

# oasi

WELLNESS & SPA



# OUR WELLNESS EXPERIENCE

Welcome to OASI SPA of Hotel EUROPA.

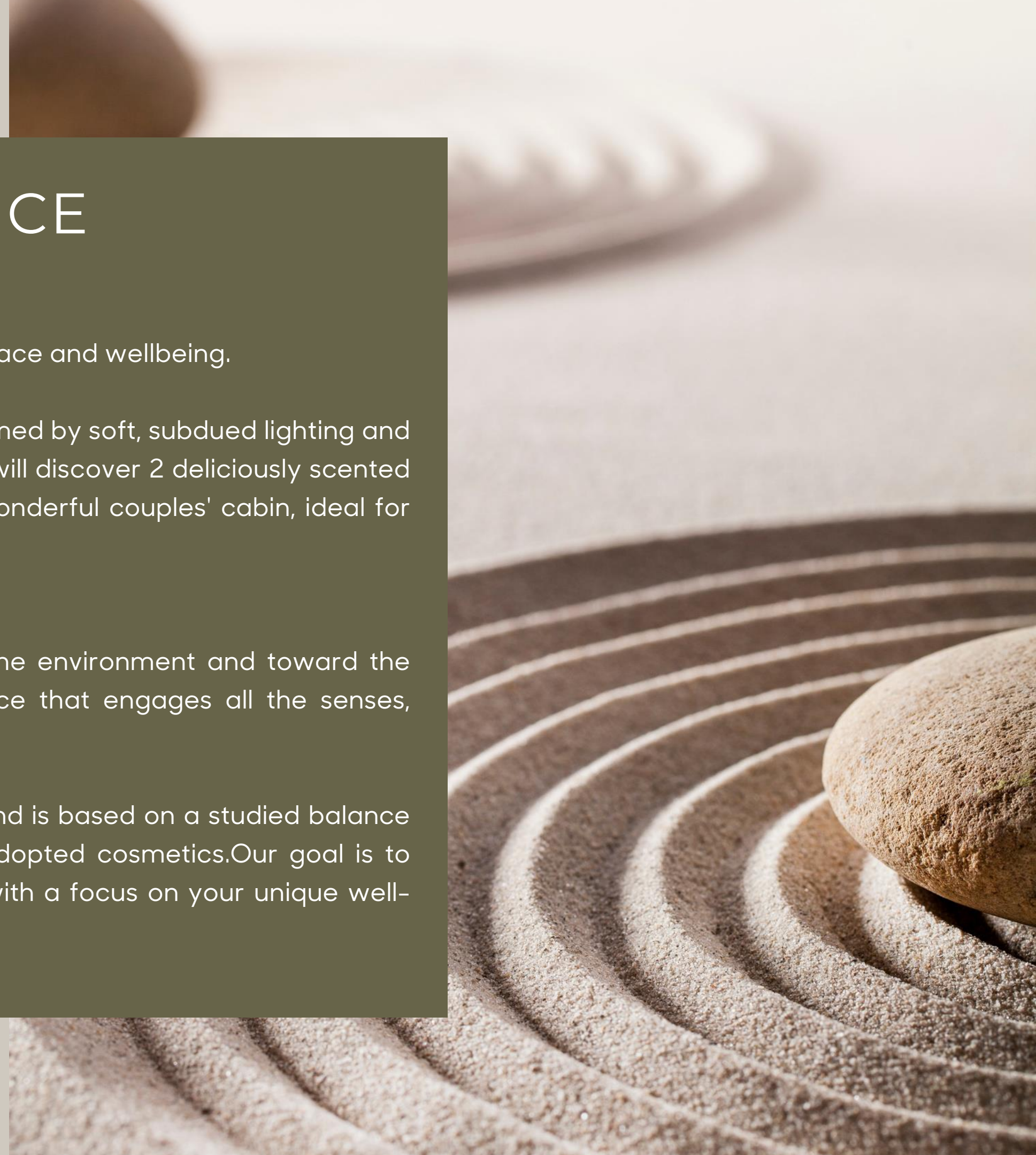
We are pleased to welcome you in our exclusive Spa, an Oasis peace and wellbeing.

Allow yourself to be pampered in an immersive atmosphere, warmed by soft, subdued lighting and soothing music that invite you to relax. Inside the Oasis Spa, you will discover 2 deliciously scented single cabins to rediscover harmony of body and mind, and a wonderful couples' cabin, ideal for sharing romantic moments of well-being for two.

## OUR PHILOSOPHY

At the heart of our spa lies a deep philosophy of respect for the environment and toward the individual needs of our guests. We strive to offer an experience that engages all the senses, stimulating mind, body and spirit for holistic wellness.

Our range of treatments is designed to meet your every need, and is based on a studied balance between manual massage techniques and the choice of the adopted cosmetics. Our goal is to enrich your skin with natural, valuable and reliable ingredients, with a focus on your unique well-being.





We invite you to embark on a journey of pleasure and relaxation through a series of unique and undiscovered sensory experiences.

In an evocative atmosphere, surrounded by soft, subdued lights that incite relaxation, close your eyes and allow yourself to be carried away by the skilled hands of our therapists, immersing yourself in a symphony of music and fragrances that will take you on a journey full of sensations.

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

You'll also find all the professional formulations used in our treatments in the products available for purchase, allowing you to preserve the benefits gained with our therapists beyond your stay.

Explore our wellness pathways designed to restore balance and harmony to your body.

With a combination of treatments, saunas, steam room and moments of relaxation, we will help you rediscover your inner center and regain vital energy.





A close-up photograph of a woman lying down, receiving a facial treatment. Her eyes are closed, and her face is being gently touched by a therapist's hands. The background is softly blurred, showing white towels and a spa setting.

# OUR MENU

On our menu, we offer a wide range of massages and treatments to meet your every need for relaxation and beauty. From 50-minute full body massages to 25-minute partial body massages, couple massages, body and facials.

In addition, we offer aesthetic services such as our SPA pedicure, SPA manicure, epilation and makeup.

Our rituals dedicated to wellness and beauty are designed for you to spend a few hours of total relaxation in our SPA.

We have created packages designed especially for clients staying at the hotel from two nights to one week, designed to regenerate and purify your body and mind.

You may choose from a wide variety of treatments to give yourself an unforgettable experience of pampering and personal care.



# OUR MESSAGES

- RELAXING MASSAGE WITH ESSENTIAL OILS      50 min - € 80

An experience of deep relaxation and well-being, combining the therapeutic properties of oils with massage techniques. Promotes the release of stress and the renewal of vital energy.

- DRENOENERGETIC MASSAGE      50 min. - € 85

A massage that promotes energy circulation, lymphatic drainage of the legs and arms, firms the glutes, soothes tension in the abdomen, and relieves stress in the back and shoulders.

- LYMPHATIC BODY DRAINAGE VODDER METHOD      50 min - € 90

A gentle, targeted massage technique that promotes the drainage of stagnant body fluids, thereby reducing bloating and water retention. Through gentle, rhythmic movements, it stimulates the lymphatic system, improving circulation and promoting body purification.

- DEFATIGUING - DECONTRACTING MASSAGE      50 min - € 85

It is the perfect treatment to relieve muscle tension and fatigue. It reduces the feeling of fatigue accumulated during the day.

- PLANTAR AND EMOTIONAL BODY REFLEXOLOGY      50 min - € 85

Connects organs and emotions by restoring a balance between body and mind. Acts on the energy and emotion corresponding to the blocked organ, proving effective in cases of physical and emotional stress. Massage technique performed on reflex zones of the feet and body.





# PARTIAL MESSAGES

- BODY BRUSHING      25 min – € 55

The "Dry Brushing": a treatment performed with a Tampico fiber brush that promotes the removal of dead cells and improved blood and lymphatic circulation. This practice stimulates cell renewal and gives a brighter, smoother look. At the end of the treatment, the brush is gifted to the client.

- ENERGY MASSAGE WITH RAW LINEN GLOVES      25 min – € 45

A massage that uses special gloves made from raw linen to stimulate blood circulation and promote skin renewal. It is performed with both hands by performing vigorous frictions that also enhance skin thickness.

- DRAINING LEG MASSAGE      25 min. – € 50

Draining leg massage is designed to relieve the feeling of heaviness and fatigue in the legs. Through smooth, gentle movements, it promotes the drainage of excess fluids, improving blood circulation and reducing bloating.

- CRYO LIGHT LEGS      25 min. – € 50

This massage uses cold stones combined with draining essential oils to relieve the feeling of heaviness and fatigue in the legs and feet. This therapeutic technique stimulates blood circulation, reduces swelling and offers immediate relief, leaving the legs feeling fresh, light and revitalized.





- BACK/NECK MASSAGE      25 min – € 50

A massage focused on relieving muscle tension and reducing accumulated stress. Through the use of deep and relaxing massage techniques, it alleviates any muscle stiffness.

- FOOT REFLEXOLOGY      25 min – € 50

Foot reflexology is 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 through targeted pressure, reflexology promotes energy rebalancing of the body, relieving tension, reducing stress, and promoting overall well-being.

- FOOT MASSAGE 30 min. – € 50

A soothing and relaxing massage, dedicated to relaxation and relief, ideal for relieving accumulated tension and promoting a deep sense of well-being.

- RELAXING FACE AND HEAD MASSAGE      30 min – € 50

Anti-aging facial massage is a practice aimed at combating the signs of skin aging through manipulation techniques performed on the face, neck, and scalp. This treatment promotes muscle relaxation and reduces wrinkles, fine lines and expression lines. Through the use of selected oils and creams, it promotes a more youthful, radiant and toned appearance.

- LYMPHATIC DRAINAGE FACIAL      30 min – € 50

A massage technique that aims to promote 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, while encouraging the elimination of toxins and stagnation.





# MASSAGES FOR HIM

- PERSONALIZED MASSAGE      50 min. – € 90

Our personalized massage for men is designed to meet the specific needs of the male body, combining relaxation and therapeutic techniques to relieve muscle tension and promote overall well-being.

- DECONTRACTING MASSAGE                      50 min. – € 90

Focused on the back, neck, head, and feet, it offers immediate relief from accumulated tension by combining relaxing movements and therapeutic massage to reduce stress and promote a balance between body and mind.

- FOOT AND BACK REFLEXOLOGY              50 min. – € 85

A targeted treatment that employs pressure and massage on specific reflex points of the feet and back to stimulate the body's balance mechanisms, creating harmonious balance.

- BACK AND NECK MASSAGE    25 min. – € 50

A massage aimed at relieving muscle tension and reducing accumulated stress in these areas. Through the use of deep massage techniques, this treatment relieves any discomfort or pain.

- FOOT MASSAGE              25 min. – € 50

A targeted massage that offers relief and relaxation, restoring a feeling of lightness.







# SPECIAL MESSAGES

- COUPLE MASSAGE 50 min - € 155

Couple's massage is a treatment involving two people at the same time, in our specifically set up couple's cabin to create a romantic and relaxing atmosphere. During the massage, two therapists work on the partners simultaneously. This treatment not only allows partners to share an intimate and relaxing moment, but also provides physical and emotional benefits, reducing stress and improving emotional bonding. An herbal tea with fresh fruit will end the treatment.

- FOUR-HAND MASSAGE 50 min - € 120

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

- LOMI LOMI 50 min - € 95

Hawaiian massage characterized by its smooth, deep and continuous movements, performed using forearms and accompanied by abundant oil. Background music plays a key role in promoting relaxation and creating an atmosphere that recalls the feeling of being rocked by the waves of the sea.





- AYURVEDA 50 min - € 95

Ayurvedic massage is an ancient Indian practice that uses warm oils and targeted massage techniques to rebalance the doshas (Vata, Pitta, Kapha) Massage is therefore tailored to the person.

- AYURVEDA WITH SHIRODARA 75 min - € 120

Shirodhara is a treatment that concludes Ayurvedic massage and involves the continuous flow of warm oil over the forehead, specifically over the "third eye" area. Through the constant flow of oil, shirodhara promotes stress release, improves sleep quality, and may have benefits on mental and cognitive health.

- THAI MASSAGE 50 min - € 90

Traditional Thai massage is very different from ordinary "massage"-its work focuses on the physical body, muscles, and energy body. It is performed on the floor, without oil, on a special mattress (futon) to ensure comfort, working mainly with pressures and stretches.

- BAMBOO MASSAGE 50 min. - € 90

An innovative defatiguing and reshaping massage technique. Through the use of bamboo, this treatment offers extraordinary cellular rejuvenation and regeneration. Ideal for eliminating excess fluids and achieving a light, sinuous effect on the entire body.



# WARM MESSAGES

- STONE MASSAGE      50 min - € 95

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

- CANDLE MASSAGE      50 min - € 90

A sensory massage using special shea butter candles and fragrant essential oils. After lighting the candles and letting them melt for a short time, liquid shea butter is poured over the skin and massaged in slow, relaxing movements. This massage not only promotes muscle relaxation but also warms, leaving the skin soft, nourished, and fragrant.

- INVIGORATING AND MOISTURIZING MASSAGE WITH COOKED RICE PINDA 50 min - € 90

Ayurvedic toning and moisturizing massage that uses cloth bags filled with rice cooked in milk. Warmed and massaged into the skin, the pindas release heat and through the starch in the rice, the skin is toned and nourished.

- INVIGORATING AND MOISTURIZING MASSAGE WITH HERBAL PINDA    50 min. - € 90

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







# BODY TREATMENTS

- DEAD SEA SALTS MASSAGE 50 min - € 85

A treatment with draining, exfoliating and regenerative properties. The salts, mixed with oil, are gently massaged into the skin and then left on, facilitating, by osmotic effect, drainage. Ideal in the spring and summer period and before any detox program.

- BODY AND FACIAL SCRUB 40 min. - € 60

Exfoliating and regenerating with almond oil and karité butter that acts on skin impurities by gently removing dead skin cells, leaving the skin smooth, fresh and velvety.

- DRENO-ENERGY MASSAGE WITH CUPS 50 min - € 85

A technique using specially designed cups to reduce cellulite and improve the appearance of the skin. Moved with a unclogging effect, they promote blood and lymphatic circulation, eliminating accumulated toxins. A dreno-energy massage completes the treatment.

- EPSOM SALTS LEG DRAINING WRAP AND MASSAGE 50 min - € 85

Wrapping with bandages soaked in a solution of magnesium sulfate salts, which have draining and anti-inflammatory properties, helps reduce water retention and promote the elimination of accumulated toxins. A foot and leg massage is combined.

- UDARA ABDOMEN TREATMENT 25 min. - € 50

An Ayurvedic treatment focused on the abdomen, an emotionally charged area, where the aim is to stimulate intestinal peristalsis, deflate and promote relaxation. Scrub and massage with pinda.





# BODY WRAPS

- OSMOTIC MUD WRAP AND MASSAGE 50 min - € 90

An osmotic massage mud treatment, draining and anti-cellulite, indicated to combat skin imperfections, hydrates, smoothes and tones while giving firmness and radiance. Paired with a draining massage.

- SLIMMING MUD WRAP 25 min. - € 40

The slimming mud wrap is a body treatment that uses a mix of clay, seaweed and other natural ingredients to promote cellulite reduction and skin tightening. Applied to the desired area, the pack is left on for a period of time, allowing the active ingredients to penetrate and work on the skin. Afterwards, it is removed with lukewarm water, leaving the skin smoother, firmer and more toned.

- NOURISHING WRAP 25 min - € 40

Balancing and soothing. Thanks to the presence of avocado and macadamia oils and extracts of horsetail, centella and horse chestnut, it nourishes the skin, making it toned by promoting elastin and collagen synthesis. Applied to the skin, it is left on for a period of time, allowing the skin to absorb its nourishing benefits. This treatment is especially effective for dry and dehydrated skin, leaving it soft, smooth and radiant.

- DRAINING PACK WITH DEAD SEA SALTS 25 min - € 40

Draining wrap with Dead Sea salts is a treatment that uses a mixture of natural mineral salts extracted from the Dead Sea to help drain excess fluids and reduce water retention. After applying the mixture to the skin, it is wrapped in a film to allow the salts to work deeply. During the treatment, the mineral salts work to eliminate toxins and reduce bloating.



# FACIAL TREATMENTS

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

Revitalizes the skin through packs with towels soaked in purifying herbal decoctions, removing impurities and leaving the skin radiant and fresh. A balancing treatment also indicated for men.

- MOISTURIZING TREATMENT    50 min. – € 90

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

- TREATMENT FOR SENSITIVE SKIN      50 min. – € 90

Gentle and soothing, this treatment is specifically designed to soothe and strengthen sensitive skin, minimizing irritation and providing comfort and balance.

- GOLD LIFTING TREATMENT      80 min – € 110

It restores vitality to the skin and counteracts signs of aging with a combination of active ingredients that stimulate cell renewal and reduce the appearance of wrinkles and fine lines.

- SOOTHING TREATMENT      50 min. – € 90

Relaxes facial muscles and relaxes the mind. It gives firmness and vigor to the skin.

- SOOTHING AND NOURISHING TREATMENT    40 min. – € 60

A specific treatment to rebalance the epidermis after prolonged sun exposure.





# BEAUTY TREATMENTS

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

A complete foot treatment: foot bath with salts and essential oils, cleansing, exfoliation and moisturizing pack to nourish the skin. Draining massage provides lightness and well-being. Vitamin face mask applied during pedicure.

- MANICURE WITHOUT NAIL POLISH 25 min. - € 40
- SPA MANICURE 50 min. - € 75

Complete treatment with hot towels, cuticle care, filing, exfoliation, nourishing mask and relaxing hand and arm massage. A relaxing experience that gives not only a flawless manicure, but also a feeling of lightness and well-being. Lastly, nail polish to complete the care of your hands. Vitamin face mask applied during pedicure.

- NAIL POLISH APPLICATION (hands or feet) 20 min. - € 20
- SPA MANICURE + SPA PEDICURE RITUAL 110 min. - € 140







• DEPILATION

Our epilation is gentle, with pink titanium azulene wax, ideal for effective hair removal with soothing and protective action on the skin.

- FULL LEG HAIR REMOVAL € 45
- HAIR REMOVAL HALF LEG € 30
- ARMPIT HAIR REMOVAL or EYEBROW € 15
- BIKINI HAIR REMOVAL € 15
- FULL BIKINI HAIR REMOVAL € 20
- COMPLETE DEPILATION (legs - bikini - armpits) € 70
- ARMS HAIR REMOVAL € 25
- MUSTACHE HAIR REMOVAL € 10
- BACK DEPILATION man € 30
- HAIR REMOVAL LEGS MAN € 50

• MAKE UP SERVICE 30 min. € 40 60 min. € 70

Enhance your natural beauty with our professional makeup service at Oasi SPA. Our certified makeup artist will use high-quality products to create a flawless, customized look that perfectly suits your style and needs. Whether you are preparing for a special event or simply want a touch of glamour for your special evening, our makeup service will make you feel confident and radiant.



# OUR RITUALS

A beauty ritual is a coordinated set of treatments and practices aimed at improving aesthetic appearance and overall well-being. In addition to providing aesthetic benefits, beauty rituals promote relaxation and personal care, offering a complete experience for body and spirit. At the end of each ritual we will pamper you with an Herbal Tea and cookies.

- SILK SKIN RITUAL      110 min. – € 170

A ritual to provide you with extraordinarily silky skin.

Body and face scrub

Nourishing body wrap

Total body and face massage

- DEEP RELAXATION      2 h. 20 min. – € 225

A complete solution to rid the body and face of accumulated tension.

Warm hand and foot packs with essential oils

Relaxing back massage

Facial treatment followed by an energy mask

Foot reflexology

Relaxing face and head massage

- VITALITY RITUAL      80 min. – € 132

A ritual designed to reactivate and stimulate energy, bringing balance and vitality to the body and mind.

Energetic massage with raw silk gloves

Reactivating and stimulating ayurvedic massage





- COMPLETE RELAXATION RITUAL      110 min. – € 160

A ritual that allows you to immerse yourself in a state of deep relaxation.

Warm hand and foot wraps with essential oils

Body massage

Relaxing facial treatment complete with face and head massage

Tibetan bells

- DREN RITUAL      80 min. – € 132

A ritual designed for those who want to improve their physical appearance during a detox program.

Body brushing

Drano-energetic body massage with glass cups and essential oils

- RITUAL FOR HIM      110 min. – € 180

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

Warm hand and foot wraps with essential oils

Back massage

Rebalancing facial treatment specifically designed for the needs of male skin Relaxing facial, neck, head and foot massage

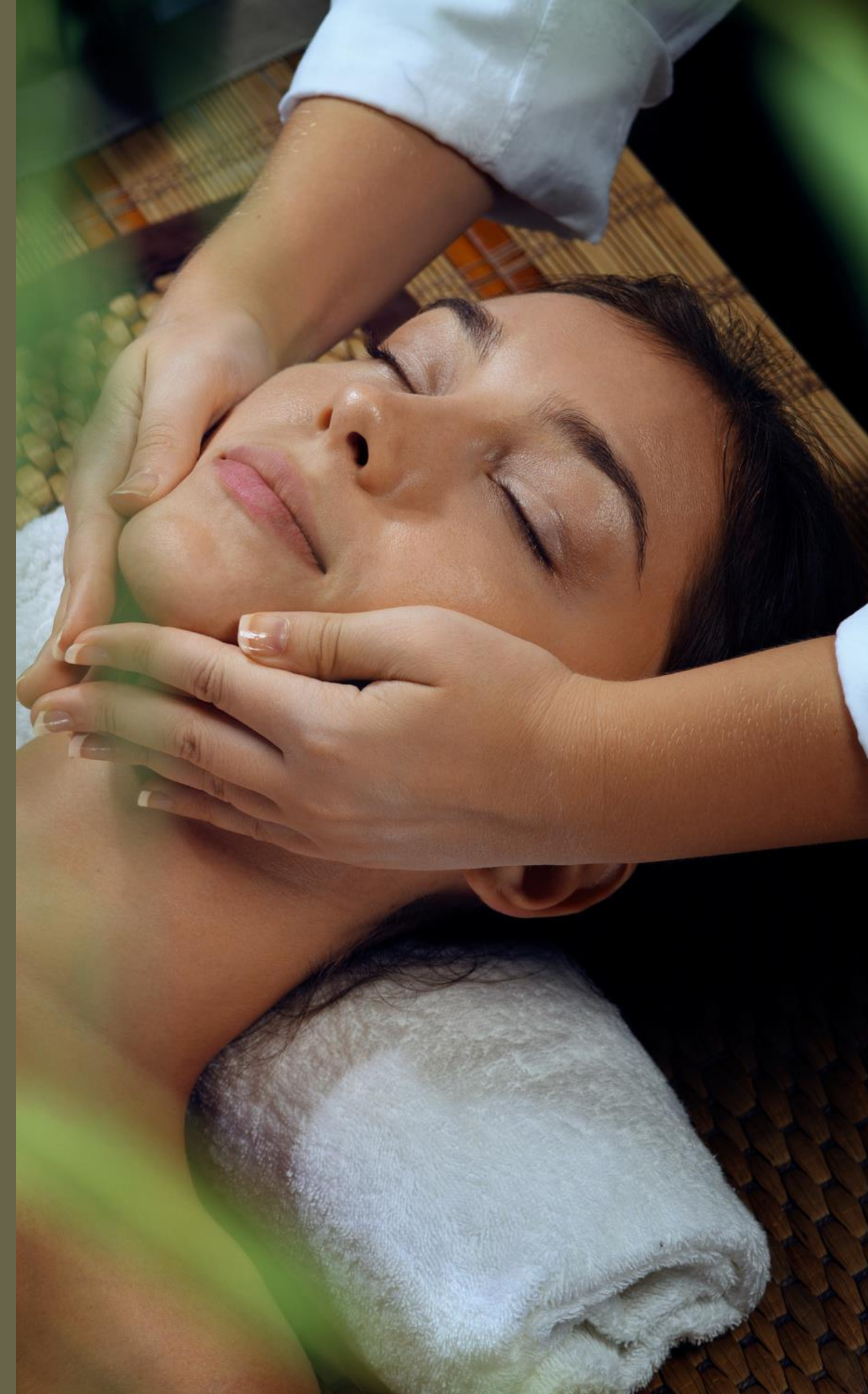
- COUPLE RITUAL      110 min. – € 265

A sensory experience for couples, a pampering and relaxation ritual that stimulates the senses and relaxes the body.

Gentle body and face scrub

Relaxing and soothing body and head massage with essential oils

A glass of prosecco, chocolates and cookies or an Herbal Tea with fresh fruit will complete the ritual







## 2 NIGHTS PACKAGES

- DETOX PACKAGE € 160

1 Dead Sea salts massage duration 50 min.

1 Plantar and emotional body reflexology duration 50 min.

- LIGHTNESS PACKAGE € 175

1 Draining wrap + 1 foot and leg massage duration 50 min.

1 Cryo leg massage + 1 reflexology duration 50 min.

- RELAX PACKAGE € 220

1 Relaxing essential oil massage duration 50 min.

1 Facial treatment duration 40 min.

1 Foot massage duration 25 min.

1 Face, neck and head massage duration 30 min.

- DRAN PACKAGE € 245

1 Dead Sea salts massage duration 50 min.

1 Lymphatic drainage body duration 50 min.

1 Drano-energetic massage with glass cups duration 50 min.

- BEAUTY PACKAGE € 280

1 Body Scrub duration 40 min.

1 Tailored facial treatment duration 50 min.

1 Body brush duration 30 min.

1 Nourishing massage duration 50 min.

IT IS POSSIBLE TO CHOOSE AND CREATE WITH THE OPERATOR TAILORED PACKAGES ACCORDING TO THE NEEDS.





# ONE WEEK PACKAGES

- "REGENERATING WEEK" PACKAGE € 655

Immersed in an often hectic and stressful daily life, finding a moment of pause can be a challenge. Our week-long program offers a complete retreat dedicated to wellness, ideal for those who wish to shed accumulated stress and rejuvenate mind and body.

6 Yoga and Meditation sessions (40 min.)

1 Relaxing massage with aromatic oils (50 min.)

2 Body brushing + 2 defatiguing massages ( 90 min.)

1 Raw silk glove massage + 1 Ayurvedic energy massage (90 min.)

1 Thai massage (50 min.)

1 Lomi Lomi massage (50 min.)

- "PURIFYING WEEK" PACKAGE € 500

An Exclusive Program of Daily Treatments to cleanse the body, get rid of toxins and reduce bloating, offering a sense of lightness and well-being every day. A healthy diet is recommended during the program.

Morning self guided gym sessions of at least 30 min duration.

6 Daily sauna and steam room sessions before treatments (1 h.)

1 Detoxifying and draining massage with Dead Sea salts (50 min.)

2 Mud packs (30 min.)

2 Drenoenergetic massages (50 min.)

2 Plantar reflexologies (30 min)

1 Body lymphatic drainage (50 min.)

IT IS POSSIBLE TO CHOOSE AND CREATE CUSTOMIZED PACKAGES WITH THE OPERATOR ACCORDING TO NEEDS.



To ensure a pleasant and relaxing experience for all our guests, we kindly ask you to follow a few guidelines:

To reserve your treatments or massages, it is best to reserve them in advance to ensure maximum availability. Please kindly arrive 10 minutes before the time and wait on the dedicated chairs at the SPA reception wearing the appropriate bathrobe and without wearing jewelry.

If you are late, the treatment cannot be extended in order to accommodate the appointments of the following guests. In that case, the full amount of the treatment will still be charged.

The Spa is an oasis of tranquility and relaxation. We kindly ask that you maintain a calm tone and respect silence within the spa area.

Turning off mobile devices or leaving your smartphone in your room or locker is appreciated, to fully enjoy the relaxation experience and respect the privacy and tranquility of all guests.

We invite you to inform us about your health conditions, allergies, pregnancy or recent surgeries, possibly still during the reservation phase. Our therapists will personalize your stay and treatments to ensure maximum well-being.

We ask that you cancel appointments at least 8 hours in advance. For cancellations made less than 8 hours in advance, 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 tranquility and well-being. We look forward to seeing you in our spa for a memorable experience.

For further information on how to enjoy the services in the wet area, such as saunas, steam room, mineral salt pool, please download our separate brochure.



#### OPENING HOURS

7.30 – 19.30 Indoor Pool

8.00 – 19.30 Outdoor Pool

7.00 – 20.00 Fitness Room

14.00 – 20.00 Sauna Area  
(upon reservation)

14.00 – 20.00 Treatments  
(upon reservation)

Reservations:

Reception Hotel: Tel. 030919047

Via Liguria, 1

25019 – Colombare, Sirmione (BS)

Information:

Email: [info@europahotelsirmione.it](mailto:info@europahotelsirmione.it)