

# a one-in-a-LIFETIME EXPERIENCE IN THE REALI WELLNESS SPA

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In the centre of Venice lies an oasis of relaxation and wellness where the wisdom of Oriental traditions is combined with the effectiveness and quality of 100% certified biological products, in an elegant, relaxing atmosphere. Here are expert, qualified masseurs will take care of you, offering you a personalised wellness programme in an atmosphere that is perfect for the equilibration of the body, mind and spirit.



# massages

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## “reali” massage

This unique massage is a combination of Thai, Swedish and Hawaii techniques. It is a highly relaxing massage, with the use of your favourite aromatic oil. This massage is recommended to all those who are visiting our Spa for the first time.

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## candle massage

A pampering massage made with a warm candle oil rich of vitamins releasing a relaxing perfume on the skin with an immediate energizing effect.

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## traditional Thai massage

This massage delicately relaxes the muscles and uses the palms of the hands and thumb pressure to stimulate the body's energy meridians. This massage stimulates the energy system, increasing the vitality of the mind and the body's self-healing powers. Done without the use of oils or crèmes, the staff will give you comfortable garments to wear during the massage.



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## thai massage with aromatic oils

This is an intensive massage that is done with your favourite hot, aromatic oil, and alternates lengthy applications of pressure with relaxation. This massage stimulates the blood circulation, improves the energy flow and reduces tension. The pressure varies according to your wishes.

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## detoxifying Thai massage

A light, calming massage with essential oils and techniques for lymphatic drainage to help the body eliminate toxins. The massage stimulates the immune system and is particularly recommended for those suffering from water retention and heavy legs. It is also recommended as an anti-cellulite massage.



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## thai herb massage

This combination of hot compresses based on aromatic herbs and relaxing, circular movements together with pressure on specific areas of the body, is ideal for those with chronic problems such as backache, tendinitis and pulled muscles; it also increases the body's energy flow. During this 80-minute massage the herbal compresses will be applied all over the body while during the 50-minute massage they will only be applied on the back.

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## thai foot massage

Cleansing of the feet with a refreshing foot-bath and salt peeling is followed by the massage which is done by applying pressure to nerve centres of the foot. These centres reflect all the body's organs and systems and, when stimulated, relax the nervous system and strengthen the immune system.



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## hot stone massage

A special massage using lava and basaltic stones that have been smoothed and heated, to stimulate the body's energy centres. The heat emitted from the stones penetrates the entire body, generating a sensation of complete well-being that helps relax muscular rigidity and relieve tension in the spine.

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## lomi lomi massage

Originally from Hawaii, this is a highly invigorating massage done with slow, circular movements of the fingers, palms of the hands and forearms. The massage aids the lymphatic, circulatory, respiratory and digestive systems.

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## delete stress massage

The aim of this massage is the total relaxation of the body that leads to the automatic relaxation of the mind, offering a sense of renewed calm and peace.

Hardened or tense muscles relax; the blood that nourishes them flows better; and heat is restored to the areas that are more likely to suffer from the cold.

The sensation of light fatigue that might remain for several minutes is a sign that the body is beginning to eliminate stagnant toxins that have accumulated with time.



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## reflex point massage

The sacrum, vertebral column and skull can easily be visualised as a load bearing column in a temple: and as the ancients would once say, the body is the temple of the spirit.

Thanks to the stimuli received during treatment on the reflex points on the feet, hands, sacrum, vertebral column and skull, the body has the chance to reorganise itself on the basis of the healthy vital principles that embody the laws of nature.

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## holistic massage of the face and head

An intensive massage of the face and head to improve circulation and increase oxygen in the skin. The particular movements of this massage increase the elasticity of the skin and ease expression lines, while the scalp massage relieves tension and helps restore energy. Recommended for those suffering from headaches, anxiety and fatigue.





# BODY TREATMENTS

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## gommage new splendor

To deeply cleansing and bright the skin  
An intense and creamy Exfoliation with minerals and almond-pistache essential oils: a delicious programme that encourages relaxation and a deep sense of well-being.

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## slimming and firming

To treat the cellulite. A personal experience to fit the silhouette and give new energy and vitality to the body.

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## fraîches gambettes

Lightens and relaxes heavy legs  
The main aims of this treatment are stop sensations of heat in the legs and provide a feeling of renewed lightness. A deep exfoliation followed by an intense leg massage to reinvigorate the microcirculation

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## elixir corp

A complete sensorial treatment for your face, your body and your mind. A sweet, gourmand experience for a total relax. Rich of vitamins and trace elements, helps the regeneration of the cells and activate the balance of the hydrolipidic film.



# FACIAL TREATMENTS

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## solution optimale

Stimulates and purifies the skin of men  
Specially developed for men, with ingredients specially selected for their skin, this ritual rids the skin of impurities while giving an extreme sensation of relaxation.

A gentle treatment who gives men a supple and comfortable skin and an energised and toned face.

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## puri solution

For all kind of skin

A sweet Exfoliation for eliminating impurities and refining skin texture with high anti-bacterial power, in short «renewing» your skin!

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## sos douceur sensible

For sensible skin

high-performance restorative treatment mask who helps instant soothe feelings of discomfort & tightness. Unveils a calmer, suppler, fresher, brighter & more comfortable complexion, attenuating the sensations of heating, eliminating redness and restoring softness and wellness

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## hydra expérience

For tired skin

we invite you to discover a new beauty experience for exceptional results. A moisturising foam with cornflower petals to restore hydration, radiance and freshness.



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## my payot experience

Ideal for dry skin

A unique multisensory experience to wake up the brightness of your face and reduce the signs of fatigue. An energising treatment made from a cocktail of red superfruits for a great moment of freshness.

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## solution techni liss

For all kind of skin

A comprehensive treatment with a professional peeling and a rebalancing, repairing mask for an immediate "New skin" effect

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## ultra lift solution

For a mature skin

An anti-ageing treatment for mature skin with immediate "lifting" effect. This treatment helps to tone up your visage, easing the facial expression line.



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## parfaite experience

For tired skin who needs urgent and deep wellness

A unique anti-ageing treatment, the ideal combination of absolute relaxation and beauty treatment. It simultaneously treats wrinkles, slackening of the skin, lack of comfort and loss of radiance with natural ingredients and consists of a deep facial cleansing with a "gold" mask to revitalise facial energy centres and awaken cells' essential functions and a facial massage for a complete beauty experience.

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## pure white experience

For spotted skin

A total beauty experience that also treats and regulates melanogenesis with a delicate exfoliation. A mask and a massage with rice extracts will give you a fantastic and perfect new skin.



## OTHER BEAUTY TREATMENTS

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### “reali” pedicure by mavex

This special beauty treatment for feet and nails includes a foot bath, partial peeling of the legs, elimination of harden skin, shaping of the nails, a coat of nail varnish and foot massage.

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### “reali” manicure

This special manicure gives your hands and nails a regal treatment. It includes an intensive peeling of the hands followed by the shaping of the nails, a nourishing mask, a massage and a coat of nail varnish.



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## depilation

The following treatments with wax depilation are available:

partial leg depilation (30 min)

whole leg and bikini depilation (60 min)

bikini (15 min)

arm / back / chest (30 min)

armpits (20 min)

upper lip (10 min)

You should avoid sun exposure 12 hours after the treatment.

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## solar shower with collagen stimulation

One of the latest machines, this may be used as a sun lamp or, thanks to its photobiomodulation, as a real anti-aging treatment.

Photobiomodulation acts on fibroblast cells, augmenting their natural activity and increasing the production of collagen by four times.

After several sittings, the collagen session has a tonifying and strengthening effect on the body while the face seems to have been lifted.







# INDIVIDUAL RITUALS

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## relaxation

- admission to damp zone
- Thai massage with aromatic oils (50 min)
- Thai foot massage (50 min)

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## beauty

- Body exfoliation by payot (20 min)
- Peau nette treatment (75 min)
- manicure
- pedicure

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## shape

- admission to damp zone
- detoxifying Thai massage (50 min)
- slimming and firming treatment (60 min)



# SPECIAL RITUALS

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## special ritual for bride and groom

A romantic and unforgettable experience enveloped by the perfume in a magical atmosphere. A chance to surprise a special person. A ritual starting with a welcoming footbath accompanied by a pampering herbal tea followed by a delicate body exfoliation, a magical moment to share with her or him. The magic keeps going on with a "Reali" massage with an aromatic oil who will capture your senses and your mind. A complete relaxation framed by a glass of Prosecco, chocolate and rose petals.

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## mother and daughter

An unique ritual especially prepared to let mother and daughter spend quality time together in the warm elegance of our spa, sharing unforgettable souvenirs. A personalised facial treatment to let the skin shine and a hand and foot treatment for a new out of time beauty.



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## harmony

- admission to damp zone
- "reali" massage (80 min)
- gommage new splendor (45 min)

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## detoxifying

- admission to damp zone
- royal Thai massage (50 min)
- Thai foot massage (40 min)

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## sporty

- Thai massage with herbs (80 min)
- massage to relax the back (40 min)
- gommage new splendor (45 min)







# reLaxation area

Visit our relaxation area, experience the heat and purify your body.

Make the most of the serene damp area where you will find:

- Finnish sauna
- Turkish bath
- small pool with hydromassage
- five-senses shower
- aromatic shower
- ice water fall
- relaxation area (outside and inside)

While relaxing, enjoy an herbal tea, infusion and fresh fruit to make your wellness day complete.



# FITNESS area

Staying fit while on a business trip or on holiday is the best way to look after yourself.

Physical activity is good for the body and soul, it prevents physical weakness and makes the body more resistant, energetic and stronger.

Good muscular tone underlines the tonicity of the skin.

Metabolism and oxygenation are stimulated, making you look fresher and younger.

The release of adrenaline by moving the body is also good for sensations in general.

This is why we have created a modern fitness area where Technogym equipment guarantees the maximum effectiveness and will meet all your requirements.



# INFORMATION

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## opening hours

Reali Wellness Spa is open every day from 10.00 to 21.00.

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## reservations

Please make your reservation a couple of days in advance.

For appointments or information please ask at the Reali Wellness Spa reception.

Tel 041 24 15 916

e-mail [spa@hotelaireali.com](mailto:spa@hotelaireali.com)

or extension 406

It is recommended you arrive at least 15 minutes prior to your appointment. Please bear in mind that your treatment session cannot be extended should you arrive late.



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## advance warning and changing appointments

Any cancellations or changes regarding the time of a treatment must be done at least 6 hours before the time reserved. Should this not be the case, the entire price of the treatment will be debited.

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## welcome form

Each guest is required to fill in a welcome form before entering the Reali Wellness Spa and receiving any of the treatments.

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## what to wear

When you arrive in the Spa, you will be given a welcome kit that includes a dressing gown, towel and slippers.

You will be given comfortable clothing for some of the traditional massages.

Disposable underwear is available for all body treatments and massages requiring the use of oil or cream.



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## swimsuits are required

For hygienic reasons please wear a swimsuit when you are in the wellness area. You can buy a comfortable, disposable swimsuit in our Spa.

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## spa etiquette

You are kindly asked to turn off your mobile phone and speak quietly to preserve the harmony in the Spa. Children under the age of 14 are not allowed.

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## privacy

Your privacy will always be protected. Our staff will give you enough time to get changed in complete discretion. During the treatment you will be wrapped in towels to cover all the parts of the body that are not being treated.



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## products

All the products used in the treatments are on sale in the Spa.

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## subscriptions

Gift coupons for the variety of treatments and rituals offered in Reali Wellness Spa may be purchased.

It is also possible to purchase subscriptions and combine various treatments including admission to the relaxation and fitness area, at reduced rates.

Our staff is available for further information and advice.

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## private Spa

It is possible to reserve the entire Spa as a special moment: to celebrate an anniversary or for a cocktail with friends.

For further information and clarification please ask our staff.





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