

Massages
and Rituals

terme di
SATURNIA

SPA & BEAUTY CLINIC

Pure well-being through the regenerating gestures of the different massage techniques and the expertise of our SPA Team. The selection includes: energetic and rebalancing massages, psycho-physical regeneration rituals through precious ingredients such as amber and gold, and “The Ultimate SPA Collection”, for moments of well-being to enjoy in the exclusive atmosphere of “The Ultimate SPA” area.

Massages

SATURNIA COLLECTION

💎 SHIRO BLISS FACE AND HEAD • 50 min € 100

🕯️ Ayurvedic facial massage to relax the facial tissues and dissolve muscular micro tensions. It is completed with the application of Argan oil on the hair and with small tractions improves the blood circulation of the scalp and strengthens the hair itself. The treatment cannot be made on hair shorter than 5 cm or wet.

NEW 💧 KOBIDO NATURAL FACE LIFTING • 50 min € 100

The word means "Ancient Way of Beauty" and it is a face massage technique, of Japanese origin, for centuries reserved for royalty and aristocracy. Focusing on the muscle bands, it helps to stretch and restore tone to the skin by erasing small wrinkles. The movements, energetic and delicate, stimulate the production of elastin and collagen, increasing the quantity of oxygen reaching the tissues. An amazing treatment improving the natural health of the skin, slowing down the aging processes.

💎 FULL BODY MASSAGE • 50 min € 100

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

💎 REBALANCING FACE AND BODY • 50 min € 100

🕯️ The gentle enveloping movements and the use of hot oil encourages profound relaxation. Especially recommended for those looking for relief from mental tension resulting from stress.

💎 VODDER LYMPHATIC DRAINAGE • 50 min € 100

🕯️ Therapeutic treatment that uses very light and mirage pression manuals to improve lymphatic and blood circulation. It eliminates toxins and has an excellent deflating and resting action on the legs.

💎 *supplement in The Ultimate € 25 (massage with Argan oil + exclusive relaxation area)*

🕯️ *available in pairs*

💧 *a selection of oils will be available to customize your treatment*

❖ SATURNIA DEEP MASSAGE • 50 min **€ 130**

❖ A myofascial massage that works on particularly tense or hypertonic muscle structures to relieve tension. The massage can be personalized according to the guest's requirements.

SATURNIA STONE THERAPY • 60 min **€ 130**

A multisensory massage that, using 54 hot and cold stones, works on and stimulate each of the body's chakra points. With a powerful muscle relaxing and invigorating effect, this treatment assists complete muscular and mental relaxation.

❖ FOOT REFLEXOLOGY MASSAGE • 50 min **€ 130**

❖ A massage of the foot's reflex points to rebalance the functionality of the internal organs, free up mental blocks, eliminate tiredness and give a sensation of lightness to the feet.

❖ HOLISTIC MASSAGE • 50 min **€ 130**

❖ Different types available depending on your needs: Californian, Tao, Tibetan, Lomi-Lomi, Aromatherapy massage... We invite you to contact us at the SPA Reception to know the availability of our holistic operators.

THE ULTIMATE SPA COLLECTION

SHIATSU • 50 min **€ 130**

Decontracting deep acupuncture treatment based on the Namikoshi method. Relieves muscle tension, gives the feeling of lightness and great mental relaxation.

PERFORMED
ONLY ON THE
TREATMENT BED

THAI • 50 min **€ 130**

This traditional massage, that can be personalized, is based on a series of pressures with stretching movements and articular mobilizations. The Thai massage works on muscular tensions and on the contractures; it improves joint mobility and lymphatic drainage. It is necessary to wear comfortable clothing such as long trousers and t-shirts.

NOT AVAILABLE
AT THE
MOMENT

AYURVEDIC ABHYANGA • 50 min / 80 min **€ 130 /170**

Abhyanga massage, with warm sesame oil, removes the tiredness, helps to have a good sleep, tones the bodytissues and deeply nourishes the skin. It calms the nervous system and gives an intense well-being for spirit and mind. The 80 minutes treatment includes head massage Shiroabhyanga with application of warm oil on the hair.

NEW **BAMBOO MASSAGE • 50 min / 80 min** **€ 130 /170**

Bamboo is a symbol of health, luck and eternal youth

The massage technique, through the pressure exerted with different sized canes, helps the drainage of liquids and tissue regeneration. It is also very suitable for athletes for its decontracting and invigorating effects. The oil used, cold extracted from the plant, in addition to excellent moisturizing and elasticizing properties, has a high content of silicon and antioxidant enzymes, which can be considered a real youth elixir.

SATURNIA LONG MASSAGE • 70 min **€ 170**

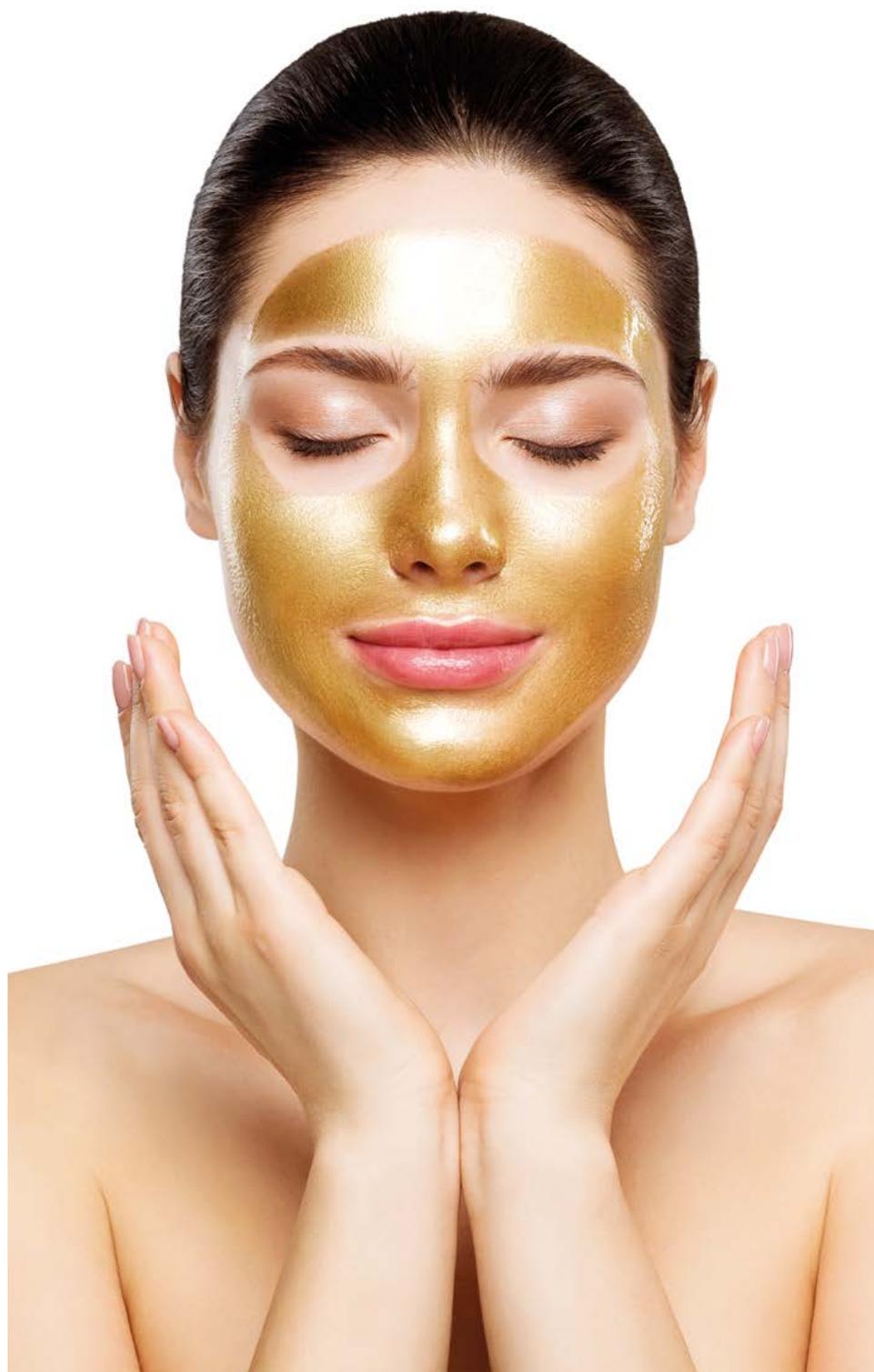
Deep body massage

A deep relaxing massage to ease muscular tension and eliminate built-up stress.

EMOTIONAL FOUR-HANDS • 50 min / 80 min **€ 250 / 300**

Face and body massage

Two masseurs work in perfect harmony with the same manoeuvres and rhythm to relax the muscles, improve the circulation and eliminate tension with a deep and intense massage of the entire body, including the head and feet. The 80-minute treatment also includes a gentle body scrub.



Rituals

🕯 SATURNIA CANDLE • 100 min **€ 250**
Face and body massage

An unforgettable emotional experience with heat and aromatic fragrance with personal choice of candle. The facial massage relieves tension, moisturizes the skin and prepares the body for a long massage, using shea butter from the candle. The treatment is very nourishing for the skin and profoundly relaxes the whole body.

NEW 🕯 TOGETHER • 70 min **€ 290**
A treatment to enjoy together. Discover the new couple's ritual dedicated to balance, relaxation and energy, including vapors, massages and customized oils.

SATURNIA AMBER • 120 min **€ 400**

Precious and fascinating, amber - fossil resin as ancient as time, whose uses are lost over the centuries - as sacred incense or as an amulet - is a protagonist in our SPA & Beauty Clinic, a precious ally for the well-being of the body thanks to its powerful detoxifying and draining action. The ritual begins with a peeling based on Dead Sea salt and baltic amber powder with a detoxifying and smoothing effect. An intense draining massage follows, performed with two amber spheres, honey, Argan oil and golden amber powder. The massage, extremely enveloping and relaxing, thanks to the spheres that stimulate the circulation and remove the physical and emotional stress leaving the skin velvety and soft.

GOLDEN BODY • 110 min **€ 420**

Pure gold, silk and ginger are at the heart multisensory experience. A scrub enriched with extracts of ginger, chamomile, silk protein and jojoba oil that gently exfoliate the skin at the same time as intoxicating the senses with delicate scents. This is followed by the application of an exclusive and innovative gel with 24-karat gold, caffeine, carnitine, aescin and coenzyme, with lipolytic results. A flow of hot oil to nourish the skin and provide it with extraordinary luminosity. Enjoy a relaxing Pindasweda massages that caresses your whole body while releasing scents of chamomile, lavender, calendula and balm. The body is enveloped with bright highlights with a ginger-based mask and particles of gold to reduce and tone. A rich cream incorporating silk protein has a wonderful extremely velvety texture and provides the body with a sublime sensation of well-being.

GOLD EXPERIENCE FACE | BODY • 170 min **€ 560**

Pamper your face and body with 24-karat gold. Gold becomes the precious ally in this combination of exclusive treatments. An emotional experience with great results that improves the elasticity of the skin and strengthens it, using precious ingredients with a sure effectiveness at the same time smoothing and reducing.