

la serra

The Boutique Spa



Grand Hotel
Excelsior Vittoria
sorrento
* * * * *

2018

YOUR RELAXATION OASIS

in Sorrento

The Boutique Spa La Serra beautifully built in a 19th century greenhouse according to Feng Shui approach offers a wide range of treatments in its a luxurious and soothing surrounding.

With its beautiful private treatment rooms and exclusive suites, the Spa provides a unique five star journey for everyone.



Wellness at the
Boutique Spa 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.

Be it an anniversary celebration or simply a friendly get-together, our beautiful spa suites, with Jacuzzi, private relaxation garden, and en-suite changing area, provide the perfect ambience for an unforgettable experience.

La Dolce Vita

Full body Swedish massage with italian cold pressed almond oil;

Couple Jacuzzi bath with scents released from freshly cut roses;

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

1 h. 30 min. € 360 (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

Vitality of the Glaciers

The skin is regenerated, radiant and firmer.
A vital treatment for overstrained, lifeless skin.

Vitality of the Glaciers is the first iconic skin treatment designed by Valmont, and it reflects the technical prowess of the Swiss anti-aging expert brand. A beauty booster, this face treatment stimulates the skin's energy and cell renewal - both of which diminish over time. After the treatment, the complexion is once again fresh and radiant, features are relaxed, and the skin has never been fuller.

The plus of this treatment is the 99.9% pure native collagen mask that plumps the tissues and redefines the contours of the face - a biological facelift!

In the 90-minute intensive version of the treatment, 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 those 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

Peaks of Firmness

The skin is lifted and more dense.

Wrinkles are smoothed, and the oval of the face is more clearly drawn.

This is a resolutely anti-wrinkle and firming expert treatment where Valmont's technical and cosmetic know-how is put into action to treat or prevent the most visible signs of aging.

The Regenerating Mask Treatment then takes center stage. This pure native collagen mask plumps the tissues and redefines the contours of the face.

In the 90-minute intensive version of the treatment, your skin will enjoy a cure with lifting properties, ICCT Lift. Made with Triple DNA and RNA, jellyfish collagen and hyaluronic acid, this exclusive cure has a skin-tightening effect and visibly enhances elasticity and firmness.

*25 min. € 80**

75 min. € 200

90 min. € 225

*Regenerating Mask not included

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.

30 min. € 80

45 min. € 105





CINQ MŌNDES

SPA PARIS

Through its Beauty Rituals of the World®, Cinq Mondes offers a deep regeneration of body and mind to recreate a state of perfect balance even inside our skin cells for happy skin from the inside out.

Cinq Mondes products have effective and safe formulas and are made in strict adherence to guidelines: main active ingredients are organic and natural; no parabens, no phenoxyethanol; no silicone, no mineral oil; no artificial coloring; tested under dermatological control. Their unique textures and perfumes created by renowned perfumers offer you a remarkable sensorial journey.

Explore the world through the eyes of the company's Founders and their initiatory voyages in search of time-honored beauty and wellness traditions. Come to discover the most wonderful Beauty Rituals of the World®

FACIAL TREATMENTS

Cinq Mondes

Rituel Fleurs de Bali

Express and complete, radiance enhancing facial treatment inspired by Balinese Beauty Rituals. An initiation and discovery treatment for men and women who need a quick boost.

25 min. € 70

Rituel Fleurs et Fruits de Bali

Deep cleansing treatment, skin perfecter and "radiance booster". Take full advantage of the beneficial effects of active ingredients provided by natural tropical flowers and fruit acids (AHAs) to restore, purify and smooth the skin for a radiant complexion.

Recommended when skin lacks radiance and clearness. Ideal to regenerate the skin as this treatment improves the cell renewal.

50 min. € 110

(For complete cleansing we recommend to add steaming and extraction 25 min. €50)

Rituel aux Cinq Fleurs

Balinese princesses have traditionally used the powers of tropical flowers to maintain a pure and radiant complexion since the 16th century. The Rituel aux Cinq Fleurs takes you on a true sensorial journey. This face treatment is associated with a face massage following the Dermapuncture® principle to improve the skin radiance as well as purifying it. Greatly appreciated by both men and women and by anyone who are in need of radiance and wish to combine treatment and relaxation.

50 min. € 110

FACIAL TREATMENTS

The art of «Ko Bi Do»

The Kobido was created by two masters of Anma (Japanese massage method) in 1472 at Suruga Japan.

These two masters participated in a competition to assess their proficiency by practicing facial care based on a technique of Anma, "the Kyoku -te", a special percussion technique with folded hands.

During the competition the two masters recognized the skills of each and worked together to create a new technique called Kobido etymologically ancestral method of beauty that can be translated as the "traditional way of beauty".

It is a true natural lifting techniques by combining percussion, smoothing techniques and drainage and specific pressure.

It also requires a major personal investment because the gestures and the practice of linking the various techniques must look like a broom dance performed with hands in total harmony and fluidity that characterizes the requirement of this ancestral care which was developed over the years.

Ko Bi Do de Jeunesse

This is an ancestral Japanese anti-wrinkle treatment. The technique «KO BI DO» is well known as being one of the most powerful to extend and restore youth to the face.

For mature skin or at the first signs of aging. To fight lack of elasticity, dehydrated skin and adapted to skin in need of firmness.

50 min. € 120

Ko Bi Do Precieux

"Global Anti-Ageing" treatment which actively and visibly works on the wrinkles, the radiance and the firmness of the skin. This facial specifically targets the eye and lip contour and the décolleté like a natural face lift thanks to the Japanese massage called « Ko Bi Do ».

75 min. € 180

BODY TREATMENTS

Cinq Mondes

Body Scrub

30 min. € 80

Crème Minceur Udvartana

Ancient Indian slimming treatment with draining and detoxifying actions (Ud: external towards the outside - Vartana: circular movements). In ancient times the Udvartana treatment was used to soften the skin, strengthen the metabolism and the energy, drain the water, the toxins and the fat as well as to firm the skin. With the application of a warming body wrap and specific massage for aquaceous cellulite with the Slimming Udvartana Cream that contains a patented ingredient called the Lipocare®, the Emblica Officinalis and some organic extracts of Ginger, this treatment is recommended to detox the body, and for relieving a sensation of heavy legs.

50 min. € 120

75 min. € 180

Crème de Cafè

A world known country of body-worship, Brazil and its beauty traditions have inspired Cinq Mondes to create a unique slimming body treatment. The Slimming and Firming Brazilian Ritual is composed of two steps: the toning massage and the Clay and Algae Body Wrap, the combined action is very effective to detoxify the skin and visibly reduce the orange peel aspect.

The treatment is performed with the Coffee Cream that contains Caffeine, Green coffee, Kola nut and Grapefruit to detoxify and firm the skin.

50 min. € 120

75 min. € 180

BODY TREATMENTS

Cinq Mondes

Rituel du Siam

Indulge in a world of tranquillity with this delicate yet effective body polishing technique based on a Siamese ritual using papaya purée. Skin is buffed to perfection unveiling a superb radiance. An enveloping Balinese massage with traditional melting balm made from tropical nuts completes the ritual providing deep relaxation while improving flexibility.

Rituel Sublime de Polynésie

A bliss-inducing ritual for sensitive skin from the Polynesian islands. This traditional Monoï preparation made of macerated Tiare blossoms, raw sugar, ground coconut powder and noni fruit, regenerates the skin and renews the spirit. A body massage inspired by Lomi-Lomi completes the ritual and gives instant relaxation.

Rituel de Bengalore Ayurvedique

This delightful Javanese inspired ritual comprises a toning massage based on a millennia old Indian tradition that uses a combination of invigorating strokes. Heavenly vanilla and cardamom fragrances leave the skin feeling silky-soft, help to relieve aching muscles, and encourage a sound sleep.

Rituel Traditionnel de l'Orient

A sensorial journey from the North-African hammam tradition. Exfoliate and purify with Traditional Black Soap, detox with a Rassoul Crème wrap. A final relaxing massage with delicate hot Argan oil eliminates toxins and muscle pains.

90 min. € 195

BODY MASSAGE

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.

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. € 165

BODY MASSAGE

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.

Aroma 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 fatigued muscles and calm the body and mind.

25 min. € 65

50 min. € 110

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.

50 min. € 120

75 min. € 180

WE ARE FAMILY

Pregnancy Massage

Designed to offer comfort and relax before and after pregnancy, this all-over body massage targets the aching muscles in the back and fluid retention in tired feet and heavy legs. The treatment ends with a face massage using a powerful skin rebalancing mask. Alternating smoothing, effleurage and acupressure techniques will enhance the effectiveness of the product's active ingredients. This effective face massage erases signs of fatigue leaving your skin fresh, radiant and well rested, just like after a good night's sleep.

50 min. € 120

75 min. € 180

Parents and Child

Share a spa experience with your child and enjoy together a relaxing massage.

50 min. € 180

(for both)

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, the spa is 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 the Spa know before you arrive if you need special assistance.

Belongings: Boutique Spa 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 spa 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: for all services starting from 7pm a 20% price surcharge will be applied.

Minors: children under 15 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.

Spa Attire: we recommend bathing suits for treatments that include hydro-therapy.

Services and prices are subject to change.

Gift vouchers and professional spa products are available for sale at the

Boutique Spa La Serra

Please dial # 877 to book your appointment

www.excelsiorvittoria.com/laserra

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la serra

The Boutique Spa

Informations & bookings

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