



THERMÆ • WELLNESS • BEAUTY  
TREATMENTS RATES



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## Customize your stay

(extra services not included in the price)

Composition of fresh flowers in the room	price on request
Prosecco bottle in the room	€ 20,00
Tea and Infusions in the room	€ 19,00
Bathrobe change	€ 8,00
Flip-flops for the pool	€ 5,00
Swimming pool cap	€ 3,00
Fruit basket in the room	€ 7,00
Cake for special events	€ 35,00 / kg
Rose petals on the bed	€ 15,00
Breakfast service in the room, per person	€ 3,00

### To be combined when booking:

**#love** to share with a special person: 1 bottle of Prosecco, 1 cup of strawberries and rose petals scattered on the bed in the room: € 39,00.

**#happybdy** with 1 personalized cake for 2/3 people, big candle and 1 bottle of Prosecco served in the room or in the restaurant: € 49,00.

**#wellness:** 1 large bottle of mineral water in the room, fruit in the room and herbal tea with a selection of teas and infusions: € 29,00.



## ADVANCE BOOKING

**Booking thermal and wellness treatments before arrival is free**

We will be happy to give you personalized advice with email or phone so you can compose a program that fits your needs.  
**(+39)0498231111 - spa@savoia Terme.it**

## Guide to Wellness

### ...simple solutions for great Well-being!

#### Privacy & Relaxation

To ensure all guests can enjoy a peaceful atmosphere in the Wellness areas, please speak quietly and turn off or put your mobile phone on silent.

#### When is the best time to book treatments?

We recommend reserving the time of your therapies or treatments for free before your arrival.

**Send an email to [spa@savoia Terme.it](mailto:spa@savoia Terme.it) or call this number (+39)0498231111.**

#### Thermal Centre

Situated on the ground floor, easily accessible by the lifts.

**Opening time:** everyday, in the morning.

#### Beauty Farm

Situated on the first floor, easily accessible by the lifts.

**Opening time:** everyday, from 8:00 am to 6:00 pm.

**Reception SPA:** everyday, from 9:30 am to 12:30 noon and from 2:30 pm to 6:00 noon.

#### Inhalation Therapy

The inhalation therapy unit (inhalation, aerosol and micronized nasal shower) is inside the Beauty Farm (first floor) and can be easily accessible by lifts

**Opening time:** from Monday to Saturday from 8:00 am to 12:30 noon and on Sundays from 9:00 am to 12:00 noon. Booking is not required for the inhalation treatments.

#### SPA

Located on the ground floor by the thermal pools. At your disposal: sauna, turkish bath, emotional showers, sensory tunnel with kneipp circuit and lumbar-buttock aquamassages.

**Opening time:** from 10:00 am to 8:00 pm, Saturday from 10.00 am to 11:00 pm.

It's an area for total relaxation and reserved for over 18s. Please use the antimycotic spray at the entrance. Wear a bathing suit when using all SPA services. Please enter the sauna without slippers and sit on the available white towel. Silence it is an essential part of wellness. Please respect the silence inside the SPA.

**The use is not recommended in case of:** an empty or full stomach, too high or too low pressure, heart or circulatory problems, acute inflammation or pacemaker wearers, a fever, inflammatory skin conditions (also for the risk of contagion), varices, pregnancy, menstrual cycle, puberty.

#### Thermal Swimming Pools

Located on the ground floor, easily accessible by the lifts.

**Opening time:** from 10:00 am to 8:00 pm, Saturday from 10:00 am to 11:00 pm.

There are three swimming pools: one indoor and one outdoor, connected, with thermal water at a temperature of 34-36°C, and a third one outdoor with thermal water at a temperature of 27-29°C.

**The swimming pools have a therapeutic effect, hence it is recommended to use them for short periods of time.**

#### Stretching

Group motor activity for muscle stretching Mon, Weds, Fri at 11:00 am. During the colder months and in the case of bad weather, this will be substituted by light water gymnastics. Any changes in the timetable will be communicated by the personnel in charge.

#### Aquagym

Collective sessions of Aquagym take place from Monday to Saturday at 4:00 pm. You will be notified of any changes to the schedule by the staff.

#### Fitness Center

Located on the ground floor, easily accessible by the lifts, it is next to the Thermal Centre. The Fitness Centre is available every day from 8:00 am to 10:00 pm.

#### What happens if you arrive late to an appointment?

Arriving late simply means that the duration of your treatment will be limited, so as not to create inconvenience for the next client. However, the full cost of the treatment will be charged.

#### Can you substitute one treatment for another?

In case you have reserved a determined package it is possible to substitute only one treatment among the included ones insofar as you notify the Wellness Centre coordinators when you meet at the beginning of your stay.

In case you have reserved one or more treatments "à la carte", substitution will be guaranteed only after having informed the coordinators before 5:00 pm the day before. Otherwise, substitution will be allowed only in accordance with the organization of the Centre.

#### If you cancel an appointment?

Kindly we ask you to cancel any treatment before 5:00 pm the day before. In case of late cancellations, the full cost of the treatment will be charged.

A fee of 50 % of the value of the treatment is applied where treatments are cancelled on the same day of the booking.

#### Pregnant Women

We will recommend certain beneficial treatments that can be performed during the period of pregnancy; to this purpose, it is important to communicate it to the coordinators upon arrival, so that we may assist you in every moment.

#### Hair Salon

The salon, for men and women, is located within the Beauty Farm, on the first floor. We recommend booking the service at the Beauty Farm's front office.

#### "SPA Moments" at home

To continue the experience at home too, and to maintain the benefits of the treatments you received by self-treatment, you can purchase the products from our ranges. Ask the advice of our "Beauty Specialists".

#### Comments and suggestions

Your comments and suggestions help us to maintain and constantly improve our service. The Hotel Savoia Thermæ & SPA Team will be happy to receive them.



# THERMÆ

## Certified Excellent Quality Mud

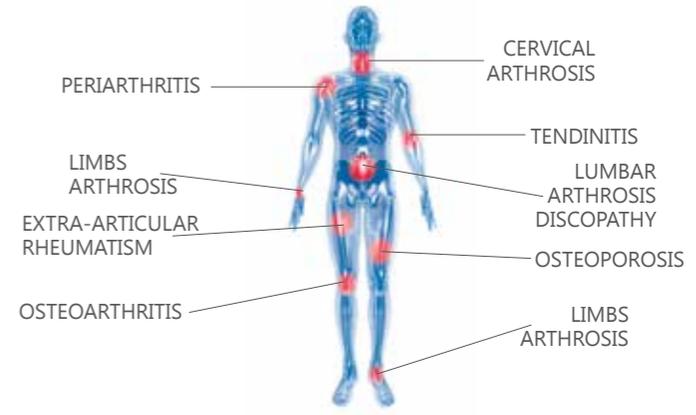
The **Euganean Thermal Baths** are the largest thermal spa in Europe, recognized internationally for the medical and preventive treatments performed with **hyperthermal waters** and **quality mud that is tested and patented**. The curative efficiency is today demonstrated by numerous studies carried out by the **Centro Studi Termali Pietro d'Abano** (Pietro d'Abano Thermal Study Centre), an organization that, in cooperation with universities and other research institutions, aims to **preserve and disseminate the scientific and therapeutic validity** of the thermal treatments of the Euganean basin. The Study Centre has shown that the active ingredients produced by the biological component of the thermal mud have an antiinflammatory effect that is equal to that of any relevant medication, but **without side effects**. The intellectual property rights of these findings is guaranteed to the Centro Studi Termali Study Pietro d'Abano by **two patents: one Italian from 2009 (Patent No. 0001355006) and one extended at a European level in 2013 (patent No. 1571203)** as proof of the real and effective value of the thermal mud from the Euganean basin.



The thermal establishment "Hotel Savoia Thermæ & Spa" is supervised by Centro Studi Termali and University of Padova for the control of the maturation and quality of its mud.

## Global Thermalism

At the Hotel Savoia Thermæ & Spa the concept of thermalism gains a new meaning! Thermalism here means a combination of **THERMÆ** and **SPA** where each individual can enjoy the exceptional benefits of thermal therapies combined with the most modern treatments, coming from SPAS all over the world, according to personalized programs. The thermal treatments, which, organized in perfect coordination with the SPA health methods, make the innovative experience of **Global Thermalism**, are based on elements naturally found in our thermal territory: BIO-thermal clay, bromidic iodid salt water, and microorganisms. The continual check-up of our guests by our primary doctor is essential. The doctor will prescribe every guest an individual protocol in perfect harmony with their personal needs and goals.



## Traditional thermal treatments

### MUD-THERAPY WITH BIO-THERMAL CLAY

BIO-thermal clay is made of mature mud drawn from Lake Costa in the Euganean Hills Natural Park. It has been known for its healthful effects for millennia, and is considered a natural medicine with no side effects due to the substances it contains. It stimulates the metabolism, remineralises tissues, relaxes the muscles, and all this supports our general psychophysical wellbeing. The application of BIO-thermal clay is the most effective way to transfer all the extraordinary power of our thermal water into the system. It is a 100% natural mud that is immersed in our thermal water for at least 60 days. This "maturation" period generates a highly effective anti-inflammatory and pain-relieving organic biofilm. The mud is applied directly onto the skin for about 15 minutes at a temperature that varies from 37° to 42°C. This is followed by a revitalising thermal water shower and a bath in thermal water

€ 29,00 *with Ozone-therapy € 35,00*

### MUD-THERAPY WITH BIO-THERMAL CLAY FOR THE MINOR JOINTS (HANDS OR FEET)

Application of BIO-thermal clay to either the hands or the feet  
€ 20,00

### BATH-THERAPY IN THERMAL WATER

Therapeutic revitalising thermal bath in individual bathtub with pure unfiltered and untreated salso-bromo-iodic thermal water. Thermal water relaxes the muscles, relieves pain and decontracts muscles. A short bath in pure thermal water is generally enough to provide a sensation of relaxed wellbeing

€ 15,00 *with Ozone-therapy € 21,00*

### OZONE-THERAPY

**Boost the beneficial effects of your thermal bath by using ozone**

Muscle relaxing and pain relieving therapy activated during a therapeutic regenerating thermal bath. Creates a very delicate hydro-massage that improves circulation due to increased venous and lymphatic tissue oxygenation. It also is anti-bacterial, anti-viral and anti-fungal

€ 6,00 *with Hydroessences € 9,00*

### THERAPEUTIC REGENERATING MASSAGE AFTER MUD-THERAPY

In order to enhance its effects, mud therapy sessions are followed by a total body regenerating massage. This helps to counteract the natural relaxing sensation caused by hot treatments. The massage boosts circulation at skin level, promotes the excretion of metabolic waste, tones the muscles and gives a sensation of rediscovered wellbeing. These massages are reserved for customers who choose a Global Mud therapy programme and repeating them on a daily basis, together with BIO-thermal clay, are fundamental to our thermal anti-ageing methodology (26 min.) € 32,00 (55 min.) € 53,00

### LIGHT & DETOX BIO-THERMAL CLAY

This innovative application of Bio-thermal clay is recommended for all those who would like to experience a thermal treatment that is not hot, and effective in loosening and relaxing the whole body. Tepid Bio-Thermal mud is applied all over the body, previously treated with thermal water steam rich in anti-oxidant substances and hyaluronic acid; followed by a revitalising thermal shower and ozone thermal bath with hydroessences. Promotes drainage of accumulated fluids, muscle relaxation and purifies the body

€ 37,00

## Phases of Global Mud-Therapy

**1 Medical examination compulsory for mud-therapy and bath-therapy**

**2 Application of mud:** the mud (BIO-thermal clay) is applied directly to the skin at a temperature between 37-42°C for a period of 15-20 minutes. At the end of the mud application, it is removed through a thermal shower.

**3 Bath in thermal water:** the next step is immersion in a thermal bathtub for 8/10 minutes at a temperature of around 36-38°C, essential after mud application in order to induce muscular relaxation from thermal waters (the addition of ozone exercises further vasodilator action with a stimulating effect on blood circulation).

**4 Sweat reaction:** After the thermal baths, it is advisable to go to your room and stay in bed and well covered for the duration of the sweat reaction, which varies in length and intensity from person to person.

**5 Regenerating therapeutic massage:** Lastly, in the calm of specially appointed rooms, there is a re-activating massage that aims to stimulate muscle and nerve activity, thereby completing the mud therapy protocol.

**We recommend: the scrub (exfoliation or peeling) which prepares the skin for thermal therapy, deeply cleaning it, allowing the minerals and the beneficial substances to be better absorbed and thereby reach the system.**

### MEDICAL EXAMINATION

Compulsory for mud-therapy and bath-therapy  
€ 35,00

### GLOBAL MUD-THERAPY PROGRAMMES

- Compulsory medical examination
- N** applications of mature mud (BIO-thermal clay) and thermal shower
- N** therapeutic regenerating thermal bath with ozone therapy
- N** full body therapeutic regenerating massage (26 min.)
- THERMAL KIT (hire of white bathrobe for treatments + hire of blue bathrobe for pools + slippers + pool cap)

**Weekly replacement of both bathrobes** (see housekeeping personnel on the relevant floor)

**N = 2** € 178      **N = 3** € 235      **N = 5** € 349      **N = 6** € 406

**N = 8** € 520      **N = 10** € 634      **N = 12** € 748

**TRY GLOBAL MUD-THERAPY** € 60,00

This treatment is only for those have never experienced a mud bath therapy session, and provides: **1** medical examination **1** application of mature mud and thermal shower **1** thermal bath with ozone-therapy **1** therapeutic massage (26 min.)

If you decide to continue with further Mud-therapy sessions, the cost for the medical examination for admission will be charged (€ 35,00).

## Our spring water

Feeling, trying, touching, discovering new rejuvenating experiences, to find harmony within that precedes well-being. Being healed by the water and thermal mud, finding new vitality in the soothing heat of the hot springs.

Health: a precious commodity that has neither age nor season. The bounty of our hot springs depends on the richness of Abano's waters: bromidic iodine salts, are found underground and are of geothermal origin. From the Pre-Alps, at around 1,000-1,500 meters, rainwater penetrates the ground at a depth of around 2,500-3,000 meters, being enriched along its course with mineral salts and becoming progressively hotter.

**The water takes more than 25 years to travel the distance of 70-100 km that separates the Foothills of the Alps from the Euganean area, but returns to the surface rapidly, maintaining its more or less unaltered high temperature (75-87°C / 167-189°F) and its healing content.**

The water's chemical composition and temperature play an important role in its therapeutic action in the mud and in the development of special vegetal (algae) and animal (micro-organisms) micro-flora that is formed during the maturation process of the mud, which, unique for its characteristics, becomes the most important healing element of the Euganean Thermal Basin.

The water and the mud have an important therapeutic effect for the body: pain-relieving and analgesic, resolving anti-inflammatory, relaxing and revitalizing, detoxifying and remineralising.

A vacation to the sources of well-being has one important goal: feeling good!



### INHALATION or AEROSOL

The particular composition of water (containing sodium, bromine and iodine) plays a useful cleansing action on the mucous membranes of the respiratory tract (pharynx, larynx, bronchi). A cycle of treatments with thermal water is sufficient to obtain an intense mucolytic and decongestant actions. The inhalation therapy is good for everyone, but it is especially recommended for heavy smokers and children for the emollient and thinning actions. The most common diseases treated are: rhinitis, pharyngitis, laryngitis, sinusitis and chronic bronchitis

€ 9,00

### MICRONIZED NASAL SHOWER

This treatment involves introducing a light flow of constant temperature, nebulised thermal water into the nasal cavities. Micronized nasal shower are very effective in the prevention and cure of sinusitis, useful in the decongestion of mucous in chronic respiratory conditions and ideal for purifying the upper respiratory tract in smokers

€ 9,00

## Medical pain relief therapies

### ACUPUNCTURE

Disease is defined as the loss of stability in various functional systems, and is treated by modifying the activity of one or more of these systems through the action of needles, pressure and heat applied to sensitive, small-sized body parts called "acupuncture points". There are twelve main channels, called meridians, vertically running along the body, bilaterally and symmetrically. Acupuncture is recommended for disorders such as: headache, migraine, insomnia, depression, smoking addiction, herpes zoster, constipation

for session € 60,00

### TRIGGER POINTS THERAPY

Analgesic therapy, also known as "pain therapy", is a set of specific non-pharmaceutical therapeutic methods applied to eliminate the cause of acute and chronic pain symptoms. Our primary doctor will help you in the following pathologies: cervical brachialgia, muscle contracture, epicondylitis or tennis elbow, periarthritis humeroscapularis, pain in the small joints, in the hands and feet, knee ache, lumbar-sciatalgia, lower back strain and whiplash injury

for session € 60,00

### Our Chief Medical Officer



**Dr. Ibrahim Mahmoud.** Of Lebanese origin, but Italian by adoption, has been practicing acupuncture for 25 years. He is an acupuncturist doctor at the centre for pain therapy at Padua hospital. Trust in his care, you are in good hands!

## Thermalcolours Emotional rituals of thermal wellbeing

### WHITE CLAY • Microscrub

Exfoliating massage-pack with "stardust", revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud.

Each scrub comes from the magical infusion of algae, primordial microorganisms (ETS05) and siliceous shells from the clay found in the Euganean Hills. Autumn fragrances and myrrh are added to ensure more profound emotional enjoyment.

(50 min.) € 70,00

### YELLOW CLAY • Body Slim

Slimming clay massage-pack, revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud.

It minimizes the typical cellulite blemishes, thanks to a concentrate of an alga rich in polysaccharides and phycocyanin (ETS08). It improves the superficial micro-circulation and fights water retention. Flavoured with a sweet fig aroma, it helps you recover your energy and vitality for the body and mind.

(50 min.) € 70,00

### RED CLAY • Anti-age Intensive

Anti-ageing clay massage-pack, revitalising thermal bath and shower, inebriating moisturising ABANOSPA cloud.

Red clay, thanks to the grapes extract, helps fight the aging of skin, improves skin regeneration and makes skin firmer by improving the superficial microcirculation. An intensive action is supported by the pomace polyphenols of the Euganean Hills, which delivers warm and sweet sensations to alleviate physical and mental stress.

(50 min.) € 70,00

## Rehabilitation

### KINESISTHERAPY

The ideal completion of the classic thermal treatment for those who have been operated or in consequence of fractures; it restores the use of the articulations, reinforces the musculature, rehabilitates the tendon and ligament structures toning them up

(26 min.) € 38,00 (55 min.) € 65,00

### HYDRO-KINESISTHERAPY

Therapy that exploits the physical and chemical properties of water for therapeutic means. Thanks to the immersion pool, the body's weight is lightened almost by 90%, allowing one to participate in rehabilitation exercises with noticeably reduced effort, producing excellent therapeutic results within a short period of time. Hydro-kinesistherapy is the ideal treatment for patients with a deficit in muscular strength, improving and maintaining this strength before intervention, as well as patients with arthritis, neurological illnesses, and the elderly who may find it difficult and painful to move on the ground

(45 min.) € 65,00

### PERSONAL TRAINER

Ideal for approaching or engaging in physical activity to improve their health and fitness. Thanks to the personal trainer, with the role of motivator, you can quickly learn and perform exercises of various kinds: exercises for back, exercises to strengthen the muscles, etc. ...

(26 min.) € 38,00 (55 min.) € 65,00

### SHIATSU MASSAGE WITH CHROMO THERAPY

Shiatsu literally means "fingers" (shi) and "pressure" (atsu). Ancient Japanese massage technique consisting in the dosed pressure of the fingers on specific points of the human body. The effect is intended to eliminate pain, muscle tension and joint stiffness typical of sedentary or stressful life

(26 min.) € 35,00 (55 min.) € 65,00

### THAI STRETCHING MASSAGE

Based on stretching and relaxation of muscles and body joints. The compressions on the acupressure points performed by the massage reactive the venous and lymphatic circuit, play an effective action of "detachment" of the musculature making a significant improvement in muscle connective tissue, drain the liquid stagnating in excess. Contraindications and precautions for those who suffer from high blood pressure, presence of pacemaker or by-pass, osteoporosis or fracture non-calcified, pregnancy, herniated disc problems with possible serious

(55 min.) € 65,00

### CRANIAL-SACRAL THERAPY

A holistic technique that consists of lightly manipulating the cranial bones and spinal column, intervening on the cranial-sacral system, which is connected to every part of the body to infuse a state of deep wellbeing. The treatment is indicated for headaches, muscular and bone pain, depression, and stress

(55 min.) € 65,00

### AQUA RELAX THERAPY

Relaxation techniques in thermal waters

(45 min.) € 65,00

### FOOT REFLEX MASSAGE

Particular areas of the body or the corresponding organs through the stimulation of specific areas of the foot are unblocked and activated; both body and soul benefit from it, the blood flow and lymphatic flow, especially of the lower limbs, are improved

(26 min.) € 35,00 (55 min.) € 65,00

### FACE AND HEAD REFLEXOLOGY

Our faces reveal our habits, fitness, and state of health. Facial reflexology is a technique that can reinforce natural defences and reawaken our energy by stimulating points on the face. Increased skin elasticity and delays in the signs of ageing can be achieved with micro-stimulation.

Due to the connections between the face and our organs and systems, facial reflexology can have an impact on specific ailments far away from the face; it can be useful in the treatment of some common ailments, like headache, sinusitis, neck pain, abdominal cramping, menstrual pain, anxiety, panic attacks, cellulitis, water retention and swelling of the legs. It helps digestive problems, emotional disorders and respiratory problems

(55 min.) € 65,00

### KOBIDO

Kobido is an ancient Japanese facial massage that combines the concepts of Asian medicine with manual massage.

It has both aesthetic and therapeutic purposes and is the most commonly used and well-known massage of the face in Japan to this day. The aim of this massage is to aid the natural extension of health and beauty.

In ancient oriental medical tradition, beauty is associated with the balancing of three fundamental factors: physical, psychical and spiritual health. The face is the expression of this balance. When we have a health issue or we are tense and stressed, the muscles

in our face contract and tense up, causing "expression lines" to appear over time, which then become real wrinkles. By relaxing and oxygenating the muscles, this massage restores them to their natural form, reducing wrinkles and creating a fresh, bright and relaxed appearance. Kobido means "The Ancient Way of Beauty" and is a synergy of ancient techniques and combinations of: •Deep muscle massage techniques •Ancient Japanese medical concepts •Stimulation based on percussion techniques •Kneading manoeuvres •Various specific light touches of the skin's surface •Acupressure and lymphatic drainage Kobido is carried out on the face, head, neck and neckline, but due to the stimulation of reflex points on the face (tsubo), the whole body relaxes as if it had been massaged all over

(55 min.) € 65,00





# WELLNESS

## Therapeutic massages

All our massages are carried out by qualified personnel. Any chosen massage will be personalised according to the characteristics and needs of the client, in order to make your experience unique.

### EXFOLIATING

Peeling-massage that eliminates devitalised cells, oxygenates the skin and renders it receptive to further treatments. Renews the skin tissue, giving the skin brightness, new energy and new life  
*body (26 min.) € 35,00*

### TRADITIONAL: WELLNESS & RELAX

Instant wellness body massage, reactivating the circulation and relaxing the muscles  
*(26 min.) € 34,00*

### ANTISTRESS AROMATHERAPY

Complete sweet massage from the head to toes relaxing the musculature, unties the tension accumulation points infusing a state of deep wellness. Oil with a citrus aroma are used (it is a balanced mix of vegetable oils and extracts enriched by essential oils, completely free of any paraffin derivatives and any trace of mineral oil, making it suitable for even the most sensitive skin types)  
*(55 min.) € 59,00*

### FACE-NECK-SHOULDERS ANTI-STRESS

It's a particular regenerating massage, deeply relaxing and with an anti-aging effect  
*(26 min.) € 34,00*

### AROMATIC TOUCH

Choose the fragrance of your wellbeing! Personalise your anti-stress aromatherapy massage based on whether you would like an experience that is...

**BRRR... Cold shiver:** total body anti-stress wellbeing massage with refreshing mint based hydra-sensation oil, coffee with its well-known drainage properties and energising cinnamon; *or*

**BLACK GOLD... Hot energy:** total body anti-stress wellbeing massage with sensuous anti-oxidant saffron, soothing liquorice, and softening pistachio based oil for skin so bright it glows  
*(26 min.) € 38,00 (55 min.) € 65,00*

### RELAXING WITH CANDLE

The pleasure of warm oil on your skin together with a massage cuddle you and make you feel good, giving your skin a new luminosity and beauty by means of a particular tool such as the massage candle  
*(55 min.) € 70,00*

### DE-CONTRACTING

Circulation reactivating massage with strong de-contracting features, above all on the lumbar and cervical musculature, that progressively helps to get rid of the nuisances and pains  
*back (26 min.) € 35,00 body (55 min.) € 59,00*

### "SOFT-DEEP" MUSCLE RELAXER WITH ARGAN OIL

This massage brings the beneficial relaxing powers of massage and precious Argan oil together with specific joint mobility exercises and passive stretching. It is designed for the bone-joint and muscle systems, with an aim to promoting the correct static and postural equilibrium of the body. It is indicated for anybody who has particular situations localised in the joints, the shoulders, the knees deriving from overload in competitive sports, incorrect daily posture,

sedentary activity and muscular tension in general. A great anti-stress therapy, it helps to release high levels of endorphins which also has beneficial effects on the psyche

*(55 min.) € 70,00*

### SPORT

Dedicated to those who have strained and contracted muscles and love a deep massage to relax contractures and relieve stress

*(55 min.) € 70,00*

### MODELING WITH SPECIFIC CREAM

Massage by means of a powerful draining concentrate and a cutaneous textures restructuring cream, capable of modeling the critical points or the whole body. These products are rich in elements of marine origin and are not recommended to hyperthyroid people

*localized (26 min.) € 38,00*

*body (55 min.) € 65,00*

### LYMPHODRAINING

Internationally recognised as being the most effective technique for oedemas, lymphatic stasis, headaches, dark circles under the eyes and all puffiness and bloating caused by an insufficient lymphatic system. Delicate and precise applications of pressure activate manual pumping that generates the movement of fluids in the connective tissue, which in turn stimulates the immune system

*legs (26 min.) € 34,00*

*body (55 min.) € 55,00*

*face (26 min.) € 34,00*

## Ayurveda

### SWEDANA – steam bath

The most well-known ayurveda heat treatment is swedana, or steam bath. The body is enclosed under a tent with the head remaining outside of it. This treatment stimulates the sweat glands and has a useful detoxifying effect on the body. You can choose from a variety of different kinds of essential oil synergies: VATA relaxing, PITTA draining, KAPHA toning up

*(20 min.) € 35,00*

### UDWARTANA

#### ayurveda massage and steam bath

The udwartana treatment is performed using micronized powder from plants and spices, mixed with valuable ayurveda oil. The massage and peeling are decided and personalized according to the type of skin and typology of the person. Swedana, which follows, brings a deeper and more detoxifying action

*(50 min.) € 70,00*

### ABYANGAM – ayurveda massage

An aromatest is given at the beginning of treatment to determine your predominant dosha: by utilizing sense of smell and listening to your body, it instantly determines which massage will be best suited for you: calming (VATA) ayurveda massage, drainage (PITTA) ayurveda massage, toning (KAPHA) ayurveda massage. Ayurveda, a system of Indian medicine thousands of years old, claims the purpose of its treatment is to rebalance the energy of an organism and eliminate tension in the mind and body

*(50 min.) € 70,00*

*Abyangam with steam bath (80 min.) € 95,00*

### PINDASWEDANAM – massage with warm pads

This treatment is based on the use of rice-filled pads, called Pinda, made from natural materials. Once the pads are heated, they are used to trace the body through various movements, applying pressure at specific points. Within the ayurvedic tradition, it is considered a tried-and-true purification therapy that alleviates heaviness and stiffness in the body by promoting circulation of energy. From a physical point of view it stimulates both lymphatic and blood circulation, while the heat produced assists in the process of detoxification. This action further intensifies the activity of natural active principles contained in these precious rice oils, which are spread over the body

*(50 min.) € 70,00*

### TIBETAN MASSAGE

#### ritual with Tibetan bells

The Tibetan massage with bells is a particular and pleasurable ritual that increases vitality and decreases psychophysical tensions, contributing to the elimination of toxins that have built up in the body, reducing and alleviating the various types of joint and muscle pain, reducing anxiety and insomnia. Inspired by Ku Nye, an ancient indigenous practice belonging to the medical tradition born in Tibet over 3900 years ago

*(50 min.) € 70,00*

### DUGHADHARA – milk treatment

This is one of the best therapies for the treatment of various disorders related to the head, neck, intestine and nervous system. It is perfect for soothing dermatitis, psoriasis, and various other skin disorders. While a drop of lukewarm milk is splashed on the body parts (forehead included), the mind and body recover their balance

*the body and head (80 min.) € 95,00*

*only the head € 70,00*

### DUGHADHARA HEAD AND FOOT REFLEXOLOGY

This treatment is excellent for recovering the balance of the higher chakra, through the Dughadhara, and at the same time of all the body organs through foot reflexology

*(80 min.) € 95,00*

## Ayurvedic paths

### DRAINING & DETOXIFYING € 199,00

1 Udwartana with oil and powder from plants and spices (50 min.)  
1 Manual body lymphdrainage (55 min.)

1 Abyangam (50 min.)

• In room: bathrobe + slippers + sponge towel for the pools

### RIVITALIZING € 199,00

1 Udwartana with oil and powder from plants and spices (50 min.)  
1 Tibetan massage with bells (50 min.)

1 Abyangam (50 min.)

• In room: bathrobe + slippers + sponge towel for the pools

### ANTISTRESS € 225,00

1 Udwartana with oil and powder from plants and spices (50 min.)  
1 Dughadhara body & head (80 min.)

1 Pindaswedanam (50 min.)

• In room: bathrobe + slippers + sponge towel for the pools

### REBALANCING € 325,00

1 Swedana (20 min.)

1 Udwartana with oil and powder from plants and spices (50 min.)  
1 Abyangam (50 min.)

1 Pindaswedanam (50 min.)

1 Dughadhara body & head (80 min.)

• In room: bathrobe + slippers + sponge towel for the pools

## Wellness from the world

### CALIFORNIAN MASSAGE

Relaxing massage with seawater-based oil and perfumed essences, gentle stretches that evoke the waves of the Pacific. The primary purpose is to provide well-being and promoting relaxation of body and soul

(55 min.) € 70,00

### LOMI LOMI

It is a slow and deep Hawaiian massage technique suited for those who suffer from muscular contractures and need a moment of intense relaxation. Profound yet enveloping, it gives you the sensation of being cradled by the waves of the sea. The aromatherapy rebalances and reduces psycho-physical tension

(50 min.) € 70,00

### BACK STONE

Embracing manual and soothing skills are combined to the use of hot stones to relax the dorsal musculature

(26 min.) € 35,00

### HOT STONE MASSAGE

Treatment based on the use of natural basaltic-stones formed by the sedimentary and volcanic activity. Once the stones have heated sufficiently are employed on the body with slow movements and rhythmic with smoothing, toning and anti-stress effects

(50 min.) € 70,00

### KNEIPP STONE MASSAGE

The cold and hot basaltic-stones are employed to treat the zones with varicose veins and in the presence of frail capillaries

(26 min.) € 35,00

## Energetic rebalancing treatments

### CRISTAL THERAPY

Therapy that aims to restore the balance of energy for a better quality of life and greater well-being

(55 min.) € 65,00

### REIKI

Reiki means "universal energy" and it is a natural method where the operator, through a gentle laying on of hands, creates a deep state of relaxation, rebalancing the disharmonic-energy and inspiring serenity and joy. At the end of therapy you feel revitalized, calm, at peace with yourself and with all

(55 min.) € 65,00

## Wellness paths

### MINI-TOUR AROUND THE PACIFIC € 199,00

- CALIFORNIA: Californian massage (55 min.)
- USA: Hot Stone massage (50 min.)
- HAWAII: Lomi Lomi massage (50 min.)
- In room: bathrobe + slippers + sponge towel for the pools

### SPECIAL FACE & HEAD € 169,00

- 1 Face-neck-shoulders anti-stress massage (26 min.)
- 1 Face and head Reflexology (55 min.)
- 1 Kobido (55 min.)
- In room: bathrobe + slippers + sponge towel for the pools

We recommend a personalized face cleansing at the special price of € 65.00 instead of € 70.00 in preparation for this program.

## Amber incantation... Baltic GOLD Luxury Spa Concept Treatment

Exclusive line of cosmetics for the face and body that effectively combats common imperfections thanks to the versatility of Amber: enveloping treatments that reinvigorate the psyche, harmonising the heart chakra. Every treatment is an energising ritual that instils inner bliss. The mind is intoxicated with aromas of Amber and the skin is given new life, becoming smooth and glowing, soft to the touch and deeply nourished

### GOLDEN AMBER EXFOLIATOR

**Exfoliating body ritual:** the treatment begins with "Flower Energy" aromatic-water based hydration followed by the application of Amber and Argan oil; Amber exfoliant is delicately "sprinkled" from above and then massaged in using circular movements. Lastly, after those products are removed, an Amber oil or Amber cream massage

(50 min.) € 65,00

### AMBER BUTTER SCRUB

**Exfoliating body massage:** the treatment begins with "Flower Energy" aromatic-water based hydration followed by delicate exfoliation with a butter scrub which transforms into an enveloping massage oil

(26 min.) € 38,00

with thermal bath (50 min.) € 65,00

### AMBER SPHERE'S MASSAGE

**Massage with Amber spheres:** anti-static, energising, relaxing, anti-stress, anti-oxidant, combats swelling and rejuvenates the skin

(50 min.) € 70,00

### AMBER PINDA'S MASSAGE

**Massage with a pinda of Baltic Amber nuggets:** anti-static, energising, relaxing, anti-stress, anti-oxidant, combats swelling and rejuvenates the skin

(50 min.) € 70,00

### AMBER IMPERIAL FACE

**Imperial face-neck-décolleté ritual:** anti-oxidant, anti-ageing for fine lines and wrinkles, prevents expression lines. Recommended for dehydration, physiological and premature ageing, dull complexion and stressed skin

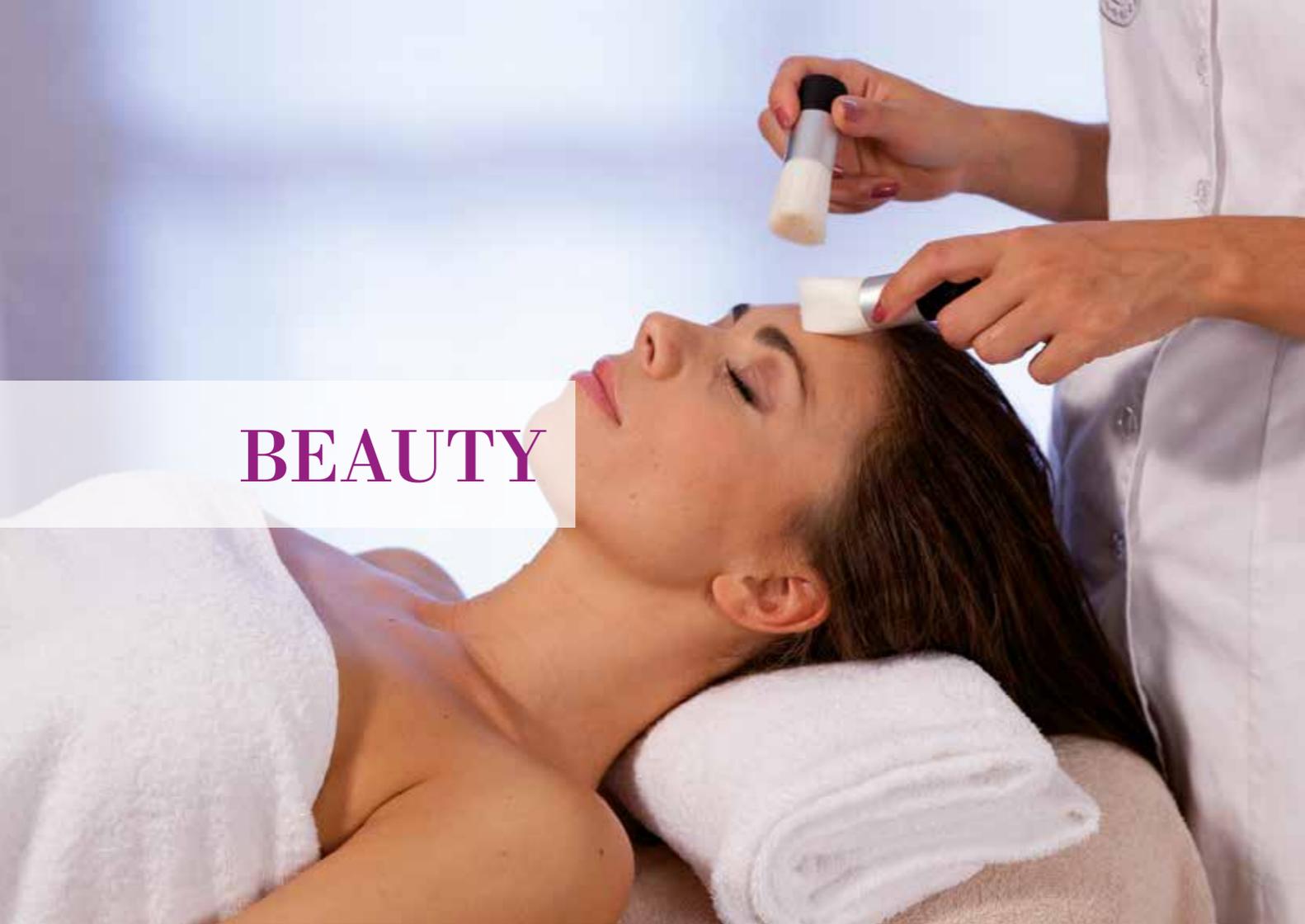
(50 min.) € 70,00

Our wellness centre has a Himalaya salt wall!

Made of blocks of the purest **HIMALAYAN ROSE SALT**, known for its effectiveness in combating nervousness, insomnia and concentration disorders. The micro particles of salt replicate sea salt aerosol conditions and become a real ally in the fight against muscle tension and stress, as well as having an anti-bacterial and anti-inflammatory action! This precious cabin can be used in conjunction with any type of massage with a surcharge!



# BEAUTY



## DIBI Milano – HiTech Beauty The Technologies



### FACE

#### NUOVAPELLE (NEW SKIN):

**the antiageing system that regenerates and rejuvenates**

It associates two technologies: LASER and BIPOLAR RADIOFREQUENCY. The LASER implements the photobiostimulation of cells, increasing their metabolism and favoring the oxygenation of tissues with a regenerative effect. BIPOLAR RADIOFREQUENCY focalizes its activity on the first millimeters of the skin, in correspondence with tissues that are rough and wrinkled, through the emission of an alternate current, opposing the signs of ageing by promoting the formation of new collagen and an increase in the exchange of intra and intercellular substances.

### FACE & BODY

#### ELECTROPORATION:

**the system that goes deep with Meso action**

Hi-performance technology that by means of ELECTROPORATION gives the skin a high intake of active principles. This treatment creates new temporary access channels in the epidermis stratus, that added up with those physiologically present in the epidermis, increase the functional substances that the skin receives. Part of the transmitted active principle sediments in the cutaneous texture, creating a DERMAL RESERVOIR, that will be gradually released in the following 24-48 hours, protracting the benefits of the treatment. Thanks to this unique equipment, DIBI can claim intensive transmission of the active ingredient and a specific, immediate and direct action at the heart of the imperfection: Meso action.

### FACE & BODY

#### RADIOFREQUENCY:

**rejuvenates, tones, slims, remodels**

RADIOFREQUENCY is a flow of electromagnetic energy that cross through the skin, heats the tissues from the inside and helps reactivate the body's resources. A new system to help rejuvenate tissues by attenuating facial wrinkles (the new concept of day-lifting) and lax bodily skin and by effectively treating unsightly cellulite using a very pleasant method.

## Facial treatments

### PERSONALIZED FACE CLEANSING

A beauty treatment that reactivates the skin structures and functionally exfoliates the epidermis to make it more receptive and vital. Also ideal as complete preparation before a cycle of treatments (with or without squeezing). Choice among:

- **PURE EQUALIZER**  
Purifying – rebalancing for all types of irritable, mixed and impure skin
- **CALM PERFECTION**  
Soothing - anti redness for sensitive and delicate skin
- **HYDRA PERFECTION**  
Moisturizing - nourishing for dry and dehydrated skin

(55 min.) € 70,00

## HYDRA PERFECTION WITH COLLAGEN FLEECE

A cosmetic treatment that assures the optimal balance of hydration and nourishment of the skin on every level in different weather conditions, that is, suitable for the various climates and countries of the world. Rich in Hyaluronic acid and highly functional active ingredients, the line proves to be ultra-high performance, providing an extreme youth effect right from the first application. Suitable for any type of skin, from the youngest to the most mature, be it male or female. For a fresh, bright, vital face. Protects the skin from the loss of hydration, nourishes it and gives it amazing vitality

**MANUAL (55 min.) € 95,00**

**ELECTROPORATION + RADIOFREQUENCY (55 min.) € 120,00**

**ELECTROPORATION + NUOVAPELLE (85 min.) € 150,00**

## PRODIGIO C40

Exclusive Astaxanthin-based treatment for dull and stressed skin. URBAN STRESS and AGE STRESS are problems that all skin types have in common, in other words "STRESS", affecting every skin type, at every age, and stimulating the formation of free radicals, one of the main causes of skin ageing and other skin imperfections. DIBI Milano Solution - Action: Antioxidant: a targeted action that counteracts the formation of free radicals, promoting the revitalisation of the skin on the face, neck and cleavage. It strengthens skin defences and contrasts signs of ageing and stress.

**MANUAL (55 min.) € 80,00**

**ELECTROPORATION + RADIOFREQUENCY (55 min.) € 120,00**

**ELECTROPORATION + NUOVAPELLE (85 min.) € 150,00**

## WHITE SCIENCE

The 1<sup>st</sup> brightening anti-blemish melanin regulating treatment from DIBI MILANO for skin that is as flawless and pure as light. Reduces blemishes, evens skin tone, illuminates the complexion and makes it lighter, for an effect of supreme perfection. The combined action of products and treatments in the beauty salon helps brighten and smooth skin, combat the appearance of hyper-pigmentation and uneven skin colour, and protect the skin from damaging free radicals caused by photo-chemical pollution

**MANUAL (55 min.) € 95,00**

**ELECTROPORATION + RADIOFREQUENCY (55 min.) € 120,00**

**ELECTROPORATION + NUOVAPELLE (85 min.) € 150,00**

## #AGE METHOD

The 1<sup>st</sup> universal youth-enhancing treatment from DIBI MILANO inspired by epigenetics, the science of genes.

The line of cosmetics that repairs the damage caused by cutaneous and hormonal ageing, softening the features, minimising expression lines and wrinkles and reinforcing skin structure. An advanced ally that can combat the signs of the stresses of modern life, including jet lag. Formulas are enriched with GSH-Epigenol Complex, the complex active ingredient that protects the biological and cellular capital of the skin and the structure of the extracellular matrix. #AGE METHOD: no matter how old you are, anti-ageing has its way of working. For all phototypes and all ages, including women in the menopause. For skin that is more elastic, smoother and firmer, with fewer wrinkles and improved dark circles

**MANUAL (55 min.) € 95,00**

**ELECTROPORATION + RADIOFREQUENCY (55 min.) € 120,00**

**ELECTROPORATION + NUOVAPELLE (85 min.) € 150,00**

## LIFT CREATOR

A new generation lifting treatment to restore the epidermis, raise the oval of the face, correct wrinkles and re-densify tissues. Skin that is restored, lifted, more toned and compact

**MANUAL (55 min.) € 95,00**

**ELECTROPORATION + RADIOFREQUENCY (55 min.) € 120,00**

**ELECTROPORATION + NUOVAPELLE (85 min.) € 150,00**

## FILLER CODE

A complete cosmetic treatment, a real architect of the face and precursor in enzymology. Ideal for sagging skin with surface and/or deep wrinkles. The multi-function formulations in the range treat all types of wrinkles in a localised way: surface, deep, expression and stress wrinkles, intensely working on the three spatial dimensions of the wrinkle (depth, extension, width) and on ageing. The visibility of signs of ageing is minimised, skin is firmer, features are relaxed\*.

## HIGHLIGHTS

An extraordinary effect on the face thanks to the combined action of ONE-TO-ONE MAPPING CREAM, a thick cream mask which acts specifically on every single wrinkle, and of MICRO-PEARL DERMO-ENRICHING MASK, a beauty treatment that provides nourishment and comfort, for a visible filler effect\*.

\*Clinical-instrumental tests carried out on the DIBI MILANO FILLER CODE + treatment with the use of self-treatment products.

**MANUAL or ELECTROPORATION (55 min.) € 95,00**

## Keramos Radio Frequency

For a pleasant, non-invasive treatment, that guarantees visible results in just a few sessions. Sets a real "cutaneous rejuvenation" process in motion, stimulating fibroblasts and contributing to the improvement of elasticity and tissue permeability. Eliminates water retention and improves tissue oxygenation and microcirculatory conditions.

## COMPLETE FACE TREATMENT

(40 min.) € 65,00

Package 5+1 € 325,00

## SPECIFIC FACE ZONE

To choose among: front+ lip contour or cheekbones+chin or neck+décolleté

(26 min.) € 40,00

Package 5+1 € 200,00

## BREAST

(26 min.) € 40,00

Package 5+1 € 200,00

## ARMS

(40 min.) € 45,00

Package 5+1 € 225,00

## ABDOMEN-HIPS

(40 min.) € 60,00

Package 5+1 € 300,00

## GLUTEUS

(40 min.) € 60,00

Package 5+1 € 300,00

## THIGHS

(40 min.) € 60,00

Package 5+1 € 300,00

## DIBI Face Programmes with ELECTROPORATION

### 2 TREATMENTS *minimum 2 days*

€ 165,00

- 1 Personalized face cleansing (55 min.)
- 1 Face treatment (55 min.) to choose among Hydra Perfection with collagen fleece or Prodigio C40 or White Science or #Age Method or Lift Creator or Filler Code with ELECTROPORATION
- **COMPLIMENTARY: € 10,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 45,00 (purchase € 45,00 and pay € 35,00). Ask your Beauty Specialist for more details!

### 5 TREATMENTS *minimum 10 days*

€ 450,00

- 1 Personalized face cleansing (55 min.)
- 4 Face treatments (55 min.) to choose among Hydra Perfection with collagen fleece or Prodigio C40 or White Science or #Age Method or Lift Creator or Filler Code with ELECTROPORATION
- **COMPLIMENTARY: € 35,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 85,00 (purchase € 85,00 and pay € 50,00). Ask your Beauty Specialist for more details!

## DIBI Face Programmes with ELECTROPORATION + RADIOFREQUENCY

### 2 TREATMENTS *minimum 2 days*

€ 190,00

- 1 Personalized face cleansing (55 min.)
- 1 Face treatment (55 min.) to choose among Hydra Perfection with collagen fleece or Prodigio C40 OR White Science or #Age Method or Lift Creator or Filler Code with ELECTROPORATION + RADIOFREQUENCY
- **COMPLIMENTARY: € 15,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 50,00 (purchase € 50,00 and pay € 35,00). Ask your Beauty Specialist for more details!

### 3 TREATMENTS *minimum 3 days*

€ 310,00

- 1 Personalized face cleansing (55 min.)
- 2 Face treatments (55 min.) to choose among Hydra Perfection with collagen fleece or Prodigio C40 OR White Science or #Age Method or Lift Creator or Filler Code with ELECTROPORATION + RADIOFREQUENCY
- **COMPLIMENTARY: € 30,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 80,00 (purchase € 80,00 and pay € 50,00). Ask your Beauty Specialist for more details!

## DIBI Face Programmes with ELECTROPORATION + NUOVAPELLE

### 2 TREATMENTS *minimum 2 days*

€ 220,00

- 1 Personalized face cleansing (55 min.)
- 1 Face treatment (85 min.) to choose among Hydra Perfection with collagen fleece or Prodigio C40 OR White Science or #Age Method or Lift Creator or Filler Code with ELECTROPORATION + NUOVAPELLE
- **COMPLIMENTARY: € 20,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 60,00 (purchase € 60,00 and pay € 40,00). Ask your Beauty Specialist for more details!

### 4 TREATMENTS *minimum 6 days*

€ 520,00

- 1 Personalized face cleansing (55 min.)
- 3 Face treatments (85 min.) to choose among Hydra Perfection with collagen fleece or Prodigio C40 OR White Science or #Age Method or Lift Creator or Filler Code with ELECTROPORATION + NUOVAPELLE
- **COMPLIMENTARY: € 40,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 100,00 (purchase € 100,00 and pay € 60,00). Ask your Beauty Specialist for more details!

## Cellulite and fat problems?... Cell Contour

DIBI MILANO introduces the 1st multi-function body treatment with DETOX effect, which acts on the appearance of the 4 main beauty problems of the body: **cellulite, generalised and localised fat, heavy legs.**

A targeted and structured treatment with multiple actions:

- reactivates microcirculation and helps eliminate excess liquids
- counters and diminishes the appearance of "orange peel" skin
- helps reduce micro and macro nodules
- helps limit the formation of new fat accumulation.

### CELL CONTOUR MASSAGE-TREATMENT

*manual (55 min.) € 80,00*

*with Electroporation (55 min.) € 80,00*

*with Electroporation & Radiofrequency (85 min.) € 115,00*

## Cell Contour Programmes

### 2 TREATMENTS

€ 115,00

- 1 exfoliating body massage (26 min.)
- 1 manual or with Electroporation Cell Contour massage-treatment (55 min.)
- **DISCOUNT:** massage-treatment with Radiofrequency + € 30,00 instead + € 35,00
- **COMPLIMENTARY: € 15,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 50,00 (purchase € 50,00 and pay € 35,00). Ask your Beauty Specialist for more details!

### 4 TREATMENTS

€ 275,00

- 1 exfoliating body massage (26 min.)
- 3 manual or with Electroporation Cell Contour massages-treatments (55 min.)
- **DISCOUNT:** massages-treatments with Radiofrequency + € 90,00 instead + € 105,00
- **COMPLIMENTARY: € 20,00** voucher redeemable on DIBI selfcare products on the purchase of products with a minimum value of € 60,00 (purchase € 60,00 and pay € 40,00). Ask your Beauty Specialist for more details!

## Beauty Programmes

### 3 TREATMENTS

€ 124,00 instead € 154,00

- 1 exfoliating body massage (26 min.)
- 1 traditional body massage (26 min.)
- 1 soft deep facial cleansing (55 min.)
- In room: bathrobe + slippers + sponge towel for the pools
- **COMPLIMENTARY:** 1 press-therapy (32 min.)

### 6 TREATMENTS

€ 229,00 instead € 319,00

- minimum 3 days*
- 1 exfoliating body massage (26 min.)
- 1 traditional body massage (26 min.)
- 1 soft deep facial cleansing (55 min.)
- 1 facial thermal treatment (26 min.)
- 1 pedicure
- 1 manicure with nail polish application
- In room: bathrobe + slippers + sponge towel for the pools
- **COMPLIMENTARY:** 2 press-therapies (32 min.)

## Facial thermal Endocosmetic

### SOFT DEEP CLEANSING

A cleansing suitable for sensitive skin with little impurities: deep cleansing, ozone steam, SOFT squeezing, short massage, thermal treatment and eyebrow adjustment

Face (55 min.) € 55,00

### STRONG DEEP CLEANSING

Appropriate for oily skin with a lot of impurities: deep cleansing, ozone steam, STRONG squeezing, use of high frequency for a superior disinfection and healing of the pores, prolonged massage, thermal treatment and eyebrow adjustment

Face (85 min.) € 85,00

### THERMAL TREATMENT

Cleansing, peeling (if necessary), active concentrate, mask and massage. Quickly restores radiance to your skin

Face (26 min.) € 30,00

+facial manual lymphodrainage (55 min.) € 60,00

+antistress massage for face-neck-shoulders (55 min.) € 60,00



## Rituals for couples

### THERMAL BIOENERGETIC HYDROMASSAGE

A special moment: wrapped in the warm embrace of the thermal waters, revitalised by the light and the relaxing notes with essences in position to stimulate the mind to the point of ultimate relaxation

(20 min.) per couples € 30,00

with refreshing cocktail (20 min.) per couples € 44,00

with bottle of frozen sparkling wine and strawberries (20 min.) per couples € 55,00

### PURIFYING WAVE

Sea treatment to cleanse both skin and emotions. Natural cotton sponges deterge the epidermis in depth and renovate, without assaulting it. The long lasting massage has an exfoliating action, with crystals of salt and aromatic oils, and then with the use of a cream rich in sea weeds relaxes the senses and leaves the skin smooth and transparent with a silk feel to it

(50 min.) per couples € 140,00

### TWIN CANDLE MASSAGE

Give in to the spoils of the pleasant sensation of fluid and light vegetal butter drops that will fall on your skin with sweet warmth, easing any tensions, invigorating your body, liberating yourself from inhibitions and fatigue, giving your body a health boost by finding new passions...

(50 min.) per couples € 150,00

### BASIC TWIN

Anti-stress head-to-toe massage to experience a brief but intense moment of relaxation together

(26 min.) per couples € 80,00

### CACAO THERAPY

Full authentic multi-sensorial immersion in physical and mental wellbeing, where the food of the Gods becomes the fundamental ingredient for the relaxation of the couple

(50 min.) per couples € 140,00

### SENSUAL ARGAN EXPERIENCE

An exclusive ritual of Moroccan seduction to experience in pairs, to restore maximum splendour and a renewed sensual charge to the body. The soaping with black soap and kessa glove that stimulates cell renewal and reactivates the circulation, a hot deluge-head shower and at the end the sublime Argan oil Berber massage. The pleasure of the treatment on the skin together with the actions of the massage, offer a moment of pampering and intense wellness, giving new luminosity and beauty to the body

(50 min.) per couples € 180,00

### WINE THERAPY

Grape pampering so as to regenerate mind and body. An overflow of polyphenols extracted from the grape skin so as to renovate and rejuvenate the body skin; and all of it accompanied by a nice glass of red wine from the Euganean Hills

(50 min.) per couples € 150,00

### SWEET CREAM MASSAGE

Sweet total body massage with whipped cream butter. An enveloping sensation of sweetness on the skin. Following the treatment, a little sweet surprise to satisfy all your senses...

(50 min.) per couples € 150,00



## SPA PASSION

€ 230,00 PER COUPLE WITH 1 RITUAL

€ 350,00 PER COUPLE WITH 2 RITUALS

- Ritual for couple (50 min.) to choose among Purifying Wave, Twin Candle Massage, Cacao-Therapy, Wine-Therapy
- 1 Hydro massage IN COUPLES (20 min.) with revitalising cocktail: wrapped in the warm embrace of the thermal waters, revitalised by the lights and the relaxing notes with essences that can stimulate your mind and help you transcend into a state of pure relaxation...and all this with your own privacy
- 1 Bottle of frozen sparkling wine and a bowl of whole strawberries in your room (you choose when!)
- In room: bathrobe + slippers + sponge towel for the pools

## Beauty Nourishment: choose your "Green Therapy"

NO PARABENS. NO PARAFFINS. NO PETROLIUM JELLY. NO ETHYL ALCOHOL.

### REGENERATING RITUAL "Thalasso Scrub" IPER DETOX

To thoroughly purify the skin and restore softness (for the whole body). The treatment begins with a "soap-free, smoothing cleanse"; followed by a scrub massage with coloured salts and nourishing oils that renew, smooth and nourish the skin. During the relaxation pause, the obtained pack recalls the liquids on the surface by osmosis. Lastly, restoring seaweed cream is gently applied, making the skin velvety smooth

body (50 min.) € 65,00

### CACAO-THERAPY

Melt in a chocolate massage, a real multisensory full-immersion in physical and mental wellbeing into four moments (taste, massage, intensive action and body pampering). Effective action on the skin: moisturizing, draining and anti-aging

body (50 min.) € 60,00

up to 12 years-baby (26 min.) € 38,00

### ENERGISING RITUAL "Wine Therapy"

Rejuvenate your skin with a timeless beauty elixir that encompasses the magic cosmetic properties of grapes and of their potent active ingredients contained in the seeds, leaves and fruit. For skin that is brighter, smoother, suppler and more hydrated

Body peeling (26 min.) € 38,00

Peeling and body massage (50 min.) € 65,00

Thermal bath with "vineyard crystals" (20 min.) € 25,00

Relaxing massage with grape oil (55 min.) € 65,00

Cleansing or face treatment "Bacco & Venere" (55 min.) € 70,00

Body and face antiaging ritual (80 min.) € 99,00

### BERBER RITUAL "Argan Oil"

The Black Soap with Argan Oil is the ideal treatment for deeply regenerating the skin and having a perfectly relaxed body. A unique feeling in three moments (hot jet shower, massage with black soap and kassa glove, long Berber massage with Argan oil) that nourish and restructure the skin deep

body (50 min.) € 90,00



## THALASENCE

Natural and plant ingredients for a "vegan friendly" range.



### DRAINAGE TREATMENT

Thanks to the action of high-performance active ingredients in Kelp, which intensely stimulate draining, help reduce blemishes linked to cellulite and evoke an extraordinary sensation of wellbeing and relaxation

Legs (50 min.) € 65,00

### RECONTOURING TREATMENT

Thanks to precious active ingredients Kelp, Biorhythmic Ocean Algae and Red Algae Sterols which incentivize dermo-reducing action, it reinvigorates the body, helping recontour the most critical areas such as the thighs, buttocks, abdomen and hips

Legs (50 min.) € 65,00

#### 2 TREATMENTS

€ 99,00

- 1 EXFOLIATING Treatment (26 min.)
- 1 DRAINING or RECONTOURING Treatment (50 min.)
- **FREE: € 15,00** voucher you can spend on OLOS self-treatment products upon the purchase of products for a minimum value of € 50,00 (purchase € 50,00 and pay € 35,00). Ask the advice of your Beauty Specialist!

#### 4 TREATMENTS

€ 229,00

- 1 EXFOLIATING Treatment (26 min.)
- 3 DRAINING or RECONTOURING Treatments (50 mins)
- **FREE: € 20,00** voucher you can spend on OLOS self-treatment products upon the purchase of products for a minimum value of € 60,00 (purchase € 60,00 and pay € 40,00). Ask the advice of your Beauty Specialist!

## Thermal Hair SPA

The thermal treatments are specific wellbeing rituals for the scalp and hair, using the unique properties of thermal water and its minerals.

### REGENERATING THERMAL TREATMENT

Anti hair loss shampoo, Anti hair loss adjuvant vial, set  
€ 50,00

### ANTI-DANDRUFF THERMAL TREATMENT

Anti-dandruff mud-peel, anti-dandruff shampoo, anti-dandruff lotion, set  
€ 60,00

### SEBO-REGULATING THERMAL TREATMENT

Sebo-regulating mud, Sebo-regulating shampoo, Sebo-regulating lotion, set  
€ 60,00

### NOURISHING HYDRATING THERMAL TREATMENT

Remineralising mud, super-hydrating shampoo, nourishing fluid, set  
€ 60,00

### THERMAL ANTI-AGE TREATMENT

Volumising shampoo, anti-age filler, set  
€ 70,00

### HAIR-DRIED STYLE OR ROLLERS

Cream + Fixer Or Foam Included  
€ 27,00 Long hair € 5,00

### MEN'S CUT € 23,00

For additional services (e.g. dye, highlights, etc.), please contact the SPA coordinator. Advance booking compulsory.

## Special Light Legs

### LYMPH ENERGY PRESS-THERAPY

About the 70% of the population presents beauty flaws due to the water retention and bad circulation, as well as heaviness and swelling problems of the legs. The press-therapy embodies a valid support to handle beauty flaws that hit the inferior limbs with personalized programs:

- **DETOXIFYING:** Facilitates the elimination of excess water and of the free radicals contained within it, relieving the lymphatic system, assisting the depurative liver and kidney functions
- **MICROCIRCULATION:** improves blood circulation, increasing the quality of oxygen available to the tissues and facilitates venous flow of carbon dioxide and catabolites. Delicate vascular exercise that keeps capillaries that are normally dilated, elastic and efficient
- **EDEMATOUS LEGS/EDEMATOUS THIGHS:** recommended for legs with beauty problems caused by cellulite or localised fat, performs a lipolytic and slimming action
- **ABDOMEN:** the "bloated stomach" is a common problem for the majority of women, caused by swellings, retention and fat; this programme helps to diminish the sense of bloating in a significant way
- **PREGNANCY:** light and delicate effective way to drain the lower limbs for a pregnancy with reduced formation of oedemas of the legs, stretch marks and "thread veins"
- **PRE-POST SURGERY:** improves the quality of tissues involved in medical-surgical treatments, which are prepared reducing stasis to the minimum. Favours the reduction of adipose deposits, with a redefinition of the silhouette. Improves the superficial skin appearance and prevents post-surgery accumulations and depressions. Reactivates superficial microcirculation compromised by scars and by the operation

(32 min.) € 30,00

3 sessions € 84,00 instead € 90,00

5 sessions € 139,00 instead € 150,00

### PRESS-THERAPY + CRIO THERAPY (cold bandage application)

Cold bandage made with natural menthol is a great help for beauty problems like cellulite and tissue flaccidity. Provides immediate relief to legs affected by heat, tiredness, swelling and a sense of heaviness. Thanks to the pleasant sensation of freshness, it works by stimulating an effective tensor effect with brings back tone, energy and vitality

(32 min.) € 45,00

3 sessions € 120,00 instead € 135,00

5 sessions € 190,00 instead € 225,00

## Programmes for Light Legs

**4 TREATMENTS** € 149,00 instead € 209,00  
*minimum 2 days*

- 1 exfoliating body massage (26 min.)
- 1 press-therapy + crio therapy (32 min.)
- 1 manual lymphodrainage for legs (26 min.)
- 1 Kneipp Stone massage (26 min.)
- In room: bathrobe + slippers + sponge towel for the pools
- **COMPLIMENTARY:** 1 thermal bath with ozone-therapy (20 min.)

**8 TREATMENTS** € 298,00 instead € 348,00  
*minimum 4 days*

- 1 exfoliating body massage (26 min.)
- 2 press-therapies + crio therapy (32 min.)
- 2 manual lymphodrainages for legs (26 min.)
- 2 Kneipp Stone massages (26 min.)
- 1 foot reflex massage (26 min.)
- In room: bathrobe + slippers + sponge towel for the pools
- **COMPLIMENTARY:** 2 thermal baths with ozone-therapy (20 min.)

## Beauty Services

**Complete hair-removal (legs + groin)**  
(55 min.) € 45,00

**Partial hair-removal (half leg + groin)**  
(26 min.) € 28,00

**Partial hair-removal (arms + armpits)**  
(26 min.) € 28,00

**Groin hair-removal**  
from € 10,00

**Armpits or moustache hair-removal**  
€ 10,00

**Complete hair-removal for man (chest + back)**  
€ 45,00

**Partial hair-removal for man (chest or back)**  
€ 28,00

**Eyebrow regulation**  
€ 10,00

## Special for hands

**Manicure (without nail polish)**  
(26 min.) € 25,00

**Nail polish application or change**  
(15 min.) € 10,00

**French manicure**  
(50 min.) € 50,00

**Anti-age and anti-blemish treatment for hands**  
(26 min.) € 35,00

**Anti-age treatment for hands + manicure**  
(50 min.) € 50,00

**Application of semi-permanent nail varnish to the hands**  
(dry manicure included)  
(50 min.) € 50,00

## Special for feet

**Aesthetic pedicure**  
(with cures for foot blemishes + nail polish application)  
(50 min.) € 45,00

**Relaxing foot treatment**  
(foot bath, exfoliation, compress and massage)  
(26 min.) € 35,00

**Relaxing foot treatment + curative pedicure**  
(80 min.) € 70,00

**Application of semi-permanent nail varnish to the feet**  
(pedicure available separately, at least one day earlier)  
(26 min.) € 30,00



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