



MARINA DI PETRÒLO

HOTEL & SPA BEAUTY

MASSAGES

◆ **RELAX:** Restores tone and vigor to the muscles and restores an exact posture to the entire joint system. During the massage, the body and mind enter a state of relaxation, dissolving the anxieties and tensions of everyday life. Other advantages of the relaxation massage that can be obtained are: the decrease in muscle tension, helps blood circulation and the drainage of toxins responsible for the exaggerated increase in muscle tone.

Rates per person: 30 minutes €40 - 50 minutes €60

◆ **DEEP TISSUE:** Neck massage is a great way to relieve tension. Especially since we often assume positions for long periods of time, such as sitting in front of a desk or in the car, which lead us to suffer from neck and shoulder pain. Sometimes, especially if the posture is incorrect, the back also suffers. Furthermore, if we do not engage in any physical activity, the consequences are inevitable.

Rates per person: 30 minutes €50 - 50 minutes €70

◆ **CANDLES:** The candle massage is designed for all those people who need to relax the body but also the spirit and the psyche, it is a very engaging massage, which can also be performed as a couple. At the end of the treatment, the skin is velvety and hydrated and the relaxing and anti-stress effect lasts over time.

Rates per person: 30 minutes €50 - 50 minutes €70

◆ **HOT STONE:** The Hot Stone massage helps to dissolve muscle stiffness, improve joint mobility and relieve tension in the spine, the main cause of painful and disabling back pain. Decongest lymphatic deposits, improve fluid retention and positively affect arterial circulation, as well as improve venous return. The Hot Stone technique provides a general feeling of well-being and relaxation, and an increase in sensitivity towards people and the world. Furthermore, it contributes to gaining a greater awareness of one's body.

Rates per person: 50 minutes €70

◆ **BAMBOO:** According to the ancient Chinese, bamboo canes were able to circulate energy within them and could therefore be used to absorb excess energy and restore the energy balance of an individual's body. Today, bamboo canes are also used in the West for massages that can release both muscles and mind from tension. To dissolve the contractions, bamboo canes of different diameters are rolled and tapped on the body, thus stimulating the senses and the epidermis. This massage is, therefore, particularly suitable after sports and to combat cellulite as it stimulates the lymphatic flow. Relaxing and giving a feeling of well-being.

Rates per person: 30 minutes €50 - 50 minutes €70

◆ **VAGHEGGI LIGNUM MASSAGE:** Carried out with specific wooden tools, with a remodeling, toning and draining effect. Works on localized fat and abdominal swelling.

Rates per person: 50 minutes €70

◆ **LOMI LOMI:** The lomi lomi massage is a holistic massage, which involves the person as a whole, soul, mind and body. Lomi lomi in Hawaiian means to massage, precisely to form waves. Its origin is very ancient, it draws inspiration from the ka huna massage, a rhythmic massage style typical of Hawaii that allows you to massage the entire body with a single movement. Hawaiian massage is not just a mere form of aesthetic or physical well-being. The value of ka huna, as massage was once called, was very important in the past, so much so that it coincided with a ritual that marked the passage to a new phase of life, leading man to true self-awareness, physical maturity and spiritual.

Rates per person: 30 minutes €50 - 50 minutes €70

◆ **ESSENTIAL OILS MASSAGE:** Massage with essential oils, also known as aroma-massage, benefits the body and mind. In aromatherapy, the therapeutic approach can be used in treatment, prevention and as a health adjuvant. Even modern neuro-physiological and pharmacognosical studies ensure that the use of essential oils in relation to the vital energy points of traditional Indian, Chinese and Japanese physiology allow the activation of self-regulation systems (homeostatic balance) with excellent positive results.

Rates per person: 30 minutes €50 - 50 minutes €70

BODY TREATMENTS

◆ **LYMPHATIC DRAINAGE - “RENATA FRANCA” METHOD** - It is based on firm pressure and a fast pace, as well as exclusive pumping and maneuvers that guarantee immediate results. The technique reduces edema, activates blood circulation and enhances a complex network of vessels that move body fluids, reducing the dreaded cellulite. The result is a less bloated and defined body, with a more accelerated metabolism and, consequently, a feeling of well-being.

Rate per person: 60 minutes €80

From our collaboration with VAGHEGGI PHYTOCOSMETIC, here are our BODY TREATMENTS:

◆ **IRRITUAL with scrub** - The ground bamboo stem guarantees a pleasant exfoliation leaving the skin smooth and renewed.

Rate per person € 65

◆ **THEMA** - From the Mediterranean area: Olive, Watercress and Tomato oils have an exfoliating, purifying and detox effect on the whole body.

Rate per person € 65

◆ **SINECELL** - The answer to combat the imperfections of cellulite and skin adiposity. Different protocols able to respond to the blemishes of cellulite.

Rate per person € 65

◆ **SIKELIA** - A special synergy of Sicilian citrus extracts have the function of stimulating adipocytes.

Rate per person € 65

◆ **FUOCO** - Reducing, shaping, push-up treatment. The magic of the black rose combined with the strength of the volcano for a modeling push-up effect, sculpted buttocks without cosmetic surgery.

Rate per person € 70

FACE TREATMENTS

We always recommend asking the operator for the appropriate type of treatment.

The duration may vary according to the type of treatment chosen.

◆ **TRADITIONAL FACE CLEANSING:** Specific "complete treatment" facial cleansing based on your skin type and need with professional products.

Rate per person € 40

◆ **VAGHEGGI REHYDRA:** Hyaluronic acid, shea butter and jojoba oil will have a filling, moisturizing and protective action. Specific for normal to dry skin prone to dehydration.

Rate per person € 40

◆ **VAGHEGGI EMOZIONI PLUS:** Organic blueberry extract that acts on the blood vessel wall, improving its elasticity. A synergy of three polysaccharides will protect the skin from pollution, restoring a correct balance.

Rate per person € 40

◆ **VAGHEGGI BALANCE:** The protagonists are Avocado and Pineapple sativus which favor the keratolytic action, counteract thickening of the cornea and regulate sebum. Ideal for both young and mature skin with problems related to impure skin.

Rate per person € 40

◆ **VAGHEGGI WHITE MOON:** Designed for skin with uneven complexion, opacity, horny thickening and dullness. Antioxidant action with cell renewal and stimulation.

Rate per person € 55

◆ **VAGHEGGI LIME:** An anti-stress facial treatment which, thanks to the natural active ingredients of Vitamin C, has an antioxidant and elasticising action. It protects the skin of the face making it luminous and elastic.

Rate per person € 55

◆ **VAGHEGGI PRIMISSIMA:** Primissima is the specific line for all skin types with blemishes, wrinkles, corneal thickening, photoageing and skin imperfections, such as post-acne scars, dilated pores.

Rate per person € 55

◆ **INTENSE VAGHEGGI:** Moisturizing and plumping treatment, it relaxes the facial features, making the skin brighter, radiant and immediately younger-looking.

Rate per person € 55

◆ **VAGHEGGI DELAY:** Treatment designed to contrast the first signs of ageing. Thanks to the active ingredients of natural origin, it protects the skin of the face keeping it supple, relaxed and hydrated.

Rate per person € 55

◆ **VAGHEGGI 75.15:** The last frontier in cosmetology, perfect synergy of active ingredients from nature that act on the genetic codes of nature itself.

Rate per person € 55

PRIVATE SPA ACCESS – WELLNESS EXPERIENCE

Exclusive use of the SPA for 90 minutes (maximum 4 people), featuring a sauna, hydromassage tub, Turkish bath, heated waterbed, emotional shower, Himalayan salt wall, and a selection of herbal teas. Bathrobe and slippers are included in the rate.

SPA access is reserved for adults only.

Available time slots: 9:00–10:30, 11:00–12:30, 13:00–14:30, 15:00–16:30, and 17:00–18:30.

◆ **Finnish sauna**, which possesses extraordinary relaxation and detoxification abilities and has positive influences on the mind and body. Nothing is more effective for relieving nervous tension and calming anxiety, because the sauna stimulates the natural rebalancing of psychophysical conditions. The skin is purified and with sweating acids and toxins are eliminated;

◆ **Hot tub**, which will have the ability to release stress and muscle tension from the body. This is thanks to the gaseous bubbles which in contact with the skin cause a natural micro-massage capable of stimulating circulation and giving a pleasant sensation of relaxation;

◆ **Shower with chromotherapy**, with the colors and tones of light that radiate towards a specific part of the body, transmitting the vibrations that bring the energies back into balance;

◆ **Himalayan salt wall** which, by iodizing the environment, brings respiratory, dermatological and stress-relieving benefits;

◆ **Heated water bed**, which gives an immediate feeling of well-being to both body and mind, thanks to the union of water and light which represent two natural elements of great emotional impact.

◆ **Herbal tea**, with different variants of your choice, to conclude the journey.

Reservations are REQUIRED!

Access to minors under the age of 18 and the use of any type of creams are prohibited, unless previously authorized.

Bathrobe and flip-flops kit included.