



EXECUTIVESPA&GYM
FITNESS&BEAUTY

WELLNESS PROGRAM



EXECUTIVE SPA & GYM
FITNESS & BEAUTY

EXECUTIVE WELLNESS PROGRAMS

A path to wellness to be explored over the course of a day,
to let yourself relax and regain balance and inner peace.
A journey to rediscover joy and self-awareness as a whole.

THE DE-STRESSING - RELAXING PROGRAM 150 min

Pilates and Stretching session - 30 min

Wellness Program - 60 min

Multi-sensory Shower

Steam Bath + Ice Cascade

Relax - 10 min

Multi-sensory Shower

Whirlpool Tub

Relaxation

€ 60

To be combined with:

Deep Massage: stabilizes, nourishes, strengthens and softens;

Main Manipulation: rubbing and stretching;

Direction: top to bottom;

Body parts: neck, shoulders, arms, hands, back, whole body;

package total € 135



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WELLNESS PROGRAMS

THE DETOXIFYING PROGRAM 150 min

Cardio-Functional Training - 30 min

Wellness Program - 60 min

Sauna

Multi-sensory Shower

Hydromassage

Relaxation

Turkish Bath + Ice Cascade

Relaxation

€ 60

To be combined with:

Gentle Massage: pacifies, calms and provides freshness;

Main Manipulation: stroking and rocking;

Direction: top to bottom;

Body parts: head, face, neck, shoulders, whole body;

package total € 135



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WELLNESS PROGRAMS

THE ENERGIZING PROGRAM 150 min

Functional Circuit Training - 30 min

Wellness Program - 60 min

Sauna

Ice Cascade

Whirlpool Tub

Relaxation

Sauna

Ice Cascade

Relaxation

€ 60

To be combined with:

Dynamic and Draining Massage: lightens and loosens;

Main Manipulation: kneading and pumping;

Direction: bottom to top;

Body parts: feet, legs, pelvis, whole body;

package total € 135



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FACE TREATMENTS

AYURVEDIC FACIAL TREATMENT 60 min.

Hydrating	€	85
Purifying	€	85
Soothing	€	85
Nourishing	€	85

LINFODRAINER

Face Treatment	€	50
5 Face Linfodrainer	€	220



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BODY TREATMENTS

EXFOLIATING TREATMENTS 30 min.

Aroma Salt Body Scrub	€	45
Nourishing Body Scrub	€	45

BODY TREATMENTS 30 min.

Detoxing Alpine Mud	€	40
Skin Repair Anti-Aging	€	40
Moisturizing Body Wrap	€	40
Calming Body Wrap	€	40
Detoxifying Cellulite	€	90



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BODY TREATMENTS

MASSAGES

Energizzing Herbal Massage	€ 90
Sport & Vitality Massage	€ 85
Lymph Stimulation Massage	€ 85
Mind Relaxing Aroma Massage - 50 min.	€ 90
Mind Relaxing Aroma Massage - 80 min.	€ 120
Deep Relax Massage - 50 min.	€ 85
Deep Relax Massage - 80 min.	€ 115
Vital Stone Massage - 75 min.	€ 100
Lighten Foot Massage - 30 min.	€ 50
Dynamic Recreation Back Massage - 50 min.	€ 85

AYURVEDIC MASSAGES

Abhyangam - 60 min.	€ 100
Padabhyangam - 40 min.	€ 60



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BODY TREATMENTS

LINFOPRESS 50 min.

1 session	€ 50
5 sessions	€ 225
10 sessions	€ 400
In addition to treatments	€ 20

LINFODRAINER

Body Treatment	€ 85
5 Body Linfo drainer	€ 370
10 Body Linfo drainer	€ 650
In aggiunta a trattamenti	€ 20

EXPRESS ED ESTETICA

Express Facial Cleanse	€ 40
Deep Facial Cleanse	€ 50
Facial Cleanse for Men	€ 50
Manicure	€ 20
Manicure with semi-permanent nail polish	€ 40
Pedicure	€ 30
Pedicure with semi-permanent nail polish	€ 50
Facial Hair Removal	€ 15
Arms and Armpits Hair Removal	€ 30
Legs and Groin Hair Removal	€ 45



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SPA AREA

Admission to the Spa Program - 90 min	€ 30
Private spa - 60 min	€ 100
Private spa - 60 min and use of the Wellness Centre Services - 90 min	€ 140
Exè Private Ritual (Private + Couple's Massage 140 min)	€ 240
Spa Night Celebration (SPA exclusive) from 9 p.m. to 11 p.m. up to 10 people	€ 500
For each extra person from 9 p.m. to 11 p.m. from 11 to 20 people	€ 50
Open Day Celebration (spa exclusive) from 4 p.m. to 6 p.m. or from 6 p.m. to 8 p.m. from 1 to 20 people	€ 1.200
Private Room 90 min and use of the spa - 90 min max. 6 people	€ 280



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FITNESS AREA

Maximum 3 people per hour

Free Admission - 50 min	€ 25
Individual lesson with Personal Trainer - 50 min	€ 40
Couple's lesson with Personal Trainer - 50 min - per person	€ 30
Lesson for 3 people with Personal Trainer - 50 min - per person	€ 25
10 - session package for 1 person - Total price	€ 360
20 - session package for 2 people - Total price	€ 640
10 - session package for couple's lesson Total price per person	€ 250
20 - session package for couple's lesson Total price per person	€ 450
10 - session package for 3 person Total price per person	€ 230
20 - session package for 3 people Total price per person	€ 300



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WELLNESS PACKAGES

ENERGY WAVE - 2 hours

€ 155

Program with a highly revitalizing effect that offers a pleasant feeling of well-being thanks to an invigorating action of the hot boluses.

- Turkish bath
- Exfoliating treatment
- Massage with hot boluses

DETOX - 2.15 hours

€ 130

Detoxifying program, activates metabolism and gives an immediate feeling of lightness.

The mud of the Dead Sea, rich in trace elements, tones and smooths the body.

- 30 min cardio training
- 15 min sauna
- Dead Sea mud pack
- Massage with detoxifying herbal oil



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WELLNESS PACKAGES

REDENTION - 2.30 hours

€ 180

A global relaxation program to achieve true psychological and physical well-being through a deep massage with hot stones combined with an illuminating facial treatment.

- Sauna
- Hot Stone Body Massage
- Illuminating Facial Treatment

PEACEFULL - 3 hours

€ 200

Complete program of absolute well-being, thanks to aromatherapy oils and sound of singing bowls.

- Turkish bath
- Emotional showers
- Exfoliation with Dead Sea salts
- Aromatherapy massage
- Draining facial massage



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BALANCE - 3.30 hours € 245

Program that allows to reach a state of pure relaxation by eliminating stress and tension.

After the detoxifying Turkish bath and invigorating whirlpool, you will be enveloped by the fragrances of body and face masks combined with a relaxing massage of the feet and scalp.

- Hydromassage
- Turkish bath
- Body and face exfoliation
- Body mask
- Face mask
- Massage of the scalp
- Foot massage

HAMMAM

Berber ritual.

Stimulates the elimination of dead cells and toxins, reactivates circulation and regenerates the skin.

- CLASSIC HAMMAM € 90
savonage, steam bath, exfoliation, hydration

- GHASSOUL HAMMAM € 130
savonage, steam bath, exfoliation,
clay body mask, hydration



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