



L'AND™

SPA

By



VINOBLE COSMETICS

#shareskinhapiness

## VINOBLE SPA MENU

L'AND Vinotherapy Spa, offers an unique experience of serenity and pleasure to the ones who visit it. With exclusive rituals, massages and beauty treatments, based on local grapes and other natural products.

Under the signature of the renowned Austrian and vegan brand Vinoble, each product combines highly concentrated extracts from grapes with delicate fragrances and textures.

Occupying 800 m2 with a serene environment, designed by Marcio Kogan and based on natural stone and wood, the SPA offers an indoor heated pool, sauna and treatment rooms suitable for exclusive treatments and relaxation.





With each visit to the spa you will feel what a well-deserved break means:  
A R E G E N E R A T I V E D E C E L E R A T I O N  
A N D P U R E R E L A X A T I O N

## CONNECT TO NATURE! SHARE SKIN HAPPINESS!

This is what we call a happy skin. Skin happiness can easily be recognized.  
Skin happiness is also about inner attitude.

To be happy in your skin means to stand by your wrinkles and to recognize that even in aging  
there is beauty.

The path to happy skin includes a healthy lifestyle combined with natural care and a positive attitude  
towards life.



## [C]LEAN LUXURY – OUR PROMISE

Clean, Sustainable, Results-Driven, Luxury Design

• Vegan • Zero-waste-packaging • Not tested on animals • Free from harmful ingredients • Natural ingredients • High dosage for visible results • Vinotherapy and treatments • A daily touch of luxury • Lean, functional, unisex • Timeless design • 100% made in Austria

## VINOBLE TREATMENT CONCEPT

- Dynamic treatment concept based on booked times
- The focus is on the guest and his/her needs

Treatments by Vinoble offer guests and customers maximum flexibility because they focus on the time booked. This way, the therapist can respond to the individual needs and wishes of each guest and offer optimal skin and home-care advice after each treatment.

Lay back, relax, enjoy. You are going to feel youthful lightness and satisfaction here and now. With every single application of Vinoble's highly-effective and exclusive cosmetics, our treatment experts want you to experience a well-deserved break, every time you visit the spa.



## MASSAGES

Our massages are performed with Vinoble Body Oils, based on grape seed.

You can choose between Grapeseed Oil, Detox Oil, Soothing Oil or Activating Oil, heated for better comfort.

The therapists adapt the movements and pressure to your needs, making each massage unique and personalized.

### DEEP RELAX

30min | 50min | 80min

Personalized Body Massage, adapted to the duration desired by the client, and to the area of the body to be treated.

This treatment induces a deep sense of tranquility and well-being, both physically and emotionally, releasing tension in the body and mind.

### SPORT MASSAGE

50min | 80min

Massage aimed for sportsmen and women, contributing to muscle relaxation and recovery, with numerous benefits such as increased blood circulation, improved joint mobility and injury prevention.

### MDSHAPER – BODYDRAINING&SLIMMING&DETOX

30min | 60min | 80min

This is an exclusive treatment created by our Vinotherapists, with results in the first session. For a better result, several techniques are combined, adapted to each body and each objective, as well as Manual Lymphatic Drainage, Draining Massage, Anti-cellulite and Remodeling.

### HOT STONES

50min | 80min

Gentle and relaxing massage, where hot basalt stones are applied to specific points of the body, providing deep muscle relaxation and a feeling of comfort and well-being.

## PRENATAL

50min

Recommended between 15 and 35 weeks of gestation (\*)

Light muscle relaxation massage, which contributes to the well-being of the pregnant woman, reducing muscle pain and the feeling of “heavy body”.

The massage is performed with Grapeseed Base Oil. Medical advice is important for its realization, since it has several contraindications, such as: uncontrolled blood pressure, severe venous deficiency, renal failure, placental detachment, among others.

*(\*) The contraindication of massage in pregnant women, outside the indicated time, is related to the existing risks for the mother and baby, since reflex points are stimulated, there is an increase in blood circulation and the production of oxytocin, as well as an increased intra-abdominal pressure that can cause intrauterine contractions affecting the fetus.*

### HEAD MASSAGE

20min

Relaxation Massage on the head, neck and face. In addition to providing deep relaxation it also contributes to a better functioning of the cranial sacral system.

### REFLEXOLOGY PLANTAR

45min

This is a powerful ancient technique, which stimulates the reflex points present on the feet, and the pressure on these points produces an effect on the different internal organs, promoting their balance. It is ideal for those losing weight. Its valuable ingredients support the body's natural detoxification and purification processes. The carefully extracted grape seed oil nourishes the skin







## **PEELINGS**

### **VINOBLE PEELING WITH GRAPE SEEDS**

*30min*

Intense body exfoliation with grape seed, sea salt or brown sugar, moisturizing cream and grape seed oil. A treatment that removes dead skin layers and promotes hydration and regeneration.

### **VINOBLE PEELING AND FULL BODY MASSAGE**

*80min*

This is a very complete treatment where we add to the exfoliation a relaxation body massage, which through the oil used will reinforce the skin hydration.

## **WRAPS**

### **DETOX BODY WRAP**

*50min*

This wrap based on viniferine and caffeine, is ideal for those who want to detoxify the body and lose weight. Its active components stimulate the body's detoxification and blood circulation, leading to the burning of unwanted fat.

### **MOISTURIZING WRAP**

*30min*

The preparation used in this treatment is based on numerous components that promote more intense skin hydration.

### **HONEY AND WINE WRAP**

*30min*

Honey and wine yeast present in this wrapping, enhance the skin's hydration, as well as its regeneration and stimulation of the production of the skin's immune defenses.

## **BATHS**

### **RED GRAPE BATH**

*20min*

Relax in our hot tub! To the benefits of hydromassage, we add red grape oil with anti-oxidant and moisturizing characteristics. The perfect complement to our body treatments!



## FACIAL CARE

Our face care are carried out with VINOBLE products bringing to you all the benefits of the Vinotherapy.

The natural ingredients of the grape present in our products, will contribute to a cleansing and detoxification of the skin, providing greater hydration and protection, which will be reflected in its texture and inevitably in its appearance.

OPCs are the main active ingredient of VINOBLE products, coming from the grape seed and with a strong antioxidant effect, protecting the skin against premature aging.

Polyphenols (resveratrol, among others), grape seed oil, and grape stem cells are also present ingredients that contribute to collagen synthesis as well as to skin regeneration and protection.

In the benefit of wine therapy, combined with the experience of our wine therapists, you will find a treatment suited to your needs, so you can enjoy moments of relaxation, while taking care of your skin.

### **NOURISHING**

*20min*

Cleaning ritual, peeling, facial massage with mask and final care.

### **INTENSIVE EYE CARE**

*20min*

Cleansing ritual, massage with a special eye mask and final care.

### **INTENSIVE FACIAL PEELING WITH CONCENTRATES**

*20min*

Cleansing ritual, peeling, application of hyaluronic concentrate and regenerating concentrate, facial massage with mask, final care.

### **LIFTING**

*50min*

Cleansing ritual, peeling, facial massage with lifting serum, application of a "pro youth lifting" mask (for young skin) or a lifting and regenerating mask, final care for the face and neck.

### **ANTI-AGE**

*60min*

Cleansing ritual, peeling, application of hyaluronic concentrate and regenerating concentrate, application of a special peel-off mask, facial massage with regenerating serum, intensive eye care, final care for the face and neck.

# VINOBLE PACKAGES

## PERSONALIZED PACKAGE FOR 1 PERSON

### PACKAGE FOR HIM

*70min*

Facial Hydration | Deep Relax

### GOLDEN HAMONY

*90min*

Red Grape Bath | Vinoble Peeling and Full Body Massage

Tea and Grapes Ritual

### DETOX TIME FOR 1 PERSON

*1/2day*

Red Grape Bath | Vinoble Peeling With Grape Seed | Detox Body Wrap

MDshaper | Face Lifting

Tea and Grapes Ritual

### ROOTING

*40min*

Foot Treatment: Red Grape Bath | Exfoliation | Relaxation massage

## PERSONALIZED PACKAGE FOR 2 PERSONS

### ONE TO ONE

*130min*

Red Grape Bath | Vinoble Peeling with Grape Seed |

Wine and Honey Wrapping | Full Body Massage

Tea and Grapes Ritual

### RELAX MOMENT

*100min*

Red Grape Bath | Vinoble Peeling and Full Body Massage

Tea and Grapes Ritual

### PERSONALIZED PACKAGE TREATMENT

*(1/2Day or 1Day) /Price on request*

Choose your treatments based on your needs with the help of our Vinotherapists.







## WELLNESS & FITNESS

### SOUND THERAPY\*

60min

Since ancient times, Tibetan Bells, Gongs and other instruments have been used for healing and meditative purposes. The vibrations emitted by these instruments are received by our body in a deep level. This is a powerful therapy that promotes deep relaxation and has the ability to harmonize the body, mind and the environment around us. It can be performed individually or in groups.

Contraindication: Epilepsy

### REIKI\*

60min

Reiki means Universal Energy (Rei-Universal, Ki-Energy).

Reiki is a Japanese method of energy transmission, with a set of techniques that allow you to revitalize, balance and assist in the healing process on a physical, mental, emotional and spiritual level. This is a complementary therapy, which can be applied simultaneously with conventional therapies, expanding even its results.

**THAI TRADITIONAL MASSAGE** (strong stretches based).  
**THAI AYURVEDIC MASSAGE** (gentle with the application of medicinal oils).

### SHIVAGO\* SIGNATURE TREATMENT\*

60min

A personalized treatment created exclusively for you based on the experience of our therapists.

Contraindications:

Traditional Massage: Pregnancy, High blood pressure, Abdominal problems, knees or recent surgeries.

Thai Ayurvedic Massage: Pregnancy

\*Note: Please book 24h in advance

### PRIVATE CLASSES AVAILABLE EVERY DAY BY APPOINTMENT\*\*

	Price for 1 person	Price for 2 to 5 people	Price for more than 5 people
Hatha Yoga	€35	€30/pax	€25/pax
Chi Kung	€35	€30€/pax	€25/pax
Pilates	€45	€40/pax	€35/pax
Mind Fulness	€45	€40/pax	€35/pax
PT (personal trainer)	€40	€35/pax	€30/pax
Sound Healing	€90	€60/pax	*on request
3.5km walk by L'AND EcoTrail	Free of charge	Free of charge	Free of charge

\*\*Please book 24h earlier

## **OPENING HOURS**

Indoor pool hours: 9:00 am to 9:00 pm

Treatment schedule:

From Sunday to Thursday between 10:30 am and 6.00 pm

Friday and Saturday between 10:30 am and 8:00 pm

Outdoor SPA (summer): 9:30 am to 12:00 pm and from 3:30 pm to 5:00 pm

These periods are subject to change and may vary from season to season and on bank / public holidays.

## **GENERAL RULES**

For your confort, it is recommended that you inquire in advance the best time to use the SPA in order to avoid possible overcrowding as the wet circuit is limited to 8 people simultaneously.

The Hotel reserves the right not to accept, in the SPA, appointments for children under 16 years.

The hotel reserves the right to restrict access for children under 14 to the indoor pool.

From October to May, children accompanied by an adult, can enjoy the indoor pool between 9 am and 11 am.

From June to September, the use of the indoor pool its only allowed for children over 14 years old.

Please be moderate, avoiding noise, running, jumping, diving or inappropriate noise.

L'AND SPA is not responsible, civil or criminal, for damages suffered as a result of incorrect use of existing equipment in the facilities.

There is no surveillance of the pool.

L'AND SPA is not responsible for loss, theft and / or damage of personal objects.

## **RECOMMENDATIONS**

- Before entering in the SPA, disinfect your hands
- It is mandatory to complete the health questionnaire, for treatments purpose

## **DELAYS AND CANCELLATIONS**

- Treatment will not be carried out if the rules are not followed
- The delay in arriving at the treatment is not recoverable, the full benefit of the treatment will be reduced
- Cancellation made up to 12h before the appointment time will be free of charge
- For cancellations made within 12 hours prior to booking, a 25% penalty will be applied per treatment
- A no-show will cost 100% of the treatment fee

Notes:

- Do not use razors or waxing in the SPA
- Smoking is prohibited in the SPA
- You are asked to turn off your mobile phone during your stay at the SPA
- The use of swimwear and slippers in the SPA's wet area is mandatory

## **TREATMENT RESERVATIONS**

We advise you to book in advance 48hours.

---

# L'AND™

## SPA