



SAINT HUBERTUS

LUXURY RESORT & SPA

Cervinia



LUXURY RESORT & SPA



Values

The Resort has been inspired and tailor-made by the ideas of architect Savin Couelle and by its craftsmen.

Unique natural materials combined to form exclusive architectural designs and lines that characterize Saint Hubertus Resort, a precious work of art where you can enjoy unforgettable, exclusive moments and complete privacy.

A timeless place where you can re-experience the harmony of the senses and deep wellness while being lulled by the silence of nature and regenerated by the power of the Matterhorn, which with its majestic walls becomes a picture in every corner of the Saint Hubertus Resort & SPA.

Uniqueness and quality of the materials inspires all the services that Saint Hubertus Resort offers to its guests.

Saint Hubertus Ergo SPA

A team of professionals is waiting for you to tailor-made all the treatments that will make your holiday relaxing, regenerating and unforgettable.

A treatment dedicated to your wellbeing, a couple ritual or a specific program: your wish will be fulfilled in the beauty and exclusivity of our resort.

Natural cosmetic products for performing and immediate results, unique treatments and massages are exclusively designed for your stay at Saint Hubertus resort & SPA.





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Facial treatments

Saint Hubertus Luxury

Innovative treatment with oxygenating and lifting effects, suitable for all skin types. A deep cleansing, unique performance products with immediate results, lift-patch combined with anti-aging manual techniques will reduce the signs of aging. The special treatment will be completed by relaxing manual techniques on the extremities of the body for a wider relaxation.

110'

€ 290,00

Enlighten me

Energizing facial treatment with regenerating peeling, pure vitamin C and specific active ingredients for new vital and radiant skin.

50'

€ 150,00

Nutri Intence

Intensive, highly moisturizing treatment. Enveloping and relaxing manual techniques accompanied by nourishing products for a radiant and supple skin. This treatment is recommended after a day outdoors.

50'

€ 150,00

Staminox

A combination of phytocosmetic extracts and stem cells conveyed in depth supplying 100% pure oxygen with extraordinary regenerating, plumping, brightening, lifting and lightening effects, that you will see from the very first application. The skin will appear more radiant and toned, expression lines will reduce.

80'

€ 225,00

Cool Ice

Specific eye contour treatment against time and fatigue. Active principles with moisturizing and anti-aging properties conveyed by draining manual techniques and an Ice-Ball massage will minimize wrinkles and give you a new look.

25'

€ 90,00

Purity Man

Ideal for revitalizing skin irritated by frequent shaving or exposure to harsh winds and cold conditions. Thanks to all-natural ingredients, this treatment combines a purifying, exfoliating and toning power with deeply relaxing massage techniques for the face, neck and scalp.

50'

€ 150,00



Body treatments

BODY EXPERIENCE

Oriental savonage

A soft cloud of soap will envelop your body. With a gentle massage, it will give your skin a new life, making it softer and more perceptible, and eliminating toxins. The heady scents of the essential oils will give you a profound sense of well-being.

80'

€ 175,00

Body charme

An exfoliating and nourishing massage performed with deep, enveloping manual movements with shea butter and precious diamond microgranules will make your body silky and shiny. A real jewel for your skin.

50'

€ 130,00



Body treatments

BODY FORM

Three in one

A draining, detoxifying and exfoliating massage under a warm cloud of steam to extend your natural beauty with all the benefits of Dead Sea salts. The perfect treatment to fight water retention and to give new vitality to your skin.

80' € 185,00
110' with bandage € 240,00

Sensorial Silhouette

A unique treatment that starts with a relaxation moment through manual techniques that release the joints from tension, followed by applications of mud made from volcanic rocks dynamized in thermal spring water with an invigorating and anti-aging effect. Specific relaxing manual techniques lead to tangible results from the very first session.

80' € 185,00

Technispa

A unique liposuction treatment with a triple draining, reducing and toning effect, followed by a phosphatidylcholine bandage that significantly shapes the silhouette. An anti-cellulite treatment with surprising results.

80' € 195,00

Abdomen

Reducing and toning treatment with reshaping manual therapy that convey firming active ingredients for a toned abdomen and elastic skin.

50' € 125,00

Tonic legs

A pleasant treatment alternating hot and cold therapy. Warm and soothing manual techniques on the upper part of the body are alternated with a personalized massage with cooling mud on the legs that immediately gives a sense of relief with a relaxing and firming effect, reducing heaviness and swelling.

80' € 185,00



Couple rituals

Alpine ceremony

Mountain gives us its gift. A ritual in which the ancient wisdom of Alpine culture is combined with the therapeutic properties of herbs.

This holistic ritual par excellence, will be accompanied by a thematic tasting session. The wellness secret of this treatment is enshrined in precious hot herbal packs with relaxing and detoxifying properties, dipped in warm oil and slid over the body, alternating with relaxing manual techniques. The alpine scents will envelop you, the warm and deep manual therapy will cradle and calm you.

80'

€ 195,00 per person

Elements

Wood, stone and metal in synergy with each other will be the protagonists of this journey. The harmonic sound will start the journey, which will continue with acupuncture on the points of greatest tension. Deep, relaxing manual therapy will be accompanied by warm, perfumed oils.

A sensual ritual to immerse in the universe of emotions, acting on psycho-physical relaxation.

The ritual will end with a relaxing bath in the warm spring accompanied by strong and unique flavours.

105'

€ 255,00 per person

A path on the woods

Open your heart with a breath and let yourself be carried away by the heady scents of the woods and the sounds of nature for an inner awakening.

A gentle exfoliation of the face and body will anticipate the personalized massage with top of the range vegetable oils.

This exclusive ritual in the Saint Hubertus grotto will give you the opportunity to immerse yourself in the warm spring with whirlpools reserved for you, to enjoy the relaxation corner. A typical and selected tasting is included.

Alpine harmonious excellence will accompany this magnificent journey for your beauty and psycho-physical well-being.

135'

€ 315,00 per person



Massages

Hermit's journey

Deep relaxation massages on the extremities of the body open the way to the frequencies and vibrations of the Tibetan bell. A journey of deep introspection to recover inner peace and balance.

50'

€ 125,00

Light's embrace

In a soft, warm and cosy atmosphere, this massage is a true pampering. Warm, fragrant plant butters will gently drip on your body, enveloping massages will give a sense of well-being in a multi-sensory experience. The skin will be soft and radiant.

50'

€ 135,00

Alpine breath

Thanks to this massage and the use of essential oils mixed with warm oil, you will be able to discover the scents of this region. Deep, enveloping manual therapy on the face and body will lead you into deep relaxation.

50'

€ 135,00

Hot stone massage

Since ancient times, the benefits of heat have been used on our body, to relax and gently unwind. This massage, performed with hot lava stones of volcanic origin and relaxing manual techniques, transfer warmth and energy to the body during all the treatment.

80'

€ 195,00



Massages

Saint hubertus massage

Incorrect posture, sporting activity, work, but also psycho-physical stress lead to involuntary incorrect postures that over time cause contractures and muscle and joint pain.

The relaxing and circulatory manual therapy, combined with a special oil, make this massage decontracting and at the same time relaxing, acting on specific points of the body.

A targeted treatment for your psychophysical well-being.

50' body € 145,00

80' body, face, head € 210,00

Stillness of the tide

The relaxing and continuous rhythmic flow of two professionals will bring your mind back to absolute well-being. Cranio sacral techniques amplified by specific manual techniques on the body will re-harmonise your thoughts and emotions.

50' € 210,00

Equilibria experience

Very often tensions in the lumbar, cervical and spine radiate to the face, making it look tired and marked. A decisive and relaxing treatment that works on the back and ends on the face, giving it new features that will look completely relaxed and soothed.

50' € 125,00

Osteopathic treatment

Osteopathic manual medicine, through specific manipulations, proves success for the evaluation, prevention and treatment of disorders affecting not only the musculoskeletal system, but also the cranio-sacral and visceral systems.

50' € 145,00



Special sport, ski & golf

After sport massage

Muscle and circulatory massage suitable for relieving muscle tension after intense sporting activity.

50' € 145,00

80' with mobilization and myofascial techniques € 210,00

Anti-fatigue after-ski massage

Energetic full-body massage with draining techniques on the legs and application of regenerating mud with eucalyptus and menthol to prevent inflammation and provide lightness.

80' € 195,00

Osteopathic treatment and sport

This osteopathic treatment optimizes body's energy by giving corrective input to those visceral, muscular, ligament dysfunctions that absorb precious energy for training and sports performance.

50' € 145,00

Shock treatment

Intensive local treatment aimed at restoring joint and muscle functions through specific manipulation and application of volcanic mineral mud that stimulates the reactive and reparative capacities of tissues.

30' € 85,00

50' with specific massage and manual therapy € 145,00

Tone up

Energetic massage focused on the lower back muscles involved in the typical golf swing.

30' € 85,00

After swing

Massage to relax muscles after golf activity.

50' € 145,00



Training

Warm up

Targeted exercises useful for directing and stabilizing a specific movement required in activities such as skiing and snowboarding, climbing, trekking and mountain-biking.

25' € 50,00

Cool down

Guided myofascial and muscular release session excellent for balancing the tensions that muscles and connective tissue produce on the osteo-articular system.

25' € 50,00

Personal coaching

Customized session based on a specific objective. The initial analysis will be followed by a personalized workout log and the practice of the recommended activity.

60' € 90,00

90' with guided training included € 120,00

Psycho-motor training

Training program designed for children and adolescents focusing on the development of psycho-motor skills by working on core movement patterns in a both playful and creative context.

1 child 50' € 90,00

2 children 50' € 55,00 each

3 children 50' € 45,00 each



Water treatments

Water has always been considered as an element of deep relaxation. When we dip into the water, everything becomes lighter, tensions and thoughts tend to disappear and the body takes on a profound malleability allowing the therapist to work more deeply. The perception of gravity changes resulting in a little moment like being in the womb without tension and without thoughts. This is why this element brings our senses back to a primordial state as if receiving an embrace of deep peace and tranquillity.

Hydrokinesis

Aquatic exercise allows you to better manage and decrease pain. It improves mobility and strength in case of acute or chronic condition involving movement. Reduced gravity decreases joints stress and leads to the elimination of pain due to a loading on the osteo-articular system. The temperature of 32°-34° provides myorelaxant and pain-relieving effects. By triggering a mechanism of vascular gymnastics, arterial and lymphatic circulation is improved, muscle relaxation is generated, and contractures and tensions are reduced.

50'

€ 125,00

The Vibrations of the Wave

A notable, unique treatment where your body will gently float on the special waterbed lulled by the harmonious sound of Tibetan bells. Traction and gentle pressure on the extremities of the body will make this superb treatment a unique experience.

25'

€ 85,00

Osteo-floating - Zerobody

While floating, specific brain areas are activated, stimulating an opposite physiological response to stress, resulting in improved mental performance. Meanwhile, the absence of contact points and the therapist's specific mobilizations release the body from bad postures, reduce muscle and joint pain, and allow immediate physical recovery.

25'

€ 85,00

Zerobody relaxation

Zerobody releases your central nervous system (CNS) from external stimuli. The mind can express its full potential while the body relaxes and regenerates. Suspended on 400l of warm water you can float in weightlessness. This will allow better oxygenation and tissues nourishment due to increased blood flow, better drainage and faster recovery.

15'

40,00€

25'

55,00€

45'

90,00€



Tailor-made

By booking your consultation, you will have the opportunity to receive a tailor-made program that meets your needs.

Aesthetic facial consultation

An aesthetic consultation with a beauty therapist to find out which beauty routine is best suited to your skin type and to identify needs and goals to be achieved both in the spa and at home. The analysis will be carried out through a manual and electronic assessment of the most important indicators of skin well-being.

30'

Free

Aesthetic Body consultation

Personalized consultation with body assessment and advices to create the most suitable tailor-made treatment path for you.

30'

Free

Osteopathic consultation

Thorough medical history and postural evaluation with osteopath/personal trainer. Some specific tests will be performed to assess tractability and draft the treatment plan.

When should I see an osteopath?

- Prevention: to maintain a good quality of life and avoid dysfunctional issues that can lead to pain and disease in the long run.
- When experiencing musculoskeletal pain: to regain movement and restore the balance of the whole system.
- When practicing sports: to avoid muscle and joint injuries, increase physical-sport performance, and solve musculoskeletal or tendon pain.
- In case of frequent headaches, neck pain or problems maintaining balance due to poor posture.

Through an osteopathic consultation you can receive detailed information about the functionality of your "body system."

30'

Free



Programs

WELLNESS & BEAUTY

- Body Charme 50'
- Enlighten me 50'
- Sensorial Silhouette 80'

€ 430,00

LUXURY EXPERIENCE

- Saint Hubertus Luxury 80'
- Saint Hubertus Massage 80'
- Osteopathic treatment 50'

€ 590,00

LOVE TIME

- Elements 105'
- Alpine ceremony 80'

€ 400,00 *a persona*

MAN RESTORING

- Purity Man 50'
- Osteo-floating 25'
- Alpine breath 50'

€ 345,00

PREGNANT

- The wave vibrations 25'
- Nutri intence 50'
- Hermit's journey 50'

€ 335,00

GOLF

- Warm Up 25'
- Osteopathic treatment 50'
- Personal coaching 60'

€ 265,00

SCI E SNOWBOARD

- Aftersport massage 80'
- Shock treatment 50'
- Personal coaching 60'

€ 390,00



Ergo Water Spa

- Panoramic indoor pool with heated water equipped with whirlpool and waterfall,
- Indoor Jacuzzi with heated whirlpool
- Soft Sauna (60°) with exit to the garden
- Finnish Sauna (90°)
- Turkish Bath
- Emotional shower
- Feet-Ice Path
- Ergo Sleep armchairs
- Ergo Wellness Garden
- Herbal tea and dried fruit corner
- Kit with bathrobe, towel and slippers



Ergo Spa regulations

OPENING HOURS AND RESERVATIONS

The Wellness Centre is open daily from 10:00 to 20:00.

It is possible to book services and treatments directly from your apartment by dialing 300.

Children and teenagers from 3 to 14 years are admitted from 10:00 to 16:00.

Children under the age of 18 must always be accompanied by a parent.

BOOKING A TREATMENT

If you are not able to select the most appropriate treatment for you, our therapists can offer you a free personalized consultation.

When booking a treatment we recommend that you arrive at the SPA reception 15 minutes in advance.

If you are late, we will not be able to guarantee the scheduled duration of the treatment or reduce the cost of the treatment.

APPOINTMENT CANCELLATIONS

For treatment cancellations or changes, you are required to notify us at least 24 hours in advance. If you cancel less than 24 hours in advance, you will pay 50% of the treatment.

CHILDREN ACCESS

Children may use the Wellness Center only respecting the regulations.

SPA ACCESS

To ensure maximum comfort we kindly ask guests to use swim suits in the wet area set up for men and women.

Clients staying in our Resort may enter the Wellness Center directly from their apartment with their bathrobe and slippers. In the Spa area clients may change their slippers and receive a personal towel.

Please let us know if you have any issues regarding your health status, pregnancy, allergies, surgery etc, so that the SPA experience can be perfect and that we can suggest the most suitable treatments for you.

GENERAL RULES

We are in a quiet and relaxing environment. Please respect the silence by avoiding the use of electronic devices and keeping a low tone of voice.

Access to the saunas and steam bath is not recommended for those under 14 years of age, pregnant women, people with low blood pressure, cardio-vascular problems and with pace-makers.

PROHIBITIONS

Clients are not allowed to make any noises, dive, run and smoke in all the wellness area.



SAINT HUBERTUS
LUXURY RESORT & SPA
Cervinia

Via Piolet 5/A - 11021 Breuil-Cervinia (Valle d'Aosta - Italy)

telefono: +39 0166 54 59 16

e-mail: info@sainthubertusresort.it

www.sainthubertusresort.it