



★★★★L

REGINA ISABELLA

THERMAL SPA



PRICE LIST





TABLE OF CONTENTS

8	—	THE REGINA ISABELLA METHOD
12	—	SHORT PROGRAMMES
18	—	WEEKLY PROGRAMMES
26	—	MEDICAL
30	—	RELAXATION
34	—	BEAUTY
37	—	FITNESS
40	—	SPECIALIST EXAMINATIONS
40	—	CANCELLATIONS
41	—	DOCTORS' PRESCRIPTIONS
41	—	SPA ETIQUETTE



In all our treatments, we use the Regina Isabella spa's extraordinary thermal **water**, considered **bioactive** because of the energy it contains and the aesthetic and medical **benefits** it offers.

The combination of this water with our curative **mud** provides an elixir of pure wellness. Clay extracted from the natural quarries on Ischia is aged for six months in the thermal water, from which it absorbs the mineral and medicinal properties, until it becomes a **bioactive thermal mud**.

It is a natural product with many aesthetic, physiotherapeutic and dermatological applications.





Decades of experience and meticulous medical-scientific research have led to the creation of a unique approach: The **Regina Isabella Method** that guarantees immediate and lasting results thanks to the application of **Three Steps (Detox, Anti-inflammatory and Regeneration)** that we include in every treatment and in our thermal programmes.

The **DETOX STEP** is the first step that aims to **flush pollutants and toxins from the body**, to ensure a specific action free from external interference. Our experience with excretory organs means we are able to facilitate the elimination of toxins by combining aesthetic treatments, spa treatments and nutritional support.

The **ANTI-INFLAMMATORY STEP** is a consequence of the natural immune stimulation that occurs when the water and bioactive thermal mud of the Regina Isabella Spa are applied using manual techniques. The immune system is activated through the skin, the body's true "radar" of our body that facilitates the release of anti-inflammatory molecules.

The RI Method allows us to act on these factors, stimulating the immune system to repair damage, and to treat and preventing diseases and imperfections.

The **REGENERATION STEP** consists of the **functional recovery and improvement of the general state of wellbeing**. After repairing the damage in the anti-inflammatory phase, the organism restores the cellular functions, previously compromised by inflammation.



MUD WRAP

Mud wraps, the most natural defence.
Counteracting the signs of aging.
Preventing and combatting diseases such as seborrheic, atopic and rosaceous dermatitis. **Preventing psoriasis.**
Bioactive thermal mud is a precious ally: along with the **thermal water filiform shower**, it has a **detoxifying, anti-inflammatory** and **regenerating** effect on the skin. It also stimulates the production of **collagen** and **cellular turnover**.
A truly rejuvenating effect.


SHORT PROGRAMMES

D A R	IMMUNE STIMULATION <ul style="list-style-type: none">• Medical examination• Bioactive thermal mud• Bioactive thermal water bath• 2 inhalation treatments	€ 150,00
D A R	TIME FOR RELAX <ul style="list-style-type: none">• 1 Anti-stress massage 60'• 1 Decontracting massage 50'• 1 "Re-awaken the Senses" bath	€ 180,00
D A R	TIME FOR BEAUTY <ul style="list-style-type: none">• Skin check-up• Bioactive mud mask with liform shower 30'• Hydrafacial / 4-SHAPE facial treatment / Lift massage by Endermologie• Aesthetic massage 30'	€ 290,00
D A R	TIME FOR COUPLE <ul style="list-style-type: none">• Thermal Hammam with Regina Isabella Bioactive Mud Wrap 15'• Kneipp Vascular Path 15'• Re-awaken the senses bath 20' with extract• Couple's Massage 60'	€ 320,00

D A R VITALITY IMPACT

€ 300,00

- Medical examination with postural evaluation
- 2 sessions with personal trainer 50'
- Bio-impedancemetry
- Postural treatment
- Cryosuites

D A R LOVE IS IN THE HAIR

€ 180,00

- STEP 1: low molecular weight hyaluronic acid oxygenation to hydrate the hair and normalize the skin
- STEP 2: application of deep cleansing mud for healthy hair growth
- STEP 3: RI keratin shampoo that gives elasticity and softness to the hair



 PERSONALIZED RI MASSAGE

We are all unique, like the treatment we deserve.

Your story, your individuality, your type of skin: everything that makes you wonderfully different from anyone else.

Understanding you is fundamental for us.

To lay the foundations of The RI method: ideal for every need, just like a perfectly tailored suit.

Minutes of pure luxury and well-being designed exclusively for you.





WEEKLY PROGRAMMES

WEEKLY PROGRAMMES

D A R	IMMUNE BOOST <ul style="list-style-type: none">• Medical examination with postural evaluation• 6 Bioactive thermal mud wraps with thermal shower• 6 baths in bioactive thermal water• 6 Circulatory massage 60'• 2 cryosuite	€ 950,00
D A R	TOTAL BEAUTY <ul style="list-style-type: none">• Skin check-up• Facial cleansing 60'• Personalized Facial Treatment RI method 60'• Bioactive mud mask with liform shower 30'• Hydrafacial treatment with personalized mask 60'• Cryosuite• Aesthetic Massage 30'• 4-Shape body	€ 790,00
D A R	DEEP RELAX <ul style="list-style-type: none">• Personalized Facial Treatment• Ayurvedic Massage 50'• 2 Anti-stress massages 60'• Decontracting Massage 50'• "Awakening of the Senses" Bath	€ 580,00
D A R	VITALITY <ul style="list-style-type: none">• Medical examination with postural evaluation• 6 personal trainer sessions 50'• Bioimpedancemetry• 2 Postural Treatments• 2 Cryosuites	€ 750,00

D A R **Rlbalance - Healthy Life**

€ 2700,00

7 days to rebalance your body. Personalized nutrition and spa treatments for complete well-being.

- Medical examination on admission to the programme with medical assistance during the stay
- Nutritional advice, initial meeting and preparation of an RI method personalized programme meal plan
- Bioelectrical impedance analysis
- 1 Exfoliating bio-scrub with thermal shower 40'
- 2 Regina Isabella bioactive mud wraps 30'
- 2 Pressure therapies 30'
- 2 beauty massages with bioactive-enhanced RiforMe cream or 2 Dr. Vodder lymphatic drainages 45'
- 2 Cryosuite
- Hydrafacial facial treatment with personalised face mask 60'
- 2 massages with personalized Regina Isabella bioactive mud 50'
- 6 Assisted Kneipp vascular paths 15'
- 3 lift or lipomassage treatments by 4-shape 50'
- 6 individual gymnastic sessions with Fitness Instructor 45'
- Herbal tea tasting in the relaxation area every day
- Free access to the sauna and thermal hammam, indoor pool, fitness area, relaxation area with extracts and herbal teas from the of the Terme della Regina Isabella's Life Bar
- Low-calorie cooking class with star chef
- Full board, excluding beverages

To prepare for this programme, the guest will need to provide blood test results carried out within the previous 6 months. Alternatively, blood tests can be undertaken at the Regina Isabella Spa for a supplementary charge.





INHALATION THERAPIES

Breathe well with us.

They're called inhalation therapies. **For us it means, above all, breathing wellness.** Treating, but above all preventing, the classic seasonal ailments such as allergic rhinitis, asthma, COPD, but also the most common upper airway inflammations such as sinusitis, laryngitis and pharyngitis. Along with our doctor, we will prescribe the path that best suits your needs, along with suggestions for respiratory gymnastics.

You'll feel like you have been reborn.

NUTRITION

“**Functional nutrition**”, applied at **spas**, is essential to achieving and lasting results. Nutrition is part of the three steps of **The RI Method**. Weight loss is a natural consequence of the functional recovery of the entire system in terms of the treatment and prevention of diseases.

Flushing toxins from the body is the first step to make everything works better: impacting the liver, kidneys and intestines. This is basic to ensuring an effective and lasting result. Our specialist, Dr. **Valerio Galasso, Biologist Nutritionist and Scientific Director of Regina Isabella Thermal Spa**, and his team, personally monitor the spa’s guests throughout every step.



MEDICAL

- Medical examination (acceptance and prescription of spa treatments) € 70,00
- Medical examination with postural evaluation € 90,00
- Specialist cardiological examination and ECG (PA) € 150,00
- Medical consultation € 45,00
- Private medical examination (not related to spa programs) on request

SPA TREATMENTS (compulsory medical examination)

- D A R** • Bioactive thermal mud € 50,00
- D A R** • Partial thermal mud with shower € 35,00
- D A R** • Bioactive thermal bath € 30,00
- D A R** • Ozone supplement € 11,00
- D A R** • Underwater shower in bioactive thermal water € 70,00
- D A R** • Hot-humid thermal inhalations (from 4 years up) € 18,00
- D A R** • Thermal aerosol € 18,00
- D A R** • Thermal spraying € 18,00
- D A R** • Micronized thermal nasal douche € 18,00
- D A R** • Heliotherapy (after medical consultation) € 0,00

NUTRITION

- D A R** • Nutritional counseling (PA) € 120,00
- Bioelectrical impedance and plicometry (PA) € 50,00
- Complete bioelectrical impedance nutritional consultancy and meal plan (PA) € 200,00

THERMAL PHYSIOTHERAPY AND OSTEOPATHY

- D A R** • Physiokinesitherapy 30' € 70,00
- D A R** • Hydrokinesitherapy in bioactive thermal water 25' € 70,00
- D A R** • Massage therapy 30' € 70,00
- D A R** • Massage therapy 60' € 120,00
- D A R** • Respiratory rehabilitation 30' € 60,00
- D A R** • Tecarterapia® € 60,00
- D A R** • Myofascial treatment 50' € 100,00
- D A R** • Osteopathic treatment € 120,00
- Postural treatment € 120,00
- D A R** • Raggi method Pancafit® posture decompensation (PA) € 90,00

 COUPLE'S MASSAGE

Love is an outdoor massage.

Love is a spell. It makes moments spent together eternal. We want to do more: make sure they are **unforgettable**.

Here, where Elizabeth Taylor and Richard Burton fell in love, we offer a relaxing couple's experience, in a setting in perfect harmony with nature.

Because sharing emotions is the secret of love. Experiencing it at the Regina Isabella... even more.












MASSAGES

 · Circulatory 30'	€ 50,00
 · Circulatory 60'	€ 80,00
 · Sports 60'	€ 100,00
 · Candle massage 50'	€ 80,00
 · Antistress 60'	€ 100,00
 · Aroma massage 50'	€ 80,00
 · Beauty 30'	€ 50,00
 · Beauty 60'	€ 80,00
 · Ayurvedic 50'	€ 130,00
 · Personalized Regina Isabella 60'	€ 120,00
 · Synchronized 4-hands 40'	€ 150,00
 · Couple's Massage 60'	€ 220,00
 · Decontracting Massage 50'	€ 100,00

OUTDOOR RELAX

 · Outdoor Massage (PA)	single € 200,00 couple € 350,00
 · Group Yoga 3/5 people	€ 210,00

MANUAL BODY EXPERIENCES

 · Aqua Relax Regina Isabella 50'	€ 130,00
 · Manual lymphatic drainage Dr Vodder method 30'	€ 70,00
 · Manual lymphatic drainage Dr Vodder method 50'	€ 120,00
 · Foot reflexology 30'	€ 50,00
 · Stone Therapy 60'	€ 90,00
 · Ohashi® Shiatsu 50'	€ 100,00
 · Shirodhara with Ayurvedic massage 80'	€ 150,00
 · Maori® massage 60'	€ 100,00
 · Facial Tui-Na 30'	€ 70,00

 LUXURY REGINA ISABELLA ANTIAGE

Luxury Regina Isabella Antiage: beauty is a luxury within everyone's reach.
Beauty is a right. Our water is the ideal tool to achieve it. By combining bioactive ingredients, alginates and pure oxygen, we offer a **treatment that reduces blemishes, stimulates collagen production, plumps and enhances all skin types** during 90 minutes of pure luxury.



FACIAL BEAUTY

D A R	• Bioactive mud wrap with filliform shower 30'	€ 60,00
D A R	• RI method cleansing 60'	€ 130,00
D A R	• RIForMen personalized facial treatment 60'	€ 150,00
D A R	• Hydrafacial treatment with personalized mask 60'	€ 200,00
D A R	• Instalift Anti-aging treatment with DS V-LINE collagen 60'	a partire da € 250,00
D A R	• Personalized facial treatment RI method 60'	€ 150,00
D A R	• Vitamin C antioxidant 50'	€ 120,00
D A R	• Hyaluronic acid treatment 50'	€ 120,00
D A R	• Luxury Regina Isabella Antiage 90'	€ 250,00
D A R	• Specific eye and lip contour 30'	€ 80,00
D A R	• Specific neck and décolleté 30'	€ 80,00
D A R	• Manual lymphatic drainage 30'	€ 50,00
D A R	• Liftmassage by 4-SHAPE 30'	€ 120,00
D A R	• Liftmassage by 4-SAPE with personalized mask 60'	€ 200,00
D A R	• Molecular oxygen propulsion skin enhancer and plant stem cells 60'	€ 250,00

LEGS

D A R	• Manual lymphatic drainage Dr Vodder method 30'	€ 70,00
D A R	• Pressure therapy (mechanical lymphatic drainage) 25'	€ 50,00
D A R	• Medicated mud therapy 25'	€ 50,00
D A R	• Pressure therapy with body wraps 30'	€ 70,00
D A R	• Fridge therapy with body wraps 25'	€ 50,00
D A R	• Cold stone massage 30'	€ 60,00
D A R	• Kneipp Vascular Path 15'	€ 30,00








BODY

D A R	• Bio-scrub exfoliating treatment with mud and bioactive thermal shower 40'	€ 60,00
D A R	• Draining and toning clay wrap	€ 60,00
D A R	• Hammam with application of bioactive aesthetic mud	€ 80,00
D A R	• Modelling massage with Regina Isabella bioactive thermal mud for localized adiposity 50'	€ 100,00
D A R	• 4-shape body 50'	€ 150,00
D A R	• 4-shape lift or lipomassage 50'	€ 200,00
D A R	• Cryosuite	€ 70,00

BEAUTY SERVICES

 · Lady Spa Manicure	€ 50,00
 · Lady Spa Pedicure	€ 60,00
 · Filing and polish	€ 30,00
 · Semi-permanent polish	€ 60,00
 · Manicure and semi-permanent nail polish	€ 90,00
 · Hair removal small area	€ 20,00
 · Hair removal medium area	€ 50,00
 · Hair removal large area	€ 50,00 / 70,00
 · Gentleman spa manicure	€ 45,00
 · Gentleman spa pedicure	€ 55,00
 · Eyelash/eyebrow dyeing	€ 30,00
 · Women's and Men's hair styling service (PA.)	

FITNESS

 · Fitness consultancy with personalized training plan	€ 80,00
 · Personal trainer 50'	€ 70,00
 · Mezieres method postural re-education 30'	€ 70,00
 · Breathing exercises 15'	€ 30,00
 · Individual stretching 30'	€ 50,00
 · Individual Pilates® session 50'	€ 75,00
 · Gravity Training System® or GTS 30'	€ 70,00

 SPA SERVICES

· SPA access (sauna- keipp -pool) 2 h	€ 50,00
· Access Roman baths area	€ 60,00
· GYM access 50'	€ 30,00
· Re-awaken the senses bath 30' with extract 2 pax	€ 50,00
· Outdoor sensitive experiences (PA.)	

PHYSIOTHERAPY

For rapid recovery and lasting well-being.

Physiotherapy becomes relaxation. Injuries, cramps, neck pain. But also headaches. The RI method includes **anti-inflammatory physiotherapeutic treatments**. Because we believe you'll want to return home both relaxed and healed. So, our experts will offer you blissful physiotherapy, that supports detox functions of the **lymphatic system**. They will also suggest personalized physical activity at our **gym**.





SPECIALIST EXAMINATIONS

- Clinical Laboratory Tests according to request
- Electrocardiogram € 180,00
- Single and two-dimensional ultrasound and cardiac Eco Color Doppler (PA) € 250,00
- ECO Color Doppler supra aortic trunks (TSA) (PA) € 250,00
- Echo Color Doppler upper and lower limbs arteries and veins (PA) € 250,00
- Echo Color Doppler upper limbs arteries and veins (PA) € 250,00
- Echo Color Doppler lower limbs arteries and veins (PA) € 250,00
- Echo Color Doppler abdominal aorta (PA) € 250,00
- Abdominal/pelvic ultrasound (PA) € 250,00
- Complete Cardiovascular Instrumental Screening (SSCC) Cardiac examination
- Echocardiography
- Echo-TSA
- Stress test (PA)



CANCELLATIONS

Cancellation is required 24 hours before the scheduled treatment, otherwise the full amount of the booked treatments will be charged.



NOTE ON THE REQUIREMENTS OF THE SSN (ITALIAN HEALTH SYSTEM)

To benefit from the SSN subsidy, a doctor's prescription is required with a date prior to the start of the treatment.

To avoid tiresome bureaucratic complications because of incorrect terminology in the diagnosis, we recommend that the definitions below be used.

For the mud-balneotherapy cycle, use for example: "Osteoarthritis and other degenerative forms", or "Diffuse osteoarthritis", also "Extra-articular rheumatism". For the balneotherapy cycle, use for example: "Osteoarthritis and other degenerative forms", or "Extra-articular rheumatism"



SPA ETIQUETTE

The REGINA ISABELLA SPA is a place of relaxation; to respect the other guests it is forbidden to use mobile phones or other electronic devices and we request voices be kept low.

Smoking inside and outside the Spa is prohibited. It is forbidden to bring food and/or alcoholic beverages into the Spa. Before going to the spa, it is advisable to leave any jewellery and valuables in the bedroom safe. Please arrive at least minutes before scheduled treatments. In the case of delay, to respect the other guests who have booked a treatment, it will not be possible to complete the full treatment. We recommend that men shave before facial treatments. When using the pool, it is mandatory to take a shower and use a swim cap.

For your own safety, we recommend you wear suitable shoes and clothing for physical activity.

Children under the age of 18 must be accompanied by a parent or guardian.

Suitable diapers are required for children under 2 years of age. Please report any health issues, so we can recommend the healthiest protocol.





*****L

REGINA ISABELLA

THERMAL SPA

Pzza S. Restituta, 1 - 80076
Lacco Ameno d'Ischia (NA) - Italia
Tel. +39 081.99.43.22 | Fax +39 081.99.48.77
spa@reginaisabella.it

reginaisabella.com

