

# CLOSE YOUR EYES AND SPA



NH COLLECTION

ALAGNA • MIRTILLO ROSSO

# THE DREAM MENU

## CLOSE YOUR EYES AND DISCOVER RITUALS by SPA SOGNI D'ORO

Let yourself be carried to a world of embracing sensations with our exclusive treatment, that we conceived to offer you a unique experience involving both face and body. A moment of pure well-being, where every gesture, every scent, every caress brings you away from time and the stresses of everyday life.

### INCANTO DI BOSCO Face and body treatment

80 min 130 €

In the fragrant silence of the forest, among soft moss and red fruits that sparkle like gems, an enchanted ritual comes to life. *Incanto di bosco* is a sensory journey inspired by the magic of nature: the body abandons itself to the warmth of an enveloping massage, while the skin is nourished by the sweetness and the strength of the blueberry, a fruit that symbolizes well-being. The treatment blends deep cleansing and facial nourishment with the relaxing caresses of a full body massage, awakening the skin and the senses like a dawn dew among the trees. A fairytale ritual, where every gesture is a caress and every essence is a poem of the forest.

### BASKET FROM THE FOREST

Take the magic of our ritual home with you: you can relieve the experience, pampering yourself with a facemask and blueberry herbal tea conceived to extend your well-being even after the treatment.



NH COLLECTION  
ALAGNA • MIRTILLO ROSSO

# THE DREAM MENU

## CLOSE YOUR EYES AND GIVE LIGHT TO YOUR FACE

### Get started

#### ACTIVE PURENESS Purifying and rebalancing

50 min 100 €

Born from the balance between nature and science, Active Pureness is an intensive treatment conceived to deeply purify, mattify, and rebalance the skin. The sensory experience is fresh and rebalancing: light textures and herbal scents accompany targeted treatments that restore a clearer, firmer, and more luminous appearance to the skin. Perfect for teens, adults, or anyone seeking a deep facial detox without sacrificing comfort.

### Specific treatments

#### HYDRAMEMORY DEEP HYDRATION

50 min 100 €/25 min 60 €

In a sunny spot of the Mediterranean, a resilient and generous plant grows: the prickly pear. This treatment restores skin's true "water memory," plumping tissue and restoring the skin barrier with next-generation biotechnological active ingredients. A facial ritual with a fresh and sensorial texture, enriched with enveloping massages and delicate scents that evoke purity and lightness. Perfect for any season, it restores radiance, elasticity, and deep comfort.

#### SUBLIME SKIN Anti-age

50 min 100 €/25 min 60 €

Inspired by the skin's natural cycles and the silent elegance of time passing, Sublime Skin is an anti-aging treatment that renews, plumps, and revitalizes tissue. The sensory experience is enveloping and sophisticated: slow movements, rich textures, and warm fragrances accompany you on a regenerating journey where time slows down and beauty rediscovers its most authentic form. A perfect ritual for those seeking visibly firmer, smoother, and more radiant skin.

3 RITUALS - 260 EURO instead of 300 EURO



THE COLLECTION  
ALAGNA • MIRTILLO ROSSO

# THE DREAM MENU

## CLOSE YOUR EYES RELAX AND DISCOVER THE WORLD OF TRANQUILLITY

A refuge where time stands still and the mind finds peace. Rituals conceived to regenerate the body and free the spirit, through the scents of sweet orange and rose, light touches, and a hushed atmosphere.

An invitation to let go, to embrace the deepest calm.

**TRANQUILLITY RITUAL SCRUB** Exfoliation 50 min 100 €/25 min 60 €

An invitation to let go of the excess, starting with the body. This aromatic scrub transforms exfoliation into a gesture of rebirth: salt and sugar crystals blend with nourishing oils and the unique Tranquillity™ fragrance, for velvety skin and a profound sense of inner lightness.

The warm scent of woods, flowers, and citrus envelops the senses, while the skin regenerates and breathes. Perfect for preparing the body for a treatment, or simply for rediscovering your center in a moment of profound care.

**TRANQUILLITY RITUAL MASSAGE** Aromatherapy relaxation 50 min 100 €

A multisensory experience conceived to calm, rebalance, and regenerate. Tranquillity™ Ritual is an enveloping massage using warm, scented oils, performed with slow, continuous, and reassuring movements. The unique olfactory bouquet of cedarwood, sweet orange, damask rose, and sandalwood acts on the nervous system to induce deep relaxation, restoring harmony between body and mind. An ideal treatment for times of stress, insomnia, or simply a need to "get back to yourself."

**RITUALE DEL SONNO** Deep Relaxing 50 min 100 €

Imagine entering a suspended dimension, where time slows and every breath becomes deeper. *Rituale del Sonno* is an enveloping and delicate treatment, inspired by the neuroscience of deep sleep: gentle, rhythmic movements, light pressure, and relaxing fragrances induce a state of calm similar to the most regenerating phase of sleep. Perfect for those suffering from insomnia, experiencing periods of high stress, or simply seeking a moment of absolute peace.

**3 RITUALS - 260 EURO instead of 300 EURO**



THE COLLECTION  
ALAGNA • MIRTILLO ROSSO

# THE DREAM MENU

## CLOSE YOUR EYES AND DISCOVER THE WORLD OF AROMASOUL

A program conceived to release tension, free your muscles, and give you a new sense of lightness. Thanks to treatments that combine heat, targeted massage, and deep exfoliation, your body regains elasticity, strength, and overall well-being. An invitation to indulge, regenerate, and recharge with new energy.

### **VOLCANIC SCRUB** Exfoliation

50 min 100 €/25 min 60 €

A ritual that awakens body and spirit, inspired by ancient traditions from around the world. Aromasoul Volcanic Scrub is much more than an exfoliation: it's a sensory journey through the sacred essences of Arabia, the energetic rituals of India, the profound harmony of the East, and the sunny freshness of the Mediterranean. Volcanic stone powders combine with precious aromatic oils to deeply renew the skin, stimulate circulation, and rebalance vital energy. A unique and enveloping olfactory signature, leaving skin soft, luminous, and intensely scented, accompanies each aromatic variant. Choose your sensory destination and let expert hands guide you through this ritual that purifies, energizes, and transports.

### **HOT STONE MASSAGE** Embracing Warmth

50 min 100 €

A journey of warmth and well-being that envelops the entire body. Heated volcanic stones are placed and gently glided over the skin, releasing deep tension and stimulating circulation with an enveloping touch. The slow, steady heat melts away sore muscles, while the mind relaxes in an atmosphere of profound tranquility.

### **BACK & NECK** Muscle Relaxation

50 min 100 €

A targeted relief experience for those seeking release from accumulated stress and tension. This deep back and neck massage uses careful, rhythmic techniques to loosen muscle knots and restore mobility and comfort. Each movement is a caress that relaxes muscles, relieves fatigue, and restores body and mind.

**3 RITUALS - 260 EURO instead of 300 EURO**



THE COLLECTION  
ALAGNA • MIRTILLO ROSSO

# THE DREAM MENU

## CLOSE YOUR EYES AND LISTEN TO THE WORLD CARESSING YOU

Let yourself be transported on a sensory journey around the world: enveloped by the fluid maneuvers of the Californian massage, cradled by the harmonious vibrations of Tibetan bells and regenerated by the energy of the decontracting bamboo of Thai tradition.

### COMFORT TOUCH *Deep Cuddle*

50 min 100 €

An experience of lightness and harmony that envelops body and mind in a gentle, reassuring embrace. Expert hands move gently and slowly, stimulating the nervous system and releasing deep tension. The soft, enveloping touch promotes deep relaxation, reduces stress, and restores a sense of inner balance, like a warm breath that restores calm and well-being to every fiber of the body.

### TIBETAN SOUND MASSAGE *Vibrational sound ritual*

50 min 100 €

An acoustic journey that touches the soul and relaxes the mind. The harmonious vibrations of Tibetan singing bowls resonate gently, creating an energetic field that envelops the entire body. This multisensory treatment promotes a deep meditative state, helping to release accumulated stress and rebalance vital energy. The sound becomes an invisible caress that calms the thoughts and regenerates body, mind, and spirit.

### BAMBOO MASSAGE - FISIOSPORT *Relaxing*

50 min 100 €

A dynamic ritual combining strength and lightness, conceived to release deep muscle tension and promote physical recovery. Warm, smooth sticks glide over the body, applying deep yet gentle pressure that stimulates circulation, relieves pain, and reduces stiffness. This treatment combines the natural properties of bamboo with sports massage techniques, providing an intense sensory experience that releases energy, improves mobility, and provides an immediate sense of well-being and vitality.

3 RITUALS - 260 EURO instead of 300 EURO



NH COLLECTION  
ALAGNA • MIRTILLO ROSSO

# THE DREAM MENU

## CLOSE YOUR EYES WHILE PREGNANT

During pregnancy, give yourself some time to unwind from daily stress and rediscover yourself. We only offer treatments after the fourth month of pregnancy.

**MATERNITY** 50 min 100 €

Maternity is a full-body massage, including the face. A pampering experience that promotes fluid drainage and relaxes muscle tension.

**SPECIALIST RITUAL** 50 min 100 €

Ritualistic treatment and massage, promotes muscle and joint function of the upper and lower limbs, blood and lymphatic circulation.

**RECOVER TOUCH** 50 min 100 €

Super antioxidant facial pampering accompanied by an enveloping massage of the face, décolleté, neck and trapezius.

**3 RITUALS - 260 EURO instead of 300 EURO**



# I SOGNI D'ORO DEI BIMBI

*"There's a magical character who lives in the enchanted woods at the foot of Monte Rosa. They call him the Sandman: he is the guardian of childhood and the sweetest moments, the silent guardian who accompanies young and old on a journey beyond time.*

*He will guide you into a world of tranquility and wonder, where the body relaxes and the spirit finds light. Here, at the Sogni d'Oro Spa, our beauty specialists will pamper you with gentle hands and a caring heart.*

*An enchanted refuge where every age finds its space, even the littlest ones, who can daydream while the Sandman blows his golden dust... And everything begins to sparkle...It's time to dream."*

## BABY RITUAL

20 min 39 €

A slow, enveloping massage using sweet almond oil to promote relaxation and aid sleep.

## MASSAGGIO IO & TE

20 min 78 €

Couples massage.

An intimate moment of relaxation together.

## FACE RITUAL

20 min 29 €

Facial cleansing followed by the application of a hydrogel mask, concluded with a facial massage.

## BABY CURE

20 min 29 €

Ritual to learn how to take care of your hands and feet with nail filing and nail polish application.



NH COLLECTION  
ALAGNA • MIRTILLO ROSSO



NH COLLECTION ALAGNA MIRTILLO ROSSO  
Strada della Barriera, 8 – Loc. Riva Valdobbia  
Alagna Valsesia – Monte Rosa  
Tel. 016391810

[spa.nhcollectionmirtillorosso@nh-hotels.com](mailto:spa.nhcollectionmirtillorosso@nh-hotels.com)



NH COLLECTION  
ALAGNA • MIRTILLO ROSSO