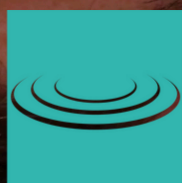


# For Men



AMBASCIATORI  
wellness tangerine spa Fiuggi

## Back Massage

25 minutes - € 40,00

A localized massage focused on the back, an area where stress often accumulates. It also serves as a preventative measure: even a single session stimulates blood and lymphatic circulation, helps eliminate toxins, and reduces joint pain. Overall, massage offers relaxing, analgesic, and rebalancing effects.

## Post-workout Massage/ Muscle tension relief massage

Durata 25 minuti - € 40,00

The purpose of this massage is to release and relax muscle knots that can occur for many reasons. Improper movements, posture, physical exertion, or intense workouts can cause our muscles to contract incorrectly.

## Sports Massage

50 minutes - € 65,00

Ideal for athletes before or after a competition. Helps reduce muscle tension and prepares muscles for physical activity. Relieves muscle tension.

## The PMP Method

### *Phytomassopodia - Foot Care*

*Phytomassopodia is a method inspired by ancient techniques and rituals, consisting of a series of maneuvers, massages, and applications of phytocosmetic products.*



#### **WELCOME RITUAL**

15 minutes - € 20,00 - *Phytomassopodia*

A quick yet intense treatment; using Podostrigiles®, in just 15 minutes this treatment releases tension and has an anti-stress effect. It uses cucumber podogel and mint essential oil.



#### **CLASSIC RITUAL**

50 minutes - € 60,00 - *Phytomassopodia*

This is a hot or cold mud wrap treatment that utilizes Podostrigiles® and five natural products. It's perfect for reactivating peripheral microcirculation, reducing swelling in the feet and ankles, and promoting deep, lasting relaxation throughout the body.

---

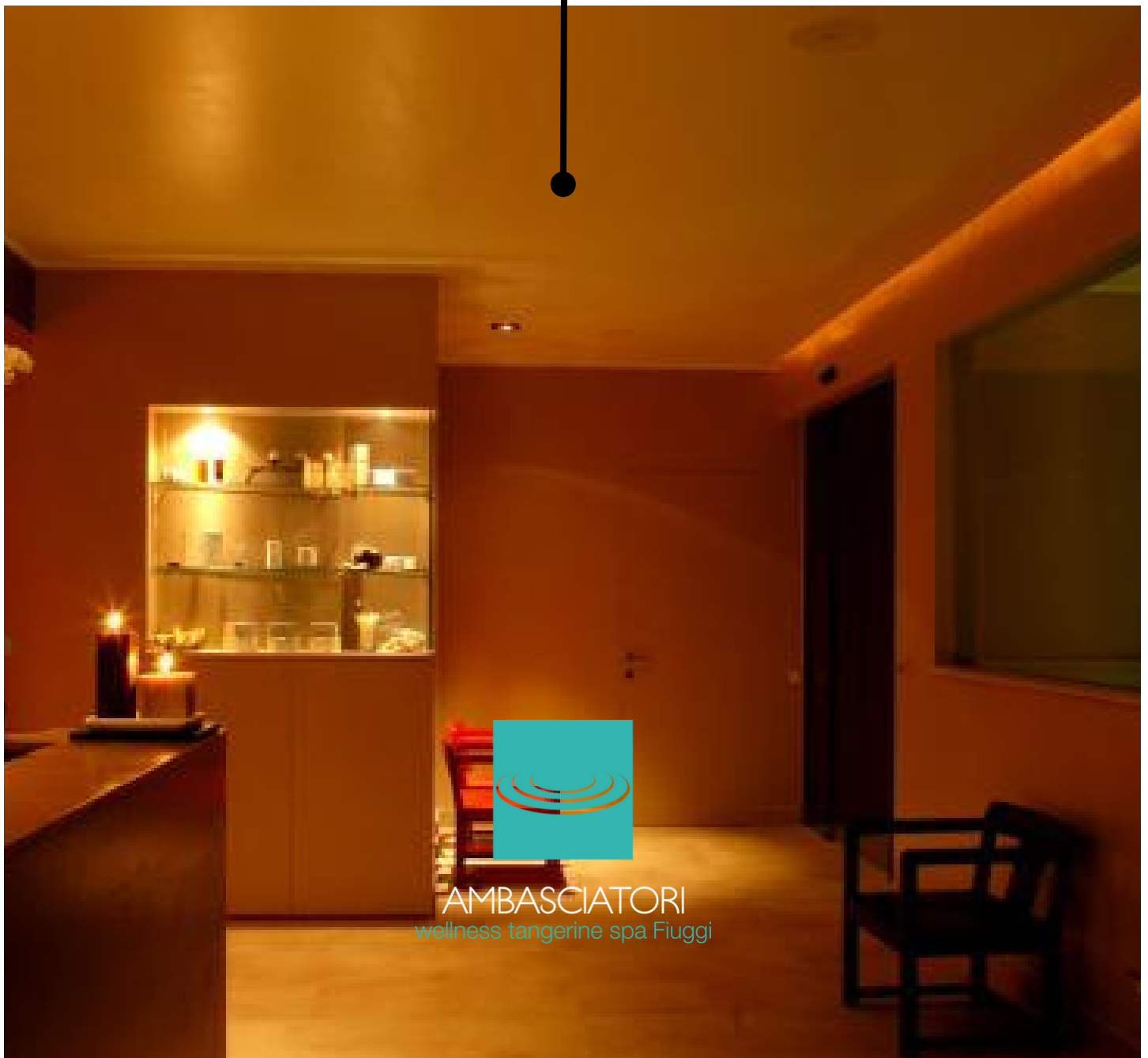
## Facial treatment for men

30 minutes - € 40,00

Specific facial treatment for men. The treatment includes facial cleansing, exfoliation, and a massage with patchouli or bergamot-based products

# Usefull information for your Spa experience

- What you should and would to Know -



AMBASCIATORI  
wellness tangerine spa Fuggi

# 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.





AMBASCIATORI  
Tangerine Spa  
Wellness Centre

Via dei Villini, 8 - 03015 FIUGGI (Fr)

INFO & RESERVATION

Tel. +39 0775.514351

Whatsapp +39 347.0461847

tangerine@ambasciatoriplacehotel.com



AMBASCIATORI  
place hotel Fiuggi

*Make your Wellness*