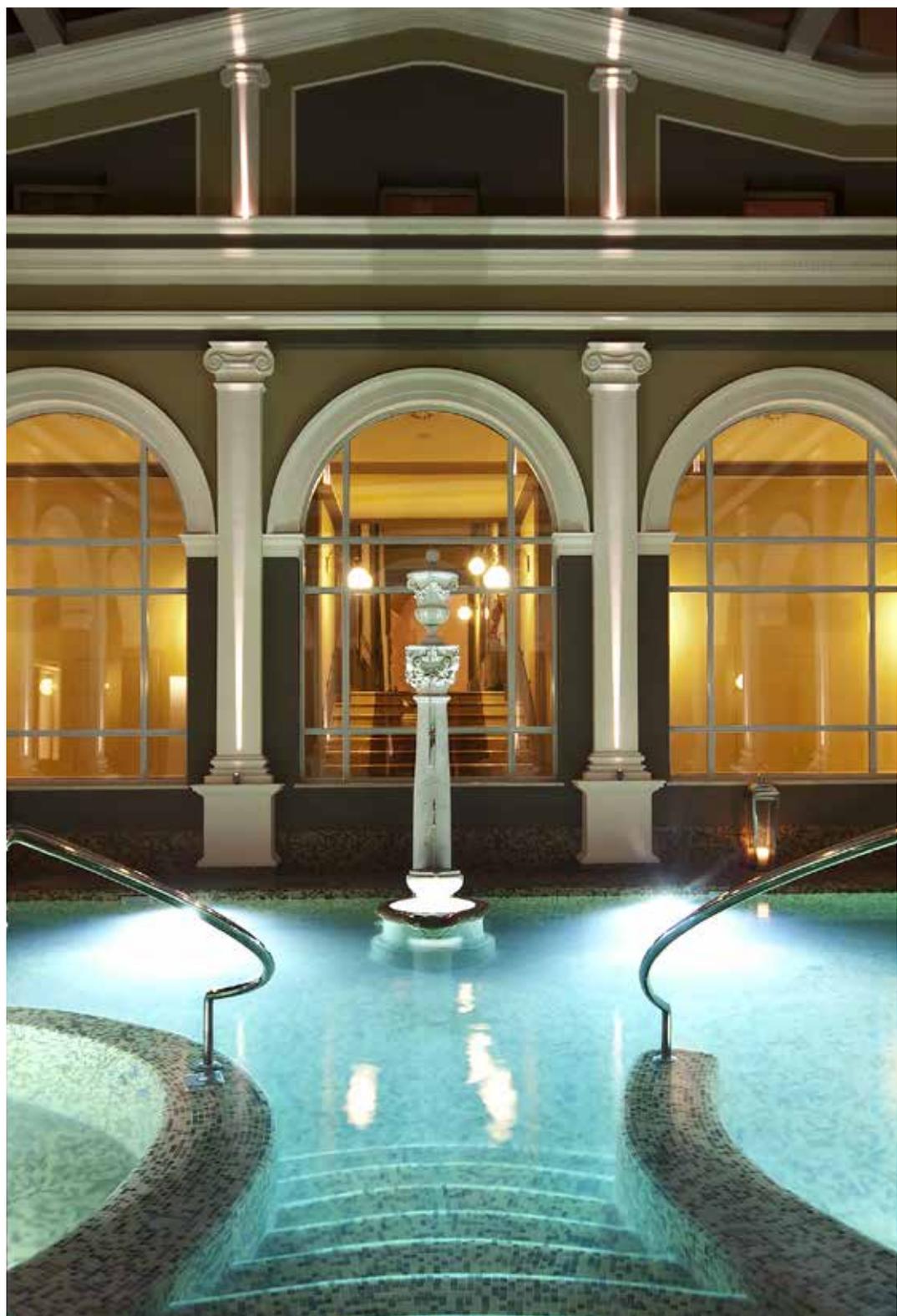


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1. THE THERMAL SPA

The health-giving properties of the spa water of Bagni di Pisa have been famous since the time of the Etruscans and Romans, and centuries later, the Grand Dukes of Tuscany. It is full of precious minerals and trace elements from the Monti Pisani aquifer.

The water is used exactly as it is when it bubbles up from the spring: its anti-inflammatory and relaxing effect is invaluable for health and can be boosted by applying it in different ways.

One way is with mature thermal mud: an excellent heat transmitter that contains concentrated thermal water trace elements that have analgesic, relaxing and detoxing effects.

Our water has great benefits for the respiratory system too: it cures many chronic ailments and stimulates the immune system.

At Bagni di Pisa beauty is a source of wellness. The thermal pools and baths are set among the pilasters and the arches of the Grand Duke's palace, and the end result is a setting that can justifiably be called magnificent.

SALUS PER AQUAM

	Hotel guests	complimentary
Day spa guests - Monday to Friday		45
Day spa guests - Saturday and Sunday		50

BIOAQUAM THERMAL POOL

Pool of hot spring water with natural bicarbonate-sulphate-calcium-magnesium content, fed directly from the source with any chemical treatment. The water emerges at the source at a temperature of 38°C. The Bioaquam pool unites the health benefits of the natural spring water with those of hydro-massage. In the correct order, the treatments have a therapeutic effect on the circulatory and musculoskeletal system: treatments include sculpt hydro-massage for body toning, hydro-massage for lymphatic draining, and hydro-massage of the buttocks and lumbar region.

INDOOR HOT SPRING POOL

Pool of hot spring water with natural bicarbonate-sulphate-calcium-magnesium content, fed directly from the source with any chemical treatment. The water emerges at the source at a temperature of 38°C

OUTDOOR HOT SPRING POOL

Pool of hot spring water with natural bicarbonate-sulphate-calcium-magnesium content, fed directly from the source with any chemical treatment. The water emerges at the source at a temperature of 38°C. The pool has underwater hydro-massage jets that have a therapeutic effect on the circulatory and musculoskeletal systems.

MINERVA BATH

Pool filled with fresh water at 35°C. Bain bouillonnant with a series of powerful hydro-massage jets that act on the circulatory and musculoskeletal systems.

THALAQUAM

Water element: saline water at 37°C lulls you in total absence of gravity.

TURKISH BATH AND SAUNA

ACCESS TO THE NEW FITNESS AREA



	🕒	€
THE GRAND DUKES' THERMAL GROTTO	20	35
<p>The Grand Dukes' thermal grotto is a small natural thermal cave. In its wonderful pool, hollowed out from the rock, the water flows down a little waterfall, creating a warm-humid environment. This relaxing setting stimulates the body physiologically and gives a perfect sensory and regenerating experience.</p>		
THERMAL MUD		
with thermal bath	50	40
with thermal shower	30	40
<p>Mature thermal mud is made by mixing natural clays with the spring water, and matures for at least six months. The mixture is heated to 47°C and then fed directly to the treatment cabins. Application of mud induces perspiration with a detoxifying effect, reduces inflammations, and favours oxygenation of the tissues. The treatment also has a decontracting and analgesic effect.</p>		
THERMAL HYDRO MASSAGE	20	25
<p>Treatment of the vascular system. The thermal water and underwater hydro massage stimulate microcirculation and cellular metabolism.</p>		
THERMAL BATH	20	20
<p>Bath in thermal water at 38°C. The heat helps alleviate muscular tensions.</p>		
THERMAL AEROSOL OR INHALATION	20	20
<p>Advisable for chronic inflammations of the respiratory system and of the upper airways. Helps decongestion of the mucose and exerts a positive sedative action. Tutoring and specific consultations.</p>		

2. THE EQUILIBRIUM PHILOSOPHY AND ITS WELLNESS PROGRAMMES

Equilibrium is our wellness philosophy. It incorporates both physical and mental wellness. It teaches you how to manage stress, lifestyle, diet and physical activity, creating balance and harmony. It provides much more than a wellness experience. Its treatments are beneficial, and at the same time, it teaches a new lifestyle that is one of health, serenity and awareness.

THE EQUILIBRIUM PROGRAMME

The aim of the equilibrium programme is to optimally balance the body's systems that are most susceptible to inflammation. It is based on four principles: stress reduction, a personalised diet plan, physical exercise, and spa therapy. The surroundings, the green setting, the peace and quiet, and the spa waters of the baths are all invaluable to helping the wellness programme do its job: being in close contact with nature is an aid to rediscovering balance and awareness.

	3 nights	7 nights
THE PROGRAMME INCLUDES		
Personalized full board microbiotic dietary programme, Mediterranean, anti-inflammatory, rebalancing of microbiota (beverages not included)	3	7
THERMAL SPA		
Indoor and outdoor thermal pools with hydro massages at 38°C Bioaquam thermal pool with hydro massages Minerva whirlpool, Turkish bath and sauna, Thalaquam pool	3	7
CONSULTATIONS, EXAMS AND TREATMENTS		
Full medical check up by a PNEI coach doctor with PNEI score evaluation using Pneisystem® software	1	1
Blood chemistry tests (free radicals, antioxidant power and glycated haemoglobin) and blood oxygen saturation measurements (blood oxygen content)	1	1
Midweek medical and dietary checks	2	4
Urine analysis or pH evaluation	1	1
Dietology consultation with anthropometric analysis	1	1
Microbiotic diet programme - Mediterranean, anti-inflammatory, rebalancing of microbiota	1	1
Dietary cooking class with chef and dietist	0	1
Fitness walk with a fitness trainer (excluding Sundays)	3	6
Thermal water fitness classes	2	5
Spa treatments (thermal mud or underwater hydro massage)	2	5
Introduction to the Benson-Henry protocol-relaxation response		
Personalized treatments of 70 minutes each	1	3
Personalized treatments of 50 minutes each	1	2
Blue Print Kit, a detailed report with therapeutic and preventive advice, as well as all diagnosis documents	1	1



RATES

DAY SPA GUESTS

Rate is per person and includes consultations, treatments, lunches and dinners with personalized dietary regimen. Accommodation is not included.

3 days
€

880,00

7 days
€

1.820,00

HOTEL GUESTS

Rates are starting from, per person in double room, per package.

3 nights
€

1.218,00

1.265,00

1.339,00

1.386,00

1.434,00

1.521,00

1.764,00

7 nights
€

2.503,00

2.598,00

2.748,00

2.844,00

2.939,00

3.117,00

3.608,00

Comfort

Superior

Deluxe

Junior Suite Prestige

Junior Suite Exclusive

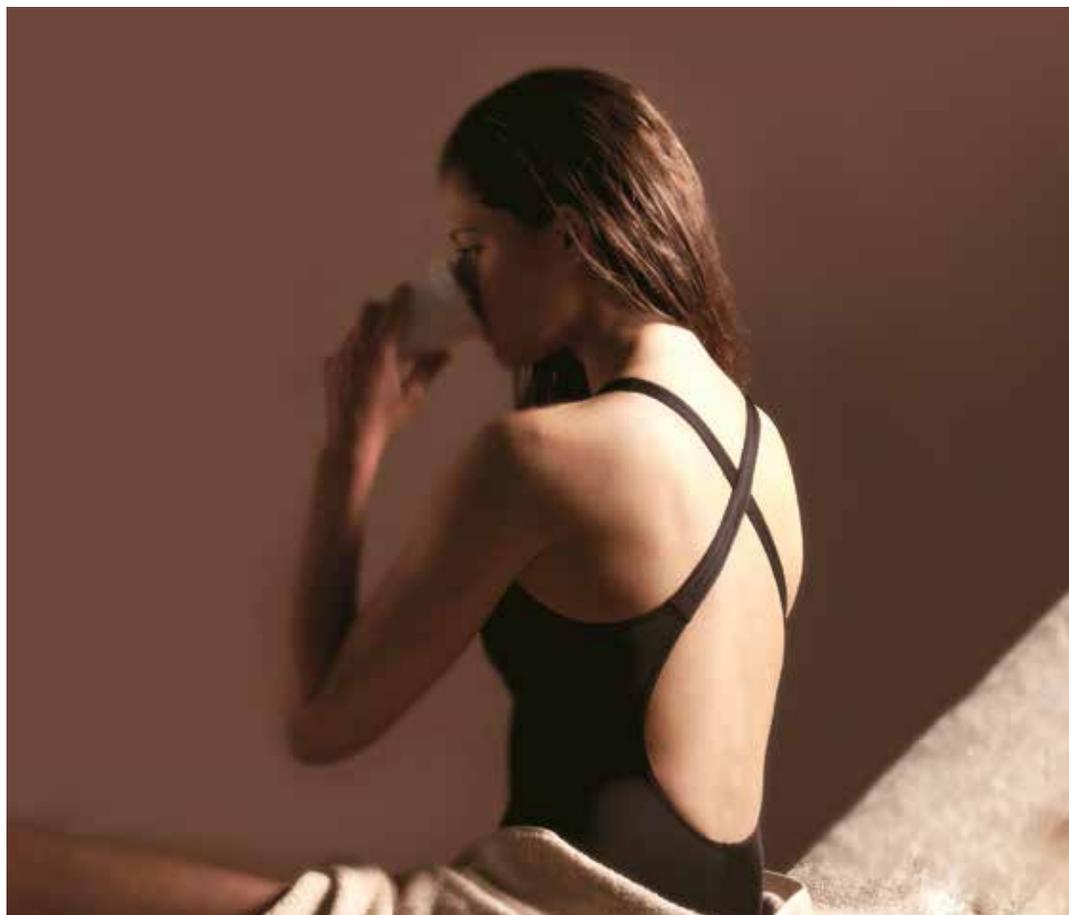
Suite

Suite Granducale

THE ALKALIZING DIET PROGRAMME

The alkalizing diet programme is a diet to help you lose weight and reduce acidity levels in tissue. It is based on foods that reduce acidity and have an anti-inflammatory effect and protect from oxidation and free radicals. This is complemented with draining and detoxing treatments and rounded off with spa water treatments.

	7 nights
THE PROGRAMME INCLUDES	
Personalized full board Mediterranean dietary programme, rebalancing of microbiota (beverages not included)	7
THERMAL SPA	7
Indoor and outdoor thermal pools with hydro massages at 38°C	
Bioaquam thermal pool with hydro massages	
Minerva whirlpool, Turkish bath and sauna, Thalaquam pool	
CONSULTATIONS, EXAMS AND TREATMENTS	
Blood tests (free radicals, antioxidant power) and pulse oximetry test (blood oxygen saturation)	1
Urine pH test	1
Dietary consultation with body type analysis	1
Personalised nutrition programme based on the Mediterranean diet and rebalancing of microbiota	1
Dietary check-ups	2
Meetings with a medical tutor	6
Fitness walk with a fitness trainer (excluding Sundays)	6
Fitness classes in thermal water 50'	5
Personalised thermal beauty treatments 50'	3
Endosphere body treatments 50'	3
Underwater massages 50'	6
Personalised massages 80'	3
Steam baths in the Grand Dukes' thermal grotto 20'	3
Colon hydrotherapy treatments	2
Cooking lesson with our chef	1
Lunches with the dietician or medical tutor	6



RATES

DAY SPA GUESTS

Rate is per person and includes consultations, treatments, lunches and dinners with personalized dietary regimen. Accommodation is not included.

7 days
€
2.520,00

HOTEL GUESTS

Rates are starting from, per person in double room, per package.

Comfort	3.203,00
Superior	3.298,00
Deluxe	3.448,00
Junior Suite Prestige	3.544,00
Junior Suite Exclusive	3.639,00
Suite	3.817,00
Suite Granducale	4.308,00

THE INTENSIVE SLIMMING PROGRAMME

The intensive slimming programme is a new take on our approach to dieting, traditionally the special focus of Bagni di Pisa. It is personalized for each guest, enriched with functional elements, and incorporates the latest developments in the field of functional nutrition and nutraceuticals.

	7 nights
THE PROGRAMME INCLUDES	
Personalized full board Mediterranean diet	7
THERMAL SPA	
Indoor and outdoor thermal pools with hydro massages at 38°C	7
New Bioaquam thermal pool with hydro massages	
Minerva whirlpool, Turkish bath and sauna, Thalaquam pool	
CONSULTATIONS, EXAMS AND TREATMENTS	
Blood chemistry tests (free radicals, antioxidant power) and blood oxygen saturation measurements (blood oxygen content)	1
Dietary consultation with body type analysis	1
Personalized full board Mediterranean diet, rebalancing of microbiota	1
Dietary consultations	2
Meetings with a medical tutor	3
Fitness walk with a fitness trainer (excluding Sundays)	6
Fitness classes in thermal water 50'	5
Thermal mud treatments 50'	6
Lymph-draining or personalised massages 80'	3
Solidarium treatments (salt crystal bed) 20'	3
Acupuncture treatments 50'	3
Kelp leaf body treatments 80'	3
Colon hydrotherapy treatments	2
Lunch with the dietician or medical tutor	6
Cooking lesson with our chef	1

NUTRACEUTICALS IMMUNE SYSTEM

Every day kefir drinks, sea buckthorn juices, immune-boosting herbal teas with echinacea, milk vetch, gambier, wheat germ lysates



RATES

DAY SPA GUESTS

Rate is per person and includes consultations, treatments, lunches and dinners with personalized dietary regimen. Accommodation is not included.

7 days
€
2.720,00

HOTEL GUESTS

Rates are starting from, per person in double room, per package.

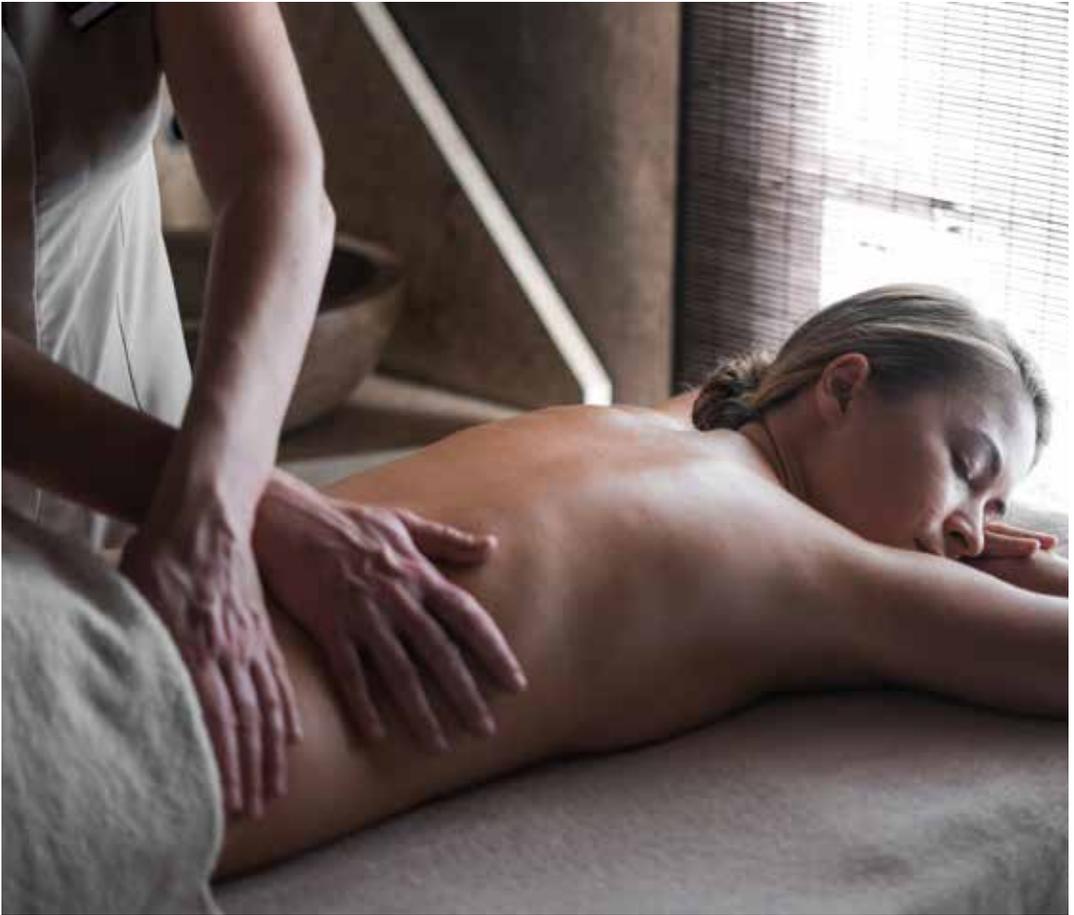
Comfort	3.403,00
Superior	3.498,00
Deluxe	3.648,00
Junior Suite Prestige	3.744,00
Junior Suite Exclusive	3.839,00
Suite	4.017,00
Suite Granducale	4.508,00

7 nights
€

THE DETOX PROGRAMME

Our body naturally eliminates the harmful substances produced by our metabolism and those that come from the food we consume or pollution. However, sometimes the actions of our body are not enough and harmful substances accumulate. For this reason it is necessary to help our defence systems. Our detox programme combines the anti-inflammatory and antioxidant power of spa water with a specific diet and techniques that restore the balance of our body's cleansing mechanisms, like colonic hydrotherapy and acupuncture.

	3 nights	1 day
THE PROGRAMME INCLUDES	3	1
Personalized Mediterranean diet		
THERMAL SPA	3	1
Indoor and outdoor thermal pools with hydro massages at 38°C		
Bioaquam thermal pool with hydro massages		
Minerva whirlpool, Turkish bath and sauna, Thalaquam pool		
CONSULTATIONS, EXAMS AND TREATMENTS		
Dietologic consultation with anthropometric analysis	1	1
Prescription of personalized Mediterranean diet plan, rebalancing of microbiota	1	1
Diet check up	1	0
Consultation with doctor tutor	1	1
Oxidative stress evaluation	1	0
Daily fitness walk with a fitness trainer (excluding Sundays)	3	0
Thermal water fitness classes 50'	2	0
Hydro colon therapy 50'	1	1
Thermal mud therapy 30'	1	1
Acupuncture 50'	1	0
Detoxifying treatment 80'	1	0
Lymphodraining massage 50'	1	1
Lunches with doctor tutor	2	0
Lunch with dietist	1	1
Fresh extracted juice	3	1



RATES

DAY SPA GUESTS

Rate is per person and includes consultations, treatments, lunches and dinners with personalized dietary regimen. Accommodation is not included.

3 days
€

930,00

1 day
€

296,00

HOTEL GUESTS

Rates are starting from, per person in double room, per package.

3 nights
€

Comfort

1.268,00

Superior

1.315,00

Deluxe

1.389,00

Junior Suite Prestige

1.436,00

Junior Suite Exclusive

1.484,00

Suite

1.571,00

Suite Granducale

1.814,00

3. TUTORING AND CONSULTATIONS

The medical staff at Bagni di Pisa dedicate all their committed professionalism and their experience to improve our guests' health. To decide the best route to take for each guest with all the spa treatments and thermal programmes, the guest's initial state of health and their expectations are assessed, so that goals can be established together. The personalised path that they will follow soon becomes clear: the best and most effective choice if you want to change your lifestyle.

	⊙	€
GENERAL MEDICAL CONSULTATION WITH OUR DOCTOR-TUTOR	free of charge	
DIETOLOGIC CONSULTATION Assessment of the nutritional state by looking at food history and by analysing body composition to deliver a personalised food regime.	50	150
DIETOLOGIC CONTROL	20	30
HYDROCOLON THERAPY This treatment can restore the balance and functionality of the colon, which is fundamental for good functioning in all the body.		120
FOOD INTOLLERANCE TEST 92 food elements 184 food elements		175 235
A useful test for identifying any foods that can cause adverse reactions in our organism (capillary blood sample).		
INFLORA SCAN Evaluation of intestinal health by identifying indicators of the integrity of the cellular wall and inflammatory markers (faeces analysis).		290
PROFLORA-CHECK Microbiological analysis of physiological intestinal bacteria (faeces analysis).		115
GLUTEN SENSITIVITY TEST Immunitary evaluation of the sensitivity to gluten by the ELISA method (capillary blood sample).		120
CELIAC DISEASE TEST Identifies the positive diagnosis of celiac disease, using the ELISA method (capillary blood sample).		115
OXIDATIVE STRESS TEST This test can provide data on the presence of free radicals and on antioxidant defences (capillary blood sample).		70
LIPIDOMIC ANALYSIS Evaluation of the profile of the fatty acids, important above all in determining the state of cellular inflammation (capillary blood sample).		100
DERMATOLOGICAL CONSULTATION		100





4. SPA COSMETOLOGY

Our skin is not just about looking beautiful. It influences all facets of our health - physical, psychological and emotional. This is why here at Bagni di Pisa we look after your skin using a scientific and professional approach that has made us a genuine point of reference in this field.

Our spa cosmetology is the result of a long history of growth, experience and research. The state-of-the-art treatments use natural, unique raw materials, like water, mature thermal mud, and professional cosmetics packed with active ingredients. At Bagni di Pisa, spa beauty treatments are a way to take care of all our guests, with the help of our staff who make every treatment an emotionally involving wellness experience.

FACE	⊖	€
FRUIT ACID PEEL Regenerating peel using AHA/BHA and thermal elements.	50	110
ANTIAGEING MICRODERMOLIFT Smoothing and revitalizing mechanical peel.	80	145
BRIGHTNING TREATMENT WITH CLAY Cleansing and detoxifying treatment with plant extracts.	50	85
ETERIA RADIANCE Oxygenating treatment with natural enzymes and thermal elements.	50	110
ANTI-STRESS REGENERATING FACE TREATMENT Relaxing massage for head, neck and décolleté with regenerating and relaxing effect.	50	85
ANTI-OXIDANT TREATMENT WITH VITAMIN C A truly moisturising and anti-oxidant treatment with pure stabilised vitamin C and thermal mud.	80	135
ANTIAGEING EXTREME Neck and décolleté lifting effect treatment with radio frequency, jaluronic acid and personalized booster vitamins.	80	170
ANTIAGEING LUXURY BAGNI DI PISA Antiageing treatment using vitamins and bio-tech jaluronic acid.	50	125
SKIN REGIMEN Antiageing facial with an innovative holistic approach, designed to renew, restore and tone the skin for a youthful, healthier appearance.	25	55
SACRED NATURE A nourishing and protective treatment using carefully selected organic ingredients which are anti-ageing and full of antioxidants.	25	50



BODY

	⌚	€
FRUIT ACID BODY PEEL	50	100
Chemical and mechanic peel to stimulate new collagen.		
DETOX THERMAL MUD WITH GLUTATHIONE NEW	50	100
Treatment using thermal trace extracts, glutathion and arnica.		
ENDOSPHERE	50	110
Massage through compressive micro vibrations which allows the treated area to be re-shaped.		
SLIMMING AND DRAINING CAST	80	150
Exclusive mix with slimming and lipolytic effect followed by a body cast.		
DRAINING TREATMENT WITH KELP LEAVES	80	150
A detoxing, mineralising and reducing treatment. A delicate scrub enriched with mineral salts and a draining massage using cold pressed kelp leaf oil.		
EQUILIBRIUM NEW	80	150
Face and body treatment with detoxing and draining effect. A salt scrub, seaweeds, thermal mud and phytomelatonin oil free our body from toxins, liquids and stress. We apply an innovative face mask with super anti-oxidant effect, personalised serums and creams to make the skin regenerated and oxigenated.		
BAMBOO MASSAGE NEW	50	110
Localised massage with caffeine and escine wrap.		
BODY SCRUB		
Honey, milk and brown sugar scrub	25	55
Sea salt thalasso scrub	25	55
Thalasso scrub and massagge	80	110

5. ETERIA, THE EXCLUSIVE COSMETICS LINE

The Eteria cosmetics line was created and has developed in tandem with our professional treatments, so that our guests can use our high-standard products at home and keep up the results that they have already achieved at the spa.

Eteria products are formulated using very high quality molecules and innovative, highly concentrated active ingredients. Hyaluronic acid, collagen, elastin and a mix of vitamins and trace elements are capable of visibly improving the most common blemishes from the very first times they are used. Thanks to their antioxidant power, stem cells stabilise the results and help maintain them over time.

	€
ETERIA DIVINE	
Skin Reveal Face Serum 30ml	115
Global Response Cream 50ml	260
All Night Cream 50ml	160
Eye and Lip Serum 30ml	110
ETERIA RADIANCE	
Restorative Cleanser 200ml	31
Hydra Source Age Prevention Cream 50ml	115
Age Prevention Acid Cream 50ml	115
Revealing Mask 50ml	95
Cleansing Milk 200ml	28
Beauty Lotion 200ml	28
Anti Age Hand Cream 75ml	34
ETERIA SUNCARE	
Solar Defence Face & Body Low 150ml	28
Solar Defence Face & Body Medium 150ml	28
ETERIA SCULPTURE	
Hydra tone 150ml	68



ETERIA
DIVINE

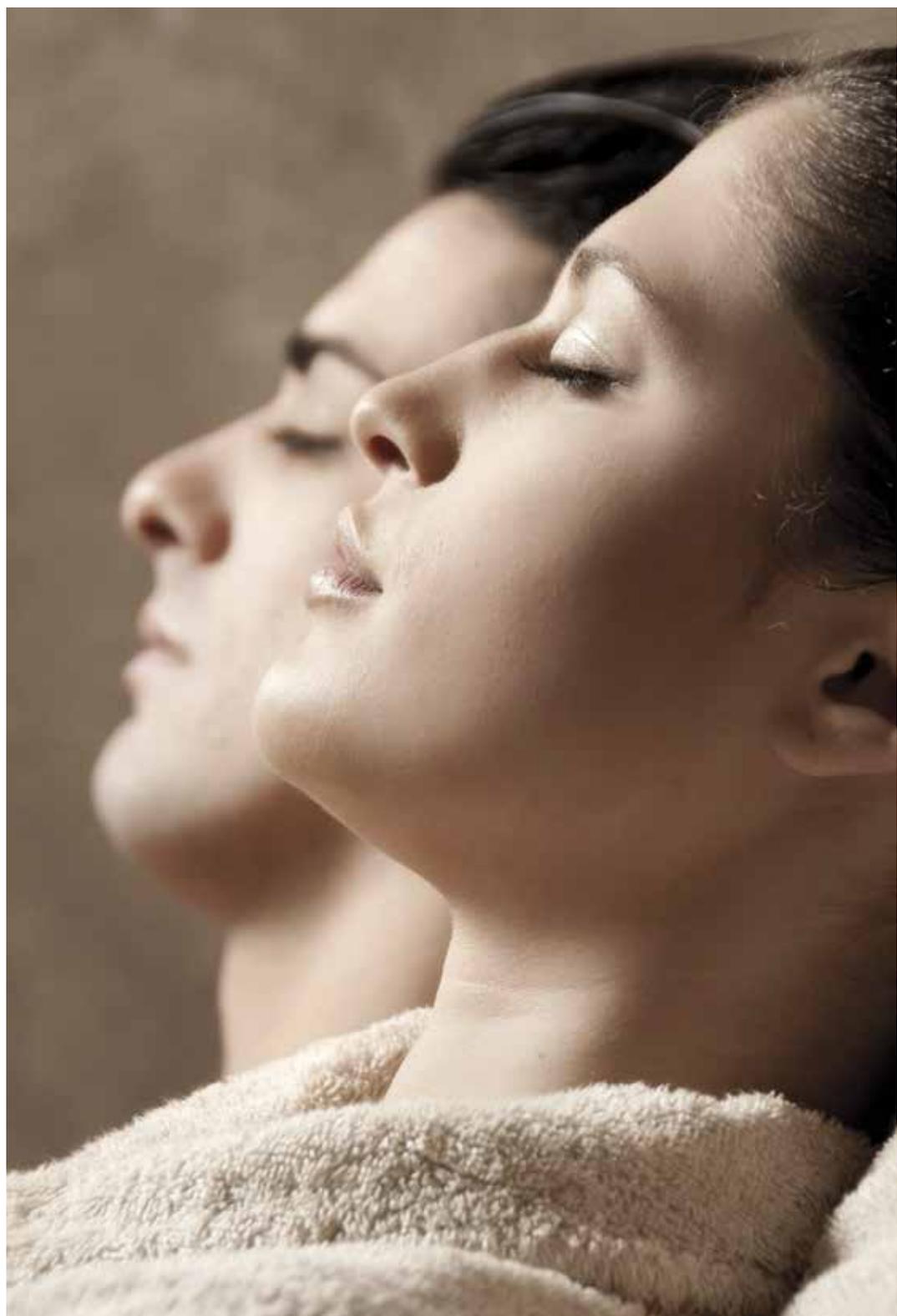
EYE AND LIP SERUM
STEM CELL COLLAGEN
AND ELASTIN BASED

FONTEVERDE
TOUCAN

ETERIA
DIVINE

SKIN REVEAL
STEM CELL SERUM
GLYCOPROTEIN BASED

FONTEVERDE
TOUCAN



6. SPECIALS

Wellness and relaxation can only come from treatments that combine moments and sensations in a perfect sequence. We have created a range of special treatments with their own clearly defined procedures. They follow rules and times with absolute precision to help the body and spirit of the person celebrating them reach a place they've never been to before.

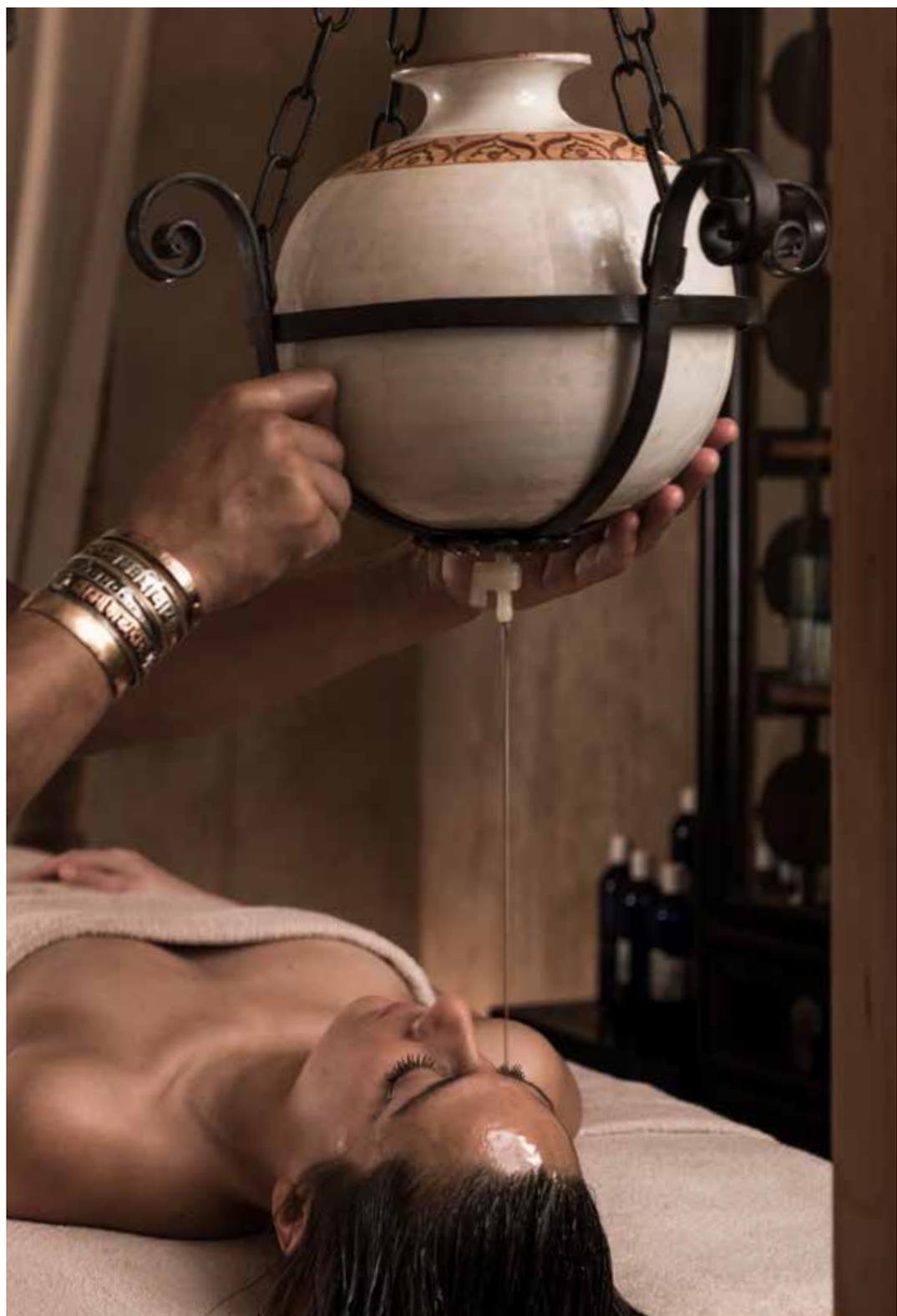
	⌚	€
WATSU	50	110
A gentle body massage performed in thermal water, combining elements of massage, joint mobilization, shiatsu and muscle stretching for a deep and total relaxation.		
2 - DUO TREATMENT	per person	139
120' for the couple. The Grand Duke's natural grotto with impeccable service offering 30' with steam and a private thermal steam and thermal bath carved in rock for a romantic relaxation. To follow, a private suite with beauty and relaxing treatments: relaxing massage, mini facial and foot massage. A cocktail for two from the Shelley Bar, and free access to the thermal pools.		
MEN'S SPECIAL	80	195
An experience to rediscover the ancient man body care. After bathing in the Grand Duke's thermal grotto, 2 beauty therapists will give you a particular welcoming ritual, an exclusive facial treatment, recalling the ancient art of barbers, a foot and hand treatment and a 4-hand body massage.		
TOTAL	80	125
80-minute head, face, body, hands and feet massage. Warm towels, massage, personalised scented oils.		
BIO OLEA EXCLUSIVELY FOR WOMEN	120	170
Anti-ageing treatment for body, face and hair, with Eco-Bio Cosmeceuticals made up of highly effective Domus Olea Toscana® extracts of Tuscan plants. A facial treatment, hair mask, shampoo, relaxing body massage, a wrap for hands and feet, a detoxifying bath in the Grand Duke's thermal grotto.		
SALIDARIUM	20	40
Bed of sea salt crystals, covered in warmth and floral aromas, to stimulate blood and lymphatic circulation.		
TRANQUILLITY AROMATIC RITUAL	70	120
A precious combination of delicate texture, aromatic notes, and an exclusive massage technique to relax the body and mind.		
SLEEP RITUAL	NEW 70	150
An indulgent relaxing massage ritual, focusing on our senses, touch, hearing and smell, for a total relaxation.		
THERMAL HEAVEN RITUAL	NEW 50	85
Mind & body wellbeing ritual involving our aerial and earthly sphere. We work on head and soles feet to stimulate nervous system and rebalance body energy.		

7. PHYSICAL THERAPY AND MESSAGES

This is the ancient art of creating wellness with touch, consisting of different techniques that have always had the same goal. Massages provide the whole body with renewed health. They relax, relieve muscle tension, and improve circulation and the functioning of organs by stimulating surface tissue. Massage is the perfect complement to our thermal water and spa programmes. With the help of skilled therapists who are passionate about their job, they make these treatments a positive emotional experience.

	☰	€
ANTI-STRESS MASSAGE	25	50
Relaxing body massage using slow, fluid and armonic movements.	50	85
PHYSIOTHERAPEUTIC MASSAGE	25	50
Deep tissue massage which helps reduce joint pain.	50	85
LYMPHODRAINING VODDER MASSAGE	80	105
Soft massage for lymphatic draining of tissue.		
TIME MASSAGE	50	90
Personalized massages that combine different techniques such as sports massage, relaxing, draining, physiotherapy, face massage.		
SPORTS DEEP TISSUE MASSAGE	50	85
Deep de-contracting effect.		
SILHOUETTE	50	85
Aesthetic shaping massage.		
VITALSTONE MASSAGE	50	85
Relaxing ritual using lava stones and warm oil.		
MASSAGE AND VICHY SHOWER	50	85
Relaxing massage under thermal water shower jets.		





8. ORIENTAL DISCIPLINES

The spa welcomes ancient Oriental disciplines with open arms in a gesture of true symbiosis. Bagni di Pisa offers the very best of these practices that come from different cultures and far-off worlds and eras.

Hot oils, powerful, skilful hands, and lively spa water work together for guests, creating an emotional dimension where wellness and regeneration reign supreme.

	⌚	€
TUI-NA WITH ZU REFLEXOLOGY	80	110
An ancient Chinese massage that works on the joints, energy channels and specific parts of the feet, rebalancing the functioning of the organs. This massage stimulates and strengthens the nervous and immune system, increases joint mobility and helps to dissolve systematic circulation.		
REFLEXOLOGY FOOT MASSAGE	50	85
Massage and foot check.		
AYURVEDIC MASSAGE	50	90
By working on the body's energy lines with special oils, an immediate and deep sense of well-being and positive energy is created.		
AYURVEDIC MASSAGE WITH SHIRODHARA	50	130
The benefits of ayurvedic massage combined with warm oil on our third eye give an immediate effect of total relaxation and wellbeing.		
RESONANZ DORSALIS	50	105
Massage for the back that uses cupping and bells. Reduces tension and improves the tone of the spinal chord.		
ACUPUNCTURE	50	80
A technique from Chinese medicine that harmonises the patient's energy. It helps the body obtain the best state of health and remove toxins through the stimulation of organs and diuresis.		

9. MOVEMENT AREA

All forms of movement are a powerful tool to achieve and maintain health and wellbeing. This is why one of the cornerstones of the Equilibrium philosophy and the aim of our trainers is to establish a tailor-made wellness programme for each guest.

Moving means becoming aware of your own body, reducing tension and stress, and encouraging positive emotions. At Bagni di Pisa our aim is to teach guests how to appreciate time spent moving and being active.

Our thermal waters and nature play a fundamental role in this programme. Here you will discover the joy of movement among the olive groves, as you admire the large white Leaning Tower from afar.

	⊖		€
ACCESS TO WORK OUT ROOM			Hotel guests complimentary
GYMNASTICS WITH PERSONAL TRAINER	50		80
AQUA FITNESS CLASSES IN THALAQUM POOL	50		60
In the warm sea salt waters, gymnastics to improve vascular circulation, elasticity and tone.			

10. GIFT VOUCHERS

The most beautiful gifts are made up of happiness, splendour and relaxation.

HOLIDAY GIFT VOUCHER

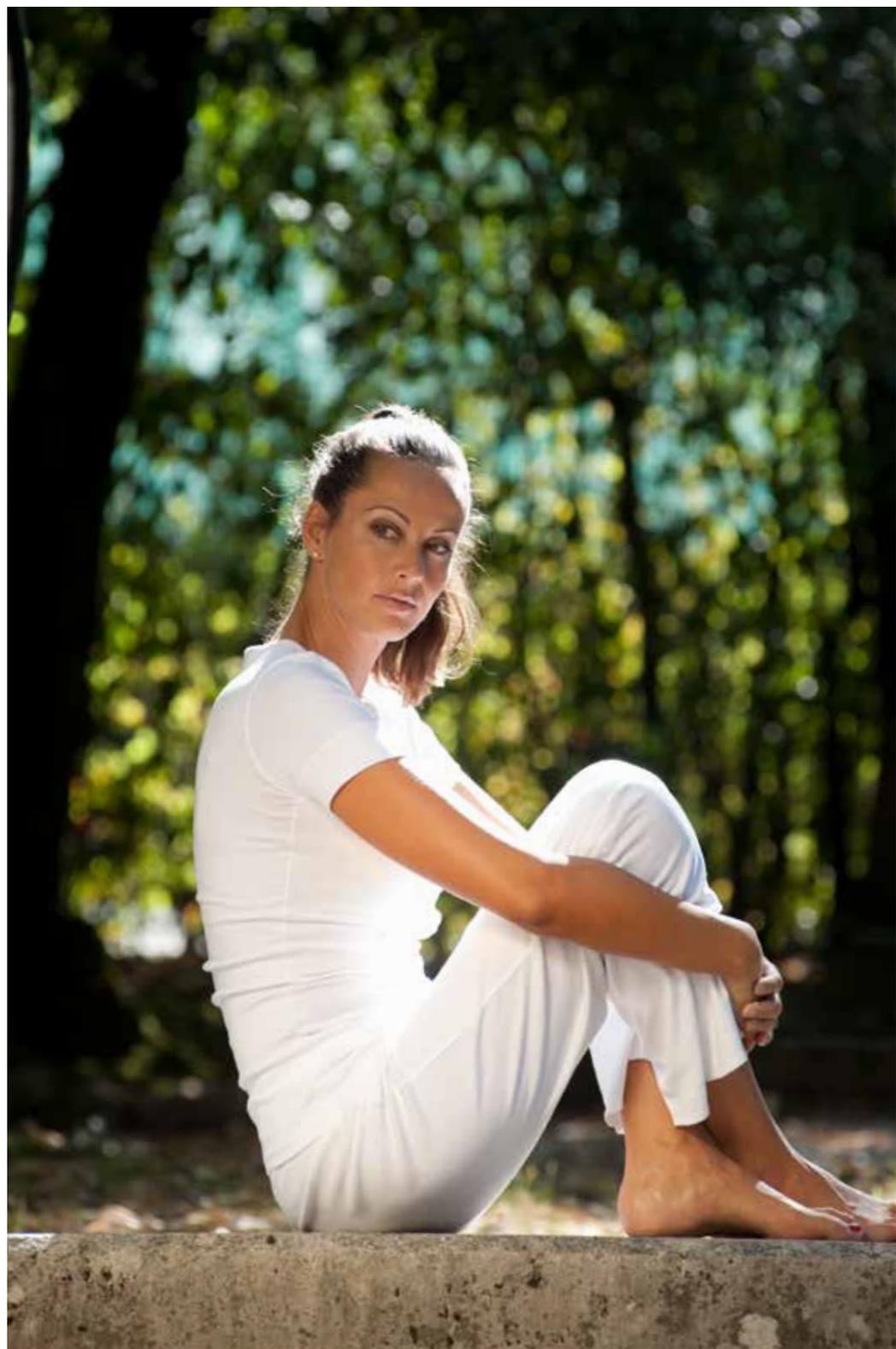
Give the gift of a holiday in search of the most prestigious wellness.

CUSTOM GIFT VOUCHER

Choose the value of your gift voucher and give the present of cherished relaxation and pampering.

SPA GIFT VOUCHER

A relaxing day at the natural spa.





11. SPA ETIQUETTE

BOOK A TREATMENT

The first step that we suggest in a schedule procedure is to consult our spa specialist in order to help you choosing the most suitable spa treatment.

ARRIVAL

Please arrive at least 15 minutes prior to your scheduled appointment: late arrival will limit the time for your treatment which will still end at the designated time.

MEDICAL ADVICE

Our doctor tutor is at your disposal for consultations regarding your health in relation to treatments and to their personalisation. Please inform us of any serious disease or pregnancy.

DRESS CODE

We suggest you attend your appointment in your bathrobe. The necessary items will be at your disposal in the treatment room before your treatment begins.

BEFORE THE TREATMENT

Please avoid sun exposure and shaving immediately before and after any treatments. We suggest you take a shower before treatments and to remove contact lenses before any face treatment.

THERAPISTS

We suggest you to inform our therapist of any possible problem which could interfere with the ideal execution of the treatment to reach its main purpose.

RELAXATION

Please avoid the use of mobile phones in the spa areas.

SPA BOUTIQUE

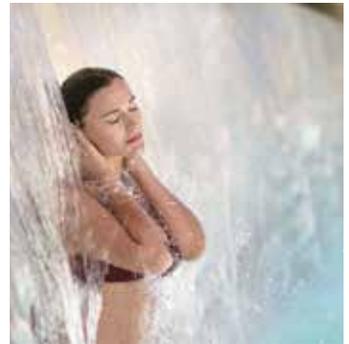
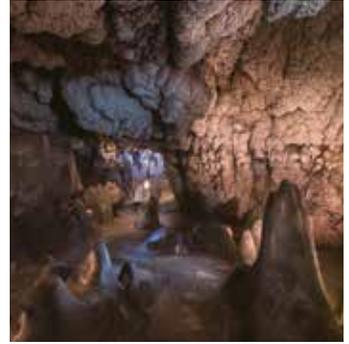
To continue your spa experience at home you may purchase our exclusive ETERIA products and other articles in our spa.

CANCELLATION POLICY

We require that all guests using the spa give a 24-hour cancellation notice. If less than 24 hours are given, the service may be charged.

PACKAGE FORMS

Treatment package forms are at your disposal. For further information please ask reception.



All of our natural spas enable you to enjoy the benefits of centuries-old, natural, thermal waters in Tuscany or invigorating natural energy of Sardinia. Hot spring pools at Fonteverde with spectacular views of the Orcia valley; a millennial year-old natural cave at Grotta Giusti; or the enchanted nature of an uncontaminated land at Chia Laguna.



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COURMAYEUR

GRAND OPENING DECEMBER 2018

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