



SPA



## NATURAL *RADIANCE* FACIALS

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*The exclusive facials of Blu Mediterraneo SPA utilize a Massaggio Viso Rivitalizzante, a unique vegetal concentrate mask that emulsifies when blended with your signature essential oil to replenish depleted cells while aromatically soothing the senses.*

### OXYGENATING VITALITY TREATMENT 2h00

An intensive revival for the skin featuring deep cleansing, nourishing mask and special moisturizers to reveal a luminous complexion. Gentle massage of the eyes, face and décolleté restores skin's tone and colour, while other unique additions provide a relaxing and deeply revitalizing experience for a youthful, healthy glow.

### FLASH RADIANCE FACIAL 1h00

Cleanse and polish for a visage of enduring radiance in only one hour. Reverse the detriments of devitalized skin with a purifying mask, scalp massage, specialized eye cream, and moisturizer to expose the natural health of replenished skin.

### TOTAL RADIANCE FACIAL 1h30

This highly rejuvenating therapy is designed to relieve visible signs of stress with an intensive hydrating mask and soothing, fragrant moisturizer for firm, soft skin. Eyebrow shaping and special surprise additions bring forth natural beauty and composition for glowing skin.

### GENTLEMAN'S GROOMING & FACIAL TREATMENT 1h00

Adapted to the special needs of the gentleman who appreciates the simple pleasures, this special indulgence freshens skin tone for a complexion of enhanced clarity. Facial and hand grooming, hydrating mask and eye cream soothe away stress and reveal a youthful appearance of energy and vitality.

# *EXHILARATING* BODY THERAPIES

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## DETOXIFYING BODY THERAPY 2h00

The methods are purposeful, the benefits sensorial - troubles carried away as on an ocean breeze. An energizing body scrub cleanses and exfoliates while deep breathing and massage cocoon the body, nurturing, detoxifying and restoring from inside out.

## TONING BODY THERAPY 2h00

A body scrub, full-body mask, and specialized scalp and facial manipulation work to oxygenate and enhance lymphatic drainage for supple skin. Fragrant oil and hydrating cream selections moisturize and relax to recall more youthful and healthy skin.

## REVITALIZING BODY THERAPY 2h00

Experience the titillating energy of a body recentered, revitalized, reborn. The body is gently exfoliated and massaged in preparation for a moisturizing body wrap to tone and reenergize a tired form, soothing the senses and replenishing the skin.

## MINERAL BODY BUFF 1h00

Ritually cleansed, rinsed, and exfoliated, the body is soothingly scrubbed and kneaded back to life using a selected signature aromatic moisturizer applied with Swedish massage techniques.

## ILLUMINATING BACK THERAPY 1h00

Indulge in deep cleansing, steam and exfoliation with a relaxing and healing back mask and scalp massage. A hot towel compress draws forth the luminescence of refined skin for a visible inner radiance.



## LUMINOUS MASSAGES

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### BLU MEDITERRANEO SIGNATURE MASSAGE 1h00 / 1h30

Intensely relaxing and uniquely Mediterranean, this technique influences the body's own energy to reinvigorate and restore vitality.

A unique combination of lymphatic drainage, acupressure, effleurage, and light stretching, this invigorating massage removes toxins, boosts the immune system, and promotes circulation, leaving the body wanting for nothing.

### FOUR-HAND HARMONY MASSAGE 1h00 / 1h30

Compounding techniques of the Signature Massage, the experience is duplicated for unparalleled delight. Two therapists synchronize their expert hands to create the ultimate sensorial experience for a unique and totally indulgent massage therapy.

### COUPLES MASSAGE 1h00 / 1h30

A tandem of separately customized therapies for a shared moment of pleasure.

### DEEP TISSUE MASSAGE 1h00 / 1h30

Releases tension and relieves aches from repetitive strain, leaving a body comfortably pliable for greater movement and flexibility.

### SWEDISH MASSAGE 1h00 / 1h30

Increases energy and blood circulation for supple skin and a deep, satisfying sense of relaxation.

### AROMATHERAPY MASSAGE 1h00 / 1h30

Enhances mood, boosts energy levels, and relieves stress, heightening the sensorial experience of a moment of respite.

### COMBINATION MEDLEY 1h00 / 1h30

A distinctive arrangement of methods customised to your needs and expectations for focused relaxation and stress reduction.

### BACK, NECK AND SHOULDER MASSAGE 1h00 / 1h30

Maximum relief with minimum fuss to improve circulation, relieve muscle tension, increase mobility, and reduce stress.



## *BODYWORK*

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SHIATSU, ACUPRESSURE  
OR REFLEXOLOGY\* 1h00 / 1h30

The ancient healing arts of Shiatsu, Acupressure, and Reflexology uniquely target key points on the body to stimulate natural self-curative abilities. Each specialized technique can release muscular tension, promote lymphatic drainage and blood circulation, stimulate the immune system, and reduce stress and fatigue for deep relaxation and increased vitality.

\* All Bodywork therapies are subject to availability.  
Please inquire upon reservation.

## SUNDRENCHED *SIGNATURE* SERIES

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### TOTAL RENEWAL FOR FACE & BODY 2h00

A revival of energy with cleansing, exfoliation, and mask for the back and similar attention to the face, tapering with a gentle, reawakening eye treatment. Alternating massages throughout ensure thorough invigoration and complete relaxation.

### BACK, FACE & SCALP STRESS ESCAPE 2h00

Stress and tension are coaxed from the body with deliberate strokes to the back, face, and scalp for a delicious, intoxicating release.

### RADIANCE BOOSTER 2h00

Reclaim natural energy with deepening levels of relaxation. A cleansing and exfoliating body scrub, followed by a head to toe hydrating mask and massage treatment for a gentle reawakening of body and mind.

## *FULL-DAY* AND *PARTIAL-DAY* ESCAPES

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### FULL-DAY ESCAPE 7h00

Create a long, luxurious moment for yourself and dedicate a day to your own health and beauty.

- Oxygenating Vitality Treatment.
- 60-minute Massage (excluding 4-Hand Harmony Massage).
- Your selection of one of the following: Detoxifying Body Therapy, Toning Body Therapy or Revitalising Body Therapy.
- Your selection of one of the following: Remedial Hand Therapy, Remedial Foot Therapy, or Mini-Manicure & Mini-Pedicure with Reflexology Foot Massage.

### HALF-DAY ESCAPE 3h00

Blu Mediterraneo offers a-la-carte Half-Day Escapes allowing you to create your own deliciously unique and refreshing occasion. Select any combination\* of SPA therapies totalling three hours for a definitively memorable and customized SPA experience.

\* Half-Day Escapes do not include 4-Hand Harmony Massage.

## HANDS & FEETS

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*Reviving the beauty of time-ravaged hands and feet, Blu Mediterraneo's Hand & Foot Therapies highlight Acqua di Parma's Repairing Balm and SPA Olio with essential ingredients derived from Mediterranean vegetation.*

RENEWING HAND & FOOT THERAPY 2h00

REMEDIAL HAND THERAPY 1h30

REMEDIAL FOOT THERAPY 1h30

TRADITIONAL MANICURE OR PEDICURE 1h00

## GROOMING ADDITIONS

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GENTLEMAN'S GROOMING HAND OR FOOT TREATMENT 45 minutes

REFLEXOLOGY FOOT MASSAGE 30 minutes

MINI-MANICURE OR MINI-PEDICURE 30 minutes

PARAFFIN MASK 15 minutes

EYEBROW SHAPING 15 minutes

EYEBROW/EYELASH TINTING 15 minutes

WAXING 30 or 60 minutes

\* I trattamenti benessere integrativi non possono essere prenotati separatamente.



## NATURAL RADIANCE FACIALS

Oxygenating Vitality Treatment - 2h	230€
Flash Radiance Facial - 1h	130€
Total Radiance Facial - 1h30m	180€
Gentleman's Grooming & Facial Treatment - 1h	130€

## EXHILARATING BODY THERAPIES

Detoxifying Body Therapy - 2h	230€
Toning Body Therapy - 2h	230€
Revitalizing Body Therapy - 2h	230€
Mineral Body Buff - 1h	130€
Illuminating Back Therapy - 1h	130€

## LUMINOUS MASSAGES

Blu Mediterraneo Signature Massage - 1h/1h30m	130/180€
Four-Hand Harmony Massage - 1h/1h30m	240/360€
Couples Massage - 1h/1h30m	240/360€
Deep Tissue Massage - 1h/1h30m	130/180€
Swedish Massage - 1h/1h30m	130/180€
Aromatherapy Massage - 1h/1h30m	130/180€
Combination Medley - 1h/1h30m	130/180€
Back, Neck and Shoulder Massage - 1h/1h30m	130/180€

## BODYWORK

Shiatsu or Acupressure or Reflexology - 1h/1h30m	130/180€
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## SUNDRENCHED SIGNATURE SERIES

Total Renewal for Face and Body - 2h	230€
Radiance Booster - 2h	230€
Recovery Retreat - 2h	230€

## HANDS AND FEET

Renewing Hand and Foot Therapy - 2h	140€
Remedial Hand Therapy - 1h30m	110€
Remedial Foot Therapy - 1h30m	110€
Traditional Manicure or Pedicure - 1h	60€

## GROOMING ADDITION

Gentleman's Grooming Hand or Foot Treatment - 45m	50€
Reflexology Foot Massage - 30m	70€
Mini-Manicure or Mini-Pedicure - 30m	35€
Paraffin Mask - 15m	30€
Eyebrow Shaping - 15m	30€
Eyebrow or Eyelash Tinting - 15m	30€
Waxing - 30/60m	40/70€

## FULL-DAY AND PARTIAL-DAY ESCAPES

Full-day escape - 7h	680€
Half-day escape - 3h	330€

Open from Tuesday to Sunday from 3pm to 9pm (last treatment at 8pm)

## TRATTAMENTI ILLUMINANTI VISO

Trattamento Ossigenante Vitalizzante - 2h	230€
Trattamento Splendore Immediato - 1h	130€
Trattamento Luminosità Assoluta - 1h30m	180€
Trattamento Uomo Viso e Mani - 1h	130€

## TRATTAMENTI RIGENERANTI CORPO

Trattamento Corpo Purificante - 2h	230€
Trattamento Corpo Tonificante - 2h	230€
Trattamento Corpo Rivitalizzante - 2h	230€
Trattamento Scrub ai Minerali - 1h	130€
Trattamento Illuminante per la Schiena - 1h	130€

## MASSAGGI RINNOVATORI

Massaggio Blu Mediterraneo SPA - 1h/1h30m	130/180€
Massaggio Armonioso a Quattro Mani - 1h/1h30m	240/360€
Massaggio In Coppia - 1h/1h30m	240/360€
Massaggio Profondo - 1h/1h30m	130/180€
Massaggio Svedese - 1h/1h30m	130/180€
Massaggio Aromaterapico - 1h/1h30m	130/180€
Combinazione Di Massaggi - 1h/1h30m	130/180€
Massaggio Collo, Spalle, Schiena - 1h/1h30m	130/180€

## LAVORARE SUL CORPO

Shiatsu o Digitopressione o Riflessologia - 1h/1h30m	130/180€
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## GLI ESCLUSIVI DI BLU MEDITERRANEO SPA

Rinnovamento Totale Viso e Corpo - 2h	230€
Carica Di Luminosità - 2h	230€
Piacere Assoluto - 2h	230€

## MANI E PIEDI

Trattamento Completo Mani e Piedi - 2h	140€
Trattamento Intensivo Mani - 1h30m	110€
Trattamento Intensivo Piedi - 1h30m	110€
Manicure o Pedicure Tradizionali - 1h	60€

## TRATTAMENTI INTEGRATIVI

Cura e Bellezza Mani o Piedi per uomini - 45m	50€
Riflessologia Plantare - 30m	70€
Mini-Manicure o Mini-Pedicure - 30m	35€
Maschera Alla Paraffina - 15m	30€
Depilazione Sopracciglia - 15m	30€
Colorazione Sopracciglia o Ciglia - 15m	30€
Depilazione - 30/60m	40/70€

## MOMENTI DI EVASIONE

Giornata Completa - 7h	680€
Mezza Giornata - 3h	330€

Aperta dal martedì alla domenica dalle 15:00 alle 21:00 (ultimo trattamento alle ore 20:00)