

SPA à la carte

A full guide to our treatments





The Pineta Experience method: Our mission

The Pineta Experience method is based on awareness and on improving lifestyle, offering efficient solutions to a range of common problems.

A hectic lifestyle, stress, insomnia, poor diet, excessive smoking and alcohol consumption, as well as exposure to electromagnetic radiation, all severely strain our organism and its natural balance.

This is why, in collaboration with experts in the field of wellness, we have developed personalised programmes with specific goals:

- **Lower stress**
- **Purification and detoxification of the organism**
- **Muscle relaxation and toning**
- **Anti-ageing for face and body**
- **Improved quality of sleep**

Our exclusive treatments have been designed to regenerate the body, combat free radicals and promote healthy aging. Personalised programmes that begin in our SPA and continue at home, with recommendations on maintaining benefits provided by our team of experts.





Pineta Experience Cosmetics

We have drawn on the healthy colours, fragrances and powers of the nature that surrounds us, transforming them into unique cosmetics.

All our products are made with natural, eco-green and vegan-friendly ingredients, and are free from petroleum jelly, parabens and silicones. It is essential that everything reflects our philosophy of well-being and sustainability, which is why our low-environmental-impact packaging is recyclable.

Discover the full range of our cosmetics at pinetanatureresort.it/en or ask reception for information.



Get in touch

Our personalised consultancy service will identify your specific needs and accompany you throughout your stay of total wellness.

Duration 20-30 min.
Cost €45 Free for everyone
Please book at reception or directly at the SPA.



Internal hotel telephone number **438**
External number **0463/536866**

Welcome Treatments

Our **Welcome** treatments have been created to offer you a welcoming embrace, together with a personalised consultation that will identify the specific treatments and products to suit your needs.

Welcome face treatment

Facial pampering + consultation with cleansing, toning and facial massage

25 min. pampering
+ 25 min. consultation
€85 discounted price € 40

Welcome body treatment

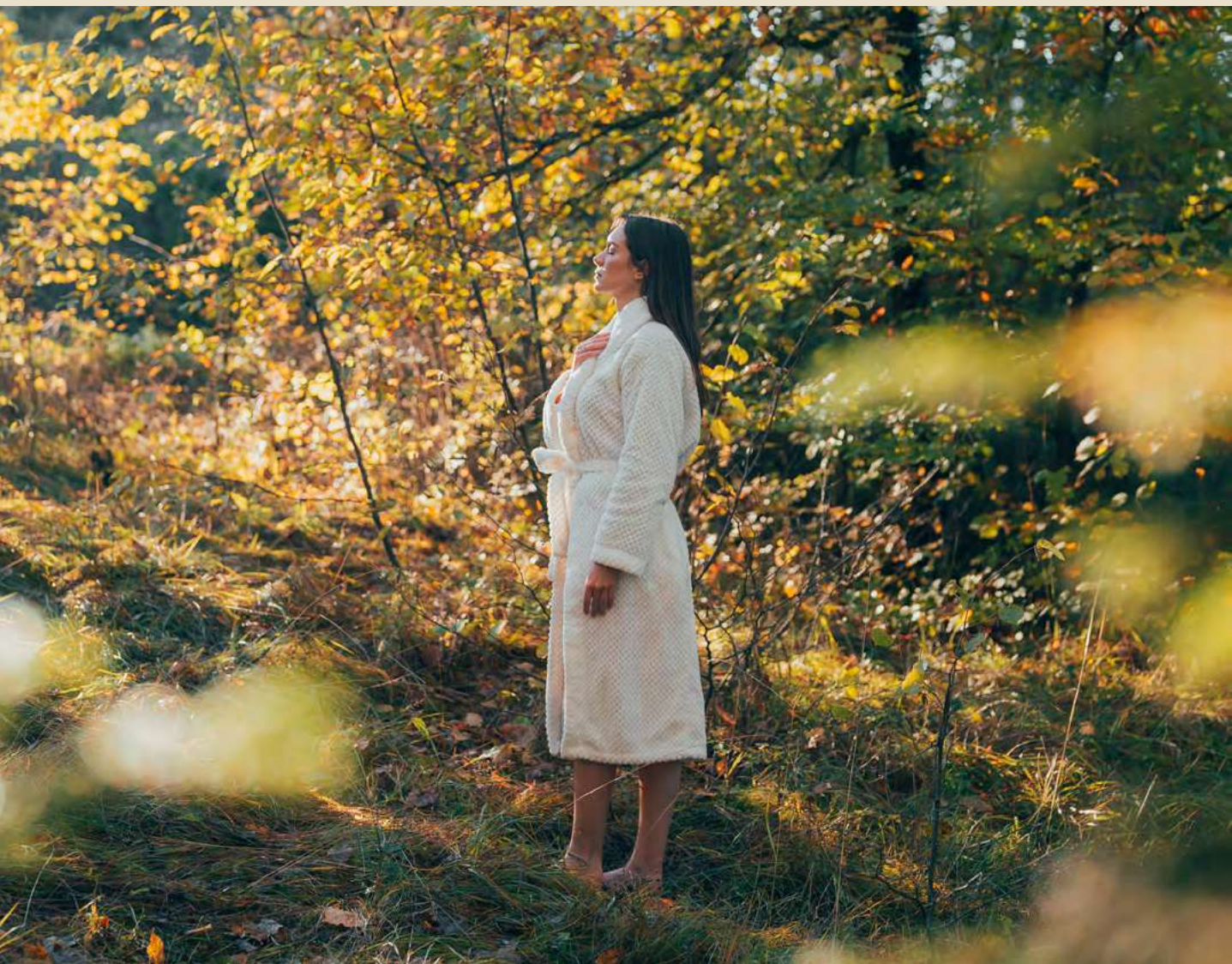
Brushing with body scrub **Pineta Experience** + body consultation

25 min. treatment
+ 25 min. consultation
€95 discounted price € 50

Pineta Nature Therapy

Pineta Nature Therapy is based on the decades of experience of the Pineta, offering you a new holiday experience created specifically as a natural remedy for releasing stress.

A personalised stay during which you will be guided through a wellness programme created to suit your needs and carried out both in our internal areas and in the unspoiled natural surroundings. It is, above all, a unique and exclusive experience that offers you a true and tangible opportunity to immediately enjoy the sensation of well-being, and that teaches you to overcome and handle the stresses of daily life.



What does this experience include?

- Check-in with individual interview with our Beauty Team.
- SPA experience with our Sauna Experts.
- Beauty Expert experience with specifically studied treatments, using our high-quality natural cosmetics.
- Cuisine experience with the Vital Pineta menu created by our chef Mattia.
- Wine-tasting experience with a selection by our sommelier Andreas.
- Experience in the mountains and the forests with Livio and Nicola as your guides. 7000 steps to wellness, tree hugging, foot bath, Kneipp treatments in the stream and much more.
- Individual or group sessions of yoga and Pilates.
- In certain periods of the year, we also offer osteopathy and physiotherapy services, guided activities on horseback, circular breathing lessons and autogenic training, Reiki and meditation.
- Final check-out with recommendations for maintaining the results achieved at home, including with the support of our home-use products.

If there is one thing that we have learned in recent years, it is that we need to apply our skills to helping others, with a view to making the world a better place. This is the way we do things at the Pineta, seeking to help you to improve, and we do it by drawing on what best represents us, on nature and on quality services. **Pineta Nature Therapy**, your wellness stay

Ask reception for information on our daily, weekend and weekly **Therapy promotions**.



Intensive body treatments

Pineta Nature Scrub

20 min. € 40 + relaxation time in the wellness area

A pampering treatment that involves full-body detoxifying brushing with our #PinetaBrush and a light massage with our #PinetaExperience scrub. The revitalising shower that concludes the treatment restores a sensation of lightness.

Body detoxifying

50 min. € 80/80 min. € 110

The perfect treatment to begin any wellness programme. Welcome treatment with full-body brushing, enveloping motions with our wonderful detoxifying hay scrub.

A delightful hay and mud wrap, revitalising shower and massage with warm detoxifying oil.

Deep nourishment and cellular regeneration

50 min. € 80/80 min. € 110

Ideal for those with extremely dry skin, and who need deep moisturising. Welcome treatment with brushing, full-body smoothing scrub, super-nourishing wrap with mask, revitalising shower and massage with nourishing butter that leaves the skin feeling velvety to the touch.



Deep-tissue treatment with warm hay

Recommended for those suffering from muscle contracture, tension and persistent pain (not in acute stages).

Partial

50 min. € 85

Welcome treatment with brushing, application of glycerite, warm hay wrap on the back or legs or abdomen, localised deep-tissue massage with arnica ointment.

Full body

80 min. € 135

Welcome treatment with brushing, application of glycerite, warm full-body hay wrap, full-body deep-tissue massage with arnica ointment.

Draining, anti-cellulite, firming

50 min. € 80

Welcome treatment with brushing, specific serum, enveloping wrap with algae, mud or binding in accordance with the type of blemish, and application of a specific product to finish.

Revitalising treatment with honey and arnica

80 min. € 110

Welcome treatment with warm cloths, full-body brushing, detoxifying back massage, muscular relaxing and revitalising warm mud and arnica wrap. Full-body massage with warm oil to finish.

Relaxing foot treatment

50 min. € 60

Scrub, wrap and massage.

Combined bio-revitalising face and body treatment

110 min. € 165

Dedicated to those looking for full revitalisation in a single session, with our #PinetaExperience method. Super intensive facial treatment with specific products according to skin type and detoxifying body treatment with brushing, mud and hay wrap and massage. Two hours of pure pleasure that will leave your skin with an unparalleled sensation of complete well-being.



Facial treatments

Advanced beauty

Facial pampering

20 min. € 40
Facial pampering with our #PinetaExperience products: cleansing and toning to begin, followed by a relaxing facial, neck and chest massage with a cream enhanced with the fragrances of the Valley..

Baby-junior Pineta (under 16)

50 min. € 50
A purifying treatment for young skin, with skin cleansing, exfoliation and purification, as well as a specific wrap to restore balance.

Super intensive

50 min. € 80
A super-intensive treatment with deep cleansing, recommended for those looking to take special care of their skin with specific products in accordance with the type of blemish. Cupping, carried out by our Beauty Staff, will free your skin of impurities and toxins, promoting deep regeneration. The final mask, combined with the massage, will leave you with an intense sensation of freshness. Recommended prior to any other type of treatment.



Biodynamic facial treatment

80 min. € 115
Biodynamic facial treatment with a lifting and plumping effect. Recommended for clients aged 40 and over, it has been studied to stimulate and visibly reduce expression lines. The treatment is based on an innovative and refined protocol that aims to penetrate deep into tissue, regenerating it from within.

Premium facial treatment

110 min. € 165
Our top facial treatment provides deep skin regeneration, stimulating the production of collagen and elastin, releasing muscular tension in the neck and shoulders. Our very best solution for fully regenerating your face, with amazing results.





Massages

Relaxing

Pineta Plus

20 min. € 45/50 min. € 75

The classic relaxing massage is one of the most traditional treatments for combating fatigue and allowing the body to relax. The movements used, the soft lighting, the warm oil and the background music encourages the natural production of endorphins, rebalancing the body's energy.

Extra pampering

Complete your massage with a moisturising and relaxing facial mask.
+ € 20

For an even more draining and revitalising effect, with selected honey.
+ € 15

Increase the sensation of well-being provided by the massage with the addition of cupping, for a relaxing and revitalising effect.
20 min. + € 30

Nordic deep-tissue treatment

20 min. € 50/50 min. € 90

Welcome SPA treatment with detoxifying, warm roller and cupping on the back, deep-tissue massage with Alpine arnica, and detox drink to finish. The purpose of this massage is to relax muscle stiffness and relieve muscle contraction.

Rebalancing treatment

Californian - Holistic massage

50 min. € 75

A holistic massage aimed at physical well-being through enveloping motions and warm oil. Physical and spiritual balance for an experience of pure pleasure.

Abhyanga

Holistic massage to combat insomnia

50 min. € 85

An essential treatment for well-being, it has a physical and psychological effect on the subject, with the aim of harmonising the doshas and eliminating physical and mental toxins, beginning with a stream of oil on the forehead.

Therapy Massage

50 min. € 90/80 min. € 135

An energising and revitalising holistic massage that begins with aromatherapy using selected essential oils, a stream of warm oil on the scalp and a full-body massage with a wooden Swiss-pine relaxation roller. Suited to relaxing muscle and revitalising tissue.



Liberamente

Holistic massage

20 min. € 45

Based on the Abhyanga massage, but focused on treating specific zones of the scalp, face, neck and chest. A stream of oil on the forehead is followed by a relaxing massage on the scalp, face, neck and chest.

Revitalising treatment

Pinetasweda

50 min. € 80

A holistic massage that involves beating and delicate brushing motions, with the use of “Pinda”: heated sacks of spices and aromatic herbs soaked in warm oil. This practice, the name of which means literally “to help the body sweat”, exploits the beneficial effects of heat, allowing the herbs in the sacks to release their active ingredients and revitalise the body.

Detoxifying and draining

Resonance therapy with cupping

50 min. € 75

An intensive massage with cupping either on the back or legs.

A specific technique that promotes the elimination of many toxins and provides significant release for the body. The result is an immediate sensation of lightness in the treated area.

The treatment concludes with relaxation accompanied by Tibetan bells.

Personalised treatment

50 min. in SPA € 90

A massage based on the individual needs of the client, with the possibility of combining various techniques (deep-tissue, toning, draining, Thai, Tibetan bells, holistic and energetic movements...) in accordance with the area to be treated and with specific requirements.

Deluxe

50 min + 30 min. relaxation in an Alpine cabin € 112

Following a welcome to the SPA, the treatment begins with full-body brushing to eliminate toxins. The massage technique is chosen by the client and personalised according to their needs. Relaxation enveloped in the fragrance of Swiss pine or hay is followed by treats created by the chef Mattia to be savoured together with a glass of organic apple cider.

Emotional treatment

Pineta Stone with hot and cold lava stone

50 min. € 80/80 min. € 110

This hot stone treatment involves the use of smoothed volcanic basaltic rock, which conserves heat and releases it gradually. This type of natural massage is suitable for a range of conditions, and provides a variety of benefits for both the body and the mind.



Premium

4-handed massage

50 min. € 147

The 4-handed massage is a special treatment that involves harmonised motions by two operators, creating a relaxing and continuous rhythmic flow. Rhythm, tempo, balance and participation generate the physical sensation of an intense and harmonious wave.

Rebirth

PineThai

50 min. in SPA € 90

50 min. in the forest € 115

Thai massage is characterised by pressure and stretching associated with yoga techniques. The purpose of the various forms of manipulation is to provide benefits to the person as a whole, on both a physical and mental level.

From June to September, this experience can be enjoyed in our forest, immersed in the fragrances of nature. We kindly ask clients to wear comfortable clothes for this massage.

PinetaExperience in Love

Pampering for couples

Pampering with Mum or Dad (under 16)

50 min. € 120

A massage dedicated to mothers or fathers together with their children. The treatment ends with a snack prepared by our chef Mattia, accompanied by organic apple juice.



Pineta love

50 min. + 30 min. relaxation € 165

A massage for couples, ideal for those who like to share the pleasure of being pampered in the same cabin, in a relaxing and romantic atmosphere. A snack is served in one of our private rooms at the end of the treatment, created by our chef Mattia and accompanied by a soft drink or sparkling wine.

Pineta love deluxe

50 min. + 30 min. relaxation € 250

Perfect for clients who want to surprise their partner with our most wonderful treatment. Welcome to the SPA with a detoxifying treatment to choose between a warm roller or warm pads on the back, a massage and personalisation, drawing on our entire range of massages, relaxation in a private room with a choice of either Swiss pine or hay, accompanied by a bottle of sparkling DOC wine or soft drink, and a snack prepared by our chef Mattia.

Private room

Alpine cabin relaxation

30 min. € 5 per person

Relaxation in a Swiss-pine Stube or Alpine cabin with hay.

Sparkling relaxation

30 min. € 15 per person

Relaxation in a Swiss-pine Stube or Alpine cabin with hay, accompanied by organic cider or apple juice and a snack prepared by our chef Mattia.

Mountain fragrance relaxation with Alpine butters

30 min. € 20 per person

Relaxation in a Swiss-pine Stube or Alpine cabin with hay, with nourishing face and body butters from our **Pineta Experience**, line, accompanied by organic cider or apple juice and a snack prepared by our chef Mattia.



Beauty treatments

Hands and feet

Pedicure with peeling and final cream application
50 min. € 50 + polish € 5

Application of semi-permanent nail polish
20 min. € 20

Manicure with peeling
45 min. € 35 + nail polish € 5

Manicure with application of semi-permanent nail polish
80 min. € 55

Removal of semi-permanent nail polish hands/feet
10 min. € 10



Hair removal

Lip € 5

Eyebrow € 10

Small areas
armpits, groin, linea alba, full face
€ 15

Medium-sized areas
lower leg, thigh, arm, chest, back € 30

Full leg € 40



SPA life

Opening hours

Our wellness centre is open every day from 10 a.m. to 9 p.m.

Children may access the swimming pool if accompanied by an adult and preferable no later than 5.30 p.m.

The sauna and Turkish bath are operational from 2 p.m. to 9 p.m.

Mobile phones

Our SPA is an oasis of tranquillity and relaxation, and we therefore kindly ask you to switch off your smartphone or leave it directly in your room.

Bookings

Our wellness centre is extremely popular, and we therefore suggest you book your treatments as soon as possible, even prior to your arrival at the hotel.

Contact us from home:
Hotel number **0463/536866**

Email naturespa@pinetanatureresort.it

Contact us directly from your room:

Internal hotel numbers
RECEPTION SPA 438 o 480

Internal hotel numbers
RICEVIMENTO 9

Delays and cancellations

Please remember that if you are late for your SPA appointment, this may have an influence on successive treatments for other guests. As a result, it may be necessary to reduce the length of your treatment. In this case, you will still be charged the full amount.

Furthermore, any treatments not cancelled at least 24 hours in advance will result in a 50% penalty charge. We recommend that you arrive for your treatment a few minutes early in order to fully enjoy your wellness experience.

What to wear

To access our wellness centre, all you need is a bathrobe and slippers. We recommend that you always have our bag with you, which contains large towels. These will be necessary in order to access the saunas. Please remember to also bring a swimming costume, which is essential for access to the swimming pools and whirlpool baths. Bathing caps are not mandatory. Access to saunas is exclusively without a bathing costume, using a towel to cover yourself. Please take used towels back to your room, so that they can be substituted the next day by housekeeping. Lastly, for your security, we recommend you leave jewellery and valuables in the safe in your room.



Access to the sauna is forbidden for children under the age of 18. Exceptions can be made, subject to the prior signing of a waiver at reception.

Your health is a priority

Please inform us immediately of any health complications or allergies, or if you are pregnant. We will be delighted to help you choose a wellness package that is suited to your needs.

Explore our Day Spa options



Gift vouchers

Do you want to give someone special one of our treatments? Explore the Beauty Gift Cards on pinetanatureresort.it or ask for information directly from reception.



We wish you
a relaxing stay!



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Val di Non  TRENTINO