

HEALTH AND BEAUTY TREATMENTS

OPEN
ALL YEAR ROUND
Medical Director
Prof. P. Calcaterra

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My Personal Escape

terme di
SATURNIA
SPA & GOLF RESORT

HEALTH AND BEAUTY TREATMENTS

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HEALTH AND BEAUTY TREATMENTS BLACKROSE SPA – LUXURY & RELAXATION

Exclusive personalized treatments to be enjoyed in a unique and welcoming atmosphere where mind and body become one for an experience of pure luxury and well-being.

FACE

Oxygen Infusion

New

The pure oxygen treatment helps to spread the active principles into the deep skin layers of the face, increasing the levels of oxygenation, producing an overall calming effect and leaving the skin smoother and more toned. It also reduces wrinkles and adds volume.

1 serum (50 minutes) € 250,00

2 serum (80 minutes) € 350,00

Saturnia Gold Facial

€ 300,00

The powerful antioxidant and brightening properties of 24-carat gold make this element one of the purest and extraordinarily effective in the prevention of the wrinkles. Having penetrated the derma, gold has the capacity to activate the production of collagen and elastin bestowing luminosity and the appearance of supple, young skin. (110 minutes)

Saturnia Dna Facial

€ 250,00

A latest-generation treatment that combines cryoprotein extracted from Antarctic ice, natural ingredients and antioxidants capable of tackling skin ageing and stimulating the production of collagen and elastin. (80 minutes)

BODY

Aroma Massage

New € 210,00

This intense face and body massage with essential oils provides an enveloping and relaxing experience in which the mind and body's energy merge in the quest of new harmony. (80 minutes)

HEALTH AND BEAUTY TREATMENTS BLACKROSE SPA – LUXURY & RELAXATION

♡ Saturnia Candle Massage

€ 250,00

The harmony of massage, a pleasant sensation of warmth and the sweet smell of candles bestow an absolute feeling of well-being, stimulating your each and every sense. (100 minutes)

♡ Saturnia Luxury

€ 210,00

A deep, intense and prolonged massage performed using precious aromatic oils, providing absolute relaxation and instilling a state of all-over wellbeing. (80 minutes)

Saturnia Four Hand Massage

€ 200,00

The synchronized movements of the two massotherapists make this massage a uniquely involving experience. (50 minutes)

♡ Twin treatment available.



HEALTH AND BEAUTY TREATMENTS RELAXATION AND MASSAGE

Terme di Saturnia Spa & Golf Resort gives now the opportunity to do twin treatments.

♥ Saturnia Long Massage € 160,00

An exclusive treatment to lavish on yourself: a totally absorbing and unforgettably exciting treatment to get you back in tune with yourself. (70 minutes)

Aquarelaxation € 120,00

An excellent technique for relaxation carried out in a pool. The therapist works on the relaxed body which floats in water in sound-proof conditions. (35 minutes)

Saturnia Four Hand Massage Shower € 75,00

The combination of a shower of thermal water together with four-hand massage tones and relaxes the body at the same time. (25 minutes)

Saturnia Stone Therapy € 120,00

It is the application during massage therapy of deep penetrating heat, with heated stones, using different temperatures on the body to create relaxation and stimulate healing. Perfect for balancing all levels of emotional, mental and physical energies. (60 minutes)

♥ Energetic Rebalancing Massage € 90,00

The particular enveloping movements encourage deep relaxation, yet at the same time stimulate the awakening of vital energy. (50 minutes)

Manual Face Lymph-Drainage Vodder Technique € 50,00

The Vodder technique performed on the face reduces swelling and makes subsequent treatments more effective. (25 minutes)

HEALTH AND BEAUTY TREATMENTS RELAXATION AND MASSAGE

♥ Manual Lymph-Drainage Vodder Technique € 90,00

A therapeutic massage employing the renowned Vodder technique, which successfully treats all forms of lymphatic imbalances, from water retention to cellulite. (50 minutes)

♥ Full Body Massage € 90,00

A classical European massage that reduces water retention and stimulates circulation, relaxing and soothing muscular tension at the same time. (50 minutes)

Mukha Bliss € 50,00

Ayurvedic face massage stimulating the marma energetic points, resulting in a relaxing effect which also improves the aspect of stress lines. (25 minutes)

♥ Shiro Bliss € 100,00

The combination of Késa Bliss and Mukha Bliss allows to obtain a very pleasant, soothing effect both on mind and body, since head, face and hair are of main importance for our psychosomatic balance. The treatment cannot be made on hair shorter than 5 cm or wet. (50 minutes)

Targeted Zone Massage € 50,00

This is a massage that can be focused on different parts of the body: legs or hips and abdominal massage with draining effects, back massage with relaxing effects. (25 minutes)

Foot Massage € 50,00

A technique of massage on various points on the foot and carried out solely using the thumbs. Plantar reflexology can restore equilibrium, reduce anxiety and pain, induce states of relaxation or even sleep, and assist general well-being. (25 minutes)



HEALTH AND BEAUTY TREATMENTS RELAXATION AND MASSAGE

Craniosacral Attuning € 110,00

This manual technique, involving a progressive delicate kneading and mobilization of the cranial, sacral and diaphragmatic zones, is particularly effective at rebalancing energy and improving overall well-being for a profound state of general relaxation. (50 minutes)

Shiatsu Namikoshi Method € 110,00

Sanctioned by the Japanese school, is essentially based on the following variations to the traditional method like: use of the 'Shiatsu couch', use of the combined pressure of both thumbs on certain parts of the body, introduction of various muscular and articular 'mobilization' manoeuvres the theory that each application of pressure should produce a particular sensation of pleasure and pain. (50 minutes)

Terme di Saturnia Spa & Golf Resort periodically offers a series of **Holistic treatments** inspired by Eastern philosophy. For info and bookings please visit the Spa Reception: (50 minutes) € 110,00

♡ Twin treatment available.

HEALTH AND BEAUTY TREATMENTS BEAUTY TREATMENTS

Our highly-rated treatments exclusively use the Terme di Saturnia line of cosmetics with their unique ingredient, Bioglea™, the extract of thermal plankton taken from the Terme di Saturnia spring, with its highly moisturizing and regenerating properties.

To prolong the benefits of the Saturnia thermal springs and our treatments, you can purchase our own brand of cosmetics in our Spa Boutique and top retailers.

FACE

Hydralift € 110,00

Intense moisturization, elasticity and a feeling of freshness are provided by the anti-ageing effect of collagen and jaluronic acid. (50 minutes)

Cleansing Facial € 80,00

A deep yet delicate cleansing treatment, personalized for all skin types, which leaves the skin with a healthy glow. (50 minutes)

Specific Face Treatment € 85,00

A complete facial, which can be moisturizing, revitalizing, toning or anti-ageing according to the needs of the type of skin to be treated. Also suitable for extremely sensitive skin. (50 minutes)

Intensive Specific Face Treatment € 130,00

Intensive treatment for all skin types, including the most sensitive. The effects of these exclusive products and methods are intensified by the use of the advanced technology of Terme di Saturnia equipment. (80 minutes)

Men's Facial Treatment **New** € 110,00

An energetic massage with shea butter and squalane oil reduces impurities in the epidermis resulting in incredible luminosity. This treatment, exclusively for men, has a revitalizing, rebalancing and anti-ageing effect. (50 minutes)



HEALTH AND BEAUTY TREATMENTS

BEAUTY TREATMENTS

Neck, Décolleté and Bosom Treatment € 85,00

A treatment aimed at toning, smoothing and elasticising these crucial areas for female beauty. (50 minutes)

Hydralight Treatment € 130,00

An innovative treatment which uses ultrasound techniques and moisturizing products to smooth the skin, providing luminosity, turgidity and elasticity. (80 minutes)

Multivitamin Face Treatment € 130,00

A revitalizing treatment, which favours an effective anti-ageing action thanks to the combined action of oxygen aerosoltherapy with vitamins and specific cosmetic products. (80 minutes)

BODY

Detox Treatment **New** € 180,00

A peeling treatment for the body that also drains and detoxifies. A gentle and enveloping massage followed by a clay facial mask that helps reduce excess liquid. Delicate rubbing with thermal plankton restores the body with moisture and well-being. (80 minutes)

Modelling Cast € 180,00

This cast efficiently tackles the unsightliness of cellulite and localized adiposity. Alternating hot and cold applications have an immediate toning, detoxification and shrinking effect, even from the first application. (80 minutes)

Velvety Hands and Feet € 70,00

A smoothing, hydrating and nutritious treatment that enhances the beauty and wellbeing of the hands and feet. (50 minutes)

HEALTH AND BEAUTY TREATMENTS

BEAUTY TREATMENTS

Wellbeing for Legs € 85,00

A treatment of wraps and massage with essential oils to drain and protect the skin makes this technique particularly effective at improving leg tone. It provides an immediate sensation of lightness and relief. (50 minutes)

Nutrimelis € 85,00

The application of honey and essential oils provides dry and stressed-out skin with a unique firmness and freshness. (50 minutes)

Ulivitas € 110,00

The combination of olive oil, essential oils and basil tones, hones and energizes all skin types. Linked with a particular massage technique, it provides surprisingly gratifying results. (80 minutes)

Toning Body Mud € 65,00

Enriched with toning essences and essential oils this mud restores elasticity and tones the body. (50 minutes)

Leg Draining Mud € 65,00

Specifically formulated for swollen and "heavy" legs, this treatment gives immediate relief and a sensation of lightness. (50 minutes)

Anti-Cellulite Mud € 65,00

This is a natural thermal mud enriched with specific elements formulated to fight cellulite. The effectiveness of this treatment is guaranteed by an exclusive method, which allows the mud to penetrate deeply. (50 minutes)

Aromatic Oil Massage with Mud € 90,00

A special technique, that following an initial personal evaluation, combines a skilled massage with hot aromatic oils and a special fango application, for a proper remise en forme session with relaxing, detoxifying and highly moisturizing effects. (50 minutes)



HEALTH AND BEAUTY TREATMENTS BEAUTY TREATMENTS

Gommage + Thermal Plankton € 85,00

This plankton mask treatment is preceded by a careful and delicate peeling of the entire body, which leaves the skin in an excellent condition to fully absorb the moisturizing qualities of the thermal plankton. (50 minutes)

Endermologie € 80,00

An avant-garde appliance, which reacts effectively on cellulite, guaranteeing an improvement of tone and elasticity of the skin. It helps to eliminate those unwanted "dimples". An extraordinarily effective and pleasant treatment. (35 minutes)

HEALTH AND BEAUTY TREATMENTS BEAUTY SERVICES

Spa Manicure € 70,00

French Spa Manicure € 70,00

Spa Pedicure € 80,00

French Spa Pedicure € 80,00

Quick Manicure € 40,00

Nail polish application and filing

Quick Pedicure € 40,00

Nail polish application and filing

Mustache and Eyebrow Shaping € 25,00

Partial Waxing € 40,00

One of these body parts:

- Back
- Bosom
- Arms
- Half Leg
- Groin and Armpit

Waxing € 65,00

Full leg, groin and armpit.



HEALTH AND BEAUTY TREATMENTS AESTHETIC MEDICINE

Europe's most award-winning Medispa offers the very latest techniques and technology as part of a programme of personalized and effective rejuvenation in the perfect setting for well-being and regeneration.

Consultancy in Aesthetic Medicine € 80,00

The medical team from Terme di Saturnia Spa&Golf Resort draws on its long-term experience to offer you a thorough examination to identify the most suitable aesthetic medicine treatments.

*Some of the following treatments
require a preliminary medical interview*

PEELING

Ultrasonic Kerolityc

Gentle exfoliation which combined with ultrasounds improves the absorption of moisturizing and antiageing substances.

Face € 140,00

**Body from € 65,00 to € 160,00
according to the treated area**

Mandelic Acid Peeling € 80,00

This is a peeling treatment that uses a new kind of organic acid extracted from almonds, known as Mandelic Acid. This has proven very successful and is quite safe, as a result it can be applied for every skin type and may even be used at the hottest times of the year. (25 minutes)

Light Lift

Using a special diamond-based technique suitable for all skin types, this treatment micro-exfoliates to lift and brighten the face skin while aiding regeneration of its deeper layers. Particularly good at tackling conditions such as wrinkles and scars.

€ 150,00

HEALTH AND BEAUTY TREATMENTS AESTHETIC MEDICINE

MASK

Evermoist Mask **New € 100,00**

Incorporating new developments in water-related nanotechnology, this super-moisturizing mask restores the natural hydrolipidic balance of the face's skin, soothing and reinvigorating. Suitable for all skin types, it is also particularly effective in the treatment of dehydrated skin and micro-wrinkles. (25 minutes)

Eyes Power Mask **New € 100,00**

A restoring mask for the eye area incorporating a high concentration of active ingredients including hyaluronic acid and extracts of aloe and glycerin. Special microbacteria assist the active substances to penetrate deeply, providing instant toning, suppleness and deep moisturization in the respective area. It is extremely effective in the prevention and rectification of the appearance of skin ageing in the eye area. (25 minutes)

Botomask **€ 190,00**

Simple and painless rejuvenating facial treatment using botulinum-based compounds for the visible and long-lasting reduction of finer wrinkles. (50 minutes)

Pure Skin Mask **€ 140,00**

A revitalizing treatment particularly recommended for oily skin. Its multivitamin active ingredients and vegetable extracts make skin smoother and more velvety, with salicylic acid rebalancing sebaceous secretions. (50 minutes)



HEALTH AND BEAUTY TREATMENTS AESTHETIC MEDICINE

INJECTION TREATMENTS

Biorevitalizing treatment with hyaluronic acid € 200,00

A technique by which the skin is injected with hyaluronic acid, a substance responsible for skin hydration and antioxygenation in the derma. Performed on the face, neck and the décolleté it renders the skin progressively 'rejuvenated', more luminous and taut, preventing and correcting the damage from physiological and extrinsic ageing.

Biorejuvenation € 220,00

This consists of an injection to stimulate the production of fibrous collagen leading to a progressive increase in tissue tone in the derma. Performed mainly on the hypotonic areas of the face, neck and décolleté, the treatment can also be performed on other parts of the body with the aim of generating tone and shape.

Jaluronic Acid Filler 1 vial € 400,00

An intradermic implant of jaluronic acid that fills the indentations in the skin of the face (fine wrinkles, etc.).

HEALTH AND BEAUTY TREATMENTS AESTHETIC MEDICINE

Eporex

Thanks to transdermal delivery is it possible to increase the absorption of substances to maximize the results. Eporex is very versatile and is particularly recommended for tackling cellulite and localised adiposity. It is also acts as an anti-ageing, bioregenerating and hydrating facial treatment. A preliminary medical consultation is required. (50 minutes)

Hydrating anti-wrinkle facial treatment € 160,00

Anti-cellulite treatment € 160,00

Localised adiposity treatment € 160,00



HEALTH AND BEAUTY TREATMENTS SPECIALIST ASSESSMENTS

Medical Check-Up € 50,00

Dermatological Check-Up € 100,00

Physiatrist Check-Up € 100,00

Biological Age Evaluation € 300,00

Evaluation of general psychophysical condition through a sequence of tests, resulting in a personalized program focused on slowing down ageing damages.

Hydrocolon Therapy € 200,00

Gentle intestine cleaning method to re-establish its optimum functioning, obtaining a beneficial effect on skin's radiance and on the lymphatic and blood circulation.

Skin Check-Up € 50,00

Skin measurements and check-up with Wood's light.

Electrocardiogram € 60,00

Spirometry € 40,00

Lipoid Schedule 4 tests € 65,00

Total Cholesterol; Cholesterol HDL; Cholesterol LDL; Triglycerides.

Glycemia € 17,00

Rom's Test € 70,00

HEALTH AND BEAUTY TREATMENTS SPECIALIST ASSESSMENTS

Nevic Chart € 150,00

The three-dimensional videodermatoscope is a reliable diagnostic assessment that measures the dermic penetration of skin lesions. It allows a precise and advance diagnosis of neoplastic lesions.

Q-Switch Laser

A technologically advanced equipment, extremely effective in removing skin spots. Fast and painless, it erases different kind of skin spots. It is very effective for tattoo removing as well.

**from € 200,00 to € 2.000,00
according to the treated area**

Dermatological Micro-Surgery € 200,00

Small operations with CO₂ laser to remove benign formations of the skin such as moles, angiomas, fibromas, etc.



HEALTH AND BEAUTY TREATMENTS DIET AND NUTRITION

Dietician's Check-Up € 80,00

Check-Up by a dietician regarding nutrition and problems relating to diet. The data is then put together to formulate a personalized diet, which the guest will follow throughout his/her stay at Terme di Saturnia, learning how to continue this simple and effective diet at home. Pre-booking is requested. (at least 7 days, arriving on a Sunday)

HEALTH AND BEAUTY TREATMENTS THERMAL TREATMENTS

These treatments require first a medical check-up

Partial Mud Therapy € 30,00

Application of thermal mud to the hands and the feet. (20 minutes)

Mud Therapy € 45,00

A mask of hot (45° C approx.) matured thermal mud, which when applied to particular parts of the body is indicated for the treatment and prevention of osteo-articular pathologies (arthrosis, rheumatism, problems with fractures etc.). It is also an ideal treatment for those people who wish to obtain a relaxing and detoxifying effect in one session. (50 minutes)

Multijet € 45,00

This exclusive bath for hydromassage with thermal water has 180 jets, which can be programmed in sequence, to stimulate circulation and relieve muscular tension. (20 minutes)



HEALTH AND BEAUTY TREATMENTS THERMAL TREATMENTS

INHALATION THERAPY

These are therapies, which consist of administering thermal water which is nebulized in different ways, without the addition of drugs and which are distinguished by their different particle sizes and by their method of administration. They are indicated in the treatment of chronic problems of the respiratory tract, such as sinusitis, rhinitis, pharyngitis, bronchitis etc. Children are treated in a dedicated area.

Inhalations	€ 12,00
Aerosol or Sonic Aerosol Therapy or Ionic Aerosol Therapy	€ 12,00
Nasal Irrigation	€ 14,00
Micronized Nasal Shower	€ 14,00
Collective Nebulization	€ 12,00

HEALTH AND BEAUTY TREATMENTS PHYSIOTHERAPEUTIC TECHNIQUES

Functional Bandaging € 60,00

Ideal for sports enthusiasts, it protects articulations weakened, in pain or placed under excessive strain, preventing structural damage and injuries. (25 minutes)

These treatments require first a medical check-up.

Physiokinesiotherapy from € 50,00 to € 80,00

Manual techniques for mobilizing articulation used to restore functions of the locomotor system and to solve muscular problems. (25 or 50 minutes)

Individual Hydrokinesiotherapy € 80,00

The kinesiotherapeutic techniques are carried out in a special thermal water pool, which allows optimum functionality to be recovered. (35 minutes)

Electrophysiotherapy € 45,00

An anti-inflammatory and pain-relieving technique that uses stimulating currents of various strengths. (25 minutes)

Ultrasonic Therapy € 45,00

Effective for the treatment of contracted muscles and rheumatism with the help of medicaments applied locally.



HEALTH AND BEAUTY TREATMENTS PHYSIOTHERAPEUTIC TECHNIQUES

Ultracell € 45,00

Ultrasonic frequency acts deep down into the cellulite, shattering the adipose cells which are subsequently eliminated by the circulatory system. A dramatically effective beauty treatment. (20 minutes)

Pressotherapy € 45,00

A classic draining treatment for the legs with pneumatic boots, aimed to treat water retention and cellulite. (20 minutes)

Impulse Laser Nd Yag € 65,00

An up-to-date laser treatment, which has an exceptional analgesic and anti-inflammatory effect.

HEALTH AND BEAUTY TREATMENTS FITNESS

Terme di Saturnia Spa & Golf Resort is the ideal place for getting back into shape and regenerating your body. Run by our team of professional instructors, the Fitness Saturnia Program is a really special combination of gym, open-air and water activities.

Every guest can follow his or her own tailor-made series of exercises, alternating muscular toning, stretching and relaxation.

A Personal Trainer is also at hand, if required, to accompany guests through their own totally personalized training programme.

SATURNIA FITNESS PROGRAM

Morning Hike

The day starts in Terme di Saturnia's splendid natural setting with time devoted to oxygenation and revitalization.

Water Gymnastic

The natural harmony of underwater movements allows us to get back in touch with our body through a combination of gentle and strenuous exercises, aimed at toning and exercising the joints.

Total Body

A total body muscular toning programme using straps and small pieces of equipment. For those who want to improve their muscle definition and body shape.

Fat Burner

For those who want to get into the best physical shape, this technique offers an absorbing sequence of moderately intense exercises. It serves as the ideal accompaniment to a controlled diet.



HEALTH AND BEAUTY TREATMENTS FITNESS

Shape

A comprehensive programme to strengthen specific muscular sections using straps and small pieces of equipment. Classes in Legs and Glutei, Pectorals and Back or Abdominals according to requirements.

Elastic Bands for Arms and Shoulders

This activity is focused on muscles toning of upper body in particular by using elastic ba.

Lower Body

An intense session of toning and firming exercises aimed at remodelling the lower body.

Stretching

A special session of innovative techniques of muscular stretching and articular mobilization of joints. Perfect for reducing muscular tension and discovering the natural span of movements.

Single Class (25minutes) € 13,00

Long Single Class (50 minutes) € 20,00

Daily Pass for the Saturnia Fitness Program € 30,00

From two classes to the Weekly Program and free access to the fitness equipment.

Weekly Pass for the Saturnia Fitness Program € 150,00

Free access to all classes and to the fitness equipment. (6 days)

HEALTH AND BEAUTY TREATMENTS FITNESS

The following activities are not included in the Saturnia Fitness Program above described.

Personal Training € 70,00

Those who wish can follow personalized exercise plans under the instruction of the trainer in a dedicated area, with special equipment. (50 minutes)

The Fitness Centre also offers a series of other classes throughout the year to enrich the already vast programme of physical activity.

We would like to remind our clients that wearing appropriate sports clothing and footwear in the gym is obligatory.



PRECIOUS SUGGESTIONS FOR OUR CLIENTS

Take a shower before body treatments and massages.

Remove contact lenses during a facial treatment.

Our male Clients to shave at least one hour before all facial treatments.

Avoid prolonged exposure to the sun immediately before or after a treatment and allow around 30 minutes to pass before entering the thermal pools.

You can attend your appointment in a bathrobe; in the booth you will be provided with the necessary lingerie.

We advise going into the Spa without jewellery or accessories, which we recommend to leave in the safety box in your Hotel room. We would also suggest, not to take silver objects into the thermal pools, to avoid that your jewellery turns black.

If you suffer from cardiovascular problems, diabetes or hypertension or if you are pregnant or wish to draw attention to other points concerning your health that have not been addressed here, you will have to talk to one of our doctors before entering the thermal pools or undertaking treatments.

USEFUL INFORMATION

We recommend that you book treatments at the same time as booking your stay at +39 0564 600111.

Treatments can also be booked directly at the Spa Reception or by dialling 814 from your hotel room.

The Spa Reception welcomes Hotel guests from 8.00 a.m. to 8.00 p.m. For clients not staying at the Hotel the Spa Reception is open during the opening times of the thermal pools.

Treatments are carried out from 8.00 a.m. to 9.00 p.m.

The gym's program and opening times are available at the Spa Reception.

We recommend that you get to the Spa 5 minutes before your appointment, to make the most of the time devoted to your treatment.

In the time schedule that you will be given, a colour is assigned to each treatment, corresponding to the colour of the respective waiting area. Further information can always be asked for at the Spa Reception.

We ask you to let the respective therapist know any problems that could interfere with the perfect execution of your treatment and its outcome. It's your treatment and we would like you to feel pampered.



*We inform our kind Guests that prices on this price list
may change without advance notice.*

*We highly appreciate any suggestions
about treatments and services received.*

*We wish you a nice stay
at the Terme di Saturnia Spa & Golf Resort.*



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