

# Spa menu



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NATURAL SPA RESORT  
TERME di TOSCANA



## The natural thermal Grotta

“The eighth wonder of the world”, as described by Giuseppe Verdi during his frequent visits, never ceases to amaze you. The story begins in May 1849 when miners working on the property of the Giusti family discovered, quite by chance, hot steam coming out of the earth. The small opening was made larger to allow them to enter the place which had remained a secret till then: the Grotta. The sweet temperature inside the Grotta gave the owner the happy idea of turning it into a beneficial cure. Along the years the fascination and the shape of the stalactites and stalagmites, those mysterious, distorted shadows projected in the distance, whilst we move around in the heat of the mountain and the surreal silence between Heaven, Purgatory and Hell, have led us through a unique and extremely personal experience. The temperature, which increases slowly to

a maximum of 34° C, creates a “thermal steam bath” which, when taken for a full 50 minutes, eliminates, along with the toxins in our body, all traces of stress.

Continuous innovations have brought the wellbeing centre to its present state through ways and means, wars and armistices, smiles and tears, keeping intact the one thing where everything began... and already towards the end of the second world war we find traces of a project to build an outdoor thermal pool.

50' € 40,00

### Indications

Degenerative arthritis, chronic rheumatism, gout, bronchitis and inflammatory diseases of the upper and lower respiratory tract, even if caused by allergy, diseases of the skin (chronic eczema, sebaceous dermatitis, psoriasis). The perspiration provoked by the Grotta sets off an intense purifying, detoxifying process which, together with an immediate sense of wellbeing, makes this a unique treatment for the complete restoration of the body and mind.

### Counter indications

Children under 12 years of age, during pregnancy, breastfeeding and menstrual period. Persons who have any kind of important illness are advised to consult one of our doctors who are always available for information or explanations.

## Physiologic medicine and healthy ageing

### Evaluation of biological age

- General medical-diet consultation with Lifestyle Program € 100,00
- Oxidative stress evaluation € 50,00
- Bio-structural posture consultation € 160,00  
Consultation with specific tests to evaluate the bio-energetic and psycho-structural conditions of the subject with advice on prevention.
- Basic skin check-up € 80,00  
Ultra modern equipment measures the level of acidity, pH, sebum and hydration.

- Bio-energetic check-up € 130,00  
Computerised examination to evaluate the general state of health according to Traditional Chinese Medicine.

- General medical consultation with our doctor-tutor for personalised treatment € 50,00

## Specialist consultations

- Dermatologic consultation € 110,00
- Ergonomic and postural consultation € 160,00  
Evaluation of the skeletal apparatus (muscles and joints).  
Ergonomic postural indications.  
Consultation with first treatment.
- Osteopathic techniques  
Following sessions 30' € 80,00
- Food allergy test (Screen IgC ELISA)  
Test on 45 food elements € 110,00  
Test on 90 food elements € 150,00  
Analysis to identify possible food allergies.

## Nutrition

- General medical-diet consultation with Lifestyle Program € 100,00
- Anthropometric check-up € 40,00  
Assessment of composition of the body which highlights changes in weight and identifies percentage of excess body fat.
- Aminoacid treatment (Blackburn method)\* € 200,00  
Specific medical treatment to reduce overall fat with the administration of proteins and food supplements instead of sugar. This treatment promotes rapid loss of weight and fat mass, reduces hunger and has an energising effect. The amino acid treatment is followed up at home with a personalised programme prepared by the doctor tutor.

\* Blood, kidney and liver functionality tests are required.

## Lifestyle program

Purifying and detoxifying. General medical-diet consultation and anthropometric check-up, tutoring service, personalised dietary menu, infusion service and snacks throughout the day. Medical consultation with Lifestyle Program. For hotel Guests a full board accommodation is required.

- Short programme € 210,00  
Suitable for stays of 3 nights.
- Weekly programme € 370,00  
Suitable for stays of one week or more.



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## The thermal therapeutic swimming pool

	8/1 - 31/3	2/11 - 24/12	1/4 - 1/11	25/12 - 6/1/2011
<b>Full day</b>				
• Weekdays	€ 17,00		€ 20,00	
• Weekends (Saturday, Sunday, bank holidays, preceding days)	€ 20,00		€ 24,00	
• Afternoon only (After 2 p.m. - weekdays only)	€ 11,00		€ 13,00	
• Spa Break (Excluding bank holidays and preceding days - 1 to 3 p.m.)	€ 7,00		€ 8,00	
• Rate includes pool admission, locker, relaxing chair and, during the summer time, sun lounge and parasol.				
<b>Children under 12</b>				
• Weekdays	€ 11,00			
• Weekends (Saturday, Sunday, bank holidays, preceding days)	€ 13,00			
<b>Package form</b>	<b>Full day</b>	<b>Afternoon only</b>	<b>Children</b>	
	6 admissions € 95,00	6 admissions € 55,00	6 admissions € 60,00	
	8 admissions € 120,00	8 admissions € 70,00	8 admissions € 75,00	
	12 admissions € 175,00	12 admissions € 100,00	12 admissions € 110,00	

Personalised package forms for the winter time, for summer and for the whole year round are also available.

### Summer nights

From May to September – Every Friday from 8.30 p.m. to midnight – During July and August also open on Saturday night.

- Pool admission and soft drink € 18,00
- Pool admission and Spa Menu € 30,00
- Aperispa € 25,00

#### Special events

During the year special night parties are organised.  
Please ask reception for further information.

- Daily hire of pool kit, bathrobe, bath towel (complimentary slippers and bag) € 10,00
- Compulsory refundable deposit for pool kit € 30,00

## Thermal mud

The tradition of thermal mud has been part of life at Grotta Giusti for over half a Century and supports the most famous Grotta in the treatment of inflammatory processes. At Grotta Giusti thermal mud is created by maturing the clay in the precious waters of our thermal springs. This “beneficial mixture” is brought to a temperature of 47° C and then conveyed, with an extremely innovative method, directly to the pleasant treatment rooms of the thermal department. The warm embrace of the thermal mud induces profuse perspiration with a detoxifying effect, reduces inflammatory reactions and favours oxygenation of the tissue. Furthermore, the release of natural endorphins produces an analgesic and relaxing effect on the joints. The relaxation which derives from this reduces stress and makes thermal mud an excellent natural tranquilizer.

### Therapeutic indications

The therapeutic indications of thermal mud are the same as those of the Grotta. Specifically treats all localised pain (arthritis and osteoarthritis), aching muscles and post trauma consequences in phase of recuperation.

### Counter indications

Children under 12 years of age, persons with heart problems, women who are pregnant or breastfeeding or during menstruation. Before starting mud therapy a consultation with our doctor is necessary, so that he can decide which are the exact areas to be treated.

- Mud treatment  
with thermal bath 40' € 40,00  
with shower 30' € 40,00

Applied at a temperature of 47° C, it is advisable for osteo-articular pathologies.

The intense heat promotes a pleasant feeling of muscle relaxation.

- Cool thermal mud treatment and thermal shower 30' € 40,00

In this treatment traditional thermal mud is used at a temperature of 16° C. It is applied to those specific parts subject to cellulite or water retention. Cold mud has a vasoconstrictor effect and, when applied after a steam bath in the Grotta or any other hot treatment, it has a vasodilator effect thus favouring correct vascular activity.

**Indications:** venous insufficiency, water retention, cellulite.

## Thermal water treatments

- Jet shower 10' € 25,00

Applied manually at a pressure of approximately 2 atmospheres. Invigorating and toning after thermal treatments, it is ideal for preparing the body for subsequent manual treatments.

- Ozonised thermal bath with underwater massage 20' € 35,00

Relaxing and revitalising bath in single tub with hydromassage. The properties of the thermal water at 35° C combined with those of ozone form a synergy which helps to stimulate microcirculation and cellular metabolism. Advisable for all vascular diseases and fibromyalgias.

- Fitobalnea 20' € 40,00

Personalised bathing in thermal water, enriched with medicinal plant extracts, with the beneficial effects of hydromassage. At your choice anti-cellulite, anti-oxidant, soothing, relaxing, slimming, toning, analgesic.

## Inhalation therapies

- Thermal aerosol or inhalation 10' € 10,00

Advisable for chronic inflammations of the respiratory system and of the upper airways. Helps decongestion of the mucose and exerts a positive sedative action.

- Thermal atomization in the atmosphere 10' € 10,00

The atomization of thermal water results in the depositing of mineral salts of thermal extract in the bronchial tubes with an anti inflammatory effect.

- Spa water micronized nasal douche 10' € 20,00

It moves dense mucus from nasal chambers and Eustachian tubes. Advisable for catarrhal otitis and sinus.

- Thermal nasal irrigation 10' € 20,00

It cleanses and stimulates mucus excretion from the frontal-maxillary sinus.

## Aesthetic treatments

After years of continuous research and progressive evolution, Fonteverde has now reached the highest level of its extensive experience in applied cosmetics and aesthetics. Fonteverde's brand new cosmetics line is the result of a series of unique formulations: vegetable stem cells, resveratrol, hyaluronic acid, elastin and collagen are just a few of the ingredients making up the rich applications that give the skin functional benefits as well as delaying the ageing process in people of all ages.

### FACE

- Fruit acid face peel

50' € 90,00

Exclusive peel with a smoothing and regenerating effect thanks to the combination of fruit acids and exclusive thermal products.

- Aesthetic microdermolift

80' € 130,00

Cleansing and regenerating treatment where an exclusive device is used to smooth the skin and remove superficial dead cells thus stimulating new collagen.

- Replenishing treatment with thermal spring water

80' € 120,00

Exclusive anti-ageing treatment where thermal spring water, rich in calcium and magnesium, is used with innovative equipment to give the skin an immediate toned and regenerated effect.

- Anti-oxidant treatment with mature thermal mud mask and Vitamin C

80' € 120,00

Moisturizing and anti-oxidant treatment with pure stabilised vitamin C and thermal mud.

- Purifying treatment with clay

50' € 80,00

Cleansing treatment with thermal mud and plant extracts which give the skin immediate radiance.

- Moisturizing treatment with thermal oligo-components

50' € 80,00

Moisturizing treatment with exclusive thermal oligo-components and vitamins, suitable for all skin types.

- Personalised thermal mud mask

25' € 40,00

Application of thermal mud mask according to skin type (hydrating with oligo-components, nourishing with thermal spring water).

- Soothing treatment with pure thermal mud

50' € 80,00

Treatment for sensitive and delicate skin using a pure mud mask with exceptional soothing and calming properties. Excellent even in cases of skin disease, psoriasis, dermatitis and rosacea.

### INTENSIVE TREATMENTS

- Peeling 50' € 160,00

A chemical treatment which can be adjusted according to the characteristics of the skin and the specific objectives set beforehand. Suitable for all cases of photo-ageing and chrono-ageing.

- Toning antiageing treatment

80' € 170,00

Treatment where the doctor and beautician work together. Innovative radio frequency equipment is used, with remarkable toning, moisturizing properties.

- Eye contour treatment

50' € 150,00

Treatment combining the anti-ageing properties of vitamin A, the draining properties of vitamin K and the toning properties of exclusive cosmetics.

- Antiageing microdermolift

80' € 240,00

This treatment combines the exfoliating and bio-stimulating effects of microdermoabrasion to the properties of chemical peel (glycolic, mandelic, salicylic acid) or to the lightening and anti-oxidant properties of pure vitamin C.

## BODY

- Sea salt body scrub with fresh flowers and candle massage  
80' € 120,00

- Fruit acid body peel  
50' € 100,00

Exclusive peel (mechanical and chemical), excellent for stimulating new collagen and preparing the skin for other treatments.

- Draining treatment with thermal spring water  
80' € 120,00

Regenerating, draining treatment with atomized thermal spring water and thermal algae combined with a draining massage.

- Slimming cast with Fleur Thermal®  
80' € 150,00

Exclusive treatment using Fleur Thermal excellent for easing muscle tension, breaking down fatty tissue and eliminating excess toxins.

- Moisturising body treatment with thermal oligo-components  
50' € 80,00

Exclusive moisturising treatment using thermal oligo-components (magnesium, fluorine and calcium) combined with a relaxing massage.

- Enriched mature mud treatment  
50' € 80,00

Personalised anticellulite, toning, draining or detoxifying treatment.

- Derma-cellular therapy  
50' € 80,00

Helps prevent and reduces cellulite and lack of tone; reduces localised adiposity, promotes venous-lymphatic drainage, eliminates liquid retention and oedema.

- Endosphere  
50' € 100,00
- Massage through compressive micro-vibrations which allows the treated area to be re-shaped.

## The Kanebo experience

### FACE

- Sensai beauty  
80' € 150,00
- Advanced anti-ageing "Sensai Beauty" treatment with the luxurious products of the Premier line.

- Shirabe  
80' € 120,00
- Advanced anti-ageing and anti-wrinkle firming treatment.

### BODY

- Senritsu  
50' € 100,00
- Firming and toning treatment to prevent sagging of the skin and increase elasticity.

- Shinon  
50' € 100,00
- Slimming treatment which combats water retention and models the silhouette.

## Massages

- Therapeutic massage 20' € 30,00  
50' € 70,00

Relaxing and antalgic localised massage. It helps functional rehabilitation of the muscular and skeletal system.

- Swedish massage 50' € 70,00
- Stimulates and relaxes muscles. It produces a pleasant relaxing effect and relieves muscular tensions of the whole body.

- Lymphodrainage massage 50' € 70,00

Stimulates the venous lymphatic circulation. Reduces water retention and restores elasticity to the skin.

- Fascial integration 80' € 100,00
- This technique acts on the connective muscular tissue and on the fascial connections through pressure along the myofascial meridians. Eliminates blockages, tenseness and restrictive situations. Favours postural compensation, helps to restore stability and flexibility of movement and the natural expression of global health.

- Vitalstone massage 80' € 120,00

A ritual through which body and mind attain complete relaxation. The energy of natural elements used, of lava stones and essential oils is harmoniously transmitted to the whole organism, loosening muscular tension thus restoring peace and tranquillity.

- Lymphodrainage massage for face 25' € 40,00

Specific manual technique which acts on the circulation of lymph fluids to facilitate their elimination. The pleasing aesthetic improvement accompanies an immediate sensation of wellbeing.

- Californian massages 80' € 100,00

Soft continuous movements provoke a deep efficient action which works on muscular tension and improves blood circulation

- Anti-stress massage 50' € 70,00

By means of slow penetrating movements, influences the body posture and reactivates circulation. Refreshing and mentally relaxing.

- Aroma massage 50' € 70,00

Particular combinations of essential oils personalise this relaxing and toning massage.

- Energizing citrus fruits, green tea or chocolate massage 20' € 50,00

Enervating movements and rhythm for an energizing massage with personalised fragrance.

- Aesthetic, toning massage 50' € 70,00

Stimulating manual massage to invigorate, tone and firm. Helps to ease tension and reduce the feeling of heaviness.

- Toning face massage 25' € 40,00

Exclusive treatment using various manual techniques to tone face, neck and décolleté; specific movements work on tension lines to reduce signs of ageing, tone facial muscles, oxygenate and revitalize the skin.

- Head energy massage 50' € 90,00

Specific treatment for the cervical area involving the head, face and neck with sweet movements, stretching of the muscles and intense work on the reflex points to calm mental stress which, in turn, reflects on overall stress of the body.

- Reflexology 50' € 70,00

The stimulation of specific parts of the foot works on the relative organs, thus re-establishing their balance and correct function.

- Olive oil phytomassage 50' € 80,00

## Oriental disciplines

- **Shiatsu massage** 50' € 90,00  
Therapeutic Oriental technique of digital pressure. Shiatsu is directed towards certain points of the body to stimulate and unblock the meridians, the pathways in the body through which energy flows. Re-establishes correct psychophysical and energetic balance.

- **Tui-na Chinese traditional massage with Zu reflexology** 80' € 110,00  
Ancient Chinese massage which exerts its action on the body energy lines re-balancing organ functionality. Stimulates and strengthens the nervous and immune system, improves articulation and gives energy to the whole body.

- **Tibet massage** 80' € 120,00  
Originating from ancient Tibetan tradition, the massage begins with guided breathing exercises. A mixture of herbs in little cloth squares handkerchiefs rubbed over the entire body (Pantaj Luar) completes the relaxing unwinding effect of the treatment.

- **Ayurvedic massage** 50' € 90,00  
Technique of Indian origin which relaxes muscular tension. Improves respiration and physiological functionality balancing the whole body. The massage is carried out with the use of essential oils.

- **Pinda Sweda** 80' € 130,00  
Therapeutical heat application with herbal preparations. Improves circulation, eliminates toxins from tissues and articulations. Effective for rheumatism and water retention. Brings vigor and gives a pleasant sensation of lightness and tranquillity.

- **Shirodhara** 50' € 100,00  
A special technique whereby medicinal oils are applied manually to the head and body. The treatment revitalises the mind, cures insomnia, tiredness and stress, and promotes meditation.

## Ayurveda Health and Beauty

Our exclusive aesthetic ayurveda treatments stem from a millennial Indian medical tradition and today represent the perfect union between bio-natural beauty treatments and massage techniques which can treat the problem in a functional and not just cosmetic manner.

- **Garshan** 50' € 90,00  
An ancient massage carried out using exclusive "ahimsa", raw silk gloves, to activate lymphatic circulation and regenerate the skin. An intense and emotive massage with great aesthetic effect.

- **N.A.O. Massage** 50' € 100,00  
The Nao massage is an aesthetic evolution of the ancient Navarakizi, one of the most traditional ayurvedic treatments. The precious blends of Indian plants enclosed in pinda (hot bags made of the softest cotton) release their scents and active principals onto our body. Thanks to its intensity the treatment acts not only on our body but also on our spirit and thoughts, giving us a deep sense of peace.

- **Ubtan peeling** 50' € 80,00  
Precious powders extracted from ayurvedic plants enriched by aromatic waters are massaged onto our body. The peeling effect favours regenerating processes of the tissue, leaving the skin smooth and velvety.

- **Rupapada** 50' € 70,00  
Our feet are the root of our whole structure. This treatment transmits beauty and wellbeing to the feet, which is of great importance for restoring vitality to the whole body.

## Fitness area

- Gym and cardio-fitness  
€ 15,00
- Gymnastics with personal trainer  
50' € 70,00
- Gymnastics with instructor  
40' € 15,00
- Pilates 40' € 20,00  
Improves harmony in gestures and coordination, tones muscles and prevents pain due to incorrect posture.
- Raggi® Method with Pancafit  
(only as a Personal trainer)  
50' € 70,00

A method based on active and passive global muscular decompensation stretching. Lengthens contracted muscles, frees your articulations and diaphragm, improves breathing and reactivates vascular and lymphatic circulation. Ideal for relaxation and muscular decontraction. Recommended for people who have vertebral pathologies.

## Beauty service

- Anti-ageing treatment  
for the hands 50' € 80,00  
This treatment smoothes, lightens and softens the skin. An effective combination of special cosmetic products revitalises the skin of the hands and reduces ugly age spots.
- Paraffin treatment  
for the hands 25' € 30,00  
Trattamento idratante ed emolliente. Efficace per attenuare l'aridità e l'invecchiamento della pelle, restituire morbidezza, tono ed elasticità.
- Special manicure 50' € 60,00  
Aromatic hand soak, exfoliating peel, nourishing mask and manicure. A complete beauty treatment for the hands.

- Beauty feet 50' € 60,00  
Footbath with aromas, peeling and mask. A complete treatment for the wellbeing of your feet.
- Depilation 50' € 50,00



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TERME DI TOSSANA

## For the complete spa experience

- **Choosing /making spa appointments**

The first step is to consult with our staff to help you choose the most suitable treatment. We suggest you book treatments before arriving at the Spa.

- **Appropriate arrival time**

Please arrive at least 5-10 minutes prior to your scheduled appointment; unfortunately, late arrival will limit the time for your treatment which will still end at the designated time.

- **What to wear**

Guests will find the clothes to be worn during treatments directly in their Hotel room or in the Spa. For some treatments it is recommended not to wear any clothing. Our therapists are professionally trained and will ensure that you are comfortable. Please note that a bathing suit is not included in the spa kit, you may bring your own or purchase it in our boutique.

- **Cancelling an appointment**

We require that all guests using the spa give a 24-hour cancellation notice. If less than 24 hours are given, the service may be charged.

- **Medical advice**

Our medical staff are at your disposal for consultations regarding your health in relation to the treatments to be effected. They will also be able to give you precious advice to personalise your wellbeing or therapeutic programme in the best way possible.

- **Relaxation**

Silence helps relaxation. Please refrain from talking loudly and keep your mobile phones switched off.

- **Shaving**

If you must shave or wax, please do so at least 2 hours before your scheduled appointment.

- **Sun**

Before exposure to the sun after a treatment we suggest you seek advice on any possible adverse reaction.

- **Personal preferences**

Whether it is the level of pressure of the massage, the type of music or the room temperature, please inform the therapist of your preference so that he or she can make your time with us even more special.

- **Therapist gender**

Please feel free to request either a male or female therapist for your treatment, if possible we shall do our best to satisfy your request.

- **Spa boutique**

To continue your Spa experience at home you may purchase the new Fonteverde products used during treatments and other articles in our Spa.

- **Feedback and suggestions**

Your comments, complaints and suggestions are very important to us so that we may improve where necessary. You may speak with our Spa Manager or fill in the forms which are found at the reception desk.

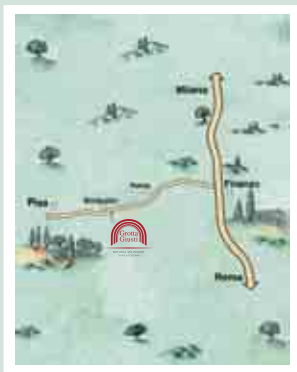


## How to get to Grotta Giusti

**By car:** A11 Firenze-Mare motorway, Montecatini Terme exit;  
follow the signs for Monsummano Terme (4 Km).

**By train:** Montecatini/Monsummano Terme railway station (4 Km).

**By plane:** nearest airports Florence (40 Km) and Pisa (55 Km).



### GROTTA GIUSTI

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**STB**  
SOCIETÀ TERME E BENESSERE  
TOSCANA

