

*Dolce Vita*  
BEAUTY & SPA

SPA MENU





# SIGNATURE RITUALS

## LA VITA E BELLA “Life is beautiful”

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Mud Wrapping and Medium Pressure Relaxation Massage

90 min

490 RON

This indulgent ritual reconnects you with your inner well-being and inspires you to discover the beauty of life. Let yourself be carried away on this sensory journey, where each touch and every moment represents a complete rejuvenating experience. The purifying therapeutic mud envelops you, providing a sense of tranquility and detoxification, while the relaxation massage brings harmony and balance to the entire body.

## IL RITO DELLA VITA “The Ritual of Life”

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Salty Scrub and Medium Pressure Relaxation Massage

90 min

450 RON

The inner balance and natural rhythm are increasingly difficult to maintain in everyday life. We invite you to pause and experience this unique ritual. It's more than just a Spa treatment; it's a sensory journey that begins with gentle skin exfoliation with salt and culminates in a relaxation massage that captivates all your senses.

“Non c'è fine. Non c'è inizio.  
C'è solo l'infinita passione per la vita.”  
Federico Fellini



# COUPLE RITUALS

## L'INCANTO DELLA VITA "The Enchantment of Life"

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Foot Bath, Gentle Exfoliation in the Steam Sauna, Tibetan Bowl Therapy, and Lomi-Lomi Relaxation Massage

90 min

1100 RON

Prepare yourselves for a spiritual, couple-centered experience, filled with tranquility, that will enchant your entire being. Allow yourselves to be guided back to harmony with this delightful ritual, specially crafted for couples. Ancient wisdom asserts that the body we inhabit is our temple. For healing to occur, we must first cleanse the body. Purify your bodies through a foot bath and exfoliation in the steam sauna, alongside your beloved. The Tibetan bowls will provide you with enchanting sound therapy, setting the stage for our healing Lomi Lomi massage.

## L'ESPERIENZA

### "The Experience" - Private Ritual for Couples

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Low-Pressure Relaxation Massage for Couples, Jacuzzi, Private Sauna, Relaxation Area.

3h

1500 RON

This is our proposal for a complete experience that will surely bring you to a state of bliss as a couple. The everyday lifestyle is abounding with factors that put pressure on our bodies and minds. Give yourselves the chance to escape with your loved one to an environment designed for absolute comfort. An intimate, luxurious experience awaits you in an irresistible atmosphere.



# BODY TREATMENTS

## BENESSERE

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Low-Pressure Relaxation Massage

60 min

250 RON

This relaxation treatment aims to restore inner balance and induce a sense of well-being. The therapist's gentle pressure movements invite you on a sensory journey. Experience the release of muscle tension and stress reduction, savoring every moment. It's all yours!

## EQUILIBRIO

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Relaxation massage, with candlelight, performed with long strokes and medium pressure.

60 min

320 RON

Designed to stimulate all senses, this massage therapy transports you into a unique journey of self-discovery. It alleviates physical and mental discomfort, leaving you in a state of calm and bliss.

## VULCANO

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Heated volcanic stone massage, medium pressure

60 min

290 RON

Discover the balance between the natural warmth of volcanic stones and therapeutic touch with this exceptional Spa treatment. It's an intensely relaxing massage that releases muscle tension and improves blood circulation.

## PROFONDO

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Deep tissue massage with high pressure

60 min

270 RON

The best therapy for relaxing and releasing tension throughout the body focuses on the deepest muscle layers, exactly where you need healing the most. Get ready to restore your balance and energy flow.



# MINI TREATMENTS

## SCHIENA FORTE

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Medium pressure back relaxation massage

30 min

150 RON

This invigorating massage is perfect for tense and tired back muscles. Focusing on key tension points, this massage brings immediate relief, relaxing the muscles deeply.

## GAMBE LEGGERE

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Medium pressure massage of the lower limbs

30 min

150 RON

Allow yourself to indulge your feet with a dedicated massage experience. This therapy combines pressure, drainage, and manipulation techniques to release tension, activate blood circulation, and bring a feeling of relief and revitalization to the lower limbs

“Gli orologi facevano tic e tac;  
quelli di oggi fanno stress e relax, stress e relax”  
Stefano Bartezzaghito



# FACIAL TREATMENTS

## VISO ESSENZIALE

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Facial Treatment for Hydration and Radiance

60 min

350 RON

Allow your skin to receive the necessary care to enhance its overall appearance. This treatment hydrates and smooths fine lines, providing a plumping and radiant effect.

## OXIGENO VITALE

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Oxygenating Facial Treatment

60 min

390 RON

Stressful periods often lead to dull and tired-looking skin. The oxygenating treatment greatly assists in rebuilding the damaged layers of the skin. Your complexion will appear revitalized and luminous.

## BELLEZZA ETERNA “Anti-Aging Treatment”

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60 min

450 RON

A facial treatment targeting the symptoms of aging skin, for a much-desired youthful appearance. The skin will gain elasticity and firmness, and you will notice remarkable lifting effects.

“La bellezza non è che una promessa di felicità”  
Sendhal



# SPA FACILITIES

A place endowed with the power to envelop you in a state of well-being from the moment you enter its space, Dolce Vita Spa invites you to enjoy: heated swimming pool, jacuzzi, dry and wet sauna, sauna for Rituals, salt room, emotional showers, private and refined SPA area for couples, therapy rooms, relaxation areas, and Lounge.

Access to the Spa area is by appointment only. Use the sauna in moderation, in sessions of approximately 15 minutes, alternating with cold showers. It is important to take into account the Access to the SPA is not permitted under the influence of alcoholic beverages.

Smoking (including e-cigarettes) is prohibited in the SPA area.

Access with food and drinks from outside the Grand Hotel Italia location is not allowed. Dolce Vita SPA reserves the right to select its clientele.



# SPA ETIQUETTE

## SPA Dress Code

Wearing swimwear is mandatory in the Spa area, including in saunas.

All guests receive a towel and robe upon entering the Spa.

Hotel guests will use the robe and slippers from their room for Spa access.

During SPA treatments, guests are provided with disposable underwear.

## Appointments

We recommend booking massages, treatments, and rituals in advance to ensure you can choose your preferred time slot. All therapies are scheduled based on availability. To guarantee your reservation, we will require your name and contact details (phone number, room number, and email).

## Check-in

Please arrive at the SPA Reception area 15-20 minutes before your scheduled therapy begins. You will be required to complete a therapy consent form. Please inform our therapists of any health issues, allergies, or past accidents that may affect the treatment or use of the SPA facilities. Dolce Vita SPA assumes no responsibility in case of an accident caused by a medical condition not declared in the health questionnaire.

You have the option to request in advance a preference for a female or male therapist. We recommend changing into your swimsuit/underwear in the changing room and wearing a robe. In case of delay, the scheduled therapy will be shortened, and the established schedule at the time of booking will be respected.



## Cancellation Policy

Cancellations or rescheduling can be made with a minimum of 12 hours' notice prior to the originally scheduled time to avoid penalty charges.

Cancellations made less than 4 hours before the originally scheduled time will incur a penalty charge of 100% of the treatment cost.

Appointments can only be modified based on availability.

## Payment

Hotel guests can settle their SPA services at the Dolce Vita SPA Reception or charge them to their room. To be able to take advantage of the Room Charge payment method, you will need to complete a form at the Spa Reception with your room number and signature.

For clients outside the hotel, services are payable at the Spa Reception, with payment methods including card or cash.

## Valuables

We recommend leaving your valuables in your room or in the locker room. Dolce Vita SPA is not responsible for lost or forgotten items within our premises. During treatments, please leave your jewelry in the designated areas. Please ensure they are not forgotten.

## SPA Retail

At the SPA Reception, you will find the SPA product retail area. After purchasing these products, no returns or refunds are accepted.

# REGALO DI BENESSERE CARD CADOU

Turn ordinary moments into extraordinary ones with our exclusive gift cards! Discover the perfect way to pamper your loved ones with a range of SPA facilities, treatments, and unforgettable experiences.





