

# SPA BOOK

WELLNESS TREATMENTS

## HOTEL TERME VILLA PACE



# RESERVATION

Booking your healing and wellness treatments before your arrival is free of charge and it will allow you to fulfill your needs and live your Wellness experience to the best.

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Booking informations at the Reception: n° 9



## CORRECT SPA PROTOCOL

### BEFORE THE TREATMENT:

Show up a few minutes early, put on a swimsuit or underwear and a bathrobe (you will find it in your room).

Disposable briefs will be provided for some treatments.

### CANCELLATION OF BOOKED TREATMENTS:

Cancellation of the booked treatments requires at least 24 hours notice, otherwise the management reserves the right to charge you 50% of the price.

### SILENCE:

our SPA is an oasis of tranquility.

Therefore, please respect the silence!

Leave your mobile phone in your room

# MASSAGE THERAPY

## Post Mud Therapeutic Massage

*Total Body Therapeutic Massage*

13 min. € 19,00 - 20 min. € 23,00 - 25 min. € 26,00 - 45 min. € 44,00 - 60 min. € 60,00

Combined with the action of thermal mud therapy, it spreads its effect on the body to improve blood circulation at skin level, to relieve muscle tension, to restore limbs mobility and favour the elimination of metabolic waste and muscle tone.

Daily repetition is recommended and is a fundamental element in amplifying the benefits of thermal cure.

**BENEFITS:** Improves blood circulation, tones the muscles and returns mobility to the limbs.



## Hydrokinesitherapy ⌚ 35 min. € 40,00 - 60 min. € 60,00

It aims to cure movement disorders exploiting the physical and chemical properties of thermal water.

Therapy in a thermal environment combines the healing action of the water with physical exercise, which is comfortable and safe without the need to know how to swim.

Thanks to the immersion in the pool, the weight of the body lightened by almost 90% is able to carry out rehabilitation exercises with less effort, obtaining excellent therapeutic results in a short time.

**BENEFITS:** pool therapy relaxes and blends the beneficial effects of hot thermal water with those of physical exercise, promoting a general well-being of the body.

## Watsu 25 min. € 55,00

*Natural body regeneration in thermal water*

This treatment uses the lightness of the body in water to free the spinal vertebrae, to mobilize the joints and stretch the muscles with movements performed in harmony with the breath.

**BENEFITS** Regenerates body and mind with relaxing action thanks to thermal water.

## Plantar Reflexology ⌚ 30 min. € 35,00

*Prolonged pressing massage on specific points of the foot to restore body balance.*

According to an Oriental perspective, under the sole of the feet are reflected our internal organs, our whole organism.

This massage allows to perceive any internal blockage and tension, which will be harmonised by activating the self-healing abilities.

**BENEFITS** Useful in case of congestion and tension, it helps against back pain, cystitis, anxiety and stress.

### **Drainage Massage** 30 min. € 28,00

Active and energetic legs massage.

**BENEFITS:** Firms and drains the legs.

### **Aromatherapy Massage**

30 min. € 30,00 – 60 min. € 60,00

*Relaxing massage perfumed with essential oils.*

Massage that combines the natural therapeutic properties of essential oils with the power of touch. Deep relaxing and regenerating experience for the nervous, circulatory, lymphatic systems.

**BENEFITS:** It promotes general well-being and strengthens the body and the immune system.

### **Relaxing Massage**

30 min. € 30,00 - 60 min. € 60,00

A massage with classic techniques for a relaxing moment.

Full body massage customizable in duration, lightness and intensity.

**BENEFITS:** Classic Western massage which relaxes body and mind.

### **Anti-Cellulite Massage** 25 min. € 25,00

**BENEFITS:** It firms, drains and refine the texture of the skin.

### **Lymphatic Drainage Massage**

Lymphatic drainage massage is a form of gentle massage that encourages the movement of lymph fluids around the body.

**BENEFITS:** Reduction of swelling. Stimulates the immune system. Effective against edema, lymphatic stasis, headaches, dark circles under the eyes.

Face Lymphatic Drainage: 20 min. € 22,00

Lower Limbs Lymphatic Drainage: 30 min. € 30,00

Total Body Lymphatic Drainage: 60 min. € 50,00

### **Hot Stone Massage** 60 min. € 60,00

*Lava stones placed on chakra points radiate vibrations of warm energy, loosening the tensions of the body and mind.*

Ancient Oriental technique targeted at the harmony and recovery of psychophysical balance through the power of stones. Uses slow embracing movements that relax and soothe, easing tensions of the body and mind, with an extraordinary harmonising and balancing effect.

**BENEFITS** It breaks the daily routine for a relaxing moment, radiates warm energy, reorders the Chakra and restores psychophysical balance.

### **Californian Massage** 60 min. € 52,00

*A suitable massage for all those people who want to get in touch with their inner reality and get a complete well-being.*

It is characterized by long, gentle and harmonious movements, which gently stimulate the numerous nerve endings of the human body, stabilizing the nervous balance and ensuring a deep relaxation.

**BENEFITS** It provides a deep relaxation and a muscular tensions relief

### **Massage with Hot Bundles and Aromatic Herbs** 50 min. € 60,00

*Free the relaxing active components for a renewed body at rest.*

Inspired by Ayurveda, this holistic treatment helps to relax tense muscles and favours the release of active ingredients useful for relaxation. The bundles are filled with a mix of herbs which have an anti-inflammatory effect.

**BENEFITS** Excellent to relax muscles and the mind.

### **“Sleep Well” Massage** 35 min. € 38,00

*Find the Way of Deep Sleep for some well-deserved rest.*

The hours of rest are essential for health and activate all the self-healing processes of the body. The “Sleep well” massage, full of slow and repetitive manoeuvre can help to relax and disconnect a little from the daily routine.

**BENEFITS** It frees the mind, improves sleep quality. Recommended for insomnia or general problems with night quiet

### **Massage with Karite Butter** 30 min. € 30,00

*Restorative massage that moisturizes dry and scaly skin.*

Deeply hydrating and elasticising treatment recommended to prepare skin for tanning and to rehydrate it after exposure to sun and UV rays.

**BENEFITS** It hydrates and regenerates skin, emolliates, restores and has an anti-age effect.

### **Massage with Melanin Activator**

Face € 14,00 - Legs € 16,00 - Total Body € 36,00

Recommended treatment for those who want to intensify tanning and to rehydrate it during exposure to sun and UV rays, we recommend applying an adequate sunscreen cream appropriate to your prototype.

**BENEFITS** Moisturizes and regenerates the skin. Emollient function, restorative.

### **Shiatsu Massage** 55 min. € 60,00

*Japanese style finger pressure which touches all the points of a daily routine affected by stress.*

Ancient Japanese massage technique which consists of calibrated pressure on specific body points. The effect tends to eliminate frequently-occurring diseases caused by a sedentary lifestyle and stress.

**BENEFITS** It combats cramps, pains and stiffness. Deep anti-stress effect.

### **Ayurveda Massage** 50 min. € 55,00

*Ayurveda: “life science” (Ayur=life; Veda= Science).*

*It stimulates the energy points of the body to increase the life force*

Oriental massage which stimulates equally the Marma, energy points (water, air and fire), to increase our Prana (life force in Sanskrit).

**BENEFITS** It relaxes and eases tense muscles It reduces nervous tension It regulates the lymphatic system

### **Head&Neck Massage 20 min € 24,00**

*It calms the body's central nervous system to guarantee psychophysical wellbeing and relaxes thoughts.*

According to an Oriental perspective, the head is the coordination point of the entire psychosomatic system: massaging it means contributing to relaxing thoughts to rebalance body, mind and spirit.

**BENEFITS** It relaxes and helps ease mental tension. It rebalances the psychophysical level of the body.

### **Back&Neck Massage 25 min € 26,00**

*It relaxes back and neck to ease mild disorders.*

Back and neck massage which works on superficial back muscle fascia. Useful to eliminate mild pain or daily problems due to bad habits or uncomfortable postures.

**BENEFITS** It eases mild postural stiffness. It combats mild neck and back disorders. For chronic pain, choose a specific therapeutic massage for the back.

### **Honey Massage 25 min € 35,00**

This massage brings the energy of honey directly to the body.

Thanks to the special technique of manipulation, the honey penetrates deep into the connective tissue of the back, favoring the elimination of toxins. (not suitable on a hairy back).

**BENEFITS:** elimination of toxins and dissolution of muscle tension.



## THERAPEUTIC PROTOCOLS

Tension, muscular stiffening and pain of the back and of the spine.

We have studied exclusive protocols aimed at preventing and alleviating muscle tensions and the most common back problems.

Benefits: reduced chronic pain, loosening of lumbar stiffness, increased mobility and flexibility.

### **TRIAL MUD**

Protocol designed for those who want, with curiosity, approach thermal therapies, with experience and competence.

1 session € 65,00

2 sessions € 110,00

Included: medical examination, application of thermal mud, shower, ozone bath and therapeutic massage 20 min.

### **BACK PROGRAMME € 115,00**

3 Ionized Hydromassages and 3 Lumbosacral Massages 40 min each session.

### **CERVICAL PROGRAMME € 75,00**

3 Neck & Back Massages 25 min each session.

### **FAST & ACCURATE PROGRAMME 45 min € 50,00**

Back and Neck warm mud packs and therapeutic massage



# RELAXING PROTOCOLS

## **RELAXING BATH** 20 min € 23,00

Spend special moments in the warm bath enriched with aromatherapy chosen by you. On request a glass of Prosecco or a relaxing massage.

## **CHOCOLATE TREATMENT** 60 min € 60,00

Our warm chocolate treatment will envelop you in an aromatic cocoa fragrance with stimulating effect of senses and of the happiness hormone, firming and moisturizing. Peeling, chocolate thermal bath, stimulating chocolate oil massage. A cup of hot chocolate is available on request for the greediest.

## **PATH OF JOY**



**€100,00**

**These protocols are designed to help overcome moments of strong stress and anxieties, exploiting a synergy of professionalism and essential oils aimed at relaxing mind and body.**

## **BLOW MASSAGE** 30 min. € 36,00

Relaxing massage with *Ravintsara* essential oil to let go of anxieties and worries, stress and tiredness. It fights apathy and lack of interest, indicated for people suffering from excessive shyness.

## **REGENERATING MASSAGE** 30 min. € 36,00

Relaxing massage with essential oil to the Copaiba resin. It activates mental processes favoring an optimistic view of life, stimulates and strengthens the adrenal glands and fights stress and tiredness. Effective to reduce muscle and joint pain. Powerful painkiller and excellent dermal repairer, soothes dermatitis.

## **JOY MESSAGE** 30 min. € 36,00

Based on Bitter Orange Essential Oil, a real ray of liquid sun that breaks into life bringing warmth and good mood. Stimulates collagen formation and improves hydration.

Specific in the treatment of orange peel cellulite and in the treatment of localized adiposity such as "love handles".

# AESTHETIC PROTOCOLS

## **DETOXIFYING BODY RITUAL € 45,00**

Scrub and Massage with Argan Oil

## **SALINE PEELING € 35,00**

Body Peeling with tonic and stimulant sauna effect.

Essential before anything cosmetic treatment and before exposure to the sun.

## **MOISTURIZING TREATMENT € 35,00**

Body Scrub and moisturizing butter Massage.

## **HAMMAM**

*Coming from Morocco, it is a very complete treatment that hydrates and detoxifies the body.*

Soaping and body scrub with vegetable soap and linen glove followed by a soap foam massage and then an emollient body massage with Argan Oil.

**BENEFITS** Ritual very regenerating and nourishing for the body.

Hydrates, exfoliates, drains and tones.

'50 min 1 person € 50,00 – 2 people € 90,00

## **AWAKENING OF THE SENSES PROGRAMME € 80,00**

1 Relax Massage 20 min and 1 Hammam Treatment

## **WELLNESS TEMPLE PROGRAMME € 98,00**

1 Relax Massage, 1 Decontracting Body Massage 45 min and

1 Head and Neck Massage

## **TOTAL RELAX PROGRAMME € 77,00**

1 Head and Neck Massage, 1 Sleep Well Massage, 1 SPA Private Circuit: OASIS OF PEACE



**BEAUTY  
is the PROMISE of  
HAPPINESS**

**-Stendhal-**

# PERFECT BODY PROTOCOLS

Each person is unique, as are their own needs to find the desired shape; here are the protocols studied to achieve this objective:

## **LEGGEREZZA FRIZZ** ⌚ 25 min

Sensation of tired and heavy legs?

The refreshing wrap and the light draining massage reactivate microcirculation of the legs and strengthen the functions of the lymphatic system with a toning effect and an immediate sense of lightness. Recommended in the presence of capillary fragility.

1 Session € 25,00

3 Sessions € 70,00

6 Sessions € 140,00



## **LEGS, GLUTES E ABS PROGRAMME....**

### **DRAINING SALINE TREATMENT WITH DEAD SEA SALT**

Essential protocol before carrying out treatments aimed at combating imperfections ⌚ 30 € 35,00

## **LEGS AND ABS ANTI-CELLULITE PROGRAM**

Cold bandage with RollShape bandages and connective massage ⌚ 35

**1 Treatment € 35,00**

**3 Treatments € 100,00 - 6 Treatments € 180,00**

## **BELLY AND ABS** ⌚ 30 min € 40,00

Treatment aimed at reducing the centimeters of the waist and regaining tonicity

3 Treatments € 105,00 - 6 Treatments € 210,00

## **“ B SIDE ” PROGRAMME**

Targeted Treatment on the “B Side” with UP effect mask and reactivating massage of the muscles ⌚ 40

1 Treatment € 45,00 - 3 Treatments € 120,00

## **B FIT PROGRAMME** ⌚ 55 min

Protocol total body remodeling, inner arms + belly and legs

1 Treatment € 58,00 - 3 Treatments € 160,00

# FACE

A unique path that analyzes every single imperfection and studies the application of our protocols to treat it in the best way, targeted to your needs.

EVERY TREATMENT WITH DIFFERENT COMBINATIONS, THAT OUR BEAUTICIAN WILL STUDY ACCORDING TO YOUR NEEDS AND REQUIREMENTS.

BECAUSE EVERY PERSON IS UNIQUE!



## **FACE CLEANING**

MINI '40 min.

€ 30,00

DEEP '60 min.

€ 40,00

**Special FACE HYDRATION 30 min € 38,00**

Visible instant hydration, stimulates collagen formation and cell replacement.

**FACE TREATMENT GOJI PROGRAMME** ⌚ 30 min € 45,00

Lightening, antioxidant and moisturizing facial treatment.

**BE UNIQUE** ⌚ 60 min € 50,00

For the first signs of time, a deep facial cleaning with a mask.  
Targeted treatment to a youthful appearance longer

**WOW MASK** ⌚ 35 min € 38,00

Mask with Vegetal Collagen for Face and Neck

**STAMINAL TREATMENT** ⌚ 45 min € 48,00

Targeted for mature skin, facial compactness effect.  
Complete with eyes and lips contour.

**INTENSIVE EYES TREATMENT** ⌚ 25 min € 26,00

Treatment to relax tired and stressed eyes.  
Reducing puffiness and dark circles, giving tone and elasticity.

**INTENSIVE LIPS TREATMENT** ⌚ 20 min € 22,00

Specific treatment for lip contour and expression wrinkles.

**FOR MAN** ⌚ 60 min € 40,00

Deep facial cleaning specific to the skin of the man with the addition of a nutrition hands pack or a head and neck massage.

**T-ZONE MASK** ⌚ 30 min € 35,00

Mask with purifying Black Clay

**THERMAL DETOX TREATMENT** ⌚ 30 min € 30,00

Application of a thermal mud mask and a moisturizing cream to make the skin luminous and radiant.  
It is the ideal treatment for impure skin that needs re-oxygenation.

**VILLA PACE PACKAGE** ⌚ 120 min € 75,00

Deep facial cleansing + Manicure + Complete Pedicure

**FACE PROGRAMME 3 Session** € 115,00

1 Goji Treatment, 1 BeUnique Treatment + Intensive Eye Treatment

## SPA BASIC

MANICURE WITH NAIL POLISH	€ 20,00
SEMI-PERMANENT NAIL POLISH	€ 20,00
MANICURE AND SEMI-PERMANENT NAIL POLISH	€ 40,00
AESTHETIC PEDICURE	€ 25,00
CURATIVE PEDICURE	€ 35,00
FAIRY HANDS OR FEET ⌚ 25 min	€ 23,00
Scrub + Anti Aging Mask + Relaxing Massage + Nail Polish	
HAND PACK WITH KARITÉ BUTTER	€ 15,00
HAND MASK WITH NAIL POLISH	€ 18,00
THERMAL FEET TREATMENT (MASSAGE) ⌚ 25 min	€ 29,00
Light salt scrub followed by a massage with moisturizing cream. It helps circulation and reduces swelling of the feet.	
FEET MASSAGE WITH WARM OIL ⌚ 20 min	€ 22,00

**KOBIDO - JAPANESE FACE TREATMENT ⌚ 50 min** € 55,00

The natural lifting of the face.

This treatment is recommended for mature skin

## SPECIAL TEENAGER

For young fans of the Spa (up to 15 years)

**MASSAGE FOR CHILDREN ⌚ 15 min.** € 18,00

Relaxing Massage

**YOUNG WELLNESS ⌚ 70 min.** € 52,00

Shoulder and Neck Massage with hot oils and purifying mask T-Zone

## DEPILATION

Face	€ 12,00
Mustache	€ 6,00
Eyebrows	€ 5,00
Arms	€ 20,00
Lower Leg	€ 20,00
Full Leg	€ 30,00
Leg and Bikini Line	€ 35,00
Bikini Line	€ 10,00
Underarms	€ 10,00
Back	€ 25,00





**HOTEL TERME VILLA PACE**  
**Wellness & Beauty**  
**Spa & Relax**

