

## HEALTH & WELLNESS TREATMENT LIST

500 square metres in the heart of the park, where you can **regain your health** with medical-rehabilitative therapies and get **pampered** with relaxing, holistic and cosmetic treatments

**OPEN EVERY DAY FROM 9:30 A.M. TO 6 P.M.**  
from october the 1st closing at 5:30 p.m.

### INFO AND BOOKING

(+39) 081 908 71 81

segmedica@giardiniposeidonterme.com

### NO REFUND IN CASE OF BOOKING CANCELLATION



## MEDICINE AND REHABILITATION

Medical check-up for admission to therapies <i>(with prescription and certificate)</i>	€ 50
Medical advice	€ 30
Blood pressure measurement	€ 5
Osteopathy	50 min. € 100

Micronized nasal cleansing <i>(mandatory medical examination)</i>	€ 10
Inhalations / Aerosol <i>(mandatory medical examination)</i>	€ 10
Rehabilitation	45 min. € 100
<i>(in thermal water or indoor)</i>	60 min. € 120

## HOLISTIC TECHNIQUES

Ayurvedic massage	60 min.	€ 90
Hot-stone massage	60 min.	€ 90
Matrix-Rhythm-Therapy <i>(relaxing analgesic)</i>	40 min.	€ 75
	60 min.	€ 90
Craniosacral treatment	40 min.	€ 80

Foot reflexology	40 min.	€ 55
Shiatsu	60 min.	€ 90
Yoga	in group	30 min. € 20
	single	30 min. € 35

## BODY MASSAGES

Muscle relaxant massage	25 min.	€ 45
	40 min.	€ 65
	60 min.	€ 85
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Decontracting massage	40 min.	€ 75
	60 min.	€ 90

Deep tissue	40 min.	€ 100
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Vödder lymphatic drainage	40 min.	€ 75
	60 min.	€ 90
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Connective tissue massage	40 min.	€ 75
	60 min.	€ 90

## FACIAL WOMEN AND MEN

### Ericson Laboratoire

ERICSON  
LABORATOIRE

PURE OXIGEN <i>Treatment for all kind of skins</i>	70 min.	€ 95
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BIOPTIC <i>Intensive eye contour treatment</i>	30 min.	€ 50
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SLIM FACE LIFT <i>Face remodelling treatment</i>	70 min.	€ 130
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LINE CORRECTION <i>Fine line reducer treatment</i>	70 min.	€ 130

HYDRA ADVANCED <i>Super hydrating treatment</i>	70 min.	€ 130
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VITAMIN ENERGY <i>Energetic booster with revitalizing power and anti-fatigue</i>	70 min.	€ 130
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SUPREME 4D <i>Anti-aging booster treatment</i>	80 min.	€ 150

### Basic cosmetic treatments

Facial cleansing	60 min.	€ 80
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Purifying mud mask	20 min.	€ 30

Lymphatic drainage	20 min.	€ 40
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Connective tissue massage	20 min.	€ 40

## INHALATION TREATMENTS PROMOTION

To **prevent**: rhinitis, sinusitis, pharyngitis, laryngitis, chronic bronchitis.

Medical check-up for admission to treatments

N.6 micronized nasal cleansings

N.6 inhalations

N.6 aerosol

**ALL FOR € 150**

For info and reservations please contact the centre **HEALTH & WELLNESS**.

# BODY WOMEN AND MEN

## Ericson Laboratoire

ERICSON  
LABORATOIRE

FIRM & SLIM 80 min. € 100

*Anticellulite shock and firming*

OSMO SLIM 60 min. € 95

*Exfoliating, relaxing and draining*

CRYO SLIM 60 min. € 95

*Specific remodeling for microcirculation*

## Basic cosmetic treatments

Peeling with mud 40 min. € 50

Peeling with mud + facial mud mask 40 min. € 60

## Aesthetic beauty treatments

Manicure € 45

Pedicure € 50

Manicure + pedicure € 90

Total foot treatment 60 min. € 70

Nail polish change € 15

Semi-permanent application € 30

Semi-permanent removal € 15

## Epilation

Eyebrows / Upper lip / Bikini / Underarms € 10

Shoulders / Chest / Abdomen / Arms / € 30

Half legs / Back

Legs € 40

Legs + bikini € 50

## PERSONAL TRAINER

Swimming lessons adults / children 60 min. € 40  
(€ 5 per ogni persona in più)

Guided thermal path assistance 60 min. € 40  
(€ 5 for each additional person)

Water aerobics with equipment 45 min. € 35

Relaxing water therapy 35 min. € 50

Pilates in group 30 min. € 20  
single 30 min. € 35

Group water gymnastics free  
Every day (no August) at 10 in the Adriano pool (28° C)

