



EALA

LUXURY SPA

Welcome to 1500 square meters of wellness created exclusively for you.

In a constantly evolving world, our SPA team is committed to regularly refining their skills to offer you a unique and special wellness experience. Continuous training and a dedication to excellence have been the foundations upon which we have built exclusive rituals, designed to stimulate and enhance all five senses, providing an unforgettable sensory journey for both body and mind.

**Looking forward to your visit
at EALA Luxury Spa
We thank you very much
for your trust.**

Your EALA Luxury
SPA Team



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Legend



UPON REQUEST IN THE COUPLE'S CABIN
The indicated price is per person



SUITABLE DURING PREGNANCY
From 16 weeks of gestation



EMOTION CABIN
Performed in the Emotion cabin

Cosmetic lines

In our Spa, every treatment is a journey towards well-being, powered by the strength of nature. The cosmetic lines we carefully select are natural, eco-sustainable, and environmentally friendly. Our rituals, enriched with precious and highly effective active ingredients, are designed to promote a deep balance between body and mind, guiding you through an experience of total harmony.

TEAM D^R JOSEPH


HÖBEPERGH
ASIAGO


Bergila[®]

SIGNATURE TREATMENTS

Imagine immersing yourself in a sensory journey that awakens the memories of a charming corner of the world: the town of Limone sul Garda. Here, between the crystal-clear waters of the lake and the towering mountains, nature offers unique scents, colors, and sensations.

The creation of sensory experiences in this context stems from the desire to capture and return the essence of this extraordinary place. The rituals we offer are designed to evoke the fresh aromas of citrus fruits, the herbal notes of local plants, and the power of nature that defines Lake Garda.

Each treatment is a celebration of the scents and traditions rooted in a timeless landscape, combining the beauty of the area with the pursuit of total well-being, to gift our guests an experience that transports them to a secret corner of Limone, through the power of the senses.

LA LIMONAIA

THE PLACE WHERE CITRUS
FRUITS GROW ON LAKE GARDA

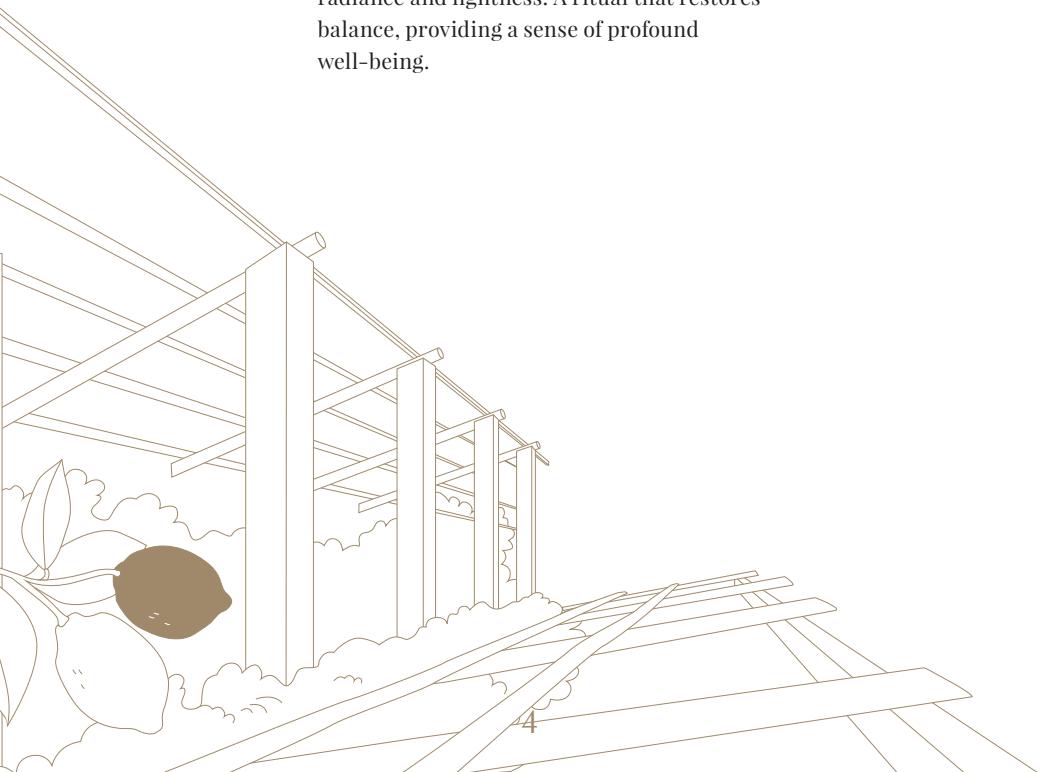


*“Io non ti avevo visto
giallo limone nascosto
nell'agrumeto tra le scure foglie:
no, non ti avevo visto.*

PEDRO SALINAS

80 minutes
€ 220

A deep, enveloping, and relaxing Total Body massage that enhances the fresh and rejuvenating aromas of the lemon groves, offering a unique sensory experience. Special attention is given to the face and head, where, thanks to the use of fresh citrus fruits, we relieve tension and swelling, restoring radiance and lightness. A ritual that restores balance, providing a sense of profound well-being.



ANTICO FRANTOIO

THE SACRED OLIVE
CELEBRATED BY THE ROMANS



*“Esili foglie, magri rami, cavo
tronco, distorte barbe, piccol frutto,
ecco, e un nume ineffabile risplende
nel suo pallore”*

GABRIELE D'ANNUNZIO

80 minutes

€ 220

The ritual will begin with a gentle Total Body exfoliation, made with powdered olive pits and chamomile flowers, which will stimulate the skin's cellular regeneration. Next, the warmth of olive wood, combined with precious olive oil, will envelop the body in an intense sensory massage, offering a complete sense of well-being.



LA BOUGANVILLE

THE VIBRANT & COLOURFUL PLANT
THAT ADORNS LIMONE SUL GARDA



*“Mi piace
come fiorisce la bouganville,
che deborda dai muretti
con la sua felicità variopinta
e il suo silenzio così elegante.”*

FABRIZIO CARAMAGNA

110 minutes

€ 240

A ritual that envelops the face and body, inspired by the elegance and purity of an extraordinary flower. A soothing, rhythmic massage that revitalizes your skin, accompanied by an intense exfoliation for hands and feet with rose petals and salt crystals. A facial ritual enriched with floral aromas, designed to relax the facial muscles and provide a deep sense of relaxation.



HOLISTIC BODY RITUALS

Each body ritual combines unique techniques and natural cosmetics to restore harmony between body and mind, bringing balance and well-being.

EXFOLIATION



45 minutes
€ 100

A fully customizable full body exfoliating massage, with a choice between the intensity of local coffee, the freshness of local citrus fruits, or the purity of mountain aromas. If you prefer a gentler touch, natural brushing will caress your skin, giving softness and radiance in an enveloping experience.

DEEP RELAX STONE AROMA



50 minutes € 120
80 minutes € 160

A unique wellness experience that begins with the use of warm basalt stones, enveloping the body in deep heat, relaxing every muscle, and releasing accumulated tension. The stimulation of the chakras, enhanced by precious and enveloping aromas, promotes the rebalancing of vital energy, creating a harmonious flow that induces a sense of complete relaxation.

DETOXIFYING



80 minutes
€ 195

A treatment specifically designed to detoxify and drain the lower body, fully customizable. You can choose between the application of warm mud or cold wraps, depending on your needs. After the application time, the treatment continues with cupping, which stimulates circulation and prepares the skin for a revitalizing and toning massage.

RELAXING HEAD AND NECK



50 minutes

€ 120

A treatment dedicated to the upper body, using slow and deep relaxing techniques that target the shoulders, neck, head, and face, releasing accumulated tension. The acupressure, performed with basalt sticks, stimulates key points in the nervous system, promoting the release of tension. The treatment ends with the application of an arnica-based ointment on the back, which enhances relaxation and leaves a sense of total lightness.

DYNAMIC RECREATION BACK



50 minutes

€ 120

An exclusive ritual that works deeply to regenerate and relax the back. The treatment begins with a manual massage and a warm roller that stretches the muscles and melts away tension. Next, cupping oxygenates the tissues, stimulating circulation. The ritual concludes with a sound bath of Tibetan singing bowls, which promotes deep relaxation and total harmony between body and mind.

ABDOMEN



50 minutes
€ 120

A treatment designed to relieve bloating and relax the abdomen. It starts with deep acupressure and cupping to stimulate drainage and circulation. The heart of the treatment is the manual massage, performed with specific movements that relax the muscles and promote deep well-being. The ritual ends with a sound bath of Tibetan singing bowls, which amplifies relaxation and promotes a sense of inner balance and harmony.

FEET RITUAL



50 minutes
€ 120

A treatment dedicated exclusively to the feet, beginning with gentle stimulation using a natural brush. Essential oils and a specific nourishing ointment enrich the slow and deep manual massage, promoting circulation and muscle relaxation.

TOTAL BODY MASSAGES

Our total body massages are true wellness experiences that engage all five of our senses. They are perfect for relaxing muscles, improving blood and lymphatic circulation, and have a positive impact on our mood.

EALA CLASSIC MASSAGE



50 minutes € 115

80 minutes €155

The Eala massage involves the entire body, designed to promote deep relaxation. It is performed with medium pressure, providing a gentle yet effective action, using a high-quality caper oil, exclusively created for Eala. The massage is enhanced with fresh citrus essences and the relaxing sound of Tibetan singing bowls. An authentic experience enveloped by fragrances that transports you to the heart of the region.

ESSENTIAL OILS MASSAGE



50 minutes € 115

80 minutes €155

The total body essential oils massage is designed for a deep relaxation experience, thanks to the use of aromatic synergies. The session begins with a brief consultation with the therapist, who will guide you in choosing the ideal Bergila synergy for you. During the massage, a quartz eye contour mask will be applied to refresh and decongest your eye area. A sensory massage that will guide you on a journey of profound relaxation.

DRAINAGE MASSAGE



50 minutes € 115

80 minutes €155

This massage is a dialogue with the therapist, who will guide you to the most suitable draining solution for you. You can choose a gentler version with slow, light movements that stimulate the lymphatic system, or a more intense variant that helps combat cellulite while toning the skin. The massage is enhanced with specific products to boost the draining effect.

SPORT MASSAGE



50 minutes
€ 115

A perfect massage for those who practice sports, ideal before and after physical activity. Its energizing action warms up the muscles, while the deep component helps to relax and stretch them. It is performed with an oil and balm based on arnica, known for their powerful natural anti-inflammatory properties.

MATERNITY MASSAGE



50 minutes € 115
80 minutes € 155

A massage designed to pamper the expectant mother, with coconut oil that nourishes the skin and a delicate fragrance for a complete wellness experience. Ideal for stimulating blood and lymphatic circulation, along with a refreshing eye contour mask that helps enhance the relaxing effect.

This massage is recommended starting from the 16th week of pregnancy.

TAILOR-MADE MASSAGE



50 minutes € 125
80 minutes € 165

A personalized massage. After an initial consultation with the therapist, the most effective treatment will be defined to promote the overall well-being of body, mind, and spirit. The best professional techniques are used, accompanied by specific and innovative products and tools to create a tailor-made massage.

HOLISTIC FACE RITUALS

Our holistic face rituals have been created to provide a unique sensory experience, thanks to the products from our cosmetic lines, and through the use of specific techniques and innovative tools by our skilled therapists.

TRADITIONAL STEAM CLEANSING



50 minutes € 115

80 minutes €145

This facial treatment involves the use of steam and the extraction of blackheads, which allows for a deep cleansing and helps to purify and revitalize the skin. If requested, eyebrow shaping and hair removal complete the treatment, making it ideal for dull or impure skin that seeks new brightness and vitality. The 80-minute option includes a relaxing facial massage.

NEW FRESHNESS



50 minutes

€ 135

An intensive detoxifying treatment that, through the Team Dr Joseph method, improves skin quality and pore structure. This facial ritual combines warm compresses, lymph-stimulating massage, and peeling, followed by deep drainage with glass cups and a refreshing peel-off mask, leaving the skin with a healthy and radiant appearance.

EYE AND FACE GUASHA



50 minutes

€ 135

A plumping, lifting, and glow-enhancing ritual designed to make the face luminous, relaxed, and to firm the eye contour. A complete experience that includes deep cleansing, peeling, mindfulness stimulation, an eye contour massage with Gua-Sha stone, revitalizing mask, and personalized skincare. It's perfect for combating signs of aging, eye contour fatigue, leaving the skin more toned, luminous, and smooth.

DEEP CELLULAR REGENERATION



80 minutes
€165

An exclusive facial ritual enriched with the precious Glow Effect line, featuring natural active ingredients for deeply regenerated skin that is visibly brighter.

Every phase of this ritual is designed to promote deeper relaxation, through lymph-stimulating massage, cupping, and relaxing massage techniques.

A unique beauty experience for perfect cellular regeneration.

FACE AND SCALP RITUAL



50 minutes
€ 120

A sensory journey that begins with a gentle facial cleansing, followed by deep relaxation of the scalp using innovative tools such as our Hobepergh brush, a refreshing quartz eye contour mask, and a sound bath with Tibetan singing bowls.

This is followed by relaxing techniques on the face and an intense scalp massage.

A journey of serenity and beauty aimed at immediate well-being.

REJUVENATING FACIAL MASSAGE



50 minutes
€ 120

A complete beauty experience that begins with facial cleansing and lymphatic drainage using exclusive brushes, followed by a plumping and revitalizing massage focused on the face for an anti-aging effect.

It concludes with a relaxing head massage using a specific brush, offering complete well-being and visibly brighter, more toned skin.

EALA TREATMENT PACKAGE

These Treatments are intended exclusively for individual use and cannot be transferred or replaced in any way, in respect of their exclusivity.

10% By booking one of our exclusive **EALA Treatment Packages**, you'll receive a 10% discount on any additional treatment added.

PUNTA LARICI

CASCATA DI SOPINO

CIMA MUGHERA

SENTIERO DEL SOLE

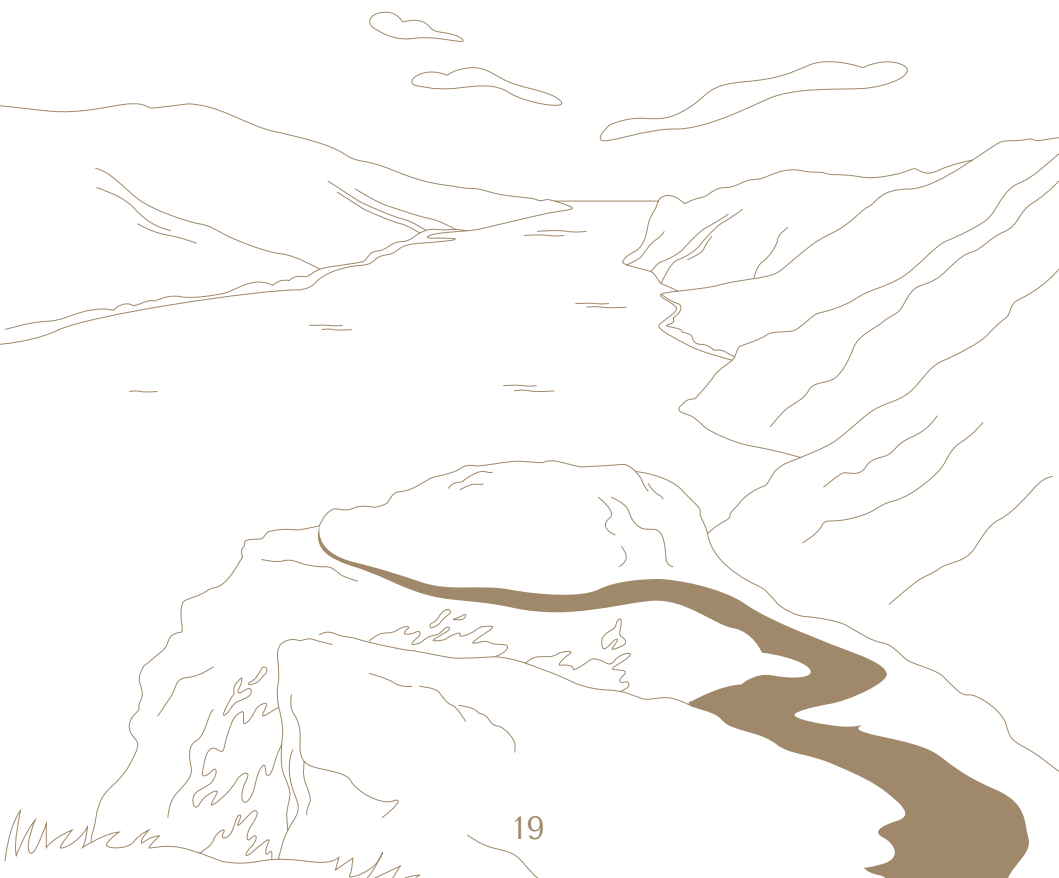
PUNTA LARICI

€ 320

1 Facial Ritual 50 minutes *(choice of treatment)*

1 Exfoliating Ritual

1 Tailor-made Massage 50 minutes



CASCATA DI SOPINO



€ 330

1 Maternity Massage 50 minutes

1 Hand or Foot Ritual

1 Facial Ritual 50 minutes *(choice of treatment)*



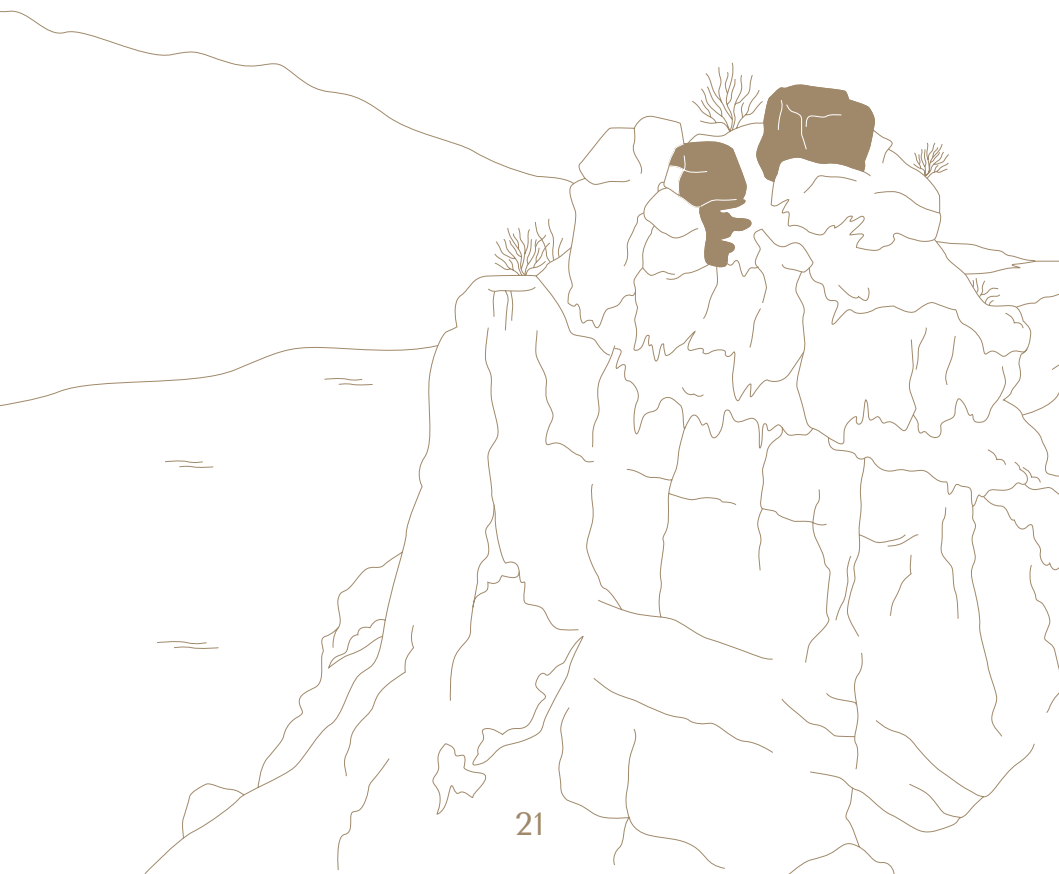
CIMA MUGHERA

€ 340

1 Classic Mud



2 Tailor-made Massage 50 minutes



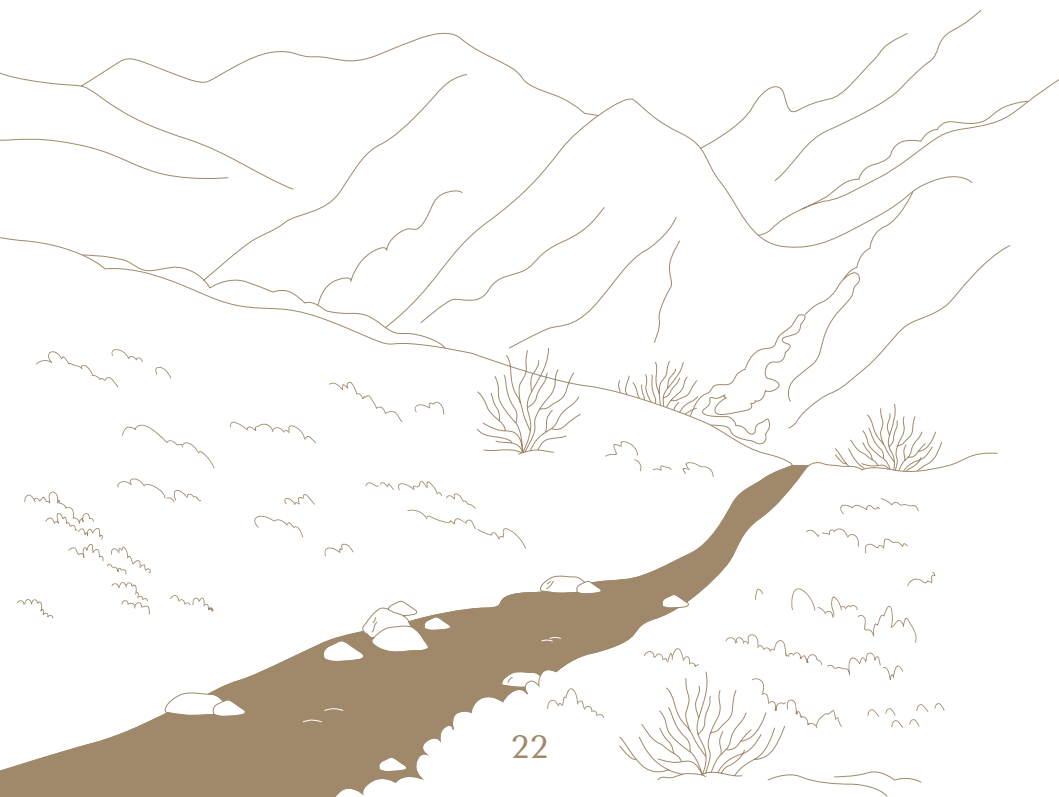
SENTIERO DEL SOLE



€ 460
designed
for couples

2 Traditional Steam Cleansing 50 minutes

2 Tailor-made Massage 50 minutes



GENERAL INFORMATION EALA LUXURY SPA

EALA Luxury Spa has an area of 1500 square metres; it has been working since 2021 with only Professionals in the field and has as its sole aim the well-being of its Guests. Precisely for this reason, we invite you to take a look at some useful information that will make your stay at EALA HOTEL a unique and unforgettable experience.

Treatments

The Beauty reception staff is at your complete disposal on level 6 of the facility to explain the Treatments and the various proposals of the Wellness Centre. For all needs we answer to the number +39 0365 954613 or by e-mail spa@ealalakegarda.com.

We advise guests to reserve their desired treatments well in advance, and to inform us of any medical conditions.

Or doubts about the state of health or a possible state of pregnancy, this will allow us to better respond to any changes in treatment.

When booking, we ask you to specify should the gender of the Operator be a limitation. We will do our utmost to meet your needs, however, if no preference is communicated and you decide to forego the booked Treatment, we will be forced to charge you the full amount of the Professionals performance.

We ask you to wear our soft bathrobes, the slippers provided and ask you to leave any valuables and jewellery in the room.

We will be pleased to welcome you at our Beauty Reception 10 minutes before the start of the Treatment. Please note that in the event of a delay, it will not be possible to extend the duration of the Treatment and the full amount of the reserved service will be charged in order to avoid inconveniencing subsequent Guests.

It is possible to cancel treatment without incur any penalty by cancelling up to one day before the reservation. Cancellations or cancellations occurring close to the day of the appointment or in the event of a no-show will be charged the full cost of the reserved services.

Spa etiquette

In order to respect the serenity and relaxation of all guests, please keep a tone of voice appropriate to the wellness environment and we ask that mobile phones and/or electronic devices be silenced or switched off.

Sauna area

Please note that the SAUNA AREA is a nudist area. Entry is forbidden for persons under 18 years of age.

For hygienic reasons, we ask that you enter the treatment cabins without a swimming costume.

The 100% cotton towels available in the rooms can be used to avoid direct contact with the surfaces of the treatment rooms.

Our staff will work to ensure that these important hygiene rules are respected.

Any unauthorised filming in the SAUNA AREA is prohibited for the well-being and privacy of our guests.

Theft or Loss

EALA Hotel disclaims all liability and accepts no responsibility for theft and/or loss of objects and/or money and/or damage to personal items brought into the hotel.

