
LA PALSA SPA



LAGACIÓ
HOTEL MOUNTAIN RESIDENCE

“LA PALSA”

is the Ladin translation of relaxation.

It is the name chosen for the Spa of Lagació and heralds what unfolds in the heart of the structure; a wonderful space dedicated to well-being and regeneration, an environment permeated with tranquility and harmony in which to rely on expert hands for a massage or beauty treatment with prestigious cosmetic lines such as

GEMOLOGY COSMETICS PARIS and VITALIS TEAM DR. JOSEPH.

Relaxation continues in the Finnish sauna, in the biosauna, with a Turkish bath, a hay bath or in the outdoor hot tub. In the elegant relax area it's easy to immerse yourself in a new space-time dimension.

After the sauna, the more daring will go outside for a dip in the large tub of ice-cold water. Thermal shock takes us back in time, to the ice age from which our mountains were born 250 million years ago.

**We are happy to welcome you
Your SPA Team**

INDEX

Introduction	4
Gemology Cosmetics Paris	5
Gemology Facial Treatments	6 - 7
Beauty Treatments	8 - 9
Alpine Treatments	10 - 11
Massages	12 - 15
Perfect body	16 - 19
Wraps	20 - 21
Precius body rituals	22 - 25
Packages	26 - 27



INTRODUCTION

SAUNA

3.00 - 8.00pm · entry not permitted under 16 years of age

Sauna is a nudist area

FIT & FUN POINT

07.00am - 8.00pm · access not permitted to children under 14 years of age, or accompanied by an adult

BOOKING TREATMENTS

To allow us to best meet your scheduling needs, we suggest you book your treatments in advance. The "La Palsa" spa team and our reception staff will be happy to assist.

ADVICE AND HEALTH

Your well-being is important to us. Before each treatment we will be happy to provide you with detailed advice. Please inform us about your specific needs as well as any ailments or health problems.

TIME FOR RELAXING

Take plenty of time to enjoy your treatment and go to the spa a few minutes before your scheduled appointment, wearing your bathrobe and slippers. Bear in mind that in case of delay the treatment cannot be extended, so as not to penalize guests who booked after you. We also ask you to refrain from using smartphones or electronic devices in the "La Palsa" spa area.

CANCELLATION

Cancellation of a treatment up to 24 hours before the agreed appointment does not incur any costs. In case of short-term cancellation, 50% of the cost of the treatment will be charged. In case of "no show" the full amount of the treatment will be charged.



YOUR SKIN IS PRECIOUS GIVE IT THE TREATMENT IT DESERVES!

GEMOLOGY COSMETICS PARIS

THE HISTORY

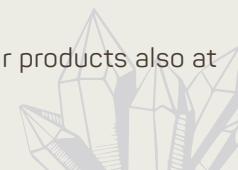
Gemology was born 17 years ago from the dream of Chrystelle Lannoy and the formulator biologist Jean-Claude Bozou, creators of Mineralcosmetics from precious gems, awarded in 2021 as Cosmetic Oligotherapy. After several years of scientific research, Gemology has revealed to us the secret of beauty and health hidden in the heart of minerals. Thanks to sophisticated extraction techniques from precious gems, Gemology obtains "essential" trace elements and integrates them into the formulas of its products and treatments.

SCIENCE PROVEN

The power of trace elements in synergy with plant extracts (flowers, plants, fruits), essential oils and bio-technological peptides, carries out visible actions on the skin immediately.

EFFECTIVENESS TESTS: clinical studies for individual products and treatments are available for consultation. Naturalness and authenticity of the formulas which do not contain parabens, propylene glycol or alcohol, using only bio-preservatives and essential oils.

Wellness doesn't end here...keep pampering yourself with our products also at home, available for purchase at the spa-reception.



GEMOLOGY FACIAL TREATMENTS

ESSENTIAL FACIAL TREATMENT

A purifying cleansing followed by a gentle exfoliation prepares the skin for a relaxing massage with a mineral cream and precious gems, promoting a draining and de-stressing effect that reactivates the skin's vital energy. A soft, creamy mask, selected according to your skin type, is then applied and enhanced with a concentrated serum, followed by the most suitable cream to perfectly even out and nourish your complexion. The treatment delivers excellent results thanks to oil-based elements extracted from precious gems, leaving the skin revitalized, balanced, and radiant. On request also available with our organic Blue Amber line for more sensitive skin.

50 min 90 €

PRECIOUS FACIAL TREATMENT

Starting with a gentle cleansing ritual, the treatment continues with an exfoliation that renews and instantly illuminates the skin, stimulating cell turnover. A deep manual cleansing follows to remove all impurities with precision, along with eyebrow correction. We then reach the heart of the treatment: a specific micro-emulsion, working in synergy with a precious gem massage, simultaneously relaxes and plumps the skin, restoring comfort and vitality. The most suitable mask is applied, chosen from thermo-active cast, alginate, gel, or collagen, each formulated to deliver the essential substances, minerals, and active ingredients your skin needs to glow. To conclude, a super concentrate combined with your personalized face cream infuses the skin with radiance and nourishment, leaving your complexion revitalized and luminous.

80 min 130 €

ULTRASOUND LIFTING

This intensive treatment uses a new process to make the skin firmer, more coloured, tighter and shinier. The mineral and vegetal active ingredients, aided by ultrasonic frequencies, penetrate into the deepest layers of the skin. This means that: the potential of the active ingredients can be expressed to the maximum. The treatment is personalized according to individual needs, depending on the skin condition: cleansing, deep peeling with enzymes and ultrasound, mask, lifting or ultrasonic repair, facial massage and day cream.

80 min 145 €



FACIAL BEAUTY TREATMENT

Eyebrow correction	15 min	12 €
Eyelash coloring	20 min	15 €
Eyebrow coloring	20 min	15 €
Coloring eyelashes and eyebrows	30 min	25 €

HAND BEAUTY TREATMENT

Aesthetic manicure	50 min	40 €
Manicure with colored nail polish	60 min	47 €
Manicure with semi-permanent nail polish	70 min	65 €

AESTHETIC FOOT TREATMENT

Aesthetic pedicure	50 min	42 €
Pedicure with colored nail polish	60 min	49 €
Pedicure with semi-permanent nail polish	70 min	74 €



SKINS

Effective and gentle hair removal!
Better results and less irritation

Half leg	20 min	25 €
Whole leg	30 min	48 €
Bikini area	20 min	19 €
Total crotch	30 min	29 €
Armpits	15 min	17 €
Upper lip	10 min	10 €
Arm	20 min	27 €
Back	25 min	29 €
Chest	15 min	17 €
Chest and abdomen	25 min	29 €

SOLARIUM

Single seat	15 min	25 €
Package of three sessions	3x15 min	70 €

ALPINE TREATMENTS

AROMATIC MASSAGE

Beneficial full body massage with aromatic oils. The gentle contact of the hands with the skin guarantees relaxation for the body and mind. Harmony and tranquility or energy and vitality: choose the blend of oils according to your preferences and your mood of the moment.

50 min 80 €

ENERGIZING HERBAL STAMP TREATMENT

The pouches of the carefully selected blend of alpine herbs are applied with rhythmic tapping, helping to stimulate circulation, relieve stress and activate the metabolism. Combined with the finest aromatherapy oils, this treatment restores balance, boosts vitality, and leaves you feeling refreshed and energized.

50 min 87 €

HAY BATH

It is a traditional practice that is very widespread in the Tyrolean regions. Its secret are medicinal plants contained in the hay: in humid heat, the mixture of herbs releases the active ingredients which are absorbed by the body. Detoxifies, reactivates circulation, relieves muscle and joint pain.

25 min 45 €

50 min with partial massage 80 €

HONEY MASSAGE (back)

Thanks to its antioxidant properties, nectar purifies and slows down the skin's aging process. With the massage, honey penetrates the connective tissue level, stimulating the entire organism through the reflex points of the back. By reactivating the circulation, it carries out a purifying action and strengthens the immune system.

50 min 80 €





SOOTHING MASSAGES

COUPLE'S MASSAGE

For a special moment with your partner, enjoy a relaxing massage together – a way to meet and enjoy a wonderful experience for two. Finally, to best end this magical moment, you will be spoiled with bubbles and fresh fruits to pamper yourself at high altitude. The couple's massage thus becomes a way to share precious moments of relaxation as well as an excuse to carve out a few hours of intimacy given that daily commitments often take away time from spending with our better half.

50 min 165 €

CHOCOLATE CUDDLES

Child massage

Infant massage is not only a technique, but also a way to communicate with the child on a tactile level. It can be done from the first days of life. It has a stimulating effect on infants and children on respiratory, circulatory and gastrointestinal function. Ideal for rebalancing the wake-sleep rhythm and helping the child relax.

25 min 40 €

A TOUCH OF WARMTH

GEM-MASSAGE

Pure gems, energetically active, rich in positive vibrational waves, are able to synchronize physical and mental frequencies. The gems are pure and powerful, warm and pleasant on the body. A precious tool to massage face and body, they give a pleasant sensation of deep well-being.

50 min 85 €

80 min 117 €

HOT STONE

Throughout history, ancient civilizations and cultures have always used stones to rebalance the chakras or counteract negative energies. The application of hot lava stones on the body loosens muscle contractures, leaving a feeling of well- being and lightness.

80 min 117 €



CLASSIC MASSAGES

RELAXING MASSAGE

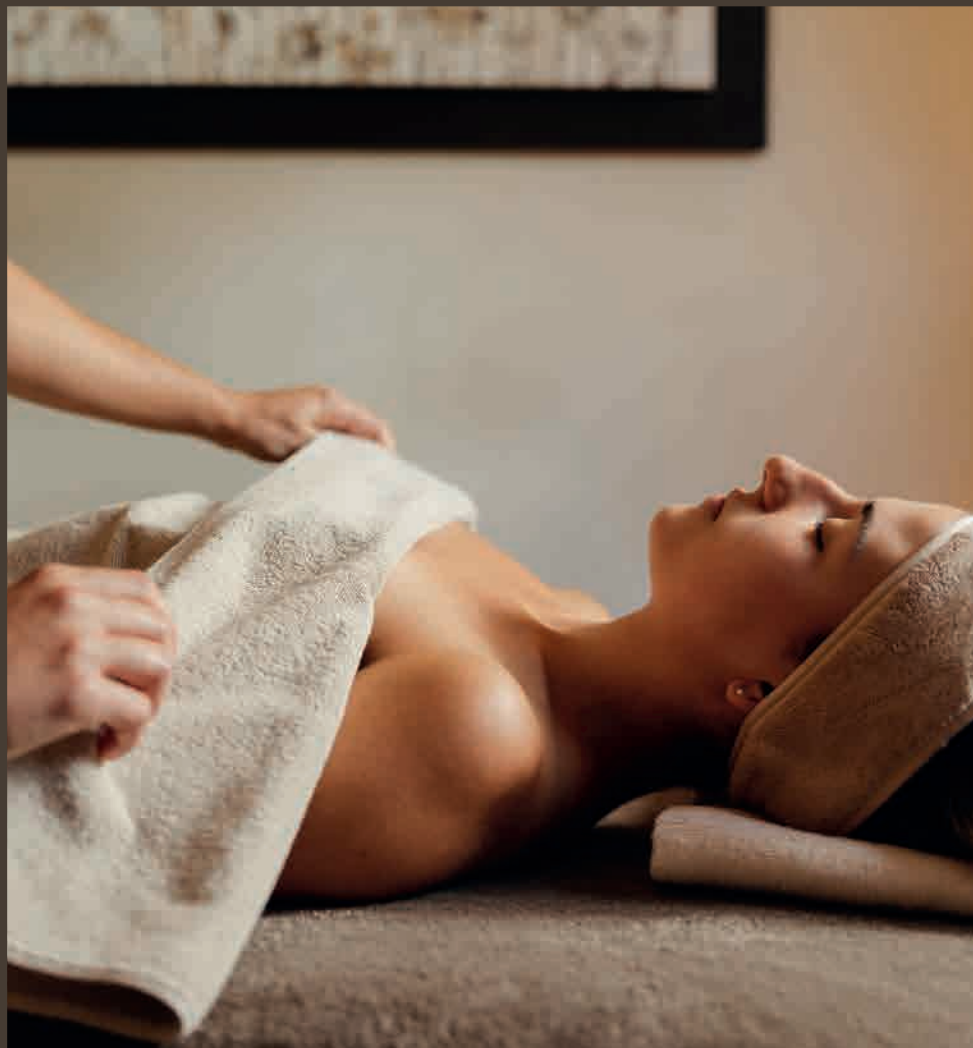
The relaxing massage with delicate and rhythmic movements has a positive effect on the muscles, improves mood and psycho-physical balance.

25 min	40 €
50 min	75 €
80 min	110 €

SPORTS MASSAGE

Vigorous massage that acts on muscle groups, reactivates circulation, warms the muscles, promotes the elimination of metabolic toxins produced during sporting activity and gives a feeling of profound well-being.

25 min	47 €
50 min	85 €
80 min	118 €



LYMPHATIC DRAINAGE “VODDER” METHOD

Light manual massage stimulates the lymphatic system, detoxifies, dissolves stasis and reinvigorates the immune system by having relaxing effects on the vegetative nervous system.

25 min	40 €
50 min	75 €

FOOT REFLEXOLOGY

Our body is reflected on the sole of the foot: foot reflexology is a technique through which the balance of the body is re-established, using a particular type of massage that stimulates points consequently related to organs and systems.

25 min	42 €
50 min	75 €

COMBI MASSAGE

Foot reflexology, followed by a decontracting or relaxing leg or back massage.

50 min	82 €
--------------	------

PERFECT BODY

ANTI CELLULITE

Reshaping massage with cups

A manual reshaping massage with cupping, to work the connective tissue in the best possible way. Firmer and smoother skin in the affected areas.

50 min 82 €

DORSALIS

Regeneration of the entire back

A back restorative treatment with highly effective natural functional ingredients and a personalized massage. Sound bowl and cupping techniques release tension in the back muscles and improve the dynamics of the spine. Long-lasting relaxation for your back. Free yourself from tensions and contractures. Straight on the outside, calm on the inside!

50 min 82 €

HEAD & NECK

Relaxing face, head and shoulder massage

In this unique method carried out with manual massage techniques, acupressure with basalt sticks and powerful plant extracts, tension in the head, neck and shoulders is relieved. Deep touches give a pleasant feeling of relaxation from daily stress. The microcirculation, sensory organs and nervous system are intensely stimulated.

50 min 82 €

ABDOMEN

Treatment for the abdominal area

This program tones the belly, promoting intestinal regularity. Thanks to the decongestion of the abdominal area, there is a reduction in the belly. The vibrations of the Tibetan bells at the end of the vita sound massage open the chakras.

50 min 82 €





PRECIOUS BODY RITUALS

A relaxing Welcome with Precious Gems envelops the body in a deep sense of calm while activating drainage and microcirculation. A delicate exfoliation with salt crystals enriched with precious minerals follows, preparing the skin for the body wrap. The Gem Massage, performed with energetically active gemstones, generates positive vibrational waves throughout the body, restoring balance and renewed vitality. This treatment can be fully personalized according to your body's specific needs.

Depending on your wellness goals, the ritual can be tailored to sculpt the silhouette, deeply remineralize the tissues, provide an anti-aging effect, or deliver a delightful sensation of lightness to the legs. You will find more details about the different body wrap options on the next page.

110 min 154 €

BODY PEELING PERFECT PURITY

For a softer, lighter and brighter skin, peeling that gives shine and leaves the skin to a new life.

25 min 40 €

HEALTHY WRAPS

ROTORUA REMINERALISING WRAP

This pack provides the skin cells with essential minerals to maintain their functionality at their best. It is deeply detoxifying and with its self-heating action it is perfect for muscle relaxation. The "Maori" consider this volcano a symbol of purity.

25 min	40 €
50 min with partial massage	80 €

TEA AND COCOA SLIMMING WRAP

Costa Rican cocoa beans are a rich source of minerals and vitamins. The theobromine contained in cocoa provides a stimulating and detoxifying effect. Young green tea leaves from Asia help stimulate fat oxidation and offer a powerful detoxifying action on the skin.

25 min	40 €
50 min with partial massage	80 €

PINK GARNET ANTI-AGE WRAP

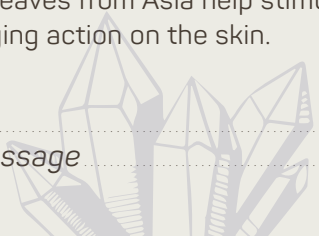
Garnet Gems stimulates and regenerates the skin in depth, blueberry contains a powerful antioxidant with anti-aging action and raspberry prevents skin hypersensitivity. A unique formulation for a delicately scented and velvety treatment. The skin becomes toned, smoothed and protected against external aggressions.

25 min	40 €
50 min with partial massage	80 €

LIGHT MINT AND HORSE TAIL LEG WRAP

Mint leaves contains menthol, which gives a sensation of freshness to the skin and stimulates the blood circulation, reducing the sensation of tired and heavy legs. With a reviving, stimulating effect.

25 min	40 €
50 min with partial massage	80 €



TRIP AROUND THE WORLD

FROM INDIA

AYURVEDA • The science of life

Ayurvedic massage has very ancient Indian origins and is based on a holistic conception of man which considers the uniqueness of body and mind. Its goal is to restore organic balance and maintain physical and mental health. It protects vital areas of the body (called marma) and increases natural defenses.

ABHYANGA • Ayurvedic massage

Mind and body meet and thanks to expert touches, specific maneuvers, all with absolute dedication, they find a balance of peace and harmony. Concentrate on the essentials and enjoy deep relaxation.

50 min **82 €**

KERALA • Ayurvedic massage

Ayurvedic full body massage from head to toe. It releases tension, strengthens the immune system and restores psychophysical balance.

80 min **114 €**

FROM HAWAII

Lomi Lomi Nui

In the past, Lomi Lomi Nui, also known as soul massage, was considered a sacred ritual, a healing technique and a rite that accompanied the transition phases in life. Through a series of long and rhythmic movements, it relaxes the muscles and loosens the joints, resulting in both relaxation and toning. Excellent for circulation, it aims to reestablish a balance between body and spirit, giving serenity and love to the person treated with the massage.

50 min **82 €**

FROM JAPAN

KOBIDO

The Eternal Youth Massage

A rejuvenating ritual focused on the face, neck and head that promotes deep well-being. Hailed in Japan as a natural alternative to a facelift, this luxurious treatment combines sculpting and draining techniques to define facial contours, smooth expression lines, boost microcirculation, stimulate collagen production and oxygenate the tissues for a radiant, youthful glow.

25min **45 €**

With facial mask 50min **80 €**



FROM THAILAND

Thai massage

Thai massage, based on compressions, acupressure and stretching, releases energy, promotes the elimination of toxins and facilitates mobility. The various techniques of Thai massage, based on the theory of meridians, are still passed down from generation to generation today. The purpose of Thai massage is to reactivate interrupted or difficult energy circulation, leveraging the body's self-healing potential.

80 min 123 €

POSTURAL AWAKENING

Well-being begins with your spine.

Enhancing physical and mental well-being through spinal-focused postural therapy.

More than just a massage, this postural experience, works on the spine to rebalance and support the entire body. Using deep, mindful techniques, stretches, gentle mobilizations and targeted release. It helps dissolve tension, relieve physical and emotional blocks and promote a natural sense of alignment and inner clarity. Ideal for those seeking to feel lighter, more aligned and emotionally balanced.

80min 127€



PACKAGES

POLISH & PRESSURE POINTS

From Pampered Hands to Light Feet. This package combines flawless beauty treatments with a targeted reflexology massage, for a wellness experience that begins with outer beauty and reaches deep within.

💎 **Manicure with semipermanent nail polish**

💎 **Pedicure with semipermanent nail polish**

💎 **Feet-reflexology massage** 25 min

..... 181,00€ **162,90 €**

TENSION RELEASE JOURNEY

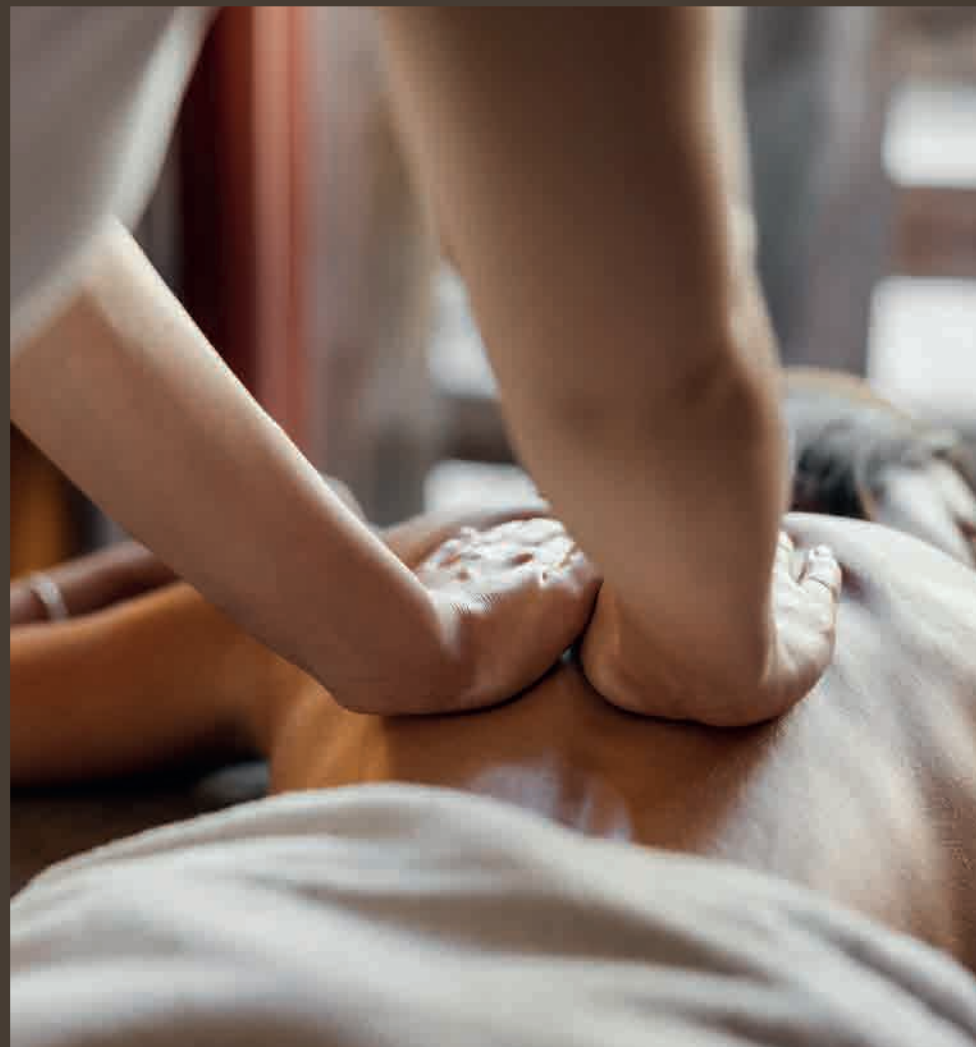
A journey designed to release deep-seated tension and restore lightness and vitality. Ideal for athletes, but also perfect for those experiencing physical fatigue.

💎 **Deep tissue massage** 50 min

💎 **Mint and horsetail leg wrap + partial massage** 50 min

💎 **Dorsalis massage** 50 min

..... 247,00€ **222,30 €**



RELAX & REBALANCE

A complete ritual that harmonizes body, mind and skin, combining ancient traditions with modern wellness techniques.

💎 **Kerala ayurvedic massage** 80 min

💎 **Relaxing massage** 50 min

💎 **Hay bath** 25 min

💎 **Essential Gemology facial treatment** 50 min

..... 324,00€ **291,60 €**

DETOX & DEFINE

A complete treatment that regenerates the body, awakens energy and reshapes the silhouette, bringing lightness, harmony and natural beauty.

💎 **Precious body ritual** (scrub, gemmassage and body-wrap) 110min

💎 **Reshaping massage** 50min

💎 **Abdomen treatment** 50min

..... 318,00€ **286,20 €**

Your sanctuary
of tranquility,
where every breath
is pure
relaxation.



Micurá de Rù 48, I-39036 San Cassiano
Alta Badia · Dolomites · Südtirol · Italy
T +39 0471 849 503 · info@lagacio.com
www.lagacio.com

