

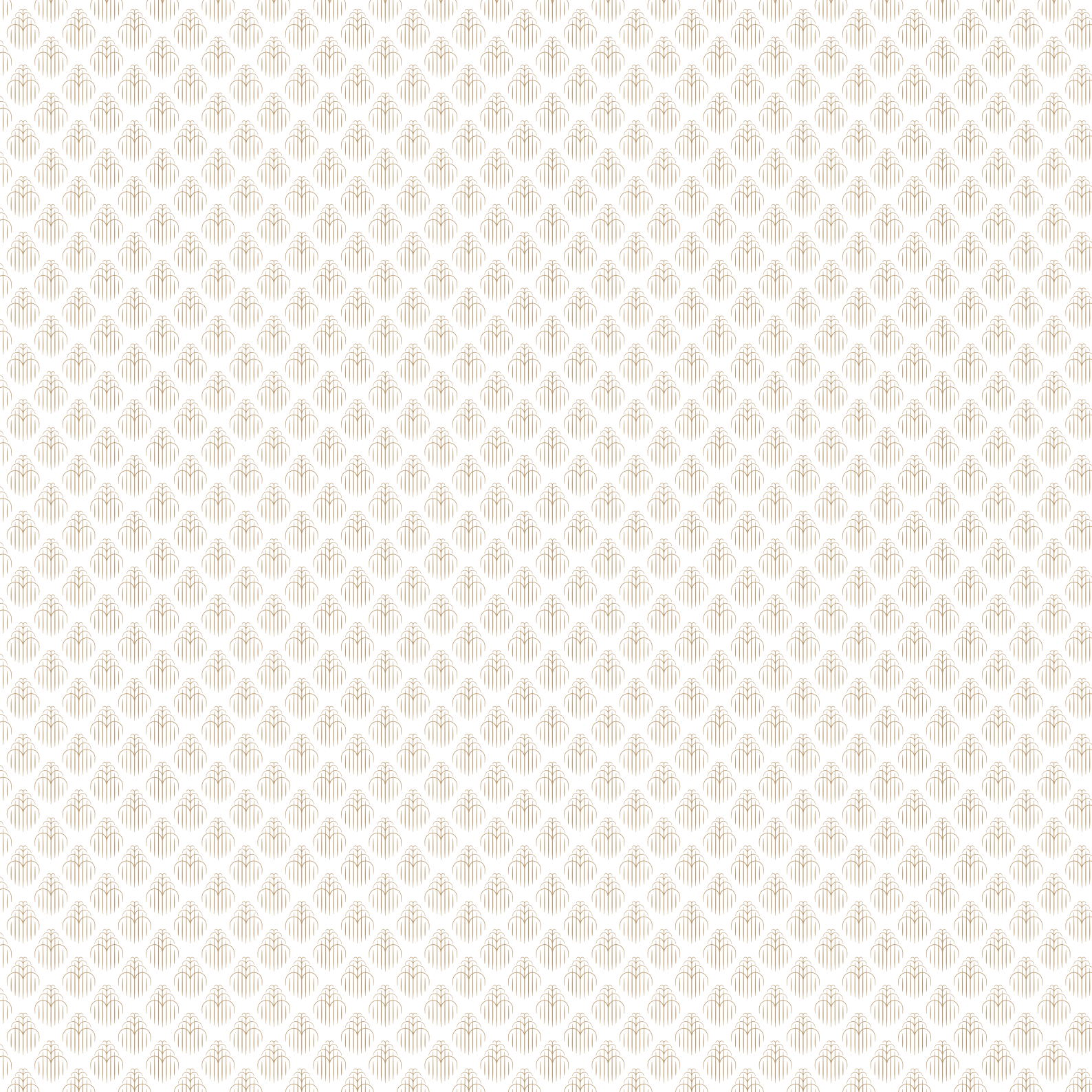


PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



MEDICAL AND SPA MENU





MEDICAL
SERVICES

NURSING PROCEDURES

3D BODY SCAN (STYKU)

€ 130 - 10 MIN

An easy and non-invasive full-body scanning. 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 create your 3D model. Styku is a supportive approach for performing a body shape analysis and for meeting your body composition goals.

BIOELECTRICAL IMPEDANCE ANALYSIS (BIA)

€ 100 - 10 MIN

A non - invasive and broadly used approach for the assessment of the body composition in different clinical conditions. The measurement is obtained standing on the device and holding the electrodes for 60 seconds. BIA determines your body composition in terms of fat mass, muscle mass and hydration status; for that reason, it is advised to perform in the fasting state.

ELECTROCARDIOGRAM (ECG)

€ 100 - 10 MIN

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.



MEDICAL IMAGING AND PROCEDURES

TRANSVAGINAL ULTRASOUND

€ 250 - 30 MIN

Exam of female pelvic area and reproductive organs including uterus, ovaries, uterine tubes, cervix and vagina. There are no known risk factors related to this type of examination. Analyses safe to perform on pregnant women.

CAROTID ULTRASOUND

€ 240 - 30 MIN

Performed to screen for shrinkage of the carotid arteries. Diagnosis is useful to start treatments that improve blood supply from the heart to the brain, reducing the risk of stroke.

ABDOMINAL ULTRASOUND

€ 500 - 30 MIN

Is a non invasive and painless procedure performed to assess the morphology of organs located in the abdominal cavity. It is used to detect changes, to evaluate pain or distension of the abdomen, and to assess abdominal aorta, liver, gallbladder, bile ducts, pancreas, spleen, and kidneys.

PROSTATE ULTRASOUND

€ 300 - 30 MIN

Performed to evaluate the volume of the gland and highlight any abnormalities that may signal the presence of prostate disease. It is a non-invasive and painless examination.

VASCULAR ULTRASOUND

€ 250 - 30 MIN

Is a non-invasive 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 vascular procedure.



MEDICAL IMAGING AND PROCEDURES

TESTICULAR ULTRASOUND

€ 220 - 30 MIN

Painless and non-invasive examination useful to diagnose any conditions such as: pain in the scrotum, testicular cancer, cysts, hernias and other pathologies.

RENAL ARTERY ULTRASOUND

€ 240 - 30 MIN

A non-invasive diagnostic examination investigates arterial blood circulation directed to the kidneys. Furthermore, the blood vessels and the flow within them are evaluated.

THYROID AND PARATHYROID ULTRASOUND

€ 240 - 30 MIN

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.

SOFT TISSUE ULTRASOUND

€ 220 - 30 MIN

Performed for the study of benign and neoplastic inguinal, axillary and neck lymph nodes. In addition, it is used for the study of lipomas, cysts and hernias.

BREAST ULTRASOUND

€ 300 - 30 MIN

It produces an image of the internal structure of the breast used to help diagnose any abnormalities and, if there are, to help determine what type of abnormalities exist.

ECHOCARDIOGRAM

€ 400 - 30 MIN

Ultrasound to check the heart and nearby blood vessels. The echocardiogram is used to monitor and control the condition of the heart. It allows, in fact, to verify the structure, to analyze the blood flow and to evaluate the condition of the arteries and ventricles.



MEDICAL IMAGING AND PROCEDURES

COLON HYDROTHERAPY

€ 300 - 60 MIN

Colon Hydrotherapy represents the hygienic treatment of cleansing the colon, aiming to restore the correct function of the colon and to improve the digestion and gastrointestinal symptoms. The treatment is performed gently infusing filtered warm water into your colon. During the session, the water passes into and out the large intestine, while the nurse will provide a light abdominal massage.

CRYOTHERAPY

€ 150 - 10 MIN

A controlled cold exposure, from shoulders to toe, inside a cryochamber. It mitigates pain and improves circulation, strenghtens blood vessels, reduces recovery time after illness or surgery, releases endorphines and oxygenates cells, removes stress, improves the quality of the skin, eliminates toxins and burns calories.

CYCLE ERGOMETER TESTER

€ 400 - 30 MIN

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 ischemic heart disease, a condition in which there is an insufficient supply of blood and oxygen to the heart.



MEDICAL IMAGING AND PROCEDURES

DYNOSTICS

€ 200 - 30 min

Dynostics is a smart system for the analysis of your performance and metabolism and determines your current fitness levels in a just few minutes based on the respiratory gases. The metabolism analysis determines the personal basal metabolic rate, which determines the exact calories consumption per day, as well as the proportion of carbohydrates, fat and protein.

SLEEP BANDS

€ 420 consultation included

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 stress, insomnia and migraine.

SPIROMETRY

€ 130 - 15 MIN

A test 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.

NILAS BIORESONANCE

€ 100 - 30 MIN

By measuring biorhythms controlled by the autonomous and central nervous system, which are closely linked with the brain, immune, digestive, and endocrine systems. It measures the biological age and a global assessment of the individual overall health status.



MEDICAL IMAGING AND PROCEDURES

INTRA-ARTICULAR INJECTION OF CORTICOSTEROIDS

€ 600 - 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.

INTRA-ARTICULAR INJECTION OF HYALURONIC ACID

€ 800 - 30 MIN

Intra-articular injection 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 leads to reduction of pain and improvement of functional mobility with benefits for quality-of-life scores, generally within 1 week and can last 3-12 months.



MEDICAL IMAGING AND PROCEDURES

AIRNERGY

€100 - 30 MIN

Spirovital Therapy is a method, a device and a treatment in one which creates “energised air”. For only 20 minutes daily, the guest breathes this 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. The treatment can promote health, quality of life, regeneration and well-being in a natural way, particularly in persons suffering from stress, chronic conditions (including cardiovascular illnesses and lung conditions) and aging.

OZONE THERAPY

€ 400 - 30 MIN

Combining ozone and oxygen produces a series of benefits that can counteract a wide range of disease (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.

PERSONALIZED INTRAVENOUS INFUSION

€ 150 - 45 MIN

The treatment provides an infusion of various substances (vitamins, aminoacids) assigned to improve skin’s health, boost immune system and energy, relieve stress, rid body of toxins, balance hormones. The infusions take place in a medical office with a licensed medical professional observing the infusion.



MEDICAL PROCEDURES

NATUROPATHIC CONSULTATION

€ 220 - 45 MIN

Naturopathy has an 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 exercises.



MEDICAL IMAGING AND PROCEDURES

IMEDOS - RETINAL SCAN

€ 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.

DEXA (LUMBAR SPINE AND HIP)/DEXA - WHOLE BODY SCAN

€ 300/400 - 30 MIN

DEXA (Dual-energy x-ray absorptiometry) is a fast and painless procedure to assess bone density using low-dose X-rays. It measures the mineral content of the bones. Also it is a method that allows us to measure the percentage and weight of both adipose tissue, the so-called “fat mass” and the “lean mass”.



MEDICAL IMAGING AND PROCEDURES

HOLTER ECG MONITORING

€ 250 - 24/48 H

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 heart rhythm. It is kept on site from 24 to 48 hours depending on conditions or heart symptoms. It is required to take note of all activities you do while wearing the monitor. It is particularly important to record in the diary symptoms of palpitations, heartbeats, shortness of breath, chest pain or dizziness.

HOLTER BLOOD PRESSURE MONITORING

€ 280 - 24 H

The holter is a device that records an individual's blood pressure 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 enables the doctor to have a more accurate picture of your blood pressure in the daytime and in the night time, in order to better understand how your blood pressure changes throughout the day.



MEDICAL TREATMENTS

ACUPUNCTURE

€ 400 - 30 MIN

An alternative medicine, which makes use of the insertion of needles in specific points of the human body, in order to help the health and well-being of the individual: according to traditional Chinese medicine, stimulating these points can correct imbalances in the flow of vital energy through channels known as “meridians”.

OSTEOPATHY

€ 240 - 60 MIN

Osteopathic is a non-invasive manual therapy that aims to improve health across all body system manipulating and strengthening the skeletal muscle 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 endorphines, reducing anxiety, tension, depression and pain.



SPECIALIST MEDICAL CONSULTATIONS

- AESTHETIC MEDICAL VISIT € 250 - 30 MIN
- CARDIOLOGY VISIT € 400 - 1 H
- DERMATOLOGY VISIT € 300 - 1 H
- ENDOCRINOLOGY VISIT € 240 - 30 MIN
- DIABETOLOGY VISIT €300 - 1 H
- ANDROLOGY VISIT € 240 - 1 H
- GERIATRIC VISIT € 300 - 1 H
- NEUROLOGY VISIT € 300 - 30 MIN
- NUTRITIONAL CONSULTATION € 150 - 30 MIN
- ORTHOPEDIC & PHYSIOTHERAPY VISIT € 300 - 1 H
- CLINICAL HORMONAL EVALUATION € 200 - 1 H
- GASTROENTEROLOGY VISIT € 300 - 1 H
- INTERNAL MEDICINE VISIT € 300 - 30 MIN
- SPORT MEDICINE € 300 - 1 H
- UROLOGY € 300 - 1 H
- IMMUNOLOGY VISIT € 300 - 30 MIN



LABORATORY ANALYSIS

• COVID-19 TEST	€60
• PCR COVID-19 TEST	€150
• BASIC ADMISSION	€190
• BASIC DISCHARGE	€70
• SCREENING OF ANEMIA	€120
• CARDIOVASCULAR PANEL	€200
• SCREENING OF CELIAC DISEASE	€240
• SCREENING OF MALABSORPTION SYNDROME	€180
• DETOX	€80
• SCREENING OF METABOLIC SYNDROME	€200
• SCREENING OF THYROID DISORDERS	€180
• THROMBOPHILIA TEST	€650
• CHRONIC FATIGUE PANEL	€200
• IMMUNE AND INFLAMMATION PROFILE	€500
• ANTICOVID PANEL	€240
• HORMONE PROFILE	€280
• HEAVY METALS PROFILE	€350
• SCREENING OF VITAMINS AND MINERALS	€360



GENETIC TEST

• MICROBIOTA	€480
• MICROBIOTA PLUS	€600
• ANTI AGING (OXIDATIVE STRESS, SKIN ELASTICITY, INFLAMMATORY RESPONSE)	€600
• OXIDATIVE STRESS	€240
• SKIN ELASTICITY	€240
• INFLAMMATORY RESPONSE	€240
• BODY WEIGHT	€500
• HOMOCYSTEINE	€350
• BONE HEALTH	€350
• FOOD INTOLERANCE (GLUTEN INTOLERANCE, LACTOSE INTOLERANCE, NICHEL SENSITIVITY, CAFFEINE SENSITIVITY, ALCOHOL SENSITIVITY, SALT SENSITIVITY)	€600
• GLUTEN INTOLERANCE	€320
• LACTOSE INTOLERANCE	€300
• NICHEL SENSITIVITY	€300
• CAFFEINE SENSITIVITY,	€300
• ALCOHOL SENSITIVITY	€300
• SALT SENSITIVITY	€300
• SPORT & PERFORMANCE (ACTIVE METABOLISM, SPORT & INJURY)	€700
• ACTIVE METABOLISM	€480
• SPORT & INJURY	€380
• HPV TEST	€180
• PAP TEST	€160





MEDICAL
AESTHETICS

MEDICAL AESTHETICS

AESTHETIC MEDICAL VISIT

€ 250 - 30 MIN

It's a medical examination to determine the imperfections to correct and the characteristics of the skin of the face as the complexion, the texture, the porosity, texture, skin tone identifying its identity of biotype and phototype.

SKIN EVALUATION

€ 200 - 30 MIN

It's a non-invasive exam that takes place with observation, touch and palpation of the skin. It is used to build a tailor-made care program that helps combat skin aging.



MEDICAL AESTHETICS

BIOSTIMULATION AND BIOREVITALIZATION

It's the administration of molecules like: acid hyaluronic, collagen, elastin, growth factors. They stimulate the proper metabolism of skin cells, preventing the aging process by nourishing the skin deeply. They restore elasticity, firmness and hydration.

- Hyalu Needling (Abdomen, Arms, Décolleté, Face, Hands, Legs, Neck) - €600 - 30 MIN
- Hyalu Vitamins needling (Abdomen, Arms, Décolleté, Face, Hands, Legs, Neck) - €900 - 30 MIN
- Biolifting Vitamins & Hyaluronic Acid (Arms, Décolleté. Face, Hands, Neck, Hair scalp) - €500 - 30 MIN
- Regenerative Therapy (Décolleté, Face, Hands, Neck) - €1500 - 30 MIN



MEDICAL AESTHETICS

PEELING

It is an application of regenerating substances and stimulating cell renewal that determine a renovation of the skin by attenuating small wrinkles and spots with anti-aging effect. Ideal for correcting skin surface blemishes (texture, spots or seborrhea) and manifestations of juvenile and late acne.

- Anti-age Peel TMC3 (Décolleté, Face, Hands, Neck) - €600 - 30 MIN
- Bright Peel (Décolleté, Hands, Neck) - €300 - 30 MIN
- Soft Peel (Décolleté, Hands, Neck) - €300 - 30 MIN



MEDICAL AESTHETICS

DERMAMELAN

Application of a mask rich in natural acids and lightening and anti-aging substances. They act on the hyper-production of melanin, due to skin spots.

Dermamelan - 30MIN

- Décolleté - €2.000
- Face Spot Removal - €2.000
- Hands - €2.000
- Neck - €1.500



MEDICAL AESTHETICS

FILLER

Administration of absorbable and biocompatible molecules. They are effective to fill the volume losses resulting in the recomposition of the skin and a natural lifting effect. In this way, wrinkles are attenuated and volume gaps are restored, counteracting the sliding down of the skin.

- Cheekbones - €800 - 30 MIN
 - Chin - €1200 - 30 MIN
 - Lips - €800 - 30 MIN
 - Volume face replacement - €800 - 30 MIN
 - Jaw angle - €1.500 - 30 MIN
 - Jaw line & chin - €2.000 - 30 MIN
 - Periocular area - €2.000 - 30 MIN
 - Rhino - €1.200 - 30 MIN
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MEDICAL AESTHETICS

BOTOX

At minimal doses botulinum attenuates the muscle contraction of the facial mimic muscles responsible for wrinkles. The treatment aims to relax the skin “temporarily” erasing the signs of aging. It counteracts sagging, so it can be used to redefine the profile and to obtain a lifting effect. In addition, it can be used to reduce excessive sweating of hands, feet and armpits.

- Neck - € 1.000 - 30 MIN
- Forehead Lines - € 1.000 - 30 MIN
- Glabellar Lines - € 1.000 - 30 MIN
- Biobotox - €1.500 - 30 MIN
- Nefertiti's Profile Neck (Face Contouring) - €2.000 - 30 MIN
- Periocular Lines - €1000 - 30 MIN
- Microlifting with Microbotox - € 1.000 - 30 MIN

Hyperhidrosis

- Armpits - €2.400 - 30 MIN
 - Hair scalp - €2.000 - 30 MIN
 - Feet - €2.000 - 30 MIN
 - Hands - €2.000 - 30 MIN
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MEDICAL AESTHETICS

RADIESSE

In areas where tissue sagging with tired skin occurs, the application of Radiesse determines the formation of new collagen that counteracts the loss of volume due to the aging process. It has a regenerative and compacting effect

All treatments last 30 MIN

Radiesse - Deep Biostimulation

- Dècolleté - €1.000
- Face - €1.000
- Hands - €1.000
- Neck - €1.000

Radiesse -Tonification & Biostimulation

- Abdomen - €1.200
- Dècolleté - €1.200
- Face - €1.200
- Hands - €1.200
- Neck - €1.200
- Arms - €1.500
- Legs - €1.500

Sculptra - Biostimulation

- Abdomen - €2.000
- Legs - €2.000
- Arms - €1.500

Sculptra - Tonification & Biostimulation

- Abdomen - €2.500
- Legs - €2.500
- Arms - €2.000



MEDICAL AESTHETICS

DERMATOLOGICAL MICROSURGERY

Through the emission of plasma beams can be removed without the use of the scalpel small skin formations and imperfections. In a single session, the action of a simple handpiece with a sterile disposable needle at the end, allows with just a touch to eliminate imperfections in a few minutes without the slightest bleeding.

Dermatological Microsurgery - 30 MIN

- Abdomen - €2.200
- Arms - €2.200
- Décolleté - €2.200
- Face - €2.200
- Hands - €2.200
- Legs - €2.200
- Neck - €2.200





SPA
TREATMENTS

SIGNATURE EXPERIENCES: WATER TREATMENTS

HYDROTHERAPY - 3 STEPS RITUAL

€ 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. It works to correct functioning of the metabolism.

THE PALAZZO FIUGGI WELCOME HAMMAM

€ 75 - 20 MIN

A unique Hammam treatment designed to start the healing journey in Palazzo Fiuggi. It consists in a scrub and a saponage to prepare the skin to receive the benefits of the further treatments during the stay.

DETOXIFYING HAMMAM

€ 150 - 60 MIN

A traditional hammam ritual with detoxifying Black Soap and Eucalyptus, scrub with kess mitt, and an application of mud boosts your immune system, leaving your skin purified and silky soft.

THALASSO THERAPY

€ 70 - 50 MIN

The heart of the Spa. Powerful healing water from Fiuggi, float in our magnesium enriched mineral pool follow with the dense salt pool and finish the circuit off with a cold plunge to refresh and rejuvenate.



PSAMMO

PSAMMO THERAPY

€ 130 - 20 MIN

Cocooning and warming treatment supported with quartz sand, includes a short gentle massage following sound healing with Tibetan bowls.

PSAMMO EXPERIENCE

€ 230 - 75 MIN

A unique gentle heated Psammotherapy treatment begins with a soothing pressure point massage continuing with an aromatherapy massage to end with an energizing sound therapy experience with Tibetan singing bowls.



AESTHETIC FACIAL TREATMENTS BY DR. BARBARA STURM

DR. BARBARA
STURM

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.

ANTI AGEING FACIAL

€ 280 - 75 MIN

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

BRIGHTENING FACIAL

€ 230 - 60 MIN

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

INSTANT GLOW

€ 200 - 60 MIN

Nourishes and awakens the skin, whilst restoring the skins radiance. Includes cleansing, exfoliating, potent hydration and firming massage with molecular efficacy.

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 skin, especially after shaving. It visibly reduces the appearance of deeper facial lines and promotes skin regeneration.



AESTHETIC TREATMENTS: FACIAL MASSAGES

LIFTING FACIAL MASSAGE KOBIDO

€ 140 - 30 MIN

Designed to target key areas of concern toning facial muscles and lift and define the cheekbones and jawline. Combined with activating movements to increase blood and oxygen flow, this treatment will instantly smooth out fine lines, reduce puffiness and increase the production of collagen.

LYMPHATIC FACIAL MASSAGE

€ 110 - 20 MIN

The purpose is to move fluid from the tissues and into the lymph nodes where bacteria, viruses, and other harmful microorganisms are destroyed. This drainage stimulates the immune system and also helps reduce swelling, puffiness, and blotchiness in the skin.



AESTHETIC FACIAL TREATMENTS BY TEAM DR. JOSEPH

PURIFYING FACE TREATMENT

€ 200 - 60 MIN

Deeply purifying facial using natural active ingredients that have an uplifting effect. Includes a unique skin peeling for a completely hydrated and balanced complexion.

ULTRASONIC FACE LIFT

€ 230 - 60 MIN

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

SUPREME EYE & FACE LIFT

€ 290 - 90 MIN

Intensive illuminating treatment incorporating gua sha, specific massage movements and advanced botanicals for an immediate, visibly lifted and sculpted face and eye area.

ADVANCED BIO LIFTING FACE

€ 350 - 110 MIN

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

BOOSTER POWERLIFT FOR MEN

€ 180 - 60 MIN

A booster facial for effective and instant results combining the best ingredients and methods that nature and science offer to cover the needs of men's skin.

VITALIS
DR JOSEPH



AESTHETIC FACIAL TREATMENTS

PHOTOBIO-MODULATION / LIGHT THERAPY FOR FACE

€ 120 - 20 MIN

An addition to any facial treatment, combining the PLT Plasma with Light Therapy, it is the perfect device for a visible skin rejuvenation.



AESTHETIC FACIAL TREATMENTS

hydracial™ | keravive™

HYDRAFACIAL

World celebrated facial treatment by HydraFacial- An invigorating treatment that delivers long-term skin health and is tailored to meet the specific needs of all skin types. Expect instant, noticeable results with no irritation. The Hydrafacial treatment removes dead skin cells and extracts impurities while simultaneously bathing the new skin with cleansing, hydrating and moisturizing serums. The treatment is soothing, refreshing, non-irritating and immediately effective. Improves the appearance of: dry, oily and acneic skin, uneven skin tone, blackheads, age spots and skin damage.

- Hydrafacial Signature - €260 - 45 MIN
- Hydrafacial Deluxe - €340 - 60 MIN
- Hydrafacial Platinum - €430 - 75 MIN
- Lips - €90 - 15 MIN
- Eye - €110 - 15 MIN
- Back Treatment - €340 - 60 MIN
- Neck e décolleté - €180 - 30 MIN
- Keravive - €600 - 20 MIN



WELLNESS MASSAGES

AROMATHERAPY MASSAGE

€ 150 - 50 MIN

A massage to release body and mind and to bring them into balance using essential oils.

LYMPHATIC DRAINAGE MASSAGE

€ 150 - 50 MIN

A gentle, light massage to encourage the movement of lymph around the body helping to remove wastes and toxins from the tissues. This massage will leave you lighter and more defined.

LOMI LOMI NUI

€ 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

€ 200 - 80 MIN

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

DEEP TISSUE MASSAGE

€ 200 - 50 MIN

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

DEEP TISSUE MASSAGE WITH THERAGUN

€ 240 - 80 MIN

Reaching 60% deeper into the muscles, this powerful combined treatment relieves tension and increases muscle recovery. A deep therapeutic treatment using depth, speed and force to deliver a true deep tissue massage.

ENVIGORATING SPORT MASSAGE

€ 200 - 80 MIN

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



TARGETED MESSAGES

CELLULITE TREATMENT

€ 150 - 50 MIN

Effective cellulite treatment using cupping techniques in combination with an invigorating body exfoliation. It can be customized for any part of the body for a visible alleviation of the signs of cellulite.

DETOX & FIRM ABDOMINAL TREATMENT

€ 150 - 50 MIN

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

FEET & LEG RECHARGE

€ 150 - 50 MIN

Cooling and revitalizing treatment having a draining and slimming effects on oedema and swollen ankles.

HEAD, NECK & SHOULDERS

€ 150 - 50 MIN

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

REFLEXOLOGY

€ 150 - 50 MIN

Inspired by traditional Eastern techniques, helping to stimulate the organs using pressure points of the feet.



HOLISTIC TREATMENTS

INNER STRENGTH ENERGETIC CHAKRA

€ 150 - 50 MIN

Spiritual body treatment to clean, 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.

ENERGIZING HERBAL COMPRESS TREATMENT

€ 150 - 50 MIN

Herbal compress massage with precious natural oils and selected herbal blend to relieve stress, rebalance and energize both mentally and physically.



OVERALL WELLBEING

WELNAMIS SPA WAVE

€ 100 - 30 MIN

€ 150 - 50 MIN (WITH MASSAGE)

Binaural Vibracoustic therapy that trains the brain to relax and benefit from deep relaxation techniques. Using specific vibrations and binaural audio frequencies, the Welnamis 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. Increases concentration and creativity, improves sleep quality, reduces stress.

FAR INFRARED BODY DETOX

€ 150 - 45 MIN

Effective fat burning treatment using Far Infrared technology to stimulate cell metabolism, increase blood circulation, reducing inflammation, joint stiffness and muscular aches.

WHOLE-BODY RED LIGHT THERAPY

€ 150 - 30 MIN

It enhances rejuvenation and whole-body wellness. The light therapy system uses red and near-infrared light waves to accelerate recovery (up to 5 times faster), to reduce chronic pain, inflammation and other disorders, to increase collagen production to aid in anti aging, diminishing the appearance of scars & wrinkles, to aid in weight loss shrinking unwanted fats cells. A 30 minutes session, daily or every other day, to keep you naturally healthy.

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. For cellulite reduction, toning and firming the body. Also preparation and the recovery before and after exercise.



LPG

LPG - BODY & FACE CONTOURING

Non invasive, 100% natural, non aggressive mechanical skin stimulation of the connective tissue. The skin is smoother and visibly toned and sculpted.



LPG - FACE CONTOURING

€ 170 - 30 MIN

Clarifying and firming the skin, it reduces double chin and wrinkles. Gradually fine lines and wrinkles are visibly reduced of 87%.

LPG - BODY CONTOURING/LPG - MASSAGE

€ 170 - 30 MIN

€ 260 - 50 MIN

€ 400 - 80MIN

Reduces the appearance of cellulite and water retention while enhancing blood circulation. Promotes the production of collagen and natural hyaluronic acid (80%) giving back volume.



AYURVEDA TREATMENTS

AYURVEDA CONSULTATION

€ 250 - 45 MIN

Our Ayurveda doctor uses various methods to determine your psycho-physiological constitution or body type through Dosha analysis and Pulse diagnosis to plan ayurveda treatments with the guidelines for your lifestyle, nutrition and offer herbs recommendation.

ABHYANGA

€ 250 - 60 MIN

This gentle treatment uses our exclusive Dosha specific, pure herbal infused oils to nourish, often and revitalize body tissues. Two therapists perform this soothing, relaxing and rejuvenating full body treatment in a perfect synchronicity.

PADABHYANGA

€ 150 - 30 MIN

It is a traditional gentle and sensitive foot therapy using predominantly soft circular movements and stroking considering vital points in that area. One of the most relaxing and stress relieving Ayurveda procedure that reduces fatigue and improve physical balance to the entire body.

SHIRODHARA

€ 350 - 60 MIN

Following a full body synchronized massage performed using two therapists, a continuous stream of warmed Dosha specific herbal oil is poured onto the forehead to pacify the mind and body. Shirodhara improves memory, regularizes sleep patterns, normalizes blood pressure and treats nervous disorders.

SHIRO-BHYANGA CHAMPI

€ 150 - 30 MIN

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

POTLI SWEDANA

€ 300 - 60 MIN

Following a full body synchronized massage with Dosha specific oils, therapeutic sweating is induced by the application of warmed herbal powders. It increase circulation, induces sweat glands, speeds up detoxification, relieves neurological disorders, arthritis, and skin disorders.



SPIRITUAL PRACTICES

PERSONALIZED YOGA SESSION

€ 150 - 60 MIN

Use this time to get to know the postures (Asana) and deepen your Breathing (Pranayama) to bring harmony between the body and the mind, which leads to healthy life. Our Yoga expert will customize a session to meet your goals.

PERSONALIZED MEDITATION SESSION

€ 150 - 50 MIN

The session has been created for you to learn meditation techniques to use at home. You will be able to relax your whole self and bring back harmony into your life. Highly recommended for anyone, who has stress in their lives.



THERAPEUTIC TREATMENTS

PHYSIOTHERAPY/TRIGGER POINT THERAPY

€ 220 - 50 MIN

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

PRESSOTHERAPY

€ 120 - 20 MIN

An effective treatment that improves the blood circulation and the lymphatic system. A perfect treatment to combat water retention and cellulite and to encourage the elimination of toxins.

RESTORATIVE TOUCH THERAPY

€ 120 - 20 MIN

€ 150 - 50 MIN

€ 200 - 80 MIN

Deeply soothing and relaxing massage with slow movements tailored to your needs, putting you in a meditative state. It lowers cortisol and adrenaline, decreases anxiety and improves sleep. Suitable for long covid, PTSD, fibromyalgia, anxiety, menopause and cancer.



FINISHING TOUCHES

MANICURE

€60 - 30 min Without Polish

€95 - 60 min With Polish

€125 - 90 min With Semi-permanent

PEDICURE

€80 - 30 min Without Polish

€105 - 60 min With Polish

€135 - 90 min With Semi-permanent

WAXING

15/30 min

Back - €80

Full Arms - €70

Half Arms - €45

Underarms - €45

Full Legs - €90

Half Legs - €50

Bikini - €45

Brazilian - €80



MOVEMENT ACTIVITIES

MOVEMENT CONSULTATION

€ 120 - 30 MIN

A comprehensive musculoskeletal assessment from biomechanical, neurofunctional, and postural perspectives.

PERSONALIZED FITNESS WORKOUT

€ 150 - 45 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 Fuggi.

ICAROS® VIRTUAL REALITY TRAINING

€ 60 - 30 MIN

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

POSTURAL TRAINING SESSION

€ 150 - 45 MIN

After a detailed postural and biomechanical assessment, a program of muscle rebalancing, mobility and functional stretching can be drawn up to reduce or eliminate compensation patterns with beneficial effects on the most common musculoskeletal disorders .

POSTURAL EVALUATION AND ALIGNMENT

€ 120 - 25 MIN

Assessment and rebalancing of posture through myofascial techniques, mobility, and through the use of vibration to stimulate the sense-motor system.





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.

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.

In order to use the facilities please arrive in your swimsuit.

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 Fuiggì 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.

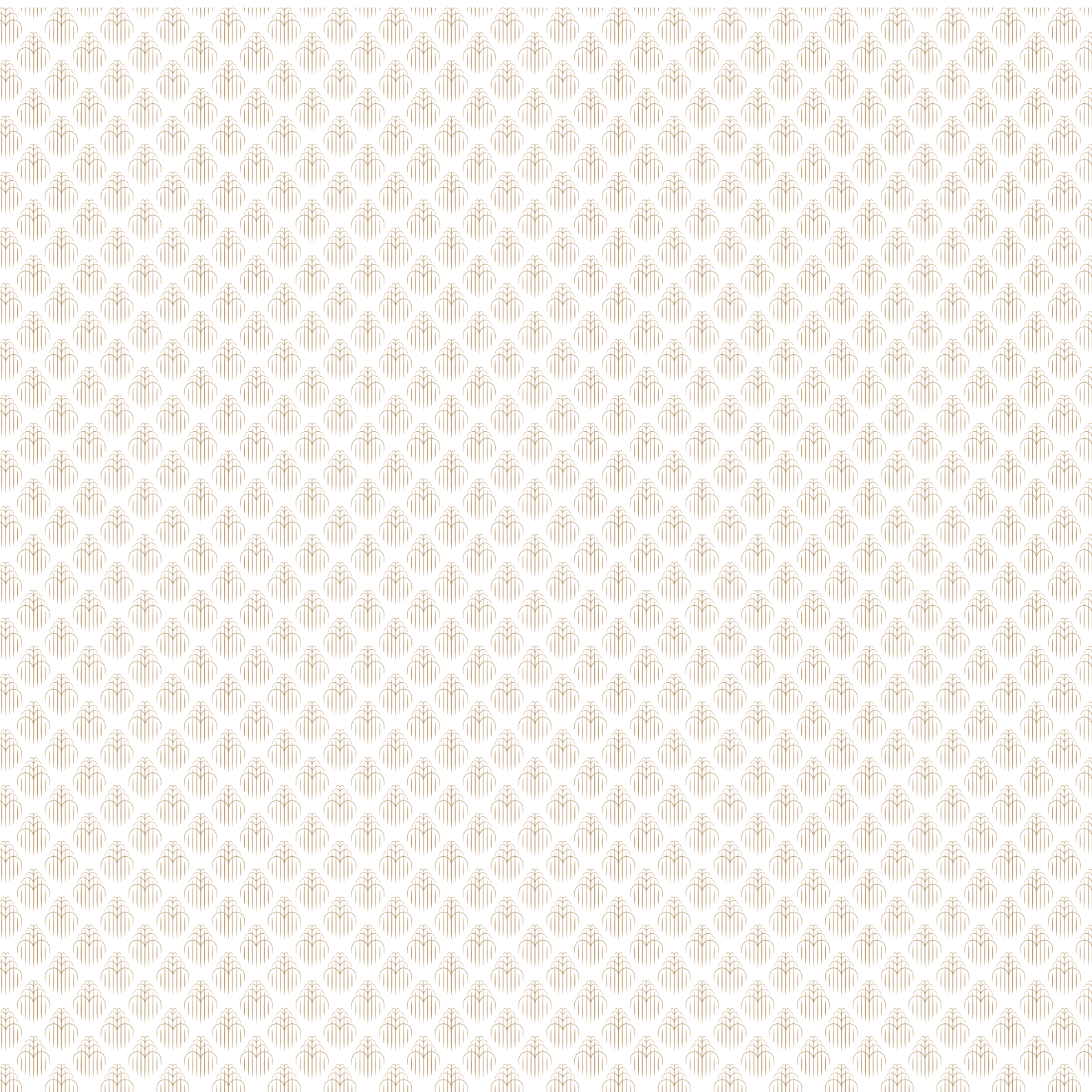
LOST PROPERTY

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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