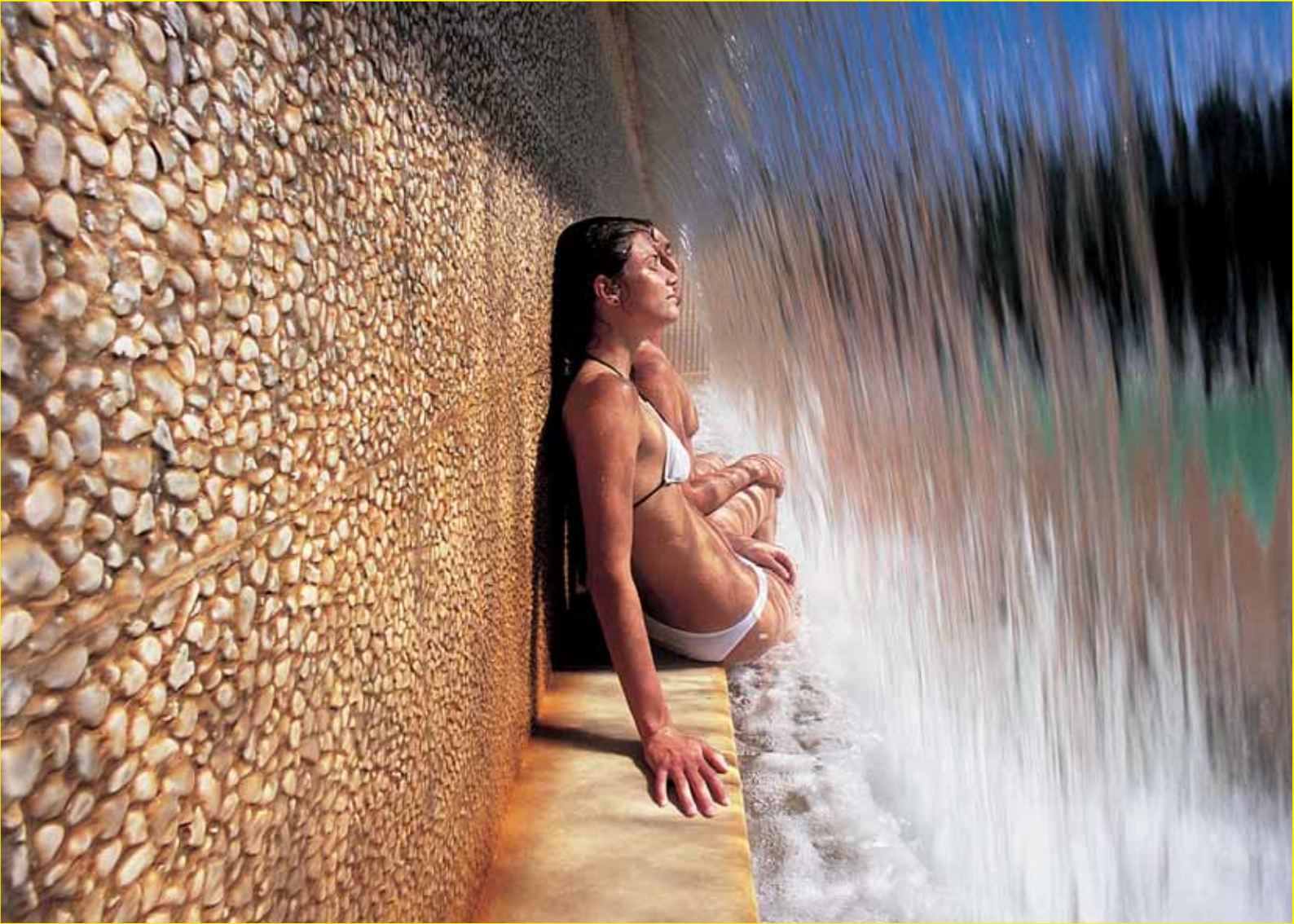


Spa menu



NATURAL SPA RESORT
TERME di TOSCANA



Welcome to Fonteverde

Our sulphate, calcic, fluoric and magnesian waters have been springing at a temperature of 42°C since Etruscan and Roman age. They have never lost their effectiveness and still help relieve pain, anxiety and allergies and have an anti-ageing effect on body and mind. Fonteverde 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. Qualified doctors, specialists in physiological and cosmetic medicine, are those who take care of Fonteverde's guests. The goal is to achieve a customized state of health.

Fonteverde is proud to present a number of important new additions to its range of products and services.

The new **ETERIA** cosmetic line is divided into **ETERIA RADIANCE** and **ETERIA DIVINE** treatments. For young or mature skin, designed especially for the face, neck and chest, it offers the most effective possible means of fighting the onset of ageing. Its rich texture, packed with Amazonian phyto-oils, makes the skin bright, tonic and elastic, and its precious content of active ingredients such as elastin, collagen, hyaluronic acid and stem cells from grapes (resveratrol), helps to stretch minor wrinkles and eliminate sun spots.

The diverse range of services offered by Fonteverde now includes Aesthetic Medicine. This is constituted by effective targeted treatments carried out under the strict supervision of a doctor, with the aim of enhancing the rejuvenation of the skin cells of the face and body. Facial treatments range from simple peeling to a medical microdermolift, while mesotherapy and oxygen therapy are ideal for combating cellulite and localised fat.

Bioaquam® circuit

Exclusive treatment in indoor pool with a passageway to the outdoor section. Surprising hydromassages everywhere. Chat leisurely whilst comfortably sitting or lying in front of one of the most beautiful panoramas nature can offer. This treatment joins together the most ancient and traditional aspects of spas, hot water and socializing, with the most modern and sophisticated hydromassage techniques. The central hydromassages, known as geysers, activate circulation and give an energetic massage to the legs and the perineal area, where, according to Oriental discipline, many energies concentrate. The hydromassages on the outdoor “beds” massage the whole body giving a sense of total relaxation. The horizontal hydromassages come from the sides and the edges of the pool. The force of the waters on the lower part of the body exercise an important massage on the circulatory system - venous lymphatic and arterial - and a delicate peeling effect on the skin. And enjoy even more hydromassages whilst sitting in the comfortable underwater marble “armchairs”.

50' € 40,00

Thermal therapeutic swimming pool

Midweek (from Monday to Friday)

- Daily admission € 19,00
- Afternoon only* € 14,00

Weekends (Saturday, Sunday, bank holidays and preceding days)

- Daily admission € 27,00

Children (under 12)

- Weekdays € 11,00
- Weekends (public holidays and preceding days) € 15,00

Rates include sun chair and use of the exclusive Fonteverde bathrobe.

- Hire of sun lounger and parasol € 3,00
- Hire of slippers and Fonteverde towel € 3,00

Frequent guests who already have purchased the exclusive Fonteverde bathrobe and guests who also book additional spa treatments will be entitled to the special rate of € 16,00 during midweek and € 24,00 during weekends.

* Excluding the month of August

Thermal water circuits

- Kneipp circuit 15' € 20,00

Hydromassage circuit indicated for the treatments of the principal circulatory problems of the lower limbs.

- Etruscan circuit 60' € 40,00

Relaxation itinerary combining sauna, hot-plate and Turkish bath.

- Etruscan circuit with savonnage
85' € 85,00

- Savonnage 25' € 45,00

Natural body peel using black soap with olive oil and moisturizing Argan oil.

- Thermal soap massage
50' € 80,00

Relaxing massage incorporating natural soaps and thermal water with softening, soothing and moisturizing properties.

- Multijet 15' € 35,00

Hydromassage bath using 180 jets of thermal Spa water which work in sequence on all the areas of the body. Excellent as an exfoliating body scrub with draining, relaxing and toning effect.

- Fitobalnea 15' € 40,00

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

- * Water relaxation 30' € 100,00

It is a technique that exploits all the potential of thermal water in order to achieve physical and psychological relaxation through basic rhythmic movements carried out while floating and in the absence of gravity.

Thermal mud

Applied at a temperature of 48° C, it is advisable for osteo-articular pathologies. The intense heat promotes a pleasant feeling of muscle relaxation.

- Thermal mud with therapeutic bath € 50,00
- Thermal mud with shower € 40,00
- Balneotherapy € 30,00

Inhalation therapies

- Thermal aerosol or inhalation € 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.
- Spa water micronized nasal douche € 10,00
It moves dense mucus from nasal chambers and Eustachian tubes. Advisable for catarrhal otitis and sinus.
- Humage € 10,00
Inhalation of dry thermal vapours. Advisable for sinus and catarrhal otitis.

Ancient Mediterranean Spa

The 'Ancient Mediterranean spa' area is where the knowledge of thousands of years of ancient Oriental healing arts works in conjunction with the therapeutic properties of precious Mediterranean tradition elements. The theory of the Five Elements, of ancient Chinese Medicine Tradition, is based on the principle that there are five energy factors which regulate the rhythm of nature; water, wood, fire, earth and metal. Human beings are directly connected to these, to the seasons and to the cycles of nature, each one of these elements interesting a specific organ or a specific energy system of the human body.

- **Thalacqua** 20' € 40,00

Saline water at 37° C, with its pureness and crystalline energy, lulls you in total absence of gravity, enwrapped in the magical harmony of Aeolian domes. Combats stress and water retention, relaxes muscles and helps to re-balance energy.

- **Salidarium** 20' € 40,00

Exclusive bed of sea salt crystals, a combination of restoring components from our Mediterranean Sea: salt, delicate warmth and floral perfumes. Stimulates blood and lymphatic circulation, intensifies oxygenation of body tissue and the brain, helps to eliminate toxins and absorbs excess liquids.

- **Thalacqua massage** 45' € 130,00

Delicate stretching and energetic movements develop body potential and boost the psyche thus giving the organism a deep sense of equilibrium and physical and mental flexibility.

- **Bio-balancing** 45' € 120,00

A true purifying and regenerating ritual carried out in a steam bath with Mediterranean sea and earth products. Combats stress, helps draining, eases body and mental tension, calms body, mind and spirit.

- **Equilibrium** 50' € 120,00
80' € 180,00

The person is guided in choosing from seven precious crystal elixirs and seven blends of Mediterranean essential oils. Personalised treatment which re-equilibrates the physical, emotional and energetic spheres.

- **Phyto-mediterranea** 15' € 40,00

The Metal Element pervades this personalized bath in thermal water enriched with medicinal plant extracts for a draining effect on the micro-circulation, a purifying effect on the skin and excellent for the respiratory apparatus.

- **Mediterranean mud** 50' € 120,00

In a gentle steam bath, an experience which harks back to age-old memories. A soothing and regenerating massage with lentiscus oil, followed by the application of thermal mud enriched with magnesium salt extracted from seas around the Italian coast, which is first massaged and then simply laid on. A peaceful ritual which engulfs the entire body head to toe, giving sensations of softness, space and interior cleanliness. This is not merely a beauty treatment.

- **Integrated Mediterranean mud** 80' € 150,00

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' € 110,00

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

- Aesthetic microdermolift

80' € 150,00

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' € 140,00

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' € 140,00

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

- Purifying treatment with clay

50' € 90,00

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

- Moisturizing treatment with thermal oligo-components

50' € 90,00

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

- Soothing treatment with pure thermal mud

50' € 90,00

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.

ETERIA exclusive line

- Facial

ETERIA Divine 80' € 130,00

Exclusive anti-ageing and restoring treatment that works with an active ingredient (similar to botulinus) combined with collagen, hyaluronic acid and vitamin C in synergy with vegetable stem cells rich in phenols and resveratrol. Strengthen the anti-ageing and antioxidant processes and inhibits the formation of free radicals.

- Regenerating facial

ETERIA Radiance 50' € 100,00

A brightening and regenerating treatment thanks to the application of the exclusive "Revealing Mask". The synergic union of mandelic acid and bacillus enzymes stimulates cell renewal and gives the skin a radiant, glowing appearance.

- Ageing prevention facial

ETERIA Radiance 50' € 100,00

Moisturising and restoring treatment based on trace elements, multivitamin complexes and factor Q10. The active ingredients are contained in the exclusive "Firming Mask", and perform a demineralising and moisturising action on the skin, making it more tonic and distended.

The Kanebo experience

BODY

- Fruit acid body peel

50' € 100,00

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

- Moisturising body treatment with thermal oligo-components

50' € 90,00

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

- Enriched mature mud treatment

50' € 90,00

Anti-cellulite version: 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: 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.

- Derma-cellular therapy

50' € 90,00

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.

- Draining treatment with thermal

spring water 80' € 140,00

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

- Slimming cast with

Fleur Thermal® 80' € 170,00

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

- Endosphere 50' € 100,00

Massage through compressive micro-vibrations which allows the treated area to be re-shaped.

FACE

- Sensai beauty 80' € 170,00

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

- Shirabe 80' € 140,00

Advanced anti-ageing and anti-wrinkle firming treatment

BODY

- Shinon 50' € 120,00

Firming and toning treatment to prevent sagging of the skin and increase elasticity.

- Senritsu 50' € 120,00

Slimming treatment which combats water retention and models the silhouette.

Massages

- **Physiotherapeutic massage**

20' € 50,00

50' € 90,00

Deep tissue massage which stimulates circulation, relaxes and reduces muscular and articular pain.

- **Aesthetic massage**

20' € 50,00

50' € 90,00

Hand massage of the body carried out with personalised combinations of thermal Spa cosmetics.

- **Vitalstone massage 70' € 130,00**

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.

- **California massage**

70' € 130,00

Soft continuous movements bring about deep efficient action working on muscular tension and improving blood circulation.

- **Toning face massage**

20' € 45,00

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.

Special techniques

- Lymphodrainage Vodder massage
20' € 50,00
50' € 90,00

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.

- ROLFING structural integration
50' € 140,00
80' € 180,00

Manual technique with an in-depth posture assessment, followed by a targeted manual myofascial treatment of varying intensity. It realigns posture, eases muscular and skeletal pain and tension, frees the joints, improves range of movement, balances breathing and improves physical coordination. Furthermore, it is also ideal for relieving stress and for all people who, due the performance of repetitive movements, suffer from muscle contractions and chronic pain (athletes, musicians, dancers, dentists, computer operators etc.).

- Osteopathic treatment
50' € 110,00

A careful manual assessment based on a profound knowledge of anatomy and physiology enables disorders of the organism as a whole to be identified. The use of structural, abdominal and craniosacral techniques aims to improve the functioning of every single areas of the body, thus enhancing one's overall well-being.

Oriental disciplines

Indian master Dipu carries out a series of holistic treatments that combine the healing properties of Indian medicine with the therapeutic properties of thermal water. Treatments are personalised according to the physical and psychological conditions of the patient.

- Dhara® € 130,00
- Dipu Oriental massage® € 130,00
- Dipu massage® € 200,00
- Dipu jet massage® € 130,00
- Dipu five senses massage® € 300,00
- Pada reflexology® € 100,00

• **Ayurvedic massage** € 100,00
Massage from the Indian tradition. By working on the body's energy lines with special oils an immediate and deep sense of wellbeing and positive energy is created.

- **Shiatsu Namikoshi** 50' € 120,00

A massage performed using pressure applied with the thumbs only and using only the weight of the body. The pressure acts along the nerve channels, circulatory vessels and along the skeletal muscular system, and relieves pain in all pathologies relating to the vertebral column.

- **Shiatsu Masunaga** 50' € 120,00

A treatment which restores physical and energetic equilibrium based on the style of Japanese master Masunaga. The treatment is supplemented by stretching manoeuvres and synergic techniques in order to provide specific and individual benefits. It gives excellent results in the event of muscular and skeletal pain, lumbago, anxiety or functional complaints.

- **Shintai** 50' € 120,00
80' € 150,00

This personalised treatment is ideal for muscle tension release, posture alignment, joint release, energetical rebalancing and stress release. It is indicated for any kind of back and neck problems such as lumbago, cervical stiffness, sciatica, articulation pain, for stress symptoms, anxiety and depression.

- **Tokui do** 50' € 120,00
80' € 150,00

An effective synergy of the best Oriental massage techniques and avant-garde manual massage techniques. Helps release stress symptoms and induces in depth regeneration. Particularly suitable for pain, stiff muscles and articulation, treats headaches and anxiety, sleep and breathing disorders.

- **Yin-Yang Sensation** 50' € 130,00
80' € 160,00

The Oriental techniques and philosophy of the shiatsu and tui-na massages are combined with essential oils and Mediterranean herbs such as lavender, sage, juniper and ginger. The treatment regenerates body and mind with aroma-the whole organism.

- **Chinese Zu reflexology** 20' € 50,00

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.

Fitness area

- Gym and cardio-fitness € 15,00
- Daily fitness programme € 30,00
- Fitness programme for 3 days
€ 60,00
- Personal trainer 50' € 90,00

Open air activities

• Morning walk*

A great way to start the day in the wonderful countryside surrounding Fonteverde. The walk is preceded and followed by a stretching session.

* Reserved to hotel Guests only

Fitness in thermal pool

- Aqua gym € 15,00
Gymnastics to improve elasticity and muscle tone.
- Aqua tonic € 15,00
Activity in thermal water with the help of small equipment to improve muscular tone.
- Gym tonic € 15,00
Exercises in thermal water with hydromassage for a complete toning of muscles.

Fitness classes

- Stretching € 15,00
To promote elasticity and flexibility of the whole body.
- Pilates € 15,00
A correct, balanced posture is the expression of good muscular and articular equilibrium. The Pilates method guides the individual to adopt graceful, co-ordinated movements.
- Yogalates € 15,00
A perfect fusion of two noble disciplines for more fluid movements and well balanced posture.
- Raggi method® with Pancafit (only as a personal trainer) € 100,00
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

- Paraffin treatment for the hands € 50,00
- Manicure € 50,00
- Aesthetic pedicure € 60,00
- French supplement € 15,00
- Total depilation 50' € 50,00
(inferior limbs and armpits)
- Partial depilation 25' € 30,00
(face and arms)

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 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.

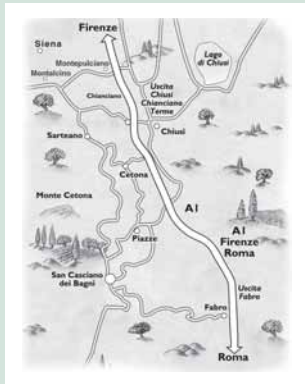


How to get to Fonteverde

By car: Autostrada del Sole (A1), from the north take the Chiusi-Chianciano Terme exit; from the south the Fabro exit. Follow the signs for San Casciano dei Bagni.

By train: railway station of Chiusi, 20 minutes from San Casciano dei Bagni.

By plane: nearest airports Rome (200 km), Florence (150 km).



Fonteverde

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