



Spa menu

2009



NATURAL SPA RESORT
TERME di TOSCANA

Welcome to Grotta Giusti

Our bicarbonate, sulphate, chloridic, magnesian and calcic waters rich the surface at a temperature of 34°-35°C. They have great effectiveness and help relieve pain, anxiety and allergies and have an anti-ageing effect on body and mind. Grotta Giusti Spa enhances these waters' natural properties and boasts long years of experience in the Italian traditional spa field. We have greatly contributed to the development of a modern spa wellness concept and we have taken the lead as far as solutions and strategies are concerned.

Today, we distance ourselves from those who claim to be original at all costs and promise ongoing improvement. We, as all modern medical spas, have introduced the figure of the “doctor-tutor” ensuring ethical behavior and providing professional assistance. A made-to-measure wellness experience for both new and regular customers. Qualified doctors, specialists in physiological and cosmetic medicine, are those who take care of Grotta Giusti's guests. The goal is to achieve a customized state of health.

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Our tutoring

• General medical consultation with our doctor-tutor for personalised treatment	€ 50,00
• General medical-diet consultation with <i>Lifestyle Program</i>	€ 100,00
• Dermatologic consultation	€ 110,00
• Ergonomic and postural consultation <i>Evaluation of the skeletal apparatus (muscles and joints). Ergonomic postural indications. Consultation with first treatment.</i>	€ 160,00
<i>Osteopathic techniques</i> 30'	€ 80,00
• Bio-structural posture consultation <i>Consultation with specific tests to evaluate the bio-energetic and psycho-structural conditions of the subject with advice on prevention.</i>	€ 160,00
• Naturopathic consultation <i>Hydrologic analysis of the iris through which we can improve our general state of health and rediscover vitality.</i>	€ 130,00

Specialist consultation

• Evaluation of biological age <i>A tiny blood sample helps the doctor to assess free radicals present and to evaluate biological age in relation to the actual age.</i>	€ 50,00
• Food allergy test (Screen IgG ELISA) <i>Analysis to identify possible food allergies.</i>	
<i>Test on 45 food elements</i>	€ 110,00
<i>Test on 90 food elements</i>	€ 150,00
• Basic skin check-up <i>Ultra modern equipment measures the level of acidity, pH, sebum and hydration.</i>	€ 80,00
• Video-dermatoscopy <i>A miniature television camera and colour monitor are used to analyse the deeper layers of the skin, brown spots, moles and wrinkles.</i>	€ 105,00
• Anthropometric check-up <i>Assessment of composition of the body which highlights changes in weight and identifies percentage of excess body fat.</i>	€ 40,00

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

- General medical-diet consultation with Lifestyle Program € 100,00
 - Short program € 210,00
Purifying and detoxifying. Suitable for a 3 – 4 days' stay. General medical-diet consultation and anthropometric check up, tutoring service, diet menu, infusion service and snacks throughout the day. Lifestyle Program. For hotel Guests a full board accommodation is required.
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- Weekly program € 370,00
Weight loss and de-tox. Suitable for stays of 1 week or more. General medical-diet consultation and anthropometric check up, tutoring service, personalised diet menu, infusion service and snacks throughout the day. Medical consultation with Lifestyle Program. For hotel Guests a full board accommodation is required.
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- 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.
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* Blood, kidney and liver functionality tests are required.

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.

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 - The Grotta is not indicated for the following: 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.

60'

€ 40,00

The thermal therapeutic swimming pool

Period 8/1 – 10/4 • 2/11 – 24/12

FULL DAY

- Weekdays € 17,00
- Weekends, public holidays and preceding days € 20,00
- Afternoon only (after 2 p.m.) € 11,00
- Spa Break (weekdays only, excluding public holidays and preceding days) € 7,00

from 1.00 to 3.00 p.m. Exit by 3.15 p.m

- Rate includes pool admission, locker, sun chair.

Period 10/4 – 1/11 • 25/12 – 6/1/2010

FULL DAY

- Weekdays € 20,00
- Weekends, public holidays and preceding days € 24,00
- Afternoon (after 2 p.m. excluding July and August) € 13,00
- Spa Break (weekdays only, excluding public holidays and preceding days) € 8,00

from 1.00 to 3.00 p.m. Exit by 3.15 p.m

- Rate includes pool admission, locker, sun lounge and parasol.

CHILDREN UNDER 12

- Weekdays € 11,00
- Weekends, public holidays and preceding days € 13,00

Summer nights

Period 1/5 – 26/9 • Every Friday from 8.30 pm to midnight

July and August open on Saturdays as well.

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

- *Daily hire of pool kit bathrobe, bath towel (complimentary slippers and bag)* € 10,00

- *Compulsory refundable deposit for pool kit* € 30,00

Special events:

Saint Valentine's day, Halloween, New year's eve.

Package form	6 admissions	8 admissions	12 admissions
Full day	€ 95,00	€ 120,00	€ 175,00
Afternoon only	€ 55,00	€ 70,00	€ 100,00
Children	€ 60,00	€ 75,00	€ 110,00



Thermal water circuits

- Thermal hydromassage jet 4' € 10,00

Applied manually at a pressure of approximately 2 atm. It tones and revitalises after Spa treatments. Ideal for preparing the body for further manual treatments.

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

Applied manually at a pressure of approximately 2 atm. It tones and revitalises after Spa treatments. Ideal for preparing the body for further manual treatments.

- Fitobalnea 20' € 40,00

Personalised bathing in thermal water, enriched with medicinal plant extracts, with the beneficial effects of hydromassage.



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.

Contraindications - 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.

- Cool thermal mud treatment and thermal 20' € 40,00 shower

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.

- **Mud treatment** 20' € 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.*
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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.
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Aesthetic treatments

Our line of Spa cosmetics from Fonteverde, Linea Cosmetica Termale Fonteverde, is the synthesis of years of experience in the field of spas and wellness; a complete line of cosmetics prescribed and utilized for exclusive Spa treatments. The Fleur Thermal®, present in every product, contains an exclusive vitamin and mineral component of thermal origin: Vitamin A, E, silica, and hydrocolloids are only some of the beneficial substances that facilitate skin hydration and regeneration with an antioxidant effect, ideal also for the most delicate skin. This year our spa menu is enriched by signature treatments an exclusive to the STB Group.

FACE

- Fruit acid face peel **New 2009** 50' € 90,00

Exclusive peel for the face, neck and décolleté with a smoothing and regenerating effect thanks to the combination of fruit acids and exclusive thermal products.

- Aesthetic microdermolift 80' € 120,00

Cleansing and regenerating treatment for the face, neck and décolleté 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 **New 2009** 80' € 120,00


Exclusive anti-ageing treatment for the face, neck and décolleté where thermal spring water, rich in precious components such as 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 **New 2009** 80' € 110,00


A truly moisturizing and anti-oxidant treatment with pure stabilised vitamin C and thermal mud. Excellent toning effect through the application of a modelling, toning mask with, applied aesthetics equipment.

- Moisturizing treatment with thermal oligo-components **New 2009** 50' € 70,00


Moisturizing treatment with exclusive thermal oligo-components and vitamins, suitable for all skin types. Ideal as preparation to the aesthetic medicine treatments.



- Purifying treatment with clay **New 2009** 50' € 80,00
Cleansing treatment with thermal mud and plant extracts which give the skin immediate radiance. Suitable for all skin types, even the most sensitive.




- Soothing treatment with pure thermal mud **New 2009** 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.




- Personalised thermal mud mask **New 2009** 25' € 40,00
Application of thermal mud mask according to skin type (thermal mud: hydrating with oligo-components, nourishing with thermal spring water).


BODY




- Fruit acid body peel **New 2009** 50' € 90,00
Exclusive peel (mechanical and chemical), excellent for stimulating new collagen and preparing the skin for other treatments.



- Draining treatment with thermal spring water **New 2009** 80' € 120,00
Regenerating, draining treatment with atomized thermal spring water and thermal algae combined with a relaxing, draining manual massage.



- Slimming cast with Fleur Thermal® **New 2009** 80' € 140,00
Exclusive treatment using Fleur Thermal with slimming properties, excellent for easing muscle tension, breaking down fatty tissue and eliminating excess toxins.



- Moisturising body treatment with thermal oligo-components **New 2009** 50' € 70,00
Exclusive moisturising treatment using thermal oligo-components (magnesium, fluorine and calcium) combined with a relaxing massage.

- Enriched mature mud treatment

New 2009 50' € 80,00

***Anti-cellulite version:** specific treatment which helps prevent and reduces the appearance of the typical “orange peel” aspect of cellulite thanks to the use of thermal mud and specific synergies.*

***Toning/draining version:** exclusive treatment with enriched thermal mud, excellent aid for slack muscles, heavy legs and circulation problems.*

***De-tox version:** soothing and detoxifying treatment thanks to the combination of oligo-components and thermal phyto-extracts carried out with a delicate total body massage.*

- Derma-cellular therapy

50' € 80,00

This state-of-the-art equipment is the most efficient and innovative technique for shaping, contouring and firming the body. Helps prevent and reduces cellulite and lack of tone; reduces localised adiposity, promotes venous-lymphatic drainage which eliminates liquid retention and oedema. It gives a general sense of relaxation and relieves aching muscles.

The Kanebo experience

FACE TREATMENTS

- Sensai beauty 80' € 150,00

Advanced anti-ageing “Sensai Beauty” treatment with the luxurious products of the Premier line.

- Shirabe 80' € 110,00

Advanced anti-ageing and anti-wrinkle firming treatment.

- Onkan 80' € 110,00

Advanced anti-ageing treatment for a more luminous skin.

- Yuragi 80' € 110,00

Anti-stress hydrating, skin balancing treatment.

BODY TREATMENTS

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|---|-----|---|--------|
| • Shinon | 50' | € | 95,00 |
| <i>Slimming treatment which combats water retention and models the silhouette.</i> | | | |
| • Senritsu | 50' | € | 95,00 |
| <i>Firming and toning treatment to prevent sagging of the skin and increase elasticity.</i> | | | |
| • Kumikyoku | 50' | € | 100,00 |
| <i>Highly moisturising balancing anti-stress treatment, ideal for all skin types.</i> | | | |
| • Onteï | 50' | € | 70,00 |
| <i>Exfoliating and soothing two-phase treatment for silken skin.</i> | | | |

Medical aesthetic treatments *New 2009*

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|--|-----|---|--------|
| • Face brightening treatment | 80' | € | 160,00 |
| <i>Anti-oxidant and brightening treatment where the doctor and beautician work together. Particularly suitable for skin damaged by time and photo-ageing. This treatment uses the natural anti-oxidant properties of vitamin C and kojic acid and the precious nutritive principles contained in the mask.</i> | | | |
| • Toning antiageing treatment | 80' | € | 190,00 |
| <i>Treatment where the doctor and beautician work together. Innovative radio frequency equipment is used, with remarkable toning, moisturizing properties.</i> | | | |
| • Eye contour treatment | 50' | € | 180,00 |
| <i>Exclusive eye contour treatment combining the anti-ageing properties of vitamin A, the draining properties of vitamin K and the toning properties of exclusive cosmeceuticals which work in synergy with thermal cosmetics.</i> | | | |
| • Transdermic bio-stimulation New 2009 | | € | 130,00 |
| <i>Chemical peel and antioxidant treatment for face, neck and décolletage. The treatment exploits mandelic acid's brightening and exfoliative properties and the antioxidant properties of vitamins A, C and E combined with the moisturizing power of thermal beauty products.</i> | | | |

Aesthetic medicine

- **Multilevel peel** **New 2009** € 250,00
Integrated chemical exfoliating peel. Stimulates and regulates the change of skin cells thanks to its extreme flexibility. Three exfoliating acids acting in synergy are used in various depths to improve imperfections.
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- **Microdermolift** € 210,00
This treatment combines the exfoliating and bio-stimulating effects of microdermoabrasion (mechanical peel) to the properties of chemical peel (glycolic, mandelic, salicylic acid, depending on skin type) or to the lightening and anti-oxidant properties of pure vitamin C. It is suitable for all skin types and specific for acne, photo and crono-ageing and brown spots.
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- **Skin Bio-rejuvenation Complex** **New 2009** € 280,00
Exclusive treatment using a synergy of mechanical methods (microdermoabrasion and bipolar radiofrequencies), chemical ones (AHA) and biologic ones (pure vitamin C). It has immediate effects on texture, on tone and brown spots.
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- **Jaluronic acid filler implant** **New 2009** € 380,00
Filler for small indentations and lines of the face.
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- **Vital long lasting treatment** **New 2009** € 200,00
Micro injections are used at various stages to improve stimulation of the skin; suitable to tone, moisturize and firm the skin of the face and neck.
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- **Intradermal Biostimulation *New 2009*** € 100,00
Biostimulation of face, neck, décolletage and hands suitable for patients whose skin is affected by crono-ageing and photo-ageing by using microinjections of hyaluronic acid and amino acids. The treatment has a stimulatory and regenerative effect on tissues.

- **Eumolecolar intradermaltherapy *New 2009*** € 80,00
It is the most effective, tested and safest technique aimed at carrying substances and active principles to localized fat deposits affected by microcirculation problems. It is possible to establish the right amount of product for each patient through the evaluation of physical parameters (plicometry).

- **Oxygen therapy *New 2009*** € 80,00
It reduces localized fat deposits by using subcutaneous microinjections of pure medical oxygen which breaks fat cells (adipocytes). It is recommended in all cases of localized fat deposits.

- **Dermatological microsurgery with diathermic coagulator *New 2009*** € 150,00
A non-invasive specialist technique for the treatment of small skin lesions (spider naevi, angiomas, capillary dilation).

- **Intensive anti-cellulite protocol *New 2009*** € 640,00
*Oxygen therapy, 3 treatments
 Intradermal biostimulation, 3 treatments
 Dermacellular therapy, 3 treatments
 Intensive, one-week-long treatment for the reduction of localized fat accumulation. It consists of a diet aimed at improving the relationship between lean mass and fat mass and cosmetic medicine and beauty treatments.*

Massages

• Therapeutic massage*	20'	€	30,00
<i>Relaxing and antalgic localised massage. It helps functional rehabilitation of the muscular and skeletal system.</i>			
• Swedish massage*	50'	€	65,00
<i>Stimulates and relaxes muscles. It produces a pleasant relaxing effect and relieves muscular tensions of the whole body.</i>			
• Fascial integration	80'	€	100,00
<i>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.</i>			
• Lymphodrainage massage*	50'	€	65,00
<i>Stimulates the venous lymphatic circulation. Reduces water retention and restores elasticity to the skin.</i>			

• Head energy massage	50'	€	90,00
<i>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.</i>			
• Vitalstone massage®	80'	€	120,00
<i>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.</i>			
• Californian massages*	80'	€	100,00
<i>Soft continuous movements provoke a deep efficient action which works on muscular tension and improves blood circulation.</i>			
• Tonig massage*	50'	€	65,00
<i>Stimulating manual massage to invigorate, tone and firm. Helps to ease tension and reduce the feeling of heaviness.</i>			

* These treatments can be bought in package form.

• Aroma massage*	50'	€	65,00
<i>Particular combinations of essential oils personalise this relaxing and toning massage.</i>			
• Anti-stress massage*	50'	€	70,00
<i>By means of slow penetrating movements, influences the body posture and reactivates circulation. Refreshing and mentally relaxing.</i>			
• Energizing citrus fruits massage	20'	€	40,00
<i>Invigorating and stimulating techniques with Mediterranean aromas.</i>			
• Chocolate massage	20'	€	40,00
<i>Energizing massage using anti-oxidant and soothing extracts derived from cocoa butter.</i>			

• Cranial-sacral treatment	50'	€	80,00
<i>The cranial-sacral treatment is part of the therapeutical soft contact techniques that are used in natural mechanisms of healing. It's based on listening to the cranial-sacral rhythm and the state of tension in the muscle groups, and furnishing indications about the person's health condition. By working on certain points the muscle contractions are relaxed and the cranial-sacral rhythm is improved. Particularly suitable for neck pain, headache and stress conditions.</i>			
• Toning face massage	25'	€	40,00
<i>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.</i>			
• Lymphodrainage massage for face	25'	€	40,00
<i>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.</i>			

* These treatments can be bought in package form.

Oriental disciplines

- Pinda Sweda* 80' € 125,00

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.

- Udvartana 25' € 65,00

Body treatment using powders and pastes made from medicinal herbs that can nourish and regenerate our skin. Gives physical vigour, tones the body; improves the metabolism of fat and muscle tissue.

- 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.

- 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.

- Dhara therapy 50' € 80,00

Medicated oils flow onto individual parts of our body; reduces tension, relieves localised pain, acts on the nervous system, has an analgesic anti-inflammatory effect. Treats the energy points of our body.

- Tibet massage 80' € 100,00

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.

- Namikoshi 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.

* These treatments can be bought in package form.

- **Ohashi Shiatsu massage*** 50' € 90,00

Delicate and extremely relaxing technique of the modern Shiatsu massage.

Helps to eliminate stress, anxiety and migraine by reequilibrating the vital energy which runs through the meridians.

- **Ohashi Shiatsu massage** Lesson for two 50' € 150,00

An hour for the couple who wish to learn a different but appropriate way of caring for each other by rediscovering the ancient use of massage. A natural way of contact and a positive exchange of energy which relaxes and brings us closer to others whilst taking care of ourselves.

- **Breathing-Movement and Consciousness** 50'
 - for 1 person € 80,00
 - for 2 person € 140,00

Are you aware of your breathing? A correct rapport between these 3 components will improve mental-physical tone in general and will eliminate fastidious symptoms, reduce stress and overcome anxiety.

- **The 5 Zen** Session for two 50' € 140,00

Zen means Meditation. Through a dynamic combination of exercises performed as a couple, our aim is to listen to our body, to the meridians and to vital energy.

- **Tui-na Chinese traditional massage*** 40' € 65,00

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.

- **Chinese Zu plantar reflexology*** 15' € 45,00

The stimulation of specific parts of the foot works on the relative organs, thus re-establishing their balance and correct function. The plantar massage strengthens the immune system, helps to ease tension and improves blood circulation.

* These treatments can be bought in package form.

- **Cromoreflexology** 50' € 80,00
The stimulation of specific parts of the foot acts on various organs of the body restoring equilibrium and correct functioning. Strengthens the immune system and helps to release muscular tension.
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- **Qi-gong** Group session 25' € 40,00
Antique Chinese exercise which helps to combat illnesses and improve functions of the organs. Specific physical, mental and respiratory exercises strengthen the nervous system, combat pathological processes and delay ageing.
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- **Dao-in, massage techniques** Group session 25' € 40,00
D.I.Y. massage of ancient Chinese origin to improve energy functions of the organs and bowels.
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- **Ear therapy**

<i>First session</i>	€	77,00
<i>Following session</i>	€	45,00

Painless stimulation of the reflex points of the ear which act on functional discomforts such as pain of the joints, headache, digestive problems, anxiety.
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* These treatments can be bought in package form.

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.

- **Rupabyangam - body and face treatment** 50' € 80,00

This is the massage of beauty and grace. It can give us peace of mind and a splendid aspect at the same time. Ripples of hot oil pleasantly enhanced with perfumed essences and phyto-extracts give the body a sense of profound wellbeing. The treatment includes a physiological cleansing capable of reconstructing the hydrolipidic film of our skin whilst deeply hydrating it, leaving it soft and luminous.

- **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 peel - body and face treatment** 50' € 70,00

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.

- **Garshan - body and face treatment** 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.

- **Rupapada** 50' € 65,00

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.

- **Pancharupakarma** 4 hours approx € 350,00

Literally the five steps to beauty: a complete programme which combines all 5 ayurveda beauty treatments. Cleansing with cosmetic powders and rose and orange blossom water, massage with ayurvedic oils, the delicate peel with ayurvedic powders, the intensive re-balancing treatment, the mask with an anti-ageing effect.

Energetic techniques

- Energy rebalancing with Bach flowers 50' € 130,00
Application of Bach flowers on particular parts of the body to recuperate energy; find positive emotions again and dissolve tension.

- Magnetic-energetic bio-resonance* 15' € 35,00
Delicate, completely painless osteopathic technique which searches out and frees those parts of the body which are blocked, thus restoring vitality and energy.

- Somato emotional release 2 sessions of 40 minutes € 200,00
*Energetic treatment to re-balance the cells and improve metabolism.
Restores any defect detected during the bio-energetic check-up.*

* These treatments can be bought in package form.

Fitness area

- Gym and cardio-fitness* € 15,00
Free use of the gym and cardio-fitness equipment.

- Gymnastics with personal trainer 50' € 70,00

- Gymnastics with instructor* 40' € 15,00
Keep fit exercises with instructor.

- Pilates 30' € 20,00
Improves harmony in gestures and coordination, tones muscles and prevents pain due to incorrect posture.

- Daily fitness programme € 30,00

- Fitness programme 3 days € 60,00

- Open air activities
Morning fitness walk (reserved to hotel guests)

* These treatments can be bought in package form.

• Fitness session	€ 15,00
- <i>Stretching</i>	
- <i>Pilates</i>	
- <i>Fitness</i>	
- <i>NF</i>	
• Personal trainer	50' € 70,00
• Raggi Method with Pancafit (only as a Personal Trainer)	50' € 70,00
<i>A method based on active and passive global muscular decompensation stretching.</i>	
<i>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.</i>	

Beauty service

• Anti-ageing treatment for the hands	50' € 80,00
<i>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.</i>	
• Paraffin treatment for the hands	25' € 30,00
<i>Soothing, hydrating treatment. Reduces dryness and ageing of the skin, restores softness, tone and elasticity.</i>	
• Special manicure	50' € 60,00
<i>Aromatic hand soak, exfoliating peel, nourishing mask and manicure.</i>	
<i>A complete beauty treatment for the hands.</i>	

• Nail reconstruction				
	<i>With tip</i>	120'	€	120,00
	<i>Refill</i>	60'	€	50,00
	<i>Lengthening</i>	50'	€	90,00
• Beauty feet		50'	€	60,00
<i>Footbath with aromas, peeling and mask. A complete treatment for the wellbeing of your feet.</i>				
• Depilation partial		25'	€	35,00
• Depilation total		50'	€	45,00

Day Spa Packages

Wellbeing Day Spa

€ 220,00

- Thermal pool
with waterfall and hydromassages.
- Thermal steam bath
in the natural Grotta and hydromassage jet under shower.
- Toning fitobalnea thermal bath
Bathing in thermal water, enriched with medicinal plant extracts, with the beneficial effects of hydromassage.
- Aroma massage
Particular combinations of essential oils personalise this relaxing and toning massage.
- Moisturizing treatment with thermal oligo-components
Moisturizing treatment with exclusive thermal oligo-components and vitamins, suitable for all skin types. Ideal as preparation to the aesthetic medicine treatments.

Beauty Day Spa

€ 210,00

- Thermal pool

with waterfall and hydromassages.

- Thermal steam bath

in the natural Grotta and hydromassage jet under shower.

- Enriched mature mud treatment

Anti-cellulite/draining or toning version: specific treatment which helps prevent and reduces the appearance of the typical "orange peel" aspect of cellulite thanks to the use of thermal mud and specific synergies.

- Moisturizing treatment with thermal oligo-components

Moisturizing treatment with exclusive thermal oligo-components and vitamins, suitable for all skin types. Ideal as preparation to the aesthetic medicine treatments.

- Paraffin treatment for the hands

Soothing, hydrating treatment. Reduces dryness and ageing of the skin, restores softness, tone and elasticity.

Traditional Tuscan Spa

€ 125,00

- Thermal pool

with waterfall and hydromassages.

- Thermal mud treatment

applied at a temperature of 47° C, the intense heat promotes a pleasant feeling of muscle relaxation.

- Thermal aerosol and inhalation

Helps decongestion of the mucose and exerts a positive sedative action.

- Swedish massage

Stimulates and relaxes muscles. It produces a pleasant relaxing effect and relieves muscular tensions of the whole body.

Oriental Day Spa

€ 200,00

- **Thermal pool**

with waterfall and hydromassages.

- **Thermal steam bath**

in the natural grotta and hydromassage jet under shower.

- **Tui-na Chinese traditional massage**

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.

- **Chinese Zu plantar reflexology**

The stimulation of specific parts of the foot works on the relative organs, thus re-establishing their balance and correct function. The plantar massage strengthens the immune system, helps to ease tension and improves blood circulation.

- **Ubtan peel – body and face treatment**

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.

Package form

	3 sessions	6 sessions	12 sessions
• Thermal treatment			
- Thermal Grotta	/	€ 195,00	€ 315,00
- Thermal mud	/	€ 195,00	€ 315,00
- Ozonised thermal bath	/	€ 185,00	€ 305,00
• Thermal inhalation			
- Aerosol	/	€ 57,00	€ 93,00
- Inhalation	/	€ 57,00	€ 93,00
- Thermal aerosol or inhalation	/	€ 93,00	€ 155,00
- Spa water micronized nasal douche	/	€ 102,00	/
- Thermal nasal irrigation	/	€ 102,00	/
- Medicine	/	€ 20,00	€ 35,00
• Massages			
- Therapeutic massage	/	€ 147,00	€ 234,00
- Swedish massage	/	€ 284,00	€ 509,00
- Tonig massages	/	€ 284,00	€ 509,00

	3 sessions	6 sessions	12 sessions
- Anti-stress massage	/	€ 309,00	€ 519,00
- Lymphodrainning massage	/	€ 309,00	€ 519,00
- Californian massages	€ 280,00	€ 500,00	/
• Oriental disciplines			
- Shiatsu Namikoshi	€ 250,00	€ 450,00	/
- Shiatsu Ohashi	€ 250,00	€ 450,00	/
- Ayurvedic massage	€ 250,00	€ 450,00	/
- Pinda Sweda	€ 340,00	€ 620,00	/
- Tui-na Chinese traditional massage	€ 170,00	€ 320,00	/
- Chinese Zu plantar reflexology	€ 130,00	€ 240,00	/
- Tui-na massage + Zu plantar reflexology	€ 290,00	€ 510,00	/

• Energetic techniques	3 sessions	6 sessions	12 sessions
- <i>Magnetic-energetic bio-resonance</i>	€ 80,00	€ 150,00	/
• Osteopathy	3 sessions	6 sessions	12 sessions
- <i>Osteopathic techniques</i>	€ 220,00	/	/
• Fitness sessions	/	€ 52,00	€ 93,00



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 Fonteverde products used during treatments and other articles in our Spa boutiques.

- *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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Medical Direction: doctor Nicola Angelo Fortunati.