

la serra

The Boutique Spa



Grand Hotel
Excelsior Vittoria
sorrento
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2020

YOUR RELAXATION OASIS

in Sorrento

La Serra Beauty and Wellness Space at Grand Hotel Excelsior Vittoria offers a wide range of treatments in its luxurious and soothing surrounding.

Beautifully built in a 19th century greenhouse redesigned according to Feng Shui, with comfortable private treatment rooms and exclusive suites, La Serra provides a unique five-star journey for everyone.

We have a wonderful selection of specialist Valmont treatments available including facials, massages, body treatments to indulge in luxurious pamper moments.

Whether you have a few stolen hours or a whole weekend to unwind while in Sorrento, a visit to Boutique Spa La Serra is time well spent.

Wellness at **La Serra**

Rituals

Facials

Massages

Beauty

PURE INDULGENCE

La Serra Signature Rituals

The Signature Rituals express our concept of unconventional luxury: intimate, comfortable and exclusive. They have been thoughtfully designed to be enjoyed with a loved one and create special moments we hope will last with you long after you leave.

La Serra

Full body Swedish massage;

Couple Jacuzzi bath with scents released from freshly cut roses;

Classic Franciacorta, pleasantly fresh and crisp Italian sparkling wine, paired with a selection of fruits.

1 h. 30 min. € 380 (per couple)

Excelsior Vittoria

An effective, comfortable body scrub that melts into the skin providing nourishment and leaving the skin simply divine;

Couple Jacuzzi bath;

Full body Swedish massage;

Smoothing, decongesting and anti-fatigue eye mask. The eye contour looks rested and sublime;

Classic Franciacorta, pleasantly fresh and crisp Italian sparkling wine, paired with a selection of fruits.

2 hrs. € 550 (per couple)



Since its creation, Valmont has dedicated its savoir-faire to the field of anti-aging, offering professional treatments that combine expertise, high-performance products and precise gestures.

Faithful to the concept of cellular therapy, Valmont delved into the very nucleus of the skin's cells to find molecules with peerless anti-aging properties: DNA and RNA. Acting together in Valmont beauty care treatments, this dynamic duo strengthens and stimulates cells suffering from the effects of time and everyday aggression, revealing sublime and youthfully radiant skin.

Featuring unique and exclusive care protocols, Valmont treatments stand out from all others thanks to the “butterfly motion” that sets the tone for each program.

A world away from traditional beauty care, Valmont treatments are composed like a symphony. The cadence of the movements reconciles opposites; it is at once enchanting and unexpected. You will leave the spa both relaxed and invigorated, your skin well rested and reawakened.

Each beauty ritual benefits from its own iconic treatment, with a name inspired by the brand's Swiss heritage.

Lose yourself in a journey of initiation and travel to the heart of Valmont's homeland.

FACIAL TREATMENTS

Summit of the Cervin

The skin is lifted and smoothed. The face volumes appear sculpted and plumped. With this resolutely lifting and firming expert treatment, Valmont showcases its technical expertise in 5 steps, as a tribute to the 5th highest peak in the Swiss Alps.

It all starts by carefully cleansing thanks followed by a mechanical exfoliation enriched with Vitamin C to revitalize the skin without straining skin tissues.

At this point, the treatment reaches its climax through supremely effective lifting and sculpting motions enhanced by the potency of *Prime Renewing Pack* and *V-shape Filling Concentrate*. For a guaranteed WOW effect!

Now the *Regenerating Mask Treatment* makes its entrance! Made from pure native collagen, this mask re-plumps the tissues while redefining the contours of the face.

As a final touch, the *Super Helix* treatment, featuring snail slime and products from the AWF5 line, infuses antiaging and anti-wrinkle compounds into the skin to treat all areas marked by the passage of time.

Available in two versions – 75-minute complete and 90-minute intensive, Summit of the Cervin unveils lastingly smoothed and firm skin... simply exuberant with youth!

75 min. € 210

90 min. € 255

FACIAL TREATMENTS

Brightness of Ice

The complexion is even, radiant and glowing. Age spots have faded and the texture of the skin is refined.

An original Valmont creation, the Brightness of Ice treatment is dedicated to restoring youthful purity and freshness to the complexion. It offers the perfect solution for gently awakening a bright and even complexion.

Inspired by Asian care habits, this treatment doubles each step to create entirely new synergies between the gesture and the product. Twice the cleansing, twice the massage, twice the mask... a state-of-the-art program for a complexion as clear as ice. Brightness of Ice is especially recommended for women looking to combat pigmentation disorders; its delicate touch makes it ideal for even the most sensitive skins.

This professional treatment uses products from the *Expert of Light* line, along with exclusive product associations, to give the skin a youthful glow.

The treatment is available in two versions – 75-minute complete and 90-minute intensive.

75 min. € 210

90 min. € 255

FACIAL TREATMENTS

Vitality of the Glaciers

The complexion is once again fresh and radiant, features are relaxed, and the skin has never been fuller.

The treatment begins with a careful cleansing with exclusive Valmont gestures. A gentle yet deep exfoliation follows, removing dead cells that dull the complexion. Applied in delicate movements that avoid tissue strain, *Face Scrub* revitalizes the skin.

Alternating smoothing, effleurage and acupressure techniques the treatment continues with a massage using the iconic *Prime Renewing Pack* that leaves the skin looking well rested...like a good night's sleep! Then the *Regenerating Mask Treatment*, 99.9% pure native collagen mask, plumps the tissues and redefines the contours of the face – a biological facelift!

In the 90-minute intensive version, the client enjoys a regenerating and revitalizing cure: *Cellular Complex Vitality*. As a final touch, products from the *Prime Generation* line fill the skin with anti-aging and anti-wrinkle ingredients to treat areas that bear the signs of time.

Vitality of the Glaciers is suitable for all skin types and is especially recommended for city dwellers for its oxygenating and detoxifying action.

25 min. € 80*

75 min. € 200

90 min. € 225

*Regenerating Mask not included

FACIAL TREATMENTS

Purity of the Alps

More than a simple skin cleansing, the Purity of the Alps treatment offers a true revival for the face.

For those in search of clean skin gently and comfortably freed of impurities, this expert treatment includes no fewer than 12 steps! From pre-cleansing to the final touch, Purity of the Alps blends the delicacy of subtle gestures with the effectiveness of Valmont products.

Designed to purify, balance and unify the complexion, this treatment is intended for all, and particularly for women whose skin displays a flawed texture, an uneven complexion or a predisposition to imperfection.

For a complete cleansing, we recommend to add steaming and extraction 25 Min. € 50.

50 min. € 140

EYE TREATMENTS

Reflections on a Frozen Lake

A comprehensive and targeted treatment to eliminate wrinkles, bags, dark circles and puffiness.

The youth and radiance of the eyes is restored.

A careful cleansing is followed by a highly effective lymphatic drainage to fight against bags and dark circles. Then, a lifting massage attacks wrinkles and crow's feet, stimulating collagen synthesis to visibly rejuvenate the eyes.

To offer an even more comprehensive approach, this treatment includes a precise series of 14 reflexology points around the eyes to erase dark circles and bags.

Lastly, before protective care, a collagen mask specifically designed for eye contours provides a beauty boost while relaxing the fragile skin.

45 min. € 105

BODY TREATMENTS

Peaks of Slimness

A high-performance treatment targeting curves and cellulite. The skin is firmer and more toned, the contours of the figure are redrawn, and the body feels incredibly fresh and light.

Designed to remodel the silhouette, this professional treatment targets the dermis and subcutaneous tissue to deliver visible results from the very first session. It combines a unique gesture and an original way of working in the direction of the muscle fibers to fashion a toned and slender body. 60 minutes of kneading, friction and sliding pressure offer deep treatment in each area. And let's not forget Valmont's signature movement! The famous butterfly motion has now been adapted for the body.

This treatment features an innovative approach with immediate effect. It can be used as a kick-starter to a slimming regimen, to maintain a sculpted figure, as a firming program after pregnancy or a diet, in conjunction with a sporting activity... but also – and above all – by any woman who wishes to control the effects of time on her body!

60 min. € 195

BODY TREATMENTS

Bisses Purity

This exfoliating and purifying treatment is perfect for a return to soft, silky skin all over the body.

The Bisses Purity treatment is with *Cellular Refining Scrub*, which combines rose oil (for its nourishing properties), diatomaceous earth and argan nut powder (for their exfoliating properties) in a creamy emulsion.

Little by little, the Valmont beauty therapist meticulously works each section of skin to eliminate dead cells. The massaging action created by these gestures also helps dissolve nervous and muscular tensions.

50 min. € 125

BODY MESSAGES

Your Personalised Massage

For the ultimate in relaxation, design the massage of your choice with our expert therapists by combining together your favourite massage techniques in the following page.

Hot Stone Massage

Is perfect for anyone who is seeking to relax and indulge in a experience that will relieve their aches and pains. Overly tense muscles can hinder the massage procedure, so if your muscles are extremely tight or stiff, the heated stones may provide the extra relaxation you need for the massage to be beneficial in releasing tension and easing sore muscles.

Manual Lymphatic Drainage

A soft-touch treatment that uses gentle, repetitive strokes to stimulate lymph flow. This massage aims at eliminating toxins and excess water, strengthen your immune system and boost energy. A relief for swollen legs, ankles and feet.

75 min. € 180

90 min. € 210

BODY MESSAGES

Relaxing Massage

This treatment is the perfect way to de-stress, unwind and chill out. Using light and flowing strokes, your massage therapist will carefully release your muscles and calm your nervous system. A gentle massage when you need a little self-care.

Aromatherapy Massage

Using pre-blended oils, this gentle soothing massage is designed to stimulate nervous system, promote relaxation and aid lymphatic drainage to encourage healthy circulation and dissolving stress.

Anti-Cellulite Massage

This hands-on treatment uses stroking, kneading and rhythmic motions to loosen fatty tissues and smooth out the skin's surface. By releasing the areas where cellulite most commonly appears, the body's natural healing process is engaged. This can boost blood circulation and collagen production.

Swedish Massage

Using light to medium pressure tailored to your request, this classic full body massage brings a variety of techniques designed to relieve tension, soothe fatigue muscles and calm the body and mind.

Sport Massage

This treatment may help muscle pain or restricted range of motion and increase flexibility. The strokes are generally faster than a typical Swedish massage. The therapist may also include pressure point therapy, friction and joint mobilization.

25 min. € 70

50 min. € 120

75 min. € 180

90 min. € 210

BEAUTY

La Serra	Manicure	€ 45
	Pedicure	€ 65
File and Polish		€ 30
OPI GelColor	Manicure	€ 60
	Pedicure	€ 80
OPI GelColor	Soak Off <i>(only in addition to a nail treatment)</i>	€ 15
Waxing		<i>Ask for details</i>

ETIQUETTE

Ambience: to ensure a quiet and healthy environment for all our guests, we are a no smoking area and mobile phones should be switched off.

Arrival: arrive 10 minutes before your appointment to complete the necessary documents and allow us to personalize your spa experience.

Assistance: please let us know before you arrive if you need special assistance.

Attire: we recommend bathing suits for treatments that include jacuzzi therapy.

Belongings: La Serra and Grand Hotel Excelsior Vittoria staff are not responsible for any unattended, lost or damaged items.

Cancellation Policy / Late Arrivals: as a courtesy to all guests, cancellations must be made at least 4 hours in advance of your appointment time. Failure to do so will result in a 50% cancellation fee charged to your account. For a no show a 100% service rate of the treatment will be charged to your account. If you are running late, a phone call is always appreciated. We will reschedule your appointment, if possible. If we are not able to reschedule your appointment time, your service will begin as previously scheduled. Your arrival time will determine the length of your treatment time, which will end as scheduled, so the next guest may begin promptly. If you are more than 30 minutes late, you might not receive your treatment.

Late Bookings: a 30% price surcharge will be applied to all services starting from 8pm. Bookings are subject to availability.

Minors: children under 16 years must be accompanied by an adult who must be present during the treatment.

Music: you can ask the reception to play your own playlist during the treatment.

Payment Methods: we accept all major credit cards. Prices include service, tax and VAT. Gratuities are not included.

Services and prices are subject to change.

Gift vouchers and skin care products are available for sale at

La Serra Boutique

Please dial # 877 to book your appointment

www.excelsiorvittoria.com/laserra

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The Boutique Spa

Informations & bookings

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