



**DUPARC ORIENTAL SPA**

The art of well-being.

## **Between ancient rituals and new propositions, a perfect balance.**

Since ancient times in oriental cultures, massage is considered the most refined technique to achieve and maintain physical and mental health and beauty.

Western knowledge has enriched the medical and aesthetical contents.

The DuParc Oriental Spa merges the two cultures offering a potpourri of high quality treatments to purify, relax and restore energy levels.

From the benefits of Thai, Korean and Ayurvedic massages, to state-of-the-art beauty treatments; from the ancient reflexology tradition to facial and body therapies.

To choose The DuParc Oriental Spa means to enter a new and personalised dimension of well-being.

## **Your new inner space.**

In the heart of the Residence DuParc, the most renowned residence in Turin since 1970, a Spa has been created, 500 square metres, a particularly beautiful atmosphere that makes every experience unforgettable. The black stone and rosewood, raw materials inspired by traditional Japanese baths, highlight the well-being philosophy in a luxurious refined ambience of the DuParc Oriental Spa.

A real oasis of peace and tranquillity with areas dedicated to massage and to reflexology that can, on request, be used individually or by two together.

There are specific areas to revive oneself, like the aromatic sauna, the vitality pool, and the tropical rain effect showers, the fountain to alleviate an aching neck and the relaxation area with a choice of oriental herbal teas.

To crown it all the DuParc restaurant offers Spa clients, the chance to try a purifying menu based on ancient oriental nutrition, as well as traditional Italian cuisine.

## **The best is natural.**

Inspired by the idea of holistic well-being, the DuParc Oriental Spa uses Pañpuri products, made in Thailand and internationally renowned. The particular Thai philosophy dictates that skin-care products are based entirely on natural ingredients.

Pañpuri products are made of 100% herbs, oriental flowers and essential oils and plant extracts. The result is a vast range of hypoallergenic, high quality products.

## Rejuvenate with a massage.

### Thai Massage

The expression of an ancient tradition handed down through countless generations, by some considered the most thorough massage. This is a pressure point massage applied along the body's energy channels and manipulations with stretching movements similar to assisted yoga.

### Classic Thai Massage

A relaxing and invigorating effect. Light muscular stretching has a toning effect on internal organs. Releases stress and tension, leaves a sense of peace and energy.



1 hour

### Nuad Bo-Rarn Thai Massage

An ancient form of massage (Nuad Bo-Rarn: "Northern style") is performed fully dressed on a futon. A unique style, creates a deep sense of relaxation, improves sleep, favours energy flows and therefore improves body functions; it improves muscle and joint elasticity as well as concentration levels.



1 hour 30 mins

### Thai Massage with herbal compresses

Warm curative herbal compresses are applied to aches and pains followed by a massage designed to ease muscle tension and absorb the herbs healing properties.

Ideal for easing aches, pains and bruises.



1 hour

### Thai foot Massage

A relaxing effect to relieve tension and sluggishness in the legs leaving a feeling of extreme lightness.



1 hour

## **Ayurvedic Massage**

Ayurveda (literally means “the science of life”) is the traditional Indian medicine.

Practised since the IV millennium A.C., it proposes to take each individual to their well-being limit.

Ayurveda looks at the imbalance in each individual and works on balancing mind, body and spirit.

This massage treats mind and body by stimulation and balancing of the seven Chakra, the major centres of energy and spiritual power in the body.

### **Ayurvedic Massage with essential oils**

Using a custom made mixture of essential oils, the Ayurvedic massage helps to release tension, improve circulation and alleviate aches and pains. It expels toxins and restores the free flow of energy to the whole body.



1 hour

### **Ayurvedic Abhyanga Massage**

Thanks to the use of pure, warm or cold sesame oil, Abhyanga is a therapeutic, relaxing, deeply calming and detoxifying massage that restores an intense feeling of lightness.



1 hour

### **Ayurvedic Shirobhyanga head and neck massage**

This head, neck and shoulder massage concentrates on key vital energy points, reduces anxiety and leaves a state of radiant calm. When time is limited, this relatively quick treatment is the perfect solution to reduce nervous tension, stimulate circulation and creates a pleasant feeling of overall well-being.



40 mins

## **The Bowen Technique**

Developed in the 50's by Tom Bowen, an Australian Homeopath, this technique is based on extremely delicate rotating movements and light pressure concentrated on precise points on the body, to encourage energy flows. This almost imperceptible stimulation increases mental awareness of the treated parts, thus activating muscles and nerve centres. Even this limited manipulation, with respect to traditional massage techniques, has a positive effect on tendons and ligaments and conveys a feeling of psychophysical well-being.

30 mins



## **Aromatherapeutic Massage**

A holistic massage, combining East and West traditions, concentrating on the back, scalp, face, neck, shoulders and feet. Using a custom blend of essential oils extracted from plants. According to each chosen essence, this massage can achieve varied results: to relieve aches and pains, mental clarity, relaxing, energising and detoxifying.

1 hour



## **Hot Stone Massage**

A therapy practised since ancient times by the Chinese and American Indians, this massage with hot lava stones allows muscles to stretch and restore energy in a deeply relaxed state. Some hot stones are positioned on body Chakras, powerful energy centres, whilst others are passed over the skin in a soft and relaxing manner.

1 hour



### **Kin Yang**

A relaxing Korean treatment consisting of vibrations, rotations, oscillations, rocking and stretching of the whole body. It releases tension restoring muscle elasticity and tone. The result is a gradual change in posture and balance that gives new energy and mental awareness.



1 hour

### **Shiatsu**

Shiatsu was developed in Japan, in the last century from traditional and modern Western pain treatment methods. The painful area is massaged with pressure applied by thumbs and hands, and occasionally elbows, to stimulate the healing of internal organs and muscles.



1 hour

### **Harmonious Massage**

A soft but very deep massage creating a state of total relaxation and well-being. It exploits the natural propagating powers of essential oils to relax muscles, joints and relieve neck pains.



50 mins



## Reflexology. The foot massage.

An ancient Chinese therapy, based on massage and the manipulation of specific points of the foot, where thousand of nerve endings are found. According to reflexology principles energy pathways link a particular area of the foot to each of the body's organs. Stimulating these areas induces a reaction in the body that searches energy within itself to be sent to weak organs to help recover balance and improve efficiency. As well as the effect on internal organs, reflexology is a relaxing treatment that improves circulation and relieves stress.



1 hour

25 mins [express]

## The endless benefits of acupuncture.

Practised in China, already in the third millennium A.C., acupuncture (zhēn jiǔ in) is a therapeutic treatment based on the painless insertion of fine needles in particular parts of the body. The human body is considered a harmonious collection of numerous functional systems, approximately associated to physical organs. The treatment of a certain illness is made by inserting needles in sensitive localised parts of the body modifying one or more of these systems.



30 mins

## Unite well-being and beauty.

### Manual lymphatic drainage treatment

This massage focuses on the areas of the body prone to cellulite, blockages, fluid retention and uneven skin texture, stimulating the lymphatic and circulatory systems.

It has a detoxifying effect, therefore improving skin tone and subcutaneous tissues.

50 mins



### Body Scrub

These treatments, based on natural essential oils, remove impurities, refine skin, stimulate circulation and help to eliminate toxins. Varying essences can be used in the scrub, from which different results are obtained.

- **traditional Thai refreshing lemongrass:** relaxation and anti-stress properties for tired muscles.
- **coconut moisturizer:** anti-oxidant properties, strengthens and deeply moisturizes new tissues.
- **coffee skin toner:** breaks up fatty deposits, improves circulation and firms skin.
- **Soothing lavender:** balances the nervous system and has a calming antidepressant effect.



40 mins

### Body Scrub combined with body mask

The scrub softly cleans the surface without irritating the skin. The body mask, particularly effective if applied directly after a scrub, purifies and feeds skin.

Different effects can be chosen.

- **traditional Thai energizing ginger:** boosts circulation, eases stiff muscles and tones skin.
- **traditional Thai relaxing Jasmine:** soothes dry or sensitive skin and has a relaxing and sensual effect.
- **protective chocolate:** stimulates hormones (increases endorphin production) and gives a feeling of well-being and satisfaction.
- **oriental tradition, anti-oxidant green tea:** has a detoxifying and anti-inflammatory effect.



1 hour 30 mins

## Remodelling

A beauty treatment designed to concentrate on specific areas of the body in need of therapy, can be personalised according to the required effect.

- **anti-cellulite:** acting directly on breaking up fatty deposits by draining and stimulating movements.
- **toning:** vitalizes, tones skin tissues, helping to recover natural elasticity.
- **circulatory:** relieves muscles and restores normal blood flows, especially in the legs.
- **personalised:** a combination, customised on specific individual requests.



50 mins

## Dreamline Facial

A deeply purifying and cleansing facial treatment, followed by delicate exfoliation, a moisturizing mask and a final relaxing massage.



1 hour

## The Regenerate facial (anti-aging)

Stimulates skin metabolism, activates skin cell regeneration, toning and deeply nourishing.

Impedes aging and gives the skin a youthful glow, with short and long term effects.



1 hour

## The Detox oriental herb facial

A rebuilding treatment, restoring skin balance, using essential oils and natural extracts.

Includes an exfoliation, an aromatic detoxifying facemask, and a regenerating facemask.



1 hour

## Hand treatment with paraffin



1 hour

## Foot treatment with paraffin



1 hour

## Rejuvenate at any age.

Dr. Lucio Buffoni, a medical doctor, carries out these treatments, and will also supply a free consultation to decide the most suitable treatment required.

### Facial Resurfacing

The biorevitalisers improve skin tone, whilst fillers smooth wrinkles, rectify nasal hollows and eye bags and increase the volume of lips, cheeks and chin.



Depends on the person

### Botox

A simple injection of botox under the skin surface smooths wrinkles and hollows caused by facial muscles, improves crow's feet and gives an overall youthful look with out the use of a scalpel.



Depends on the person

### Lipolisis with Fosfatidilcolina

Fosfatidilcolina is used for the treatment of cellulite that reduces localised fat accumulation avoiding lipo-sculpture.



Depends on the person

### Mesotherapy

These are small intradermic injections used against cellulite, facial skin aging, lymphatic vein problems and small traumas.



Depends on the person

### Diets and complementary treatments to prevent aging

Personalised diets and complementary treatments are possible to limit degenerating biological processes.



Depends on the person

## Gentlemen's massage and beauty.

All treatments at The Duparc Oriental Spa can be enjoyed by both ladies and gentlemen. As well as the various traditional treatments, The DuParc Oriental SPA has an exclusive range for men.

### Energizing Massage

A specific muscle reliever for the aches and pains that can result from a particular sport, computer use or frequent travel. Increases muscle flexibility and restores muscle balance after overexertion and improves circulation. The result is a pleasant, revitalising, relaxing sensation.



1 hour

### Purifying treatment and back and neck massage

A specific treatment to remove impurities that accumulate on the back and shoulder area. Based on a combined scrub and massage.



1 hour

### Gentlemen's Facial

A facial specifically formulated for the male complexion. Uses natural balms, oils and clays to help purify and hydrate, relieving shaving irritation and revitalising the skin.



1 hour

### Hand treatment with paraffin



40 mins

### Foot treatment with paraffin



1 hour

## Discover oneself through rituals.

Restore and rejuvenate are pleasures that should be savoured and that merit time.

To accomplish this, the combination of different treatments creates a complete experience.

Our experts are at your disposal to assist in the choice of completely personalised compositions.

### Mohenjo Daro ritual

A combination of a scrub and delicate head massage to release muscle tension. Followed by an Ayurvedic massage with essential oils, rhythmical and relaxing, that helps to remove blockages and activate prana.



2 hours 30 mins

### Ayutthaya ritual

A delicate facial and foot massage, carried out at the same time. Followed by a lemongrass body mask and at the end a Thai massage. For a really uplifting experience.



2 hours 30 mins

### Balinese ritual

Inspired by Lulur, a purifying ceremony practised by princesses preparing for their wedding, this ritual begins with a foot massage and a petal filled footbath to recover physical and mental harmony. Followed by Lulur scrub, a body massage and to finish a tropical flower aromatic mask to soften skin.



3 hours 30 mins

### Oriental foot ritual

After a salt footbath, a delicate scrub with spices that stimulate circulation and leave feet refreshed, soft and smooth. Followed by a pedicure and an oriental foot massage.

After this treatment it seems like you are walking on clouds.



2 hours

### Oriental hand ritual

A hand bath in a sandalwood mixture, a soft tamarind and orange pulp scrub followed by a manicure. To finish, an oriental hand massage with a deeply nutritious ylang ylang mask.



2 hours

## Price

### Rejuvenate with a massage.

Classic Thai Massage	Durata: 1 ora	€ 80
Nuad Bo-Rarn Thai Massage	Duration: 1 hour 30 mins	€ 110
Thai Massage with herbal compresses	Duration: 1 hour	€ 80
Thai foot Massage	Duration: 1 hour	€ 80
Ayurvedic Massage with essential oils	Duration: 1 hour	€ 70
Ayurvedic Abhyanga Massage	Duration: 1 hour	€ 70
Ayurvedic Shirobhyanga head and neck massage	Duration: 40 mins	€ 60
The Bowen Technique	Duration: 30 mins	€ 100
Aromatherapeutic Massage	Duration: 1 hour	€ 70
Hot Stone Massage	Duration: 1 hour	€ 100
Kin Yang	Duration: 1 hour	€ 100
Shiatsu	Duration: 1 hour	€ 70
Harmonious Massage	Duration: 50 mins	€ 80

### Reflexology

Duration: 1 hour	€ 70
25 mins [express]	€ 40

### Acupuncture

Duration: 30 mins	€ 100
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### Unite well-being and beauty

Manual Lymphatic drainage treatment	Duration: 50 mins	€ 70
Body Scrub	Duration: 40 mins	€ 50
Body Scrub combined with body mask	Duration: 1 hour 30 mins	€ 80
Remodelling	Duration: 50 mins	€ 70
Dreamline Facial	Duration: 1 hour	€ 70
The Regenerate facial (anti-aging)	Duration: 1 hour	€ 70
The Detox oriental herb facial	Duration: 1 hour	€ 70
Hand treatment with paraffin	Duration: 1 hour	€ 70
Foot treatment with paraffin	Duration: 1 hour	€ 70

### Gentlemen's massage and beauty

Energizing Massage	Duration: 1 hour	€ 80
Purifying treatment and back and neck massage	Duration: 1 hour	€ 80
Gentlemen's Facial	Duration: 1 hour	€ 70
Hand treatment with paraffin	Duration: 40 mins	€ 50
Foot treatment with paraffin	Duration: 1 hour	€ 70

### Discover oneself through rituals

Mohenjo Daro ritual	Duration: 2 hours 30 mins	€ 120
Ayutthaya ritual	Duration: 2 hours 30 mins	€ 120
Balinese ritual	Duration: 3 hours 30 mins	€ 150
Oriental foot ritual	Duration: 2 hours	€ 100
Oriental hand ritual	Duration: 2 hours	€ 100

## **Information, booking, opening hours.**

### **Booking**

To use The DuParc Oriental Spa you must make a reservation. Our specialised personnel are at your disposal to offer advice on the most suitable treatment to suit your needs.

Reservations can be made by calling 011 650 8383  
or directly at Residence DuParc in Corso Massimo D'Azeglio 21, Torino.

### **Opening Hours**

From Tuesday to Sunday 11.00 - 21.00  
Monday closed

### **Spa arrival**

It is advisable to arrive at least 15 minutes before your appointment, so you can relax in the designated areas and begin your treatment in a stress free mood.

You are welcome to use the vitality pool, the aromatic sauna, and the relaxation areas before and after your treatment for as long as you like.

If you are late for your appointment we cannot guarantee the full duration specified

### **What to bring**

The DuParc Oriental Spa supplies bathrobes, towels and personal slippers. We do not however, supply a swimming costume: we advise you therefore to bring your own swimming costume to wear whilst you are in the vitality pool and aromatic sauna. An individual locker is provided to leave your personal belongings.

### **Special occasions**

Guests at The DuParc Oriental Spa can celebrate birthdays, anniversaries and other special occasions in a pleasant and refined atmosphere.

### **Gift voucher**

An ideal gift, available for one or more treatments. Reservations are required even for those who have a Gift Voucher.

## **DUPARC ORIENTAL SPA**

A well-being oasis in the heart of the Residence DuParc.

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