



# TERME & SPA

| TREATMENTS MENU |

## S U M M A R Y

02

### OUR THERMAL WATERS

The spring waters emerge from the ground at 39 degrees centigrade.

04

### OUR THERMAL MUD

Our well-aerated clays are left to soak for 6 months in mineral rich spring water to impart to them the therapeutic benefits you will notice immediately.



06

### WELLNESS TREATMENTS

Our treatments have been carefully created with particular attention to the active ingredients we use and to the most innovative massage techniques.

07 Body Treatments

11 Thermal & SPA Special

12 Facial Treatments



## 16 MASSAGES

Since time immemorial, massages convey a sense of profound wellbeing to both mind and body .

- 17 Wellbeing and relaxation
- 22 Body aesthetic
- 22 Facial aesthetic
- 23 Physiotherapeutic
- 24 Wellbeing and relaxation for two

## 28 THERMAL TREATMENTS

Thermal treatments are able to improve and resolve numerous conditions that affect both the respiratory and the locomotor system.

## 30 SPA PROGRAMMES

Our trusted consultants will be pleased to help you choose the ideal programme to achieve your goal.

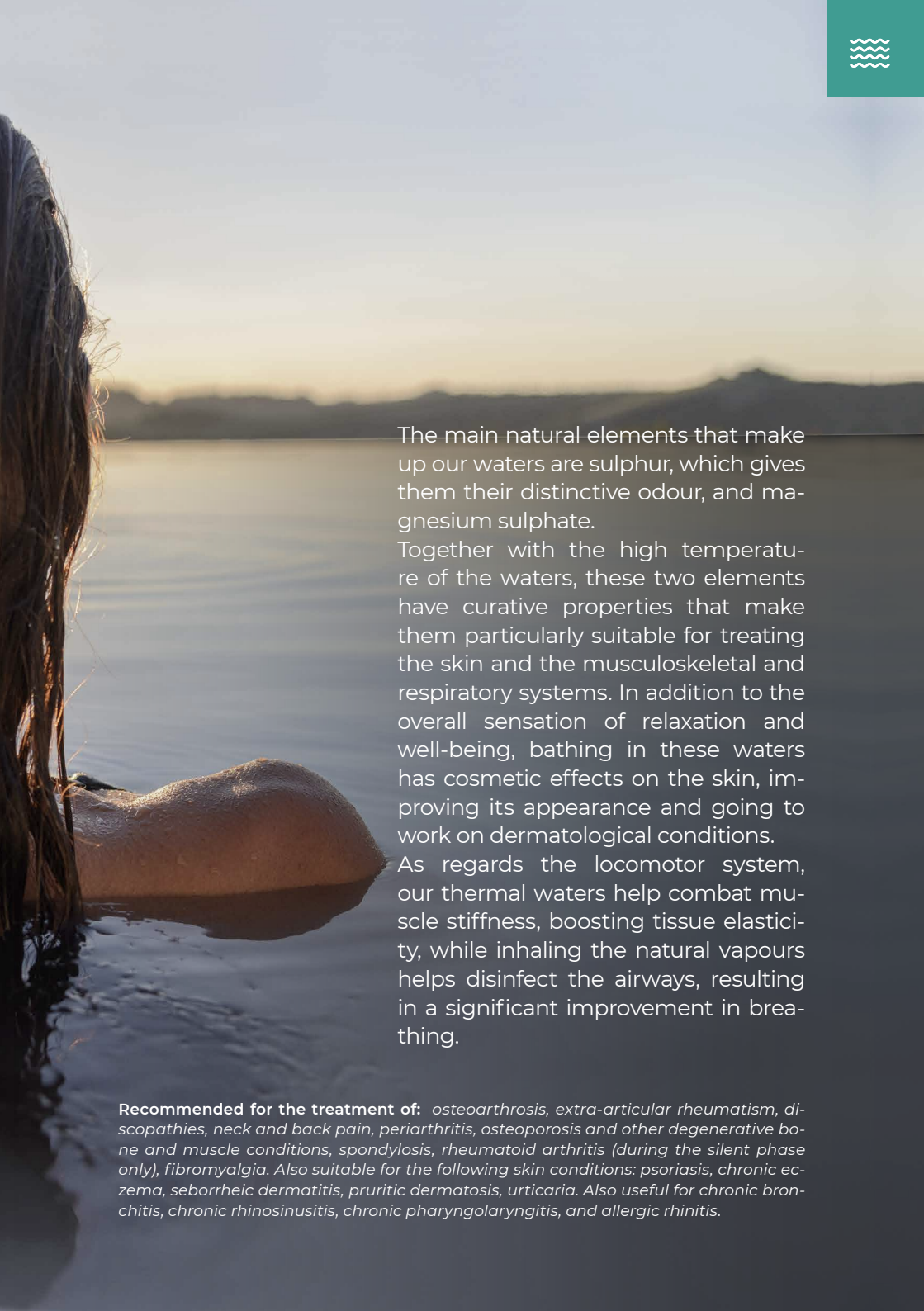
## 32 SOME TIPS



# OUR THERMAL WATERS

The spring waters  
emerge from the ground  
at 39 degrees centigrade.



The background of the page is a photograph of a thermal spring. On the left, a wooden log is partially submerged in the water. The water is calm and reflects the light from the sky. In the distance, there are low mountains under a hazy, golden sky, suggesting a sunset or sunrise. The overall mood is peaceful and natural.

The main natural elements that make up our waters are sulphur, which gives them their distinctive odour, and magnesium sulphate.

Together with the high temperature of the waters, these two elements have curative properties that make them particularly suitable for treating the skin and the musculoskeletal and respiratory systems. In addition to the overall sensation of relaxation and well-being, bathing in these waters has cosmetic effects on the skin, improving its appearance and going to work on dermatological conditions.


As regards the locomotor system, our thermal waters help combat muscle stiffness, boosting tissue elasticity, while inhaling the natural vapours helps disinfect the airways, resulting in a significant improvement in breathing.

**Recommended for the treatment of:** *osteoarthrosis, extra-articular rheumatism, discopathies, neck and back pain, periarthritis, osteoporosis and other degenerative bone and muscle conditions, spondylosis, rheumatoid arthritis (during the silent phase only), fibromyalgia. Also suitable for the following skin conditions: psoriasis, chronic eczema, seborrheic dermatitis, pruritic dermatosis, urticaria. Also useful for chronic bronchitis, chronic rhinosinusitis, chronic pharyngolaryngitis, and allergic rhinitis.*

# OUR THERMAL MUD

Our well-aerated clays  
are left to soak for 6  
months in mineral rich  
spring water.





Soaked in mineral rich spring waters, the clay absorbs the micro-particles from the water which are then taken up by the skin as it is applied. The action of the minerals, especially sulphur, but also calcium and magnesium, boosts the regeneration of your skin cells and has anti-inflammatory properties for muscles, bones, and joints. Our thermal mud is also effective in relieving and preventing painful conditions typical of arthritic conditions. The heat of the mud, as well as assisting the opening of skin pores, also favours the elimination of toxins, imparting a general sense of relaxation of renewal.

**Indicated for:** *osteoarthritis, rheumatism, degenerative disc diseases, neck and back problems, osteoporosis, and similar bone and joint conditions. For skin conditions it is useful in combating Psoriasis, eczema, acne, and similar complaints.*



## WELLNESS TREATMENTS

The Thermae & Spa treatments are the result of a careful selection of natural elements combined with the most innovative techniques. The beneficial properties of medicinal plants and the thermal mud of San Giovanni Terme Rapolano give the body a newfound feeling of well-being and help regenerate and rebalance mind and body, as well as offering specific benefits.

## BODY TREATMENTS

### THERMAL MUD BODY SCRUB

**50 minutes | 75 €**

Using thermal mud products to affect a deep cleansing of the whole body, this treatment will leave your skin radiant and re-nourished.

### EXFOLIATING BODY TREATMENT

**25 minutes | 50 €**

A cleansing and re-nourishing treatment for the body which leaves skin glowing as dead skin cells are removed. Recommended as a preparation for further treatments.

### SOOTHING & MOISTURISING TREATMENT

**25 minutes | 55 €**

**50 minutes | 70 €**

Thanks to the special combination of natural nutritive and hydrating elements, this mask treatment confers a deep enrichment of the skin, leaving it soft and luminous. The 50 minute treatments also includes a facial mask.

### WHOLE BODY MUD PACK

**25 minutes | 50 €**

Combining massage techniques with the beneficial properties of mud, this treatment will leave feeling thoroughly relaxed and reinvigorated.

### MUD SAUNA

**25 minutes | 50 €**

Applying mud at 47 degrees centigrade over the whole body, this treatment encourages the elimination of toxins and leaves muscles supple and relaxed.





### ETRUSCAN MUD CEREMONY

**25 minutes | 60 €**

Used since Etruscan times, this treatment combines manipulation of the feet with the application of thermal mud and leaves you both physically and mentally relaxed and regenerated.

### THERMAL MUD RITUAL

**50 minutes | 80 €**

This exclusive treatment, with origins in the Etruscan period, combines the action of mineral rich thermal mud with that of the naturally sulphurous spring water and plant infusions through a special massage to leave you thoroughly relaxed.

### THERMAL MUD DETOX

**50 minutes | 80 €**

Specifically created to assist the elimination of toxins and excess water, this treatment combines warm mineral rich mud with a draining massage.



## THERMAL MUD

**50 minutes | 85 €**

### Anti-Cellulite

This treatment reduces the formation of cellulite through a combination of mineral rich thermal mud and draining massage action, leaving you with an immediate sensation of lightness.

### Toning

Exploiting the properties of our thermal mud, this treatment imparts elasticity to the skin, leaving it toned and compact.

## SPECIFIC LEG TREATMENT

**50 minutes | 90 €**

Functional leg bandaging targeted to soothe problems related to circulatory and lymphatic systems. This treatment, combined with a draining massage, reduces edema and provides with an immediate feeling of lightness..





## SPECIALI TERME & SPA

### HARMONY & BALANCE PATH

**50 minutes | 85 €**

This series of treatments consists of the application of special oils, based on natural vegetable extracts and essences, through a massage technique known as “air and earth” which aims to impart balance and equilibrium to your body. It is completed with an aromatherapy Jacuzzi.

### ENERGIZING PATH

**50 minutes | 85 €**

This treatment consists of a total body peeling scrub, an aromatherapy Jacuzzi and, finally, a toning massage all of which will impart energy to your body leaving you feeling refreshed and reinvigorated.

### RELAXING PATH

**50 minutes | 85 €**

This cycle of anti-stress treatments starts with the use of specific manual techniques to impart a deep relaxation of your body. This is followed by an aromatherapy Jacuzzi and, finally a full body massage

### CLEOPATRA PATH

**50 minutes | 90 €**

This series of treatments starts with a butter body scrub and is followed by a Jacuzzi with milk whey before proceeding to a slow and deep penetrating massage to leave your skin thoroughly moisturised and nourished..

### SPA PEDICURE

**50 minutes € 70**

Aesthetic treatment of the feet, toes, and nails, including the application of protective varnishes. A new Spa treatment for your feet.

### SPA MANICURE

**50 minutes € 65**

Aesthetic treatment of the hands, fingers, and nails, including the application of protective varnishes. A new Spa treatment for your hands.

## FACIAL TREATMENTS

### FACIAL MUD MASK

**25 minutes | 50 €**

Enriched with phytotherapeutic extracts, vitamins, and essential oils, we offer three different mud masks. Simply choose the mask that suits your need.

**Nourishing • Purifying • Moisturising**

### VITAMIN C FACIAL TREATMENT

**25 minutes | 55 €**

This treatment imparts luminosity to the skin and is indicated for those with stressed and tired skins. It is also effective in removing impurities.

### REGENERATIVE TREATMENT WITH MANDELIC ACID

**25 minutes | 55 €**

**50 minutes | 85 €**

The combination of the exfoliating properties of Mandelic acid with the draining effects of a massage make this an ideal treatment for preparing the skin for tanning, maintaining freshness and radiance in the skin. The treatment lasts 50 minutes and includes the application of special thermal products which help tone and reinvigorate the face.

### FACIAL CLEANSING

**50 minutes | 75 €**

Effectuated with specially created thermal cosmetic products, this treatment removes impurities and restores natural radiance to the skin, preparing it to better receive more specific treatments. The treatments also include hair removal around the lips and eyebrows.



## SPECIFIC THERMAL TREATMENTS

**50 minutes | 75 €**

Personalized treatment aimed at solving specific skin problems which, thanks to the action of our spa products, promotes an effective balancing action. The treatment is offered in three different formulas, to be chosen according to specific needs:

**Nourishing • Purifying • Moisturising**

## LUXURY FACIAL WITH SHEA BUTTER

**50 minutes | 80 €**

The nourishing and antioxidant properties of shea butter, combined with a rich blend of vitamins, help form a protective barrier on the skin. This treatment is especially effective thanks to the specialized mask, which fully occludes the skin to enhance the absorption of active ingredients. It also stimulates microcirculation and prevents moisture loss through evaporation, delivering an immediate plumping effect.

## INSTANT LIFTING

**50 minutes | 80 €**

This treatment delivers an immediate lifting effect to the face, neck, and décolleté. Carefully selected active ingredients, combined with a revitalizing massage, help redefine facial contours while restoring tone and vitality. Ideal for dull or fatigued skin, it leaves the complexion visibly smoother and more relaxed, thanks to the synergistic action of the massage and the mask.



## TONING TREATMENT WITH GOLD

**50 minutes | 85 €**

An anti-ageing treatment which unites colloidal gold and hyaluronic acid, this helps reduce lines and stimulates the regeneration of skin cells, imparting elasticity and youthfulness to the face. The massage applied during the treatment has a remodelling effect leaving the skin compact and radiant.



## INTENSIVE ANTI-AGEING TREATMENT

**80 minutes | 120 €**

Specifically designed to reduce visible signs of ageing, this intensive treatment smooths facial lines, restores tone and structure, and strengthens facial muscles. Advanced massage techniques stimulate oxygenation and boost microcirculation, leaving the skin visibly rejuvenated and radiant. A powerful mask applied at the end of the treatment further enhances the skin's renewal process for a youthful, revitalized appearance.





# MASSAGES

Since time immemorial, massages convey a sense of profound wellbeing to both mind and body. We offer a range of massages to suit your personal needs and wishes.

## WELLBEING AND RELAXATION

### RELAXING MASSAGE WITH THERMAL TRACE ELEMENTS

**50 minutes | 80 €**

A total body massage which uses thermal products rich in trace elements that are worked into the through massage techniques designed to eliminate muscle tension. Excellent if take after a mud bath treatment.

### LUXURY MASSAGE WITH MANGO BUTTER

**50 minutes | 85 €**

Using the warm, melted butter in the form of a candle which is then worked into the body with a deep massage, this treatment offers a unique sensorial experience and leaves you relaxed, reinvigorated and in tune with yourself.

### CALIFORNIAN MASSAGE

**80 minutes | 120 €**

Developed in the 1970s around the San Francisco Bay area, this massage combines different massage traditions from Swedish to native American Indian techniques to leave both mind and body completely reinvigorated.

### ORIENTAL

**50 minutes | 85 €**

Using warm aromatic oils, this massage induces a general state of balance and harmony in the body, eliminating fatigue and inducing a better sense of general wellbeing.

### FOUR ELEMENTS MASSAGE

**50 minutes | 85 €**

Focused on re-establishing your bodily harmony, this massage aims to manipulate the 4 elements of Fire, Earth, Water, and Air in such a way as to bring them back to their natural states of harmony.







## UNCTION OF THE CHAKRAS

**50 minutes | 85 €**

Focusing on the 7 chakras, or the points of energy as noted in Ayurvedic medicine, this massage re-orientates the flow of energy through the body to encourage their natural balance and leave you thoroughly revitalised.

## THAI MASSAGE

**50 minutes | 85 €**

Using essential oils, the Thai inspired massage employs slow deep movements that work to reenergise the body and produce a sense of mental and physical wellbeing. It is especially recommended for the relief of muscle problems.

A hand is shown pouring a golden-yellow oil from a small, white, cup-like container onto a person's back. The person is lying down, and their back is visible. The background is softly blurred, showing a window with light coming through. The overall atmosphere is calm and relaxing.

### RELAXATION MASSAGE

**25 minutes | 50 € - 50 minutes | 75 €**

This massage combines a rich blend of essential oils with slow, steady movements to deeply relax the body. It leaves the skin feeling soft, velvety, and radiant.

Choose from three different fragrances:

Lemon balm and orange for a calming effect

Lavender and vanilla for a balancing effect

Centella and sandalwood for a revitalizing effect

### REINVIGORATING FOOT

**25 minutes | 50 €**

Using special techniques this massage relieves tiredness and tension in the feet and reduces swollenness.



## BODY AESTHETIC

### ANTICELLULITE MASSAGE

**25 minutes | 50 € - 50 minutes | 75 €**

An intensive massage that reactivates the tissue, stimulates the circulation to remove deposits of cellulite. Your skin is left compact and elastic.

### TONING & FIRMING MASSAGE

**25 minutes | 50 € - 50 minutes | 75 €**

A total body massage which imparts toning, strength and elasticity, this is particularly recommended for maintaining ones physical form or for those recovering from weight loss or after pregnancy.

### DRAINING MASSAGE

**25 minutes | 50 € - 50 minutes | 75 €**

Using a special cream of horse-chestnut and sea oak whose unique effects combined with the massage techniques used work to stimulate the drainage of excess fluids and improve the aesthetic aspects of the legs, leaving them toned and refreshed.

## FACIAL AESTHETIC

### RELAXING FACIAL MASSAGE WITH OLIGOELEMENTS

**25 minutes | 50 €**

A toning massage which through a combination of massage techniques and specially selected products favours the oxygenation of the skin, leaving it toned, elastic, and radiant.

### LYMPH DRAINING FACIAL TREATMENT

**25 minutes | 50 €**

Employing massage techniques which encourage lymph circulation and the expulsion of excess fluid, this treatment is focused on the face and neck areas.

### DEEP TISSUE FACIAL MASSAGE

**25 minutes | 50 €**

Working on the connective tissues to encourage oxygenation and toning, this facial massage is recommended for softening thickened skin and reducing wrinkles.



## PHYSIOTHERAPEUTIC

### CLASSIC PHYSIOTHERAPEUTIC MASSAGE

**25 minutes | 60 € - 50 minutes | 80 €**

Recommended for those who suffer from back, shoulder and neck pains, this massage works to improve the functioning of muscles and joints, having an overall soothing effect.

### SPORTS MASSAGE

**25 minutes | 60 € - 50 minutes | 80 €**

Created to encourage the correct functioning of the muscular-skeletal system before undertaking sporting activity, this treatment is also effective in eliminating excess lactic acid which commonly occurs after sporting activity.

### LYMPH DRAINAGE MASSAGE

**50 minutes | 80 €**

The rhythmic manual techniques used in this massage encourage the draining of excess lymph and combats water retention without the use of creams or oils.

### INTENSIVE BACK MASSAGE

**50 minutes | 80 €**

Dedicated to the alleviation of back complaints, this massage alleviates blockages and pains using special manual techniques which will donate a profound sense of wellbeing.

## WELLBEING AND RELAXATION FOR TWO

### HARMONISING PROGRAMME

**50 minutes | 160 €**

Harmonising route based on vegetable oils as lavender, mauve and vanilla and offers a soothing, detoxifying and balancing action. This series of treatments consists of the application of special oils, based on natural vegetable extracts and essences, through a massage technique known as "air and earth" which aims to impart balance and equilibrium to your body. It is completed with an aromatherapy Jacuzzi.

### CLEOPATRA PROGRAMME

**50 minutes | 160 €**

Milky beauty elixir based on ancient recipes, with a nourishing, protective and regenerating effect. The programme is composed of a milk butter body peel, followed by a milk serum waterjet massage treatment and ending with a slow, deep massage. The result guarantees profoundly moisturised and nourished skin, thanks to the multiple properties of the product used.



## ENERGISING PROGRAMME

**50 minutes | 160 €**

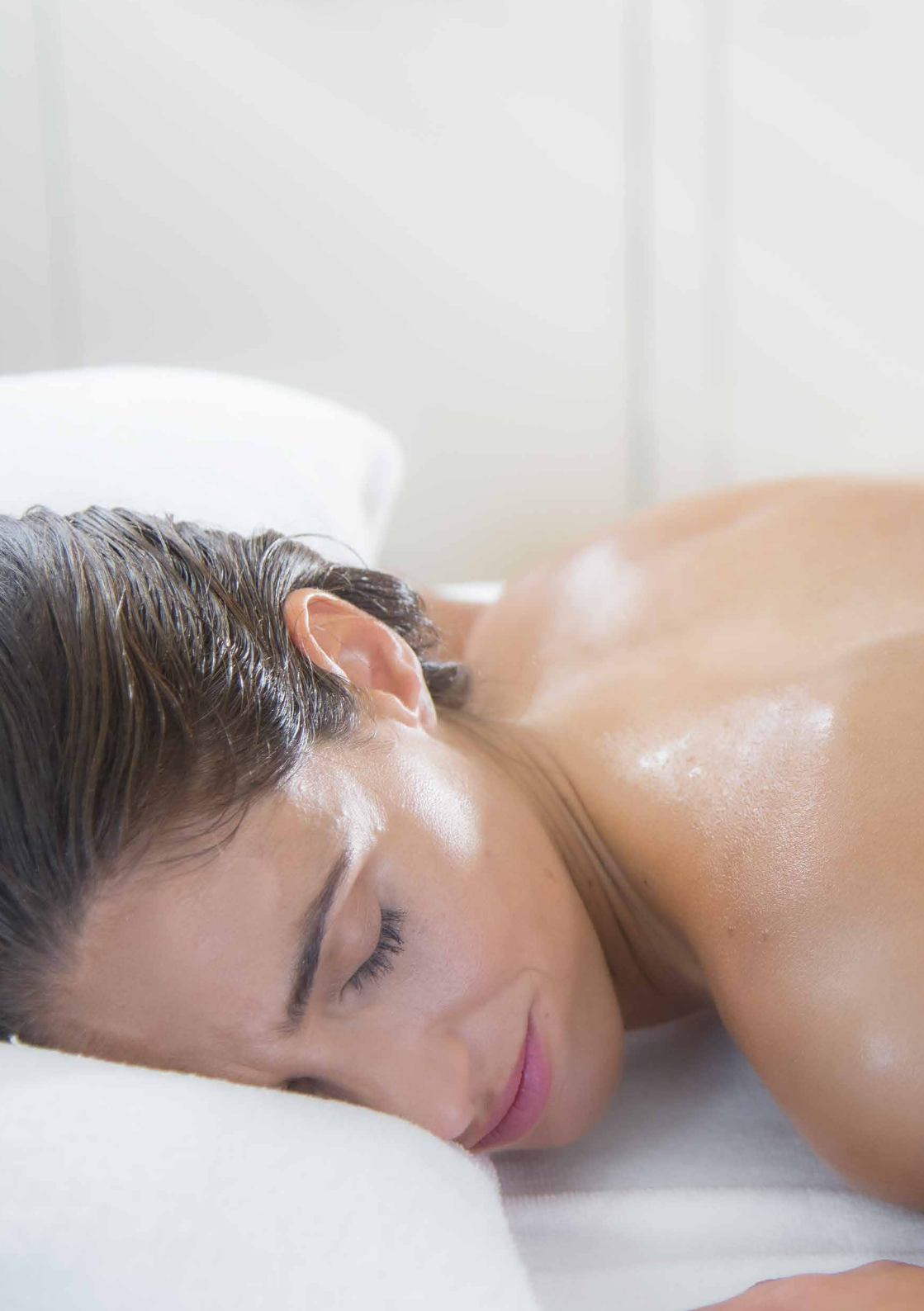
Regenerating programme with plant oils. The lesser calamint, sandalwood and juniper perform a revitalising action and stimulate microcirculation. The treatment is composed of a full-body peel, and an aroma therapy waterjet massage in preparation for the toning massage that completes the programme, providing an energy boost.

## RELAXING PROGRAMME

**50 minutes | 160 €**

Anti-stress program with decontracting manual skills that prepares the body for deep relaxation. This is followed by an aromatherapeutic hydromassage and a full-body massage which, thanks to orange, hawthorn and lemon balm, help to recover a profound state of well-being.









## RELAXATION MASSAGE

**25 minutes | 100 €**

**50 minutes | 150 €**

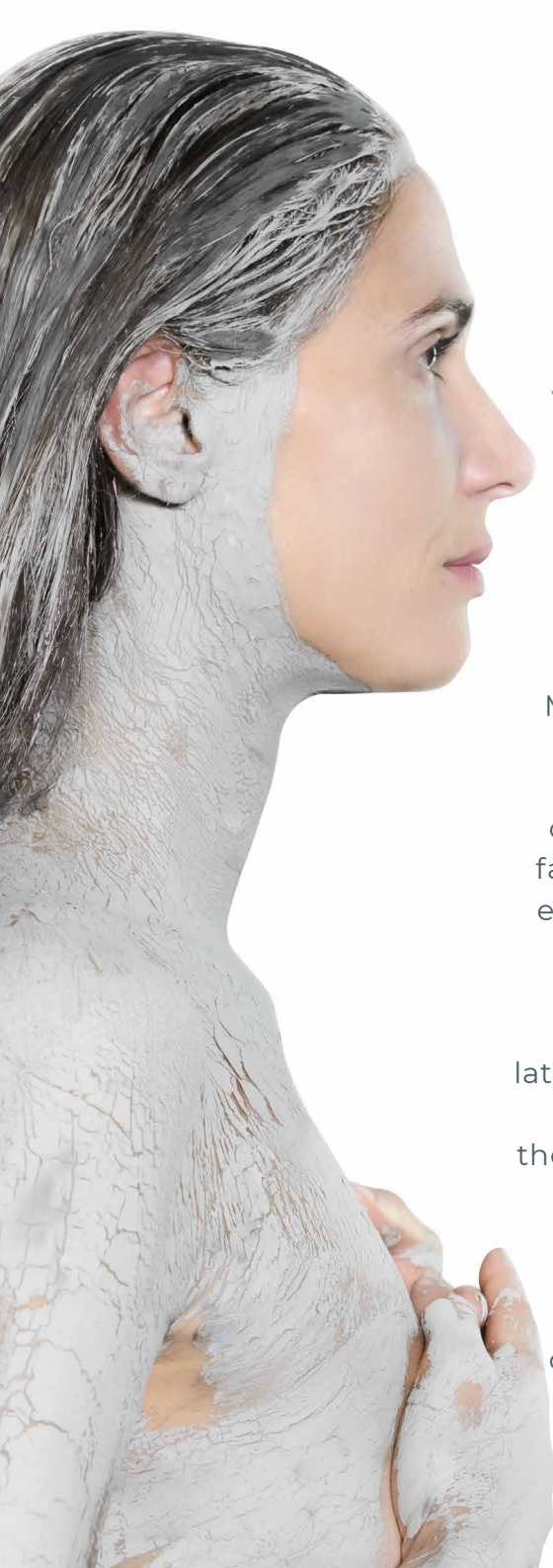
This massage combines a rich blend of essential oils with slow, steady movements to deeply relax the body. It leaves the skin feeling soft, velvety, and radiant.

Choose from three different fragrances:

Lemon balm and orange for a calming effect

Lavender and vanilla for a balancing effect

Centella and sandalwood for a revitalizing effect



# THERMAL TREATMENTS

Man has been familiar with the therapeutic properties of thermal waters for centuries. Hippocrates, the father of classical medicine, encouraged the use of spas and extolled the virtues of mineral waters and hot springs, while the Romans later exploited their potential to the full, learning to use the different thermal springs for specific treatments. Today, thermal treatments are able to improve and resolve numerous conditions that affect both the respiratory and the locomotor system..

## INHALATION

The particular properties of our mineral waters lend themselves to the effective treatments of various respiratory ailments including laryngopharyngitis, tracheitis, bronchial asthma, chronic sinusitis, and various ear infections.

<b>INHALATIONS</b>	12 €
six session	66 €
twelve session	120 €

<b>AEROSOL</b>	12 €
six session	64 €
twelve session	120 €

<b>VAPOUR CLEANSING</b>	12 €
six session	64 €
twelve session	120 €

<b>MICRONISED NASAL SHOWER</b>	14 €
six session	75 €
twelve session	141 €

<b>ENDOTYMPANIC VAPOUR TREATMENT</b>	18 €
six session	96 €
twelve session	180 €

## MUD

Alternating mud treatments with mineral water baths are indicated for a variety of conditions including osteoarthritis, rheumatism, problems with slipped discs, osteoporosis, certain types of rheumatoid arthritis and similar ailments. It is also very effective in combating skin conditions such as eczema, psoriasis, dermatitis, and similar ailments.

<b>MUD &amp; BATH TREATMENT</b>	45 €
six session	186 €
twelve session	360 €

<b>SULPHUR BATH</b>	20 €
six session	96 €
twelve session	180 €

<b>MUD AND BATH TREATMENT FOR HANDS &amp; FEET</b>	28 €
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*Application of thermal mud on the hands and feet. It is also indicated as a treatment for many skin diseases.*

six session	150 €
twelve session	282 €



# SPA PROGRAMMES

Programmes with treatments  
selected just for you. Our  
trusted consultants will be  
pleased to help you choose the  
ideal programme to achieve  
your goal.



## BEAUTIFUL BODY

280 €

### This program includes:

- Thermal mud scrub – 50 minutes
- Sulphurous anti-cellulite or toning/firming body treatment – 50 minutes
- Aesthetic massage – 50 minutes
- Soothing & rehydrating treatment – 25 minutes

## BEAUTIFUL FACE

230 €

### This program includes:

- Special thermal facial treatment – 50 minutes
- Vitamin C facial – 25 minutes
- Luxury shea butter facial – 50 minutes
- Relaxing facial massage with thermal trace elements – 25 minutes

## WELLBEING & RELAXATION

250 €

### This program includes:

- Etruscan ritual with thermal mineral mud – 25 minutes
- Relaxing massage – 25 minutes
- Guided relaxation session – 50 minutes
- Anti-stress massage with thermal trace elements – 50 minutes

## PHYSIOTHERAPEUTIC

250 €

### This program includes:

- Mud sauna – 25 minutes
- Classic physiotherapeutic massage – 25 minutes
- Aquatic physiotherapy session – 50 minutes
- Postural re-education exercises – 50 minutes



# TIPS

## BOOKINGS

We advise booking your treatments in advance, so you can choose the time that fits in best with your schedule. To make a booking, you can call + 39 0577.724039, or, if you are already here in the hotel, enter extension no. 120 or 121 from the phone in your room. We suggest consulting our operators to help you choose the most suitable treatment.

## ARRIVAL AT THE SPA

To benefit from your treatment to the full, we advise guests to arrive at Terme & Spa at least 15 minutes before the time booked. This will allow you to relax and fully enjoy the benefits of the experience. Please note that treatments that start late must be completed by the time arranged, so as to ensure the following treatment can begin on time.

## MEDICAL STAFF

The medical staff of the spa are on hand to advise you how best to meet your needs, or to provide further information. They will discreetly accompany you throughout this marvellous programme designed to take care of you by helping you choose the most suitable combination of treatments. If you have any questions, or suffer from any chronic conditions, even if effectively under control, an interview with the thermal medicine specialist is highly recommended.

## OPERATORS

Feel free to request a male or female operator for your chosen treatment. We'll do our best to accommodate your wishes.

## WHAT TO WEAR

A bathrobe and slippers are required for access to the wellness area. To hire them, or for information, please contact the reception.

## PRIVACY AND RELAXATION

The wellness centre, the relaxation areas and the entire resort are designed for a calming, restful experience. We ask that you switch off your mobile phones and speak quietly, for your own well-being and that of others.

## CANCELLATIONS

If you are unable to use the treatment you have booked, please cancel at least 24 hours in advance, otherwise we will have to charge you for the service.

## HAIR REMOVAL AND EXPOSURE TO THE SUN

We suggest shaving or another method of hair removal at least two hours before and two hours after a treatment. Please also ask our operators about exposure to the sun after your treatment.

## ENVIRONMENTAL AWARENESS

Respect for the environment is part of the experience at San Giovanni Terme Rapolano. This means using only as many towels as you need, because washing them requires water and electricity. In addition, being kind to nature also means not leaving waste behind.

## PETS

We regret that pets are not allowed in the Terme & Spa area.



SANGIOVANNI  
TERMERAPOLANO

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