

SPA MENU

dipiù SPA



Part of Giardino Hotel Group





## Welcome to the **dipiù Spa**

Immerse yourself in a world full of beauty, pampering, vitality and life balance. Enjoy our lifestyle therapies, sauna oases, health and fitness offers and a choice of rest areas, as well as benefit from professional advice and guidance. Our spa lounge is the perfect setting for individual consultations and offers an experience for the senses as you get to know our quality body care and lifestyle products.

The constitution of each individual's skin and body is unique. We therefore provide a personal consultation to design a programme of treatments that meets your specific needs.

Our team is trained and qualified to a very high level, and each therapist will care for you and respect your individuality.

Why not get away from it all and enjoy some revitalising hours in a relaxed atmosphere. Welcome to the dipiù Spa – for that extra feeling of wellbeing and beauty.

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We focus on a treatment concept that not only centres on the beneficial diversity of natural ingredients, but also on the guest's individual needs and current state of health and wellbeing. Our partners stand for authenticity, quality and sustainability, both in the range of products offered and in the treatments given. The *dipiù* cosmetics line, with its signature treatments, was developed exclusively for the Giardino Hotel Group together with qualified therapy experts and the Ticino winegrower Meinrad C. Perler from the Tenimento dell'Ör vineyard. The line is based on Merlot wine, grape-seed, olive and almond oil, chestnut honey and a variety of herbs. The Aveda Spa experience is based on the "high touch" principle and explores the senses with exceptional treatments. Additionally, we offer modern anti-ageing facials and body treatments.

We want to enrich all of the senses with new pleasures and vitality. Inner tranquillity and external beauty restore the synthesis and create a harmonised balance.

Special symbols are used to denote the key effects of the different treatments.



Relaxation and tension release



Energy and vitality



Detox and regeneration



### **EARLY RESERVATION**

In order to ensure the best possible planning for your stay, we recommend you book your treatments and preferred times before your arrival if possible. We will be delighted to put together an individual and personal programme for you following a consultation. For your personal comfort, please let us know whether you would prefer a female or male therapist to look after you during your stay.

### **HEALTH**

To help us advise you to the best of our ability, please inform us if you have high blood pressure, a heart condition, allergies, diabetes, are pregnant or have recently been operated on.

### **PREPARATION**

To ensure that your spa session is as relaxed as possible, it is best to arrive at the spa 10 minutes before your appointment. Avoid heavy meals and alcohol for one or two hours before your treatment. Please always shower before visiting the spa, saunas and pools.

### **RUNNING LATE**

If you are going to be late for your appointment at the dipiù Spa, please inform the dipiù Spa reception as soon as possible. Please understand that this may nevertheless reduce the duration of your treatment.

### **IF YOU CAN'T MAKE YOUR APPOINTMENT**

Please let us know 24 hours in advance, so that we do not bill you for the reserved treatment.

### **SPA ATTIRE**

In your room you will find a bathrobe and slippers. For sporting activities we recommend sports clothing and indoor or outdoor sports shoes, depending on the programme. For reasons of hygiene and for your own personal comfort, clothes are not to be worn in the sauna cabins, but please take a towel with you. Please refrain from taking any valuables or mobile phones into the spa. Shower gel, shampoo and hairdryers are provided in the changing rooms.

## REST AND RELAXATION

The spa is a place for rest, recreation and relaxation. Out of consideration for the other spa guests, please refrain from using mobile phones in the spa area.

## THE YOUNGER GENERATION

For safety reasons and out of respect for other spa guests looking for relaxation, children under the age of 12 are not allowed in the fitness room and in the sauna facilities. The pools are reserved for sporting activities and swimmers from 7 a.m. to 10 a.m. and from 5 p.m. to 8 p.m. "Pool-Family-Time" is between 10 a.m. and 5 p.m. Please take a look at our family offers and at the Giardino Ascona and the Giardino Mountain for our Kids' Club, where your children will be well looked after. We also offer specially adapted treatments for kids and teens.

## GIFT VOUCHERS

Gift vouchers for spa treatments make a wonderful present for special occasions. These are available to purchase at the respective hotel's reception.

## TO TAKE HOME

We offer a wide range of products to purchase and to take home from our spa lounge and are only too happy to assist you with your selection. You can also order them by telephone or e-mail and we will send them to your address of choice.

### Hotel Giardino Ascona

6612 Ascona  
+41 (0)91 785 88 10  
spa@giardino-ascona.ch

### Hotel Giardino Mountain

7512 Champfèr - St. Moritz  
+41 (0)81 836 63 70  
spa@giardino-mountain.ch

### Hotel Atlantis by Giardino

8055 Zürich  
+41 (0)44 456 55 90  
spa@atlantisbygiardino.ch



## SPECIALS AT THE HOTEL GIARDINO ASCONA

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### **AYURVEDA PANCHAKARMA CURE**

This is the centrepiece of Ayurvedic medicine, and the health cure par excellence. Disorders and disharmonies are a result of the overburdening of the body and/or mind. This is based on acidosis in the body, strain caused by toxins or excessive psychological pressure. The Panchakarma cure helps us to reduce stress, find our way back to ourselves and detoxify the body. Its healing effect creates physical and mental stability, and the immune system is strengthened in a sustainable manner. Each guest is treated individually on the basis of classical Ayurvedic medicine. From 14 days.

For further information, please consult the Ayurveda Magazin or [www.ayurvedabygiardino.ch](http://www.ayurvedabygiardino.ch)

### **SKIN REMODELLING SYSTEM**

The skin remodelling system is a revolutionary skin rejuvenating treatment that combines technologies from ultrasounds and various electric therapies in one treatment. It stimulates the collagen production in the lower skin layers, repairs sun damaged collagen, reduces wrinkles, tightens and refines the skin while simultaneously working on muscles and bones.

**60 minutes CHF 160**

### **GOLF BODY BALANCE**

**In co-operation with the Clinic Gut at Ascona**

In one swoop more metres! The physiotherapists will get Giardino's guests back in form. Golf Body Balance is the name of the programme. After a thorough check-up, guests are accompanied to the golf course to assess their body's rotation, stability and co-ordination during a round of golf. Afterwards, the guests will receive a tailor-made exercise programme.



### **BODYSTYLE CONCEPT**

The Bodystyle Concept at the Atlantis by Giardino provides wellbeing and optimisation of overall fitness. Based on five parts including complete body analysis and consultation, ultrasound treatments, dietary consultation, vibration training and fitness as well as relaxation. Following the body analysis, a tailor-made programme will be compiled.

### **BODYSTYLE SKIN TREATMENTS**

A skin appearance camera with skin recognition software enables a diagnosis and the individual adjustment of the treatment parameters. The ultrasound equipment, with the world's leading RF Light Technology, makes the reduction and treatment of the following challenges possible: puberty and age-related acne, pigment disorders, wrinkles, frown lines as well as nasolabial folds (laughter lines).

**30 / 60 minutes CHF 125 / 200**

### **SIZE REDUCTION THROUGH FAT CELL DRAINAGE**

Fat cell drainage using an ultrasound system can be used on all parts of the body such as the stomach, thighs, hips or upper arms to painlessly reduce size, optimise the skin's appearance and support the tightening of the connective tissue. The fat cell drainage uses a completely new ultrasound frequency which is the gentlest and most effective method of targeting fat reduction in designated parts of the body.

**30 / 60 / 90 minutes CHF 125 / 200 / 250**

### **CELLULITE REDUCTION**

Already 48 hours after the ultrasound treatment there are visible results of cellulite reduction. A cellulite reduction can be achieved after only one session. Best results of this treatment are achieved after a fat cell drainage.

**90 minutes CHF 300**

### **PERMANENT HAIR REMOVAL WITH ULTRASOUND**

This permanent hair removal treatment can be used on every part of the body. It is completely painless, does not cause any unpleasant skin irritations and is effective on every hair or skin type. A modern, high-resolution skin appearance camera enables the diagnosis and the individual adjustment of the treatment parameter through a skin recognition software. Using the world's leading RF Light Platinum Technology, it is even possible to eliminate light, red or grey hair during the ultrasound treatment. This procedure is also safe for and successful on tanned skin.

**30 to 90 minutes CHF 125 to 250**

### **THERAPEUTIC TREATMENTS**

Significant pain relief and improvement of functional deficiencies can be achieved through individual therapy methods and training. At the dipiù Spa at the Atlantis by Giardino, guests profit from the vast experience, competence and continued education of our therapists.

**60 minutes CHF 150**

### **PERSONAL TRAINING**

Trained or untrained, at the dipiù Spa at the Atlantis by Giardino, we offer you tailor-made personal training focusing on your goals and needs. Try something new to help focus on a personal goal. Various workout options such as boot camp, TRX, functional fitness, outdoor vitaparcours, biking, running as well as yoga and Pilates provide a perfect training experience – a balance of power and endurance, flexibility and co-ordination as well as stimulation and relaxation. In co-operation with our specialised partners, we regularly add workshops and retreats to our offer.

**60 / 90 / 120 minutes CHF 150 / 210 / 250**

**KINESIS® BY TECHNOGYM®**

Ideal for professionals as well as beginners: During each session on this power station, every sporting objective is being met, overall wellbeing is increased and targeted muscle development supported. We are delighted to provide you with a tailor-made programme.

**60 / 90 minutes CHF 150 / CHF 210**

**AYURVEDA AND YOGA RETREATS**

The concept of the Ayurveda and yoga retreats at the Hotel Giardino Mountain is based on the pillars of Ayurveda, the traditional ancient Indian medical science and the "science of a long, healthy life". During the summer season, our Ayurveda team at the Hotel Giardino Ascona offers special weeks and retreats.

Our spa reception team is delighted to advise you on all our offers.

**EXCLUSIVE CO-OPERATION WITH TRAINING GUT**

Teaming up with the private clinic Gut, which is specialised in orthopaedic and trauma surgery, the Giardino Mountain is able to offer its guests medical benefits. Guests will be able to set up a consultation with an orthopaedic specialist for any kind of spine, shoulder, elbows, foot, knee or hip problems within 24 hours and receive an in-house MRI and X-ray examination. Furthermore, the Giardino Mountain has exclusive co-operation with the personal trainers at Training Gut.



dipiù  
COSMETICS



LIMONEN MANDELÖL  
LEMON ALMOND OIL

### **GIARDINO MERLOT, OIL AND HERBAL THERAPY**

#### **dipiù COSMETICS**

dipiù Cosmetics is a growing brand that blends natural ingredients with the latest scientific insights. In keeping with our philosophy and out of consideration for the environment, we use natural raw materials mainly from the Ticino region, specifically from the wine-growing estate Tenimento dell'Ör. We avoid all forms of mineral oils and other potential allergy carriers and believe that inner wellbeing is the path to outer beauty and attractiveness. Discover skincare and body treatments that are as elemental as nature itself.

These are the merits of dipiù products: they quench your skin's thirst, nourish it and replenish it with minerals. Active antioxidants have a rejuvenating and protective effect on the cells, revitalising and soothing the skin, as well as balancing and smoothing the complexion. dipiù Cosmetics products are based on quality natural ingredients such as merlot wine, grape-seed, olive and almond oils, chestnut honey and a variety of herbs. The healing power of wine is present in grape-seed oil. In addition to various natural minerals and vitamins, grape-seed oil also contains high concentrations of the beauty vitamin procyanidin, also known as OPC.

#### **dipiù KIDS AND TEENS**

Kids and teens also get the very best, right from the first treatment. We introduce the younger generation to the spa world and provide them with the best advice for young skin.

#### **dipiù LIFESTYLE PRODUCTS**

Wherever you are, the dipiù lifestyle products will go with you and remind you of the wonderful hours you spent with us.



Veda, Sanskrit for "knowledge". Aveda is a holistically oriented brand of natural cosmetics that draws on the centuries-old science of the healing qualities found in flower and plant essences and transfers it to the 21<sup>st</sup> century. The company's roots lie in Ayurveda. As far as possible, the products use ingredients from controlled organic cultivation, as well as minerals that are not derived from crude oil. With the Elemental Nature<sup>SM</sup> philosophy, Aveda has returned to its roots and seeks to nurture the wellbeing that comes from within. The Elemental Nature<sup>SM</sup> philosophy is based on Ayurveda, the Indian knowledge of life, which is a multifaceted, all-embracing system of healing.

**AVEDA**  
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES



## !QMS MEDICOSMETICS CARE LINE

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!QMS Medicosmetics is a tailor-made and highly efficient cosmetic line by Dr. Med. Erich Schulte, a famous beauty surgeon and an expert in cellular skin rejuvenation who has achieved some spectacular results. It has been the ambitious goal of the renowned plastic surgeon to develop cosmetics that gives skin a long-lasting youthful appearance and that is suitable for all skin types and ages. His research and engagement made !QMS Medicosmetics one of the most efficient and transformative skin care lines available today. Until today, the !QMS Medicosmetics anti-ageing treatment system is unrivalled in regards to its effectiveness in the conservation of health and regeneration of the skin. Through its extraordinarily effective concept, these innovative products achieve prompt results that have been unheard of before. During the individual treatments with up to 95% pure concentrated oxygen, the active ingredients are applied effectively and intensively onto and into the skin using the Oxygen Energy applicator.

**!QMS**MEDICOSMETICS



### **dipiù CLASSIC FACIAL**



This individualised facial starts with a thorough skin analysis. This includes an intensive cleansing depending on the skin type, a face and décolleté massage as well as a matching mask.

**60 / 90 minutes CHF 150 / 210**

### **dipiù INTENSIVE ANTI-AGEING TREATMENT**



This anti-ageing treatment starts with a thorough skin analysis. The treatment contains a peeling, a deep cleansing, a facial lymph drainage or a relaxing face and décolleté massage with a corresponding active ingredient combination and a regenerating mask, active ingredient ampule and care to finish.

**60 / 90 minutes CHF 150 / 210**

### **dipiù OIL SCRUB MASSAGE**



This scrub massage with rosemary oil is a deep-tissue massage and is one of the most effective techniques for stimulating circulation. It activates the blood and lymph circulatory systems, transports the body's waste materials away and drains excess fluids from the connective tissues.

**60 minutes CHF 150**

**incl. body brush to take home**

### **dipiù HERBAL STAMP MASSAGE**



The special blend of herbs is prepared in such a way that the natural substances they contain are optimally released through the action of warmth and oil. As the warm oil and stroking massage movements, along with the compresses, revitalise the body, its regenerative processes speeds up, relaxing tension and releasing blockages.

**60 / 90 minutes CHF 170 / 230**

### dipiù AROMA OIL MASSAGE



The aroma oil massage combines a gentle massage with techniques borrowed from the classic massage along with pure and natural aromatic oils. The ingredients penetrate the skin and stimulate the nerve, blood and lymph system. The result: tiredness and tensions melt away and new energy flows through your body.

**30 / 60 / 90 minutes CHF 80 / 150 / 210**

### dipiù SPECIAL TOUCH



This 90-minute treatment starts with a full body peeling using almond oil and pre-heated sea salt to stimulate blood circulation and to remove dead skin cells. This is followed by a half body massage with dipiù rosemary and avocado oils. Rosemary warms the muscles and avocado nourishes the skin. The effects of the massage are increased by using hot stones which are placed on various chakra points. As they warm they dissolve any tension in the body.

**90 minutes CHF 210**

### dipiù ONLY FOR MEN



A facial especially designed for male skin. The skin is pampered with warm compresses, deep cleansing, an intensive neck and head massage as well as a relaxing face massage. This treatment soothes the skin and lets it glow.

**60 / 90 minutes CHF 150 / 210**





## dipiù MERLOT GRAPE-SALT BATH



Immerse yourself in a salt bath enriched with Merlot wine. It quenches your skin's thirst, nourishes it and replenishes it with minerals. Enjoy the rejuvenating, cell-protective effects of the active antioxidants derived from Merlot grape seeds.

**20 minutes CHF 80**

## dipiù AROMATIC OIL BATH



A nurturing oil bath: It is personalised to your individual needs and is a good preparation for a massage.

**20 minutes for 1 person CHF 80 / for 2 persons CHF 140**

## AVEDA, NATURAL BATH ADDITIVES OF THE SPECIAL KIND



Relaxing: vanilla, bergamot, lavender and rose

Activating: sandalwood, jasmine, mandarin and cinnamon

**20 minutes CHF 80**



**AVEDA BACK TREATMENT**

A unique deep cleansing ritual for body areas which are difficult to reach, such as your back, neck and shoulders: It removes impurities through gentle peeling, releases tension through personalised massage and leaves your skin feeling soft and silky. An individual back mask rounds off this treatment.

**60 minutes CHF 150**

**AVEDA CUSTOMISED BODY POLISH**

An exfoliating and refining treatment which uses the effects of plant extracts to rejuvenate your skin and revitalise the senses. The result is a soft, nurtured and smooth skin complexion.

**60 minutes CHF 150**

**AVEDA CUSTOMISED BODY WRAP**

This treatment, which is adjusted to your individual needs, includes a dry brush peeling and an aromatic body wrap. A gentle massage with skincare lotion plus a head and foot massage relax your body, mind and soul.

**60 minutes CHF 150**

**!QMS ANTI-CELLULITE CONTOURING**

This treatment concentrates on the lower body areas and is very effective in combating cellulite and weakness in the connective tissue. It improves the blood circulation and re-hydrates the skin. These specially developed products support detoxification, refine the skin structure and define the body's contours.

**60 minutes CHF 170**

**!QMS UPPER BODY TONE AND HYDRATE**

The treatment was developed to tighten the upper body's skin and is based on a sequence of peeling, detoxification and re-hydration. A back massage using our nurturing body oil to regenerate and smoothen the skin rounds off this treatment.

**75 minutes CHF 190**

**!QMS PRO-LIFT UPPER ARM**

The treatment focuses on the upper arms and rectifies the first signs of ageing, tightening and toning loose skin. The skin is revitalised, hydrated and immediately visibly firmer.

**45 minutes CHF 140**



**CLASSIC BODY MASSAGE**

This classic massage relieves tension, strengthens tired muscles and stimulates blood circulation in the connective tissue.

**30 / 60 / 90 minutes CHF 80 / 150 / 210**

**SPORT MASSAGE**

The ideal massage before sports activities, or afterwards to relax and revive the muscles.

**30 / 60 / 90 minutes CHF 80 / 150 / 210**

**RELAXING HEAD, FACE AND NECK MASSAGE**

This massage releases tension, restores the balance in the head and neck area and harmonises facial muscles. It is ideal for relieving stress and tension in the head and neck.

**45 minutes CHF 130**

**LYMPH DRAINAGE**

Lymph drainage therapy is designed to activate the body's lymph drainage system. Lymphatic fluid is responsible for efficient cleansing of the body and is a key player in the entire immune system. Gentle massage movements are applied with light amounts of pressure to stimulate the lymph nodes and ducts and encourage the lymph flow. The body's own waste materials are thus transported away more quickly. Lymph drainage is recommended for fluid retention conditions, such as oedema, heavy and overexerted legs, after operations or accidents, and in the case of psychological or neurological imbalances.

**30 / 60 / 90 minutes CHF 80 / 150 / 210**

**FOOT REFLEXOLOGY MASSAGE**

Reflex zone massage is based on the insight that life forces flow along certain channels in our bodies. This special massage technique on the soles of the feet promotes the best possible utilisation of the body's own healing resources and energy flows to create a harmonious flow throughout the body. This is a wonderfully sensitive revitalisation massage.

**50 minutes CHF 140**



### **BACK MASSAGE COMBINED WITH A FOOT REFLEXOLOGY MASSAGE**

60 minutes CHF 150



### **LOMI LOMI NUI**

The Hawaiian temple massage lomi lomi nui is like the ebb and flow of the ocean waves. Smooth movements flow over the body like water. The long, continuous strokes with the lower arms penetrate deep into the connective tissues. With this technique the therapist releases blockages and tensions in the body and joints. The result is deep relaxation coupled with a feeling of lightness, peace and harmony.

60 / 90 minutes CHF 170 / 230



### **PREGNANCY MASSAGE**

From the 14<sup>th</sup> week of pregnancy. A gentle massage with warm almond oil relaxes and nurtures your skin. It gently balances the challenges that come with pregnancies. We take special care to find the ideal massage position for you. Your physical wellbeing comes first.

45 minutes CHF 130



### **AVEDA AROMA MASSAGE**

A massage designed for you based on the Aveda Elemental Nature<sup>SM</sup> philosophy. You will be pampered using your preferred Aveda aroma and depending on your needs, different massage techniques will be applied.

60 / 90 minutes CHF 150 / 210



### AVEDA FIRING ACTION CELLULITIS MASSAGE

This is a stimulating, exfoliating treatment for problem areas. A special peeling technique and the application of plant extracts rejuvenate and firm the skin. The vitalising dry-peeling session is complemented by a combination of massage techniques and a lymphatic drainage which promotes stress release in the muscles and boosts the body's natural purification processes. The subsequent wet wraps stimulate detoxification in the body. This treatment should be supported by an additional sport and nutrition programme.

**90 minutes CHF 210**



### AVEDA FUSION STONE MASSAGE

This treatment with cold and hot stones is tailored to your individual needs and releases blockages and tension. The aromatic natural plant oils by Aveda are individually selected to harmonise with your current constitution.

**60 / 90 minutes CHF 170 / 230**

### AVEDA STRESS-FIX™ BODY MASSAGE

This body treatment is specially designed to relieve stress with organic lavender, lavandin and clary sage. Combining both classic massage and deep tissue techniques, it alleviates muscular tension, improves blood flow and encourages circulation, focusing on the areas that feel most tense. Foot reflexology then targets the pressure points to ease tension, release blockages and stimulate the energy flow in the body.

**60 / 90 minutes CHF 150 / 210**



**AVEDA ELEMENTAL NATURE<sup>SM</sup> FACIAL**

Restore the natural balance to your skin with a facial treatment designed specifically for you. Special massage techniques and products composed of pure plant and blossom essences will be used to treat the individual needs of your skin.

**60 / 90 minutes CHF 150 / 210**

**AVEDA OUTER PEACE<sup>TM</sup>  
BLEMISH RELIEF TREATMENT**

This facial treatment intensely purifies the skin without causing dryness or irritation. Gentle exfoliation and a visible decrease in redness improve the skin's appearance. Impurities in the skin are noticeably reduced.

**60 / 90 minutes CHF 150 / 210**

**AVEDA BOTANICAL SKIN RESURFACING  
FACIAL TREATMENT**

This exclusive facial treatment is a gentle alternative to microdermabrasion and is suitable for all Elemental Nature<sup>SM</sup> skin types. The inherent properties of tourmaline, combined with a special massage technique, refine the complexion, decrease pore size and soften fine wrinkles to bring radiance to your complexion.

This rejuvenating facial treatment encourages cell renewal.

The skin regains its natural glow.

**60 / 90 minutes CHF 150 / 210**

**AVEDA GREEN SCIENCE<sup>TM</sup> SKIN RENEWING TREATMENT**

This unique, rejuvenating facial treatment combines the high-tech plant technology of Green Science<sup>TM</sup> with 5 phase high-touch massage therapy to renew and revitalise the skin. The skin is lifted and firmed with lines and wrinkles being visibly reduced. The skin's surface becomes silky soft and more radiant. At the same time the skin's protective function is improved and age spots are minimised. This treatment focuses above all on skin refinement, nourishment and regeneration.

**60 / 90 minutes CHF 150 / 210**

### **!QMS SKIN ENERGY FACIAL**



This treatment combines deep cleansing with a balancing, revitalising oxygen concentrate. It revives the skin and activates the cells. The improved oxygenation supports the blood circulation and simulates the skin's renewal process -for a radiant, fresh and healthy skin.

**45 minutes CHF 140 add on: !QMS Activator Mask**  
Provides perfect hydration and firming of the facial skin.  
**15 minutes CHF 30**



### **!QMS O2 RENEW FACIAL**



This facial has been developed especially for the Giardino Group and is suitable for all skin types. During the treatment special anti-ageing products are being used that include high-quality and naturally soluble collagen which counter-act the age-related collagen loss. Additionally, the ingredients are effectively and intensively applied onto and into the skin using the Oxygen Energy Applicator, developed by !QMS Medicosmetics. This facial renews, rejuvenates and revitalises.

**75 minutes CHF 220**

### **!QMS ACTIV-COLLAGEN FACIAL**



This highly effective facial has been designed for sensitive skin. It soothes inflammations, cleanses the skin from impurities and regenerates the skin's basic functions which are vital for its overall improvement and well-being.

**90 minutes CHF 260**

You can individually enhance your facial treatments, massages and body treatments with a variety of add-on treatments or book them separately as express treatments.

### **dipiù EXPRESS CARE AMPOULES**

An intensive express treatment with an ampoule chosen especially for you and your needs: A thorough massage using high-quality ingredients, vitamin A and E, aloe vera and hyaluron show immediate and visible results. The skin will be hydrated, nourished and smooth.

**30 minutes CHF 80**

### **AVEDA REVITALISING EYE TREATMENT**

This treatment reduces fine wrinkles, swelling and shadowy areas around the eyes. These sensitive areas are relaxed with the help of cooling and revitalising massage techniques. The eyes regain their natural sparkle.

**20 minutes as part of a facial CHF 60**

**40 minutes as separate mini treatment (including eyebrow correction) CHF 80**

### **AVEDA PERFECTING PLANT PEEL<sup>SM</sup> TREATMENT**

This is a two-phase treatment consisting of the Perfecting Plant Peel<sup>SM</sup> Activating Spray and the Thermal Mask. Both contain powerful plant ingredients that combat and soothe skin irritations and redness. First of all, the activating spray is applied to the skin. This is then followed by the mask application. The skin becomes warmer and the gentle exfoliation process begins without causing any irritation. Afterwards the skin appears smoother and clearer. The pores become finer and the complexion gains a fresh and even glow.

**20 minutes as part of a facial CHF 60**

**40 minutes as separate mini treatment CHF 80**



### HAND TREATMENT

This rejuvenating and nourishing treatment enhances and cares for nails, the surrounding skin and hands. A unique combination of hand care, massage techniques, warm packs as well as Aveda rituals revive the senses.

**20 minutes CHF 50**

### CHANGE OF VARNISH

30 minutes CHF 60

### MANICURE

45 minutes CHF 90

### MANICURE WITH VARNISH

60 minutes CHF 100

### FRENCH MANICURE

75 minutes CHF 110

### FOOT TREATMENT

This rejuvenating and nourishing treatment enhances and pampers the feet. A special peeling recipe and a warm pack are combined with relaxing massage techniques to care for and relax the feet.

**20 minutes CHF 50**

### PEDICURE

45 minutes CHF 90

### PEDICURE WITH VARNISH

60 minutes CHF 100

### FRENCH PEDICURE

75 minutes CHF 110

### GELCOLOR

GelColor from OPI enables you to keep your natural nails without forgoing long lasting colour. It will be applied in several layers like nail varnish and harden under a LED lamp. There will be no tiresome wait for the varnish to dry.

**80 minutes CHF 130**

### !QMS HAND RECOVERY

Dead skin cells are removed and the skin nourished during this intensive treatment, making your hands look younger and feel smoother. It also reduces pigment and age spots.

**45 minutes CHF 90**

### **TINTING AND CORRECTION OF EYELASHES AND EYEBROWS**

With eyebrow correction and tinting the facial contours are positively shaped and improve the overall impression

#### **TINTING OF EYELASHES**

20 minutes CHF 35

#### **TINTING OF EYEBROWS**

(including eyebrow correction)  
20 minutes CHF 35

### **TINTING OF EYELASHES AND EYEBROWS**

(including eyebrow correction)  
30 minutes CHF 50

#### **EYEBROW CORRECTION**

15 / 30 minutes CHF 20 / 40

Tinting and/or correction during a facial: **50% off the regular price.**

### **MAKE UP**

A make up perfectly matching type and occasion.

#### **DAYTIME MAKE UP**

50 minutes CHF 100

#### **EVENING MAKE UP**

60 minutes CHF 110

We create your individual look. Through the right colour choice and our skill, it's easy to put on appropriate daytime or evening make up.

### **MAKE UP CONSULTATION**

70 minutes CHF 120



### **HAIR REMOVAL WITH WARM WAX**

Hair removal with wax is gentle and efficient. It's suitable for all areas of the body even for sensitive skin. This kind of hair removal is preferable to shaving as the hairs grow back slower and thinner.

- 15 minutes CHF 25
- 30 minutes CHF 50
- 45 minutes CHF 75
- 60 minutes CHF 100





## KIDS (6 – 12 YEARS OF AGE)

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The dipiù Kids products are gentle, nutritious and safe. They are free from colouring agents, fragrances and mineral oils. The body is gently pampered with a facial and full body massage.

<b>FACIAL</b>	30 minutes CHF 60
<b>FULL BODY MASSAGE</b>	30 minutes CHF 60
<b>HAND CARE WITHOUT VARNISH</b>	20 minutes CHF 40
<b>HAND CARE WITH VARNISH</b>	45 minutes CHF 60
<b>FOOT CARE WITHOUT VARNISH</b>	20 minutes CHF 40
<b>FOOT CARE WITH VARNISH</b>	45 minutes CHF 60

## TEENS (13 – 16 YEARS OF AGE)

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35

### **FACIAL TREATMENT**

Special care products will be used to meet the needs of teenage skin. To begin with you will be able enjoy a relaxing foot bath, followed by a facial care programme that is designed especially for you. This includes skin analysis and consultation, deep cleansing, peeling and a mask.

**60 minutes CHF 100**

### **BODY TREATMENTS**

We start with a foot bath, followed by a gentle peel to remove dead skin cells and attend to rough skin areas. Finally your body is massaged with a special oil.

**60 minutes CHF 120**

### **CLASSIC MASSAGE**

**30 / 60 minutes CHF 60 / 120**

### **MANICURE**

**30 minutes CHF 50**

### **MANICURE WITH VARNISH**

**45 minutes CHF 60**

### **PEDICURE**

**30 minutes CHF 50**

### **PEDICURE WITH VARNISH**

**45 minutes CHF 60**



Physical movement is one of the most important elements for heightened enjoyment of life. When combined with a healthy, balanced diet, movement gives you a new awareness of life that fills you with energy, balance and ease. Relieve stress, release tension and build up your resistance to illness. Our specialised advisors will design your own personal training programme to achieve the best possible results. We offer a high-quality, professional range of activities in our indoor fitness studio, our pools as well as outdoors. We have mountain bikes available for tours in the surrounding nature. You can also book guided tours.

### **PERSONAL TRAINING**

With individual training, professional support and a lot of motivation you will easily and quickly reach your personal goals. Please book your appointment at the dipiù Spa reception.

**60 / 90 minutes CHF 150 / 210**

Simply ask about our daily activities and our staff will provide you with personal advice.

### **POWERPLATE®**

Power Plate® is a fitness device for the whole body. Through mechanical vibrations, the body automatically contracts its muscles up to 2,400 times per minute and activates up to 97% of all muscle fibres, nearly double the amount of normal strength training. Only 10 minutes of Power Plate® training will make up for 1.5 hours of regular exercise. It also achieves the following goals: muscle development and toning, prevention of back pain, reduction of cellulitis, strengthening of the cardiovascular system, improvement of metabolism and flexibility.

**30 minutes supervised training CHF 80**

**10 sessions CHF 700**



Spend some quality time and relaxing hours with your loved one.

### dipiù



- A nurturing oil bath in a twin tub
- dipiù grape-nut-peeling
- dipiù aroma massage for your wellbeing

**120 minutes CHF 300 per person**

**90 minutes CHF 220 per person (without peeling)**

### AVEDA



- Aroma oil bath for two
- Aveda Body Polish
- Aveda Aroma Massage

**120 minutes CHF 300 per person**

**90 minutes CHF 220 per person (without peeling)**

We are delighted to create more packages for two from our various offers available.

### dipiù Spa FOR HIM AND HER



The exclusive pamper and care programme

- Aveda Aroma Massage (60 minutes)
- Aveda Elemental Nature<sup>SM</sup> Facial (60 minutes)
- Manicure or pedicure (60 minutes)

**180 minutes CHF 360 per person**

### dipiù Spa TIME FOR ME



Pampering treatments for body and soul

- Aveda Body Polish (30 minutes)
- Aveda Body Wrap (45 minutes)
- Aveda Aroma Massage (60 minutes)

**135 minutes CHF 260 per person**

During these pampering packages, you can enjoy complimentary access to the dipiù Spa. Please appreciate that we are unable to mix and match services from the individual pamper packages. We are delighted to create individual pamper packages and following your treatment, we can also book lunch or dinner for you at one of our restaurants.

 relaxation / tension release  energy / vitality  detox / regeneration



Caring for your hair is not a secondary issue – it is an elemental expression of your personality. How you treat your hair, how you have it cut, the way you care for it and style it, all accentuate your overall appearance. Discover the Aveda aromas during a relaxing scalp massage or a hand massage, or book a manicure to accompany your appointment in the hair studio.

### **HAIR TREATMENTS**

Hair treatments are like spa treatments for your scalp. The scalp and hair are often damaged to various degrees by environmental influences. These treatments will result in shimmering, healthy looking hair that is soft and silky to the touch. These treatments do not include styling services which need to be booked separately.

### **CUT AND STYLING SERVICES**

Our creative Aveda stylists are known for their professionalism, precise cutting techniques and a natural feeling for your personality. On request during your treatment, we pamper you with a hand or head, neck and shoulder massage.

### **AVEDA HAIR DYES WITH NATURAL INGREDIENTS**

Aveda's gentle and nurturing hair dyes, pampers the hair. A mixture of sunflower, castor and jojoba oils give it an exceptional shine, long-lasting brilliant colour and tangible healthy hair.

### **MAKE UP AND WEDDING STYLING**

Only natural ingredients such as pigments from Brazilian nut-seeds, cinnamon from Madagascar and anti-oxidants from ripe berries can be found in Aveda's high-quality makeup products for face, eyes and lips. On your special day, we are available to assist with any wish during a professional wedding styling including make up.

### **BARBER SERVICES**

Beards are back but need to be stylish and groomed. We offer you professional barber services matching your wishes and look.

For further information, please see the separate brochure.



## AYURVEDA BY GIARDINO

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Das Konzept der Ayurveda- und Yoga-Retreats basiert auf den Säulen des Ayurveda, der klassischen altindischen Heilkunde und der Wissenschaft vom langen, gesunden Leben. Im Fokus stehen Gesundheitsvorsorge, sinnvolle Lebensgestaltung und Verbesserung des Wohlbefindens. Zu unserem Team gehören kompetente Ayurveda-Experten wie Ärzte, Ernährungsberater, Köche, erfahrene Therapeuten sowie Yoga Instruktoren.

Angebote im Ayurveda Magazin oder unter  
**[www.ayurvedabygiardino.ch](http://www.ayurvedabygiardino.ch)**





We will be happy to book your chosen treatments or pamper programmes. Access to our spa, fitness area, pools and garden will be billed separately. We reserve the right to restrict access to our spa during high season, should the need arise. We will provide you with towels, bathrobes and slippers during your visit, as well as refreshments and fruit. Children from the age of 12 are welcome to use the saunas and fitness studio.

### **SPA ENTRANCE**

Prices on request: individual entrance, 10-ticket subscription, season ticket

### **DAY SPA**

Includes a 60-minute treatment of your choice  
**CHF 200**

Please contact us for further day spa offers.

### **SPA MEMBERSHIP**

You can become an exclusive member of our dipiù Spas. For more details, please contact our spa reception.

### **ACTIVE FOR A BEAUTIFUL SKIN**

At the Giardino Ascona and at the Giardino Mountain, we offer you the Beauty Angel solarium which stands for innovative light and wellness treatments as well as fulfil the wish of gentle and natural skin rejuvenation.

**15 minutes CHF 20**

**10-ticket subscription CHF 180**





Ascona Champfer-St.Moritz Zürich Grindelwald