

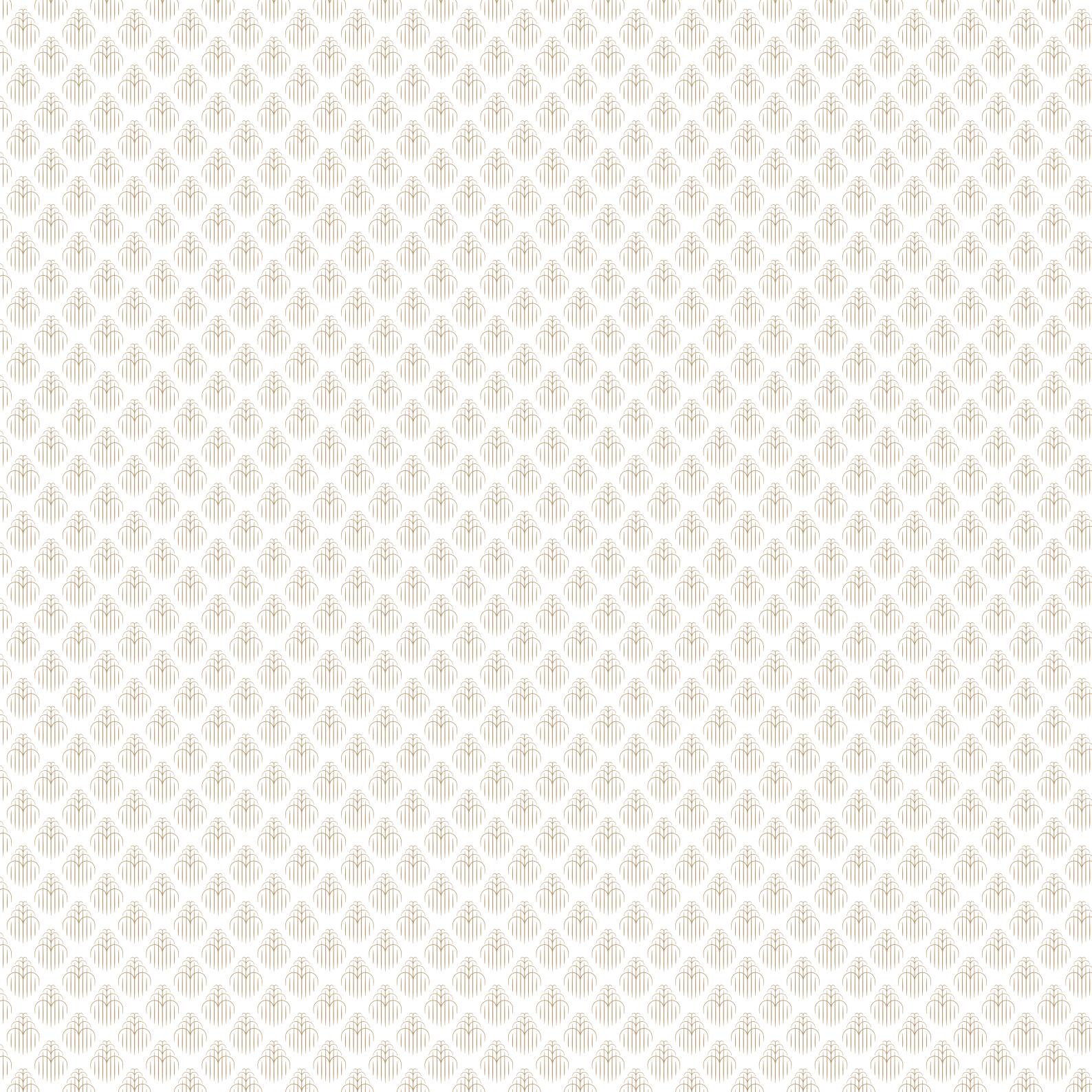


PALAZZO FIUGGI

WELLNESS MEDICAL SPA

—

SPA AND MOVEMENT MENU





WELLNESS & SPA
TREATMENTS

THERAPEUTIC TREATMENTS

BODY WORK 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.”

BODY WORK 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.

BODY WORK 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

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.

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 enhances 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.

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.

PALAZZO FIUGGI RITUAL HAMMAM

€ 75 - 15 MIN

A unique Hammam treatment designed to start the healing journey in Palazzo Fiuggi. It consists in a scruband 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. 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.

WELLNESS MASSAGES

MIND AND BODY RELAX

€ 150 - 50 MIN

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

DEEP TISSUE MASSAGE

€ 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 MASSAGE

€ 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.

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.

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.

FEET & LEG RECHARGE

€ 150 - 50 MIN

Cooling and revitalizing treatment that provides draining and slimming effects on oedema and swollen ankles.

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

Mooth 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.





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 Fiuggi.

The High Performance Training is a true path to self-awareness of one's body.

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.

BIKING

€ 300 - 2 ORE

Cycling is a highly effective activity to build endurance, coordination, and strength. The Cycling for Longevity method combines bike training with targeted recovery, supporting cardiovascular health, respiratory capacity, and long-lasting energy and vitality.

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.



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.



PALAZZO FIUGGI
ETIQUETTE

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 Infared 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

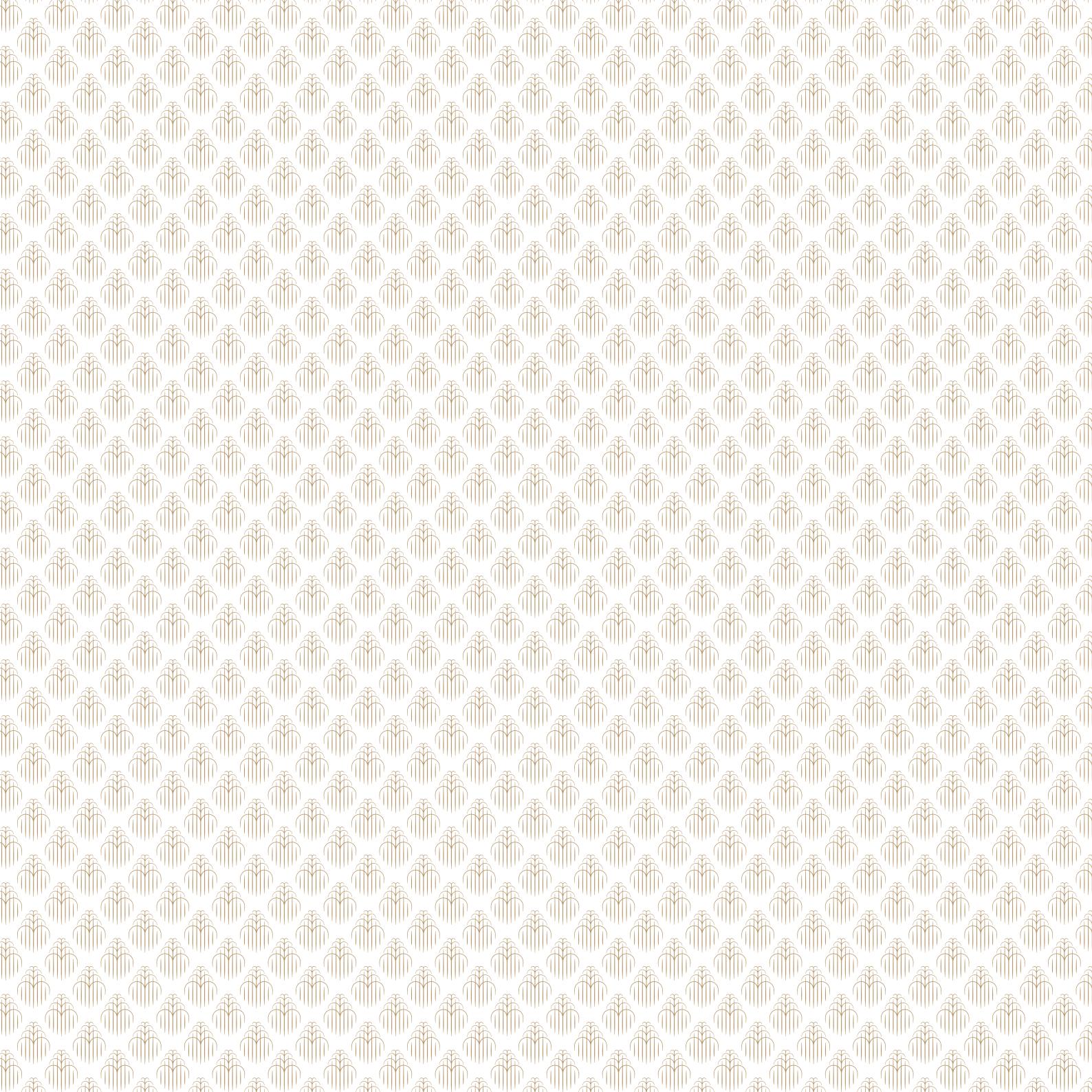
Palazzo Fuiggi accepts no responsibility for loss of valuables and jewellery at any time within the spa premises. We recommend all valuables to be left in your safety deposit box located in your room.

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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