



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 and gym.

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SPA ETIQUETTE

Acces	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.
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 TREATMENT

MEI LIFTING – redensifying and regenerating

The ritual gives a rejuvenated, plumped and radiant skin and a general feeling of well-being. Thanks to active manual techniques, massage with Gua Sha at strategic points of the face combined with a specific line based on colloidal silver, vegetation waters from wild plants and essential oils of Sandalwood and Lime, the result will be immediately visible.

60 min
110,00 €

MEI ANTI-AGE – regenerating and antiaging

Ideal treatment for regenerating asphyxial skin or skin with wrinkles. The “instant lift” mask and cream with hyaluronic acid and argan will make your skin firmer and more radiant. The deep massage completes the treatment by reducing the signs of ageing.

50 min
90,00 €

MEI NUTRITIVE – revitalizing and deep nourishing

Ideal for dry and dehydrated skin. The gentle exfoliation prepares the skin to receive the vitamin-concentrated serum and the cream based on macadamia oil and helichrysum flower extract gives the skin elasticity, deep nourishment and radiance.

50 min
75,00 €



FACIAL TREATMENT

ROSEMEI – soothing and anti-inflammatory

A gentle exfoliant, aloe lotion and cream with essential oil of Persian rose make this treatment effective with a massage with Avocado, Helichrysum and Marigold. Suitable for delicate, fair, sensitive, inflamed and couperose skin.

50 min
80,00 €

MEI DETOX – purifying and regenerating

A treatment that restores impure or combination skin. The exfoliation and mask are followed by a massage with specific creams rich in South American quebracho bark extract with a purifying, regenerating and elasticising effect. Also ideal for men.

50 min
75,00 €

MEI EXPRESS - customized

Express facial treatment including deep cleansing, application of mask and cream according to each skin type.

30 min
50,00 €



BODY TREATMENT

MEI BOTANICAL- Detox and elasticizing

Ideal treatment to eliminate toxic substances that are deposited on our skin on a daily basis. Made with an exfoliant based on Green Clay, relaxing oil based on Horsetail and completed with the moisturising and nourishing Body Fluid.

50 min
80,00 €

START-UP – Draining and Anti-cellulite

We start with a Green Clay scrub, followed by the START-UP herbal poultice with its amazing action given by the properties of eight essential oils activated by Turmeric and Ginger in organic Apple vinegar; finally, a specific draining leg-abdomen massage with application of Wild Pro-Gené gel. A true panacea for the legs.

50 min
80,00 €
(Legs and
Abdomen)

SOTTO SALE – Toning and draining

The detoxifying power of Sicilian sea salt is enhanced by the essential oil of wild Peppermint from Piedmont, which, in synergy with the plant extracts of Green Tea and Ginseng root, provide a powerful toning and firming effect. Also very pleasant for men.

50 min
80,00 €



BODY TREATMENT

DOLCE VITA - relaxing and illuminating

Let yourself be enveloped in the essential oils of Sweet Orange and Lemon, for this treatment that will restore radiance and firmness to the skin.

The treatment starts with the Dolce Vita sugar microspheres scrub, followed by an elasticising massage with Balance oil and finally the Sweet Orange cream.

50 min
80,00 €

TOTAL BODY PERSIAN ROSE - silky and soothing

A ritual for face and body, based on Wild Persian Rose essential oil. A smoothing and extremely illuminating effect, a caress that envelops the skin thanks to the harmonious massage techniques, enhanced and enriched with eight natural MEI products. The result is a rejuvenated skin for face and body.

100 min
120,00 €

BODY SCRUB

Application of the body scrub, with a choice of: Sea Salt and Spearmint, Ventilated Green Clay and essential oils, Brown Sugar and Orange.

25 min
40,00 €



MASSAGE

MY NEVADA - Relaxing

Flowing, enveloping movements that envelop the whole body, giving a profound sense of well-being. Made with pure essential oils, leaving you with a prolonged feeling of well-being, choose your favourite fragrance with us!

25 min
(Back or legs)
45,00 €

50 min
(Total body)
75,00 €

BE WATER - Draining

The purpose of this massage is to drain lymphatic fluids; excellent for those suffering from cellulite, water retention or heaviness in the legs.

25 min
(Legs)
50,00 €

50 min
(Total body)
80,00 €

TENSION AWAY - Decontracting or sporty

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

25 min
(Back or legs)
50,00 €

Sports massage:

- pre-competition: preparation for athletics with elasticising and vascularising manual techniques;
- post-race: speeds up physical recovery after muscular effort with draining and defatiguing action.

50 min
(Total body)
85,00 €



MASSAGE

MY HOT STONE

Massage performed with hot stones and oil that help loosen muscle contractures, reactivate circulation and purify the skin.

50 min
(Total body)
80,00 €

MY CANDLE

The warm light of a candle, melting oils and vegetable butters slowly drip onto the body. A gentle swirl of fragrances and pleasant sensations intoxicate the senses. This is My candle!

50 min
(Total body)
80,00 €

MADE ON MESURE

A tailor-made massage that combines manoeuvres from different techniques, based on the sensations perceived by the masseur to meet the psychophysical needs of the guest.

50 min
(Total body)
85,00 €

SOMETHING SPECIAL

COUPLE MASSAGE

The ritual that allows you to share the experience of a relaxing massage with your partner, friend or relative. Stress and tensions always put us under strain, and many times even just an afternoon to spend with someone you love can help to relax the nerves and regain the energy lost after a busy period. At the end of the massage a pleasant surprise for you!

50 min
150,00 €



BEAUTY

HAND

Manicure spa with nail polish	€ 35,00
Manicure spa with semi permanent nail polish	€ 45,00
Semi permanent nail polish removal	€ 15,00

FOOT

Pedicure spa with nail polish	€ 50,00
Pedicure spa with semi permanent nail polish	€ 60,00
Semi permanent nail polish removal	€ 15,00

EPILAZIONE

Eye brows	€ 10,00	Bikini total	€ 25,00
Lip	€ 8,00	Underarm	€ 15,00
Half leg	€ 25,00	Arm	€ 20,00
Full leg	€ 35,00	Back - man	€ 35,00
Bikini	€ 20,00	Chest - man	€ 20,00



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, 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

€ 60,00

Spa entrance + 25. min relax massage



Gold

€ 90,00

Spa entrance + 50 min. relax massage



Diamond

€ 130,00

Spa entrance + 50 min. nourishing facial
+ 25 min. relax massage

Spa entrance for external guests
(reservation is required)

€ 30,00

The Silver, Gold and Diamond proposals
cannot be discounted.



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