



*My*  
NEVADA SPA

SPA MENU ENG

*Emotions*

*All you need is ...a Mountain of Emotions*

*Mountain*



Welcome to My Nevada SPA where **the well-being is our philosophy.** "Wellness is feeling at your highest psycho-physical potential, sleep well and wake up with a lot of energy. It is feeling light and active, with desire and concentration in your activity. And mostly, is thinking about oneself, searching a better quality of life.

My Nevada spa is a "Wellness oasis" that will allow you to live an **emotional and sensorial trip.** It offers unique and pleasant moments, for a break to devote to oneself. Here you can savour the antique mountain style combined in a perfect union between elegance and refinement.

Let yourself be carried away in this amazing experience of total **physical and mental wellness,** immersed in the beautiful landscape of Livigno, thanks to our enchanting panoramic areas and our outdoor pool, which will allow you to stay just a few inches away from the snow cuddled by the heat of the water at 38°. In summer an enchanted garden surrounds the pool. Your mind will benefit removing all thoughts.

Our SPA is equipped with external swimming pool with whirlpool, finnish sauna, infrared sauna, steam bath, cold mist shower, ice waterfalls, herbal tea maker, panoramic relax area, salt relax room, hay relax room, gym and hairdresser

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# SPA ETIQUETTE

**Access** | Our SPA is open from 14.30 to 20 . The access is denied to people under 16 years old.  
Children between 16 and 18 years old must be accompanied by an adult.  
The hairdresser is available just on appointment.

**Reservation** | For a better service, we kindly ask you to book in advance your treatment and go to the spa 10 minutes before the appointment time. In case of delay, the treatment will be done at the pre-established time to guarantee the best service to all guests.

**Cancellation policy** | The appointments must be cancelled with an advance of 12h, in case of late cancellation or no-show the total amount will be charged anyway.

**Health condition** | Please let us know at the time of booking if there are particular allergies, health condition that may affect the pleasantness of the treatment you requested.

**SPA etiquette** | The spa is a relaxing and quiet place. We kindly ask to our guests to respect the privacy and the serenity of the other guests. Please turn off your mobile and keep the silence. Smoking is prohibited in the whole area.

**Theft or loss** | My Nevada SPA does not assume any responsibility for theft, loss or damage to personal items.



# Mei

La scelta più naturale

Mei has always been

**“THE MOST NATURAL  
CHOICE”**

For all our treatments we use “Mei” natural products which are prepared exclusively from wild plants, which are preserved by natural methods.

The active ingredients are pure essential edible oils which penetrate through the skin and spread wellness to the whole body thanks to the techniques applied during the treatment.



## FACIAL TREATEMENT

### Anti-age argan and silicon

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The wild argan oil, boosted by silicon, allows to regenerate asphyxiated skin in need of oxygenation, deep nourishment and wrinkle relief

50 min  
85,00 €

### Apricot Moisturizing

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The fruit pulp and the essential oil of the apricot kernel, enhanced by the fresh cucumber pulp, are the ideal ingredients to maintain the moisture and freshness of the youngest skin.

50 min  
65,00 €

### Fresahness Tamanu

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Tamanu is the Polynesian fruit that brides use to stay young and beautiful forever. Thanks to its precious properties the treatment is recommended for dry and dehydrated skin and for those affected by the first signs of aging

50 min  
69,00 €



## FACIAL TREATEMENT

### Persian Rose

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The persian rose gives the skin the same velvet texture as its petals.

This treatment is ideal for delicate, reddened or couperose skin.

50 min  
77,00 €

### Propolis Purifying

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Propolis is the resin produced by bees. It has a powerful natural antibacterial action, ideal to deeply purify and prevent the formation of acne, furuncles, oily skin and blackheads.

50 min  
69,00 €

### Detox

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Ideal also for men. This treatment exploits the properties of Italian Green Clay to remove superficial dead skin cells and toxicity. The skin is then nourished with Vitamin Serum and Vitamin E cream.

25 min  
49,00 €



## BODY TREATMENT

### Dolce Vita

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Wrapped in sweet orange essential oils you will give new softness and radiance to the skin. All this thanks to the Dolce Vita scrub with its micro sugar crystals and the application of elasticizing Balance oil and Sweet Orange cream.

50 min  
87,00 €

### Clay and Equisetum - Detoxifying and elasticizing

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Skin detoxification with green clay scrub and massage with body fluid, enhanced with relaxing oil based on Horsetail and Medical Grass extract will give new life to the skin.

50 min  
75,00 €

### Persian Rose

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Let yourself be conquered by the Persian rose essential oil that will cover you in a sweet caress thanks to its silky and illuminating effect.

50 min  
90,00 €



## BODY TREATMENT

### Sottosale

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Sicilian sea salt, Piemonte peppermint essential oils and Wild mint give a complete revitalizing action.

Ideal for men.

( Legs - Abdomen )

50 min  
87,00 €

### Start up - Draining and Anti - Cellulite

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Start up mud is the protagonist of this lymphatic draining, microcirculation stimulating and anti-cellulite treatment. It exploits the action of eight essential oils activated by Turmeric and Ginger in Apple vinegar. Scrub with green clay, mud-dyeing and draining massage, completed with juniper gel.

( Legs - Abdomen )

50 min  
77,00 €

### Body scrub

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A relaxing and complete exfoliation that gives the skin a radiant and perfectly velvety appearance.

25 min  
45,00 €



## MASSAGE

*A massage is a dance for the soul*

### My Nevada

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Relaxing movements that stimulate airways purification thanks to a mixture of balsamic mountain oil, such as Pine and Eucalyptus, that gives well-being and lightness to your body.

**25 min**  
(Back or legs)  
**45,00 €**

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**50 min**  
(Total body)  
**75,00 €**

### Body Relax

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Sweet and slow movements that will envelop the whole body with the almond moisturizing oil for a total well-being feeling.

**25 min**  
(Back or legs)  
**43,00 €**

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**50 min**  
(Total body)  
**69,00 €**

### Aromatic

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Extraordinary sweet massage based on essential oils.

Choose your favourite fragrance!

**25 min**  
(Back or legs)  
**45,00 €**

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**50 min**  
(Total body)  
**75,00 €**



## MASSAGE

### Swedish massage

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Effective to stimulate blood circulation by promoting tissue oxygenation; excellent draining massage to combat cellulite.

**25 min**  
(Legs)

**47,00 €**

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**50 min**  
(Total body)

**77,00 €**

### Pain-relieving - Sportive massage

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Deep massage with firm and constant pressure to reduce tension and muscle contractures.

**25 min**  
(back or legs)

**49,00 €**

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**50 min**  
(Total body)

**82,00 €**

### Hot Stone

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The heat from the stones will be slowly released on the body bringing multiple benefits: it loosens muscle stiffness, relieves tension, improves blood and lymphatic circulation and helps to relieve nervous tension.

**50 min**  
(Total body)

**79,00 €**

## SPECIAL MOMENTS FOR TWO

### Couple massage

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Treat yourself to a moment of well-being in the harmony of synchronized manual skills, in the enchanting romantic atmosphere of our couples' cabin, with candles and scented essences.

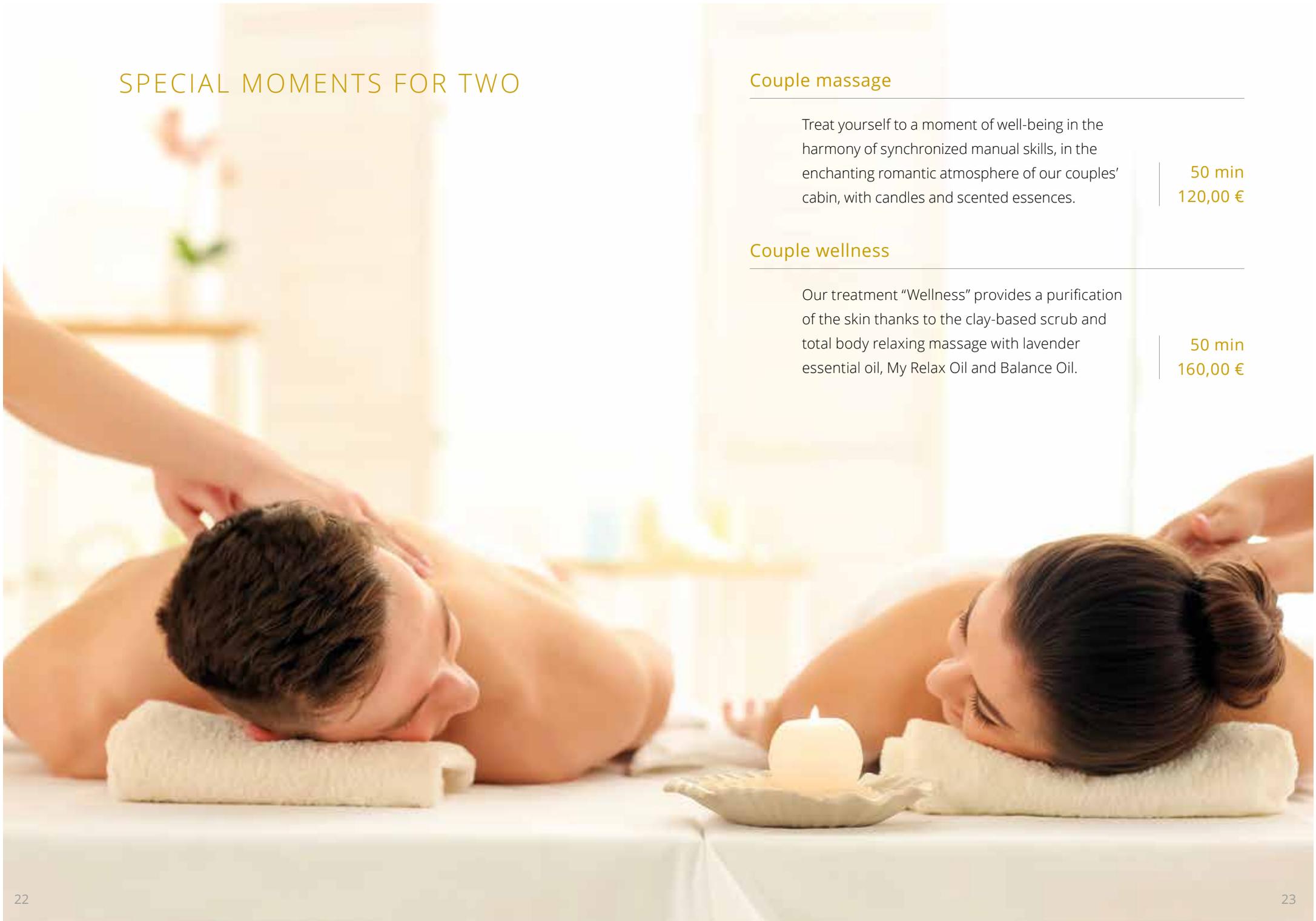
50 min  
120,00 €

### Couple wellness

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Our treatment "Wellness" provides a purification of the skin thanks to the clay-based scrub and total body relaxing massage with lavender essential oil, My Relax Oil and Balance Oil.

50 min  
160,00 €





## BEAUTY

Facial cleansing € 55,00

### HAND

Manicure spa € 25,00  
Manicure + nail polish € 29,00  
Manicure + semi permanent nail polish € 39,00  
Semi permanent nail polish removal € 15,00  
Nail polish color change € 10,00

### FOOT

Pedicure spa € 39,00  
Pedicure + nail polish € 43,00  
Pedicure + semi permanent nail polish € 49,00  
Semi permanent removal € 15,00  
Nail polish colour change € 10,00

### EPILAZIONE

Eyebrows	€ 10,00	Bikini total	€ 21,00
Lip	€ 8,00	Underarm	€ 15,00
Half leg	€ 25,00	Arm	€ 20,00
Full leg	€ 35,00	Chest / Back – man	€ 35,00
Bikini	€ 16,00		



## PRIVATE SPA

- On request -

Reserve the spa only for you! From 20.30 to 23.00 you can book our spa for exclusive use, pure relaxation in total privacy. Ideal for both, romantic moments for the couple or special events for groups.

For couple

Wellness path, relax massage 25', finger food and champagne

For groups

Wellness path, fruit or assorted local cheeses and cured meats, champagne



## MAP MY SPA



My Spa Reception	1	Gym	6	Steam bath	11	Outdoor pool	16
Changing room	2	Salt room	7	Infrared bench	12	Jacuzzi	17
Bathroom	3	Hay relax room	8	Icefall	13	Hairdresser	18
Playroom	4	Panoramic relax area	9	Cold breeze - Water tube Kneipp	14	Lift	19
Massage room	5	Finnish sauna	10	Baby pool	15	Solarium	20

## MY SPA PROPOSAL

- packages available for external guests -



Silver

€ 55,00

Spa entrance + 25. min relax massage

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Gold

€ 77,00

Spa entrance + 50 min. relax massage

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Diamond

€ 93,00

Spa entrance spa + scrub + 25 min. relax massage

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Spa entrance for external guests  
(reservation is required)

€ 25,00



## Mont Chalet Nevada Hotel & Spa

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