

The wellness moment

The SPA experience

[comfort zone]
conscious skin science

Face Treatments
Body Treatments

Rituals of wellness
Massages

Beauty treatments
Manicure e Pedicure
Epilation

Wellness path
Hair Milk - Sauna - Turkish bath

Body and mind
Osteopathy



Energy and form



Fitness Activities
Elliptical - Treadmill - Multistation
Spin Bike - Personal Trainer

SPA & wellness path opening time 10.00am - 08.00pm

Fitness corner opening time 07.00am - 22.00pm



◆ Face treatments ◆

/skin regimen/ longevity

The perfect antidote for modern fatigue and urban lifestyles, this facial treatment is ideal for renewing the skin and counteracting the effects of stress and pollution. For unisex guests with stressed, dull and aged skin. The effectiveness of AHAs and the personalized selection of concentrated Boosters are strengthened by the synergy of Qigong and Rolling Roulage massage techniques and the Functional Natural Fragrance that recharges body and mind.

Longevity - anti-age	50'	€ 75
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<i>(express)</i>	30'	€ 50
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/skin regimen/ detox

Recommended treatment to detoxify the skin from pollution and to specifically combat impurities and imperfections. Also ideal for controlling sebum production and restoring the optimal level of hydration. Skin and mind are detoxified and toned. The effectiveness of the Detox Mask with Chlorella and Charcoal, together with the personalized selection of concentrated Boosters, is strengthened by the synergy of Qigong and Rolling Roulage massage techniques, by the Macro Waves Sound™ and by the Functional Natural Fragrance that recharges body and mind.

Detox	50'	€ 75
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/skin regimen/ longevity man

A modern approach to skin care that acts on the skin and mind to slow down aging and promote greater resistance to pollution and stress.

50'	€ 75
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Personalization and face treatments for skin regimen longevity and skin regimen detox

Dehydration / Expression Wrinkles - 1.85 Ha Booster.
 Dryness / Lack Of Nutrition - 10.0 Tulsi Booster.
 Dull complexion / discoloration - 15.0 Vit C Booster.
 Wrinkles / Imperfections - 1.5 Retinol Booster.
 Oiliness / Impurities - 1.0 Tea Tree Booster.
 Protection - Microalgae Essence. - Tripeptide Cream.
 Urban Shield Spf 30.

◆ Body treatments ◆

Aromasoul ritual scrub

A renewal ritual enriched by the properties of rhyolite of volcanic origin and the aromatherapy benefits of blends gives a silky and deeply nourished skin. For all those who need a deep body exfoliation to remove dead skin cells and return to a soft, velvety and nourished skin. Extraordinary skin silkiness. Renewed and deeply nourished skin. Relaxation and general well-being.

50' € 75

Tranquillity body wrap

An aromatherapy ritual dedicated to the releasing of muscle tension caused by the daily routine and the wear and tear of stress from lack of time. Wrapping with an extraordinary texture, nourishing and elasticizing, its muscle relaxant action facilitates the improvement of the microcirculation, while the olfactory part creates a special mental relaxation, enhancing the client's resources in lucidity and clarity, offering a pleasant sensation of lightness and psychophysical recovery. For anyone, at any time for when you need a break of profound psychophysical well-being. Ideal for dry and impoverished skin and / or lacking brightness and shine.

60' € 100

35' € 60

—◆— **Rituals of wellness** —◆—
Massage

Tranquillity massage

Face & Body Ritual

Aromatic connective tissue massage for face and body, contrasts muscle contractures and relieves states of tension for a pleasant wellness experience. It improves the micro circulation and oxygenation of tissues. It nourishes the skin of the face and body. Anti-stress and wellness treatment.

60' € 120

Lomi massage

Hawaiian massage of ancient origins. It was performed by shamans, who secretly handed down this art from generation to generation. Long and enveloping movements help to relax the muscles giving more vigor to the tissues, which are stimulated in depth. Thanks to the flow of energy there will be a new feeling of well-being and peace, as well as a benefit on all the muscles.

60' € 110

Sea massage – draining massage

An aromatherapy ritual with a draining action, which through manuality recalls the strength and balancing effect of the sea waves and maximizes the effects of the blend of essential oils and aromatic extracts from the Mediterranean basin. Recommended for aroma therapy lovers and for those who wish to regain lightness and vitality. Draining action. Improved circulation and lightness.

50' € 90

Active body – sport massage

Intensive remodeling and toning body ritual. Ideal for those who practice sport and want to increase the effects on remodeling and at the same time facilitate cooling-down and the elimination of toxins. Reshapes, tones and reduces muscle tension. It stimulates proper circulation and re-oxygenates the tissues.

50' € 90

Back and neck

Deep, decontracting and revitalizing ritual for the head, neck and back. It has a relaxing and energizing action. For everyone.

35' € 55

—◆ Beauty treatments ◆—

Manicure

€ 40

Pedicure

€ 50

Epilation

15' € 15

30' € 28

45' € 40

60' € 55

—◆ The wellness path ◆—

Two-hour path

Hair Milk - Sauna - Turkish Bath - Herbal Tea & Relax

€ 30

Exclusive spa with Sparkling Wine (2 people)

60' € 120

Exclusive spa with massage (2 people)

3h € 250

Body and Mind

Applications of particular relaxation maneuvers for the joints and muscles. The effects are not only mechanical, but above all biochemical, as it stimulates the correct exchange of fluids within the treated structures.

Therapeutic interventions are manual. They are also carried out in areas other than the localization of the symptom and are used to restore the lost balance, the amplitude and harmony of the movements. Depending on the needs, the patient will be subjected to a personalized treatment

Osteopathic cranio sacral treatment

It's one of the gentlest and most pleasant. A light kneading on the cranio bones and spinal column offers a series of benefits: anti-stress, improves breathing, balancing the gastro-intestinal system and improves the posture.

It is also recommended for pregnant women.

60' € 140

Visceral treatment

According to ostopatia there is a strong link between internal organs and the skeletal muscle structure. Benefits : for injuries, nausea, gastric reflux, bloating, constipation, head ache, stress, depression and anxiety.

60' € 140

Fascial treatment

This treatment works on connective tissue or band (bones, muscles, ligaments) to restore fluidity and movement and to eliminate pain.

60' € 140