

TERME SALUS
Resort & Spa



[comfort zone]

SKIN SCIENCE SOUL

Spa Menu



Ritual MASSAGE
also to be shared as a couple

TRANQUILLITY TM RITUAL

Face-and-body aromatic connective tissue massage that counters muscle contractures and relieves tension for a pleasant wellness experience.

Ideal in case of muscle tension and dry, undernourished skin.



DURATION:

50 min.

80 min.



PRICE:

85

130



BENEFITS:

It improves microcirculation and tissue oxygenation. It nourishes the skin of the face and body.

TRANQUILLITY TM SLEEP RITUAL

Innovative massage that acts on three different sensory pathways for deep relaxation that promotes sleep and recovery from jetlag. The synergy of the exclusive blend of essential oils, the Tranquility™ Sound and the manual techniques inspired by the Indonesian Sea Malay and Ayurvedic massages, combined with the use of soft brushes, lead to a state of deep relaxation and calm for the body and mind. Ideal in case of stress and sleeping difficulty.



DURATION:

50 min.



PRICE:

85



BENEFITS:

Against daily stress, it acts on your emotional points

MEDITERRANEAN MASSAGE

A journey through the sense of smell and rhythmic movements that glide over the body like the sea glides over the skin. The swaying is hypnotic and relaxing; it strengthens the immune system and gets fluids out of the body.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

It lightens the lower limbs

AROMA SOUL RITUAL

A ritual that takes you on a sensory journey, an extraordinary cocktail of oriental tradition techniques for a revitalizing, remodeling, and reactivating action, with the benefits of relaxation and a state of general well-being.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Well-being of the mind and body, slimming action

TIBETAN SOUND MASSAGE

Inspired by an ancient indigenous practice belonging to the Tibetan medical tradition born over 3900 years ago, this ritual favors the increase of vitality. The music therapy of the Tibetan bells and the heat of the hot stones will restore the perfect balance for mind and body.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

To remove psychophysical tensions and reduce stress. It nourishes the skin of the face and body.

SALT MASSAGE

Special massage ritual with Himalayan pink salt stones, with a re-balancing and relaxing action, ideal for soothing pain, improving circulation, and stimulating the metabolism. It restores good mood and physical and mental well-being.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

To rebalance the body and mind in moments of emotional and physical stress.

COMFORT TOUCH RITUAL

Massage characterized by a slow, sweet, and intense rhythm that relaxes the muscles, for an improvement of the metabolic functions and to give a final feeling of lightness and well-being. The delicate manual skills and the empathetic touch offer a reassuring and welcoming experience.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

To relax the muscles of the face and body while aiming to release tension and muscle blockages.

LYMPH DRAINING MASSAGE

Massage technique with low pressure maneuvers, through slow pumping that stimulate lymphatic circulation. It has the peculiarity of reducing the stagnation of liquids, in particular the accumulations of toxins, facilitating their outflow and making it possible to reduce lymphatic edema.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

It purifies the lymph from accumulated tissue waste and promotes decongestion.

HOT STONE MASSAGE

Relaxing massage with hot lava stones which, by releasing heat during the massage, loosens muscle contractures, improves blood and lymph circulation, and smoothens the skin. This massage also gives a general feeling of well-being, physical and mental relaxation, leading to mood improvement.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Decontracting, vessel-dilating, blood circulation-improving power.



Massage
from the Greek massein meaning "to shape"

MATERNITY

It is a body massage dedicated to pregnant women. A sweet, enveloping, and relaxing massage. It brings harmony, well-being and serenity to the pregnant woman and her baby. It is ideal from 3 to 9 months of pregnancy.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Helps the microcirculation and gives the skin elasticity through the use of sweet almond oil.

FISIO SPORT

A deep and intense massage that brings the structure of the body back into balance. It is ideal for athletes and pre-post physical activity, for anyone with problems related to incorrect posture and anyone who wants to improve their flexibility



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Relaxing action on muscle contractures, helps improve posture and flexibility.

HEMOLYMPHATIC MASSAGE

Acting on the microcirculatory and lymphatic system, reactivating tissue drainage and oxygenation. It contrasts abdominal swelling and heaviness in the lower limbs with consequent attenuation of localized edema.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Oxygenation of the tissues gives tone and drainage gives the silhouette a more defined appearance.



Ayurvedic MASSAGE

traditional Indian medicine

AYURVEDIC MASSAGE

The Ayurvedic discipline distinguishes three different vital energies (Tridosha), each of which differs in body location and particular function: Vata, Pitta and Kapha. The normal balance of the Doshas corresponds to the condition of health, while the imbalance of one or more causes disease. This massage harmonizes the Doshas, eliminating physical and mental toxins to create a positive emotional flow and elevate the spirit.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Through massage, the doshas are balanced to create a positive emotional flow.

ABHYANGA AYURVEDIC TREATMENT

Ayurvedic treatment that gives deep relaxation, thanks to the harmonization of the breath and the work on the Marma energy points. Wrapped in a warm sensory pack with almond oil and essential oils, for a deep detoxifying and purifying action, the treatment ends with a relaxing and draining massage with warm oil and essential oils.



DURATION:

80 min.



PRICE:

130



BENEFITS:

Deep detoxifying and invigorating action.

KANSA VATKI: IL RITUALE AYURVEDICO DEL PIEDE

Ayurvedic ritual “par excellence” dedicated to the feet, a unique and ancient treatment that involves the lower part of the legs and feet to give a sense of freshness and lightness. It has a detoxifying calming effect on the nervous system and helps improve circulation. The treatment includes an initial foot bath in rose water, followed by stimulation of the Marma points to make the vital energy flow through the body. The ritual continues with the rubbing of the feet with the Kansa bowl, made from metals with healing properties, to end with increasingly light enveloping touches to leave the guest in a wonderfully relaxed state.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

Calming effect on the detoxifying nervous system, helps improve circulation.

FOOT REFLEXOLOGY

Healing technique, which takes its cue from ancient Chinese medicine, provides for the stimulation by acupressure of certain areas of the sole of the foot. Through precise stimulations, the reflex zones are stimulated throughout the body, promoting physical and energetic rebalancing.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

It helps to soothe pain and rebalance the body's energies.

ORIENTAL SHIATSU MASSAGE

Ritual inspired by Chinese medicine that rebalances the energy flow of the meridians, promoting blood circulation, improving posture, and reducing anxiety. It offers stability, centering and mental lucidity, for a renewed psycho-physical balance.



DURATION:

50 min.
80 min.



PRICE:

85
130



BENEFITS:

It rebalances the body in depth by working on global harmony.



Body Treatments covering the true essence

SALUS SCRUB WITH THERMAL MUD

Exfoliating ritual with thermal mud, volcanic rhyolite powder and essential oils to give brightness to the skin, followed by a relaxing sensory massage with warm and essential oils.



DURATION:
50 min.



PRICE:
95



BENEFITS:
It combines a beneficial, anti-inflammatory effect on joints with a deep exfoliation with a relaxing effect.

TOTAL BODY MUD

Mineralizing treatment with ventilated clay mud and thermal water with anti-inflammatory and detoxifying properties, thanks to which joint pains are relieved and toxins eliminated. Followed by massage with warm and sweet almond oil.



DURATION:
50 min.
80 min.



PRICE:
85
130



BENEFITS:
Detoxifying and anti-inflammatory action, relieving joint pain and eliminating toxins.

AROMASOUL VOLCANIC SCRUB

Exfoliating ritual with rhyolite particles, a lava stone rich in silica, with a mineralizing and regenerating action. It renews and tones the skin, leaving it soft and velvety.



DURATION:

50 min.

80 min.



PRICE:

80

125



BENEFITS:

Renews the skin, leaving it soft and velvety

DETOX AND DRAIN

Localized detoxifying, draining and anti-cellulite treatment with essential oils and thermal water. The mud allows a revitalizing and purifying massage of the tissues, and the bandage with essential oils, tones, improves the microcirculation and gives a deep sensation of lightness and freshness to the legs.



DURATION:

50 min.



PRICE:

90



BENEFITS:

It helps the microcirculation by reducing heaviness in the lower limbs.

BODY ACTIVE MASSAGE

Treatment with an intensive, mineralizing, remodeling, and toning action. Ideal for those who practice sports. It sculpts the figure and acts on the “critical” areas through the synergy of the yellow clay mask, the plankton extract, and the massage with the wood roller.



DURATION:

50 min.

80 min.



PRICE:

85

130



BENEFITS:

Toning action, sculpts the figure and acts on critical areas.

DOUBLE PEEL BODY

Complete and deep regeneration for compact, smooth, and soft skin, thanks to the action of a mechanical and chemical peeling and a nourishing anti-aging mask. It revitalizes tissue, promotes elasticity, and repairs oxidation damage.



DURATION:

25 min.

50 min.



PRICE:

60

90



BENEFITS:

It revitalises tissue, promotes elasticity and repairs oxidation damage.



Lifestyle Aging Face regeneration and facial treatments

SUPER PEEL

Multi-active peeling treatment for all skin types, from the most delicate to the most resistant, perfect for a deep exfoliation effect and skin renewal. Brings immediate smoothness and luminosity to the skin for a rejuvenated and healthy appearance.



DURATION:

25 min.
50 min.



PRICE:

60
90



BENEFITS:

It provides instant smoothness for a rejuvenated and healthy appearance.

ULTRA GLOW PEEL

Intensive peeling to promote an even and radiant complexion, giving brightness in the presence of dull tone and dark spots. The deep renewal activity ensures an immediate cell turnover for an intense lightening action.



DURATION:

25 min.
50 min.



PRICE:

60
90



BENEFITS:

Immediate cell turnover for an intense lightening action.

ACTIVE PRO LIFT MASSAGE

Densifying and lifting, anti-aging face and neck treatment. Combined with the specific Kobido massage techniques, it restores fullness and redefines the volumes of the face.



DURATION:

25 min.
50 min.



PRICE:

75
95



BENEFITS:

Redensifying and lifting action.

SACRED NATURE REGENERATIVE ELIXIR

Treatment with pro-youth organic products. Repairs, regenerates and revitalizes the face, neck and collarbone thanks to an antioxidant botanical complex and the innovative Regener-lift Massage for a toning and firming effect



DURATION:

25 min.
50 min.



PRICE:

60
85



BENEFITS:

Regenerates and revitalises tissue for a toning and firming effect.

SACRED NATURE REGENERATIVE HYDRA

Express treatment with moisturizing and regenerating organic products. Thanks to a particular 7-step ritual, it revitalizes and gives extraordinary brightness.



DURATION:

25 min.



PRICE:

50



BENEFITS:

Revitalises and gives extraordinary radiance.

MICROSONIC FACIAL DEVICE

Thanks to the mechanical ultrasound vibrations with alternating positive and negative impulses, deeply stimulate the skin micro-circulation and cell renewal for deep cleansing and exfoliation. A regenerating massage optimizes product absorption.



DURATION:

50 min.



PRICE:

95



BENEFITS:

Cell renewal for deep cleansing and exfoliation



Face natural lifting regeneration

KO BI DO FACE MASSAGE

In Japan, it is better known as the eternal youth massage. A real natural facelift suitable for both men and women, invigorating the face, head, and neck, improves skin tone, prevents, and re-



DURATION:

50 min.



PRICE:

95



BENEFITS:

It improves skin firmness, prevents wrinkles and reactivates the lymphatic and circulatory systems.

SKIN REGIMEN DETOX

Customizable treatment to detoxify all skin types from pollution and to fight impurities and imperfections. For stressed, dull, and asphyxiated skin.



DURATION:

50 min.



PRICE:

85



BENEFITS:

Fights impurities and imperfections.

SKIN REGIMEN LONGEVITY

Customizable treatment to rejuvenate stressed skin and counter accelerated ageing.



DURATION:

25 min.
50 min.



PRICE:

50
85



BENEFITS:

For a renewed radiance of the face.

ACTIVE PURENESS

Deep cleansing characterized by an innovative peel-off mask with mattifying spirulina algae. Intense and delicate, it purifies and normalizes the texture, leaving the skin fresh and compact.



DURATION:

25 min.
50 min.



PRICE:

45
85



BENEFITS:

It purifies, normalises and closes enlarged pores, leaving the skin fresh and firm.

HYDRA GLOW

Inspired by cryotherapy, this is a fresh and dynamic treatment that deeply renews and hydrates the skin.

Lactic acid, a powerful concentration of hyaluronic acid, and prickly pear extract combined with the use of Ice Rollers provide you with an extraordinary glowing effect.



DURATION:

50 min.



PRICE:

85



BENEFITS:

Deep skin hydration.

RENIGHT RECOVER TOUCH

Antioxidant, multivitamin nourishing treatment for face, neck, and collarbone with repairing and protective action against damage caused by free radicals. Nourishes, repairs, and restores silkiness.



DURATION:

25 min.
50 min.



PRICE:

45
75



BENEFITS:

Nourishes, repairs and restores silkiness

REMEDY

Renewing, fortifying, and soothing treatment recommended for sensitive, fragile, and redness-prone skin. The exclusive REMEDY MASSAGE inspired by physiotherapy and osteopathic techniques, with the use of jade stones, helps to detoxify and restore health and beauty to the skin.



DURATION:

25 min.
50 min.



PRICE:

50
85



BENEFITS:

It restores a healthy and detoxified appearance to sensitised skin.

INSTA HYDRA

A quick treatment for the face, neck and décolleté for a touch of immediate freshness, ideal in case of tired and dull skin.



DURATION:

25 min.



PRICE:

50



BENEFITS:

Immediate hydration and radiance.

SKIN TEST E BODY TEST

INNOVATION AND WELL-BEING

The **skin test** allows you to check your skin's health and phototype thanks to the latest generation of computerized equipment.

The **body test** with an impedance scale detects weight, lean mass/fat mass index, muscle and bone mass, water retention, and metabolic age.

Our professionalism and the use of the **skin test** and **body test** allow us to create your personalized program.

Food and exercise recommendations for a fit and healthy body are added to your tab.

INFORMATION AND RESERVATION

For skin tests and body tests, you can go directly to the Spa Reception or contact us at the number 2409, directly from your room. The test is included in your stay upon request and availability.



CUSTOMISED PROGRAMMES

SMART

From 3 to 5 Treatments / Massages of your choosing – 10% discount on the total

COMFORT

From 6 to 10 Treatments / Massages of your choosing – 15% discount on the total

DELUXE

Over 10 Treatments / Massages of your choosing – 20% discount on the total

Beauty

DRY MANICURE

Manicure + aesthetic nail polish **30**

Aesthetic manicure with exfoliation,
massage, and nail polish application**45**

DRY PEDICURE

Aesthetic pedicure + nail polish **40**

Aesthetic pedicure with exfoliation,
massage, and nail polish application **60**

DEPILATION

brasilian bikini **50**

bikini **15**

full bikini **20**

armpits **15**

legs full **30**

legs half **20**

arms **15**

back **30**

chest **25**

moustache **10**

eyebrows **10**

LAMINATION

(Reservation service)

lashes **70**

eyebrows **70**

HAIR STYLIST

upon request

MAKE-UP SERVICE

upon request

HOW TO GET THE MOST OUT OF YOUR WELLNESS EXPERIENCE

We recommend that you keep your phone on silent mode.

We recommend that you leave personal items in the lockers or safe before entering the cabin; the hotel is not liable for any loss.

Changes or cancellations of booked treatments must be notified to Reception within 4 hours of the booked time; otherwise the full amount will be charged.

Avoid exposure to the sun immediately after exfoliation, epilation and/or facial treatments.

It is compulsory to remove your contact lenses before each facial. We recommend arriving 5/10 minutes before your appointment, delaying means reducing the treatment time.

Please inform the practitioners of any special conditions you may have (allergies, recent surgery, pregnant state, blood pressure, claustrophobia, etc.) that could interfere with the treatment.

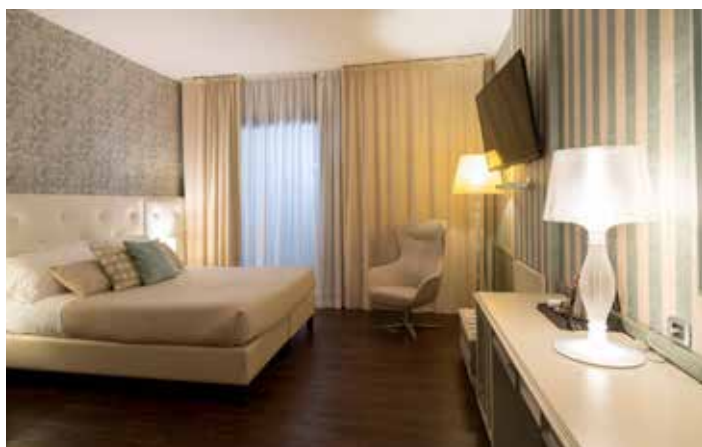
It is compulsory to take a soapy shower before entering the cabin.

For information and reservations, please contact the Spa Reception or call us on 2409 directly from your room.

An elegant establishment for an unforgettable stay!

Welcome to Terme Salus, an elegant establishment for an unforgettable stay. Thermal pools, regenerating massages, refined rooms and delicious cuisine await you. Be ready to experience moments of pure well-being and relaxation.







Scan the QRcode and take the spa
menu with you