



NATURAL DESTINATION

## CRYOTHERAPY TOTAL BODY

You will stay in a cold chamber with temperatures ranging from -85 ° C to -95 ° C for a time interval between 2 and 4 minutes. Cooling in the short term promotes many positive reactions in the body thanks to the greater circulatory response of blood and lymphatic flow.

*The treatment is indicated for:*

- Reduce muscle and joint pain and inflammation
- Increase sports performance and reduce recovery times
- Facilitate weight loss and improve body composition
- Burn up to 600Kcal per single session and accelerate the basal metabolism
- Rejuvenate the appearance of the skin thanks to an increased production of collagen
- Improve circulation and drainage of the lower limbs
- Detoxify and reduce oxidative stress
- Improve mood and mental well-being

### SINGLE SESSION HOTEL AND CLUB

|            |       |
|------------|-------|
| One person | 60 €  |
| Couple     | 100 € |

### BUNDLE PACK

|                                 |               |
|---------------------------------|---------------|
| 5 sessions one person   couple  | 250   400 €   |
| 10 sessions one person   couple | 450   750 €   |
| 20 sessions one person   couple | 800   1.300 € |

### PASS UNLIMITED

|                     |           |         |
|---------------------|-----------|---------|
| Unlimited Bronze    | 1 month   | 600 €   |
| Unlimited Silver    | 3 months  | 1.200 € |
| Unlimited Gold      | 6 months  | 1.800 € |
| Unlimited Platinum  | 12 months | 3.000 € |
| Unlimited Soci Club | 12 months | 1.500 € |

### COMBO HOT SPRING POOLS

|   |       |
|---|-------|
| Single session for one person with entrance to the Hot Spring Pools<br>(wellness kit - bathrobe & towel - and sunbed included) with access to argillarium | 100 € |
| Single session for couple with entrance to the Hot Spring Pools<br>(wellness kit - bathrobe & towel - and sunbeds included) with access to argillarium    | 150 € |

*Minimum age: 18 y.o - Maximum age 75 y.o.*

*Admission allowed only in the presence of an operator after signing the informed consent.*

*Contraindications: hypersensitivity to cold, pregnancy, arteriopathies, Raynaud's disease, cardiovascular, acute and subacute disease, arterial hypertension.*