



PALAZZO FIUGGI

WELLNESS MEDICAL SPA

## ADD-ON PACKAGES

Your Personalized Path to Wellness

## PALAZZO FIUGGI

# More Than a Program

Your journey doesn't stop at the essentials. Our add-ons give you the freedom to customize your experience with focused treatments and activities. Select what suits your goals and make your path to health, wellness, and longevity truly unique.

From deep health screenings to rejuvenating treatments and outdoor adventures, these carefully curated packages allow you to tailor every moment of your stay. Explore the possibilities and elevate your results.





# PERSONALIZE YOUR JOURNEY

Enhance your experience by adding specialized add-on packages to our core programs. Whether your focus is on medical assessments, stress relief, beauty, or movement, our add-ons are designed to provide targeted solutions that complement your chosen path.

## Palazzo Fiuggi Core Programs



### MEDICAL

OPTIMAL WEIGHT  
DEEP DETOX  
LONGEVITY



### WELLNESS

REGENERATE  
WELLNESS BREAK



### MOVEMENT

HIKING FOR LONGEVITY



## Palazzo Fiuggi Add-on Packages

		Palazzo Fiuggi Add-on Packages		
		AYURVEDA FOCUS	FULL BODY CHECK-UP	VITA SCULPT
MEN'S EXCLUSIVE HEALTH	SUGAR CLEANSE	SLEEP ENHANCEMENT TREATMENT	ARTICULAR WELLNESS	FOOD SENSITIVITY MANAGEMENT
MENOPAUSE HEALTH CHECK-UP	GUT-BRAIN SYNERGY	STRESS RESET	PALAZZI FIUGGI & BEYOND PERSONAL TRAINING	BEAUTY ESSENTIALS
MENOPAUSE WELLNESS	SLEEP HEALTH CHECK-UP	BODY POWER & STABILITY	RUN OR RIDE EXPERIENCE	AESTHETIC MEDICINE



## MEN'S EXCLUSIVE HEALTH

This exclusive health package is tailored to meet the specific needs of men, offering targeted treatments to monitor and improve overall well-being.

### TREATMENTS INCLUDED

Andrologic Visit	1
Prostate Ultrasound	1
PSA Analysis	1
Urologic Visit	1

PRICE: € 1100



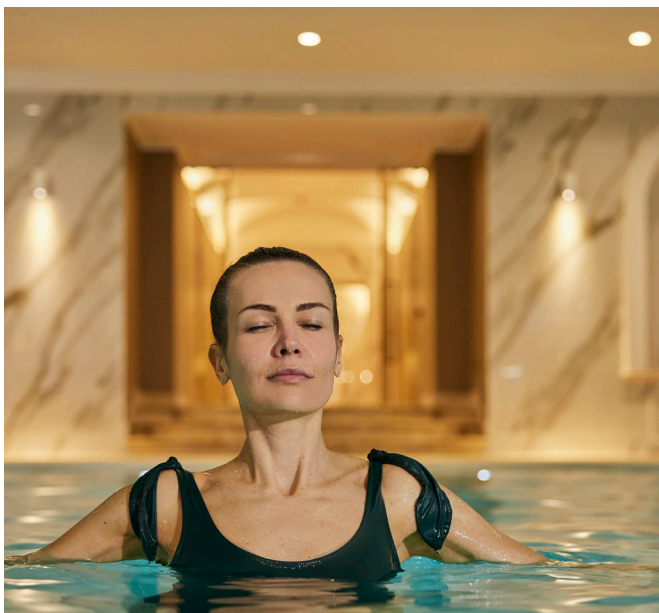
## MENOPAUSE HEALTH CHECK-UP

A thorough health check-up for women in menopause, focusing on prevention and early detection of concerns.

### TREATMENTS INCLUDED

Gynecologic Visit & Pelvic Ultrasound	1
Senologic Visit	1
Pap Test	1
HPV-DNA Test	1
Breast Ultrasound	1

PRICE: € 1200



## MENOPAUSE WELLNESS

A wellness-focused add-on to support women experiencing menopause, enhancing comfort and balance through effective treatments.

### TREATMENTS INCLUDED

Gynecological Supplements	1
Cognitive Behavioral Therapy (CBT)	1
Hormonal Blood Test	1
Collagen Facial Treatment	1

PRICE: € 1100





## SUGAR CLEANSE

A targeted detox to eliminate sugar's negative effects on the body and mind while building healthier habits.

### TREATMENTS INCLUDED

Cognitive Behavioral Therapy	1
Colon Cleansing	1
Polysomnography	1
Dedicated Food Line	1

PRICE: € 1500



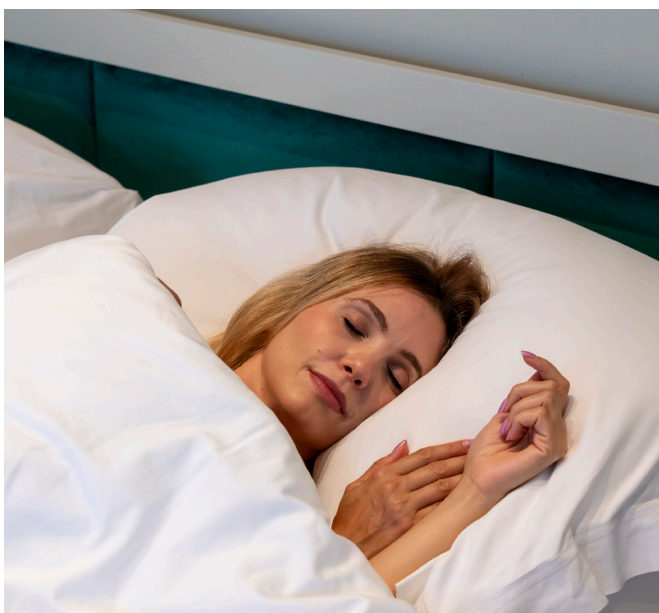
## GUT-BRAIN SYNERGY

An integrative approach to balance gut health and emotional well-being, addressing the deep connection between the two.

### TREATMENTS INCLUDED

Somatoemotional Osteopathy	1
Colon Cleansing with 3R Protocol	1
Mindful Eating & Low FODMAP Nutritional Mapping	1
Cognitive Behavioral Therapy (CBT)	1
Detox and Firm Abdominal Massage	2

PRICE: € 1000



## SLEEP HEALTH CHECK-UP

A complete assessment for anyone seeking to understand and improve their sleep quality through precise medical evaluations.

### TREATMENTS INCLUDED

Actigraphy	1
Cardiorespiratory Monitoring	1
Electroencephalogram (EEG)	1
Sleep Medical Visit	1
Neurological Consultation	1

PRICE: € 3000

SPECIAL PRICE WHEN COMBINED WITH  
THE SLEEP ENHANCEMENT TREATMENT: €4,470







## SLEEP ENHANCEMENT TREATMENT

A selection of treatments to promote deep, restful sleep and restore overall vitality.

### TREATMENTS INCLUDED

Sleep Medical Visit	1
Specific Sleep Supplements	1
Acupuncture	3
Sleep Band	1
Thalasso Body Work	3

PRICE: € 2270

SPECIAL PRICE WHEN COMBINED WITH THE SLEEP HEALTH CHECK-UP: €4,470



## STRESS RESET

An effective solution for reducing stress and restoring emotional balance through holistic and therapeutic treatments.

### TREATMENTS INCLUDED

Acupuncture Session	2
Cognitive Behavioral Therapy (CBT)	1
Stress Protocol Blood Test	1
Management of Excessive Tension	2

PRICE: € 1500



## BODY POWER & STABILITY

A series of treatments to help you reconnect with your body, improve strength, and achieve better physical balance.

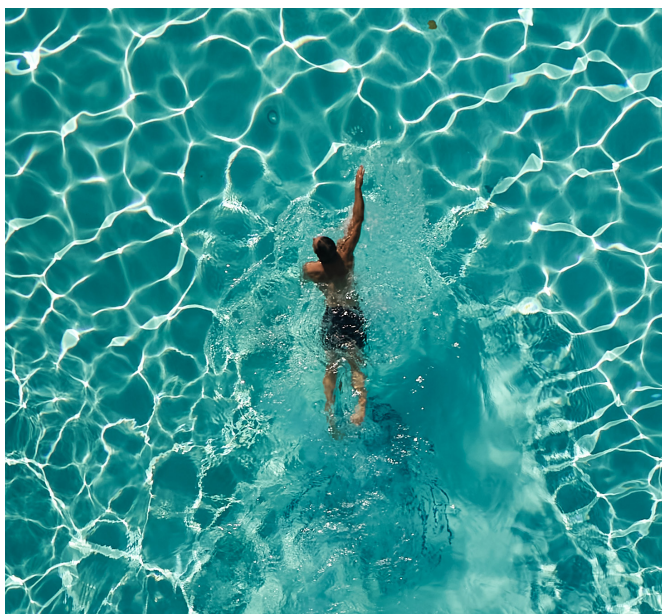
### TREATMENTS INCLUDED

Body Reconnection	2
Neuromuscular Training	2
Body Stability & Balance	1
Reinforcing Training	1

PRICE: € 1250







## ARTICULAR WELLNESS

This add-on is designed to support joint health, relieve pain, and restore mobility through targeted treatments and therapies.

### TREATMENTS INCLUDED

Physiotherapist	1
Individual Therapeutic Water Training	2
Recovery Training	1
Therapeutic Training	1
Osteopathy	1

PRICE: € 1000



## PALAZZO FIUGGI & BEYOND PERSONAL TRAINING

A personalized approach to fitness and physical well-being that extends beyond your stay, ensuring long-term results.

### TREATMENTS INCLUDED

Daily Personalized Programme	6
Carry-On Programme at Home	4
Online Session	2

PRICE: € 1350



## RUN OR RIDE EXPERIENCE

An energizing add-on for sports enthusiasts and outdoor lovers who want to enjoy physical activity surrounded by nature.

### TREATMENTS INCLUDED

Outdoor Training (Hiking/Walking and/or Biking)	3
Personalized Training by HPM Professional	3
Running Analysis or Bike Fitting	1

PRICE: € 1500





## FOOD SENSITIVITY MANAGEMENT

This add-on is designed to identify and manage food intolerances, promoting better digestion, energy, and overall well-being.

### TREATMENTS INCLUDED

Food Intolerance Analysis	1
Follow-Up Call Session	2

PRICE: € 500



## BEAUTY ESSENTIALS

A luxurious combination of treatments designed to enhance your beauty, leaving you looking and feeling radiant.

### TREATMENTS INCLUDED

TGB Luxury Spa Manicure	1
TGB Luxury Spa Pedicure	1
Body Glow	1
Facial Glow	1
Hairstyling	1

PRICE: € 570



## AYURVEDA FOCUS

Experience the holistic wellness of Ayurveda: a journey combining ancient healing rituals like massage and Shirodhara to awaken energy and tranquility.

### TRATTAMENTI INCLUSI

Ayurveda Massage	1
Shirodhara	1
Psammo Therapy 30'	1
Private Yoga or Pranayama Breathing session	1

PRICE: € 680





## FULL BODY CHECK-UP

This add-on is designed to provide an in-depth evaluation of your health, through precise medical exams and specialist consultations.

[TREATMENTS INCLUDED >](#)

PRICE: € 4420



## VITA SCULPT

Unleash a renewed sense of vitality and elevate your self-esteem from the inside out. Our body contouring programme focuses on redefining the waistline, sculpting your shape, and restoring inner balance. It combines functional nutrition with cutting-edge aesthetic technology to reduce bloating and tone the abdomen.

### TREATMENTS INCLUDED

MS Sculpt - Abdomen	2
Cryolipolysis - 1 zone body	2
Revitalizing & Firming Abdominal - Vitalis	1
3D Body Scan Styku	2
VitaSculpt by Heinz Beck Menu	

PRICE: € 2500

## AESTHETIC MEDICINE

A luxurious combination of treatments designed to enhance your beauty, leaving you looking and feeling radiant.

TREATMENTS	3 SESSIONS	6 SESSIONS	10 SESSIONS
Ms sculpt	€ 1200	€ 1350	€ 1900
Ms sculpt biceps and triceps	€ 1500	€ 1800	€ 2500
Cryolipolysis Chin	€ 1000	€ 1250	€ 1700
Cryolipolysis 1 area	€ 1300	€ 1500	€ 2100
Cryolipolysis 2 area	€ 2100	€ 2600	€ 3550
Facial Radiofrequency	€ 600	€ 700	€ 1000
Body Radiofrequency	€ 900	€ 1100	€ 1500
Facial Mesotherapy	€ 750	€ 900	€ 1250
Neck Mesotherapy	€ 750	€ 900	€ 1250



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