



THE SPA MENU

CASA COOK MADONNA

WELCOME

A QUIET RETURN TO BALANCE

Set in the stillness of the Dolomites, the spa at Casa Cook Madonna is designed as a space for deep restoration. Inspired by the surrounding mountains and guided by a holistic approach to wellbeing, each treatment supports balance across body and mind.

In partnership with Saint Charles Apothecary, we work with natural, plant-based formulations and considered techniques to ease tension, restore energy and encourage recovery. The products used throughout your treatment are also available at the spa, allowing you to continue the ritual beyond your stay.

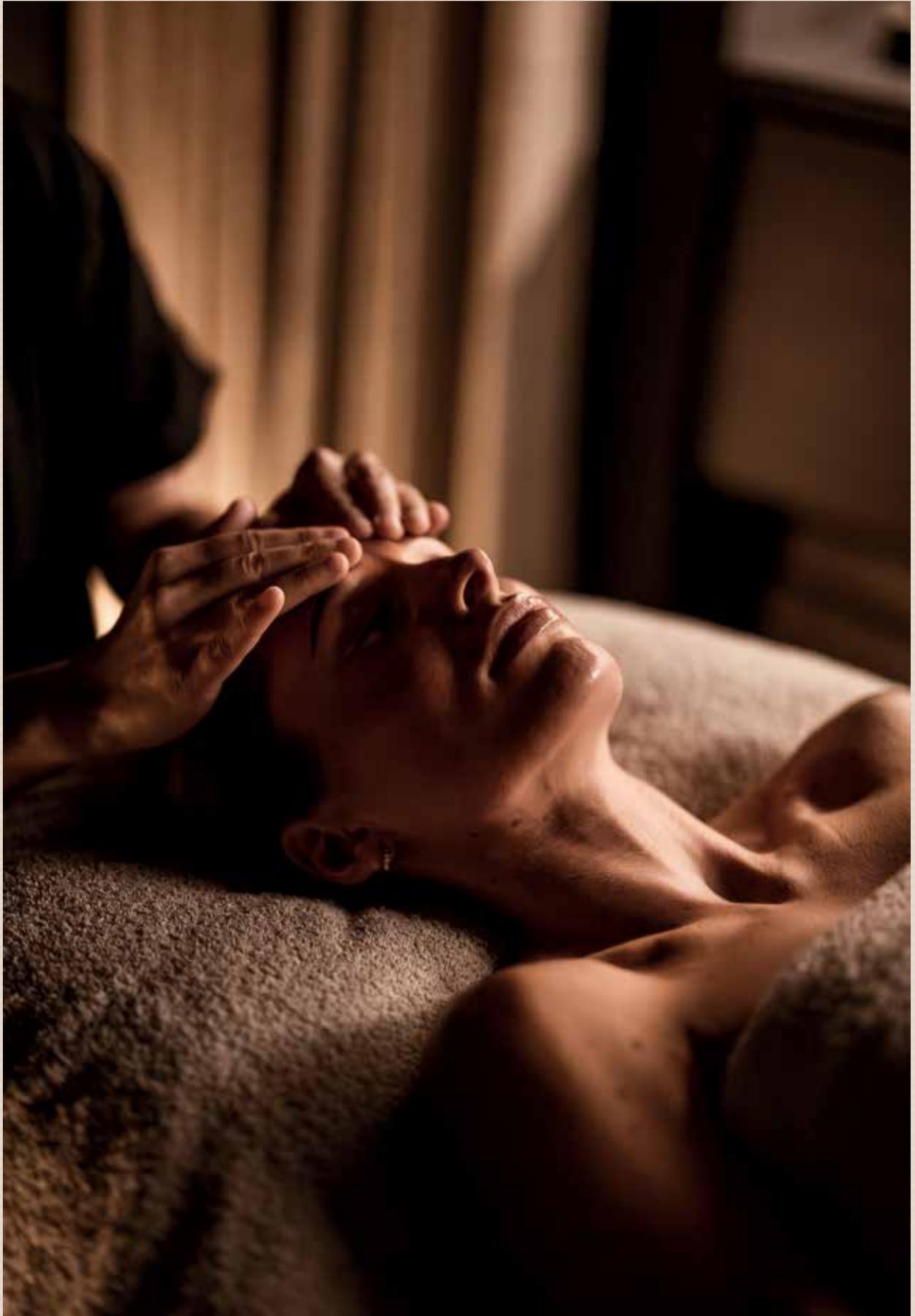
Here, wellbeing is not a moment apart – it becomes part of the rhythm of the mountains.

Immersa nella quiete delle Dolomiti, la spa di Casa Cook Madonna è concepita come uno spazio dedicato al profondo recupero e alla rigenerazione. Ispirata alle montagne circostanti e guidata da un approccio olistico al benessere, ogni trattamento favorisce l'equilibrio tra corpo e mente.

In collaborazione con Saint Charles Apothecary, utilizziamo formulazioni naturali a base vegetale e tecniche attente e mirate per alleviare le tensioni, ristabilire l'energia e sostenere il recupero. I prodotti impiegati durante i trattamenti sono disponibili anche presso la spa, per permettervi di proseguire il rituale anche oltre il vostro soggiorno.

Qui il benessere non è un momento isolato – diventa parte del ritmo delle montagne.

GET THE SPIRIT



MASSAGE THERAPIES

ESSENTIAL MASSAGE

Deep muscular relaxation

A restorative full-body massage designed to release deep-seated tension and support natural recovery. Combining slow relaxation techniques, targeted deep tissue work and warm volcanic stones, it eases tired muscles and restores vitality.

Rilassamento muscolare profondo

Un massaggio completo e rigenerante, studiato per sciogliere le tensioni profonde e favorire il naturale recupero del corpo. Combinando tecniche di rilassamento lente, manovre mirate di deep tissue e pietre vulcaniche calde, aiuta ad alleviare la stanchezza muscolare e a ritrovare vitalità.

50min - €140

SIGNATURE MOUNTAIN MASSAGE

Alpine recovery ritual

Inspired by the Dolomites, this signature treatment supports recovery and restores balance. Targeted techniques release tension and ease fatigue – grounded in the strength of the mountains.

Rituale di recupero alpino

Ispirato alle Dolomiti, questo trattamento signature favorisce il recupero e ristabilisce l'equilibrio. Tecniche mirate sciogliono le tensioni e alleviano l'affaticamento, radicato nella forza delle montagne.

75min - €180

EXPRESS RECOVERY

Targeted muscle relief

A focused treatment to quickly release tension and support recovery. Precise deep tissue techniques ease tired muscles and restore mobility – ideal when time is limited.

Sollievo muscolare mirato

Un trattamento mirato per sciogliere rapidamente le tensioni e favorire il recupero. Tecniche precise di deep tissue alleviano l'affaticamento muscolare e ristabiliscono la mobilità – ideale quando il tempo è limitato.

25min - €80

BODY TREATMENTS

DOLOMITES MINERAL RITUAL

An exfoliating ritual inspired by the Dolomites

Mineral salt and carefully selected natural ingredients work in harmony to gently exfoliate the skin and stimulate microcirculation, revealing a soft, luminous and revitalised complexion. Natural oils and flowing massage movements ease muscular tension, allowing the body to unwind into a deep sense of wellbeing. A warm herbal infusion from the Dolomites completes the experience.

Un rituale esfoliante ispirato alle Dolomiti

Sale minerale e ingredienti naturali selezionati agiscono in armonia per esfoliare delicatamente la pelle e stimolare la microcircolazione, rivelando una pelle morbida, luminosa e rivitalizzata. Oli naturali e movimenti avvolgenti favoriscono il rilassamento muscolare, accompagnando il corpo verso una profonda sensazione di benessere. Una tisana calda alle erbe delle Dolomiti completa l'esperienza.

80min - €220

CLAY & DETOX RITUAL

A purifying alpine body ritual

Natural minerals and clay from the Dolomites – zeolite and kaolin – envelop the body in a detoxifying wrap known for its purifying, remineralising and toning properties. The skin is gently supported in releasing impurities while the body regains balance. Carefully selected natural oils and unhurried massage movements encourage deep relaxation, extending the restorative effect of the ritual. A warm herbal infusion from the Dolomites completes the experience.

Un rituale purificante delle Alpi

Minerali e argille naturali delle Dolomiti – zeolite e caolino – avvolgono il corpo in un impacco dalle proprietà detossinanti, remineralizzanti e tonificanti. La pelle viene accompagnata nel suo naturale processo di purificazione, mentre il corpo ritrova equilibrio. Oli naturali selezionati e movimenti lenti e avvolgenti favoriscono un rilassamento profondo, prolungando i benefici del rituale. Una tisana calda alle erbe delle Dolomiti completa l'esperienza.

80min - €240

FACIAL TREATMENTS

FACIAL ESSENTIAL

Illuminate & Hydrate

A focused facial designed to restore freshness and natural radiance. The skin feels revived and visibly luminous, while gentle massage movements across the face, neck and décolleté encourage relaxation and renewed vitality.

Optional express facial cleansing | €10

Illumina & Idrata

Un trattamento viso mirato, pensato per restituire freschezza e luminosità naturale alla pelle. Il viso ritrova vitalità, mentre il massaggio su viso, collo e décolleté favorisce distensione e leggerezza.

Opzione pulizia viso rapida | €10

50min - €130

REGENERATING FACIAL SIGNATURE

Luxury & Nature

Our most comprehensive facial, tailored to your skin's individual needs. A complete cleansing with steam, gentle exfoliation and targeted massage techniques work in harmony to support renewal and restore balance. Expert touch and premium natural formulations create a deeply sensorial experience, leaving the skin toned, nourished and naturally radiant.

Lusso & Natura

Il nostro trattamento viso più completo, personalizzato secondo le esigenze della pelle. Una pulizia profonda con vaporizzatore, un'esfoliazione delicata e tecniche di massaggio mirate agiscono in armonia per favorire il rinnovamento e ristabilire l'equilibrio. Manualità esperta e formulazioni naturali di alta qualità creano un'esperienza sensoriale avvolgente, lasciando la pelle tonica, nutrita e naturalmente luminosa.

75min - €185

SPA ETIQUETTE

GENERAL

To fully settle into your treatment, we kindly ask you to arrive 15 minutes in advance. This allows time to complete a short health and lifestyle questionnaire without reducing your treatment time. Please note that late arrivals may result in a shortened session without refund.

To preserve the quiet atmosphere of the spa, we ask that mobile phones are switched off and conversations are kept low.

Our spa is a non-smoking area. Swimwear is required in all public areas.

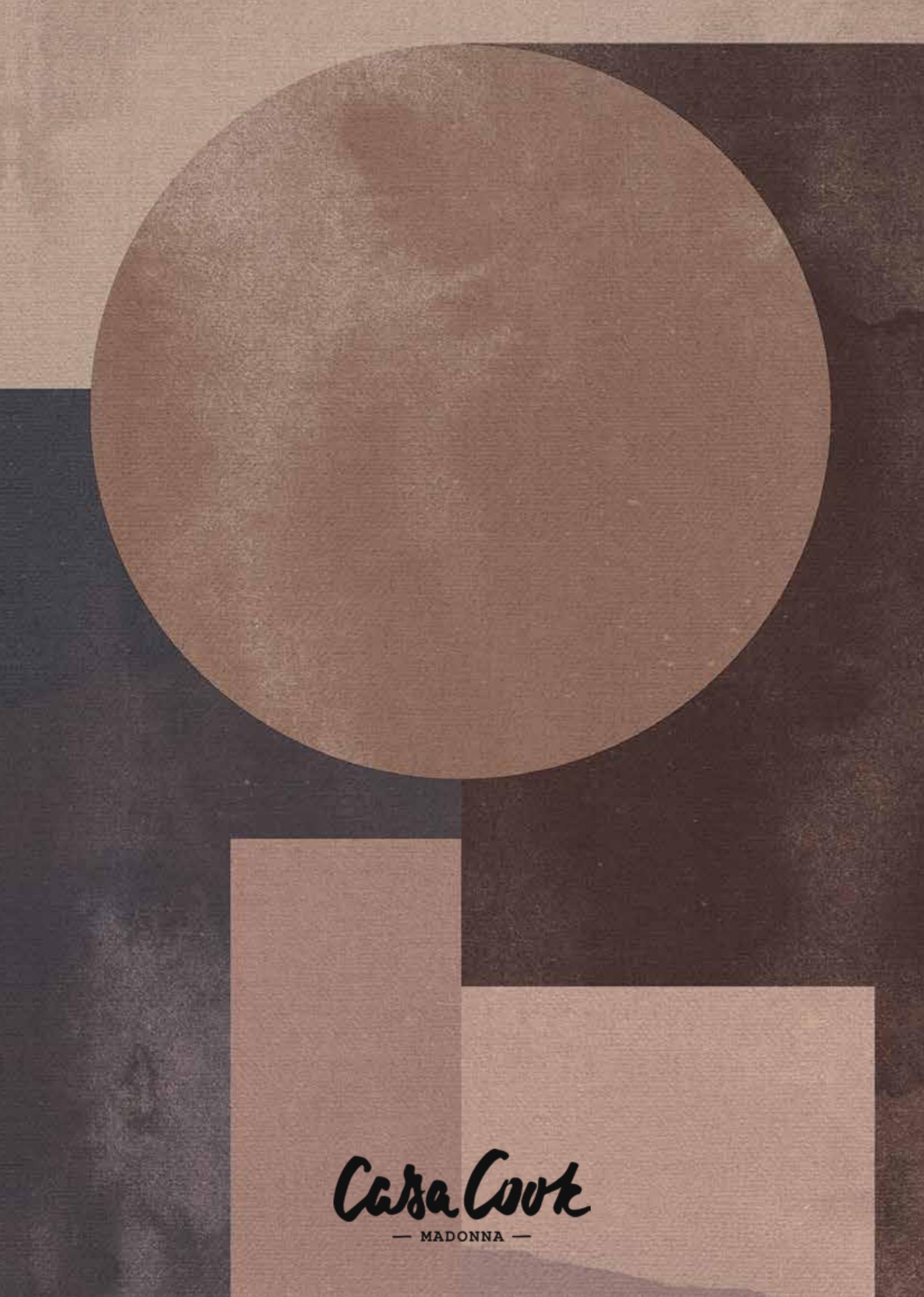
For your comfort and safety, we recommend removing jewellery before your visit. As lockers are not provided in the spa area, valuables can be securely stored in your in-room safe.

HAVING A TREATMENT

We highly recommend booking your appointments well in advance. All our therapists are trained to prioritise your privacy and comfort at all times. During treatments, please inform your therapist if you have any preferences regarding pressure, lighting, music, or temperature. Your comfort and care are our utmost priority. We provide disposable undergarments and ensure you are always appropriately draped. For best results, we suggest that men shave a few hours prior to a facial treatment, and that ladies remove all makeup beforehand.

CANCELLATION POLICY

Please note that no fee will be charged for cancellations made at least 24 hours before your appointment. Cancellations within 24 hours of your appointment will incur a 50% cancellation fee. The full amount will be charged for no-shows or cancellations made within 3 hours of the appointment time.



Casa Cook

— MADONNA —