



HOTEL CÆSIVS

THERMÆ & SPA RESORT

★★★★S

the pleasure of excellence

BARDOLENO - LAKE GARDA

Thermal Baths, Medical SPA







Welcome to Hotel Caesius Thermae & Spa Resort,
a place where beauty, health and wellness await you.

In a wonderful oasis of harmony and peace, our expert
staff will take great care of you designing tailor-made
solutions which are truly unique, just as you are.



Beauty Care

Beauty care means dedicating time to the body, having an eye for aesthetics, and knowing the tools that best improve equilibrium, harmony, well-being, elegance and charisma.

The Caesius Beauty Center offers the best opportunity to improve your figure, perfect your skin and enhance the beauty of every detail of your body, entrusting its care to expert hands, able to combine ancient knowledge with advanced techniques.

Beauty and wellness go hand-in-hand, for both women and men. Toning and relaxing treatments, expertly administered, bring back harmony and equilibrium to the individual. Femininity and male charm regain their full significance, giving guests the unmeasurable value of a revived self-esteem.

Beauty therapy is a science in continuous evolution. The qualified staff of the Caesius Beauty Center has the expertise, dynamism and know-how needed to guarantee an excellent service.

All products of the Caesius line used during treatments can be purchased in our Beauty Center or in the online shop at www.hotelcaesiussterme.com/en/cosmetics.



FACIAL THERMAL TREATMENTS

PURIFYING TREATMENTS

PURIFYING DETOX › 50 min | Euro 88,00

Purifies the skin and stimulates the cell renewal, resulting in an even smooth and healthy skin with a fresh, rosy complexion.

CLASSIC CLEANSING FACIAL › 50 min | Euro 65,00

Gentle cleansing facial that cleanses and soothes, leaving the skin particularly hydrated and luminous. Suitable for all skin types.

FACIAL FOR IMPURE AND ACNE-PRONE SKIN › 65 min | Euro 96,00

A deep cleansing treatment with Caesius skincare products, normalising the skin, giving it a fresh, firm appearance.

MOISTURISING TREATMENTS

INTENSE HYDRATING "CAESIUS THERMAE SPA" FACIAL › 50 min | Euro 80,00

Combines the healing properties of our thermal mineral water with the know-how of our facial experts, who will enhance the beauty, tone, and health of your skin, using only products from our Caesius line.

REBALANCING TREATMENTS

SOOTHING TREATMENT FOR DELICATE AND SENSITIVE SKIN › 65 min | Euro 120,00

Ideal for moisturizing, soothing, and relieving irritations from the face. A full facial cleansing is included in this treatment.

EXCLUSIVE TREATMENTS

GOLD PRESTIGE (facial treatment for preventing ageing of the skin) › 80 min | Euro 148,00

Ultra-intensive anti-wrinkle treatment for stressed, mature or sun-damaged skin. It stimulates a deep regeneration of the cells, has a lifting effect, smooths wrinkles, and moisturises the skin, leaving it firm, glowing and velvety smooth... in a word, perfect.

CAVIAR LUXURY FACIAL TREATMENT › 80 min | Euro 138,00

Luxurious revitalising facial enriched with caviar that combines special massage techniques with the use of cosmeceutical products. Activates efficiently the cell defence against free radicals, resulting in a radiant appearance with firmer and rejuvenated skin.

EXCLUSIVE AHA TREATMENT › 80 min | Euro 116,00

Ideal for devitalised skin. Uses AHA peels mixed with powerful cosmetic serums and lenitive masks to stimulate the renewal of cells and the natural production of collagen and elastin.

EXCLUSIVE LIFTING MASSAGE › 25 min | Euro 50,00

Sophisticated techniques of French massage, different dexterities and a repetition of movements resulting in special facial exercises able to act on the connective tissue, re-educate the muscle and eliminate the excess of toxins and fluids in the tissues. Visible lifting effect, leaves the skin nourished, smooth and radiant.

PERSONALISED FACIAL › 60 min | Euro 98,00

Designed to achieve customised and specific results according to your personal needs and requirements.



THERMAL BODY TREATMENTS

SLIMMING, DRAINING, AND FIRMING TREATMENTS

ANTI-CELLULITE BRUSHING TREATMENT › 50 min | Euro 78,00

This treatment helps eliminate toxins, improve blood and lymphatic flow, and even provides a decongestant action on body tissues. It starts with a full-body brushing, followed by the application of "Caesius" thermal mud through massage. After a shower with thermal waters, the treatment finishes with a full-body anti-cellulite massage.

CAESIUS THERMAL FANGO TREATMENT › 50 min | Euro 78,00

Treatment with special fango enriched with Caesius thermal waters. It reduces cellulite and has toning effects on the tissue. It stimulates blood and lymphatic circulation, which increases oxygenation and helps your body eliminate toxins and retained fluids.

FIRMING BODY TREATMENT › 65 min | Euro 88,00

This treatment is recommended for firming, draining and toning the body. It detoxes your tissues and enhances your figure.

FULL BODY SCRUB › 35 min | Euro 46,00

Peeling is an excellent treatment to smooth out and improve skin's appearance. The skin becomes fresh looking.

MARINE MELODY TREATMENT › 50 min | Euro 76,00

A renewing and draining body peeling with marine salts and precious oils that leave the body luminous and compact. Final body massage to optimise the results.

"CAESIUS" FULL BODY SCRUB AND ANTI-STRESS MASSAGE › 65 min | Euro 88,00

An exfoliating treatment based on the use of active ingredients that leave the skin soft, silky and completely renewed. This treatment concludes with a relaxing massage.

BREAST-TONING TREATMENT › 50 min | Euro 68,00

Gives firmness and elasticity. The active principles increase the compactness and firmness of the tissues.

SPECIAL THERMAL TREATMENT - FACE AND BODY › 50 min | Euro 74,00

Relaxing face and body massage with Argan oil thermal cream for your complete well-being.

TREATMENTS to shape the body, in cooperation with Dr. Evelina Flachi

REDUCING TREATMENT (Warm "no fango" with thermal blanket) › 50 min | Euro 79,00

Application of warm mud, using an electric blanket to favour a reducing and toning effect on the treated body area.

MODELLING TREATMENT (Cold "no fango") › 65 min | Euro 98,00

Application of cold mud and vasoprotecting bandages with pressotherapy for a draining and slimming effect. Final body shaping massage.

PRESSOTHERAPY › 50 min | Euro 60,00

Recommended in cases of water retention, oedema, swelling and heaviness of the lower limbs. It is a remarkably effective technique to optimise blood and lymphatic circulation and deep tissue drainage. The body reacquires a feeling of lightness, agility and well-being. The treatment concludes with a massage.

SLIMMING MASSAGE waist, abdomen and arms › 40 min | Euro 60,00

Localised massage with reducing cream. Slimming and toning action on the treated body parts.

LEGS MASSAGE anti-cellulite and draining › 25 min | Euro 46,00

Localised anti-cellulite and draining massage. It encourages a better circulation and the elimination of interstitial body fluids.

CAESIUS SPECIAL BODY › 50 min | Euro 86,00

A personalised, anti-cellulite or toning, full body massage. The products are chosen according to one's personal needs.

FANGO TREATMENT (LEGS, BUMS, TUMS) › 35 min | Euro 40,00

Mud pack rich in active ingredients that help combat water retention, give the legs a feeling of lightness and make the skin firmer, smoother, more elastic.

MASSAGES

WELLNESS MASSAGES

HAWAIIAN MASSAGE LOMI LOMI NUI > 50 min | Euro 88,00

Known as "the all-change massage", it aims to ease and remove body tensions which occur in movement-dysfunction of muscles and joints. This massage consists of uninterrupted movements covering the whole body, which give the impression of being caressed by the sea. Movement is indeed the most important ingredient as only through a non-stop action re-growth and renewal are possible. Warm oil is used to instill a deep sense of well-being.

CALIFORNIAN MASSAGE > 50 min | Euro 88,00

Defined as "the massage that touches your soul", it touches every part of the body and whoever receives it cannot help but be highly impressed by its far-reaching benefits. The masseurs' hands are always in contact with the body and work in fluid movements covering the body from head to toe. It uses essential oils chosen according to one's personal needs; the rhythm is gentle and totally synchronised with one's breathing pace. Beneficial in re-establishing wellness to a body affected by stress or by physical and mental fatigue.

HOT STONE MASSAGE (massage with hot stones) > 50 min | Euro 88,00

An extremely pleasant and relaxing massage using smooth basalt stones and essential oils. It stimulates natural drainage, deep relaxation and relieves tension, achieving a long-lasting feeling of psychophysical well-being.

RITUAL MASSAGE > 50 min | Euro 80,00

A complete body treatment that includes a special peeling with a continuous, deep and slow massage, providing profound relaxation and a positive psycho-physical balance. The treatment eases tensions, improves circulation and brings the energetic flow in balance, purifying and regenerating the body.

CANDLE MASSAGE > 50 min | Euro 80,00 - 75 min | Euro 108,00

Massage with special massage candles that moisturise the skin and deeply relax the body and mind.

SHIATSU > 50 min | Euro 80,00

A massage technique imported from the age-old oriental culture. Applying light pressure on specific energy points, it restores equilibrium and vitality within the body.

REIKI > 50 min | Euro 80,00

A Japanese healing technique that creates a powerful and inexhaustible flow of energy to restore the body. Every lack of vital energy within the body becomes filled with new strength, the organs go through a period of complete cell regeneration, all the emotions blocked inside the body and responsible for illnesses emerge to the surface conscience, the mind works with lucidity and clarity and all waste and toxins are expelled.

PREGNANCY MASSAGE > 50 min | Euro 68,00

A soft and relaxing massage for pregnant mothers using natural creams and oils rich in thermal water.

DRAINING MASSAGE > 50 min | Euro 71,00

Stimulates lymphatic micro-circulation, aiding the drainage of waste fluids.



THERAPEUTIC MASSAGES

SPECIFIC MASSAGE › 50 min | Euro 89,00

It aims at reaching specific problems caused by aching joints and muscle pain, focusing on the spine and shoulders. Ideal to alleviate those issues that build up in the body causing irritation during the year.

TOTAL WELLNESS BACK MASSAGE › 25 min | Euro 48,00

Localised massage for complete relaxation of the back muscles.

SPORT MASSAGE › 50 min | Euro 88,00

Soothing massage which relaxes muscles and connective tissues for a deep regenerative and revitalising effect.

LYMPHATIC DRAINAGE MASSAGE › 50 min | Euro 90,00

Manual lymphatic drainage that encourages the movement of lymph fluids, which helps to eliminate waste from the body.

REFLEX (sole reflexology) › 50 min | Euro 70,00

A gentle massage of the soles of the feet, by expert hands, enables us to alleviate somatic disorders caused by stress and reactivate the energies of the body.

CONNECTIVE TISSUE MASSAGE › 50 min | Euro 90,00

Intense deep massage that works on the connective tissue in cases of tension, disorders and pain through deep pressure, strong friction and rubbing.

RELAXING MASSAGE › 25 min | Euro 38,00 - 50 min | Euro 68,00 - 75 min | Euro 99,00

Relaxing and winding down, it aims at balancing the energies of the body, which can be compromised by excessive exposure to stress.



WELLNESS SPA RITUALS

RASUL - The clay ritual

1 Person > 60 min | Euro 81,00 2 People > 90 min | Euro 142,00

A regenerative technique of the Ancient Roman thermal baths. The treatment has particular purifying powers thanks to different types of clay, to be applied to the face, neck and body, that help eliminate toxins. The wise combination of four elements, water, fire, earth and steam, allow one to live the heady experience of the ancient ritual. Detoxifying and re-hydrating for the skin, the 'Rasul' brings benefits also to the respiratory and cardiovascular systems, improving one's general psycho-physical conditions.

ORIGINAL MOROCCAN HAMMAM - An ancient purification ritual

1 Person > 60 min | Euro 81,00 2 People > 90 min | Euro 142,00

In the Hammam ritual, body and mind bathe in a warm and softly-lit atmosphere. The ritual begins by preparing and cleansing the skin with black soap before entering the Calidarium, a warm room heated by a continuous flow of aromatic steam; afterwards comes a pleasurable exfoliation massage of the skin whilst lying on a heated bed. The body is then washed with warm water and covered with special oils to conclude the treatment in the best way.

PRIVATE SPA - With Wellness self-ritual (body scrub and regenerating lotion) or Moroccan self-ritual (black soap, Argan oil and rose water)

From > 60 min | Euro 66,00 (min. 2 people)

A private and exclusive location where you can reap the benefits of a calidarium, laconicum, emotional showers and relaxation beds in an intimate and reserved ambiance. Ideal for a romantic interlude.



BEAUTY SERVICES

SPA MANICURE (peeling, manicure treatment, mask, massage) > 50 min | Euro 60,00

Nail trim and shape, cuticle work (can be done with nail drill according to one's needs) including hand soak and application of cuticle oil. Exfoliation through a scented scrub plus application of a mask, which will be placed over your hands for a couple of minutes. A nourishing and hydrating cream will then be applied with a gentle massage; cleansing and application of nail polish.

SPA PEDICURE (peeling, pedicure treatment, mask, massage) > 50 min | Euro 60,00

Cuticle work, nail trim and shape (can be done with nail drill according to one's needs). Foot soak and exfoliation through a scented scrub. Callus and hard skin removal plus application of a nourishing and hydrating mask. A foot cream will then be applied with a gentle massage; cleansing and application of nail polish.

NAIL POLISH APPLICATION (hands or feet) > 10 min | Euro 10,00

SEMI-PERMANENT NAIL POLISH APPLICATION (hands or feet) > Euro 40,00

FULL BODY WAX (full leg + bikini line + underarm) > Euro 62,00

FULL LEG WAX > Euro 46,00

PARTIAL BODY WAX > Euro 26,00

DELICATE ZONES WAX > Euro 15,00

UPPER LIP AND CHIN WAX > Euro 12,00

EYEBROW CARE > Euro 12,00

TRIFACIAL SOLARIUM > Euro 10,00

SUNBED SOLARIUM > Euro 18,00

CAESIUS BEAUTY CENTER



RELAXATION ROOM

In a spacious environment, enriched with large windows with a view, guests can relax on comfortable loungers, enjoy a herbal tea or infusion, transforming the waiting period before and the relaxing moment after a treatment into equally enjoyable and invigorating occasions.



CONSULTATION

A consultancy service is available to guests, offering the possibility to work out a custom-made programme for those who have not already opted for a specific bundle of treatments. The expertise of our technical staff guides through the best individual solutions, for her and for him.



SOLARIUM

The beauty and therapeutic effects of the sun are skilfully applied in order to provide guests with great benefits. Besides satisfying the demands of beauty and 'tanning', it helps the immune defenses, blood circulation, tissue oxygenation, acceleration of mineral metabolism and calcium production.

Caesius Thermal Treatments using olive oil and red grapes of Bardolino

Olhidra

The olive oil from our local olive groves has been used to create pure, natural products without preservatives, which are ideal for bringing the skin the numerous benefits contained in this rich quality fruit.

A pleasant oil peeling will make your skin beautiful and bright, ready to be covered in a nourishing body wrap. A massage with olive oil products will conclude the treatment, leaving you with moisturised and vitalised skin.

Oleumvitis

The Hotel Caesius Thermae SPA offers a range of treatments with revitalising, invigorating and energising effects. Peelings, masks and creams used in the treatments are made exclusively from grapes and grape stalks from our own vineyards. The treatments are aimed at revitalising capillary vessels and improving circulation; performed by experienced hands, they give your skin glow, vigour and beauty, visible after even the first applications.



OLIVE OIL AND RED GRAPE TREATMENTS

ANTI-OXIDIZING OLIVE OIL FACIAL TREATMENT > 50 min | Euro 90,00

It performs a nourishing, softening, soothing action and bestows brilliance, pliancy, and softness to sensitive skin. Recommended for men and women of all ages.

"SOFT" OLIVE OIL TREATMENT > 80 min | Euro 99,00

Body peeling and body massage with olive oil and olive cream.

FULL BODY OLIVE OIL TREATMENT > 95 min | Euro 109,00

Face and body: peeling, olive oil wrap, face, body and scalp massage with olive oil and olive cream.

INTENSIVE RED GRAPE TREATMENT > 95 min | Euro 109,00

Red grapes body peeling and wrap, intensive body massage with grape seed oil and red grape body cream.

REVITALISING RED GRAPE MASSAGE > 50 min | Euro 80,00

Relaxing body massage using grape seeds for a toning and anti-age effect.

VINO ENJOYMENT TREATMENT wellness ritual > 50 min | Euro 78,00

Grape seeds are a great source of energy containing powerful antioxidants to boost cell protection and improve skin rejuvenation. The treatment begins with a peeling based on sea salt, grape seeds extracts and lotus flowers, it continues with a massage using a cream with toning effect.



TREATMENTS FOR YOUNG GUESTS

During all massages, the presence of a parent is required.

WE PAMPER OUR YOUNG GUESTS (4 years and up) > 25 min | Euro 38,00

Soft, relaxing massage. Juice and biscuits afterwards.

TEENAGER (12 years and up) > 25 min | Euro 38,00

Relaxing massage with scented oil.

PURIFYING FACIAL > 25 min | Euro 40,00

With delicate scrub, followed by a soft relaxing massage.



Ayurveda Center

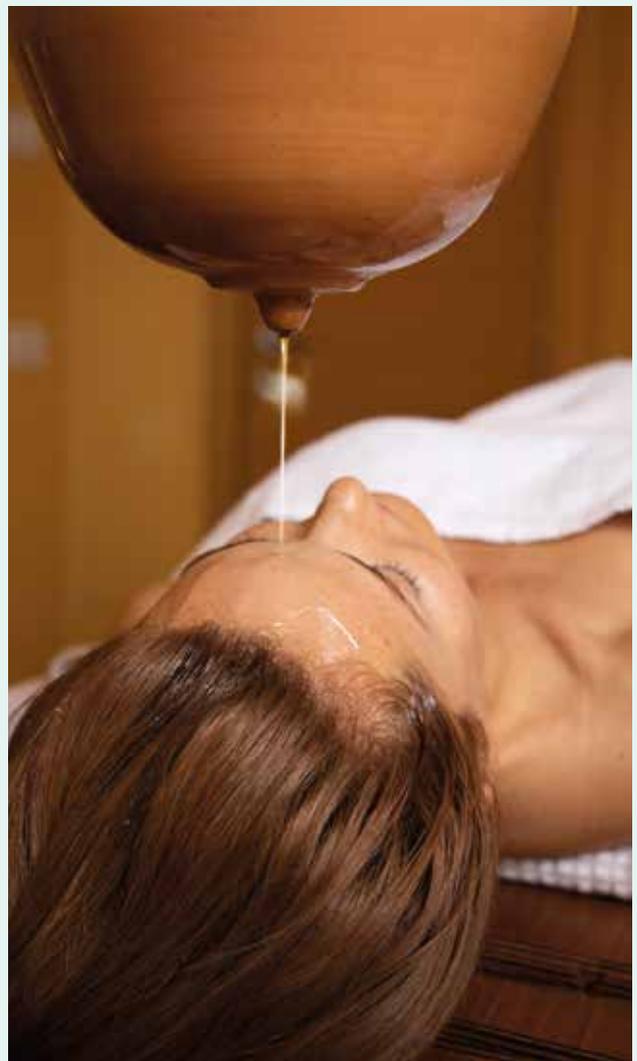
The Hotel Caesius boasts a fully equipped Ayurvedic Spa, offering guests a wide range of services with proven benefits, thanks to our qualified staff.

Ayurveda means wellness, health, energy, equilibrium, satisfaction, vitality, harmony.

The wisdom of this wonderful and ancient discipline has the purpose of taking care of human life in its manifold aspects by balancing the energies of body and mind, purifying the body and acting not only on physical health but also on the psychological and behavioural aspects.

The treatments offered in our Ayurveda Center are personalised in order to specifically intervene with the most suitable means for balancing the energies of every single individual.

Our guests can benefit from a complete tailor-made programme to restore stability and well-being through medicine, nutrition, physical activity and beauty care.



AYURVEDIC TREATMENTS

HATHA YOGA > Individual lesson > 50 min | Euro 60,00 **Lesson for 2-5 people >** Euro 33,00 each

A series of physical postures (asana), breathing exercises (pranayamas) and meditation techniques. It has a positive effect on joint mobility, increases the flexibility of muscles and tendons, improves abdominal breathing and leads to a state of deep relaxation and concentration.

ABHYANGA - BODY MASSAGE > 2-handed > 50 min | Euro 91,00

It uses herbalised oils, minimises and softens the imbalances in the three vital energies. It loosens muscular tension and relieves accumulated stress.

SWEDANA - STEAM BATH > 10 min | Euro 20,00

Extremely effective treatment, ideal for opening body channels and aiding the elimination of toxins. Deeply purifying and detoxifying, it encourages cell renewal.

NALA ABHYANGA - DRAINING MASSAGE (arterial and venous) > 50 min | Euro 81,00

Ideal for the improvement of the cardiovascular system, for the strengthening of the sensory functions and the absorption and assimilation of vital energy, water and food. It relieves tiredness resulting from the accumulation of toxins, fluid retention and swelling and eliminates blood and lymphatic congestion.

APANA - ABDOMEN TREATMENT > 50 min | Euro 76,00

Releases tension and regulates abdominal functions. Eliminates the excess of toxins caused by a slow or congested bowel. At the end of treatment, a localised Pichu is performed.

SARVANGA SNEHANA - OLEATION > 25 min | Euro 53,00

Sweet and delicate approach to the relaxing world of Ayurveda. It is performed by spreading sesame oil all over the body to achieve a re-balancing effect.

HASTABHYANGA - HAND MASSAGE > 25 min | Euro 40,00

A relaxing treatment that relieves insomnia and nervousness, gives a feeling of lightness, and relaxes body and mind. It brings relief from tiredness and stress. Particularly suitable for those who perform manual jobs and for elderly people. It acts on the important functional systems, re-balancing one's strengths.

PADABHYANGA - FOOT MASSAGE > 25 min | Euro 40,00

This treatment acts on the crucial points of the main organ functions and on their connecting systems. It reactivates the circulation and rectifies the imbalances responsible for swollen feet and fluid retention in the limbs. It gives psychophysical stability.

MUKHABHYANGA - AYURVEDIC FACIAL MASSAGE > 25 min | Euro 40,00

Treatment aimed at giving a calming effect to the three fundamental vital energies. Relaxing and anti-stress, it nourishes sensory organs and acts on the meeting points between two or more important body functions. It eliminates tiredness, improves one's eyesight and strengthens the immune system.

PICHU - MEDICATED OIL APPLIED TO THE FOREHEAD > 25 min | Euro 40,00

Pleasant and regenerating treatment able to pacify the three vital energies. It reduces head and facial inflammations, hydrates the scalp, strengthens the sensory organs, acts on tightening the ocular muscles and nourishes tissues.

KĀŚ BOWL - FOOT MASSAGE > 45 min | Euro 70,00

Treatment performed with a special KĀŚ alloy bowl. The foot massage is relaxing, revitalising and effective against stress; it stimulates the cardiovascular and lymph system, alleviates heavy legs and enhances sleep. Particularly relaxing for children and elderly people; also during pregnancy.

SHIROABHYANGA - HEAD MASSAGE > 25 min | Euro 40,00

A very pleasant and relaxing treatment that improves the condition of the scalp and prevents hair loss. It brings relaxation and mental clarity, improves the eyesight and enhances the quality of sleep; it also increases strength in the whole body and nourishes tissues.

SHIRODHARA - OIL-FLOW > 2-handed > 30 min | Euro 80,00 **4-handed >** Euro 132,00

One of the most relaxing and enjoyable treatments. While lying on one's back, a thin constant flow of oil, at body temperature, is slowly poured onto the centre of the forehead. This treatment induces very deep relaxation, is highly balancing for the harmony of body and mind and psychosomatic symptoms. Suitable for all head complaints, for nourishing and strengthening all the sensory organs.

UDVARTANA - DRY MASSAGE > 50 min | Euro 90,00 **two masseuses** > Euro 152,00

A massage that features the use of powdered medicinal herbs mixed with sesame oil. Ideal for eliminating toxins and stimulating metabolism. It reduces the adipose tissue, improves skin quality, eliminates excessive sweating, helps circulation, and decreases cellulite.

GHARSANA > **2-handed** > 45 min | Euro 81,00

Performed with raw silk gloves, Himalayan salt and medical oil. This treatment stimulates blood and lymph circulation and drainage. It also reduces adipose tissue and cellulite. It eases your mind and relaxes your body, having an activating, psychosomatic effect.

OTHADAM > **2-handed** > 50 min | Euro 96,00

Application of hot cloths infused with medicinal herbs. A toning and purifying treatment that helps eliminate toxins and alleviates rheumatic symptoms and muscle and joint stiffness.

THANDABHYANGA - BACK MASSAGE > 50 min | Euro 75,00

This treatment consists of a series of massages leading up to the point where you are made aware of your own vertebral Column (Thanda) and you begin to hold a correct vertebral position thus permitting a healthy nerve function.

NASYA > 35 min | Euro 53,00

A nasal administration aimed at cleaning the para-nasal sinuses, reviving sensory perceptions. The treatment stimulates eyesight, decreases anxiety and improves sleep. It revives cerebral functions, tones up the face, neck, shoulders and chest and re-balances one's breathing rhythm.

MARMA POINT THERAPY > 50 min | Euro 81,00

Energetic re-balancing and stimulation of the 107 vital points situated around the body. By freeing its energy channels, the body regains its natural harmony and maximum well-being.

Beneficial to immunodeficiency, tiredness and prolonged stress.

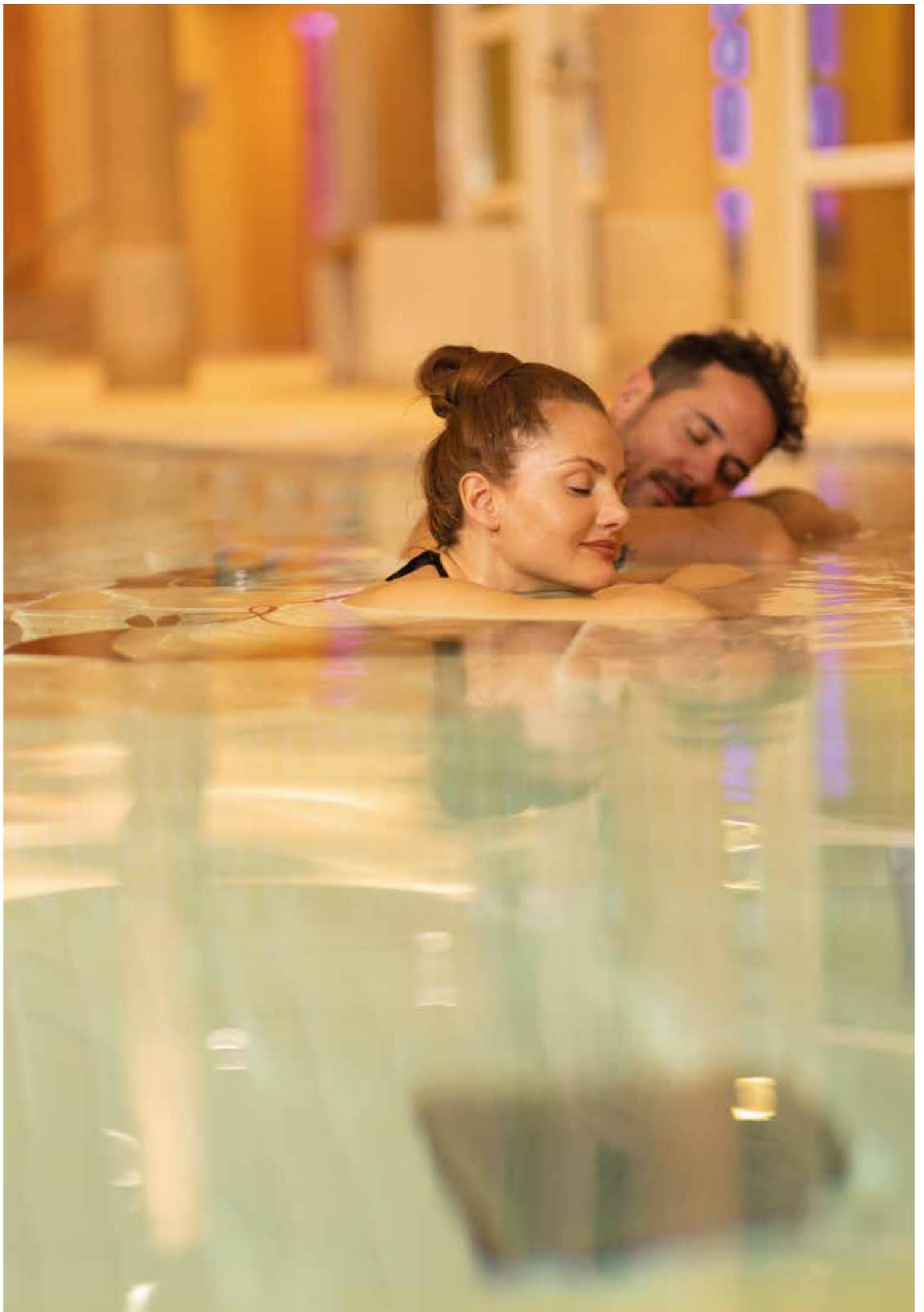
ABHYANGA + SHIROABHYANGA > 75 min | Euro 121,00

Body and head massage, a combination of the two ayurvedic treatments.

AYURVEDA TRIDOSHA MASSAGE > 50 min | Euro 90,00

Facial massage plus hand and foot massage suitable for all the three Dosha. Re-balancing and relaxing.





Thermal and Climatic Spa

From a pure and precious water comes the opportunity to feel good and restore yourself every day.

The **Caesius Thermal Water** originates in the slopes of Mount Baldo and flows down to the mineral water spring of our Caesius Thermal Center.

The pleasant and picturesque views, the lush greenery, the uncontaminated spring water, the healthy and nourishing food, the medicinal plants and the many thermal treatments together with the courtesy, hospitality, friendliness and expertise of our personnel, help to restore the equilibrium of body and mind. The **climate** has a particular influence on one's mental state and can facilitate the curative action of mineral waters. Lake Garda enjoys a mild climate that has been appreciated for centuries, in particular for its calming and regenerating effect on the nervous system and for boosting psycho-physical regeneration during convalescence after major surgeries, weakening illnesses or simply after long periods of heavy work or sport.

The favourable surroundings combined with the particular characteristics of its thermal water make the **Caesius Thermal Center** a place where you can take care of your health even just with rest and air bathing, thus preventing different forms of colds, re-balancing cardiac and pulmonary functions and regulating sweating, with all the beneficial effects that follow. Everyone can benefit from this environment, but especially people affected by anxiety, nervous gastrointestinal disorders, those suffering from arterial hypertension, hyperthyroidism, immune system weaknesses, cardiovascular diseases, chronic bronchitis also with asthma, pulmonary emphysema and, especially in the winter, lingering pneumonia and bronchopneumonia.



THERMAL AND CLIMATIC SPA

DIAGNOSTIC

MEDICAL CONSULTATION FOR ADMISSION TO TREATMENTS › Euro 48,00

Hydrotherapy, inhalations, thermal water drinking treatments, physiotherapy treatments, therapeutic massages, rehabilitation in water and/or gym, peat.

HYDROTHERAPY

BATHS

Cleansing, anti-inflammatory and antiseptic on the skin, they reactivate blood and lymph circulation, regulate arterial pressure and aid diuresis. Beneficial for those suffering from arthritis and arthrosis; acne and toxic or allergic dermatitis; varicose veins and hypertension; nervous hyper-excitability; digestive disorders; cardiac palpitations; liquid retention, cellulite and overweight. Hydro-massage stimulates the circulation and the elimination of metabolic waste.

THERMAL WATER BATH › Euro 12,00

THALASSOTHERAPY (bath in salty thermal water) › Euro 20,00

THERMAL WATER HYDROMASSAGE › Euro 20,00

KNEIPP COURSE (Kneipp course in thermal water) › Euro 15,00

Simulates walking in a bubbly stream: alternating water temperatures, hydromassage and river stones on the bottom. Helpful in preventing and treating varicose veins in the lower limbs; regenerating for muscles after prolonged exertion and for tissues after accident or surgical traumas. Stimulates circulation in general.

INHALATIONS

The inhalation of a fine spray of pure or salted thermal water has a cleansing, anti-inflammatory and antiseptic action. Beneficial for chronic and allergic rhinitis, otitis, rhinogenous deafness (originating from nasal illnesses), sinusitis, tracheobronchitis and asthma.

INHALATION THERAPY › Euro 11,00

AEROSOL › Euro 11,00

MEDICATED AEROSOL › Euro 16,00

MICRONISED NASAL SHOWER › Euro 11,00

THERMAL WATER DRINKING THERAPY

Taken as a beverage, the Caesius water, low in mineral content, stimulates the digestive processes and aids kidney and liver purification. Regulates the basal metabolism of uric acids and glucose. Delicately anti-allergic and anti-inflammatory on joints, regenerating on bones and cartilage, anti-anemic, restorative, anti-arteriosclerosis, it contributes to reduce arterial blood pressure.

PHYSIOTHERAPY TREATMENTS

WATER GYMNASTICS AND PHYSIOTHERAPY

Individual or group hydromassage baths, with the assistance of a physiotherapist conducting courses for post-operation or post-trauma, for the results of vascular problems, arthrosis, spinal column pains (from the cervical to the lumbar regions) and varicose veins in the lower limbs. With water one enjoys a relaxing and depurative effect on the body and a curative action on the skin.

INDIVIDUAL REHABILITATION IN THERMAL WATER › 45 min | Euro 65,00

GYMNASTICS AND PHYSIOTHERAPY IN THE GYM

Our gym features the most modern equipment. Here guests can dedicate themselves to the type of physical exercise they prefer and, if necessary, an experienced physiotherapist will guide and assist them in group or individual courses for re-balancing, strengthening or rehabilitation.

INDIVIDUAL REHABILITATION IN THE GYM › 45 min | Euro 75,00

INDIVIDUAL POSTURAL RE-EDUCATION › 45 min | Euro 75,00

THERAPEUTIC MASSAGES

Performed by qualified physiotherapists, these treatments are carried out based on your physique and body conditions: they restore equilibrium, strength and fluidity of movements.

CERVICAL › 25 min | Euro 48,00

BACK AND CERVICAL › 25 min | Euro 48,00

LOCALISED › 25 min | Euro 46,00

REBALANCING › 50 min | Euro 89,00





NUTRITION

General well-being is based on a healthy diet combined with daily exercise and body care. For this reason, we offer our guests a seasonal, low-calorie Dietox plan, created by nutritionist and food specialist Dr. Evelina Flachi. The diet is combined with Caesius thermal water drinks and various modelling beauty and slimming treatments individually tailored to the guest. The 7- or 3-day Dietox regimen includes tasty menus rich in nutritional and antioxidant properties, prepared according to the Mediterranean cuisine and local traditions, to help the body detoxify, get in shape and to reach personal well-being.

NUTRITION COUNSELLING › Euro 200,00

After an analyse of the body composition and eating habits, Dr Evelina Flachi, nutritionist and specialist in food science, proposes a customised diet, attentive to the general condition and individual tastes and habits. The aim is to promote nutritional education, to learn how to live a healthy lifestyle that will keep fit and healthy over the years.



Special day spa, wellness packages and beauty programmes

For surprising effects, the Caesius Thermal Center offers the perfect occasion to get back in shape, perfection one's beauty and enjoy moments of pure relaxation through a range of programmes and special wellness packages.

PROGRAMMES

Purifying and Ayurvedic programmes plus special offers designed for him and for her. The prices of all the programmes include only the treatments, the cost of the stay should be added.

DAY SPA

Treat yourself to a day far away from stress and enjoy peace in our regenerating environments. You will have **free access to our Thermal Center and SPA** with thermal baths, wellness area with sauna, Turkish bath, Mediterranean bath, frigidarium, indoor pools and gym. A wellness kit rental is included for your relaxing day: fluffy robe, bag and pool towel.



AYURVEDIC PROGRAMMES

MIN. 3 NIGHTS › Euro 164,00

AYURVEDA BASIC PROGRAMME

- 1 Sarvanga Snehana Massage
- 1 Padabhyanga - foot massage
- 1 Hastabhyanga - hand massage
- 1 Mukhabhyanga - facial massage
- Ayurvedic infusions

MIN. 3 NIGHTS › Euro 580,00

AYURVEDA PROGRAMME

- 2 Yoga lessons
- 3 Ayurvedic treatments per day
- Ayurvedic infusions

MIN. 6 NIGHTS › Euro 1.180,00

AYURVEDA PROGRAMME

- 5 Yoga lessons
- 3 Ayurvedic treatments per day
- Ayurvedic infusions

WELLNESS AND RELAXATION PROGRAMMES

MIN. 2 NIGHTS › Euro 234,00

ENERGY

- 1 Shiatsu
- 1 Reflex (sole reflexology)
- 1 Session with Personal trainer
- 1 Manicure

MIN. 2 NIGHTS › Euro 161,00

WELLNESS

- 1 Rasul
- 1 Personalised facial treatment
- Kneipp Course in thermal water

MIN. 2 NIGHTS › Euro 133,00

THALASSO

- 1 Marine Melody treatment
- 1 Draining massage
- Bath in salty thermal water

MIN. 2 NIGHTS › Euro 149,00

"EXPECTANT MUMS" PROGRAMME

- 1 Personalised facial treatment
- 1 Enveloping and delicate body massage
- Kneipp Course in thermal water

MIN. 3 NIGHTS › Euro 346,00

BEAUTY PROGRAMME FOR HER

- 1 Rasul
- 1 Special body massage
- 1 Personalised facial treatment
- 1 Spa manicure
- 1 Spa pedicure

MIN. 4 NIGHTS › Euro 343,00

RITUAL PROGRAMME

- 1 Hawaiian massage
- 1 Sport massage
- 1 Shiatsu
- 1 Specific back massage
- 1 Hammam

PROGRAMMES FOR HIM AND FOR HER

MIN. 3 NIGHTS › Euro 263,00

SPECIAL FOR MEN

- 1 Rasul
- 1 Anti-stress massage
- 1 Personalised facial treatment
- 1 Manicure

MIN. 3 NIGHTS › Euro 248,00

BEAUTY AND WELLNESS PROGRAMME

- 1 Individual skin check-up and advice on ideal treatments
- 1 Body peeling
- 1 Pressotherapy with slimming body wraps
- 1 Facial mask

MIN. 5 NIGHTS › Euro 363,00

TONIC FOR HIM

- 1 Sport massage
- 1 Hand and foot care
- 1 Rasul
- 1 Facial cleansing
- 1 Shiatsu

DAY SPA free access to the Thermae & SPA

› Euro 92,00 per person

DAY SPA WOMEN GETAWAY

(min. 3 max. 6 people)

- 1 Private SPA with wellness ritual (60 min)
- 1 Beauty facial (25 min)
- 1 Wellness kit (bathrobe and pool towel)

› Euro 90,00

CAESIUS DAY SPA

A day dedicated to relaxation and pampering yourself

- 1 Relaxing body massage (50 min)
- 1 Wellness kit (bathrobe and pool towel)

› Euro 268,00 per couple

JOYFUL

a toast to your skin

A couple ritual for a velvety skin

- 1 Private SPA with personalised wellness ritual (90 min) with fruit and Prosecco
- 1 Revitalising red grape massage in double massage cabin (50 min)
- 1 Wellness kit (bathrobe and pool towel)

› Euro 115,00

AYURVEDIC DAY SPA

- 1 Body massage Sarvanga (25 min)
- 1 Massage of your choice (20 min): facial (mukabhyanga), foot (padabhyanga), hands (hastabhyanga)
- 1 Ayurvedic infusion
- 1 Wellness kit (bathrobe and pool towel)

› Euro 135,00

DAY SPA YOGA & AYURVEDA EXPERIENCE

- 1 Yoga Lesson (50 min)
- 1 Ayurvedic treatment Tridosha (50 min)
- 1 Wellness kit (bathrobe and pool towel)

› Euro 180,00

AYURVEDIC JOURNEY MUM TO BE

- 1 Ayurvedic massage "Garbabhyangam" (60 min)
- 1 Yoga lesson (50 min)
- 1 Wellness kit (bathrobe and pool towel)

› Euro 148,00

DAY SPA EVELINA FLACHI hips and abdomen

Treatments to shape the body, in cooperation with Dr. Evelina Flachi

- 1 Reducing treatment warm "no fango" with electric blanket
- 1 Slimming massage using reducing cream
- 1 Thermal water beverage enriched with phytoextracts
- 1 Wellness kit (bathrobe and pool towel)

› Euro 198,00

DAY SPA EVELINA FLACHI legs

Treatments to shape the body, in cooperation with Dr. Evelina Flachi

- 1 Modelling treatment cold "no fango" with draining bandages and pressotherapy
- 1 Personalised body shaping massage
- 1 Thermal water beverage enriched with phytoextracts
- 1 Wellness kit (bathrobe and pool towel)

DAY SPA free access to the Thermae & SPA

› Euro 115,00

DAY SPA FOR HIM

NATURE EXPERIENCE TREATMENT

Special luxury and nature treatment for men, including a scrub and oxygenating face and body massage .

1 Wellness kit (bathrobe and pool towel)

› Euro 115,00

DAY SPA FOR HER

CRANBERRY TREATMENT

Special vitalizing beauty treatment for women, including a scrub and regenerating face and body massage.

1 Wellness kit (bathrobe and pool towel)

› Euro 248,00 per couple

DAY SPA ROMEO AND JULIET

Wellness for two

- 1 Private SPA with personalised wellness ritual (90 min) with fruit and Prosecco
- 1 Emotional couple's massage (40 min)
- 2 Wellness kits (bathrobe and pool towel)

› Euro 199,00 per couple

DAY SPA YOU & ME

Wellness for two

- 1 Private SPA with self-ritual Hammam (60 min), with fruit and Prosecco
- 1 Relaxing couple's massage (25 min)
- 2 Wellness kits (bathrobe and pool towel)

› Euro 55,00

BABY DAY SPA (4 years and up)

A day to relax together with mum and dad

- 1 Delicate and relaxing massage with scented oil (25 min)

Juices and biscuits

For all the treatments the presence of a parent is required.

› Euro 65,00

JUNIOR DAY SPA

It is never too early to take care of yourself

- 1 Purifying facial and delicate massage (45 min)

Juices and biscuits

For all the treatments the presence of a parent is required.





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TERMALE
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Our products for your beauty



CÆSIVS
THERMÆ SPA

Try our beauty products with Caesius Thermal Water and hyaluronic acid, designed to promote cell renewal and slow down skin ageing: cleansing foam, face mask, face serum, eye cream, face moisturizer, anti-aging face cream, body scrub, body lotion. Available at or beauty spa or online: www.hotelcaesiussterme.com/en/cosmetics



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