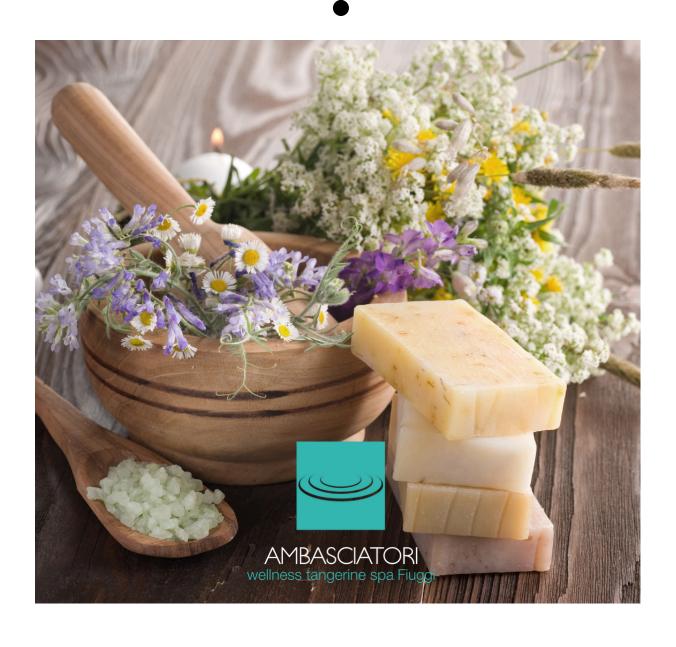
# Fitocare



# Horse chestnut Circulation Massage

50 minutes - € 65.00

Full body massage with horse chestnut oil, a renowned remedy for water retention, swollen legs, cellulite, and other circulatory disorders, including hemorrhoids.

# Zonal phytotherapy Massage with lavender essential oil

25 minutes - € 40.00

A deeply relaxing massage with 100% natural products. The soothing properties of lavender will leave you feeling completely relaxed.

## Wine therapy Sensory Ritual

In hammam - 90 minutes - € 105.00

Grapes, juice, must, and grape seeds for an antioxidant and firming action. This journey within the Spa Suite includes a wine peel on a heated marble stone, a warm bath in a raxul cabin with wine mud, and a Roman sauna, accompanied by a fruit skewer. To conclude, a 25-minute massage with Cesanese wine oil.

## Hydrotherapy

Water, the ultimate element of wellbeing. Our hydrotherapy treatments involve the application, always through water, of thermal stimuli (hot/cold), mechanical stimuli (pressure and friction on the skin) and chemical stimuli (medicinal preparations that can be added to the water)



#### **GOOD NIGHT**

80 minutes - € 80,00

Like any hydrotherapy treatment, the ritual begins with a full-body brushing that prepares the body for the treatment; a warm compress with lemon balm follows (lasting about 50 minutes) which promotes relaxation and sleep. The treatment concludes with a 25-minute massage using St. John's Wort oil, a medicinal plant known for its calming effects.



#### **DECONTRATTURANTE - ANTIDOLORIFICO**

80 minutes - € 80.00

Treatment involving an initial body brushing followed by the application of heated hay bags to sore areas. Hay has purifying properties. A 25-minute zone massage then follows to release any tension.

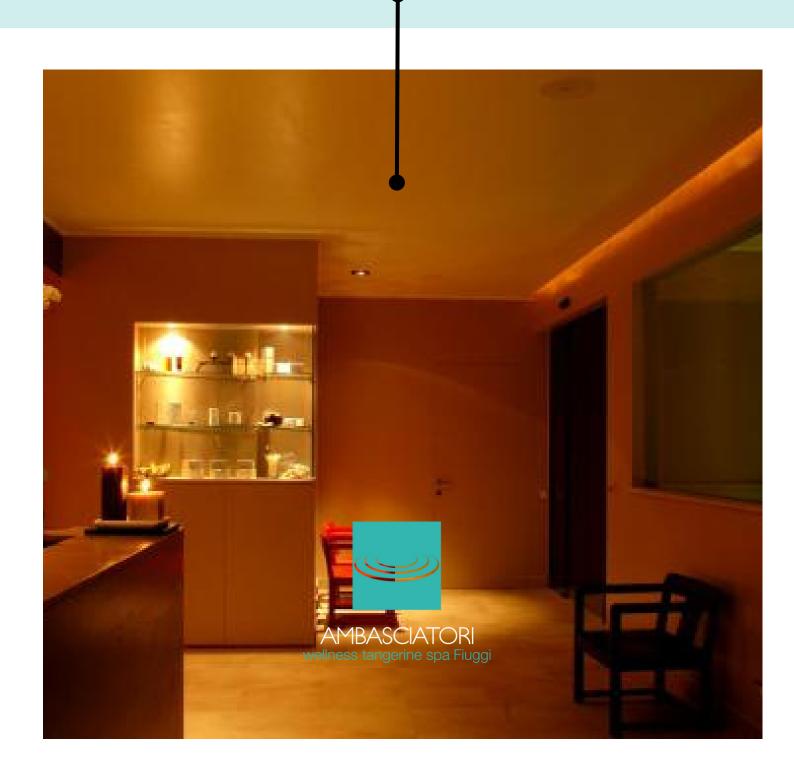
# Phyto-anti-inflammatory Facial Cleanse

50 minutes - € 60,00

Facial cleanse for sensitive skin prone to inflammation. In addition to the classic facial cleanse, a natural cream based on beeswax, rose petals, and lavender is applied.

# Usefull information for your Spa experience

- What you should and would to Know -



## **Useful Information**

#### Frequently Asked Questions

#### CAN I BRING MY PHONE INTO THE SPA?

In the Spa, you will find a tranquil and relaxing environment. It's important **to respect the privacy** and serenity of all guests ... including your own! **Leave your phone** and laptop in your room and focus on relaxation.

#### **BOOKED SPA TREATMENTS**

We recommend that you arrive at the spa reception at least **10 minutes prior to your scheduled appointment**. Please note that we are unable to extend treatment times in the event of late arrival.

#### TREATMENT CANCELLATION POLICY

Any **cancellations must be made at least 24 hours** prior to the treatment time. Otherwise, we will be forced to charge 100% of the cost.

#### AND IF I AM PREGNANT?

Always consult your doctor before visiting our spa. We offer special **treatments for expectant mothers**. Please inquire at the reception desk, where our staff will be happy to assist you in selecting the most suitable treatment.

#### HOW LONG CAN I STAY AT THE SPA?

To fully enjoy your spa experience, we recommend a stay of **2 to 3** hours.

#### **HEALTH**

If you have any medical conditions, please **consult your doctor** before using the spa facilities. Additionally, please inform us of **any health issues or allergies** that may affect your treatments or use of our services.

## **Useful Information**

#### **CLOTHING IN THE SPA**

Please wear a swimsuit at all times in the spa and solarium areas.

#### CAN CHILDREN ENTER THE SPA?

For the well-being and serenity of both children and adults, access to the Spa is not permitted for those under 16 years old. For children, a babysitting service is available (for a fee). Teenagers from 16 to 18 years old are welcome but must be accompanied by an adult in the wellness areas.





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#### **INFO & RESERVATION**

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Make your Wellness