

# *LIST OF TREATMENTS*

*2023*



Achieving physical and mental balance is the first step towards feeling good about oneself and one's body.

*WELCOME TO NATURAL SPA IL BAIO*

At Natural Spa Il Baio, you will surrender yourself to total relaxation, where harmony, body care, and spiritual well-being become the guiding principles for a rejuvenating break.

Our experience and professionalism are dedicated to your health and well-being, in a welcoming environment surrounded by nature, where scents, music, and colors will accompany you during this moment of pure relaxation, away from the daily hustle and bustle.

### **DAILY WATER & RELAXATION JOURNEY**

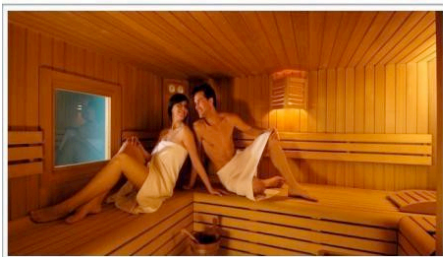
**MON-SUN Continuous hours 10:00 AM - 7:00 PM**

**TUE Operating hours: 1:00 PM - 7:00 PM**

Our Natural Spa features a heated pool with hydrotherapy and hydrobikes, a Finnish sauna, a Turkish bath, a Kneipp path, an emotional shower, a herbal tea area, a relaxation zone, and a fitness area.

A courtesy kit (robe, slippers, and swim cap) is included.

Admission is allowed for guests aged 12 and above.



## ***FACIAL & BODY MASSAGES***

### **FACE MASSAGE KIREI**

25 min 40 euro

The treatments at our spa engage various systems (respiratory, muscular, lymphatic, vascular, and cutaneous), ensuring a relaxing, detoxifying, stimulating, and toning effect, resulting in the following benefits: firmer, toned, and elastic skin, and a brighter complexion.

### **FACIAL MASSAGE - ANTI-AGING KOBIDO**

30 min 45 euro

An extremely relaxing experience that rejuvenates the mind and body, thanks to the combination of specialized techniques aimed at delivering immediate and noticeable results.

### **KIREI AND KOBIDO FACIAL MASSAGE**

50 min 65 euro

A typical Japanese ritual that provides a sense of surrender and relaxation, positively impacting the skin's elasticity, with visible results from the very beginning.

### **CRANIOSACRAL MASSAGE**

25 min 40 euro

A targeted massage focusing on the shoulders, head, neck, and face. It is characterized by smooth and enveloping manual techniques, ideal for those experiencing tension in the head and neck area.

### **DEEP TISSUE BACK MASSAGE**

30 min 50 euro

The extraordinary combination of natural methods, such as the application of warm salt pillows and the technique used, make this massage a true remedy for well-being.

### **THAI FOOT MASSAGE**

25 min 35 euro

A revitalizing and relaxing massage of the foot sole.

### **VODDER LYMPHATIC DRAINAGE MASSAGE**

50 min (legs and belly) 60 euro

80 min (all body) 80 euro

It stimulates the activity of the venous-lymphatic circulation, promoting the elimination of lymph and the drainage of excess fluids.

### TONING ANTI-CELLULITE MASSAGE

50 min 65 euro

Thanks to the manipulation technique, this massage is effective in combating cellulite imperfections. The massage focuses on the inner thigh and abdomen, stimulating tissue vascularization. It is performed using specific creams and/or oils that enhance the draining, anti-cellulite, and toning action.

### RELAXING ANTI-STRESS MASSAGE

50 min 60 euro

Performed with a gentle technique, its purpose is to provide relief and stimulate a self-rebalancing process for the body.

### DRAINING MASSAGE

50 min 65 euro

Leg and abdominal massage performed with specific techniques designed for leg drainage and relief. The enveloping and pressure movements help to stimulate fluid circulation, providing an immediate sensation of relief and lightness.

### CANDLE MASSAGE

50 min 75 euro

Massage performed using warm, natural, and fragrant vegetable butter, accompanied by gentle and slow movements. It provides a moment of deep relaxation for the entire body.

### AYURVEDIC MASSAGE

60 min 75 euro

Traditional Indian massage performed using a blend of warm essential oils, employing gentle, slow, and enveloping movements. It provides a soothing and anti-stress effect, nourishes the tissues, and helps prevent skin aging processes. This massage technique aids in relaxing the body and mind while restoring psycho-physical balance.

### PRENATAL MASSAGE - SWEET EXPECTATION

75 min 70 euro

Prenatal massage is of fundamental importance for the well-being of both the mother and the baby. Thanks to gentle and enveloping techniques, the mother rediscovers a sense of regenerated overall well-being, both physically and psychologically.

### BACH FLOWER MASSAGE

60 min 75 euro

Bach Flowers represent a holistic method of self-healing. It is performed with flower essences. It is particularly indicated in therapeutic treatment against anxiety, irritability, stress, fatigue, and depression. It is also beneficial for overcoming physical and emotional traumas, muscular tension and osteo-articular stiffness.

### HOT STONE MASSAGE

50 min 70 euro

It brings complete relaxation to the body and mind, thanks to the energy of the stones and essential oils, which transmit calmness and serenity throughout the entire organism. It is recommended during colder periods as the application of warm lava stones along the body provides a pleasant experience and has an intense therapeutic and muscle-relaxing effect.

### SWEDISH MASSAGE

60 min 75 euro

Swedish massage promotes relaxation, reduces nervousness, stress, and anxiety, alleviates muscle and joint pain, stimulates blood circulation, aids in the elimination of excess fluids, and provides a toning and muscle-relaxing effect.

### CALIFORNIAN MASSAGE

50 min 70 euro

It is a sensory massage that benefits the body both physically and mentally, promoting a sense of relaxation and well-being.

### MAORI MASSAGE

50 min 70 euro

The peculiarity of Maori massage is the use of specific tools. These tools allow for a deep muscular massage without causing excessive pain to the person. This effectiveness would be impossible to achieve with just the use of hands.

### THAI OIL MASSAGE

50 min 70 euro

Holistic massage is suitable for anyone who wants to receive a relaxing massage and wishes to rebalance both their physical and energetic sphere.

## TRATTAMENTI VISO PROFESSIONALI

*Trattamenti viso in fasi monodose*



## ***FACIAL TREATMENTS***

### **FACIAL CLEANSING**

50 min 50 euro

Basic cleansing treatment that serves to remove all impurities and dead skin cells from the skin's surface through the use of ozonized hot steam.

### **MANDALIC ACID FACE PEELING**

50 min 75 euro

A regenerating treatment that, thanks to the use of mandelic acid, stimulates cellular renewal, giving the skin a radiant and illuminating effect.

### **OCULAR PRESSOTHERAPY**

15 min 15 euro

The massage of all the eye muscles, which, when stimulated by pressure, vibration, and heat, relax and unwind, significantly reducing swelling of bags and dark circles, physical stress, and consequently mental stress.

### **REGENERATING FACIAL TREATMENT**

50 min 85 euro

Ideal for all ages and recommended for mature and undernourished skin that shows visible signs of aging. It is also suitable for all skin types that require deep cleansing and stimulation.

### **GOJI ANTIOXIDANT FACIAL TREATMENT**

50 min 80 euro

Express antioxidant facial treatment, revitalizing for immediate radiance, ensures a pleasant and visibly fresh and vibrant appearance. Its effectiveness is guaranteed by a combination of renewal and deep hydration. Suitable for all skin types.

### **PURIFYING FACIAL TREATMENT**

50 min 80 euro

Cutting-edge facial hygiene! It deeply cleanses the face, detoxifying it at all levels. It provides pure oxygen to the cells so that their metabolism functions at 100%. Suitable for all skin types.

### SHINE CONTROL FACIAL TREATMENT

50 min 85 euro

Say goodbye to shiny skin! Selective sebum regulator. Acts where needed. Deep hydration. "Matt" effect. Suitable for oily skin.

### HYDRA LIFTING FACIAL TREATMENT

50 min 80 euro

Hydrating treatment with lifting effect. Marine biotechnological firming anti-aging cosmetics with Quinton marine water. Equivalent to PRP injections. Contains Wahame Algae that activates 14 genes responsible for skin firmness. Deeply firms, restores lost volume.

### LIGHTENING FACIAL TREATMENT

50 min 85 euro

Lightening and brightening anti-aging treatment. It eliminates the superficial layer of spots, lightening them. It reduces the excess production of melanin in hyperpigmented areas, preventing the formation of new spots. It delays the aging process and repairs cellular damage caused by external factors.

### FACE TREATMENT RGNERIN

50 min 85 euro

Eliminates imperfections. Equivalent to Botox treatment. Powerful cellular regenerator, fills wrinkles from within, improves skin irregularities (wrinkles, scars, and marks). Suitable for skin aged 40 and above.

### SKIN SENSATIONS FACE TREATMENT

50 min 80 euro

Revitalizing multi-vitamin treatment comparable to a virtual vitamin mesotherapy (with vitamin C and minerals). Restores the natural radiance of the dermal tissue. Provides a more radiant, luminous, revitalized, and youthful appearance. Ideal for skin aged 40 and above.

### TRATTAMENTO VISO INFINITY

50 min 85 euro

Restores skin firmness and combats sagging. Softens facial contractions. Anti-wrinkle treatment. Improves cellular processes by enhancing the skin's repairing, regenerating, and energizing abilities. Recommended for skin aged 45 and above.

### Q10 RESCUE FACE TREATMENT

50 min 85 euro

Global renewal for demanding skin. The only cosmetic in the world inspired by radiofrequency that acts in the deep layers of the skin, producing an authentic cosmetic radiofrequency effect. Energizing recovery with high nourishing power. Recommended for skin aged 50 and above.

### EYE PERFECTION EYE TREATMENT

50 min 80 euro

Global rejuvenation of the eye contour. Reduces and diminishes the depth of wrinkles. Has a decongestant action with a stimulating effect that helps reduce under-eye bags. Firms, lifts, and illuminates the area.

### CASMARA MICRONEEDLING FACE TREATMENT

40- 50 min 130 euro

It is a non-invasive rejuvenation technique known for its effectiveness and speed in achieving results. Through microneedling, thousands of micro-perforations are created in the epidermis. The skin reacts to these "mini holes" by synthesizing new collagen and elastin, promoting tissue regeneration.





## ***BODY TREATMENTS***

### **BODY SCRUB**

25 min 45 euro

A specific body treatment that effectively removes dead skin cells, accelerating cell turnover and improving microcirculation.

### **ANCIENT ROMAN THERMAL MASSAGE**

60 min 75 euro

It is a cleansing and beauty treatment designed for both women and men. It is purifying, hydrating, and firming. Following the purification achieved through the scrub, a nourishing honey mask is applied, followed by an enveloping massage.

### **TRANQUILLITY SLEEP RITUAL**

60 min 80 euro

This ritual is designed to enhance restful sleep. The exclusive blend of essential oils (cedarwood, sweet orange, rose, and amaranth oil) and the massage techniques inspired by Indonesian and Ayurvedic traditions, combined with the use of soft brushes, create a sense of relaxation and tranquility for the body and mind, promoting better sleep. It is recommended for those who feel stressed, have difficulty relaxing, and struggle with sleep.

### **DOUBLE PEEL EXPRESS**

40 min 75 euro

Express regenerating treatment for body tissues, providing a perfectly firm, smooth, and soft skin. Through the synergy of mechanical and enzymatic peeling, combined with a nourishing and firming cream, cellular turnover is accelerated, promoting the elimination of dead cells for optimal hydration.

### **PRESSOTHERAPY**

from 30 to 45 min 45 euro

Thanks to the mechanical action exerted by air pressure cushions, pressotherapy works in synergy on both the venous and lymphatic circulatory systems. It is a valuable ally against cellulite and water retention, significantly improving lymphatic drainage. The draining and revitalizing cream helps facilitate more effective drainage.

#### EXPRESS BODY STRATEGIST WRAP

40 min 70 euro

This treatment is carried out through exfoliation and draining bandages, providing deep purification of the tissues from waste and toxins while improving the lymphatic microcirculation. It is an ideal draining booster for legs that feel heavy due to edematous cellulite and swelling. It provides an immediate toning effect and a long-term sense of well-being for the legs.

#### SUBLIME BACK BODY TREATMENT

40 min 70 euro

The back is one of the sexiest parts of the body but also one of the most neglected, as it accumulates tension caused by daily stress and poor posture. We offer a treatment that takes care of the skin, providing it with well-being. The goal of the treatment is multifaceted: it helps eliminate imperfections, tensions, and contractions, while providing intense hydration.

#### STRONG DRAINING TREATMENT

70 min 80 euro

A draining treatment that involves exfoliation, followed by a draining wrap, and completed with pressotherapy. The areas treated are the legs and abdomen.

#### MONTALCINO MUD

50 min 75 euro

A treatment with thermal water that has a detoxifying and anti-cellulite action. The blend of essential oils promotes deep tissue purification. Fucus and Laminaria algae stimulate lipolytic action. Ideal for all types of cellulite.

#### REDUCING ANTI-CELLULITE BODY TREATMENT

60 min 80 euro

Cutting-edge cosmetology with an extra boost thanks to the "Triple Action" beauty program. The fat-burning active ingredients directly target the fat accumulated in adipocytes, promoting its elimination (lipolysis). It also prevents fat accumulation inside adipocytes and inhibits the proliferation of new fat cells. Suitable for hard cellulite. Creates a warming effect.

#### INTENSIVE REMODELING 4 IN 1 BODY TREATMENT

80 min 90 euro

A 4-in-1 treatment that combines slimming, draining, firming, and lifting effects. It is designed to reduce volume, cellulite, and water retention while improving the appearance of stretch marks and toning the body.

### MICRONEEDLING BODY TREATMENT

40- 50 min 130 euro

A treatment that utilizes a device equipped with micro-needles to create thousands of perforations in the epidermis. It is a painless and minimally invasive treatment that can be performed on various parts of the body, including arms, legs, abdomen, and buttocks. The procedure helps reduce cellulite, improve skin firmness, eliminate stretch marks, and target localized fat deposits. Sessions are typically scheduled every 20 days, and a minimum of 6 sessions is recommended to achieve optimal results.

### RADIOFREQUENCY TREATMENT

50 min 80 euro

A machinery is used that utilizes a handpiece capable of generating heat waves in both superficial and deep tissues. The goal is to stimulate the production of collagen and elastin, oxygenate the tissues, and tone the muscle fibers of the body.





## ***BEAUTY SERVICES***

<b><i>HENNA EYEBROW TINTING</i></b>	40 euro
<b><i>LASH LAMINATION</i></b>	60 euro

### ***MANICURE AND PEDICURE***

<b><i>MANICURE</i></b>	50 min 25 euro
<b><i>SEMIPERMANENT NAIL POLISH</i></b>	40 euro
<b><i>GEL NAIL COVERAGE</i></b>	55 euro
<b><i>NAIL EXTENSIONS</i></b>	75 euro
<b><i>THERAPEUTIC PEDICURE (with foot soak)</i></b>	35 euro
<b><i>SEMIPERMANENT NAIL POLISH PEDICURE</i></b>	50 euro
<b><i>DRY SEMIPERMANENT NAIL POLISH</i></b>	40 euro
<b><i>PARAFFIN WAX HAND OR FOOT BATH</i></b>	25 min 40 euro

### ***CLASSIC HAIR REMOVAL***

<b><i>HALF LEG</i></b>	15 euro
<b><i>FULL LEG</i></b>	25 euro
<b><i>BIKINI LINE</i></b>	10 euro
<b><i>FULL BIKINI WAX</i></b>	15 euro
<b><i>DORSUM</i></b>	15 euro
<b><i>ARMS</i></b>	15euro
<b><i>UNDERARMS</i></b>	10 euro
<b><i>FACIAL</i></b>	10 euro
<b><i>BACK</i></b>	20 euro

## *TO ENHANCE YOUR EXPERIENCE AT OUR NATURAL SPA IL BAIIO*

### TO BOOK A TREATMENT

Tutti i trattamenti sono preferibilmente da prenotare con almeno 24 ore di anticipo, contattando direttamente la nostra Natural Spa dove gli operatori consiglieranno la scelta del trattamento più adatto.

### ARRIVING AT THE SPA

Consigliamo di arrivare almeno 10 min prima dell'appuntamento, purtroppo arrivare in ritardo significa diminuire il tempo a vostra disposizione. Nel caso si voglia usufruire solo del percorso giornaliero consigliamo di portare il proprio costume da bagno poiché all'arrivo in reception vi verrà lasciato tutto ciò che vi occorre per passare una rilassante giornata.

### RELAXATION

La preghiamo di spegnere il cellulare e di mantenere un tono di voce moderato nelle aree comuni per permettere a tutta la clientela relax.

### TO CANCEL AN APPOINTMENT

I trattamenti devono essere cancellati almeno 12 ore prima per evitare eventuale addebito.

### SUBSCRIPTIONS AND GIFT VOUCHERS

È possibile acquistare abbonamenti e Gift Voucher per regalare momenti di benessere. Per ulteriori informazioni contattare la nostra Natural Spa.


### CONTACTS


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**NATURAL SPA &  
CENTRO BENESSERE**

**Spoletto**