

HEALTH & WELLNESS TREATMENT LIST

500 square metres in the heart of the park, where you can **regain your health** with medical-rehabilitative therapies and get **pampered** with relaxing, holistic and cosmetic treatments

OPEN EVERY DAY FROM 9:30 A.M. TO 6 P.M.
from october the 1st closing at 5:30 p.m.

INFO AND BOOKING

(+39) 081 908 71 81

segmedica@giardiniposeidonterme.com

**NO REFUND IN CASE OF BOOKING
CANCELLATION**



MEDICINE AND REHABILITATION

Medical check-up for admission to therapies <i>(with prescription and certificate)</i>	€ 50
Final medical control	€ 20
Medical advice	€ 30
Blood pressure measurement	€ 4

Micronized nasal cleansing	€ 10
Inhalations / Aerosol	€ 10
Osteopathy	50 min. € 90
Rehabilitation in thermal water	30 min. € 50 45 min. € 75

HOLISTIC MASSAGES

Ayurvedic massage	60 min.	€ 90
Hot-stone massage	60 min.	€ 90
Matrix-Rhythm-Therapy <i>(relaxing analgesic)</i>	40 min.	€ 60 60 min. € 80

Foot reflexology	40 min.	€ 55
Shiatsu	50 min.	€ 80
Yoga	in group	30 min. € 25 single 30 min. € 40

BODY MASSAGES

Muscle relaxant massage	25 min.	€ 40
	40 min.	€ 60
	60 min.	€ 80
Decontracting massage	40 min.	€ 75
	60 min.	€ 90
Deep tissue	30 min.	€ 100

Antistress	40 min.	€ 60
<i>Head, neck and shoulder</i>		
Vödder lymphatic drainage	40 min.	€ 60
	60 min.	€ 80
Connective tissue massage	40 min.	€ 60
	60 min.	€ 80

FACIAL WOMEN AND MEN

Ericson Laboratoire

ERICSON
LABORATOIRE

PURE OXIGEN	70 min.	€ 90
<i>Treatment for all kind of skins</i>		
BIOPTIC	30 min.	€ 50
<i>Intensive eye contour treatment</i>		
SLIM FACE LIFT	70 min.	€ 120
<i>Face remodelling treatment</i>		

LINE CORRECTION	70 min.	€ 120
<i>High performance wrinkles reducer</i>		
HYDRA ADVANCED	70 min.	€ 120
<i>Super hydrating treatment</i>		
VITAMIN ENERGY	70 min.	€ 120
<i>Energetic booster with revitalizing power and anti-fatigue</i>		

Basic cosmetic treatments

Facial cleansing	60 min.	€ 80
Purifying mud mask	20 min.	€ 25
Lymphatic drainage	20 min.	€ 35

Connective tissue massage	30 min.	€ 40
Relaxing massage	20 min.	€ 35

INHALATION TREATMENTS PROMOTION

To **prevent**: rhinitis, sinusitis, pharyngitis, laryngitis, chronic bronchitis.

Medical check-up for admission to treatments

N.6 micronized nasal cleansings

N.6 inhalations

N.6 aerosol

ALL FOR € 150

For info and reservations please contact the centre **HEALTH & WELLNESS**.

BODY WOMEN AND MEN

Ericson Laboratoire

ERICSON
LABORATOIRE

FIRM & SLIM 80 min. € 100
Anticellulite shock and firming

CRYO SLIM 60 min. € 95
Specific remodeling for microcirculation

OSMO SLIM 60 min. € 95
Exfoliating, relaxing and draining

X50 BODY 80 min. € 120
Specific slimming for "over-age" women

Basic cosmetic treatments

Peeling with mud 40 min. € 40

Peeling with mud + facial mud mask 40 min. € 50

Aesthetic beauty treatments

Manicure € 35

Pedicure € 40

Manicure + Pedicure € 65

Total foot treatment 60 min. € 60

Nail polish application € 15

Semi-permanent application € 30

Semi-permanent removal € 15

Epilation

Small areas (eyebrows / upper lip / bikini) €8

Underarms € 15

Shoulders / Chest / Abdomen / Arms / Half legs € 20

Back € 35

Legs € 40

Legs + bikini € 45

Brazilian € 20

Hollywood € 35

PERSONAL TRAINER

Swimming lessons adults / children 60 min. € 40
(€ 5 per ogni persona in più)

Guided thermal path assistance 60 min. € 40
(€ 5 for each additional person)

Acquabike 45 min. € 35

Water aerobics with equipment 45 min. € 35

Relaxing water therapy 35 min. € 50

Pilates in group 30 min. € 20
single 30 min. € 35

Group water gymnastics free
Every day (no August) at 10 in the Adriano pool (28° C)

