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FITNESS&BEAUTY

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WELLNESS PROGRAM

IN-HOUSE GUESTS



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## EXECUTIVE WELLNESS PROGRAMS

A path to wellness to be explored over the course of a day,  
to let yourself relax and regain balance and inner peace.

A journey to rediscover joy and self-awareness as a whole.

THE DE-STRESSING - RELAXING PROGRAM 150 min.

Pilates and Stretching session - 30 min

Wellness Program - 60 min

Multi-sensory Shower

Steam Bath + Ice Cascade

Relax - 10 min

Multi-sensory Shower

Whirlpool Tub

Relaxation

€ 50

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To be combined with:

Deep Massage: stabilizes, nourishes, strengthens and softens;

Main Manipulation: rubbing and stretching;

Direction: top to bottom;

Body parts: neck, shoulders, arms, hands, back, whole body;

package total € 120

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THE DETOXIFYING PROGRAM 150 min

Cardio-Functional Training - 30 min

Wellness Program - 60 min

Sauna

Multi-sensory Shower

Hydromassage

Relaxation

Turkish Bath + Ice Cascade

Relaxation

€ 50

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To be combined with:

Gentle Massage: pacifies, calms and provides freshness;

Main Manipulation: stroking and rocking;

Direction: top to bottom;

Body parts: head, face, neck, shoulders, whole body;

package total € 120

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THE ENERGIZING PROGRAM 150 min

Functional Circuit Training - 30 min

Wellness Program - 60 min

Sauna

Ice Cascade

Whirlpool Tub

Relaxation

Sauna

Ice Cascade

Relaxation

€ 50

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To be combined with:

Dynamic and Draining Massage: lightens and loosens;

Main Manipulation: kneading and pumping;

Direction: bottom to top;

Body parts: feet, legs, pelvis, whole body;

package total € 120

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## FACE TREATMENTS

### FACE 50 min

Aquaforce	€ 70
Purity	€ 70
Defense	€ 70
Synage	€ 75
Lifting Code	€ 90
Age 3D	€ 90
Perfect Man	€ 75

### FACE HIGH TECH 50 min

Anti-aging	€ 80
Chrono plus	€ 90
Purity	€ 80
Couperose	€ 80



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## BODY TREATMENTS

BODY 50 min

### EXFOLIATING TREATMENTS

Aroma Salt Body Scrub € 60

Nourishing Body Scrub € 60

### TREATMENTS

Detoxing Alpine Mud € 75

Skin Repair Anti-Aging € 85

Moisturizing Body Wrap € 75

Calming Body Wrap € 75

Detoxifying Cellulite € 80

### MASSAGES

Energizing Herbal Massage € 75

Sport & Vitality Massage € 75

Lymph Stimulation Massage € 75

Mind Relaxing Aroma Massage € 80

Deep Relax Massage € 75

Vital Stone Massage € 85

Lighten Foot Massage - 30 min € 45

Dynamic Recreation Back Massage - 30 min € 45



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HIGH TECH BODY 50 min

Advanced Reducing Treatment	€ 75
Advanced Draining Treatment	€ 75
Advanced Firming Treatment	€ 75
Firming Breast and Décolleté Treatment	€ 50
Firming Knee/Arm Treatment	€ 50

EXPRESS AND BEAUTY TREATMENTS

Express Facial Cleanse	€ 35
Deep Facial Cleanse	€ 45
Facial Cleanse for Men	€ 45
Manicure	€ 15
Manicure with semi-permanent nail polish	€ 35
Pedicure	€ 25
Pedicure with semi-permanent nail polish	€ 45
Facial Hair Removal	€ 12
Arms and Armpits Hair Removal	€ 28
Legs and Groin Hair Removal	€ 38



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SPA AREA

Admission to the Spa Program - 120 min	€ 25
Private spa - 90 min	€ 100
Private spa - 90 min and use of the Wellness Centre Services - 120 min	€ 140
Exè Private Ritual (Private + Couple's Massage 140 min)	€ 240
Spa Night Celebration (SPA exclusive) from 9 p.m. to 11 p.m. up to 10 people	€ 500
For each extra person from 9 p.m. to 11 p.m. from 11 to 20 people	€ 50
Open Day Celebration (spa exclusive) from 4 p.m. to 6 p.m. or from 6 p.m. to 8 p.m. from 1 to 20 people	€ 1.200
Private Room 90 min and use of the spa - 120 min max. 6 people	€ 280





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## FITNESS AREA

FITNESS AREA - Maximum 3 people per hour

Free Admission - 50 min	€	/
Individual lesson with Personal Trainer - 50 min	€	35
Couple's lesson with Personal Trainer - 50 min	€	50
Lesson for 3 people with Personal Trainer - 50 min	€	70

## PILATES

Personal Trainer lesson - 50 min. - per person	€	35
Classes of up to 5 people - per person	€	20



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## PILATES

### CLASSES OF UP TO 5 PEOPLE

Personal Trainer lesson	€ 50
Each additional person	€ 30
10-session package	€ 450
10% discount and 2 spa admission tickets per person (120 min)	
20-session package	€ 850
10% discount and 5 spa admission tickets per person (120 min)	



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## WELLNESS PACKAGES

ENERGY WAVE - 2 hours

€ 140

A program with a powerful revitalizing effect, which also offers a pleasant feeling of well-being thanks to the invigorating action provided by applying a mix of three Clays, combined with hand care treatment.

- Exfoliating Body Treatment
- Aromatherapy Body Massage
- Spa Manicure Treatment

PURITY - 2.5 hours

€ 180

A Detoxifying Program that provides an instant feeling of lightness: the saline scrub, which is rich in trace elements, smoothes the body, while the facial treatment brings a great sense of serenity and renewed vigor.

- Salt Scrub Body Treatment
- Relaxing Body Massage
- Anti-Fatigue Eye Contour Treatment

REDEMPTION - 2.5 hours

€ 160

A global relaxation program to achieve true psychological and physical well-being through a deep massage with hot stones combined with an illuminating facial treatment.

- Hot Stone Body Massage
- Illuminating Facial Treatment
- Spa Manicure



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PEACEFUL - 3 hours

€ 180

A comprehensive program to achieve true well-being. Starting with a special hands and feet treatment, followed by body exfoliation and, to conclude, a face and body massage.

- Hands and Feet Welcome Treatment
- Exfoliation with sea salt
- Face and Body Massage

BALANCE - 3.5 hours

€ 220

A program to reach a state of pure relaxation, getting rid of stress tension. After the detoxifying action of the Turkish bath and an invigorating hydromassage, the fragrances of Massage Oils will envelop you, combined with a scalp and facial treatment and, to conclude, a spa manicure and pedicure treatment.

- Hands and Feet Welcome Treatment
- Regenerating Massage
- Scalp Massage
- Customized Facial Treatment



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