



HOTEL de LEN

Cortina d'Ampezzo

SPA MENU







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BODY TREATMENTS

RELAXING

A massage with gentle and deep movements and enveloping manual skills capable of infusing deep relaxation dictated by your breathing rhythm.

25 minutes € 60,00

50 minutes € 125,00

80 minutes € 145,00

REGENERATING

Dynamic movements combined with stretching techniques to awaken muscles and promote elasticity, infusing a profound sensation of regeneration for body and mind.

The treatment includes also a dry body brushing technique to enfatising the invigorating effect.

25 minutes € 60,00

50 minutes € 125,00

80 minutes € 145,00



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RELEASE TENSION

This massage consists of a series of manipulation techniques whose goal is to release muscle tension and promote relaxation. Perfect before and after activities such as skiing, biking and hiking.

25 minutes € 60,00

50 minutes € 125,00

80 minutes € 145,00

DETOXIFYING

Draining movements to awaken circulation and promote fluid drainage with the help of cold towels and juniper oil and rosemary oil. Perfect for legs and gluteus.

25 minutes € 60,00

50 minutes € 125,00

FUTURE MOM MASSAGE

Relaxing and calming massage to give relief to the back and legs of expectant mothers. Permitted after the first trimester.

25 minutes € 60,00

50 minutes € 125,00



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REGENERATING BODY SCRUB

Custom scrub against skin thickening to stimulate circulation and eliminate dead cells. Energetic and fast manual techniques promote drainage, oxygenation and skin renewal. Perfect as an opening treatment to optimize the results of your favorite massage.

30 minutes € 45,00

TOTAL BODY LIFT 80

Exclusive global anti-ageing treatment with unique and enveloping manual techniques, aimed at restoring an immediate tonifying and lifting effect on the whole body.

80 minutes € 190,00





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SUMMER TREATMENTS

REGENERATING TREATMENT ON FUTON

A unique treatment in the charming spa terrace, cradle by the sound of the water in the jacuzzi and refreshed by the aromatic notes of rosemary essential oil. The treatment takes place entirely on the futon, a traditional Japanese mattress, in comfortable clothes and without the use of oil. The gentle stretching techniques of this treatment are designed to awaken the muscles and promote elasticity, instilling a profound feeling of regeneration for body and mind.

50 minutes € 135,00

80 minutes € 155,00

ICE MASSAGE

A massage to give immediate relief to the legs and a lasting sense of lightness to mind and body. This localized massage is characterized by maneuvers to drain, support circulation and oxygenation of the tissues. The use of ice and cold towels not only provides an immediate sense of lightness, but also relaxes and tones the muscles.

50 minutes € 135,00

80 minutes € 155,00



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ADD ON TREATMENTS

Mini treatments to be combined with your favorite massage for a unique customised experience.

HEAD & SHOULDER

The head and shoulder massage benefits the scalp, the circulation of vital lymph at the cerebrospinal level, soothes headaches and reduces anxiety. Perfect combined with a facial treatment.

20 minutes € 40,00

VISCERAL MASSAGE

A localized massage with slow and very deep manual movements to promote drainage and gastrointestinal functions. The application of ventilated green clay helps eliminate abdominal bloating and sense of heaviness.

20 minutes € 40,00



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FOOT MASSAGE

The foot massage creates positive results not only for the relaxation of the body but through the latter, an improvement in blood circulation reducing all those discomforts due to heaviness and swelling of the feet and ankles. Perfect as a closing of your favorite massage.

20 minutes € 40,00

DETOX GREEN CLAY MASK

The clay, rich of trace element such as calcium, aluminum, magnesia, silica, phosphorus, copper and zinc, has the power to absorb inflammation and can act as a natural anti-inflammatory in case of pain and contractures. Its many properties also have a detoxifying and nourishing action, leaving the skin soft and visibly clean. Excellent to use before a release tension massage.

20 minutes € 40,00



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FACIAL TREATMENTS

Treatments able to give a new brightness to the face while combating the signs of ageing.

EXPRESS FACIAL 25

Suitable for all skin types who want a beauty treatment with instant results. Ideal for important events or to regain brightness after a trip.
25 minutes € 70,00

PERSONALIZZATO 50

A targeted and specific treatment for your skin types and needs. Let yourself be guided by our experienced team to create an anti-ageing treatment tailored to you.

50 minutes € 130,00

TOTAL LIFT 80

A revitalizing and ultra-lifting treatment enhanced by an enveloping and confident gesture using two specific masks with a firming and lifting effect.

80 minutes € 220,00



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EXPERIENCES

RITUAL OF COUPLE'S MASSAGE

A special ritual with slow and embracing movements, to give a calm and deep feeling of wellbeing. An aromatic twine allows to reactivate your energetic flow, promoting the harmony and the balance on your relation.

50 minutes: € 280,00 for 2 person

80 minutes: € 370,00 for 2 person

SPA BY NIGHT

Enjoy a moment of private wellbeing in our Spa and the wonderful 180° view overlooking the panorama of Cortina and the Dolomites. Two hours surrounded by the beauty of the winter landscape, the perfect path after an intense day discovering the regenerating power of the mountains. The last cuddle of the day, a sparkling wine paired with an aperitivo with local flavours.

From 8pm to 10pm. Price: € 400 per couple.



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SPA BY NIGHT: THE FIVE SENSES

An experience of total wellbeing involving all the senses, three hours to enjoy the Spa of HOTEL de LEN reserved exclusively for two people.

Smell, with the aromas of the emotional showers and the balsamic scents of the saunas, mixed with the intense scent of wood.

Hearing, with relaxing background music.

Taste, in a private three-course dinner paired with a bottle of Champagne, served in the Spa.

Touch, through the enveloping movements of our expert therapists who will take care of you with a 50-minute couple massage.

Sight, with the 180° view overlooking Cortina and the spectacular Dolomites.

From 8pm to 11pm. Price: € 720 per couple.



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SPA ENTRY

In-house guests: 60 minutes, € 30 per person

Outside guests: 60 minutes, € 50 per person

from 12 pm to 3 pm

In-house guests: 60 minutes, € 20 per person

Outside guests: 60 minutes, € 30 per person



Lago di Limides - © P. Dandrea



SPA opening time
from 9am - 8pm

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