

CRYOTHERAPY BENEFITS

SLIM

ACCELERATES THE METABOLISM
FACILITATES WEIGHT LOSS
BURNS UP TO 600KCAL

PERFORMANCE

ENHANCES SPORTS PERFORMANCE
REDUCES RECOVERY TIME
INCREASES ENERGY CAPACITY

CIRCULATION

STIMULATES THE RELEASE OF ENDORPHINS
IMPROVES CIRCULATION, REDUCES THE
SIGNS OF CAPILLARIES AND VARICOSE VEINS

ANTI-CELLULITE

FIGHTS THE IMPERFECTIONS OF CELLULITE
IMPROVES THE LYMPHATIC FLOW
TONES THE SKIN

DETOX

REDUCES OXIDATIVE STRESS
FACILITATES THE ELIMINATION OF TOXINS
REDUCES PAIN AND INFLAMMATION

ANTIAGE

FIGHTS FREE RADICALS
IMMUNE SYSTEM BOOST

FOR MORE INFO PLEASE CONTACT
THE SPA RECEPTION

terme di
SATURNIA

NATURAL DESTINATION



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 AND BUNDLE PACK

One person	60 €	5 one person couple	250 400 €
Couple	100 €	10 one person couple	450 750 €
		20 one person couple	800 1.300 €

❄️ PASS UNLIMITED

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

❄️ DAY SPA HOT SPRING POOLS

1 daily entrance + 1 mud self-treatment + cryotherapy	1 person	90 €
2 daily entrances + 2 mud self-treatments + cryotherapy	couple	150 €

❄️ DAY SPA CLUB

1 daily entrance + 1 mud self-treatment + cryotherapy	1 person	130 €
2 daily entrances + 2 mud self-treatments + cryotherapy	couple	230 €

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.