

dipsià SPABYGIARDINO



WELCOME TO THE DIPIÙ SPA BY GIARDINO

Immerse yourself in a world of beauty, styling, vitality and life balance. Enjoy our lifestyle therapies, sauna oases, health and fitness offers and a choice of rest areas, and benefit from professional advice and guidance. Our SPA lounge is the perfect setting for individual consultations and experiences for the senses as you get to know our quality body-care and lifestyle products. In other words: a place of harmony where you feel completely at ease.

The constitution of each individual's skin and body is unique. We 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 BY GIARDINO for an added dimension of wellness and beauty.

Daniela Frutiger and the SPA Team
CEO Giardino Group SA

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PHILOSOPHY

We focus on a treatment concept that centres not only 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 and in the treatments. The DIPIÙ line with its signature treatments was developed exclusively for the GIARDINO HOTELGROUP 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 oil, olive oil 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.

We want to endow all of the senses with new pleasure and vitality. Inner tranquillity and external beauty restore the synthesis of 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



USEFUL INFORMATION

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.
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HOTEL GIARDINO MOUNTAIN: +41 (0) 81 836 63 70, spa@giardino-mountain.ch

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.

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.

USEFUL INFORMATION

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 OUTFIT 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 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 am to 10 am and from 6 pm to 8 pm. "Pool-Family-Time" is between 10 am and 6 pm. Please take a look at our family offers and discover more about our KIDS-CLUB, where your children will be well looked after. We also offer specially adapted treatments for kids and teens.

GIARDINO MERLOT, OIL AND HERBAL THERAPY

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 and avoid all forms of paraffin, silicone, mineral oil and skin-irritating fragrances. DIPIÙ COSMETICS are luxury beauty care products, based on natural essences mainly from the Ticino region. 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, balancing and smoothing the complexion. DIPIÙ products are based on quality natural ingredients such as wine, herbs, fruits and oils. 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, these will go with you and remind you of the wonderful hours you spent with us.

SKINN BY DIPIÙ - FOR MEN ONLY SKINN BY DIPIÙ products offer men effective, efficient and masculine skin care. The formulas were especially developed for men's skin. SKINN unites elements of the traditional barber's trade with insights from the SPA sector, dermatological research and technology.

dipiù
COSMETICS





AVEDA
THE ART AND SCIENCE OF PURE ESSENCE AND PLANT ESSENCE

A-VEDA, SANSKRIT FOR "ALL KNOWLEDGE"

Aveda is a holistically oriented brand of natural cosmetics that draws on the centuries-old science of the healing qualities in flower and plant essences and transfers it to the 21st 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 NatureSM Philosophy, Aveda has returned to its roots and seeks to nurture the wellbeing that comes from within. The Elemental NatureSM Philosophy is based on Ayurveda, the Indian "knowledge of life", which is a multifaceted, all-embracing system of healing.



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 a good preparation for a massage. **20 minutes CHF 80.–**

ALKALINE BATH



This bath has ideal detoxifying and de-acidifying qualities. It restores the skin's natural pH balance. **20 minutes CHF 80.–**

AVEDA, NATURAL BATH ADDITIVES OF THE SPECIAL KIND



Relaxing: vanilla, bergamot, lavender and rose
Activating: sandalwood, jasmine, mandarin and cinnamon
20 minutes CHF 80.–

● relaxation/tension release ● energy / vitality ● detox/regeneration

CLASSIC BODY MASSAGE

The classic massage relieves tenseness, 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.–**

MANUAL 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.

45 minutes CHF 130.–

BACK MASSAGE COMBINED WITH A FOOT REFLEXOLOGY MASSAGE

60 minutes CHF 150.–

LOMI LOMI NUI

The Hawaiian temple massage lomi lomi 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. **90 minutes CHF 230.–**

PREGNANCY MASSAGE

From the 14th week of pregnancy. A gentle massage with warm almond oil relaxes and nurtures your skin. It becomes soft and supple and perfectly prepared to prevent the development of stretch marks. We take special care to find the ideal massage position for you. Your physical wellbeing comes first. **45 minutes CHF 130.–**

● relaxation/tension release ● energy/vitality ● detox/regeneration

Ayurveda is the art of healthy living and gentle healing. Ayurveda offers a great variety of methods to restore or maintain our life balance. Massages with warm oil have an extremely positive effect in this respect. They stimulate cell regeneration and help to delay cell-aging processes.

GARSHAN



This dry massage with wild silk gloves is an excellent preparation for the oil massages. **30 minutes CHF 80.–**

ABHYANGA



This fundamental Ayurveda massage results in pure relaxation. The warm oil releases the tension in tissues, muscles and tendons. **90 minutes CHF 230.–**

MUKABHYANGA



A face massage with soothing oils that relaxes the facial muscles. **45 minutes CHF 130.–**

SHIRODHARA



"Being in the flow with our thoughts and feelings": warm oil poured onto the forehead is one of the most beautiful and intense Ayurveda therapies. The pleasantly warm oil flows soothingly over the forehead in a gentle, even rhythm to generate a state of deep relaxation and inner peace. This treatment relaxes the muscles, especially in the shoulder and neck areas. **After this therapy, it is essential to rest for at least one hour and avoid contact with cold air or the sun. 60 minutes CHF 190.–**

PADABHYANGA



A foot massage that revitalises you after physical exhaustion. This technique activates specific marma points to create harmony and peace in body, mind and soul. **45 minutes CHF 130.–**

relaxation/tension release energy / vitality detox/regeneration



MERLOT WHOLE BODY PEELING AND MASSAGE

This is a body peeling session with grape seed and walnut balm, followed by a full body massage with grape seed oil. It revitalises your skin and makes it velvety smooth due to the rejuvenating effects of the precious ingredients in our DIPIÙ Merlot product series. **90 minutes CHF 225.–**

GRAPE-SALT AROMATIC OIL PEELING

This body peeling technique uses a deep-cleansing formula which gently removes rough particles of skin. Sea salt enriched with grape seed oil purifies the skin, nourishes it and creates a beautiful, even texture.

45 minutes CHF 120.–

HERBAL BODY PACK

Firm contours created by the strengthening effects of herbal ingredients. A herbal pack with a peeling effect is applied to the body and massaged into the skin. You then enjoy a relaxing head massage whilst the ingredients take effect. To round off the treatment your body is pampered with a nourishing cream. **45 minutes CHF 110.–**

● relaxation /tension release ● energy / vitality ● detox /regeneration

MERLOT BODY TREATMENT

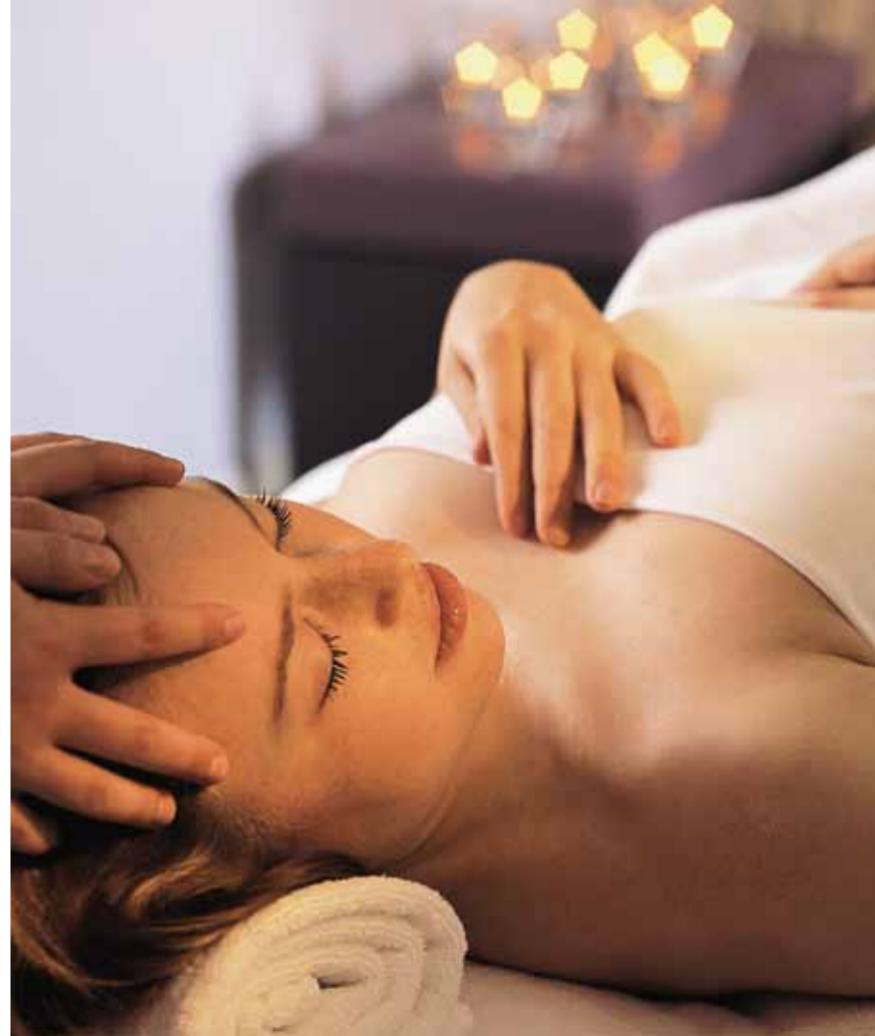
You begin by taking a grape-salt bath with aromatic essences. Then you enjoy a body pack made from a blend of Merlot grapes, clay, chestnut honey and aloe vera. Regenerates, freshens, nurtures and firms.

60 minutes CHF 150.–

MERLOT BODY PACK

A cleansing and detoxifying body pack composed of Merlot grapes, clay, chestnut honey and aloe vera. Regenerates, freshens, nurtures and firms. You enjoy a relaxing head massage whilst the ingredients take effect. To finish, your skin is pampered and moisturised.

45 minutes CHF 110.–

**OIL SCRUB MASSAGE**

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

60 minutes CHF 150.–

HERBAL STAMP MASSAGE

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

60 minutes CHF 170.–

DIPIÙ AROMATIC OIL MASSAGE FOR YOUR WELLBEING

Warm aromatic oils relax your muscles and tone your skin.

30/60/90 minutes CHF 80/150/210.–

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.–**

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.–**

CUSTOMISED BODY WRAP



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

60 minutes CHF 150.–

CARIBBEAN THERAPY™



A nourishing body treatment which uses gentle massage techniques and Caribbean ingredients to restore inner harmony. The treatment starts with dry brush peeling. It then continues with a smoothing and detoxifying algae mask, and a face and scalp massage. After taking a refreshing shower, your Caribbean therapy experience is rounded off with an invigorating body massage.

90 minutes CHF 210.–





AVEDA BODY MASSAGE

ELEMENTAL NATURESM MASSAGE



A very special, personalised massage composed in keeping with the Aveda Elemental NatureSM Philosophy. You will be pampered with your favourite Aveda aroma and a variety of massage techniques tailored to your individual needs. **30/60/90 minutes CHF 80 / 150 / 210.–**

FIRMATIVE 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 promote stress release in the muscles and boost 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. **60 minutes CHF 150.– / 3 Sessions CHF 400.–**

FUSION STONE MASSAGE



This treatment with cold and hot stones is tailored to your individual needs and releases blockages and tenseness. The aromatic natural plant oils by Aveda are individually selected to harmonise with your current constitution. **60/90 minutes CHF 150 / 210.–**

STRESS FIXTM 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 the 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. **90 minutes CHF 210.–**

SALUTE BY DIPIÙ MERLOT AND GRAPE-SEED SKINCARE ●●

This Merlot therapy brings radiance to the skin, nourishes it and provides abundant moisture. Quality products from Merlot grape seeds heighten a natural and fresh appearance. The active ingredients, polyphenols and pro-cyanidin, have rejuvenating, cell-protecting, revitalising and calming properties. **60/90/120 minutes CHF 150.–/210.–/250.–**

DELIZIOSO BY DIPIÙ ALMOND AND LIME SKIN CARE ●●

Let yourself be pampered with this delicious treatment. It begins with gentle cleansing and peeling. This is followed by a relaxing face massage with a personalised combination of ingredients, and concludes with a nurturing mask. Almond oil indulges and nourishes the skin; limes improve its resilience, strengthen blood vessels and have a refreshing, invigorating effect. The skin becomes clear and more evenly balanced.

60/90/120 minutes CHF 150.–/210.–/250.–

PROFUMO BY DIPIÙ OLIVE AND ROSEMARY CARE ●●

Olive oil has cleansing and nurturing qualities. Rosemary has an invigorating effect and stimulates blood circulation. It is ideal for tired or congested skin. A wonderful way to discover your skin's potential and a perfect, personalised care ritual. **60/90/120 minutes CHF 150.–/210.–/250.–**

We have been working together with leading laboratories, medical and sports specialists to develop and launch an innovative programme which satisfies your needs, naturally and pain-free. Following a skin and body analysis, we design a personalised programme for you. With the help of ultrasound equipment or a skin remodelling system based on cosmeceutical products, we are able to offer relief and treatment for the following problems:

- wrinkles, frown lines, nasolabial folds
- weak connective tissue, slackened facial tissues, double chin
- acne in puberty or at any age
- pigment disorders
- permanent hair removal

Please ask for a consultation with one of our specialists.

Prices on request.

● relaxation/tension release ● energy / vitality ● detox/regeneration

ELEMENTAL NATURESM CUSTOMISED 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.–**

OUTER PEACETM 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.–

BOTANICAL SKIN RESURFACING FACIAL TREATMENT ●●●

This exclusive facial treatment is a gentle alternative to microdermabrasion and is suitable for all Elemental NatureSM 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.–

● relaxation/tension release ● energy / vitality ● detox/regeneration

ENBRIGHTENMENT™ BRIGHTENING TREATMENT

The unique aspect of this treatment is the new Enbrightenment™ Signature Facial Massage. It assists with deep relaxation, aids the penetration of highly effective ingredients to minimize hyper-pigmentation, and promotes blood circulation within the tissues. The result is an even skin tone and overall luminosity that adds freshness to the skin's appearance. The treatment includes a pressure point massage which releases tension and revives the energy flow within the body. The stimulation of specific acupressure points encourages detoxification within the tissues, resulting in a radiant, even complexion and visibly improving the overall tone and texture of your skin. **60 / 90 minutes CHF 150.–/210.–**

GREEN SCIENCE™ SKIN RENEWING TREATMENT

This unique, rejuvenating facial treatment combines the high-tech plant technology of Green Science™ with high-touch massage therapy to renew and revitalise the skin. The skin is lifted and firmed; lines and wrinkles are 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. Aveda's five-phase massage ritual is a unique holistic treatment that combines a range of innovative and vitalising massage techniques to firm the skin and bring about a more youthful appearance. **60 / 90 minutes CHF 150.–/210.–**

● relaxation / tension release ● energy / vitality ● detox / regeneration



You can individually enhance your facial treatments, massages and body treatments with a variety of add-on treatments.

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. If desired, this service also includes eyebrow correction and tinting.

40 minutes CHF 80.–

PERFECTING PLANT PEELSM TREATMENT

This is a two-phase treatment consisting of the Perfecting Plant PeelSM 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. **30 minutes CHF 80.–**

MANICURE

MANICURE 45 minutes CHF 90.–

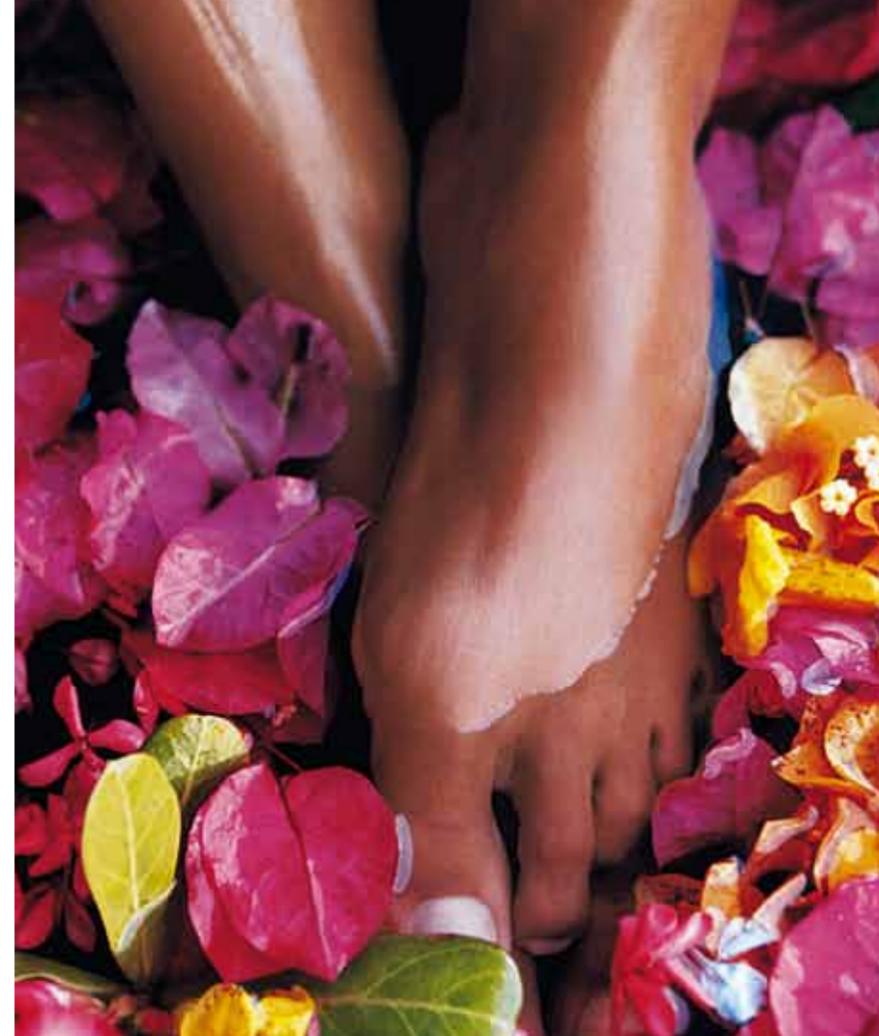
MANICURE WITH VARNISH 60 minutes CHF 100.–

FRENCH MANICURE 75 minutes CHF 110.–

CHANGE OF VARNISH 30 minutes CHF 60.–

CARIBBEAN THERAPYTM HAND TREATMENT

This rejuvenating and nourishing treatment from the Caribbean enhances and cares for the nails, the surrounding skin and the hands. A special peeling recipe and a warm algae pack are combined with Caribbean massage techniques to care for and relax the hands. **30 minutes CHF 60.–**



PEDICURE

PEDICURE 45 minutes CHF 90.–

PEDICURE WITH VARNISH 60 minutes CHF 100.–

FRENCH PEDICURE 75 minutes CHF 110.–

CARIBBEAN THERAPYTM FOOT TREATMENT

This rejuvenating and nourishing treatment from the Caribbean enhances and pampers the feet. A special peeling recipe and a warm algae pack are combined with Caribbean massage techniques to care for and relax the feet. **30 minutes CHF 60.–**

● relaxation/tension release ● energy/vitality ● detox/regeneration

TINTING

EYELASHES 20 minutes CHF 35.–

EYEBROWS, INCLUDING EYEBROW CORRECTION
20 minutes CHF 35.–

EYELASHES AND EYEBROWS,
INCLUDING EYEBROW CORRECTION
30 minutes CHF 50.–

EYEBROW CORRECTION 15/ 30 minutes CHF 20.– /40.–

If desired, we will complement your facial treatment with eyelash and eyebrow tinting and charge only 50% of the regular price.

MAKE UP

DAYTIME OR EVENING MAKEUP 30 / 45 minutes CHF 60.– /90.–
MAKEUP CONSULTING 60/90 minutes CHF 110.– /150.–

HOT WAX HAIR REMOVAL

15 minutes CHF 25.–

30 minutes CHF 50.–

45 minutes CHF 75.–

60 minutes CHF 100.–

PERMANENT HAIR REMOVAL WITH ULTRASOUND

This permanent hair removal procedure can be performed on any part of the body. It is absolutely pain free, causes no unpleasant skin irritation and is suitable for all types of hair and skin. A modern high-resolution camera uses skin recognition software to make the necessary diagnosis and customise the application parameters for your individual treatment. The ultrasound procedure with the world's leading RF Light Platinum technology can also eliminate light-coloured, red or grey hairs. In addition, this method can be successfully applied to sun-tanned skin. Between five and ten applications within one year may be required, depending on the hair thickness and growth. 20 bis 45 minutes CHF 125.– to 190.–

FACIAL TREATMENTS

To begin with you enjoy a relaxing foot bath, followed by a facial care programme that is designed especially for you. This includes skin analysis and consultation, peeling, Vapozon facial steaming with essential oils, deep cleansing and a mask. Advice on caring for your skin at home.

60 minutes CHF 100.–

BODY TREATMENTS

We start with a foot bath, followed by a gentle peel to remove the horny particles and rough skin areas. Finally your body is massaged with a special oil. 60 minutes CHF 100.–

BODY MASSAGE 30 minutes CHF 50.–

MANICURE 30 minutes CHF 50.–

MANICURE WITH VARNISH 45 minutes CHF 60.–

PEDICURE 30 minutes CHF 50.–

PEDICURE WITH VARNISH 45 minutes CHF 60.–



SKINN BY DIPIÙ is a skin care experience developed by dermatologists and cosmeticians, and tailored especially to the needs of men. These treatments unite the traditional features of the barber's trade with SPA expertise, dermatological research and technology.

SKINN IS

- exclusively designed for the needs of men
- solution-oriented: powerful herbal ingredients that deliver results
- practical and effective: the products are multifunctional and can be used with versatility
- masculine and professional
- developed, tested and produced in state-of-the-art laboratories
- skin care with customised, unique combinations of ingredients and techniques
- consciously free of any irritating active ingredients
- for all skin types



PEELING TREATMENT

This is especially good for men with occasional in-growing facial hairs, or for improving the complexion. **45 minutes CHF 130.–**

EXPRESS HYDRATION

This is excellent if your skin is tired or stressed, suffers from barber's itch or shows red blemishes. **45 minutes CHF 130.–**

SKIN REFINEMENT AND DETOX TREATMENT

For men with skin problems or light acne. **60 minutes CHF 150.–**

WRINKLE REDUCTION AND ANTI-AGING TREATMENT

This is a treatment for men who want quick anti-aging results and an immediate firming of their features. **75 minutes CHF 180.–**

IMMEDIATE INVIGORATION AND REVITALISATION TREATMENT

This treatment rapidly revives dull, tired skin. For men who want to make a particularly striking appearance at an important appointment or meeting. **45 minutes CHF 130.–**

REVITALISING EYE TREATMENT WITH MATRIXYL 3000™

A relaxing and revitalising treatment for the whole eye area and tired eyes. **20 minutes CHF 50.–**

THERMAL BACK

A treatment for the back with a self-heating mud pack. This is particularly good for relaxing and relieving stress and tension. **60 minutes CHF 150.–**

SPECIAL »ALL-OVER«

Pamper yourself with a 3-hour head-to-toe treatment. It includes a back massage, facial treatment, manicure and pedicure. **CHF 380.–**

At your request, all of our treatments include an optional eyebrow trim and the removal of unwanted hairs from the face, nose or ears.



BODY STYLE AND FITNESS

The new, revolutionary BODY STYLE concept generates physical wellbeing and boosts personal fitness. Five building blocks form the basis: **WHOLE BODY ANALYSIS and CONSULTATION, UNTRASOUND TREATMENTS, NUTRITION COUNSELLING, VIBRATION TRAINING and FITNESS, and RELAXATION.** An initial body analysis serves as the basis for a specially designed personal programme. You will also receive concrete guidance on how to integrate regular exercise and a healthy diet into your everyday life.

CIRCUMFERENCE REDUCTION THROUGH FAT CELL EVACUATION

The evacuation of fat cells with the help of ultrasound can painlessly reduce the circumference in all body areas, such as the stomach, thighs, hips or upper arms, whilst optimising the skin's appearance and firming the connective tissues. Fat cell evacuation with a completely new ultrasound frequency is currently the gentlest and most effective method of targeted fat reduction in specific body areas. **30 to 60 minutes CHF 250.– to 300.–**

BODY STYLE AND FITNESS

CELLULITIS REDUCTION

The success of ultrasound cellulite reduction becomes visible within 48 hours of treatment. A significant degree of cellulite reduction can be achieved within a single session. As in wrinkle reduction, the body's own collagen fibres are activated to encourage firming in the connective tissues. **90 minutes CHF 350.–**

VIBRATION TRAINING

In vibration training the mechanical vibrations of a plate automatically activate a traction reflex in the body. This reaches 100 per cent of the muscle groups and consequently the deeper, underlying layers of muscle, thus combating cellulite. This training also acts as a preventative measure against fluid accumulation and the development of varicose veins. Vibration training also corrects the figure and boosts the metabolism of fat. Good results are also achieved in osteoporosis prevention, tendon disorders, back pain, injuries and during rehabilitation. **30 minutes CHF 80.–**

COLLAGEN SHOWER

This treatment is an effective combination of collagen light therapy and vibration training. The special light spectrum of the 44 collagen tubes reactivates the body's own collagen production, boosts auto-repair activity in damaged collagen structures and reduces lines and wrinkles. As a result the skin looks much smoother and fresher. Collagen Plus restores the skin's elasticity. The moisture content improves over your entire body. Collagen light therapy encourages the reconstruction of collagen formations in the skin, when they have hardened due to the aging process. This leads to a reduction in wrinkles and regeneration in the skin's appearance. The repair qualities of the collagen shower add vitality and freshness to skin's complexion, produce lifting effects in the whole of the body, add firmness to the skin and increase its elasticity. **10 minutes CHF 25.–**

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. Why not 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 will be pleased to arrange an appointment for you at the DIPIÙ SPA reception. We offer a high-quality, professional range of activities in our indoor fitness studio, our pools and outdoors.

Individual training 30/60/90 minutes CHF 80.–/130.–/160.–

- WATER AEROBICS
- NORDIC WALKING
- JOGGING
- KINESIS (GIARDINO MOUNTAIN)
- BACK EXERCISES
- BIKE TOURS

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





AVEDA HAIR STYLIST WOMEN AND MEN

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. Our competent hair stylists will be happy to advise and pamper you. Discover the AVEDA aromas during a relaxing scalp massage or a hand massage, or book a SPA manicure to accompany your appointment in the hair studio.

BOTANICAL HAIR RENEWALSM TREATMENT

For a healthy scalp with up to 71% thicker hair, extra shine and intense moisturisation. **20 minutes CHF 35.–**

BOTANICAL SCALP RENEWALSM TREATMENT

Balance is restored to your scalp by increasing the circulation. This is a basic essential for strong and beautiful hair. **20 minutes CHF 35.–**

BOTANICAL HAIR & SCALP RENEWAL TREATMENT

60 minutes CHF 60.–

AVEDA HAIR STYLIST

LADIES

WASH & BLOW STYLING

SHORT HAIR from CHF 50.–

MEDIUM-LENGTH HAIR from CHF 60.–

LONG HAAR from CHF 70.–

WASH, CUT & BLOW STYLING from CHF 65.– to 110.–

GENTS

WASH, CUT & BLOW STYLING from CHF 50.– to 70.–

KIDS & TEENS

3 to 10 years: WASH / CUT / STYLING CHF 20.–

11 to 14 years: WASH / CUT / STYLING CHF 35.–

15 to 18 years: we charge the lowest price for similar adult services.

AVEDA HAIR COLOUR WITH NATURALLY DERIVED FORMULAS

The permanent hair colours consist of 97% naturally derived ingredients. The temporary colouring and hair gloss treatments are 99% naturally derived formulas. Let the hair stylist advise you and feel the difference.

HAIR COLOUR from CHF 50.– to 75.–

HIGHLIGHTS from CHF 60.– to 160.–

GLOSSING with colourless gloss finish from CHF 40.– to 65.–

AVEDA HAIR SPA

HAIR TREATMENT WITOUT SCALP MASSAGE CHF 20.–

HAIR TREATMENT WITH SCALP MASSAGE CHF 30.–

WEDDING STYLING

We also offer a special service for the most wonderful day of your life, with professional wedding styling including makeup. We will be happy to provide individual advice. Wedding styling, including consulting appointments and makeup, from CHF 250.–

Spend some wonderfully relaxing hours together with the person you love.

DIPIÙ



TINGLING GRAPE-SALT BATH IN THE TWIN TUB
DIPIÙ GRAPE-SALT AROMA OIL PEEL
DIPIÙ AROMA MASSAGE FOR YOUR WELLBEING
135 minutes CHF 300.– per person

AVEDA



AROMA OIL BATH FOR TWO
CUSTOMISED BODY POLISH, BODY PEEL
and an ELEMENTAL NATURE MASSAGE
135 minutes CHF 300.– per person

On request, we will gladly create further twosome combinations from our range of treatments.



DIPIÙ SPA FOR HER AND HIM

THE EXCLUSIVE PAMPER AND CARE PROGRAMME

- Elemental NatureSM Customised Facial 60 minutes
 - Manicure or Pedicure 60 minutes
 - Elemental NatureSM Massage 60 minutes
- 180 Minuten CHF 340.– per person

DIPIÙ SPA TIME FOR ME

PAMPERING TREATMENTS FOR BODY AND SOUL

- Aveda Body Polish 30 minutes
 - Customised Body Wrap 45 minutes
 - Elemental NatureSM Massage 60 minutes
 - Foot reflexology massage 45 minutes
- 180 minutes CHF 370.–



DIPIÙ PURE LUXURY FOR HER AND HIM



- Elemental NatureSM Customised Facial 60 minutes
 - Manicure 60 minutes
 - Pedicure 60 minutes
 - Aveda Body Polish 30 minutes
 - Elemental NatureSM Massage 60 minutes
- 270 minutes CHF 580.– per person



On request, we will gladly create customised pamper packages for twosomes. Please appreciate that we are unable to mix and match services from the individual pamper packages.



FOR OUR EXTERNAL GUESTS

We will be happy to reserve 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.

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

DAY SPA ENTRANCE

Includes a 60-minute treatment of your choice
CHF 200.–

DAY SPA ENTRANCE FOR TWO

An aroma bath in our twin tub
 and a 60-minute aroma massage for you both
CHF 520.–

MORE EXPERIENCES

GIARDINO SAUNA WORLD In our sauna world you will find: herbal sauna, Finnish sauna, steam room or saltwater grotto (Giardino Mountain), Kneipp options, communication zone, shower experiences, rest areas and a solarium by Ergoline.

GIARDINO FITNESS The fitness studio is furnished with state-of-the-art techno-gym equipment. At GIARDINO MOUNTAIN there is a kinesis wall and a Power-Plate. At GIARDINO ASCONA you will find a vibration plate by Body Coach.

GIARDINO POOLS Our indoor pools are also pleasantly relaxing rest areas. At the GIARDINO ASCONA you will find an outdoor pool and a children's paddling pool in the garden as well as a breathtaking garden landscape. At GIARDINO MOUNTAIN the indoor pool is complemented by an additional bubble bed with massage jets.

GIFT VOUCHERS A wonderful present for special occasions. Gift vouchers either for treatments or for a specific value are available at the DIPIÙ SPA reception.

HOME CARE We offer a large range of products for your home care requirements. They are available in our SPA LOUNGE or from our shop. We are always happy to advise you on your choice. Of course you can order our products via telephone or e-mail and we will send them to your desired address at any time.

