

YOU MAMI
WELLNESS ♥ SPA

SPA MENÙ



YOUMAMI
spa experience

Deep regeneration for body and soul,
Youmami Spa is the place to retreat to find yourself.

Natural elements: water, heat, steam, with the most advanced technologies to give you an exclusive wellness experiences.





YOUMAMI spa experience

Included in the Day Spa formula



Elegant pool.
*With hydromassage
water jets and
cervical waterfall*



Emotional showers
*A multi-sensory
experience*



Ice cascade
*Regeneration through
the intense coldness*



Infrared therapy
*The pleasure
of a deep heat*



Finnish sauna
*The regenerating power
of intense heat.*
90° | 10% humidity



Steam bath
*The power of heat and
the lightness of steam*
45° | 98% humidity



Relax Area
*Refreshment for body
and for the mind*



Herbal Tea Area
With a healthy snack

We provide each guest with
an elegant Wellness Spa Kit
(soft bathrobe towel
and flip-flops)

YOUMAMI spa experience

DAY SPA 🕒 2 hours

Monday-Friday € 30

Saturday, Sunday
and public holidays € 40

DAY SPA 🕒 4 hours

Monday-Friday € 45

Saturday, Sunday
and public holidays € 55

Wellness Spa Kit Included

ALL DAY

*Forget time, choose the
pleasure of living a whole
dedicated day only to you
and your wellness*

Daily entry without time
limits, valid every day € 75

All day proposal includes
the floating experience
in Nuvola.

Wellness Spa Kit Included

SPA SUBSCRIPTIONS 👤 for 1 person

***10 spa entries (2 hours)**
🕒 2 hours

Monday-Friday € 255

Saturday, Sunday
and public holidays € 340

SPA SUBSCRIPTIONS 👤👤 for couples

***5 spa entries (2 hours)**
🕒 2 hours

Monday-Friday € 240

Saturday, Sunday
and public holidays € 320

*Validity of subscriptions 12 months



YOUMAMI *rituals and treatments*

We celebrate wellness and beauty inside and outside of us, promoting a healthy lifestyle and taking care of our bodies and mind with science-based solutions.

Youmami Spa has chosen [*Comfort Zone*] as its cosmetic partner, cause it shares its values in terms of quality and responsible approach, respecting the skin and the planet we live on.



TRADITIONAL MESSAGES

ANTI-STRESS

Relaxing
to abandon thoughts,
stress, tension

A relaxing massage for body and mind, through slow and enveloping movements. With aromatherapeutic essential oils, you can enjoy a complete regeneration, receiving a sensation of calm and serenity

🕒 50 minutes

€ 75

MUSCLE MASSAGE

Intense
for muscular tension
and for athletes

Decisive and profound manipulations to release tensions of muscles and stress knots, freed your body from stiffness and adhesions of muscles, giving you a sensation of lightness and freedom of movement

🕒 50 minutes

€ 75

MEDITERRANEAN RITUAL

Draining
to feel lightness of body

An aromatherapeutic ritual with draining action, which invokes in the manual skills the strength and rebalancing effect of the waves of the sea. The blend of essential oils and the Mediterranean extracts gives important beneficial effects to mind and body

🕒 50 minutes

€ 75

CELLULITE SHAPING MASSAGE

Intense
draining, reshaping,
anti-cellulite

A deep and intense massage to contrast cellulite, focused precisely on the critical areas most affected by this blemish. It restimulates the blood circulation, eliminates fluids excess and remodelling body

🕒 50 minutes

€ 75

“DOLCE ATTESA”

For pregnant women
delicate experience
for future mothers

Relaxing movements, to alleviate the typical discomforts of pregnancy such as backache, swollen legs and muscle tension. With attention and care, we will cuddle you during this very special time of your life

🕒 60 minutes

€ 80

BACK AND NECK

Intense, localized
decontracting for the head,
neck and back

A wellness treatment ideal for relieving all accumulated tensions and relax the muscles of the back and neck

🕒 45 minutes

€ 65



YOUMAMI
rituals and treatments

THE RITUALS

**YOUMAMI TRANQUILLITY™
RITUAL**

Deeply relaxing

Deeply relaxing iconic wellness ritual for face and body, slow and deeply relaxing. Thanks to an enveloping, continuous and deep touch, it has a calming and relaxing action, relieving the states of tension. The exclusive blend of aromatic oils makes the skin compact and velvety. For those who want an unforgettable Spa experience

🕒 75 minutes

€ 95

COMFORT TOUCH

*Intense
regenerating and
rebalancing*

Enveloping face and body ritual, inspired by the Californian Esalen massage. A precious mix of delicate and intense bioenergetic manual movements, associated with stretching movements, relax the muscles of face and body, releasing tension and reharmonizing posture. Particularly suitable in case of stress

🕒 75 minutes

€ 95

SLEEP RITUAL

*Relaxing
perfect for a better sleep*

A unique ritual that, following the circadian clock, rebalances the body by improving the quality of sleep and making it more peaceful and deep. Delicate Indonesian manual skills, combined with the use of soft brushes, let body and mind have a wonderful sensation of calm, relaxation and psycho-physical balance, removing anxiety and making you find serenity

🕒 60 minutes

€ 80

YOUMAMI
rituals and treatments

SCRUBS

SALT MASSAGE

*Detoxifying
it purifies and revamps*

Innovative detox ritual, performed with hot salt stones and a detoxifying Himalayan pink salt pack. As the body floats in the Nuvola, all tension disappears. A delicate massage completes this unique treatment, which provides an intense revitalizing and relaxing action, soothes pain, improves circulation, stimulates metabolism

🕒 60 minutes



€ 80

AROMASOUL SCRUB RITUAL

*Intense
skin renewed and
deeply nourished*

A renewal ritual enriched by the properties of volcanic rhyolite and the aromatherapy benefits of blends for a velvety and nourished skin. Enhanced by the intense benefit of floating, this ritual is perfect for those who want a deep body exfoliation, to remove dead cells and restore an extraordinary silkiness to the skin

🕒 55 minutes



€ 75

**TRANQUILLITY™ BODY
SCRUB RITUAL**

*Delicate
freshness and vitality
of the skin*

Extraordinary treatment that combines a deep purifying scrub with a relaxing aromatherapy massage. It offers a pleasant cellular renewal, enriches the skin with freshness and vitality, eliminates signs of tiredness, improves posture and offers a sensation of lightness and lengthening

🕒 50 minutes

€ 70

YOU MAMI
rituals and treatments

FACIAL TREATMENTS

ACTIVE PURENESS

Purifying
for impure, irritated skin or
with overproduction of sebum

A treatment that combines the purifying and opacifying action of the innovative spirulina algae mask with rich Mandelic acid and white and green formulation. These elements, combined with manual skills inspired by ancient techniques of Ayurvedic medicine, rebalance the microcirculation, minimize and purify the pores, giving a dull and uniform appearance to the face

🕒 50 minutes

€ 75

HYDRA GLOW

Ultra hydration
elasticity and brightness
of the skin

Inspired by cryotherapy with the use of ice rollers, this treatment gives hydration to the skin optimal in every period of the year, thanks to unique combination of Acid Hyaluronic and extract of prickly pear from agriculture regenerative. It restores the compactness, softness and skin luminosity preventing dehydration and the appearance of the first signs of the time

🕒 50 minutes

€ 75

REMEDY

Delicate
for sensitive, fragile skin
and tending to redness

A wonderful treatment carried out with jade stones. Calms, renews and strengthens sensitive, fragile skin and tending to redness thanks to combination of cleansing, delicate and innovative peelings enriched biphasic mask with Marula Oil and Acid Hyaluronic. Soothing and strengthening, stimulates the skin in depth for a beneficial and pleasant calming action

🕒 50 minutes

€ 75

RENIGHT RECOVER TOUCH

Antioxidant
nourishes and illuminates
the skin

Nourishing treatment multivitamin for face, neck and décolleté, repairing and suitable antioxidant to all skin types, especially those tired and impoverished who need new vitality. The silky oil and nutritious mask, combined with dexterity of Comfort Touch Massage, give back to face, neck and décolleté nourishment and protection

🕒 50 minutes

€ 75

YOU MAMI
rituals and treatments

ANTIAGE

PRO-LIFT

Antiage & lifting
nourishes, repairs
and gives silkiness

Anti aging face and neck, with lifting power. Thanks to the manual skills specifics of the massage Kobido, restores fullness and redefines the volumes of face. An ideal treatment for every skin type, in presence of wrinkles, loss of volume and tone. Nourishes, repairs and gives silkiness to skin, expression lines appear relaxed and attenuated

🕒 50 minutes

€ 95

BRIGHT FACIAL

Antiage
corrects dark spots

Intensive triple action treatment with 3-BRIGHT TECHNOLOGY™: correction, brightness and prevention, against dark stains, hyperpigmentation, melasma and uneven tone

🕒 50 minutes

€ 95

ULTRA GLOW PEEL

Antiage & peeling

For an even complexion and radiant face. It gives brightness to presence of dull tone and dark stains. Useful during seasonal changes and to rejuvenate the skin

🕒 50 minutes

€ 85



YOUMAMI
rituals and treatments

BODY TREATMENTS

BODY ACTIVE

Reshaping and toning
compactness and vigor
to body tissues

Intensive treatment
remineralizing, reshaping
and toning with an
innovative mask body. The
effectiveness it is enhanced
by massage Tuina carried out
via the use of a Wood
Massage Roller. Perfect
for those who practice
sporting activities and want
to increase the reshaping
activity, facilitating cool
down and eliminate toxins

🕒 50 minutes

€ 75

DOUBLE PEEL BODY

Prepare and calm
exfoliation and nourishment

Complete and deep
regeneration for a compact
and smooth skin, thanks to
a mechanical and chemical
peeling and an anti-aging
nutrient mask

🕒 60 minutes

€ 75

DETOX & DRAIN

Drain
intensive for cellulite

Intensive treatment cellulite,
draining and detoxifying
With Bormio spa water
and essentials oils. Improve
the microcirculation and
reduces visibly swelling
to the legs. Donating an
immediate sensation of
lightness

🕒 60 minutes

€ 80

THERMAL MUD

Detoxifying
detoxifying and reshaping

Detoxification and visible
immediate remodelling,
thanks to mud synergy with
the thermal water of Bormio
and thermogenic cream
intensive double action

🕒 50 minutes

€ 75

GUA SHA MUD MASSAGE

MELT
detoxifying and reshaping

A very pleasant and powerful
treatment for redefine
the contours of body,
counteract the cellulite and
muscles tension. Perform
a balancing detoxifying and
anti-inflammatory action,
thanks to the combination
of remodelling spas muds
and to the use of Gua Sha,
a special metal tool, with
a technique of traditional
Chinese medicine

🕒 50 minutes

€ 75

THERMO EXPRESS

MELT
intensive express

Express intensive treatment
with thermogenic action
indicated for correct marked
and resistant of cellulite
and adiposity localized
imperfections

🕒 30 minutes

€ 45



[comfort zone]
TRANQUILLITY™
BLEND

[comfort zone]
TRANQUILLITY™
BLEND
blend of aromatic oils
mélange d'huiles aromatiques
blend di oli aromatici
RELAX
50 ml e 1.69 fl.oz.



YOUMAMI *nuvola experience*

Dry float therapy is a sensory journey of regenerative well-being for body and mind: it consists of floating above 400 liters of hot water, without getting wet, the gravity reduction produces positive effects on stress, muscles and joints pain, sleep, concentration, psycho-physical recovery.

A treatment experienced in Vasca “Nuvola” becomes an unforgettable holistic experience. Imagine abandoning yourself, where the body and mind merge in perfect harmony; floating, enveloping heat, hydromassage, chromatic lights, delicate fragrances and alternating hot and cold waves combine to relax deeply and enhance the effect of every treatment and cosmetic.





YOU MAMI
nuvola experience

THE BENEFITS OF FLOATING

Floating in Cloud in the absence of gravity and without direct contact with water:

- reduces **stress** and **anxiety**
- promotes the flow of **blood** and **lymphatic circulation**
- promotes **concentration** and **creativity**
- improves **quality of sleep**
- increases **variability heart rate (HRV)**
- Relieves **muscle** and **joint pain**
- allows **recovery** from **muscle fatigue** in the phase post workout

NUVOLA TREATMENTS

FLOATING CLOUD EXPERIENCE

The experience of floating in Nuvola bathtub, for a total relaxation

🕒 20 minutes ☁ € 25

🕒 30 minutes ☁ € 35

WELLNESS COACH EXPERIENCE

The regeneration of the dry float therapy combined with sessions guided mindfulness exercises, a real training for the mind, through simple brainexercisestraining

Floating session and mindfulness:

🕒 20 minutes ☁ € 35

Floating session and breathing :

🕒 20 minutes ☁ € 35

NUVOLA TREATMENTS

CLOUD RELAX

A wonderful treatment in the Nuvola pool which joins the pleasure of floating regeneration deep massage relaxing aromatherapy. A unique experience for the senses, which gives a intense well-being

 **Individual**
⌚ 75 minutes  € 95

 **of couple**
⌚ 80 minutes  € 145

NUVOLA ACTIVE

A wellness treatment dedicated to the back and posture. The compress with arnica in Nuvola tank enhances the benefits effects of decontacting massage, which dissolves back and neck tensions

 **Individual**
⌚ 75 minutes  € 95

 **of couple**
⌚ 80 minutes  € 145

WELLNESS COACH

TRAIN YOUR BREATH

*improve the way you breathe,
improve the way you live*

Well breathing means produce a positive impact on psycho-physical health: it helps to manage fatigue, break down the stress, release emotions

- **Steam bath** session with balsamic essential oil
- **Refreshing shower** and rest, tasting a herbal tea
- **Floating** session in Cloud with breathing exercise
- **Connective tissue massage** for opening the chest and the relaxation of the upper back part (20')

⌚ 70 minutes  € 85

ANTI-STRESS FOR MIND

learn to live in the present

Empty the mind of annoying and persistent thoughts, learn to live in the here and now. A workout to improve well-being removing stress and anxiety

- **Infrared Therapy** session
- **Refreshing shower** and rest, tasting a relaxing herbal tea
- **Floating** session in Cloud with exercise of mindfulness
- **Tranquility Massage** (20')

⌚ 70 minutes  € 85

IMPROVE YOUR SLEEP

sleep well, live better

The effects of sleep are decisive on our body and mind. How much and how we sleep depend on your psycho-physical health. Deeply relaxing will prepare yourself to sleep better

- **Finnish sauna** session
- **Refreshing shower** and rest, tasting a relaxing herbal tea
- **Floating** session in Cloud with exercise of breath dedicated to sleep
- **Sleep ritual** (50')

⌚ 105 minutes  € 125

SPORT & PERFORMANCE

*dedicated to sportsmen
and athletes*

Program that acts on recovery and performance sports: rest and recovery count as much as training and fatigue. Integrated into the athletic preparation program, allow to obtain optimal performance

- **Floating** session in Nuvola with cold compresses and breathing exercise
- **Infrared Therapy** session
- **Refreshing shower** and rest, tasting a vitality herbal tea
- **Arnica sports massage** (20')

⌚ 70 minutes  € 85

YOUMAMI GIFT

*It gives a pure experience
relaxation and regeneration*



A gift that tells about you
and about how much you
love taking care of the ones
you love.

Choose from our exclusives
treatments and packages ,
designed to offer a moment
of tranquility and absolute
well-being. The perfect gift
for those who deserve it
special attention.

You can request the
elegant gift card by going
to the Spa reception or
online, by writing to
spa@youmami.it

SPA IN PRIVATE

*Celebrate a special
occasion*



Give yourself an unforgettable
feeling moment of well-being
and relaxation in an exclusive
place, which you can reserve
also in private formula.

Whether it's goodbye to
hen party, birthday or any
occasion, Youmami Spa is the
perfect place for make your
event special.

Enjoy exclusive treatments,
personalized cuddles and a
regenerating experience for
body and mind, making every
event truly unique.

For your event request a
quote spa@youmami.it

WELLNESS FOR COMPANIES

Welfare programs



Wellbeing enters the
company thanks to
thoughtful programs to
improve physical health and
mental, reduce stress and
increase productivity.

There are many personalized
formulas, Days or Wellness
subscriptions, Personalized
Packages, Gift Cards and
Vouchers, Team Building in
Spa.

For your business proposal
contact spa@youmami.it

YOU MAMI

Lifestyle Suite Hotel

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