

LA SPA



HELVETIA & BRISTOL

The iconic wellbeing retreat in the heart of Florence



We welcome you to
LA SPA Helvetia & Bristol,
the place to enjoy the luxury of rediscovering yourself.



The iconic wellbeing retreat in the heart of Florence.

LA SPA Helvetia & Bristol's philosophy of wellbeing - mens sana in corpore sano - invites its Exclusive Members to immerse themselves in a world inspired by the ancient Roman Baths to rediscover their centre and realign their mind, body and spirit.

LA SPA Helvetia & Bristol combines the authentic, original connotation of "taking the waters" with ancient rituals of wellness and beauty from all over the world as they have come down to us today.

Luxury and intimacy in the ancient Capitoline Baths of Florentia.

Moving through the spa, you will enjoy the unique experience of discovering traces of the original Roman baths of Florence that were unearthed during restoration, as they emerge along the spa path.

From the enchantment of the Italian Renaissance comes the purity of lightness.

Everything has been designed to ensure the privacy and relaxation of our Members who are part of LA SPA. The silence, the ripple of water and the comforting warmth combine with ancient rituals to offer a holistic approach to your wellness experience.

As every individual is unique, so every experience will be unique.

A collection of treatments designed to free your mind and body from deep stress, to rebalance and harmonize yin and yang and induce the deepest sense of relaxation.



Become an Exclusive Member of LA SPA Helvetia & Bristol

You can become a member of LA SPA either by staying at the Helvetia & Bristol hotel or by purchasing a membership card.



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LA SPA Helvetia & Bristol Escape & Luxury Massage

The Great Beauty Aquamotus Ritual

Relax & Bubbles Ritual Spa Suite

Grand Rituel du Hammam Divin

Youth & Wellbeing Ritual Spa Suite

Sublime Scrub with Tahitian Monoi

Soothing French Polynesia Massage

Tonifying Indian Ayurvedic Massage

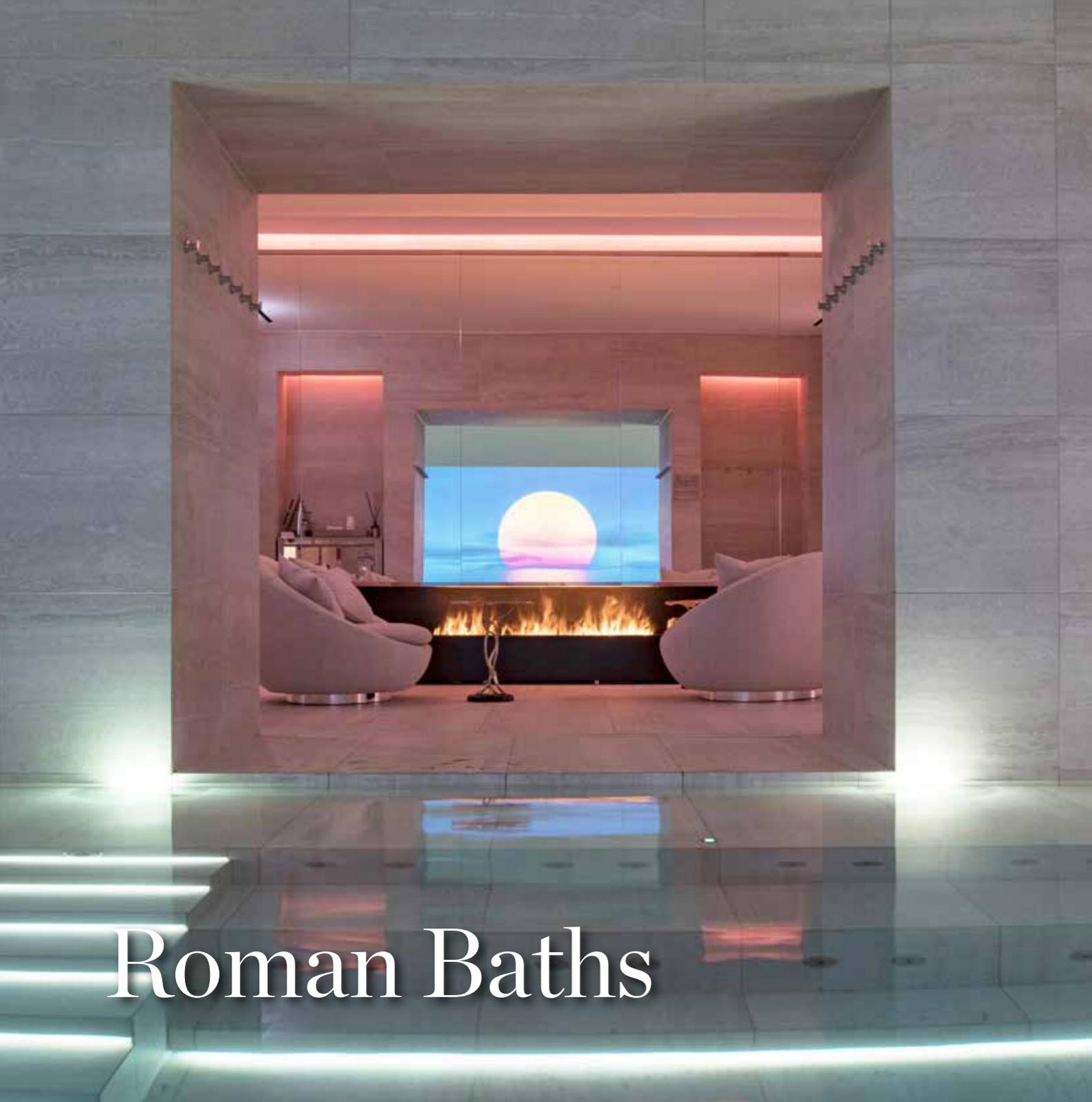
Aquamotus & Relax Massage

Wonder Face Elisir

Five-Flowers Ritual Luminescence Facial

KO BI DO Massage





Roman Baths

Inspired by the ancient Roman Thermal Baths, this fascinating wellness experience marks the start of a search for balance with your vital energy.

The beneficial rituals of the Thermal Baths were based on alternating hot with cold to purify and tone the body, and on socialization. These are experiences you can relive here to reap the benefits for both body and mind.

LACUS QUIETIS

the beating heart of LA SPA, dominated by the water in which you can immerse yourself to take full advantage of its beneficial effects.

CALIDARIUM

an enveloping experience of hot steam in which to immerse and purify yourself, to breathe and enjoy its restorative effects that are gentle yet profound.

SUDATORIUM

a plunge into the dry, intense, and health-giving heat to slowly eliminate toxins and destress.

FRIGIDARIUM

an immersion in the cold pool lowers your body temperature and creates a stimulating effect on your circulation.

TEPIDARIUM

warmth and silence for a regenerating break between the Calidarium and the Sudatorium.

AQUAE

a path of water jets that caress your whole body, combining massage and stimulation.

AREA QUIETIS

the essential relaxation room to restore your mental and physical balance. Indulge in gentle pleasures, lulled by a thousand emotions and sensations.

To enable us to optimize this experience, we request that our guests book entrance to the Roman Baths in advance. The entire area can be reserved on request.

Recommended time: 2 hours
from Monday to Friday € 50 | Saturday and Sunday € 65



Signature Treatments Face

The true essence of LA SPA Helvetia & Bristol finds optimal expression in the signature treatments and rituals designed by our spa therapists. The “magic touch” of their hands will enhance the effectiveness of the active ingredients on the skin and produce a state of deep relaxation.

We invite you to discover them.

LA SPA HELVETIA & BRISTOL FACIAL DETOX

Cleanse your face, enhance your expression

A deep cleansing and regeneration treatment. The skilful combination of massages, stimulation, hot and cold sponging, and ancient purification techniques allow you to experience the feeling of “wearing a new skin”.

50 min | € 140

LA SPA HELVETIA & BRISTOL “SECRET OF LONGEVITY” FACIAL

Make your skin eternal

Your expression radiates happiness, your skin takes on a new glow, your mind is serene. The ancestral rituals of the thermal baths combine with eastern and western massage techniques, acupressure, powerful active ingredients, and energizing movements. It erases the signs of ageing and prolongs the youth of face, neck and décolleté.

75 min | € 210

WONDER FACE ELIXIR

Tone the skin, recharge with energy

The skin is more compact, firm, toned, perfectly hydrated and wrinkles immediately appear visibly reduced. An anti-ageing treatment based on the protein precursors of Collagen and Elastin in a pure and concentrated form that are activated with a personalised lifting massage.

50 min | € 145



Signature Treatments
Body

LA SPA HELVETIA & BRISTOL REBORN BODY MASSAGE

Take back your body, be reborn into a new skin

The technique of alternating a range of pleasurable movements has its roots in Greek and Roman history. Not only does this massage produce beneficial effects on the back, arms, and legs thanks to the loosening of muscles and joints, it is also ideal for rediscovering yourself and your unique balance.

50 min | € 150 / per couple 50 min | € 285

LA SPA HELVETIA & BRISTOL ESCAPE & LUXURY MASSAGE

Let go and breathe

The spine and key joints are realigned while the muscles are toned with movements that vibrate and stretch; the ligaments are loosened. An enveloping massage of your face, neck and arms releases you from reality: time stops.

100 min | € 225 / per couple 100 min | € 435

STONE MASSAGE

Trust in the heat, free your energies

Inspired by an ancient Chinese technique, this hot stone experience balances yin and yang and is ideal for increasing energy while enjoying a moment of deep relaxation of both body and mind.

50 min | € 140 - 80 min | € 190
per couple 50 min | € 265 - 80 min | € 365



Signature Treatments
Aquamotus

AQUAMOTUS

Massaging water

Inspired by the spa culture of the ancient Romans, the water combines with a range of temperatures to relieve tensions throughout the body and relax the mind. Over 1200 jets of water generate a sublime massage with varying movements, intensities, and temperatures. It is an experience you can enjoy independently, without a spa therapist.

10 min | € 35 - 20 min | € 45
30 min | € 55 - 40 min | € 65

AQUAMOTUS & SCRUB

Purifying water

An exfoliating and therapeutic scrub performed by a spa therapist is added to the massaging jets of water. You will experience a complete body-mind dissociation and enjoy a total and deep escape.

50 min | € 135

AQUAMOTUS & RELAX MASSAGE

Regenerating water

The water massage combined with the “magic touch” of our spa therapists is the greatest gift you can give yourself. Lightness, relaxation, and brightness are some of the beneficial effects that this experience offers.

50 min | € 135



Signature Treatments

SPA Suite Rituals

THE GREAT BEAUTY AQUAMOTUS RITUAL

Celebrating your essence

A combination of treatments that has no equal: spice scrub, water massage and rhythmic movements envelop both body and mind in a symphony of wellness and relaxation. The body finds deep relaxation, the mind is free to wander in a space outside time.

80 min | € 195

RELAX & BUBBLES RITUAL SPA SUITE

A toast to your well-being

This iconic ritual of LA SPA Helvetia & Bristol totally embraces the body, face, and mind. It starts with a warm purifying scrub to prepare your skin for the next phase: a sublime anti-ageing massage for the face, neck and décolleté to engender light and relaxation. A series of personalised massages to relax tension and induce a deep and meditative state of total relaxation.

175 min | € 350 / per couple 175 min | € 600

SPA SUITE HAMMAM CEREMONY

Discover a new dimension of wellness

An intimate experience of purification and regeneration that has ancient roots; a ritual practised for its aesthetic, and therapeutic benefits in a convivial atmosphere.

A space and a moment to celebrate yourself and your essence, to re-find yourself and to realign your body and mind.

75 min | € 120 / per couple 75 min | € 200

GRAND RITUEL DU HAMMAM DIVIN

Divine purification ritual

Inspired by an ancient Berber tradition, this wonderful Hammam ritual uses the properties of pure and precious raw materials, black soap and Argan oil, to thoroughly purify the body. The ritual concludes with stretching to rebalance the body, relieve tension and eliminate toxins and deep blockages.

115 min | € 250 / per couple 115 min | € 400

YOUTH & WELLBEING SPA SUITE RITUAL

Lightness of being and mind

An experience of Japanese origin that proposes an ancestral beauty method for prolonging or regaining youth of the face and neck. The Hammam combines the benefits of chromotherapy and essential oils for deep purification and revitalization. Deep and warming movements harmoniously relax all your muscles.

145 min | € 300 / per couple 145 min | € 500





CINQ MŌNDES
PARIS

CINQ MŌNDES
PARIS

CINQ MONDES, A STORY OF PASSION

Since its creation in 2001 in Paris, Cinq Mondes has studied and sought out the best holistic treatments and the best medicinal plants from pharmacopeias from around the world, to take the power of their active ingredients to the next level and transform them into highly effective natural cosmetic treatments. Cinq Mondes offers a new vision of Ancestral Rituals from around the World, thanks to its in-depth knowledge of traditional medicines combined with advanced scientific know-how. Cinq Mondes means “5 regions of the world”, from which the best botanical ingredients from Indonesia, China, Japan, India and Morocco have been selected. The Cinq Mondes Rituals were created from each one of them.

THE CINQ MONDES EXPERIENCE

Since its creation, Cinq Mondes has made a commitment not to use neither silicones, mineral oils nor parabens in its products.

Cinq Mondes is pioneer in the development of petrochemical-free formulas and was among the first natural brands to establish strict laboratory guidelines, developed by a Doctor of Pharmacy, to create these products:

The guidelines:

1. The majority of active ingredients need to be from natural organic origin
2. Ingredients strictly excluded from the guidelines:
 - silicone and mineral oils
 - parabens and phenoxyethanol
 - artificial coloring
3. Dermatologically tested





Cinq Mōndes
Body

Invite your senses to discover the benefits of the best massages from around the world, passed down over many generations. Each one will carry your senses away, across time and space, to Bali, India, North Africa, and more. They will leave you deeply renewed in body and mind. Let yourself be transported by the heady fragrances and enchanting textures, for a long-lasting feeling of calm.

TREATMENTS

PURIFYING SCRUB WITH BELDI BLACK SOAP

Breathe in steam, purify the mind

A journey into the heart of the oriental tradition of the Hammam. Associated with the exfoliating action of the Kassa glove, this ancestral procedure allows you to deeply purify the skin to make it soft, silky, and delicately scented.

20 min | € 65

POLISHING PAPAYA PUREE SCRUB

Velvety skin and a harmonious mind

A scrub technique taken from a Siam ritual, using a smooth, fine-grained Papaya Puree®. Gently exfoliated, your skin regains its radiance and remains lightly veiled in a delicious fragrance.

50 min | € 115

ENERGIZING AROMATIC SCRUB

Rediscover soft, silky skin

Gift yourself a moment of wellness inspired by the beauty and recipes and treatments from the island of Java. Let yourself be carried away by the delicate scents of this energizing scrub based on spices and sea salts.

20 min | € 65

SUBLIME SCRUB WITH TAHITIAN MONOI

Regenerates the skin, awakens the mind

Inspired by the islands of Polynesia and perfectly suited to the most sensitive skin, this traditional preparation of Monoi oil is made from soaking Tiarè flowers, sugar, and coconut powder.

50 min | € 115

BRAZILIAN SLIMMING AND FIRING TREATMENT

Regain your shape, listen to your balance

From traditional Brazilian and Indian medicines, this treatment combines kneading, friction and tapping movements to detoxify and drain the tissues. A combination of two beauty rituals: the Bangalore Ritual (India) and the Bahia Ritual (Brazil).

50 min | € 130

MASSAGES

RELAXING BACK MASSAGE

Relieve tension, rediscover wellness

Discover the virtues of this deeply relaxing massage. Focusing on the back, neck, and shoulder blades, this treatment relieves accumulated tensions to produce total wellness and relaxation.

20 min | € 80

SOOTHING FRENCH POLYNESIA MASSAGE

Travel with your mind and let yourself go

A massage passed down by Polynesian healers and inspired by the Lomi-Lomi, which uses pressure and long and continuous movements of the masseur's forearms to produce relaxation and wellness. The delicate notes of the Tiarè flowers accompany you during the massage.

50 min | € 140 - 80 min | € 190 / per couple 50 min | € 265 - 80 min | € 365

TONIFYING INDIAN AYURVEDIC MASSAGE

Close your eyes, breathe in positive energy

Balance your energies on a physical, mental, and spiritual level to achieve overall wellness. An invigorating massage alternates energetic and slower movements with hot oil to relieve tensions and relax your muscles. Let yourself be carried away by the scents of vanilla and cardamom.

50 min | € 140 - 80 min | € 190 / per couple 50 min | € 265 - 80 min | € 365

RELAXING NORTH AFRICAN MASSAGE

Immerse yourself in the tribal rhythm, enjoy the vibration

The whole body is wrapped and massaged with heated Argan oil. Deep and slow movements offer a moment of pure wellness. This massage is a journey into the heart of oriental traditions.

50 min | € 135 - 80 min | € 180 / per couple 50 min | € 255 - 80 min | € 345

LEG AND FOOT REFLEXOLOGY

Pain disappears

This leg and foot treatment offers a unique and localized acupuncture technique to instantly relieve tired legs and feet. The various tonic and draining movements produce energy and balance in the body.

20 min | € 75 / 50 min | € 130

LEG DRAINAGE

Everything flows

It improves lymph circulation, promotes the drainage of liquids helping to prevent the water retention that often causes cellulite. The skin appears more toned and relaxed. Immediate relief.

20 min | € 85

[It is possible to have massages in the room with a supplement of € 50]



Cinq Mondes
Face

Each of our Facials is a technical yet relaxing experience that brings out the beauty in everyone. Each of the Cinq Mondes products used during the treatment respects the principle of Skin Dietetics®, offering targeted and tailored effectiveness. An exclusive manual, needle-free acupuncture technique called Dermapuncture® paired with massage techniques from traditional medicine around the world will relax the features of the face, neck, and chest deeply.

BALI FLOWERS AND FRUITS LUMINESCENCE FACIAL

Oxygenate the skin and make it shine

Frees the skin of signs of fatigue and stress. Oxygenation techniques, combined with the natural active ingredients of tropical flowers and fruit acids (AHA), leave your face flawless and relaxed.

75 min | € 185

FIVE-FLOWERS RITUAL LUMINESCENCE FACIAL

Enlighten your expression

Inspired by Balinese floral rain rituals, this treatment revives the skin, allowing it to breathe. The Five Tropical Flowers cleanse deeply and delicately, making your skin brighter and your mind lighter.

50 min | € 135

KO BI DO MASSAGE

Nourish your skin, awaken the energy that is in you

Inspired by Japanese traditions, the KO BI DO massage produces a natural lifting effect thanks to the Dermapuncture® manual techniques. The skin regains its youth, firmness, and brightness through 5 phases: purification, toning of the facial muscles, lifting massage, hydration and finally the elimination of toxins.

20 min | € 70 / 50 min | € 125



Beauty

“Details make perfection and perfection is not a detail.”

Leonardo da Vinci

Spa manicure

€ 45

Spa pedicure

€ 65

Mipermanent nail polish application

€ 25

Waxing (1 area)

€ 35

Half-leg waxing

€ 45

Full leg waxing

€ 70



Wellness & Fitness

INDOOR

WAKE UP GYM

Muscle awakening exercises to activate your metabolism and increase your energy level before starting the day's activities. The session focuses on wide-sweeping joint mobility movements involving the whole body.

55 min | When: morning | Suitable for: everyone

BODY TRAINING

A sequence of movements on a circuit to be done with or without equipment and repeated several times in line with the principle of High Intensity Interval Training. There are multiple levels of difficulty depending on your training status.

55 min | When: all day | Suitable for: beginners to advanced

STRETCHING

A sequence of low cardiovascular commitment exercises useful for improving flexibility and the wellness of the musculoskeletal system and posture.

55 min | When: morning or evening | Suitable for: everyone

PILATES

A series of static and dynamic positions that combined with correct breathing enable you to improve your body's overall flexibility and muscle tone and achieve complete psychophysical wellness.

55 min | When: all day | Suitable for: everyone

Prices

Single lesson € 115

Promotions valid on season tickets of at least 10 sessions.

OUTDOOR

A RENAISSANCE TOUR

Walk, run or cycle through the centre of Florence to discover the city's sights in an original way.

90 min | Difficulty: easy
Route: all on flat roads

BY THE RIVER

Walk, run or cycle along the Arno River and lose yourself in the magic of its bridges and historic buildings.

90 min | Difficulty: medium
Route: all on flat roads

VIEWPOINTS

Walk, run or cycle. Go up to the hills of Florence to discover the city's charm from above.

60 min + warm-up and cool-down
Difficulty: high
Route: some flat, some uphill and some downhill

WALK-RUN-BIKE

Walk /run/cycle on a mixed route and with moderate/medium cardiovascular commitment.

90 min | When: preferably in the morning
Suitable for: everyone

Prices

Individual experience € 200
Special offers valid for small groups (2/4 people)





Become an Exclusive Member of LA SPA Helvetia & Bristol



LA SPA Helvetia & Bristol is the wellbeing retreat designed to immerse yourself in an intimate and protected area away from the hustle and bustle.

Everything has been designed to guarantee privacy and relaxation to our Exclusive Members who can enjoy the treatments, the Gymnasium and the exclusive Beauty Events, enveloped in peace and warmth.

As a guarantee of optimum comfort and service, LA SPA accepts a limited number of private members.

You can become a member of LA SPA when you stay at the Helvetia & Bristol hotel
or by purchasing a membership card.

Membership

LA SPA

HELVETIA & BRISTOL

Membership card

White

LA SPA^{day}

1 Entry to the Roman Baths
1 Tailor-made Body Massage 50'

BENEFITS

- SPA KIT*
- Room booking for Day Use at "member's rate"

Valid for 1 day | € 180

LA SPA^{couple}

2 Entries to the Roman Baths
2 Tailor-made Body Massages 50'
1 Aperitif for 2 people

BENEFITS

- SPA KIT*
- Room booking for Day Use at "member's rates"
- 5% discount on cosmetics

Valid for 1 day | € 380

LA SPA^{week}

2 Entries to the Roman Baths
1 Personalised Beauty Consultation
1 Aquamotus Experience 30'
2 Body Massages 50' of your choice
Cosmetics Voucher €50

BENEFITS

- SPA KIT*
- Room booking for Day Use at "member's rates"

Valid for 1 week | € 500

LA SPA

HELVETIA & BRISTOL

Membership card

Silver

LA SPA¹

- 4 Entries to the Roman Baths
- 1 Personalized Beauty Consultation
- 1 Aquamotus Experience 30'
- 1 Tailor-made Body Massage 50'
- Cosmetics Voucher €50
- 1 Lesson with a Personal Trainer

BENEFITS

- SPA KIT *
- Room booking for Day Use at "member's rates"
- 10% discount on cosmetics
- Exclusive booking of LA SPA for private events
- "Bring a friend" privilege

Valid for 1 month | € 550

LA SPA³

- 6 Entries to the Roman Baths
- 1 Personalized Beauty Consultation
- 1 Aquamotus Experience 30'
- 1 Aquamotus Body Scrub
- 1 Exclusive Face Treatment
- 1 Tailor-made Body Massage 50'
- Cosmetics Voucher €100
- 1 Lesson with a Personal Trainer

BENEFITS

- SPA KIT*
- Room booking for Day Use at "member's rates"
- Exclusive booking of LA SPA for private events
- "Bring a friend" privilege
- 10% discount on cosmetics

Valid 3 months | € 890

LA SPA⁶

- 12 Entries to the Roman Baths
- 1 Personalized Beauty Consultation
- 1 Aquamotus Experience 30'
- 1 Aquamotus Body Scrub
- 3 Exclusive Face Treatments
- 3 Body Massages 50' of your choice
- Cosmetics Voucher €150
- 2 Lessons with a Personal Trainer
- Access to 1 Luxury Wellbeing Event

BENEFITS

- SPA KIT *
- Room booking for Day Use at "member's rates"
- Exclusive booking of LA SPA for private events
- 15% discount on cosmetics | 10% discount on additional treatments
- "Bring a friend" privilege

Valid 6 months | € 1.750

LA SPA

HELVETIA & BRISTOL

Membership card

Black

LA SPA^{to be}

Priority access to LA SPA HELVETIA & BRISTOL and its services for the entire year

BENEFITS

- SPA KIT *
- Room booking for Day Use at "member's rates"
- Exclusive booking of LA SPA for private events
- "Bring a friend" privilege

Valid 12 months | € 640

LA SPA¹²

24 Entries to the Roman Baths
2 Personalized Beauty Consultations
2 Aquamotus Experiences 30'
1 Aquamotus Body Scrub
6 Tailor-made Face Treatments
6 Body Massages 50' of your choice
Cosmetics Voucher €200
3 Lessons with a Personal Trainer
Access to 2 Luxury Wellbeing Events

BENEFITS

- SPA KIT*
- Room booking for Day Use at "member' rates"
- Exclusive booking of LA SPA for private events
- "Bring a friend" privilege
- 10% discount on additional treatments
- 15% discount on cosmetics

Valid 12 months | € 3.000

LA SPA³⁶⁵

2 Personalized Beauty Consultations
Free access to the Roman Baths (Excluding weekends and holidays)

BENEFITS

- SPA KIT*
- Room booking for Day Use at "member's rates"
- Exclusive booking of LA SPA for private events
- 15% discount on cosmetics | 10% discount on additional treatments
- "Bring a friend" privilege | Priority booking for events

Valid 12 months | € 4.500



Spa Etiquette



RESERVATION

Access to all treatments, fitness services and Roman Baths is allowed only to Exclusive Members by reservation.



ARRIVAL AT SPA

To best enjoy your moment of relaxation, we recommend arriving 10-15 minutes before your appointment.



CANCELLATION AND DELAYS

To avoid charges, please cancel treatments at least 8 hours prior to the appointment.

Cancellations beyond this limit will be charged 100%, as will no-shows. In case of delay, we kindly ask guests to notify the LA SPA team; where possible, we will try to ensure guests receive the complete treatment; the duration of the treatment will be reduced where this is not possible.



SILENCE

LA SPA is a wellbeing retreat for both soul and mind. We encourage our guests to speak quietly, to turn off their phones and to respect the privacy of others.



VALUABLE OBJECTS

We recommend that you do not bring or wear any valuables while at the spa. The Management declines all responsibility for the loss of money or valuables of any type or value.



DRESS CODE

Hotel guests are invited to access the spa wearing a bathrobe and slippers. External members can pick up the Spa Kit at the reception and change into slippers and a bathrobe in the changing rooms.

It is not permitted to:

1. leave clothes, shoes, or other items outside the appropriate locker
2. leave clothes, towels, bathrobes, shoes, or other objects unattended on the spa beds, chairs or chaise-longues in the relaxation areas
3. walk barefoot in communal areas
4. leave wet clothing in the locker
5. bring bags into the pool area
6. dress/undress in the pool area
7. wear and use bathrobes and towels other than those included in the Spa Kit



HEALTH STATUS

We kindly ask that you communicate any health problems or allergies in advance. In case of pregnancy, we recommend that you consult a doctor before requesting a treatment.



MINORS

Access to treatments and the spa for minors is allowed from the age of 14 subject to the written authorization of the parent or whoever exercises legal protection.



MEMBERSHIP RULES

The Membership Card is strictly personal and not transferable.

Exclusive members must present the Membership Card at the reception at each spa access.



ANTI COVID-19 PROTOCOL

Our priority is to protect and ensure the health of all.

The SPA Helvetia & Bristol strictly adopts the government and regional measures currently in force against the spread of SARS cov-2 and we ask all guests to respect the rules of safety.

For more information, please visit www.laspahelvetiavbristol.com



LA SPA Helvetia & Bristol is open every day from 10 am to 8 pm.

These opening times may be subject to variation; we therefore advise you to check in advance.

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We reserve the right to make changes to treatments, prices and opening hours. All prices are inclusive of taxes and duties. Subject to mistakes and typing errors.

