

# la serra

*The Boutique Spa*



Grand Hotel  
Excelsior Vittoria  
sorrento  
\* \* \* \* \*

2022

## 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 Valmont treatments available including facials, massages, and body treatments to indulge in luxurious pampering 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

Body Treatments

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.

*1 h. 30 min. € 400 (per couple)*

#### **Excelsior Vittoria**

An effective, comfortable body scrub that melts into the skin providing nourishment and leaves 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.

*2 h. 30min. € 660 (per couple)*



The master of anti-age treatments since 1985, Valmont perpetuates the unique expertise of Swiss cellular cosmetics with incomparably efficient care treatments giving immediate, long-lasting results.

Valmont care treatments find their source in Switzerland's pure and protected environment. Their exceptional quality is the fruit of a subtle alliance of alpine ingredients and advanced scientific expertise. Featuring unique and exclusive care protocols, Valmont treatments stand out from all others.

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

## COLLAGEN FACIAL TREATMENTS

### *Lift from the peaks*

A unique collagen treatment that combines sensory experiences with overall anti-aging efficacy.

This facial works like a true lifting, redesigning the oval and filling wrinkles from the inside.

Smooth, densified and supple, the skin seems to turn back the hands of time.

Suitable for all ages and skin types and recommended for skin most affected by fine lines and wrinkles.

60 min. € 200

75 min. € 230

### *Energy of the Glaciers*

With this Valmont collagen treatment complexion is once again fresh and glow, features are relaxed, and the skin has never been fuller.

The Energy ritual brings together a series of beauty staples that awaken your skin and boosts cellular renewal. Wrinkles and fine lines fade away, leaving radiant and toned complexion.

Suitable for all skin types is especially recommended for city dwellers for its oxygenating and detoxifying action.

60 min. € 200

75 min. € 230

## 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.

*50 min. € 140*

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

## 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. 60 minutes of kneading, friction and sliding pressure offer deep treatment in each area.

Recommended as a 10-session cure, 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 by combining together your favourite techniques from those available (bookable only at the spa reception).

## **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 helps muscle pain, restricted range of motion and increase flexibility. The movements are generally more intense than a typical Swedish massage. The therapist may also include pressure point therapy, clutches, and joint mobilizations.

*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 *(only in addition to a nail treatment)* € 15

Waxing *Ask for details*

# ETIQUETTE

**Advance Booking of Treatments:** La Serra has limited spaces and opening times, so we recommend to book in advance with an open mind and an open heart to flexibility.

**Ambience:** For the relaxation and privacy of all our guests we are a no smoking area, mobile phones and other electronics are not permitted. We kindly ask everyone to speak quietly in the spa area.

**Arrival:** Your treatment has been especially reserved for you. Please arrive a few minutes prior your booked appointment to complete the necessary documents and allow us to personalize your 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. 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.

**Group Packages:** Group bookings are allowed only from In-house guests.

**Minors:** guest under 18 years are welcome if accompanied by an adult who must be present during the treatment.

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

**Therapists:** All therapists are female.

**Treatments:** our selection of treatments is genderless.

YOUR COMMENTS ARE ALWAYS WELCOME

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](http://www.excelsiorvittoria.com/laserra)

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Bookings & Informations

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Open Tuesday to Sunday from 11am to 7pm

Closed on Monday

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