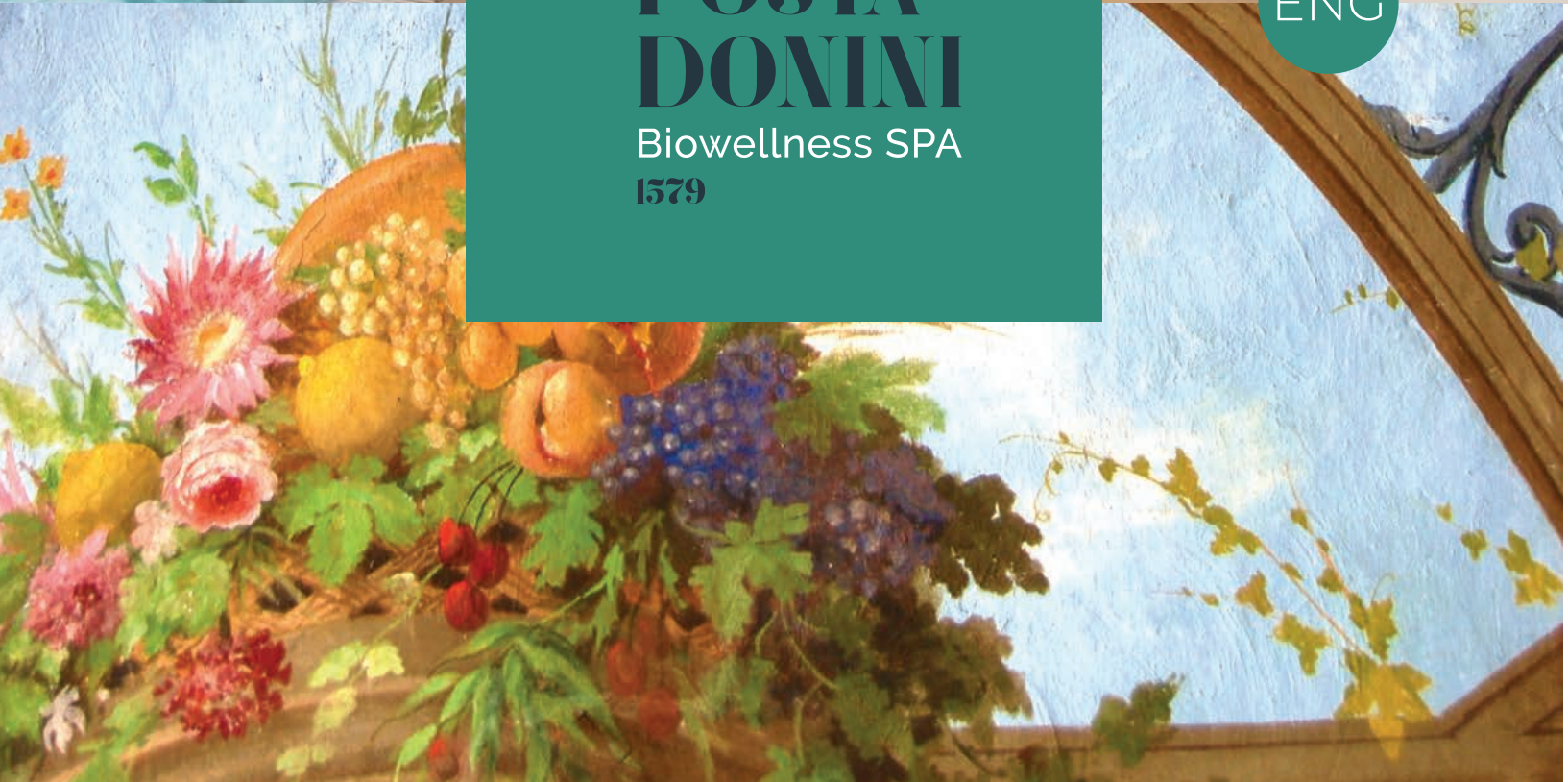




**POSTA
DONINI**

Biowellness SPA
1579

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1579

‘ *The Pleasure* ’
of TIME
REDISCOVERED



POSTA DONINI

Biowellness SPA

1579

- ~ The SPA
- ~ The pleasure of time rediscovered
- ~ Organic cosmetics
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POSTA DONINI

Biowellness SPA
1579



In 1579, the illustrious Conti Donini laid the foundation stone of Villa Donini. Thanks to the workmanship and wise guidance of the Mencaroni family it has become a perfectly constructed temple dedicated to the Art of Hospitality and to your deepest well-being.

The SPA area is set in the grandeur of the magnificent Posta Donini Historic Hotel splendid Residence. The Villa is bound by the Superintendence of Cultural Heritage and naturally protected by the refined sumptuousness of its large historical park, reason why the SPA area is intimate, modern and finely designed to fully welcome the Mind, Heart and senses of all guests.

Whichever your choice - either an unforgettable vacation, the desire to achieve a renewed sense of well-being or to take a break from a business trip Posta Donini - Biowellness SPA is a superb place to stay, one that celebrates, enhances and invigorates the body, and that will make you appreciate the special moments spent here away from your everyday life.

THE SPA

Your well-being is our masterpiece. State-of-the-art cosmetic techniques, organic cosmetics surrounded by a prestigious location with frescoes & a one-of-a-kind Historical Park.

Imagine yourself being skilfully massaged, immersed in precious, warm essential oil releasing the pleasant scent of Brazilian Pepper Essence. Picture yourself enjoying the minimalist design while relaxing in the warm, enveloping steam of the sauna and Turkish bath, just a few steps away from the prestigious ancient furnishings of the Villa and its sumptuous Historical Park. Be astounded by the magnificent, centuries-old Lebanese Cedar placed in the Italian Gardens in front of the Villa. Let your curiosity lead you down the picturesque paths and petite bridges in the Romantic Park in the spacious areas behind the Villa. Be amazed by the spectacular flower representations painted by Nicola Giuli in 1780 and that, up until today, still adorn the piano nobile and its sitting rooms.

A unique atmosphere of a deep, natural sense of well-being combined with centuries of art and Italian History seamlessly create a relaxing, magical and charming experience.



THE ESSENCE OF WELLNESS, THE PLEASURE OF TIME REDISCOVERED



CERTIFIED BY HERBAL TOUCH

By choice far from ongoing Beauty SPA Trends & certified by the Herbal Touch "Made in Italy" brand, Posta Donini - Biowellness SPA is a wellness center featuring rigorous professional protocols, products and exclusive Spa equipment.

Well Organized Areas: to welcome you and your loved ones in total comfort and privacy.

Hi-Tech Equipment: Avant-garde Paths and equipment able to take care of the person in its entirety and totality.

Products: High-quality organic products, strictly Made in Italy, perfect synthesis of a scientific and more natural approach.

Passion and competence: a specialized team that works with wisdom and courtesy.



Organic cosmetic

SCIENCE AND NATURE OF WELLNESS

Posta Donini - Biowellness SPA has selected an exclusive SPA treatment method & cosmetics products for you: Herbal Touch Organic Cosmetics, a multifunctional line of products that will help you look after your well-being at home to maintain body tonicity, vigor and overall face & body skin brightness and that will guarantee:

~ concrete results ~ diversification of treatments ~ respect of the individual's singularity

A class of products carefully designed:

~ Rare and very effective active ingredients in skin care

~ Natural oils (of first squeeze & cold pressed)

~ Pure Essential oils

~ Silky texture

~ Immediate & long lasting effects

~ Organic ingredients

NO GMO / NO ALLERGENS

NO PETROLEUM AND PARAFFIN

NO SILICONES / NO PROPYLENE GLYCOL

NO PARABENS / NO ETHOXYLATES



*Tonicity
and Customized
Beauty treatments:
customized paths
for specific results.*

Traditions, benefits, rituals shaped around your body.

THE SPA PATH AND WATER DOMAINS

POOL WITH HYDROMASSAGE BEDS, CERVICAL BLADE, AGAINST CURRENT SWIMMING.

The feeling of being immersed in a shell out of the World, where water gently massages your body.

FINNISH SAUNA, TEMPERATURE 80-90 °C - HUMIDITY 10-20%

Dry and intense heat that helps eliminate excess fluid and metabolic wastes, helps the muscles to relax, facilitates the improvement of the sleep/wake cycle and oxygenates skin by nourishing its surface.

TURKISH BATH, TEMPERATURE 40-50 °C - HUMIDITY 100%

Moist warm environment that favors deep skin cleansing and the elimination of toxins. It softens the high respiratory tract, helps decongest the mucous membranes and favors psycho-physical relaxation.

EMOTIONAL SHOWER

Tropical: warm water combined with red lights & a warm-scented aroma;

Nebulized: cold water combined with blue lights & a cold-scented aroma;

Cold Water Stream: cold water shower to help awaken the senses and invigorate the body;

Ice Waterfall: invigorating effect combined with blue sensory lights to stabilize body temperature after all hot treatments.

RELAX AREA AND TEA-CORNER

It is advisable to rest after each treatment cycle in special relaxation lounges to restore physical and physiological balance. You can rest on the SPA beds in our relax corner and benefit from the mineralizing effect of Himalayan Salts. Allow yourself to be pampered & replenished by a flavorsome abundance of assorted drinks and fresh fruit.

Total Spa path of 1.5 hour in specific time slots.
Booking in advance is required.

Special offer for our Hotel guests: 35 Euros per person

Spa clients have different options available, please check postadonini.it/en/wellness-hotel-perugia-italy/spa-path

Spa bag with bathrobe, towel, pareo and slippers always included

Spa path in exclusivity for 1.5 hr in specific time slots
with a supplement of 100.00 € in total



If you are a guest of the hotel and you wish to access the SPA please ask the reception desk.



MASSAGE TREATMENTS SPA PATHS

Posta Donini - Biowellness SPA offers personalized treatments with precious formulations of absolute scientific rigor, natural extracts and specialized manual techniques. Concrete beneficial effects that shape authentic beauty for a plenary sense of well-being.

*The 3 Perceptions of Wellness,
the exclusive treatment shaped around you:
Body, Aesthetics and Senses*

**POTENTIATE the Physical
Perception of Wellness**

>

**by dissolving stiffness and freeing the
body from pain**

**EXHALT the aesthetic
perception of Wellness**

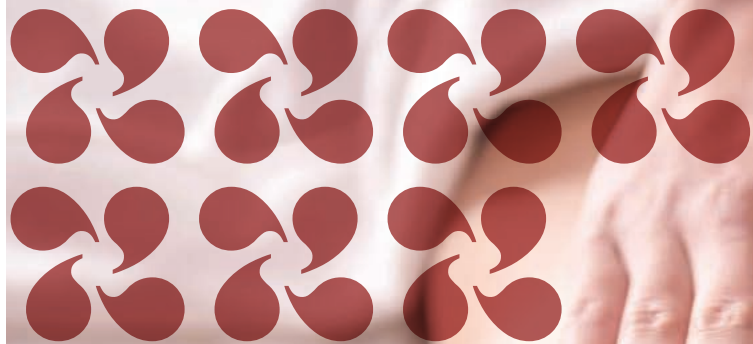
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**by treating the skin and restoring its fresh
and bright aspect. Moreover, by shaping
and defining natural curves and infusing
new vigor to the body.**

**TO BALANCE the sensorial
perception of Wellness**

>

**By relieving stress
and awakening emotions**





HATMA is a patented system offered exclusively by Posta Donini that allows a true THREE-DIMENSIONAL MASSAGE: combined with specific manual treatments, the revolutionary Hatma apparatus allows the operator to massage and treat the whole-body structure by leading the guest to an experience of magic, dream and deep sensorial awakening.

Wellness dimensions

HATMA SPACE

Three-Dimensional massage, from a state of dream till a deep awakening of the senses. Anti-stress, promotes good sleep, gently makes the body and mind more elastic

HATMA ESSENCE MASSAGE

Imagine yourself laying down and floating in warm oil supported by expert hands that help you to rise and fall. Every tension and ache will disappear from your joints, which now feel light and free; your muscles will relax completely. The body, together with the mind, starts to undergo a change, and you will slide gently into a state of harmony.

Total body massage (head included) – 50 mins - €95,00

Total body massage (head included) + warm cloths ritual 80 mins - €135,00

Relieves muscle tension, awakens all five senses

HATMA ARMONIA TREATMENT

An embracing deep massage with warm oil and finely-ground herbs, carriers of life and nature; skilled hands will bring you back to the full recovery of energy.

Total body massage + massaged application of powdered herbs + warm oil dripping - 50 mins. €98,00

+ Face / Head pampering - 80 mins. €135,00

Special Massage with cushions: will loosen the joints and relieve the mind

CUSHION MESSAGE SERENITY

Light joints, relaxed face and lightened mind. A unique massage, carried out through the manual compression and decompression of shoulders, legs and neck joints thanks to use of special pillows. Combined with a holistic face and head massage.

Joint massage + face-to-head massage - 30 mins. €69,00

Rediscover total perception of the senses

HATMA 4 HANDS

Double stimulation, dual physical and mental relaxation through the synchronous massage of two operators. The simultaneity and synchrony of manual intervention amplifies the perception of the whole body by increasing an overall sense of energy and lightness.

Total body massage - 50 mins. €149,00

Loosens up stiffness in the vertebrae and spine muscles

HATMA KUNDALINI TREATMENT

Harmonious vibration using aromatherapy essences to awaken a wave of positive energy. Relaxing foot bath, poultices of powdered herbs and other precious decongestants.

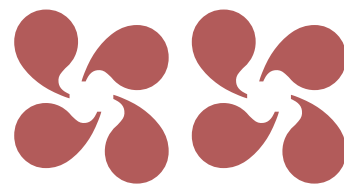
Total body massage + local cloth wrap treatments 50 mins. €95,00

From the body to the mind, a stream of energy

HATMA RAYSANA FACE

Specially for Anti-Aging, with a lifting effect. Nature, tradition and innovation combined together in a powerful treatment: a flow of energy from the body to the face designed to give firmness and a youthful appearance to the features. Rebalancing wrap, compression and decompression massage of the joints, foot bath with Dead Sea salts and powdered herbs, scalp massage.

Facial and head-joints massage + mask + footbath 80 mins. €110,00



The essences and energies of the Sea in an exclusive path leading to body reshaping.

THALASSO PERFECT SILHOUETTE

Stimulating, hydrating and draining

SLIMMING SALTS TREATMENT

The skin is softly moisturized, an instant feeling of lightness acquired together with the reduction of bodily volumes thanks to manual draining treatments with the use of precious oils, blends of Dead Sea Salt, trace elements and stimulant emulsions.

Total body massage + massaged application of salt mixture - 50 mins. €89,00

Total body massage + massaged application of salt mixture with draining pompage - 80 mins. €139,00

Slimming, detoxing and relaxing

ALGAE SLIMMING TREATMENT

Algae from Britain and Dead Sea salts to reactivate the metabolism and detoxify the body. Draining and deep treatments for a pleasant and relaxing treatment that enhances weight loss and helps to reshape the silhouette.

Total body massage + algae massaged application - 50 mins. €97,00

Total body massage + algae massaged application with draining pompage - 80 mins. €135,00

Stimulating, tightens tissues

MUD SLIMMING TREATMENT

A powerful aid in treating "orange peel" cellulite. Stimulating dexterity with hot and revitalising oils that regenerate the skin, to enjoy your natural body shape once again.

Total body massage + mud massaged application - 50 mins. €89,00

Total body massage + massaged and localized mud application - 40 mins. €75,00

Draining, toning

LIPOFLASH SLIMMING TREATMENT

Hot bandages with an anti-radical and anti-cellulite action with a powerful draining effect in synergy with clever stimulating and regenerating dexterities to rediscover the pleasure of a more toned and thin body.

Total body massage + localized bandage - 50 mins €97,00

Toning, elasticizing

LIPOTONE SLIMMING TREATMENT

Dynamic and stimulating massage. Thanks to the use of cold bandages with a highly firming effect, it gives an immediate feeling of well-being and relief for swollen and tired legs. Body tissues gain back tone and elasticity.

Total body massage + localized bandage - 50 mins. €97,00



SPECIFIC LAG (LEGS, ABDOMEN, GLUTES)

Slimming and decongesting

FLAT STOMACH TREATMENT

Helps to reduce excess fat and restore a pleasant feeling of lightness. It will decongest the abdomen, with the sensible reduction of abdomen swelling.

Total body massage + localized massaged and applications - 50 mins. €89,00

Svelte and toned legs

RELAXING LEG TREATMENT

Stimulates excess fluid drainage and re-activates circulation thanks to direct, indirect, and manual handling. Pleasant and prolonged feeling of lightness. Adjuvant in the treatment of cellulite and localized fat deposits, acts in depth to give a pleasant sensation and for the attainment of utter comfort.

Total body massage + localized abdomen/legs wrap treatment - 50 mins. €97,00

Combats cellulite and adipose tissue

THERMOSINERGY TREATMENT

Powerful shock therapy with a warming effect, a special mix of ultra-activating, natural active ingredients combined with a manual technique designed to counter the imperfections of the skin linked to localised fat deposits and more stubborn cellulite, reducing the appearance of orange-peel skin. To immediately rebalance the appearance and to give the skin full, immediate beauty.

Total body massage + localized application 50 mins. €97,00

Firming tonic

KRIOSINERGY TREATMENT

Shaping manual techniques combined with "cold technology" encapsulated in and enhanced by a treatment based on special natural active ingredients for firming, tightening, and smoothing the skin. Creates a more toned silhouette and firmer, more elastic skin.

Total body massage + localized application - 50 mins. €97,00

In just 3 days, your body will be shapely and toned

BACK IN SHAPE



Draining retained water

FORMADREN TREATMENT 1

Special compress, papaya and damiana combined with the purest essential minerals for a detoxifying effect. Special releasing manual techniques for a less bloated, lighter body.

Total body massage + compress massage

50 mins. €103,00

Total body massage + compress massage + draining

80 mins. €159,00

Purifying the tissues

FORMADREN TREATMENT 2

Fascia connective tissue manual techniques and papaya and damiana poultice enhanced with essential oils of rosemary, juniper and mint with action that stimulates the metabolism of the liquids between tissue and muscle, with a drainage-stimulating effect.

Total body massage + compress massage

50 mins. €99,00

Total body massage + compress massage + draining

80 mins. €149,00

Balancing your shape

FORMADREN TREATMENT 3

Sculpting massage and special compress of birch, cypress, papaya and damiana with a mix of minerals with enhanced action; it stimulates the peripheral circulation with a drainage-stimulating effect.

**Total body massage + compress massaged in
compression and decompression - 50 mins. €106,00**

**Total body massage + compress massaged in
compression and decompression + draining massage**

80 mins. €159,00

*Drainage-stimulating***FORMATONIC TREATMENT 1**

Deep massage to prepare the tissue, in combination with a mix of Dead Sea Salts to stimulate remineralization and drainage, and a double-action compress: it not only neutralizes toxins, stimulating the production of active oxygen, but also improves vascularization, giving the tissues a firm, dynamic look.

Total body massage + localized compress massage
50 mins. €99,00

**Total body massage + total body compress massage +
draining massage - 80 mins. €149,00**

*Toning and purifying***FORMATONIC TREATMENT 2**

Manual techniques intended to create a toned look, in combination with a special compress of white clay, ozonated jojoba oil and purifying essences, for an elastic and reoxygenated body.

Total body massage + compress massage
50 mins. €106,00

**Total body massage + compress massage + draining
massage - 80 mins. €159,00**

*Regeneration and shaping***FORMATONIC TREATMENT 3**

Shaping and toning manual techniques in combination with a mix of active ingredients intended to guarantee deep nutrition of the skin, giving new vigour and firmness to the body contours, to sculpt and revitalize our shape.

Total body massage + compress massage
50 mins. €106,00

**Total body massage + compress massage + draining
massage - 80 mins. €159,00**

TARGETED
BODY ANTI-AGEING

*Draining and rebalancing, anti-oxidizing,
revitalizing*

OMEGAREGENERANS BODY TREATMENT

A sequence of manual techniques that loosen and soothe the body, in combination with a mixture of powerful anti-ageing nutrients, minerals and vitamins, and ozonated jojoba oil to reoxygenate the tissues. Its antioxidant effect stimulates deep circulation, moistening the skin, making it firmer and more vibrant.

Total body massage + compress massage
50 mins. €109,00

**Total body massage + compress massage + face
pampering - 80 mins. €169,00**

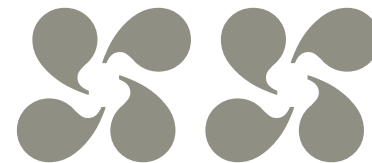
Prepare yourself for perfect beauty

HERBAL BODY PEELING TREATMENT

Stimulating peeling massage that reactivates surface circulation: the warmth of essences and herbs rubbed on the body to purify the skin and drain excess liquid with a powerful remineralizing effect.

Total body massage + special herb peeling
50 mins. €85,00

*Special treatments meant to reinforce the magic between a couple:
reciprocal fascination and complicity.*



TREATMENTS FOR TWO

To stimulate and awaken the senses

SPICE SENSES TREATMENT

To deeply nourish and give the skin a magic touch of silk. Synchronous dexterities, Shea Butter and Hot Brazilian pepper wrap treatments, shower and the application of a velvety fluid.

Total body massage + sweet scrub with spices aroma scrub - 50 mins. €89,00 per person

To Celebrate The Complicity Of A Couple

PRIVATE DUO RITUAL

Massage of two operators that will simultaneously lead you through a fascinating path made of warm oil and precious essences. Physical and mental relaxation will amplify the complicity of the duo.

Total body massage + sweet scrub with spices aroma + whirlpool + food tasting - 90 mins. €149,00 per person



*A dedicated room to your wellness.
Posta Donini - Biowellness SPA dedicates a special room
to couple treatments. Equipped with a hydromassage
and special shower for two. Minimal room design and
treatments crated to make your hearts grow fonder.*

*Sprit & mind shaped though fascinating
and invigorating treatments to re-gain balance and energy.*

PATH OF MARRIAGE *For him and for her*

Vitality and purity of the skin, a fresh and radiant face.

BIODYNAMIC AROMATHERAPY FACE CLEANING TREATMENT

Blend of waters intended to regulate skin's pH, oligo elements for an energy boost, precious essences that reactivate cellular renewal, absorbing and revitalizing masks.

Face cleaning + massage and masks with sequential application - 50 mins. €79,00

Relaxing, revitalizing

PERSONALIZED FACE TREATMENT

Based on your desires, targeted treatments are carried out paired with active ingredients and beauty masks, so your face is better prepared for your bridal make-up or simply for a fresh, radiant look on the most important day of your life.

Treatment + massage and mask with sequential application - 50 mins. €85,00

Soothing, draining, remineralizing

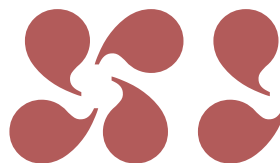
SWEET SALT

A massage that helps to rediscover lightness and eliminate fatigue. Remineralizing peeling massage with Dead Sea Salts and precious oils; well-being for the skin, energizing the body and relaxing the mind.

Total body massage + massaged application of hot salt mixture - 50 mins. €79,00

FOR PERFECTION

Pedicure | Manicure | Epilation



Spirit and body sculpted between allure and well-being, balance and energy

MAN SPA

Energizing, anti-age.

METHODE FACE TREATMENT

Your face will acquire new vigor & an intense brightness. A treatment that absorbs tiredness. It oxygenates & cleanses the skin deeply, tones the tissues, will give you a new-found sense of charm and vigor.

Treatment + facial massage with sequential applications
50 mins. €82,00

Purifying, revitalizing

AROMATHERAPY BIODYNAMIC FACIAL CLEANSING

Specific water mixture for pH regularization, trace elements and precious essences which reactivate cell renewal, absorbent and revitalizing masks. Cleanliness and freshness to stimulate the skin and get rid of impurities.

Cleansing + facial massage with sequential applications
50 mins. €79,00

Draining, slimming

FLAT STOMACH TREATMENT

Specific dexterities designed to eliminate annoying puffiness and stimulate fat reduction on your stomach: poultice of herbal powders or Dead Sea mud will be used in synergy with specific massages for a complete and effective treatment.

Total body massage + localized application
50 mins. €89,00

Soothing, rebalancing

BODY & MIND RELAX TREATMENT

Precious herbal powders to stretch muscles and regain form. Enveloping dexterities with hot oil: a relaxing and rebalancing treatment that relieves stress and tensions.

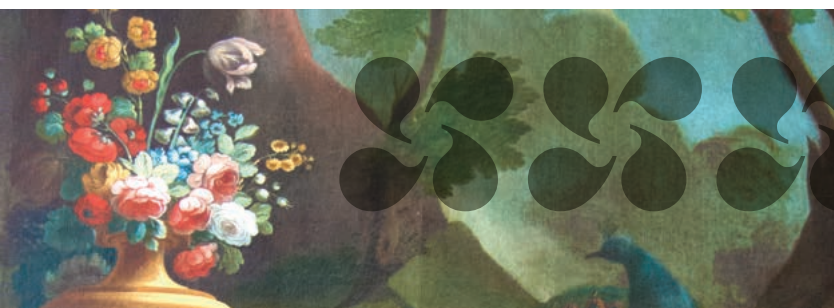
Total body massage + application of powdered herbs
50 mins. €109,00

Soothing, revitalizing

SERENITY MASSAGE

Spirit, mind and body wrapped in a hug of total harmony. Holistic facial, scalp & head massage: a localised and concentrated action to quiet the thoughts and find peace of mind.

Localized Massage - 25 mins. €55,00



Posta Donini - Biowellness SPA dedicates a series of preparatory and re-balancing treatments to sportsmen to live each activity at best.

SPORT

Decongest, stimulant

SALTS SPORT TREATMENT

Ideal for cyclists and for sport activities in general. Warm and stimulating massage with a sea breeze scent, decongests the accumulation of lactic acid and the dregs produced by physical activity.

Total body massage + massaged application of warm salt wrap - 50 mins. €89,00

De-contracting

DECONGEST MESSAGE

Specific massage to gain back natural elasticity and dynamism thanks to muscle-joint de-contracting dexterities that rebalance natural posture. The body is in harmony and all the mental and physical changes generated by congestion and stiffness disappear, giving a healthy feeling of lightness.

Total body massage - 50 mins. €75,00

Before & after physical activity

MULTI-METHODS SPORT MESSAGE

Preparatory dexterities to face sport performance with a draining and invigorating effect for the circulatory system. A clever and powerful synergy of techniques expressed in a single, effective massage to tackle all efforts and activities at best.

Total body massage - 50 mins. €75,00

Relaxing & relaxant

PODOSPA

A special refreshing after-sport treatment for the feet which spreads wellness from the base of the body to the psychophysical structures of the person. Foot bath with precious essences, relaxing massage, and feet wrap with warm salt.

Foot Massage + massaged wrap with hot salts - 20 mins. €48,00 - 40 mins. €65,00



For him and for her, the joy and importance of well-being with each handshake

BUSINESS SPECIAL

Take a break to recharge your energy and be more dynamic and efficient

BUSINESS MESSAGE

The correct posture in the face of all your commitments: thanks to tension-relieving manual techniques for joints and muscles, it gives the body elasticity and dynamism, rebalancing all mental and physical changes caused by tiredness, congestion and stiffness. To regenerate the mind and body, rediscover the right level of concentration and a state of general well-being.

Total body massage - 50 mins. €75,00

Special massage with cushions: loosens the joints and frees the mind

CUSHION MESSAGE

Loosens the joints, relaxes the face and frees the mind so you're ready to deal with any situation, decision or client with the right level of energy and concentration. A unique massage, delivered via the manual compression and decompression of the shoulder, leg and neck joints using special pillows. Combined with a holistic face and head massage.

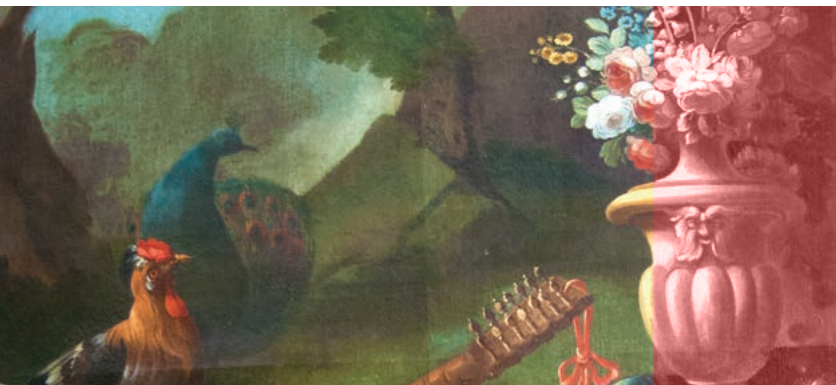
**Joint massage + face-to-head massage
30 mins. €69,00**

Loosen stiff joints and muscles

BODY BACK RELAX TREATMENT

Poultice of herbal powders and other special relaxing essences to rediscover mental and physical energy and balance, aimed at loosening stiff joints and muscles in the spine and the legs.

**Total body massage + localized compress
50 mins. €89,00**



Every day with an open face, with light, charm & vitality

BEAUTY AND WELLNESS FACIAL TREATMENTS

Vitality and purity of the skin, fresh and radiant face

BIODYNAMIC AROMATHERAPY FACIAL CLEANSING TREATMENT

Water mixture to specifically regulate pH, trace elements for an energy impulse, precious essences which reactivate cell renewal, absorbent and revitalizing masks.

Facial cleansing + massage and sequential mask applications - 50 mins. €79,00

Vigour and health, a compact and vibrant face complexion

SENSITIVE TREATMENT

Designed to soothe widespread reddening, strengthens and restructures fragile and sensitive skin with blotches. With anti-radical and anti-stress effect: mallow and chamomile herbal tonic, trace elements to balance the surface heat, serum rich in flavonoids, cream with decongestant action.

Treatment + massage and sequential mask applications 50 mins. €85,00

Quenches the skin's thirst.

HYDRADERM TREATMENT

It replenishes skin tissue natural cell force, nourishes and gives elasticity and beauty to the face. aloe juice, precious jojoba oil, hypericum, sunflower, cornflower, moisturising poultice for a full and crystalline beautiful face.

Treatment + massage and sequential mask applications 50 mins. €85,00

Nourishing and Anti-age

AURUM TREATMENT

A treatment that stimulates cell function and collagen production to instill the light of timeless beauty in the skin. Active ingredients of very high quality, natural liquid

crystals, vitamin complexes combined with an aloe vera and green tea rejuvenating wrap.

Treatment + massage and sequential mask applications 50 mins. €89,00

Immediate feeling of youthfulness and firmness

MÉTHODE TREATMENT

Dedicated to skin rejuvenation, a treatment that strengthens skin structures ensuring optimal hydration. Firmer, more toned and fresher skin for a bright and natural presence. For the attainment of new facial youth.

Treatment + massage and sequential mask applications 50 mins. €82,00

Nutritious, hydrating

OMEGAREGENERANS FACE/EYES TREATMENT

An application sequence of specific massage, high-performance active ingredients of the latest generation with plumping, antioxidant effects, acts as a preventive against free radicals. It lights up the gaze, smooths the features, for an anti-aging effect, a real beauty elixir.

Treatment + massage and sequential mask applications 50 mins. €95,00

Facial volume as if resculpted

"PUSH-UP" FACE TREATMENT

Shaping treatment combined with powerful applications, acts on the muscles used for facial expression, fights against gravity with immediate, visible results: a more toned and fresh-looking face with a restyled shape.

Treatment + massage and sequential mask applications 50 mins. € 95,00

*Birth, preparation and the welcoming of a new life.
Energy and a sense of harmony will flow through the body.*

MUM: PREGNANCY SPECIAL

Rebalancing and purifying

SWEET TOUCH FACIAL CLEANSING

Purifies the skin deeply, leaving a pleasant sensation of freshness. New brightness and vitality to the face.

Facial cleansing + sequential massage - 50 mins. €79,00

Relaxing and regenerating

DRENARELAX FACIAL MASSAGE

Peaceful mind and bright thoughts through specific dexterities performed to the face, head, neck and shoulders to return relaxed features and a radiant expression to the face.

Facial Massage - 25 mins. €55,00

Nutritious, elasticity

DREAM BATH

Casting of precious butter and warm oils on the head and body to nourish and improve skin & hair elasticity. Caring and enveloping sensations and the use of warm & fragrant cloths. Wrap with aloe & shea emulsion. A precious haven in which you can find your own essence and release bottled up emotions.

Total body wrap - 50 mins. €79,00

Relaxing

BELLY MAGIC

Specific relaxing massage, improves tissues elasticity and joint fluidity. A massage that lets the essence of your own inner life flow, a gentle touch that returns women to their natural harmony during times of body changes.

Total body massage - 50 mins. €79,00

Stimulant, shaping

MUM ENERGY

Stimulating massage after childbirth: to quickly recover natural lines & body shape whilst giving an injection of new strength and energy to the mind and body of the newly-became mother.

Total body massage - 50 mins. €75,00

Lenitiv, draining, mineralizing

SWEET SALT

A soothing and draining massage, helps to regain lightness and eliminate fatigue. Mineralising peel massage with Dead Sea salts and precious oils; wellness for your skin, energy for the body and relax for the mind.

Total body massage + massaged application of hot salt mixture - 50 mins. €79,00



Charm rituals and body harmony, dexterities that transform and shape the body.

PRECIOUS BODY WRAPS

Lenitiv, relaxant

LENITIV

Soothing mud pack from the Dead Sea with analgesic and relaxing effects used in synergy with essential oils of cloves, juniper and pepper. While lying down delicate joint mobilisations are performed. Energising emulsion to complete the application. Recommended in combination with Decongest massage.

Total body application - 45 mins. €75,00

Localized application - 30 mins. €50,00

Regenerating, purifying

DRENATOX

Detoxifies, regenerates, purifies: skin is purified to its core. A synergy of Galatea algae and precious essential oils in a highly draining and depurative wrap.

Total body application + draining pompage - 30 mins.

€69,00

Sensory and aphrodisiac stimulating effect

SENSATION

Sensory wrap with a stimulating aphrodisiac effect, stimulates and amplifies a state of bliss and puts you in a celestial mood. Damiana and brazilian pepper in an intriguing synergy of exotic aromas and intense sensory perception.

Total body application - 45 mins. €79,00

Antioxidant, nutrient and anti-aging

HYDRAGENERA

A powerful papaya body mask. Makes the complexion even and has a pleasant draining effect, harmonises the body. Final application of herbal tonics to rebalance the skin's natural pH and applications of a super-moisturising emulsion.

Total body application - 45 mins. €79,00



*The sense of feel & perception.
The body treasures the miracle of life.*

MASSAGES

Special massage performed with cushions: de-contracts the joints and relieves the mind

CUSHION MESSAGE SERENITY

Light joints, relaxed face and lightened mind. A unique massage, carried out through the manual compression and decompression of shoulders, legs and neck joints thanks to use of special pillows. Combined with a holistic face and head massage.

Joint massage + face-to-head massage - 30 mins. €69,00

Take a break from work and recharge your batteries to increase efficiency and dynamism

BUSINESS MESSAGE

Thanks to muscular and articular de-contracting dexterities, it gives the body elasticity and dynamism, re-harmonizing all psychic disorders caused by fatigue, congestion and stiffness. To regenerate the body and mind and to reengage with the mind's natural state of concentration and blissful state of well-being.

Total body massage - 50 mins. €75,00

The essence of Nature will blend with our beings

AROMATHERAPY MESSAGE

A pleasant and intense massage that combines the benefit of salt tablets to a mixture of pure essential oils chosen by you. The essence of nature which blends with that of the individual to awaken memories and deep emotions.

Total body massage - 50 mins. €75,00

Relaxing & enveloping

FEELINGS OF SPICES

Relaxing massage and enveloping aroma of brazilian pepper to stimulate the extrasensory perception. Unity found between the mind and body, connected by a joyful tuning between the parts.

Total body massage - 50 mins. €75,00



Body awareness between energy and sense of lightness

HATMA 4 HANDED MESSAGE

Synchronous massage of two therapists: double stimulation, double physical and mental relaxation to amplify the perception of the totality of the body by increasing an overall sense of energy & lightness.

Total body massage - 50 mins. €149,00

Anti-cellulite, shaping

SHAPING MESSAGE

Deep connective anti-cellulite and total body massage. Non-direct, reflected & localized dexterities performed to stimulate cellulitis. Will infuse new firmness to tissues and shape them.

Total body massage - 50 mins. €75,00

Draining and invigorating

MULTI-METHOD SPORT MESSAGE

It reactivates and acts upon the circulatory system through specific dexterities which help in the preparation of the body before and after sporting performance, with a draining and invigorating effect. A powerful synthesis of highly effective techniques, expressed in one massage to tackle all efforts and activities better.

Total body massage - 50 mins. €75,00

Relaxing, de-contracting and anti-stress

MULTI-METHODS BALANCE MESSAGE

Dexterities, as a result of the perfect synthesis between scientific methods and manual techniques. The massage is customizable in accordance to your specific needs for your total sense of well-being.

Total body massage - 50 mins. €75,00



Olistic facial massage: head & scalp.

SERENITY MASSAGE

It relaxes the mind, balances one's overall state of energy and helps to release all the stress stored in the body tissues. It radiates balance to body, mind and spirit. A soothing & pleasant massage carried out through localized and non-invasive dexterities.

Localized massage - 25 mins. €55,00

Improves posture and infuses and general sense of well-being to the body.

DECONGEST

Thanks to de-contracting muscle-joint dexterity, it gives the body elasticity and dynamism re-harmonizing all psychophysical alterations generated by congestion and stiffness conditions. It improves posture and gives a state of general and vital wellness.

Total body massage - 50 mins. €75,00

It soothes the muscles and decongests body tissues.

MYOFASCIAL MASSAGE

Deep and delicate specific dexterity aimed at stretching the muscles of the face. The operator uses the forearms for an intense and enveloping sensation, releasing and decongesting the tissues. It relieves stiffness, improving posture.

Total body massage - 50 mins. € 75,00

To drain excess fluids and re-activate lymph circulation

LINFADREN MASSAGE

Delicate and relaxing massage that promotes the drainage of excess liquids: will reactivate lymph circulation. Gentle dexterities are performed on the abdomen and joints, stimulating pompage all over the body for a feeling of newfound lightness.

Total body massage - 50 mins. €75,00

Re-activated circulation and oxygenates skin tissues.

REPROGRAMLIFT4 FACIAL MASSAGE

Reactivates circulation, oxygenates the tissues, restoring elasticity and firmness to a tired face. Unlocking and relaxing dexterity with a plumping lifting effect, to stimulate facial muscles and re-harmonize the oval.

Facial massage - 25 mins. €55,00

Facial massage + specific mask application - 30 mins. €64,00

Eliminates facial swelling from water retention.

DRENALAX FACIAL MASSAGE

Delicate drainage dexterity to eliminate swelling from water retention that weighs down features. Relaxed and toned face.

Facial massage - 25 mins. €55,00

Facial massage + specific mask application - 30 mins. €64,00

Precious and delicate Beauty rituals for total self-care

BEAUTY CENTER

Classic Treatments

MANICURE *Included nail polish application / 30 mins - €25,00*

PEDICURE ESTETICO *Included nail polish application / 45 mins - €39,00*

NAIL POLISH *Semi permanent nail polish application / €30,00*

HAIR REMOVAL *On request according to needs*

The Herbal Touch Specials

SPA MANICURE

With our hands, we introduce ourselves, we give, we receive, we caress. A thorough manicure to infuse beauty to our touch and with an instant lifting effect; gentle exfoliation, warm and enveloping massage for soft hands.

45 mins - €49,00

SPA PEDICURE

The feet are the link that allows us to absorb the energy of the earth. A pedicure combined with soothing foot bath with herbal powder, smoothing and peeling with Dead Sea salts, refreshing and hydrating wrap with precious essential aromatherapy oils that relieves tension and pampers your feet.

50 mins - €59,00

MASSAGED EPILATION

The epilation for her & him enriched by beneficial and traditional practices: application of warm cloths, special products and techniques for softer and fresher skin and well-protected from folliculitis **additional € 20.00** to any other service required.

SPA ETIQUETTE



~ **SPA ONLY AVAILABLE UPON RESERVATION:** our best hospitality will always be at your service.

~ **USE OF MOBILE PHONE AND CONVERSATIONS:** in order to respect other guests and to ensure proper enjoyment of all the benefits of the SPA services, we kindly ask you to place your mobile phone on silent mode, to speak quietly and to be respectful of silence. In the interests of others' privacy, taking photographs and filming is not permitted inside the Spa.

~ **RESERVATION CANCELLATION:** we kindly ask you to inform us of the cancellation of any reserved treatment by 6pm the previous day, otherwise the full cost of the treatment will be charged.

~ **PUNCTUALITY AND DELAYS:** it is advisable to arrive at least 15 minutes early to relax in an appropriate environment and start treatments in an optimal state of relaxation. In

case of late arrival, treatment will only be guaranteed until the end of the scheduled treatment time slot.

~ **PERSONAL HEALTH:** we recommend that guests with medical, heart or blood pressure problems consult a doctor before booking treatments.

~ **PREGNANCY:** we recommend that pregnant women consult their doctor before booking treatments.

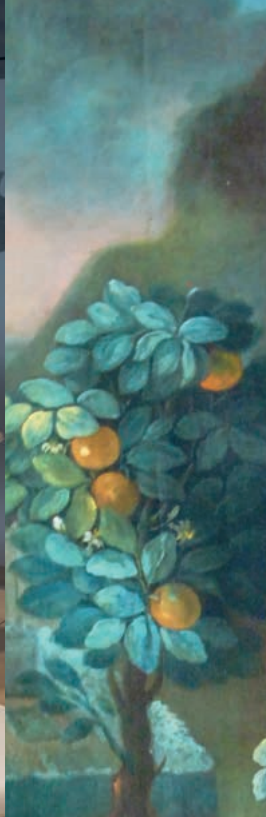
~ **ADMITTANCE POLICIES:** children under the age of 16 are not permitted to enter the saunas and relaxation area

~ **USE OF THE SARONG:** when in the SPA, guests are kindly requested to wear a sarong or bathing costume

~ **VACATING THE SUNBEDS:** while spending time in the sauna, Turkish bath or pool, please use the appropriate hangers so as not to leave the sunbeds occupied.









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