



**RELAIS COLLE BUONO**  
HOTEL • RESTAURANT • SPA









# OPENING *Hours*

RELAIS COLLE BUONO'S WELLNESS  
CENTER IS OPEN EVERY DAY FROM  
10.00 TO 20.00

THE NIGHT OPENING IS AVAILABLE  
EVERY DAY FROM 21.00 TO 23.00

ACCESS TO THE WELLNESS CENTER  
IS AVAILABLE ONLY WITH  
PREBOOKING.

TO BOOK YOUR WELLNESS BREAK OR  
ASK FOR MORE INFORMATION ABOUT  
THE CENTER'S SERVICES DO NOT  
HESITATE TO CONTACT US

+39 328 397 1303  
INFO@COLLEBUONO.IT



# OUR IDEA OF *wellness*

**RECHARGE.  
FIND YOUR BALANCE  
AND FOCUS AT RELAIS  
COLLE BUONO.**



Nestled in the green of the countryside and plunged in an amazing valley, Relais Colle Buono's SPA faces a landscape that can regenerate your soul and your body for a marvelous rediscovery of life. At our place, every element takes shape and defines a complete and unique experience of wellness:  
**yours.**

Wellness for the body, for the mind and for the soul combine in an atmosphere where every detail is cured to cuddle and regenerate your essence.

The Comino Valley, situated in the Abruzzo National Park, is rich with natural and cultural heritage and will offer its guests memorable experiences in an ideal dimension of renewed energy.





*Wonderful*  
COLLE BUONO

The Relais is surrounded by an extended orchard, enriched with a biological vegetable garden. Here, officinal herbs and firstfruits create synergic experiential paths both with our chef and its gourmet restaurant and with the wellness center.

Our SPA manager provides wellness programs which are always new. As a matter of fact, they follow and respect the seasonality of the produces the nature offers.

At Relais Colle Buono the four elements of nature can engage with all your senses in a kaleidoscope made of subtle perceptions which aim to make you feel good.

The SPA is meant to be a path of regeneration and wellbeing, in the most complete relaxation. Our guests will forget about the space-time dimension to take care of and find themselves.





# *Our* SERVICES

WELLNESS AREA

SILENCE ROOM

TEA ROOM

AREA GYM

RITUALS

MASSAGES

DETOX





# SPA

Warmth, comfort and peace: here at Relais Colle Buono wellness sensations are always present.

Let a steam cloud wrap you up to eliminate the stress in the Finnish sauna, regenerate yourself in the steam bath, forget about the everyday life in the relax area and enjoy the breathtaking view from the Jacuzzi.

It will feel like a rebirth!

The SPA is equipped with sauna, steam bath, salt wall, water double bed, emotional showers with summer storm and ice blade. Moreover, there is a relax area for massages and rituals and the Jacuzzi with panoramic view on the Comino Valley.





# WELLNESS AREA

## **FINNISH SOUL SAUNA**

with a temperature of almost 90°C and humidity between 10 and 20%, it is perfect to release impurities.

## **SOUL STEAM**

with a temperature of almost 45°C and the 100% of humidity, it is enriched with eucalyptus and citrus scents and it is perfect to relieve the respiratory tract.

## **REACTION THERAPY**

Hot and iced water combine to cromotherapy and passion fruit essences in a regenerating path of deep wellness.

## **RELAX AREA WITH TEA ROOM**

After the sauna or the steam bath it is fundamental to sip a tea or a flavoured water to reintegrate the mineral salts lost during the treatments.

## **SALT WALL WITH WATER BED**

Deep breaths of purified air and the soft movements of the mattress will help you find your balance.

## **PANORAMIC JACUZZI**

Bubbles will play their massaging benefits while the sight can wonder far on the Comino Valley.

The entrance in the SPA is 90 minutes long and you will be provided with the SPA kit, which includes bathrobe, towel and slippers.



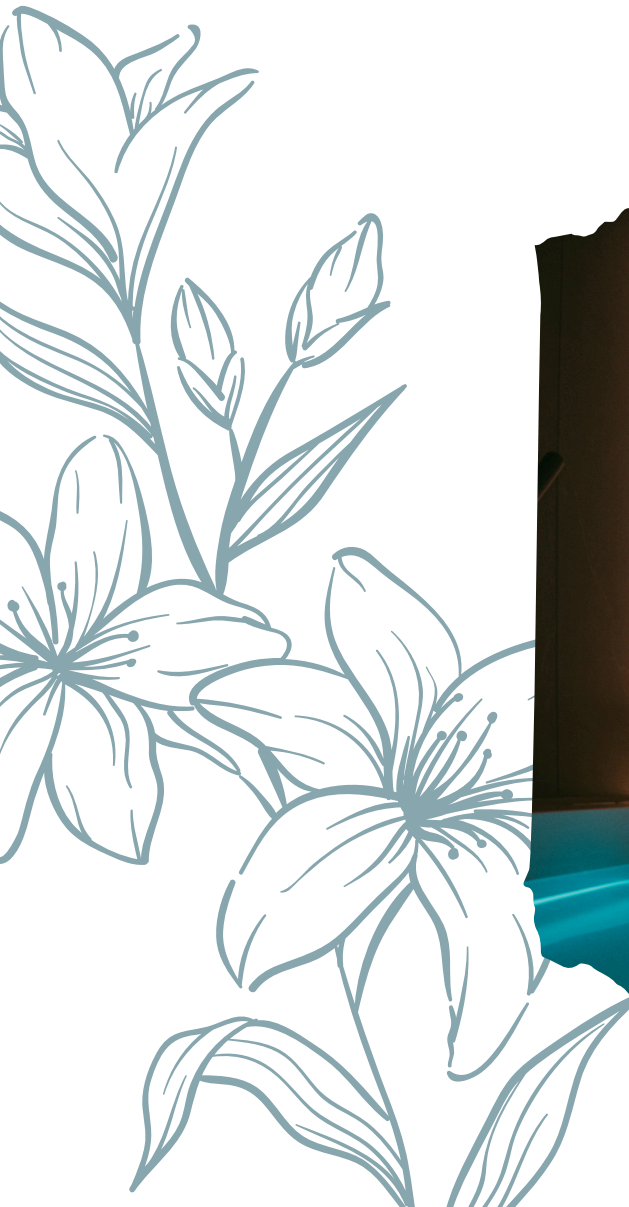
# AND FOR THE *Most absolute relax*

## SILENCE ROOM

The regenerating quiet and the beneficial warmth surround you in Relais Colle Buono. Enjoy all the extras dedicated to your wellbeing in our silence rooms with an amazing panoramic view.

## TEA ROOM

To fully live the experience provided by our SPA, our tea room will offer depurative, relaxing and tasteful beverages, according to the chosen path. They are made with the herbs from our garden: discover all their tastes and benefices!





# HERBAL TEAS

*for your wellness*

A tasteful tea is the perfect closing  
for our wellness paths!

Here you are some of our proposals  
and their benefices:

## DEPURATIVE

Dandelion roots and leaces,  
Calendula flowers, Couch Grass  
tops and Mint leaves.

## DRENA ATTIVA

Birch leaves, Couch Grass  
Rhizomes, Equisetum stems, Erica  
flowers and Rose petals.

## TASTY

Karkadè flowers, raisins, Elderberry  
berries, Aromas, Blackberry and  
Black Ribes fruits.

The tea tasting is included in the  
SPA entrance.





# GYM AREA

## HEARTBEATING

Moving should be fun!

Get ready to enjoy your exclusive physical activity program tailor-made on you with the quality of Tecnogym's equipment. It will be good for you, it will make you feel happy and it will stimulate your motivation!

For this reason we provide you with a professional personal trainer who will listen to your needs and desires and will personally guide and accompany you during the sport activities.

Do you prefer to unplug with a pilates session? Or maybe you need to properly regenerate in the gym? No problem: your personal trainer will move you according to your rhythm, whatever the goal is.



# YOUR RYTHM

## **MUSCLE TONING**

Slow movements and deep breaths to gently awake all your body and activate the metabolism: the best way to start the day off!

## **FULL BODY**

Circuit of exercises to be done with or without equipment. You can choose among different difficulty levels according to your athletic condition.

## **STRETCHING**

Gentle excercises that aim to increase the flexibility of your joints and enhance your posture.

## **YOGA & PILATES**

Combination of static and dynamic positions and breathing to enhance flexibility and muscular tone, but also to reach the psychophysical wellbeing.

UPON REQUEST



## RITUALS & MASSAGES

In our luxurious beauty oasis, we will make you shine with the exclusive high-efficacy face and body treatments by Sothys, and make you feel purified with the rituals by Charme d'Orient. Discover our various Beauty packages and let yourself be pampered by the expert wellness therapists at our Relais.

LISTINO  
RITUALI & MASSAGGI



*Let us*  
**SPOIL YOU**

## BACHELORETTE PARTY

A guided ritual among the steams, scents and feelings provided in our SPA, reserved for a group of 4 friends. Relax, sauna, emotional showers, Jacuzzi and a special path where our SPA-therapists will guide you along the hammam for the purification, regeneration and enlightenment of the skin. The application of black soap, the esfoliation with the Kassa glove and the rassoul mask will donate to your skin tone and softness. For the bride, sensorial massage with Karité enveloppement for 60 minutes. For her friends, 30 minutes of olfactive-sensorial relax massage.

# *Rituals* FOR YOUR SPECIAL OCCASIONS



## A SPA FOR TWO

Our SPA-therapists will guide you in a special ritual for your anniversary or for a special night. Relax, sauna, emotional shower, Jacuzzi and a special path between steam bath and sauna to leave your skin smooth as silk. Following this, a marvelous custom ritual with exfoliation, wrap, and massage



# Detox & REGENERATION

## OUR DETOX PROGRAM

Relais Colle Buono is your private oasis of peace. We care for our guests health and wellbeing. Inner wellbeing too! That's why here you will find the ideal place for a moment of absolute relax and detox from the frenetic rythms of the city and of the everyday life.

Our guests will be guided by a team of nutrition experts and personal trainers in a path of deep purification, which aims to depure and regenerate the body from the inside and to find a new balance.



# DETOX PACKAGES

## THE FIRST STEP

If it is true that "Who well begins is half done", what better way to start your detox path if not with the benefices of steam which eliminates toxins? Start off your detox path!

**INCLUDES SPA PATH AND KASSA KIT**

## BEAUTY ALL AROUND

Combine a dedinate nutrition plan, specific for your needs, with the SPA experience and a focused detox treatment. In addition, a specific gym session for a total regeneration of the organism.

**INCLUDES SPA PATH + DETOX BODY RITUAL +  
DETOX NUTRITION PLAN + GYM SESSION**

## GOOD AS NEW

The SPA path and the detox treatment combine to release your body from toxins. A deep purification starts from your skin, and then penetrates deeply, leaving a feeling of renewed energy and vitality.

**INCLUDES SPA PATH + BODY DETOX RITUAL**

## RESTART FROM HERE

The advice of an expert nutritionist will be the first step toward a new purification path. Your new life starts with a complete and balanced nutrition plan that aims to the creation of a new eating regimen. The combination with a detox treatment will give you a new life!

**INCLUDES NUTRITION PLAN + DETOX RITUAL**



*Our proposal*

# FOR YOUR WELLBEING

## SPA ENTRANCE

90 minutes - with SPA kit - PRICE PER PERSON

€70

## NIGHT ENTRANCE

Night entrance (21:00-23:00) - with SPA kit - PRICE PER PERSON

€90

## SPA ENTRANCE AND MASSAGE

Entrance + 1 massage of choice - with SPA kit - PRICE PER PERSON

€130

## SPA WEEKEND

2 entrances - 1 massage of choice - with SPA kit - PRICE PER PERSON

€210

## PRIVATE SPA

Daily exclusive usage of the SPA for 90 minutes - with SPA kit

€280





# USEFUL INFORMATION

We are happy to welcome you.

Our Wellness Center is an oasis of peace: we kindly ask you to help us maintaining a quiet atmosphere speaking on a low voice and muting your phone.

**ENTRANCE UPON RESERVATION ONLY AND FOR GUESTS OVER THE AGE OF 16**

## RESERVATIONS

Treatments undergo availability: we recommend you to book your appointment before arrival. Appointments for guests below the age of 18 must be approved by a parent or a legal tutor, who also must accompany them during the experience in the wellness center. People under age who asked for a private SPA treatment must have a tutor in the room for the whole duration of the treatment.

## CANCELLATIONS

If necessary, we kindly ask you to cancel or reschedule the treatments at least 4 hours before the appointment. In the event of cancellations made with notice below 4 hours, we will charge you half the price of the treatment. In case of cancellations without notice, we will charge you with the 100% of the cost.

## ARRIVAL

We invite our guests to get at Relais Colle Buono Wellness Center with some time in advance on the scheduled time, in order for you to get ready without hurry. To put you at ease, we will provide you with bathrobe, towel, slippers and any extra you may need. In respect to the other guests, in case of delays we can perform the treatment only for the remaining time of your booked slot. Please keep in mind that also in this case we will have to charge you for the whole cost of the treatment.

## PERSONAL HEALTH AND PREGNANCY

We recommend the guests who suffer from heart or pressure issues and, in general, with medical problems and to pregnant women to consult their doctors before the access to the wellness center and use its areas.

## PRECAUTIONS

We recommend to drink and eat in moderation and to avoid alcoholic beverages before any treatment or gym session. If you need to shave (in particular in case of facial treatments for men), we advice to shave at least 2 hours before the appointment.

Before a body scrub treatment, we invite you to not shave your legs.

Sunburns could limit the efficacy of SPA treatments: please use caution when exposing to the sun and always apply a sun filter on your skin.

## JEWELRY AND VALUABLES

For most of the treatments it would be better not to wear any jewel.

We recommend to take away necklaces and cuffs and to leave in the room any object of value.





COLLE BUONO  
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ALVITO

