LE GRAAL

Spa

WELCOME TO LE GRAAL SPA

In a timeless setting, surrounded by majestic mountains, in Cortina d'Ampezzo, the Queen of the Dolomites, Le Graal Spa comes to life.

More than a spa, it is a world of its own, where every gesture becomes an invitation to reconnect with yourself. Here, wellbeing unfolds as a profound journey – personal, sensory and restorative.

A living experience where science meets beauty, and beauty becomes renewal. Inspired by the timeless symbolism of the Grail – the sacred cup, a symbol of attainable perfection – our spa menu is built around three archetypal forces, like the three points of a triangle that support and balance one another.

No pillar stands above the others.

There is only the personal path each guest chooses to follow, guided by the harmonious interplay of these three dimensions of wellbeing.

Le Graal Spa is an invitation to return home – to yourself. A place that honours silence, slowness, the quality of touch and the wisdom behind every choice. A place where time regains its value and wellbeing becomes a conscious practice.

ALLOW YOURSELF THE
PRIVILEGE OF REDISCOVERING
YOUR FINEST SELF.
YOUR SACRED TIME AWAITS...

YOUR GRAIL IS WAITING.

THE FOUNDATION

THREE PILLARS OF WELLBEING



I

ENERGY REBIRTH

For those seeking to improve sleep quality and awaken renewed vitality. Through targeted treatments, regenerative technologies and evening rituals, this pillar works in harmony with the body's natural sleep-wake cycle, encouraging deeper, more restorative rest – the ideal starting point for guests who need to recharge, reconnect and restore clarity, presence and energy.

II

CONSCIOUS LONGEVITY

For those who aspire to age with grace, strength and awareness. A holistic, preventive approach to well-ageing that combines science, nutrition, personalised movement and targeted treatments – supporting cellular vitality and preserving wellbeing over time, helping both body and mind thrive throughout their natural evolution.

III

STRESS MANAGEMENT

For those seeking hormonal balance and a mind free from overwhelm. Rooted in cortisol regulation and circadian-rhythm optimisation, this pillar brings together holistic practices, neuro-sensory therapies and bioenergetic technologies to reduce the effects of chronic stress – for a profound sense of inner calm, emotional balance and renewed centredness.



FACIAL TREATMENTS

50 MINUTES • €175

I. ENERGY REBIRTH

Aurora Vitale

An illuminating and revitalising facial ritual designed to restore harmony between body and mind. Soothing massage techniques, cooling tools and skin-icing rituals release energetic tension while awakening the skin's natural vitality. Carefully selected active ingredients restore radiance, hydration and freshness, leaving the complexion visibly renewed. A restorative experience for those who wish to slow down, recharge and reconnect with their inner energy.

II. CONSCIOUS LONGEVITY

Elisir del Tempo

A high-performance, well-ageing facial designed to visibly firm, nourish and revitalise. Three-dimensional hyaluronic acid patches combine with sculpting massage and deep-tissue stimulation to improve tone, redefine contours and restore elasticity. Specialised tools enhance the efficacy of BAKEL's bioactive ingredients for visible results from the very first treatment. For those seeking radiant, resilient and beautifully revitalised skin.

III. STRESS MANAGEMENT

Equilibrio Profondo

A deeply rebalancing facial ritual that supports lymphatic flow and emotional wellbeing. Detoxifying masks, calming active ingredients and gentle drainage techniques reduce puffiness, release tension and restore the skin's natural equilibrium. The complexion appears brighter and smoother, while the mind experiences a profound sense of calm. A sensory journey that gently dissolves accumulated stress and restores inner balance.

BODY TREATMENTS

50 MINUTES • €210

I. ENERGY REBIRTH

Rituale di Purificazione Vitale

A purifying, deeply rebalancing ritual inspired by the natural elements of the Dolomites. It begins with dry body brushing, followed by an exfoliating scrub of sea salt, Swiss stone pine, lemon and rosemary. Combined with draining massage, it encourages circulation, restores vitality and creates a deeper connection with the surrounding alpine landscape. Ideal for those seeking purification, grounding and renewed energy.

II. CONSCIOUS LONGEVITY

Forma Essenziale

A toning and reshaping body treatment designed to improve firmness, definition and overall body vitality. The synergy between thermal mud and grapeseed oil is combined with sculpting massage techniques and firming tools to enhance skin tone and restore a feeling of strength and lightness throughout the body. Perfect for guests seeking visible results while enjoying a highly sensorial and performance-driven ritual.

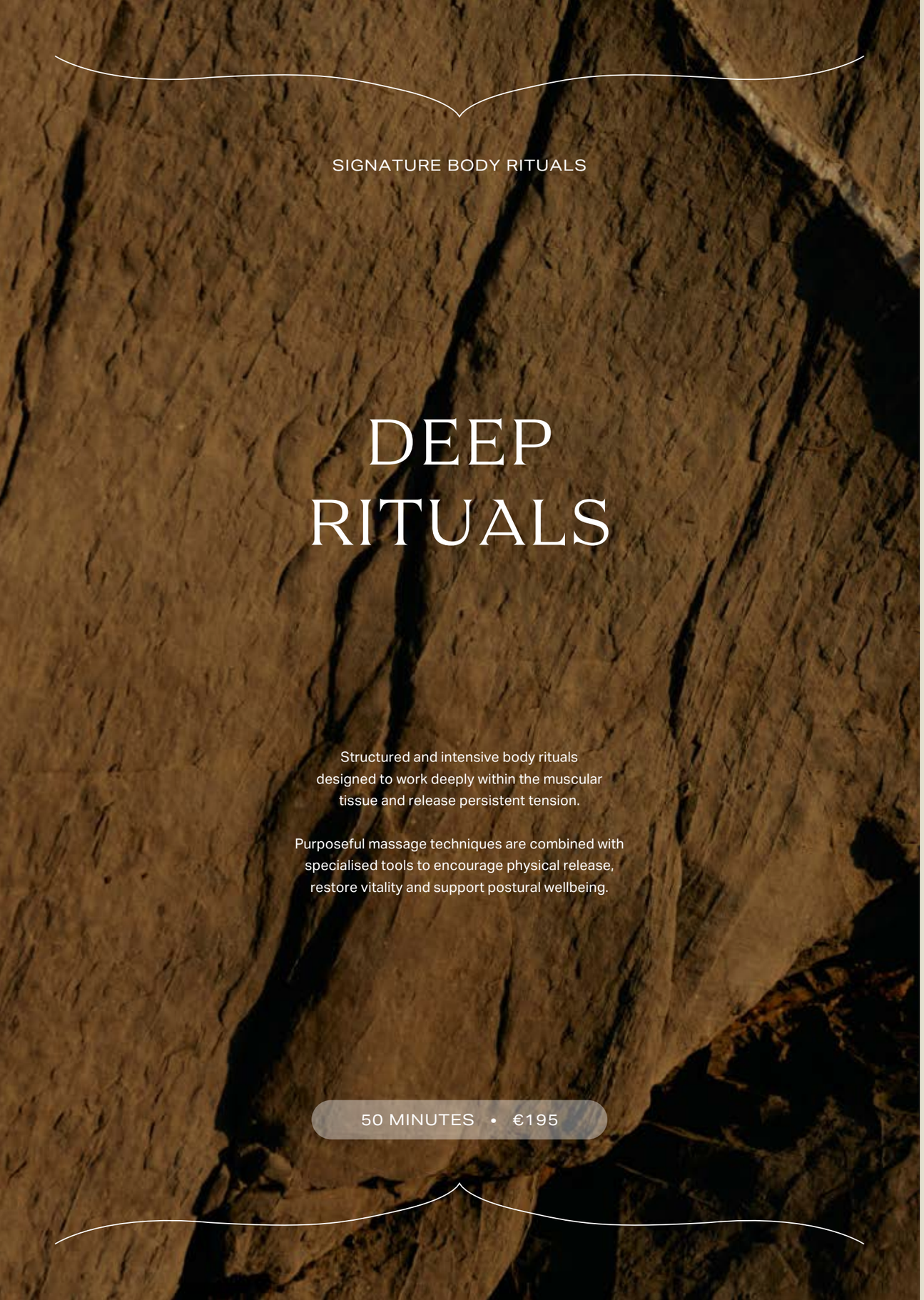
III. STRESS MANAGEMENT

Onda Detox

A detoxifying, rebalancing body ritual supporting both the lymphatic and nervous systems. An enzyme peel powder promotes deep purification, while relaxing techniques, energising movements and cupping therapy stimulate the body's natural regenerative processes – releasing tension, eliminating toxins and restoring clarity, vitality and balance.

SOMETIMES, IT'S THE DETAILS

THAT MAKE THE DIFFERENCE.



SIGNATURE BODY RITUALS

DEEP RITUALS

Structured and intensive body rituals designed to work deeply within the muscular tissue and release persistent tension.

Purposeful massage techniques are combined with specialised tools to encourage physical release, restore vitality and support postural wellbeing.

50 MINUTES • €195

I. ENERGY REBIRTH

Fuoco e Silenzio

A deep body ritual designed to dissolve physical tension and quiet the mind. The alternating use of warmth and cooling sensations accompanies slow, enveloping massage techniques, encouraging a profound release of accumulated stress and fatigue. A restorative reset that awakens renewed energy and vitality.

II. CONSCIOUS LONGEVITY

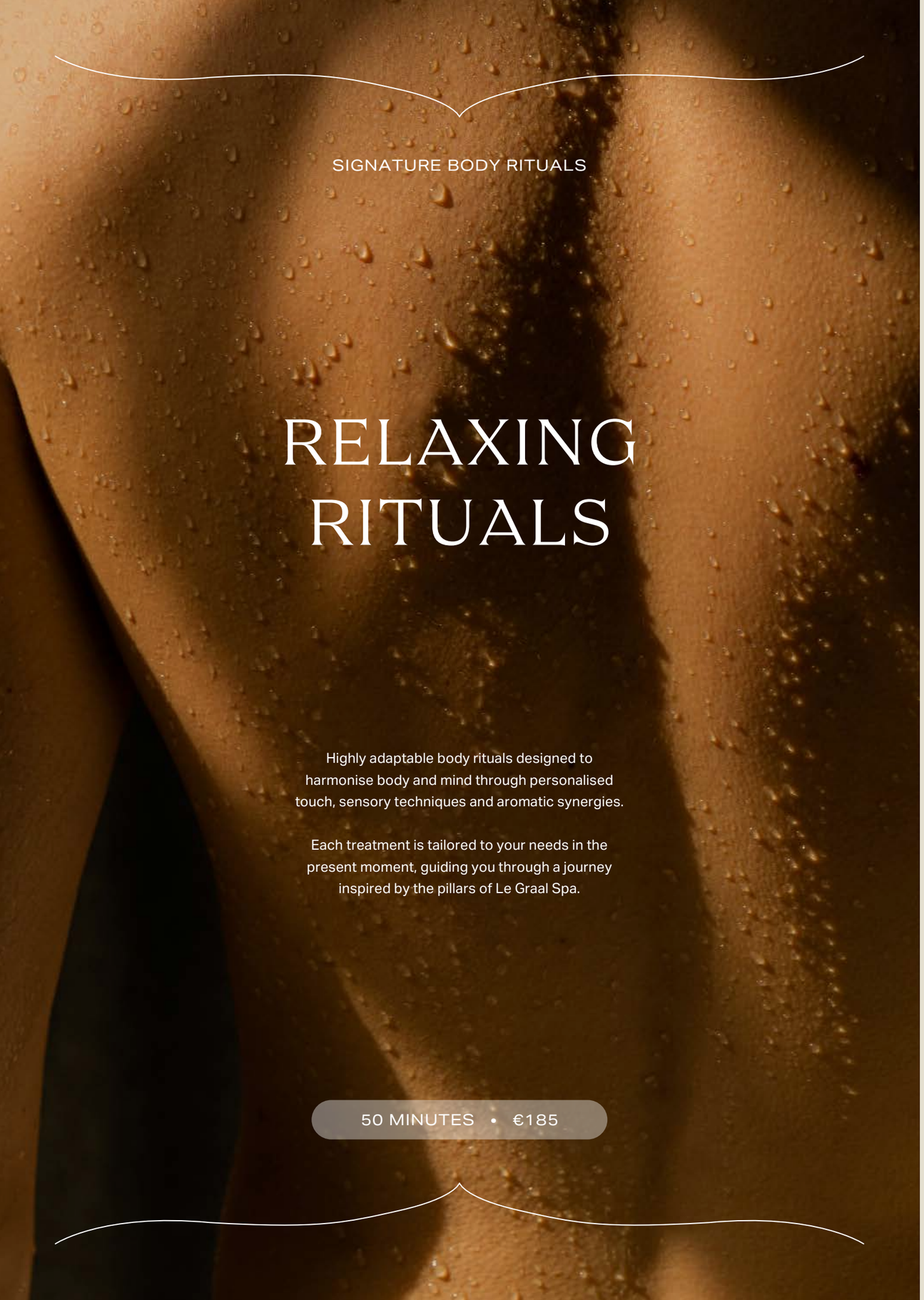
Centro Vitale

An intensive, restorative treatment focused on deep muscular tension and contracted tissues. Advanced deep-pressure techniques work in synergy with energising movements to improve circulation, support posture and restore physical resilience. A return to strength, vitality and inner balance.

III. STRESS MANAGEMENT

Radice e Respiro

A deeply grounding body ritual combining soothing massage with stretching-inspired movements. Designed to release postural restrictions and the effects of chronic stress, it restores a feeling of lightness, physical awareness and overall balance. An invitation to reconnect with the body and breathe more freely.



SIGNATURE BODY RITUALS

RELAXING RITUALS

Highly adaptable body rituals designed to harmonise body and mind through personalised touch, sensory techniques and aromatic synergies.

Each treatment is tailored to your needs in the present moment, guiding you through a journey inspired by the pillars of Le Graal Spa.

50 MINUTES • €185

I. ENERGY REBIRTH

Sussurro di Pino

A gentle, enveloping ritual that invites stillness and renewal. The soothing aroma of Swiss stone pine accompanies deeply relaxing massage techniques, guiding body and mind toward a profound sense of calm, balance and restoration. Perfect for slowing down and reconnecting with yourself.

II. CONSCIOUS LONGEVITY

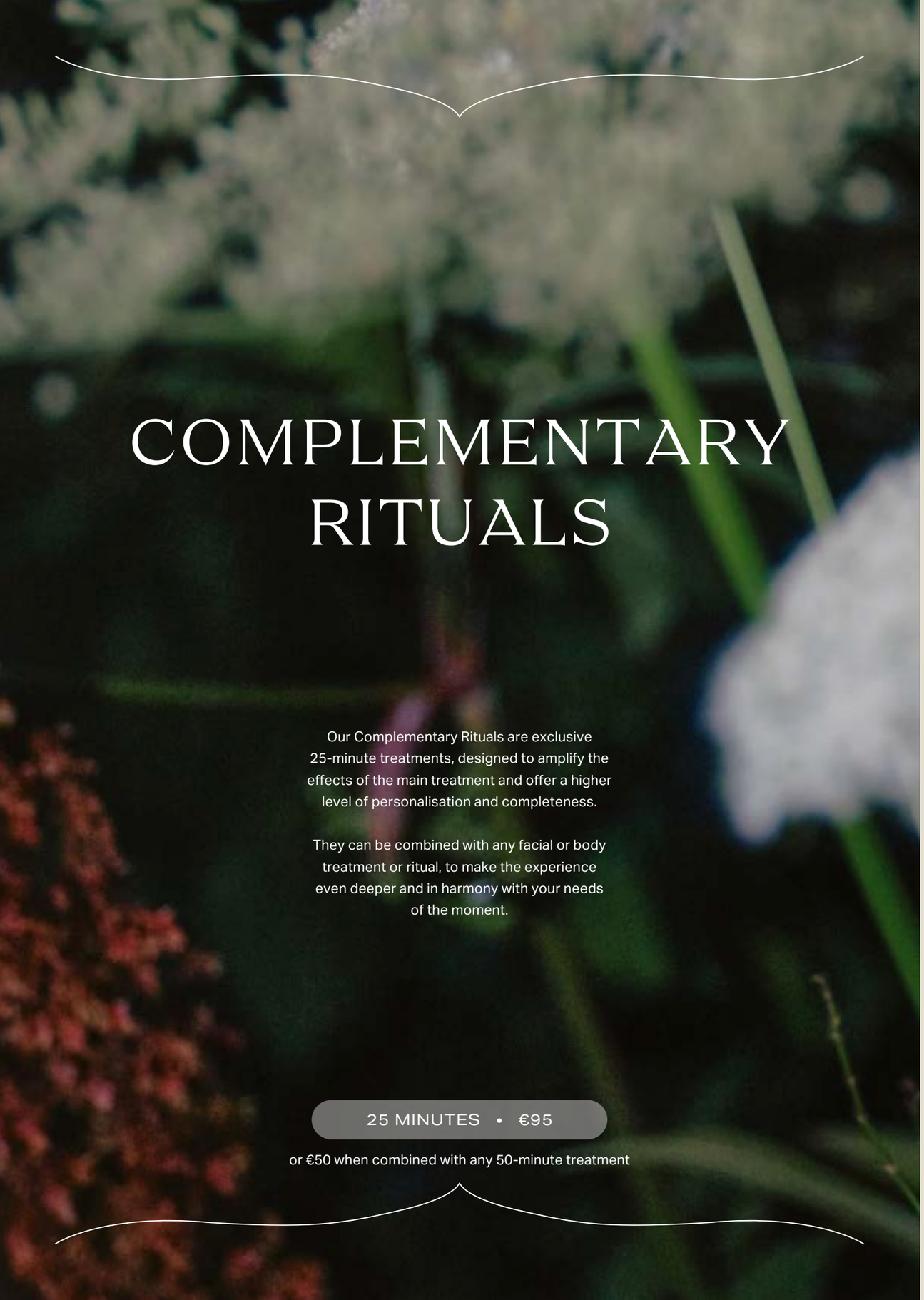
Forma e Vitalità

A toning, regenerative body ritual designed to awaken vitality and restore physical energy. The invigorating essence of Scots pine accompanies sculpting and energising massage that stimulates circulation and enhances overall wellbeing – for renewed energy, improved tone and a revitalised sense of self.

III. STRESS MANAGEMENT

Flusso Lento

A deeply restorative ritual combining flowing massage with stretching-inspired movements to release physical tension and accumulated stress. Mountain pine aromatherapy supports emotional balance and relaxation, encouraging the body to soften, unwind and let go – restoring lightness, harmony and inner calm.



COMPLEMENTARY RITUALS

Our Complementary Rituals are exclusive 25-minute treatments, designed to amplify the effects of the main treatment and offer a higher level of personalisation and completeness.

They can be combined with any facial or body treatment or ritual, to make the experience even deeper and in harmony with your needs of the moment.

25 MINUTES • €95

or €50 when combined with any 50-minute treatment

I. ENERGY REBIRTH

Velo di Luce

A targeted ritual for the décolleté, scalp and face through acupressure-inspired techniques and deeply relaxing touch. Cooling spheres and stimulating brushes release mental and muscular tension, restoring lightness, clarity and renewed vitality. A luminous pause that awakens both skin and spirit.

II. CONSCIOUS LONGEVITY

Sorgente del Movimento

An intensive treatment for the back and neck designed to release deep-seated tension and restore freedom of movement. Targeted massage works with sculpting tools, cooling stones and draining cups to ease muscular restrictions and improve mobility. A powerful ally in restoring strength, breath and physical ease.

III. STRESS MANAGEMENT

Radici Leggere

A focused ritual for the feet and legs combining deep drainage with reflexology-inspired touch. By stimulating key reflex points, it encourages physical and emotional balance while relieving heaviness and fatigue. A grounding experience that restores lightness, harmony and connection between body and mind.



CRYOTHERAPY

3 – 5 MINUTES • €70

Set within the exclusive surroundings of Cortina, among snow-capped peaks and unspoilt alpine landscapes, cryotherapy stands out as one of the most innovative and high-performance wellness experiences available in the destination. A truly distinctive treatment, ideal in both winter and summer, offering targeted recovery and optimisation for those seeking to enhance physical and mental performance. Whether after a day on the slopes, a mountain hike or a particularly demanding period, cryotherapy is a powerful ally in restoring energy, vitality and overall wellbeing.

Cryotherapy embodies all three pillars of Le Graal Spa. It supports Energy Rebirth by stimulating circulation and accelerating the body's natural regenerative processes; it contributes to Conscious Longevity through its positive effects on metabolism and physiological resilience; and it enhances Stress Management by providing an immediate sensation of lightness, freshness and release from accumulated tension. Seamlessly integrated into the active and sophisticated lifestyle of Cortina, it offers our guests an essential wellness ritual that combines innovation, performance and profound restoration.



PRIVATE SPA SUITE FOR EXCLUSIVE USE

An intimate and exclusive sanctuary where wellbeing becomes an experience to be shared.

The Private Spa Suite at Le Graal Spa Cortina offers the possibility of enjoying your selected treatments in complete privacy, enhanced by a private sauna and steam bath that envelop the body in restorative warmth.

A cosy relaxation area with fireplace completes the experience, transforming every moment into a ritual of connection, tranquillity and togetherness.

A place created to celebrate time, presence and the luxury of sharing both.

PRIVATE SPA SUITE • UPON REQUEST

60 minutes exclusively for relaxation (treatments not included) €280

120 minutes for 2 guests (50-minute couples' massage included) €600

120 minutes for 1 guest (50-minute massage included) €450



WELLNESS FACILITIES

At the heart of Le Graal Spa Cortina lies its wellness journey, an immersive experience inviting guests to dedicate time to complete restoration.

The heated indoor pool welcomes with its gentle fluidity, while the Finnish sauna and steam bath encourage a profound release of tension. Sensory showers awaken the senses through water, light and temperature, preparing the body to regain balance and vitality.

A contemporary fitness space complements the experience through mindful movement, while the juice bar offers a moment of nourishment and lightness, extending the feeling of wellbeing within an atmosphere of understated elegance.

COMPLETE WELLNESS PROGRAMME (SAUNA, STEAM BATH, SENSORY SHOWERS, POOL, GYM)

Spa, Pool, and Relaxation Area for hotel guests ..... Free access, by appointment

Spa, Pool, Relaxation Area, and Gym for non-residents €150

Spa, Pool, Relaxation Area, Gym, and 30-minute massage for non-residents €200

To find out more, please visit our website
LEGRAALCORTINA.COM

