

# DIANA

GRANDHOTEL  
ALASSIO

## Spa

A stay at **Diana Grand Hotel** is a time travel that rejuvenates your body and soul. The regenerating energy of the sea and the skilful work of our therapists mean you will get into top shape. Only accessible by appointment by guests aged 18 or over, our spa can also be reserved.



## Soul Steam 195 x 50

Far from just being a steam bath, **SoulSteam** can be regarded with good reason as a full treatment ritual based on **high-performing technology**. The velvety-looking ceramic creates a sophisticated and warm environment where it only takes few minutes to reach temperatures of 43-45° C and 98% humidity. Your shower thus becomes a **unique experience** engaging all your senses. Inspired by nature, the 'open-air rain' effect gives you sensations and moments just for yourself in a totally new dimension.

## Relaxing Body Rituals

### ANTI-STRESS MASSAGE:

The hectic times we're living in often cause tension to build up in some particularly sensitive areas of our body, such as our shoulders, neck and back. Try our anti-stress massage to help you alleviate such strain. Its beneficial effects, combined with the healing properties of thermal water, will give you a long-lasting feeling of well-being.

### TOTAL BODY CALIFORNIAN MASSAGE:

This is a slow and relaxing massage, with broad and embracing movements that model your body. Not only does it tone up your skin, it also acts on your nervous system, easing any tensions.

### HOT STONE MASSAGE:

With the aid of warm igneous stones, it loosens any stiffness and improves your joint mobility.

### BIOENERGY MASSAGE:

As well as soothing chronic tensions, it helps you express your emotions and breathe freely, whilst improving your blood and lymphatic circulation.



## Slimming and Invigorating Rituals

### ANTI-CELLULITE MASSAGE:

Whilst a lymph draining massage is great to expel liquids from your body, you need to go deeper and stimulate your connective tissue with more energising and intense anti-cellulite treatments. By applying pressure with their fingers, our therapists reactivate your tissues, vigorously dissolve cellulite and trigger circulation. Your metabolism considerably benefits from this massaging technique as well, thereby finding new vitality and burning more fats.

### MANUAL LYMPHATIC DRAINAGE:

It acts on deep lymphatic vessels by eliminating excess liquid and carrying lymph build-ups to points where they can be released. Hand movements in this case are slow and repetitive, as well as extremely relaxing.

### LOWER LIMB LYMPHATIC DRAINAGE:

It focuses on the lower part of the body, as standing often causes our legs and feet to suffer from lymphatic dysfunctions.

## Eastern Disciplines

### FOOT REFLEXOLOGY:

Rooted in the ancient Chinese medicine, this technique is based on the assumption that each organ has a corresponding reflex point on the foot sole. Therefore, by stimulating a given point, you are going to affect the organ associated with it.

### SHIATSU:

An ancient Chinese massage based on acupressure. The four pillars of Shiatsu are breathe, posture, perpendicularity and the pressure that the therapist must control and apply to perfection. During Shiatsu massages, the patient should wear comfortable (preferably white) cotton clothes, or be covered with a bed sheet.

### TRIDOSHA AUYRVEDIC MASSAGE:

Arguably the best known Indian treatment, it is performed using warm oil and acts on your muscles, as well as on your lymphatic, circulatory and nervous systems.



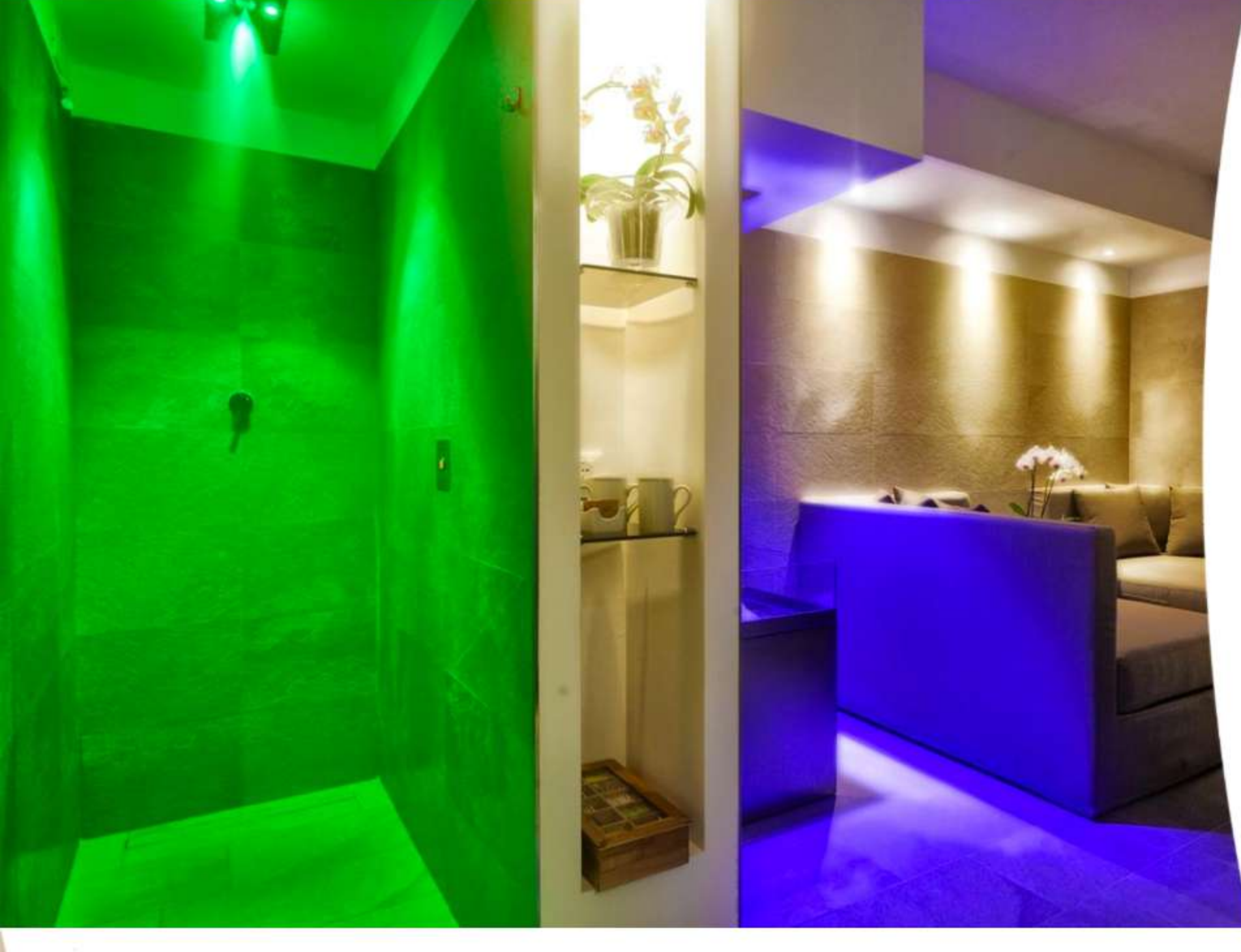
## Sports Massages

### MUSCLE-EASING 55 MINUTES € 55.00

As this type of massage usually addresses a specific contracture, it focuses on a particular part of the body, for instance your legs, back or lower back. Its purpose is to restore the normal muscular tone by treating contractures with targeted manoeuvres such as hand/finger pressure and rubbing. And it is indeed through these procedures that therapists manage to ease muscles, reactivate numerous nervous centres and oxygenate your whole body, making it easier to eliminate toxins.

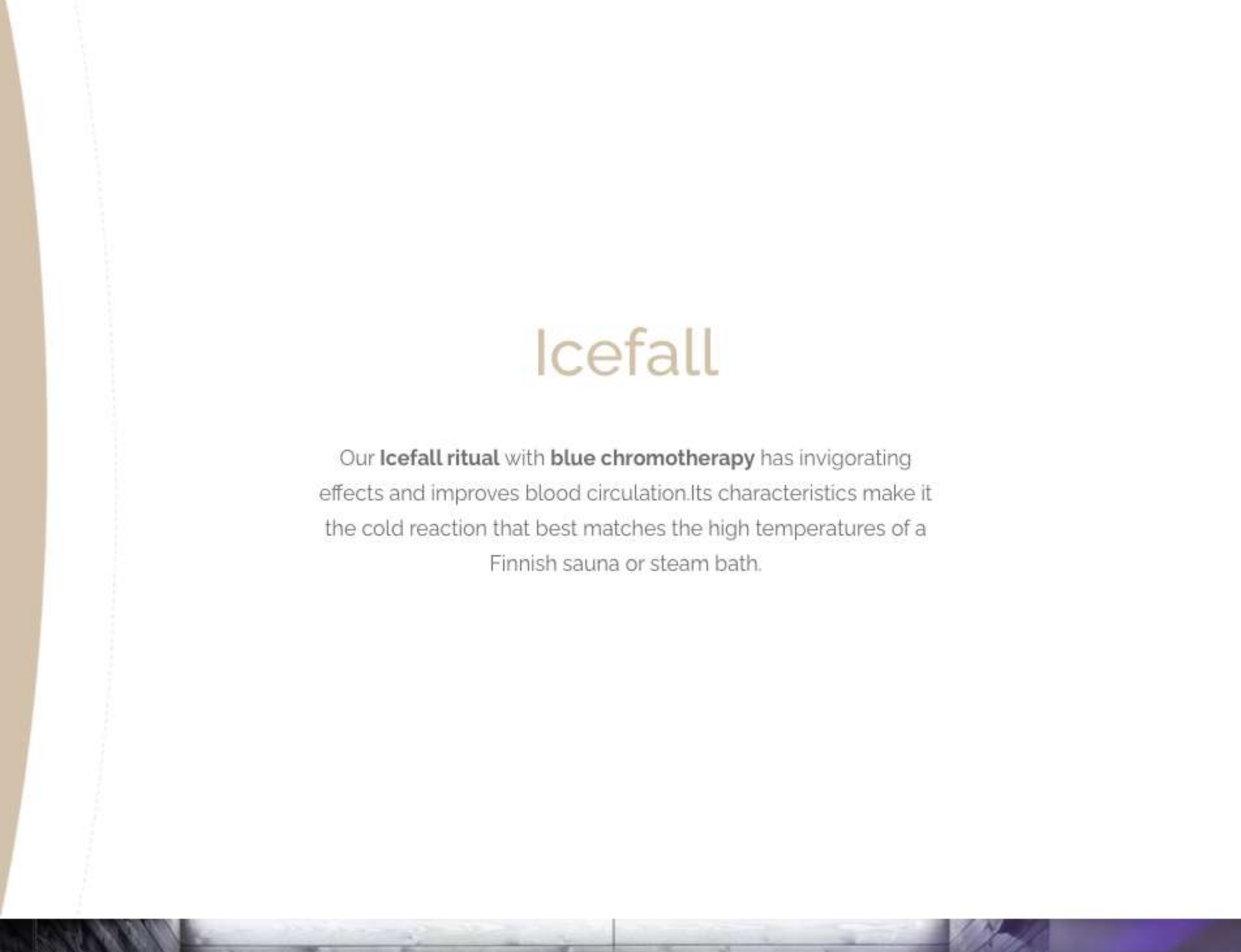
## Wellness & Fitness Area

A 30 sq. ft. jewel complete with chill-out area, treatment cabins and **Techogym-equipped fitness room**, this is the perfect destination if you want to devote time to yourself and restore your mental and physical balance. Heated beds, a sauna, a sensory shower and a Turkish bath are our flagship wellness offers close to the sea.



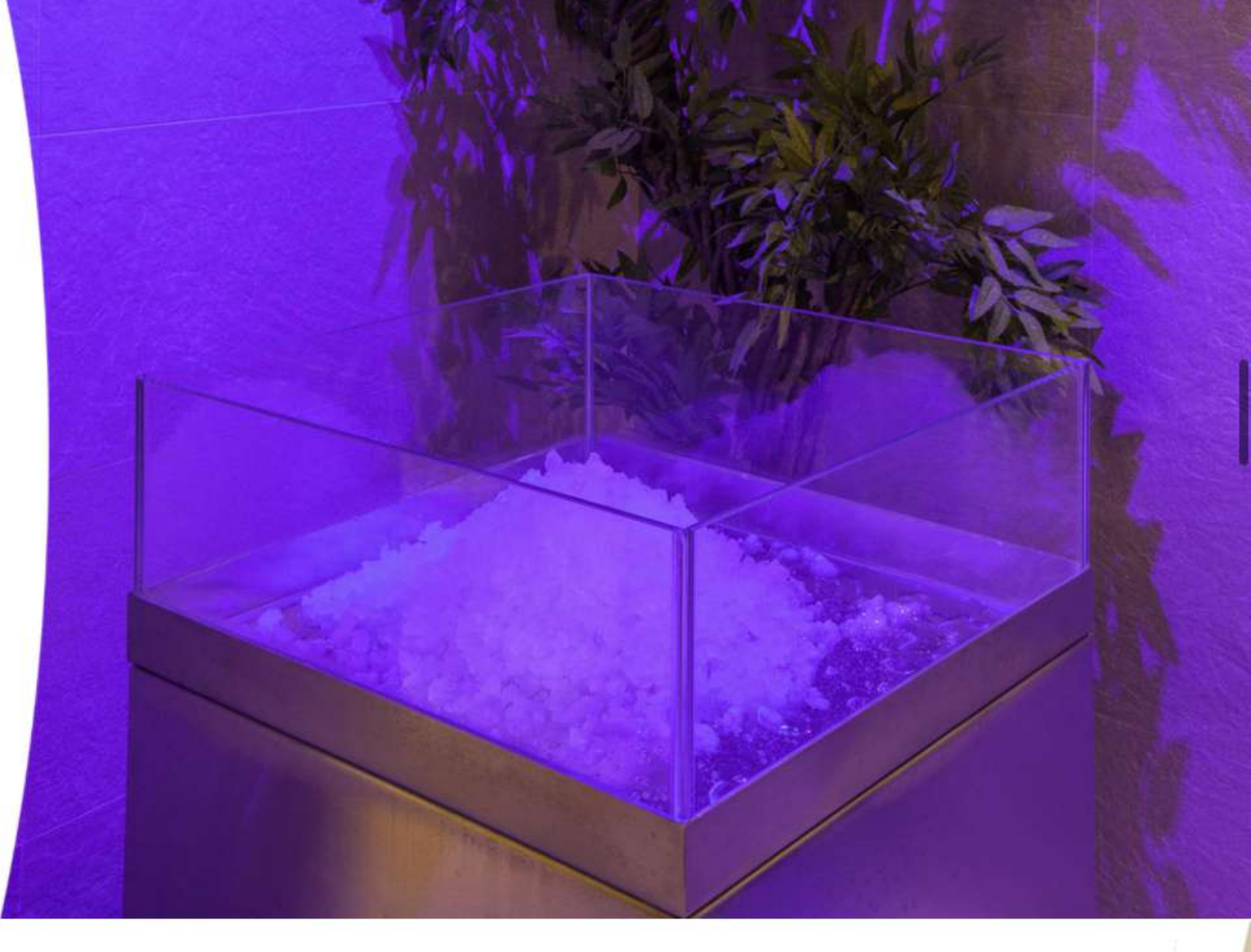
## Cold Rain/Cold Mist

Thanks to its special drop jet mode, combined with green LED lighting and Ice **Lemon** aroma, our Cold Rain ritual has a firming, refreshing and energising effect. During our Cold Mist ritual, on the other hand, water is sprayed while blue LED light and the scent of **peppermint** pervade the environment, refreshing and toning up your body. For its characteristics, this latter experience is the perfect follow-up to steam baths and the Roman bath.



## Icefall

Our **Icefall ritual** with **blue chromotherapy** has invigorating effects and improves blood circulation. Its characteristics make it the cold reaction that best matches the high temperatures of a Finnish sauna or steam bath.



## Savu Fir SoulSauna

**SoulSauna** modernises the charm of Nordic culture by innovating traditional atmospheres. The version in black Savu fir is a reinterpretation of the typical "Savusauna" or "Smokesauna", where the lack of a chimney meant soot soiled the benches and walls. The internal heater is inspired by the principles of Finnish saunas, with temperatures and humidity reaching 80-90° C and 10-20% respectively. In addition, it enables the so called "Aulguus (infusion)" ritual. The essential oil-scented water, poured onto the heater's scorching stones, increases humidity, creating a perfumed heat cloud that envelops you.



## Beauty Centre

There is nothing better than a holiday to treat yourself to the ultimate pampering experience. Entrust yourself to the experienced hands of our beauticians.

**TRADITIONAL TREATMENTS:** Nail polish, Manicure, Pedicure, Hair removal, Hair styling

**FACE RITUALS:** Face cleaning, Face lymphatic drainage, Moisturising, toning, detoxifying and anti-age treatments

**BODY RITUALS:** Scrubbing, Moisturising, toning and relaxing treatments, Cold wrap treatment with seaweed.



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