

★★★★S
Hotel Garden Terme

GB

TUTTOGARDEN 2024



TERME
DEI
DOGI[®]
DI VENEZIA



DEAR GUESTS,

It was my great-grandfather who started the family business back in 1906. Then, in 1964, my father Carlo Gottardo created the Hotel Garden Terme in Montegrotto Terme. Today, my wife Regina and I are enthusiastic to maintain the tradition wanted by the ones before us. We live in the hotel with our daughter Silvia, that's why we can say:

"Dieu Terme is
your Terme!"
Regina e Carlo Gottardo



GARDEN
TERME
THE
HOSPITALITY
SEASON
2024

HOSPITALITY WITH A UNIQUE FORMULA

- A guarantee of direct management by the owners, a **family of hoteliers since 1906**.
- Competence and professionalism of 70 collaborators **guaranteed by the quality certification ISO 9001-2015**.
- Because of the use of mature mud which follows the regional disciplinary of **FANGO D.O.C.®**.
- **Basic drinking water** available during the treatments for a stable acid-base balance.
- **Health Passport®** - an exclusive regeneration program.
- **3 Thermal pools with 1200 m² of water surface** with underwater music, whirlpools and aromatherapy showers.
- **Well-being packages** which include inviting price reductions.
- The use of **MEMON® innovations** at the Hotel Garden Terme mean well-being for our Guests. The air in the Hotel Garden Terme becomes fresher and the water purer and more natural.
- **Access to Wi-Fi and wired Internet** in all bedrooms and suites.
- **Gluten-free menu:** Hotel Garden Terme is one of the few thermal hotels following a specific gluten-free protocol.
- A guarantee of cleanliness with the hygiene system **Sanipill®** for all the pillows in our rooms.
- As part of our development towards a **“greener Hotel”**, in addition to the osmosis system filtering system for the watering of our park, you will find a battery-charging station for electric cars.
- During the **Ferragosto-Assumption period**, we offer a rich entertainment program for kids, daily aquatic activities, and amusing evening shows are in the board price included.

THE GARDEN FULL BOARD FORMULA INCLUDES*:

- A rich and varied breakfast buffet, lunch and dinner à la carte, with rich choice of starters, salads and desserts; as well as a variety of vegetarian and gluten-free dishes.
- Evening entertainment: welcome cocktail, piano-bar, chamber music, theme dinner, cozy jazz concerts.
- Regular events like: wine tasting, fashion shows, Italian buffet at the swimming pool, visit of nearby alga's growing area.
- Activity Program: music-aqua-gym, aqua-fitness, Tai-Chi.
- The entry to our 3 thermal swimming-pools with 1.200 m² water surface and underwater tools, "Kneipp" path (hot/cold stimulation), underwater music, hot-whirlpools, showers with aromatherapy, jacuzzi beds.
- Hire of bathrobe and bath towel for your stay (no charge - unlike most other local hotels).
- The access to the Finnish sauna, the ice waterfall, the thermal cave and the steam bath.
- The access to the fitness gym and Chi machine (rocking massage).
- The access to the tennis court.
- Free use of internet.

* *subject to modifications due to hygiene and safety regulations*

OUR SPECIAL OFFERS FOR 2024*

LOYALTY DISCOUNT

For 2 stays in the same season, each one of at least 7 overnights on half board or full board, a travel expense reimbursement of **€ 70** per person for the second stay.

FAMILY SPECIAL

Throughout the month of July, 2 children up to the age of 12 will stay for free (if in the same room with 2 adults on full board or half board and with minimum stay of 3 overnights).

ARENA OF VERONA FESTIVAL

(June 8th - September 7th, 2024)

Experience with us the joy of the Verona Festival in the wonderful Roman Arena. We will be glad to take care of your booking as well as of your transfer.

PACKAGE: "SIX DAYS OF ALL GOLF"

With half board and GARDEN ADVANTAGE, if you are playing individually for four times, you will receive the fifth green fee for free**.

* *Special offers and reductions are not cumulative.*

** *For the booking conditions see page GOLF AND WELL-BEING.*

YOUR STAY SEASON 2024

	LOW SEASON 23/02 - 23/03 16/06 - 27/07 10/11 - 07/12	MIDDLE SEASON 26/05 - 15/06 28/07 - 31/08 13/10 - 09/11	HIGH SEASON 23/03 - 25/05 01/09 - 12/10	SHORT STAY FOR LESS THAN 3 OVERNIGHTS AND HOLIDAYS Easter 27/03 - 02/04 Assumption 10/08 - 17/08
SUITE Bedroom and separate living room	149 €	153 €	158 €	<p>For these rates, please have a look at our homepage www.gardenterme.it or contact us by phone.</p>
JUNIOR SUITE Bedroom with living space	137 €	141 €	146 €	
SUPERIOR DOUBLE ROOM "Terme dei Dogi" Double bed or twin bed, king size, with shower, no carpet	134 €	138 €	143 €	
SUPERIOR DOUBLE ROOM Double bed or twin bed, king size	131 €	135 €	140 €	
COMFORT DOUBLE ROOM Double bed or twin bed	125 €	129 €	134 €	
BASIC DOUBLE With shower, no balcony	115 €	119 €	124 €	

Room rates are per person and night for a stay of at least 3 overnight - 6 overnight during the holidays - in a double room inclusive of Garden Full Board, 10% VAT. They can eventually vary due to the period (please check the rates online) or to law changes.

*Does not include local tax of **€ 3,50 per person and night** for the first 4 overnights (subject to modifications and amendments).*

DIRECT BOOKING

REDUCTION

- Children in their parents' room with additional bed:
up to 3 years of age: free; 4 - 10 years of age: 30% reduction; from 11 years of age: 20% reduction.
- Half Board: **€ 6** (meals that are not taken, are not deducted from the hotel bill).

ADDITIONAL CHARGE

- Single room extra charge per overnight:
Suite and Junior Suite: on request - Superior, Comfort and Basic **€ 13**
- Check-out at departure: 12.00 A.M. - Late check-out, if possible, with additional charge.
- Garage: **€ 9** per day (24 hours video remote control).
- Small size dogs: **€ 12** per day (including final cleaning with disinfections, pets are not allowed in the restaurant and in the spa area).
- Room service: **€ 5** per service.
- For specific menus, in case of food allergies: prior communication in a timely manner, our kitchen team will prepare a specific menu without any extra charge.

CANCELLATION

Cancellation policy, no show and early departure
(for groups and meetings please ask for separate policy):

- Until 72 h before arrival: cancellation free of charge.
- Less than 72 h before arrival: 70% of the booked stay will be charged.
- No show: 70% of the booked stay will be charged.
- Early departure: 70% of the booked stay will be charged.

Special offers and reductions are not cumulative.

We would like to kindly remind you that, in the evening, an appropriate clothing is requested in the restaurant (no flip-flops and shorts).



MUD PACK THERAPY

At Hotel Garden Terme we use only mature mud FANGO D.O.C.[®] for the mud pack therapy, regularly tested and controlled by the University of Padua.

Our natural mud pack is unique in the world because of one microalga, denominated ETS 05, which grows only in the Euganean spa basin and has anti-inflammatory properties on the musculoskeletal system to heal pathologies like:

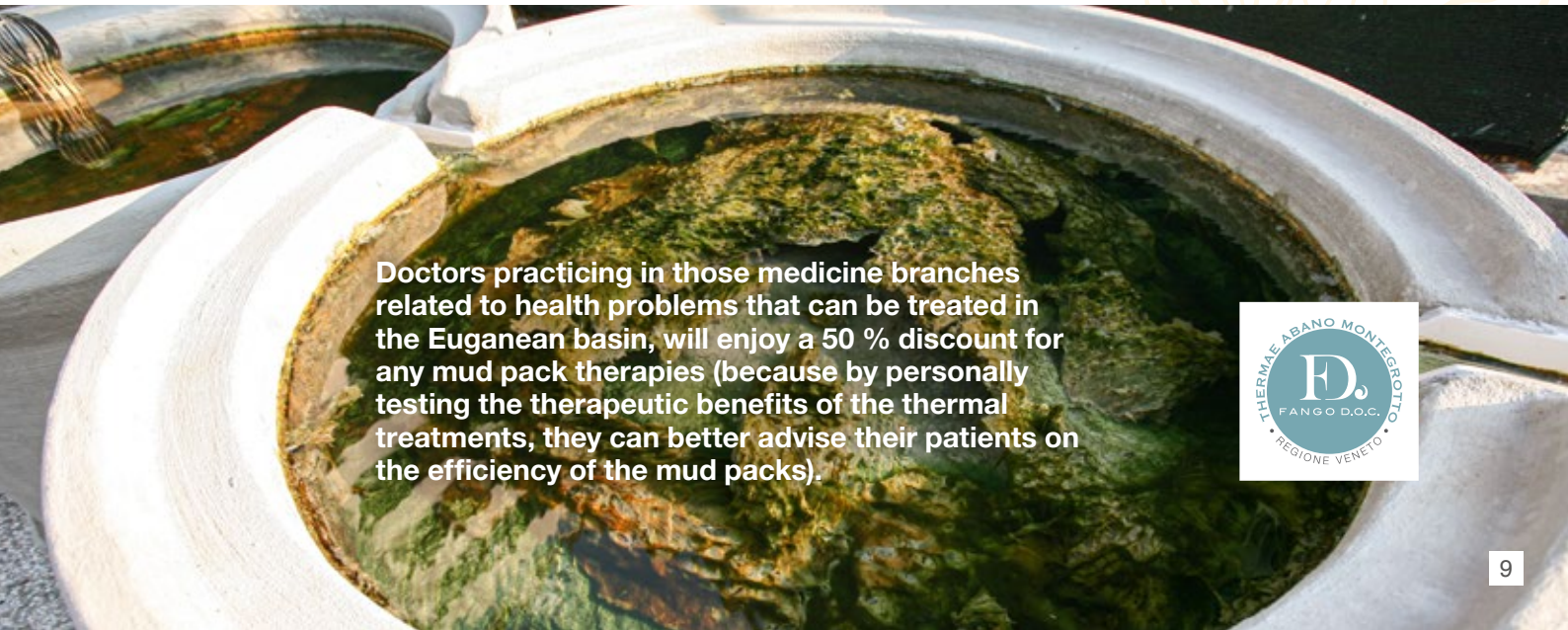
- osteoarthritis
- osteoporosis
- extra-articular rheumatism.

Hotel Garden Terme is classified by the National Italian Health System as Thermal Spa with the highest evaluation level (1° superior).

MUD PACK THERAPY

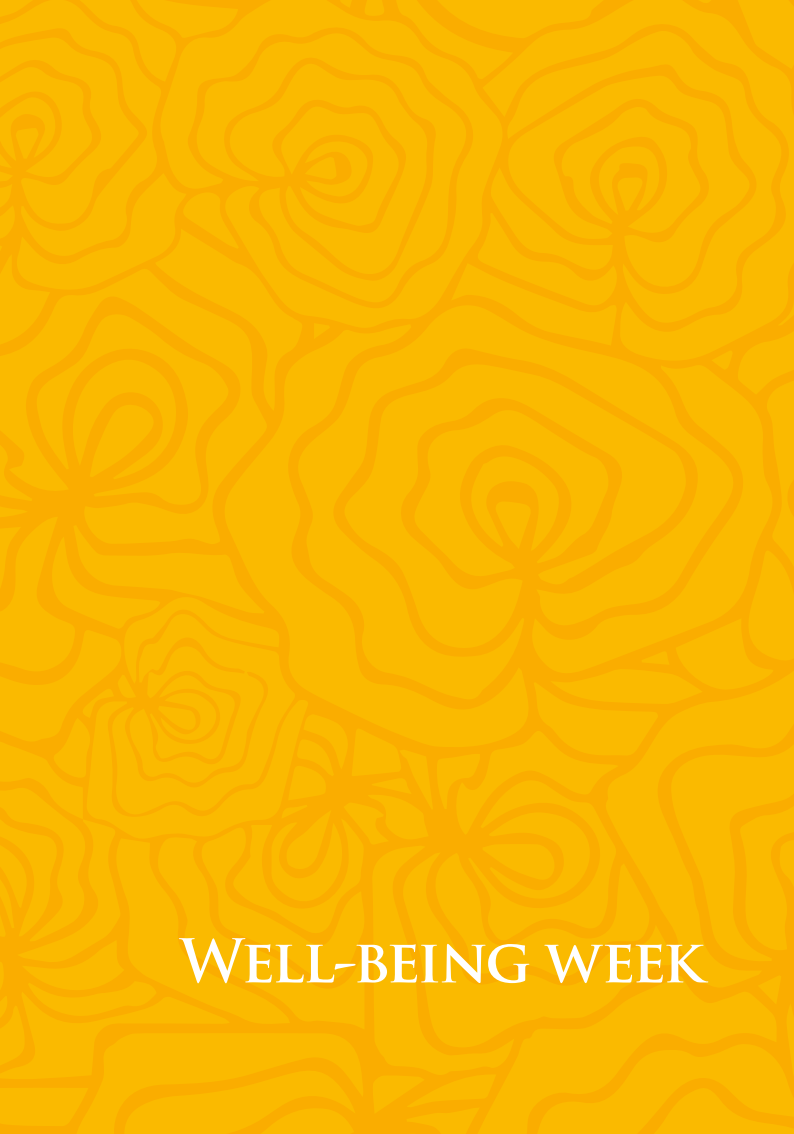
The mud pack formulas include: a medical check before starting the treatments, a medical check-up during the treatments, the mud pack therapy, cleansing showers, thermal ozone baths, reaction massages for 25 min. in the spa area (from Monday to Saturday), the hire of bathrobe for the spa, a specific mineral drink.

MUD PACK TREATMENTS	5	6	8	10	12
Per person	367 €	433 €	565 €	697 €	829 €



Doctors practicing in those medicine branches related to health problems that can be treated in the Euganean basin, will enjoy a 50 % discount for any mud pack therapies (because by personally testing the therapeutic benefits of the thermal treatments, they can better advise their patients on the efficiency of the mud packs).





WELL-BEING WEEK

WELL-BEING WEEK

6 OVERNIGHTS WITH NATURAL MUD FANGO D.O.C.®

FANGO PLUS

For all Guests who want to try the high effectiveness of mud pack as a natural remedy and its scientific evident properties.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up to undergo mud treatments and control
- 5 Mud packs FANGO D.O.C.® whole body, 5 thermal ozone baths, 5 reaction massage 25' in the spa area (from Monday to Saturday)
- 1 Body scrub with draining saline massage, 50'
- 1 Lymphatic drainage - full body - VODDER® technique, 50'
- 5 Inhalations with saline-bromine-iodic thermal water

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.229 €	1.253 €	1.277€

FANGO LIGHT

Our natural healing earth for a sensible heat and immediate well-being.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up to undergo mud treatments and control
- 3 Mud packs FANGO D.O.C.® whole body, 3 thermal ozone baths, 3 reaction massages 25' in the spa area (from Monday to Saturday)
- 1 Massage neck-head-shoulder, in the spa area, 25'
- 1 Foot zone reflex massage, 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.034 €	1.058 €	1.082 €

LIGHT LEGS - VASCULAR AND REGENERATING MOTION

Ideal in case of venous problems and for intensive reactivation of the joints with exclusive ETS04 alga.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up to undergo mud treatments and control
- 5 Mud packs FANGO D.O.C.® cold enriched with ETS 04-alga with thermal ozone bath (from Monday to Saturday)
- 5 Lymphatic drainages - legs - VODDER® technique, 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.130 €	1.154 €	1.178 €

Packages are per person and include special offers. Single room additional charge: entire period € 78.

WELL-BEING WEEK

6 OVERNIGHTS WITH OUR WELLBEING TREATMENTS

GARDEN SAFE & SPA

The wellness holiday that strengthens your immune system in full safety.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Ayurvedic massage – rebalancing abhyanga, 50'
- 1 Massage to the face, neck, and head with rosehip oil, 25'
- 1 Treatment with cold Fango D.O.C. ® mud enriched with ETS04 algae and 1 ozonated thermal bath,
- 1 Lymphatic drainage of the entire body or 1 general sports massag, 50'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
922 €	946 €	970 €

PERFECT BODY FOR HER

A special week for a healthy body in shape.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 2 Anti-cellulite and detoxifying body treatments VITALIS®, 50'
- 2 Abdomen body firming body treatments VITALIS®, 50'
- 1 Saline draining massage, 50'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.048 €	1.072 €	1.096 €

Packages are per person and include special offers. Single room additional charge: entire period € 78.

PHYSIOTHERAPY AND THERMAL REHABILITATION 6 OVERNIGHTS

SHOULDER REHABILITATION

Rehabilitation treatment for the following pathologies: tendonitis, bursitis, dislocations, post-traumatic injuries, instability, post-surgery rehabilitation of arthroprosthesis, of acromion-plasty, rotator cuff repair.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up by a specialist (orthopaedist/ physiatrist) and following examination
- 5 Kinesiotherapies in the spa area, 25'
- 5 Hydro-kinesiotherapies in the thermal pool, 25'
- 5 T.E.C.A.R. therapies (capacitive-resistive electric transfer), 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.358 €	1.382 €	1.406 €

KNEE REHABILITATION

Conservative treatment for gonarthrosis, muscle preparation/strengthening before surgery, post-surgery rehabilitation of arthroprosthesis, total or single compartmental knee joint.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up by a specialist (orthopaedist/ physiatrist) and following examination
- 5 Kinesiotherapies in the spa area, 25'
- 5 Hydro-kinesiotherapies in the thermal pool, 25'
- 5 T.E.C.A.R. therapies (capacitive-resistive electric transfer), 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.358 €	1.382 €	1.406 €

Packages are per person and include special offers. Single room additional charge: entire period € 78.

HIP REHABILITATION

Conservative rehabilitation treatment in case of coxarthrosis, rehabilitation and functional recovery after hip prosthesis.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up by a specialist (orthopaedist/ physiatrist) and following examination
- 5 Kinesiotherapies in the spa area, 25'
- 5 Hydro-kinesiotherapies in the thermal pool, 25'
- 5 T.E.C.A.R. therapies (capacitive-resistive electric transfer), 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.358 €	1.382 €	1.406 €

INTENSIVE SPINE

Indicated for important dysfunctions of the rachis, in particular low back pain, stenosis of the canal, post-surgical functional recovery.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up by a specialist (orthopaedist/ physiatrist) and following examination
- 5 Kinesiotherapies in the spa area, 25'
- 5 Hydro-kinesiotherapies in the thermal pool, 25'
- 5 T.E.C.A.R. therapies (capacitive-resistive electric transfer), 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.358 €	1.382 €	1.406 €

Packages are per person and include special offers. Single room additional charge: entire period € 78.

DORN® / BREUSS® METHOD

Particularly indicated for pathologies of the upper cervical spine, low back pain, discopathy and for postural rebalancing / alignment of the spine and joints.

6 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical examination and follow-up
- 1 DORN® therapy – soft therapy for the spine and joints, 50'
- 2 BREUSS® massages for spine regeneration, 25'
- 2 Medical back massages, 25'
- 2 Individual therapeutic sessions in the spa area (posture or back school), 25'

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.011 €	1.035 €	1.059 €



Packages are per person and include special offers. Single room additional charge: entire period € 78.

GOLF AND WELL-BEING

The Hotel Garden Terme is traditionally committed to golfing enthusiast friends. You can expect 5 golf courses in the area with favourable conditions for our Guests: Frassanelle (18 holes), Montecchia (27 holes), Padova-Valsanzibio (27 holes), Albarella (18 holes) and Ca' della Nave (18+9 holes).

Our service for you: booking, transfers, equipment and golf cars.

3 THREE DAYS OF ALL GOLF**

3 Overnights in a nice comfort double room inclusive of Garden Half Board

- 2 Green Fee
- 1 Medical back massage, 25'
- 1 Regenerating massage specific for golfers, 25'

** Single room additional charge: *entire period* € 39

LOW SEASON	MIDDLE SEASON	HIGH SEASON
573 €	585 €	597 €

SIX DAYS OF ALL GOLF*

6 Overnights in a nice comfort double room inclusive of Garden Half Board

- 5 Green fees (Garden advantage: the fifth green fee for free)
- 2 Medical back massages, 25'
- 2 Regenerating massages specific for golfers, 25'

* Single room additional charge: *entire period* € 78

LOW SEASON	MIDDLE SEASON	HIGH SEASON
1.173 €	1.197 €	1.221 €

The rates are per person valid from Monday to Friday.

On Saturday, Sunday and public holidays the extra charge required by the golf clubs is about € 20 to € 30 per green fee.

The above-mentioned Golf Clubs have divided prices in maximum high season, high season, low season, pre-holidays and holidays with prices which can vary from € 80 to € 105 according to the period and the golf course you have chosen.

Please ask for the voucher at the reception desk.

GARDEN
BENESSERE
SHORT STAY



ORIENTAL SPA

To find the psycho-physical balance with the touch and wisdom of oriental treatments

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Ayurvedic abhyanga balancing massage, 50'
- 1 body scrub with saline draining massage, 50'
- 1 Foot reflex zone massage, 25'

	LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights	520 €	532 €	544 €
2 overnights	401 €	409 €	417 €

DISCOVER NATURAL MUD

All the Euganean thermal experience in one unique path

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Medical check-up to undergo mud treatments and control
- 2 Mud packs FANGO D.O.C.® whole body, 2 thermal ozone baths, 2 reaction massage 25' in the spa area (from Monday to Saturday)
- 1 Inhalation with saline-bromine-iodic thermal water

	LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights	570 €	582 €	594 €
2 overnights	451 €	459 €	467 €

ROMANTIC MOMENT*

To reinforce complicity by sharing moments of regeneration

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Romantic breakfast in your bedroom
- 1 Body treatment Thermal5colours® with thermal healing earth - White detoxifying exfoliation, 50'
- 1 Couple massage (1 person), 50'
- 1 Facial reflexology, 25'
- 1 Inhalation with saline-bromine-iodic thermal water

	LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights	556 €	568 €	580 €
2 overnights	437 €	445 €	453 €

* The content of this package can be customized for HER and for HIM.

REGENERATION FOR THE BACK

To regenerate the functionality of the spine

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Body treatment VITALIS® for the back - dynamic and regenerative, 50'
- 1 Neck, head, shoulder massage, 25'

	LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights	458 €	470 €	482 €
2 overnights	339 €	347 €	355 €

Packages are per person and include special offers. Single room additional charge: 3 overnights € 39 - 2 overnights € 26

RELAX & SPA

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Relaxing “Californian” massage, 50’
- 1 Bio mud FANGO DOC® – purifying face mask, 25’
- 1 Inhalation with saline-bromine-iodic thermal water

LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights 468 €	3 overnights 480 €	3 overnights 492 €
2 overnights 349 €	2 overnights 357 €	2 overnights 365 €

DETOX

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Body treatment, scrub and massage with olive oil from the Euganean Hills, 50’
- 1 Lymphatic drainage - full body - VODDER® technique, 50’
- 1 mud pack FANGO DOC® – cold – with thermal ozone bath

LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights 527 €	3 overnights 539 €	3 overnights 551 €
2 overnights 408 €	2 overnights 416 €	2 overnights 424 €

RED GRAPES AND OLIVE OIL FROM THE EUGANEAN HILLS

3 or 2 Overnights in a nice comfort double room inclusive of Garden Full Board

- 1 Body treatment and scrub with red grapes and massage with grape seed oil, 50’
- 1 Face treatment – detoxifying and vitamin-containing – with olive oil from the Euganean Hills, 25’

LOW SEASON	MIDDLE SEASON	HIGH SEASON
3 overnights 461 €	3 overnights 473 €	3 overnights 485 €
2 overnights 342 €	2 overnights 350 €	2 overnights 358 €

Packages are per person and include special offers. Single room additional charge: 3 overnights € 39 - 2 overnights € 26



The Garden Spa Well-Being Centre has 20 collaborators who, beside mud therapies, perform medical, thermal and rehabilitation treatments as well as regenerating and relaxing treatments. Qualified operators, specifically trained in courses supervised by the University of Padua, carry out each treatment.

SINGLE TREATMENTS

MEDICAL TREATMENTS

1. Electrocardiogram **€ 50**
2. Homeopathic antalgic mesotherapy **€ 60**
3. Homeopathic aesthetic mesotherapy **€ 70**
4. Injection **€ 20**
5. Otoscopy and ear washing **€ 50**
6. Bandage **€ 22 - € 62**
7. Prescription **€ 12**
8. Medical check/consultation with the spa physician **€ 21**
9. Medical check-up for the mud treatment **€ 37**
10. Medical check-up by a medical specialist **€ 120**
11. Medical check-up in the room **€ 42**
12. Medical check-up - urgent **€ 62**
13. Medical check-up - urgent and after 8 p.m. **€ 82**
14. Medical check-up by a specialist (orthopaedist/physiatrist) and following examination **€ 120**
15. Diet counselling with follow-up **€ 140**

THERMAL TREATMENTS

30. Classic thermal bath - individual treatment room **€ 29**
31. FANGO D.O.C.[®] whole body/partial, thermal ozone bath, reaction massage, 25' (1 to 4 treatm.) **€ 82**

32. FANGO D.O.C.[®] whole body/partial, thermal ozone bath, reaction massage, 25' (> 5 treatm.) **€ 66**
33. FANGO D.O.C.[®] whole body or hands/feet (with thermal ozone bath and WITHOUT reaction massage) **€ 46**
35. FANGO D.O.C.[®] cold for legs/veins, enriched with ETS 04 algae (with thermal ozone bath) **€ 46**
37. FANGO D.O.C.[®] hands only (WITHOUT thermal ozone bath), 20' **€ 22**
38. Bio mud - detoxifying body pack with thermal ozone bath **€ 46**
40. Hire of bathrobe - whole period **€ 10**

INHALATORY THERAPIES

41. Inhalation or aerosol with saline-bromine-iodic thermal water **€ 12**
42. Inhalation with original Tabiano water **€ 15**
43. Micronized nasal shower with thermal water **€ 13**

CLASSIC MASSAGES

- 50. Lymphatic drainage - full body
VODDER® technique, 50' € 60
- 51. Lymphatic drainage - legs with bandages
VODDER® technique, 50' € 64
- 52. Lymphatic drainage - legs or arms
VODDER® technique, 25' € 37
- 53. General classic massage, 25' € 36
- 54. General relaxing massage, 50' € 60
- 55. Sportive full body massage, 50' € 62
- 56. Medical back massage, 25' € 36
- 57. Cranium sacral treatment, 50' € 62
- 58. Neck, head, shoulder massage, 25' € 36
- 59. Specific massage for golfers, 25' € 36

WELLNESS MASSAGES

- 81. Candle massage, 50' € 65
- 82. Bach flower® massage, 50' € 64
- 83. Body massage "Sky and Earth", 50' € 60
- 84. Couple massage - for 2 persons, 50' € 120
- 85. Massage "For Kids", 25' € 36
- 86. Relaxing "Californian" massage, 50' € 60
- 87. Lomi Lomi massage, 50' € 60
- 88. Foot massage, regenerating with juniper
and wild rose balm, 25' € 37

- 89. Body massage "Serenity"
with warm lavender stamps, 50' € 62
- 90. Relaxing massage with perfumed oils
and essences, 50' € 62
- 91. Stone therapy - whole body, 50' € 62
- 92. WATSU® in thermal water, 50' € 62
- 93. Oceanic massage, 50' € 62

ORIENTAL MASSAGES

- 100. Amazonia® massage, 50' € 62
- 101. Oriental spa antistress massage, 50' € 62
- 102. Ayurveda shirodara massage
with warm oil on the forehead, 50' € 70
- 103. Ayurveda-abhyanga-balancing
massage, 50' € 62
- 105. Ayurveda-pindasweda massage
(with warm herbs), 50' € 75
- 106. Indonesian massage, 50' € 62
- 107. Maori® massage, 50' € 62
- 108. Tibetan singing bowl massage, 50' € 60
- 109. Thai massage, 50' € 62
- 110. Facial reflexology: Vietnamese multi-reflexology
Dien Chan® method, 25' € 37
- 111. Hand reflexology
in case of hand arthrosis, 25' € 37

- 112. Foot reflexology - Chinese technique, 25' € 37
- 113. Shiatsu, 50' € 64

FACIAL BEAUTY TREATMENTS

- 251. Hypoallergenic eyebrow or eyelash coloring, 15' € 20
- 252. Lymphatic drainage for the face, 25' € 38
- 253. Face, neck and head Peruvian massage with rosa hip oil, 25' € 40
- 254. Facial lifting treatment with glycolic acid, 50' € 70
- 255. Facial intensive lifting treatment with alginate mask, 50' € 70
- 256. Facial intensive purifying treatment VITALIS®, 50' € 63
- 257. Facial cellular recreation treatment VITALIS®, 50' € 70
- 258. Facial intensive biolifting treatment VITALIS®, 80' € 95
- 259. Facial power lifting treatment for him VITALIS®, 50' € 63
- 260. Bio mud - purifying face pack, 25' € 39
- 261. Facial Treatment Thermal5colours® with healing earth - red with thermal alga anti-age, 50' € 68
- 262. Ultrasonic Facial Lift VITALIS®, 50' € 92

- 263. Supreme Ultrasonic Facial Lift VITALIS®, 80' € 132
- 265. Facial intensive treatment with collagen fleece, 50' € 83
- 266. Face treatment – detoxifying and vitamin-containing – with olive oil from the Euganean Hills, 25' € 40
- 267. Face massage with antioxidant and anti age peeling with grape seed oil from the Euganean Hills, 25' € 40
- 269. Face massage with face-lift effect, nourishing with honey from the Euganean Hills, 25' € 40

BODY BEAUTY TREATMENTS

- 201. Body scrub, 25' € 41
- 202. Body scrub with saline draining massage, 50' € 64
- 203. Body scrub with coffee, cacao and kiwi seeds and toning massage, 50' € 70
- 204. Body treatment VITALIS® anti-cellulite and detoxifying, 50' € 70
- 205. Body treatment VITALIS® abdomen body firming, 50' € 65
- 206. Body treatment VITALIS® for the back dynamic and regenerative, 50' € 65
- 207. Body treatment “Good Mood” with warm mousse of liquefying chocolate and black pepper, 50' € 70

- 208. Nourishing body treatment with massage with warm honey from the Euganean Hills, 50' € 65
- 209. Body treatment with self heating pack - stretches and tightens the skin, 50' € 70
- 210. Body treatment Thermal5colours® with healing earth - white - detoxifying exfoliation, 50' € 68
- 211. Body treatment Thermal5colours® with healing earth - yellow - draining, 50' € 68
- 212. Body treatment Thermal5colours® with healing earth - red - anti-aging , 50' € 68
- 213. Body treatment and scrub with red grapes and massage with grape seed oil from the Euganean Hills, 50' € 64
- 214. Body treatment, scrub and massage with olive oil from the Euganean Hills, 50' € 64

COMPLEMENTARY BEAUTY TREATMENTS

DEPILATION

- 231. Waxing - full leg, 50' € 51
- 232. Waxing - partial leg or back, 25' € 31
- 233. Partial depilation (eyebrows, face, armpit, inguinal), 15' € 20

HAND AND FEET

- 234. Basic manicure with transparent nail polish, 25' € 32
- 235. Manicure with coloured nail polish, 25' € 41
- 236. Full pedicure with savonage, 50' € 46

NAIL POLISH

- 237. Nail polish or polish change, 15' € 20
- 238. Semi-permanent nail polish application, 25' € 31
- 239. Removal of semi-permanent nail polish, 15' € 20

PHYSIOTHERAPY AND HEALTH PASSPORT®

- 117. Hydro-Kinesiotherapy in the thermal pool,
25' € 40 / 50' € 64
- 118. Kinesiotherapy in the spa area, 25' € 40 / 50' € 64
- 119. T.E.C.A.R. therapies (capacitive-resistive electric
transfer), 25' € 40
- 161. Aqua healing - deep relaxation
in the thermal pool, 25' € 40
- 162. Aqua healing - deep relaxation
in the thermal pool, 50' € 64
- 164. Individual therapeutic exercises in the SPA area
(for the shoulders, breathing,
posture or back school), 25' € 40
- 165. Individual therapeutic exercises
in the thermal pool, 25' € 40
- 166. Swimming lesson, 25' € 40
- 167. DORN® therapy – soft therapy for the spine and
joints, 50' € 64
- 168. BREUSS® massage
for spine regeneration, 50' € 64
- 169. BREUSS® massage
for spine regeneration, 25' € 40
- 170. Respiratory Exercises, 25' € 40
- 171. Muscle strengthening in thermal water, 25' € 40





A combination from ancient cultures to bring body and mind into balance.

TREATMENTS
PERFECT BODY
WELLNESS
MASSAGES
ORIENTAL
MASSAGES
GARDEN BEAUTY

USEFUL INFORMATION

- **How to behave in the spa and wellness centre:** Our Spa and Wellness Centre are relaxing area. Please respect the tranquillity. Access to the wet steam bath area, the thermal cave, and Finnish sauna is not allowed to children under 14 years. We recommend not to bring valuables with you.
- **Information and treatment reservations:** The Wellness Centre Manager and the Reception are at your disposal for information, reservations and useful advice. Please book appointments in advance, if possible before your arrival.
- **Health and pregnancy:** In case of health problems or pregnancy, please inform us when booking and consult the doctor.
- **What to wear:** Please arrive a few minutes before the appointed treatment time in bathrobe. Shiatsu and Thai treatments recommend comfortable clothing or tracksuit.
- **Cancellation policy:** If appointments are not cancelled at least one day before by 6.00 pm the previous day - unfortunately we have to charge 100% of the booked treatment.
- **Payment:** The treatments are charged directly to the room account.

KINESIOTHERAPY

This therapy is designed to improve joint-mobility, especially before and after arthroplasty, in the after-effects of trauma surgery, scapulo-humeral and hip periarthritis. This therapy is carried out only by rehabilitation experts on specific instructions from our physician.

€ 40 - 25 min. | € 64 - 50 min.

HYDRO-KINESIOTHERAPY

This therapy is based on movement (kinesis) with different techniques and treatments that are carried out in hot thermal water (hydro). Hydro-Kinesiotherapy can be associated with other classic rehabilitation treatments.

€ 40 - 25 min. | € 64 - 50 min.

AQUA HEALING

It is a massage performed in hot thermal water where movements are combined with gentle stretching and pressure used in Shiatsu, all while being lulled by the water. The lightness of the body in the water is used to free the vertebrae, to rotate the joints and stretch the muscles.

€ 40 - 25 min. | € 64 - 50 min.

BACK SCHOOL

By using uncomfortable positions every day for a long time, the nervous system replaces the exact image of the spine and considers the wrong position normal. The modern Back School is a gentle form of education for one's own column, where different therapeutic methods are combined to help reassess your spine.

€ 40 - 25 min.

POSTURAL GYMNASTICS

This treatment offers postural gymnastics exercises designed to help strengthening the muscles that support the spine and restore elasticity in the joints by eliminating any tension.

€ 40 - 25 min.

RESPIRATORY GYMNASTICS

This treatment provides very effective breathing techniques. These exercises can be practiced by anyone who wants to maintain good physical shape, tone the own muscles and learn how to better use the abdominal muscles and in particular the diaphragm (e.g., to address breath-shortness).

€ 40 - 25 min.

OCEAN MASSAGE

This massage blends the scents, the lights and sounds of the sea. It works wonders on calming the mind and body. The voice of the sea envelops the body with a soft and tight embrace.

€ 62 - 50 min.

LYMPHATIC DRAINAGE - FULL BODY - VODDER TECHNIQUE

Extraordinary light therapeutic technique, is performed with slight pumping touch, in the direction of the lymphatic routes, facilitating the elimination of excess fluids. It activates blood and lymph circulation in the body, carrying out an action highly purifying and diuretic. Particularly useful and effective in the treatment of oedema, also of post-surgical nature, and of legs swelling and cellulite.

€ 60 - 50 min.

LYMPHATIC DRAINAGE - LEGS - WITH BANDAGES - VODDER TECHNIQUE

Ideal treatment to solve problems with blood circulation and heavy legs.

€ 64 - 50 min.

LYMPHATIC DRAINAGE - LEGS OR ARMS - VODDER TECHNIQUE

It focuses on specific points of the body to improve circulation and eliminate swelling.

€ 37 - 25 min.

COUPLE MASSAGE FOR 2 ADULTS

Performed by two operators simultaneously, it is designed to further promote relaxation, and enhance harmony and complicity.

€ 120 - 50 min.

GENERAL CLASSIC MASSAGE

No doubt the best known and loved massage. It dissolves stiffness and increases flexibility of the body, stimulates blood circulation, provides intensive vitality, relieves stress and fatigue.

€ 36 - 25 min.

GENERAL ANTICONVULSANT MASSAGE

Technique that acts on the muscular system, dissolving contractures and making the joints more flexible, giving the feeling of ease that makes us feel free and fit. It also stimulates blood and lymph circulation.

€ 60 - 50 min.

SPORTIVE FULL BODY MASSAGE

It works on the muscles, enhancing tone and getting free from the tensions. Also it stimulates draining effect that prevents the formation of lactic acid, accelerating the removal, avoiding muscle soreness. It increases blood circulation and oxygen flow. Great for those who combines sports and spas, suitable for athletes, professionals and amateurs.

€ 62 - 50 min.

MEDICAL BACK MASSAGE

Suitable for tension and pain in the neck area and shoulders, with muscle relaxant action. Working on all muscle and back-end, it facilitates the removal of blockages and contractures, it attenuates the postural pain, in favour of greater ease and freedom of movement.

€ 36 - 25 min.

CRANIUM-SACRAL TREATMENT

This gentle therapy stems from the discovery of the cranium-sacral rhythm, an almost imperceptible movement that involves the bones of the skull and spine to the sacrum. If this movement is altered as a result of physical or emotional trauma, it causes disorders such as insomnia, anxiety, depression, postural problems and occlusion, migraine, sciatica, neck pain, back and lumbar. A gentle technique for a deep contact, uses lightweight mobilization, which mainly localized in the region between the skull and the sacred, are designed to detect alterations and correct them, restoring the cranium-sacral rhythm.

€ 62 - 50 min.

RELAXING “CALIFORNIAN” MASSAGE

Fascinating for unexpected contamination between western and eastern techniques, with fluid and slow movements, following the breath, relaxing the muscle system and stimulating the lymphatic and circulatory systems.

€ 60 - 50 min.

STONE THERAPY WHOLE BODY

The warm basalt stones of volcanic origin act on the lymphatic system favourably, and stimulate the detoxification of the body. Furthermore they reactivate the energy centres of the body in a gentle and efficient way, loading of new strength and energy. It gives a sense of global harmony after periods of strong physical or emotional stress.

€ 62 - 50 min.

FOOT AND LEG MASSAGE WITH JUNIPER AND ROSA MOSQUETA BALM

The protagonist is a fragrant and refreshing cream, ideal to bring relief and comfort. It will stimulate energy points, for a relaxation of the whole body.

€ 37 - 25 min.

BODY MASSAGE “SERENITY” WITH WARM LAVENDER STAMPS

Combination of relaxing massage and the use of warm stamps that act on nerve endings of the spine, hands and feet, leasing heat and an intense soothing scent.

€ 62 - 50 min.

LOMI LOMI MASSAGE

Relax from Hawaii against everyday stress. It caresses the body and the mind, calm spreads out and thoughts become light. Working with fluid movements like ocean waves, where the hands and forearms punctuate different intensities to recreate the spirit-body-mind harmony.

€ 60 - 50 min.

MASSAGE “HEAVEN AND EARTH” TO THE HEAD, NECK AND FEET

The most popular of the massage zones are stimulated and relaxed, bringing your body into harmony and simply loading your batteries.

€ 60 - 50 min.

BACH FLOWER® MASSAGE

Relaxing holistic massage, light but yet deep, with the use of oils and precious essences, based on Bach Flower remedies, to restore mental and physical balance and harmony.

€ 64 - 50 min.

CANDLE MASSAGE

Relax with candles: provides relaxation, tone and vigor to the body, with precious fragrant butters and vegetable oils that come on the skin with a gentle heat, removing tensions and giving pleasure. With the help of massage, the skin receives nourishment and brightness.

€ 65 - 50 min.

RELAXING MASSAGE WITH FRAGRANT OILS AND ESSENCES

Soft, sinuous and wrapping proceedings in synergy with nourishing and delicately perfumed oils. This massage has a relaxing and anti-fatigue function for an intense moment of well-being.

€ 62 - 50 min.

AYURVEDA MASSAGE SHIRODARA WITH WARM FOREHEAD OIL

This technique is performed pouring a thin stream of warm oil on the forehead, between the eyebrows, at the third eye. Also called sixth chakra, this point is the thought, and it is the seat of the mental and intellectual faculties, memory and will. This delicate stimulation calms the mind, invites harmony and inner alertness, aiding concentration and self-awareness.

€ 70 - 35 min.

INDONESIAN MASSAGE

Ancient technique that acts on the deep muscles, nervous, vascular and lymphatic systems, especially working on the muscular structures of the dorsal area, as well as lumbar and sacral ones. It relieves muscle tension and improves the circulation of vital fluids.

€ 62 - 50 min.

HAND REFLEXOLOGY

The goal is to look for a balancing effect, by alleviating various types of pain and discomfort. The hand is a kind of body map, and by massaging on certain points, we act by reflex to the organs linked up to them. In case of hand arthrosis too.

€ 37 - 25 min.

VIETNAMESE FACE MULTI-REFLEXOLOGY DIEN CHAN® METHOD

With the acupuncture technique, the facial meridians are stimulated, by strengthening the central nervous system the endorphins are freed, avoiding contractures and sagging skin.

€ 37 - 25 mi

FOOT REFLEX ZONE MASSAGE - CHINESE TECHNIQUE

The sole of the foot is divided into areas, which are in connection with certain organs in our body. By stimulating a point, it can reflexively influence the corresponding organ in the body. The self-healing powers are activated, organs better sprayed, the locked vital energy flows back.

€ 37 - 25 min.

AYURVEDA - ABHYANGA - BALANCING MASSAGE

It is the oldest science inspired to well-being; the man, fusion of body-mind-spirit, is dominated by the three doshas “vata, pitta and kapha”, forces that combined in different proportions characterize each person, and from whose balance our health depends. A highly rebalancing massage, ideal through changes in season.

€ 62 - 50 min.

AYURVEDA MASSAGE PINDASWEDA

It is performed by applying on the body warm pads, filled with valuable medicinal herbs. The heat combined with herbal medicine has relaxation effects and stimulates fat metabolism and drainage. Useful in cases of arthritis, osteoarthritis, stiffness and swelling in the joints, cellulite and obesity.

€ 75 - 50 min.

TIBETAN SINGING BOWLS MASSAGE

Instruments used in ancient ceremonies of the Lamaist tradition, the bells struck by the firing pin emit a sound that produces a harmonic poles vibration, which leads to a deep relaxation, puts the body in harmony with itself and with the outside world, reaching a profound harmony and a state of absolute inner stillness.

€ 60 - 50 min.

SHIATSU

An ancient oriental treatment, with precise and deep acupressure techniques, going to rebalance the flow of energy on every single organ, stimulating particular positions along the meridian points. The aim is to awaken one's strength and regain energy balance, eliminate the fatigue and stimulate the body's natural defenses.

€ 64 - 50 min.

ORIENTAL SPA ANTI STRESS MASSAGE

From ancient indian tradition, this technique makes an immediate well-being, the dermis is fed by the absorption of warm oil, muscular structures are toned, the circulatory system is just starting up bringing fresh oxygen and removing residues of toxins, new life comes to body, the nervous system operates by giving general feeling of serenity. Suitable for resolving symptoms of stiffness, anxiety and stress.

€ 62 - 50 min.



AMAZONIAN® MASSAGE

It differs from other types of massage for manual techniques such as pumping, rocking, impulses. Some beneficial effects are deep relaxation, trance, complete joint release, the release of cellular memory, the fusion between inside and outside, and the anti-stress effect. The hammock and the cradle are the two peculiar elements from which the technique of the rocking motion derives.

€ 62 - 50 min.

THAI MASSAGE

This ancient technique combines the acupressure points of Chinese medicine with assisted stretching. Pressure, mobilization and stretching, acting on the skeletal structure and increasing flexibility by easing muscle, joint and mental tensions. Turn away stress and tension.

€ 62 - 50 min.

MAORI® MASSAGE

It comes from Polynesia, a land of ancient knowledge for the well-being of body and mind. The methodology is instrumental as well as manual, it allows you to act with optimum action on various organic tissues that make up our body, especially on skin, connective tissues, muscles. It has healing properties, dissolves, heats and makes the body more elastic, calms anxiety, stimulates the metabolism and the inner energy.

€ 62 - 50 min.



THERMAL WATER AND MUD, AND COLOURED CLAY TREATMENTS

THERMAL5COLOURS® fulfils expectations as a dedicated product. It is well-being in colours! Each coloured clay type offers an individual technique, providing a personalised goal and application. It has a distinct place of origin, the Euganean Thermal Spas. It is the result of accurate research regarding aromatherapy and contains exclusive active ingredients: ETS05 - ETS 03 - ETS 08, which combined with Euganean thermal water create the perfect mix of feeling healthy and beautiful.

White / Yellow / Red - Coloured clay wrap, massage
€ 68 - 50 min.

Visage Red - Coloured clay mask, massage
€ 68 - 50 min.

○ WHITE DETOXIFYING:

This “Star dust” delicately removes dead cells from the skin, restoring a healthy glow. It is perfumed with myrrh.

● YELLOW DRAINING:

Yellow clay has an important effect on the appearance of the skin, making it healthy, soft and smooth. It is perfumed with figs.

● RED ANTI-AGE:

Red clay is enriched with polyphenols of red wines from the Euganean Hills, improves microcirculation, stimulates serotonin release and slows down the signs of ageing with its antioxidant properties with a toning effect. It is perfumed with grapes.

BIO MUD PURIFYING FACIAL TREATMENT WITH FANGO D.O.C.

This special mineralizing care through bio mud mask, active deep hydration that strengthens and revitalizes the tissue, eliminating all traces of fatigue. The special 24-hour thermal cream will leave you with super-hydrated skin.

€ 39 - 25 min.

EUGANEAN HILLS RITUALS FOR BODY AND FACE WITH RED GRAPES, HONEY, AND EXTRA VIRGIN OLIVE OIL

These excellences, which have always been considered rich in nourishment for the body, are also outstanding for the skin care thanks to their high content of vitamins A-B-C-E, mineral salts, polyphenols, and flavonoids to prevent cellular ageing.

RED GRAPES BODY CARE CEREMONIAL

To prevent skin ageing thanks to the vitamin extracts of red grape polyphenols, we start with the application of the grape exfoliating gel - with its intense and enveloping scent - to renew the skin and reactivate the microcirculation, followed by a regenerating grape-seed oil massage, which will leave the skin smooth and soft, relaxing the muscles.

€ 64 - 50 min.

OLIVE OIL FACIAL RITUAL

A facial care ritual that begins with a gentle exfoliation with extra virgin olive oil, removing impurities and thus renewing the skin, followed by a lifting massage to loosen the muscular tensions, with a relaxing effect on the rest of the body. The extra virgin olive oil cream, rich in vitamins E and A, gives brightness and nourishment.

€ 40 - 25 min.

LIFTING AND PLUMPING FACIAL MASSAGE WITH HONEY

It has a relaxing and very soothing action, thanks to the detoxifying and rebalancing properties of this very sweet food. Honey quickly absorbs the toxins from the layers of the epidermis and makes it much more toned and elastic.

€ 40 - 25 min.

NOURISHING WARM HONEY BODY WITH MASSAGE

Honey, already considered the Gods' food, is the protagonist of this treatment, rich in beneficial natural properties, for a skin more elastic and strengthened, and a wraparound, heating and soothing massage with warm honey; it gives pleasure and relaxation.

€ 65 - 50 min.

It is recommended to combine the Euganean Hills body and face treatments.

HIGHTECH NATURAL COSMETICS

In the 21st century, high performance can only come from professional teams - of this we are certain.

Every day, we follow our pioneering calling to combine cosmetics, advanced technology, nature, and aesthetics with unique quality: creating high tech natural cosmetics for a new generation of skin care.

TEAM DR JOSEPH IS 100% POWER AND NATURE IN EVERY JAR:

- Visible, immediate effects
- Highly efficient high-tech ultrasound treatments
- High tech natural cosmetics
- A new dimension of holistic treatments
- A sustainable, respectful relationship with nature
- Certified organic cosmetics
- Lightweight, non-greasy, fast-absorbing textures
- For your skin's health
- Welcome to the team



HIGHTECH NATURAL COSMETICS
TEAM DR JOSEPH
SÜDTIROL

VITALIS® INTENSIVE PURIFYING FACIAL TREATMENT

The TEAM Dr. JOSEPH method for a specific deep cleaning according to your skin type: a clean and delicate skin, radiant face and a clear feeling full of energy. Starting with warm compresses, a gentle lymph massage, exfoliation, deep cleansing facial with cupping, followed by a compress facial toning, a mask and day treatment suited to your skin type. For a visibly fresher complexion and a vital aspect.

€ 63 - 50 min.

VITALIS® INTENSIVE CELLULAR RECREATION FACIAL TREATMENT

A unique facial treatment with natural active ingredients suited to the needs of your skin with immediate effect and a deep relaxing and pampering program, according to the TEAM Dr. JOSEPH method: skin analysis, cupping, special serum, face massage modulated, intensive mask, and individual day treatment suited to your skin type. Made of natural ingredients especially effective for a healthy and intensively cared skin.

€ 70 - 50 min.

VITALIS® INTENSIVE BIO-LIFTING

The complete holistic program according to the TEAM Dr. JOSEPH method: intensive treatment with biodynamic lifting massage, all done according to the needs of your skin. Enjoy a unique beauty treatment with skin analysis, lymph massage, warm compresses with herbs, cupping, special serum, bio-energetic lifting massage, intensive mask, individual day treatment and stabilization. High-tech nature for a long-lasting effect, visible results and maximum effect.

€ 95 - 80 min.

VITALIS® FACIAL POWER LIFTING TREATMENT FOR HIM

The TEAM Dr. JOSEPH method for him. Intense, natural, effective: skin analysis, lymph massage, warm compresses, peeling, deep cleansing, special serum, intensive mask with a facial massage, and individual day treatment suited to your skin type. High-tech efficiency of nature for a vital and well-groomed appearance.

€ 63 - 50 min.

ULTRASONIC FACIAL LIFT

Let yourself experience a completely new process, for a more youthful and perfect look. Natural, active substances are safely deposited in deeper layers of your skin, with the help of ultrasonic frequencies. That means: the potential of these substances can develop fully, and the skin is solidified in-depth to a maximum extent. A smoother and firmer skin immediately shows the effect of the ultrasonic frequencies. Depending on the skin condition, the treatment is individually adapted to your needs: lymph gland stimulation, steam compression, cleansing, enzyme peeling and ultrasonic in-depth peeling, ultrasonic repair and lifting, daily care.

€ 92 - 50 min.

SUPREME ULTRASONIC FACIAL LIFT

Top-of-the-class ultrasonic lifting! This premium intensive treatment uses a completely new process, giving your face a fuller, fresher and youthfully trim radiation. Natural, active substances are safely deposited in deeper layers of your skin, with the help of ultrasonic frequencies. That means: the potential of these substances can develop fully, and the skin is solidified in-depth to a maximum extent. Depending on the skin condition, the treatment is individually adapted to your needs: lymph gland stimulation, steam compression, cleansing, enzyme and ultrasonic peeling, alginate mask, ultrasonic repair and lifting, vitalizing neck and face massage, daily care.

€ 132 - 80 Min.





FACE LIFTING TREATMENT WITH GLYCOLIC ACID

It is the combination of alpha-hydroxy acids extracted from fruit, in particular way the glycolic acid, vitamin complexes essential for the wellbeing of the skin, with alginate of seaweed; they renew the skin, fight the signs of aging, reduce stains and imperfections, revealing a luminous and compact complexion.

€ 70 - 50 min.

FACIAL INTENSIVE LIFTING TREATMENT WITH SELF-HEALING MASK

Thanks to the contents such as allantoin, collagen, elastin, glycolic acid, vitamins A and C, proteins, hyaluronic acid, and the modelling-self-heating mask the skin appears hydrated and nourished in depth, with a rejuvenating and lifting effect. Particularly suitable for mature and strongly relaxed skin.

€ 70 - 50 min.

LYMPHATIC DRAINAGE FOR THE FACE

Light manual pressures made to relieve congestion and drain the accumulated fluids, stimulating and improving circulation, relaxing the signs of fatigue and stress: the skin becomes more radiant and toned. It is suggested in combining the whole body lymphatic drainage.

€ 38 - 25 min.

PERUVIAN MASSAGE FOR FACE, NECK AND HEAD WITH ROSA MOSQUETA OIL

Indicated to loosen tense muscles of the face, neck and head, with pure active ingredients of rosa mosqueta. Especially recommended for people who suffer from insomnia, used by Andean mothers to send to sleep their babies.

€ 40 - 25 min.

To maintain the result of the treatment and the wow-effect for as long as possible, we recommend to book the treatments as a package.

VITALIS® DYNAMIC RECREATION BACK MASSAGE

Revitalizing practice - back technique with long-lasting effects. A regenerating back massage, customized according to your needs in terms of technique and intensity. Highly effective natural massage oils optimise the result. The unique combination of cups and Tibetan bells helps to relieve tension and improves the flexibility of the spine. Relax and move freely. Straight out, calm inside!

€ 65 - 50 min.

VITALIS® DETOXIFYING CELLULITE TREATMENT

An innovative and effective anti-cellulite treatment that has a long-lasting effect on your complexion and connective tissue. The cupping in combination with highly effective natural products visibly reduces cellulite, exerting a draining action on the tissues. The stimulating effect of the body peeling and the special massage technique promote detoxification. In combination with an algae pack, the result is optimized. Definition is everything!

€ 70 - 50 min.

VITALIS® ABDOMEN BODY FIRMING TREATMENT

This effective program firms the central part of the body and helps to decongest the abdominal area. Gentle stimulation of the abdomen area improves skin tone, with a toning action on the trunk and a reduction in waist. The solution for your abdomen!

€ 65 - 50 min.

REDUCING AND FIRMING BODY TREATMENT WITH SELF-HEATING PACK - STRETCHES AND TIGHTENS THE SKIN

The anti-cellulite modeling mask stimulates the cellular lipid metabolism of cellulite and relaxed tissues. The firming effect is completed by a draining and toning massage.

€ 70 - 50 min.

BODY TREATMENT “GOOD MOOD” WITH WARM DARK CHOCOLATE MOUSSE AND BLACK PEPPER

During application, the intense chocolate scent stimulates the production of endorphins (the hormones of well-being) by amplifying the slimming and toning action of caffeine and theobromine, and the antioxidant and vasoprotective action of polyphenols and flavonoids. Excellent result, and maximum pleasantness

€ 70 - 50 min.

BODY SCRUB WITH COFFEE, COCOA AND KIWI SEEDS, AND TONING MASSAGE

For its fantastic beneficial properties, cocoa is a precious ally of beauty and well-being and, in this case together with coffee and kiwi seeds, lends itself to a delicate exfoliation with an aromatic scent massage. The skin will be nourished in depth and more toned.

€ 70 - 50 min.

BODY SCRUB

It promotes skin regeneration, making it soft with a feeling of intense freshness, ideal to prepare it for subsequent treatments. A choice between different types depending on the preference and skin type.

€ 41 - 25 min.

BODY SCRUB WITH SALT MASSAGE

Special natural butters with a floral fragrance, combined with Dead Sea salt, accompany this highly detoxifying and draining massage, leaving a very soft skin.

€ 64 - 50 min.



★★★★S
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