



EXECUTIVESPA  
FITNESS&BEAUTY

---

WELLNESS PROGRAM  
IN-HOUSE GUESTS



EXECUTIVESPA  
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 € 50

---

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 € 120

---



EXECUTIVESPA  
FITNESS&BEAUTY

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

€ 50

---

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 € 120

---



EXECUTIVESPA  
FITNESS&BEAUTY

THE ENERGIZING PROGRAM 150 min

Functional Circuit Training - 30 min

Wellness Program - 60 min

Sauna

Ice Cascade

Whirlpool Tub

Relaxation

Sauna

Ice Cascade

Relaxation

€ 50

---

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 € 120

---



EXECUTIVESPA  
FITNESS&BEAUTY

## FACE TREATMENTS

### FACE 50 min.

Aquaforce	€ 70
Purity	€ 70
Defense	€ 70
Synage	€ 75
Perfect Man	€ 75

### INTENSIVE 60 min.

Lifting Code	€ 90
Age 3D	€ 90

### LINFODRAINER

Face Treatment	€ 45
----------------	------



EXECUTIVESPA  
FITNESS&BEAUTY

## BODY TREATMENTS

### EXFOLIATING TREATMENTS 30 min.

Aroma Salt Body Scrub € 40

Nourishing Body Scrub € 40

### BODY TREATMENTS 30 min.

Detoxing Alpine Mud € 35

Skin Repair Anti-Aging € 35

Moisturizing Body Wrap € 35

Calming Body Wrap € 35

Detoxifying Cellulite € 80

### MASSAGES

Energizing Herbal Massage € 80

Sport & Vitality Massage € 75

Lymph Stimulation Massage € 75

Mind Relaxing Aroma Massage - 50 min. € 80

Mind Relaxing Aroma Massage - 80 min. € 110

Deep Relax Massage - 50 min. € 75

Deep Relax Massage - 80 min. € 105

Vital Stone Massage - 75 min. € 90

Lighten Foot Massage - 30 min. € 45

Dynamic Recreation Back Massage - 50 min. € 75



EXECUTIVESPA  
FITNESS&BEAUTY

LINFOPRESS 50 min.

1 session € 45

In addition to treatments € 20

LINFODRAINER

Body Treatment € 75

In aggiunta a trattamenti € 20

EXPRESS ED ESTETICA

Express Facial Cleanse € 35

Deep Facial Cleanse € 45

Facial Cleanse for Men € 45

Manicure € 15

Manicure with semi-permanent nail polish € 35

Pedicure € 25

Pedicure with semi-permanent nail polish € 45

Facial Hair Removal € 12

Arms and Armpits Hair Removal € 28

Legs and Groin Hair Removal € 38



EXECUTIVESPA  
FITNESS&BEAUTY

SPA AREA

Admission to the Spa Program - 120 min	€ 25
Private spa - 90 min	€ 100
Private spa - 90 min and use of the Wellness Centre Services - 120 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 - 120 min max. 6 people	€ 280





EXECUTIVESPA  
FITNESS&BEAUTY

## FITNESS AREA

FITNESS AREA - Maximum 3 people per hour

Free Admission - 50 min	€	/
Individual lesson with Personal Trainer - 50 min	€	35
Couple's lesson with Personal Trainer - 50 min	€	50
Lesson for 3 people with Personal Trainer - 50 min	€	70



EXECUTIVESPA  
FITNESS&BEAUTY

## PILATES

Personal Trainer lesson - 50 min. - per person	€	35
Classes of up to 5 people - per person	€	20



EXECUTIVESPA  
FITNESS&BEAUTY

## WELLNESS PACKAGES

ENERGY WAVE - 2 hours € 140

A program with a powerful revitalizing effect, which also offers a pleasant feeling of well-being thanks to the invigorating action provided by applying a mix of three Clays, combined with hand care treatment.

- Exfoliating Body Treatment
- Aromatherapy Body Massage
- Spa Manicure Treatment

PURITY - 2.5 hours € 180

A Detoxifying Program that provides an instant feeling of lightness: the saline scrub, which is rich in trace elements, smoothes the body, while the facial treatment brings a great sense of serenity and renewed vigor.

- Salt Scrub Body Treatment
- Relaxing Body Massage
- Anti-Fatigue Eye Contour Treatment

REDEMPTION - 2.5 hours € 160

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.

- Hot Stone Body Massage
- Illuminating Facial Treatment
- Spa Manicure



EXECUTIVESPA  
FITNESS&BEAUTY

PEACEFUL - 3 hours

€ 180

A comprehensive program to achieve true well-being. Starting with a special hands and feet treatment, followed by body exfoliation and, to conclude, a face and body massage.

- Hands and Feet Welcome Treatment
- Exfoliation with sea salt
- Face and Body Massage

BALANCE - 3.5 hours

€ 220

A program to reach a state of pure relaxation, getting rid of stress tension. After the detoxifying action of the Turkish bath and an invigorating hydromassage, the fragrances of Massage Oils will envelop you, combined with a scalp and facial treatment and, to conclude, a spa manicure and pedicure treatment.

- Hands and Feet Welcome Treatment
- Regenerating Massage
- Scalp Massage
- Customized Facial Treatment



EXECUTIVESPA  
FITNESS&BEAUTY

Via Circondariale San Francesco, 2  
41042 Fiorano Modenese - MO - Italy - tel. +39 0536 1811508  
[executivespaegym.com](http://executivespaegym.com)