

SPA
SAINT HUBERTUS



SAINT HUBERTUS
LUXURY RESORT & SPA

Cervinia

SECONDA DI COPERTINA
NON STAMPATA SOLO CARTA

Saint Hubertus Resort
is harmony, vibration, energy:

its elegant spaces have been designed
by the famous French architect Savin Couelle
and entirely built by skilled craftsmen,
with unique furniture and materials
that infuse tranquility, joy and profound peace.

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The resort speaks the language of nature
and every stay is an experience
in the strength of the elements:
the water of the ergonomic pool
and the adjacent crystalline springs,
warm wood like the endless forest
whispering from the windows,
the crackling fire from the fireplaces in the bedrooms,
and the silent and still stone
that acts as a bridge with the Majestic Matterhorn.



Ergonomic Wellness at 2.000 mt

**The perfect and unique combination
of wellness treatments and personalized workouts
recommended by a team of experts**

In the regenerating context of this special resort,
every guest of the Luxury SHR SPA
will be able to undertake
a tailor-made wellness program.

Live the SHR experience
to the fullest getting advice
from our professionals the best Spa Circuit for you
and thus, rediscover a profound sense of well-being
that will last over time.

Our programs:
Ergo Sport at 2.000 mt
Ergo Total Body Care
Ergo Energy
Ergo Aesthetic Wellness





*Ergonomic Wellness
at 2.000 mt*

Ergonomic Wellness at 2.000 mt

Ergo Sport at 2.000 mt

This program is designed for guests who want to make the most of their day in the snow. It starts with a quick but effective warm-up followed by our personal trainer and ends at your return to the hotel with a regenerating and relaxing guided program for muscle recovery dedicated to athletes.

The day's program includes:

- Muscle and cardiovascular pre-ski warm-up with personal trainer
- Snack to go specially designed for athletes
- Energy breakfast studied ad hoc by our Chef
- Cool down with elongation of trained muscles and myofascial release
- Consultation with our personal trainers and osteopath
- Welcome face treatment
- Face or body treatment
- Break with snacks and our selected organic herbal teas





*Conclusion of the program in our **Ergo Water SPA:***

- TURKISH BATH to promote bronchial breathing and re-oxygenate the tissues
- ICE-FEET walk on the stones with immersion of the feet in the ice to promote circulation and lymphatic drainage
- FINNISH SAUNA (85 °) or BIO SOFT SAUNA (45 °) to facilitate the disposal of lactic acid
- WHIRLPOOL with iodine-enriched water, potassium and magnesium for the replenishment of mineral salts and maintain a correct hydro-saline balance
- ERGO SLEEP: let yourself be enveloped by relaxation on comfortable modular seats with our specials ERGONOMIC CERVICAL and LUMBAR CUSHIONS.

Starting from euro 160

Ergo Total Body Care

This program is designed for guests who prefer stay in the structure for a regenerating pampering, a space of relaxation all to yourself, a moment of profound reconnection - perhaps in a day where partner, family or friends prefer to ski.

The day's program includes:

- Light breakfast dedicated to wellness specially designed by our chef
- Consultation with our personal trainers and osteopath
- Consultation with our aesthetic therapists
- Personalized training
- Welcome face treatment
- Light lunch prepared according to personal tastes
- Face / body or ritual treatment

*Conclusion of the path in our **Ergo Water SPA:***

- TURKISH BATH with our vegetable ointment to oxygenate and tone the tissues and to deeply purify the epidermis.
- EMOTIONAL SHOWER with chrome and aroma therapy
- WHIRLPOOL with targeted water jets
- BIOSOFT SAUNA (45 °) to activate the metabolism and expel toxins
- ERGO SLEEP final relaxation on comfortable modular seats with special ERGONOMIC CUSHIONS for the NECK and LUMBAR areas

Starting from euro 230

Ergo Energy

This program has been designed for guests who love sports on days when it is preferable to replace the activity on the slopes with an empowering and regenerating training program with the personal trainer, as well as targeted treatments and therapies for body and face.

The day's program includes:

- Consultation with our personal trainers and osteopath
- Consultation with aesthetic therapists
- Group WORK-OUT to improve joint mobility and cardio-respiratory capacity
- Cold therapy to relieve inflammation, relax and promote muscle recovery:
 - Body Ice Massage in the snow to anti-inflammation, reactivate the metabolism and dispose of lactic acid
 - Deep Breathing in the heat of the SPA to re-oxygenate the body
- FINNISH SAUNA (85 °) to expel toxins
- EMOTIONAL SHOWER with chromium aroma therapy
 - Welcome face treatment
 - Single or couple treatment or ritual

*Conclusion of the path in our **Ergo Water SPA:***

- TURKISH BATH to promote bronchial breathing
- WHIRLPOOL with targeted jets
- ERGO SLEEP to complete relaxation on comfortable modular seats with special ERGONOMIC CUSHIONS for the NECK and LUMBAR areas.

Starting from euro 160

Ergo Aesthetic Wellness

Programs of 3 or 5 days that provide training cycles, personalized treatments and bio-morphological diagnosis of the skin with our wellness professionals.

They are suitable for guests looking for a profound and radical well-being experience for the body, mind and spirit, with beneficial effects which persist in the following days and weeks.

Programs include:

- Consultation with our personal trainers and osteopath
- Bio-morphological diagnosis and relative anamnestic form written by aesthetic therapists

Three days

- n. 2 Personalized workouts with personal trainers based on the evaluation previously carried out
- n. 1 Face and body smoothing scrub treatment with massage
- n. 1 Face and body mud detoxifying therapy with full massage
- n. 1 Body treatment or ritual
- n. 1 Specific face treatment

Five days

- n. 3 Personalized workouts with personal trainers based on the evaluation previously carried out
- n. 1 Face and body smoothing scrub treatment with massage
- n. 2 Face and body mud detoxifying therapy with full massage
- n. 2 Body treatments or rituals
- n. 2/3 Specific face treatments

Ergo Hydratation and Nutrition

The body at 2000 meters needs to receive proper hydration.

In fact, water is the first vehicle for oxygenation of the human body.

The precious spring water flows directly to the SHR from the Matterhorn, rich in mineral salts.

Also, let yourself be pampered by our selection of organic herbal teas with different properties: purifying, diuretic, anti-inflammatory, antiseptic and cardiogenic.

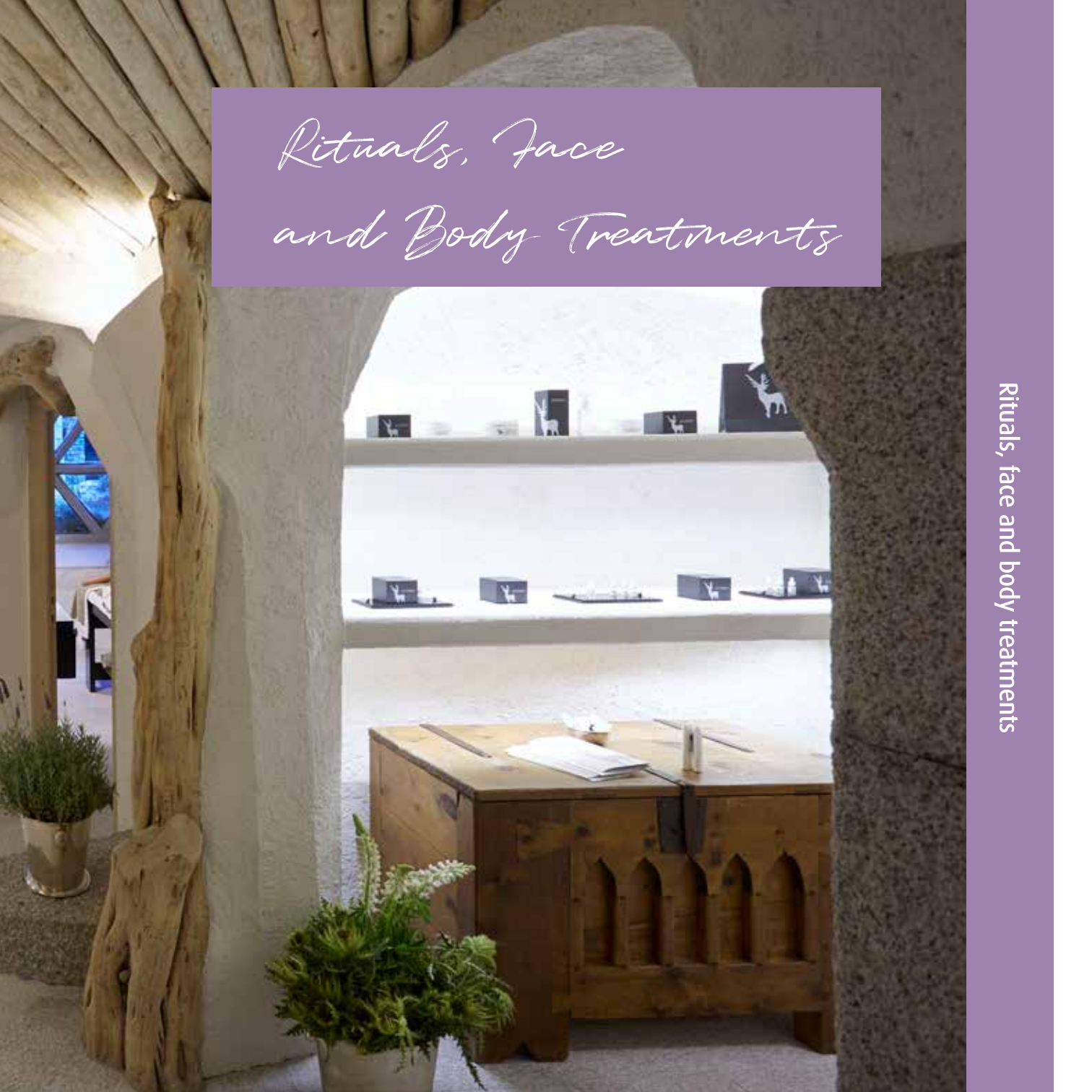
Nutrition also plays a key role in a 360° well-being and that is why that every ERGO program provides its own nutritious and balanced breakfast studied ad hoc.





*Rituals, Face
and Body Treatments*

Rituals, face and body treatments



Ritual Experience

Alone or as a couple to experience the empire of the senses...

Let yourself be enveloped by the extraordinary atmosphere made of soft lights, scented candles and intense harmonic sounds, to experience a wonderful multi-sensory journey and rediscover the harmony of your deepest essence.

Four multi-sensory paths, each with its own uniqueness, that combine relaxing manual skills with cosmeceutical methods applied to professional aesthetics capable of involving all 5 senses.

ORIENTAL SAVONAGE RITUAL**

Multi-sensory ritual of "mind and body" purification reminiscent of the typical Moroccan culture, with extraordinary detoxifying and purifying effects, able to induce a deep sense of relaxation. 90' 130 euro

EMOTIONAL RITUAL*

Characteristic multi-sensory ritual with extraordinary exfoliating and regenerating virtues, given by the scrub with whole Atlantic salts, embellished with lavender essential oils which, as well as giving a feeling of complete relaxation, makes the skin immediately soft to the touch. 120' 190 euro

DEEP HARMONY RITUAL*

Fabulous anti-stress ritual carried out through use of special brushes with soft and natural bristles, able to reactivate the circulation and oxygenate the tissues, combined with a relaxing massage with enveloping manual skills made with warm and fragrant natural oils that release rebalancing olfactory notes. 120' 190 euro

EXCLUSIVE HOLISTIC RITUAL*

Exclusive multi-sensory experience capable of touching the deepest chords of the soul.

A journey through the senses that begins with a deep but at the same time delicate exfoliation for face and body. Following, a complete massage with enveloping manual skills made with carefully selected precious vegetable oils or with flavored shea butter candles.

Include a specific facial treatment, according to the type of skin.

180' 240 euro

- * All these rituals are performed in the Spa Suite cabin and include hydromassage as a last step.
- ** This ritual unlike the other 3 is performed in the spa cabin and does not include a hydromassage.



Body Thermal Treatments

A colored cloud of warm fragrant steam for a perfect psycho-physical balance

Exfoliation and cell renewal treatments, detoxifying, draining and remodeling, performed on exclusive thermal beds that release a warm colored vapor, enriched with essences with an intoxicating scent to regain perfect physical shape.

DEAD SEA SALTS BODY SCRUB

Deep but not aggressive exfoliation treatment with Dead Sea salts embellished with scented vegetable oils, able to smooth the epidermis by accelerating cell turnover and the production of collagen and elastin for immediately brighter and more velvety skin

60' 110 euro

DETOX MUD

Wraps with remineralizing and detoxifying muds with extraordinary draining and reducing power, able to clearly reshape the silhouette

60' 110 euro

BODY WRAP

Wraps with remodeling bandages, with lipolytic, draining and toning action able to give an immediate sensation anti-fatigue and deflating. Suitable for heavy legs

60' 110 euro

Body Firming Treatment

BODY FIRING TREATMENT

Firming anti-aging treatment, specific for atonic and relaxed tissues with a lifting action. It recompacts, smoothes and tones the tissues and stimulates the regeneration of the supporting fibers of the dermis

60' 120 euro

TECHNISPA TREATMENT / Slimming treatment

Unique lipoaspiration treatment with a double ionizing effect to favor the penetration of active and stimulating ingredients and significantly reshape the silhouette. The results will be amazing.

60' 130 euro



Body Massage

RELAXING MASSAGE

Relaxing and myo-soothing massage that promotes physical and emotional balance. The use of precious lavender vegetable oils combined with slow and enveloping manual skills give a deep relaxation, making the skin smooth and velvety to the touch. 50' 110 euro

HOT STONE MASSAGE

Anti-stress decontracting massage technique with millenary origins coming from two traditions: the Ayurvedic one and the Shamanic of the Arizona Indians one. Performed with scented vegetable oils and preheated lava stones of volcanic origin that slowly release the stored heat during the treatment. 50' 110 euro

CANDLE MASSAGE

Multisensory massage performed with cosmetic candles with Shea butter embellished with perfumed fragrances which when heated are transformed into drops of pure essential oils. These properties, combined with slow and deep manual skills, give an extraordinary sense of total well-being. 50' 130 euro

AFTER SPORT MASSAGE

Relaxing massage performed with rosemary oil and special warm pads with extraordinary decontracting virtues which help to recover muscle tone especially after intense sporting activity on the ski slopes. 50' 110 euro



Face Treatments

STAMINOX

ANTI-AGE 100 % PURE OXYGEN TREATMENT

Intensive facial treatment with 100% pure oxygen performed in Synergy with specific anti-aging vials based on natural active ingredients formulated for mature skin, with superficial wrinkles or marked, with extraordinary regenerating, plumping, illuminating, lifting and lightening actions, already evident from the first application.

1 session 90' - euro 195

3 sessions of 90' - euro 390



Face Treatments

BAKEL

Bakel is a simple and innovative concept, based on creation of a skincare that, purged of all unnecessary substances generally used in cosmetics, it maximizes the benefits for the skin.

BAKEL treatments are composed of effective, transparent formulas and highly safe; they have light and rapidly absorbed textures and offer the benefit of healthy skin in a few simple steps.

Their effectiveness is scientifically supported by clinical studies.

HYDRATING AND NOURISHING FACIAL TREATMENT

Suitable for dehydrated, alipic and dull skin which needs treatment aimed at restoring the correct levels of hydration and nourishment and awaken the brightness of the face.

60' 115 euro

SOOTHING AND CALMING FIR SENSITIVE SKIN FACIAL TREATMENT

Indicated for sensitive and / or congested skin, to be treated with extreme delicacy. In this protocol, the highly soothing assets are supported by the effectiveness of BLOSSOMICE which, through skin-icing, amplifies the effect and reduces the levels of inflammation in the skin.

60' 115 euro





ENLIGHTENING AND ENERGIZING FACIAL TREATMENT

Suitable for all skin types that want a beauty treatment with an instant result, able to enhance the natural beauty of the skin. Ideal for “important” occasions.

60'

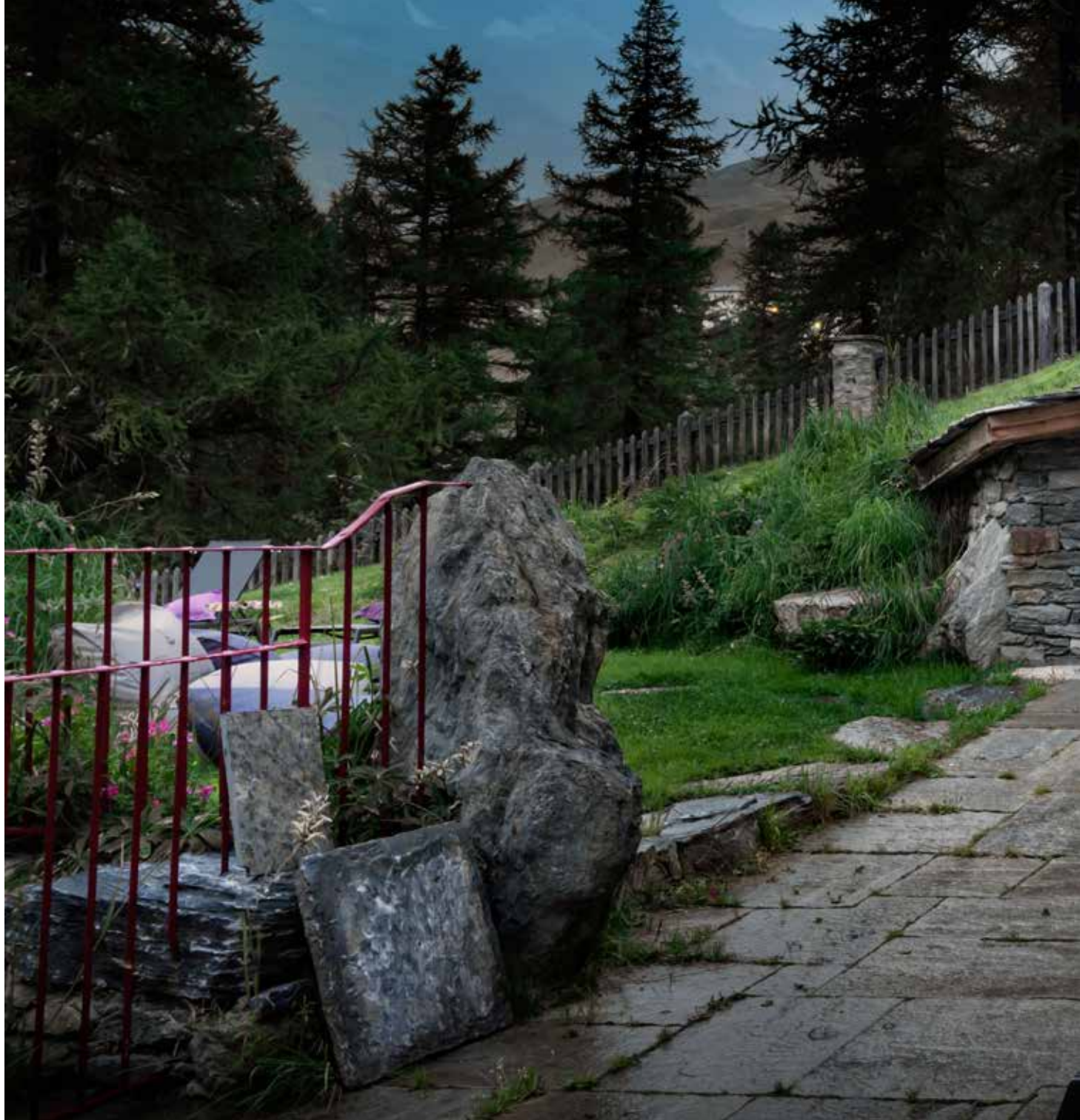
115 euro

FIRMING AND LIFTING FACIAL TREATMENT

Suitable for mature, dull skin, with wrinkles and lacking in vitality, which need an global revitalizing treatment exalted by an enveloping and decisive gesture.

60'

160 euro





*Ergo Altitude
Fitness at 2000 mt*

360° Ergo Altitude Fitness

*“Sport is about delegating to the body
some of the highest virtues of the soul”*

JEAN GIRAUDOUX

Improve your sports performance,
train your body and regain optimal physical shape
with our tailor-made training programs.

REMEMBER TO BREATHE!

Especially at 2000 meters!

Breathe correctly and have an efficient diaphragmatic function is of fundamental importance in everyday life, but even more when you are at over 2000 meters and a sporting activity is practiced. For this reason, during and at the end of each work-out it is always provided a part of conscious breathing for the purpose of adapt the body to the altitude, recover quickly after physical exertion and improve athletic performance.

WARM-UP AND NEURO-MUSCULAR COORDINATION

Mobility / Elasticity / Flexibility-Muscle activation

General body warming and specific neuromuscular activation are essential to prepare the body to face intense sporting activity. Get ready to hit the slopes with 15 minutes of exercise aimed at improving your range-of-motion and activate the necessary neuro-muscular coordination to direct and stabilize the movement on skis or snowboard.

COOL DOWN

Compensation

Unloading phase which involves the activation of the muscles and lines of force that have been deactivated during training on the ski slopes and stretching of those who instead worked during the day. The goal is not just the myofascial release and the elongation of trained muscles, but to balance the tension that the muscles and the connective tissue apply on our structure.



Ergonomic Workout at Shr

BODY SPORT ERGONOMIC TRAINING

Personalized training based on a specific goal discussed and agreed with the personal trainer.

The session also includes detailed study of the technique of athletic gestures performed, a fundamental condition for a correct and safe execution of the exercises.

60' 90 euro

WINTER SPORTS WORKOUT: LEGS & COREST ABILITY & BALANCE

Training that aims at stability and balance of the bust and lower limbs with specific focus on the main movements and muscles used in winter sports.

60' 90 euro

WOMEN ERGONOMIC FITNESS TRAINING

Functional training for women and free body follow-up or with small tools aimed at improving mobility, strength and muscle tone making simple everyday movements.

60' 90 euro

EXCLUSIVE CONDITIONING POWER & CONTROL WORKOUT

Training program designed to improve performance, the control of movements on the 10 motor patterns, rapid recovery from exercise and developing strength, mobility, endurance, coordination and agility.

Special breathing techniques are also used to help the body recover quickly during and after any effort.

60' 90 euro

SMART WORKING BODY PAIN RELIEF

Smart working has dramatically increased the hours spent to computer and phone ... call and meeting on zoom leave not only mentally tired but also with a sore neck and back.

This workout is meant to improve the condition of chronic discomfort in the back and neck and find a balanced posture to face the long "digital" days.

30'

60 euro

KIDS 'PSYCHO MOTOR TRAINING

Training program designed for groups of children / adolescents focused on developing psycho-motor skills in a context that is both playful and creative.

1 child euro 25 • 2 children euro 40



Osteopathy

MANUAL THERAPY WITH OSTEOPATHIC TECHNIQUES

Osteopathic manual medicine is a system of diagnosis and treatment which integrates body, mind and spirit, placing the emphasis on structural and functional integrity of the body by encouraging the processes of self-regulation and self-healing.

Through specific manipulations and maneuvers it is effective for the prevention, evaluation and treatment of ailments affecting not only the neuro-musculoskeletal system, but also cranium sacral (link between the skull, the vertebral column and the sacrum) and visceral (action on the mobility of the visceral organs).

60'

110 euro

OSTEOPATHY and SPORT

Organic dysfunctions absorb energy useful for sport performance.

The presence of dysfunctions puts the nervous system on alert whose attention is "drawn" to those areas distressing proprioceptive information useful for balance and correct athletic gesture.

Osteopathic treatment optimizes the body's energy level giving corrective inputs to those visceral, muscular, ligament dysfunctions that absorb precious energy for training and sports performance.

60'

110 euro

Mud and mineral gel

For the treatment of joint and muscle problems.

Fomenta Marina promotes the restoration of joint and muscle functions by stimulating the reactive and reparative capacities of the treated tissues.

30' 70 euro



TRAUMA

Contusions, bruises, effusions

The mineral composition rich of Halloysite gives the product a high absorbent activity. Particularly suitable in situations of stagnation of edematous fluids, bruises and effusions.

Active ingredient: Volcanic rocks (prevalent Halloysite) in Carbonic Acid Mineral waters.

CONTRACTS

Tendinitis, back pain, neck pain, muscle strain

The high presence of zeolites (Phillipsite and Chabasite) gives this product a strong antioxidant capacity, decontracting and repairing of muscle and tendon tissues.

Active ingredient: Volcanic Rocks (Prevailing Zeolites) in Carbonic Acid Mineral Waters.

ARTHROSIS

Joint degeneration, chronic joint processes

The mineral composition of this formulation (prevailing Montmorillonite) gives the product a high antioxidant activity, able to contain the processes degenerative joints, to stimulate the reparative and reactive capacities of the treated tissues.

Active ingredient: Volcanic Rocks (Montmorillonite prevalent) in Carbonic Acid Mineral Waters.

PAIN

Motor and functional deficits, energy imbalances

The high presence of iron-magnetic rocks (prevailing pyrite) allow the product to have a natural biostimulating and electromagnetic analgesic capacity.

Active ingredient: Volcanic Rocks (Prevailing Pyrite) in Carbonic Acid Mineral Waters.

SPORTS AND COMPETITIVE ACTIVITIES

Detoxifying and muscle stimulant

The rich presence of manganese allows the product a high reactivating capacity at the vascular level, particularly suitable for sporting purposes to facilitate competitive performance and counteract the formation of lactic acid.

Active ingredient: Volcanic Rocks (predominantly Wad-Manganese) in Carbonic Acid Mineral Waters.

FOMENTA MARINA MUD TREATMENT and MANUAL THERAPY

The treatment involves the application of the Fomenta Marina line, 100% bioactive mineral mud combined with osteopathic manual therapy for the maintenance of musculoskeletal well-being.



Saint Hubertus Ergonomic SPA

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Open every day from 10.00 am to 10.00 pm
(external guests are welcome upon reservation)

