

la serra

The Boutique Spa



Grand Hotel
Excelsior Vittoria
sorrento
* * * * *

Wellbeing Rituals

PURE INDULGENCE IN SORRENTO

La Serra Signature Treatments

Orange Garden: a unique experience to soothe mind and spirit. Mediterranean orange aromatic massage, scalp massage, jacuzzi orange bath and a fantastic foot massage. Relaxation in the private garden of the treatment suite with herbal tea.

150 minutes...230.00 euro

Flowers of La Serra: to revitalise your senses and regain a sensation of lightness. Aromatic massage with rose, jasmine and geranium essential oil, scalp massage, jacuzzi organic rose milk bath with rose petals and a fantastic foot massage. Relaxation in the private garden of the treatment suite with herbal tea.

150 minutes...230.00 euro

Lemon Delice: enjoy the fragrance of Sorrento lemon and vitamin C's vitalising, antiaging and antioxidant power. Facial massage and body treatment followed by a energetic Bio Yin Thalassa bath. Final relaxation in the private garden of the treatment suite with herbal tea.

120 minutes...200.00 euro

Honeymoon Ritual: a special treatment for couples to enjoy the luxury of pampering in our double suite. Full body massage, followed by jasmine oil scented jacuzzi bath to relax and uplift your senses. Final relaxation in the private garden of the treatment suite with herbal tea.

90 minutes...250.00 euro

N A T U R A L W E L L B E I N G

THE ORGANIC PHARMACY exclusive rituals

Renew Rose Body Ritual

Tap into your own reservoir of youth. A rejuvenating treatment that envelops the body with the deeply nourishing essences of Rose & Jasmine for the perfect balance.

90 minutes...160.00 euro

Detox Body Ritual

A unique powerful detoxifying body ritual exclusively designed by The Organic Pharmacy to detoxify, remineralise, nourish and tone your skin while enjoying a fantastic massage.

90 minutes...160.00 euro

Stress Relief Ritual

A deeply relaxing ritual to soothe and distress. It starts from feet relaxing envelopment, then scalp, neck and shoulder manipulation, and culminates in a relaxing facial massage.

50 minutes...100.00 euro

N A T U R A L W E L L B E I N G

Renew Rose Body Ritual Plus

The Organic Pharmacy deeply nourishing and revitalising ritual, a jasmine jacuzzi bath and relax in the private garden of the treatment suite while enjoying herbal tea.

140 minutes...200.00 euro

Detox Body Ritual Plus

The superb Organic Pharmacy Detox Body Ritual with the luxury of a detox jacuzzi bath followed by relaxation with herbal tea in the suite garden.

140 minutes...200.00 euro

Green Coffee Body Sculpting Ritual

A very pleasant duo ritual designed to reduce bloating and stimulate the flow of lymph and micro circulation. Thanks to fat burning coffee and heat stimulating chilli, this treatment is ideal to target problem areas such as thighs, waist, tummy and bottom. Result flatter tummy, smoother skin and reduced puffiness.

50 minutes...90.00 euro

E N E R G Y R E B A L A N C E

SALIN DE BIOSEL rituals customised to your skin type

Wei Ki energetic Body Peel

Relax and reactivate your skin renewal process. Body peeling with the purest Dead Sea salt to remove dead skin cells and drain water followed by a Wei Ki energetic bath. Relax with herbal tea in the private garden of the treatment suite.

80 minutes...150.00 euro

Three Energies Massage

A treatment to relax, revitalise and gain a sense of total lightness. The energetic massage reactivates the skin and eases circulation before a Wei Ki energetic bath. Relax with herbal tea in the private garden of the treatment suite.

90 minutes...160.00 euro

Sensoriel Anti-Age

A sequence of applications to revitalise your senses and stimulate all the vital body functions. Full body massage and purifying gommage with Dead Sea salts followed by an energetic bath. Relax with herbal tea in the private garden of the treatment suite.

115 minutes...200.00 euro

80 minutes without bath...150.00 euro

E N E R G Y R E B A L A N C E

Flat Tummy

Tummy-firming! This very effective draining abdominal massage helps with relaxation, and tension relief thanks to a energetic algae mask.

45 minutes...90.00 euro

Light Legs

Ideal to let your legs regain their softness, vitality and lightness, to eliminate the sensation of tired legs and to improve blood circulation.

45 minutes...90.00 euro

Brest

A treatment that starts from energetic stimulation on the back to tone and drain the fibres while achieving a sense of lightness and shaping. An algae mask is then applied to tone and firm local skin and muscles.

60 minutes...110.00 euro

E N E R G Y R E B A L A N C E

Element Air

Reinvigorating Yang treatment with an effective draining action. Ideal to prevent cellulite appearance and stop its development.

70 minutes...120.00 euro

45 minutes without bath...90.00 euro

Panta Sauna

Based on the Biosel reducing massage technique coupled with a special sauna effect created to stimulate local perspiration and sweating.

45 minutes...95.00 euro

Extra Strong

An intensively firming treatment to improve skin resilience, vitalise and tone the body. Relax with herbal tea in the private garden of the treatment suite.

120 minutes...180.00 euro

S P A T H A L A S S O R I T U A L S

SPA Thalasso Dead Sea

Relaxing body treatment ideal to drain and rebalance thanks to the best Dead Sea salts high in oligominerals concentration. Massage with energetic oil, mud extracts and then thin salt crystals, followed by bath with Dead Sea salts. Final relaxation with purifying herbal tea in the private garden of the treatment suite.

105 minutes...160.00 euro

85 minutes without bath...120.00 euro

SPA Thalasso Bretagne

Detoxing body treatment to fully regenerate your skin and reactivate circulation, uses algae from Bretagne rich in vegetal proteins, vitamins and oligominerals. Massage with algae pulp followed by energetic bath. Final relaxation with purifying herbal tea in the private garden of the treatment suite.

105 minutes...160.00 euro

85 minutes without bath...120.00 euro

SPA Thalasso Ceylon

Beautiful body treatment based on Ceylon cinnamon and algae extracts with stimulating effects. Purifying massage is followed by a gentle scrub, and an energetic bath, then massage with spirulina and plants extracts to awaken energy. Final relaxation whit herbal tea in the private garden of the treatment suite.

95 minutes...150.00 euro

75 minutes without bath...110.00 euro

O R I E N T A L M A S S A G E

Ask for the expert therapist availability before booking

Ayurvedic: highly relaxing and mind calming Indian manipulation technique that helps rejuvenating body tissues and improving blood circulation.

60 minutes...120.00 euro

Shiatsu: Japanese massage technique based on thumbs and palms pressure on specific points of the body (meridians) to stimulate and restore its natural energy flow (Ki).

50 minutes...110.00 euro

B O D Y M A S S A G E

Ask for the expert therapist availability before booking

Deep Tissue: a manual treatment that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes, deep and specific finger pressure on the contracted areas.

60 minutes...120.00 euro

Manual Lymphatic Drainage: deeply calming and relaxing massage with Vodder's technique; ideal to move lymph forward and drain the connective tissues, stimulates microcirculation and lymph vessel motility.

70 minutes...150.00 euro

B O D Y M A S S A G E

Antistress: a general gentle massage that has a powerful, relaxing effect, especially on the lumbar and cervical muscles.

Aromatic: a delicate treatment using a blend of natural essential oils, deeply relaxing and calming, or uplifting and mind clearing.

Facial & Scalp: combination of gentle massage and acu-pressure on face, neck and scalp to soothe away stresses and strains.

Draining: deeply relaxing massage, ideal to stimulate lymphatic circulation and to relieve fluid congestion.

Sport: energetic massage that helps to drain fatigue away.

Swedish: traditional massage to achieve relaxation and stimulate blood circulation.

30 minutes...60,00 euro

50 minutes...95,00 euro

75 minutes...150,00 euro

F O R M E N O N L Y

La Serra special rituals designed for men

La Serra Men's Ritual

Enjoy the pleasure of pampering and regaining a good looking glowing skin. Relaxing back and legs massage followed by a vitalising and nourishing facial to soothe your skin and conclude with a manicure for well-groomed hands.

85 minutes...160.00 euro

Vitalising Men's Ritual

Ideal to purify the skin and to stimulate the energy flows. Aromatic body scrub and massage followed by a vitalising and nourishing facial to regain a perfectly moisturised and luminous skin.

85 minutes...160.00 euro

Stress Relief Men's Ritual

Allow yourself to gently unwind, slow down and distress. Back massage followed by relaxing feet envelopment then scalp, neck and shoulders massage, and culminates in a relaxing facial massage.

75 minutes...150.00 euro

Soin Visage Pour Homme

An effective facial treatment, ideal to purify nourish and revitalise the skin.

50 minutes...100.00 euro

F A C I A L T R E A T M E N T S

Organic Pharmacy Rose Crystal Facial

The luxurious facial ritual for a glowing skin! Deep cleansing and exfoliation followed by three grand masks and massage of hands, arms, feet, face, décolleté & scalp. The lymphatic system is awakened with Rose Crystals while skin is lifted and firmed by acupressure massage.

90 minutes...160,00 euro

Organic Pharmacy Rose Crystal Facial Plus

A real treat! Jacuzzi bath with rose petals followed by the luxurious Organic Pharmacy facial ritual. Relaxation with herbal tea in the private garden of the treatment suite.

120 minutes...210,00 euro

Salin de Biosel Facial

Ideal to restore skin radiance and freshness, based on the Biosequentielle formula that reactivates the vital functions to purify, stimulate, regenerate, drain and revitalize the skin. A wide choice of highly effective of treatments:

- Soin Purifying;
- Soin Sensitive Skin;
- Soin Yin Oily Skin;
- Soin Dry Skin;
- Soin Actif Anti Age Skin.

50 minutes...100,00 euro

B E A U T Y

Deluxe Organic Pharmacy manicure

A luxurious ritual starting with Cleopatra's Milk Bath, skin renewing Cleopatra's Body Scrub, a honey and jasmine nourishing mask and a deeply relaxing hands massage.

60 minutes...70.00 euro

Exclusive Organic Pharmacy pedicure

A superb and rich pedicure ritual with organic products: includes deeply nourishing and relaxing bath, scrub and mask with a final foot massage.

60 minutes...80.00 euro

Mini Manicure: with Essie nail polish "the nail color authority"

Mini Pedicure: with Essie nail polish "the nail color authority"

30 minutes...45.00 euro

MAKE-UP

- day
- evening
- wedding and special events

Ask the Boutique Spa La Serra for details

WAXING

Ask the Boutique Spa La Serra for details

S U N T R E A T M E N T S

Pre-Sun Treatment: the best way to relax and prepare to sun exposure with organic sun creams for golden tanning.

60 minutes...110.00 euro

Neroli Post-Sun Treatment: ideal to nourish, calm and hydrate your skin to prolong the effect of a golden tan.

60 minutes...110.00 euro

Refreshing Mint Post-Sun Treatment with bath: to calm your skin after a long day in the sun with the pleasure of a refreshing mint bath.

70 minutes...130.00 euro

E A S Y T R E A T M E N T S

Ideal for a first trial. Great if you have little time!

Facial: antioxidant regenerating treatment with micromassage and lemon extract mask coupled to a gentle scalp massage.

45 minutes...90.00 euro

Scalp massage: gentle massage to release tension on scalp and neck, helps scalp circulation and healthy hair growth.

25 minutes...50.00 euro

Body Massage "MINI"

Relaxing / Sport / Swedish

30 minutes...60.00 euro

Foot Massage: gentle foot massage and pressures ideal to make tired feet feel better and to relieve foot pain and stress.

25 minutes...50.00 euro

Back Massage: manipulation on massage chair for a quick back and shoulder relief.

25 minutes...40.00 euro

Exclusive skin care and body beauty products are available for sale at the Boutique Spa La Serra to enjoy the pleasure of your spa treatment at home.

The  Organic™
Pharmacy



SALIN de BIOESL

New Rules of Beauty

essie.

More details on the treatments menu are available at the reception of the Boutique Spa La Serra or on our website
www.exvitt.it

All suites have private changing and bath facilities

Printed on certified ecological paper



la serra

The Boutique Spa

Informations & bookings

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