

DAY SPA & THERMAL POOL  
2019



GROTTA GIUSTI  
TUSCANY



## FOR HER

### LADIES RELAXATION | € 96,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Relaxing massage 20'

### LADIES BEAUTY | € 125,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Moisturising, alkalizing treatment with thermal trace elements 50'

### LADIES 3D | € 167,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | 3d tonex treatment with radiofrequency and toning massage 80'

## FOR HIM

### tone for men | € 96,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Personalized toning massage 20'

### REGENERATION FOR MEN | € 125,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Skin Regimen face treatment 50'

### ENERGY FOR MEN | € 135,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Energy massage 50'

## FOR US

### RELAXATION FOR TWO | € 192,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Candle massage in twin room 20'

### ANTISTRESS FOR TWO | € 238,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Antistress massage in twin room 50'

### ORIENTAL FOR TWO | € 266,00

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Oriental ritual massage in twin room 50'

## FOR EVERYONE

### AQUA & RELAXATION PACKAGE | € 49,00 7/1–29/3; 4/11–20/12 | € 52,00 30/3–3/11; 21/12–6/1

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta

### AQUA & RELAXATION WITH SPA MENU | € 63,00 7/1–29/3; 4/11–20/12 | € 69,00 30/3–3/11; 21/12–6/1

Thermal pool with hydro massages | Thermal steam bath in the natural Grotta | Spa menu at the Bioaquam café (main course, drink, dessert, coffee)



## THERMAL POOL

The thermal pool is filled with thermal water at the natural temperature of 31-34°C.

### THERAPEUTIC PROPERTIES

Benefits for the musculoskeletal system: regulates muscle tone, anti-inflammatory, analgesic.

Benefits for the cutaneous system: astringent, anti-inflammation, anti-bacterial, cleanser, toner.

Benefits for the cardio-vascular system: vasodilatation, hypotensive.

Benefits for the nervous system: relaxing.

	7/1 – 29/3 4/11 – 20/12	30/3 – 3/11 21/12 – 6/1
Weekdays	€ 17	€ 20
Weekends (Saturday, Sunday, bank holidays, preceding days)	€ 20	€ 24
Afternoon only (weekdays only from 2 to 6 pm, excluding from 11 to 25 August)	€ 11	€ 13
Spa break 1 to 3 p.m. (weekdays only, excluding the whole month of August)	€ 7	€ 8

Rate includes pool admission, locker, relaxing chair and, during the summer time, sun lounger and parasol

### CHILDREN

	under 5	under 12
Weekdays	–	€ 11
Weekends (Saturday, Sunday, bank holidays, preceding days)	–	€ 13

### PACKAGE FORM

	Full day	Afternoon only
6 admissions	€ 105	€ 65
12 admissions	€ 190	€ 113
50 admissions (with 1 complimentary Aperispa pool party ticket)	€ 425	–
100 admissions (with 2 complimentary Aperispa pool party tickets)	€ 695	–

Package forms are strictly personal and non transferable.

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

Compulsory refundable deposit for pool kit | € 30

## DAY RESORT | € 49,00

The services of the elegant hotel are at day spa guests' disposal.

Aperitif with dinner at La Veranda restaurant.

Medical Direction doctor Nicola Angelo Fortunati

Grotta Giusti

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