

GARDONE RIVIERA
LAGO DI GARDA

TREATMENTS

HOTEL
BELLA
RIVA



BELLA *VITA*

Signature treatments

SEASON 2026

INTRODUCTION

INTRODUCTION TO IN-ROOM TREATMENTS

The Universe and all beings are considered, by the Chinese Medicine, the result of a dynamic, changeable, interchangeable and inseparable union of two principles: Yin/Yang.

Qi or Vital Energy flows in three intimately coordinated systems: in the nervous system, the vascular system, and in the meridian system (energy channels). Any alteration in the rhythms and flow currents of the Qi generates imbalance and consequently disease.

Natural medicine applies to three fundamental aspects of personal care: physical, psychic and spiritual. The energy treatments, the TUI NA and millenary techniques are intended to restore a homeostatic balance of the person's health.

NATUROPATHY

Also known as Naturopathic Medicine, it stimulates the innate capacity of self-healing of the human body (homeostasis), through the use of techniques and remedies of different nature, or through the adoption of healthy lifestyles in harmony with natural rhythms.

Naturopathy is not a substitute for allopathic medicine, but a complementary tool. Naturopathic practices include massage, plantar reflexology, hydrotherapy, chromotherapy, flower therapy, aromatherapy and many others.

OUR THERAPIST

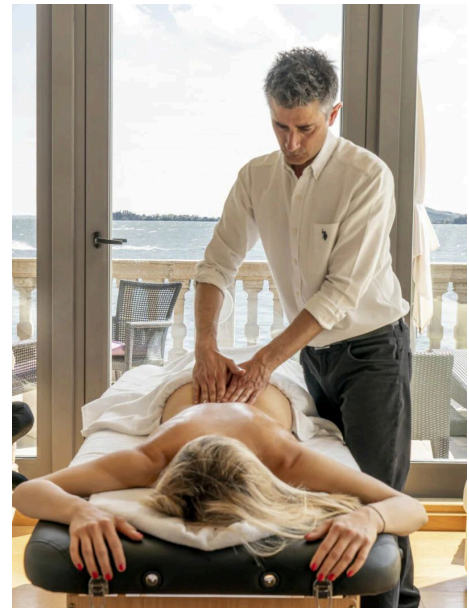
OUR THERAPIST

Teddy Trevisan

Naturopath, Holistic Reflexologist, Specialized in Oriental Energy Activities.

His training as a plantar reflexologist began in 1996. In 1999 he graduated in Holistic Plantar Reflexology at the European Institute of Naturopathy, and in 2002 as a Naturopath with enrolment in the European Naturopathy Register at the British Complementary Medicine Association.

He has attended courses in Traditional Chinese Medicine with the Ricci Institute in Paris and at Lefay Resort & Spa Garda. He practises Karate, Tai Qi Quan, Qi Gong, and uses Vibrational Flower Therapy, Energetic Stretching and Ayurvedic Massage.



ENERGETIC SUMMER

ENERGETIC SUMMER AT THE HOTEL

In the full vitality of Nature — in the summer season — Energy reaches its maximum power and vitality. The Luminous Energy called YANG according to Chinese Medicine moves intensely, moving from the chest to the surface of the body.

In Chinese Medicine the colour associated with Summer is red; emotion is joy; the element is Fire; the main associated organs are the Heart and the Small Intestine.

In Summer it is recommended to drink a lot of water and eat a lot of fruits and vegetables, maintaining a healthy and balanced physical exercise.

TREATMENTS

WELCOME MASSAGE

€ 100

50 MIN

The treatment addresses postural issues, osteoarticular conditions, muscle tension, and digestive and circulatory problems. It involves specifically targeted movements for the back, shoulders and neck, complemented by the addition of hot moxibustion to enhance therapeutic effects.

PLANTAR REFLEXOLOGY

€ 90

50 MIN

Through the manipulation of the lower limbs and the pressure of specific points, the body rediscovers its physiological and postural balance. The treatment may involve physical, postural problems — osteoarticular, muscle tension, digestive, circulatory (blood/lymphatic), and emotional (insomnia; stress).

POSTURAL TUI NA

€ 130

60 MIN

Ancient Chinese energetic treatment, deep and relaxing which follows the path of the Meridians in all of your body aimed to rebalance your whole system thanks to the pressure on the points of the static and dynamic posture.

ABHYANGA

€ 150

90 MIN

Ayurvedic massage of Indian origin that helps to harmonize the body and relieve tensions through warm, gentle and continuous oiling techniques. The aim of Abhyanga is to harmonize the Doshas, the constitutive biological principles of every human being, to eliminate Ama (physical and mental toxins), and to create a positive emotional flow and elevate the spirit.

DEEP TISSUE

€ 150

50 MIN

Slow and specific body treatment that acts on the deep muscles. Ideal for athletes pre and post workout.

"AL BELLARIVA LA BELLA VITA" MASSAGE

€ 130

60 MIN

Specific treatment and consultation where our therapist and naturopath will take care of you and your needs by customizing the combination of Eastern and Western techniques, with the aim of providing a 360° result: relaxation and tonicity of the muscles, and energy benefits for the organs.

RELAXING BODY MASSAGE WITH ESSENTIAL OILS

€ 100

60 MIN

Delicate, harmonious body massage that gives relaxation to the mind.

NOTE

Payment to the therapist at the end of wellness treatment in cash. If you require to change the amount on your hotel bill, a surcharge of VAT 15% will apply.