

### FITNESS FOR WELLBEING

<b>Personal trainer session</b>	(60')	€ 80,00
<b>Water aerobics (min. 3 persons)</b>	(25') per pers.	€ 35,00
<b>Individual Yoga lesson</b>	(60')	€ 80,00
Activities that include body movements and breathing exercises: mental-physical disciplines aimed at meditation or relaxation.		
<b>Pilates</b>	(60')	€ 80,00

### BEAUTY SERVICES

<b>Manicure</b>	€ 40,00
<b>Manicure with Semi-Permanent Polish</b>	€ 70,00
<b>Semi - permanent Nail Polish removal</b>	€ 25,00
<b>Nail Polish</b>	€ 20,00
<b>Pedicure</b>	€ 45,00
<b>Curative Pedicure</b>	€ 60,00
<b>Callus Peeling - Golden Heel</b>	€ 70,00
<b>Callus Peeling - Golden Heel + Product for Home Treatment</b>	€ 85,00
The new revolutionary professional beauty feet that eliminates even the treatment for most stubborn calluses and corns without using blades or metal tools.	
<b>Upper Lip Hair Removal</b>	€ 15,00
<b>Eye Brow Shape with Tweezers</b>	€ 20,00
<b>Armpit or Bikini Line Hair Removal</b>	€ 30,00
<b>Partial Hair Removal (Lower Leg, back, arms)</b>	€ 40,00
<b>Total Hair Removal (legs and bikini line)</b>	€ 65,00
<b>Eyelash Colouring</b>	€ 35,00
<b>Eyebrow Colouring</b>	€ 35,00



The Spa is open every day from Monday to Saturday from 8.00 a.m. to 7.00 p.m.  
 Sunday from 8.30am to 7.00 pm  
 For information or reservations contact the reception at the number 407

### SPA ETIQUETTE

**Relaxation:** For your comfort and that of the other guests we would appreciate it if you could switch off your cell phone and keep your voice low. Smoking prohibited.

**Clothing:** Please come to the Spa wearing the bathrobe that you will find in your room.

**Fitness area:** access only with gymnastics equipment.

**Health:** please inform our Spa Receptionist of any pregnancies, allergies or other illnesses.

**Facial treatments for men:** please shave at least two/three hours before your facial treatment.

**Arrival:** please arrive 10 minutes in advance, in order to be able to complete the necessary formalities and start the treatment on time.

**Delay:** in case of delay, the time for your treatment will decrease accordingly because we have to respect the appointments of the other guests on the list.

**Cancellation:** Appointments must be canceled 3 hours in advance, otherwise charged by 100%.

**Age:** Access to the spa is prohibited for children under 14 years of age.

**Wellness area:** includes the Finnish sauna, the Turkish bath, the emotional showers and the Kneipp pool. Access is included in our rates, particular restrictions on time and the number of people present at the same time in these environments could be applied if the crowding of this area becomes excessive.

Nudists are not accepted in this area.

San Montano  
 Ocean Blue Spa  
 ★★★★★  
 Spa price list



Welcome to the Ocean Blue Spa – A place where East and West merge in synergy with the surrounding environment.

An ancient history of over 2500 years that of Pithecusa, the original name of Ischia, an uncontaminated and unique place for the miraculous waters of its 100 thermal springs. As well as the water from our spring which flows at 75° clear, limpid and with a salty taste, similar to that of the sea and rich in carbonates, trace elements and mineral salts which give it a very stimulating and energetic as well as anti-inflammatory activity. Another miraculous water is that contained in the products of the Fonte Ninfe Di Nitrodi with which we carry out treatments dedicated specially to subjects with reactive and very delicate skin, rebalancing the natural and physiological protection of the skin.

Ocean Blue Spa has enclosed in its proposals the synergy between Ancient and Modern Sciences. Through the use of aromatic plants and spices, rich in vegetable complexes, effective solutions are born to take care of health and beauty. This is thanks to the collaboration with the scientific and curative laboratory Effegilab which combines the San Montano philosophy with cosmetological research. Phytomelatonin, extracted from the heart of plants, modulator of life cycles, introduces the concept of Psychocosmetics. To maximize the potential of Nature, we have combined our Ancient Philosophy and Western Herbal Tradition with the Tradition of Ancient Natural Oriental Medicines by offering our guests wonderful and enveloping Rituals of beauty, well-being and physical and energetic rebalancing, carried out with original products used in Ayurvedic, Thai, Tibetan and Chinese Medicine: Bio Thai Natural Products.

## MEDICAL CONSULTATIONS

<b>Thermal medical visit</b>	€ 55,00
<b>Cardiology consultation with ECG</b>	€ 150,00
<b>Dermatology consultation</b>	€ 150,00
<b>Dietary consultation (Visit and final check up)</b>	€ 250,00
With anthropometric assessment and body composition and elaboration of personalized nutritional plans	

## THERMAL TREATMENTS

*(Medical visit is mandatory)*

<b>Mud application with thermal</b>	€ 45,00
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>	€ 60,00
<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 kinesiotherapy</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>Partial or Total kinesiotherapy</b>	(30') € 60,00 / (50') 120,00
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>Neuromuscular Kinesio Taping</b>	€ 50,00
Physiotherapy technique that uses neuromuscular taping to reduce muscle tension, stabilize painful joints and drain zones where the lymphatic system is lacking.	

<b>Osteopathy</b>	(50') € 110,00
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: cervicalgia, lumbago, sciatica, arthrosis, discopathy, headaches, trauma related joint and muscle pain, balance disorder, neuralgia chronic fatigue, congestive affections such as otitis, sinusitis, gynaecological and digestive disorders	

<b>Cranio sacral therapy</b>	(45') € 95,00
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	

<b>Partial or total fisiotherapeutic massage</b>	(30') € 70,00 / (60') € 140,00
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.	

## FACIAL BEAUTY

<b>Kobido face and décolleté massage</b>	(40') € 80,00
"Massage of Eternal Youth". It is a particular type of massage that derives from an ancient Japanese practice implemented to give tone and vigor to the skin of the face, capable of giving a real lifting effect	

<b>Facial drainage massage</b>	(30') € 50,00
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') € 45,00
Mask rich in minerals, suitable for detoxifying, purifying and compacting the skin.	

<b>Ocean Blue Spa deep face cleansing</b>	(60') € 120,00
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>Red Grapes Detoxifying Treatment</b>	(50') € 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 and Hyaluronic Acid</b>	(50') € 130,00
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>	(55') € 150,00
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') € 95,00
This localized treatment helps to attenuate eye wrinkles, reduces eyelid swelling and eye bags.	

<b>Tailor-Made Treatment For You</b>	(40') € 110,00
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.	

<b>Antiage Treatment For Men With Vitamin C</b>	(50') € 150,00
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.	

<b>Oxygen Treatment</b>	(50') € 140,00
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.	

<b>Oxygen Delivery</b>	(30') € 65,00
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<b>Venus Legacy</b>	(50') € 150,00
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') € 65,00
Delicate massage with specific products that eliminate dead cells and impurities that clog pores, stimulate oxygenation and prepare the skin for subsequent treatments and to have a homogeneous and lasting tan	

<b>Deep Back Cleansing</b>	(60') € 130,00
Scrub, steam, mask and massage follow each other to obtain deep cleansing.	

<b>Olea Breeze Ritual</b>	(60') € 160,00
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>San Montano mineralizing mud treatment</b>	(75') € 160,00
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.	

<b>Citrus Fruits Emotion Him/ Her</b>	(55') € 150,00
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.	

<b>Nitrodi Skin Body Spaeh method</b>	(55') € 140,00
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.	

<b>Resveratrol Red Grapes detox Treatment</b>	(55') € 130,00
Peeling, grape extract wrap and massage stimulate maximum detoxification, oxygenate and shape the body.	

<b>Shaping Green Tea Wrap</b>	(55') € 140,00
Shaping, tonifying and firming treatment.	

<b>Heat activating wrap for localized adiposity him &amp; Her</b>	(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 Guarànà heat-activating wrap.	

<b>Extreme Beauty treatment with Phytomelatonin</b>	(55') € 155,00
Anti- age treatment for long-term results. The vegetable melatonin modulates the cellular life cycles, remodels and firms.	

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

<b>Draining Mud Wrap</b>	(30') € 50,00
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<b>Shaping and firming wraps</b>	(30') € 60,00
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<b>Premaman and after birth wellness and harmony treatment</b>	(50') € 110,00
Delicate ritual to relieve tensions and reduce fatigue. Restorative vitamins nourish and moisturize for a delicate well-being.	

<b>Treatment with venus legacy for single zones</b>	(50') € 160,00
Body re-sculpting – cellulite reduction- circumference reduction with Multipolar Radiofrequency and Pulsed Electromagnetic Fields.	

## MASSAGES

<b>Back and Neck Massage</b>	(30') € 65,00
Decontracting and revitalizing treatment for head, neck and back. It relaxes muscular tension and revitalizes circulation.	

<b>Plantar Reflexology</b>	(30') € 65,00
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.	

<b>Partial or total lymphdrainage</b>	(30') € 60,00 / (60') € 120,00
It detoxifies and reactivates the lymphatic system. Improves water retention and swelling. Helps eliminating imperfections of cellulite.	

<b>Full Circulatory Massage</b>	(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.	

<b>Thai Shiatsu</b>	(45') € 100,00
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.	

<b>Toning and firming massage</b>	(50') € 120,00
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.	

<b>Circulatory and back deep tissue massage</b>	(50') € 110,00
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.	

<b>Long Lasting Massage</b>	(60') € 130,00 / (90') € 200,00
60 or 90 min. of intense wellbeing for a personalized massage based on your own needs.	

<b>Tranquillity Ritual Body Touch</b>	(55') € 120,00
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.	

<b>Ayurvedic Indian Massage</b>	(50') € 110,00
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.	

<b>Hot Stone Therapy</b>	(50') € 110,00
Relaxing, draining and loosening exercises, performed with hands and hot stones that release energy and well-being, therefore achieving the rebalancing of the chakras.	

<b>Multi-Sensory Face and Body Massage</b>	(60') € 160,00
Massage composed of techniques and philosophy belonging to different continents. Through foot acupressure, draining, ayurvedic, decontracting manoeuvres and face mask, you have a feeling of overall psychophysical well-being	

<b>Candle Massage</b>	(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.	

<b>Four hand massage</b>	(50') € 200,00
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.	

<b>Lemontano Ritual (individual or couple)</b>	(90') per person € 180,00
Personalized massage (60') performed in our lemon grove overlooking the sea between sounds of nature and citrus scents, followed by thermal hydromassage (30') in the "Accarezze" pool and Lemontano lemonade	