



Sky Spa

open from 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."

Pedicure and Manicure

PEDICURE

Pedicure	48,00 Euro
Pedicure with nail polish	55,00 Euro

MANICURE

Manicure	37,00 Euro
Manicure with nail polish	44,00 Euro

Others

DEPILATION

Legs, armpit, bikini area, back	17-45,00 Euro
Eyebrow tinting	15,00 Euro
Eye lash tinting	18,00 Euro
Eyebrow shaping	16,00 Euro

"SWEET HEART-PREGNANCY"

222,00 Euro instead of 247,00 Euro

- Manicure and pedicure with nail polish
- Facial treatment "Sacred nature"

Massage with drainage techniques "Vodder" for legs and soft relaxing massage for the back.

Suitable for pregnant women from the 12th week of pregnancy.

Peeling and Scrub

BODY PEELING

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

SEA SALT BODY SCRUB

50 min. 58,00 Euro
The mechanical action of salt massage eliminates dead cells while nourishing oil enriched with honey and essential oils make the skin soft to the touch.

facial Treatments

Defense and Anti - aging

SKIN REGIMEN LONGEVITY

50 min. 80,00 Euro
30 min. Express 55,00 Euro
Treatment designed to rejuvenate stressed skin and prevent accelerates aging.

SKIN REGIMEN DETOX

50 min. 80,00 Euro
Treatment designed to detoxify all skin types.
Suitable for stressed, dull and asphyxiated skin.

SKIN REMEDY

50 min. 80,00 Euro
Soothing and strengthening, this treatment stimulates the skin deeply for a beneficial and pleasant calming action.

Our Spa specials

Book our wellness packages.

We remain available to satisfy you every wish and recommend the treatments that best suit your needs.

Regeneration

SACRED NATURE REGENERATIVE ELIXIR

50 min. Firming Lifting
Treatment with organic products pro-youth.
Antioxidant and regenerating. 80,00 Euro

SACRED NATURE REGENERATIVE HYDRA

30 min. 50,00 Euro
Express treatment with moisturizing and regenerating organic products.

DETOXIFICATION PROGRAM FOR CELLULITE

3 treatments 50 min 255,00 Euro
with a free facial massage

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.

*available also as single treatment of 50 min. for 85,00 Euro

"TWO HEARTS"

for couples 410,00 Euro instead of 464,00 Euro

- Two sea salt body scrub
- Two Tranquility rituals including an aromatic candle
- Two facial treatments Skin Regimen
- Meditation with drums & signign bowls

"LIGHT HEART, FREE SPIRIT"

200,00 Euro instead of 224,00 Euro

- Foot massage
- Herbal stamp massage
- Dynamic back massage
- Qi Gong

ENERGIZING HERBAL STAMP MASSAGE

50 min.

78,00 Euro

The warmth of the herbal stamps combined with soothing and deep strokes makes this massage a restorative experience and an aromatic journey.

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

80,00 Euro

25 min

50,00 Euro

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

Impurities

ACTIVE PURENESS

60 min.

75,00 Euro

80 min. completet extra with depitation

130,00 Euro

Characterized by an innovative mattifying peel-off mask with spirulina algae.

Purifies and normalizes leaving the skin fresh and compact.

ACTIVE PURENESS EXPRESS

30 min.

50,00 Euro

Purifying and normalizing express treatment for impure and oily skin characterized by a mask with white and green clays.

For your eyes

EYE -CONTOUR TREATMENT

20 min.

20,00 Euro

This treatment can be added after all the facials offered.



Massages

TRANQUILLITY RITUAL

50 min. body	85,00 Euro
80 min. body and scrub	130,00 Euro
25 min. body wrapping	45,00 Euro

Aromatic ritual characterized by the exclusive massage with brushes that promotes a deep relaxation making your skin like silk.

AROMA MASSAGE

50 min.	68,00 Euro
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Massage that balances body and mind through the use of aromatherapy. Let yourself be embraced by the aroma you choose.

DYNAMIC BACK MASSAGE

50 min.	78,00 Euro
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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
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It relieves contractures and stimulates the circulation. Ideal for a short break. Legs, back or face for your choice.

RELAXING HEAD, NECK AND SHOULDERS MASSAGE

50 min.	78,00 Euro
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Immediate relief to the tensions of the head, neck and shoulders with deep touches that give a pleasant feeling of relaxation from everyday stress.

COMBI FOOT & BODY

50 min.	78,00 Euro
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Through the stimulation of specific points of the feet and the partial massage with attention to localised areas, the treatment restores balance.

