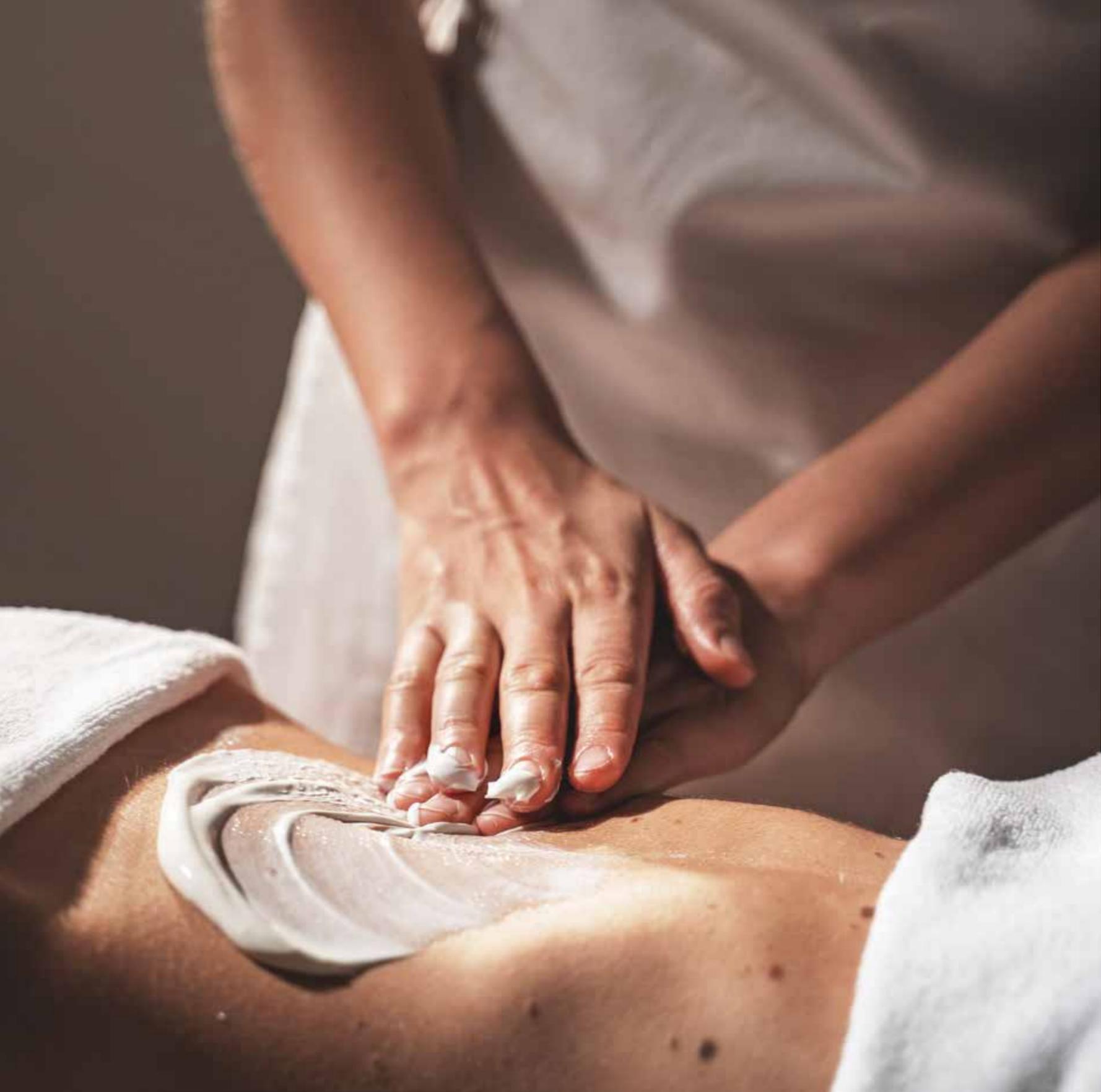




Massages and Rituals



TE JAGA SPA

beyond ordinary

A mountain tale, a story that tells of nature, tradition and well-being.

Te Jaga Spa, a place to get lost so you can find yourself, where every colour and fragrant space is designed to offer you timeless moments of pure, high-mountain well-being.

Our holistic philosophy, respectful of individual needs, knows that each of us is unique and distinctive. Our team of expert operators will guide each guest on a sensation-filled and personalized journey.

Te Jaga Spa's aim is to recreate and help you experience the authentic well-being of bygone times that was felt in the "mountain huts" during the long and silent summers in Val di Fassa. Even today, the wind seems to whisper stories of men and women with full, generous hearts. Just like the welcome we have in store for you...



COSMETIC LINE

TE JAGA SPA COMETICS

the wellness brand with an alpine flair

We have created an exclusive line just for our guests, all made from local products!

We want to offer you an extraordinary beauty experience and the chance to continue your self-care by taking home a tangible memory of your vacation.

Careful research, high quality and sustainability are important values. Te Jaga Cosmetics firmly indorses them, uniting nature and innovation!

The Dolomites and the mountain environment are natural laboratories. Lemon balm, honey, lavender, dolomite rock, and milk are all gifts of the territory and of the Ladin tradition that are the base of our highly performing cosmetics.

OUR PARTNERS





BEAUTY INFO

Time is precious. We suggest that you reach the reception of the wellness area five minutes before the treatment, to begin the experience of enveloping well-being that awaits you in total relaxation. Any delay will reduce your treatment time.

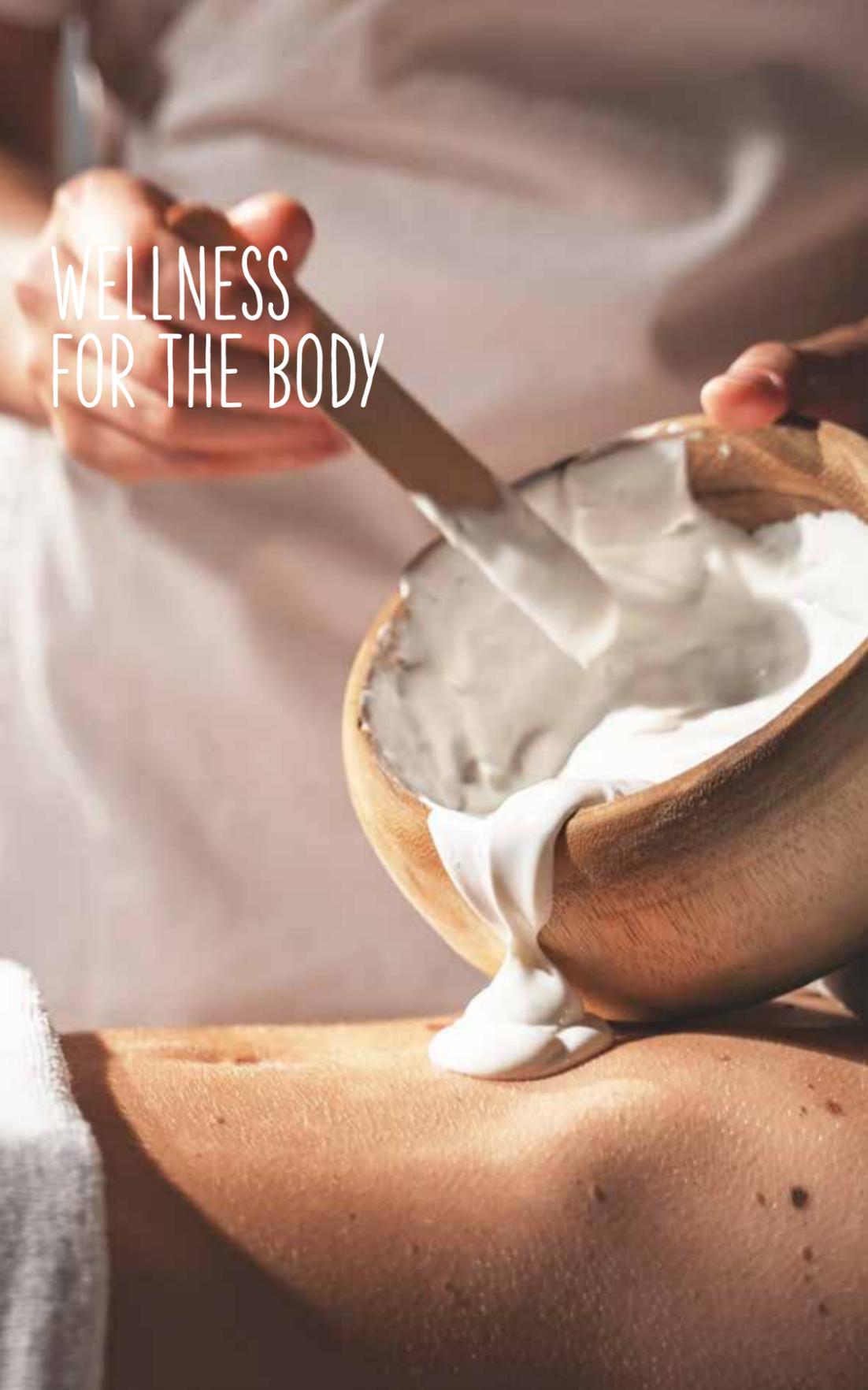
Your health is important. Inform us if you are pregnant, have any medical issues or pathologies; some treatments are not recommended and it is vital that our operators have all the information to advise you in the best possible way.

Clothing. We recommend that you wear a bathrobe before the treatment, leaving valuables, rings, bracelets and anything bulky in your room.

Cancellation. It is possible to cancel the reservation free of charge within 24 hours prior; for late communication, 50% of the cost of the treatment will be charged. In case of non-communication, the entire amount will be charged.

Techniques and professionalism. Some treatments may not always be available, as they vary from operator to operator.

Treatments. If 3 individual treatments are exceeded, a 10% discount on the total will be applied.



WELLNESS FOR THE BODY

PURITY RITUALS

BODY PURE

20 min. > 38

Body exfoliation; purifies, regenerates, illuminates and smoothes the skin, preparing it for massage.

- Regenerating and invigorating
- Purifying and detoxifying
- Delicate and nourishing

BODY BRUSHING

20 min. > 40

Regenerates the skin thanks to the exfoliating action of special natural fibre brushes; through a gentle massage, circulation is reactivated and swelling is naturally reduced.

BODY PROGRAMS

BODY POSITIVE

DOLOMITI DETOX

Body

50 min. > 78

Face and body

75 min. > 110

Herbal salt crystals and mountain essential oils free the body of toxins, purify the skin in depth, a three-step treatment for a feeling of lightness and newfound purity.

NIGRITELLA ELISIR

Body

50 min. > 78

Face and body

75 min. > 110

Immerse yourself in a treatment that nourishes and satisfies all the senses. Nigritella, rich in emollient and moisturizing properties and its intoxicating scent will usher you into a state of total relaxation. A multi-stage treatment where mind and body unite while the skin regains vitality.

BODY STYLING

50 min. > 75

Shock treatment with the application of products to target problem areas, ask for a consultation with our operator who will organize the most suitable programme for you. (at least 3 sessions are recommended)

- Slimming and reducing
- Draining and anti-cellulite
- Firming and modelling

OLYMPIC WELCOME

50 min. > 70

- Foot bath with mountain pine and anti-fatigue juniper
- Smoothing and softening mini spa manicure
- Stimulating foot massage
- Acupressure on the face and head to calm the mind
- Eye mask to relax your eyesight

BODY MASK A' LA CARTE

Pamper your body with a pack rich in trace elements essential for the health and fitness of your skin. You will feel younger and full of vitality!

Lavender, mountain pine, Swiss pine, honey, milk, and arnica are just some of the plants included in this luxurious formula.

BODY MASK

25 min. > 40

SCRUB OR BRUSHING PLUS PACK

40 min. > 60

SCRUB, PACK AND OIL

50 min. > 78

BACK RELAX

40 min. > 60

Muscle-freeing mud with alpine herbs and a targeted back and neck massage. Like taking a heavy backpack off your shoulders.

BEAUTY AND FREEZY LEGS

40 min. > 60

Draining massage, bandage or pack to eliminate swelling and tiredness of the legs, protect blood vessels and stimulate circulation for immediate relief.



WELLNESS FOR THE FACE

FACE SKIN CARE

FACIAL CARE

TE JAGA DEEP CLEANSING

70 min. > 85

A complete treatment of scrub, steam, massage, vials and specific mask for a new sense of facial purity

With facial depilation and eyebrow correction > 90

QUICK CLEANING

25 min. > 40

Mini treatment with mask, cleansing and vial that refreshes and illuminates the face.

POWER MINI LIFT

25 min. > 45

Cocktail of highly concentrated puractives, a burst of energy and vitamins for the skin.

NOURISHING MALGA MILK

50 min. > 80

Food for the skin! Deeply nourishing, this raw milk treatment, rich in proteins and ceramides, is a true beauty ritual for undernourished skin to regain firmness and radiance.

SKIN BALANCE

50 min. > 78

It balances and decongests by refining the pores of even the most impure and oily skin.

SENSITIVITY

50 min. > 78

When the skin loses its regenerating power, it becomes sensitive and fragile; it reddens and is prone to breakouts. This treatment repairs and stimulates the skin's natural immune system.

EDELWEISS ACTIVE LIFTING

50 min. > 90

DELUXE VERSION

80 min. > 125

Not just an antiaging; prevents damage from photo and chrono-aging, activates collagen in the skin, relaxes the muscles of the face for a natural lifting effect. The face regains firmness and radiance. A highly performing treatment even for the most stressed skin.

NEW ENERGY FOR MEN

50 min. > 78

Dolomite water rich in oligo magnesium, hyaluronic acid and vitamin C for an unparalleled boost of vitality and energy. Specific treatment for the most demanding male skin.

OLYMPIC RHEA DERMOLAYERIN

You must try a treatment like this at least once in your life. A ritual that floods the skin with highly penetrating active ingredients. Deeply effective, so pleasant that you may fall asleep and when you wake up you will find your face renewed. An all vegan line with great powers of penetrability. What does your skin need? What future awaits you? With Rhea, you can compose treatments and products formulated just for you.

Dermolayerin in sessions of 25 - 40 - 50 - 80 minutes.

What are your problem areas? How quickly do you want to solve the problem?

The more layers applied, the more the WOW effect!

25 min. > 50

40 min. > 68

50 min. > 85

80 min. > 135

MY STYLE

HAIR STYLE

Set and styling > 45

Shampoo, conditioner and styling > 35

AESTHETICS

Manicure > 45

Pedicure > 55

DEPILATION

50 min. > 45

30 min. > 37

Small areas > 18

UVA TANNING

Facial solarium > 15



MASSAGE

CLASSIC MASSAGE

take your time

RELAX FLOWER MASSAGE

50 min. > **75**

Aromatic massage with 100% organic essential oils. Its slow and deep manoeuvres calm the nervous system and relax the muscle groups. The power of the essences increases the anti-stress effect. (Also splendid for couples).

SWEDISH MASSAGE

50 min. > **75**

The Swedish massage acts on the vascular and lymphatic circulation, oxygenates the muscles, frees the body of toxins, and stimulates the return circulation for an immediate sensation of overall well-being.

DRAINING MASSAGE

50 min. > **75**

Promotes the elimination of excess fluids, ideal in case of swelling, chronic fatigue and heaviness in the legs.

CALIFORNIAN MASSAGE

50 min. > **75**

A massage that touches the soul, the fluid movements wrap and drain, recreating inner balance.

BEST SELLER

“ALL MINE” MASSAGE

50 min. > **80**

80 min. body, face and head > **125**

Together with the operator, choose the massage technique and oils that are most suitable for you, for a super personalized massage!

DORSAL DECONTRACTING MASSAGE

50 min. > **80**

Energetic and vigorous massage that acts intensely on tightness and stiffening of the muscle groups, if performed before sporting activity it increases performance, afterwards it loosens and relaxes.

PARTIAL MASSAGE

20 min. > **38**

- Legs and feet
- Back and neck
- Face and scalp

EXFOLIATING MASSAGE

40 min. > **60**

With rice powder, rose and ylang ylang.

RITUAL MASSAGE

when the massage is a sensory experience

MOST TYPICAL

HERBAL MOUNTAIN MASSAGE

50 min. > **80**

The hot sachets with medicinal herbs from the mountain plateaus warm and relax the body, the active ingredients inside have exceptional great anti-inflammatory and detoxifying power. The massaging movements stimulate and tone muscles and eliminate energy blocks.

LOMI LOMI NUI

50 min. > **80**

It derives from an ancient Hawaiian healing ritual, the slow and delicate massage alternates with rhythmic and deep movements that come and go all over the body like waves. It relaxes and regenerates, touching the heart and soul.

MOST COMPREHENSIVE

ANTISTRESS TE JAGA WITH PHYTHOMELATONIN

70 min. > **100**

Combining the benefits of massage with the vibrations of Tibetan bells and heat techniques. This is an almost hypnotic treatment; the phytomelatonin induces calm and rest, instilling serenity.

EARTH & SKY

40 min. > **60**

50 min. > **75**

Earth and sky, roots and spirit, a psycho/physical massage that works on energy points with acupressure and enveloping manoeuvres of the head, face and feet.

CANDLE MASSAGE

50 min. > **80**

An anti-stress par excellence that combines myofascial manoeuvres with deep nourishment of the skin using shea butter. The warm butter, heated by the flame helps the body to release new energy.

RESONANZ DORSALIS

40 min. > **60**

50 min. > **75**

Specific for the back, a variety of techniques that combine cupping and heat therapy with Tibetan bells. Unblocks, frees, relaxes, and reactivates.

THERAPY MASSAGE

in corpore sano

POSTURALE

ORTHO-BIONOMY

50 min. > **85**

A postural treatment that rebalances the posture through analgesic manoeuvres and positions, loosening muscle blocks and relaxing. We are made up of physical, energetic and emotional components. With this technique, we place these three elements in a harmonious relationship, the best way to stay healthy.

ACQUABIONOMY

30 min. > **65**

Postural realignment in water where maximum movement and total weightlessness is possible. The parts of the body with greater stress are treated, knees, shoulders, hips and neck.

FOOT REFLEXOLOGY

2 min. > **40**

50 min. > **75**

Acupressure technique on the soles of the feet that stimulates the body's reflex points, triggering the ability to self-heal and invigorate.

CHAKRA MASSAGE

50 min. > **75**

It acts on our strongest energy centres. The use of specific essential oils suitable for each chakra helps to rebalance them.

HOMOENERGETIC MASSAGE

50 min. > **75**

A massage designed to stimulate the body's energy, which, if dormant, generates a sensation of cold in the extremities and chronic fatigue. The increase in circulation oxygenates the blood by stimulating natural cell regeneration. More than a massage—a charge of energy!

SHIATZU FACE

40 min. > **60**

Delicate massage on the head, face and neck points promote the relaxation of tension, encouraging a more open and soft expression.

AYURVEDIC ZONE

the ancient medical system

ABYHANGA

50 min. > **80**

With marma points stimulation (which increases its efficiency)

70 min. > **100**

Oiling the body with Ayurvedic medicated oils that harmonize the Doshas (the biological constructive principles of every human). Improves blood and lymphatic circulation, has a beneficial effect on the spine, deeply nourishes and tones the skin and muscles, positively influences the psychophysical state. Lessens nervous tension that creates anxiety, insomnia, migraines and digestive disorders. Includes stimulation of the marma points (increasing the effectiveness).

KERALA ABYHANGA

80 min. > **130**

It exerts an intense action on body, mind and spirit, restoring the balance between the forces that govern the psychic, energetic, physiological and structural level, whose disharmony determines the onset of fatigue and illness.

Seven positions as seven are the chakras to restore balance and serenity. With stimulation of the marma points.

PINDASWEDA MASSAGE

50 min. > **80**

It is an ayurvedic treatment that is performed with bags containing medicinal herbs and essential oils soaked in hot oil. This practice literally means "helping the body to sweat", takes advantage of the beneficial action of heat. In fact, the hot oil, in addition to relieving muscle tension, allows the herbs contained in the pad to release their active ingredients and act on the body.

SPORT & ENERGY

AFTER-SPORTS MASSAGE

40 min. > **70**

With Swiss pine and mountain pine.

THE MOST POPULAR AS AFTER-SPORT

SPORTS TREATMENT

40 min. > **70**

Hot bath with specific anti-fatigue oils and relaxing massage.

ACTIVE SPORT WITH MOUNTAIN PINE AND ARNICA

80 min. > **130**

Massage with warm herbal pads. The body is activated by body brushing, and pine and arnica foot bath.

COSMETIC WATER

50 min. > **75**

The beauty of a hot bath, a luxury that time rarely allows us. Choose oils and essences or let us advise you, abandon yourself in the salts and fragrances, finish with a moisturizing and nourishing body oil.



PRIVATE SPA

slow down together

MASSAGE FOR COUPLES

60 min. > 130

Gentle pampering with the massage of 40 minutes in Private SPA with aromatic oils. Followed by a small corner with herbal tea and cookies.

MASSAGE FOR COUPLES MASSAGE AND BUBBLES

75 min. > 165

A full body massage of 50 minutes in Private SPA with phytomelatonin oil. Relaxing atmosphere with a small corner of fruit, dark chocolate and Trentino sparkling wine.

PRIVATE SPA "ONLY US"

80 min. > 200

Without operator

A special area just for you, pamper yourself and indulge in the whirlpool with essential oils, sauna and self-treatment in the steam bath. Delight your palate with snacks (sweet or savoury, Trentino sparkling wine or herbal tea of your choice).

PRIVATE SPA "EMOTIONS"

120 min. > 270 with operator

Massage and body brushing complete the Private SPA "Only us" for a sensory synaesthetic path at 360 degrees. Absolute relaxation for two.

RITUAL HAY, MILK AND HONEY OF THE TRENINO REGION

L'efficacia dei prodotti alpini del Trentino, per il rilassamento del corpo e la rigenerazione dell'anima, nell'intimità esclusiva della Private SPA.

> The effectiveness of the alpine products of Trentino, for the relaxation of the body and the regeneration of the soul, in the exclusive intimacy of the Private SPA.

> 2 elasticizing face treatments with alpine milk with hyaluronic acid facial massage
25 min.

> 1 Private Spa "Emotions" couple path with milk and honey hydro massage
120 min.

> 2 mountain massages with warm herbal tampons
50 min.

> 2 cervical treatments
25 min.

> 590 including refreshing drinks, snacks and moments of relaxation (for a minimum stay of 2 nights).

PRIVATE SPA



DOVE IL QUOTIDIANO SVANISCE

Made in Trentino Alto Adige

#OlympicStyle
olympicspahotel.it

