



L'ALBERETA

L'Albereta Relais & Chateaux

☆☆☆☆☆

Via Vittorio Emanuele II, n° 23

25030 Erbusco (BS)

www.albereta.it

FACILITIES

Massage rooms

There are 14 massage rooms in all, each around 10 metres square. Natural illumination only.

Hydrotherapy area

The centre has 5 spaces with hydromassage tubs, hydrojets and beds for mud treatments.

Fitness and Wellness area

1,500 square metres on two floors. Indoor pool with 4 kinds of hydromassage and countercurrent swimming, sauna and hammam with colour therapy, Kneipp course, Technogym equipment, personal trainer, aquabike. This area is open every day from 8 am to 8 pm.

Beauty area

Rooms for manicures, pedicures and depilation. Hairdresser and makeup specialist also available.

SPA PACKAGES

- Dominique Chenot Wellness SPA Program 3 nights
- Dominique Chenot Wellness SPA Program 4 nights
- Integral Programme Henri Chenot 7 nights
- Purifying Anti-Age Program 7 nights
- Restoring the New Mother's Form 4 and 7 nights
- Antistress Program 4 nights
- The Body Program 7 nights

The programs offered by Henri Chenot and his staff of medical and fitness experts at the "Espace Vitalité" consist of a variety of integrated treatments

Henri Chenot's «Espace Vitalité»

designed to detoxify your body, revitalise its natural functions, and thereby restore your energies to full capacity. The client's "total" health and wellness – by which we mean the unity of body, mind and spirit – is what lies at the heart of the health philosophy and the various treatments practised at the "Espace Vitalité".



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TREATMENTS

Hydrotherapy is administered in three distinct phases:

- **Hydromassage:** a special technique of water massage featuring the addition of essential oils and mother tinctures which is highly beneficial for peripheral circulation. The variations in water temperature and pressure, along with the added plant extracts, act on the vasodilatation and constriction of the capillaries.
- **Phyto and mud therapy:** mud packs constitute the second phase of hydrotherapy. After the hydromassage the body is ready to receive a complete treatment. The formulas and application techniques for these special muds have been refined through 30 years of research. The mud, rich and delicate like a face pack, is a blend of pure microalgae, white or green clays, pure essential oils and mother tinctures.
- **Hydrojets:** the third and final phase of hydrotherapy. This treatment restores energy and vitality. The jets of water, aimed with precision, improve the tone and vigour of the skin and tissues.

The different types of **massage** are:

- **energising:** the cupping technique favoured by Henri Chenot. This massage involves the use of glass cups which act upon the main meridians, liberating the energy channels.
- **lymphodrainage:** traditional relaxation massage, without cups.