



BENé



## FROM EAST TO WEST

**Back, neck & Shoulders Massage** A relaxing treatment focusing on shoulders, neck and back. It helps to relieve muscle tensions in a particular area of the body.

**Holistic Massage** Treatment made up of a set of holistic techniques for balancing body and mind.

**Shea Butter Massage** A gentle treatment with an emollient action, which gives shine and softness to the whole body.

**Foot Massage** A relaxing massage that reactivates the nervous system, dissolves stiffness and tension and relieves anxiety and stress.

**Hot Stone Massage** A relaxing and soothing massage that combines the radiant heat of lava stones with traditional massage techniques, alleviating both muscular and nervous tension.

**Ayurvedic Massage** A massage of Indian tradition performed with warm oil that nourishes the tissues, wards off the skin aging process and stimulates blood and lymphatic circulation.

**Thai Massage** A massage that uses digital pressure techniques to rebalance the body's energy flow, eliminating stress and tension.

**Anti-stress Massage** Used to relieve tiredness, both physical and mental, reactivating circulation and enhance tissue oxygenation.



## WELLNESS AND BEAUTY RITUALS

*Products based on aromatic herbs, moisturizing oils and pure essential oils from the ancient Perfume-Pharmaceutical Workshop Santa Maria Novella*

### **Aromatic Plants Ritual**

Contrasts the natural aging process and restores a youthful and fresh appearance to the skin, stimulates blood circulation, besides eliminating excess fluids.

### **Aromatic Salt Ritual**

A light scrub with sea salt to delight the senses and relax the mind. A carefully selected blend of the purest of essential oils is combined with a warm oil and massaged onto the body, releasing their intensely inebriating aromatic perfumes.

### **Iris Ritual**

A combination of body treatments with the exclusive use of “Ireos Powder” (a powder made from the ground rhizomes of the Florentine Iris), which regenerates the skin offering moments of unforgettable emotions. Treatments that instill new energy in the skin, making it young and fresh for longer.

### **Grape Seed Rituals**

Red wine has always been considered the nectar of eternal youth thanks to its high antioxidant and vitamin content that combats the effects of aging due to external factors. This exclusive exfoliating treatment stimulates blood circulation and eliminates impurities, followed by a revitalizing massage.

### **Rose Ritual**

This ritual for the hydration of the body includes a delicate exfoliation followed by the application of regenerating creams and oils enriched with rose extract endowed with recognized revitalizing properties.

### **Olive Oil Ritual**

This exclusive treatment is particularly indicated for dry or dehydrated skin and involves the use of a selected “liquid gold”, which will be applied and massaged by expert hands to improve the elasticity of the skin, which will be more toned, compact and luminous.

### **Candle Massage**

The “Candle” massage is a relaxing practice, carried out with a wax candle from the Santa Maria Novella workshop made of pure vegetable oils and top quality emollient butter. It lights like an ordinary candle and once melted it is applied to the skin leaving a pleasant spicy scent to completely envelop the body. Before this treatment, we recommend a brief stop in the wellness area.



# HÖBERGRH

## A NATURAL WELLNESS RITUAL



**Face Detox Cleansing** Treatment based on the detoxification of the facial skin through a scrub, followed by a massage and application of a mask to give freshness and luminosity to the epidermis.

**Purifying Facial** Moisturizing and nourishing treatment composed by a facial cleansing, application of specific serum and massage and a vitamin mask to give elasticity and tone to the facial skin.

**Assoluta Anti-Age** Excellent treatment to stimulate the collagen production through a retinol peeling, application of specific serum and massage and a lifting-effect mask.

### Relaxing Back Hot Herbs Treatment

The ideal treatment to relieve stress and pressure on the back.

**Cervical Relaxing  
Treatment With Alpine Herbs**  
Cervical relaxing body massage.



## Holistic Feet Ritual

Exfoliating and nourishing treatment of the sole of the foot.

## Holistic Hands Ritual

Revitalizing hand treatment with nourishing action.





## **DAY SPA PACKAGES**

### **Rosa Eugenia**

Rose scrub and Relaxing Massage

### **Couple Massage**

Performed in the same cabin

### **Caresses for Two**

Salt ritual and Couple Massage

### **Spa Express**

Body massage and personalized Facial Mask

### **Spa Break**

Aromatic plant ritual, holistic massage and your choice of beverage from our “Spa Drinks”

### **Entrance to the wellness area**

Includes access to the sauna, steam bath, Jacuzzi, emotional shower and relaxation area.

*These packages cannot be combined with other current offers or discounts.*

## **WELLNESS AREA**

The wellness area consists of a sauna, steam bath, whirlpool, emotional shower and a relaxation area. It is an environment designed to rediscover the harmony of the senses, where you can enjoy an herbal tea in total relaxation.

## **FITNESS AREA**

Physical activity, in all of its facets, is an essential component for achieving and maintaining a state of psycho-physical well-being. Our gym is equipped with Technogym machines.

*The following activities are by reservation and according to availability, a few days notice is required.*

## **PERSONAL TRAINER**

The Hotel offers a Personal Trainer service for its Guests. Please contact the Reception for information and reservations.



## **SPA ETIQUETTE**

**SPA BENÉ** offers an atmosphere that favors harmony and relaxation, where you can enjoy an herbal tea in complete tranquility; it is an area for both men and women and the use of bathing suits and slippers is mandatory. We thank you for contributing to the quiet of our wellness area by talking in a soft and calm tone of voice and turning off cell phones. We would like to remind you that food and beverages are prohibited and access is not allowed for your furry pets.

### **Clothing**

We suggest that you arrive to the wellness area wearing a bathing suit, a robe and the slippers available in your room. If necessary, we will be happy to provide you with them. During a treatment, we recommend wearing the disposable underwear provided by our staff. Our professional therapists guarantee maximum comfort by covering the areas of the body that are not part of the aesthetic treatment.

### **Personal valuables**

We recommend that you leave your valuables in the safe in your room or in the additional safes available at the Reception. The Management assumes no responsibility in case of loss or theft of personal belongings within the wellness area.

### **Health concerns**

When you make your reservation for treatment, please inform our staff of any health problems, particular health conditions, or if you are pregnant. Some treatments may be advised against or inappropriate.

### **Choice of treatment**

If you would like assistance in the choice of treatment, please contact the staff directly by calling 055/22879525 or extension 525 from your room. We recommend reserving the chosen treatment in advance.

### **Maximum benefit from the chosen treatment**

We suggest that you arrive 20/25 minutes before your appointment in order to spend 10 minutes in the sauna to relax your muscles, followed by an aromatic cold shower and 10 minutes in the relaxation area.

### **During the treatment**

Our priority is to satisfy your needs and expectations. Please inform the therapist if you ever feel uncomfortable during treatment (i.e. pressure of massage, music, temperature, etc.). The wellness area staff will immediately resolve the problem to guarantee your maximum comfort.

### **Cancellations**

Cancellations or reservation time changes must be communicated within 8.00 pm the day before the treatment. Treatments cancelled after or “no shows” will be charged in full.

### **Alcoholic beverages**

We recommend that you do not consume alcoholic beverages during or immediately after treatments.

### **Shaving/Hair removal**

Shaving or any kind of hair removal is not recommended before any treatment. It is, however, recommended that male guests shave before a facial treatment at least two hours before the appointment time.

### **Minimum age**

Guests under the age of 18 must be accompanied.

Children are welcome for facial, hands and feet treatment, but under the age of 12 they are not allowed access to the wellness area and gym.

### **Gift Cards**

A wonderful gift for every occasion. Vouchers are neither refundable nor transferable and may not be converted into currency. Please contact the wellness area for purchase at 055/22879525 or 525 from your room.

### **Payment**

Major credit cards and cash are accepted. Hotel Guests can charge treatments to the room.

## FROM EAST TO WEST

Back, neck & shoulders Massage	45 min	€ 130
Holistic Massage	50 min	€ 150
	80 min	€ 180
Shea Butter Massage	50 min	€ 150
Foot Massage	40 min	€ 110
Hot Stone Massage	50 min	€ 150
	80 min	€ 180
Ayurvedic Massage	50 min	€ 150
	80 min	€ 180
Thai Massage	50 min	€ 190
Anti-Stress Massage	50 min	€ 180

## WELLNESS AND BEAUTY RITUALS

Aromatic Plants Ritual	35 min	€ 95
Aromatic Salt Ritual	35 min	€ 95
Iris Ritual	75 min	€ 175
Grape Seed Ritual	75 min	€ 175
Rose Ritual	75 min	€ 175
Olive Oil Ritual	75 min	€ 175
Candle Massage	80 min	€ 190

## SKIN CARE

Face Detox Cleansing	45 min	€ 140
Purifying Facial	50 min	€ 150
Assoluta Anti-Age	50 min	€ 160
Hot Herbs Back Massage	50 min	€ 150
Cervical Relaxing With Alpine Herbs	50 min	€ 150
Holistic Foot Ritual	40 min	€ 95
Holistic Hand Ritual	40 min	€ 95

## DAY SPA PACKAGES

Rosa Eugenia	90 min	€ 210
Couple's massage	60 min	€ 290
Caresses for two	90 min	€ 330
Spa Express	45 min	€ 130
Spa Break	80 min	€ 170
Wellness Access	60 min	€ 60
Combined with a treatment	60 min	€ 30
For our hotel's Guests		free

# BENÉ

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