

Granbaita
SAVINELA SPA

THE CARE OF MIND, BODY AND SOUL OF OUR GUESTS SINCE 1962

The story of the Savinela SPA

The Granbaita Savinela SPA was born from the Perathoner family's desire to recreate the spirit of Vallunga Valley - a UNESCO World Heritage Site - where they spent unforgettable moments surrounded by breathtaking alpine flora and fauna. Each treatment room at Savinela SPA is named after a flower from this valley, and the warm, elegant setting evokes the charm of a mountain chalet built in fine stone pine. Our treatments are deeply rooted in alpine tradition, drawing on natural ingredients like hay, arnica and nigritella. Even our exclusive cosmetic line contains active extracts from alpine herbs and flowers. Our highly qualified staff is at your disposal to tailor each experience to your individual needs, always guided by the principle that has shaped our philosophy for over 60 years: placing you, our guest, at the heart of everything we do.

Thank you for choosing us.



THESE ALPINE FLOWERS NAME OUR BEAUTY CABINS



A PLACE OF TRANQUILLITY AND SERENITY **BOOK** YOUR TREATMENT

SAVINELA SPA

T +39 0471 795 210 · beauty@hotelgranbaita.com

CLASSIC MASSAGES

Classic - Relaxing Massage 50 min. **90 €**

Stimulates microcirculation, lightens and relaxes muscles with enveloping movements

Draining Massage 50 min. **95 €**

Gentle movements to work on the lymphatic system, promoting fluid drainage

Hot Stone Massage 50 min. **95 €**

The thermal energy of hot lava stones helps relax the muscles, ease tension, and relieve pain. A deeply regenerating treatment that restores balance to the body and brings lightness to the mind

Partial Massage 20 min. **55 €**

Targeted treatment on back, legs, face, or abdomen of your choice

FOR OUR ATHLETES

Sports Massage 50 min. 110 €

Helps reduce muscle tension and fatigue. Suitable before physical activity to prepare muscles and after training to relax muscle tensions with deep, enveloping movements

Deep Tissue Massage 50 min. 110 €

Relieves and relaxes muscle contractions and tensions with maneuvers using knuckles, fingertips, elbows, and forearms, effectively targeting deeper muscle layers

Specific Massage 50 min. 130 €

Customized massage to alleviate muscle tensions with specific techniques tailored to your needs

Head Massage 20 min. 55 €

Maneuvers that provide total relaxation, releasing neck tension and revitalizing scalp skin

FOR OUR ATHLETES

Deep Bamboo 50 min. 120 €

..... 80 min. 190 €

An intense, deep massage performed with bamboo canes for targeted action on the muscles. It relaxes, tones and helps release deep-seated tension, offering a profound sense of relief and regeneration

Deep Stone 80 min. 190 €

A powerful synergy between deep tissue massage and the enveloping warmth of hot lava stones. This intense ritual is designed to release muscular tightness and promote lasting relaxation

Back & Neck 50 min. 110 €

Decontracting and revitalizing treatment for neck and back, with head massage

COMBINATION OF MASSAGES & TREATMENTS

Classic Massage + Peeling 50 min. 110 €

Smoothing and nourishing treatment that renews the skin,
restoring its natural radiance and softness

Classic Massage + Pack 70 min. 120 €

For soft and silky skin

Classic Massage + Foot Specialist 50 min. 110 €

Full-body massage with foot treatment
for restructuring, smoothing, and nourishing action
via localized pack



PRECIOUS MASSAGES

Candle 50 min. 95 €

Enveloping massage with vegetable butter candle,
nourishing and moisturizing the skin,
leaving it smooth and soft

Californian 80 min. 155 €

Relaxing massage with light, flowing,
and harmonious movements using scented oils,
to restore harmony between body and mind

Lomi Lomi Nui 50 min. 95 €

..... 80 min. 155 €

Slow and broad movements like waves over the body,
providing immediate benefits and reconnecting
with oneself and the surrounding environment

Four-Hands Massage 50 min. 170 €

A unique and deeply moving experience performed
by two therapists. This treatment engages all the senses
and leads to a profound state of relaxation and well-being

ORIENTAL TREATMENTS

Thai 80 min. 155 €

Enhances agility and lightness through passive stretching techniques that energetically and physically open the body

Foot Reflexology 50 min. 95 €

After an aromatherapy bath, relief is provided to the entire body through stimulation of reflex points on the sole of the foot

Gua-Sha-Face 50 min. 100 €

Using Gua-Sha, microcirculation is stimulated, releasing tension and promoting cellular metabolism. The face appears relaxed and rejuvenated



AYURVEDIC TREATMENTS

Abhyanga 50 min. 95 €

..... 80 min. 155 €

Using warm sesame oil and essential oils, energy points of the body and Chakras are worked on, providing energy and vitality

Abhyanga 4 Hands 50 min. 170 €

Traditional Indian massage performed by two therapists

Pinda Sweda 50 min. 95 €

Hot Pinda pouches filled with herbs and spices are dabbed on the oiled body, alleviating rheumatic disorders and imparting vigor and warmth, with purifying and regenerative properties

Ayurveda Ritual 110 min. 175 €

Peeling with Ayurvedic herbs, body pack in the steam bath and Abhyanga massage followed by Ayurvedic herbal tea

FACIAL TREATMENTS

Anti Age - Sublime Skin..... 50 min..... 135 €

Treatment with filler effect to pamper and enlighten the face thanks to cell renewal stimulation

Longevity - Skin Regimen 50 min..... 135 €

A treatment that offers an innovative approach to anti-aging, protecting the skin's vitality over time

Hydrate - Hydramemory 50 min..... 135 €

Moisturizing treatment for a silky and radiant skin

Sensitive Skins - Skin Remedy..... 50 min..... 135 €

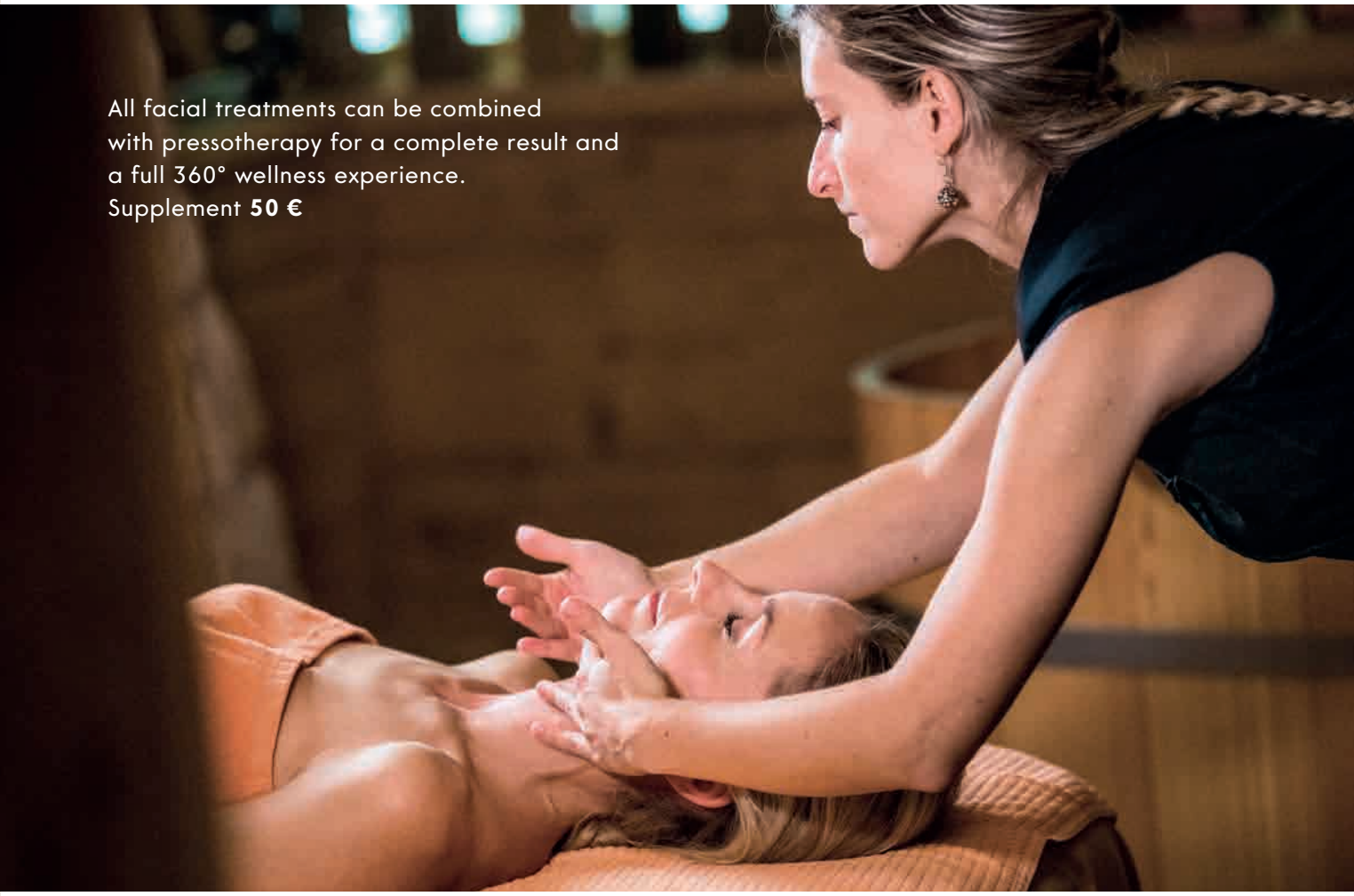
Smoothing treatment for fragile skins prone to redness and irritation

Organic - Sacred Nature..... 50 min..... 135 €

Treatment with biological products with antioxidant and revitalizing action

Facial Cleansing + Treatment - Active Pureness..... 80 min..... 160 €

Purification and deep cleansing for impure, oily, and acne-prone skin



All facial treatments can be combined with pressotherapy for a complete result and a full 360° wellness experience.
Supplement 50 €

TREATMENTS COMBINED WITH PRESSOTHERAPY

Light Legs 50 min..... 100 €

Using a combination of techniques and targeted products, this treatment is designed to relieve heavy, tired legs after hiking, skiing, or intense workouts.

Depending on your needs, specific products will be applied making it ideal for reducing water retention, combating cellulite, or toning



VULCANIA AND SALINA

Vulcania 40 min..... 30 €

Volcanic scrub, draining and muscle-relaxing mud, and nourishing oil: a self-applied ritual to enjoy in the privacy of our exclusive steam bath. Followed by a regenerating drink in the peaceful atmosphere of our relaxation area

Salina 30 min..... 15 €

Access to our saline pool, known for its detoxifying and draining properties ideal for relieving joint and rheumatic pain. Includes entry to the salt cave, rich in iodine, copper, zinc, potassium, magnesium, and lithium for beneficial inhalation. End your experience with a refreshing drink in the adjacent relaxation area



DETOX TREATMENTS

Body Strategist - Draining Detox 50 min. 110 €

Improves microcirculation and tissue metabolism, stimulates toxin elimination, tones, firms, and leaves the body feeling light and refreshed

Salt Massage 80 min. 155 €

An exclusive ritual using warm Himalayan pink salt stones and a crystal-infused oil wrap. It stimulates metabolism and circulation, releases tension, and purifies the body, leaving you feeling light and deeply restored



BODY SHAPING & ANTI-CELLULITE TREATMENTS

Body Strategist - Osmotic Bliss Massage 50 min. 110 €

A draining, toning, and firming massage that provides immediate relief to heavy limbs and is ideal for treating edematous cellulite and swelling. From the very first session, the skin appears visibly smoother and more elastic, with a noticeable shaping effect

Bamboo Shaping Massage 50 min. 110 €

Performed using rolling and gliding movements with bamboo canes, this massage is ideal for reshaping the silhouette and targeting water retention and cellulite

Body-Shaping Wraps 20 min. 60 €

Highly effective draining and slimming wraps, ideal for all types of cellulite and recommended in detox and reshaping programs. Results are enhanced when combined with pressotherapy during the application time



FACE AND BODY RITUALS

Tranquillity Ritual 80 min. 155 €

Massage and moisturizing facial treatment with aromatic oils for a profound beneficial effect

Sacred Nature Ritual 80 min. 155 €

Anti-age face and body ritual to regenerate and nourish the skin with natural ingredients from organic cultivations

Prenatal Ritual (from the 3rd to the 8th month) 80 min. 180 €

A special treat for a special moment.

Includes a draining and toning massage, a facial treatment, and a soothing sensation of lightness in the legs thanks to pressotherapy. The experience ends with fresh juice and sweet biscuits

PACKAGES FOR HER AND HIM

Ladies Orchid 300 €

- Peeling
- Pack of your choice
- Candle Massage
- Facial treatment of your choice

Men's Rhododendron 300 €

- Peeling
- Head and facial massage
- Decontracting mud
- Sports massage



RITUALS OF OUR ALPINE TRADITION FOR TWO

Due to our packages designed for couples, you can experience magical moments of pure relaxation and love. Let yourself be pampered and surprised by our Alpine traditions.

Alpine Ritual 1 hour and 20 min. **300 €**
Mountain hay bath, partial massage, and alpine flower bath accompanied by elderberry juice

Couple's Ritual 2 hours and 20 min. **400 €**
Infrared sauna and private steam bath, peeling, relaxing couple massage, nourishing body pack and pleasant relaxation with alpine cocktail

Arnica Ritual 1 hour and 50 min. **450 €**
Rose bath in wooden tub with apple juice and cookies, hay peeling, arnica oil massage and body pack of your choice

Prices are per couple. Treatments may also be reserved individually, at 50% of the listed price.



PACKS AND BATHS

Packs 20 min..... 55 €

- Arnica, devil's claw - For muscle pain, contractures
- Freeze-dried hay - Indicated for joints after sports activities
- Hazelnut - Relaxing and nourishing
- Tranquillity - Moisturizing, relaxing, and aromatherapeutic

Muds 20 min..... 55 €

- Reducing - Slimming
- Toning - Detoxifying
- Decontracting

Peeling 20 min..... 50 €

- Classic peeling
- Freeze-dried hay peeling

Hay Bath 20 min..... 55 €

Treat yourself to a regenerating moment
in our steam bed, covered in hay

Rose Bath 30 min..... 100 €

Rose bath in wooden tub, accompanied by glasses
of Champagne and local products for 2 persons



WHERE TIME
DOESN'T MATTER



WOMEN'S EPILATION

Eyebrows	15 €
Armpits 15 min.....	15 €
Arms 20 min.....	25 €
Half Leg 30 min.....	35 €
Full Leg 40 min.....	50 €
Groin Area - Bikini Line 20 min.....	25 €
Groin Area - Complete 30 min.....	35 €

MEN'S EPILATION

Armpits 20 min.....	20 €
Arms 25 min.....	30 €
Half Leg 40 min.....	40 €
Full Leg 50 min.....	60 €
Back 30 min.....	40 €
Chest 30 min.....	40 €

10% discount if at least 3 areas are chosen.

HANDS AND FEET

Manicure 50 min.....	55 €
Esthetic Pedicure 50 min.....	65 €
Manicure with Semi-Permanent Polish 70 min.....	65 €
Pedicure with Semi-Permanent Polish 70 min.....	75 €
Semi-Permanent Polish Removal 20 min.....	20 €
Esthetic Pedicure + Foot Specialist 70 min.....	100 €
Hands SPA + Manicure 80 min.....	90 €
Peeling, Wrap, and Hand Massage + Manicure	

FITNESS

Personal Coaching 50 min.....	90 €
Yoga Class	<i>on request</i>
Pilates Class	<i>on request</i>



[comfort zone]
conscious skin science

OUR
LINE OF
COSMETIC
PRODUCTS



WHERE
COSMETICS
MEETS
NATURE



HYDRAMEMORY
hydrate



REMEDY
calming



SUBLIME SKIN
aging



SKIN REGIMEN
longevity



ESSENTIAL
cleansing



RENIGHT
night



SACRED NATURE
regenerating



ACTIVE PURENESS
purifying



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