

VILLA ORSELINA
la spa



PHILOSOPHY

INDULGE PAMPER REVITALIZE

PAMPER YOUR BODY AND TREAT YOURSELF TO A BREAK
FULL OF WELLNESS AND RELAXATION

A warm "Benvenuto" to the Villa Orselina and our wellness retreat La Spa, in a majestic location high above Lake Maggiore. Come into a realm of peace and serenity far away from the hustle and bustle of everyday life. Let yourself relax and regenerate. Our friendly, expert and highly experienced staff will give you precious moments to relax, let go and replenish yourself. Pleasant massages from around the world, high-class beauty treatments or a romantic bath for two – take some time out to enjoy just the way you have imagined it. We are happy to find a tailor-made treatment or program with you. We are looking forward to seeing you.





TREATMENTS



SIGNATURE TREATMENT

"BY GABRIELA GHENZI"

Life is full of challenges that leave their mark. The consequences can be physical and mental imbalances which can become manifested in malaise, pain, disturbed sleep and much more. The following treatments aim to restore balance, calm the mind and thus the nervous system, restore harmony to the body and bring joy to the soul.

Information about Gabriela Ghenzi is available at the La Spa reception or online at optilution.ch.

ENERGY BALANCING & HEALING

75 min. CHF 250

COACHING & MENTORING

75 min. CHF 250



LA SPA MESSAGES

RELAXING BODY MASSAGE

Relaxes muscles and stimulates circulation.

60 min. CHF 130

90 min. CHF 190

DEEP TISSUE MASSAGE

Muscle tension and stiffness are relieved thanks to deeper and more energetic strokes.

60 min. CHF 150

90 min. CHF 210

FACE, HEAD AND NECK MASSAGE

Relaxing treatment that gives a new pleasant sensation.

45 min. CHF 110

BACK MASSAGE

Targeted back, shoulders and neck treatment, to achieve deep relaxation through the combination of stronger and gentle strokes.

45 min. CHF 110

LEG LYMPHATIC DRAINAGE

This massage activates the whole lymphatic system including a tightening effect on the thighs. Firstly, the lymphatic points are stimulated, followed by soft pumping movements along the lymphatics. The tissue detoxifies, the skin relaxes and the veins are invigorated.

80 min. CHF 180

BALANCE MASSAGE

Gentle head and foot massage to promote spiritual expression, the strength and presence of the body, and to free the mind.

45 min. CHF 110

INDIVIDUAL MASSAGE

This massage focuses on your body's needs. You choose which parts need particular attention and which massage techniques you prefer.

60 min. CHF 130

90 min. CHF 190

FOOT MASSAGE

Gentle foot and lower leg massage: For those who like the feeling of walking on air. All tension in the feet and leg muscles is gently but intensively relieved.

45 min. CHF 110

PREGNANCY MASSAGE

Arranged to meet the specific needs of expectant mothers. A gentle massage that pays special attention to the comfort and relaxation of mothers-to-be. Suitable from the 14th week of pregnancy.

45 min. CHF 110

60 min. CHF 130

YOU & ME MASSAGE

Our special massage for couples in our spacious double cabin. Enjoy deep relaxation and let your spirit run free for a moment of unique wellbeing.

for 2 persons 60 min. CHF 260

for 2 persons 90 min. CHF 380



MASSAGE CEREMONIES AND JOURNEY THROUGH THE WORLD

SMILE OF THAILAND

Traditional Thai Massage

Traditional Thai massage is fully dressed on a floor mat and is characterized by intensive pressure techniques with thumbs and the heels of the hands mixed with passive stretching in which the guest is placed and held in yoga positions. Thanks to the influence of energy channels (Sen lines), traditional Thai massage is also used for medical indications. Also available as a Thai neck and back massage (45 minutes). Hot Thai herbal balls are used in the long version.

45 min. CHF 130

90 min. CHF 230

Thai Oil Massage

Classic Thai massage done with oil on a massage table with a few stretches and intensive muscle work. Thanks to a combination with pressure point techniques from classic Thai massage, this treatment is not only relaxing and detoxifying but moreover stimulates the flow of energy.

90 min. CHF 230

DISCOVER BALI

Balinese Massage

This holistic whole body massage starts with a foot bath and a peeling. Acupressure techniques, sweeping strokes and stretching techniques make this massage a wholesome experience. The focus is more on the head and face than in other massages. This massage will relax you all over and make you feel yourself again.

75 min. CHF 180

90 min. CHF 210

SPIRIT OF JAPAN

Hot Stone Massage

Hot lava stones are placed delicately on the body's energy centers. Muscles are relaxed and self-healing power is activated.

60 min. CHF 150

SAIL TO HAWAII

Lomi Lomi Nui

A Hawaiian healing and purification ritual. With this energetic technique the body is massaged with plenty of oil, the joints are released and the muscles gently stretched. This massage clears up the body's blocked energies and activates self healing processes.

60 min. CHF 150

90 min. CHF 210

ROAD TO INDIA

Indian Amla Oil Scalp and Hair Treatment

Relaxing, anti-stress action for healthy, shiny hair using Ayurvedic amla oil made from Indian gooseberries.

30 min. CHF 90

EXPLORE NEPAL

Himalayan Salt Massage

An innovative healing technique to discharge and balance electromagnetic fields, the central nervous system and body meridians. Hand-sculpted massage stones made from salt crystals from a primordial sea beneath the Himalayas gently massage away stress, tension and toxins.

60 min. CHF 150





RITUALS FOR COUPLES

YOU AND ME RITUAL

This ritual takes place in the privacy of our Spa Suite, where you will be welcomed by a sea by candle light. Enjoy exotic fruits and a glass of champagne while a sensual scented rose petal bath and a coconut exfoliation pamper your feet. Followed by a full-body massage performed using precious aromatic oils.

for 2 persons 90 min. CHF 450

OCEAN RITUAL

A ritual that combines the healing power of the sea with aromatherapy. In the privacy of our Spa Suite, you and your partner will first receive a body exfoliation based on mineral-rich sea salt and aromatic oils, which softly and gently provides gently smoothens yur skin. This is followed by an algae bath that activates the cleansing process in your body and removes impurities. The energy in your body is then activated and the lymph flow is stimulated by a lively, wave-like aroma massage over the entire body.

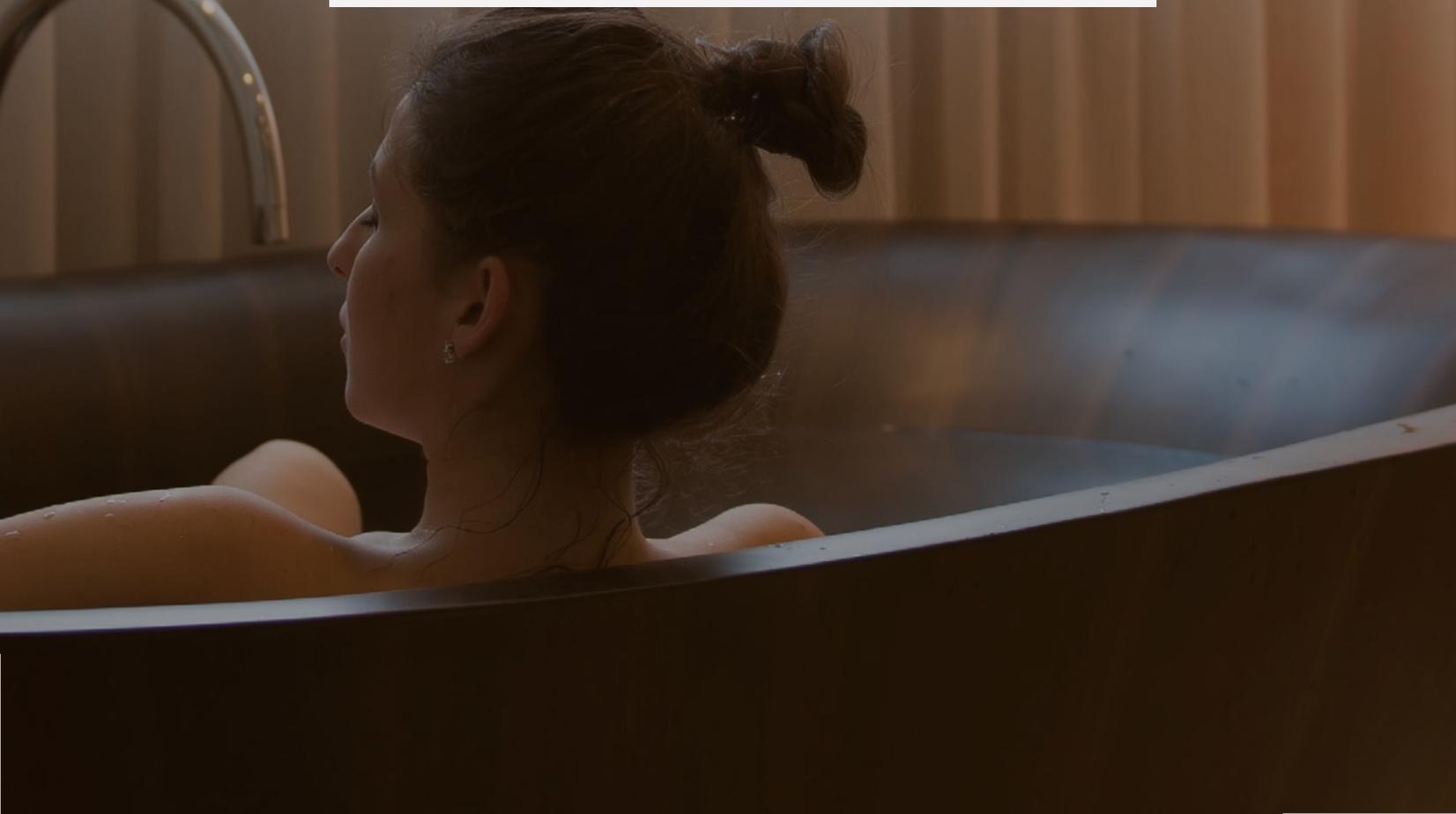
for 2 persons 120 min. CHF 490



BATHS

Let yourself be pampered and enjoy the beneficial properties of water in absolute privacy. Alone or as a couple, relax in our luxury private area. Let yourself be spoiled by the scented essences of marjoram or white fir, by milk and honey or by detoxifying algae with lavender essential oil.

1 or 2 persons 20 min. CHF 75





FACE & BODY

NIANCE, a genuine Swiss premium brand, represents highly effective and ultra-pure high-class skin care. With effective products and holistic treatment methods, NIANCE provides a visible immediate rejuvenation of the skin with a long-term effect and is thus anti-ageing care at the highest level.

Celebrate the secret of NIANCE with us.



FACIAL TREATMENTS

NIANCE Eye Deluxe

The luxury treatment for the eye area.

30 min. CHF 105

NIANCE Intensive

Special intensive treatment including NIANCE Eye Deluxe

60 min. CHF 190

NIANCE Deluxe

The luxury anti-aging treatment including NIANCE Eye Deluxe

90 min. CHF 260

NIANCE MEN ULTRA

Intensive face treatment for men

30 min. CHF 105

NIANCE MEN POWER

Multi anti-aging treatment for men

90 min. CHF 240





BODY TREATMENTS

NIANCE Retreat

The luxury multi anti-aging relax body treatment

90 min. CHF 240

NIANCE Glow

The luxury anti-aging body peeling

45 min. CHF 120



FACE & BODY TREATMENTS

NIANCE Extravagance "WOMEN"

The luxury multi anti-aging relax body and face treatment

120 min. CHF 340

NIANCE Complete "MEN"

The luxury multi anti-aging relax body and face treatment
for him

120 min. CHF 320



BEAUTY SERVICES

MANICURE & PEDICURE

Manicure	CHF	70
Pedicure	CHF	90
Manicure Spa Hand scrub, mask and massage	CHF	100
Pedicure Spa Foot scrub, mask and massage	CHF	120
Deluxe Pedicure For feet that require a restorative treatment	CHF	105

EXTRAS

Nail polish / French manicure	CHF	20/35
OPI Gelcolor / French Gelcolor	CHF	55/70
OPI Gelcolor removal	CHF	30

EVERYTHING FOR THE EYES

Eyebrow shape	CHF	20
Eyebrow tint	CHF	25
Eyelash tint	CHF	30
Daytime make-up	on request	
Make-up for special occasions	on request	
Bridal make-up	on request	



WAXING

Upper lip	CHF	20
Chin	CHF	20
Full leg	CHF	75
Half leg	CHF	50
Bikini	CHF	40
Underarms	CHF	30
Back	CHF	75
Forearms	CHF	40



FITNESS

Our qualified team will be pleased to help you keep in shape during your stay.

Personal Training

60 min. CHF 150

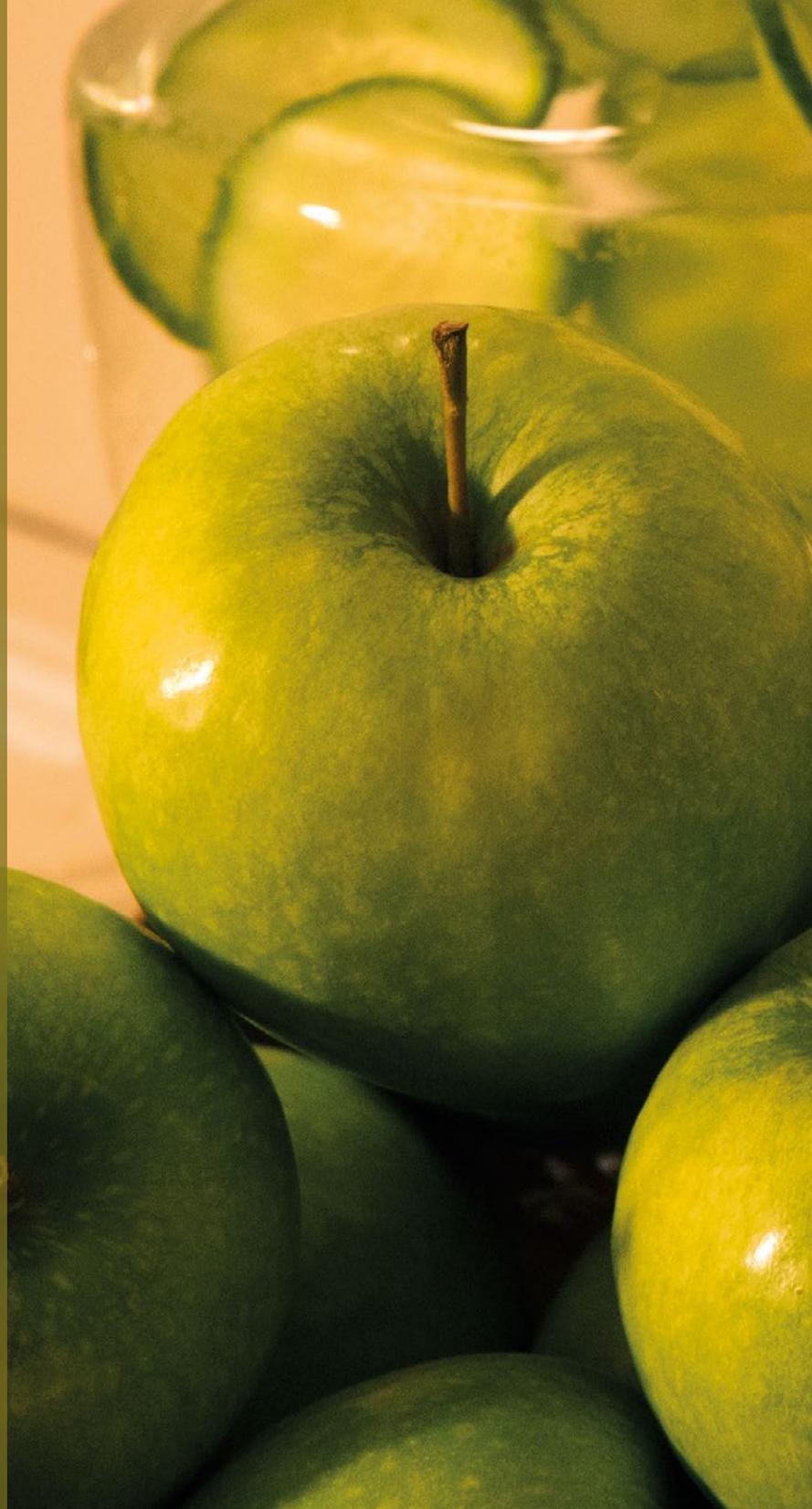
Yoga / Pilates / Stretching

60 min. CHF 150



PURIFIED
&
BEAUTYFUL

From the moment we take time for ourselves and let loose, we have the opportunity to refresh and renew. This starts a process of recovery and regeneration. A process that we know how to support, with a high concentration of sensitivity, soothing treatments and excellent products. We intercept and give your body what it needs to replenish its energy. After three days full of beautiful moments you will feel cleansed, nourished, and reborn.





PURIFIED & BEAUTYFUL

DAY 1 - CLEANSING

NIANCE Glow - Luxury Anti-Aging body peeling 45 min.

Detoxifying algae bath 20 min.

Individual Massage 60 Min.

NIANCE Eye Deluxe - Luxury treatment for the eye area 30 min.

DAY 2 - RECOVERING

Thai Massage, "Classical" or "Oil" as requested, 90 min.

Your choice of Spa Manicure or Pedicure

DAY 3 - SHINING

Sail to Hawaii – Lomi Lomi Nui 90 min.

NIANCE Deluxe - Luxury anti-aging treatment
including NIANCE Eye Deluxe – Luxury treatment
for the eye area 90 min.

CHF 1190 (without accommodation)



SPA ETIQUETTE

Please arrive about 15 minutes before your appointment dressed in a bathrobe. Before your first visit, please complete our health questionnaire.

Please be considerate of other guests by respecting quiet zones and switching off your mobile devices. Our La Spa team will be happy to advise you and compile a program tailored to your needs.

Please contact the La Spa reception.

If you are unable to attend your appointment, please let us know 24 hours in advance. We will be pleased to change your appointment to a suitable day. In the case of a same-day cancellation, you will be charged for the treatment you booked. Thank you for your understanding.

La Spa opening times

Beauty & Wellness from 10.00 am to 7.30 pm

Sauna from 10.00 am to 7.30 pm

Swimming pool from 7.00 am to 8.00 pm

Outdoor swimming pool from April: 7.00 am to 8.00 pm

You have free access to our fitness area with cardio and fitness equipment. During the yoga weeks the fitness area will be relocated to the Pergola.





VILLA ORSELINA
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