

★★★★S
grauhaita
Sport & Wellness

Wellness & SPA

Savinela 
SPA



The Savinela SPA Fairy Tale Sporthotel Gran Baita

Once upon a time, a couple was living in a stunning location in the heart of the Dolomite Alps, where they owned a hotel. They would spend their time making sure that their guests were satisfied and happy.

In their spare time they would go for long walks in the mesmerizing valley of Vallunga. These walks would leave them feeling regenerated in mind and body. Every time, the pure beauty of the Dolomite rocks, the deep green woods and the charming scenery of Val Gardena would leave them with a deep feeling of gratitude. In 2009, the Dolomites were declared a World Heritage Site by UNESCO.

Every time, the couple would come home feeling recharged and with the idea of recreating the magical atmosphere and natural beauty of Vallunga in their own hotel. The variety of plants, trees and the wildlife inhabiting Vallunga's natural park made the couple want to share the beauty of this secret corner of the Dolomites with their guests. What they wanted was to offer a unique, memorable holiday experience.

Thank you for your choice.





Savinela SPA & Wellness

In our Savinela Spa & Wellness area you will find the following facilities.

The private saunas can be booked for personal, individual use or for use with family, partner or friends.

- Indoor swimming pool
- Outdoor swimming pool
- Whirlpool bath
- Children's swimming pool
- Solarium
- Fitness room
- Relaxation area
- Finnish sauna with herbs
- Saslong sauna
- Ladies' sauna
- Turkish bath
- Frigidarium
- Emotional showers
- Vascular treatment circuit
- Tea & fruit corner
- Family sauna
- Private sauna:
*"Lagustel" steam bath and
"Cuecenes Stube" room with
infrared lighting.*
- Salt grotto and Salina salt pool
- Rhassoul "Vulcania"

Reservation
at the SPA reception

extension nr. 460

Timetable: 9:00 – 13:00
14:00 – 20:00





Rituals

Traditional Rituals

Relaxation in the hay, feeding the skin with mountain flowers, and well-being with healthy herbs and traditional products of South Tyrol.

Alpin Ritual Steviola: 55 min. € 85 per person (1 or 2 persons)

Winning combination: hay and arnica.

A healthy hay bath in the “Alpenrose” steam bath and a partial massage with arnica oil.

Bon Tof: 1 hour and 20 min. € 145 per person (1 or 2 persons)

Feel the hay ... taste the „Speck“.

An energizing hay scrub, a partial massage and a hay body pack, followed by a relaxing break of South Tyrolean specialities.

Steila dla Elpes: 1 hour and 20 min. € 125 per person (1 or 2 persons)

A romantic mix with roses, hay and arnica.

A romantic rose bath in the wooden tub, a hay scrub and a partial massage with arnica oil, followed by a relaxing break and drinking a cocktail of fresh fruits.

Bel Samont: 1 hour and 20 min. € 125 per person (1 or 2 persons)

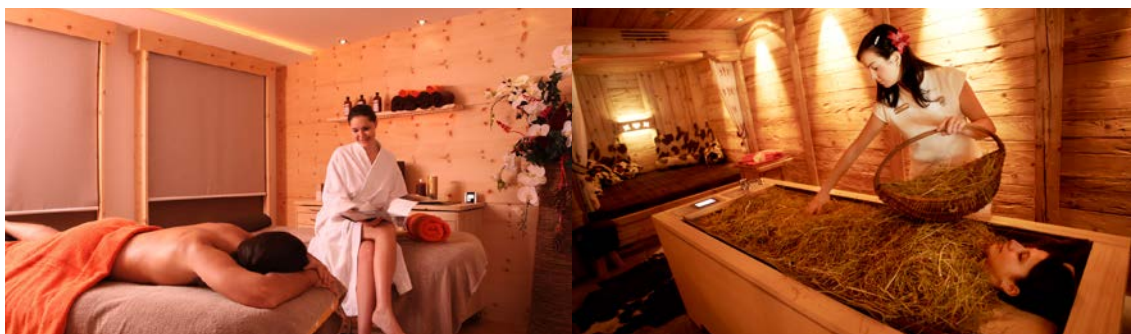
Well-being for your skin.

A milk bath, a nigritella body pack and a partial massage with nigritella oil, followed by a relaxing break and a cocktail made with fresh fruit.

Ciofes da mont: 1 hour and 20 min. € 145 (1 person)

Botanicals and South Tyrolean specialities.

A hay bath, a nigritella body pack and a relaxing partial massage followed by a break with apple strudel and fresh homemade juice.





Rituals in the “Pra da ri” SPA suite, a meadowland inside our SPA.

Energy Ritual Arnica: 2 hours and 20 min. € 165 per person (1 or 2 persons)

To relieve tired muscles and boost strength.

This Ritual blends essential elements of South Tyrolean tradition. It includes a private Stube room with infrared and steam bath facilities, gentle exfoliation, a sports massage with arnica oil and a stimulant body pack to recover vigour after a day of sports followed by a relaxing break with a cocktail made with fresh fruit.

Sangon Ritual Nigritella: 1 hour and 20 min. € 125 per person (1 or 2 persons)

Skin renewal ritual.

This Ritual includes the private Stube and steam bath facilities, a scrub which is already a beauty treatment on its own, a nigritella body pack and as you lie there, a relaxing foot and head massage.





Rituals

Rituals with Friends.

Couple's Ritual: 2 hours and 20 min. € 320 (2 persons price per couple)

Relaxation and harmony for couples.

This Ritual includes the private Stube and steam bath facilities, an exfoliating massage, a relaxing couple's massage, a nourishing body pack for the skin and a cocktail to finish with a flourish.

Friends' Ritual: 1 hour and 20 min. € 125 per person (from 2-4 persons)

Regenerated in sweet or funny company.

This Ritual includes the private Stube, a scrub, a restorative body pack for the skin and while you lie there, a relaxing arm and head massage followed by a cocktail with friends for a funny finish.

Rituals with an Oriental touch...

Ayurveda Ritual: 2 hours € 150

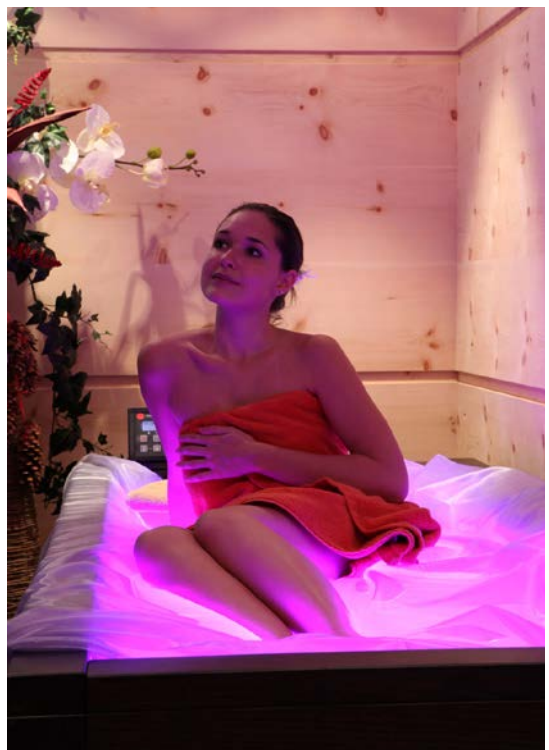
For energy balance.

An ayurvedic herbal scrub and a body pack in the steam bath. A massage originating from the Ayurvedic tradition. And to finish: a soothing Ayurvedic herbal tea in the relaxation area.

Oriental Ritual: 1 hour and 20 min. € 125

A thousand and one nights... of relaxation.

Based on traditional Chinese medicine, Tui Na, the ritual works on the acupuncture points to rebalance energy. Exfoliation and massage inspired by the Orient.





Ritual treatments for body and face

Sacred Nature Ritual:

1 hour and 20 min. € 145

The best of Mother Nature.

A face and body ritual that will regenerate and nourish your skin. This pleasant treatment employs natural active ingredients obtained from organic cultivation and enhances your skin's radiant natural beauty.

Tranquillity Ritual:

1 hour and 20 min. € 145

For total relaxation.

This is an exclusive ritual employing pleasant massage with moisturizing aromatic oils. It alleviates tensions caused by stress and helps your body and soul regain a profound sense of relaxation.

Aromatic Beauty Touch Face & Body:

1 hour and 20 min. € 145

Subtle aroma and energizing effect.

This whole-body ritual employs essential oils to stimulate your natural metabolism. The combination of aromatic oils and special motions has a palpable energizing effect.

Stone Ritual:

1 hour and 20 min. € 145

Hot and cold emotions.

A modern variant employing hot stones and cold crystals for a unique experience.





Massages

Classic Massages

Classic: 50 min. € 75

Relaxing: 50 min. € 75

Partial: 25 min. € 50

A choice of classic or relaxing massage on one of the following parts: back, legs, feet or head and neck.

For greater benefit we recommend combining:

Massage + Scrub: 55 min. € 95

Massage + Body Pack: 70 min. € 110

Massage + Foot Specialist: 55 min. € 100

Classic massage + foot treatment, regenerates and hydrates the soles of the feet.

Sport Massages

Full Body Toning Massage: 40 min. € 80

Warms the muscles and prevents muscle strains.

Partial Toning Massage: 20 min. € 50

Legs, thighs and buttocks. Ideal before exercise or skiing.

Full Body Anti-fatigue Massage: 50 min. € 80

Loosens and stretches the muscles.

Full Body Decontracting Massage: 50 min. € 90

Reduces muscle tension, deep down.





Precious Massages

Candle Massage: 50 min. € 85

With vegetable butters that melt at body temperature for an exciting massage by candlelight.

Water Massage in the Salina pool: 20 min. € 60

Deep mental relaxation to improve blood and lymphatic circulation, release the diaphragm muscle and help with deeper breathing. (Can be booked from 9:00 to 16:00)

Draining Massage: 50 min € 90 - 80 min. € 120

To remove excess fluids from the body.

Tranquillity Massage: 50 min. € 85

Replenishing aromatherapy, that relaxes the mind and body.

Californian Massage: 80 min. € 145

Bioenergetics indicated in cases of anxiety, stress and difficulty sleeping.

Lomi Lomi Nui: 45 min. € 85

With Hawaiian rhythms. Brings benefits to the lymphatic, circulatory, respiratory, digestive and muscular systems.

Thai: 80 min. € 145

Stretching and acupressure for improved elasticity and agility.

Stone Massage: 50 min. € 85

Simultaneous use of hot, cold stones and crystals will take you into a unique and unforgettable experience.

Oriental Massage: 50 min. € 85

Based on traditional Chinese medicine, Tui Na works on the meridians of the body at acupuncture points to balance energy. A massage inspired by the Orient.





Indian Massages

Ayurveda Massage

From Indian tradition comes the hot oil massage. It cleanses the skin, releases tension and strengthens the immune system.

Ayurveda Head-Massage:	20 min. € 45
Ayurveda Partial Massage:	50 min. € 80
Ayurveda Massage:	80 min. € 115
Ayurveda Ritual:	120 min. € 150



Massage and Targeted Treatments - Body Strategies

Body Strategist Nutritional:	50 min. € 85
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Replenishing body treatment with plant extracts.

Antioxidant body mask that nourishes the skin and fights free radicals with plant extracts.

Body Strategist Algae:	50 min. € 85
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Slimming and toning treatment with algae.

An oxygenating acting slimming treatment, to boost the energy of your metabolism.

Body Strategist Refiner:	50 min. € 85
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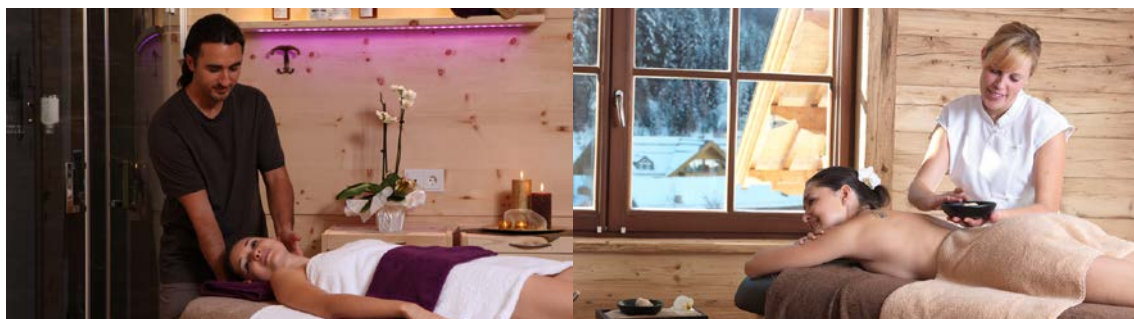
Cellulite remodelling and draining treatment. Fights cellulite and reduces blemishes, redefining the silhouette. Draining to combat the orange peel effect.

Body Strategist Remodeller:	50 min. € 85
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Cellulite treatment double action. Thermogenic action to stimulate microcirculation and reduce fatty deposits. For a toned and remodelled shape.

Body Strategist Bandages:	50 min. € 85
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Cellulites treatment with bandages. Improves the problems of cellulite by draining the tissues and facilitates the elimination of fat with its lipo-lytic action. Leaves legs feeling lighter.





Sacred Nature Body:

50 min. € 90

Biological anti-age treatment. Massage for people who love natural and organic products. Anti-age protection and nourishment.

Detoxifying Mud Therapy:

50 min. € 90

Purification treatment with marine sediments. Starting with a body brush to remove dead cells, followed by the application of detoxifying mud, this treatment provides a deep cleaning effect for the tissues, for slimmer, toned results.

Leg Draining Massage with Vital Leg cream:

50 min. € 90

Draining, energizing and detoxifying treatment for legs.

For tired legs with circulatory problems, edema, and tensions; refreshes and lightens.

D-age Body:

50 min. € 90

Firming and elasticizing treatment. Anti-age treatment for more supple, replenished, and toned skin. Helps to combat stretch marks, and thanks to a formula rich in active ingredients, it leaves skin feeling like silk.

Back & Neck Treatment:

50 min. € 90

Relaxing and revitalizing neck and back treatment. Thalassotherapy shown to relax the head, neck and shoulder area, with a massage after a beneficial mud pack.

Glorious Bust:

25 min € 50

Bust treatment and décolletage treatment.

Reshaping and toning bust treatment for fresh, toned and supple results.

Foot Specialist:

25 min € 30

Targeted treatment for the feet. A repair treatment for dehydrated skin with calluses. You can combine it with any other treatment or massage.





Face

Renew: *Crono Reverser*

50 min. € 99

Alpha-hydroxyl acid treatment to stimulate cell renewal and visibly improves the appearance of fine lines and wrinkles, leaving the skin smooth and radiant.

Restructure: *Recover Touch*

50 min. € 99

Intensive anti-oxidant treatment to nourish the skin, deep down with oils, vitamins and minerals.

Oxygenate: *Aromatic Beauty Touch*

50 min. € 99

Hydrating and oxygenating treatment. The skin is left looking radiant, and feeling, firm and supple.

Decongest: *Skin Resonance*

50 min. € 99

Calming and rebalancing treatment, recommended for fragile skins prone to redness, couperose and irritation.

Hydrate: *Hydra Performance*

50 min. € 99

Deep hydrating treatment. Helps restore nourished, deeply hydrated skin.

Hydrate: *Hydramemory with Collagene Leaf*

50 min. € 110

An excellent regenerating boost for very dehydrated skin. A refreshing collagen restores hydration, deep down, leaving the skin smooth, soft, supple and nourished.

Purify: *Active Pureness Regenerating*

50 min. € 99

Facial cleansing. Purifying and balancing.

Purify: *Active Pureness Rebalancing*

75 min. € 120

For oily, congested, problem skin or for those with a delicate and dehydrated skin suffering from hormonal imbalance. Also a cleansing treatment for young skins.





Lifting: Glorious Skin 50 min. € 110

An eye mask with immediate treatment effect. Reduces fine lines, leaving the skin firm and elastic. The eye Mask will leave eyes looking radiant.

Anti Age: Action Sublime 50 min. € 110

Treatment with hyaluronic acid, retinol and milk protein filler.
With filler effect to pamper your face.

Longevity: Skin Regimen Face 30 min. € 60

Rejuvenating treatment, which gives tone, regenerating tissues for a more youthful appearance, thanks to the presences of Longevity Complex, to combat the signs of aging.

Natural: Sacred Nature Face 50 min. € 99

Treatment suitable for all skin types. Certified organic by Ecocert.
Anti-age and Protective cellular DNA.

Eyes & Lip Care: 25 min. € 40

Anti-age and multi-active eye treatment, reduces puffiness, dark circles and fine lines.
It nourishes and gives greater fullness to the lips and visibly reduces fine lines.
It can be combined with all other treatments.





Body Packs, Mud and Scrubs

Purification and Nourishment

Scrubs:	Short: 20 min. € 40
	Long: 40 min. € 70

Body Packs:	20 min. € 45
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Dried Hay: suitable for the joints. Recommended after sport activities.

Larch: for the respiratory tract.

Blueberry: antioxidant and vascular protection.

Nigritella: nourishing for the skin.

Hazelnut: relaxing and nourishing. Arnica: for muscle spasms.

Tranquillity: hydrating and relaxing.

Muds:	20 min. € 45
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detoxifying

toning

anti-cellulite

anti-fatigue - sporty

slimming - draining

mineralizing - decontracting

“Alpenrose” Steam Bath:	20 min. € 45
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Hay bath: for joint pain and rheumatism.

Ayurvedic body pack with herbs:
to detoxify the body.

Bath in the wooden tub:	20 min. € 20
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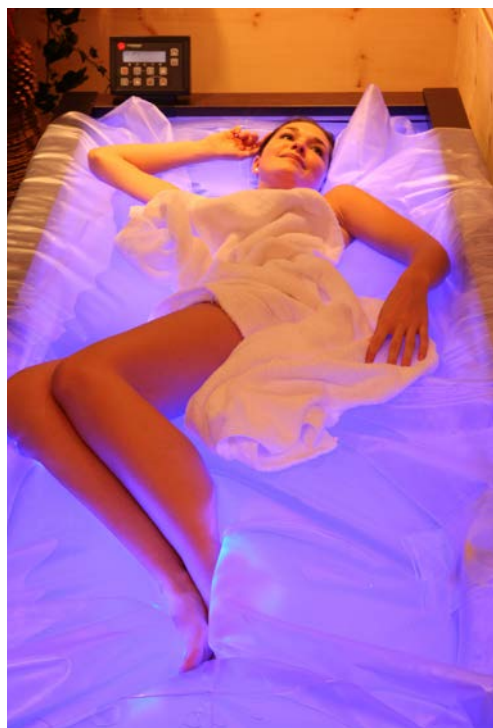
Milk bath: for silky soft skin.

Rose bath: seductive from the first.

Vanilla bath: a heady perfume.

Mugo pine bath: fresh and lively.

Mountain herbal bath: your personal choice
of healthful herbs.





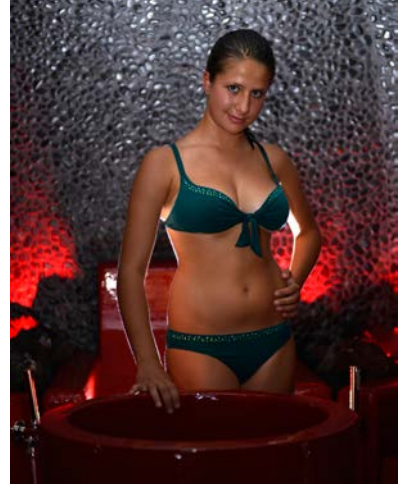
Beauty

Hair Removal

Hair Removal:	15 min. € 15
	30 min. € 30
	45 min. € 45
	60 min. € 60

Manicure - Pedicure

SPA Manicure:	55 min. € 55
SPA Pedicure:	55 min. € 65
SPA Manicure:	with semi-permanent polish: 70 min. € 65
SPA Pedicure:	with semi-permanent polish: 70 min. € 75



Dyeing and Shaping

Eyebrow shaping:	€ 20
Eyebrow dyeing:	€ 20
Eyelash dyeing:	€ 30

Hair Styling

Energizing Ritual:	25 min. € 50
Blow Dry short hair:	30 min. € 30
Blow Dry medium-length hair:	40 min. € 40
Blow Dry long hair:	50 min. € 50





WHY NOT BOOK FROM HOME?

15% discount for bookings made 1 month in advance, and 10% off if booked up to 5 days before your arrival.

Packages

Below you will find our packages combined with a stay of several nights. Treatments for her, for him or for couples are also available separately throughout your stay.

1-2 DAYS

For Ladies Orchidea

- 20-min. scrub
- Hazelnut body pack
- Candle massage
- Sacred Nature Face
- Private Sauna

1-2 DAYS

€ 259

1-2 DAYS

For Men Rhododendro

- 20-min. scrub
- Neck and Back treatment or Hydra Performance Face
- Sportsman Mud
- Anti-fatigue sport massage
- Private Sauna

1-2 DAYS

€ 259

3-4 DAYS

For Ladies Rosa Alpina

- Body strategist nutritional
- Body strategist bandages
- Leg draining with Vital Leg cream
- Glorius bust
- Glorius skin Face
- D-age body
- Foot Specialist
- Private Saunas

3-4 DAYS

€ 545

3-4 DAYS

For Men Sella Sportiv

- Hay scrub 20 min.
- Arnica body pack
- Classic Massage
- Hay Bath
- Action sublime Face
- Eye & Lip care
- Back & Neck Treatment
- Stone Massage
- Private Sauna

3-4 DAYS

€ 545



3-4 DAYS

Couple's Massage Dolce Stevia

- 2 scrubs of 20 min. followed by
- 1 Rose bath with a glass of Prosecco or a fruit Cocktail
- 2 body packs of your choice
- 2 Relaxing/classic Massage
- 2 Candle Massage
- 2 Alpin Ritual Steviola with "Speck" and South Tyrolean specialties
- Private Sauna for 2 persons

3-4 DAYS

€ 350 per person - € 700 for the couple

6-7 DAYS

For Ladies Bela Odles

- Scrub 40 min.
- Replenishing Body Pack
- Relaxing Massage
- Classic Massage
- SPA manicure
- Aromatic Beauty Touch
- Ritual Face & Body
- Eye & Lip care
- Back & Neck Treatment
- Hydramemory Face
- Tranquillity Massage
- Private Saunas

6-7 DAYS

€ 760

6-7 DAYS

For Men Derjon

- Hay scrub 40 min.
- Arnica Body Pack
- Classic Massage
- Sacred Nature Face
- SPA Pedicure
- Anti-fatigue Mud
- Decontracting Sport Massage
- Action Sublime Face
- Eye & Lip care
- Hay bath
- Candle Massage
- Private Saunas

6-7 DAYS

€ 760





Special Moments

Salt Grotto and Salina Pool:

Special, relaxing moments in the salt water, heated to 37°, followed by a relaxing in the salt cave with salt and iodine steam. Recommended for the benefit of the respiratory tract.

20 min. € 10 per person

20 min. € 50 exclusively for 1 or 2 persons (certain times)

Water Massage in the Salina pool:

Deep mental relaxation to improve blood and lymph circulation, release the diaphragm muscle and help with deeper breathing. (Can be booked from 9:00 to 16:00)

20 min. € 60

Vulcania:

Rhassoul steam bath sessions, self-healing applications with mud, sludge and minerals for a regenerated and smoother skin. The Vulcania cave specially created for relaxation is equipped with volcanic stones, chromo therapy and relaxing music. For couples or friends (up to 7 people).

25 min. € 20 per person (minimum 2 persons)

Private Saunas:

25 min. 1-2 persons € 40

3-4 persons € 60

5-6 persons € 80

Solarium face sun lamp: 15 min. € 10





Private Fitness Coaching

A feeling of well-being balanced is distinguished by the alternation of tranquillity, relaxation and activity, as well as for endurance training, strength and the circulatory system.

In the fitness room of the Hotel Gran Baita, training is easier when you are faced with the magnificent panorama of the Dolomites, drawing on the energy of the Sassolungo and the Sella massif.

The effort is not converted into fatigue, indeed: it increases the sensitivity of your body. From the surrounding mountains you will receive energy and complete your fitness program with motivation and enthusiasm.

Our fitness room is equipped with the most modern and innovative Tecnogym equipment. Gentle exercise on the mats and some pedalling on Ergo bikes are the best training for body and mind.

We will be happy to reserve you a personal trainer for 30 or 60 minutes.

Reservation
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extension nr. 460

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**Hotel Gran Baita
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