

## OUR COURSES

To help you in your choice, we have created special “courses” to combine your stay with a specially studied treatment programme, based on your own individual needs and wishes: the *Relaxation* course, the *Wellness* course, the *Beauty* course.

### THE RELAXATION COURSE

*An entire week “away” from the small and large tensions that build up day after day. Oriental experience has enriched and inspired our therapists who will guide you through this gentle and easy course to psychophysical recovery.*

*The complete course (1 week) includes:*

- 1 Total Relaxation Massage
- 2 Plantar Reflex Massage
- 2 Total Lymphatic Massage
- 2 Aqua Wellness in thermal water
- 3 Aqua Fitness sessions
- Use of the thermal swimming pools
- Bathrobe

- COMPLETE COURSE € 270,00 - LIGHT € 165,00

### THE WELLNESS COURSE

*“Being well” is first of all a mental state, subjective. Often our body, guardian and supporter to this fragile balance, does not receive the due attention and gives off special warning signals. We propose “listening” to it with the so-called “passive” treatments, to help gradual recovery of our lost harmony, with a series of movements to educate us into more “salubrious” living habits.*

*The complete course (1 week) includes:*

- 1 Total Relaxation Massage
- 1 Plantar Reflex Massage
- 2 Aqua Wellness in thermal water
- 2 Chinese Antistress Massage
- 3 UVA sun bed sessions, with tanning gel
- 3 Aqua Fitness sessions
- Use of the thermal swimming pools
- Bathrobe

- COMPLETE COURSE € 275,00 - LIGHT € 200,00



### THE BEAUTY COURSE

*Real personal beauty does not exist if we do not look after our “clothing”, as the first and real expression of inner health. The course we propose for people aware of this and who want to dedicate precious time looking after their face and body, combines the experience and resources of the Thermal Centre with the most modern and effective techniques, studied together with the most important Agencies in this field.*

#### “Principi” Face Course

*The complete course (1 week) includes:*

- 1 Thermal mud mask and massage
- 1 Lymphatic drainage massage to face and neck
- 1 Complete cycle “Face-Principi” (4 treatments)
- 3 UVA sun bed sessions, with tanning gel
- Use of the thermal swimming pools
- Bathrobe

- COMPLETE COURSE € 260,00 - LIGHT € 185,00

#### “Feeling Time” Face Course

*The complete course (1 week) includes:*

- 1 Thermal mud mask and massage
- 1 Lymphatic drainage massage to face and neck
- 1 Complete cycle “Feeling Time” (6 treatments)
- 3 UVA sun bed sessions, with tanning gel
- Use of the thermal swimming pools
- Bathrobe

- COMPLETE COURSE € 345,00 - LIGHT € 190,00

#### “Manual Skin Body” Course

*The complete course (1 week) includes:*

- 1 Total Relaxation Massage
- 1 Thermal mud mask and massage
- 1 Total Lymphatic Massage
- 1 Complete cycle “M.S.B.” (6 treatments)
- 3 UVA sun bed sessions, with tanning gel
- Use of the thermal swimming pools
- Bathrobe

- COMPLETE COURSE € 400,00 - LIGHT € 195,00