

# Essentia

## SPA WELLBEING CENTRE - BEAUTY CENTRE «PHYTOMER»

Charges and Descriptions of the massages and techniques available at «Essentia» Spa.

Turkish Bath - Hammam  
Emotional Showers  
Relaxation  
Talassotherapy: mud and wrapping  
Holistic Treatments  
Conventional Massage  
Ayurvedic and Oriental Treatments  
New Techniques and Osteopathy  
Beauty Treatments face and body  
Hair dresser  
Make up  
Technogym Fitness Room  
Personal Trainer, Stretching and Pilates, on request  
Listening, Breathing and Movement

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**At our SPA**, open every day from 9:30 am to 12:30 pm, and from 4:30 pm to 8:00 pm, we offer a wide variety of treatments to suit every taste, for relaxation and regeneration:

Beauty Treatments from 15.00 Euro. Facial Treatment for every type of skin from 60.00 Euro. «Phytomer» Face and Body Thalassotherapy. Traditional massages (Classic, Beauty, Relaxing, Aromatic, Foot Reflexology, Draining etc.) from 35.00 Euro.

Oriental Massages (Thai, Shiatsu, Shirodhara, Hot Stone, four hand massages, etc.) from 40.00 Euro. Ayurveda. New techniques such as osteopathy, pressotherapy and passive gymnastic. «Technogym» fitness centre. Listening to breathing and movement. Personal Trainer (on request: Stretching, Pilates).

Appointments can be arranged between 12.30 pm and 1.30 pm and from 3.30 pm at no extra charge. Massages can also be booked by the pool, under the gazebo.

Please do not hesitate to contact us for any further information you may require.

**Essentia Team**

# RULES

## **To enable you to fully enjoy our services:**

Minors cannot enter the spa.

We ask you to talk quietly and not to use mobile phones.

The staff have been authorized to take any necessary measures in case of disturbance.

The «Essentia» centre is a space totally dedicated to well-being.

The SPA makes use of state-of-the-art technology and offers treatments by «Phytomer», the word pioneer in bringing the benefits of the marine world to modern cosmetology.

For hygiene reasons and in the common interest, you are kindly reminded that a shower is compulsory before coming to the Centre, and swimming-costumes and slippers must be worn.

Bathrobes, slippers and towels are available for our guests' use.

We suggest wearing a track suit or other comfortable clothing for Shiatsu and Thai massages.

Please remove contact lenses during facial treatments.

We advise our male clients to shave one hour before a facial.

Those suffering from heart and lung conditions, diabetes, high blood pressure or other health conditions are advised to inform our Team.

Pregnant woman should inform the centre staff of their condition.

It is best not to sunbathe straight after a treatment and to wait about 30 minutes before swimming in the pool.

The maximum stay in the Hammam (Turkish bath) is twelve minutes.

Please leave jewellery etc. in your room safe, including silver which can tarnish.

# TURKISH BATH - HAMMAM

## RECOMMENDED SEQUENCE

### **Refreshing shower in Hammam cabin**

Refreshing and regenerating shower, to be taken in anti-clockwise direction.

### **Turkish bath for 8 minutes**

Refreshing shower in Hammam cabin (Turkish bath).

### **Emotional showers**

Refreshing and regenerating shower, to be taken in anti-clockwise direction.

### **Internal relaxation area, 10 minutes.**

### **Turkish bath for 4 minutes**

Refreshing shower in Hammam cabin (Turkish bath).

### **Emotional showers**

Refreshing and regeneratinag shower, to be taken in anti-clockwise direction.

### **Internal relaxation area, 10 minutes**

Our Team will be able to advise you on the best massages and treatments after your stay in the Turkish bath and the relaxation room.

# CHARGES

## HANDS & FEET

Manicure	€ 25.00
Pedicure	€ 30.00
Paraffin hand/Foot treatment - 25'	€ 15.00
Nourishing hand treatment - 25'	€ 15.00
Nail varnish application	€ 5.00
Nail varnish application with nails art	€ 7 / 10.00
French manicure	€ 10.00
French pedicure	€ 10.00

## HAIR REMOVAL

Eyebrow plucking	€ 5.00
Upper lip hair removal	€ 10.00
Groin/Underarm/ Arm hair removal	€ 10.00
Lower leg + groin hair removal	€ 20.00
Total hair removal	€ 40.00

## MAKE UP

Standard make up	€ 30.00
Bridal make up	€ 80.00
Bridal make up trial	€ 100.00

## HAMMAM (TURKISH BATH)

Turkish bath, emotional showers and relaxation area	€ 10.00
Non-resident guests	€ 15.00

**HAIRDRESSING CAN BE BOOKED**

# **MASSAGE, THE PATH TO TRANSFORMATION**

## **Conventional Massages**

Classical  
Anti-Stress  
Sport Massage - Relaxing Massage  
Posture Massage  
Aromatic Massage with essential oils

## **Beauty Massages**

Facial Lymph  
Drainage  
Anti-cellulite  
Lymphdrainage Vodder Method

## **Oriental Massages and Treatments**

Reiki  
Foot Reflexology  
Shiatsu  
Thai  
Hot Stone  
Four-handed massage

## **Ayurveda: the science of life**

Mukabhyanga  
Abhyangam  
Kerala  
Pindasweda  
Shirodhara

## **New Techniques**

Pressotherapy - Passive Gymnastics - Osteopathy

## MASSAGES CHARGES

Guests can book a massage under the swimming pool gazebo at no extra charge.

### CONVENTIONAL MESSAGES

Partial Massage - 20'	€ 35.00
Classic - 45'	€ 60.00
Anti-Stress - 45'	€ 60.00
Sport Massage - 45'	€ 60.00
Posture Massage - 45'	€ 60.00
Aromatic Massage with essential oils - 45'	€ 65.00
Relaxing Massage - 45'	€ 70.00

### BEAUTY MESSAGES

Facial Lymph Drainage - 20'	€ 35.00
Draining - 45'	€ 60.00
Anti-cellulite - 45'	€ 65.00
Vodder Lymph Drainage - 45'	€ 65.00
Vodder Lymph Drainage - 90'	€ 90.00

### ORIENTAL TECHNIQUES

Reiki - 55'	€ 65.00
Foot Reflexology - 45'	€ 65.00
Shiatsu - 50'	€ 70.00
Thai Massage - 50'	€ 75.00
Hot Stone massage - 50'	€ 80.00
Four Hand Massage - 40'	€ 100.00

### AYURVEDA

Mukabhyanga (face massage) - 25'	€ 40.00
Abhyangam - 45'	€ 65.00
Kerala - 75'	€ 85.00
Pinda Sweda - 45'	€ 65.00
Shirodhara - 60'	€ 100.00

### NEW TECHNIQUES

Pressotherapy	€ 35.00
Passive Gymnastics	€ 35.00
Osteopathy (please book in advance) - 60'	€ 90.00

### Traditional and Beauty Massages can be taken on a «Zero1» bed:

The benefits of massage and the warmth of a gentle wave, like lying on the sands of a tropical shore. A gentle caress which glides softly over the entire body - from the tip of the feet to the neck - every thirty seconds.

## Conventional Massages

### **Classic/Relaxing Massage full or partial**

The Classic/Relaxing Massage technique is a balanced, co-ordinated combination of sliding, kneading, friction and rhythmic tapping. Using fine quality oils, this method helps you get back into shape. Classic/Relaxing Massage boosts muscle efficiency, improves blood flow to the tissues (and therefore improves circulation), helping get rid of toxins; it releases tension and stiffness, lifts fatigue, improves skin tone and produces an all-round feeling of relaxation.

### **Anti-stress Massage**

A combination of different oriental and western manipulation techniques.

This treatment recharges the body's biological clock, stimulating our ability for self-healing by revitalizing cells, tissue and organs. Anti-stress Massage works on blood and lymphatic circulation, nerve regeneration, muscular relaxation and joint flexibility.

It is personalized and tailor-made for each individual: listening to and understanding the individual's body language and emotions is in fact an important factor.

### **Sport Massage - Relaxing Massage**

This type of massage focuses on specific parts of the body to improve sports performance.

It reduces muscular tension, stimulates local micro-circulation, unblocks and relaxes the tissues and has lymph-draining effects.

### **Postural Massage**

Specific manual techniques and applications are used for a direct effect on the body's structure, helping restore balance and relieve tension and pain caused by bad posture.

### **Essential Oils Massage**

Massage featuring essential oils, extracts gathered from trees, flowers and shrubs.

This type of massage, which has its origins in ancient history, is designed to improve the harmony of the body, mind and spirit.

It is one of the most effective natural ways of relieving stress-related problems.

## Beauty Massages

### **Facial Lymph Drainage**

This facial massage stimulates lymph and helps eliminate waste, making the skin luminous and softening signs of tiredness and stress.

### **Body Lymph Drainage Massage**

A massage with rhythmic and light movements in the direction of the lymphatic routes, oxygenating the tissues and encouraging drainage.

### **Anti-cellulite Massage**

A massage that works on cellulite blemishes; which together with a specific cream helps melt fats and drains liquids.

### **Vodder Lymph-draining Massage**

Boosts lymph drainage, improving the appearance of the skin and helping relieve uncomfortably swollen legs and feet.

It enhances tissue regeneration and can be a useful part of cellulite treatment programmes.

# Oriental Massages and Treatments

From the orient comes the secret of releasing stress from our minds and bodies, completely rejuvenating ourselves and rediscovering our inner balance.

## Reiki

By harmonising the body, mind and spirit through the conscious assimilation of balanced cosmic energy, Reiki promotes focused self-awareness and individual development through the heart.

Reiki, meaning Universal Life Energy, is a holistic practice which helps free blocked energy and rebalance the interaction between the mind and body. It boosts vitality and creates a deep feeling of peace and inner calm. The Reiki technique, which is Japanese in origin, reduces stress, improves relaxation and increases physical and moral wellbeing.

Although it is not a replacement for or an alternative to traditional medicine, Reiki is often categorised as a «complementary therapy» to be used alongside it.

## Foot Reflexology

Reflexology, or the practice of massaging parts of the feet, is part of natural medicine.

This simple but effective manual technique is designed to help restore and maintain health; it consists of applying pressure with the thumbs to the soles of the feet. Reflexology is based on the principle that the soles of the feet are a map corresponding to individual bodily functions and organs. By applying pressure to the feet, the body's energy balance is restored and common complaints can be prevented. It uses the principles of traditional Chinese medicine as well as maps of the reflex points, endorsed by decades of practice in medicine and rehabilitation.

## Shiatsu

Japanese in origin, Shiatsu is a hands-on technique.

Pressure is applied with the thumbs, fingers, palms of the hands, elbows, knees and feet to stimulate the body's energy points. This helps boost blood and lymphatic circulation, preventing fluid from building up and improving tissue oxygenation.

Using a complex combination of pressure and stretching, Shiatsu helps the client to overcome personal difficulties and restore the body's vital functions.

It is designed to maintain physical and mental wellbeing and is suitable for people of all ages. Guests wear loose clothes and lie down on a comfortable futon during the treatment.

## Traditional Thai Massage

Thai massage dates back 2500 years. It combines work on the pressure points featured in Chinese medicine with the stretching and key positions found in Indian yoga. It eases tense muscles and stiff joints, creating a deep feeling of lightness and relaxation for both clients and practitioners, aiding spiritual elevation and boosting suppleness and flexibility.

## Hot Stone

Hot Stone Massage takes its name from the basalt stones which are heated in water at approximately 70°C and placed on particular energy centres around the body.

It is designed to help relax the mind and body.

## Four-handed Massage

Twice the stimulation, twice the relaxation. One of the oldest, simplest techniques in the Indian tradition, this treatment is carried out by two masseurs simultaneously, massaging the body from the tip of the toes to the forehead. The synchronised movements of the two therapists create a regular, relaxing rhythm, while aromatic oils boost the sense of energy and lightness. This type of massage has numerous benefits, improving muscle tone and blood circulation as well as providing a balm for the mind.

# Ayurveda...The Science of Life

## **Mukabhyanga**

A gentle massage concentrating on the head, face and «décolleté».

By working on specific energy points, this technique helps relax the facial muscles in their entirety, making the skin instantly firmer. Mukabhyanga gets rid of stress and tiredness and is an excellent way of fighting premature ageing of the face.

## **Abhyangam**

The essence of this massage is encapsulated in the word «abhyangam», literally, «the application of oil to all parts of the body». Oil is the secret of this technique: it is a vehicle of energy through massage and a source of nourishment and healing. Abhyangam fights off the effects of ageing; it reduces fatigue, prevents and corrects imbalances of the nervous system, improves sleep, helps keep the skin healthy and boosts energy and vitality.

## **Kerala**

A more complex form of Abhyangam Massage which generates a feeling of total bliss. The secret of Kerala lies in rebalancing the body's energy sources. The body is completely freed from stress through this gentle technique, while the circulation is boosted.

## **Pindasweda**

This ancient Indian technique involves applying heat through small bags of herbs and spices. The combination of heat and herbs is beneficial in releasing toxins and relieving swollen tissues and joints. It is recommended as a treatment for muscle tensions and contractures, water retention and cellulite.

## **Shirodhara**

The ultimate wellbeing experience from ayurvedic science. This technique sweeps away the tensions of everyday life and fills the mind and body with a new sense of vitality. In Shirodhara a constant, regular stream of oil at body temperature is poured onto the forehead. The warm oil permeates the head, taking you to a new level of peace and serenity. Shirodhara is synonymous with relaxation and inner calm.

## **Holistic Traditional Treatments or «Phytomer» Massages**

These treatments are inspired by oriental philosophies. Guests can choose the massage technique which best suits their needs and enjoy wonderful sensations of relaxation and wellbeing, rediscovering a long-forgotten sense of harmony between mind and body.

## **New techniques and Osteopathy**

### **Pressotherapy**

Lymph-draining treatment for the legs using inflating boots, designed to get rid of water retention and cellulite.

### **Muscle stimulation**

Pain-relieving, anti-inflammatory treatment which uses various types of electronic stimulation.

### **Osteopathy**

Osteopathy is based on the relationship between body, mind and spirit. Osteopathic treatment helps stimulate our ability to restore harmony, balance and wellbeing. These are closely linked to the correct functioning of all parts of the body, on which the complexity of the entire human organism depends.

# PHYTOMER TREATMENTS

A onetime invitation to experience wellbeing and serenity  
For 30 years, «Phytomer» has been promoting its philosophy and  
unique experience in the field of cosmetic treatments, the world over.

## SPECIAL TREATMENTS FOR WOMEN

### FACIAL TREATMENTS

**FACIAL CLEANSING: «PERFECT VISAGE» - 50' - € 60,00**

**MOISTURISING SPECIAL: «SEAWATER PEARLS RITUAL»**

An original and exclusive complete moisturising treatment: a massage with **Gigartina Red Alga boli and Sea Water Pearls** floods the skin with refreshing and enriching active ingredients to ensure visible results immediately. Intense moisturising, deep and enjoyable relaxation, the «Éclat» effect is immediately visible.

**Basic Treatment - 50' - € 70.00**

The skin is more elastic, balanced, moisturised, smoother, softer contours and glowing skin.

**Intense Treatment - 75' - € 85.00**

Intense treatment with «Detox Plus Oxygenation» phase and moisturising, elasticising skin treatment.

**Triple Phase Treatment - 85' - € 95.00**

Triple phase treatment with the «Prestige Plus» protocol, double exfoliation and 3 masks with a high concentration of marine origin active ingredients.

**GENTLE PAUSE - For sensitive skins**

The perfect treatment for sensitive skin; it offers immediate comfort as it restructures and fortifies the epidermis, strengthening its natural defences against the daily aggressions of climate, pollution, stress. A real aid against redness and the sensation of prickly heat, the skin regains a sense of wellbeing and beauty.

**Basic Treatment - 50' - € 60.00**

Basic treatment to relieve and calm sensitive skin. The skin is soothed and moisturised.

**Intense Treatment - 75' - € 80.00**

Intense treatment with «Detox plus Oxygenation» phase to improve micro-circulation + calming and balancing action. Glowing, relaxed, moisturised skin.

**Triple Phase Treatment - 85' - € 90.00**

Triple phase treatment with «Prestige Plus» protocol: 3 masks enriched with remineralising, balancing and soothing active ingredients.  
The skin is relaxed, moisturised, elastic with more uniform, glowing colour.

**PURIFYING: «WINDS OF PURITY» - Purity, freshness and splendour for combination skin types.** Complete purifying treatment to cleanse, blot and normalise the epidermis without drying it out. It helps to regulate the sebaceous glands, oxygenate the tissues and tighten dilated pores for an immediate «matte» effect.

**Basic Treatment - 50' - € 60.00**

To balance and purify the complexion.

**Intense Treatment - 75' - € 80.00**

Intense treatment with «Detox plus Oxygenation» phase to facilitate the elimination of toxins + specific normalising and purifying action.

**EYE AREA DELIGHT - 25' - € 30.00**

A delight for the problematic and delicate area around the eyes.

Personalised procedures visibly reduce wrinkles and crow's feet.

It smoothes and attenuates bags and circles under the eyes, perfectly contrasts the signs of fatigue, stress and early dehydration. The eyes are brighter, decidedly younger.

## ANTI-AGE TREATMENTS

### «ANTI-AGE EXCELLENCE»

Anti-wrinkle and anti-age treatment with Botox-like and collagen-like action to preserve youthful skin. This intense rejuvenating treatment help firm, restructure and lift the epidermis with results that are immediately visible. A true sensation of comfort and lifting effect, splendour and wellness for a face that stays younger, longer.

#### **Basic Treatment - 50' - € 60.00**

Anti-wrinkle, regenerating and revitalising.

#### **Intense Treatment - 75' - € 80.00**

Intense treatment with «Detox plus Oxygenation» phase and specific skin care. Wrinkles are minimised in width and depth. The skin is firmer and more toned.

#### **Triple Phase Treatment - 85' - € 90.00**

Triple phase treatment with the «Prestige Plus» protocol, double exfoliation and 3 masks with a high concentration of marine origin active ingredients. It provides a lifting effect as it elasticises, eliminates wrinkles and firms the contours of the face.

## BODY TREATMENTS - WOMEN

### «SILKY SKIN»

For all skin types. Improves oxygenation and moisturising of the epidermis, for soft, silky skin.

#### **Body Tonic Exfoliating Scrub - 30' - € 35.00**

Salt crystal exfoliating scrub for «Express Beauty Enhancement».

This scrub is applied with a manual relaxing technique, immediately awakening the skins natural beauty for a soft and silky effect.

#### **Spa Peeling Massage - 40' - € 45.00**

A true Spa treatment to improve the oxygenation and moisturising of the epidermis with a Scrub Massage formulated with essential oils for velvety skin.

Your skin immediately feels «renewed».

### «FIGURE AND FITNESS»

For velvety, even-textured skin. Reduces general and local fat deposits and the unsightly effects of cellulite. Reduces the abdominal circumference, shrinks and shapes the waistline.

Firms the bosom and cleavage area, improves the texture of the skin on old stretch marks.

#### **Reshape: «Mass'actif Silhouette» - 45' - € 70.00**

The ideal treatment for reshaping the silhouette and relaxing with an all over body massage with special attention to specific areas. Intense penetration of slimming marine active ingredients aided by massage to facilitate the elimination of fats and to combat general and localised curves.

#### **Bermuda: «Cellulistop» - 50' - € 80.00**

Triple phase treatment against unsightly cellulite. Detoxifies and oxygenates the tissues, visibly reducing the «orange peel» effect. Intense relaxation with detoxification phase thanks to the self-heating mud and specific massage of localised areas.

#### **Waistline: «Epaslim» - 50' - € 50.00**

Localised treatment with specific hand motions to reduce the abdominal circumference, slim and shape the waistline. The massage action activates circulation, facilitating the slimming action and slowing the formation of persistent curves.

#### **Light Legs - 45' - € 48.00**

Treatment for fit, light legs. Relaxes and relieves tired legs, gives an immediate sense of freshness. The skin is soft and elastic and maintains the perfect ratio of moisture.

## THALASSOTHERAPY

Wraps and packs with Marine Algae in the «Nuvola».

### «MARINE COCOONS»

Detoxify, oxygenate, drain, remineralise, eliminate toxins, stimulate the metabolism and blood circulation.

#### **Slimming: «Slimming Cocoon» - 30' - € 45.00**

Gel masks with a high concentration of algae active ingredients with reducing and lipolytic properties.

#### **Reduction/draining: «Draining Cocoon» - 30' - € 45.00**

Reduction and draining action with a mask formulated with Fucus palmeria and Ascophyllum blended with specific serums.

#### **Remineralising: «Fitness Cocoon» - 30' - € 45.00**

Seawater and aromatic essences in a gel mask rich in anti-stress and revitalising trace elements.

#### **Firming and Toning: «Sea Tonic» - 30' - € 45.00**

Gel wrap to tone tissues: firming, toning treatment to keep the body young with specific hand movements and the revitalising virtues of the sea.

An immediate lifting effect which reshapes the body, reinforcing skin tone and quality with an increase in the production of fibre and elastin fibres.

## HOLISTIC TREATMENTS

#### **Sea Treasure «Body and Mind» - 50' - € 80.00**

Cellular energising treatment to tone, drain and relax.

Relaxing treatment, vital for the mind and body.

The anti-stress effect is immediately visible. The blend of marine serums and active gels become a precious melting elixir on contact with the skin, with remineralising, detoxifying and draining properties.

#### **Sea Treasure «Plus» - 80' - € 90.00**

«Sea Treasure» treatment preceded by a «Cocoon» treatment in the «Nuvola».

# PHYTOMER «PRESTIGE» TREATMENTS

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## «VIE COLLECTION»

Before cosmetic surgery, the highly specialised professional treatment:  
«Soin vitalité Floréale».

### ANTI-AGE FACIAL TREATMENTS

#### **Premium Sculpte Zone - 90' - € 130.00**

Smoothing effect, lifting effect on cheeks, jaw lines, double-chin, elimination of tiny skin wrinkles, lifting effect on deep wrinkles.

### BODY TREATMENT

#### **Sculpte Zone - 90' - € 130.00**

Complete and personalised treatments for targeted slimming and firming (upper body and lower body).

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## «FLEUR'S»

Revitalises the skin with floral active ingredients,  
rare essences, botanic extracts, essential oils

### FACIAL TREATMENTS

**Aroma Mineralviternel - Rhodocrysite Anti-age - 50' - € 80.00**

### BODY TREATMENTS

**Aroma Mineralviternel - «Scrub Or» Exfoliation scrub - 40' - € 50.00**

**Aroma Mineralviternel - «Or» Wrap - 30' - € 60.00**

**Aroma Mineralviternel - «Golden SPA» - 50' - € 110.00**

## SPECIAL TREATMENTS FOR MEN

The «Phytomer Men» treatments are strongly inspired by the SPA universe and by our desire to offer the best the sea has to offer for the specific needs of men's skin. These treatments bring together the beneficial marine effect and the revitalising and anti-oxidising properties of marine Oxhylium. This singular active ingredient, extracted from red algae rich in calcium and magnesium, has exceptional oxygenating and detoxifying powers. The skin will be ready to take full advantage of the marine Oxhylium action because each treatment is applied using our exclusive method: the «Reflexothermal Method».

### **Facial Detox and Facial Ogenage Treatments - 50' - € 60.00**

### **Facial Detox and Facial Ogenage Treatments - 75' - € 80.00**

Personalised treatments, adapted to the specific needs of men's skin: true thalassic therapy for the face. A relaxing massage of the back, followed by the application of self-heating mud to eliminate every trace of stress. Your face is deeply cleansed and oxygenated while your body is distressed and relaxed.

A scalp massage while the mask penetrates is a moment of exceptional comfort. The final personalised touch is the application of a moisturising or anti-age cosmetic treatment, depending on your case. Your skin will be clean, comfortable and radiant.

### **Relaxation Treatments - 45' - € 60.00**

This complete body massage is perfect for relaxing the hyper-active man. It dissolves tension and recharges the body with energy. A subtle blend of Massage Oils and OligoForce Relaxing Serum provides total relaxation. Destressed and relaxed, you will regain your personal sense of serenity.

### **Reduction and Toning Treatment - 50' - € 50.00**

Reducing and toning treatment, especially for the waistline. Thanks to its exceptional active marine ingredients, this treatment favours the elimination of fats and prevents them from reaccumulating. The skin looks visibly improved, moisturised and firmer.

**NEW**

## **5 EXCLUSIVE BEAUTY AND CARE TREATMENTS FACE AND BODY**

### **«SPA - Bronze» - Pre and Post Tanning Treatment - 60' - € 70.00**

Mineral salt and essential oil scrubs, sea water mist and massage with melanin activator emulsion gel. «SPA Bronze» helps your skin, intensifies and prolongs your tan.

#### **3 Promotions to choose from:**

When you purchase two sun products, you will receive a «SPA Bronze» treatment with a 50% promotional discount.

When you purchase two «SPA Bronze» treatments, you will receive a 10% discount on the total price of the two treatments.

When you buy the entire line of sun products, you will receive one «SPA Bronze treatment».

### **New - Total Shaping - Abdomen-Thighs-Buttocks - 50' - € 70.00**

#### **One size smaller in five days.**

«Total Shaping» for total slimming and toning action offers a personalised and targeted «High Tech» solution. «Total Shaping», a general all body treatment

#### **Promotion:**

With a reducing «Total Shaping» treatment (one size less with just 5 treatments), you will receive one «Retouche Silhouette» Cream as a free gift.

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*«FLEUR'S», For a special moment...*

### **Voile de Sultan: Oriental Ritual with Rhassoul Clay - 50' - € 80.00**

Traditional oriental beauty routines combined with toning, stress-busting cosmetic products, deeply perfumed with comforting rose and jasmine. A truly effective firming treatment matched with heady fragrances to conjure up all the magic of the Orient.

The Oriental Ritual with Rhassoul Clay draws on the unique properties of the natural mineral clay, known for its purifying, sweetening and firming effects. This very special product is a brilliant treatment for the face, body and hair. The Oriental Ritual with Rhassoul Clay is available in two different versions: relaxing, with Silver Rose, and revitalising, with Copper Jasmine. The Relaxing Treatment draws on the sweetening, purifying, astringent and antiseptic properties of rose extracts and essential rose oil.

The Revitalising Treatment benefits from the sweetening, calming, rejuvenating and toning properties of jasmine. This unforgettable «escape» creates a deep feeling of wellbeing, caressing your mind and soul with gestures encapsulating the magic of the Orient.

The heady notes of rose and jasmine exude a sumptuous, sensual atmosphere.

A gentle balm for the skin, which is left firmer, smoother and better moisturised.

The secret of this beauty treatment also lies in the use of concentrated Argan oil and two mineral powders. The Rose Treatment gives the skin a pearly, silver-flecked sheen; the Jasmine Treatment makes the skin sparkle with copper highlights.

### **Beauty Ritual with Citrus Fruits and Honey - 50' - € 70.00**

Salt, almond oil, citrus fruits and honey: the wonderful ingredients in this delicious mixture which uses the nourishing, sweetening properties of natural products to create a beauty ritual for the skin.

The peeling effect is finished off with a body mask and a relaxing citrus fruit body cream.

### **Ginger Brush Massage - 45' - € 70.00**

45 minutes of enjoyment for total relaxation of mind and body.

The treatment uses special horsehair brushes, followed by a massage with hot ginger oil.

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## PROMOTION

Purchase two Body Care Products,  
and you will receive  
«Unisex Manager massage»  
(back and head)

Or

Purchase two Face Care Products,  
and you will receive a  
«Flash Beauty Facial»  
treatment.

# BEAUTY SPA FORMULA

## **Equilibrium Special (1 day) - € 110.00**

- 1 Pedicure
- 1 Reflexology Session
- 1 Mukabhyanga Session

## **Mums-to-be: «Dolce Attesa» (1-2 days) - € 130.00**

- 1 Body Scrub
- 1 Cryotonic Body Treatment for Tired, Puffy Legs
- 1 Facial
- 1 Manicure

## **Relaxation & Beauty Day (1 day) - € 165.00**

- 1 Body Peeling
- 1 Mud Treatment in the «Nuvola»
- 1 Anti-Stress Massage
- 1 Pedicure
- 1 Manicure

## **Elba Oriental Dream (3 days) - € 165.00**

- 1 Thai
- 1 Reiki
- 1 Shiatsu

## **Executive Man: «Uomo Manager» (2 days) - € 212.00**

- 1 Mud Wrap
- 1 Hot Stone Treatment
- 1 Thalassotherapy Facial
- 1 Traditional Massage

## **Villa Ottone Relaxation: «Ottone Relax» (2 days) - € 225.00**

- 1 Citrus Beauty Ritual
- 1 Anti-stress Massage
- 1 Mineralising «Nuvola» Body Wrap
- 1 Facial (75 minutes)

**Elba Ayurvedic Dream (4 days) - € 290.00**

- 1 Shirodhara
- 1 Pindasweda
- 1 Abhyangam Massage
- 1 Mukabhyanga
- 1 Kerala

**Essentia Thalassotherapy: «Essentia Talasso» - Slimming and toning (5 days) - € 300.00**

- 1 Body Scrub
- 2 Lymph-draining, Contouring Mud Treatments for the Body
- 1 «Detox» Treatment
- 1 Bermuda «Chaud /Froid» Contouring, Anti-cellulite Treatment
- 2 Lymph-draining Massages

**Beautiful Brides and Grooms: «Bellezza Sposi» - € 335.00**

- 1 «Fleur's» Facial Treatment for the Bride
- 1 Facial Treatment for the Groom
- 1 Full «Fleur's Oro» Treatment for the Bride
- 1 Anti-Stress Massage for the Bride
- 1 «Nuvola» Mud Body Treatment for the Groom
- 1 Abhyangam Massage for the Groom

**Total Essentia (3 days) - € 360.00**

- 1 Body Scrub
- 1 Shiatsu Massage
- 1 Abhyangam Massage
- 1 Thalassotherapy Facial with Eye Contour Treatment
- 1 Reiki session
- 1 Hot Stone Massage
- 1 Thalassotherapy Treatment for the Body
- 1 Pedicure
- 1 Manicure

# SPECIAL OFFERS

## MAY

### **Massage special offer: 2 + 1**

Book two massages and enjoy a third free of charge.

### **Special offer on mud treatments for the body.**

Book two facials and enjoy a free mud treatment for the body.

20% reduction on all treatments before 12.30.

Not valid with package.

## JUNE

20% reduction on all treatments before 12.30.

Not valid with packages.

## SEPTEMBER

20% reduction on off all treatments before 12.30.

Not valid with packages.

## OCTOBER

### **Massage special offer: 2 + 1**

Book two massages and enjoy a third free of charge.

### **Special offer on mud treatments for the body**

Book two facials and enjoy a free mud treatment for the body.

20% reduction on all treatments before 12.30.

Not valid with packages.

# «TECHNOGYM» GYM AND FITNESS

The gym is located next to the «Essentia» Wellness Centre.  
Entrance is free.

## EQUIPMENT

**Multipurpose bench - Abdominals bench - Running machine**  
**Steps - Bars and weights - Exercise mats - Exercise bikes**

## «ENERGY-BOOSTING RELAXATION TECHNIQUES»

«LISTENING BREATHING MOVING» - 50' - € 10.00

### **Listening**

Listening is the first step towards ourselves. Using simple stretching techniques, we learn to listen to our body's language and unconditional movements. We learn good posture and release muscular tension, thereby improving our general wellbeing.

### **Breathing**

Inhalation/Exhalation/Inhalation

Breathing is the basis of life; it is with us from the beginning to the end of our lives. Using simple exercises we can give our body back the information it needs to breathe naturally; this helps tone the entire abdominal area, where our life force is concentrated.

### **Moving**

Listening and breathing are essential for relaxed, toning movements. We learn to only use the muscles we really need for each movement, saving vital energy for other activities. This produces a feeling of calm and, as a result, inner peace, improving quality of life for ourselves and those close to us.

**MEDITATION - 50' - € 10.00**

Meditation is an activity of the heart, not the mind. If we don't abandon ourselves to our hearts, we remain prisoners of the space which the mind has created, in an eternal conflict between our egos and our inner selves.

Meditation means communicating with the immensity; mediation exercises are small, modest "tricks" to take us beyond our minds. Meditation means learning to work on our mind, taking it step by step along a path to tranquillity, profound vision, spontaneous purification and total release from all negative states.

As our journey of self discovery progresses, the quality of our inner life improves and we attain harmony of the spirit as well as a degree of clarity and stability.

# LESSONS

Guests are kindly informed that from 9:30 to 10:30 in the morning,  
classes will be held in:

## MEDITATION

To get back in touch with our inner selves and reconnect body, mind and spirit.

## LISTENING, BREATHING AND MOVEMENT

Simple movements to loosen up the body with the right kind of breathing,  
combined with Chi Cong technics, will help to achieve the correct posture and  
a better quality of life.

For information and to book, please contact the «Essentia» Beauty Center.

\* \* \*

50' Lesson - € 10.00

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For further information please contact the «Essentia» Wellbeing Centre.

A change in the timing of the lessons can be requested but depends on the Centre's planning

# PERSONAL TRAINING

## **Personal Training - 45' - € 72.00 (individual) - € 60.00 (groups of 2/4 people).**

Personal training sessions can be booked on request. They are tailored to meet your individual needs, helping you get into perfect shape in no time. Personalised sessions are held in the gym or hotel gardens under the supervision of a Personal Trainer.

## **Morning walks - 45' - € 72.00 (individual) - € 60.00 (groups of 2/4 people).**

The day begins with a healthy walk in the stunning natural surroundings of Elba. Our main aim is to burn fat and speed up the metabolism. There is a short stretching session before we set out on our walks.

## **Stretching - 45' - € 72.00 (individual) - € 60.00 (groups of 2/4 people).**

Stretching is designed to improve the body's flexibility and suppleness. It is also an excellent way of relieving muscular pain and stiffness.

## **Pilates Mat and Pilates equipment - 45' - € 72.00 (individual) - € 60.00 (groups of 2/4 people).**

Inspired by the Pilates method, this activity involves straightening out the spinal column and using correct breathing techniques to help tone the abdomen.

## **Resistance bands for arms and shoulders - 45' - € 72.00 (individual) - € 60.00 (groups of 2/4 people).**

Based on the Pilates method, this session is designed to help tone the upper body using resistance bands.

## **Abdominals and legs - 45' - € 72.00 (individual) - € 60.00 (groups of 2/4 people).**

A high-impact, firming and energising gym session, focusing on toning the abdomen and shaping the lower body.