

the pleasure of excellence

BARDOLINO - LAKE GARDA

**Thermal Baths, Medical SPA** 

# CAESIUS WELLNESS SPA

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Welcome to Hotel CAESIUS THERMAE & SPA RESORT, a place where beauty, health and wellness await you.

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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

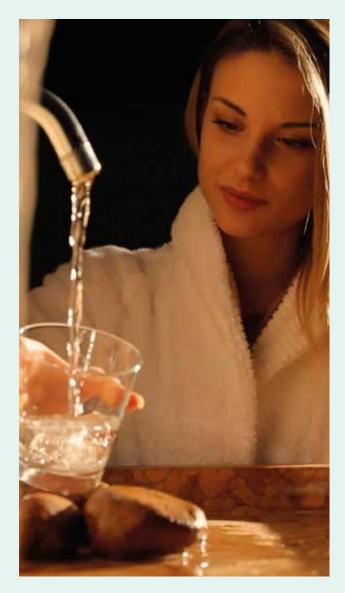
Beauty care means time dedicated to the body, a passion for aesthetics and knowledge of the tools that best improve equilibrium, harmony, well-being, elegance and charm.

The Caesius Beauty Center offers the best opportunity to improve one's shape, the quality of one's skin and every detail of one's outer appearance, entrusting expert hands, able to combine ancient knowledge with the most 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.



# **PURIFYING TREATMENTS**

#### PURIFYING VITAMIN TREATMENT (using vitamins from Mediterranean fruits) > 50 min | Euro 70,00

Favours the uptake of the active elements contained in the natural extracts of selected Mediterranean fruits into the skin. Purifies and stimulates the renewal of skin cells, resulting in a fresh, luminous and smooth skin.

#### 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 90,00

A deep cleansing treatment with massage, excellent for giving the skin a fresh, smooth, relaxed and luminous appearance. Suitable for all skin types.

## 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 > 60 min | Euro 120,00

Enjoy the regenerating effects of orange blossoms, Aloe Vera and chamomile. Ideal for moisturizing, soothing, and relieving irritations from the face. A full facial cleansing is included in this treatment.

# **ANTI-AGE TREATMENTS**

#### AGE-REPAIR (facial treatment for preventing ageing of the skin) > 65 min | Euro 165,00

An ultra-intensive anti-wrinkle treatment for tired, mature skin and for skin that has been damaged by overexposure to the sun. It stimulates a profound regeneration of the skin through the use of active ingredients from plant stem cells. It smoothes wrinkles, lifts, freshes and moisturises the skin leaving it firm, glowing and velvety... in a word, perfect.

#### LUXURY FACIAL > 80 min | Euro 215,00

Personalised revitalising facial, combines special massage techniques with the latest technologies and the use of innovative cosmetic products. It guarantees a real and efficient cell's defense against the agents responsible of skin ageing, resulting in a radiant look with smooth and rejuvenated skin.

#### EXCLUSIVE ANTI-AGE > 65 min | Euro 198,00

Ideal for devitalised skin and before special occasions. Uses delicate peeling 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 > 65 min | Euro 90,00

Designed according to your needs.







# SLIMMING, DRAINING, AND NOURISHING TREATMENTS

#### "CAESIUS" THERMAL FANGO TREATMENT > 50 min | Euro 76,00

The active elements of the Bardolino thermal mud, together with the work of expert hands, enable you to obtain visible slimming results and a smooth, firm skin.

### ANTI-CELLULITE BRUSHING TREATMENT > 50 min | Euro 76,00

This treatment helps eliminate toxins, improve blood and lymphatic flow, and even provides a decongestant action on body tissues. It begins with a full-body brushing, followed by the application, through massage, of "Caesius" thermal mud; to complete the treatment a thermal water shower, rounded out by a full-body anti-cellulite massage.

#### SLIMMING CAFFEINE BASED THERMAL MUD TREATMENT > 50 min | Euro 76,00

Uses special caffeine based thermal muds that reduce the effects of cellulite and have a toning effect on the tissue. It is able to stimulate blood and lymphatic circulation, which consequently increase oxygenation and help your body eliminate toxins and retained fluids. The treatment does not affect the endocrine system.

#### FIRMING TREATMENT WITH VITAMINS AND SHEA BUTTER > 65 min | Euro 80,00

Thanks to the active ingredients of centella asiatica, hops, kola nuts, cypress, and red algae, this treatment is recommended for firming, draining and toning the body. It detoxes your tissues and enhances your figure.

#### FULL BODY SCRUB > 25 min | Euro 40,00

Peeling is an excellent treatment to smooth out and improve skin's appearance. The skin becomes fresh looking. To obtain the best results it is advisable to complete the treatment with a massage.

#### "CAESIUS" THALASSO THERMAL PEELING > 50 min | Euro 68,00

A renewing and draining body peeling with marine salts and precious oils that leave the body luminous and compact.

"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.

LPG LIPOMASSAGE > 35 min | Euro 80,00

Treatment targeted to reduce the appearance of cellulite and reshape the body, resulting in a slimmer body with a significant reduction in volumes.

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

On completion of the treatments it is advised to consume a thermal water beverage enriched with phytoextracts.

#### REDUCING TREATMENT (Warm "no fango") > 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") > 50 min | Euro 79,00

Application of cold mud with vasoprotecting and draining bandages to favour a draining and slimming effect.

#### 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 > 35 min | Euro 45,00

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

#### LEGS MASSAGE anti-cellulite and draining > 35 min | Euro 45,00

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

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

A soft facial peeling and facial massage to brighten, moisturise and smooth your skin for a velvety effect. It follows a relaxing body massage with scented Argan oil thermal cream for your complete well-being.

#### RELAXING MASSAGE > 50 min | Euro 68,00

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

## DRAINING MASSAGE > 50 min | Euro 68,00

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

#### PREGNANCY MASSAGE > 50 min | Euro 68,00

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

#### TOTAL WELLNESS BACK-MASSAGE > 25 min | Euro 46,00

Localised massage for complete relaxation of the back muscles.

#### CAESIUS MASSAGE (sport massage) > 50 min | Euro 76,00

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

#### SPECIFIC MASSAGE > 50 min | Euro 88,00

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.

#### CAESIUS SPECIAL BODY > 50 min | Euro 86,00

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

#### HAWAIIAN MASSAGE LOMI LOMI NUI > 60 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 > 60 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 fosters natural drainage, deep relaxation and relieves tension, achieving a long-lasting feeling of psychophysical well-being.

#### THAI STRETCHING MASSAGE > 80 min | Euro 120,00

The Thai technique consists in wraps and stretching that act upon the SEN energy lines, with a relaxing and purifying effect. It increases skin elasticity and body flexibility, relaxes the muscles and provides deep relaxation. It is contraindicated for people who suffer from advanced osteoporosis, severe arthritis, bone and joint problems.





#### 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

Fragrances and warm balsam are used for a relaxing massage and profound skin care. The exquisite warm shea, coconut, aloe vera, cocoa and almond butters, together with oils and special active components are able to nourish, revive and regenerate dry and stressed skin. The skin becomes smooth, firm, bright and pleasantly scented.

#### FULL COMFORT (relaxing massage) > 50 min | Euro 76,00

A delicate and comforting massage: the use of white mud, combined with relaxing techniques (from the scalp to the feet area) give total relaxation.

#### 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.

#### 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 71,00

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.



# **RASUL - The clay ritual**

1 Person > 60 min | Euro 81,00 2 People > 90 min | Euro 132,00 3 People > 90 min | Euro 162,00

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 eliminating 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 132,00

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 self-ritual Hammam (body scrub with black soap and Argan oil)

#### From > 60 min | Euro 66,00

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.





#### 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 52,00 FULL LEG WAX > Euro 40,00 HALF LEG WAX > Euro 30,00 DELICATE ZONES WAX > Euro 15,00 BACK OR CHEST WAX > Euro 15,00 BACK OR CHEST WAX > Euro 23,00 UPPER LIP AND CHIN WAX > Euro 10,00 FULL ARM WAX > Euro 22,00 EYEBROW CARE > Euro 10,00 TRIFACIAL SOLARIUM > Euro 10,00 SUNBED SOLARIUM > Euro 18,00

# **CAESIUS BEAUTY CENTER - SERVICES**



#### **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.



#### FREE CONSULTATION

A free 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



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.

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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 101,00

Body peeling with olive stone granules plus body massage with olive oil and olive cream.

## FULL BODY OLIVE OIL TREATMENT > 110 min | Euro 149,00

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

#### "SOFT" RED GRAPE TREATMENT > 90 min | Euro 142,00

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

INTENSIVE RED GRAPE TREATMENT > 110 min | Euro 165,00

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 76,00

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.

# SPECIAL FOR MEN

#### OLIVE OIL AND GRAPE TREATMENT > 90 min | Euro 132,00

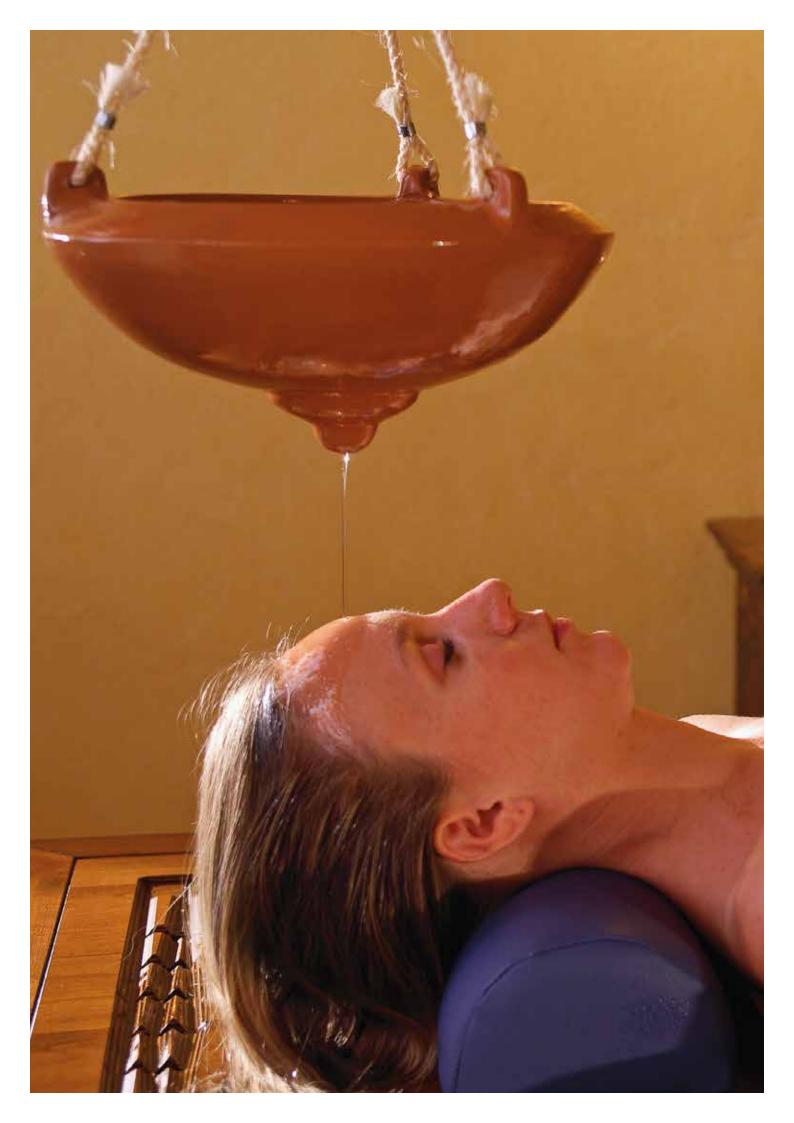
Body peeling with olive stone granules, body wrap with red grapes on heated massage table and body massage with olive oil and olive cream.



# TREATMENTS FOR YOUNG GUESTS

During all massages, the presence of a parent is required. These treatments can be combined with the "Baby Day Spa" by adding € 15,00 for the entry and wellness kit.

WE PAMPER OUR YOUNG GUESTS (4 years and up) > 20 min | Euro 35,00
Soft, relaxing massage. Juice and biscuits afterwards.
TEENAGER (12 years and up) > 25 min | Euro 35,00
Relaxing massage with scented oil.
PURIFYING FACIAL > 25 min | Euro 40,00
With delicate scrub, followed by a soft relaxing massage.



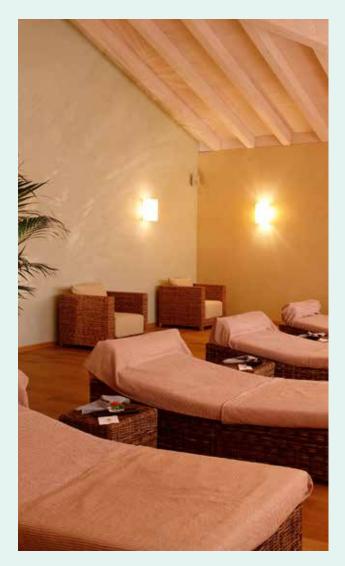
# Ayurvedic Medicine Center

The Hotel Caesius boasts a fully equipped Ayurvedic Center, offering all our guests a wide range of services with proven benefits, thanks to our qualified staff and to the leadership of Dr. Pomari, cardiologist and expert in Ayurvedic Medicine.

Ayurveda means wellness, health, energy, equilibrium, satisfaction, vitality, harmony. Starting from an initial medical examination of the individual psycho-physical state, including pulse diagnosis, we prescribe the appropriate treatments and guide you on a journey to rediscover your body.

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 Ayurvedic 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 find back stability and well-being through medicine, nutrition, physical activity and beauty care.



#### INDIVIDUAL MEDICAL CONSULTATION AND PULSE DIAGNOSIS > Free

A very sophisticated technique which allows an accurate assessment of one's individual psycho-physical condition. This first step enables us to identify physiological imbalances, in order to recommend a personalised programme that increases good health and therefore prevents future problems. A free consultation is performed before recommending any treatment.

## AYURVEDIC SPECIALIST CONSULTATION > 50 min | Euro 129,00

### HATHA YOGA > Individual lesson > 50 min | Euro 60,00 Lesson for 2-5 people > Euro 20,00 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 4-handed > Euro 132,00

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 16,00

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 70,00

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; it can also be carried out 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 71,00 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 their psychosomatic symptoms. Suitable for all head complaints, for nourishing and strengthening all the sensory organs.

#### UDVARTANA - DRY MASSAGE (two masseuses) > 50 min | Euro 132,00

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 > 60 min | Euro 88,00

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 > 75 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 within the body. By freeing its energy channels, the body finds once again, its own natural expression of 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 > 1 Person > 50 min | Euro 90,00 2 People > 50 min | Euro 180,00

Facial massage plus hand and foot massage suitable for all the three Dosha. Re-balancing and relaxing. Medical examination not required.

YOGA LESSON > 50 min | Euro 60,00







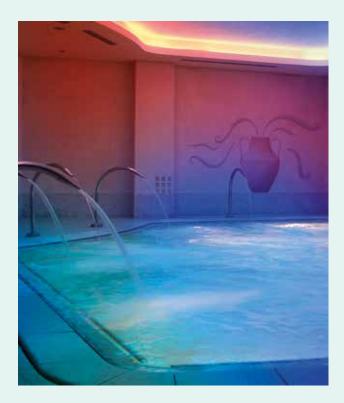


# Thermal and Climatic Spa

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





# DIAGNOSTIC

## MEDICAL CONSULTATION FOR ADMISSION TO TREATMENTS > Euro 48,00

Hydrotherapy, inhalations, thermal water drinking treatments, physioterapy treatments, terapeutic 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

INDIVIDUAL PROFESSIONAL HYDROMASSAGE BATH "CARACALLA" > Euro 33,00

with natural thermal water

INDIVIDUAL PROFESSIONAL HYDROMASSAGE BATH "CARACALLA" > Euro 38,00

with medicated thermal water

INDIVIDUAL PROFESSIONAL HYDROMASSAGE BATH "STARLIGHT" > Euro 33,00

with thermal water and chromotherapy

INDIVIDUAL PROFESSIONAL HYDROMASSAGE BATH "STARLIGHT" > Euro 38,00

with medicated thermal water and chromotherapy

#### OZONIZED BATH (Ozonized hydromassage) > Euro 38,00

In individual bathtub with ozone-enriched water. It carries out a delicate toning action on the body, and an antiseptic and healing action on the skin. Beneficial to those who suffer from a slow metabolism, cellulite, overweight, organ wasting away, muscular weakness, states of psycho-physical exhaustion and mild nervous depression. Also beneficial in cases of healing wounds and infectious or allergic dermatosis.

#### 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.

#### SHOWERS

Jets of various strength and form, at different temperatures, in a coloured and scented environment: a stimulating, sedative, revitalising and depurative action. Beneficial for the respiratory ducts, circulation, digestive system and nervous system. Helpful in cases of anxiety or depression, toxic states, rhinopharyngitis and tracheobronchitides, digestive complaints and circulatory problems.

Emotional shower > rain shower, "rising", with horizontal jets for torso or for pelvis and lower limbs. Shower with hose

Localised shower > on the liver, epigastric shower, lumbar shower, shower on the pelvis, facial skin shower.

#### COLD BATH WITH GRADUAL IMMERSION

Immersion in cold water after a steam bath, sauna or massage stimulates blood and lymph circulation and revives the entire body. Beneficial for circulatory problems with cold extremities and for those who suffer from the cold and have a tendency towards winter illnesses.

Available for immersion of lower limbs and upper limbs.

# **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 Casius 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 75,00

#### 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

PERSONAL TRAINER > 50 min | Euro 66,00

#### THERAPEUTIC MASSAGES

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

CERVICAL > 30 min | Euro 61,00

BACK AND CERVICAL > 40 min | Euro 81,00

LOCALISED > 20 min | Euro 48,00

REBALANCING > 30 min | Euro 61,00

MEDICATED WITH PERSONALISED ESSENTIAL OILS > Euro 5,00 surcharge







# PEAT TREATMENTS

Peat is a natural substance of vegetable origin, capable of disintoxicating the body, reactivating both blood circulation and lymph-gland and stimulating the mechanism for the elimination of toxins in the blood-stream.

This treatment needs to be prescribed by the doctor in conjunction with a hot/warm/cold thermal spa treatment according to one's needs. It regenerates the natural PH balance of the skin, has anti inflammatory and anti-rheumatic powers and leaves one with a sense of weightlessness, calm and well-being.

PEAT BATH > 20 min | Euro 37,00

**PEAT CATAPLASM SMALL** > 35 min | Euro 71,00 > 45 min | Euro 87,00 > 60 min | Euro 111,00 Applications to the neck, one shoulder, one knee, one foot, the lumbar region etc.

**PEAT CATAPLASM MEDIUM** > 35 min | Euro 83,00 > 45 min | Euro 101,00 > 60 min | Euro 126,00 Applications to the back, abdomen, both shoulders, both knees, full leg or arm etc.

**PEAT CATAPLASM LARGE** > 50 min | Euro 132,00 > 60 min | Euro 147,00 > 70 min | Euro 170,00 Applications to both legs (front and back), both shoulders and arms, left or right limbs etc.

# NUTRITION

One's well-being starts from a correct and healthy nutrition. This is the reason why, after a medical consultation, our guests can adopt a personalised diet, in line with their physical needs and their own personal taste, careful about the general condition of the individual and respectful of any health problems. At Hotel Caesius Thermae & SPA Resort nutrition is physiological and natural, rich in vegetable fibers, enzymes and vitamins, made of foods cultivated according to biological agriculture laws. It rehabilitates tastes toward pleasant and beneficial traditional foods, it is pleasant and beneficial, rebalancing, restoring, slimming and, only if necessary, resulting in weight loss.

# PROFESSIONAL CONSULTATION FOR A CORRECT DIET > Euro 200,00

A doctor, specialised in Food Science, will evaluate your nutritional habits and body composition in order to provide you with a personalised programme for a correct diet. The aim is to reach a state of well-being and a certain weight, which can be maintained with a follow-up programme.







# 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. In case you need personal advice on the ideal treatment for your well-being, you can have a free consultation with the responsible of our beauty center.









# 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 468,00 AYURVEDA PROGRAMME

- 1 Initial medical visit with pulse diagnosis
- 2 Yoga Lessons
- 3 Ayurvedic treatments per day Ayurvedic Infusions Final medical consultation

# MIN. 6 NIGHTS > Euro 1.080,00 AYURVEDA PROGRAMME

- 1 Initial medical visit with pulse diagnosis
- 5 Yoga Lessons
- 3 Ayurvedic treatments per day
- Ayurvedic Infusions
- Final medical consultation

# WELLNESS AND RELAXATION PROGRAMMES

# MIN. 2 NIGHTS > Euro 194,00 ENERGY

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

# MIN. 2 NIGHTS > Euro 153,00 WELLNESS

- 1 Rasul
- 1 Personalised facial treatment
- 1 Kneipp Course

### MIN. 2 NIGHTS > Euro 122,00 THALASSO

- 1 Caesius Thalasso thermal peeling
- 1 Hydrating wrap
- 1 Draining massage
- Bath in salty thermal water
- Relax area with infusions and juices

# MIN. 2 NIGHTS > Euro 142,00 "EXPECTANT MUMS" PROGRAMME

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

# MIN. 3 NIGHTS > Euro 266,00 BEAUTY PROGRAMME FOR HER

- 1 Rasul
- 1 Special body massage
- 1 Personalised facial treatment
- 1 Spa Manicure
- 1 Spa Pedicure

### MIN. 4 NIGHTS > Euro 353,00 RITUAL PROGRAMME

- 1 Hawaiian massage
- 1 Sport massage
- 1 Shiatsu
- 1 Ayurvedic massage
- (Sarvanga Snehana)
- 1 Hammam

# PROGRAMMES FOR HIM AND FOR HER

#### MIN. 3 NIGHTS > Euro 248,00 SPECIAL FOR MEN

#### 1 Rasul

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

# MIN. 3 NIGHTS > Euro 260,00 BEAUTY AND WELLNESS PROGRAMME

- 1 Individual skin check-up and advice on ideal treatments
- 1 Body peeling
- 1 Mineralising and hydrating body wrap
- 1 Pressotherapy
- 1 Facial Aloe mask
- 1 Facial mask with vitamin C

#### MIN. 5 NIGHTS > Euro 333,00 TONIC FOR HIM

- 1 Individual skin check-up and advice on ideal treatments
- 1 Caesius (sport massage)
- 1 Hand and foot care
- 1 Rasul
- 1 Facial cleansing
- 1 Shiatsu

# Euro 92,00 per person DAY SPA WOMEN GETAWAY

#### (min. 3 max. 6 people)

- 1 Private SPA with wellness ritual (60 min)
- 1 Facial treatment (25 min)

# > Euro 80,00 CAESIUS DAY SPA

A day dedicated to relaxation and pampering yourself

1 Relaxing body massage (50 min)

# 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 (90min), with strawberries and Prosecco
- 1 Revitalising red grape massage in double massage cabin (50 min)

# > Euro 115,00 AYURVEDIC DAY SPA

To discover in only one day the age-old Ayurvedic medicine

- 1 Body massage Sarvanga (25 min)
- 1 Massage of your choice (20 min): facial (mukabhyanga), foot (padabhyanga), hands (hastabhyanga)
- 1 Ayurvedic Infusion

Medical consultation upon reservation

# › Euro 121,00 DAY SPA YOGA & AYURVEDA EXPERIENCE

1 Yoga Lesson (50 min)

1 Ayurvedic treatment Tridosha (50 min)

Possibility to reserve an Ayurvedic medical consultation with pulse diagnosis

# Euro 150,00 AYURVEDIC JOURNEY MUM TO BE

- 1 Ayurvedic medical consultation with pulse diagnosis
- 1 Ayurvedic massage "Garbabhyangam" (60 min)
- 1 Yoga Lesson (50 min)

# Euro 125,00 DAY SPA FOR HIM

1 Scrub with body and facial red grape massage (80 min)





#### > Euro 148,00

# DAY SPA EVELINA FLACHI - hips and abdomen

A series of new treatments to shape the body, in coopertation with Dr. Evelina Flachi

- 1 Initial consultation with our qualified staff
- $1\;$  Reducing treatment warm "no fango" with electric blanket
- 1 Slimming massage using reducing cream
- 1 Thermal water beverage enriched with phytoextracts

#### > Euro 198,00 DAY SPA EVELINA FLACHI - legs

A series of new treatments to shape the body, in coopertation with Dr. Evelina Flachi

- 1 Initial consultation with our qualified staff
- 1 Modelling treatment cold "no fango" with draining bandages and pressotherapy
- 1 Kneipp course
- 1 Anti-cellulite and draining massage (25 min)
- 1 Thermal water beverage enriched with phytoextracts

# > Euro 248,00 per couple DAY SPA ROMEO AND JULIET

#### Wellness for two

- 1 Private SPA with personalised wellness ritual (90min) with strawberries and Prosecco
- 1 Emotional massage with citrus fruits for two (40 min)

#### > 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 massage (25 min)

# 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 (20 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.







New Caesius thermal line with:

# ACQUA TERMALE di BARDOLINO



# New product line Caesius with thermal water from Bardolino

Try our complete line of products: Thermal cleansing milk, Thermal toning lotion, Thermal face scrub, Thermal face mask, Thermal anti-aging moisturizing cream with hyaluronic acid, Thermal 24h day cream, Intensive moisturizing thermal cream, Thermal anti-wrinkle bio eye contour cream, Thermal anti-wrinkle lifting serum, New body spa thermal scrub, Vitalising thermal body cream with argan oil, Green tea thermal shower bath. **Available at our Beauty Center.** 





# HOTEL CAESIUS THERMAE & SPA RESORT

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