

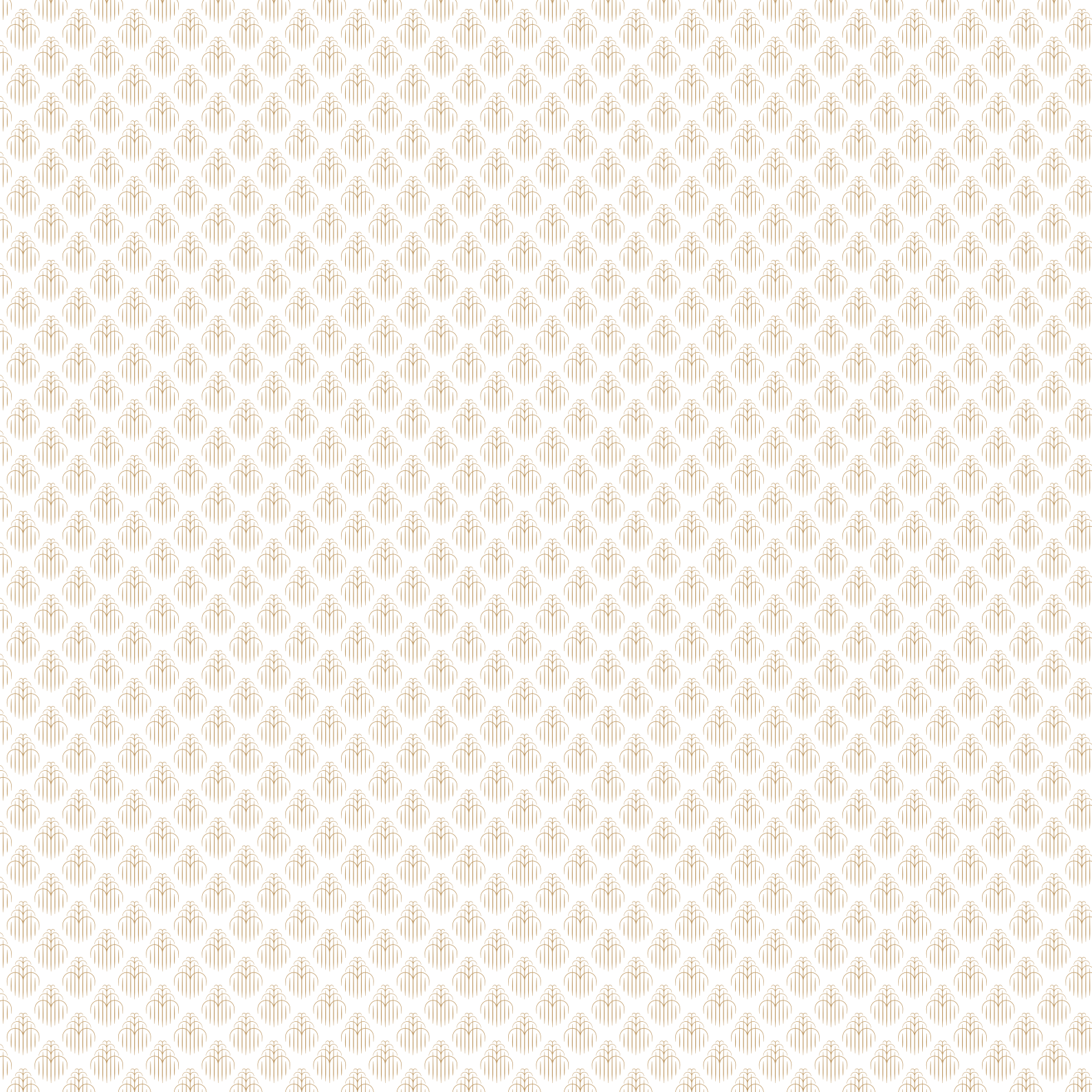


PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



MEDICAL AND SPA MENU



TREATMENT MENU

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MEDICAL SERVICES

MEDICAL SERVICES

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MEDICAL IMAGING AND PROCEDURES

ABDOMINAL ULTRASOUND

€ 350 - BASIC

€ 500 - FULL

An abdominal ultrasound is a non invasive procedure performed to assess the morphology of organs located in the abdominal cavity. It is used to detect changes in the appearance of organs, tissues, vessels, to evaluate pain or distension of the abdomen, and to assess abdominal aorta, liver, gallbladder, bile ducts, pancreas, spleen and kidneys. You may be asked to avoid eating for 8 to 12 hours before undergoing the abdominal ultrasound. It is a safe, noninvasive, and painless procedure.

BIOELECTRICAL IMPEDANCE ANALYSIS (BIA)

€ 100 - 10 MIN

Bioelectrical impedance analysis (BIA) is a non-invasive and broadly used approach for the assessment of body composition in different clinical conditions. The measurement is simply obtained standing on the BIA device and holding the electrodes for about 60 seconds. BIA determines your body composition in terms of fat mass, muscle mass and hydration status. BIA must be performed in the fasting state.

SLEEP BANDS (MULTIPLE SESSIONS)

€ 420

At Palazzo Fiuggi, our guests can experience a new category of wearable digital therapeutics for brain health and sleep disorders. Our aim is to help our guests to fall asleep and enjoy a restorative and healthy resting time. Also, the beneficial effects will help to relief from stress, insomnia and migraine.

BETTER MOOD BANDS (MULTIPLE SESSIONS)

€ 580

Optimize your brain for best performance in work and life. The Niraxx Brain Pacer is the latest NeuroTech innovation designed to support brain health conveniently at your fingertips. The easy-to-use, comfortable wearable solution combines safe, non-invasive light therapy and textile to deliver unique wavelengths of near-infrared light to activate your brain's natural energy production and regenerative process. The portable self-care solution works in harmony with multiple environments and styles.



MEDICAL IMAGING AND PROCEDURES

COLON HYDROTHERAPY

€ 300 - 90 MIN

Colon hydrotherapy represents the hygienic treatment of cleansing the colon, aiming to restore the correct function of the colon and to improve your digestion and gastrointestinal symptoms. The treatment is performed gently instilling filtered warm water into your colon. During the session, the water passes into and out the large intestine, while the therapist will provide a light abdominal massage. A therapy session lasts around 45-60 minutes.

CRYOTHERAPY

€ 150 - 10 MIN

Systemic cryotherapy consists of total and controlled cold exposure, from head to toe inside a “cryochamber” where every single perception is sharpened and every sense is accentuated, as if you had just woken up. At Palazzo Fiuggi, we improve the results of our Health Programs based on the benefits of the cryotherapy: it mitigates pain and improves circulation, strengthens blood vessels, reduces recovery time after illness or surgery, releases endorphins and oxygenates cells, removes stress, improves the quality and disorders of the skin, eliminates toxins and burns calories and improves insomnia.

CYCLE ERGOMETER TESTING

€ 380 - 45 MIN

The cycle ergometry test is a simulation and monitoring tool. It simulates the pedalling of a normal bicycle and allows to monitor and control with precision the effort made. The bike ergometer is used, in addition to rehabilitation, in the medical field for stress tests. The stress test is useful for the evaluation of ECG abnormalities under conditions of physical activity and it is used to diagnose in particular ischemic heart disease, a condition in which there is an insufficient supply of blood and oxygen to the heart.

DEEP SLEEP QUALITY TEST (POLYSOMNOGRAPHY)

€ 1500 - 30 MIN

Deep sleep quality test is a non-invasive exam of particular importance in identifying any sleep disorders that could compromise the perceived quality of life. This test is used to diagnose insomnia, sleep apnea, restless leg syndrome and many more alterations that could prevent proper and beneficial rest.



MEDICAL IMAGING AND PROCEDURES

DEXA (LUMBAR SPINE AND HIP)

€ 300 - 30 MIN

DEXA (“Dual-energy x-ray absorptiometry”) represents a quick and painless procedure to assess bone density using low-dose X-rays. DEXA measures the mineral content of the bone in certain areas of the skeleton (lumbar spine and proximal femur). In this regard, DEXA represents the gold standard for measuring bone mineral density (BMD) and therefore diagnosing osteoporosis, a condition characterized by a progressive decline in the density of bone, decreasing its strength and resulting in an increased risk of fractures.

WHOLE BODY DEXA SCAN

€ 400 - 30 MIN

The DEXA total body is a method that allows us to measure the percentage and weight of both adipose tissue, the so-called “fat mass”, that of the muscles, the “lean mass”. DEXA allows to obtain measurements of fat mass and lean mass both overall, in percentage terms for the whole body, as well as in the individual districts that make it. It is a fast test, simple to perform, highly sensitive, easily reproducible and with minimum dosage.

DYNOSTICS

€ 200

DYNOSTICS is a smart system for the analysis of performance and metabolism and determines the athlete’s current fitness levels in a few minutes based on the respiratory gases. The metabolism analysis DYNOSTICS nutrition determines the personal basal metabolic rate, which means the exact calorie consumption per day, as well as the proportion of carbohydrates, fat and protein.





MEDICAL IMAGING AND PROCEDURES

ECHOCARDIOGRAPHY

€ 400 - 45 MIN

Echocardiography is the ultrasound test that provides information about size and shape of the heart and its pump capacity. Echocardiography is also useful for diagnosis, management and follow-up of subjects with suspected or known heart disease.

ELECTROCARDIOGRAM (ECG)

€ 100 - 15 MIN

Electrocardiogram (ECG) is a safe, painless and non-invasive procedure performed to measure the heart electrical activity. It may help to diagnose heart conditions and arrhythmias in people of all ages. The test is performed attaching electrodes to the skin, which detect the electrical signals produced by each heartbeat. Once the signals are record by the ECG device, the doctor will assess the ECG results.

FIUGGI WATER HYDROTHERAPY

€ 160

Fiuggi water became famous worldwide for its natural healing properties since the early 14th century. It is an oligomineral water low in sodium, which has diuretic properties. Drinking Fiuggi water helps to stimulate kidney function, to eliminate uric acid and metabolic waste, and to treat urinary stones. Fiuggi water hydrotherapy helps you to purify your body thanks to its excellent and well-known depurative properties.

HOLISTIC THERAPY

€ 250 - 45 MIN

A therapy designed to help re-balance both the physical and mental being bringing yourself back to harmony. Holistic therapy aims to maintain the overall well-being, looking at all the elements at once, rather than focusing on individual symptoms. Holistic therapy is based on individual education on lifestyle changes and self-care to promote well-ness.



MEDICAL IMAGING AND PROCEDURES

INTRARTICULAR INJECTIONS OF CORTICOSTEROIDS

€ 500 - 30 MIN

Intra-articular corticosteroid injections are often used for short-term pain relief in people with knee osteoarthritis. The pain relief from a steroid injection works by reducing inflammation within the arthritic knee, improving both pain and function.

INTRARTICULAR INJECTIONS OF HYALURONIC ACID

€ 500 - 30 MIN

Intra-articular injections of hyaluronic acid can be used for the treatment of arthropathy of the knee that is when mild-to-moderate degenerative changes can be visualized on plain radiographs. The use of hyaluronic acid in the treatment of knee osteoarthritis leads to reduction of pain and improvement of functional mobility with benefits for quality-of-life scores, generally within 1 week and for up to 3-12 months.

REGENERATIVE INTRAVENOUS INFUSION

€ 400 - 30 MIN

The treatment provides an infusion of various substances (vitamins and amino acids) assigned to improve skin's health, boost immune system and energy, relieve stress, rid body of toxins, balance hormones. Our infusions generally take about 30 minutes and take place within a medical office with a licensed medical professional observing the infusion.

LASER THERAPY (AVAILABLE SOON)

€ 500 - 45 MIN

A physical therapy that influences biological mechanisms of the body, thanks to the increasingly less invasive and more precise laser technology used. Immediate relief from pain and stiffness localized at the joint or muscle level with painkiller effect; it stimulates local vascular function to relax muscles and helps reducing inflammation; it promotes cellular metabolism to stimulate the processes of tissue repair and functional restoration in case of muscle injuries that cannot be surgically resolved.



MEDICAL IMAGING AND PROCEDURES

NATUROPATHIC CONSULTATION

€ 220 - 30 MIN

Naturopathy has a holistic approach to the person and aims to achieve and maintain a state of psychophysical wellness and physical well-being for an overall improvement of quality of life, using exclusively natural remedies as phytotherapy, aromatherapy, floritherapy, relaxation and breathing exercise.

NILAS BIORESONANCE

€ 100 - 30 MIN

By measuring biorhythms steered by the autonomous and central nervous systems (the heart rate variability (HRV)) through NILAS device available at Palazzo Fiuggi, which is closely linked with the brain, immune, digestive, and endocrine systems, it will be possible to have a global assessment of the individual health status.

OSTEOPATHIC MASSAGE

€ 200 - 60 MIN

The osteopathic massage is a non-invasive manual therapy that aims to improve health across all body systems by manipulating and strengthening the musculoskeletal framework. This treatment aims to improve the nervous, circulatory, and lymphatic systems focusing on the health of whole body, not just the injured or affected part, increasing endorphins, reducing anxiety, tension, depression and pain.

AIRNERGY

€ 400 for 4 treatments

Spirovital Therapy is a method, a device and a treatment in one which creates 'energised air'. For only 20 minutes daily, one breathes "activated air" which is produced with the help of a natural process similar to photosynthesis in green leaves. This feeds every cell in your body with oxygen that it can absorb and use more efficiently. The treatment can promote health, quality of life, regeneration and well-being in a natural way, particularly in subjects suffering from stress, chronic conditions and aging. Spirovital Therapy is specifically recommended for use as a therapy for many chronic and debilitating illnesses, including cardiovascular illnesses and lung conditions like chronic obstructive pulmonary disease and asthma.

BREAST ULTRASOUND

€ 300 - 45 MIN

Breast ultrasound is performed to produce picture of the internal structure of the breast. It is completely safe and painless: the ultrasound technician will simply move a small probe called transducer over your skin. That will create a picture that can be seen on a computer screen. It is used to help diagnose any abnormalities and, if there are, to help determine what type of abnormalities exist.



MEDICAL IMAGING AND PROCEDURES

OSTEOPATHIC MASSAGE IN WATER (GOT)

€ 350 - 60 MIN

The use of water partially reduces the action of gravity, providing an adaptation for people with musculoskeletal or cardiovascular diseases. This treatment is also beneficial for those with excess weight helping to improve the effectiveness of the treatment. Both hot and cold baths in marine water stimulate the circulation, the functionality of the respiratory system and muscle tone, soothing and revitalizing skin and body.

OZONE ENHANCING TREATMENT

Ozone Enhancing Treatment
(one administration every day)
€ 400 each administration

Empowering Ozone Therapy
(high dose single shots)
€ 500 each administration

Ozone therapy is a therapy with ozone and oxygen that produces a series of benefits that can counteract a wide range of diseases (disc herniation, acne, phlebitis, fibromyalgia, infections, hemorrhoids, osteoarthritis, cellulitis, ulcers, burns, and osteoporosis). This treatment allows, thanks to the properties of ozone in association with those of oxygen, to significantly improve the defence systems of the body against the action of free radicals.

PHYTOTHERAPY SUPPLEMENTS

€ 150

Starting from the ancient recipes of the monks, at Palazzo Fiuggi we developed secret recipes for exclusive herbal tea lines and phytotherapy supplements, dedicated to the well-being and the health of our guests. After a personal consultation, our Naturopath specialist will suggest to each guest the most appropriate supplement to suit their needs and well-being.

THYROID AND PARATHYROID ULTRASOUND

€ 220 - 45 MIN

Thyroid and parathyroid ultrasound is an imaging test performed to evaluate the size and morphology of the thyroid gland. This exam is useful to diagnose disorders of the thyroid gland and/or parathyroid glands in the neck.



MEDICAL IMAGING AND PROCEDURES

PSYCHOTHERAPY AND MEDITATION

€ 250 - 50 MIN

Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness. Learning how to meditate is straightforward, and the benefits can come quickly. By holding onto a mental vision, emotions associated course through the entire body, leaving guests destressed and relaxed.

(RETINAL SCAN) IMEDOS MICROVASCULAR COMMUNICATION

€ 250 - 30 MIN

Based on the method of static or dynamic vessel analysis, Imedos technology offers a unique and non-invasive (optical) approach to the microcirculation of patients. Thanks to this outstanding technology, changes in the retinal vessels, their function and regulation can be made visible, and observed perception is sharpened and every sense is accentuated.

SPIROMETRY (PULMONARY FUNCTION TEST)

€ 130 - 20 MIN

Spirometry is a test employed to diagnose and monitor different lung conditions (such as asthma, chronic obstructive pulmonary disease, and pulmonary fibrosis) by measuring how much air you can breathe out in one forced breath. Spirometry test is carried out by using a device called spirometer, which is a small machine attached by a cable to a mouthpiece.

1,5 T - MRI (AVAILABLE SOON)

€ 800

3Tesla magnetic resonance imaging (1.5T MRI) is equipped with a stronger magnet and makes accurate images of organs and soft tissue compared to other types of MRI. It is used to make images of the brain, the spine, the soft tissue of joints, and the inside of blood vessels and bones.



MEDICAL IMAGING AND PROCEDURES

3D BODY SCANNING (STYKU)

€ 130 - 30 MIN

Styku 3D body scanning offers an easy and non-invasive full-body scanning experience. It requires the subject to stand still on a turntable and hold the pose for about 40 seconds. While the turntable is rotating, an infrared 3D camera extracts millions of data in order to evaluate measurements and to create your 3D model. Styku is a supportive approach for performing a body shape analysis and for meeting your body composition goals.

TRANSVAGINAL ULTRASOUND

€ 250 - 45 MIN

Transvaginal (or endovaginal) ultrasound is an ultrasound test performed to examine female pelvic area and reproductive organs which include uterus, ovaries, uterine tubes, cervix and vagina. It is an internal examination that requires the ultrasound specialist to insert an ultrasound probe into the vaginal canal. There are no known risk factors related to this type of examination. It can be performed on pregnant women as well.

VASCULAR ULTRASOUND

€ 250 - 45 MIN

Vascular ultrasound is a noninvasive ultrasound procedure performed to evaluate the blood circulation in the arteries and veins. It is also critical to detect the presence, the location and the severity of vascular diseases and blood clots, and to monitor patients after a vascular procedure.

HOLTER ECG MONITORING

€ 200

The holter is a device that records an individual's heartbeat while performing his daily activities. Is used because sometimes an ECG doesn't detect any changes in your heart rhythm because you're hooked up to the machine for only a short time. It is kept on site from 24 to 48 hours (depending on your condition/heart symptoms), even if a wireless Holter monitor can work for weeks. You will be required to keep a journal (or take note) of all the activities, you do while wearing the monitor. It is particularly important to record in the diary symptoms of palpitations, heartbeats that skip shortness of breath, chest pain or dizziness.

HOLTER BLOOD PRESSURE MONITORING

€ 150

24-hour ambulatory blood pressure monitoring (Holter Blood Pressure Monitor) is a method to measure blood pressure on a continuous basis for 24 hours. A small digital blood pressure monitor is attached to a belt around your waist and connected to a cuff around your upper arm. It is small enough not to affect your normal daily life and you can even sleep with it on. The resulting data helps the doctor get a more accurate picture of your blood pressure in the daytime and in the nighttime, in order to better understand how your blood pressure changes throughout the day.

SPECIALIST MEDICAL CONSULTATIONS

- AESTHETIC MEDICINE
- CARDIOLOGY AND VASCULAR MEDICINE
- DERMATOLOGY
- ENDOCRINOLOGY
- DIABETOLOGY
- GASTROENTEROLOGY
- GERIATRIC
- NEUROLOGY
- NUTRITION
- ORTHOPEDIC
- PHYSICAL THERAPY
- PSYCHIATRY
- PSYCHOLOGY
- PULMONOLOGY
- RHEUMATOLOGY
- MOVEMENT AND FITNESS EVALUATION SPECIALIST
- INTERNAL MEDICINE SPECIALIST
- SPORTS MEDICINE
- SURGERY
- UROLOGY
- CLINICAL NUTRITION
- PHYTOTHERAPY
- IMMUNOLOGY SPECIALIST
- OSTEOPATHIC



LABORATORY ANALYSIS

- BASIC ADMISSION
- BASIC DISCHARGE
- SCREENING OF ANEMIA
- CARDIOVASCULAR PANEL
- SCREENING OF CELIAC DISEASE
- SCREENING OF MALABSORPTION SYNDROME
- DETOX
- SCREENING OF METABOLIC SYNDROME AND DIABETES
- SCREENING OF THYROID DISORDERS
- CHRONIC FATIGUE PANEL
- THROMBOPHILIA TEST
- INFLAMMATION TEST
- IMMUNE PROFILE
- HORMONE PROFILE
- HEAVY METAL PROFILE
- ANTI COVID-19 PANEL



GENETIC TESTS

- GENETIC TEST MICROBIOTA
- GENETIC TEST MICROBIOTA PLUS
- GENETIC TEST ANTI AGING
- GENETIC TEST OXIDATIVE STRESS
- GENETIC TEST SKIN ELASTICITY
- GENETIC TEST INFLAMMATORY RESPONSE
- GENETIC TEST BODY WEIGHT
- GENETIC TEST HOMOCYSTEINE
- GENETIC TEST BONE HEALTH
- FOOD INTOLERANCE & SENSITIVITY
- GENETIC GLUTEN INTOLERANCE
- GENETIC LACTOSE INTOLERANCE
- NICKEL SENSITIVITY
- CAFFEINE SENSITIVITY
- ALCOHOL SENSITIVITY
- SALT SENSITIVITY
- GENETIC TEST ACTIVE METABOLISM
- GENETIC TEST SPORT PERFORMANCE AND INJURY
- GENETIC TEST SPORT AND PERFORMANCE





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MEDICAL
AESTHETICS

MEDICAL AESTHETICS

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FACE

MEDICAL VISIT ANTI AGEING € 250

FILLER

- Face volume booster - € 800
- Lips - € 800
- Cheekbones - € 800
- Nose - € 1.200
- Chin - € 1.200
- Chin and nose plastic profile - € 2.000

BOTOX

- Forehead - € 1.000
- Crows feet - € 1.000
- Microbotox mandible - € 1.000
- Scalp excessive sweating treatment - € 2.000

RADIESSE

- Deep bio stimulation with Radiesse - € 1.000
- Skin tone up and Deep biostimulation with Radiesse - € 1.200

ULTHERAPY (NOT SURGICAL ULTRASOUND LIFTING)

- Cheek, mandible and chin - € 3.200
- Eyebrow and crows feet - € 1.400
- Crows feet - € 1.000
- Under eyelid and eye bags - € 1.000
- Bar code, upper lip - € 1.400
- Complete visage - € 6.000

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

K-LASER

- Sun spots - € 600
- Face capillary - € 2.500
- Face scars and keloids - € 3.000
- Laser remover xantelasmi - 4.000
- Active acne treatment - € 900
- Scar acne treatment - € 1.200



FACE

PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400

CHECK UP

- Skin analysis (check up) - € 400

PROPULSION

- Oxybio lifting - € 450
- Oxy - needling - € 600
- Hyalu-oxyneedling - € 850
- Vitamin - oxybiolifting - € 950

BIO-STIMULATION

- Bio-lifting vitamin and Hyaluronic - € 500
- PDO biolifting - € 700
- Redlight phototherapy antiage - € 350
- Anti-age face with Blue light phototherapy - € 600

CARBOXYTHERAPY

- Crows feet - € 400
- Face - € 600
- Carboxytherapy and vitamins - € 800

REGENERATING THERAPY

- Regenerative therapy with growth elements - € 1.500

HAIR

- Regenerative phototherapy scalp - € 400
- Biostimulation scalp - € 800
- Regenerative therapy with growth elements - € 1.500



NECK

BOTOX

- Microlifting with Microbotox - € 1.000

RADIESSE

- Deep bio-stimulation - € 1.000
- Skin tone up and Deep biostimulation - € 1.200

ULTHERAPY (NOT SURGICAL ULTRASOUND LIFTING)

- Neck - € 3.200

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

SCULPSURE

- Submental sculpting - € 1.100

PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400

PROPULSION

- Oxy bio-lifting - € 450
- Oxy needling - € 600
- Hyalu-oxyneedling - € 850
- Vitamin - oxybiolifting - € 950

BIO-STIMULATION

- Bio-lifting vitamin and Hyaluronic - € 500
- PDO biolifting - € 700
- Anti-age skin Blue light phototherapy - € 600

CARBOXYTHERAPY

- Carboxytherapy - € 600
- Carboxytherapy and vitamins - € 800

REGENERATIVE THERAPY

- Regenerative therapy with grow elements - € 1.500



DÉCOLLETÉ

RADIESSE

- Deep bio-stimulation with Radiesse - € 1.000
- Skin tone up and Deep biostimulation with Radiesse - € 1.200

ULTHERAPY (NOT SURGICAL ULTRASOUND LIFTING)

- Decollete - € 2.200

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

K-LASER

- Sun spots - € 600

PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400

PROPULSION

- Oxy bio-lifting - € 450
- Oxy needling - € 600
- Vitamin - oxybiolifting - € 950

BIO-STIMULATION

- Biolifting vitamin and Hyaluronic - € 500
- PDO bio-lifting - € 700
- Redlight phototherapy antiage - € 350
- Anti-age skin Blue light phototherapy - € 600

CARBOXYTHERAPY

- Carboxytherapy - € 600
- Carboxytherapy and vitamins - € 800

REGENERATIVE THERAPY

- Regenerative therapy with growth elements - € 1.500



HANDS

BOTOX

- Excessive sweat treatment - € 2.000

RADIESSE

- Deep bio-stimulation - € 1.000
- Skin tone up and Deep biostimulation - € 1.200

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

K-LASER

- Sun spots : 600€
- Onychomycosis treatment with blue light therapy - € 800

PEELING

- Soft peel - € 300
- Bright peel - € 300
- Anti-age peel - € 400

PROPULSION

- Oxy bio-lifting - € 450
- Oxy needling - € 600
- Vitamin - oxybiolifting - € 950

BIO-STIMULATION

- Bio-lifting vitamin and Hyaluronic - € 500
- Anti-age skin Blue light phototherapy - € 600

CARBOXYTHERAPY

- Carboxytherapy - € 600
- Carboxytherapy and vitamins - € 800



ARMS

BOTOX

- Excessive sweat armpit - € 2.400

RADIESSE

- Deep bio-stimulation - € 1.300
- Skin tone up and Deep biostimulation - € 1.500

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

SCULPTURE

- Body sculpting to reduce localized adiposity - € 2.600

PROPULSION

- Oxy Bio Lifting - € 450
- Oxy needling - € 600
- Vitamin - oxybio-lifting - € 950

BIO-STIMULATION

- Bio-lifting vitamin and Hyaluronic - € 500
- PDO bio-lifting - € 1400

CARBOXYTHERAPY

- Carboxytherapy - € 700
- Carboxytherapy and vitamins - € 900



ABDOMEN

RADIESSE

- Deep bio-stimulation - € 1.000
- Skin tone up and Deep biostimulation - € 1.200

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

SCULPTURE

- Body sculpting to reduce localized adiposity - € 2.600

K-LASER

- Blue light phototherapy stretch marks - € 1000

PROPULSION

- Oxy Bio Lifting - € 450
- Oxy Needling - € 600
- Oxyneedling for stretch marks - € 1.500
- Vitamin - oxybio-lifting - € 950

BIO-STIMULATION

- PDO bio-lifting - € 1400

CARBOXYTHERAPY

- Carboxytherapy - € 700
- Carboxytherapy and vitamins - € 900



LEGS

RADIESSE

- Deep bio-stimulation - € 1.300
- Skin tone up and Deep biostimulation - € 1.500

SURGERY

- Microsurgical treatment with no scalpel against damages and beauty problems - € 2.200

SCULPTURE

- Body sculpting to reduce localized adiposity - € 2.600

K-LASER

- Blue light phototherapy per smagliature - € 1000
- Onychomycosis treatment with blue light phototherapy - € 800

PROPULSION

- Oxy bio-lifting - € 700
- Oxy needling - € 900

BIO-STIMULATION

- PDO bio-lifting - € 1400

CARBOXYTHERAPY

- Carboxytherapy - € 1000
- Carboxytherapy and vitamins - € 1300





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SPA
TREATMENTS

SPA TREATMENTS

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SIGNATURE EXPERIENCES

3-STEP HYDRO CURE

€ 200 - 60 MIN

The Palazzo Fiuggi signature experience. A 3-step water cure with healing minerals in a powerful hydrotherapy bath, a fango mud wrap on a floating table finishing with an invigorating Scottish Shower to increase blood flow, reduce inflammation and cellulite.

PRIVATE SUITE

€ 700 - 3 HR

Relax with your loved one in your own private suite including jacuzzi, steam room and sauna. A 3 hour experience including an exfoliating body scrub, mud application and 80 minute personalised massage with our skilled therapist team.

PSAMMO SIGNATURE EXPERIENCE

€ 230 - 90 MIN

A unique Psammotherapy treatment that commences with a soothing poultice pressure point massage continuing with a full body aromatherapy massage which flows into an energizing sound therapy experience using Tibetan singing bowls.



BEAUTY FACIALS BY DR. BARBARA STURM

Molecular Cosmetics formulated for highly effective skincare providing hydration, nutrition and regenerative glow.

INSTANT GLOW

€ 200 - 50 MIN

Nourishes and awakens the skin, whilst restoring the skin's radiance. Clinically created for cleansing, exfoliating, potent hydration and firming massage with molecular efficacy.

ANTI AGEING FACIAL

€ 280 - 75 MIN

High Tech Micro-Needling facial using anti-oxidant infused, peptide rich, super anti-ageing serum. This treatment visibly reduces fine lines and wrinkles and lifts the skin around the jawline and neck.

CLARIFYING FACIAL

€ 230 - 60 MIN

Formulated for blemish-prone skin, active ingredients restore balance, alleviate discomfort, skin sensitivity and redness for an instant calming effect.

BRIGHTENING FACIAL

€ 230 - 60 MIN

A treatment designed to decrease hyperpigmentation and combat lacklustre skin by providing a cocktail of nutritive actives including Hyaluronic acids while combatting the oxidative stresses that causes premature aging and dark spots.

MEN'S SENSITIVE

€ 230 - 60 MIN

Customized to the specific needs and challenges of men's skin. The treatment is designed to treat rough or dry skin, exfoliates, calms, tones, nourishes, soothes and comforts the skin, especially after shaving. It visibly reduces the appearance of deeper facial lines and promotes skin regeneration.



NATURAL ADVANCED AESTHETICS BY TEAM DR. JOSEPH

CELLULAR RECREATION FACE TREATMENT

€ 230 - 80 MIN

Active ingredients tailored to your needs provide immediate effects with highly effective natural products for visible results.

INTENSE PURIFYING FACE TREATMENT

€ 200 - 50 MIN

Deeply purifying facial using natural active ingredients that have an uplifting effect. on the senses as well as the skin, includes a unique skin peeling for a completely hydrated and balanced complexion.

ADVANCED BIO LIFTING FACE TREATMENT

€ 280 - 110 MIN

Holistic beauty biodynamic lifting massage and bio-energetic herbal compresses support the natural ability of your skin to self-regulate. The effective application of glass cups and super active ingredients make this a distinctive and unique facial experience.

SUPREME ULTRASONIC FACIAL LIFT

€ 230 - 80 MIN

Premium Ultrasonic Facial for intensive lifting, introducing natural, active substances which are driven into the deeper layers of the skin, creates a fuller, firmer and more youthful, toned face.

BOOSTER POWERLIFT FOR MEN

€ 180 - 50 MIN

A booster facial for effective and instant results combining the best ingredients and methods that nature and science offers.



MANUAL ADVANCED AESTHETIC BY VITALIS

INNER STRENGTH ENERGETIC CHAKRA TREATMENT

€ 150 - 50 MIN

Spiritual body treatment to clear, balance and recharge the 7 chakra energy points of the body using pure aromatherapy oils and crystals that work in harmony to promote a feeling of mental and physical lightness and restored balance.

CELLULITE TREATMENT

€ 150 - 50 MIN

Effective cellulite treatment using cupping techniques in combination with effective natural ingredients for visible alleviation of the signs of cellulite. Includes an invigorating body exfoliation and a modulated cellulite massage. Combine with the 3-Step Hydro Cure to optimize the draining results and metabolic activation.

DETOX & FIRM ABDOMINAL TREATMENT

€ 150 - 50 MIN

Decongest the abdomen and reduce waist circumference with a gentle stimulation of the abdominal area, the skin texture is improved, leaving a toned and flatter abdomen.

ENERGIZING HERBAL COMPRESS POWER TREATMENT

€ 150 - 50 MIN

Herbal Compress Massage with precious natural oils and a selected herbal blend to relieve stress, rebalance and energize both mentally and physically.

FEET & LEGS RECHARGE

€ 150 - 50 MIN

Cooling and Revitalizing treatment having a draining and slimming effect on oedema and swollen ankles.



HYDROTHERAPY & HOLISTIC BATHING

THE WELCOME RITUAL

€ 75 - 20 MIN

A unique Hammam treatment designed to commence the healing journey in Palazzo Fiuggi and is included in every programme.

FIUGGI THALASSO THERAPY

€ 70 - 60 MIN

The heart of the Palazzo Fiuggi Spa. Using the powerful healing waters from Fiuggi, float in our dense salt pool and follow with magnesium enriched mineral pool.

DETOX HAMMAM

€ 150 - 60 MIN

Traditional Hammam ritual with detoxifying Black Soap and Eucalyptus to boost your immune system, leaving your skin purified and silky soft.

PURIFYING & OXYGENATING BANYA HAMMAM

€ 200 - 60 MIN

Banya inspired Hammam to remove toxins with the traditional application of Oakwood Venicks soaked in powerful essential oils.



OVERALL WELLBEING

SPA WAVE

Binaural Acoustic & Dynamic Stimulation is an acoustic and vibrational therapy that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, the Spa Wave makes it possible for even the busiest of minds to achieve deep levels of relaxation. Like meditation, specific sounds slow down mental activity and vibrational frequencies act specifically on the energy centers (chakras) of the body.

SPA WAVE - SLEEP WELL

€ 100 - 30 MIN

Ideal to improve sleep, reduce anxiety and move into a deep state of relaxation.

SPA WAVE - SLEEP WELL & REVIVE

€ 150 - 50 MIN

Including a soothing shoulder and neck massage with light reflexology.

FIR iDome & PLT Helmet

A new generation of detox treatment. Combining Far Infrared technology with Plasma and Light. While the FIR (Far Infrared Rays) technology stimulates the metabolism and the perspiration of the body with long-wave infrared rays. The additional Plasma and Light Therapy Helmet (PLT) gives visible skin rejuvenation and detoxification, a touchless facial oxygen treatment provides negative charged ions to boost your immune system.

FIR DETOX BODY

€ 150 - 45 MIN

Effective detoxification using Far Infrared technology that stimulates cell metabolism, increases blood circulation, reduces inflammation, joint stiffness and muscular aches.

FIR DETOX FACE & BODY

€ 200 - 45 MIN

A complete detox booster combining the PLT Plasma- and Light-Therapy for visible skin rejuvenation.



OVERALL WELLBEING

PSAMMO THERAPY

Dating back to Ancient Egypt where it was used for a number of ailments and inflammatory conditions. Utilizing the dry heat of natural quartz sand aids to alleviate muscle and joint pain, combining the healing effects of these natural stones and the gentle heat allows you to surrender into a state of deep relaxation. This cocooning experience has a profoundly calming effect on our psyche and soul as the warm quartz stimulates your skin and ensures an increased blood circulation of the dermal tissue.

PSAMMO THERAPY

€ 130 - 30 MIN

Cocooning Psammotherapy including an automated massage and the healing benefits of the quartz.

PSAMMO SIGNATURE EXPERIENCE

€ 230 - 90 MIN

A unique Psammotherapy treatment that commences with a soothing poultice pressure point massage continuing with a full body aromatherapy massage which flows into an energizing sound therapy experience using Tibetan singing bowls.

CELLISS

€ 130 - 30 MIN

This touch-less treatment helps restore an optimal flow of the vascular and lymphatic systems, while reducing the subcutaneous fat using a mechanical, non-invasive percussion process. Perfect for cellulite reduction, toning and firming the body.



HOLISTIC TREATMENTS

AYURVEDIC FUSION

€ 200 - 80 MIN

Our Ayurvedic specialist will craft the perfect treatment for you based on the traditional Indian Ayurvedic medicine principles.

SHIRODHARA

€ 200 - 50 MIN

Warm oil is poured in a continuous stream over your forehead stimulating the third eye chakra. The Shi-rodhara induces a blissful state of consciousness and sense of ease; this unique treatment experience is best coupled with Shiro Abhyanga Champi.

SHIROBHYANGA CHAMPI

€ 80 - 20 MIN

Indian head massage that rejuvenates the central nervous system whilst improving eye health and vision, relieving headaches, migraines and stress.

CLASSIC ABHYANGA

€ 150 - 50 MIN

A form of Ayurvedic medicine that involves full body massage with specific warm herbal infused oils, based on your specific dosha.

THERAPEUTIC & WELLNESS MASSAGE

PHYSIOTHERAPY


€ 150 - 50 MIN

An effective manual manipulation treatment to ease muscle pain, joint injuries, arthritis and mobility issues.

LYMPH-FLOW MASSAGE

€ 150 - 50 MIN

Gentle, light massage to encourage the movement of lymph fluids around the body helping to remove wastes and toxins from the bodily tissues, this massage will leave you feeling lighter and more defined.



WELLNESS MASSAGE

SPORTS VITALITY

€ 200 - 80 MIN

Intensive sports massage is designed to activate and relax tight and tense muscles, revitalizing a fatigued body and mind.

AROMATHERAPY BODY MIND RELEASE

€ 150 - 50 MIN

Body Mind Release massage using Essential oils to bring about balance and equilibrium.

TARGETED HEAD NECK & SHOULDER RELEASE

€ 150 - 50 MIN

Release mental and physical congestion in the head, neck and shoulder areas with pressure tailored to your preference.

REFLEXOLOGY

€ 150 - 50 MIN

Inspired by traditional Eastern techniques stimulating organs through pressure points of the feet.

LOMI LOMI

€ 200 - 80 MIN

“Loving Hands” Traditional massage technique from Hawaii with alternating soft and stronger rhythmic strokes to restore energy and soothe body and mind.

VOLCANIC HOT STONE MASSAGE

€ 200 - 80 MIN

Smooth volcanic stones bathed in essential oils are used throughout this warming massage releasing stagnant energy blocks held in the body.



WELLNESS MASSAGE

BALINESE MASSAGE

€ 200 - 80 MIN

The traditional massage of the Indonesian island of Bali aims to reduce stress, relieve strained muscles and helps to detoxify the body. Using a combination of gentle stretches, stroking, pressure points, skin rolling, kneading and palming to stimulate the flow of blood, lymph and energy.

CALIFORNIAN MASSAGE

€ 200 - 80 MIN

Californian massage is a descendant of Swedish massage, using long, slow, fluid, graceful movements combined with vigorous muscle manipulations. In addition to being relaxing, this massage provides an opportunity to reconnect with the body, stimulate oxygen flow and relieve deep seated tension.

FOUR HANDS MASSAGE

€ 400 - 80 MIN

Two therapists work synchronistically together creating a harmonious and choreographed treatment experience to providing deep relaxation.



GENTLEMEN

BARBARA STURM MEN'S FACIAL FOR SENSITIVE SKIN

€ 230 - 60 MIN

Customized to the specific needs and challenges of men's skin. The treatment is designed to treat rough or dry skin, exfoliates, calms, tones, nourishes, soothes and comforts the skin, especially after shaving. It visibly reduces the appearance of deeper facial lines and promotes skin regeneration.

TEAM DR JOSEPH BOOSTER POWERLIFT FOR MEN

€ 180 - 50 MIN

A booster facial for effective instant results utilizing the best ingredients and methods that nature and science offers.

DETOX HAMMAM

€ 150€ - 60 MIN

Traditional Hammam ritual using detoxifying Black Soap and Eucalyptus to boost the immune system.

FIR DETOX BODY

€ 150 - 45 MIN

Effective detoxification using Far Infrared technology that stimulates the cell metabolism, increases blood circulation, reduces inflammation, joint stiffness and muscular aches.

DEEP TISSUE MASSAGE

€ 200 - 80 MIN

Intense deep tissue massage designed to relax and relieve tight, tense and tired muscles. Revitalizing and invigorating massage.

GOLFERSTONIC

€ 150 - 50 MIN

Focussing on the areas that typically tighten and shorten throughout the body, your therapist will massage and lengthen the muscles in your legs and back to both prepare and improve your game or to relax post game.

GENTLEMENS MANICURE AND PEDICURE

€ 150 - 80 MIN

Beautifully cared for hands and feet for a well groomed appearance.



FINISHING TOUCHES

Our Hair and Finishing Touches studios are found on the mezzanine floor O.

MANICURE

€ 80 - 80 MIN

A luxurious hand and nail experience, leaving you with silky soft hydrated hands and perfectly manicured nails with a colour application of your choice.

PEDICURE

€ 80 - 80 MIN

A relaxing foot and nail treatment for beautifully cared for feet. The experience includes careful cuticle attention, dry skin removal, foot mask followed by foot reflexology. Your pedicure is completed with a colour application of your choice.

HAIR

Our hairdressing studio is situated on the ground floor. For more information or services and to book an appointment please contact reception.



BESPOKE MOVEMENT ACTIVITIES

BESPOKE FITNESS TRAINING

€ 150 - 60 MIN

Bespoke training based on personal goals, ambition and health. Training is tailored and designed for you to continue your fitness routine after staying in Palazzo Fiuggi.

ICAROS HEALTH

€ 60 - 15 MIN

Orthopedical and neurological therapy and rehabilitation. Virtual Reality playfully improves once reflexes, balance and coordination as well as core stability.

POSTURAL TRAINING

€ 120 - 45 MIN

After a detailed postural evaluation, the training includes specific myofascial release of some body areas where the fascia (connective tissue) is tense. Corrective stretching, isometric contraction, breathing, movement, helps to restore correct alignment of the body.

PILATES

€ 150 - 60 MIN

Series of exercises from within the Pilates Method designed specifically to be performed either on a mat or on the reformer.



MOVEMENT GROUP ACTIVITIES

SOUND HEALING NIDRA MEDITATION

30 MIN

Dive into a bath of sound. Since ancient time, sound and vibration rituals were used to trigger the natural healing process of the body, mind and spirit. The sound waves interact with the cells in your body, with your DNA & with your chakra system encouraging your body to feel, heal, relax & release.

MEDITATION

30 MIN

Meditation is a simple practice available to all, which can reduce stress, increase calmness and clarity and promote happiness.

CIRCUIT TRAINING

30 MIN

Intuitive and progressive functional training, that allows all type of activity levels and ages to perform soft and natural movements with resistance. A mixed 30 minutes class guided by our movement expert.



PALAZZO FIUGGI ETIQUETTE

OPENING TIMES

Monday to Sunday 07.00 a.m. – 20.00 p.m.

SPA TREATMENT TIMES

Monday to Sunday 09.00 a.m. – 18.00 p.m.

MEDICAL SERVICES

Monday to Sunday 7.00 – 18.00

It is necessary to attend the First Medical Visit and perform the Electrocardiogram to fully enjoy our programs.

SCHEDULING AN APPOINTMENT

To schedule an appointment please contact our spa reception team who will be happy to guide you to the appropriate treatment. To ensure your preferred time and service is available we recommend to book in advance.

ARRIVAL TIME

Please allow sufficient time before your treatment. Be advised that late arrivals can result in a reduction of treatment time. We advise arriving at the spa in your robe and footwear provided in your room. The spa will provide towels for the pool, an extra robe if needed during your spa treatments.

CANCELLATION POLICY

A 100% charge will be incurred for any medical

service and spa treatments not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA FACILITIES AND ACCESS

The following spa facilities are available:

- The heart of the spa lives at the impressive Spa Reception (-1) where you will find the thalasso, magnesium and cold plunge pool, spa changing rooms with lockers and relaxation areas, indoor /outdoor panoramic pool.
- The Roman Therme offers : Separate male and female sauna and steam rooms, each are equipped with emotional showers and lockers. Further offerings include a kneipp pool, Far Infrared Sauna and outdoor semi-olympic pool. Relax at our indoor/outdoor pergola and enjoy the surroundings.

Please arrive with your bathing suit to enjoy these facilities.

MOVEMENT LAB

A state-of-the-art MovementLab equipped with the Technogym cardio vascular and strength machines, Reaxing functional training stations, Pilates, Icaros Virtual Reality as well as a free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine. The movement lab is available to all hotel guests.



PALAZZO FIUGGI ETIQUETTE

YOGA SALA

A bright and spacious, quiet and relaxing yoga sala for all group movement classes as well as private 1 to 1 sessions. Please arrive 5 minutes before the scheduled class.

CHILDREN'S POLICY

We are delighted to offer treatments for children under 16 years old however they must be accompanied by an adult for the whole duration of treatment. Please contact our reservations team for details on treatments available for our young guests. Access to the rest of the spa including the changing facilities, spa and heat experiences and MovementLab are restricted to over 16's.

ENVIRONMENT

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy, serenity and peace. In light of this, the spa is a mobile phone, camera and smoke free zone. Please ensure mobile phones are on silent during your visit to the spa.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

GIFT VOUCHERS

An ideal gift for someone special. Please contact our reservations team for details.

HOMECARE

To continue your spa experience at home, products used in our treatments are available at spa reception.

VALUABLES

Palazzo Fuiggi accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. We recommend all valuables to be left in your safety deposit box located in your room.

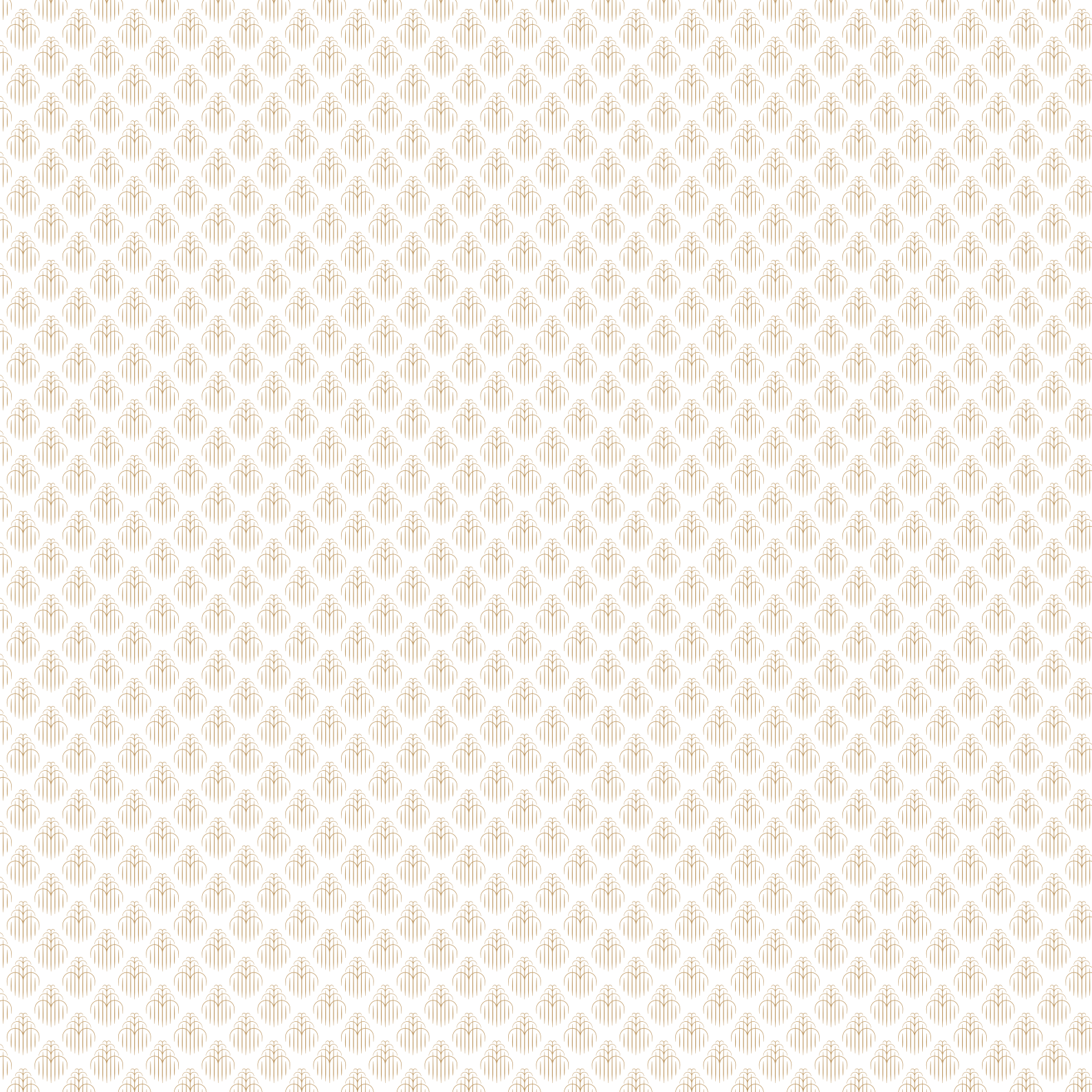
LOST PROPERTY

All lost property found on the premises should be handed in at main reception. Items will be stored for four months.

PRICES

All prices are quoted in Euro and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.







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