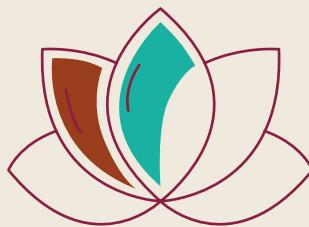


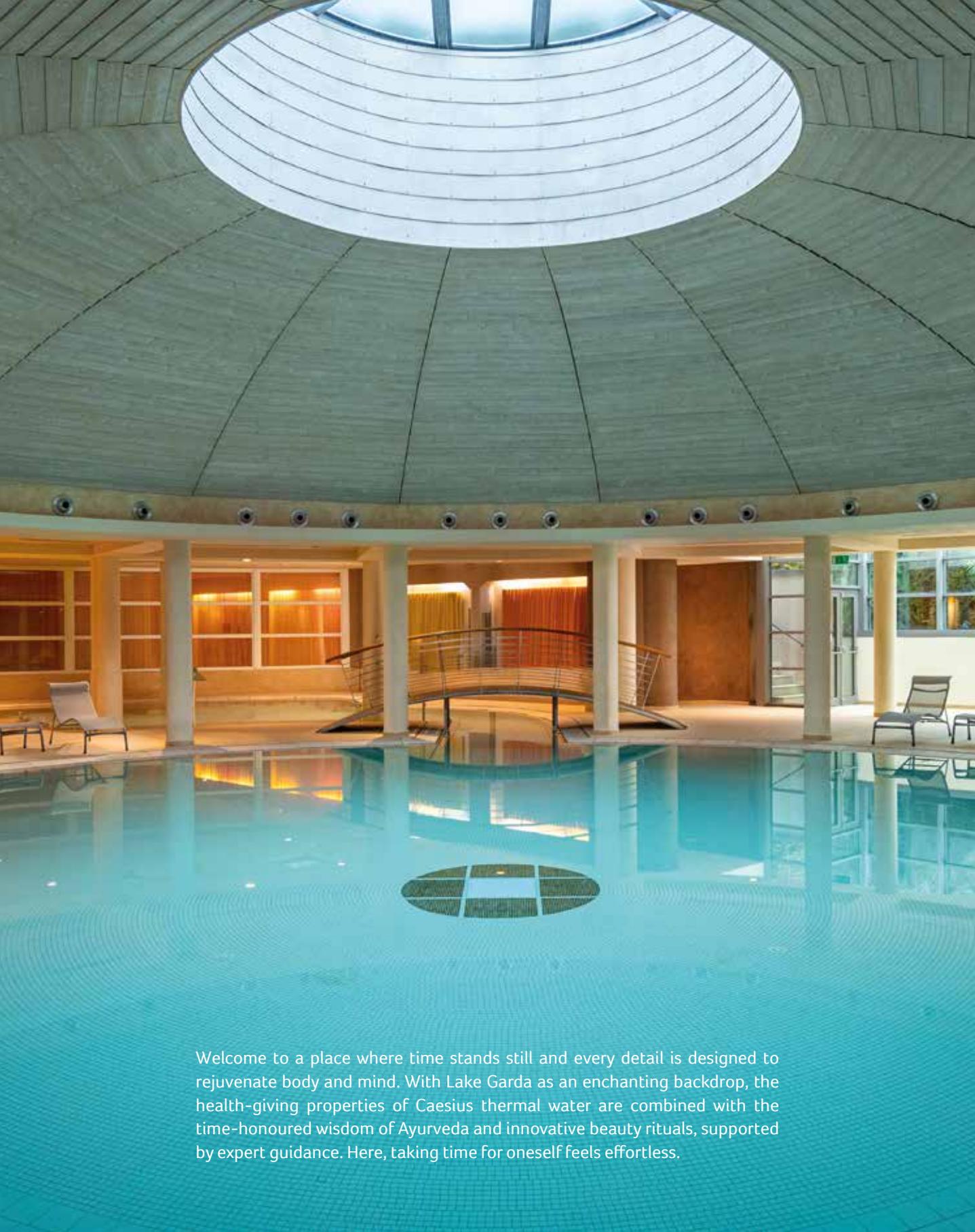
  
**HOTEL CÆSIVS**  
THERMÆ & SPA RESORT  
★★★★★

*the pleasure of excellence*



**THERMAE | AYURVEDA | BEAUTY CENTER**

BARDOLINO - LAKE GARDA



Welcome to a place where time stands still and every detail is designed to rejuvenate body and mind. With Lake Garda as an enchanting backdrop, the health-giving properties of Caesius thermal water are combined with the time-honoured wisdom of Ayurveda and innovative beauty rituals, supported by expert guidance. Here, taking time for oneself feels effortless.

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# AYURVEDA



PITTA

KAPHA



VATA



Born in India over five thousand years ago, Ayurveda is a time-honoured health system – also known as the “Science of Life” – that has preserved its profound wisdom to this day. By harmonising body, mind, and spirit, Ayurveda’s holistic approach honours the individual as a whole, paving a restorative path toward lasting well-being and vitality.



*“The body of one who uses oil massage regularly does not become affected much even if subjected to injury or strenuous work. By using oil massage daily, a person is endowed with pleasant touch, trimmed body parts and becomes strong, charming and least affected by old age.”*

*Charaka Samhitā*

### **Ayurvedic consultation (50 mins)**

**€ 129,00**

An Ayurvedic consultation is a journey of self-discovery. Through a detailed assessment rooted in Ayurvedic principles, the practitioner reviews lifestyle patterns to identify the patient's Dosha constitution and current needs. This personalised approach is essential to restore balance, vitality, and a deep sense of well-being.

## **Ayurvedic massages**

### **Stress-relieving massage VATA (50 mins)**

**€ 94,00**

**The breath of calm and renewal**

When the body feels heavy and the mind unsettled, the Vata massage offers comfort and calm. Warm plant oils glide like silk over the skin, easing tension and stiffness. The massage's fluid rhythm relaxes the nervous system, promotes restful sleep, and restores vitality to joints and muscles. A gentle journey towards inner calm, where each breath deepens.

---

### **Relaxing massage PITTA (50 mins)**

**€ 94,00**

**The touch of harmony**

Designed to soothe both body and mind, this sequence of slow, deep strokes is perfect for easing fatigue and irritability, aiding digestion and restoring balance after busy days. Enveloped in soothing plant oils, the body releases deep-seated tension as slow, gentle movements provide a feeling of deep calm.

---

### **Lymph draining massage KAPHA (50 mins)**

**€ 94,00**

**Flowing lightness**

Designed for those who feel heavy, the Kapha massage stimulates the body's energy flow, aiding in the release of excess fluids and toxins. Draining strokes stimulate lymphatic circulation and lighten the legs, leaving the skin firmer and more radiant. Restoring energy, mental clarity, and a pleasant feeling of lightness, the Kapha massage is a breath of fresh air for body and mind.

## **Rebalancing massage TRIDOSHA (50 mins)**

**€ 94,00**

### **The harmony of vital energies**

Designed to boost circulation and relieve muscle tension, the Tridosha massage restores harmony to body and mind. When Vata, Pitta and Kapha are in balance, the body regains its natural equilibrium and vitality.

---

## **Harmonising massage MARMA (50 mins)**

**€ 94,00**

### **Balance in a touch**

Through gentle pressure on the Marma points – vital energy centres located all around the body – this ritual restores inner harmony and calms the mind. By promoting deep relaxation, the Marma massage helps regulate sleep, digestion, and bowel functions. A precious opportunity to rediscover focus and well-being.

---

## **Rejuvenating massage with crystals and stones RATNA ABHYANGA (50 mins)**

**€ 98,00**

### **The harmony of crystals and semi-precious stones**

This ancient Vedic art combines the therapeutic power of Ayurvedic massage with the subtle vibrations of crystals and semi-precious stones. Ideal for recovering from fatigue, Ratna Abhyanga envelops the body to restore a feeling of deep well-being, providing renewed vitality and balance.

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## **Soothing massage SHIRO ABHYANGA (40 mins)**

**€ 74,00**

### **A head massage for a peaceful mind**

Focusing on the head – the seat of vital energy and the senses – Shiro Abhyanga extends to the neck and upper back to release muscle tension and emotional blockages. Ideal for improving sleep quality, relieving tension headaches, and easing anxiety, this ritual promotes mental clarity and restores a deep sense of lightness.

---

## **Calming head massage with SHIRO PICHU (40 mins)**

**€ 70,00**

### **Balance and mental clarity**

Recommended for tension headaches, insomnia, or mental fatigue, this ritual uses pads dipped into medicated oil to induce deep relaxation, acting as a true caress for the mind and spirit. While easing neck stiffness and eye strain, the massage also supports mental clarity, concentration, and memory.

---

## **Deeply rebalancing massage with SHIRODHARA (50 mins)**

**€ 124,00**

### **The flow of inner peace**

A relaxing body oleation (Sarvanga Snehana) precedes one of Ayurveda's most revered rituals: the gentle, steady pouring of warm oil onto the forehead, right between the eyebrows. Inducing a state of profound calm, this stream helps alleviate headaches, insomnia, and anxiety. Beyond easing the nervous system and treating nose, eye, and ear conditions, this "meditative" experience enhances focus and memory, bringing peace to the mind and clarity to the spirit.

---

## **Revitalising hand massage HASTA ABHYANGA (25 mins)**

**€ 43,00**

### **Restoring balance and ease**

Focusing on the hands and arms, this soothing ritual melts away built-up tension, extending its benefits to the diaphragm. Designed to alleviate fatigue and weakness, it reduces joint stiffness and improves flexibility. It is especially beneficial for hands used in manual activities or for maintaining vitality in later life, supporting the body's functional systems. A brief yet deeply relaxing experience, good for nervousness and insomnia.

<b>Revitalising foot massage PADA ABHYANGA</b> (40 mins)	€ 74,00
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### Peace from the ground up

Offering a softer alternative to traditional reflexology, this gentle yet deep foot massage improves circulation, promotes restful sleep, and helps alleviate cramps, stiffness, and sciatica. According to Ayurveda, Pada Abhyanga stimulates the nerves connected to the head and eyes, enhancing well-being and vitality.

<b>Tension-relieving back massage with KATHI PICHU</b> (50 mins)	€ 90,00
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### Rebirth of the spine

Specialised back relaxation techniques are combined with pads soaked in warm, medicated Ayurvedic oils to dissolve deep-seated tension and stimulate circulation. The ritual brings a profound sense of lightness and harmony to the back, alleviating tension headaches and releasing stress stored within the muscles.

<b>Tension-relieving massage with hot lava stones SWEDA STONE</b> (50 mins)	€ 88,00
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### Healing heat

A deeply restorative Ayurvedic massage where the therapeutic heat of lava stones melts away muscle tension and enhances circulation, promoting metabolism and skin purification. Encouraging the detoxification of the body, the Sweda Stone ritual calms the mind and leaves the body feeling light.

<b>Tension-relieving massage using feet KALARI</b> (50 mins)	€ 110,00
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### The flow of vital strength

A traditional technique from southern India performed with the feet, ideal for strengthening and toning muscles, relieving tension, and improving joint mobility. It stimulates energy flow and has a powerful muscle-relaxing effect, restoring strength and freedom of movement.

<b>Four-handed harmonising massage SYNCRO ABHYANGA</b> (50 mins)	€ 164,00
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### A symphony of balance

Performed by two practitioners in perfect synchrony, this traditional Ayurvedic ritual is known as the 'seven postures' massage. Providing an intense and enveloping experience, it promotes deep relaxation while soothing the muscles and detoxifying the tissues. Ideal for unwinding from everyday stress, Syncro Abhyanga restores balance to body and mind, fostering profound well-being and emotional stability.

<b>Personalised steam bath SWEDANA</b> (20 mins)	€ 38,00
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### Purifying heat

Swedana utilises warm steam to open the pores, stimulating both blood and lymphatic circulation to promote the elimination of toxins. The healing power of heat dissolves muscle tension and gives a profound sense of lightness. Ideal for balancing Vata, Pitta, and Kapha constitutions, this treatment supports the body's natural metabolism.





## AYURVEDA: face and body rituals

*"Without the health of the body, the support of life is lost."*

*Charaka Samhitā, Sutra Sthana 30.9*

# Body scrubs

## Hydrating and nourishing scrub VATA (40 mins)

€ 76,00

This revitalising ritual envelops the skin to restore softness and comfort. The mineral-rich, red-lentil-based paste nourishes and improves skin elasticity, gently removing dead cells while respecting even the most delicate tissues. Ideal for Vata body types (often characterised by dryness and sensitivity), it leaves the skin deeply hydrated, velvety, and radiant. Finally, the steam bath enhances the scrub's moisturising effects, inducing a state of deep well-being.

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## Soothing and cooling scrub PITTA (40 mins)

€ 76,00

This calming ritual refreshes the skin, restoring a state of serene harmony. The silky rice-flour paste purifies the skin gently while providing an immediate sense of freshness. Ideal for rebalancing the Pitta constitution – often prone to sensitivity or redness – this scrub regenerates the tissues, revealing an incredibly smooth, radiant, and even complexion.

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## Detoxifying scrub KAPHA (40 mins)

€ 76,00

Designed to release heaviness, stimulate circulation, and unblock stagnant energy – often associated with the Kapha constitution – this exfoliating ritual stimulates the skin gently, restoring a sense of energy and lightness. By combining the cleansing properties of the chickpea-flour paste with the heat of the steam bath, the ritual removes toxins and dead cells with even greater effectiveness.

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## Rebalancing scrub UDVARTANA (40 mins)

€ 76,00

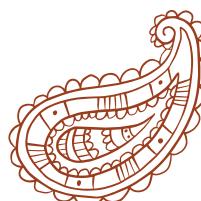
Performed with invigorating and purifying herbal powders, Udvartana smooths and firms the skin while targeting adipose tissue. By stimulating both blood and lymphatic circulation, the ritual boosts metabolism, which makes it effective for addressing water retention and obesity. Complemented by a steam bath to encourage perspiration and the natural elimination of toxins, the scrub leaves the skin radiant and revitalised.

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## Toning and revitalising ritual GARSHANA (40 mins)

€ 76,00

Deep, rhythmic massage strokes performed with raw silk gloves stimulate circulation, tone the tissues, and refine the skin's texture, discharging accumulated electrostatic energy. Followed by a steam bath, the Garshana experience invigorates both body and mind, leaving a profound sense of lightness, harmony, and vitality.



# Body rituals

## Lymph draining and rejuvenating ritual GARSHAN DREN (50 mins)

€ 98,00

Designed to address edematous cellulite typical of the Kapha constitution, this intensive detoxifying ritual encourages cellular oxygenation and helps combat water retention as well as venous and lymphatic stasis. Complemented by a steam bath, the ritual leaves the body with an intensified sense of lightness.

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## Slimming and sculpting ritual GARSHAN SLIM (50 mins)

€ 98,00

Crafted to address hard cellulite – often found in Vata types – this intensive ritual helps sculpt and redefine the body's contours while igniting metabolism to reduce fatty deposits. Complemented by a steam bath, it tones the body and leaves it feeling light.

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## Toning and lymph draining ritual GARSHAN TONIC (50 mins)

€ 98,00

Specifically crafted for the soft, persistent cellulite typical of the Pitta constitution, this immersive ritual stimulates lipolysis and promotes deep tissue drainage. By encouraging cell oxygenation, it restores tone, elasticity, and firmness to the tissues, leaving the skin healthier and smoother.

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## Ritual for lighter and revitalised legs CRIOS GAMATHI (50 mins)

€ 98,00

This refreshing cryo-ritual offers instant relief for tired, heavy legs, and works to soothe lymphatic stasis and stimulate blood flow, encouraging the elimination of excess fluids. The experience delivers a wave of freshness that leaves the legs feeling revitalised and remarkably light.

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## Ritual for a toned and flatter stomach UDARA (25 mins)

€ 48,00

A targeted ritual for the abdomen and hips, designed to ease tension, lower back discomfort, puffiness, bloating, and constipation. By promoting intestinal regularity and stimulating circulation, it firms up the muscles to reveal a more contoured, toned, harmonious stomach, with visible results from the very first session.





*“Oil massages and compresses improve skin complexion and radiance.”*

*Charaka Samhitā, Vol. 1, V: 88-89*

## Face rituals

### Hydrating ritual VATA (50 mins)

€ 98,00

Specifically crafted for dry, fragile skin, this ritual provides profound hydration while improving firmness and elasticity. Revealing a rejuvenated skin with a silky texture, the treatment leaves the face toned and naturally radiant.

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### Soothing and nourishing ritual PITTA (50 mins)

€ 98,00

Ideal for sensitive or reactive skin, this ritual provides an immediate cooling and soothing effect to calm redness, irritation, peeling, tingling, and itching. It deeply nourishes and protects the skin's barrier, helping prevent the signs of ageing and restoring a serene balance.

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### Purifying and sebum-regulating ritual KAPHA (50 mins)

€ 98,00

A specialised ritual designed for oily, impure, and combination skin. By rebalancing sebum production, potent active ingredients leave the complexion clear, purified, and visibly mattified. The result is a healthy, balanced glow.

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### Eye ritual NETRA (40 mins)

€ 78,00

A gentle, rejuvenating treatment specifically crafted for the fragile eye contour area and eyelids. A cooling massage with hyaline quartz crystals concludes the ritual, soothing the skin and leaving the eyes looking bright, rested, and visibly refreshed.

# Face masks

Based on herbs, clays, and medicated oils, these bespoke masks are designed to address the unique needs of every skin type and bring the complexion back into perfect balance.

## **Rejuvenating mask for improved elasticity VATA LEPA (40 mins)**

**€ 79,00**

This rejuvenating mask envelops and hydrates the skin to restore softness and comfort. Using a mineral-rich, red-lentil-based paste, it removes dead cells and enhances elasticity while respecting the skin's delicate nature. Perfectly suited for Vata types with dry, sensitive skin, it eliminates dullness to reveal a velvety, glowing complexion. An accompanying steam bath amplifies the mask's effectiveness and the sense of deep well-being.

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## **Cooling and purifying mask PITTA LEPA (40 mins)**

**€ 79,00**

Designed to soothe and cool, this mask restores the skin's natural equilibrium. Based on fine, silky rice flour, the paste purifies gently while providing an immediate infusion of freshness. Ideal for rebalancing the Pitta constitution – often prone to sensitivity and redness – it regenerates the tissues, bringing a feeling of lightness and leaving the skin smooth and even.

---

## **Exfoliating and stimulating mask KAPHA LEPA (40 mins)**

**€ 79,00**

An invigorating, exfoliating ritual designed to release the stagnant energy and heaviness often associated with the Kapha constitution. It gently stimulates the skin, restoring a sense of vitality and lightness. The chickpea-flour paste deeply purifies and boosts circulation, clearing toxins and dead cells.

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# Face rituals for men

## **Purifying and revitalising ritual VIRA MUKHA (45 mins)**

**€ 95,00**

Specifically designed for male skin, this purifying ritual tones the complexion while soothing the stress and irritation caused by shaving. By stimulating micro-circulation, it delivers a powerful boost of energy and radiance.

---

## **Calming ritual for sensitive or irritated skin SHANTA MUKHA (45 mins)**

**€ 95,00**

Ideal for sensitive or reactive skin, this ritual effectively soothes redness, fortifies the epidermal barrier, and restores lasting equilibrium. It is the perfect choice when the skin requires gentle care.

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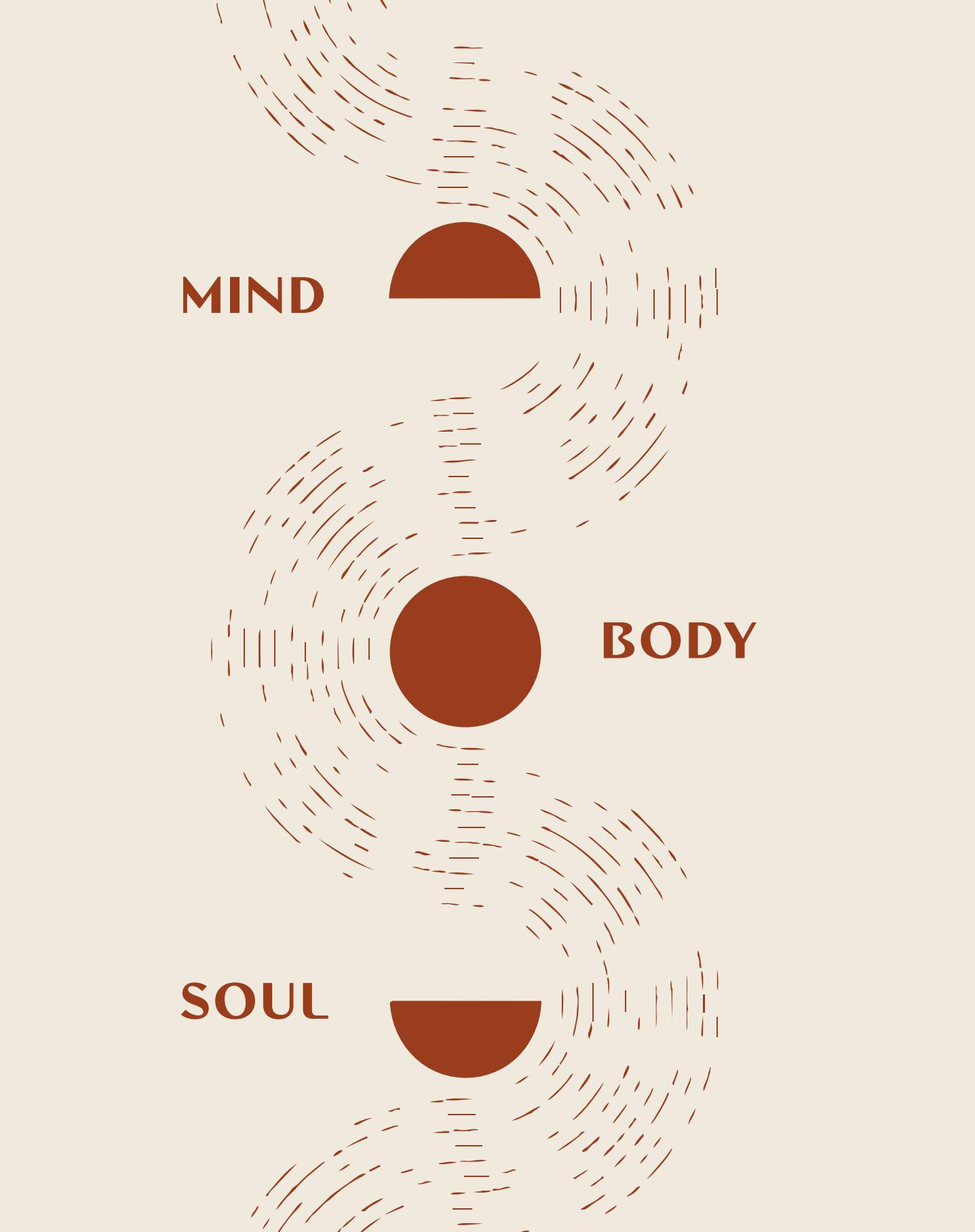
## **Energising and refreshing ritual PRANA MUKHA (45 mins)**

**€ 95,00**

A dynamic ritual designed to revitalise fatigued skin and awaken the senses. With its powerful toning effect, this treatment is ideal for those with a demanding lifestyle or an intensive, stressful routine. It restores a radiant glow and leaves the face feeling remarkably fresh.

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**MIND**

**BODY**

**SOUL**

# Ayurveda: wellness programmes

## DETOK

€ 272,00

(Programme to be combined with a 2-night stay)

### The path to clarity

A programme designed to rid the body of toxins and impurities, promoting immediate lightness, reduced swelling, and improved digestion. Targeted treatments reactivate circulation, decongest tissues, and restore balance to the energy system, leaving the mind clearer.

#### The programme includes:

- 1 Kapha detoxifying Ayurvedic body scrub
- 1 Tridosha rebalancing Ayurvedic massage
- 1 Swedana personalised steam bath
- 1 Kapha lymph draining Ayurvedic massage
- Ayurvedic herbal teas
- Ayurvedic consultation

## SERENITY

€ 571,00

(Programme to be combined with a 4-night stay)

### A sensory cocoon

Crafted to calm the mind and foster lasting inner peace, these rituals soothe the nervous system to dissolve stress and relax the body. By promoting restful sleep, the Serenity programme evokes a sense of lightness and deep, enduring well-being.

#### The programme includes:

- 1 Pitta soothing Ayurvedic body scrub
- 1 Swedana personalised steam bath
- 1 Vata stress-relieving Ayurvedic massage
- 1 Pitta relaxing Ayurvedic massage
- 2 Ayurvedic head massages with Shiro Pichu
- 1 Ratna Abhyanga rejuvenating Ayurvedic massage
- 1 Marma harmonising Ayurvedic massage
- Ayurvedic herbal teas
- Ayurvedic consultation
- Morning ritual including warm water and ginger served in your room

## RELAXATION

€ 428,00

(Programme to be combined with a 3-night stay)

### A soothing embrace for body and mind

Designed as a sensory journey toward inner peace, this immersive Ayurvedic programme helps ease anxiety and stress-related conditions while improving sleep. Through soothing massages and rituals, it dissolves muscle tension, guiding the body and mind into a state of profound relaxation.

#### The programme includes:

- 1 Vata hydrating Ayurvedic body scrub
- 1 Vata stress-relieving Ayurvedic massage
- 1 Pitta relaxing Ayurvedic massage
- 1 Marma harmonising Ayurvedic massage
- 1 Hasta Abhyanga revitalising Ayurvedic hand massage
- 1 Pada Abhyanga revitalising Ayurvedic foot massage
- Ayurvedic herbal teas
- Ayurvedic consultation
- Morning ritual including warm water and ginger served in your room

## IMMUNITY

€ 1.296,00

(Programme to be combined with a 6-night stay)

### Your path to vitality

Created to strengthen the body's immune system, this immersive programme promotes inner balance, increased endurance, and mental clarity. By blending bespoke Ayurvedic treatments and daily rituals with the guidance of experienced practitioners, the programme enhances physical stability and long-term vitality.

#### The programme includes:

- Initial and follow-up Ayurvedic consultations
- 1 Kapha detoxifying Ayurvedic body scrub
- 4 Swedana personalised steam baths
- 1 Vata stress-relieving Ayurvedic massage
- 1 Kapha lymph draining Ayurvedic massage
- 1 Pitta relaxing Ayurvedic massage
- 1 Deeply rebalancing Ayurvedic massage with Shirodhara
- 1 Shiro Abhyanga soothing Ayurvedic head massage
- 1 Ratna Abhyanga rejuvenating Ayurvedic massage
- 1 Pada Abhyanga revitalising Ayurvedic foot massage
- 1 Hasta Abhyanga revitalising Ayurvedic hand massage
- 1 Tridosha rebalancing Ayurvedic massage
- 1 Sweda Stone tension-relieving Ayurvedic massage
- 1 Vata hydrating Ayurvedic face ritual
- 1 Netra Ayurvedic eye ritual
- Morning ritual including warm water and ginger served in your room
- Yoga classes
- Ayurvedic herbal teas

#### Please note

- The Ayurvedic menu is available as an integration, designed to complement the holistic benefits of each programme.
- For optimal results and personalisation, some rituals may be adapted or substituted following the Ayurvedic consultation.

# THERMAL BATHS

*“In the purity of our waters,  
wellness is born.”*



Flowing from the slopes of Monte Baldo, our water has travelled through ancient rock for thousands of years. Its secret lies in a perfect mineral balance, a precious gift for radiant skin and bodily harmony. Every drop offers a precious source of well-being, rising from the very heart of Hotel Caesius.

*A true gift of nature, Caesius Thermal Water offers a wealth of healing and purifying benefits to restore harmony to body and mind.*



### **Kneipp therapy in thermal water**

**€ 15,00**

Alternating hot and cold thermal water, the Kneipp path strengthens the immune system and revitalises the legs. By stimulating circulation and relieving feelings of heaviness, it offers an all-round experience blending prevention and well-being.

---

### **Hydromassage in thermal water**

**€ 20,00**

Harnessing the soothing warmth of thermal water, targeted massage jets stimulate circulation and relax the muscles. Helping dissolve tension and discomfort, they promote oxygenation and lymph drainage, restoring lightness and vitality.

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### **Thalassotherapy in thermal water**

**€ 20,00**

Designed to promote the body's metabolism and remineralisation, our thalassotherapy bath offers a natural way to regenerate the tissues and enhance vitality. Rich in minerals and trace elements, the thermal saltwater eases the joints and improves circulation, while its soothing warmth amplifies the healing marine benefits.

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### **Thalassotherapy and chromotherapy in thermal water**

**€ 20,00**

Blending the healing power of saltwater with warmth and chromotherapy, our thermal bath for thalassotherapy promotes profound relaxation. The synergy of coloured lights, minerals, and trace elements provides a multi-sensory experience that stimulates and tones the body, restoring a deep sense of inner vitality.

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### **Functional rehabilitation in thermal water**

**€ 20,00**

Designed to enhance mobility, circulation, and muscle tone, our thermal bath for physiotherapy harnesses water pressure and soothing warmth to support rehabilitative movements through targeted therapeutic programmes. Personalised sessions with a dedicated therapist are available upon request.

---

### **Thermal water 'drinking cure'**

At the entrance to our Thermae & Spa, Caesius thermal water flows continuously from the heart of the hotel. Drinking such mineral-rich water offers numerous health benefits: it aids digestion, supports metabolism, and helps purify the body, ensuring a profound sense of lightness and well-being.

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### **Relaxation areas with herbal teas**

Offering a tranquil retreat, these areas are the perfect spots to sip purifying and draining infusions, restore energy, and rejuvenate. By harnessing the natural power of herbs, they promote calm, hydration, and inner equilibrium.



## Thermal cures and preventive healthcare

*"Nature at the service of health"*

### Pre-treatment medical assessment

€ 48,00

This initial consultation with the Medical Director is designed to evaluate the guest's health and recommend the most appropriate thermal cures, based on medical history and personal goals. This assessment plays a crucial role in personalising treatments and ensuring they are aligned with individual medical conditions.

---

### Inhalations of thermal water

The nebulisation of pure or saline thermal water is designed to cleanse, soothe, and protect the respiratory tract. Renowned for its anti-inflammatory and antiseptic properties, this natural treatment provides relief from chronic and allergic rhinitis while helping drain fluids in case of ear infections and rhinogenic deafness. It effectively reduces inflammation in cases of sinusitis and tracheobronchitis, offering gentle support for asthma sufferers in their daily therapies. This therapeutic action transforms every inhalation into a wellness ritual, combining clinical effectiveness with a profound sense of lightness.

**Classic aerosol:** pure thermal water for a deep cleansing and soothing effect

€ 13,00

**Medicated aerosol:** thermal water combined with targeted active ingredients

€ 18,00

**Inhalation therapy:** specifically designed for the nose, paranasal sinuses, and bronchi

€ 13,00



# Physiotherapy and rehabilitation

## Hydrokinesitherapy in thermal water (45 mins)

€ 75,00

Harnessing the healing properties of thermal water and the natural power of buoyancy, hydrokinesitherapy supports muscle and joint rehabilitation by reducing the impact of gravity. Targeted, efficient and safe exercises ensure optimal recovery while improving mobility, endurance, and coordination.

---

## Personal training in thermal water (45 mins)

€ 68,00

A private session designed to promote harmonious movement, utilising the water's buoyancy to reduce joint stress while enhancing flexibility and muscle tone. Crafted to restore energy and vitality with precision and care, each programme is tailored to the specific goals and physical requirements of the guest.

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## Rehabilitation (45 mins)

€ 75,00

A bespoke session led by a dedicated physiotherapist, designed for recovery following trauma, surgery, or the onset of functional limitations. This structured approach utilises targeted exercises and manual techniques to restore mobility, strength, and coordination, ensuring a gradual and safe physical recovery.

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## Postural re-education (45 mins)

€ 75,00

Designed to correct misalignments, release deep-seated tension, and improve mobility, postural re-education focuses on rebalancing the body's muscular system through targeted stretching and strengthening exercises for a more harmonious, upright posture.

---

## Lymphatic drainage (50 mins)

€ 90,00

Utilising gentle, rhythmic strokes, manual drainage techniques stimulate the lymph flow and reduce oedema. Ideal for addressing post-traumatic swelling, post-surgical recovery, or lymph build-up, this ritual encourages the body's natural detoxification. By promoting fluid drainage, it enhances tissue health and supports recovery.

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## Physiotherapy massage (50 min)

€ 90,00

## Physiotherapy massage (25 min)

€ 48,00

Focusing on releasing muscle tension and joint stiffness, manual massage techniques alleviate physical discomfort and promote a more effective functional recovery. This kind of massage is an ideal integration for rehabilitation programmes, designed to enhance results and restore mobility.

# THERMAL & BEAUTY SPA



# Caesius face rituals

*“As thermal water touches the face,  
the skin breathes, the mind finds stillness, and inner beauty shines through.”*

Each facial is a unique experience, performed using Caesius skincare products with thermal water and specialised tools to intensify their numerous benefits. Every treatment is designed to nourish and firm the skin while restoring a vibrant glow. To ensure optimal results, each ritual is tailored to the guest, employing specific techniques that honour and enhance the skin's unique character.

## **Rejuvenating ritual with Gua Sha (50 mins)**

**€ 108,00**

Paired with Caesius thermal water formulas, the Gua Sha traditional Eastern massage stimulates micro-circulation and lymphatic drainage to reveal a visibly relaxed, radiant, and revitalised complexion. An exclusive treatment that provides an immediate feeling of lightness and freshness.

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## **Toning ritual with ice globes (50 mins)**

**€ 108,00**

Designed to revitalise the face and redefine its contours, this refreshing ritual harnesses the power of cold to tone the tissues and stimulate skin elasticity. Working in perfect synergy with thermal active ingredients, the ice bowl technique provides a visible lifting effect and optimal firmness.

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## **Harmonising ritual with rose quartz roller (60 mins)**

**€ 132,00**

This soothing massage using rose quartz rollers enhances the absorption of thermal water formulas while easing muscle tension. The ritual evens out the complexion and restores harmony to the facial contours, providing a relaxing experience that reveals the skin's natural beauty.

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## **Detoxifying ritual with facial cups (60 mins)**

**€ 132,00**

Inspired by traditional cupping, this gentle technique stimulates micro-circulation and encourages natural detoxification. Caesius thermal skincare products work in synergy to purify and oxygenate the tissues, leaving the face and its contours visibly rejuvenated and revitalised.

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## **Face/body skin check-up (25 mins)**

**€ 30,00**

## **Face/body skin check-up (25 mins)**

**when paired with a ritual: complimentary**

Designed to define the appropriate skincare path, this expert evaluation plays a vital role in enhancing the health and natural beauty of the skin. By understanding the skin's specific needs, we can personalise rituals and offer a tailored approach aimed at improving tone, hydration, nourishment, and radiance.

# Caesius body rituals

*"As thermal water flows,  
the body is sculpted, energy is restored, and lightness is found."*

Crafted to deliver visible results and profound comfort, these exclusive rituals combine the healing power of thermal water – infused within Caesius mud and skincare products – with specialised massage techniques. What sets the experience apart is the fact that each treatment can be tailored to individual needs, from lymphatic drainage to body sculpting and toning.

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<b>Thermal scrub</b> (40 mins)	<b>€ 58,00</b>
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Harnessing the power of mineral salts and natural active ingredients, our thermal scrub provides gentle yet effective exfoliation. Sweeping away impurities and dead cells, this ritual stimulates skin renewal for a smoother, more even texture. The exfoliation ensures that following rituals can penetrate more deeply, intensifying their effectiveness.

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<b>Lymph draining ritual with brushes</b> (50 mins)	<b>€ 94,00</b>
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In this light and rhythmic ritual, soft natural brushes, thermal mud, and Caesius skincare products work in perfect synergy to stimulate micro-circulation and encourage lymphatic drainage. Effectively reducing heaviness – particularly in the legs – they leave the body feeling light and harmonious.

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<b>Slimming and sculpting ritual with suction cups</b> (50 mins)	<b>€ 94,00</b>
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Ideal for those seeking a smoother, harmonious silhouette, this intensive ritual combines Caesius mud and thermal skincare products with specialised suction cups to stimulate the tissues and reactivate micro-circulation. This targeted technique helps alleviate fluid build-up, improve skin firmness, and redefine the body's natural contours.

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<b>Toning ritual with bamboo canes</b> (50 mins)	<b>€ 94,00</b>
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When paired with Caesius mud and thermal skincare products, bamboo canes provide a deep, dynamic stimulation of the tissues. Such energising massage reactivates circulation, improves elasticity, and strengthens the skin's barrier, restoring tone, vitality, and firmness to the body.

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<b>Bespoke Caesius ritual</b> (50 mins)	<b>€ 94,00</b>
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A personalised body ritual that combines draining, toning and slimming techniques to stimulate circulation, redefine the body's contours and provide a pleasant feeling of lightness. It is the ideal choice for those seeking a tailor-made treatment that honours their unique goals.

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<b>Pressotherapy</b> (30 mins)	<b>€ 45,00</b>
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Using controlled compression, this draining treatment encourages venous and lymphatic return to effectively alleviate puffiness and heaviness. *Please note that a minimum of three sessions is recommended to ensure an enduring sense of lightness.*

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# Beauty services

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<b>Classic manicure</b>	<b>€ 50,00</b>
<b>With nail polish</b>	<b>€ 60,00</b>

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<b>Classic pedicure</b>	<b>€ 50,00</b>
<b>With nail polish</b>	<b>€ 60,00</b>

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## Hair removal

<b>Full leg + classic bikini</b>	<b>€ 48,00</b>
<b>Half leg</b>	<b>€ 28,00</b>
<b>Upper lip / eyebrows / classic bikini</b>	<b>€ 15,00</b>
<b>Extended bikini / underarms / arms</b>	<b>€ 18,00</b>
<b>Full leg + classic bikini + underarms + upper lip</b>	<b>€ 65,00</b>

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<b>Tanning</b>	<b>€ 20,00</b>
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Two technologies, one treatment: low-pressure lamps for the body, for an even and gentle tan, and high-pressure lamps for the face, to enhance radiance and vitality.

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# CAESIUS THERMAE & THE PENTA DIET BY DR EVELINA FLACHI



# Detoxifying, slimming and anti-ageing Penta Diet programmes

These exclusive detox and slimming programmes are designed for those who wish to cleanse the body, get back in shape, and achieve deep relaxation through targeted treatments, a balanced diet, and the revitalising benefits of Caesius thermal water.

## 2-day programme

€ 262,00

### Including:

- Check-up and personalised consultation with experienced practitioners
- 1 Caesius thermal body scrub
- 1 Caesius sculpting targeted massage
- 1 Slimming body treatment with thermal blanket
- 1 Caesius personalised lymph draining, toning massage
- Detoxifying, draining drink with Caesius Thermal Water and phytoextracts

## 6-day programme

€ 1.454,00

### Including:

- Personalised check-up and follow-up with experienced practitioners
- 1 Caesius thermal body scrub
- 6 Caesius personalised lymph draining, toning massages
- 5 Slimming body treatments with thermal blanket
- 3 Sculpting targeted massages
- 5 Personal training sessions in Caesius Thermal Water
- 6 Aerosol therapy detoxifying sessions with Caesius Thermal Water for improved breathing
- Detoxifying, draining drink with Caesius Thermal Water and phytoextracts

## 4-day programme

€ 867,00

### Including:

- Personalised check-up and follow-up with experienced practitioners
- 1 Caesius thermal body scrub
- 2 Caesius sculpting targeted massages
- 3 Slimming body treatments with thermal blanket
- 4 Caesius personalised lymph draining, toning massages
- 2 Caesius personalised lymph draining, anti-cellulite massages
- Detoxifying, draining drink with Caesius Thermal Water and phytoextracts

*Integrated nutrition: completing the wellness journey, all programmes include the Penta Diet menu by Dr Evelina Flachi, carefully crafted to promote detoxification and support a healthy metabolic balance.*

## Nutrition and wellness programmes

Dr Evelina Flachi's approach:

*'Achieving balance between nutrition and physical wellness.'*

Dr Evelina Flachi, renowned nutritionist and food science specialist, introduces the Penta Diet. This method integrates five key principles to activate metabolism and restore vitality, creating a synergy between balanced nutrition and personalised body treatments.

## Nutritional consultation

200,00 €

## Rasul

Designed to leave the body deeply relaxed and rejuvenated, the Rasul ritual is a time-honoured experience featuring a heated stone bed and a purifying steam bath.

(1 person) **€ 98,00**  
(2 people) **€ 180,00**

## Private Spa

Our Private Spa is a haven of tranquillity where pure bliss meets exclusive intimacy. Accommodating up to 4 people, it feels like a world of its own, offering a cosy escape for couples or small groups.

**(1h) Accommodates 2 to 4 guests**

**(per person) € 75,00**

### Including:

- Large whirlpool bath
- Steam bath
- Finnish sauna
- Experience shower
- Relaxation area
- Fruits and sparkling wine
- Wellness kit (bathrobe and pool towel)
- Private changing room and bathroom

***Please note:*** ideally combined with a Day Spa or Room & Day Spa package for a comprehensive wellness experience.



# Day Spa

## Caesius Day Spa

(per person) **€ 116,00**

### Including:

- Full-day access to the Thermae & Spa area (pools, thermal baths, sauna area, gym)
- Personalised body massage (50 mins)
- Use of a wellness kit (bathrobe and pool towel)

## Day Spa & Breakfast

(per person) **€ 136,00**

### Including:

- Full-day access to the Thermae & Spa area (pools, thermal baths, sauna area, gym)
- Personalised body massage (50 mins)
- Use of a wellness kit (bathrobe and pool towel)
- Rich breakfast buffet at the hotel

## Day Spa & Brunch (on Sundays only)

(per person) **€ 151,00**

### Including:

- Full-day access to the Thermae & Spa area (pools, thermal baths, sauna area, gym)
- Personalised body massage (50 mins)
- Use of a wellness kit (bathrobe and pool towel)
- Brunch at the hotel

# Room & Day Spa

## Room & Spa Day Use – *smart*

(2 people) **€ 150,00**

### Including:

- Room for the day
- Full-day access to the Thermae & Spa area (pools, thermal baths, sauna area, gym)
- Use of a wellness kit (bathrobe and pool towel)

## Room & Spa Day Use – *with massage*

(1 person) **€ 196,00**

(2 people) **€ 282,00**

### Including:

- Room for the day
- Personalised body massage (50 mins) - €10 extra charge when performed in a dual treatment room
- Full-day access to the Thermae & Spa area (pools, thermal baths, sauna area, gym)
- Use of a wellness kit (bathrobe and pool towel)

## Room & Spa Day Use – *with dinner*

(2 people) **€ 200,00**

### Including:

- Room for the day
- Four-course dinner (drinks not included)
- Full-day access to the Thermae & Spa area (pools, thermal baths, sauna area, gym)
- Use of a wellness kit (bathrobe and pool towel)

# WELLNESS AREA

*“Water purifies, steam sets free,  
heat renews, and stillness harmonises.”*

*In this quiet sanctuary, time stands still. As the enveloping warmth of the saunas purifies the skin and dissolves deep-seated tension, alternating heat and cold exposure invigorates the body and restores vitality. Here, reclaiming time for oneself becomes effortless.*

## **Mediterranean Sauna**

Offering a soft, enveloping warmth with temperatures reaching 50°C and a 55% to 65% humidity level, the Mediterranean sauna promotes natural detoxification, muscle relaxation, and skin regeneration, preparing the body for the more intensive purification of the Finnish Sauna.

## **Laconium**

Boasting moderate temperatures sitting around 55°C to 65°C and low humidity levels, the Laconium promotes the elimination of toxins through intensive perspiration. The result is a relaxed body and a strengthened immune system.

## **Caldarium**

Delivering 90% humidity at a temperature of 45°C, the Caldarium offers numerous body and mind benefits. Harnessing the health-giving, detoxifying power of steam, it helps improve circulation, purify the skin, release muscle tension, and ease joint stiffness. By improving respiratory health and relaxing the body, it is also ideal for managing stress-related conditions.

## **Finnish Sauna**

In the Finnish sauna, or 'dry sauna', high temperatures (80–95°C) are balanced by very low humidity (10–20%). This intense heat induces profuse perspiration, facilitating deep detoxification and the natural purification of the body.

## **Ice Fountain**

Fine ice flakes are applied to the skin to stimulate micro-circulation and constrict the pores. This sharp transition from heat to cold generates positive impulses throughout the body, enhancing circulatory and respiratory functions.

## **Kneipp Water Paradise**

Inspired by the Kneipp holistic therapy, our multi-sensory shower walk harnesses the healing power of alternating cold and warm water, combined with aromatherapy and chromotherapy for an all-round wellness experience. Inducing a sense of well-being and deep serenity, these four invigorating showers offer numerous health benefits, including improved blood circulation, toned tissues, and enhanced fluid drainage.

## **Experience Showers**

A multi-sensory journey combining invigorating water jets with chromotherapy and curated fragrances to stimulate both the senses and circulation. Each spray pattern is designed to promote muscle relaxation and improve skin tone, leaving the body feeling revitalised.

## **Gym**

Equipped with state-of-the-art Technogym technology, our gym allows for independent training tailored to individual routines. For those seeking specialised guidance, expert personal trainers are available to curate bespoke programmes for muscle toning, postural re-education, and body sculpting.

# Spa information

To ensure an exceptional experience for every guest, the following guidelines are observed within the Thermae & Spa area.

## **Bookings and arrival times**

To secure a preferred time and date, advanced booking is highly recommended, particularly for weekends and holidays. The Spa team is available to help guests select the treatments or programmes best suited to their individual needs.

Guests are encouraged to arrive 5–10 minutes prior to their scheduled appointment. In the event of a delay, the duration of the ritual or entry to the Wellness Area may be reduced to respect following appointments, and no refund will be given for the time deducted.

## **What to wear**

For hotel guests, a dedicated wellness kit is provided directly in the room. Day Spa guests will receive their kit upon arrival, along with an introduction to the facilities. To ensure safety and comfort, the removal of jewellery, watches, or metal accessories is highly recommended prior to entering saunas and the wellness area.

## **Spa etiquette**

To maintain a certain level of quietness and promote relaxation, guests are requested to silence mobile phones and electronic devices and keep noise to a minimum throughout the facilities.

## **Gift vouchers**

The Spa experience is a pleasure meant to be shared. Elegant vouchers are available for purchase, offering an ideal gift for birthdays, corporate milestones, weddings, anniversaries, or special occasions. Vouchers can be delivered in person or sent directly to the recipient.

Gift vouchers may be purchased on-site or online at [www.hotelcaesiusterme.com](http://www.hotelcaesiusterme.com). Inquiries may also be directed to [termecaesius@europlan.it](mailto:termecaesius@europlan.it) or by calling +39 045 7219150.

# NEW SKINCARE LINE



  
ACQUA  
TERMALE  
CÆSIVS

Caesius skincare products are carefully crafted to stimulate cell renewal and

reduce

the

signs

of

ageing.

All products are available at our Beauty Center and online at  
[www.hotelcaesiusterme.com/en/skincare](http://www.hotelcaesiusterme.com/en/skincare)



*the pleasure of excellence*

### HOTEL CÆSIUS THERMÆ & SPA RESORT

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