

## SPECIAL PACKAGE

### *Beauty Day*

Body massage with essential oils  
30 min  
Facial clay mask 30 min  
Well-being circuit 60 min  
120,00 €

### *Wellness Day*

Scrub body treatment  
with emotional shower 30 min  
Body massage with essential oils  
50 min  
Well-being circuit 60 min  
140,00 €

## PHYSIOTHERAPY TREATMENTS

*Doctor of Physical Therapy  
Giovanni Di Presa*

*Massage therapy for low back pain,  
back pain, cervical pain, sport  
injuries, rheumatoid arthritis,  
McKenzie Method, Shiatsu massage*  
45 min Duration 60,00 €

## WELL-BEING PACKAGE

*The well-being package consists of:  
Steam bath, Finnish sauna  
Salt room, Hydromassage,  
Atmospheric showers,  
slimming& toning foot plate  
90 minutes duration*

Special rates for hotel guests:  
Single entry 40,00 €

Single entry other guests 50,00 €

The well-being circuit and all  
treatments should be booked at  
hotel reception desk  
Opening hours from 16,00 to  
20,00

Entry is not permitted to those  
under the age of 14.

*Hotel Monteconero*

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*Wellness  
Center*



*Hotel  
Monteconero*

## BODY MESSAGES

### *Drainage Massage*

*This massage tends to reduce accumulation of liquids in the tissues.*

*It re-activates circulation.*

55 min. Duration                      70,00 €

### *Shiatsu Massage*

*This technique follows the same principles of acupuncture. Through the finger pressure it re-establishes the free flowing of energy in the body through the*

*Meridians.*

*It also helps in case of muscle pains.*

30 min. Duration                      50,00 €

### *Mix-Salt*

*Realized with essential oils and hot towels. The almond oil has exfoliating, smoothing, anti-cellulite, draining effects*

*It gives a feeling of total well-being.*

60 min. Duration                      70,00 €

## ANTISTRESS SPECIAL THERAPIES

### *Ayurvedic Massage*

*Realized with hot cotton bags containing mixed herbs, that have a relaxing, purifying and detoxifying effect. This technique of massage was originally used in Thailand to relieve muscle pain and bruises.*

60 min. Duration                      80,00 €

### *Candle Massage*

*An aromatic and personalized ritual realized with vegetal butter. The power of fire gives a well-being effect. The massage acts by stretching the muscle*

60 min. Duration                      70,00 €

### *Sothys Treatment*

*A sensory escape characterized by amber and myrtle aromas. It's realized with a clay stone and follows the traditional oriental methods*

60 min. Duration                      80,00 €

## FACIAL TREATMENTS

### *Eye Treatment*

*Eye-contour treatment with lifting effect. It rejuvenates the periorcular area. It reduces wrinkle and swelling of the eyelids.*

50 min. Duration                      50,00 €

### *Anti-Ageing Treatment*

*A complete facial treatment to energize, refresh and deeply moisturize your face.*

60 min. Duration                      80,00 €

### *Sensitive Skin Treatment*

*The activity is aimed at the micro-circulation and tends to reinforce the capillary walls. Facial flushing and irritations are evidently soothed.*

50 min. Duration                      60,00 €

## BEAUTY TREATMENTS

*Manicure*                                      18,00 €

*Aesthetic Pedicure*                      35,00 €

*Semi-permanent nail polish*           25,00 €

*Hair Removal Full leg*                   40,00 €

*Hair Removal Half leg + Bikini*      30,00€