

Beauty
& SPA



★★★★^S

HOTEL SAVOY
GRADO

You can restore your well-being and your vital energies; you can take care of your beauty and have relaxing moments with your beloved ones, thanks to a natural, special and gentle element like the seawater of Grado.

water and fire

RELAXATION ROOM

It will soothe your senses and give you a calm and soft touch, where you can rediscover slow gestures and time, thanks to its elegant and gentle environment.



Swimming Pools

- With seawater taken at 100 m from the coast to keep its salinity level and its wealthy qualities
- 2 swimming pools: an indoor swimming pool with water at 30° and an outdoor swimming pool with water at 24°
- Hot tub
- Opening times: from 7.00 a.m. to 8.00 p.m.

Sauna

- Temp. 75-90°C / humidity 10%
- Finnish sauna with high temperature and low humidity level favours your organic and metabolic stimulation, providing cellular regeneration and toxins release.

Specially targeted to those people under detox treatments

- Open from 3.00 p.m. to 8.00 p.m. Only upon request during summer months

Steam Bath

- Temp. 40-50°C / humidity level at least 90%
- Steam bath with high humidity level stimulates your blood and lymphatic circulation, with benefits for your skin
- Open from 3.00 p.m. to 8.00 p.m. Only upon request during summer months

Ice pool

- Pool at 12/17°C to use after the Finnish sauna or the steam bath (take a shower first)
- Cold water closes your pores and favours skin vascularisation, giving a sensation of real freshness



fitness

We consider sport as an expression of joy and as a powerful ally of our health. That's why we have worked in close conjunction with our *Fitness Coach* and have created a complete Fitness program, all included in your room price. It contains total body strength training, outdoor cardiovascular activities and stretching classes.



SERVICES

Swimming pool activities

- Acquagym, Mondays to Fridays, 8.00 a.m. to 8.30 a.m.
- Water Pilates

Indoor activities

- Fitball
- Stretching
- Breathing exercises
- Customised training in the fitness centre with Technogym equipment
- Personal Trainer available upon request and against payment

Outdoor activities

- Nordic walking on the beach
- Bike rental

Tuesdays and Thursdays

In case of rain

9.00 a.m. – 9.45 a.m.	Fitball on the solarium terrace	Indoor Fitball
10.00 a.m. – 11.00 a.m.	Nordic walking on the beach	Water Pilates
11.15 a.m. – 12.00 a.m.	Stretching and breathing exercises on the solarium terrace	Indoor stretching and breathing exercises

All activities indicated in the chart will be performed:
From 9th of April to 23rd of May › From 4th to 13th of June › From 2nd to 31st of October

The right balance with nature, between sea and lagoon.

Well-being in perfect harmony with surrounding landscape. The pleasure of your eyes is part of your self-care. The mild weather and the rich nature of Grado are the ideal frame to your WELLNESS and HAPPINESS experiences offered by Hotel Savoy. Natural elements like iodine, sodium, water, sun and sand have very important effects on your health, especially for those living far from the sea.

YOU CAN BENEFIT FROM DIFFERENT RESULTS:

- Stronger immune system
- Problems linked to sore throat, asthma, allergies and skin will be reduced
- More relaxed and elastic skin
- Muscle pains will diminish and your bones will get stronger
- Restore the balance of serotonin and dopamine with positive effects on stress, sleep and metabolism



Our products

Our products are dye-, parabens-, and silicone-free, without perfumes or mineral oils and enriched with natural principles. Suitable for everybody and for every skin type. Even for pregnant women.

SICE BEAUTY LINE

• *Sice* products are formulated exclusively with active principles, selected among the best natural raw materials. They help enzymatic activity and vitality, thus nourishing the skin for complete natural comfort. *Sice* eubiotics treatments will give you clear, immediate and long-lasting results.

SMALTI KURE BAZAAR

• The first nail polish combining an eco-friendly formula with glamorous colours. It contains up to 85% natural ingredients, like wood pulp, cotton and corn. A revolutionary concept which protects the vitality of nails while respecting their natural cycle. Nails are smooth, strong and healthy; suitable also for pregnant women, young girls and people suffering from allergies.

YOGI TEA INFUSIONS

• High-quality tea blends you can find in our wellness centre. Created around the Ayurveda Indian Philosophy and produced with selected herbs and spices coming from organic culture. This type of agriculture does not use synthetic pesticides, nitrogenous fertilisers and genetic engineering. Thanks to sustainable production and cultivation techniques, they protect the biodiversity of our planet. For years, Yogi Tea has been committed to support and promote social projects dedicated to children in need in the areas of India and Nepal.

If you want to bring home this experience, you can buy these products directly at our Wellness Centre.



Our wellness programs

Brightness of the spirit

Savoy Spa offers different programs to satisfy our customers' needs. To get the best results, we suggest you combine wellness treatments not only with sport activities but also with culinary attention, choosing at our bar or restaurants those products marked with symbols like detox, relax, vitality and well-age.

DETOX PROGRAM

Get rid of accumulated toxins.

Full Detox

-
- 2 Detox body treatments
- 3 40' Dry brushing
- 2 Facial oxygenating treatments
- 1 Spa pedicure
- Total price: 645,00 €*

Mini Detox

-
- 1 Detox body treatment
- 2 40' Dry brushing
- 1 Facial oxygenating treatment
- 1 Spa pedicure
- Total price: 380,00 €*



RELAX PROGRAM

Dedicated to rest and boost your personal energy reserves.

-
- 1 Massage Face Scalp Shoulders
- 1 Indonesian massage
- 1 Aromatherapy massage
- 1 Mini facial
- 1 Spa pedicure with nail polish
- Total price: 310,00 €*



VITALITY PROGRAM

To relax and stimulate those muscles where vital energy is more concentrated.

Full Vitality

-
- 1 Detox body treatment
- 2 Bioenergetic massages
- 1 Back treatment
- 1 Mini facial
- 1 Moisturising facial treatment
- 1 Myofascial release
- Total price: 560,00 €*

Mini Vitality

-
- 1 Detox body treatment
- 1 Bioenergetic massage
- 1 Back treatment
- 1 Mini facial
- Total price: 320,00 €*



WELL-AGE PROGRAM

To mitigate the signs of aging.

Full well-age

-
- 2 Lifting- effect treatments
- 1 Malia Cosmetics treatment
- 1 60' dry brushing
- 1 Nourishing body treatment
- 1 Aromatherapy Massage
- 1 Spa Manicure with nail polish
- 1 Spa Pedicure with nail polish
- Total price: 610,00 €*

Mini well-age

-
- 1 Lifting- effect treatment
- 1 Malia Cosmetics treatment
- 1 Nourishing body treatment
- 1 Aromatherapy Massage
- 1 Spa Manicure with nail polish
- Total price: 385,00 €*



DAY SPA

Free entry to fitness centre, indoor and outdoor swimming pool with seawater, sauna and steam bath. Included in the offer: the use of changing rooms, a personal cabinet with bathrobe and towels, the use of shower, Argan body foam, Yogi Teas and fruit. Call one day before to check availability.

40,00 €

30,00 € up to 12 years old

Swimming pool season ticket - 10 entries for 2 hours

120,00 €

80,00 up to 12 years old

Our SPA à la carte

We are always looking for new products and treatments to guarantee customised services and to make you feel a real privileged and special customer. Unique treatments focused on your needs. This is our "wellness menu", like à la carte menu, where you can find your most suitable treatment.

FACIAL EUBIOTICS

Mini facial

A quick and refreshing treatment for an immediate beauty effect. Suitable for all types of skin, even before and after sun exposure. Skin is left soothed and illuminated.
25' › 50,00 €

Facial Cleansing

After a delicate face cleansing, we will use some natural phytoextracts, a mask and a specific cream. This beauty treatment, customised according to your needs, will give a sense of freshness and comfort to your skin.
45' › 65,00 €

Moisturising treatment

A nutritional and energising treatment to restore compactness and elasticity to dull skin. Suitable also for mature skin.
55' › 80,00 €

Lifting effect treatment

Targeted to skin poor in elasticity and tone, this treatment helps the most delicate and sensitive areas of your skin. It promotes cellular renewal and leaves your skin plumper.
55' › 85,00 €

Malia

A complete and intensive treatment to enhance facial renewal and defy the signs of ageing. It provides nutritional

elements, necessary for cellular regeneration and respiration. Skin tissue is restructured and smooth.
55' › 90,00 €

Facial male treatment

New

It starts with a deep exfoliating cleansing treatment, followed by a facial massage targeted to stimulate cellular renewal and to defy ageing. It can be dramatically relaxing, with age-defying benefits. It revitalises your skin adding oxygen. For healthier and younger looking skin.
55' › 85,00 €

Extra price for eyebrow shape and tinting
10,00 €

EUBIOTICS BODY

Exfoliating treatment

Deep treatment with hydrophilic oil, application of one moisturising lotion and specific creams. Highly recommended before and after sun exposure. Skin marks will be reduced and your suntan becomes even and lasts longer.
45' › 70,00 €

Nourishing treatment

It's the second eubiotics treatment to be performed, designed to enhance the following ones. It allows skin renewal, giving an immediate sense of elasticity and moisture.
55' › 85,00 €

Detox treatment

After using a moisturising lotion, the service includes a mosaic modelling treatment with different muds: with cold effect on swelled areas for a drainage action and with warm effect on areas affected by muscle tension and fat deposits. It improves circulation, provides more oxygen to tissues and alleviates tensions.
75' › 110,00 €

Modelling treatment

During modelling wrap treatment, your body will be covered with gel, masks and creams, to provide every area with the right amount of active principles. A powerful slimming serum is used on the fat areas. The result is a reducing effect; connective tissues become more compact with the reabsorption of excessive fluids.
90' › 130,00 €

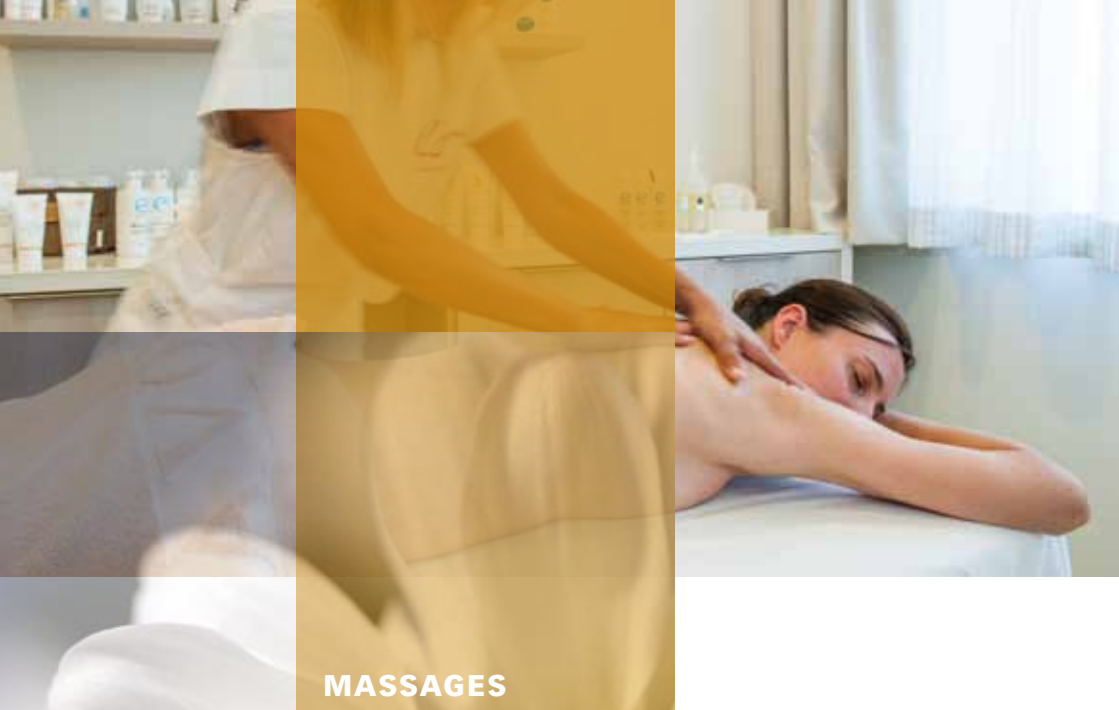
Legs relief

The use of draining muds and the effective application of the specific cream helps lymph circulation, reduces swelling and skin problems giving a pleasant sense of relief and freshness.
45' › 75,00 €

Back ritual treatment

It combines a sports massage with the use of heated mud to relax muscles and relieve pains.
50' › 80,00 €





MASSAGES

Classic massage

Designed to stimulate your metabolism and reduce emotional stress giving a sense of general wellness.

Partial: 25' › 45,00 €

Total: 50' › 65,00 €

New

Dry brushing

A simple but old method used by the ancient Greeks and reintroduced in the West by Doctor Kneipp. This treatment is performed with the use of brushes made of natural fibres on the dry skin of body and face. This massage improves blood circulation and brings benefits to the lymphatic and nervous system. The effects are amazing, both from the point of view of your skin and of your overall well-being.

40' › 70,00 €

60' › 85,00 €

Face, scalp and shoulders

Potent soothing massage focusing on the tensions concentrated on three key points: face (stress of the skin), scalp (mental stress) and shoulders (physical stress).

25' › 45,00 €

Drainage

With very light hand pressure, it encourages the natural drainage of the lymph and avoids fluid retention.

A relaxing effect which helps reduce cellulite and favours healthier tissue.

Body: 50' › 80,00 €

Face and body: 50' › 80,00 €

Sports massage

It releases muscle tension and relieves back, neck and cervical pains.

40' › 65,00 €

Bioenergetic massage

Designed to discover the tense parts of your body and give energy to the points where it lacks. Aimed at relieving tensions and re-establishing your balance. Besides massage movements, you will experience different techniques of stretching, pressure and breathing.

50' › 80,00 €

Aromatherapy massage

A holistic experience involving mind and body. The therapist will use oils to release emotional stress and muscle tension.

50' › 80,00 €

Indonesian massage

Massage for face, scalp, back and legs to stimulate your well-being, to reduce stress and improve your sleep quality.

50' › 80,00 €

Myofascial-sports massage

A manual pressure working "among muscles" and not "on muscles", among fascia. The pressure is strong and energetic, working both on muscular and nervous level.

It improves your skin elasticity and posture. Most suitable for those who practice sports or for those suffering from rigidity and muscles pains.

50' › 80,00 €

BEAUTY CENTER

Wax	<i>from 15,00 to 65,00 €</i>
Spa Manicure	<i>25' › 38,00 €</i>
Spa Manicure with nail polish	<i>40' › 45,00 €</i>
Spa pedicure	<i>45' › 48,00 €</i>
Spa pedicure with nail polish	<i>60' › 55,00 €</i>
Shaping of nails and polish	<i>20' › 25,00 €</i>



*Savoy Beauty Center & SPA
dedicate some time to yourself*

Savoy Beauty Center & Spa, located inside the Hotel Savoy, is an oasis where you can find the right balance between your soul and your body. Self-care is not only a pleasure but it has become a need to get the right distance to daily rhythm. When you can do that during your holidays, it's even better.



SPA *bon ton*

Savoy Beauty Spa & Wellness is a real place dedicated to your relax. We kindly ask you to switch off your phone to respect privacy and silence. Our hotel guests can reach the spa area wearing their bathrobe. Remember to leave any jewellery in the strongbox of the hotel room.

OPENING TIMES

› **Mondays to Fridays**
from 9.00 a.m. – to 7.00 p.m.
› **Saturdays and Sundays**
from 10.00 a.m. to 6.00 p.m.

RESERVATIONS

Please call the Spa centre for information or reservations. Dial 400 from the phone of your bedroom or contact our staff. You can book your treatment also at the main reception.

AN IDEA FOR A PRESENT...

A Spa treatment can be a very good idea for a present! You can buy your gift vouchers at the hotel or on our website:
www.hotelsavoy-gradò.it

BE ON TIME

We kindly ask our guests to arrive some minutes before the time due, in order to guarantee the requested service at the right time. Any delay can affect the duration of your treatment.

CANCELLATION POLICY

You can cancel your reservation one day before your treatment, within 4.00 p.m., without any charge. Otherwise, the total price of the service requested will be charged.

YOUR USE OF THE SWIMMING POOL

Swimming pools can be used only by skilled people. Diving is not allowed. Do not disturb other guests. Pets are not allowed. Enter the swimming pool area with suitable footwear. No reservation of sunbeds.

YOUR USE OF THE GYM

Children must be accompanied by an adult. Please wear suitable sports clothes and shoes.

YOUR USE OF SAUNA AND STEAM BATH

- Children under the age of 16 must be accompanied by parents.
- Do not wear clothes: with high temperature, the synthetic fabrics of your swimwear and flip-flops could release toxic substances.
- Always shower before and after sauna or steam bath. It's a recommended hygiene rule and it favours better skin sweating.
- Use a towel so that you do not have direct contact with the bench.
- The use of mobile phone is prohibited. Be quiet and silent.
- Remember to listen to your body, make a long break among different sessions; drink a lot, either water or herbal teas and eat fresh fruit.



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