

# la serra

*The Boutique Spa*



Grand Hotel  
Excelsior Vittoria  
sorrento  
★ ★ ★ ★ ★ L.

2024

## YOUR RELAXATION OASIS

*in Sorrento*

**La Serra** Beauty and Wellness Space at Grand Hotel Excelsior Vittoria offers a wide selection 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.

Whether you have a few stolen hours or a whole weekend to unwind while in Sorrento, a visit to 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;

Classic Franciacorta, pleasantly fresh and crisp Italian sparkling wine.

*1 h. 30 min. € 480 (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. € 780 (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

## *Hydration of the Bisses*

A shower of moisturizing comfort to smooth fine lines and plump your thirsty skin.

Built on our signature triple DNA, hyaluronic acid and other moisturizing ingredients, this ritual fills the epidermis with water for smoother, radiant, plump-looking skin.

## *Luminosity of the Ice*

The power of nature for incomparable glow.

A potent combination, including ingredients sourced from Swiss Alpine gardens and the white mulberry root used for centuries in Japan, to refine the skin's texture. This light-enhancing spa therapy reduces imperfections and stimulates the skin's natural glow mechanisms for a smoother-looking complexion of radiance renewed.

## *Energy of the Glaciers*

Skin is regenerated, brightened, and firmed. An essential treatment for tired, devitalized skin.

A true beauty booster, this facial stimulates both skin vitality and cell renewal, two factors in skin health that wane with time. After the treatment, the complexion is fresher and brighter, features are relaxed, and the face displays a unique fullness.

60 min. € 200

75 min. € 230

## Choose the best collagen facial treatment for you

Your skin feels tight, fine lines are showing, the surface is rough to the touch?

We recommend ***Hydration of the Bisses***

Your complexion is lacking radiance, pores are enlarged, the surface of your skin is irregular?

We recommend ***Luminosity of Ice***

Your skin looks dull, shows signs of fatigue or stress?

We recommend ***Energy of the Glaciers***

## FACIAL TREATMENTS

### *Purity of the Alps*

The skin is clean, purified and balanced.

The Purity of the Alps treatment cleanses without stripping, and leaves the epidermis hydrated and incredibly soft. Intended for all and those whose skin displays a flawed texture, an uneven complexion, congestion, and a pre-disposition to imperfections.

*50 min. € 140*

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

### *Reflections on a Frozen Lake*

This treatment specially designed for under the eye area, helping to eliminate bags, puffiness, signs of fatigue and effectively fills in wrinkles. Thanks to the use of reflexology techniques, lymphatic drainage and lifting massage, successfully reducing the appearance of fine lines.

The treatment finishes with the application of the collagen mask that nourishes and soothes the skin, leaving the eye contour rejuvenated after only one use.

*45 min. € 115*



## BODY TREATMENTS

### *Peaks of Slimness*

This re-contouring treatment helps reducing cellulite, stimulates the lymphatic system and activates the fibroblast metabolism. Kneading, friction and smoothing pressures provide deep action on each area of the body supported by application of Valmont's D Solution booster, Modelage and C curve shaper creams.

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 but also – and above all – by any woman who wishes to control the effects of time on her body!

**60 min. € 195**

### *Bisses Purity*

This body exfoliating and purifying treatment removes dead cells leaving the skin silky smooth and soft.

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

**50 min. € 140**

# BODY MESSAGES

## Candle Massage

A holistic treatment combining heated essences with soft touches, light pressure and broad kneading which incorporates the delicate movements of the Hawaiian massage.

Pure and natural essential oils are captured in the body of the candle to awaken your senses and deeply nourish your skin.

Candles choice:

- **Argan Oil:** anti-aging and firming
- **Arnica and Alpine Herbs:** anti-fatigue and detoxifying
- **Cocoa Mousse:** pure relax
- **Himalayan Salt:** smoothing and nourishing
- **Lavanda Mirrha:** aromatherapy and relaxation

## Hot Stone Massage

A deeply relaxing massage that combines the warmth of basalt stones with the soothing properties of oils to release muscle tension and improve the general sense of well-being.

## Manual Lymphatic Drainage

A very gentle massage technique that uses light, circular, and sweeping motions to encourage lymph flow and reduce swelling.

Manual lymphatic drainage strengthens immune system, reduces stress and fatigue, and gives you a glowing skin.

75 min. € 190

90 min. € 220

## BODY MESSAGES

### **Relaxing Massage**

A smooth, gentle, flowing massage that promotes general relaxation.

### **Aromatherapy Massage**

A treatment that combines the power of essential oils with a classic massage therapy for a relaxing experience that is good for mind and body.

### **Anti-Cellulite Massage**

A treatment that aims to reduce local fat deposits, limit their formation, improve and prevent orange peel skin.

### **Swedish Massage**

This classic full body massage brings together a variety of techniques to relieve tension and relax your muscles and joints using light to medium pressure tailored to your request.

*50 min. € 140*

*75 min. € 190*

*90 min. € 220*

## BEAUTY

|     |          |      |
|-----|----------|------|
| OPI | Manicure | € 50 |
|-----|----------|------|

|  |          |      |
|--|----------|------|
|  | Pedicure | € 70 |
|--|----------|------|

|              |          |      |
|--------------|----------|------|
| OPI GelColor | Manicure | € 60 |
|--------------|----------|------|

|  |          |      |
|--|----------|------|
|  | Pedicure | € 80 |
|--|----------|------|

|              |  |      |
|--------------|--|------|
| OPI GelColor | Soak Off <i>(only in addition to a nail treatment)</i> | € 20 |
|--------------|--|------|

|        |                        |
|--------|------------------------|
| Waxing | <i>Ask for details</i> |
|--------|------------------------|

**Please note**, gel, acrylic or dip powder nail treatments and removals are not available at La Serra.

# 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:** Appointments are booked for you to unwind and relax, please arrive a few minutes prior to your appointment to provide us necessary information 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 (1 day in advance to cancel Signature Rituals). 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, fragrances and skin care products are available for sale at

**La Serra**

Please dial # 877 to book your appointment

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

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Informations & bookings

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OF THE WORLD