

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 BETWEEN 9:30 A.M. AND 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	Osteopathy	50 min.	€ 100
Medical advice	€ 30	Myofascial therapy	40 min.	€ 110
Blood pressure measurement	€ 5	Rehabilitation <i>(indoor)</i>	40 min.	€ 110
Inhalation treatment (single one) <i>(mandatory medical examination)</i>	€ 10	Rehabilitation <i>(in thermal water)</i>	60 min.	€ 140

BODY MASSAGES

Muscle relaxant massage	25 min.	€ 45	Lymphatic drainage	40 min.	€ 75
	40 min.	€ 70		60 min.	€ 90
	60 min.	€ 90	Connective tissue massage	40 min.	€ 80
Deep tissue	40 min.	€ 75		60 min.	€ 100
	60 min.	€ 95			

HOLISTIC TECHNIQUES

Ayurvedic massage	60 min.	€ 95	Craniosacral treatment	40 min.	€ 90	
Ayurvedic massage + Shirodara	80 min.	€ 130	Foot reflexology	40 min.	€ 55	
Hot-stone massage	60 min.	€ 95	Shiatsu	60 min.	€ 90	
Matrix-Rhythm-Therapy	40 min.	€ 75	Yoga	in group (min. 3 people)	30 min.	€ 20
(relaxing analgesic)	60 min.	€ 95		single	30 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**.

FACIAL WOMEN AND MEN

Ericson Laboratoire

ERICSON
LABORATOIRE

PURE OXIGEN <i>Facial cleansing for all skin types</i>	70 min. € 120	HYDRA ADVANCED <i>Super hydrating treatment</i>	70 min. € 140
BIOPTIC <i>Intensive eye contour treatment</i>	30 min. € 50	VITAMIN ENERGY <i>Energetic booster with revitalizing power and anti-fatigue</i>	70 min. € 140
V-CONTOUR LIFT <i>Face remodelling treatment</i>	70 min. € 140	SUPREME 4D <i>Anti-aging booster treatment</i>	80 min. € 160
LINE CORRECTION <i>Fine line reducer treatment</i>	70 min. € 140		

Basic cosmetic treatments

Head massage	20 min. € 40	Lymphatic drainage	20 min. € 40
Purifying mud mask	20 min. € 30	Lifting massage	20 min. € 40

BODY WOMEN AND MEN

Ericson Laboratoire

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LABORATOIRE

FIRM & SLIM <i>Anticellulite shock and firming</i>	80 min. € 110	CRYO SLIM <i>Specific remodeling for microcirculation</i>	60 min. € 100
OSMO SLIM <i>Exfoliating, relaxing and draining</i>	60 min. € 100		

Basic cosmetic treatments

Peeling with mud	40 min. € 50	Peeling with mud + facial mud mask	40 min. € 60
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Aesthetic beauty treatments

SPA Manicure	€ 50	Nail polish change	€ 15
SPA Pedicure	€ 70	Semi-permanent application	€ 30
Manicure + Pedicure	€ 95	Semi-permanent removal	€ 15

Epilation

Eyebrows / Upper lip / Bikini / Underarms	€ 10	Legs	€ 40
Shoulders / Chest / Abdomen / Arms / Half legs / Back	€ 30	Legs + bikini	€ 50

PERSONAL TRAINER

Swimming lessons adults / children <i>(€ 5 per ogni persona in più)</i>	60 min. € 40
Guided thermal path assistance <i>(€ 5 for each additional person)</i>	60 min. € 40
Water aerobics with equipment	45 min. € 35
Relaxing water therapy	35 min. € 50
Pilates in group (min. 3 people)	50 min. € 20
single	50 min. € 60
Group water gymnastics	free
Every day (no August) at 10 in the Adriano pool (28° C)	

