

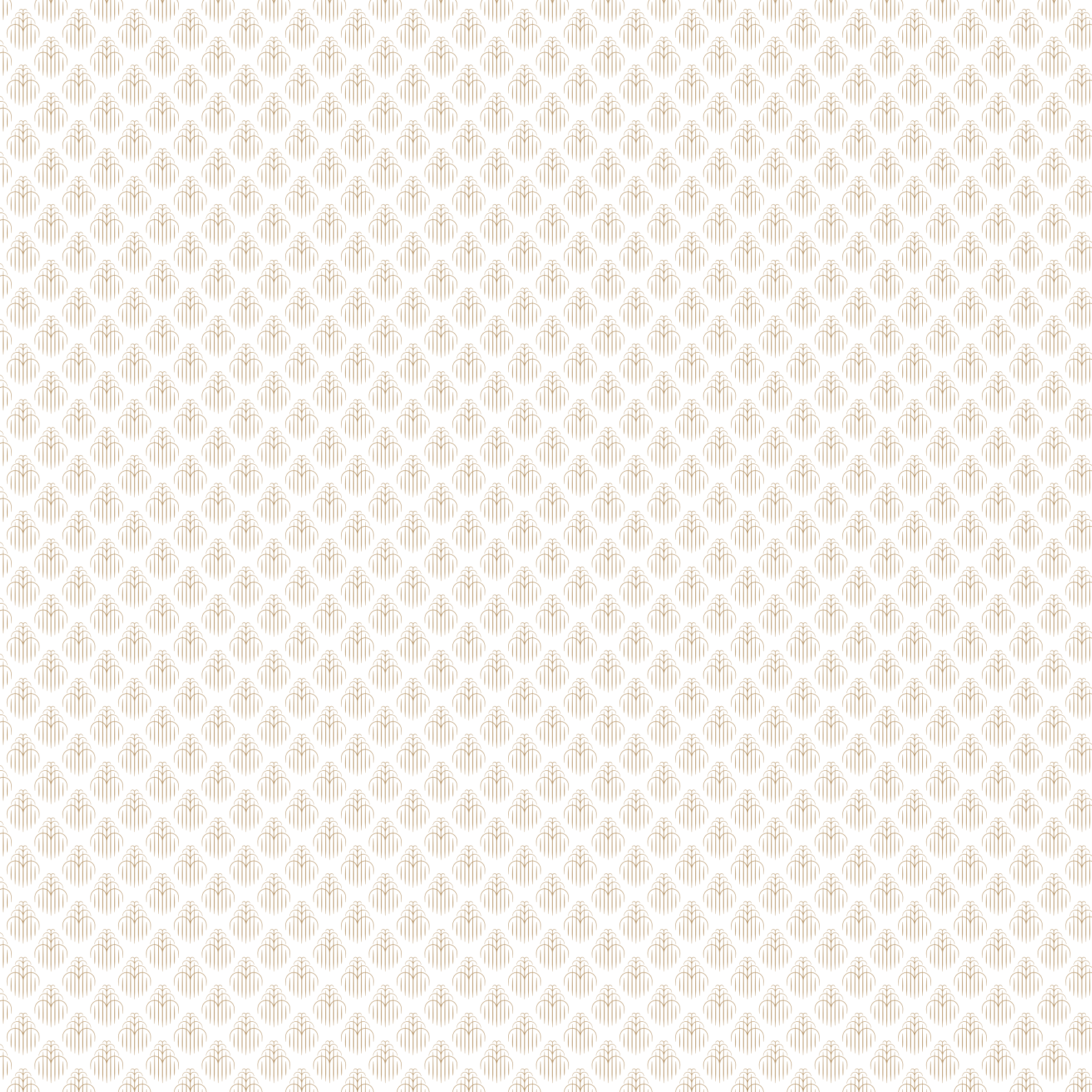


PALAZZO FIUGGI

WELLNESS MEDICAL SPA



MEDICAL AND SPA MENU







MEDICAL  
SERVICES

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## MEDICAL SERVICES

### 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

€ 350 - 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

€ 375 - 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.





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## MEDICAL SERVICES

### PROSTATE ULTRASOUND

€ 375 - 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 LOWER LIMBS 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.

### 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 SERVICES

### BREAST ULTRASOUND

€ 360 - 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.

### ECHOCARDIOGRAPHY

€ 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

€ 400 - 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.

### ACUPUNCTURE

€ 500 - 50 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”.



## MEDICAL SERVICES

### NIRAXX 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.





## MEDICAL SERVICES

### AIRNERGY

€100 - 30 MIN

Spirovital Therapy 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.

### OZONETHERAPY

€ 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

€ 220 - 30 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:

- Beauty
- Detox
- Immune
- Sport
- Hair

### NATUROPATHIC CONSULTATION

€ 220 - 30 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 SERVICES

### 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.



## THERAPEUTIC TREATMENTS

### BODYWORK DEEP STRESS RELEASE

€ 220 - 50 MIN

Manual movements aimed at achieving deep relaxation and the release of accumulated tension in deep muscles. The enveloping techniques focus on the shoulders, head, arms and chest. Acupressure on specific points and movements target deep layers and open the energy system, enabling activation of energy circulation and induce a destressing effect. The bodywork concludes with diaphragm release, lymphatic activation of the abdomen and stimulation of the feet. According to Chinese medicine, the treatment utilizes specific meridians, such as the Pericardium (PC), Kidney (K), Lung (L), and Intestine (I) meridians, the latter often referred to as the “second brain.”

### BODYWORK DEEP DETOX

€ 220 - 50 MIN

Deep drainage techniques are performed on the Tendino-Muscular Meridians (TMM), located in the most superficial layer of the body, including the skin and underlying tendino-muscular structures. Manual techniques on the TMM are enriched with stimulation of acupuncture points using acupressure. This allows the treatment to act on the energy circulation system through a network of connections and communications within the meridian system. These energy channels stimulate the elimination of toxins and improve the flow of energy (Qi) along the meridians.

### BODYWORK METABOLIC BOOST

€ 220 - 50 MIN

A treatment focused on the meridians involved in metabolic processes and the transformation of food into energy. The work centers on the abdominal area, where gentle techniques stimulate peristalsis and intestinal activity. Specific meridians—selected based on medical guidance and tailored to the guest’s individual needs—are activated to support and enhance metabolic efficiency.

### LYMPHOSTIMULATION

€ 150 – 50 MIN

€ 250 – 90 MIN

A treatment designed to activate and stimulate lymphatic circulation through smooth, rhythmic movements that follow the natural physiology of the lymphatic system. The goal is to detoxify the body and strengthen the immune system. Based on individual needs and medical advice, the session may last between 50 and 90 minutes.





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## THERAPEUTIC TREATMENTS

### OSTEOPATHY

€ 260 - 50 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.

### PHYSIOTHERAPY

€ 220 - 60 MIN

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



## THERAPEUTIC WATER TREATMENTS

### THALASSO BODYWORK

€ 220 - 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.

### THALASSOTHERAPY

€ 70 - 50 MIN/GROUP SESSION

€ 180 - 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.

### 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.

### BIOACTIVATION

€ 120 - 30 MIN

This therapy begins with a soothing immersion in magnesium oil, followed by a revitalizing Scottish shower using alternating jets of hot and cold water. The contrast in temperature is designed to stimulate circulation and activate cellular regeneration processes, leaving the body refreshed and re-energized.

### WASH OUT METABOLIC SCORES

€ 150 - 30 MIN

This therapy is designed to eliminate metabolic waste and lactic acid through the application of mineral-rich Dead Sea mud. It is followed by a stimulating Scottish shower with alternating water temperatures, aimed at reactivating blood circulation and restoring the body's natural energy flow.





MOVEMENT



## MOVEMENT ACTIVITIES THROUGH HIGH PERFORMANCE METHOD

### BIOMECHANICAL EVALUATION

€ 600 - 60 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 TRAINING BY HPM PROFESSIONAL

€ 225 – 45 MIN Single session

€ 600 – Three sessions

€ 800 – Five session

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.

### HIKING FOR LONGEVITY

€ 270 – 3 HOUR – Group hiking

€ 330 – 3 HOUR – Private hiking

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

### ICAROS® VIRTUAL REALITY

€ 60 - 30 MIN

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



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## MOVEMENT ACTIVITIES

### PRIVATE YOGA

€ 150 - 45 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.

### PRIVATE MEDITATION

€ 150 - 45 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.





WELLNESS & SPA  
TREATMENTS



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## OVERALL WELLBEING

### 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.

### 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.

### 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.

### PRESSOTHERAPY LYMPHATIC DRAINAGE

€ 120 - 30 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.

### SPA WAVE - BINURAL SOUND THERAPY

€ 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.

### RESTORATIVE TOUCH THERAPY

€ 150 - 50 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.



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## WELLNESS MESSAGES

### MIND AND BODY RELAX

€ 150 - 50 MIN

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

### DEEP CUSTOMIZED MESSAGE

€ 200 - 50 MIN

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

### FOOT REFLEXOLOGY

€ 150 - 50 MIN

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

### DYNAMIC RECREATION BACK MESSAGE

€ 150 - 50 MIN

A restorative treatment for the back, fully customizable according to individual needs. Highly effective massage oils enhance the overall benefits. The unique combination of cupping, rolling techniques, and Tibetan singing bowls helps release tension and improve spinal flexibility.



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## TARGETED TREATMENTS

### LPG - BODY & FACE CONTOURING

€ 400 - 80 MIN

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

### LPG - BODY CONTOURING/LPG MASSAGE

€ 170 - 30 MIN

€ 260 - 50 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.

### 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%.

### ANTI-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.

### REVITALIZING & FIRMING ABDOMINAL

€ 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.



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## HOLISTIC TREATMENTS

### PSAMMOTHERAPY

€ 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.

### HEAD, NECK & SHOULDERS RELEASE

€ 150 - 50 MIN

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

### VOLCANIC HOT STONE MASSAGE

€ 150 - 45 MIN

Smooth volcanic stones infused with essential oils are used in this deeply warming massage to dissolve stagnant energy blockages within the body. The heat and therapeutic properties of the stones promote deep relaxation, restoring harmony and energetic flow.



## AESTHETIC FACIAL

### 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
- Hands - €110 - 15 MIN

### ULTRASONIC FACE LIFT

€ 230 - 50 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.

### PURIFYING FACE TREATMENT

€ 200 - 50 MIN

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

### LIFTING FACE KOBIDO

€ 160 - 50 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 BY BARBARA STURM

### EXOSOME & OXYGEN INFUSION

€ 700 - 90 MIN

A 90-minute advanced facial treatment, exclusively created by Dr. Barbara Sturm for Palazzo Fiuggi. This cutting-edge facial uses exosomes, oxygen infusion, PEMF, red light therapy, and microneedling to deliver powerful regenerative effects. It hydrates, smooths fine lines, and enhances skin vitality by stimulating natural regeneration. Suitable for all skin types, especially stressed or mature skin.

### STURMGLOW™ FACIAL

€ 230 - 60 MIN

An energizing facial that leaves the skin radiant, refreshed, and glowing with the signature STURMGLOW™ effect. Strengthens the skin barrier and enhances overall skin health and texture. Suitable for all skin types and perfect before a special occasion or as a monthly skin refresh.

### SUPER ANTI-AGING FACIAL

€ 350 - 75 MIN

An intensive anti-aging facial that replenishes moisture, strengthens the skin's barrier, and visibly reduces fine lines and wrinkles. Incorporates micro-needling technology to support skin regeneration and repair. Ideal for stressed or mature skin, restoring firmness and sculpted definition.





PALAZZO FIUGGI  
ETIQUETTE

## PALAZZO FIUGGI ETIQUETTE

### OPENINGTIMES

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

### SPA TREATMENTTIMES

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.



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## 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

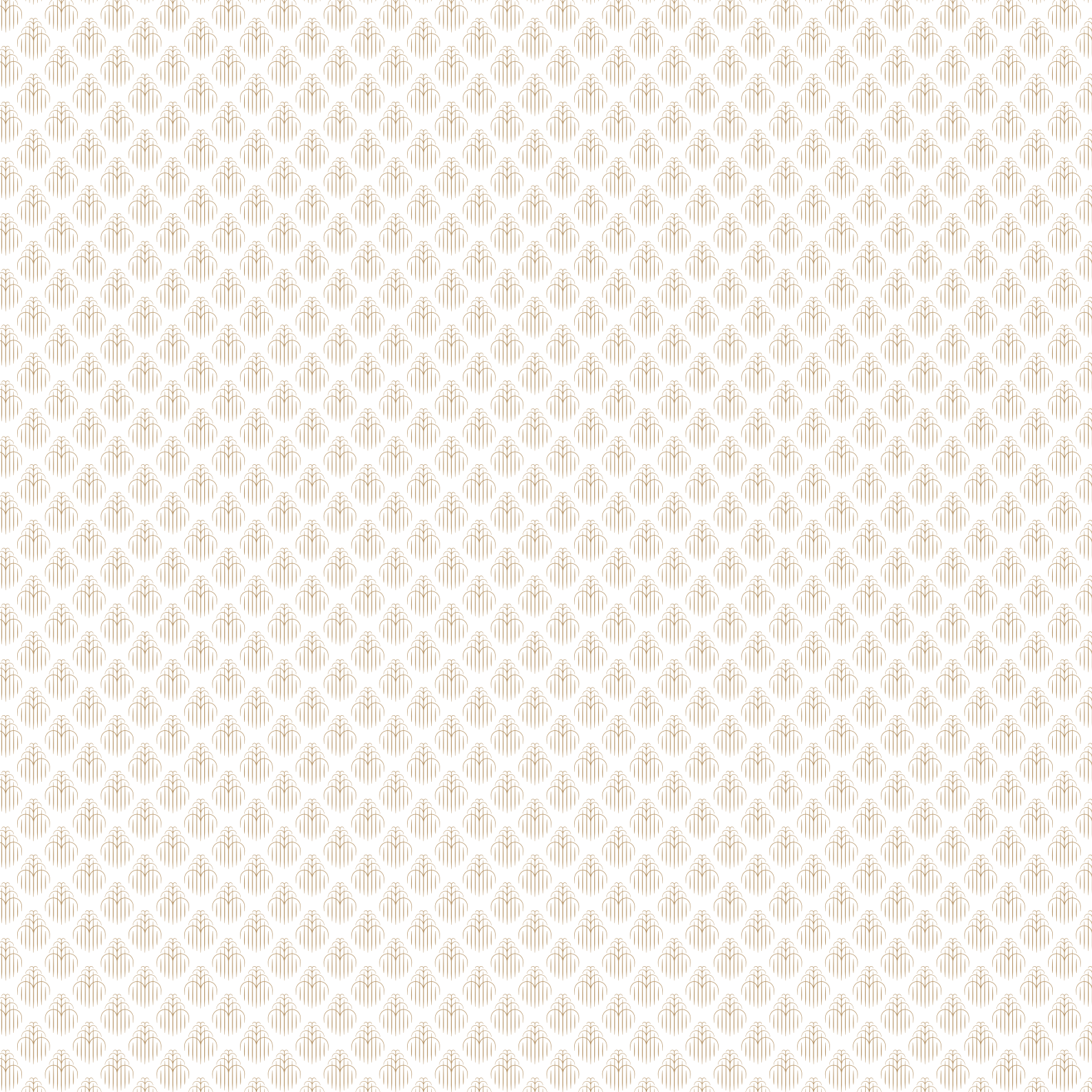
All lost property found on the premises should be handed in at main reception. Items will be stored for four months.

### 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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