

AQVA SPA





“Our mission at Aveda is to care for the world we live in, from the products we make to the ways in which we give back to society. At Aveda, we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world.”

Founder, Horst Rechelbacher

AQVA SPA Aveda Olistic Destination and Day Spa

Restore Balance

Inspired by various plant-based healing traditions from around the world, Aveda's spa and skincare philosophy, Elemental Naturesm, is grounded in the belief that everything in the universe—including the skin and the body—is composed of five elements: infinity (or space), air, fire, water and earth. When environmental and emotional factors such as stress, imbalance or toxicity cause these elements to shift out of balance, this can naturally affect our skin, body and emotions. Aveda believes in restoring balance to the five elements holistically - by engaging all five senses (sight, smell, sound, taste, touch) through our pure aromas, plant-based products, nurturing high touch treatments and unique sensory experiences.

Whilst you experience an aromatic footbath and enjoy our delicious herbal tea, our therapists will consult with you to discover your Elemental Nature, and will take you on a sensory journey in search of the aromas that will restore your mind and body to balance. A personalised treatment plan and self care rituals will then be designed to suit your individual needs.

Aveda Facials

Focusing strongly on the five natural elements of Infinity, Air, Fire, Water and Earth, the Aveda philosophy and treatments will gently transport you back to a balanced state.

All treatments include a 15 minute private consultation with your therapist prior to your treatment.

Tulasāra™ Facial Treatment

Dry, oily, aging, uneven, sensitive and acneic skin conditions or eye concerns can all be treated with a customized Tulasara Facial Care. After a thorough consultation, your skin therapist will provide the best combination of products, personalized Aveda aromas and techniques to design a customized treatment that will move your skin toward balance and reveal its natural beauty.

45 min *	€	60
60 min *	€	80
90 min *	€	115

Dual Exfoliation Peel

Refreshing facial treatment with double exfoliation effect – The Dual Exfoliation Peel is Aveda's latest advancement in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. The treatment delivers immediate, visible results in improved skin texture, clarity and radiance; smoothed appearance of fine lines and wrinkles; and refined pores, revealing fresher, younger skin.

60 min*	€	80
90 min*	€	115

Botanical Skin Resurfacing Enhancement

This facial is Aveda's alternative to microdermabrasion. We combine the power of tourmaline with a hands on approach that results in skin that is proven to have a smoother texture, fewer fine lines and wrinkles, decreased pore size, significantly more radiance-and all without irritation and inflammation.

60 min*	€	80
90 min*	€	115

Ayurvedic Energizing Eye Treatment

Regenerating eye treatment – This treatment activates the collagen production of the soft eyelid. It minimizes crinkles and reduces swellings around your eyes. The integrated Marma-eye-massage eases tensions and revitalises the skin around your eyes.

30 min*	€	45
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Perfecting Plant Peel

Our professional facial masque actively smoothes and retextures skin with the instant exfoliation and radiance benefits of a 30% glycolic peel without the associated redness and irritation. The treatment also warms your skin, helping to open pores. For all skin types.

30 min *	€	45
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*** All treatments include a 15 minute private consultation with your therapist prior to your treatment commencing and will be booked into given treatment time.**

Aveda Body Treatments

Our body treatments utilise specially blended oils and techniques to relax, revive and rebalance. All treatments begin with a warm aromatic footbath.

Aqua Polish Treatment

The Aveda Aroma Body Polish Treatment is an exfoliating body treatment featuring customized Aveda body care products and aromas. The treatment includes an exfoliation and full-body massage, including scalp and foot reflexology techniques.

45 min*	€	60
60 min*	€	80
90 min*	€	115

Stress Fix Body Scrub

Full body exfoliation that gives the skin hydration and brightness, followed by an application with the Aveda Stress Fix crème with a mixture of lavender, lavandin and sage to relief stress.

45 min*	€	60
60 min*	€	80
90 min*	€	115

Intensive Body Mask

This treatment starts with a full body dry exfoliation, followed by a special warm mask made from sea salt and algae applied to the whole body. Then a massage with pure concentrated essential oils on the problem areas to give an immediate draining and detoxifying effect.

45 min*	€	60
60 min*	€	80
90 min*	€	115

Rosemary Mint Awakening Body Wrap

The Aveda Aroma Body Wrap is a warming, detoxifying seaweed body wrap treatment customized with Aveda body care products and aromas. The treatment includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology techniques.

45 min*	€	60
60 min*	€	80
90 min*	€	115

*** All treatments include a 15 minute private consultation with your therapist prior to your treatment commencing and will be booked into given treatment time.**

Aveda Body Massage

Our goal is to design treatments to bring your body, mind and spirit into balance, using nurturing high-touch approaches.

Aroma Massage

Stress, muscle tension and lack of energy can all be addressed with a customized massage where you determine the amount of time you want to spend on your treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques, which can include Swedish/relaxation, deep tissue, foot reflexology, subtle energy work or pregnancy massage— the possibilities are limitless.

45 min*	€	60
60 min*	€	80
90 min*	€	115

Fusion Stone Massage

Experience the aromatic power of traditional Native American plants fused with the sensation of smooth stone massage.

Sage, cedar and sweet grass encompass the senses and enhance skin hydration. Opposing sensations of warm and cool stones fused with massage techniques balance, sooth and invigorate your body and your spirit.

90 min*	€	125
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Chakra Balancing Massage

The Chakra Balancing Massage is an innovative treatment that focuses on the chakra centres using a variety of massage techniques. The treatment features the Aveda Chakra Balancing Blends with Deep Tissue Massage on the back and spinal muscles, a Chakra Reflexology Massage for the feet, and Chakra Energy Work. In addition, you will be guided through meditation to enhance the benefits of stress relief, decreased muscular tension and increased energy.

75 min*	€	95
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Stress Fix Massage

Clinically proven to reduce feelings of stress lavender, lavandin and clary sage, all contained in the new Stress-Fix products, are used in this body massage combining Swedish and deep tissue massage along with foot reflexology, acupressure and a guided meditation to calm and rejuvenate.

60 min*	€	80
90 min*	€	115

*** All treatments include a 15 minute private consultation with your therapist prior to your treatment commencing and will be booked into given treatment time.**



Aveda Hand and Foot Treatments

Spa Manicure

This luxurious treatment revitalises your hands by shaping, soaking, exfoliating, cuticle minimising and massaging. Using Aveda unique pure plant essences to improve the condition of the nails and cuticles, your hands are visibly softer, smoother and smell like heaven. Finish with a nail buff or polish of your choice.

60 min	€	45
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Spa Pedicure

Indulge in this tension-releasing treatment and your feet will be thoroughly pampered. After your feet have been immersed in a bath of essential oils and energising bubbles, the nails are cut and filed, cuticles are minimised, legs and feet exfoliated and dead skin gently removed. To finish, a pressure point massage and nail polish application will leave your feet looking wonderfully groomed.

60 min	€	45
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Aveda Pure Plant Waxing

Disposable underwear is provided on request. Please note that facial waxing cannot be combined with any other facial treatment. Leg, arm or body waxing cannot be combined with any other body treatment. Please advise us if you are using doctor-prescribed skin care products or taking medication as we regret that some treatment may not be suitable.

Full Leg	€ 45
Half Leg	€ 35
Full Arm	€ 25
Underarms	€ 15
Bikini	€ 15
Brazilian	€ 20
Back and shoulders	€ 40
Lip	€ 10
Face	€ 30
Eyebrows	€ 18

Aveda Hair Treatments

Botanical Hair & Scalp Therapy™

A new intensive hair and scalp treatment that restores balance to the scalp and strengthens, repairs and moisturises damaged hair. Consists of three stages: firstly an Aveda scalp analysis and hair consultation; followed by an aroma-therapeutic Balancing Touch Massage and finally a deep-conditioning Damage Remedy™ professional hair treatment. While the treatment develops under heat, your stylist will also perform a stress-relieving hand ritual. This facial for your hair cares for the scalp and leaves your hair stronger and shinier by up to 71%.

30 min € 30

Invati™ Hair Treatment

Intensive 3 steps hair treatment with the revitalizing Densiplex™ Complex; a mix of select ayurvedic herbs with turmeric and ginseng. The formula energizes and invigorates the scalp and promotes hair growth and strengthening. This treatment is combined with an head massage, which will lead you an intensely relaxing experience.

30 min € 30

AVEDA

the art and science of pure flower and plant essences



GRAND HOTEL FASANO
VILLA PRINCIPE

25083 GARDONE RIVIERA - Italy
Tel. +39-0365-290220 Fax +39-0365-290221 - <http://www.ghf.it> - info@ghf.it