

Spa menu



Bagni di Pisa

RESORT & MEDICAL SPA
TERME DI TOSCANA

Grand Duke's natural Grotta

A suggestive steam bath at 38° C in a small natural thermal grotto where one can also bathe in thermal water. Re-equilibrates body and mind, regulates blood pressure and provokes perspiration, thus eliminating toxins from the body. 20' € 35

Massages

Swedish massage

Stimulates blood circulation and relaxes muscles. 50' € 68

Relaxing body massage

Body classic massage. 25' € 40
50' € 65

Relaxing body and face massage

Total body classic massage. 70' € 95

Sports deep tissue massage

Deep de-contracting effect. 60' € 80

Stone-Relax

Relaxing manual techniques and hot stones. 60' € 80

Reflexology foot massage

Massage and assessment of the foot. 50' € 65

Lymphodrainig Vodder massage

Soft massage for lymphatic draining of tissue. 50' € 65
70' € 85

Silhouette

Aesthetic shaping massage. 50' € 70

Therapeutic massage

Relaxing and analgesic localised massage. 20' € 30
50' € 70

Face massage

Toning or relaxing face massage. 20' € 40

Lymphodrainig face massage

Improves lymphatic circulation reduces swelling and oedema. 25' € 45

Massage and Vichy shower

Relaxing massage under thermal water shower jets. 50' € 80

Time 60 minutes € 80

Time 90 minutes € 150

Personalized massages that combine different techniques such as sports massage, relaxing, draining, physiotherapy, face massage.

Silhouette 60 minutes € 50

Silhouette 90 minutes € 140

The natural virtues of thermal spa water combined with specific manual techniques to combat water retention and model the silhouette.

Indian origins

Ayurvedic massage

Personalised massage, relaxing and soothing. 50' € 90

Pindasweda

Therapeutical application with herbal preparations enriched with scented oils, heated and applied to the body. This massage detoxifies, purifies and relaxes. 80' € 120

Fitness area

Personal trainer 50' € 70

Personal trainer for

Pancafit with Raggi method

Stretches contracted muscles, loosens joints and diaphragm, improves breathing and reactivates vascular and lymphatic circulation. 50' € 70

Aesthetic treatments

FACE

Fruit acid peel

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. 50' € 90

Anti-oxidant treatment with mature thermal mud mask

A truly moisturising and anti-oxidant treatment with pure stabilised vitamin C and thermal mud. 80' € 120

Moisturising treatment with thermal oligo-components

Moisturising treatment with exclusive thermal oligo-components and vitamins. 50' € 70

Replenishing treatment with thermal spring water

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. 80' € 120

Purifying treatment with clay

Cleansing treatment with thermal mud and plant extracts which give the skin immediate radiance. 50' € 80

Aesthetic microdermolift

Deep skin cleansing and skin regeneration thanks to exclusive equipment which removes dead cells on the surface stimulating new collagen. 80' € 120

BODY

Slimming cast with Fleur Thermal®

Exclusive treatment using Fleur Thermal with slimming properties, excellent for breaking down fatty tissue and eliminating excess toxins. 80' € 140

Draining treatment with thermal spring water

Regenerating, draining treatment with atomised thermal spring water and thermal algae combined with a relaxing, draining manual massage. 80' € 120

Moisturising body treatment with thermal oligo-components

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

Enriched mature mud treatment

Personalised anti-cellulite, toning, draining or de-tox treatment. 50' € 80

Derma-cellular therapy

The most efficient and innovative technique for shaping, contouring and firming the body. 50' € 80

Endosphere therapy

New, revolutionary anti-cellulite compressive micro-vibrations. € 100

The Kanebo experience

FACE

Sensai beauty

Advanced anti-ageing "Sensai Beauty" treatment with luxurious products of the Premier line. 80' € 170

Shirabe

Advanced anti-ageing and anti-wrinkle firming treatment. 80' € 130

BODY

Shinon

Slimming treatment which combats water retention and shapes the silhouette. 50' € 120

Senritsu

Firming and toning treatment to prevent sagging skin and increase elasticity. 50' € 110

Scrub menu

Number 1

Poppy seed and grape
seed oil scrub (50') € 80

Number 2

Thalasso scrub € 45

Number 3

Thalasso scrub
and massagge (80') € 105

Number 4

Natural scrub with flours,
powders and flowers (70') € 115

Number 5

Face and body treatment
with warm oils
and natural powders (50') € 80

Number 6

Dry brushing,
massage with rose mousse,
hair and head massage
with olive oil (70') € 125

Specials

2 - Duo treatment

2 hours. 2 spend together. 2 dedicated therapists. 2 special places.

The Grand Duke's natural Grotta at its best: impeccable service offering 30 minutes in the thermal cave with steam and a private thermal bath carved in rock and romantic relaxation. To follow, a private Suite for two with beauty and relaxing treatments: relaxing massage, mini facial and foot massage. A cocktail for two from the Shelley Bar, and free access to the thermal pools.

€ 136 per person

K Parcours

Inspired by the Kneipp method, a path that alternates Turkish bath, body massage, foot massage and alternating hot and cold water. It stimulates and strengthens. 90' € 150

Exclusive for hotel Guests

Total

100 minutes of massage: head, face, body, hands and feet. Hot towels, massage, personalised scented oil.
100' € 170

Detox

Programme that combines detoxifying and relaxing grotto spa, reflexology foot massage, draining massage and naturopathic techniques.
2,5 hours € 215

Beauty room

Vip manicure € 50

Eyelash and eyebrow dye € 20

Eyebrow Shaping € 20

Make up starting from € 45

Beauty party for 2

Vip manicure, eyebrow shaping or dyeing, light make-up. € 85 per person

Barber Shop € 50
the ancient ritual of shaving - à la carte treatments

Day Spa packages

Day Spa Experience

Turkish bath

Seas salt body scrub

Relaxing massage 30'

Access to the thermal pools and relaxation area

€ 93

Day Thermal Spa

Grand Duke's natural Grotta 30'

Scrub and massage under the Vichy shower 50'

Face thermal mask 20'

Access to the thermal pools and relaxation area

Medical consultation € 163

Spa Sport

5 days of treatments

Consulting with the Medical Tutor for the customization of the program

General medical-diet consultation with personal lifestyle program

4 training sessions with personal trainer: outdoor, indoor

or in thermal water, 90'

1 sport deep tissue massage, 60'

2 thermal steam baths in the Grand Duke's natural Grotta

Free access to the thermal pools, Turkish bath, fitness area and spa relaxing areas

€ 600

Remise en Forme

6 days of treatments

Consulting with the Medical Tutor for the customization of the program of treatment

Evaluation test of the oxidative stress

General medical-diet consultation with personal lifestyle program

Daily meeting with the Medical Tutor

1 hour of fitness with personal trainer

3 personalised massages of 50'

3 draining-slimming treatments (the combination and the proportion of massages and treatments will be tailored to the personal needs after the first meeting with the Doctor)

3 thermal steam baths in the Grand Duke's natural Grotta

1 make-up lesson for Ladies or barber ritual for Gentlemen

Free access to the thermal pools, Turkish bath, fitness area and spa relaxing areas

€ 880

Tutoring and specialist consultations

General medical-diet consultation with Lifestyle Programme

€ 150

Dermatological visit and basic skin check-up

€ 110

Evaluation of the oxidative stress

Two innovative scientific tests that can quickly give accurate information about attackers (free radicals) and the defense of the body.

€ 60

Aminoacid treatment

(Blackburn method)*

A specific medical treatment aimed at burning fat and based on the supply of protein with no sugars and nutritional supplements. The treatment helps lose weight quickly and control hunger and has an energizing effect. The amino acid treatment can be carried on from home by following a personalized cyclic scheme elaborated by the doctor-tutor.

€ 200

* Blood, kidney and liver functionality tests are required



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Package form

You can purchase treatments in package form. For more information and prices inquire at the spa reception.

Useful information

The first step to making spa appointments is to consult with our staff to help you choose the most suitable treatment.

Our doctor tutor is at your disposal for consultations regarding your health in relation to treatments and to their personalisation. Please inform us of any serious disease or pregnancy.

Please arrive at least 15 minutes prior to your scheduled appointment: late arrival will limit the time for your treatment which will still end at the designated time.

We suggest you attend your appointment in your bathrobe. The necessary items will be at your disposal in the treatment room before your treatment begins.

Please avoid sun exposure and shaving immediately before and after any treatments.

We suggest you take a shower before treatments and to remove contact lenses before any face treatment.

For a perfect spa experience we suggest you inform your therapist of any possible problem which could interfere with the ideal execution of the treatment to reach its main purpose.

Please do not bring any valuables to the spa.

We strongly recommend you book the treatments when confirming your room or upon arrival at the hotel, ext. 433/405 or directly at spa reception.

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.

Gift vouchers: all our treatments can be bought as gift vouchers to be given directly to the recipient or sent by post.

STB
SOCIETÀ TERME E BENESSERE
TOSCANA

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