## THERMAL TREATMENTS

MEDICAL CHECK-UP	€ 35		
THERMAL MUD WITH SHOWER	€ 16		
Application of thermal mud on the joints of the body for the treatment	of		
osteoarticular diseases, metabolic and inflammatory processes			
THERMAL MUD WITH BATH	€ 27		
Application of thermal mud on the joints of the body for the treatment			
osteoarticulardiseases, metabolic and infiammatory processes followed	ed by		
immersion of the body in a bath with thermal water	C 1 2		
THERMAL BATH	€ 12		
Bath in thermal water recommended as a final step of Mud Therapy	€5		
OZONE/HYDRO SUPPLEMENT  Path in the amely vector with the addition of centle into medical by year			
Bath in thermal water with the addition of gentle jets produced by water pressure and ozone			
AEROSOL / INHALATION	€8		
Methods for the prevention and treatment of diseases related to			
the respiratory system			
FORK	€2		
MASK	€3		
THERMAL PROGRAMMS			
3 DAYS	€ 76		
Medical check-up before starting the treatments, 3 aerosols, 3 inhalat	ions		
6 DAYS	€ 120		
Medical check-up before starting the treatments, 6 aerosols, 6 inhalations			
12 DAYS	€ 205		
Medical check-up before starting the treatments, 12 aerosols,			
12 inhalations			
2 DAVC			
3 DAYS	€ 200		
Medical check-up before starting the treatments, 3 Thermal Mud applications with thermal showers, 3 aerosols, 3 inhalations and 3 Circulatory Massage	€ 200		

## **BODY CARE**

the active ingredients

# **EXFOLIATING TREATMENT 30'** € 35 Plant extracts or sea salt based body peeling for every need that removes the old cells, carrying out an antioxidant action and promoting the penetration of

**CUSTOMIZED WRAP 30'** 

€ 40

Personalized regenerating wrap that helps to give well-being to whole the body

**COLD TERAPEUTIC TREATMENT 20'** 

€ 25

Vascularton ingused for heavy legs or as a completion of vaso active programs

FLAT BELLY TREATMENT 45'

€ 60

It helps fat reduction and tones the muscles of the abdomen

#### **ANTI-AGING VITAMIN C TREATMENT 55'**

€.70

Treatment with a high nourishing power that, thanks to vitamin C improves the firmness of the skin, giving it vitality and energy

#### SPECIAL ANTI-CELLULITE TREATMENT 55'

€ 75

A localized treatment aimed at reactivating cellular metabolism and reduce skin imperfections related to cellulite

#### **FOOT WELLNESS TREATMENT 30'**

€ 30

Precious beauty treatment, for silky smooth feet

#### RADIOFREQUENCY FOR THE BODY

from € 35

Non-invasive technique, useful for firming are as such as stomach, hips, buttocks, innerthighs and arms. Reduce volume and reshapes the body



#### **DRY MOBILISATION 20'**

€ 50

Set of manipulations, mobilizations and stretches that give elasticity and mobility to rigid muscles and joints. Indicated for neck pain, lumbago, lumbosciatica, periarthritis, gonalgia and coxalgia problems

#### **MOBILIZATION IN WATER 30'**

€ 60

Using thermal water, active exercises and passive maneuvers are performed that eliminate muscle contractures due to trauma and stress, restoring functionality to stiff and painful joints

## **BODY BALANCE**

#### fluids and eliminate toxins from body and mind € 35 SHIRODARA 20' **CIRCULATORY MASSAGE 20'** € 30 Treatment of Indian origin consisting of warm medical oil slowly pouring on the The ideal completion of the therapeutic sequence based on the use of Mud foreheadat the level of the "3rd Eye" and Thermal water, who seaimis to redistribute blood even in the **HOT STONE 55'** € 75 most peripheral parts Relaxing and decontracting massage carried out with warm basalt stones and **RELAXING MASSSAGE 30'** € 38 **55'** € 58 precious essentialoils Massage aimedat giving a pleasantrelaxation and fightingdaily stress FOOT REFLEXOLOGY **30'** € 45 **55'** € 70 THERAPEUTIC MASSAGE 30' € 45 Massage of specific points and areas of the foot, corresponding to different organs Treatment of manipulation of the tissues, joins and muscles aimedat reducing and parts of the body muscle pain and facilitating relaxation, restoring a proper balance COLON MASSAGE 20' €.25 **NEUROMUSCULAR MASSAGE 55'** € 70 A gentle manualaid for the resolution of an noying irritable boweld iseases Technique aimedat re leasing muscular-tension conflicts that a rise continuously SCALP MASSAGE 20' € 25 due to Incorrect postures induced by our daily activities Regenerating and stimulating massage maneuvers to improve the circulation of the NEUROMUSCULAR MASSAGE WITH CUPPING 80 ' € 110 scalp, associated with a Pleasant relaxin a effect The ancient Asian practice of cupping, able to mobilize the forms of stagnation of THAI- SHIATSU 55' € 75 the body and relax muscles and psichi tensions, combined with the benefits of Special type of Thai massage carried out using finger pressure, manipulation and neuromuscular massage stretching PARTIAL 30' € 40 / TOTAL LYMPH DRAINAGE 55' € 65 **EMOWA MASSAGE 20'** € 75 Therapeutic technique of full or partial massage, aimed a tresolution of lymphatic Carried out in hot water by performing slow and gentle maneuvers, as the flow of congestion districts water that massages an dembrace the person with holistic techniques and **ANTI-CELLULITE 30'** € 45 maneuvers Treatment aimed at body shaping and tissue toning **OPEN AIR MASSAGE 55'** €.80 ANTI CELLULITE WITH CUPPING 55' €. 75 Relaxing massage performed outdoors, surrounded by a relaxing environment, The combination of two techniques that allow to obtain firming and reshaping promoting relaxation and discharge of muscle tension results, improving blood and lymphatic circulation 4 HANDS MASSAGE **30'** € 65 **55**' € 110 **RESONANCE 55'** € 75 **80'** € 100 Massage that involves the harmonized manual skills of two operators. It helps It combines 5 different manual massage technique saimed a treducing contractures circulation, loosenstensions and helps the flow of vital energy, leaving a and daily stress, improving circulation and energy balance deepfeeling of toning and relaxation CANDLE MASSAGE 55' € 75 **BAMBOO MASSAGE 55'** € 75 Aromatic massage, inebriated by the essences of the Mediterranean. The melted The sliding and rolling maneuvers of special bamboocanes make thisdeep, biostimulating and reactivating massage candle releases a pleasant butter that nourishes and envelops the body

**AYURVEDICO 55'** 

PRESSOTHERAPY 30'

lowerextremities

words its natural destination
PRESSOTHERAPY STRONG 30'

Massage that enhances the ancient Indian methodology. It helps to circulate vital

Treatment aimedat removing and starting stagnant blood in the lower extremities to

Treatment with bandage aimedat improving the microcirculation of the

€.70

€.38

€ 50

## FACE CARE

FACE CARE		Medical check-up before starting the treatments, 6 Thermal Mu with thermal showers, 6 aerosols, 6 inhalations and 6 Circulate	* *
PEELING VISO 20'	€ 20	12 DAYS	€ 700
Removes impurities and dead cells leaving the skin bright and smo		Medical check-up before starting the treatments, 12 Thermal M	
FACIAL CLEANSING 55'	€ 70	thermal showers, 12 aerosols, 12 inhalations and 12 Circulator	
Basic aesthetic treatment to remove impurities, dead cells and con	nedones from	,	, 0
the skin surface	·	THERAPEUTIC PROGRAMMS	
PERSONALIZED FACIAL TREATMENT 55'	€ 70	THEN WESTICH ROOM WINNS	
Presciuos for the health and beauty of the skin. Personalized treatment according		3 DAYS: 3 Therapeutic Massage of 30 minutes each	€ 120
to your skintype		6 DAYS: 6 Therapeutic Massage of 30 minutes each	€ 240
FACE MASK 20'	€ 25	12 DAYS: 12 Therapeutic Massage of 30 minutes each	€ 480
Application on the face of a mask depending on the blemish to be	treated		
TREATMENT EYES AND LIPS 30'	€ 30	WELLNESS PROGRAMMS	
Specific revitalizing treatment to reduce wrinkles, attenuate period	cular and		
labialslines		EXFOLIATING PROGRAM 55'	€ 65
LYMPHATIC DRAINAGE FACE MASSAGE 30'	€ 30	Set of treatments aimedat skin regeneration. It includes 1 body	exfoliation
Therapeutic massage technique that reduces the accumulation of stagnantfluid in		Treatment and 1 Relaxing Massage	
the tissues, facilitating expulsion	0.50	PAMPER PROGRAM 1 DAY 80'	€ 90
ANTIAGE KOBIDO MASSAGE 30'	€ 50	To treat yourself with a pamper moment and nourish the skin. I	t includes 1
A specific massage technique that derives from an ancient Japanese practice and is		body wrap, 1 wrap massage and 1 face mask	6.240
an effective beauty ritual to give tone and vigor to the face LED FACE MASK 20'	€ 30	PAMPER PROGRAM 3 DAYS	€ 310
Innovative aesthetic technique that uses the natural energy of light		To treat your self with a pamper moment and nourish the skin. It includes 1 body and face wrapping massage, 1 ayurvedic massage, 1 resonance massage, 1 face	
regenerate and balance skincells	i io siimuiaie,	mask and 3 body wraps	e massage, 1 jace
RADIOFREQUENCY FACE 30'	€ 35	VENOUS DISORDERS PROGRAM 1 DAY	€ 94
It stimulates the natural production of collagen, a protein that man		Specific for the correct outflow of the lower extremities. Iti nclu	
more elastic, toned, compact and resistant. Immediately the skin is		1 Partial lymphatic drainage and 1 cold treatment	
regenerated, rejuvenated and reshaped, contrasting the effects of aging		VENOUS DISORDERS PROGRAM 3 DAYS	€ 270
		Specific for the correct outflow of the lower extremities. It includes 1Partial	
		lymphatic drainage, 1 Circulatory massage, 1 Pressure Therapand 3 cold treatments	y, 3 leg wraps
		ANTI-CELLULITE PROGRAM 3 DAYS	€ 230
	It helps to getrid of cellulite and related blemishes, helping the exp excess liquids and the firming and tonying of tissues		expulsion of
		FLAT BELLY PROGRAM 3 DAYS	€ 238
		It helps the reduction of fat and tones the muscles of the abdomen. It includes 2 radio frequencies, 1 cupping Massage, 3 Flat Belly treatments	
		FACE ANTIAGE PROGRAM3 DAYS	€ 190
		1 Facial Cleansing, 1 LED mask, 1 Face radiofrequency, 1eyes 1 Kobido massage, 1 face Mask	

6 DAYS

€ 368

## BEAUTY HANDS AND FEET

MANICURE	€18
MANICURE WITH SEMI-PERMANENT NAIL POLISH	€28
AESTHETIC PEDICURE	€30
HEALING PEDICURE	€45
AESTHETIC PEDICURE WITH SEMI-PERMANENT	€40
NAIL POLISH	

## HAIR REMOVAL

UPPERLIPS / EYEBROWS	€5
PARTIAL LEGS	€ 20
FULL LEGS	€ 30
ARMPITS / BIKINI LINE	€ 10
ARMS	€ 15
BECK / BELLY	€ 15
FULL BODY	€ 60

To book please contact number 509 or get in touch with the **Reception** of the **Thermae from Monday to Saturday,** from 7.00 to 16.00 Thank you

Via S.S. 270, n°296 – 80075 Forio D'Ischia Booking Center Tel. +39 081 909040 Fax. +39 0819100 www.parcomaria.it





## **PRICE LIST**