



MONRōC



BEAUTY & SPA

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EXPLORING MENU



SPA

## OPENING HOURS 2 PM - 7.30 PM

*To guarantee the preferred appointments we recommend to book the treatments with the room reservation.*

*You are welcome to book by phone (+39 0463 735000), email [info@monroc.it](mailto:info@monroc.it) or in person at the front desk.*

*Please arrive at the beauty reception roughly 5 minutes before your appointment in a bathrobe.*

*In case of delay the duration of the treatment could be reduced in order to let us start on time with the following appointment.*

*In order to organize all our appointments at best, we kindly ask you to inform us at least 24 hour before in the event of a cancellation. In case of a last minute cancellation we will have to charge you with the full price.*

*Please let us know about your health doubts, illnesses and pregnancy before the treatment's reservation.*

*Our Tablà Wellness Center is a quiet area. We ask you to respect this.*

*Children under 15 are not admitted.*

*Please use the saunas without bath clothing. In the dry cabins, for hygienic reasons it, is compulsory, to place a towel under your body.*



# TABLĀ SPA

## THE SPACE FOR YOUR WELLBEING

We suggest you to read these few lines, then come in, forget about everything and just let yourself be driven by your desire to explore new feelings and enchanting emotions.

You can choose between the **daily** or **weekly** entrance to our **wellness center**.

The **daily** entrance includes one **soft towel** and **slippers**; if you choose the **weekly entrance** we will provide you our **wellness bag** with bathrobe, towel and slippers and you will keep it during the whole stay. You can collect it at the wellness reception and please remember to return it at the end of your stay.

You will find some tips to enjoy your wellbeing experience as best you can, gaining your psychophysical balance back.

To guarantee a **truly relaxing atmosphere**, we kindly ask you to keep your **voice low** and **properly cover yourself** with the towel or the swimsuit in the presence of other people.

**We also kindly ask** you to leave your **smartphone** in the room and bring maybe with you a book to read while you lay in one of our three different relax areas, sipping an infusion.

And now... **relax**.

**There is more to explore** is also a state of peace and calm of your body and mind. Listen to your feelings, forget the world outside and take care of yourself.







# WHAT YOU WILL FIND IN TABLÀ WELLNESS CENTER

## FINNISH SAUNA

Benefits: It promotes the motion of exceeding fluids and metabolic waste; it helps to relax strained muscles it balances the sleep-wake cycle, improving your general well-being

Feelings: Pure energy a dry and intense heat that invades your body stimulating a fast and deep sweating.

Advices: The use of towel is mandatory.

Recommended times: 10/15 mins.

## STEAM BATH

Benefits: it promotes skin cleansing and elasticity and generates a sensation of relax and general well-being.

Feelings: pleasant feeling of finding yourself in a steam cloud that helps breathing and gives you a soft and velvety skin.

Advice: entrance without towel.

Recommended times: 10/15 mins.

## KNEIPP PATH

Benefits: It promotes a micro massage to blood vessels and skin. Perfect after sport, as it represents an exceptional passive training to blood vessels and muscles well-being.

Feelings: pleasant sensation of lightness due to alternation between cold and warm water.

Advice: itinerary to repeat twice.

## EMOTIONAL SHOWER

Benefits: the aroma and chromo-therapy will take you in a state of total relax.

Feelings: pleasant sensation of being in a cloud full of an intense alpine and fresh mint aroma.

Advice: perfect cold reaction after sauna or steam bath.

## RELAX ROOMS

You will find three different themed relax areas, where you can immerse yourself in our mountains aromas, lie down on our chaises with a warm blanket and a healthy in fusion. Forget about the stress and enjoy at its best your moment of relax

Advice: at least 20 minutes of rest between one sauna and another.

## INFRARED RAYS' SAUNA

The infrared rays act from the inside to the outside of your body, warming your muscles up, relaxing your body. It is perfect for those who suffer from muscular strains.

## WHIRLPOOL

Two whirlpools, with hot water 37° C.

Benefits: vascular and skin massage, passive vascular and muscle training, promotes a pshyco-physical wellbeing.







# SPA EXPLORING













**BEAUTY**



## OUR BEAUTY LINES

We've been looking for the best treatments and beauty lines for a long time. We are pleased to introduce to you our beauty partners, the ones that suit our Explorer's soul best.

### **ESTHEDERM**

An absolute reference brand for all the women, thought for neutralizing the ageing signs. It is a leader brand in the biological cellular research, which leans on skin's natural resources in order to create personalized treatments.

### **VITALIS**

For those who want to tangibly experience the nature's essence. Holistic treatments, scrubs and massages, all created by the combination of professionalism and BIO certified products. VITALIS DR. JOSEPH's are high-quality products, pure wellness for your body.

### **YOUR BEAUTY RITUAL...**

The same you have at home!

All the beauty products are on sale in our wellness center.



# INSTITUT ESTHEDERM FACE TREATMENTS

## OSMOCLEAN TREATMENT

A deep skin cleansing. Your dermis appears oxygenate, revitalized and ready for the treatments. It is for the people who desired a deeply cleaned and bright skin.

*30 minutes* € 30,-

## SPECIFIC VISAGE TREATMENT

It acts directly on the major cutaneous issues: **Hydration, Sensitivity, Impurities**. Thanks to a personalized treatment, we help your skin to find the proper balance again. Ideal for **young skins**.

*55 minutes* € 65,-

## ANTI-AGE ACTIVE REPAIR TREATMENT

**Brightening and detox anti-wrinkles treatment:**

wrinkles are weakened and your skin is fixed from the inside, the skin tone looks young and stretched, signs of tiredness are reduced.

A specific visage treatment for those who desire to eliminate the tiredness signs that come from stress.

*60 minutes* € 83,-

## EXCELLAGE TREATMENT

It is a **restoring, reinforcing and toning** treatment. The skin is reinvigorated wrinkles are weakened and the dermis finds comfort and brightness again.

Perfect for those who want to treat deep wrinkles the loss of density, elasticity and brightness.

*90 minutes* € 110,-

## TREATMENT FOR A YOUNG GAZE

Gain again a **fresh** and **bright** glaze, in order to eliminate the signs of tiredness in a very short ime.

*30 minutes* € 35,-

## BODY RITUALS

Our body treatments bring to your skin all the benefits of the local products such as **alpine herbs** or **rosehips** and **grapeseed** but through them, you can also lose yourself to delicate fragrances such as **coconut and sweet orange**. Let your senses choose, choose the caress that suits you the best and lose yourself these amazing scents.

## DELICATE BODY EXFOLIATOR

A treatment that suits all skin's types to exfoliate, **drain and reintegrate the minerals**. Our scrub are extremely delicate, as they are enriched with natural hydrating and nutritious butters. A modelage for the whole body to rediscover the natural beauty of your skin: nourished, bright and moisturized.

*40 minutes* € 45,-

## MONROC BODY RITUALS

The treatment includes an **exfoliating scrub and a body massage** with butters and creams with fondant and aromatic textures. Choose the fragrance that inspires you most.

*60 minutes* € 73,-

*80 minutes* € 90,-

## ANTI-CELLULITE TREATMENT

Drainage is an important stage to help the **elimination of fats** and other **toxins**, optimizing the microcirculation, in order to improve the beauty and **comfort of your legs**.

Here, you will have the opportunity to feel perfect legs even after your long strolls! The **treatment includes** a specific **anti-cellulite massage**, a **detoxifying scrub** and the employment of **seaweeds with a detoxifying, reinforcing and strengthening** effect.

*75 minutes* € 80,-

**Suggestion:** before the treatment, we suggest you to take a session of steam bath to soften your skin and to facilitate an optimal exfoliation.

## BEAUTY & HAIR REMOVAL

*TOTAL* € 60,-

*HALF LEG* € 20,-

*FULL LEG* € 28,-

*GROIN* € 15,-

*ARMPIT* € 10,-

*FACE* € 8,-

*MANICURE* € 25,-

*PEDICURE* € 30,-

## ORIENTAL MASSAGE

### HOT STONE MASSAGE

With **hot stones massage** from the heart of the nature. With this kind of massage, we alleviate the tensions and we reactivate your energy. Let you transport by a **deep sensation of wellness** with this ancient technique.

*50 minutes*

*€ 70,-*

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### MASSAGE BETWEEN HEAVEN AND EARTH

It is **massage of deep wellness which gives** you a pleasant lasting wellbeing sensation.

*40 minutes*

*€ 45,-*

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### PINDASWEDA MASSAGE

This massage is performed through the employment of **small bags filled with specific herbs**, which are broken into small pieces and soaked in warm oils. The warmth of the oil helps to relax the muscular strains, while the herbs have a **relaxing effect on body and mind**.

*40 minutes*

*€ 65,-*

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### AYURVEDA ABHIANGA

Massage with warmed precious **vegetal oils**. Enhancing muscle tone and gives a muscle and mental relaxation.

*70 minutes*

*€ 80,-*

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# CLASSIC MESSAGES

The massage is an **old therapy** form and one of the natural gesture we daily do. We propose to you a unique technique that combined with oils and flavours, will guarantee to you your **psico-physic wellness space**.

## TABLÀ HARMONY MASSAGE

A trip to stimulate and to gain your **body and soul wellness**, a **relaxing massage** which facilitates-improves oxygenation, improve your **mood** and **psychophysical balance**.

*50 minutes* € 60,-

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## PARTIAL MASSAGE

Dedicate yourself ½ hour, in a few minutes we will **cuddle you with our massage**. Decide if you want an energetic massage or a relaxing one, only back, legs or to all your body.

*25 minutes* € 38,-

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## BALANCE MASSAGE

A massage to head, visage, neck and shoulders that will be carry out with manual skills very intense. It helps you to recover a **sensation of pleasant vitality** and gives you a deep wellness to all your body. Ideal to unwind, to free your head from your thoughts and totally abandon yourself to the wellness.

*25 minutes* € 30,-

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## PLANTAR MASSAGE

This massage is made with **delicate butter** and it is a delight for tired or stressed feet. It gives you wellness and deep relax to your body and mind.

*25 minuti* € 40,-

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## AROMATIC MASSAGE

Abandon yourself to a pleasant aroma-massage to **all your body** where you decide the aroma and texture that you like.

*50 minuti* € 68,-

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## BACK RESONANZ

A combination of **Alpin tradition** and massage **techniques from ancient cultures**, which reactivates the **harmony between body and soul**. The Vitalis Massage Resonanz-**DORSALIS**, helps to loosen all the dorsal muscles strains and improves dynamism of the **spinal column**. This special kind of massage gives wellness and relax to your back, which is always undergoing stress; and helps to preserve the **right posture**, giving **tone, beauty and brightness**.

We only use natural products, together with an ancient massage technique, the **cupping glasses**, and a special ritual created with warm rolls. . .

To conclude on a state of absolute relax, and to instill positive energy, we will use the **Tibetan bells**. This is a massage that will make you forget the daily stress and will be able to donate to you moments of **unparalleled wellness**. It is particularly indicated for those who suffer from back and cervical tension, but also for those who just want to relax and have some time for themselves.

*50 minutes* € 75,-

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## ABDOMEN RESONANZ

A complete program to tone your **abdomen** with efficient techniques. The abdominal cavity is released, and the abdominal circumference is reduced. The purpose of this massage is to gently stimulate the **intestinal functionality**, with an improvement of the **tonicity** and of the **peripheral strains**.

Furthermore, it helps to relax body and mind, creating a real and deep wellness sensation. A specific massage, the employment of natural products, a **warm cloth**, the **cupping glasses** and the **Tibetan bells** will be the main figures of this treatment, that will help you to release your abdomen and will donate you unforgettable moments.

*50 minutes* € 55,-

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## SPORT MASSAGE

Powerful massage that acts intensively on your musculature. It's perfect after your training.

*50 minutes* € 70,-

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## LYMPHATIC DRAINAGE

Lymphatic drainage is a special massage technique performed in the body areas characterized by an excessive reduction of the microcirculation (legs, limbs). Lymphatic drainage promotes the drainage of lymphatic fluid from the tissues; the manual mechanical action is exerted at the level of areas that affect the lymphatic system.

*50 minutes* € 70,-

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## COUPLE TREATMENT

### AROMATIC EXPLORATION

Give yourself an exciting treatment **with the person you love**. For us it is a journey, an exploration of emotions and wellness sensations. We start with a **delicate body scrub** and a **massage with warm oils**. And to conclude a sweet surprise!

*75 minutes* *€ 160,-*

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### UNFORGETTABLE EMOTIONS

Surprise your partner with this emotional gift. **Our Spa Manager** will give you some suggestions to create unforgettable memories...

## BEAUTY PACKAGE

### MONROC

Dedicated to energetic people, who feel the passion for the outdoor and always want to overcome their limits.

*Sport Massage* *50 minutes*  
*Alpine herbs treatment* *55 minutes*  
*Totale* *€ 110,-*

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### DE LUXE

A truly restoring treatment with immediate and long lasting results. A beauty elixir composed by four different moments which act on your body in a deep and delicate way.

*Excellage treatment* *90 minutes*  
*Between "Heaven and Earth" massage* *40 minutes*  
*Body treatment* *55 minutes*  
*Face Youth treatment* *30 minutes*  
*Total* *€ 245,-*

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### TOTAL RELAX

*Body scrub* *30 minutes*  
*Aromatic massage* *50 minutes*  
*Total* *€ 95,-*

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### TABLÁ

Let yourself be carried to a wellness oasis.

*Mountain herbs treatment* *50 minutes*  
*Pindasweda massage* *45 minutes*  
*Total* *€ 115,-*

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### TREAT FOR THE MUM-TO-BE

It's a sweet energy, a positive energy that envelops the face and the entire body.

*Visage treatment* *30 minutes*  
*Massage light legs* *30 minutes*  
*Total* *€ 65,-*

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### BEAUTY FOR HER

*1 manicure and 1 pedicure*  
*1 visage cleaning*  
*Total* *€ 90,-*

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### BEAUTY FOR HIM

*1 massage* *50 minutes*  
*1 visage cleaning* *40 minutes*  
*Total* *€ 90,-*

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**MONROC HOTEL \*\*\*\***

Stazione Telecabina Daolasa, 22 38020 Commezzadura  
Dolomiti di Brenta | Trentino | Italia

**T +39 0463 735000** | F +39 0463 739494  
info@monroc.it | **www.monroc.it**

