

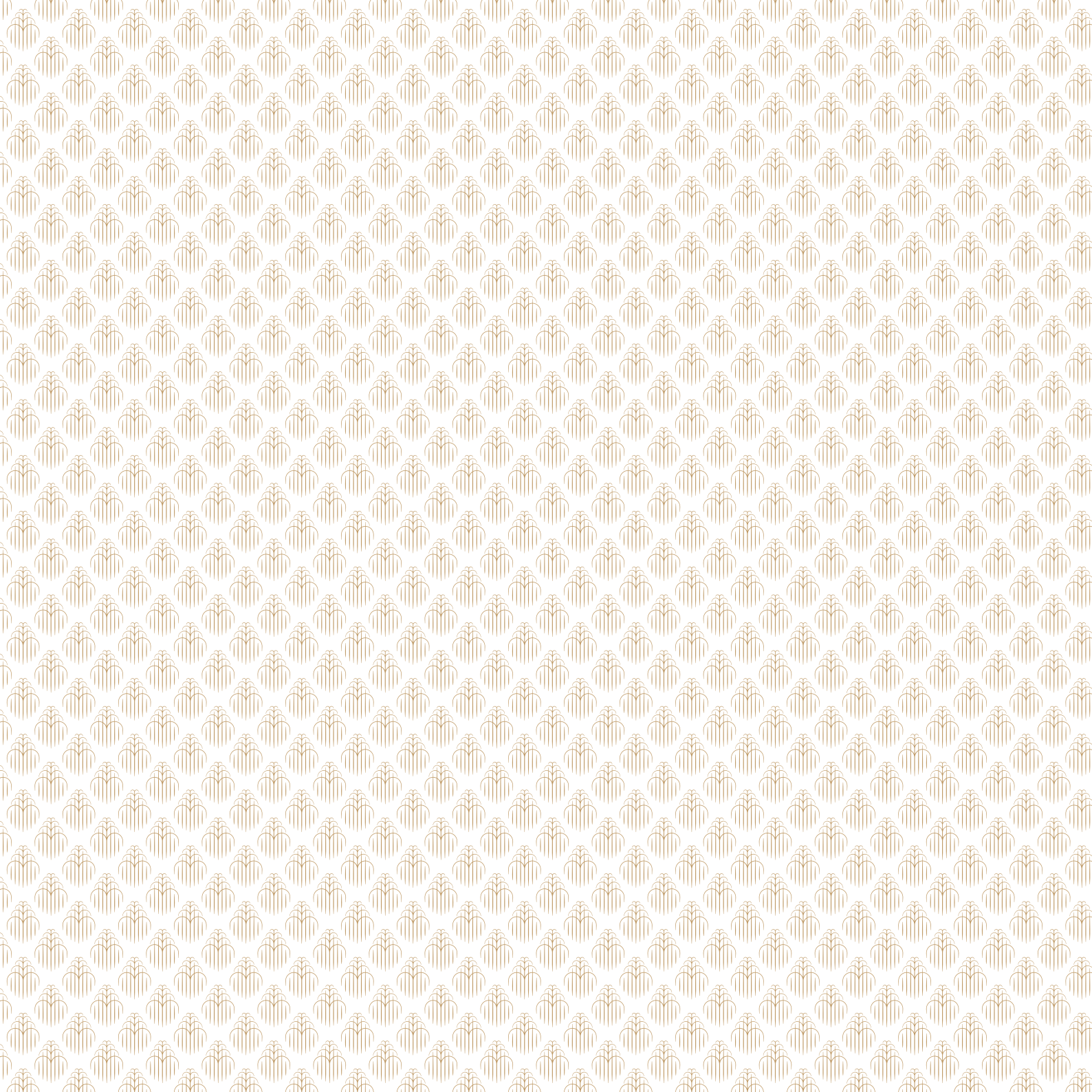


PALAZZO FIUGGI

WELLNESS MEDICAL RETREAT



MEDICAL AND SPA MENU





MEDICAL
SERVICES

MEDICAL PROCEDURES

3D BODY SCAN (STYKU)

€ 130 - 10 MIN

An easy and non-invasive full-body scanning. It requires one 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 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 heart electrical activity. It may help to diagnose heart conditions and arrhythmias in people of all ages. The test is performed by attaching electrodes to the skin. These can detect the electrical signals produced by each heartbeat.

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. Analysis is 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 a stroke.

ABDOMINAL ULTRASOUND

€ 350 - 30 MIN

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.



MEDICAL PROCEDURES

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

A non-invasive ultrasound procedure performed to evaluate 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.

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 that investigates arterial blood circulation directed to the kidneys. Furthermore, the blood vessels and the flow within them are also 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.



MEDICAL PROCEDURES

BREAST ULTRASOUND

€ 300 - 30 MIN

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 to verify the structure, analyze the blood flow and evaluates the condition of the arteries and ventricles.

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 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. To mitigate pain and improve circulation, strengthen blood vessels, reduce recovery time after illness or surgery, release endorphines and oxygenates cells, remove stress, improve the quality of the skin, eliminate toxins and burn calories.

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 respiratory gases. The metabolism analysis determines the personal basal metabolic rate, which determines the exact calorie consumption per day, as well as the proportion of carbohydrates, fat and protein.



MEDICAL PROCEDURES

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 relieve 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. The 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 an individual's overall health status.

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 when mild-to-moderate degenerative changes can be visualized on plain radiographs. The use of hyaluronic acid leads to a reduction of pain and improvement of functional mobility. The benefits for quality-of-life scores, generally within 1 week and can last between 3-12 months.

OSTEOPATHY

€ 240 - 60 MIN

Osteopathic is a non-invasive manual therapy that aims to improve health across all body systems, manipulating and strengthening the skeletal muscle framework. This treatment aims to improve the nervous, circulatory and lymphatic systems focusing on the health of the whole body, not just the injured or affected part, increasing endorphines. Also used to reduce anxiety, tension, depression and pain.



MEDICAL PROCEDURES

AIRNERGY

€100 - 30 MIN

SpirovitalTherapy is a method, device and 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

€ 200 - 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 health, boost immune system and energy. Also to relieve stress, rid the body of toxins and balance hormones. The infusions take place in a medical office with a licensed medical professional observing the infusion. Available infusion:

- NAD
- VITAMIN
- DETOX
- ANTI-AGING

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 in quality of life. Utilising exclusive natural remedies, such as phytotherapy, aromatherapy, floritherapy, relaxation and breathing exercises.



MEDICAL 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”.

HOLTER ECG MONITORING

€ 250 - 24/48 H

A device that records an individual's heartbeat, while performing daily activities. 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 performed while wearing the monitor and 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 the waist and connected to a cuff around the upper arm. It is small enough not to affect normal daily life and one can even sleep with it on. The resulting data enables the doctor to obtain a more accurate picture of blood pressure in the daytime and night time, in order to better understand how blood pressure changes throughout the day.

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”.





MOVEMENT

MOVEMENT ACTIVITIES THROUGH HIGH PERFORMANCE

BIOMECHANICAL ASSESSMENT

€ 600 - 90 MIN

An holistic approach to the key motor qualities of an individual. A complete assessment of posture, movement dynamics, flexibility, responsiveness and all the simple functions that regulate the harmony of our body. Hands-on demonstration of personalized training exercises and methodologies.

FUNCTIONAL ASSESSMENT

€ 400 - 45 MIN

A comprehensive musculoskeletal assessment from biomechanical, neurofunctional and postural perspectives. A comprehensive report is provided, with guidelines for the best self-paced training.

PERSONALIZED FITNESS WORKOUT

€ 225 – 45 MIN Single session

€ 200 Additional sessions

Bespoke training based on personal goals, ambition and health. Training is tailored and designed for each guest to continue their fitness routine after their stay at Palazzo Fuggi. The High Performance Training is a true path to self-awareness of one's body. The Pilates training session can be the best way to regenerate one's muscles and a training lesson on Kombat disciplines is the best medium for high-intensity work.

ICAROS® VIRTUAL REALITY TRAINING

€ 60 - 30 MIN

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

SPECIAL GROUP CLASSES

€ 80 – 45 MIN

Group training, including different disciplines such as: Biomechanic, Attunement - functional training involving all areas of the body, with maximum attention to correct biomechanical movements and Boxing Exercise- selected gestures derived from martial arts. The optimal way to train flexibility, control and aerobic endurance.

HIKING FOR LONGEVITY

€ 180 – 3 HOUR – Group Class

€ 300 – 3 HOUR – Private

The benefits of hiking focus on enhancing longevity: establishing a connection with oneself and the world, engaging in outdoor exercise, and embracing mindfulness.



MOVEMENT ACTIVITIES THROUGH HIGH PERFORMANCE

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 a 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 everyday life.





SPA
TREATMENTS

SIGNATURE EXPERIENCES: WATER TREATMENTS

HYDROTHERAPY - 3 STEP 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, cellulite and improve metabolism.

THE PALAZZO FIUGGI WELCOME HAMMAM

€ 75 - 20 MIN

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

DETOXIFYING HAMMAM

€ 150 - 60 MIN

A traditional hammam ritual with detoxifying Black Soap and Eucalyptus. A 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/GROUP SESSION

€ 250 - 50 MIN/PRIVATE SESSION

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



OVERALL WELLBEING

WELNAMIS SPA WAVE

€ 100 - 30 MIN

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 - 40 MIN

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

FAR INFRARED FACE AND BODY DETOX

€ 200 - 40 MIN BODY AND 15 MIN FACE

An helmet that combines the PLT Plasma with Light Therapy. It is the perfect device for a visible skin rejuvenation.



THERAPEUTIC TREATMENTS

PHYSIOTHERAPY

€ 220 - 50 MIN

Health care professional treatment that consists of a combination of manual therapy, exercise and education for muscle-skeletal, neurological and visceral disorders.

THALASSO BODYWORK

€ 240 - 50 MIN

A deep relaxation and passive aquatic therapy in one-on-one sessions, a qualified therapist gently cradles, moves, stretches, and massages a receiver in chest-deep warm water utilizing the water's buoyancy to create a sense of weightlessness to enhance physical and emotional recovery.

PRESSOTHERAPY LYMPHATIC DRAINAGE

€ 120 - 20 MIN

An effective treatment that improves the blood circulation and 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, placing 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.



WELLNESS MASSAGES

DEEP TISSUE

€ 200 - 50 MIN

€ 240 - 80 MIN

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

VOLCANIC HOT STONE

€ 200 - 80 MIN

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

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.

THAI TRADITIONAL

€ 200 - 80 MIN

Thai massage is done without oil, along with the use of acupressure, joint mobilisation, deep muscle compression, and a series of yoga-like stretches to unblock trapped energy, increase range of motion, reduce fatigue and improve sleep quality.

AROMATHERAPY

€ 150 - 50 MIN

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

LYMPHATIC DRAINAGE

€ 150 - 50 MIN

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

HEAD, NECK & SHOULDERS

€ 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, helping to stimulate the organs using pressure points of the feet.



TARGETED TREATMENTS

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 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 that provides draining and slimming effects on oedema and swollen ankles.

CELLISS

€ 130 - 30 MIN

This touch-less treatment helps restore the 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. Aids preparation and recovery before and after exercise.

LPG - BODY & FACE CONTOURING

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

LPG - FACE CONTOURING

€ 170 - 30 MIN

Clarifying and firming the skin, to reduce double chin and wrinkles. Gradually fine lines and wrinkles are visibly reduced by approximately 87%.

LPG - BODY CONTOURING/LPG - MASSAGE

€ 170 - 30 MIN

€ 260 - 50 MIN

€ 400 - 80 MIN

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



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.

PSAMMO THERAPY

€ 130 - 30 MIN

Cocooning and warming treatment supported with quartz sand. Includes a short gentle massage enhanced with sound healing Tibetan bowls.

PSAMMO SIGNATURE EXPERIENCE

€ 230 - 75 MIN

A unique gentle heated Psammotherapy treatment. Beginning with a soothing pressure point, continued massage with an aromatherapy massage and an energizing sound therapy experience with Tibetan singing bowls to complete the experience.



AYURVEDA TREATMENTS

AYURVEDA AND WELLNESS 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.



AESTHETIC FACIAL TREATMENTS

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 Express - €260 - 30 MIN
- Hydrafacial Deluxe - €340 - 45 MIN
- Hydrafacial Platinum - €430 - 60 MIN
- Lip Perk - €90 - 15 MIN
- Eye Perk - €110 - 15 MIN
- Back - €340 - 60 MIN
- Neck e décolleté - €180 - 30 MIN
- Scalp - €600 - 20 MIN

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.



AESTHETIC FACIAL TREATMENTS BY 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 the 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 combating the oxidative stresses that cause 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 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 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, 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.





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 and an extra robe, if needed during your spa treatments.

CANCELLATION POLICY

A 100% charge will be incurred for any medical service and spa treatment 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 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 STUDIO

A bright, 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 must be accompanied by an adult for the duration of the 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 within the spa premises. We recommend all valuables to be left in your safety deposit box located in your room.

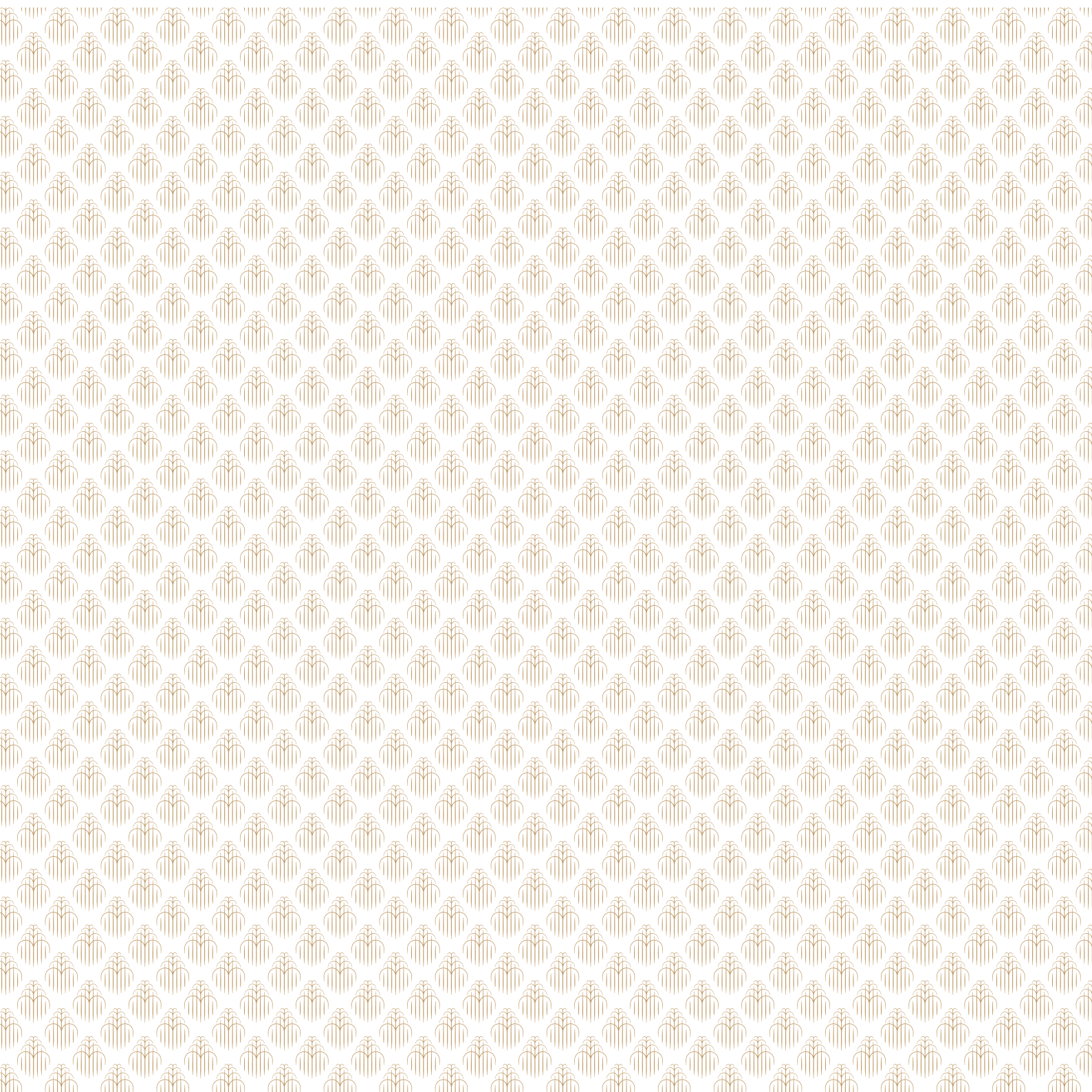
LOST PROPERTY

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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