

oasi

WELLNESS & SPA



Treatments



Welcome to the OASI SPA at Hotel EUROPA.

We are delighted to welcome you to our exclusive Spa, an oasis of serenity and well-being.

Feel the pleasure of being indulged in an enveloping atmosphere, warmed by soft lighting and soothing music that enhance relaxation. Inside the Oasi Spa, you'll discover three deliciously scented cabins, helping you rediscover harmony of the body and mind. Among these, a wonderful couples' cabin, ideal for sharing romantic moments of well-being for two.

OUR PHILOSOPHY

Our Spa is founded on a deep philosophy of respect for the environment and the individual needs of our guests. We are committed to offering an experience that engages all the senses, stimulating mind, body, and spirit for holistic well-being.

Our range of treatments is designed to meet your every need and is based on a carefully considered balance that combines manual massage techniques with carefully selected cosmetics..

In a charming atmosphere, surrounded in soft, soothing lighting, close your eyes and let yourself be carried by the expert hands of our therapists, immersing yourself in a symphony of music and scents that will take you on a journey rich in sensations.

At the OASI SPA, we take care of every detail: from the natural, relaxing fragrances to the soft fabric of our bathrobes, every element is designed to engage your senses.

You'll find all the professional formulas used in our treatments in the products available for purchase, allowing you to maintain the benefits gained from our therapists even beyond the treatment room.

Find out our wellness programs designed to restore balance and harmony to your body.

With a combination of selected treatments, saunas, Turkish bath, and moments of relaxation, we will take you on a journey to rediscover your own balance, energy, and inner well-being.



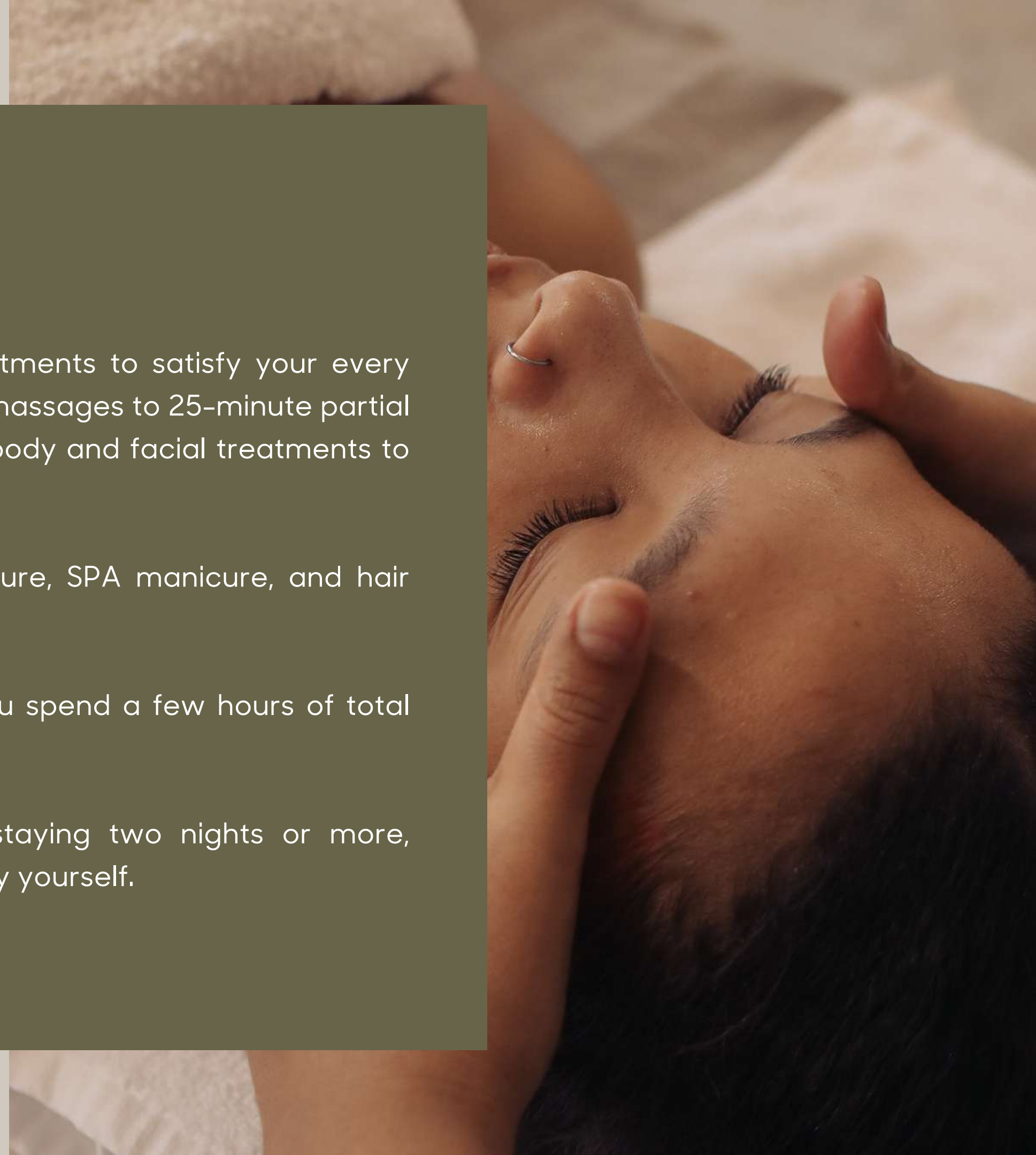
OUR MENU

Our menu offers a wide range of massages and treatments to satisfy your every relaxation and beauty need... from 50-minute full-body massages to 25-minute partial massages, from Ayurveda to couples' massages, from body and facial treatments to rituals.

We also offer beauty services such as our SPA pedicure, SPA manicure, and hair removal.

Our wellness and beauty rituals are designed to let you spend a few hours of total relaxation in our spa.

We have created packages specifically for guests staying two nights or more, designed to restore your well-being, regenerate, or purify yourself.



OUR MESSAGES

- RELAXING MASSAGE WITH ESSENTIAL OILS, dedicated to HER 50 min – €85

An experience of deep relaxation and well-being, combining the therapeutic properties of oils with massage techniques. A slow, deep massage that engages the entire body, promoting stress release.

- ENERGY DRAINAGE MASSAGE, dedicated to HER 50 min – €90

A deep draining massage that promotes lymphatic drainage in the legs, stimulates circulation, eases abdominal tension, and relieves stress from the back and shoulders.

- ANTI-FATIGUE MASSAGE, dedicated to HER 50 min – €90

The perfect massage for relieving muscle tension and fatigue. It relaxes the muscles and reduces the feeling of tiredness accumulated during the day.

- FOOT AND EMOTIONAL BODY REFLEXOLOGY, 50 min – €90

Connects organs and emotions, restoring balance. It acts on the energy and emotion corresponding to the blocked organ, proving effective for physical tension and repressed emotions. A massage performed on reflex zones of the feet, back, and body.



- ANTI-CELLULITE CUPPING MASSAGE dedicated to HER 50 min - €90

An intensive energy-draining massage that combines targeted movements with the use of silicone cups, specifically designed to combat cellulite and improve skin firmness. The deep-tightening movement stimulates circulation, promotes fluid drainage, and reactivates the metabolism of adipose tissue, restoring skin to a smoother, more toned, and more even appearance.

- MADEROTHERAPY MASSAGE dedicated to HER 50 min - €90

A reshaping massage using specially shaped natural wood tools to reactivate circulation, stimulate metabolism, and improve tissue tone. Maderotherapy helps reduce lymphatic stagnation and fat deposits, promoting a draining and toning effect. Skin appears firmer, smoother, and more harmonious.

- LINEN GLOVE & OIL MASSAGE, dedicated to HER 50 min. - €90

A massage that begins with a 20-minute skin reactivation session using raw linen gloves, designed to stimulate blood circulation and promote cell renewal. This is followed by a toning massage performed with dynamic, deep strokes, which firms the tissues, improves skin firmness, and provides a pleasant sensation of energy and vitality. The result is smoother, more elastic, and radiant skin.



- DRY BRUSHING & OIL MASSAGE dedicated to HER 50 min – €95

A treatment that begins with 20 minutes of dry brushing using a Tampico natural fiber brush to stimulate blood and lymphatic circulation, reactivate skin metabolism, and gently remove cells in excess.

This is followed by a warm oil massage that nourishes the skin and enhances its radiance and smoothness. At the end of the treatment, the brush is given to the client so they can continue the beauty ritual at home.

- SWEET WAITING MASSAGE 50 min – €85

A pregnancy-specific massage, performed with nourishing oils and gentle, targeted movements to relieve muscle tension, swelling, and a feeling of heaviness.

It promotes circulation, improves skin elasticity, and provides a pleasant feeling of well-being and lightness.

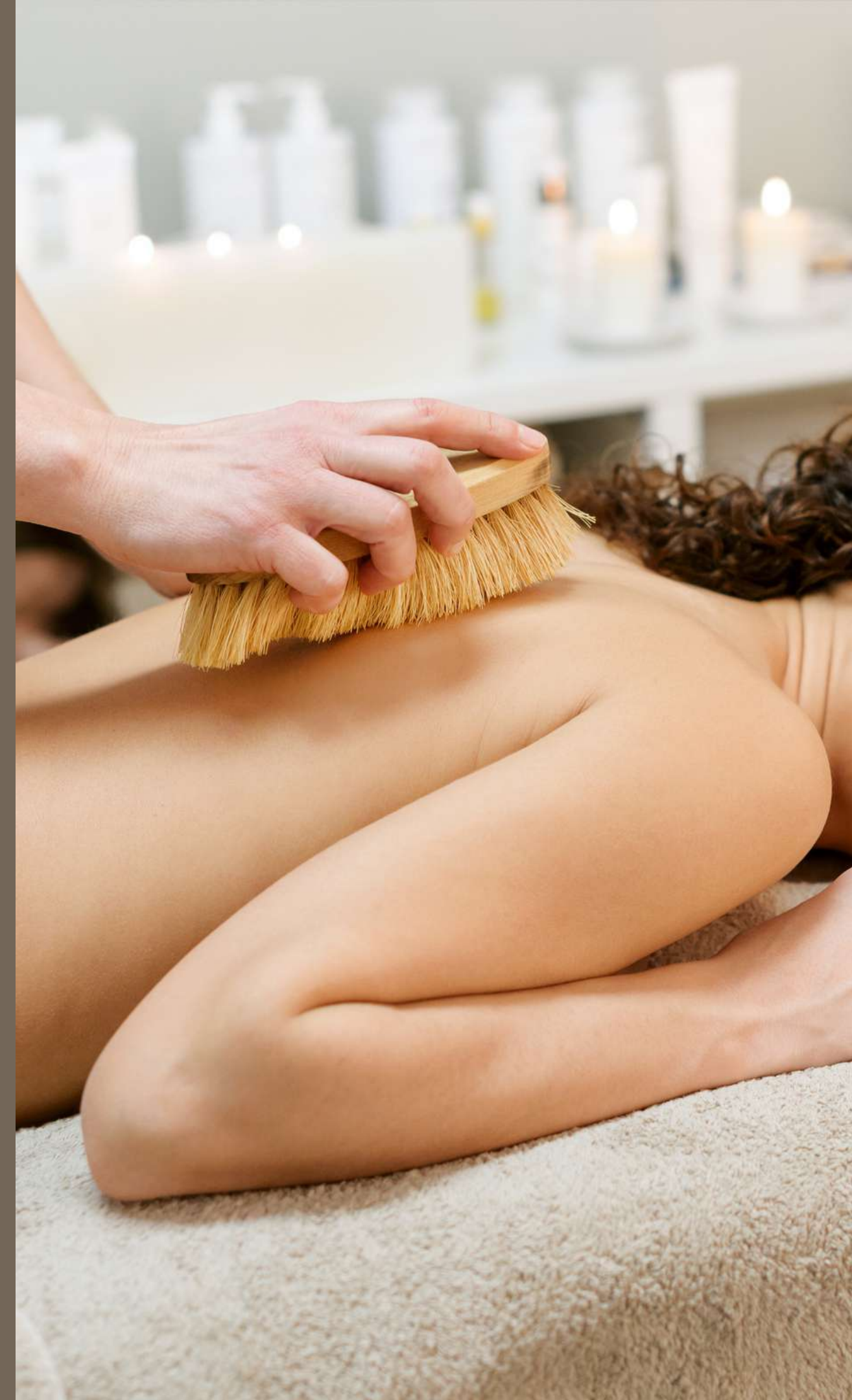
A safe and regenerating moment of relaxation, designed for the comfort of the expectant mother.

- VODDER METHOD BODY LYMPHATIC DRAINAGE, dedicated to HER 60 min – €100

A specialized manual technique, characterized by slow, rhythmic, and gentle pumping, which promotes lymphatic drainage and cleanses the body.

Recommended for water retention, swelling, or lymphedema, and also useful in the post-operative period to facilitate tissue recovery.

A precise and deep treatment that combines effective drainage and a rebalancing effect on the entire body.





PARTIAL MESSAGES

- BACK/NECK MASSAGE for HER 25 min - €50

A massage aimed at releasing muscle tension and reducing accumulated stress. Using deep, relaxing massage techniques, it alleviates any muscle stiffness.

- RELAXING FACE AND HEAD MASSAGE for HER 25 min - €50

A treatment designed to contrast sagging skin through manipulation techniques performed on the face, neck, and scalp. This treatment promotes muscle relaxation, smoothing out wrinkles, fine lines, and expression marks. Thanks to the use of selected oils and creams, it promotes a fresher, more radiant, and toned appearance.

- FACIAL LYMPHATIC DRAINAGE for HER 25 min - €50

A massage technique that promotes the drainage of accumulated lymphatic fluids in the face and neck. It reduces swelling, bags under the eyes, improves lymphatic circulation, and signs of fatigue, promoting the elimination of toxins and stagnation.

- FOOT MASSAGE 25 min. - €50

A relaxing and anti-fatigue massage, dedicated to relaxation and relief, ideal for easing accumulated tension and promoting a profound sense of well-being.



- FOOT REFLEXOLOGY 25 min - €50

A practice based on the principle that certain areas of the feet are associated with specific organs and parts of the body. By stimulating these areas with targeted pressure, foot reflexology enhances the body's energetic balance, relieving tension and promoting overall well-being.

- DRAINING LEG MASSAGE dedicated to HER 25 min - €50

Designed to relieve the feeling of heaviness and fatigue in the legs. It promotes fluid drainage, improving blood circulation and reducing swelling.

- POSTURAL FIRMING TREATMENT FOR BREAST AND DÉCOLLETÉ 40 min - €65

A treatment aimed at toning the décolleté and improving posture.

A postural massage between the scapula and dorsal muscles improves the posture and promotes the natural elevation of the breasts. This is followed by toning products and a tightening alginate mask, a body wrap, and a toning massage, culminating in a final gold mask that adds radiance and firmness to the décolleté.

- LIGHT CRYO LEG MASSAGE, dedicated to HER 25 min. - €50

With cold stones and draining essential oils, this massage reduces swelling and heaviness, leaving the legs feeling fresh, light, and instantly relieved. Ideal for the summer season.

MASSAGES DEDICATED TO HIM

- RELAXING MASSAGE 50 min. – €90

A slow, deep, and personalized massage tailored to the client's needs. Designed to relax and relieve muscle tension, it promotes overall well-being and balance between body and mind.

- CUSTOMIZED DECONTRACTING MASSAGE 50 min. – €95

Tailored to the client's needs.

Through deep, targeted movements, it releases muscle tension, improves joint mobility, and promotes an immediate feeling of lightness and overall well-being.

Ideal for those who want to relax tight muscles.

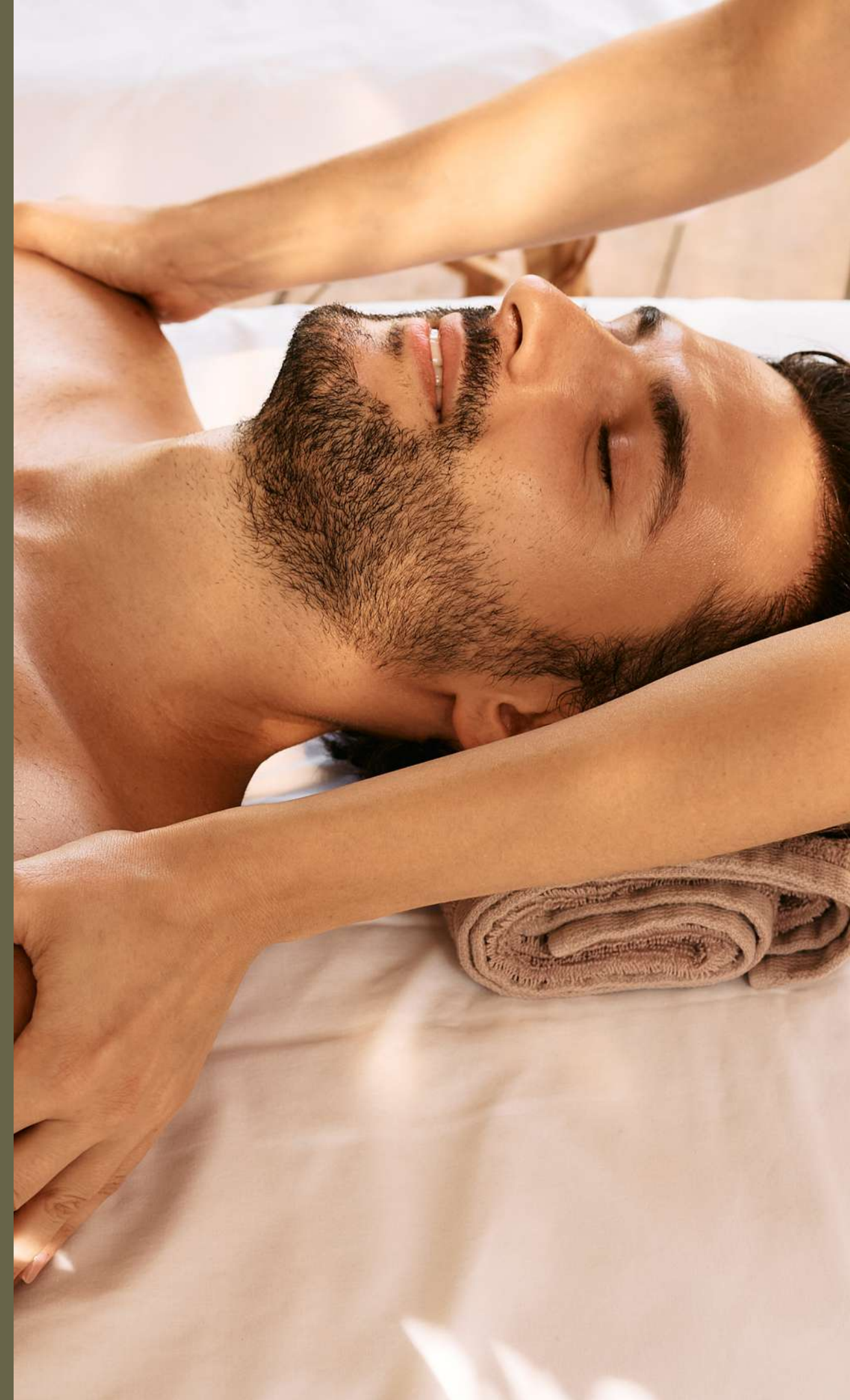
- BACK – NECK – FOOT MASSAGE 50 min. – €95

An intensive massage focused on the back, neck, and feet.

The deep strokes release tension and provide a pleasant feeling of lightness and immediate well-being.

- BACK – NECK MASSAGE 25 min. – €55

Relieves muscle tension and reduces accumulated stress in these areas. Through the use of deep massage techniques, this treatment promotes the release of muscle tension, alleviating any discomfort or pain.





AYURVEDA

- ABAYANGA Body Massage 50 min – €95

More than a massage... a sensory experience.

From ancient Indian tradition, Ayurveda—the "science of life"—teaches the art of maintaining balance between body, mind, and spirit.

The Ayurvedic Abhyanga massage works deeply on the physical, energetic, and emotional levels, promoting harmony of the Doshas (Vata, Pitta, Kapha), the three vital energies that govern each individual.

Performed with warm sesame oil and personalized movements, this massage nourishes the tissues, relaxes the mind, and restores the flow of vital energy (Prana).

- SHIROABYANGA Head Massage 50 min – €90

The Ayurvedic head massage and anointing is a practice that promotes mental and physical well-being and deep relaxation, involving the scalp, neck, shoulders, and facial muscles. Promotes mental clarity and strengthens the hair, bringing nourishment and vitality.

- MUKHABYANGA Ayurvedic facial treatment 60 min – €95

A beauty and harmony ritual that combines the purifying power of a fomentation with warm herbal sachets, Ayurvedic oils, and a natural clay mask with illuminating and regenerating properties. Gentle massage techniques, combined with the use of white crystals and rose quartz, promote balance, relaxation, and deep relaxation.

A sensory journey that awakens the face's natural radiance.



SPECIAL MESSAGES

- COUPLES MASSAGE 50 min - €160

Couples massage is a treatment that involves two people simultaneously, in our couples' cabin, specially set up to create a romantic and relaxing atmosphere. During the massage, two therapists work simultaneously on the partners. This treatment not only allows partners to share an intimate and relaxing moment, but also offers physical and emotional benefits, reducing stress and enhancing emotional connection. A fresh fruit herbal tea concludes the treatment.

- FOUR-HAND MASSAGE 50 min - €120

Four-hand massage is a treatment in which two therapists work simultaneously on the recipient's body, coordinating their movements in sync to create a harmonious massage experience. This technique offers a profound feeling of relaxation and well-being.

- LOMI LOMI 50 min - €95

Hawaiian massage is distinguished by its fluid, deep, and continuous movements, performed using the forearms and accompanied by generous amounts of oil. Background music plays a fundamental role in promoting relaxation and instilling an atmosphere that evokes the sensation of being lulled by the waves of the sea.



- TIBETAN MASSAGE 50 min - €95

Of ancient origins, Tibetan massage is a profound practice aimed at rebalancing and regenerating vital energy. The treatment begins with the application of warm oils enriched with a delicate pinch of salt, which purifies the skin and promotes energy conduction.

This is followed by an enveloping massage that engages the connective tissue and joints, integrating bioenergetic techniques, crystal therapy, and the harmonizing use of a Tibetan singing bowl.

It acts on the nervous system, promoting deep relaxation, improved digestion, and a general sense of relaxation and inner well-being.

- BAMBOO MASSAGE 50 min - €95

A deep, harmonizing massage performed with bamboo sticks of various sizes, which adapt to the body's contours to release muscle tension and stimulate circulation.

The alternating rhythm of pressure, rolling, and sliding provides a pleasant sensation of lightness and vitality, improving tissue tone and joint flexibility.

- THAI STRETCHING MASSAGE 50 min - €100

Thai stretching massage is a profoundly different practice from traditional massage: it works simultaneously on the physical body, the muscles, and the energetic body.

It is performed on the floor, without oil, on a futon, wearing comfortable clothing to promote stretching, pressure, and mobilizations that restore balance and flexibility.

HOT MESSAGES

- CANDLE MASSAGE 50 min - €95

A sensorial massage using special karité butter candles and scented essential oils. After lighting the candles and letting them melt for a short time, liquid karité butter is poured onto the skin and massaged with slow, soothing movements. This massage not only promotes muscle relaxation but also warms the skin, leaving it soft, nourished, and scented.

- STONE MASSAGE 50 min - €105

Stone massage is a therapeutic practice that uses heated basalt stones and essential oils to promote muscle relaxation and overall well-being. The hot stones are placed on the body and used to massage the muscles, inducing a sensation of deep heat and promoting relaxation.

- RELAXING MASSAGE WITH HERBAL PINDA 50 min. - €100

This treatment begins with a relaxing preliminary massage with warm oil, followed by the application and massage of warm pindas (bags) filled with soothing and anti-inflammatory herbs, for a deeply relaxing and light experience. Ideal for fatigue, joint pain, and tight muscles.





BODY TREATMENTS

- SILKY SKIN BODY AND FACIAL TREATMENT WITH DEAD SEA SALTS 50 min - €90

A treatment with draining, exfoliating, and regenerative properties. The salts, mixed with oil, are gently massaged into the skin with a relaxing and draining massage, and then left on to facilitate drainage through an osmotic effect.

Ideal for spring or summer and before any detox program.

- SUGAR AND SHEA SCRUB FOR BODY AND FACIAL 40 min - €65

An exfoliating treatment with almond oil, sugar, and KARITÉ butter that targets skin impurities, gently removing cells in excess, leaving skin velvety soft.

- DRAINING LEG WRAP WITH EPSOM SALTS 25 min - €50

A wrap with bandages soaked in a magnesium salt solution, with draining and anti-inflammatory properties, helps reduce water retention and promote the elimination of accumulated toxins. A foot massage is performed during the wrap. Recommended in summer and combined with a draining massage.

- ABDOMINAL TREATMENT 25 min - €50

A treatment focused on the abdomen, an area rich in emotions, where the aim is to stimulate intestinal peristalsis, reduce bloating, and promote relaxation while relieving stress.

FACIAL TREATMENTS

LABFURIA natural line

- DETOXIFYING AND BALANCING CLEANSING TREATMENT 50 min. - €90

Purifying herbal wraps, an alginate mask, ultrasound cleansing, and specific products eliminate impurities, leaving skin radiant and regenerated. Also ideal for men.

- HYDRATING TREATMENT 50 min. - €90

Ideal for dehydrated and dry skin, this treatment deeply hydrates the skin, protecting it from environmental damage and leaving it soft and radiant.

- BLUEBERRY TREATMENT FOR SENSITIVE SKIN 50 min. - €90

Gentle and relax, this treatment is specially formulated to relax and strengthen sensitive skin, minimizing irritation and providing comfort and balance.

- GOLD LIFTING TREATMENT 80 min. - €120

A new-generation anti-aging treatment that smoothes, firms, and illuminates the skin. The lifting massage stimulates cell renewal, while two face and eye contour masks redefine features and smooth wrinkles. With retinol, collagen, and 3D hyaluronic acid from the Pro-Age Lux LabFuria line, skin appears firmer and visibly rejuvenated.

Each facial treatment is accompanied by a relaxing foot massage.





BODY WRAPS

- SLIMMING MUD WRAP 25 min - €50
- The slimming mud wrap is a body treatment that uses a blend of clay, algae, and other natural ingredients to promote cellulite reduction and skin toning. Applied to the desired area, the wrap is left on for a certain period of time, allowing the active ingredients to penetrate and work their way into the skin.

During the wrap, a foot massage is performed.

It is then removed in the shower, leaving the skin smoother, firmer, and more toned.

Recommended in combination with an anti-cellulite massage.

- NOURISHING WRAP 25 min - €50

Thanks to the presence of avocado and macadamia oils, it nourishes the skin, making it more toned and elastic. It is left on for a period of time, allowing the skin to absorb its nourishing benefits, then left to absorb.

During the wrap, a foot massage is performed. This treatment is particularly effective for dry and dehydrated skin, leaving it soft, smooth, and radiant.

Recommended after a scrub and combined with a massage.

BEAUTY TREATMENTS

- COSMETIC PEDICURE WITHOUT NAIL POLISH 45 min. - €60
- SPA PEDICURE 60 min. - €80

A pampering pedicure treatment for your feet: a foot bath with salts and essential oils, cleansing, nail and cuticle care, filing, exfoliation, and a hydrating pack to nourish the skin. A draining massage ensures lightness and well-being. A facial massage while applying a mask completes the relaxing ritual.

- MANICURE WITHOUT NAIL POLISH 30 min. - €40
- SPA MANICURE 50 min. - €75

A complete treatment with hot towels, cuticle care, filing, exfoliation, a nourishing mask, and a relaxing hand and arm massage. A relaxing experience that provides not only a flawless manicure, but also a feeling of lightness and well-being. Finally, nail polish completes the hand care routine. A facial massage while applying a mask completes the relaxing ritual.

- NAIL POLISH APPLICATION (hands or feet) 20 min. - €20
- SPA MANICURE + SPA PEDICURE RITUAL 110 min. - €140 (nail polish not included)





HAIR REMOVAL

HAIR REMOVAL

Our hair removal is gentle, with pink titanium wax and azulene, ideal for effective hair removal while soothing and protecting the skin.

FULL LEG HAIR REMOVAL €45

HALF LEG HAIR REMOVAL €30

ARMPiece or EYEBROW HAIR REMOVAL €15

GRIP HAIR REMOVAL €15

FULL GRIP HAIR REMOVAL €20

ARM HAIR REMOVAL €25

MUSTACHE HAIR REMOVAL €10

FULL HAIR REMOVAL (legs, groin, and armpits) €70

MEN'S BACK HAIR REMOVAL €30

MEN'S LEG HAIR REMOVAL €50

MEN'S ARM HAIR REMOVAL €30

BEAUTY AND WELLNESS RITUALS

Each ritual is a harmonious blend of treatments and massages designed to meet different needs. They combine aesthetic effectiveness and profound well-being in a single, comprehensive experience.

SILKY SKIN RENEWING RITUAL 120 min

€200 / €180

- A ritual to give you extraordinarily silky skin.
- Sugar and Karité scrub for body and face
 - Nourishing body wrap
 - Relaxing massage with essential oils

DRAINING RITUAL 80 min

€150 / €135

- A complete ritual dedicated to draining and purifying the body.
- Draining leg wrap with Epsom salts
 - Vodder method body lymphatic drainage

DEEP ABANDONMENT RITUAL 110 min

€185 / €170

- An Ayurvedic ritual that leads the body and mind into a state of deep relaxation and inner peace.
- Shiroabyanga Ayurvedic Head Massage
 - Abayanga Ayurvedic Body Massage



- COMPLETE RELAXATION RITUAL 130 min

~~€235~~

€220

A complete solution to free the body and face from accumulated tension.

- Facial treatment (50 min)
- Foot reflexology
- Candle massage

- EMOTIONAL ENERGY RITUAL 80 min

~~€140~~

€130

Restrained emotions and tension often accumulate in the intestines and body, generating blockages. This ritual releases emotional stress and lightens the body.

- Abdominal treatment
- Emotional reflexology

- RITUAL DEDICATED TO HIM 90 min

~~€195~~

€180

A ritual designed to relax and rebalance men's skin.

- Back and neck massage
- Balancing facial treatment
- Foot massage

- REVITALIZING AND NOURISHING COUPLE RITUAL 110 min.

~~€370~~

€350

A sensory experience for couples, a nourishing and relaxing ritual that revitalizes the body.

- Silky skin body and facial treatment with Dead Sea salts





2 NIGHT PACKAGES

- REBIRTH PACKAGE

Day 1

- Abdominal treatment
- Foot and emotional body reflexology

Day 2

- Tibetan massage

- RELAXATION PACKAGE

Day 1

- Relaxing massage with essential oils
- Relaxing face and head massage

Day 2

- Moisturizing facial treatment
- Foot massage

- BEYOND RELAXATION PACKAGE

Day 1

- Shiroabyanga Ayurvedic head massage
- Abayanga Ayurvedic body massage

Day 2

- Muchaabyanga Ayurvedic facial treatment



- BEAUTY PACKAGE for Her

Day 1

- Sugar and Karité scrub for body and face
- Balancing facial treatment

Day 2

- Dry brushing & oil massage
- Postural firming treatment for breasts and décolleté

- DRAIN PACKAGE for Her

Day 1

- Silky skin body and face treatment with Dead Sea salts
- Drainage and energy massage

Day 2

- Epsom salt wrap
- Lymphatic drainage

- ENERGY AND MOVEMENT PACKAGE

Day 1

- Linen glove massage & oil massage
- Bamboo massage

Day 2

- Foot reflexology
- Thai stretching massage

PERSONALIZED PACKAGES CAN BE CREATED WITH THE OPERATORS BASED ON YOUR NEEDS AND THE NUMBER OF NIGHTS OF STAY.

WELLNESS FORMULAS

For those who want to take care of themselves consistently, with dedicated programs and exclusive benefits.

- SPA ACCESS + MASSAGE (for 1 person) ~~€ 125~~ € 110
 - 3-hour spa oasis access + spa kit (bag, bathrobe, towel, washcloth, slippers)
 - 50-minute relaxing essential oil massage
- SPA ACCESS + COUPLE MASSAGE (for 2 people) ~~€ 240~~ € 220
 - 3-hour spa oasis access + spa kit (bag, bathrobe, towel, washcloth, slippers)
 - 50-minute relaxing essential oil massage
- 10 ENTRANCES TO THE OASIS SPA (valid for 1 year) ~~€ 400~~ € 300
 - 10 Spa Oasis Accesses + Spa Kit (bag, bathrobe, towel, slippers)
 - Turkish bath
 - Bio sauna
 - Infrared sauna
 - Finnish sauna
 - Emotional showers
 - Ice waterfall
 - Two relaxation areas with salt wall, heated water bed, suspended bed, and loungers
 - Heated indoor pool with mineral salt hydromassage



- 10 MASSAGE TREATMENTS (valid for 1 year)

10 wellness appointments to choose from our body treatments:

- Relaxing massage with essential oils
- Draining and energy-draining massage
- Anti-fatigue and muscle-relaxing massage
- Silky skin body and facial treatment with Dead Sea salts
- Foot and emotional body reflexology
- Anti-cellulite cupping massage
- Maderotherapy massage
- Linen glove massage & oil massage
- Balancing and detoxifying cleansing facial treatment

~~€ 900~~ € 750

EXCLUSIVE FORMULA

The magic of the Oasi Spa, exclusively for you. Celebrate your event!

PRIVATE EVENING SPA upon request starting from € 400 for 5 people

Enjoy the magic of the Oasi Spa all to yourself from 8:00 PM to 11:00 PM

- 3-hour access to the Oasi Spa + spa kit (bag, bathrobe, towel, washcloth, slippers)
- Herbal tea and dried fruit
- A small finger food buffet
- A bottle of sparkling wine

Upon request, it is possible to reserve up to 10 people

Any additional treatments and drinks.



To ensure a pleasant experience, we kindly ask you to follow these guidelines:

The Spa is an oasis of tranquility and relaxation. We kindly ask you to maintain a calm tone and respect the silence within the spa area. Please turn off mobile devices to fully enjoy the relaxation experience and respect the privacy and serenity of all guests.

It is preferable to book treatments in advance to ensure maximum availability. Please arrive 5 minutes prior to your scheduled time, wearing the appropriate bathrobe. If you are late, your treatment cannot be extended to accommodate subsequent guests. In this case, you will still be charged the full amount.

We invite you to inform us of any health conditions, allergies, pregnancy, or recent surgeries, preferably when booking. Our therapists will customize your stay and treatments to ensure maximum well-being.

We ask that you cancel your appointments at least 8 hours in advance. For cancellations made with less than 8 hours notice, the hotel will charge 50% of the treatment price, and in case of no-show, you will be charged the full amount.



We dedicate every moment to your peace and well-being.
We look forward to welcoming you to our spa for an unforgettable experience.

For more information on how to enjoy the services offered by the wet area, including saunas, Turkish bath, and mineral pool, please download our dedicated brochure "THE SPA."



OPENING HOURS

7:30 – 20:00 Indoor Pool

7:30 – 20:00 Outdoor Pool

7:30 – 20:00 Fitness Room

10:00 – 20:00 Wet Sauna Area
(reservation required)

10:00 – 19:00 Treatments
(reservation required)

Reservations:
Hotel Europa Reception: Tel. 030919047

Via Liguria, 1
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Information: Email: info@europahotelsirmione.it

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