

SPA menu

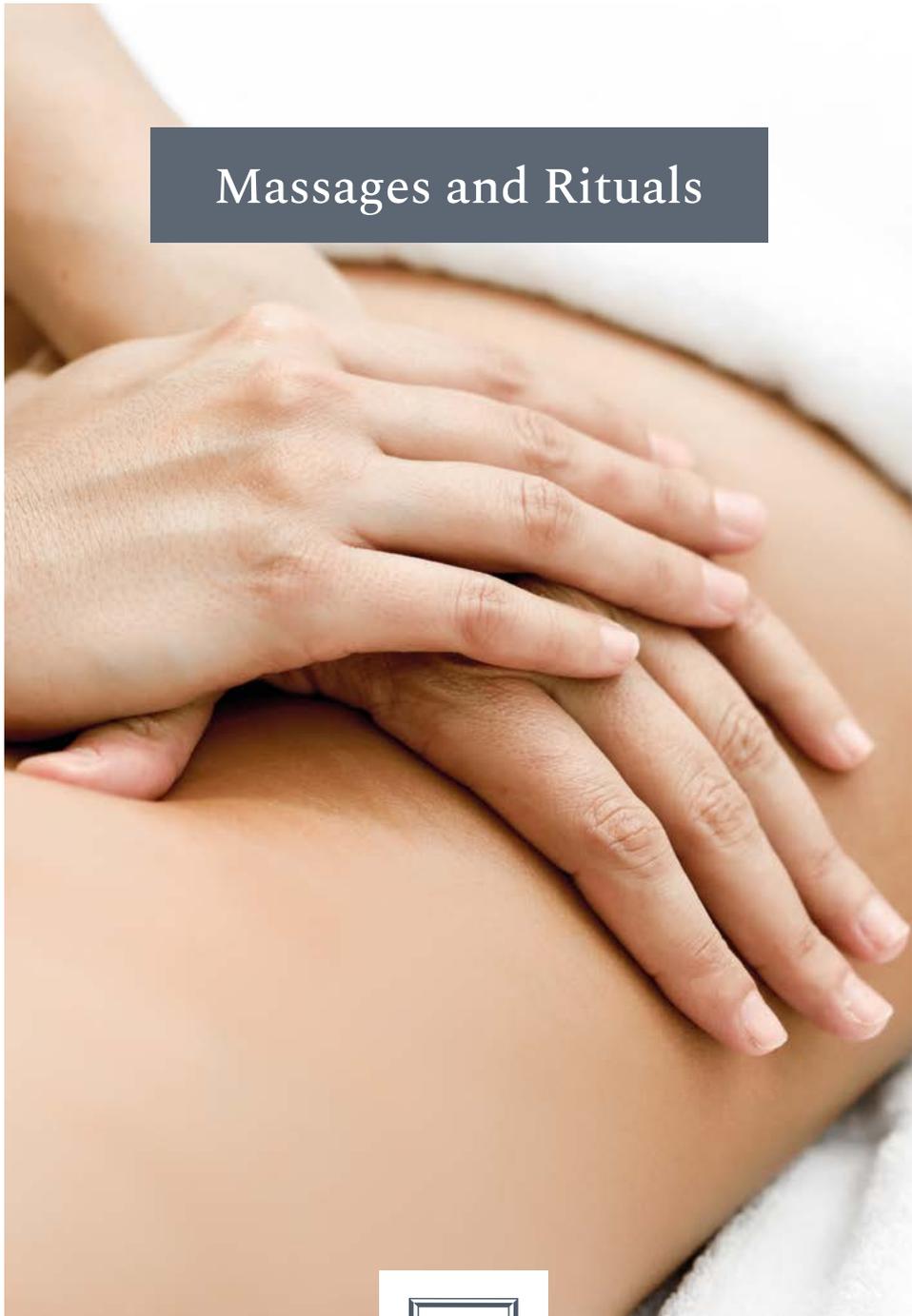


terme di
SATURNIA

NATURAL DESTINATION

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Massages and Rituals



NATURAL DESTINATION

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.

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.

NOT AVAILABLE
AT THE
MOMENT

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.



Facial treatments

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SATURNIA

NATURAL DESTINATION

The facials of “Saturnia Collection” include cleansing, moisturizing, revitalizing and anti-ageing treatments suitable for every skin type and that can be personalized according to your specific needs.

Regenerating and moisturizing treatments with the Terme di Saturnia SPA Cosmetics skin-care products. Thermal plankton is the exclusive ingredient of all products, a pure extract obtained from spring waters which is rich in amino acids, sulphur, potassium and magnesium, endowed with extraordinary hydrating properties.

Facial treatments

IRENE FONTECCHI

Technical Manager and Beauty Trainer

CLEANSING FACIAL • 50 min € 95

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

SPECIFIC FACIAL • 50 min € 100

Draining

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.

IDRALIFT • 50 min € 125

Hydrating and lifting

A completely manual facial treatment with anti-ageing mask based on collagen and hyaluronic acid offering intense hydration, turgor and freshness. Ideal for all ages and skin types.

SATURN RITUAL dedicated to men • 50 min € 125

The treatment starts with a relaxing massage focusing on the neck and upper spine. After cleansing with cleansing milk and tonic, the face is pampered with precious products and a massage with shea butter to purify and nourish the skin in depth. Regeneration is completed with a mask followed by the application of a moisturising cream specifically for men's skin.

IDRALUCE • 80 min € 140

Hydrating and purifying

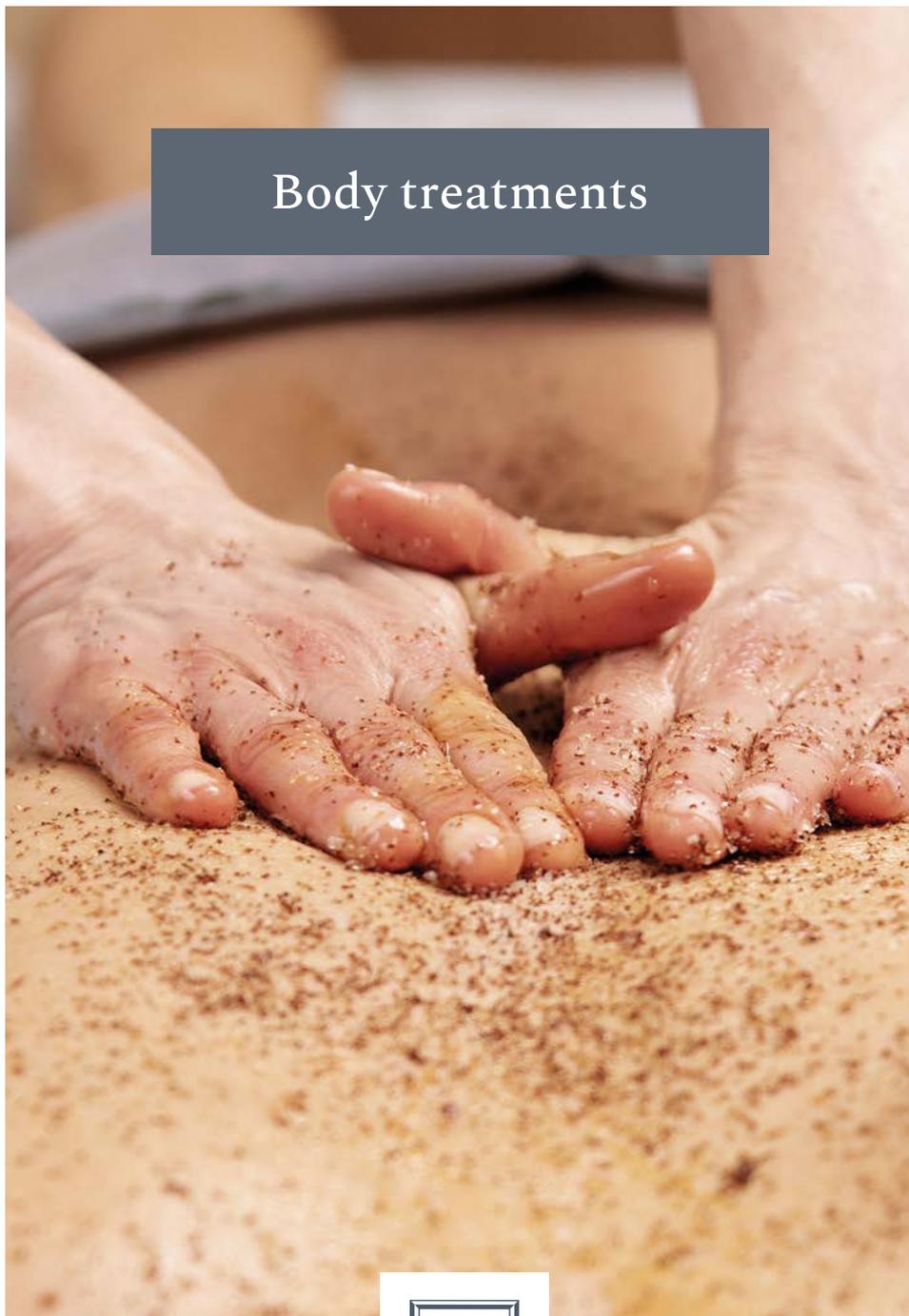
An innovative treatment, which uses the combined action of ultrasound and anti-smog cosmetics to nourish the skin, rendering it luminous, turgid and elastic. Purifying treatment with antismog action.

INTENSIVE FACIAL • 80 min € 140

Tonifying and anti wrinkle

An intensive anti-ageing treatment that, using electrical stimulation and lymphatic draining, smooths wrinkles, leaves the skin tighter and more toned. The treatment concludes with a toning gel mask applied with gauze.

Body treatments



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SATURNIA

NATURAL DESTINATION

Peeling, tonifying, anti-cellulite, draining body treatments that combine the expertise of our team with the signature products of Terme di Saturnia SPA Cosmetics and restore elasticity and tone the body, fights cellulite, eliminate toxins, thickened skin, fluid and water retention, and give immediate relief and a sensation of lightness.

Body treatments

SATURNIA MUD • 50 min € 80

Tonifying, anticellulite, draining

This is a natural thermal mud enriched with toning essences and essential oils. This mud restores elasticity and tones the body, fights cellulite and gives immediate relief and a sensation of lightness.

WELL-BEING FOR LEGS • 50 min € 90

Wrap and massage for legs

A treatment that combines wrap and massage with essential oils to drain and protect the skin. Particularly effective at toning the legs, it provides an immediate sensation of lightness and relief.

GOMMAGE & PLANKTON • 50 min € 95

Peeling and plankton mask

A delicate peeling of the entire body resulting in particularly smooth skin primed for the moisturizing.

DETOX TREATMENT • 80 min € 190

Massage and clay wrap

A draining massage with essential oil, followed by a white clay pack and final application of sweet almond oil. A very effective treatment to eliminate toxins, thickened skin and excess fluids.

MODELLING CAST • 80 min € 190

Massage and fossil flours localized application

An extremely effective treatment to tackle cellulite, atony and adiposity that uses the synergy of essential oils and vegetable extracts on the body applied by targeted massage, followed by the cast localized application. The alternation of hot and cold has an immediate toning, detoxifying and reducing effect from the first application.

 available in pairs

 a selection of oils will be available to customize your treatment



MAREMMAN INSPIRATIONS

NUTRIMELIS • 50 min € 100

Body massage and honey application

The application of honey and sweet almond oil provides dry and stressed-out skin with a unique firmness and freshness. At the same time it is draining and detoxifying.

OLEOBENESSERE • 50 min € 100

Aromatic oil massage and mud application

Body massage with warm aromatic oils and thermal mud pack, for a real “remise en forme” session with a relaxing, detoxifying and strongly moisturizing action.

ULIVITAS • 80 min € 120

Body massage and peeling with olive and basil olive oil

The combination of olive oil, essential oils and micronized basil can tone, smooth and energize every type of skin. Combined with a deep massage, it has a draining, anti-cellulite and toning effect.

IDRAVITIS • 80 min € 120

Peeling and massage based on vinacciolo

Body beauty ritual based on Vinacciolo nuggets. A complete treatment that includes a sweet scrub based on grape seed nuggets, followed by a relaxing whole-body massage with grape seed oil for an intense hydration and shine to the skin.



SWING & SPA

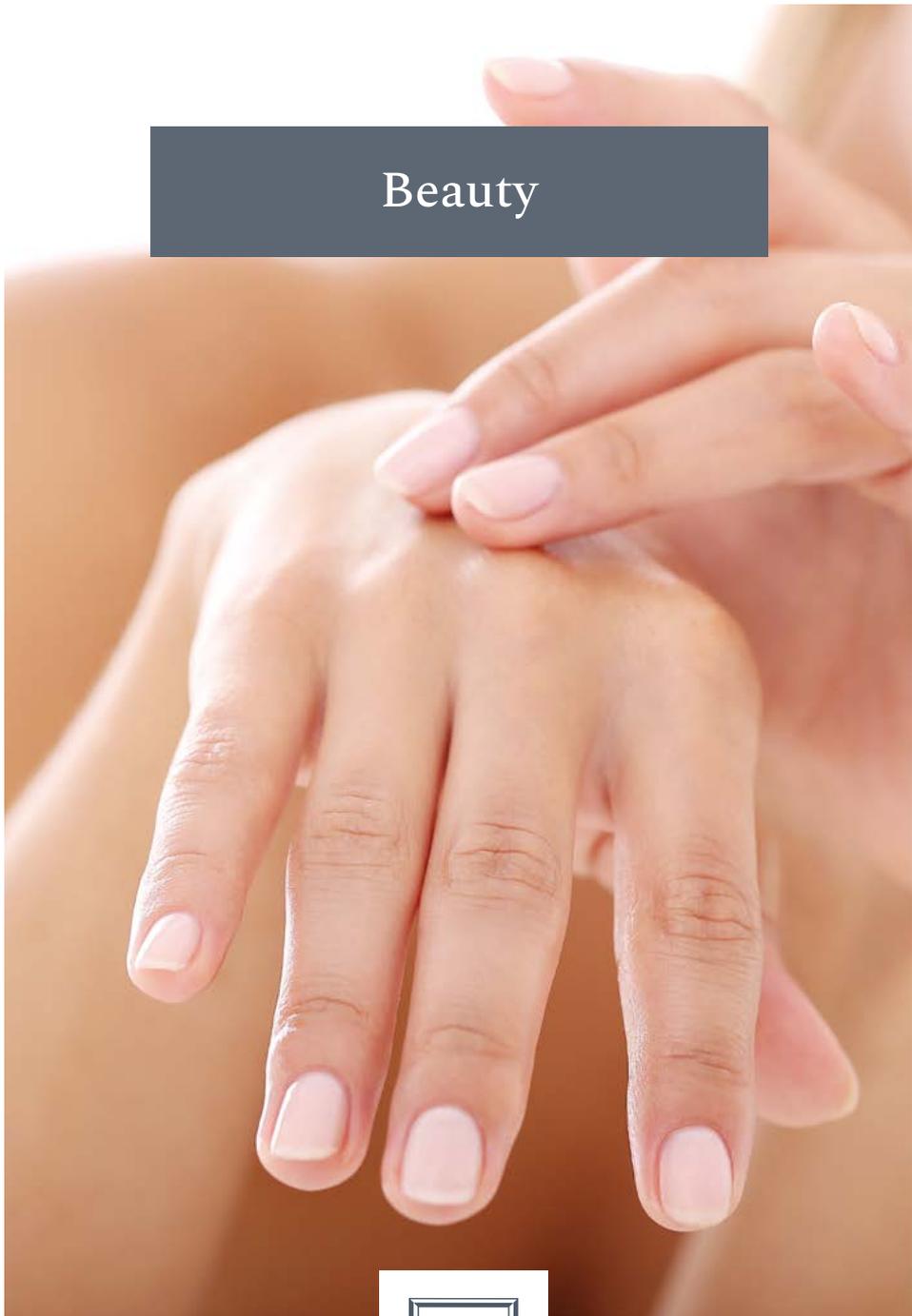
*"Golf and relax" in thermal water is the winning combination.
Complete your sporting expedience with our specific programs.*

🏠 GOLFER BACK MASSAGE • 40 min **€ 100**

💧 Targeted back massage and cervical area. Designed to give fluency and elasticity to the movements of the back and arms. Excellent as a preparation for field activity.

HOLE IN ONE TREATMENT • 80 min **€ 180**

Saturnia mud pack with high anti-oxidizing and relaxing properties, followed by a revitalizing massage using aromatic oil, relieves the signs of tiredness and muscular tensions providing vitality and well-being for a complete return to form.

A close-up photograph of two hands with light pink manicured nails. The hands are positioned in a way that suggests a manicure or a gentle touch. The background is a soft, out-of-focus warm tone.

Beauty

The logo for 'terme di SATURNIA' features the words 'terme di' in a small font above the word 'SATURNIA' in a large, bold, serif font. The text is enclosed within a double-lined rectangular border.

terme di
SATURNIA

NATURAL DESTINATION

A selection of professional beauty treatments and services to rediscover and enhance your natural beauty.

BEAUTY SERVICES

SEMI-PERMANENT NAIL POLISH REMOVAL • 25 min

hands or feet

€ 20

CLASSIC MANICURE

€ 45

Nail cutting and cuticle care, filing and the application of nail polish.

SPA MANICURE • 50 min

€ 70

A complete cure for your hands that combines the Classic Manicure with a treatment that includes scrub, mask and a careful massage to make the hands softer and more silky.

CLASSIC PEDICURE

€ 55

Nail cutting, filing, removal of calluses and the application of nail polish.

SPA PEDICURE • 80 min

€ 80

A complete cure that combines the Classic Pedicure with a treatment that includes scrub, mask and a careful massage for an authentic relief to your feet.

VELVET HANDS AND FEET • 50 min

€ 75

Paraffin bath with smoothing, moisturizing and nourishing action that emphasizes the beauty and well-being of hands and feet.

WAXING • 50 min

€ 65



Bella

THE "MOST BEAUTIFUL" CORNER OF TERME DI SATURNIA

Terme di Saturnia presents a new selection of treatments using the innovative technology of CELLU M6® - Alliance, a new technology designed to reactivate the cellular activity at the heart of our skin and fight against all the imperfections with results immediately visible. LPG® endermologie offers a 100% natural alternative for a beauty that comes from within: the treatment heads allow to send signals to the cells, thus obtaining incredible results in a completely natural way. During the first session, an evaluation is carried out by Terme's beauty specialists of Saturnia to choose the type of program best suited to the goal to be achieved.

ENDERMOLOGIE® FACE OR BODY • 50 min € 100

ENDERMOLOGIE® FACE + BODY • 80 min € 180

Non-invasive method of mechanical stimulation of the connective tissue that allows to reactivate natural physiological processes. A triple action in a single treatment: reduction of localized fat, smoothing of orange peel skin, firming of the skin. It represents a real fitness session for the skin, awakening the natural synthesis of substances essential for youth, stimulating the fibroblasts to the production of endogenous collagen, elastin and hyaluronic acid.

OXYGEN INFUSION • 50 min / 80 min € 210 / 290

Deep hydration - oxygenant and anti-wrinkles

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. It increases oxygenation levels, strengthens and improves volume.

GOLD FACE EXPERIENCE • 80 min € 210

Antioxidant and tonifyer

It begins with a thorough cleaning of the skin with thermal mud and purifying serum, continuing with a gentle massage of the face and concludes the experience with a final mask with very thin sheets of 24-karat gold. The high antioxidant and lightening power of gold can activate the production of collagen and elastin and the final application of a gel with silk extracts makes the skin smoother and velvety.

Thermal treatments



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SATURNIA

NATURAL DESTINATION

THERMAL TREATMENTS

Water as a primordial element of the Earth, and the specific properties of our spring water become fundamental in the natural therapies of a thousand-year tradition. All treatments require a preliminary medical consultation.

S MUD THERAPY WITH THERMAL BATH • 45 min € 55

Aged mud is created from the natural combination of clay and the precious water for a duration of at least 6 months.

A mask of hot (approx. 45°C) thermal mud, which when applied to particular parts of the body (shoulders, arms, back, knees) is recommended for the treatment and prevention of osteoarticular pathologies (such as arthrosis, rheumatism, issues with fractures). The intense thermal effect creates a muscular relaxation that improves these contractures.

After the mud therapy, a massage or Physiokinesitherapy is recommended.

S PARTIAL MUD THERAPY • 20 min € 40

hands or feet

Application of thermal mud to the hands and the feet.

S INHALATION THERAPY

These are therapies, which consist of administering thermal water which is nebulized in different ways, without the addition of medicine 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 € 15
- Aerosol € 15
- Sonic/ionic aerosol € 15
- Nasal irrigation € 18
- Micronized nasal shower € 18
- Collective nebulization € 15

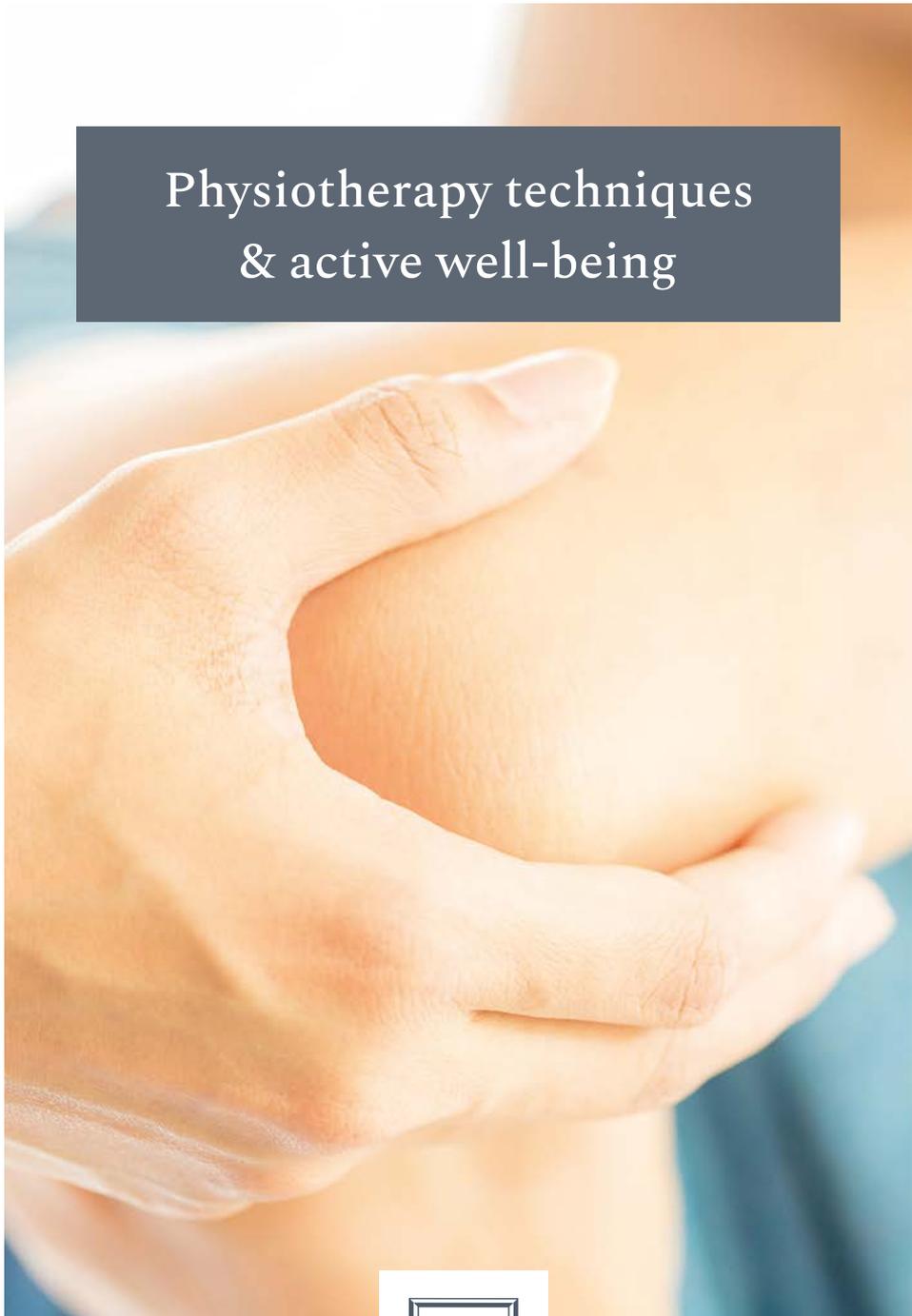
NOT AVAILABLE
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MOMENT

HYDROPINIC THERAPY

upon request

Drinking a glass of spring water in the morning fasting in small sips is indicated against constipation and dyspepsia and is an excellent detoxifier for the liver. The cycle of therapy is subject to medical examination. Our SPA Team remains at your disposal to indicate the location of spring water fountains for the treatment.

S service available by subscription



Physiotherapy techniques
& active well-being



NATURAL DESTINATION

Physiotherapy techniques & active well-being

Terme di Saturnia is the perfect place to get in form and regenerate your body. All treatments, except for the "Digital Detox" massage, require a preliminary medical consultation.

S PHYSIOKINESIOTHERAPY • 25 min / 50 min € 60 / 90

Manual techniques for mobilizing articulation used to restore functions of the locomotor system and to solve muscular problems.

S INDIVIDUAL HYDROKINESIOTHERAPY • 35 min € 90

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

S THERAPEUTIC MASSAGE • 20 min / 50 min € 60 / 100

An extremely personalized massage, recommended with a minimum of three sessions, which aims to improve joint mobility and muscle elasticity. The therapist will perform decontracting, connective and myofascial maneuvers according to the clinical symptomatology and the medical prescription.

S TECAR THERAPY • 20 min € 50

This path is particularly indicated in cases of motor rehabilitation, going to activate the natural anti-inflammatory and repairing processes that our body has. It also allows us to reduce the pain threshold while accelerating recovery times.

NEW

DIGITAL DETOX MASSAGE • 50 min € 120

A treatment aimed at relieving tension and muscle contractures caused by the digital and sedentary lifestyles. With deep-down and specifically targeted massage on areas of the neck, shoulders, arms and on all paravertebral muscles, our aim is to recover an excellent level of muscle tone by reactivating the nerve centres thanks to the reoxygenation of tissues and the elimination of excess toxins.





PILATES REFORMER • 50 min

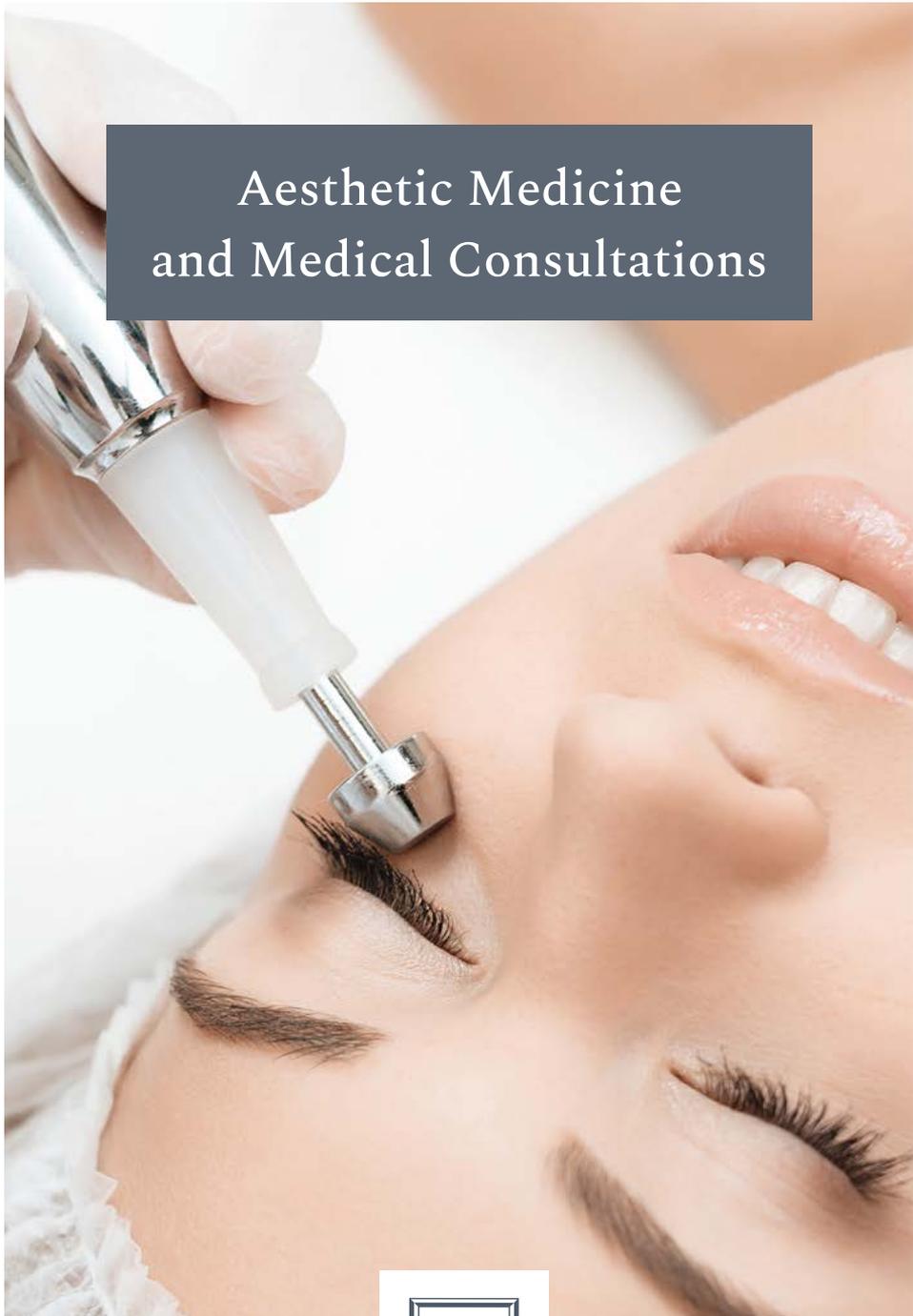
€ 90

The Pilates method is useful for those who suffer from back and postural problems, for those slightly overweight, but also women following pregnancy. Exercises using spring and wire-based.

NORDIC WALKING - INDIVIDUAL SITTING • 50 min

€ 90

An outdoor guided walk with sticks support, which reduces the load on the joints and increases energy consumption by reducing the feeling of fatigue. It is more effective than traditional walking and is a great way to play sports in contact with nature.



Aesthetic Medicine
and Medical Consultations



NATURAL DESTINATION

Aesthetic Medicine

DOMENICO MAZZONE
Aesthetic Medicine Specialist
Specialist in Dermatology and Thermal Medicine

PRELIMINARY CONSULTATION

Doctor Domenico Mazzone, dermatologist and aesthetic medicine specialist and head of the Aesthetic Medicine is available for a preliminary mandatory and complimentary consultation, to recommend treatments.

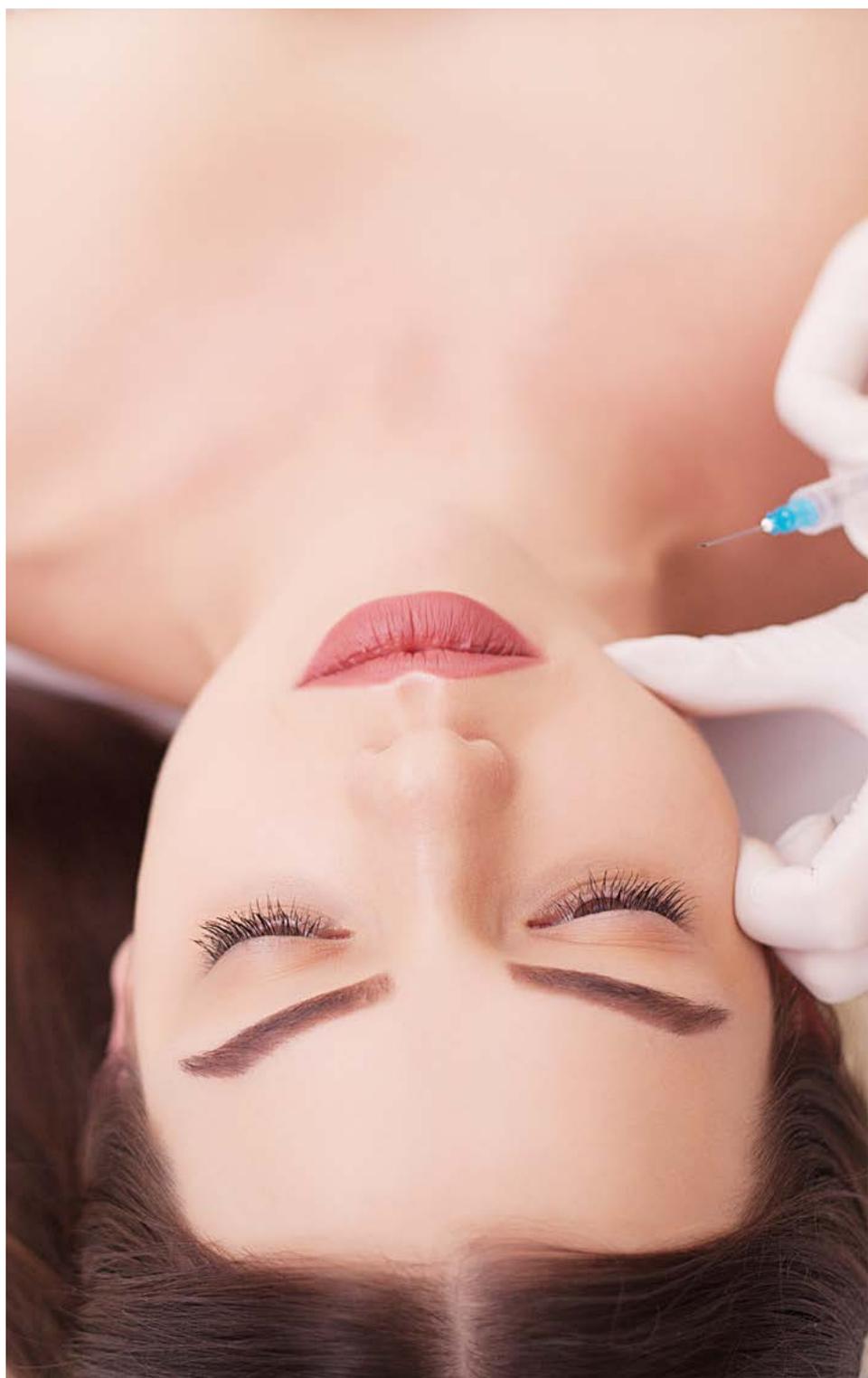
TRIPOLAR RADIOFREQUENCY

ENDYMED PRO 3 DEEP • 25 min / 45 min € 180 / 220

An advanced technology that warms the collagen of the dermis and the underlying tissue painlessly promoting the production of new collagen and elastic fiber. Its effects are visible from the first treatment. The treatment is particularly recommended for remodeling and toning the body (abdomen, legs, glutei). It is excellent for toning and smoothing wrinkles on the face and neck, the cheeks, the cheekbones and double chin.

MEDI FACE • 80 min € 420 / 480

Integrated protocols that encompass the professional competence of Doctor and Beautician. Two different treatments for the face and neck: the first is particularly suitable for those who want to give brightness and an extraordinary plumping effect in a single session thanks to the use of hyaluronic acid; the second, is suggested for those who wish to definitively lighten the spots on the face thanks to the use of vitamin C.



FILLER

HYALURONIC ACID FILLER • 25 min

€ 460 / 600

One of the most effective anti-ageing treatments with optimal results in the reduction of bags and rings under the eyes, for a fresher and more appealing face. An injective treatment using hyaluronic acid distinguished by its exceptional consistency that makes it ideal for filling in both surface and deep wrinkles and the revitalization of the ocular area.

INJECTION THERAPIES

LIFTING THREADS • 50 min

€ 160 / 400

This is an important revitalizing and lifting treatment for face and body which removes lines by inserting polydioxanone lifting threads that lift and stimulate the regenerate of loose tissue, encouraging the formation of new collagen, responsible for skin elasticity.

FACIAL BOTULIN • 25 min

€ 500

The most powerful anti-wrinkling beauty treatment. It produces evident rejuvenation of the face by acting on the relaxation of the facial expression muscles with excellent results in reducing bags and shadows under the eyes. A safe, anallergic, quick and painless treatment that doesn't cause bruising.

BOTULIN LOCALIZED HYPERHIDROSIS • 50 min

€ 1000

An effective treatment to reduce axillary, palmar and plantar hyperhidrosis; botulin is the preferred treatment to tackle excessive sweating in the indicated areas.

CARBOSSITHERAPY FACE | BODY

€ 170 / 150

Localized microinjections of medical carbon dioxide have various effects according to the specific area of the body involved. Performed on the face, neck and décolleté, carbosstherapy provides luminosity and tone, while it renders the skin on the body more elastic, tackling unsightliness such as cellulite, localized adiposity, stretch marks and scarring.

BIOSTIMULATION

€ 250

A medical beauty treatment using hyaluronic acid, vitamins and amino-acid to recuperate skin tone and elasticity, to regain clarity and freshness. Performed on the face, neck and décolleté, it makes the skin brighter and tauter, with progressive "rejuvenation". The treatment is also recommended for treating acne scarring.

PEELING

CLASSIC TURNOVER

AND LIGHTNING TURNOVER PEELING • 25 min

€ 160

This personalized treatment involves the application to the epidermis of one or more chemicals, for a delicate yet deep action exfoliating effect. It is effective in removing a variety of flaws and blemishes.

PRX - T33 BIOREVITALIZING PEELING • 25 min

€ 200

Recommended for those looking to rejuvenate their face without using injections and those looking to tighten and smooth the skin. It moisturizes the dermis, brightens the skin and tones tissue. It is recommended for the treatment of acne, scarring and stretch marks. Compatible with sunbathing.

LASER

LASER FRAXEL • 25 min

€ 800

This is a cold, fractional non-ablative laser that use optical fibres to act deep in the tissue with an anti-ageing effect at the level of the epidermis. The Fraxel laser is indicated for the treatment of superficial and deep wrinkles of the face, including the periorbital area. The Fraxel laser is also used for the removal of fibromas, verrucas, keratosis, seborrheic keratosis, condylomata, cutaneous dyschromia, melasma and scars.

LASER SYNCHRO FT • 50 min

Depilation

€ 150 / 600

Vascular

€ 250 / 500

The Synchro-FT is a multi-functional piece of equipment that can perform depilation treatments on all skin types as well as the removal of vascular damage (couperosis, rosacea, minor teleangiectasia, capillaries and veinules). With doctor's approval, it can also be used to treat folliculitis, acne, melasma and pigmented skin damage and for the personalized treatment of cutaneous photorejuvenation.

MEDICAL CONSULTATIONS

MEDICAL CHECK-UP

€ 60

Required for Thermal and Physiotherapeutic Treatments (complimentary for hotel guests).

DERMATOLOGY CHECK-UP

€ 110

A specialized check-up for skin anomalies, hazardous moles, viral skin conditions (papillomas, fibromas) and precancerous lesions.

PHYSICAL MEDICINE CHECK-UP

€ 110

Specialised consultation to evaluate irregularities and dysmorphisms of the spinal column and the muscular system.

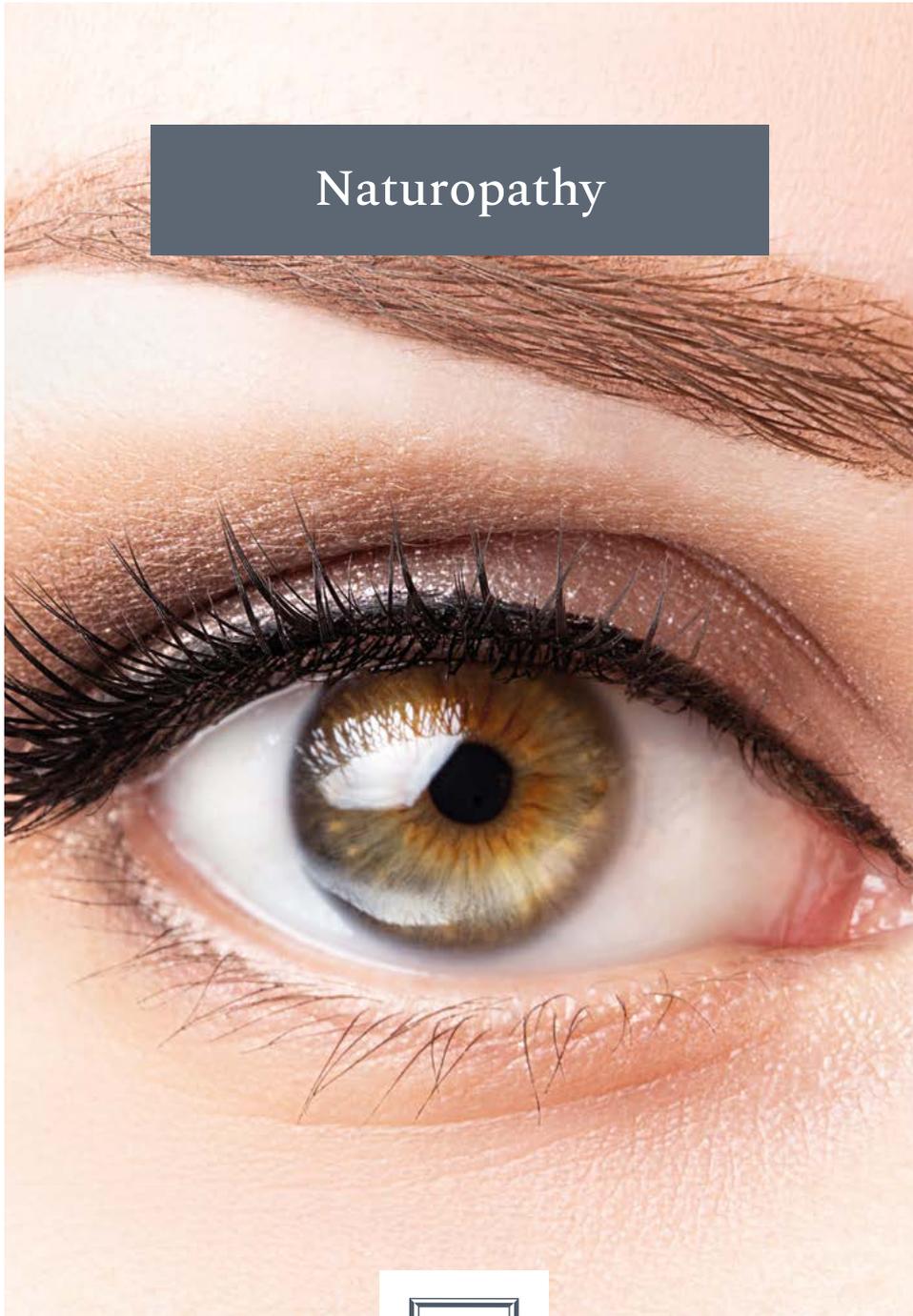
OTOLARYNGOLOGY CHECK-UP

€ 110

Ear, nose and throat examinations.

NUTRITIONAL CONSULTATION

€ 110



Naturopathy

terme di
SATURNIA

NATURAL DESTINATION

Naturopathy

LAURA QUINTI

Expert in nutrition, iridology, energy medicine, family constellations.

Naturopathy investigates a person's equilibriums, considered as the body in its entirety of mind, body and spirit, and employs natural methods to improve the quality of life.

NATUROPATHIC CONSULTING • 25 min **€ 130**

The **iridology check-up** tackles conditions of dysbiosis, candida, dietary intolerances and discomforts, stress, chronic tiredness, states of anxiety and emotional disorders, anti-ageing and various types of aches. The treatment is always personalized to discover and maintain complete psychophysical equilibrium.

BIO-ENERGETIC HEALING • 50 min **€ 130**

An effective technique to resolve emotional traumas and blocks caused by unwanted indispositions and behavior. It acts directly at the biological level, instantly eliminating the most harmful blocks dating back to the prenatal phase, as well as recent or historical trauma. The trauma occurs after the event by staying in the body's physiology.

FAMILY CONSTELLATIONS • 50 min **€ 130**

A systematic method with an efficient variety of actions relating to the family, relationships, health, work and business relationships. Family constellations discover and resolve hidden dynamics that block our well-being and success. During the meeting the real root of the problem emerges allowing recuperation and reactivation of the one's potential in each aspect of one's life.

KRISTAL REIKI • 50 min **€ 130**

An energy technique which balances and harmonizes at the physical, mental and spiritual level. Reiki becomes more effective with the use of crystals to act your deepest needs relating to stress, increasing mental clarity and accelerating every process of psychophysical healing.

QUANTUM TEAM **upon request**

Precious tools and techniques, specific for groups, to transform stress into vital energy, increasing productivity, communication effectiveness, charisma and to strengthen health, lightening routine through regaining your psychophysical balance.



NATURAL DESTINATION

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OF THE WORLD®



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184 ISO 45001:2018