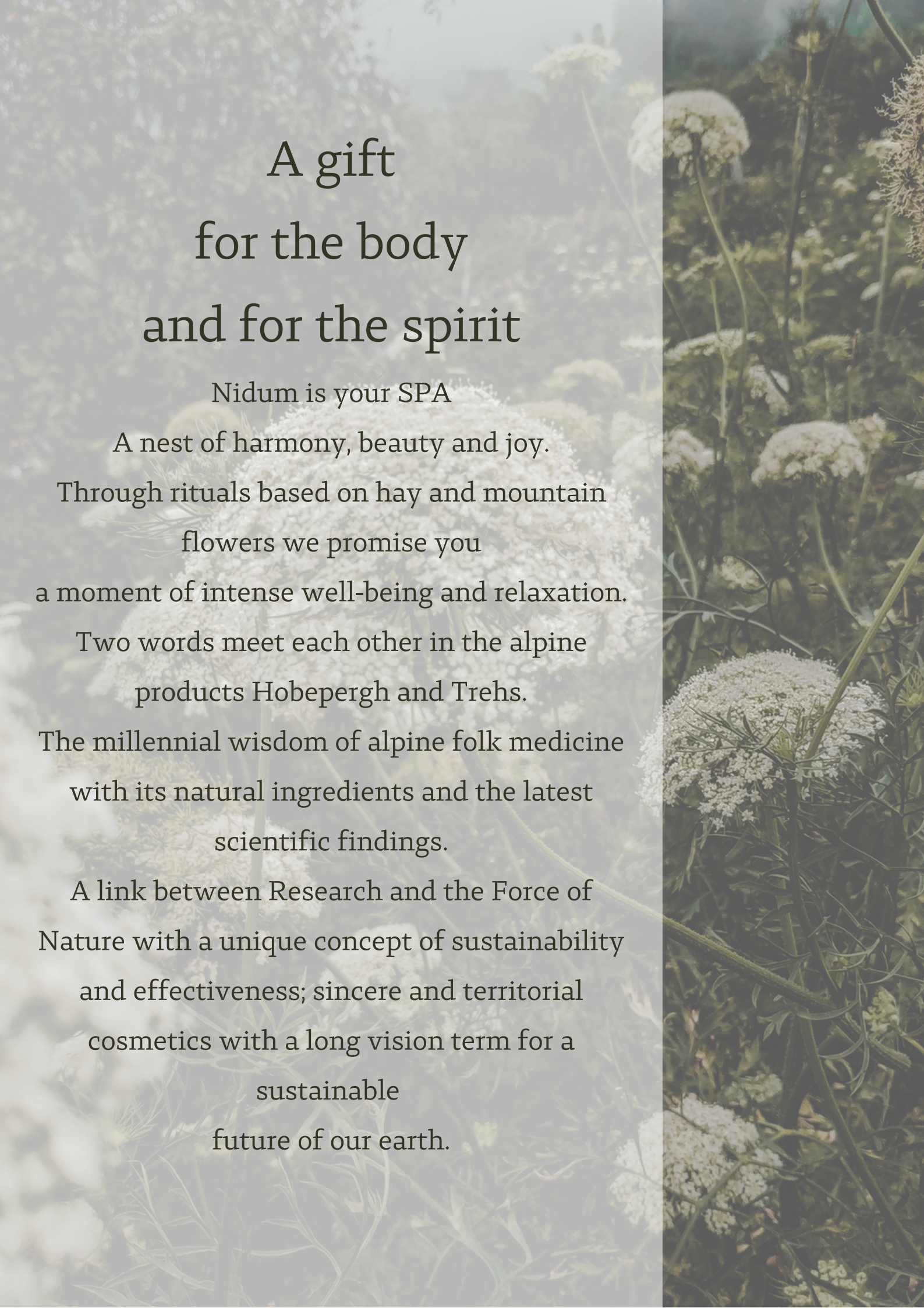


nidum SPA



wellness & spa



A gift for the body and for the spirit

Nidum is your SPA

A nest of harmony, beauty and joy.

Through rituals based on hay and mountain
flowers we promise you
a moment of intense well-being and relaxation.

Two words meet each other in the alpine
products Hobepergh and Trehs.

The millennial wisdom of alpine folk medicine
with its natural ingredients and the latest
scientific findings.

A link between Research and the Force of
Nature with a unique concept of sustainability
and effectiveness; sincere and territorial
cosmetics with a long vision term for a
sustainable
future of our earth.

Opening times

Rituals, massages and treatments

14.00 – 20.00

on request also from the morning

Saunas and steam bath

15.30 – 20.00

Private SPA

From 20.00 to 23.00

SPA entrance reservation

Entry is by reservation

and allowed only to those over 12 years of age

For info and reservations contact the reception

Reservations & cancellation of treatments

Reservations for massages and treatments can be made at the hotel reception.

It is possible to cancel or change the appointments booked at the SPA no later than 10.00 pm of the previous day, otherwise the entire amount of the booked treatment will be charged. In case of delay, the treatment will always end at the scheduled time in order not to disfavour the next guest.

The cost of the treatment will not undergo changes in the charge.

Relax and make yourself at home

With a bath robe and slippers you are well dressed for a visit to the spa facilities.

Come to your treatment 5 minutes earlier, without any jewels.

You can wait for your appointment on the sofa and sip a cup of herbal tea for a relaxed start to your feel-good programme!




HÖBEPERGH
ASIAGO



Body massages
& rituals



Peeling & detox rituals

ALPINE SCRUB

30 min 45euro

An express treatment with herbal salts from the Asiago plateau and beeswax to remove excess cells, skin impurities and moisturize the skin.

DETOX - EXFOLIATING RITUAL

60 min 80euro

Thanks to the HöbePergh hays and herbs this treatment has a detoxifying action and facilitates the elimination of toxins, giving the right balance to the body. Ideal for finding harmony perfect and physical well-being.

The treatment includes a scrub with alpine herbs and beeswax, a hay mud pack and a short massage

PURIFYING TREATMENT WITH HOT HAY PILLOW

60min 80euros

To detoxify, purify and reactivate the metabolism.

The treatment starts by using the HöbePergh Bronze Brush that stimulates microcirculation, bringing oxygen and nourishment to the tissues. It continues with the application of precious extract of alpine herbs and a wrapping of a warm pillow of hay in the liver area. The purifying ritual ends with a pleasant detoxifying oil massage. (The treatment requires prior preparation time and must be booked with min. 2 hours in advance).



Alpine experienxce of well beeing

MOUNTAINEER ANTISTRESS RITUAL

60 min 100euro

For millennia, hay baths have helped to relax and relax the muscle bands. After brushing a destressing extract is applied to the back and followed by wrapping in a hay pillow. The treatment ends with a relaxing massage will suit you new energy.

(The treatment requires prior preparation time and must be booked with min. 2 hours in advance).

DEEP NOURISHMENT TREATMENT WITH ALPINE BUTTERS

60 min 80 euro

Treatment with butter and hay cream, application and wrapping with a nourishing mask deep and finally massage with precious emulsion.

BODY RITUAL WITH SIMPLE HAY BUNDLES

75 min 120euro

A beneficial brushing of the body precedes a massage performed with warm bundles of hay and alpine herbs soaked in oil and medicinal extracts.

Promotes the elimination of toxins, releases tension

and deeply relaxes the body and mind.

(The treatment requires prior preparation time and must be booked with min. 2 hours of advance)



RELAXING BACK RITUAL

60 min 100euro

Extremely effective treatment in relaxing and relieving back and neck muscle pain.

It includes a localized brushing, an application of extract of alpine herbs and a warm pillow of hay. Finally, a massage with hot oils, will give an immediate sensation of relief and relaxation.

Mari's specials

CRANIAL SACRAL THERAPY

50 min 75 euro

It is a rebalancing therapy based on listening through the hands. Craniosacral balancing is reached through the hands, the mind and the heart.

REIKI TREATMENT

50 min 75 euro

Reiki means "universal vital energy" that is transmitted through the laying on of hands and light touches.

The activations and treatments work on the physical, emotional, mental and spiritual plane for restore energy balance.

LEG LYMPH DRAINAGE

50 min 75 eur

Lymphatic drainage, or lymphatic drainage, is a manual technique exerted on the parts of the body along which the lymphatic vessels flow in order to facilitate the flow of accumulated liquids. It is a technique used by wOmen to combat blemishes of cellulite but not only.

FACIAL LYMPHODRAINAGE

30 minutes 45 euros

The facial lymphatic drainage massage is aimed at reducing both blemishes and swelling, such as bags under the eyes, both impurities that are formed on the epidermis for various reasons, including stress and tiredness.

Classic massages

MASSAGE WITH STONE PINE OIL

50 min 75 euro

Enveloping massage with warm stone pine oil.

Activates skin circulation and gives the skin elasticity and brightness. The essence of *pinus cembra* naturally gives a deep sense of calm giving peace of well-being.

RELAXING MASSAGE

50 min 75 euro

Relaxing massage performed with gentle and enveloping maneuvers induce a deep state of well-being, relaxes the muscles, stimulates circulation and helps to find inner peace.

SPORTY MASSAGE

50 min 80 euro

Massage that acts intensely on the muscles loosening the contractures and relaxing the muscles.

HALF BODY MASSAGE

25 min 50 euro

A short massage to recapture your wellbeing, focusing on a specific part of the body. Usually back or legs.



Facial treatments

All the beauty of nature



LIFTING TREATMENT INTENSIVE ANTI AGING WITH RICE SPROUTS

50min 70euro

An invaluable treat with immediate lifting effect.

The enzymatic action of sprouted brown rice peeling removes dead cells and facilitates the penetration of active ingredients. Thanks to the regenerating action of Sprouted Brown Rice™ cream, this treatment deeply moisturizes the skin, restoring tone and reducing wrinkles.

DEEP MOISTURIZING FACIAL TREATMENT

50min 70euro

The moisturizing treatment hydrates and deeply nourishes the layers of the epidermis; the skin appears velvety and bright. Suitable for all types of skin, even the most sensitive.

Flash beauty



EXFOLIATING - REGENERATING

30min 55euro

A gentle treatment for the skin which includes an enzymatic peel following by a facial massage with cream antiaging.

RELAXING-ILLUMINATING

30min 55euro


The glow effect is guaranteed by mask based on alginates and a face massage

ANTISTRESS

30min 55euro

Acupressure helps right away relax and surrender to the hands of the therapist.

The following massage will do the rest.



Together is
better

For couples

PRIVATE SPA

From 8.00 to 10.30pm

Book the wellness center exclusively for you and your sweetheart.

150 euros per couple including the supply of the SPA bag & aperitif

PRIVATE SPA

& SIMULTANEOUS COUPLE SPA RITUAL

Your SPA night will start at 19.00

with an alpine herb treatment for two (approx. 75 min)

You can then take advantage of the magical romantic atmosphere in the evening and sip an aperitif

280 euros per couple including the supply of the SPA bag

SIMULTANEOUS COUPLE SPA RITUAL

75MIN

For HIM/HER relaxing back ritual with warm hay pillow and for HIM/HER deep moisturizing facial treatment

75 minuti 135euro

SIMULTANEOUS COUPLE SPA RITUAL

90MIN

For HIM/HER hobepergh hay bath

for HIM/HER Alpine scrub and foot massage with muscle relaxing extract

90 minuti 150euro

Spa etiquette

Entrance to the SPA is by reservation and only for adults older than 12 years.

Silence regenerates, helps to find harmony and favors the recovery of physical and mental balance.

With silence you contribute to your well-being and that of those around you.

Please remember to turn off your cell phone.

Have an eye for the environment and use only towels needed.

After use, we kindly ask you to put them away in the laundry basket.

Please cover the lounge in the relaxation area using a towel and to leave the sunbeds free when you go out.

In the SPA it is forbidden to eat

It is forbidden to be naked in the relaxation area and immerse yourself naked in the tubs.

Book now

Whatsapp e telephone

+39 0342 904485

From the room dial

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