



**CASTELLO**<sub>DEL</sub>**SOLE**  
ASCONA  
BY THE LIVING CIRCLE

## Welcome

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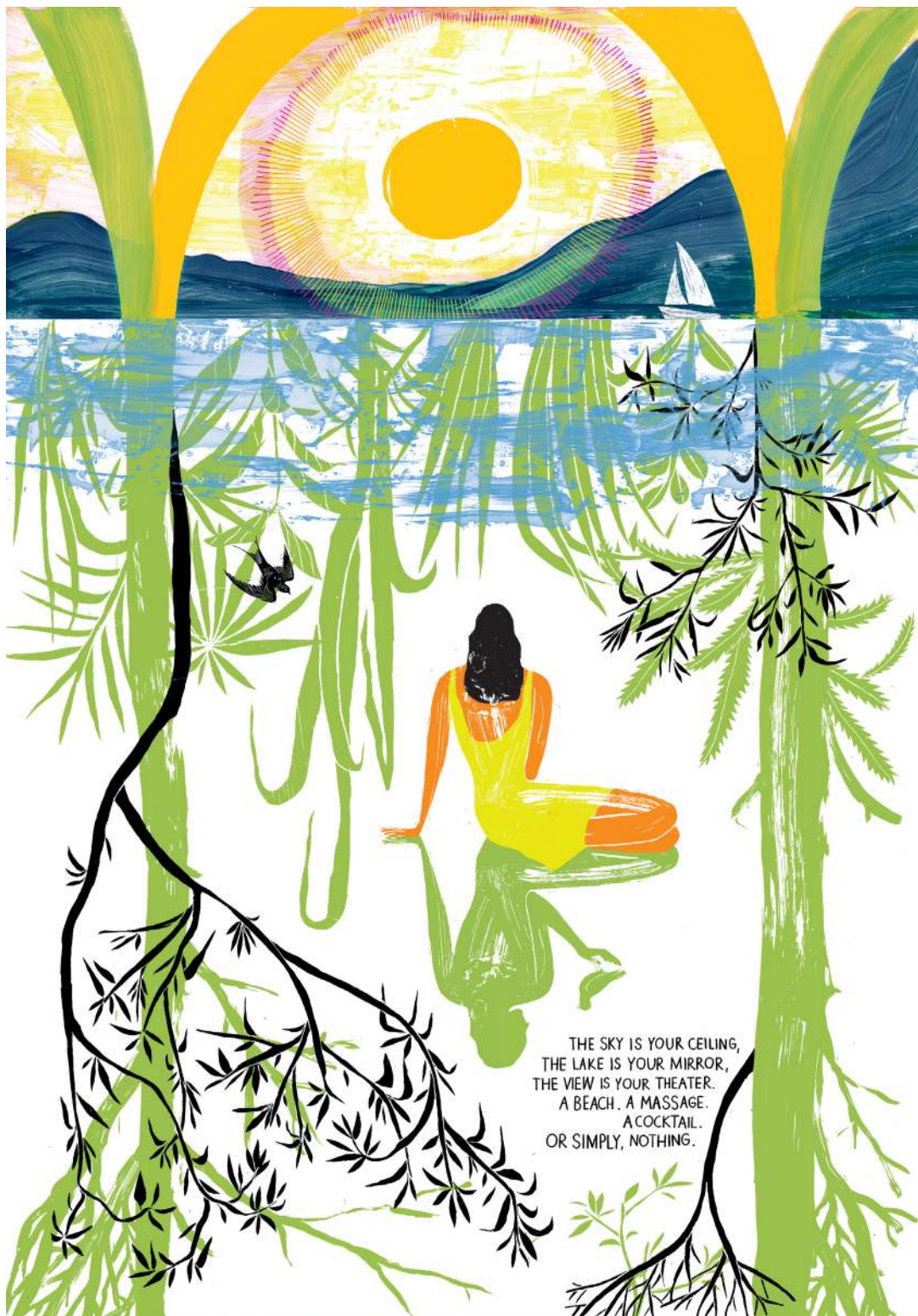
The SPA team is pleased to welcome and spoil you at the Castello SPA & Beauty. In addition to the listed offers, the SPA reception will be happy to provide you with an individual treatment program to suit your needs.

You can reach the SPA reception on tel. +41 91 785 86 85.

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THE SKY IS YOUR CEILING,  
THE LAKE IS YOUR MIRROR,  
THE VIEW IS YOUR THEATER.  
A BEACH. A MASSAGE.  
A COCKTAIL.  
OR SIMPLY, NOTHING.



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## Castello Signature Treatments

### VinoAqua Therapy

Even in the ancient world people recognised the powerful effect of the grape, and wine was used for therapeutic purposes. Today's vinotherapy however has its roots in 17th century France. Grape skin baths were used to treat sciatica, arthritis and similar complaints. In 1991, Frenchman Serge Renaud managed to prove the effect of vinotherapy scientifically. The active ingredients and fatty acids of the grape seed oil have an extremely positive effect on health: cell regeneration, protection from free radicals, activating and stimulating to the skin. Grape seeds, grape skin and the leaves of the grape are sourced from the hotel's own vineyards, the Terreni alla Maggia.

Grape seed scrub for cell regeneration, followed by a purifying and draining wrap. Following that, enjoy a revitalizing Chardonnay bath or a relaxing Merlot bath. Finally, pamper your skin with a moisturizing body treatment.

	105 min   230 CHF
without bath	80 min   180 CHF

### Castello Moments

Let yourself be pampered by a relaxing massage ritual.

At the beginning you will enjoy a full body peeling, which will give you a silky soft skin. The perfect relaxation, a combination of a massage with warm stamps as well as slow, powerful massage strokes, inspired by the Lomi Lomi massage. Experience a time out from everyday life.

90 min | 240 CHF

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## Baths, peelings & body wraps

### Whirlpool bath with 252 water jets and light therapy

These baths stimulate body functions and provide overall regeneration. Excellent results are achieved through underwater massage and the properties of sea salt, seaweed and essential oils

20 min | 60 CHF

Request your combined offer with body wrap, peeling and/or massage.

### Peelings

Healthier, fresher skin with our full-body peelings.

Aromatic salt peeling 30 min | 80 CHF

Flavour sugar peeling 30 min | 80 CHF

Grape seed peeling 30 min | 80 CHF

Request your combined offer with body wrap and/or massage.

### Body Wraps

Calming Body Wrap -  
Gentle recovery 30 min | 90 CHF

Moisturizing Body Wrap –  
Sweet allure for a deeply moisturized skin 30 min | 90 CHF

Skin Repair Anti Aging Body Wrap –  
Effective beauty 30 min | 90 CHF

Sport & Vitality Body Wrap –  
Bundled energy 30 min | 90 CHF

Request your combined offer with peeling and/or massage.

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## Body treatments

### Detoxifying Cellulite Treatment

Experience a unique and effective cellulite treatment: cupping treatment in combination with efficient natural ingredients for a long-term and visible alleviation of the signs of cellulite. Unique features of this treatment include an activating foot bath, an invigorating body exfoliation, a stimulating cupping treatment and a modulated cellulite massage.

with algae wrap

60 min | 170 CHF  
90 min | 230 CHF

### Revitalizing and Firming Abdomen Treatment

This efficient body treatment helps to decongest the abdomen, to reduce waist circumference and to streamline the abdominal wall. The goal of this intensive massage is gentle stimulation of the abdominal cavity to improve tone and streamline contours.

60 min | 170 CHF

### Firming and Toning Body Massage

An individual body concept that tightens and strengthens your silhouette.

Active ingredients and innovative massage techniques activate the metabolism and lymphatic activity. An intensive peeling ensures skin like velvet and silk. A strong body program with slimming effect.

60 min | 170 CHF

### Dynamic Feet & Legs Massage

Pamper yourself with a deep earthy leg massage that loosens the tissue, brings back the blood circulation and makes the head clear. For healthy, recovered, and relaxed feet & legs and a deep mental fitness.

50 min | 150 CHF

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# Massages

## Classic massage

The classic massage serves to relax the muscles, release tension and give you new energy and vitality. Different grip techniques such as kneading, rubbing and stroking are used.

60 min | 170 CHF

75 min | 210 CHF

90 min | 250 CHF

## Sport massage

This targeted massage activates and mobilizes the musculature and releases even deep, stubborn tensions. The performance improves, your body gains new vitality. Alpine arnica substances have an additional stimulating effect. A professional power package for your active musculoskeletal system!

60 min | 180 CHF

## Combi massage

A combination of foot reflexology massage and back massage.

60 min | 170 CHF

## Aromaoil massage

A relaxing massage that has a calming effect on the physical and mental levels. The scent of selected organic aroma oils and the gentle massage technique touch holistically. A multi-sensory application that balances your muscles and caresses the soul. Choose your aroma oil: deep relax, vitalizing or firming & toning.

50 min | 150 CHF

80 min | 240 CHF

## Foot reflexology massage

A symbiosis of pressure point massage and the finest energy work. The stimulation of the foot reflex zones affects organs and the whole body. The energy flow is stimulated, the immune system is strengthened - your body awareness comes into balance. Including a foot bath.

50 min | 150 CHF



### Relaxing head and neck massage

This unique treatment method with an extraordinary massage and precisely effective plant extracts smoothly releases tensions in the head, neck and shoulder area. Deep contact and a modulated individual treatment technique ensure a pleasant relaxation and a switch off from the stress of everyday life. The microcirculation is stimulated, vessels, sense organs and nerves are strengthened.

50 min | 150 CHF

### Lymphatic massage

Manual lymphatic drainage is a massage technique that specifically stimulates the lymphatic system and thus the drainage and detoxification of tissues.

60 min | 170 CHF

### Time for me: an individual massage

Book your individual massage and rely on the expertise and empathy of our therapists. Choose your personal massage area and intensity and experience a massage tailored to your personal needs.

60 min | 170 CHF

75 min | 210 CHF

90 min | 250 CHF

### Back massage

A reconstructive back treatment with highly effective natural active ingredients and a massage individually tailored to you. Singing bowls and cupping glasses relieve tension in the back muscles and improve the dynamics of the spine. Lasting relaxation for your back. Free yourself of stress and blockages.

50 min | 165 CHF

### Couples massage You & Me

Together, relax and enjoy a classic full body massage for two.

60 min | 350 CHF

75 min | 420 CHF

### **Herbal stamp massage**

A massage experience that has an activating and restorative effect on the muscles and musculoskeletal system. The all-natural herbal stamps are guided over the body with a gentle pressure and tapping technique and create an exfoliating effect on the skin. Blood circulation is improved and the metabolism is stimulated. The scent of the finest aromatic oils helps to reduce stress and gives new vitality.

50 min | 160 CHF

### **Shiatsu**

A gentle, deep-acting thumb-pressure massage according to the Far Eastern tradition that harmonizes body, mind and soul. This holistic treatment has a positive effect on all energy levels and is performed on a futon, the guest remains clothed.

75 min | 200 CHF

90 min | 240 CHF

### **Lomi Lomi**

The traditional hawaiian ritual massage releases blockades on a physical level and restores the harmony of body, mind and soul. A lot of oil is used in the flowing movements from head to toe.

75 min | 200 CHF

### **Hot Stone Back**

Back massage with hot stones stimulates blood flow and loosens up the muscles.

45 min | 140 CHF

### **Hot Stone Body**

The intense warmth of the stones in combination with warm, fragrant oils has a calming and relaxing effect on body and mind. The soothing effect of the hot stone massage has been appreciated for thousands of years.

90 min | 250 CHF



Let  
nature  
be your  
soundtrack

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## TEAM DR JOSEPH

Based on the needs of his skin and scientific discoveries, the TEAM DR JOSEPH manual treatment method starts from the depth of the tissue. Following the natural laws of its functioning, the skin's metabolism is rebalanced: calming the nervous system, relaxing facial expressions, harmonizing the balance of flows, normalizing microcirculation with the aim of healing and maintaining the skin's holistic feeling, health and incomparable beauty. Experience individual beauty care yourself according to TEAM DR JOSEPH's method: pureness. recreation. protection.

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## Valmont

The owner-operated Swiss cosmetics brand Valmont has been pampering the skin with high-quality, highly effective ingredients for 30 years. The cosmetics are based on patented anti-aging and biotechnological active ingredients in very high concentration and, unlike conventional products, contain only 20 percent water. Purified glacier water, enriched with plant extracts from the company's own gardens in the Alps, is used for this purpose. The company invests heavily in research to promote this sensational and luxurious cellular cosmetic.

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## Valmont facial treatments

### L'elixir des glaciers

This comprehensive treatment designed for the face and the décolleté offers a moment of perfect delight. Soin Majestueux nourishes, sculpts and remodels combining three different massage protocols. Stress vanishes thanks to an energizing massage, leaving the face smooth and radiant. A lifting, nourishing massage inspired by surgical lifting techniques targets the muscles of the face for toning action that smooths facial lines.

120 min | 390 CHF

### Hydration, energy, lumi, lift or firm boost

Each (treatment) protocol is aimed at a specific skin condition. Let our beauticians advise you and they will recommend a treatment tailored to your needs. We use the effective products from the various Valmont care lines. Look forward to a comprehensive SPA experience: effectiveness and relaxation guaranteed.

60 min | 240 CHF

90 min | 300 CHF

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## Facial treatments based on the TEAM DR JOSEPH method

### Intense purifying

In-depth cleansing specific to your skin type: beginning with warm herbal compresses, a gentle massage stimulating the lymphatic system, peeling, cleansing with cupping glasses and deep cleansing - followed by a tonifying facial pack, a peel-off mask and the daily care specific to your skin. For a visibly fresher complexion and vital radiance.

60 min | 210 CHF

### Cellular recreation

A wonderfully natural treatment with active ingredients, specifically tailored to the needs of your skin, with immediate effect and a deeply relaxing, pampering program: skin diagnostics, contouring your eyebrows, a massage stimulating the lymphatic system, warm herbal compresses, peeling, deep cleansing with cupping glasses, special serum, a modulated facial massage, an intensive facial mask and finally, individual daily skin care. With highly effective, naturally active ingredients for healthy and thoroughly cared-for skin.

90 min | 260 CHF

### Advanced bio lifting

The holistic maximum program: intensive treatment with a biodynamic lifting massage specifically tailored to the needs of your skin. Experience a truly unique beauty treatment with skin diagnostics, contouring your eyebrows, a massage stimulating the lymphatic system, warm herbal compresses, peeling, deep cleansing with cupping glasses, special serum, a bio-energetic lifting massage, an intensive facial mask, and finally, individual daily skin care and stabilization. Nature's high-tech solution for a sustained impact, immediate visibility and maximum effect.

120 min | 350 CHF

# To the Roots of Well-being



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## Oxy GeneO+ facial treatments

The new generation of wrinkle reduction, skin tightening and facial skin rejuvenation.

The therapeutic effect of hot springs on the skin has been known for hundreds of years. Oxygenation is stimulated by the high concentration of carbon dioxide in the water. Oxy GeneO+ technology allows us to imitate this effect. The body is stimulated to produce more oxygen.

### **GeneO+ oxygen activation**

An oxygen peel with ultrasound. The top layer of the skin is gently exfoliated to remove dead cells, and the skin is smoothed and renewed. Thousands of small CO<sub>2</sub> molecules stimulate the skin to transport oxygen to the treated areas, allowing perfect nutrient absorption.

60 min | 220 CHF

### **GeneO+ Tripollar RF Energy**

Intensive treatment with Geneo+ peeling and Tripollar RF as well as ultrasound. This allows the collagen fibres to contract, resulting in an immediate tightening of the skin. In addition, the production of collagen and elastin is built up and stimulated in the long term. The mask and a short massage complete the treatment. A comprehensive recontouring of the facial oval takes place.

90 min | 300 CHF

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## Manicure & pedicure

Classic manicure or pedicure	ca. 50 min   100 CHF
Medical pedicure	ca. 75 min   130 CHF

### SPA manicure or pedicure

Professional manicure or pedicure with bath, peeling, mask and massage. A wellness program for your hands or feet.

ca. 75 min | 140 CHF

Additional charges	
with polish	20 CHF
with French lacquer finish	40 CHF
with Gelish	40 CHF
with Gelish French lacquer finish	50 CHF
Reshaping with polish	50 CHF
Gelish removal	30 CHF

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## Make Up

Day make-up 45 min		80 CHF
Evening make-up 60 min		100 CHF
Wedding make-up test included	starting from	160 CHF



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## For a soft and smooth skin

### Warm wax depilation

Upper lip		25 CHF
Chin		20 CHF
Full leg	starting from	80 CHF
Half leg	starting from	60 CHF
Bikini	starting from	50 CHF
Arm pits		40 CHF
Back		75 CHF
Forearms		40 CHF

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## Around the eyes

### Lash lifting inclusive dyeing & care

Longlasting eyelash lifting effect, including eyelash dyeing and keratin care

ca. 60 min | 150 CHF

### More around the eyes

Dye eyelashes		40 CHF
Dye eyebrows		30 CHF
Dye eyelashes and eyebrows		60 CHF
Eyebrow shaping	starting from	30 CHF

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## For our young guests

### Teenie facial treatment

Gentle facial treatment especially for young skin. Up to 16 years.

30 min | 90 CHF

### Kids manicure or pedicure

Hand or foot care with trendy polish. Up to 12 years.

30 min | 60 CHF

### Castello Kids Massage

Relaxing full body massage. Up to 12 years.

30 min | 90 CHF

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## Fitness & gymnastics

### Personal Training

Yoga, gymnastic for the back, stretching, pilates and more  
for one person

30 min | 90 CHF

50 min | 150 CHF

for two people

30 min | 110 CHF

50 min | 160 CHF

### Technogym equipment explanation

with our personal trainer and individual training

50 min | 150 CHF

Power Plate with instruction and advice by our personal  
trainer

20 min | 60 CHF

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## SPA Suite

Our SPA suite offers you a very private and unforgettable luxury. Let yourself be spoiled directly in the SPA suite with treatments or culinary treats.

Our SPA team is happy to inform you.

SPA-Suite Onsernone, 69m<sup>2</sup> for two people.

Whirlpool, steam bath and sauna.

120 min | 350 CHF

per additional person | 50 CHF

each additional hour | 100 CHF

per additional person | 25 CHF

### Onsernone Special

2 hours in the Suite SPA for 2 people, incl. two 50 minutes  
aroma oil massages.

650 CHF





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## Resort Feeling for our external guests

Spend an unforgettable day at the Casatello SPA & Beauty and let yourself be spoiled.

### Short Resort Feeling (4 hours)

from 09:00 or from 14:00

Basic	95 CHF
with breakfast* or lunch**	145 CHF
Entrance after a treatment (60 min)	50 CHF

### Daily Resort Feeling (8 hours)

from 09:00

Basic	130 CHF
with breakfast* or lunch**	180 CHF

### Children and teenagers up to 16 years

Access to swimming pool area only	40 CHF
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### Subscription

5 entries Short Resort Feeling (4 hours)	405 CHF
5 entries Daily Resort Feeling (8 hours)	550 CHF

\*Breakfast in our Ristorante «Tre Stagioni»

\*\*Lunch in our Ristorante «Al Parco» in case of bad weather in our Ristorante «Tre Stagioni»

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## Good to know

To enjoy your stay at the Castello SPA & Beauty, we would like to draw your attention to the following points:

### Take your time

In order to prepare your body and mind in the best possible way, we recommend that you arrive at Castello SPA & Beauty in your bathrobe ten minutes before your treatment starts. During this time we ask you to inform us of any health particularities.

For our massages and body treatments we will provide you with a single-use slip. For treatments such as Shiatsu, we will provide you with the required clothing in advance.

Out of consideration for our other guests, we ask that you refrain from using cell phones and tablets. Animals do not have access to the SPA.

### External guests

You are always cordially welcome to the Castello SPA & Beauty for treatments according to our SPA menu or as a day guest to the Day SPA. We provide you with a bathrobe, slippers and towels. You are welcome to change your clothes in our changing room.

### Sauna

For hygienic reasons, please use the sauna cabins without clothing and with the towels provided. To ensure your privacy, we have a hamam towel available upon request.

### Cancellations

Services that are cancelled less than 24 hours before will be charged at 50% of the original amount; in case of no-show the whole amount will be charged.

### Prices

Prices are in CHF incl. VAT. We reserve the right to change prices.

### Minimum age

Children are welcome in the swimming pool area from the first day of their life. Children from 12 years are allowed to use the fitness in company of an adult. Please let precedence to other adults. The access to our SPA & Beauty is permitted from the age of 16.

### Opening hours

Swimming pool & fitness	07:00 – 20:00
Sauna area	09:00 – 19:30
Treatments	09:00 – 19:00
Sauna opening hours	*13:00 – 19:30

\*Upon request and with about 30 minutes' notice, we will be happy to turn on the saunas and steam room for you at the desired time.