIN REGIMEN DETOX

50 min.	90,00 Euro
50 min. with eye-contour treatment	110,00 Euro
Treatment designed to detoxify all skin types. Suitable for stressed, dull and asphyxiated skin.	

#### SKIN REMEDY

50 min.	90,00 Euro
Soothing and strengthening, this treatment stimulates the skin deeply for a beneficial and pleasant calming action.	

## Peeling and Scrub

### Regeneration

#### SACRED NATURE REGENERATIVE ELIXIR

50 min. Firming Lifting 90,00 Euro  
50 min. with eye-contour treatment 110,00 Euro  
Treatment with organic products pro-youth.  
Antioxidant and regenerating.

### Impurities

#### ACTIVE PURENESS

45 min. 60,00 Euro  
Purifying and normalizing express treatment for impure and oily  
skin characterized by a mask with white and green clays.

#### FACE MASSAGE

25 min. 44,00 Euro  
This treatment includes a short facial cleansing followed by a  
relaxing massage.

#### BODY PEELING

25 min. 35,00 Euro  
Enzymatic peeling for a deep and delicate exfoliation.  
Ideal for dry and sensitive skin.

#### SUGAR BODY SCRUB

50 min. 70,00 Euro  
The mechanical action of sugar massage eliminates dead cells  
while nourishing oil enriched with honey and essential oils make  
the skin soft to the touch.

## *Our Spa specials*

### **HONEY MASSAGE**

50 min.

78,00 Euro

Ancient massage technique that increases blood circulation, nourishes the skin and makes it more toned and radiant.

### **SPORTS MASSAGE**

50 min

85,00 Euro

Strong massage that acts on the sores muscles with a decontracting action. Ideal after sport.

### **ANTICELLULITE**

50 min

85,00 Euro

An effective anti - cellulite program aimed at acting on connective tissue and skin. The cupping in combination with highly effective natural products and mud with Montalcino thermal water, visibly reduce cellulite stimulating a deep draining action.

### **"TWO HEARTS"**

for couples

459,00 Euro instead of 510,00 Euro

- Two sugar body scrub
- Two Tranquility rituals including an aromatic candle
- Two facial treatments Skin Regimen

### **"LIGHT HEART, FREE SPIRIT"**

173,00 Euro instead of 193,00 Euro

- Combi Foot & Body Massage
- Manicure
- Dynamic back massage

# Massages

## TRANQUILLITY RITUAL

50 min. body

95,00 Euro

Aromatic ritual that promotes a deep relaxation making your skin like silk thanks to sweet orange, geranium and sandalwood flowers

## AROMATIC RELAXING MASSAGE

50 min.

75,00 Euro

Combines the relaxing effects of manual stimulation with the beneficial properties of essential oils for the well-being of body and mind.

## CLASSIC MASSAGE

50 min.

75,00 Euro

It aims to bring about a state of both mental and physical well-being. In addition to toning the skin and the muscles, it enables a significant reduction in stress levels.

## DYNAMIC BACK MASSAGE

50 min.

78,00 Euro

This treatment deeply works the tensions of the back with different techniques: manual massage, cupping and a relaxing end with the singing bowls.

## PARTIAL MASSAGE

25 min.

44,00 Euro

It relieves contractures and stimulates the circulation. Ideal for a short break. Legs or back for your choice.

## RELAXING HEAD, NECK, SHOULDERS AND FACE MASSAGE

50 min.

78,00 Euro

This treatment promises relaxation for head, neck, shoulders and face. Accumulated energy is released.

## COMBI FOOT & BODY

50 min.

78,00 Euro

Through the stimulation of specific points of the feet and the partial massage with attention to localised areas, the treatment restore balance.

## DRAINING MASSAGE WITH ESSENTIAL OILS

50 min.

85,00 Euro

This application with draining essential oils aims to treat skin impurities by stimulating the drainage of excess fluid through massage.