



PALACE HOTEL  
SAN MICHELE



## ***WELLNESS SPA: Let the origins of life shape the care of yourself***

The natural environment, where wellness and beauty enrich the loving passion for guests and the sweet reception and efficient professionalism of our wellness staff. Self-care is the dominant character of the **Relais dei Normanni WELLNESS & SPA**, in fact it is based on wellness philosophy in its broadest aspect. The warm and friendly atmosphere of the Wellness Center aims at restoring the balance between body and mind in order to acquire body awareness in a brief and ephemeral present which always leaves little time to the care and relax of ourselves. The **Relais dei Normanni WELLNESS & SPA** and the healing properties of water. You can swim in the pool enjoying the beneficial effects of tonic, draining and relaxing paths as well as massages by the submerged sprays of the whirlpool, or choose among several treatments studied by our team of professionals, who will accompany you in engaging paths dedicated to wellness, beauty, remise-en-forme, stress control exercise and proper nutrition education.

### ❖ **Vascular Hot-Cold Treatment (Kneipp Bath)**

The combined path at different temperatures develops an intense tonic and stimulant effect. The Kneipp Bath of Tonic water (32°C) and Criotonic water (19°C) stimulates peripheral circulation intensely (vasoconstriction/vasodilation) by tonifying veins and reducing oedemas.

### ❖ **Turkish Bath “Hamam”**

With humidity at 100% you will be surrounded by a layered steam (from 20°-25°C at your feet till 40°C to your head). After 15 minutes a quick cold shower will prepare you for the second steam bath. Temperature change is necessary to obtain good body reaction. It carries out a deep skin purification, is useful for the respiratory system, has a tonic and relaxing effect and reduces stress.

### ❖ **Finnish Sauna**

The humidity level is very low (10-15%) and the environment is intensely hot (80°C) which will make sauna easily sustainable after about 10 minutes. A nice cold shower will prepare you for a 15 minutes relaxing break to rest and restore fluids lost with a hot herbal tea before the second steam bath. Temperature change is essential for psychophysical relax, it reduces anxiety and instills a sense of energy. It also improves blood and lymphatic circulation, increases skin, tissues and glands activity by stimulating a deep cleaning of the whole body and making skin more resistant to weathering.

### ❖ **Mediterranean Sauna**

This thermal process is among the oldest in the world. The heat bath helps skin to breathe and to eliminate toxins and skin waste through sweat. It carries out a deep detoxification, and makes skin radiant. Furthermore, it brings to psychophysical relax, decreases anxiety and feelings of energy.

### ❖ **Relax Bath**

A warm bath that will help relax body and mind thanks to the aromatherapy created by essential oils, with numerous beneficial properties to lighten the body, stimulate nervous system, help good mood, etc....

### ❖ **Emotional Showers**

A fascinating series of lights, water, colors and scents which fascinates and surprises. There is nothing better than a warm rain at various stages, with an initial drizzle followed by showers which become gradually more and more intense, and a cold and thin fog that fills the entire shower.

### ❖ **Tonic Water Path**

Water path with massaging water jets at different depths, active throughout the whole body from the plantar area to the cervical area, whirlpool geyser, swimming against the tide. This path will tone and deeply relax your body.



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## **MASSAGES**

***From the touch of skilled hands...Tone, Energy, Beauty and Relax***

**Swedish Relaxation Massage (50 MIN. Total Body) € 60,00 – (40 MIN.) € 50,00 – (Partial 30 MIN.) € 40,00**

Classical Swedish Massage is a particularly relaxing massage technique that aims to achieve a deep state of psychophysical well-being through various manipulations that promote a stress-free mind and complete relaxation of the body.

**Anti-Stress Massage (50 MIN. Total Body) € 60,00 – (40 MIN.) € 50,00**

This massage is designed to help the body and mind release tensions accumulated in daily life, promotes muscle relaxation and restores joint elasticity.

**Thai Oil Massage with Essential Oils (90 MIN.) € 100,00 – (50 MIN.) € 65,00 – (40 MIN.) € 55,00**

This type of massage is practiced with very slow, gentle and delicate movements relieving joint and muscle pain. It relaxes the mind, facilitating emotional well-being. It is generally indicated for people who are very stressed and anxious.

**Lymphatic Drainage Massage (50 MIN. – Total Body) € 60,00 – (40 MIN.) € 50,00**

Gentle therapeutic technique that aims to promote natural lymph drainage and has a calming and relaxing effect on the whole body. It helps to cleanse the body of metabolic waste, excess water, bacteria, toxins including prolonged use of drugs. This type of massage is also used to reduce inflammation in parts of the body that have suffered trauma such as distortions or fractures, in the treatment of acute and chronic edema, venous insufficiencies, dermatological conditions, circulatory disorders, and surgery.

**Anticellulite Massage (40 MIN.) € 55,00 – (Partial 30 MIN.) € 45,00**

This type of massage is suitable for treating those parts of the body called inactive (thighs, knees, etc...), it helps prevent and alleviate all disorders related to circulation deficits such as water retention, swelling, heaviness and cellulite both in the initial phase and with localized adiposity.

**Anticellulite Massage (60 MIN. – Total Body with Cold Bandaging or Hot Mud) € 70,00**

This type of massage complements the basic anti-cellulite massage with the addition of cold wraps or hot mud baths.

**Hot Stone Massage (60 MIN.) € 80,00 – reservation in advance required**

Hot lava stone massage that promotes relaxation, decreasing stress levels and muscle tension due to the heat given off by them. It has an exfoliating action on the skin, making it smooth and silky and also promotes sleep.

**Maori Massage (90 MIN.) € 110,00 – (60 MIN.) € 80,00 – reservation in advance required**

In Maori culture, massage is a ritual for courage, intense and deep, preparing the body for daily physical exertion. This massage helps loosen contractures, warms and relaxes supple muscles. It has healing procedures for those with chronic, respiratory, neurotic, joint, and cervical disorders. It is also accurate for anxiety and stimulates metabolism. In Maori Massage, wooden tools heated by essences of fragrant oils are used.

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**Ayurvedic Massage (60 MIN. with the addition of the crystals € 85,00) – (40 MIN.) € 55,00**

Massage technique based on the stimulation of the Chakras, the energy points of our body. Continuing for a further 20 minutes with the help of energy crystals will have a beneficial effect on the body, both physically and mentally.

**Decontracting Massage (50 MIN. Tot Body) € 60,00 (40 MIN.) € 50,00 - (30 MIN. Partial) € 40,00**

Decontracting massage works directly on muscle contractures, completely loosening the strongest part or parts of the body. Decontracting also improves posture, blood circulation, tissue oxygenation, and some forms of headaches that originate from muscle tension.

**Leg and Foot Relaxing Massage (30 MIN.) € 40,00**

This massage helps relieve fatigue by reactivating circulation and promoting tissue oxygenation in order to achieve a feeling of lightness. The addition of cooling gel makes legs and feet feel light and fit.

**Cervical Massage (30 MIN.) € 40,00**

This massage, practiced on the shoulders, neck and head, relaxes and relieves stiffness in the neck area.

**Indian Head&Face Massage (40 MIN.) € 60,00**

Very relaxing Indian massage exclusive for face and head, helps relieve tension, stress, anxiety, neck pain, sleep disturbance. A nourishing mask made with honey and essential oil "Ylang - Ylang" is applied, with the help of tools it relaxes, smoothes and nourishes the face, fully relaxing mind and body.

This type of massage needs a cleansed face.