

**Tibetan** (55') € 100,00  
 A holistic massage based on the idea that the body consists of three elements: wind, fire and phlegm (humours). They must be balanced in order for us to achieve wellbeing. Carried out with slow, deep movements, this technique is performed with hands and also bells, whose vibrations during the massage are designed to produce mental and physical wellbeing.

**Omes and the five continents massage/ treatment** (60') € 150,00  
 Designed for guests wanting a facial and body massage at the same time, this treatment represents a complete innovation in the world of wellness because it consists of techniques and philosophies from all five continents. It includes a collagen mask, a scrub drainage massage, veda movements, Chinese micro massage and foot reflexology.

**Candle Massage** (50') € 110,00  
 A concentrate of well-being for the body and mind. The precise movements of the massage, strengthened by the beneficial action of heat, relax the muscles and free them from contractures. The vegetable oils and butters that slide on the skin moisturize and nourish.

**Lemontano Ritual indiv. or couple (per pers.)** (90') € 180,00  
 Personalized massage, performed in our lemon grove overlooking the sea between sounds of nature and citrus scents, followed by thermal hydromassage in the "Accarezeme" pool and Lemontano cocktail.

**Long Lasting Massage** (60') € 120,00  
 60 minutes of intense wellbeing for a personalized massage based on your own needs.

**Four hand massage** (40') € 160,00  
 The four-handed massage is a luxury treatment with a strong emotional impact that at least once in your life you should treat yourself and try. It is a special experience because one has the sensation of being pampered and looked after in a complete way.

#### FITNESS FOR WELLBEING

**Personal trainer session** (60') € 60,00

**Water aerobics (min 3 persons)** (25') € 25,00

**Individual Yoga lesson** (45') € 70,00  
 Activities that include body movements and breathing exercises: mental-physical disciplines aimed at meditation or relaxation.

#### BEAUTY SERVICES

**Manicure** € 35,00

**Manicure with Semi-Permanent Polish** € 55,00

**Manicure with Semi-Permanent French Polish** € 60,00

**Semi-permanent Nail Polish** € 30,00

**Nail Polish** € 15,00

**Nail Polish French** € 20,00

**Semi-permanent / Gel remover** € 20,00

**Gel or Acrylic Nail Reconstruction** € 90,00

**Pedicure** € 40,00

**Curative Pedicure** € 60,00

**Callus Peeling - Golden Heel** € 65,00

**Callus Peeling - Golden Heel + Product for Home Treatment** € 80,00  
 The new revolutionary professional beauty feet that eliminates even the treatment for most stubborn calluses and corns without using blades or metal tools.

**Upper Lip Hair Removal** € 15,00  
 The wax we use is white titanium, suitable even for sensitive skin.

**Eye Brow Shape with Tweezers** € 20,00

**Armpit or Bikini Line Hair Removal** € 20,00

**Brazilian Bikini Line Hair Removal or Partial Hair Removal (Lower Leg) or Arm Hair Removal** € 35,00

**Full Leg Hair Removal** € 60,00

**Eyelash Colouring** € 30,00

**Eyebrow Colouring** € 35,00

**Make-Up** € 80,00

\*\*\*\*\*

*The Spa is open on Monday to Saturday  
 from 8.00 a.m. to 7.00 p.m.  
 on Sunday from 8.30 a.m. to 7.00 p.m.*

*For information or reservations  
 contact the reception at the  
 ☎ number 407*



#### Spa price list



Our service philosophy has been designed to recover a state of psychophysical well-being, meet the needs of relaxation, maintain physical fitness, and improve general health. Several plant species are used in the creation of this collection of treatments to enhance the beauty and maintain the health of the skin. Phytomelatonin extracted from the heart of plants, modulator of life cycles, introduces the concept of Psychocosmetics. Revitalizes the skin giving a lifting effect and restores an extraordinary sense of well-being and joy to the mind and body. The high quality products of Fonte Ninfe Nitrodi, suitable for all skin types, protect, hydrate and purify even the most difficult skin. Furthermore, eudermic products offer valuable support for those suffering from psoriasis and dermatitis. All products are formulated without petrolatum, LES and parabens.

☎ 407

*A member of Small Luxury Hotels of the World*

## THERMAL MEDICALS

<b>Thermal medical visit</b>	€ 50,00
<b>Cardiology consultation</b>	€ 120,00
<b>Cardiology consultation with ECG</b>	€ 140,00
<b>Orthopedic consultation</b>	€ 120,00
<b>Dermatology consultation</b>	€ 120,00
<b>Dietary consultation</b>	€ 200,00
With anthropometric assessment and elaboration of personalized nutritional plans.	

## THERMAL TREATMENTS

<b>Mud application with thermal shower</b>	€ 40,00
After 6 months of maturation in the waters of our spring the clay rich in microorganisms and biomaterials, used at a temperature of about 45° C, is able to guarantee an optimal therapeutic effect, as well as detoxifying, toning and revitalizing effects.	
<b>Mud application with thermal bath</b>	€ 55,00
<b>Phyto medicated mud application</b>	€ 45,00
Thermal mud with the addition of medicinal herbs that enhance therapeutic effects	
<b>Thermal bath</b>	€ 25,00
<b>Ozone therapy (Supplement)</b>	€ 10,00
Ozone bubbles (O3), added to the thermal bath, gently massage the body and contribute to the therapeutic effect due to the vasodilating, toning and disinfecting properties.	
<b>Inhalation</b>	€ 20,00
<b>Aerosol</b>	€ 20,00
<b>Cervical steam shower</b>	€ 20,00
Thanks to the use of hot thermal water steam, muscle tension in neck and shoulders is alleviated	

## PHYSIOTHERAPY AND KINESIOTHERAPY

<b>Active hydro</b>	(20') € 60,00
Ideal solution to achieve almost painless movements, thanks to the presence of water. The guest performs the movements alone but is instructed and supervised by the physiotherapist.	
<b>Passive hydro kinesiotherapy</b>	(20') € 60,00
Mobilizations performed in water by the physiotherapist on the guest's body. Water supports most of the weight, favouring the movements with a correct muscular work even in conditions of reduced tone, muscular tropism and difficulty in loading.	
<b>Partial periosteal therapy</b>	(20') € 60,00
A technique used to reach deep down on the muscles, and work on the membrane that covers the bones: the periosteum. This technique releases deep tensions that would be otherwise difficult to eliminate.	
<b>Classic trigger points therapy</b>	(25') € 55,00
This technique works on specific points of painful muscles distributed throughout the body. Stimulating trigger points can result partly painful, but fundamental to regain a correct posture.	
<b>Total or partial kinesiotherapy</b>	(50') 110,00 / (25') € 55,00
Total body rehabilitation in a post-traumatic situation or after joint surgery, but also useful where there is a chronic arthrosis with particularly rigid articulations.	
<b>Partial or total therap. massage</b>	(30') € 60,00 / (60') € 120,00
Curative total or partial body massage suitable in many situations from those with chronic arthrosis to those with muscle stiffness due to tensions that are generated for various reasons.	

**Penzel acupuncture** (30') € 60,00  
Treatment performed with a metal pen that stimulates the meridians where energy flows. There may be energy loss or exuberance. After making a diagnosis, the therapist works on these meridians to rebalance vital energy.

**Cranio sacral therapy** (45') € 80,00  
Therapy able to rebalance posture, muscles, the gastrointestinal system and improve breathing. It acts deeply on the nervous system, influencing the hormonal system and the immune system, favoring the harmony of psychological and emotional states, stimulating a state of well-being. Three specific areas of the body are treated and the movements are imperceptible

**Osteopathy** (50') € 100,00  
Technique of holistic medicine with a global approach on the body. Often with a few gentle manoeuvres, trauma and chronic blocks are treated. It is efficient for various disorders such as: cervicgia, lumbago, sciatica, arthrosis, discopathy, headaches, trauma related joint and muscle pain, balance disorder, neuralgia chronic fatigue, congestive affections such as otitis, sinusitis, gynecological and digestive disorders.

**Neuromuscular Chineseio Taping** € 50,00  
Physiotherapy technique that uses neuromuscular taping to reduce muscle tension, stabilize painful joints and drain zones where the lymphatic system is lacking.

## FACIAL BEAUTY

<b>Facial, décolleté massage</b>	(25') € 45,00
Relaxing and toning massage	
<b>Facial drainage massage</b>	(30') € 45,00
The small movements help to drain lymph that accumulates at night and causes swelling. It is especially indicated for dark eye sockets and eyebags.	
<b>Thermal mud mask</b>	(20') € 40,00
Mask rich in minerals, suitable for detoxifying, purifying and compacting the skin.	
<b>Antiage Facial Mask</b>	(20') € 40,00
<b>Ocean Blue Spa deep face cleansing</b>	(60') € 110,00
Freeing the pores and eliminating impurities means letting the skin breathe, stimulating cell turnover, making it fresher, brighter and smoother. Suitable for all skin types.	
<b>Idra Spa-Dry and sensitive skin</b>	(45') € 90,00
Useful for the beauty and health of skin with poor hydration. Aims to hydrate and stimulate the production of vitamins A and E	
<b>Red Grapes Detoxifying Treatment</b>	(55') € 110,00
Grapes rich in resveratrol are powerful antioxidants that smooth the skin, lighten dark spots and reactivate cell turnover.	
<b>Nutrilift Treatment with Olive Extracts</b>	(50') € 120,00
and Hyaluronic Acid Created with olive extracts and hyaluronic acid for dry and sensitive skin. Moisturizes, protects and carries out a marked anti age and lifting effect.	
<b>Timeless-Phytomelatonin</b>	(60') € 140,00
The excellence of cosmetic science to win time. The melatonin modulates the vital cycles, activates the cellular dynamics for a super lifting effect.	
<b>Eye Contour Treatment</b>	(40') € 90,00
This localized treatment helps to attenuate eye wrinkles, reduces eyelid swelling and eye bags.	
<b>Tailor-Made Treatment For You</b>	(40') € 100,00
Personalized treatment him & her: rebalances every personal imperfection. Pure active cosmetics will be matched for every skin type. The final mask amplifies the result, immediately visible.	

**Antiage Treatment For Men With Vitamin C** (50') € 140,00  
Gives energy and vitality to the masculine skin. Manual skills specifically designed for men along with Vitamin C and selected active ingredients, eliminate all signs of tiredness.

**Oxygen Treatment** (50') € 130,00  
With radiofrequency, gentle microdermabrasion and oxygen that has a detoxifying and anti-aging function, fights free radicals, stimulates production of collagen and gives a natural glowing skin.

**Oxygen Delivery** (30') € 65,00

**Venus Legacy** (45') € 130,00  
Multipolar Radiofrequency and Pulsed Electromagnetic Fields – technology acts in synergy with innovative VariPulse™ technology, transmitting energy and its therapeutic heat to deep tissues in complete safety. It improves circulation and skin tightening, leaving skin instantaneously lifted and glowing. Visible results from the very first session, with no pain, discomfort or particular recovery times.

## BODY BEAUTY

<b>Total Body Peeling</b>	(25') € 60,00
<b>Deep Back Cleansing</b>	(60') € 120,00
Scrub, steam, mask and massage follow each other to obtain deep cleansing.	
<b>Olea Breeze Ritual</b>	(60') € 150,00
Involves body, face and scalp in sensory instants and renewed well-being. Scrub and massage with warm butters dissolve accumulated tensions and reduces stress.	
<b>New Spa Experience</b>	(55') € 130,00
Regenerates and stimulates epidermal tissue: incense perfumes and hydrates, aloe smooths and tones, argan oil firms skin up and lavender gives the body a burst of new vitality.	
<b>Nitrodi Skin Body SPAEH method psoriasis duration</b>	(60') € 120,00
Adjuvant of treatment for psoriasis. The keratolytic and emollient action of Nitrodi water, olive oil and borage relieves dryness and roughness of the skin, deeply rehydrating and alleviating itching.	

**San Montano mineralizing mud treatment** (75') € 150,00  
The mud of our mineral-rich basin is applied with draining movements, giving a restorative effect on the organism. It gives softness and tone to the skin. The treatment ends with a relaxing hydromassage and short massage.

**Citrus Fruits Emotion Him/ Her** (55') € 140,00  
Scrub, massage and facial mask all performed with citrus fruits, true allies of beauty thanks to the vitamin C present, stimulate microcirculation and promote the elasticity and moisture level of face and body.

**Resveratrol Red Grapes detox Treatment** (55') € 120,00  
Peeling, grape extract wrap and massage stimulate maximum detoxification, oxygenate and shape the body.  
**Shaping Green Tea Wrap** (55') € 140,00  
Shaping, tonifying and firming treatment.

**Heat Activating Wrap for localized adiposity Him & Her** (55') € 140,00  
An intensive treatment, that detoxifies the body, acts on localized adiposity and firms the tissues, maintaining beauty and softness. Peeling and a total body massage is followed by a localized Guaranà heat-activating wrap.

**Extreme Beauty Treatment With Phytomelatonin** (60') € 150,00  
Anti- age treatment for long-term results. The vegetable melatonin modulates the cellular life cycles, remodels and firms.

**Leg Lightness Wrap** (30') € 55,00  
Anti-fatigue wrap for tired, heavy and swollen legs. It is ideal for improving microcirculation.

**Draining Mud Wrap** (30') € 50,00

**Shaping and firming wraps** (30') € 50,00

**Premaman And After Birth Wellness and Harmony Treatment** (50') € 90,00  
Delicate ritual to relieve tensions and reduce fatigue. Restorative vitamins nourish and moisturize for a delicate well-being.

**Treatment With Venus Legacy For Single Zones** (50') € 150,00  
Body re-sculpting – cellulite reduction- circumference reduction with Multipolar Radiofrequency and Pulsed Electromagnetic Fields.

## MASSAGES

**Back And Neck Massage** (30') € 60,00  
Decontracting and revitalizing treatment for head, neck and back. It relaxes muscular tension and revitalizes circulation.

**Plantar Reflexology** (30') € 60,00  
Reflex stimulation of the organs made directly from the sole of the foot that can turn to organ care or simply as a diagnosis. Cures congestions, inflammations and tensions. Also pleasant is the foot massage that is always under stress.

**Partial or total lymphdrainage** (30') € 60,00 / (50') € 100,00  
It detoxifies and reactivates the lymphatic system. Improves water retention and swelling. Helps eliminating imperfections of cellulite.

**Full Circulatory Massage** (40') € 80,00  
Indicated after mud therapy. This massage consists in deep techniques involving the muscle tissue eliminating contractures, which are the main cause of common problems such as stiff neck, lower back pain, back ache and headaches.

**Thai Shiatsu** (45') € 95,00  
A massage technique performed on the floor, fully clothed, with no creams or oils. It consists in manipulations, mobilisations and stretching of all the joints and muscles in the body. Used to restore not only mobility, but also your inner energy balance.

**Toning And Firming Massage** (50') € 100,00  
Energetic massage to firm those tissues that due to sedentary life, strong weight loss or aging tend to relax. With this technique the tissues are oxygenated and the thighs, abdomen, buttocks and breasts are toned.

**Circulatory and back deep tissue massage** (50') € 100,00  
Manipulations and mobilisations of the cervical spine to facilitate joint movements. Circulatory massage techniques are used on the rest of the body, concluding with loosening techniques with hooked fingers to relieve the muscle tensions.

**Tranquillity Ritual Body Touch** (55') € 110,00  
Excellent, pampering, relaxing massage even though energetic where necessary (legs and back). Thanks to the plant melatonin oil, it contrasts the signs of skin aging, promotes the psychophysical balance and promotes muscle relaxation. It stimulates the production of endorphins and improves the quality of sleep and mood.

**Ayurvedic Indian Massage** (50') € 100,00  
The masseur's hands glide gently and strongly over your muscles, penetrating between your joints, reaching even the deepest tissue and releasing the chakras, fundamental energy centres in our body according to ayurvedic medicine. The main objective is to do away with the resistance that the mental component has established in the body. It has an excellent draining effect.